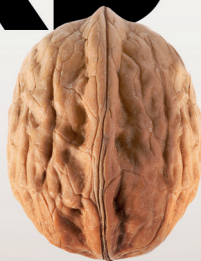


Gentlemen, look after your **THIRD NUT**



Some of the
common symptoms of
prostate disease are:

- / A poor urine flow
- / Passing blood in the urine
- / Pain passing urine
- / Passing urine more frequently by day or night

Most men with early prostate cancer don't have any symptoms.
Be proactive, be aware and know the risks:

1 in 8
Welsh men

1 in 4
Black men

1 in 3
with a family history

If you are concerned about prostate cancer, or have any of
these symptoms, consult your health professional who will:

- / Assess any symptoms
- / Examine your prostate (DRE - digital rectal examination)
- / Discuss the merits of a PSA (prostate blood test)



**PROSTATE
CYMRU**

prostatecymru.com

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Reg. Address: 12 Drake Walk, Waterfront 2000, Cardiff CF10 4AN
Charity registration no. 1168682

Foneddigion, gofalwch am **Y GNEUEN GUDD**



Dyma rai o
symptomau cyffredin
clefyd y prostad:

- / Llif wrin gwan
- / Pasio gwaed yn yr wrin
- / Poen wrth basio wrin
- / Pasio wrin yn amlach yn ystod y dydd neu'r nos

Nid oes gan y rhan fwyaf o ddynion sydd â chanser y prostad cynnar unrhyw symptomau. Byddwch yn rhagweithiol, byddwch yn ymwybodol a dysgwch am y risgiau:

1 bob 8
o ddynion
yng Nghymru

1 bob 4
o ddynion
duon

1 bob 3
sydd â hanes
teuluol

Os ydych yn poeni am ganser y prostad, neu os oes gennych unrhyw un o'r symptomau hyn, dylech ymgynghori â'ch gweithiwr iechyd proffesiynol a fydd yn:

- / Asesu unrhyw symptomau
- / Archwilio eich prostad (DRE - archwiliad rhefrol digidol)
- / Trafod manteision PSA (prawf gwaed prostad)



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