

What is causing my symptoms?

These symptoms do NOT mean that you have prostate cancer but tests are usually needed to find out what is causing them.

You may have an enlarged prostate gland which is only occasionally caused by cancer. In fact, prostate cancer often causes no symptoms at all. Your prostate tends to increase in size as you get older. Infections can also cause swelling and inflammation of the prostate.

What should I do next?

If you are experiencing any of the symptoms described in this leaflet you should consider contacting your GP surgery for advice about tests which might include...

- A questionnaire to assess the severity of your prostate symptoms.
- A urine test to rule out an infection of the bladder or prostate gland.
- A blood test (PSA) which helps to assess your risk of having prostate cancer.
- A prostate examination. The doctor will insert their finger into your anus (bottom) in order to feel the size and shape of your prostate through the wall of your lower bowel.
- Referral to hospital for further tests to assess your risk of having prostate cancer or to measure bladder function.

If your doctor feels that prostate cancer is unlikely you may be offered practical advice, bladder exercises or medication to treat your prostate symptoms.

Where can I find more information?

Reliable information about prostate health is available online at the following websites:

<https://www.nhsinform.scot>

<https://www.prostatescotland.org.uk>

<https://www.prostatecanceruk.org>

<https://www.cancerresearchuk.org>

<https://patient.info/mens-health>

Request an appointment with your GP if you are worried about prostate cancer or want to find out more about tests and treatment for prostate symptoms.

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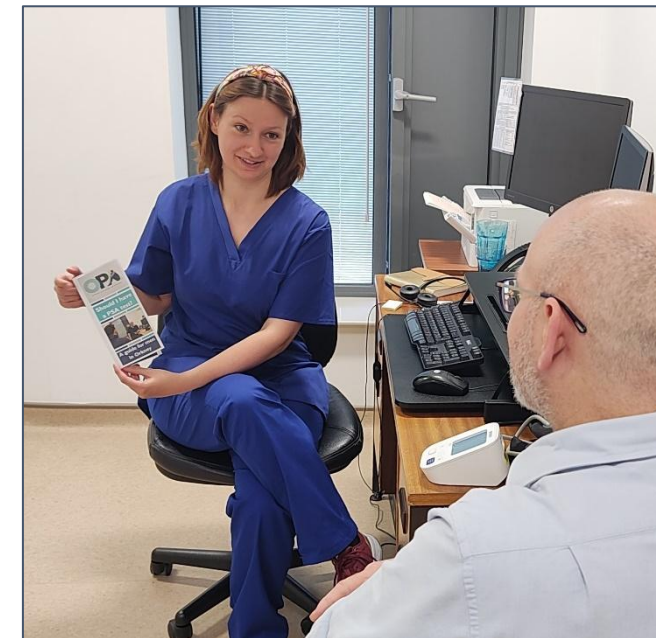
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What are the signs of a prostate problem?

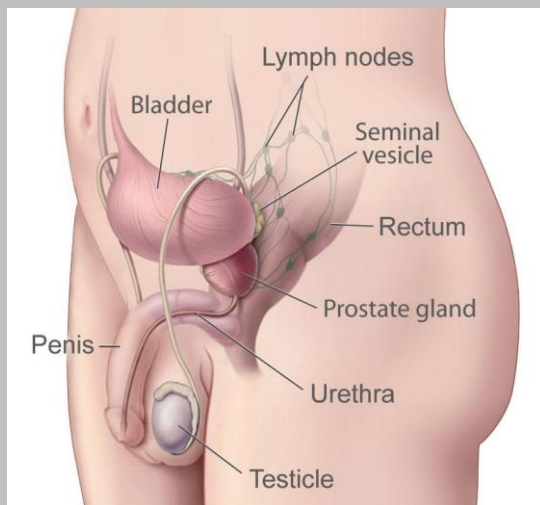
“What should I be looking out for?”

This is one of the commonest questions that people ask us at Orkney Prostate Awareness.

This leaflet will help you to recognise symptoms of a prostate problem and to decide whether or not to seek tests or treatment from your GP surgery.

What is a prostate?

The prostate gland lies just below the bladder and helps to produce healthy sperm.



When the prostate becomes enlarged it can block the flow of urine from the bladder and/or make it more difficult for the bladder to store urine.

SYMPTOM CHECKLIST

Tick the boxes if you experience any of these problems

1. Incomplete emptying

Do you feel that there is more to come when you have finished passing urine?

2. Frequency

Do you pass urine more often than every 2 hours during the day?

3. Intermittency

Does the flow keep stopping and starting when you pass urine?

4. Urgency

Do you struggle to “hang on” when you feel the urge to pass urine?

5. Weak stream

Does your urine trickle or dribble out?

6. Straining

Do you have to push hard when passing urine?

7. Nocturia

Do you have to get up more often than once or twice at night to pass urine?

8. Pain (uncommon)

Do you feel pain between your legs or in your bottom when passing urine or having sex?