Having the following symptoms does not necessarily mean you have prostate cancer

- Problems Passing Urine (peeing)
- Difficulty with starting to pee
- Weak flow
- Peeing more often and urgency
- Pee dribbling
- Incomplete bladder emptying

These symptoms can be due to a benign swollen prostate gland (Benign Prostate Hyperplasia (BPH), or infection, or inflammation of the prostate

Less common symptoms

- Pain when peeing
- Pain when ejaculating
- Pain in the testicles
- Blood in the urine or semen (unusual)
- Erectile dysfunction
- Persistent pain in the lower back, hips or pelvis

If in doubt, ask your GP for a PSA blood test

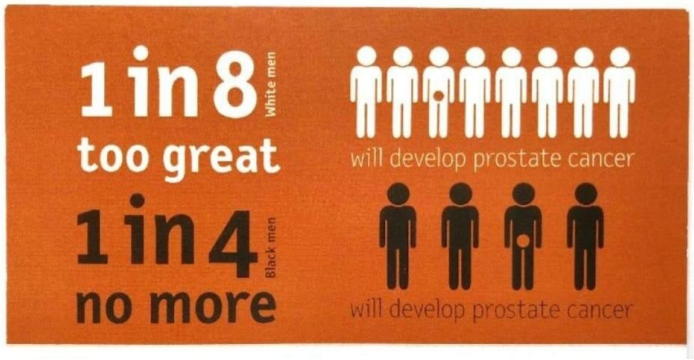
Digital Rectal Examination IS NOT COMPULSORY

Contact us

fabprostatecancer@hotmail.com

www.fabcancer.com

07817522100
07961866096



African/Caribbean men have double the risk of developing prostate cancer and at younger age

Nottingham Community Champions

self help uk

NHS Nottingham University Hospitals NHS Trust

2024 NCVO MEMBER

PROSTATE CANCER UK

MACMILLAN CANCER SUPPORT

Friends & Bredrins

Prostate Cancer Support Group

Registered Charity 1158257

PROSTATE CANCER
The most common male cancer in the UK



Meet us

Every second Wednesday of the month
6:00pm-8:00pm

GMB Union Nottingham
542 Woodborough Road,
Nottingham NG3 5FJ

FAB is a voluntary charity

Our objectives

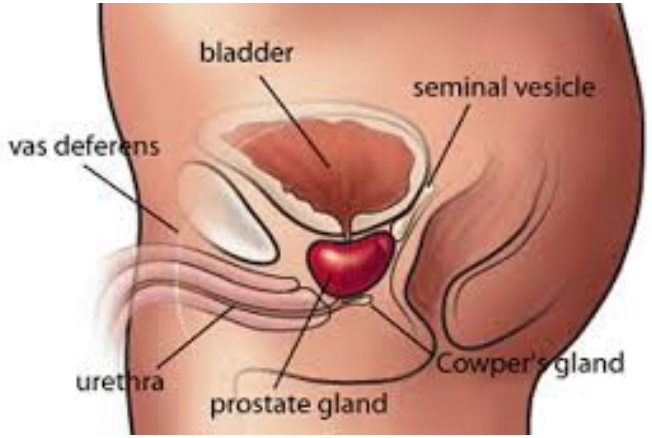
- Raise prostate cancer awareness
- Support affected men & families
- Advocate for our members
- Signpost to other organisations
- Educate on health, research and wellbeing matters
- Promote participation & trust for clinical and research studies
- Promote health equity
- Promote early diagnosis

Prostate cancer can be treated. Treatments are improving all the time



The Prostate Gland

- Located below the bladder
- Reproductive gland
- Produces a fluid component of semen
- Wraps around the urethra (tube carrying urine)



Prostate Cancer Risk Factors

Ethnicity: Black men have twice the risk of white men

Family History: You have increased risk if your brother or father has prostate cancer, or if your mother carries a faulty gene causing certain types of breast and ovarian cancer

Get a free NHS prostate cancer test

Black African/Caribbean men: request a free PSA blood test at age 45, or sooner if you have symptoms, or a family member has prostate cancer

Men of other ethnicity should request a free test, age 50, or sooner if at higher risk

Did you know! The PSA blood test is not routinely performed in the well man test: you need to request it!

Early stage cancer is curable!



Donate

Co-operative Bank

Account number: **67222326**

Sort Code: **08-92-99**