

Checklist for talking to your GP about prostate cancer as a trans woman

Trans women and non-binary people assigned male at birth have a prostate and can get prostate cancer. If you're taking feminising hormones, testosterone blockers or have had the testicles removed then your risk is likely to be lower.

If you're worried about your risk of prostate cancer or any symptoms you're having, you might find it helpful to print and fill out this form and take it to your GP. If you feel comfortable doing so, tell your GP about your trans history and the name and pronoun you would like them to use for you.

Your doctor can contact a gender identity clinic for expert guidance on prostate problems in trans women: gic.nhs.uk

How old are you?

- Under 45
- 45-49
- 50 or older

The risk of prostate cancer increases as you get older.

Have any of your relatives had prostate cancer or breast cancer?

- Yes, my:
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- No
- I don't know

If your father or brother has had prostate cancer, you may be at higher risk of prostate cancer. Your risk may also be higher if your mother or sister has had breast cancer.

Do you have black or mixed black ethnicity?

- Yes
- No

Black ethnicity increases the risk of prostate cancer.

Have you noticed any of the symptoms or changes we talk about on the Prostate Cancer UK website (prostatecanceruk.org/symptoms)?

- No, but I'm still worried about my risk of prostate cancer
 - Yes, my symptoms are:
-
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Questions you could ask your GP or practice nurse

Am I at risk of prostate cancer?

What tests do you suggest and why?

What are the advantages and disadvantages of having these tests?

How soon will I get the results?

Should I make another appointment to talk about this in the future? If so, when?



**Speak to our
Specialist Nurses**

0800 074 8383*

prostatecanceruk.org