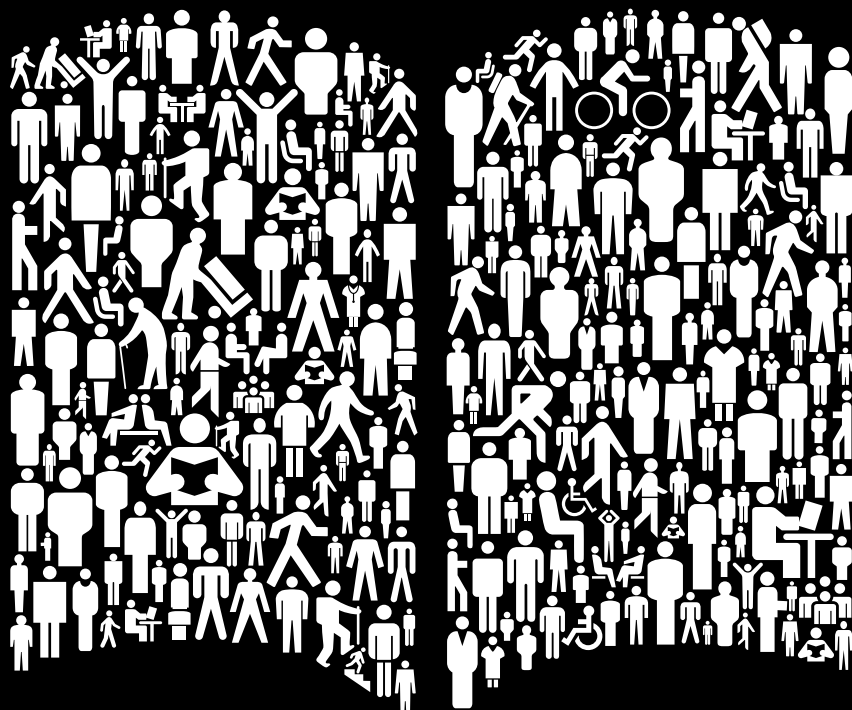


Publications catalogue



**PROSTATE
CANCER UK**



Welcome to our publications catalogue

We provide free up-to-date information, reviewed by health professionals, about prostate cancer and other prostate problems to help answer any questions you may have.

We hope you find our information helpful and use it, along with the medical advice from your doctor or nurse, to help you make decisions about your treatment and care.

If you have any questions about prostate problems you can call our Specialist Nurses on **0800 074 8383**, or chat to them online at **prostatecanceruk.org/get-support**

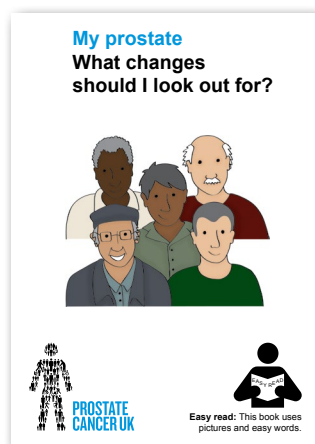
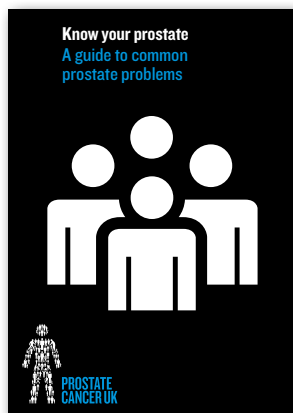
The information in this catalogue can be viewed, downloaded and ordered free of charge at **prostatecanceruk.org**

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Non-cancerous prostate problems	7
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Living with prostate cancer	12
Raising awareness	17
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Concerned about prostate problems?

Introductory information about the prostate, prostate cancer and other prostate problems.



Know your prostate: A guide to common prostate problems

This booklet explains what the prostate is, what it does and what can go wrong with it. It explains who is at risk, what changes to look out for, and what to do if you're worried.

