

# **JOIN US**



### **Volunteer**

at one of our events. Or join the Prostate Cymru awareness team, educating the nation on prostate health.



# **Participate**

in one of our many events. From walks to 100 mile cycling races, there is something for everyone. Or why not put on your own fundraising event?



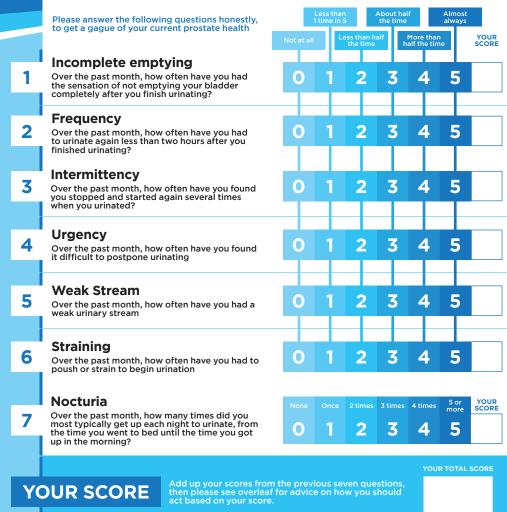
### **Donate**

to Prostate Cymru and support the work we do on improving awareness, treatment and research on prostate health.

## Visit prostatecymru.com

to find out more

# PROSTATE HEALTH ASSESSMENT







# **Your Prostate Health Assessment Score**

0-7

No immediate action. Remain alert to changes and factors that put you at future risk. Read our "about prostate cancer" section to find out more.



20-35

Take immediate action and seek advice from your GP.

# **Quality of Life due to Urinary Symptoms**

If you were to spend the rest of your life with you urinary condition just the way it is now, how would you feel about that?

Delighted	Pleased	Mostly satisfied	Mixed	Mostly unhappy	Unhappy	Terrible
0	1	2	3	4	5	6

In most cases symptoms are a result of non-cancerous changes, often caused by an enlarged prostate. GPs can prescribe treatment and offer advice on how to alleviate any discomfort. However, 1/8 men will be effected by prostate cancer. Read on to find out more about Prostate Cancer.

## **About Prostate Cancer**

#### **SYMPTOMS**

Early stages of prostate cancer usually presents no symptoms. It is important you are aware of signs that indicate a problem.

- Poor/reduced urine flow
- Passing urine more frequently
- Pain when passing urine or presence of blood

#### THE FACTS

- #1 most common cancer diagnosed in Welsh men
- ▶ Men in Wales are 7% more at risk than Englishmen
- Biology Matters. The following factors increase your risk of prostate cancer:

Family history 1 in 3 Ethnicity
1 in 4 black men

Age

Risk is higher for men aged 50 and over

# **Assess Your Risk** and Take Appropriate Action

Male Aged 49 and under Male Aged 50 and over

No family history of prostate cancer Family history of prostate cancer

No family history of prostate cancer Family history of prostate cancer

#### **Low Risk**

Being aged under 50 and having no family history of prostate cancer puts you in the low risk category.

#### **Medium Risk**

Whilst it is not common for men under 50 to develop prostate cancer, If you have a family history of the disease your future risk increases to 1/3.

#### **Medium Risk**

Your chances of developing prostate cancer increases over the age of 50. However, your risk is reduced by having no family history of the disease.

#### **High Risk**

Your chances of developing prostate cancer increases over the age of 50. A family history of the disease increases your risk to 1/3

### **ACTION**

Stay vigilant. Seek advice from your GP if you develop any of the symptoms associated with prostate health.

#### **ACTION**

Make an appointment with your GP. Be sure to mention your family history of prostate cancer and discuss testing options, including the PSA test.

The PSA blood test measures the amount of prostate specific antigen (PSA) in your blood. A raised level could suggest a prostate problem.