

# Find out about your prostate Information for men



**PROSTATE  
CANCER UK**

**Punjabi/English**

## About this leaflet

This booklet is for men. Families of men may also find it useful.

We explain what the prostate is, what it does and what can go wrong with it.

We also explain what changes to look out for and what to do if you think you have a prostate problem.

## What is the prostate?

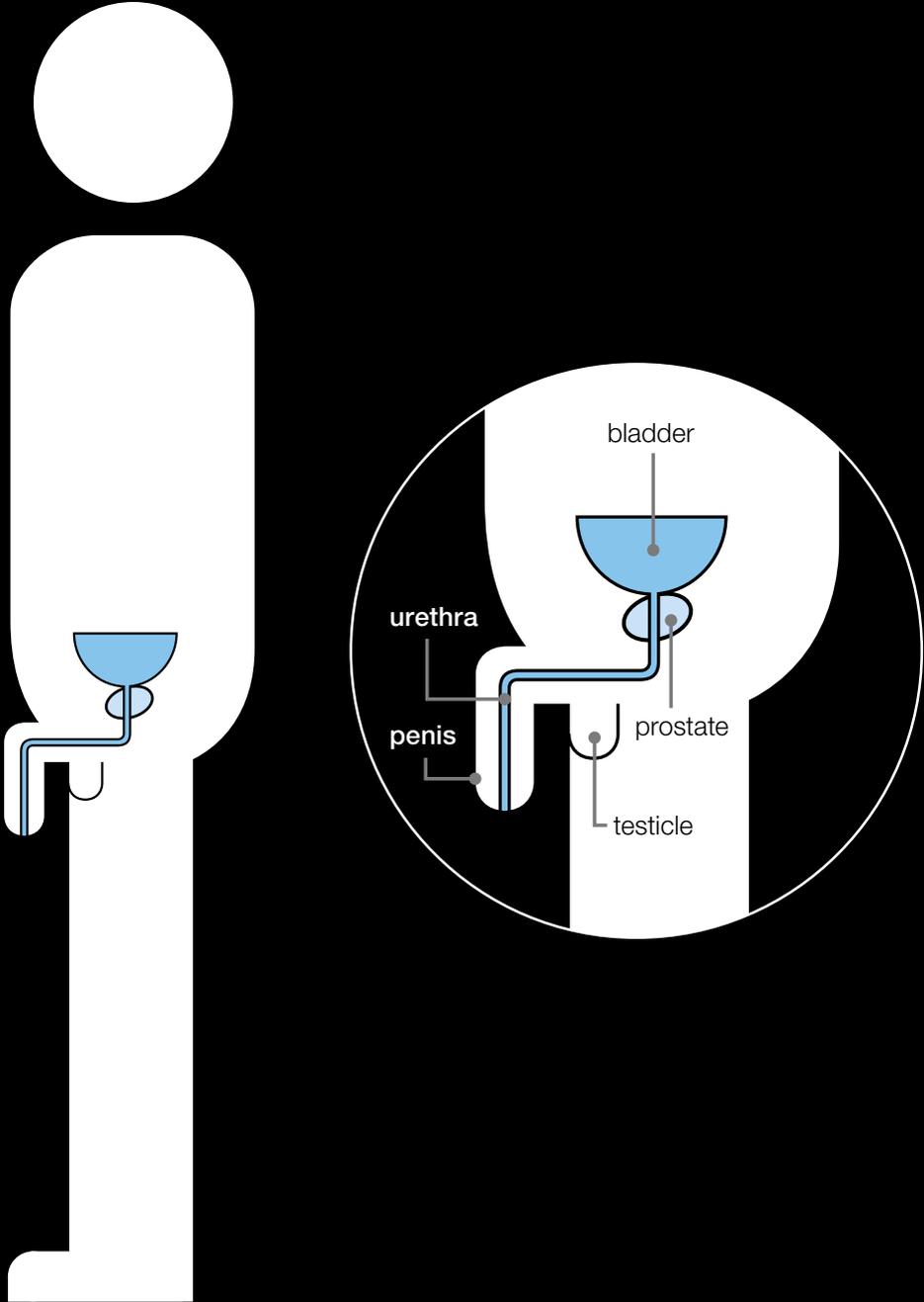
Only men have a prostate. It is usually the size and shape of a walnut and grows bigger as you get older.

