

# FACT SHEET

## PROSTATE CANCER RISK PROGRAMME

There's no single, definitive test for prostate cancer, however if you have symptoms that could be caused by prostate cancer, you should visit your GP.

The GP will discuss your symptoms along with the pros and cons of the various tests to help ease any anxiety. The most commonly used tests for prostate cancer are:

- Blood tests to test your level of prostate-specific antigen (PSA) – called PSA testing
- Urine sample to check for infection
- Prostate examination
- MRI scan
- Biopsy

The GP will assess your risk of having prostate cancer based on a number of factors, including your PSA levels, results of your prostate examination, as well as your age, family history and ethnic group. If you're at risk, you'll be referred to hospital to discuss the options of further tests.

**Almost 8 in 10 (77.6%) men diagnosed with prostate cancer in England survive their disease for ten years or more (Cancer Research UK)**

### Who can have screening?

Instead of a national screening programme, there's an informed choice programme, called prostate cancer risk management, for healthy men aged 50 or over. If you decide to have your PSA levels tested after talking to a GP, they can arrange for it to be carried out free on the NHS.

### If you're worried or need advice

Concerned about a family history of prostate cancer or have any symptoms (e.g. peeing more often, rushing to toilet, blood in pee – see full list at: [Prostate programme – NHS](#))

- Speak to a GP for advice

**Search 'NHS Prostate Cancer' for further guidance and details of easy reads.**

*All information is provided by the NHS*



**To talk to someone in confidence, contact Healthwatch Stockport**

 [healthwatchstockport.co.uk](https://healthwatchstockport.co.uk)  0161 974 0753

 [info@healthwatchstockport.co.uk](mailto:info@healthwatchstockport.co.uk)