

# Increased **FREQUENCY**

Often needing to urinate within  
two hours of previously urinating

A healthy prostate should be the size of a walnut.  
Experiencing **NOCTURIA** could mean yours isn't.  
Don't sleep on it.

Search 'Prostate Cymru Symptom Checker'



Look after your  
**THIRD NUT**

# INTER.

*noun.* Frequently

# MITTEN.

stopping and starting

# CY.

when trying to urinate.



A healthy prostate should be the size of a walnut.  
Experiencing **INTERMITTENCY** could mean yours isn't.  
Don't hesitate.

Search 'Prostate Cymru Symptom Checker'



Look after your  
**THIRD NUT**

# NOCTURIA

*noun.* Waking up frequently to urinate

A healthy prostate should be the size of a walnut.  
Experiencing **NOCTURIA** could mean yours isn't.  
Don't sleep on it.

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Look after your  
**THIRD NUT**