

# 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**