1. Know your prostate
   - where is it?
   - what does it do?
   - what can go wrong?

2. Signs and symptoms (or not)
   - urinary symptoms could be a sign of a prostate problem
   - most men with early prostate cancer have no symptoms.

3. Know your risk
   - Black (African/African Caribbean)
   - age
   - family history (father, brother).

4. Know your rights
   - 50+. Talk it through with your GP.

5. Take action
   - speak to your GP
   - speak to a Prostate Cancer UK Specialist Nurse 0800 074 8383.