

## We provide the very best Healthcare Services to you as an individual.

- HSE Regulated Medicals for Asbestos, Lead & Diving
- Oil & Gas UK (OGUK) Certified Medicals
- Transport Regulated Medicals for Taxi, HGV & PSV
- DVLA Medicals
- Aviation Medicals,(CAA, Private Pilot & Cabin Crew)

## We Support Organisations

- Occupational Health Surveillance
- Diagnostic Services including Pathology & Radiology
- Bespoke Employment Medicals
- Executive Medicals

## Private Services

- Private GP Appointments
- Private Prescriptions & Fit notes

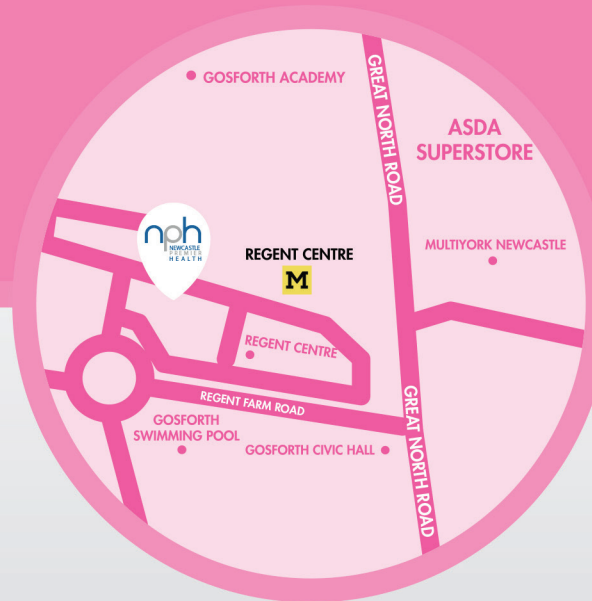
## Travel & Immunisation Clinic

- Travel Advice
- Immunisations
- Yellow Fever Accredited Centre
- Fully Stocked Travel Shop

If you have any concerns about anything you've read in this leaflet or regarding your health in general you can access our Private GP service, with appointments available within 24 hours. Call us to find out more.

## Find us.

**Newcastle Premier Health**  
4th Floor of Dobson House, Regent  
Centre, Gosforth, Newcastle upon Tyne  
NE3 3PF



## Get in touch.

 0191 605 3140

 [info@newcastlepremierhealth.com](mailto:info@newcastlepremierhealth.com)



**Prostate Cancer Awareness**

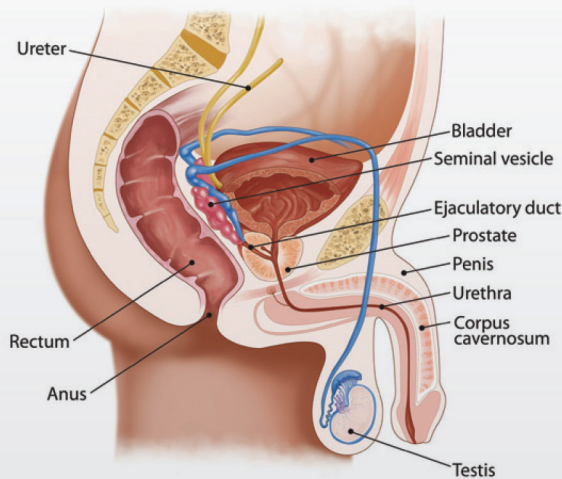
# What is Prostate Cancer?

**Prostate Cancer develops when a single cell in the Prostate begins to multiply out of control and forms a tumour.**

In many men, prostate cancer grows slowly and may not cause any problems. But in some men, the cancer grows more quickly.

## What Does The Prostate Do?

The prostate is a small gland about the size and shape of a walnut. It lies below the bladder and surrounds the upper part of the urethra – the tube that carries urine and semen out through the penis. The prostate produces a thick fluid that mixes with sperm to form semen.



## Benign Prostate Conditions

As a man gets older, his prostate usually gets bigger and this often restricts the flow of urine. This is most commonly a benign condition but causes the same symptoms as prostate cancer. It is this similarity between the benign and malignant conditions which means you must seek advice from a doctor.

# Possible Risk Factors



## Age

The older you are, the greater the risk.



## Family History

If a close relative had prostate cancer, particularly at a young age, then your risk may be higher.



## Breast Cancer In The Family

A strong family history of breast cancer may increase your risk of prostate cancer, particularly if you have a close relative diagnosed under the age of 60.

## How common is Prostate Cancer?

- Prostate cancer is the most common cancer in UK men, more than 40,000 men are diagnosed each year.
- Prostate cancer is strongly linked to age. Around three quarters of cases are in men over the age of 65.
- Prostate cancer is on the increase in the UK. One reason for this is that men are living longer. They are more likely to reach old age and develop prostate cancer. Another reason for the increase is that more men are being tested and found to have the disease.

# What are the Symptoms?

## Most Common

- Needing to pass urine often, especially at night
- Difficulty in starting to pass urine
- Straining to pass urine or taking a long time to finish
- Pain when passing urine or during sex when you have an orgasm

## Less Common

- Blood in the urine or semen
- Impotence
- Pain in back, hips or pelvis

## What Will Happen At The Doctors?

Your doctor will take a detailed history of your symptoms and may suggest a blood test. The blood test will tell the doctor about the level of Prostate Specific Antigen (PSA) in your blood.

The doctor may do a physical examination to see if your prostate is enlarged. Depending on the symptoms, blood results and physical examination, your GP may refer you to a specialist urologist for additional tests and treatment.

**Remember! If you develop any of these symptoms, report them to your Doctor as soon as possible.**

