



Information about the Initiative



Our initiative "Pull your finger out" is aimed at encouraging both greater awareness of prostate disease and its symptoms, and encouraging more men who become aware of potential signs and symptoms to get these checked.

Why?

Because prostate disease is a major issue but a little known problem...

- Prostate disease and prostate cancer are little known about. A recent survey showed that over half of all men are unclear on where their prostate is, and over 50% of men over the age of 55 were unaware of the main symptoms of prostate disease. We need to change this! Especially as it's such a common problem with almost 1 in 2 men being affected by prostate disease at some point in their life.
- Only men have a prostate. It's a small gland about the size of a walnut inside the pelvis and below the bladder. It wraps around the 'water pipe' called the urethra that allows urine to pass from the bladder to outside the body. After the age of 40, the prostate begins to enlarge and can squeeze the urethra causing possible difficulties for the man when passing urine.
- The prostate produces a thick clear fluid that mixes with sperm to form semen. It also produces a protein called Prostate Specific Antigen (PSA) which makes semen more fluid and helps sperm swim more easily.
- PSA normally spills out into a man's bloodstream so PSA levels can be measured with a simple blood test. This blood test can help doctors detect any problems with the prostate and can help monitor prostate disease and prostate cancer.
- Common symptoms of prostate disease and prostate cancer include; passing urine more frequently during the day and the night, difficulty in passing urine and the risk of 'getting caught short'. Sometimes with early prostate cancer there may be no symptoms.
- Prostate cancer is the most common cancer for men in Scotland. 1 in 10 men are at risk of developing prostate cancer during their life. In Scotland, 9,316 men in Scotland died from prostate cancer between 2005 and 2015.
- The Health Service in Scotland has projected a 35% growth in the occurrence of prostate cancer over the next 10 years in light of demographic changes.
- If a brother is diagnosed with prostate cancer then a man is 2-3 times more at risk; if a father is diagnosed then sons are 2 times more at risk. African/Caribbean men are also 3 times more at risk of prostate cancer than other ethnic groups.
- The survival rate from prostate cancer is increasing and now more than 80% of men in Scotland are surviving it- we are working to increase the survival rate even further.

- Early detection, diagnosis, and treatment are key to improving the rates of cure. **So if symptoms are noticed then the best course of action is to make an appointment with the GP.**
- Not all diseases of the prostate are prostate cancer or will lead to prostate cancer;
- And finally There is only one 'R' in prostate!

If you are worried about your prostate and want further information visit <https://www.prostatescotland.org.uk/worried-about-your-prostate>

For further information about prostate disease and prostate cancer and tests and treatments click <https://www.prostatescotland.org.uk/disease-tests-and-treatments>

For the symptom self checker please click on <https://www.prostatescotland.org.uk/symptom-checker>

About our initiative

Our current initiative is called "Pull your finger out" – we are asking you to help us to help others by raising awareness of prostate disease.

Here are some examples of how you could "Pull your finger out" to help raise awareness:

- Talk about our campaign with the men in your family
- Share a link to our website www.prostatescotland.org.uk
- Wear our wristband, badge or t shirt
- Hand out our [awareness and information leaflets](#)
- Put awareness posters up in the toilets at your workplace, or sports or social club
- Organise [an awareness and information talk](#) in your workplace
- Follow and like our Facebook page: [Prostate Scotland Fundraisers and Supporters](#) or our Twitter page [@prostatescot](#)
- You may want to support Prostate Scotland by [volunteering](#) or [donating](#)
- If you would like awareness literature, such as our Brief Guide to Prostate Disease or our information leaflets and booklets you can order them online at <https://www.prostatescotland.org.uk/resources> or by writing to us info@prostatescotland.org.uk or by post at Prostate Scotland, 14 Torphichen Place EH3 8DU.

You may be thinking about fundraising in aid of Prostate Scotland, in which case we are delighted!

Here are some examples of how you could "Pull your finger out" and fundraise:

- Take part in an [organised event](#) e.g. running, cycling or walking in established events such as the Glasgow Marathon, Pedal for Scotland Cycle Challenge or the Kiltwalk and ask friends and family to sponsor you. Click through to our website for more details.
- Organise **your own event** in aid of Prostate Scotland – such as a more leisurely walk, or sponsored cycle ride, and again ask friends and family to sponsor you.
- Organise a **social event** - such as a coffee morning, or quiz night.

If you are looking to fundraise in aid of us we ask that you register with us at <https://www.prostatescotland.org.uk/support-prostate-scotland/fundraising> or go on to the Pull Your Finger out Initiative page and register there.

About Prostate Scotland

Prostate Scotland is a registered Scottish charity set up in 2006 Registered Scottish Charity No SC037494. Our aim is to ensure that men and their families from all over Scotland have access to information about prostate cancer and disease.

What we do:

Inform

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

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 cancer and disease high on the agenda
- Collaborating with other organisations to further work on prostate cancer and disease issues
- Researching into future services and treatment needs for men with prostate cancer and disease.
- Working to support the availability of latest treatment and equipment for prostate cancer and disease – this included our recent successful Blue Horizon Robot Appeal which raised close to £3m to help bring robot assisted prostate cancer surgery to Scotland. To date over 450 men with prostate cancer have had access to this most advanced surgical treatment.

Our Board of trustees is made up people with personal knowledge and experience of prostate disease, as well as some of the leading medical experts on prostate disease and on cancer in Scotland. Since our establishment we have concentrated on developing awareness of the disease across Scotland. We have an award-winning interactive website, with information about the range of prostatic diseases and about how and where to get treatment. You can find it at www.prostatescotland.org.uk

As a small charity we rely both on people giving up their time to help us, and donations. We aim to spend as much of our income as possible directly on our core work of combating the effects of prostate disease and prostate cancer - last year only 17% of our income went on administration, and support costs. The vast majority of our funding comes from voluntary sources, either in the form of donations from individuals, from fundraising events or from trust and foundations or community groups. We were proud and humbled be awarded Health Charity of the Year in November 2017 in the Charity Champions Awards

How your support will help:

Your support will help us in our work to raise awareness of and to provide information to men and their families about prostate cancer and disease and also in our research work into the future treatment needs of men with prostate cancer and disease.

If you would like further information please do not hesitate to contact us at info@prostatescotland.org.uk or Prostate Scotland, 14 Torphichen Place, Edinburgh EH3 8DU
www.prostatescotland.org.uk Thank you