



EASY
READ

'Men'

know about your

prostate

What is in this booklet?

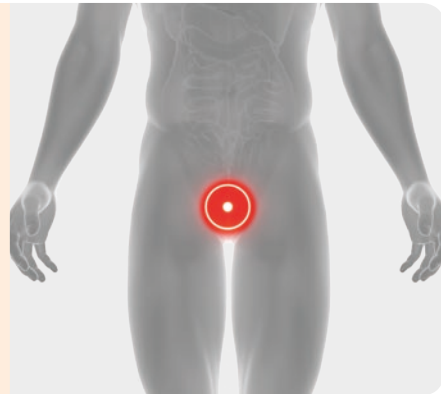
To help you understand the messages in this booklet, you may need a carer or friend to read it with you.

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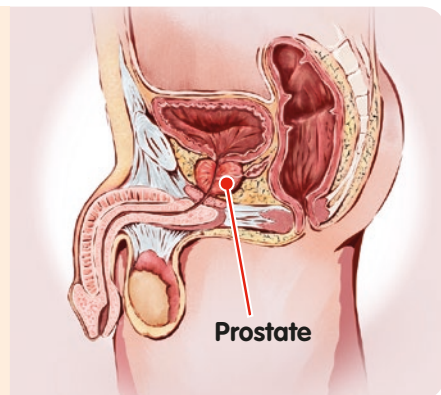
Where is your prostate gland?



Only men have a prostate. Your prostate is a gland inside your body. You cannot feel it.



The prostate lies below the bladder and surrounds the tube that carries urine (pee) and semen out through the penis.



The prostate is about the size of a walnut. This size!



Signs your prostate may be enlarged



You need to pee more often, especially at night.



You suddenly feel you need to pee and cannot hold on.



You have difficulty starting to pee and may need to force it out.



The speed of your pee is slow and weak and you start and stop.



Signs your prostate may be enlarged



Your bladder still feels full after you have had a pee and you feel like you could do more.



You have pain or burning when you pee.



It hurts when you have an erection or sex.



You notice blood in your pee.



A lot of men have problems with their prostate as they get older



Sometimes the problem with doing a pee can be due to other things, for example infection, diabetes or being worried!



BUT: Always get checked by your doctor, you are **NOT** wasting their time.



Remember most men who have an enlarged (big) prostate **DO NOT** have prostate cancer.



What is prostate cancer?



Prostate cancer is the most common cancer in men.



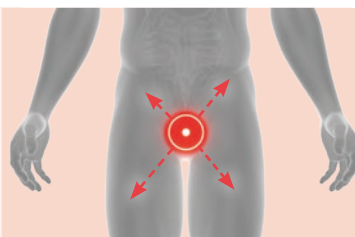
In some men, prostate cancer grows slowly and may not cause problems for a long time.



In some men, prostate cancer grows quickly and needs early treatment.



If not treated the cancer can spread to other parts of the body.



So it is very important to get checked. Your carer can help you make an appointment to see the doctor.



You are more at risk of getting prostate cancer if:



You are over 50, it is rare in men under 50 but can happen.



Your father or brother had prostate cancer.



You have several men in your family who had prostate cancer.



Your mother or sister has had breast cancer.



Your skin is black or you are African / Caribbean.



Tests the doctor may do to check the prostate gland



There is no one single test for prostate cancer. Your doctor is the best person to help you decide what tests or treatment you should have.

Your doctor may ask you to give some pee in a bottle to be tested.



Your doctor may do a blood test.



Your doctor may feel your prostate by putting a finger up your bottom. This will not be sore.



Other tests or treatment the doctor may advise if you have prostate cancer



Blood tests.



**Hormone therapy
(Tablets or injections).**



Radiotherapy.



Surgery – operation.



Chemotherapy.



A healthy lifestyle is very important



Stop smoking as this is the biggest cause of most cancers.



Get enough rest and sleep.



Relax and enjoy life.



Take time to have fun and see your friends.



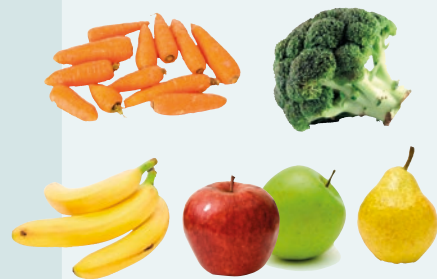
What foods are good for your health?



Have 6-8 drinks per day that have water in them. But not too much tea or coffee.



Lots of vegetables and lots of fruit.



Fibre, which can be found in wholegrain and brown bread, brown rice, brown pasta and porridge.



Meat such as chicken and fish.



What foods are not as good for your health?



Processed meats such as bacon, ham, salami, sausages and burgers.



Fried foods and crisps.



Sweet foods.



Fizzy drinks and alcohol.



Exercise is very important



Try to exercise for 30 mins per day, you can break this up into 10 minute slots.



Exercise helps you to feel happy.



You could try dancing.



Walking.



Swimming.



Tick if you have any of these problems



You may find it helps to show this list to your doctor (your carer can help you with this).

I am going for a pee more than usual, especially at night	✓ YES <input type="checkbox"/> X NO <input type="checkbox"/>	
I have to rush to the toilet and sometimes I leak	✓ YES <input type="checkbox"/> X NO <input type="checkbox"/>	
My pee is coming out very slowly and I start and stop	✓ YES <input type="checkbox"/> X NO <input type="checkbox"/>	
I find it hard to pee and have to force it out	✓ YES <input type="checkbox"/> X NO <input type="checkbox"/>	
After peeing I feel like I need to go again	✓ YES <input type="checkbox"/> X NO <input type="checkbox"/>	
It hurts when I go for a pee	✓ YES <input type="checkbox"/> X NO <input type="checkbox"/>	

Tick if you have any of these problems



You may find it helps to show this list to your doctor (your carer can help you with this).

It hurts when I have an erection	✓ YES <input type="checkbox"/> X NO <input type="checkbox"/>	
I have blood in my pee	✓ YES <input type="checkbox"/> X NO <input type="checkbox"/>	
I have lost a lot of weight without trying	✓ YES <input type="checkbox"/> X NO <input type="checkbox"/>	
I feel very tired for no reason	✓ YES <input type="checkbox"/> X NO <input type="checkbox"/>	
I have a family history of prostate cancer (brother, father etc)?	✓ YES <input type="checkbox"/> X NO <input type="checkbox"/>	
Have you had an annual health check with your GP and nurse?	✓ YES <input type="checkbox"/> X NO <input type="checkbox"/>	

Where to get more information about your health



These booklets and further information can be found on the Public Health Agency website www.publichealth.hscni.net or in your doctors surgery.

5 Ways to Wellbeing.



Stop smoking.



Annual Health Check – contact your doctor.



This booklet was designed by Marie Loughran and Brea Crothers (Health facilitators for adults with learning disability SHSCT) with the help of men with a learning disability, Consultant and GP Medical practitioners, health and social care colleagues from other Trusts in N. Ireland as well as the PHA and the HSCB

