

PROSTATE CANCER

INSIGHTS

Autumn
2025

OUR PATH TO EARLY DIAGNOSIS

Finding prostate cancer early is the key to saving lives. And today we're closer to a screening programme than ever before.

ALSO IN THIS ISSUE...

Behind the scenes on our £42m screening trial, TRANSFORM

Let's talk: men share their tips for starting cancer conversations

Actor Colin McFarlane: how speaking up saved my friend's life



**PROSTATE
CANCER UK**

A TURNING POINT

ON PROSTATE CANCER SCREENING?

When it comes to prostate cancer, getting an early diagnosis is crucial. Because when you find it early, it's much easier to treat.

That's why a national screening programme is so important. It's a way of checking men early – to find cancer before symptoms show up.

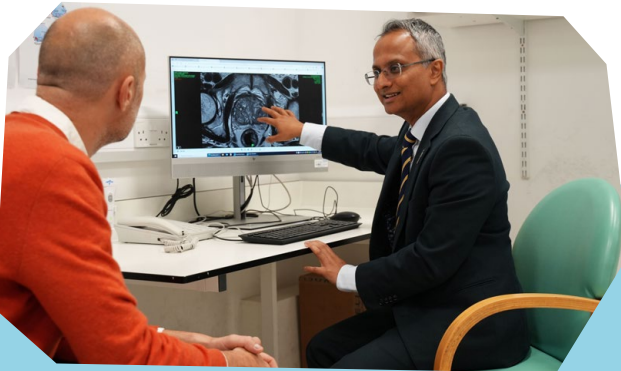
OUR JOURNEY TO PROSTATE CANCER SCREENING

In the past, methods for diagnosing prostate cancer were unreliable – and often led to men having unnecessary tests and treatments that could be harmful or cause serious side effects. That's why there's never been a routine screening programme for prostate cancer before.

But today, things are different. By helping to fund pioneering prostate cancer research, your support has driven forward major improvements in MRI scanning and new biopsy techniques that have

Even though it's the most common cancer in men, prostate cancer is the only major cancer without a screening programme. And it means there are still too many men being diagnosed when it's already too late for a cure.

But we've now reached a crucial turning point on our path to early diagnosis. And today, we're closer to a screening programme for prostate cancer than ever before.



transformed the way we diagnose the disease. It's now much safer and even more accurate.

Later this year, a panel of experts – the UK National Screening Committee – will review the latest evidence to decide if the balance has finally shifted and the benefits of screening now outweigh the potential risks.

So how did we get to this point? Here's how your support has put us on the path to screening.

ROUTINE TESTS TO FIND PROSTATE CANCER EARLY: WHAT SCREENING WOULD MEAN FOR MEN

Right now, too many men are being diagnosed late – when their cancer may have already spread, making it much harder to treat.

Men like Rupert, who was diagnosed at the age of 56 despite having no symptoms. In fact, he only decided to have a blood test after a chance conversation with a friend who'd also had prostate cancer.

After having surgery to remove his prostate last year, Rupert recovered well. But his PSA levels continued to rise and further scans revealed his cancer had spread to his spine.

Rupert now knows his prostate cancer is incurable and his ongoing treatment is about giving himself as much time as possible.

A screening programme could make sure men like Rupert are invited for routine tests to find prostate cancer early.

It could save thousands of lives every year, giving men more precious time to spend with their family, friends and loved ones.

Prostate cancer brought everything into sharp focus. When you know your time is limited, it gives you real perspective on what's important. I'm noticing and appreciating things more – the simple beauty of nature, sunrises and sunsets – and spending more time with those I love.



2017

Ruling out unnecessary biopsies

Findings from initial research we funded lead to a clinical trial called PROMIS, which shows that MRI scans could rule out many men from having biopsies they don't need.



2021

Making sure every man knows his risk

During the pandemic, we launch our online Risk Checker and a nationwide campaign to make sure men know their risk and what to do next.



2022

Putting forward the case for screening

After reviewing the latest evidence, we make the case for screening men at highest risk of prostate cancer.

Funding our TRANSFORM trial

We unveil the biggest prostate cancer screening trial for 20 years, aiming to find the best way to screen men for the disease.



Showing diagnosis is safer than ever before

Our analysis shows the potential harms of testing have been reduced by a massive 79 per cent – proving how much safer diagnosing the disease has become.



THREE STEPS TO START SAVING MEN'S LIVES TODAY

Whatever happens next, one thing's for sure. We can't stand still and wait for screening while thousands of men miss their chance for an early diagnosis.

