Take this to your GP

If you're worried about your risk of prostate cancer or any symptoms you're having, you might find it helpful to fill out this form and take it to your GP.

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:

_____

☐ 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 men are more at 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:

_____

_____

_____

_____

_____

For more information about prostate cancer visit: **prostatecanceruk.org/information**

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?

_____

_____

_____

Tests for prostate cancer

You have the right to a PSA (blood) test to help diagnose prostate cancer if you're over 50 and you've thought carefully about the advantages and disadvantages. If you then decide that you want a test, your GP should give you one.

A PSA test isn't suitable for everyone. For example, your GP may not recommend it if your general health means you wouldn't be fit enough for treatment for prostate cancer, or if treatment wouldn't help you to live longer.

If your GP doesn't agree to do a PSA test, ask them to explain why, as there may be a good reason.

Explain that you are entitled to a PSA test under the NHS Prostate Cancer Risk Management Programme. You could show them our information for GPs on our website at **prostatecanceruk.org/PSAconsensusHP**

PROSTATE CANCER UK

Speak to our Specialist Nurses
0800 074 8383*
prostatecanceruk.org

6216