

What support is available to me as an African or African Caribbean man locally if I should need it?

We can put you in touch with local African Caribbean men who have been successfully treated for prostate cancer, so you can have a helpful, relaxing conversation with them.

Do you have any other support?

Yes, PROSTaid has five active support groups that meet locally every month throughout our area, see www.prostaid.co.uk (click Trustees & Committee for details) or **0116 2888 188** or **0116 258 4490**

We also have a PROSTaid African/African Caribbean support group for black gentlemen of African Heritage only, that meets weekly in Leicester. Contact our support leader Pamela Campbell-Morris, Mobile: **0771 737 6858** for full details and meeting times.

Prostate Cancer Specialist Nurses?

We also have three local PROSTaid specialist prostate cancer nurses, funded by the charity with which we can put you in touch: To speak to one of our nurses Tel: **0116 258 8328**



PROSTaid is a local Charity covering Leicestershire, Rutland and Northamptonshire run by prostate cancer patients, families, friends and urological professionals. We receive no government funding and rely entirely on local donations. If you would like to help us?

info@prostaid.co.uk or **0116 2888188** or **2584490**

We will give you all the information you need to make your choice of treatment, as well as the opportunity to put you in touch with other local men who have been treated.

We fund three dedicated PROSTaid prostate cancer nurses, working in our local hospitals to improve the local care of prostate cancer patients. In addition, we frequently fund new treatments not available on NHS budgets.

E-Mail **info@prostaid.co.uk**
www.prostaid.co.uk

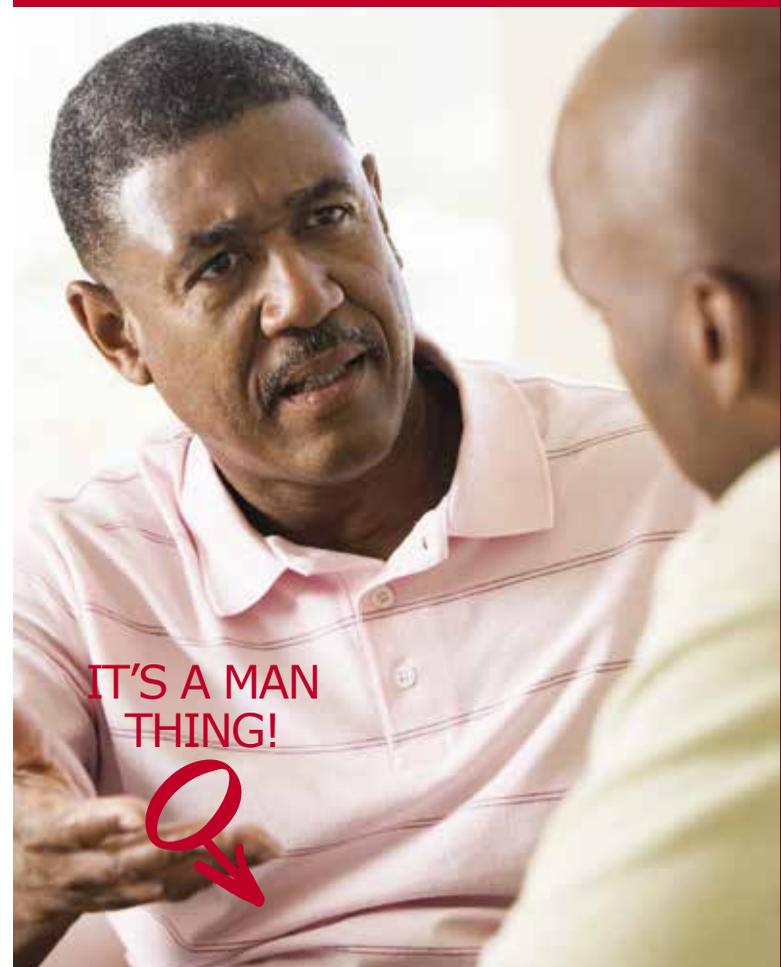
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IT'S A MAN THING!
getting the facts about prostate cancer

What you should know about prostate cancer



IT'S A MAN THING!

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Helping to Fight prostate cancer in
Leicestershire Rutland and Northamptonshire

What should African & African Caribbean men know about prostate cancer?

Firstly, you have unfortunately a three times higher risk of getting prostate cancer than white men of the same age. Asian and Chinese men have a lower risk than white men.

So why is that?

It is thought that this is due to genetic changes, unique to your ethnicity, which are passed down through the generations.

OK, what is prostate cancer?

The prostate gland is only found in men and sits below the bladder close to the rectum (back passage). It's the most common cancer in men and usually develops quietly over a number of years. It usually grows slowly and does not cause any problems in a man's lifetime.

OK, when can prostate cancer affect my health?

The prostate gland is only found in men and sits below the bladder close to the rectum (back passage). It's the most common cancer in men and usually develops quietly over a number of years. It usually grows slowly and does not cause any problems in a man's lifetime.



Are there men who are at a higher risk of developing prostate cancer?

You are almost three times more likely to get prostate cancer if your father or brother has had it, compared to a man with no family history. This risk increases if they were affected at a young age or if you have more than one affected relative. There can also be a higher risk if a bowel or breast cancer susceptibility gene change is identified in your family.

If you are of African or African Caribbean heritage, this risk increases three times overall.

What is the prostate for?

Situated at the centre of a man's urinary and reproductive area it produces "nourishing bathing fluid" for the sperm in the semen.

What are the symptoms of prostate problems?

Many men with prostate problems don't get any symptoms at all. However, if you have a problem peeing, it may mean you have a prostate problem (not necessarily cancer) that needs looking at by your GP.

Things to spot:

- Getting up more than once a night
- Urgency in needing to pee
- Poor flow, hesitancy or a feeling of still wanting to empty your bladder after you have finished

OK, what should I do next?

If you are concerned or worried about prostate cancer or have any of the symptoms, visit your GP or call our PROSTaid Patient helpline **0844 800780** and speak with a patient who has experienced prostate cancer. Often problems about peeing are not cancer but caused by another problem such as an enlarged prostate.

Could my cancer be inherited?

Occasionally prostate cancer can have a strong inherited component. Please mention to your doctor if anyone else in your family has had prostate, breast, ovarian or bowel cancer. This is particularly relevant for men diagnosed under the age of 60.

Genetic testing via a blood test can sometimes be offered to understand the cause of cancer in families and determine who else might be at risk. Where an altered copy of a familial susceptibility to prostate cancer gene has been identified, such as BRCA1 or BRCA2, screening can then be offered to "at risk relatives" from the age of forty.

If you are concerned about any of this, please contact the Clinical Genetics Department at Leicester Royal Infirmary **0116 258 5736**

