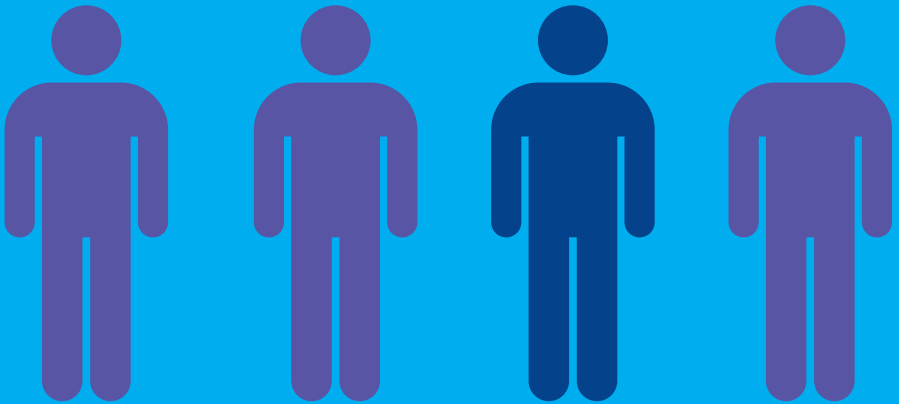


1 in 4 black men will be diagnosed with prostate cancer at some point in their lives.



If you're a black man and you're over 45, speak to your GP about your risk of prostate cancer, even if you don't have any symptoms.

What is the prostate?

The prostate is a gland. Only men have a prostate. The prostate is usually the size and shape of a walnut. It sits underneath the bladder and surrounds the urethra, which is the tube men urinate (pee) and ejaculate through. The prostate's main job is to help make semen – the fluid that carries sperm.

Does prostate cancer have any symptoms?

Most men with early prostate cancer don't have any symptoms. So, even if you don't have symptoms, if you're a black man over 45, speak to your GP about your risk of prostate cancer.

Some men with prostate cancer may have difficulty urinating. Men with prostate cancer that's spread to other parts of the body might have pain in the back, hips or pelvis, problems getting or keeping an erection, blood in the urine, or unexplained weight loss. These symptoms are usually caused by other things that aren't prostate cancer. For example, if you notice any changes when you urinate or have trouble controlling your bladder, this could be a sign of an enlarged

prostate or prostatitis. But it's still a good idea to talk to your GP so they can find out what's causing them.

Why are black men at higher risk?

We don't know why black men are more likely to get prostate cancer than other men. But it might be linked to genes. Genes are sets of instructions inside every cell in your body and are inherited from your parents. If your father or brother has had prostate cancer, you are at a higher risk of developing it.

What is the risk for men with mixed black ethnicity?

If you have mixed black ethnicity, you are likely to be at higher risk of prostate cancer than men who aren't black. But we don't know your exact risk because we don't have enough information on prostate cancer in men with mixed black ethnicity. And we don't know whether it makes a difference if it's your mother or father who is black.



For further information, please visit:

www.strongerknowingmore.org

Or call the Prostate Cancer UK helpline:

0800 074 8383