

# Early diagnosis of Prostate Cancer



Prostate cancer is the most commonly diagnosed invasive cancer in men in Ireland.\* Over 3,800 men are diagnosed with prostate cancer every year.

1 in 6 men in Ireland will get prostate cancer in their lifetime

Prostate cancer can affect people of any age but is more common in those aged 50 and older.

Survival for people with prostate cancer is very good – 9 out of 10 people with prostate cancer will be alive 10 years after diagnosis.

## Find prostate cancer early

Many prostate cancers are slow-growing and will never cause any symptoms or health issues.

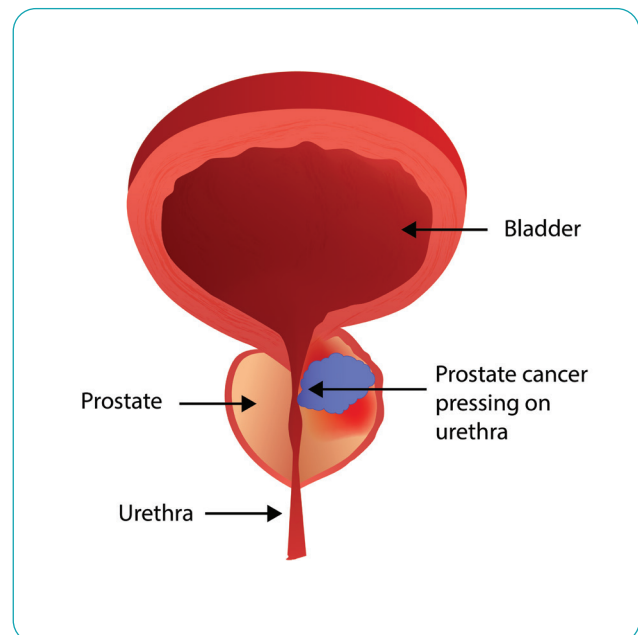
However, for some types of prostate cancer, early diagnosis can improve survival. If found early, these cancers are easier to treat and there is a better chance of recovery.

Finding prostate cancer early can be difficult because early stage prostate cancer does not cause any symptoms.

For prostate cancer to cause symptoms, the cancer must grow big enough to press on the tube that carries urine from the bladder out of the body (this tube is called the urethra). If this happens, it can cause difficulty passing urine, or you may find that you need to pass small amounts of urine more often than usual.

However, for most men, having difficulty passing urine, or needing to pass urine more frequently, does not mean you have prostate cancer. The prostate gland enlarges naturally as men age. This is called Benign Prostatic Hyperplasia (BPH), and it can also cause these symptoms.

If you have difficulty passing urine you should **contact your doctor without delay** to find out what is causing your symptoms and how to manage them.



\* excluding non-melanoma skin cancer

## Find prostate cancer early

Contact your doctor without delay if you have any of these symptoms

- Passing urine more often
- Getting up at night to pass urine
- Difficulty passing urine
- Having a weaker flow of urine
- Having a feeling of not emptying the bladder completely
- Straining to empty the bladder
- Blood in the urine or semen
- Bone pain
- Weight loss when you are not trying to lose weight

## Risk Factors for Prostate Cancer

- Age – Prostate cancer is more common in older men. Most prostate cancers occur in men aged 50 years and older.
- Ethnicity – Prostate cancer is more common in black-African men than white men. It is least common in Asian men.
- Family history – Prostate cancer is more common in men who have a father, son or brother with prostate cancer.
- Genetics – Prostate cancer is more common in men with certain genetic mutations (e.g. BRCA1 and BRCA 2 mutations) and syndromes (e.g. Lynch syndrome).

Maintaining a healthy body weight, being physically active and eating a balanced diet is good for your health and may help to reduce your risk of prostate cancer.

### For more information, visit

The HSE's National Cancer Control Programme Cancer webpage:

- [www.hse.ie/cancerprevention](http://www.hse.ie/cancerprevention)
- [www.hse.ie/cancerearlydetection](http://www.hse.ie/cancerearlydetection)

### For advice on physical activity and healthy eating visit

- <https://www.gov.ie/healthyireland>