

Raising Awareness of Prostate Disease

Prostate Scotland is a registered Scottish charity set up in 2006. Our aim is to ensure that men and their families from all over Scotland have access to information about prostate disease.

What we do:

Inform

- Providing relevant leaflets and posters on prostate issues
- Running campaigns to raise awareness of prostate issues

Support

- Providing an award winning state of the art interactive website
- Producing regular newsletters, information and advice

Advance

- Working with and lobbying government and NHS to keep prostate disease high on the agenda
- Participating in consultation exercises
- Collaborating with other organisations to further work on prostate issues

You can become involved by:

- Volunteering - attending events, manning a display, doing presentations
- Raising awareness - putting up posters in your local area, distributing leaflets
- 'FUN d raising' - organising events to raise funds from running a marathon to a bingo night
- Donating - you can help by making a donation or setting up a direct debit to Prostate Scotland. Every penny counts;

£5 will enable us to reach 50 people with information about prostate disease.

£20 will enable us to produce 100 posters. Every donation will help us do more to help more people.

To make a donation or set up a direct debit, please email

donate@prostatescotland.org.uk
or call 0131 - 226 - 8157

For more information


info@prostatescotland.org.uk


Help us to help others.


As a small charity we rely both on donations and also through people giving up their time to help us.


Prostate Scotland, 21 - 23 Hill Street, Edinburgh, EH2 3JP. Telephone 0131-226-8157. Fax 0131-624 4020
www.prostatescotland.org.uk Registered Scottish Charity No: SCO37494 Company No. SCO306268
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Prostate Disease - a major issue but little known problem...

 The prostate is a small gland about the size of a walnut inside the pelvis and underneath the bladder. It wraps around the urethra. The urethra is the 'water pipe' that allows urine to pass from the bladder to outside the body. The prostate begins to enlarge from about the age of 40.


 Only men have a prostate. 90% of all adults in the UK do not know what the prostate is, where it is or what it does. 96% of adults do not know how common prostate problems are. We need to change this!


 Prostate disease affects nearly 1 in 2 men at some point in their life.


 The prostate provides a thick clear fluid which mixes with sperm to form semen. At the same time a protein called Prostate Specific Antigen or PSA is produced. PSA can be measured and used as a means of detecting and monitoring disease of the prostate through a blood test.


 The prostate begins to enlarge over the age of 40, obstructing the urethra which often leads to symptoms related to difficulty passing urine. Other signs of possible prostate problems are passing


more urine, frequent trips to the toilet day and night or difficulty passing urine.

 Early detection, diagnosis and treatment of prostate problems is key to improving the quality of life for men affected by prostate disease.

 Not all diseases of the prostate are cancer or will lead to cancer.

 In Scotland: Prostate cancer is the most common cancer in men; 1 in 13 men will develop prostate cancer during their life; 6250 men died from prostate cancer between 2000 and 2007.

 Having a close relative (brother or father) who had prostate cancer at a young age increases a man's risk of developing the disease.

 And finally.....
There is only one 'R' in prostate!

Check it out!

www.prostatescotland.org.uk

