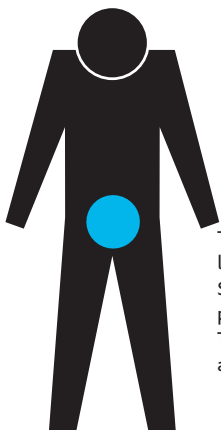


# PROSTATE DISEASE

## A brief guide to a major issue



### Need to pee again? Can't pee?

#### The symptoms

The symptoms of prostate disease are called lower urinary tract symptoms or LUTS. Symptoms can lead to you having difficulty passing water or needing to pass urine frequently. This can cause problems with your general health and affect your quality of life.

Some common symptoms are:

- Poor stream - the urine flow is weaker and it takes longer to empty the bladder
- Hesitancy - having to wait for a while before the urine starts to flow
- Dribbling - after finishing, a bit more urine may trickle out and stain underpants
- Frequency - having to pass urine more often, especially at night
- Urgency to urinate - having to get to the toilet fast
- Poor emptying - a feeling of not quite emptying the bladder
- Pain - experiencing pain or a burning sensation when passing urine

As much as these symptoms may be embarrassing and troublesome they could be signs of prostate disease so it's important to get them checked. Visit your doctor or go to [www.prostatescotland.org.uk](http://www.prostatescotland.org.uk) and use our 'symptom checker' which gives an idea of the severity of your symptoms.

## There's no running from it

#### Risk factors

##### Age

After the age of 40 the prostate begins to grow or enlarge so the risk of getting prostate disease increases dramatically with age. 90% of prostate cancer patients are over 60.

##### Your family

Having a brother or father who developed prostate cancer at a young age (under 70) increases a man's risk of developing prostate cancer. There may also be an increased risk for men who have a close female relative diagnosed with a specific form of breast cancer.

##### Your background

If you are from an African/Caribbean background then you may be 3 times more at risk of developing prostate cancer.

##### Your lifestyle

Your lifestyle also plays a role in your prostate health. A healthy diet low in saturated fat and including at least 5 portions of a wide variety of fruit and vegetables every day may help lower your risk of developing prostate disease. Taking regular daily exercise for at least 30 minutes each day may also help lower your risk. If you haven't taken any exercise for a long time build this up gradually and check with your GP before starting.



## The facts

- Only men have a prostate
- The prostate is about the size of a walnut and is just below your bladder
- Nearly 1 in 2 men in Scotland over 50 will be affected by prostate disease
- Prostate cancer is the most common cancer for men in Scotland
- 1 in 10 men in Scotland may develop prostate cancer
- Not all problems with the prostate will be prostate cancer



## What a save!

### Our website

Our website has been developed to give men and their families relevant, accurate and up to date information about prostate disease in Scotland.  
[www.prostatescotland.org.uk](http://www.prostatescotland.org.uk).

#### Check It Out!

- Information about symptoms
- Information about treatments
- Information about diet and lifestyle
- A listing of the key urology services and support groups across Scotland
- A series of video interviews from men with prostatic disease
- A series of films from leading medical consultants explaining investigations, symptoms and treatments
- Frequently asked questions
- Symptom checker to give an idea of the severity of your symptoms but will not give a diagnosis.

#### Check it Out:

Don't worry or be embarrassed about speaking to your GP as they will have dealt with prostate disease many times already. It is best to ask for help with prostate symptoms as soon as they start to trouble you as early detection, diagnosis and treatment is key to improving the quality of life for men affected by prostate disease.

## Raising funds to raise awareness

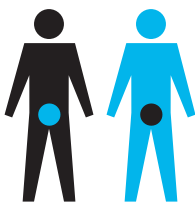
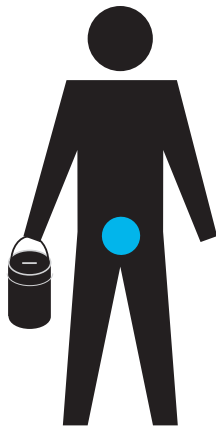
Prostate Scotland is a registered Scottish charity set up in 2006, committed to raising awareness, understanding and providing information about prostate disease, as well as campaigning for increased investment into treatment options and research.

Contact us: **14 Torphichen Place, Haymarket, Edinburgh, EH3 8DU**

Call us on: **0131 603 8660**

Email: **info@prostatescotland.org.uk**

To make a donation please see our website or email: **donate@prostatescotland.org.uk**



**Check it out**  
[prostatescotland.org.uk](http://prostatescotland.org.uk)

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