University of BRISTOL

Safety and Health Services

prostate matters

1 in 8 men in the UK will get prostate cancer

What is the prostate?

The prostate is a gland. It is usually the size and shape of a walnut and grows bigger as you get older. It sits underneath the bladder and surrounds the urethra, which is the tube that carries urine (wee) out of the body. The prostate's main job is to help make semen – the fluid that carries sperm.

What is prostate cancer?

Prostate cancer can develop when cells in the prostate start to grow in an uncontrolled way.

Who has a prostate?

The following people have a prostate?

- Men
- trans women
- non-binary people who were assigned male at birth
- some intersex people.

You may be more likely to get prostate cancer if:

- you are aged 50 or over – it mainly affects men over 50, and your risk increases as you get older,
- your father or brother has had it – you are two and a half times more likely to get it if your father or brother has had it,
- you are black – 1 in 4 black men will get prostate cancer in their lifetime

Changes to look out for include:

Most men with early prostate cancer don't have any signs or symptoms. That's why it's important to understand your risk.

If you do notice changes in the way you urinate (wee), this is more likely to be a sign of a very common non-cancerous problem called an enlarged prostate, or another health problem. But it's still a good idea to get it checked out.

Possible changes include:

- needing to urinate more often than usual, especially at night
- difficulty starting to urinate straining or taking a long time to finish urinating
- a weak flow when you urinate
- a feeling that your bladder hasn't emptied properly
- a sudden need to urinate – sometimes leaking urine before you get to a toilet dribbling urine after you finish urinating.

Scan the QR code to find out more

Where can I get more information?

Prostate cancer UK Speak to a Specialist nurse: **0800 074 8383**
Email or chat online with a specialist nurse at **prostatecanceruk.org/get-support**
Visit: **prostatecanceruk.org/publications** or text: **NURSE** to **70004** to find out more