Your prostate is inside your body. It sits under your bladder and surrounds the tube you urinate through (urethra). It helps to make semen – the fluid that carries sperm.

## What can go wrong with your prostate?

The most common prostate problems are:

- an enlarged prostate
- prostatitis
- prostate cancer.



## What changes should I look out for?

If you notice any changes when you urinate or have any of the problems below, this could be a sign of a problem in your prostate.

- You might find it helpful to tick any problems you have and take this booklet to your doctor or nurse.

Changes to look out for include:

- needing to urinate more often than usual, especially at night
- difficulty starting to urinate
- straining or taking a long time to finish urinating
- a weak flow when you urinate
- a feeling that your bladder hasn't emptied properly
- a sudden need to urinate – sometimes leaking urine before you get to a toilet
- dribbling urine after you finish urinating.

Less common changes include:

- pain when urinating
- pain when ejaculating
- blood in the urine or semen
- problems getting or keeping an erection.

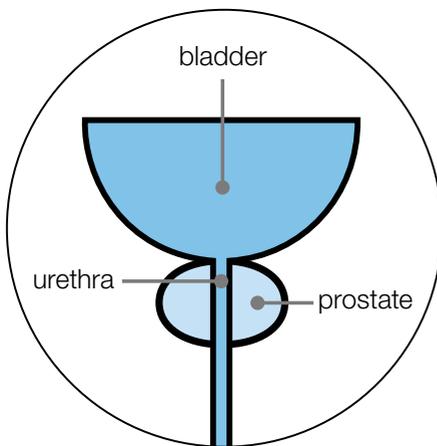
Urinary problems are common in older men and are not always a sign of a prostate problem. They can also be caused by an infection, another health problem such as diabetes, or some medicines.

If you notice any of the changes we talk about here, speak to your doctor or nurse. You can also call our Specialist Nurses on 0800 074 8383, and ask to speak with an interpreter. There are usually treatments available or ways to manage urinary problems.

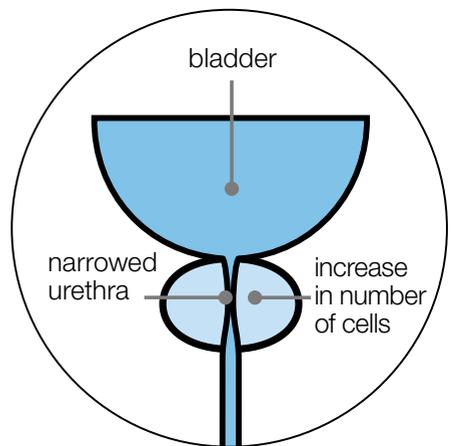
# What is an enlarged prostate?

The prostate gets bigger as you get older. This is called an enlarged prostate and is very common in men over 50. You may hear your doctor call it benign prostatic enlargement (BPE) or benign prostatic hyperplasia (BPH). It is not cancer and it doesn't increase your risk of getting prostate cancer.

## A normal prostate



## An enlarged prostate



As the prostate grows, it can press on the tube you urinate through and slow down or stop the flow of urine. This can cause:

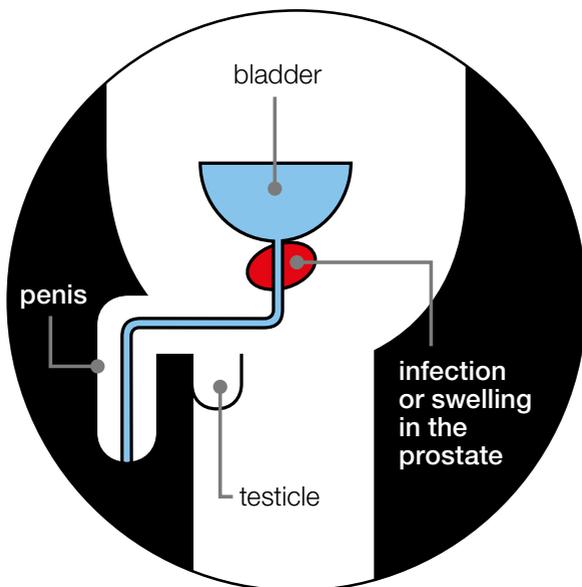
- a weak flow when you urinate
- a feeling that your bladder hasn't emptied properly
- difficulty starting to urinate
- dribbling urine after you finish urinating
- needing to urinate more often than usual, especially at night
- a sudden need to urinate – sometimes leaking urine before you get to a toilet.