Know your prostate: A quick guide

This wallet-sized leaflet gives basic information on the three most common prostate problems. Order a single leaflet, or a display box of 50.

Prostate cancer: Information for black men

This pocket guide provides information about black men's risk of prostate cancer.

My prostate: What changes should I look out for?

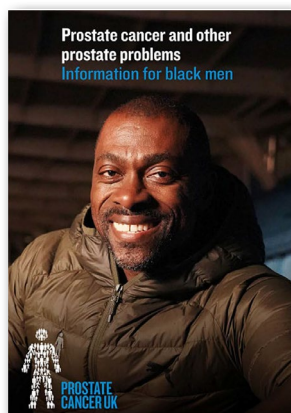
This easy read booklet uses simple words and pictures to explain how to spot a prostate problem and what to expect at the GP surgery.

Easy read



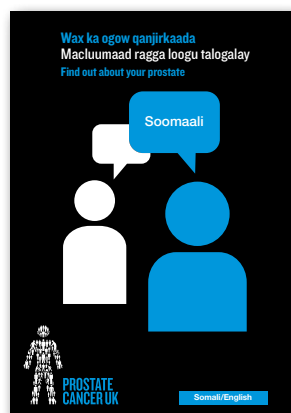
Diet, physical activity and your risk of prostate cancer

This leaflet is for anyone who wants to eat more healthily and possibly lower their risk of getting prostate cancer. It provides tips on healthy eating and exercise.



Prostate cancer and other prostate problems: Information for black men

This leaflet is for black men, their partners and families. It gives information on the risk factors for prostate cancer and possible symptoms to look out for.

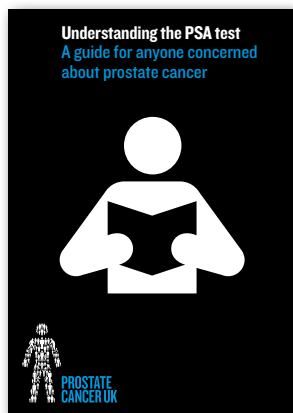


Find out about your prostate

These leaflets give information about prostate problems.

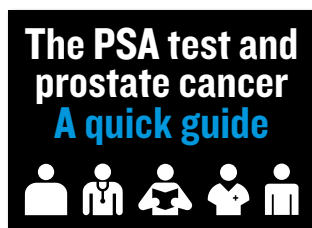
Available in:

- Polish
- Punjabi
- Bengali
- Gujarati
- Urdu
- Tamil
- Somali coming in Spring 2023



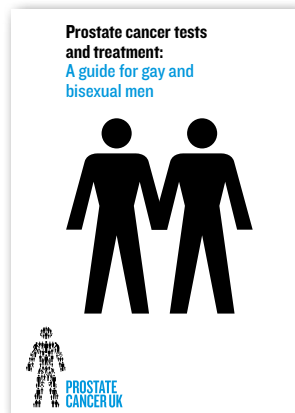
Understanding the PSA test: A guide for anyone concerned about prostate cancer

This booklet gives information on the prostate specific antigen (PSA) blood test and explains how it can help to diagnose prostate cancer.



The PSA test and prostate cancer: A quick guide

This pocket-sized leaflet has basic information about prostate cancer. It explains how the PSA test can be used to help diagnose prostate cancer, including the test's advantages and disadvantages.



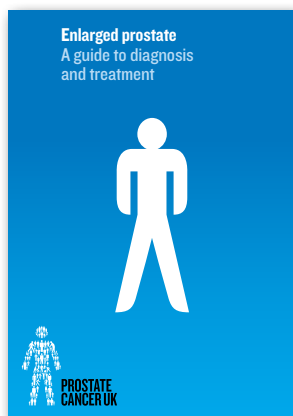
Prostate cancer tests and treatment: A guide for gay and bisexual men

This booklet is for gay or bisexual men who are having tests or treatment for prostate cancer.

