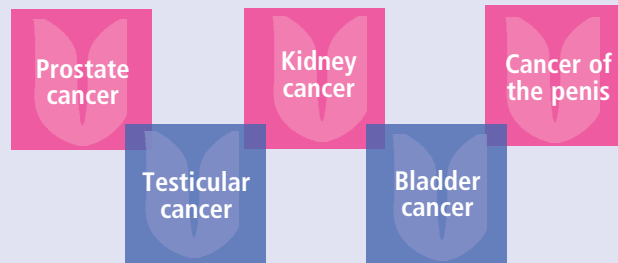


**UCARE (Urology Cancer Research and Education) was founded by a group of clinicians, patients and supporters who care about fighting urological cancer.**

We are an independent charity committed to improving the treatment and care of cancer patients through research and education.



Urological cancers represent nearly 20% of all cancers diagnosed in the UK each year. Around 18,000 people die of urological cancers in the UK every year, and may not have been aware of the signs and symptoms that lead to early detection and treatment.

### Our vision

Finding new ways to fight cancer.

### Our aims

- To support research into the causes, prevention and treatment of urological cancers and related conditions.
- To promote the development of new technologies that will help to improve the diagnosis and treatment of urological cancers and related conditions.
- To provide equipment and facilities for research, and for the treatment of cancer patients.
- To provide information and education about urological cancers.

**We all care about cancer.  
Please help us fight it.**

**As a registered charity, UCARE depends on friends and supporters, who help us by:**

- Giving their expertise to help run and develop UCARE.
- Making donations to support our work.
- Organising and supporting fundraising events.
- Sponsoring our activities.
- Telling friends, family and colleagues about our work.



**If you want to know more about UCARE please contact us at:**

UCARE, PO Box 677, Abingdon, OX14 9LZ

Tel: 01865 767777

Email: [ucare@ucare-oxford.org.uk](mailto:ucare@ucare-oxford.org.uk)

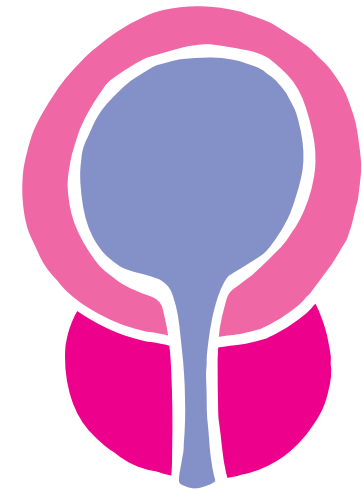
Find UCARE on:



UCARE (Oxford) is a registered charity number 1120887.

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# Prostate Cancer



**Be aware and informed**

# Prostate cancer: be aware of the signs and symptoms

The prostate is a small gland found only in men. It is about the size of a walnut and surrounds the first part of the tube (urethra) which carries urine from the bladder to the penis opening. Prostate cancer generally affects men over the age of 50, and is rarely found in younger men. There are 41,700 cases of prostate cancer in the UK each year.

In men over the age of 50, the prostate gland may become larger because of a non-cancerous condition known as benign prostatic hyperplasia or hypertrophy (BPH).

## Symptoms

Prostate cancer commonly has few symptoms initially. Symptoms of benign enlargement of the prostate and prostate cancer are similar, and include one or more of the following:

- difficulty in passing urine
- passing urine more frequently than usual, especially at night
- pain when passing urine
- blood in the urine (this is not common)
- erection problems

## Diagnosis

It is important that you get checked out by your doctor if you experience any of these symptoms. Most enlargements of the prostate are not cancer. The rectum (back passage) is close to the prostate gland, so your doctor can feel for any abnormalities in the prostate by inserting a gloved finger into the rectum.

Men with cancer of the prostate tend to have more PSA (Prostate Specific Antigen – a protein produced by the prostate gland) in their blood, identifiable with a simple blood test.

If you are referred by your doctor, a Urologist at the hospital will use ultrasound (sound waves) and conduct a biopsy (take tissue samples) to assess your condition. These procedures usually cause only minor discomfort.

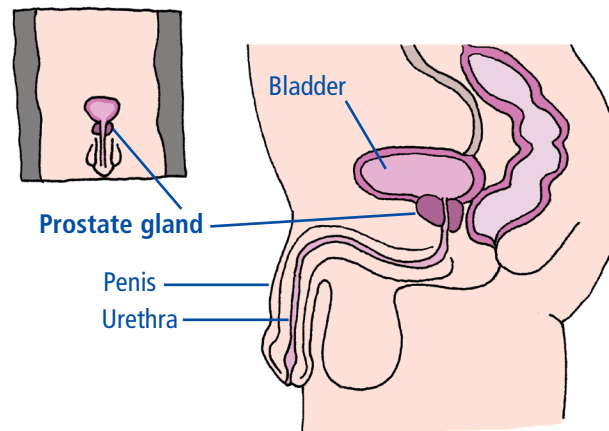
## Treatment

Treatment of early prostate cancer includes active surveillance and monitoring, surgery (removal of the prostate gland), and radiotherapy (treatment with high energy x-rays). For more locally advanced disease (cancer that involves more of the prostate gland and sometimes the local surrounding tissue) treatment will include hormonal treatment and also radiotherapy and/or chemotherapy may also be used. More advanced prostate cancer treatment can include hormones, and chemotherapy – treatment with one or more anti-cancer drugs in a specific regime with the aim of slowing the progression of the disease.

Specialist medical staff including surgeons, oncologists and nurses are available to help patients decide on their preferred treatment.

## Clinical trials

You may be offered a potentially different treatment option as part of a clinical trial. The aim of a clinical trial is to develop new treatments, which are always being investigated.



# I would like to support the fight against cancer

Research is often complicated, time-consuming and expensive but it provides hope for patients and their families, and leads to more effective ways of treating and preventing cancer. **Please help by giving what you can.**

I would like to give a donation to UCARE of:

£10  £100  £250  My choice £

Please make cheques payable to UCARE

I would like to give a monthly donation to help UCARE plan for the future:

£3  £5  £10  £25

My choice £

(Before you send your completed slip to us, please ask your bank or building society to set up your monthly standing order gift and give them our banking details: CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME10 4JQ, Account Number 00017501, Sort Code 40-52-40. To help us keep accurate records, please give your full name as the reference.)

Title: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Phone (optional): \_\_\_\_\_

Email: \_\_\_\_\_

Increase the value of your donations by 25% – at no additional cost to you!

*giftaid it*

I am a UK taxpayer.\* Please treat all donations I make or have made to UCARE for the past four years as Gift Aid donations until further notice.

\*Please be aware that you must have paid an amount of income and/or capital gains tax at least equal to the amount of tax reclaimed by all charities and Community Amateur Sports Clubs on all your donations in the tax year (6th April one year to 5th April the next). We can currently receive an extra 25p for every £1 you donate. Other taxes such as Council Tax and VAT do not qualify. Please let us know if your tax circumstances or name/address change.

Date \_\_\_\_\_ Signature \_\_\_\_\_

Please tick the box if you prefer not to receive updates about our work.

We will not share your details with other organisations.

Thank you

[www.ucare-cancer.org.uk](http://www.ucare-cancer.org.uk)

**ucare**  
Finding new ways to fight cancer

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