You may not get all of these symptoms, and some men with an enlarged prostate don't get symptoms at all. These symptoms can also be caused by other things, such as cold weather, anxiety, other health problems, your lifestyle, and some medicines.

There are ways to treat symptoms of an enlarged prostate, such as changing what you drink, medicines, or surgery.

## What is prostatitis?

Prostatitis is an infection or an inflammation (swelling) of the prostate. It is not cancer and it doesn't increase your risk of getting prostate cancer. It can affect men of any age, but it's most common in men aged between 36 and 50.



Symptoms can be different from man to man and can include:

- aching in your testicles, the area between your testicles and back passage, or the tip of your penis
- pain in the lower part of your stomach area, groin or back
- difficulty urinating and a feeling that your bladder hasn't emptied properly
- needing to urinate more often or urgently, especially at night
- pain or stinging during or after urinating
- feeling as if you're sitting on something like a golf ball
- no desire for sex (low libido)
- difficulty getting or keeping an erection, pain or burning during and after ejaculation, and premature ejaculation – although these are less common.

Severe prostatitis can cause a high temperature and sweating and you may need to go to hospital.

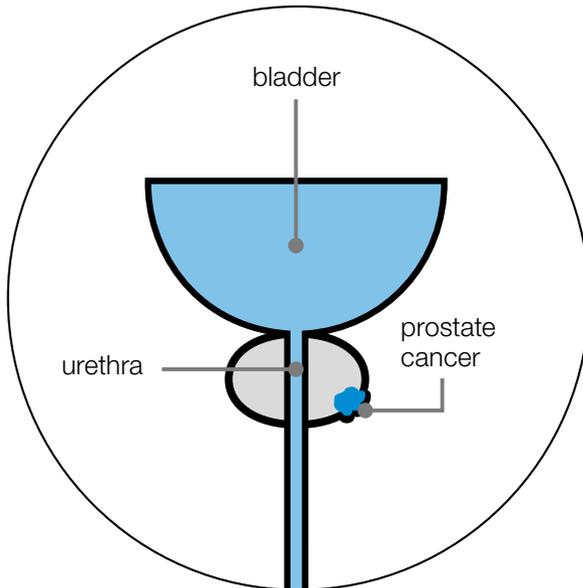
There are things that can help manage or treat prostatitis, including resting, drinking lots of water, and taking medicines.

# What is prostate cancer?

This is when a lump starts to grow in the prostate.

Prostate cancer often grows slowly and may never cause any problems. But some prostate cancer grows more quickly. This is more likely to cause problems and needs treatment to stop it spreading.

There are several treatments for prostate cancer. Some treatments aim to get rid of the cancer. If it isn't possible to get rid of the cancer, there are treatments you can have to keep it under control.



# Does prostate cancer have any symptoms?

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

But some men may find it difficult to urinate. If you do notice changes in the way you urinate (see page 4) this is more likely to be a sign of an enlarged prostate or another health problem. But it's still a good idea to talk to your doctor.

Prostate cancer that's spread to other parts of the body (advanced prostate cancer) might cause symptoms such as:

- pain in the back, hips or pelvis
- problems getting or keeping an erection
- blood in the urine or semen
- losing weight for no reason.

These symptoms are usually caused by other things that aren't prostate cancer. But it's still a good idea to talk to your doctor so they can find out what is causing them and make sure you get the right treatment.

# Am I at risk of prostate cancer?

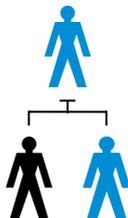
In the UK, 1 in 8 men will get prostate cancer.