Men need to know their risk right now, so they can make an informed choice about having a simple blood test to check for early warning signs. That's why we want the Government to act now on early detection – so we can start saving men's lives today. There are three changes we want to see:



1 Overhaul outdated NHS guidelines and give GPs the power to talk to men about their risk of prostate cancer and the option of a PSA blood test.



2 Fund a nationwide awareness campaign, to reach millions more men and make sure they know if they're at risk.



3 Replace confusing health information with our Risk Checker, a quick and easy online tool that's already helped 4 million men find out about their risk.

We've reached a turning point on our path to early diagnosis. Watch our video to find out more or visit prostatecanceruk.org/in-screening



THE ROAD TO TRANSFORM, FROM LAB TO LETTER

How do you set up the biggest, most ambitious prostate cancer screening trial in over 20 years? Our Director of Research, **Dr Matthew Hobbs**, shows us behind the scenes of TRANSFORM as it gears up to recruit the first men to take part.



Later this year, one man will make history as the first to take part in TRANSFORM – our £42 million trial to find the best way to screen for prostate cancer. But that won't be the start of the trial. Far from it.

From new MRI scans to genetic risk scores, we've been funding research into the next generation of tests for years. By making the way we diagnose prostate cancer safer and more accurate, these tests have dramatically reduced the potential drawbacks of screening – paving the way for TRANSFORM to show us how it should be done.

Meanwhile, we worked closely with the NHS and other health bodies to work out exactly what evidence they'd need to roll out screening. And brought together the world's best researchers to design the trial so it's robust enough to get that evidence.

This painstaking groundwork meant we could unlock £16 million of government funding, without which TRANSFORM wouldn't be possible.

And that was just the first step! Since then, the researchers leading TRANSFORM have been turning those plans into reality. They've appointed experts to oversee crucial aspects of the trial and produced over 100 key documents – including letters, consent forms and easy-read communications.

And, before the first men get a letter inviting them to take part, the team is hard at work setting up the sites where men will sign up and have their screening tests.

“Each step, from early research to NHS sign-off, is vital in getting the definitive evidence for how to screen men for prostate cancer.”

That's why we're not just excited about this pivotal moment – we're also proud of all the work that made it happen. And with your support, we'll keep funding world-class research like TRANSFORM that has the power to save men's lives. Thank you!



Want to find out more about TRANSFORM?

Did you know 1 in 4 of our research projects are funded by Gifts in Wills? To find out more about leaving a gift to Prostate Cancer UK, scan the QR code or visit prostatecanceruk.org/in-legacy



TOP SURGEONS: RECTAL EXAM IS A 'POOR TEST FOR PROSTATE CANCER'

Our TRANSFORM trial will explore several different methods of testing – including PSA blood tests, MRI scanning and genetic profiling – to find the best way to screen men for prostate cancer.

But we know for sure that there's one type of test that won't have a role in screening – the 'finger up the bum'.

For far too long it's been part of the conversation about prostate cancer. But not only is the rectal exam a poor test for finding the disease, it's also putting men off speaking to their GP.

That's why we've joined forces with the UK's top surgeons to call for an end to the 'finger up the bum'. Instead, men should be referred for an MRI scan if they have a raised PSA level.

“Emerging evidence confirms that the digital rectal exam is a poor test,” says Vishwanath Hanchanale, from the British Association of Urological Surgeons. “It's important that NHS pathways continue to evolve in line with the latest evidence, ensuring men receive the most accurate and effective care.”

So if you're concerned about prostate cancer, just remember: you don't need a finger up the bum to test for it. The first step is to check your risk by taking our quick and easy online Risk Checker. And if you decide to talk to your GP about testing, you can have a simple blood test to check for early warning signs.

Check your risk of prostate cancer in 30 seconds at prostatecanceruk.org/in-risk



'My mate saved my life – now we're marching to help other men'

Did you join us at March for Men earlier this year? If the answer's yes, then you're a record breaker! An incredible 3,000 people took part on Father's Day weekend – the biggest group that's ever come together to march towards a better future for men.

Among them were two old friends who had a remarkable reconnection through prostate cancer. Actor Colin McFarlane was diagnosed with the disease in 2022 – and it was an interview he gave on BBC television that inspired theatre director Femi Olufowaju Jr to get himself checked.

It was a decision that may well have saved his life. Because Femi was diagnosed himself just a few months later.

“If I hadn't seen Colin it would have got to the stage where I would have caught it too late,” says Femi, who's now having regular PSA blood tests and MRI scans to monitor his cancer. “Up to that point I had no intention of having a test.”



