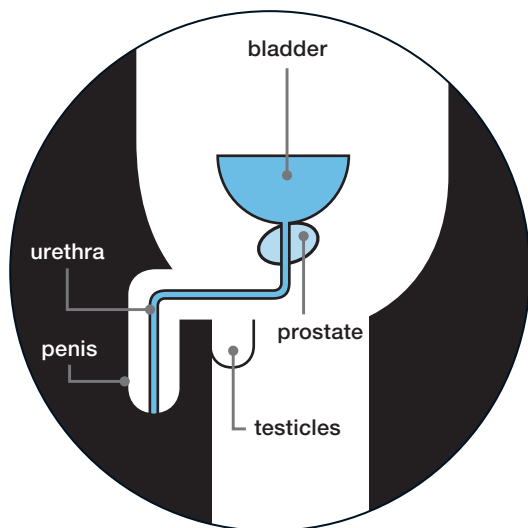


## What is the prostate?

The prostate is a gland. Only men have a prostate. The prostate is usually the size and shape of a walnut. It sits underneath the bladder and surrounds the urethra, which is the tube men urinate (pee) and ejaculate through. Its main job is to help make semen – the fluid that carries sperm.



## What is prostate cancer?

Prostate cancer can develop when cells in your prostate start to grow in an uncontrolled way. It often grows slowly and may never cause any problems. But some prostate cancer grows quickly and has a high risk of spreading. This is more likely to cause problems and needs treatment to stop it spreading.



**I didn't have any symptoms when I was diagnosed with prostate cancer. I went to see my GP because a friend was diagnosed and told me that black men have an increased risk.**

## As a black man, what is my risk of prostate cancer?

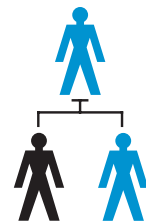


**1 in 4 black men will get prostate cancer at some point in their lives.** Black men are more likely to get prostate cancer than other men, who have a 1 in 8 chance of getting prostate cancer.

You may also be more likely to get prostate cancer if:

**45+**

**you are aged 45 or over** – and your risk increases as you get older



**your father or brother has had it**

**If you're overweight or obese**, you might have a higher risk of being diagnosed with prostate cancer that's aggressive (more likely to spread) or advanced (spread outside the prostate).

## Why are black men at higher risk?

We don't know why black men are more likely to get prostate cancer than other men. But it might be linked to genes. Genes are sets of instructions inside every cell in your body and are inherited from your parents.

## Is there anything I can do to prevent prostate cancer?

No one knows how to prevent prostate cancer. But staying a healthy weight – for example by eating healthily and keeping active – may be important.

## Does prostate cancer have any symptoms?

Most men with early prostate cancer don't have any symptoms.

Some men with prostate cancer may have difficulty urinating. Men with prostate cancer that's spread to other parts of the body might have pain in the back, hips or pelvis, problems getting or keeping an erection, blood in the urine, or unexplained weight loss. These symptoms are usually caused by other things that aren't prostate cancer. But it's still a good idea to talk to your GP so they can find out what's causing them.



**I didn't find it easy to talk about prostate cancer, but now I know how important it is that we do.**

## What should I do next?

If you're a black man and you're over 45, speak to your GP about your risk of prostate cancer, even if you don't have any symptoms.

Remember to tell them if any men in your family have had prostate cancer. You can also call our Specialist Nurses or chat to them online.

## What will happen if I go to the GP?

Your GP will listen to your concerns and talk to you about your risk of prostate cancer. There are advantages and disadvantages to having tests. Your GP will tell you more about these. This can help you decide whether to have tests.

If you decide to have tests, there is no single test to diagnose prostate cancer. There are two main tests that your GP can do to find out if you might be at risk of prostate cancer.

- **A prostate specific antigen (PSA) test** is a blood test that measures the amount of PSA in your blood. PSA is a protein produced by normal cells in your prostate and also by prostate cancer cells. A PSA test alone can't usually tell you whether you have prostate cancer. But it can help your GP decide whether you need further tests.
- **A digital rectal examination (DRE)** is where your GP feels your prostate through the wall of your back passage using their finger. They will check for any hard or lumpy areas, which could be a sign of prostate cancer. You may find the DRE slightly uncomfortable, but it isn't usually painful and it takes less than a minute.

Your GP will talk to you about your test results and what they might mean. If your GP thinks you may be at risk of prostate cancer, they'll make an appointment for you to see a specialist.

## What if I'm not registered with a GP?

Ask your family or friends near you for details of their GP. Or, to find one near you, visit:

**www.nhs.uk** in England,  
**www.nhs24.com** in Scotland,  
**www.nhsdirect.wales.nhs.uk** in Wales, or  
**www.hscni.net** in Northern Ireland.

## Worried about going to the GP?

Some men feel worried or embarrassed about having tests. But don't let that stop you going to your GP. You can ask to see a male doctor or a female doctor when you make the appointment.

To find out more about your risk and having tests for prostate cancer, visit **prostatecanceruk.org**

You can also speak to our Specialist Nurses, in confidence, on **0800 074 8383**. Or you can text **NURSE** to **70004** to ask for a call back, or email or chat to them online at **prostatecanceruk.org/get-support**



Speak to our  
Specialist Nurses

**0800 074 8383\***

**prostatecanceruk.org**

## Stronger Knowing More

Most black men aren't aware that they have an increased risk of prostate cancer. That's why we've launched a campaign, Stronger Knowing More, to make sure that all black men know their risk and what to do about it.

Find out more at  
**strongerknowingmore.org**



Call our Specialist Nurses  
from Mon to Fri 9am - 6pm,  
Wed 10am - 8pm

\*Calls are recorded for training purposes only.

Confidentiality is maintained between callers and Prostate Cancer UK.

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