

Symptoms

Prostate cancer symptoms can include the following:

- Difficulties with urination
- Lack of satisfying pressure
- Thinking the bladder's empty, then needing to go again
- Getting up to go during the night
- The presence of blood in the urine (this is rare)
- An inability to gain or hold an erection.

It is however worth noting that these symptoms are often only present in more advanced cases of prostate cancer, so if you are worried about your prostate in any way please do go and see your doctor.

What's the good news?

Painstaking research is the only route to defeat prostate cancer

Possession of the above symptoms doesn't automatically mean prostate cancer, because they could also be caused by BPH, for more information [click here](#)

The earlier prostate cancer is diagnosed, the more likely the success of treatment.

Some forms of prostate cancer are so slow to develop that you're more likely to be carried off by something else.

I'm worried, what should I do?

All men, whatever their age need to be aware of their prostate, and what can go wrong with it, just as the majority of women are aware of their breasts, and what they should do if they suspect something has changed.

If you are already health conscious then you can consider getting an annual test, that can pick up prostate problems.

Although the PSA (prostate specific antigen) test is not available on a national screening basis, any man over the age of 50 (or 45 if you have a family history of prostate problems) can ask their doctor for a PSA test. Here at Prostate Cancer Research Foundation we do not presume to tell you what to do, but want to give you as much information as possible to enable you to make an informed decision.

For more information about the Prostate Cancer Risk Management Programme which is the document that your GP will use if you decide to have your PSA checked then please [click here](#), this will take you to the Prostate Cancer Support Federation website who with Prostate UK have drawn up a much simpler document.