

Did you know?

In Ireland and in Europe generally, 1 in 3 people will develop cancer at some stage in their life. The good news is that due to better treatments and earlier detection, survival rates are improving all the time.

However, there are a number of steps you can take to reduce your risk of cancer and, at the same time, lead a healthier lifestyle.

1. If you smoke, set a date to quit
2. If you drink alcohol, cut down on the amount you drink
3. Keep a healthy diet by increasing your daily intake of fresh fruit and vegetables and by eating a range of foods low in fat and high in fibre
4. Keep within a healthy weight range by being more active every day and eating less fatty foods
5. Protect yourself from the sun and avoid sunburn, especially in children
6. See your doctor if you notice a lump, a sore that does not heal, a mole that changes in shape, size and colour or bleeds in unusual circumstances
7. See your doctor if you have persistent problems, such as an ongoing cough or hoarseness, a change in bowel or bladder habits or an unexplained weight loss.

What causes Prostate Cancer?

Nobody knows what causes prostate cancer. But there are some risk factors:

- As men grow older, the risk of prostate cancer increases
- If a close relative (father, brother, son) has had prostate cancer, particularly at a young age, then your risk of getting it may be higher

What you should know



Further Information

Other common cancers affecting men include lung, bowel, skin and testicular cancers.

For further information about these, or about cancer in general, call the **Irish Cancer Society's Helpline on Freefone 1800 200 700** for confidential advice from our cancer nurse specialists.

If you are a smoker and would like help quitting, call the **Irish Cancer Society's National Quitline on Callsave 1850 201 203**. Trained smoking cessation counsellors are on hand with a free advice kit and to provide confidential advice and support throughout the process.



MAC (Men against Cancer), established with the support of the Irish Cancer Society, is a cancer support group which provides information, advice and support to men who have had a recent diagnosis of prostate or testicular cancer. Contact M.A.C. through the **Irish Cancer Society's Helpline 1800 200 700**.

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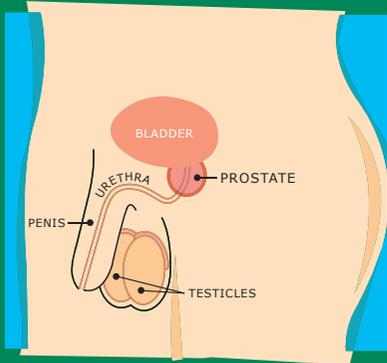
Prostate CANCER



"It took courage to speak to my doctor, but in the end that talk saved my life".
Donal [55 years old]

What is the prostate?

The prostate is a small gland about the size of a walnut and found in men only. It is below the bladder and surrounds the first part of the urethra, the tube that carries urine from the bladder to the penis. The prostate produces a thick white fluid that makes up part of the semen.



How common is prostate cancer?

After skin cancer, prostate cancer is the most common form of cancer found in men in Ireland. It is more common in men over the age of 50 with most cases occurring over the age of 65.

What are the symptoms of prostate cancer?

As men get older, their urine flow can become slower and the bladder needs to be emptied more often. This is usually due to the prostate gland getting bigger with age and, as a result, putting pressure on the bladder. Needing to pass urine more often does not mean that cancer is present. However, many of the symptoms linked with prostate cancer are similar and therefore it is safer to rule it out if you are in any doubt. If discovered early, prostate cancer can be treated successfully.

If you answer YES to any of the following questions you should not delay in seeking further advice from your doctor. In most cases, these symptoms will be due to a non-cancerous growth of the prostate and will be easily treated.

- Do you sometimes have difficulty passing urine?
- Are you passing urine more often than usual, especially at night?
- When you pass urine do you need to keep stopping and starting?
- Does your bladder feel as though it's not completely empty after passing urine?
- Do you have any discomfort when passing urine?
- Have you ever seen blood in your urine?

How is prostate cancer diagnosed?

Your doctor will carry out a physical examination and will also take a blood test from you. The blood test measures PSA (Prostate Specific Antigen). A raised PSA level can point to the presence of cancer and if it is higher than normal, your doctor may refer you for further tests to check the diagnosis.



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What if it is cancer?

If tests show that you have prostate cancer, your doctor will plan your treatment depending on a number of factors including:

- Your general health
- The type of cancer cells found
- Results of the tests

Surgery, radiotherapy, hormone therapy and sometimes chemotherapy may be used alone or together to treat cancer of the prostate.

Surgery: removal of part or all of the prostate gland

Radiotherapy: the use of radiation treatment to destroy cancer cells

Hormone therapy: The use of drugs (or surgery) to interfere with the production of particular hormones in the body

Regular check-ups, including PSA tests and physical examinations, may be needed for some men in the early stages of prostate cancer, before a specific treatment is recommended.

