

Prostate Cancer

Signs, symptoms and testing



Key signs and symptoms

01

Having difficulty urinating

02

Notice a weak flow when urinating

03

Not feeling empty or dribbling urine

04

Need to go more often or suddenly

These symptoms can be caused by conditions other than cancer, but it's important to get them checked by a GP.

Prostate testing basics and next steps

Who is at higher risk for prostate cancer?

Prostate cancer mainly affects men over 50. The risk is higher if you are a black man. If you have a family history of prostate, breast or ovarian cancer, your risk may also be higher.

What is prostate testing?

Tests to check for prostate cancer include a digital rectal examination, a PSA (prostate specific antigen) blood test and scans. In some cases, a sample of prostate cells may be taken for testing, known as a biopsy.

Who is prostate testing for?

Anyone who is concerned about prostate cancer or who is at higher risk should contact their GP.

How might a GP handle concerns about prostate health?

If you're concerned about prostate health, the first step is to see your GP. These are some likely next steps:

- Assessing your personal risk and explaining the benefits of testing
- Carrying out a rectal exam to check the health of your prostate
- Offering a PSA blood test
- Repeating the PSA test or referring you to a specialist if results are raised

Seeing your GP is the recommended first step to prostate testing but testing can also be accessed through private clinics. Home testing kits are also available, however the results might not be as accurate and they often lack follow-up support.

When should you contact a GP?

- ✓ If you notice any of the symptoms on page one.
- ✓ If symptoms persist or feel different or new.
- ✓ If you are at a higher risk for prostate cancer.
- ✓ If you feel worried it's always better to check.

< 10%

Correctly identified that prostate cancer typically has no symptoms in the early stages.

48%

Of men aged 55+ believe they are eligible for NHS prostate testing.

100%

Almost 100% of men will survive prostate cancer if caught early.

Common myths about prostate cancer

Myth *"I had a PSA test once, so I don't need another"*

Fact Levels of PSA change as you age so it's important to get tested regularly depending on your age and level of risk.

Myth *"If I feel fine, I don't need testing"*

Fact Prostate cancer has no symptoms in the early stages, which is why it's vital to know your level of risk and to visit your GP with concerns.

Myth *"Prostate testing is painful"*

Fact A rectal exam can be uncomfortable, but it shouldn't be painful. A PSA blood test should also not be painful.

Myth *"I'm a trans woman so I can't get prostate cancer"*

Fact The prostate is not usually removed during gender-affirming surgery, so trans women may still be at risk of prostate cancer.

Myth *"Prostate testing tests for cancer"*

Fact A PSA test measures the level of PSA protein in the blood, which can indicate a variety of prostate issues, including cancer.

Myth *"I'm too young to get prostate cancer"*

Fact While most men who get prostate cancer are over 50, it can affect younger men as well.