

Health & Wellbeing



March is

Prostate Cancer Awareness Month

Organised by **PROSTATE CANCER UK**, the aim is to raise awareness of prostate cancer, as well as raise money so the charity can provide even better support to both sufferers and their families.

THE FACTS:

- Prostate cancer is the most common cancer in men
- 1 in 8 men will get prostate cancer in their lifetime
- Prostate cancer mainly affects men over 50 and your risk increases with age
- If people in your family have prostate cancer or breast cancer, it might increase your own risk of getting prostate cancer
- Black men are more likely to get prostate cancer than other men. In the UK, about 1 in 4 Black men will get prostate cancer at some points in their lives.

THE FIGURES:

- Across the UK over 47,000 men are diagnosed with prostate cancer every year – that's **129** men every day
- Every 45 minutes one man dies from prostate cancer – that's more than 11,000 men every year
- Around 400,000 men are living with and after prostate cancer

SYMPTOMS:

To learn more about the symptoms of Prostate Cancer, go to:

<https://prostatecanceruk.org/prostate-information/about-prostate-cancer/prostate-cancer-symptoms>

If you, or a family member, are concerned about prostate cancer or prostate problems the Specialist Nurses at **PROSTATE CANCER UK** provide a range of different information and support. The services are open to men, their family and their friends. Please click on the following link for more information: <https://prostatecanceruk.org/get-support>

Alternatively, if you would like to talk to a **PROSTATE CANCER UK** specialist Nurse, you can call **0800 074 8383**

If you would like to get involved and help raise both awareness and money for this worthy charity please go to: <https://prostatecanceruk.org/get-involved>

