








# Men







**Do you feel the need to.....**

-  **Go again!**
-  **Go frequently during the night**
-  **Go quickly or risk being caught short**
-  **Go REALLY often!**
-  **Go wait in the toilet till you manage to go!**

**These could be a sign of prostate disease.**

**So don't wait to see if it gets better  
Go see your GP and check it out**

# Did you know....

-  **Only men have a prostate**
-  **Nearly 1 in 2 Scottish men over 50 will be affected by prostate disease**
-  **The earlier you speak to your GP about symptoms the better**
-  **Prostate cancer is the most common cancer in men**
-  **Having a brother or father diagnosed with prostate cancer can increase the chances of a man developing the disease**
-  **Not all problems with the prostate will be prostate cancer**

For more information  
or to take a self test

**Go check it out!**

**[www.prostatescotland.org.uk](http://www.prostatescotland.org.uk)**

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