

PROSTATE CANCER

This factsheet has been designed in response to a motion carried at the 2014 CWU Black Workers Conference, moved by London Postal Engineering.

Every year in the UK 42,000 men are diagnosed with prostate cancer. Every year 11,000 men die from prostate cancer. 85% of adult prostate cancer patients diagnosed are predicted to survive ten or more years.

SYMPTOMS

As men get older prostate glands often enlarge. This is usually not due to cancer; it is a condition called benign prostatic hyperplasia.

Very early prostate cancer generally does not cause any symptoms at all. Many prostate cancers start in the outer part of the prostate gland, away from the urethra. If a tumour is not large enough to put much pressure on the tube that carries urine out of the body (the urethra), you may not notice any affects from it. The symptoms of growth in the prostate are similar whether they are noncancerous (benign) or cancerous (malignant) the symptoms include:

- Weak or interrupted urine flow.
- Difficulty controlling urination.
- Painful or burning urination.
- Blood in urine or semen.
- Frequent pain or stiffness in spine, hips, ribs, upper thighs, and other bones.
- Painful ejaculation
- Frequent urination, especially at night.
- Difficulty having an erection.
- Weakness or numbness in legs or feet.

Very rarely you may get:

- pain when passing urine.
- blood in the urine or semen.

These are more often a symptom of non-cancerous prostate conditions.

RISK FACTORS

- Age: Men age 65 and older account for about 60% of all prostate cancer cases diagnosed.
- Family History: Men with close relatives (father or brother) who have had prostate cancer are twice as likely to develop the disease, compared to a man who has no relatives with prostate cancer. There may be a higher chance of you developing prostate cancer if your relative was under 60 when he was diagnosed or if you have more than one close relative with prostate cancer.

ETHNICITY

African Caribbean men are more likely to get prostate cancer than men of other ethnic backgrounds. They are about three times more likely to be diagnosed with prostate cancer than white men, in the UK. About 1 in 4 black men will get prostate cancer at some point in their lives. The reasons are not yet clear but it could be because of genetic changes passed down through generations.

PREVENTION

- Eat plenty of fruits and vegetables daily tomatoes, soybeans, cauliflower and broccoli, as they are rich in substances that may help prevent prostate cancer.
- Reduce consumption of red meat and dairy products.
- Consumption of soya products may reduce risk of prostate cancer.
- Regular exercise may decrease the risk of prostate cancer.
- Maintain a healthy body weight, as obesity can further complicate prostate cancer.

TREATMENT

The earlier cancer is picked up, the easier it is to treat it and the more likely the treatment will be successful. Contact your GP as soon as possible if you notice any of the above symptoms. Prostate cancer may be treated in various ways depending on how advanced the cancer is and if it has spread to other parts. Doctors and specialists will determine the most appropriate treatment for each patient. Just make sure you get yourself checked out.

INFORMATION

Further information can be found at the following websites:

Prostate Cancer UK Website:
www.prostatecanceruk.org

Prostate Cancer Helpline

Speak to their Specialist Nurses:

08000748383.

*Source of information: The five faces of prostate Cancer? – Cancer research UK Science blog
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