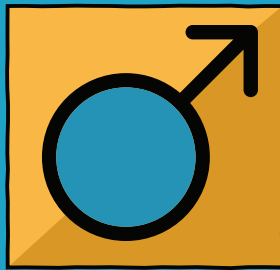


Health guide

Prostate screening



What is prostate cancer?

Prostate cancer affects the prostate gland. The prostate is a small, walnut-size gland under the bladder. It produces a thick, white fluid that mixes with sperm to make semen.

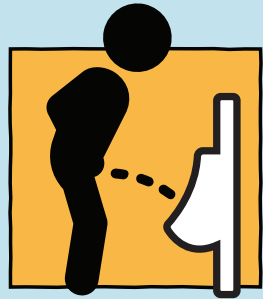
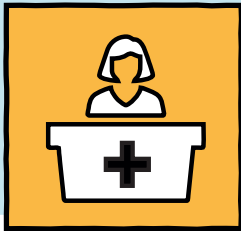
What are the symptoms?

Changes to look out for include:

- Needing to urinate more often than usual, especially at night.
- Difficulty with 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 – you may sometimes leak urine before you get to the toilet.
- Dribbling urine after you finish urinating.

Less common symptoms include:

- Pain when urinating.
- Pain when ejaculating.



The most important thing is to KNOW YOUR NORMAL so please go to see the GP if you notice any worrying symptoms.

How is prostate cancer tested for?



It is tested for by a blood test called a PSA test, which is a free test that measures the amount of prostate specific antigen (PSA) in your blood. PSA is a protein produced by normal cells in the prostate and also by prostate cancer cells. It's normal to have a small amount of PSA in your blood, and the amount rises slightly as you get older and your prostate gets bigger. A raised PSA level may suggest you have a problem with your prostate, but it may not be cancer.

Who can get the PSA Test?

i Men over 50 are at higher risk, and your risk increases as you get older. If you're over 50 and you're worried about your risk, you might want to ask your GP about the PSA blood test. Prostate cancer can also affect transgender women, non-binary people, and anyone assigned "male sex" at birth.

You have a higher risk of prostate cancer if you're Black or have a family history of prostate cancer. For that reason, it is strongly recommended that you speak to your GP about having a PSA blood test from the age of 45.

You may also be offered a PSA test if you have symptoms of a possible prostate problem. If your doctor thinks your PSA level is high, they may send you to see a specialist at a hospital for more tests. Remember, people who don't have an address or an ID still have a Right to Register and ask the GP for the PSA test.

It is important to note that if you do get diagnosed with prostate cancer, treatment is more advanced now and there are a range of treatments that are effective.



Useful links

NHS: <https://www.nhs.uk/conditions/prostate-cancer/>

Prostate cancer UK: <https://prostatecanceruk.org/>

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www.groundswell.org.uk
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Everyone has the right to good health and to access healthcare. People experiencing homelessness face health inequalities; they are often excluded from information and services. That's why Groundswell produces accessible health guidance for people experiencing homelessness, so they can make informed decisions about their health.

All our health guides are created alongside people with experience of homelessness and reviewed by relevant professionals.