



Prostate Cancer

In the UK, 1 in 8 men will get Prostate Cancer at some point in their lives.

Celebrity involvement has significantly improved the profile of Prostate Cancer, however, apart from knowing that the silver man stands for Prostate Cancer, what is actually known about this cancer? Here are a few facts to help build knowledge and awareness.

Who is at risk?

It's the most common cancer in MEN in the UK. If you are a black male you are at a higher risk, rising from

1 in 8 → **1 in 4**

It mainly affects men over the age of 50 and the risk increases as you get older. If there is a family history of Prostate Cancer greater attention should be paid from the age of 45 and over.

Prostate Cancer is difficult to diagnose, in most cases during the early stages there can be no symptoms at all

Symptoms

If you are at risk you should get in touch with your GP, or if you notice any of the following symptoms.

- ▶ Needing to urinate more often than usual day or night
- ▶ Needing to rush to wee
- ▶ Difficulty going for a wee
- ▶ A weak flow

Prevention

No-one knows how to prevent Prostate Cancer, however staying a healthy weight by eating a balanced diet and keeping active may be important. There are some foods that may increase the risk if they are eaten frequently and in volume.

Milk & dairy products - are linked to an increased prostate cancer risk due to the hormone insulin-like growth factor (IGF-I), saturated fat, dairy calcium and protein.

Processed and red meat – the world cancer research fund recommends eating no more than 500g of cooked red meat and processed meats per week. Processed meat includes ham, bacon and other cured or preserved meats

Alcohol – limit alcohol to 14 units a week, approximately 6 pints or 10 small glasses of wine, and include alcohol free days.



Ovarian Cancer Awareness

There is currently no screening tool for Ovarian Cancer, cervical screening does not detect this cancer.

Knowing the symptoms is the key to early diagnosis, at stage 1 there is a 90% survival rate compared with 19% at stage 3. However, 58% of cases are diagnosed at later stages 3 or 4.

Symptoms

- ▶ Persistent stomach pain
- ▶ Persistent bloating
- ▶ Finding it difficult to eat or feeling full quickly
- ▶ Needing to wee more often
- ▶ Extreme tiredness for no obvious reason
- ▶ A change in bowel habits
- ▶ Unexplained weight loss

Be aware that IBS - Irritable Bowel Syndrome can have similar symptoms. This table highlights the key differences. If you are concerned refer to your GP.

IBS - Irritable Bowel Syndrome	Ovarian Cancer
IBS usually develops for the first time in patients in their 20's to 30's.	If you develop IBS symptoms for the first time in your 50s or later it is unlikely to be IBS.
IBS symptoms come and go and are related to eating particular foods and stress.	Ovarian Cancer symptoms are persistent and are not affected by your diet or stress.

Save the Date 13th March 2019 | No Smoking Day – Try sharing some internal SMOKEFREE success stories throughout the workplace.



Food tip

Soya Milk - Soya beans are cholesterol-free and are a good source of protein, polyunsaturated fatty acids, antioxidants, B vitamins and iron. Calcium-fortified soya products such as soya milk and tofu provide a valuable source of this important mineral.

Quote of the Month

“ Courage is the power to let go of the familiar ”

Raymond Lindquist