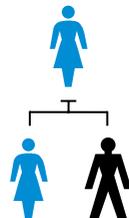
You may be more likely to get prostate cancer if:

**50+**

**You are aged 50 or over** – and your risk increases as you get older.



**Your father or brother has had it** – you are two and a half times more likely to get it if your father or brother has had it.



**Your mother or sister has had breast cancer.**

## Can I prevent prostate cancer?

No one knows how to prevent prostate cancer, but staying a healthy weight may be important. Being overweight or obese increases your risk of having cancer that's more likely to spread outside the prostate.

## What should I do next?

If you notice any of the changes we talk about in this booklet or you're worried about your risk of prostate cancer, visit your doctor. You can also call our Specialist Nurses on 0800 074 8383, and ask to speak with an interpreter.

Urinary problems are usually caused by other things that aren't cancer and there are treatments that can help. But it's important to talk to your doctor about any symptoms.



### I visited my doctor after I watched a TV programme about prostate cancer and thought I could be at risk.

A personal experience

## What if I don't have a doctor?

You could ask family or friends who live near you which doctor they go to. Or you can find a doctor on the following websites:

- [www.nhs.uk](http://www.nhs.uk) in England
- [www.nhsinform.scot](http://www.nhsinform.scot) in Scotland
- [www.nhsdirect.wales.nhs.uk/language](http://www.nhsdirect.wales.nhs.uk/language) in Wales
- [www.hscni.net](http://www.hscni.net) in Northern Ireland.

## Worried about going to your doctor?

Some men feel worried or embarrassed about having tests. But don't let that stop you going to the doctor.

Remember, the tests give your doctor the best idea about whether you have a problem that needs treating. You can ask to see a male doctor when you make the appointment.

## What tests will my doctor do?

Your doctor will ask if you have symptoms and may do a few tests to find out if you have a prostate problem.

### Urine test

Your doctor might ask for a urine sample to check for any infection that could be causing your problems.

### Blood test

Your doctor may do a blood test to find out the amount of PSA (prostate specific antigen) in your blood. PSA is made in the prostate. If your PSA level is high, you may have a problem in your prostate.

You have the right to a blood test for PSA if you're over 50 and you've talked through the advantages and disadvantages with your doctor or nurse.

## Physical exam

Your doctor may ask to feel your prostate through the back passage. This is called a digital rectal examination (DRE). Some men find this embarrassing but it shouldn't be painful. Your doctor may also examine your stomach area and penis.

### A personal story

**Ally, was 59 when he was diagnosed with prostate cancer:**

“When I had the DRE I thought – for a few seconds of discomfort I can live with it. It is something that I always say to guys – yeah, it is uncomfortable and it is not brilliant but if it is going to save your life, for a few seconds deal with it. Don't die of embarrassment.”

## Where can I find out more?

Our Specialist Nurses can support you over the phone, in your own language, via an interpreter. Just call 0800 074 8383 and say, in English, the language you want to use.

You can also ask a family member or friend to call us and they can start the conversation for you. It takes just a few minutes to connect you with an interpreter.

Ask all the questions you need, or just talk – our Specialist Nurses are here for you. We can also speak to partners, family members and friends.

You can also find links to more information on prostate problems, treatments and living with prostate cancer in Punjabi on our website at [www.prostatecanceruk.org/other-languages](http://www.prostatecanceruk.org/other-languages)

## About us

Prostate Cancer UK has a simple ambition: to stop men dying from prostate cancer – by driving improvements in prevention, diagnosis, treatment and support.

At Prostate Cancer UK, we take great care to provide up-to-date, unbiased and accurate facts about prostate diseases. We hope these will add to the medical advice you have had and help you to make decisions. Our services are not intended to replace advice from your doctor.





**Speak to our  
Specialist Nurses**

**0800 074 8383\***

**prostatecanceruk.org**



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To be reviewed May 2021

**Call our Specialist Nurses from Monday to Friday 9am - 6pm,  
Wednesday 10am - 8pm**

\* Calls are recorded for training purposes only.

Confidentiality is maintained between callers and Prostate Cancer UK.

Prostate Cancer UK is a registered charity in England and Wales (1005541) and in Scotland (SC039332). Registered company number 02653887.

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