

# Prostate Cancer

## Information Sheet

The Prostate Cancer Care & Research Centre at the Bristol Urological Institute concentrates on high quality research into prostate cancer and provides treatment, support and information to patients and their families.

Prostate Cancer has not attracted a great deal of attention in the past for various reasons. Men have been reluctant to complain of symptoms, particularly as the condition is age-related and men may consider it part of "getting old".

As life expectancy has increased, there is more awareness of men's health problems; more prostatic cancers have become apparent along with the realisation that the disease can arise in middle-aged men. Although the condition is often present for many years before it causes serious symptoms and spreads, in a few it progresses rapidly leading to premature death. Once spread outside the prostate it is not curable although it may be controlled or suppressed by medication or other means for a time, which is very variable depending on the individual.

Prostate cancer is increasingly being diagnosed in its early stage before symptoms occur. Blood tests can give an early indication which needs to be backed up by further tests to confirm the diagnosis or otherwise.

None of the tests are perfect.

Continuing research is needed to improve them.

The outcome of prostate cancer in each individual is not precisely predictable, so men with an otherwise good life expectancy may naturally wish to rid themselves of the disease whilst it is still possible.

Early surgery to remove the prostate before the cancer has spread offers a high chance of eliminating the disease and other non-surgical treatments are now meeting with some success.

There are many similarities between prostate and breast cancer in the way they behave, which governs some aspects of treatment. Both diseases require an equal effort in research and support to find solutions.



### *Did you know?*

*35,000 men in the UK are diagnosed with prostate cancer each year and nearly 10,000 men will die from of it.*

*One-quarter of the male population will have a prostate operation at some time in their lives (mainly for benign disorders.)*

*Prostate cancer is the most common cancer in men in the UK. It is a major cause of male death in the UK.*

*Over the last 30 years prostate cancer rates in Great Britain have nearly tripled. (Much of the increase is due to better detection through the widespread use of the PSA test.)*

*The strongest risk factor for prostate cancer is age, with very low risk for men under 50, but risk increasing with age thereafter.*

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