

Lions District 105A Prostate Cancer Awareness

Prostate Cancer is the development of Cancer in the Prostate Gland in the male reproductive system.

Fact and Figures

- Most cancerous growths on the Prostate Gland are slow growing.
- Symptoms may not appear for many years. Men only become aware of a cancerous growth when it is large enough to put pressure on the urethra. However, some cancerous growths can grow more quickly.
- Older men, over 60, are more at risk of developing Prostate Cancer. But men under 60 can also develop it.
- In the UK Prostate Cancer is the most common cancer. 1 in 8 men suffer from it.
- Around 47,000 new cases are reported annually. In 2015 this accounted for 26% of all new cancer cases.
- Detection of Prostate Cancer has increased since 1990 due to early intervention and medical treatment.
- Incidence rates of Prostate Cancer are projected to rise by 12% between 2014 and 2035 to 233 cases per 100,000 males.
- Men are more likely to develop Prostate Cancer if a father or brother have had it.
- Prostate Cancer is most common in black males (1 in 4 men) than white males and least common in Asian males.
- More than 8 in 10 men now survive Prostate Cancer thanks to early diagnosis and treatment.
- Around 11,600 men in the UK die annually from Prostate Cancer. Older men being more at risk of death.
- Mortality rates are projected to fall between 2014 and 2035 by 16% 48 deaths per 100,000 males.

Figures taken from Cancer Research UK www.cancerresearchuk.org

Signs and Symptoms of Prostate Cancer

Please note the same information, listed below, can apply to benign (non cancerous) tumours.

- Frequent urination, especially at night.
- Weak or interrupted urine flow.
- Need to strain to empty bladder.
- Pain or burning sensation during urination and ejaculation.
- Erectile dysfunction.
- Blood in urine and semen.
- Pain in bones

Testing Methods for Prostate Cancer

- PSA (Prostate-Specific Antigen) Test. This is a blood test which establishes the level of protein in the blood.
- Please note that PSA Tests are not always reliable as a single indicator of Prostate Cancer. Raised PSA levels can also be caused by age related issues and other medical conditions. Further tests will be carried out to confirm diagnosis.
- A physical examination of the rectum, (back passage) to feel for any abnormalities in the Prostate Gland.
- Biopsy of cells in the Prostate Gland.

For more information on these tests visit the Macmillan Cancer Support website www.macmillan.org.uk

Stages of Prostate Cancer

- Early (localised) Prostate Cancer- the cancer is situated in the Prostate Gland only
- Locally Advanced Prostate Cancer- the cancer is starting to spread around the Prostate Gland.
- Advance Prostate Cancer- the cancer has spread to other parts of the body.

Treatment for Prostate Cancer

In the early stages various options are given either: -

- Watch and wait monitoring PSA levels.
- Surgery
- Hormones
- 1125 seeds implantation

Then intermediate to high risk options: -

- External beam radiotherapy
- External beam radiotherapy with hormones
- Chemotherapy with radiotherapy and hormones
- Radiotherapy plus hormones and brachytherapy

How Clubs can Promote Prostate Cancer Awareness

- Encourage fellow Lions and the general public to “GO AND GET TESTED.”
- Work with the medical services to run Prostate Cancer Test Sessions.
- Raise funds. Work with Cancer Charities on fundraising Projects marathons, cycle races, Climb Snowden on the Annual Snowden 500 Walk.
- Donate funds to Prostate Cancer Charities to assist those suffering from Prostate Cancer and for future research.
- Run a PR Project in your community to promote Prostate Cancer Awareness

Contact details of Organisations mentioned in this document

Prostate Cancer UK

Address Fourth Floor, The Counting House, 53 Tooley Street, London SE1 2QN

Tel no 0800 082 1616

Website www.prostatecanceruk.org

Snowden 500 Challenge www.snowdon500.co.uk

Email supportercare@prostatecanceruk.org

Prostate Cancer NHS UK

Website www.nhs.uk/conditions/prostate-cancer

Cancer Research UK

Address Angel Building, 407 St John Street, London, EC1V 4DD

Tel no 0808 800 4040

Website www.cancerresearchuk.org

Macmillan Cancer Support

Address 89 Albert Embankment, London, SE1 7UQ

Tel no 0808 808 0000

Website www.macmillan.org.uk

Please email me on health@lions105a.org with information about Projects your Club carries out with any Prostate Cancer Organisations so I can include it in my Cabinet Report.

Lion Penny Tregillus

District 105A Prostate Cancer Officer