Colin's campaigning has motivated countless men to check their risk. And that was his message when he came together to walk alongside Femi at March for Men.

“I'm really lucky because I caught it early,” says Colin. “The satisfaction you get from someone like Femi coming to you and saying 'you've literally saved my life'. That's what drives me.”

Inspired by Colin and Femi's story? Why not join us at March for Men in 2026? Register your interest at: prostatecanceruk.org/in-m4m

LET'S TALK: SIMPLE STEPS TO START A LIFESAVING CONVERSATION

My friend brought it up when we were playing golf. My barber asked me about it when I was having a haircut. My neighbour found out he had it after a routine check-up.

Remember the first time you heard about prostate cancer? Chances are it began with a simple conversation. Perhaps a colleague mentioned it while you were chatting at a work event? Or maybe you saw a celebrity sharing their story in a TV interview?

It's now the most common cancer in England. But far too many men don't know their risk and what they can do next.

For Mansfield, putting family and friends first was his motivation to get checked. Today, he advises other men to do the same.



The people that love you. The people that care about you. Your family. Your children. They want you to be alive. That's why I always tell guys: you must get checked. Ignore the noise and listen to yourself. How important is your life?

Mansfield

BY STARTING A SIMPLE CONVERSATION TODAY, YOU COULD SPARK A LIFECHANGING MOMENT.

To find out more about your risk of prostate cancer and the PSA blood test, scan the code below.



You can also call our Risk Information Service on 0800 448 0821 or visit prostatecanceruk.org/in-ris

That's why talking about prostate cancer with the men in your life is so important. A simple chat – while walking the dog or having a drink at the pub – could set them on the path to a lifechanging early diagnosis.

But bringing up the 'c' word is easier said than done. So we asked three men who've been there before.

When Freddie's dad was diagnosed with advanced prostate cancer, it came as a shock. His message to men today? There's no need to fear a 'finger up the bum'.



It's important we get the message out that early diagnosis is crucial. People still think it's something awkward or invasive, but it's a simple blood test now. And it could make all the difference.

Freddie



Wayne has made it his mission to tell other men about the importance of knowing their risk. And how it's quick and easy to get the job done.

The Risk Checker takes just 30 seconds. I encourage guys all the time: do it! Stop scrolling on your phone for a few moments and get on there. Those 30 seconds could save your life.

Wayne

FINDING STRENGTH IN SHARED EXPERIENCES

Men like Mansfield, Freddie and Wayne are proof that a simple conversation can be powerful when it comes to prostate cancer.

So if you or someone you love is living with the disease, our peer support volunteers are here for you. And whatever's on your mind, you can speak to them.



TALK TO SOMEONE WHO'S BEEN THERE

When Maurice* was diagnosed with prostate cancer, he felt worried about how he'd cope after treatment. That's when he discovered our **One-to-One Peer Support Service**, which matched him with Paul and Wilf – two other men who'd also had surgery and radiotherapy themselves.

Speaking with Paul and Wilf gave me much reassurance. No question felt too silly. They were honest about their experiences and gave me practical advice about what to expect. Most importantly, they gave me space and time to talk through my concerns.

89% of people who took part in our survey said they understood their situation better after using our One-to-One Peer Support Service.

*We've changed some individuals' names and personal details.

TAILORED SUPPORT FOR EVERY STAGE OF YOUR JOURNEY

Our service isn't just for men with prostate cancer. It's for anyone who's been affected by the disease, including partners, family members and carers.

So whether you're looking for advice on managing side effects, dealing with emotional challenges or simply seeking reassurance, our service can connect you with someone who understands.

GET IN TOUCH AT THE RIGHT TIME FOR YOU

Perhaps you've recently been diagnosed with prostate cancer and have questions about your treatment options? Or maybe a relative is living with the disease and you're feeling overwhelmed?

Wherever you are in your prostate cancer journey, our volunteers are here to talk.

Scan the QR code or visit prostatecanceruk.org/in-121 and we'll match you with a friendly volunteer.



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Valid until 31/12/25




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Coupons redeemable in:





**Better treatments
for advanced
prostate cancer
are on the horizon.
I want to help make
that possible.**

**Robin left a gift in his Will after his partner,
Stephen, died of advanced prostate cancer.**

Leave a legacy that lasts. Gifts in Wills fund 1 in 4 of our research projects. With your gift, you can transform the future for men affected by prostate cancer.

To write or update your Will for free and find out more about leaving a gift to Prostate Cancer UK, scan the code or visit prostatecanceruk.org/in-legacy

