

## 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 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.
- Successful completion of the Blue Horizon Robot Appeal to help support and enable the introduction of robot assisted prostate cancer surgery in the East and West of Scotland.

### You can become involved by:

- Volunteering - attending events, looking after 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.

#### Every penny counts:

£5 will help us reach 30 people with prostate awareness information.

£20 will help us provide 5 men who have been diagnosed with prostate cancer with comprehensive information and support packs.

Every donation will help us do more to help more people. You can:

- Make a one-off or recurring donation via our website [www.prostatescotland.org.uk](http://www.prostatescotland.org.uk);
- Send a cheque to our address made out to Prostate Scotland;
- Set up a standing order via our website;
- Call our office for more information on how to donate.

## 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, 14 Torphichen Place, Haymarket, Edinburgh, EH3 8DU.

Email: [info@prostatescotland.org.uk](mailto:info@prostatescotland.org.uk) Web: [www.prostatescotland.org.uk](http://www.prostatescotland.org.uk)

Tel: 0131 603 8660 Option 1 – Information on prostate disease /prostate cancer

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## Prostate Disease – a major issue but 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 Scotland died from prostate cancer between 2005 and 2015.



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.



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



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.



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

# Check it out!

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

