



Friends & Bredrins

Prostate Cancer Support Group

What to do next

If you are **45 or over** you should **visit your GP** to discuss being tested for prostate cancer, even if you don't have symptoms.

If **under 45** and you have any of the **high risk factors** (symptoms, family members with prostate cancer or BRCA type breast cancer), **visit your GP**.

What the GP will do

You can request to be seen by a male or female GP. You should be offered a blood test to measure the **Prostate Specific Antigen level (PSA test)** and a **Digital Rectal Examination (DRE)**. This involves the GP inserting a finger into the back passage to feel for any lumps on the prostate gland—it is quick and painless. There is no need to feel embarrassed.

After, it is important to obtain your PSA results and have a follow up discussion with your GP.

Support is available from FAB.

You can discuss any concerns with FAB.

All information is treated confidentially.

FAB/L3/Nov 2020

Raising awareness about prostate cancer

What are my risks?

Black men have:

- Increased risk of developing prostate cancer: 1:4 chance compared to white men (1:8 chance).
- May develop prostate cancer at a younger age, under 50
- Possible greater risk of cancer spread to other parts of the body
- Two to three times more likely to die of their disease in younger men, under 50
- Increased risk of developing the disease if a family member has prostate cancer, or certain types of breast cancer ('BRCA' gene mutation)

Symptoms

Not all men with prostate cancer will show symptoms.

Prostate cancer symptoms may include any of the following:

- Weak flow, or dribbling, of urine (pee)
- Difficulty in starting to pee
- Needing to pee more often
- Feeling that the bladder is not fully emptied
- Pain when peeing
- Pain when ejaculating
- Pain in the testicles
- Unexplained and persistent pain in the lower back, hips or pelvis
- Erection problems

Most men are more likely to have a non cancerous condition, such as Benign Prostatic Hyperplasia (BPH).



Friends & Bredrins

Prostate Cancer Support Group

PROSTATE CANCER

The most common cancer diagnosed in UK African-heritage men



Meet us

GMB Union

**542 Woodborough Road
Nottingham NG3 5FJ**

6pm, 2nd Wednesday each month

Contact us

Website: www.fabcancer.com

Email: fabprostatecancer@hotmail.com

Tel: 07817522100

Registered Charity No: 1158257

Who are FAB?

FAB is a Nottingham-based charity run by volunteers.

FAB's mission is to raise awareness about prostate cancer and to provide support, **primarily but not exclusively** for African Caribbean and African men that have been affected by prostate cancer.

FAB members are keen to share experience, knowledge, and information to assist you before and after your treatment, should you need it, in a friendly and open setting.

FAB arrange educational talks, visits, and exercise activities to **enhance quality of life.**

FAB has links with professionals from different disciplines associated with prostate cancer, including hospitals, universities, councils and other organisations from Nottingham and further afield.

FAB has worked in cooperation with the BME Cancer Network, local health and council organisations to provide free community-based drop-in prostate cancer screening clinics.

FAB provides funding for purchasing medical and scientific equipment for clinical and research use associated with prostate cancer.

FAB is entirely dependent on donations and fund raising.

IF YOU OR YOUR ORGANISATION WOULD LIKE TO AFFILIATE TO FAB OR MAKE A DONATION, PLEASE CONTACT US

What is prostate cancer?

Prostate cancer is uncontrolled growth of cells found in the prostate gland.

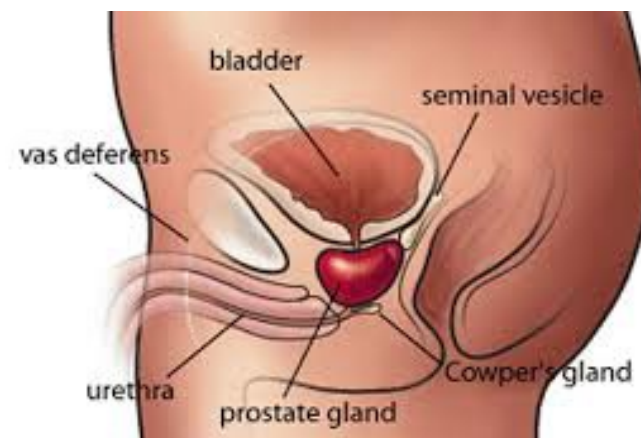
In some men, the cancer cells spread to other parts of the body and form secondary cancers in a process called metastasis.

It is difficult knowing which men's cancer will spread.

Laboratory tests can determine risk of spread but they are not currently readily available on the NHS.

The prostate gland is found underneath the bladder wrapped around the tube (urethra) that carries urine; it is normally the size of a walnut. The prostate gland gradually gets bigger as men age and this can squeeze the tube from the bladder interrupting or stopping the flow of urine (pee).

Difficulty in passing urine is common in older men and is not always caused by cancer.



What is BPH?

A significant number of men over the age of 50 will experience symptoms associated with enlargement of their prostate gland, also known as **BPH (Benign Prostatic Hyperplasia)**. This may lead to problems when passing urine.

BPH is not cancer and it has not been found to increase the risk of developing prostate cancer.

Some men with prostate cancer may have no symptoms, but all black men over 45 should be aware of their increased risk and discuss this with their GP.



FAB volunteers presenting a cheque to the Urology Centre, Nottingham University Hospital