



For both of us it was spotting blood in our pee that prompted us to see the doctor straightaway. By doing so we could receive the treatment and care needed quickly. Now we're able to live life to the full and enjoy the things we love like sailing and spending time with family.

We didn't know it then but blood in pee could be the sign of a number of urological cancers so it is vital to get checked at once.

ALAN AND GERALDINE, PROSTATE AND BLADDER
CANCER SURVIVORS

WHAT YOU SHOULD LOOK FOR

- Blood in pee or semen
- Painful ejaculation
- Difficulty in having an erection

If you spot blood in your urine, even if it disappears, you must visit your doctor so it can be investigated. In most cases it will not be cancer, it could be an infection, but should always be checked out.

Further information

For more information on urology, its conditions and about the signs and symptoms you should be aware of visit theurologyfoundation.org/urologyhealth

**THE
UROLOGY
FOUNDATION**

Leading the fight
against urology disease

The Urology Foundation is committed to transforming the lives of people with a urology condition through ground-breaking research, training and education. Working with researchers, urologists and nurses we are dedicated to improving the nation's urology care so that fewer lives are devastated.

theurologyfoundation.org
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 The Urology Foundation

The Urology Foundation
is a registered charity (1128683)

UROLOGY
Awareness
MONTH

Knowing the signs of
PROSTATE CANCER

A little TUF guide on
urology health

**THE
UROLOGY
FOUNDATION**

Every hour 7 people are diagnosed with a urology cancer.

1 in 8 men will be diagnosed with prostate cancer at some point in their lives. Every hour, one man dies from prostate cancer in the UK. Prostate cancer is the most common cancer in men in the UK; there are 40,000 new cases every year.

Most prostate cancers develop with symptoms at the early stages, thus men over 40 years old are advised to check in with their GP as often as they can. The older a man gets, the more likely he is to be diagnosed with prostate cancer and early diagnosis is key.

Knowing the signs to spot and when to seek medical attention will make a real difference.

This leaflet contains information about:

- Prostate cancer
- Signs and symptoms
- When to seek medical attention

Prostate cancer

Prostate cancer is the most common cancer in men in the UK with over 40,000 men diagnosed with the disease each year. 84% of men survive the disease provided they seek medical attention when they spot the symptoms early.

WHO IS AT RISK?

Only men have the prostate gland and the risk of developing prostate cancer increases with age. It is not known exactly what causes the disease but you are more at risk if:

- **Age**
Men under 50 have a very low chance of prostate cancer but the risk increases as you get older.
- **Ethnicity**
Prostate cancer occurs more among men of African-Caribbean and African descent where the risk is 1 in 4 men.
- **Family history**
You are twice as likely to get prostate cancer if a close relative (a brother, father, grandfather) has had the disease. And you may be at a higher risk if your mother or sister has had breast cancer.

KNOW THE SYMPTOMS

- Needing to pee more frequently, often at night
- Difficulty starting to pee
- Pain when peeing
- Feeling you've not fully emptied your bladder

Prostates can get larger as a man ages. This is known as an enlarged prostate which is non-cancerous but has the same symptoms as prostate cancer. If you experience any of the symptoms you should see your doctor so you can get treatment sooner.



Support The Urology Foundation

The only charity dedicated to all urology disease in the UK and Ireland. Thanks to our generous supporters we have been able to fund the brightest and best researchers and projects that fight urology disease.

You too can join the growing number of TUF supporters in the UK. There are various ways to get involved – by donating, fundraising for us or getting involved in a TUF challenge.

Please find out more on our website:
<http://www.theurologyfoundation.org/get-involved>