**Winner of the 2021
British Medical
Association Patient
Information Award**

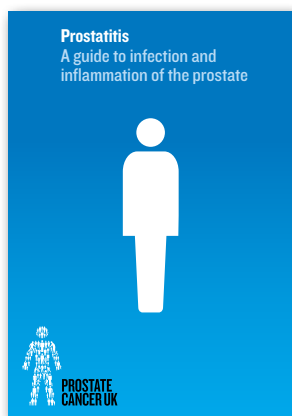
Non-cancerous prostate problems

Information on the diagnosis and treatment of an enlarged prostate and prostatitis.



Enlarged prostate: A guide to diagnosis and treatment

This booklet gives information about the symptoms, diagnosis and treatment of an enlarged prostate, a common prostate problem.

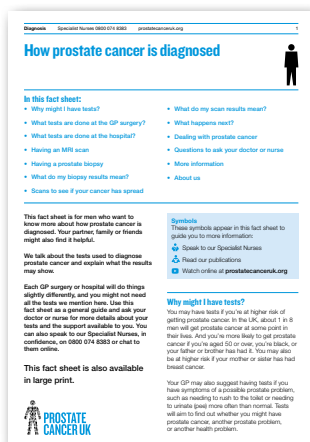


Prostatitis: A guide to infection and inflammation of the prostate

This booklet gives information about the symptoms, diagnosis and treatment of the main types of prostatitis.

Diagnosis

Detailed information on how prostate cancer is diagnosed and the available treatments.

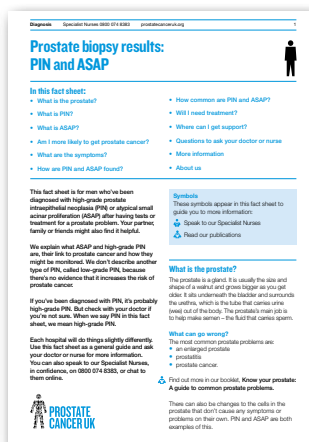


How prostate cancer is diagnosed

This fact sheet is for anyone who wants to know how prostate cancer is diagnosed. It describes the tests and what the results may show.

Included in the Tool Kit.

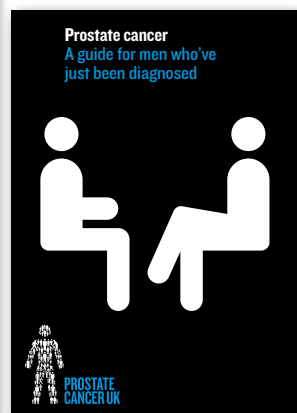
Available in large print on our website



Prostate biopsy results: PIN and ASAP

This fact sheet is for anyone diagnosed with prostatic intraepithelial neoplasia (PIN) or atypical small acinar proliferation (ASAP) after having tests or treatment for a prostate problem. It explains what they are and how they might be monitored.

Web only




Prostate cancer: A guide for men who've just been diagnosed

This booklet is for anyone who has recently been diagnosed with prostate cancer.

Available in audio and in large print on our website

Diagnosis Specialist Nurses 0800 074 8383 prostatecanceruk.org

Localised prostate cancer



In this fact sheet:

- What is localised prostate cancer (cancer diagnosed)?
- How is localised prostate cancer diagnosed?
- What do my test results mean?
- Is my cancer likely to spread?
- What are my treatment options?
- Making a decision about treatment
- What will happen after my treatment?
- What is my outlook?
- Dealing with prostate cancer
- Questions to ask your doctor or nurse
- More information
- About us


This fact sheet is for men who have been diagnosed with localised prostate cancer – cancer that hasn't spread outside the prostate gland. Your partner, family or friends might also find it helpful.

We explain what localised prostate cancer is, what your test results mean, and the treatment options available.

If you want to find out about locally advanced or advanced prostate cancer, read our fact sheets, *Locally advanced prostate cancer* and *Advanced prostate cancer*.

Each hospital will do things slightly differently. Use this fact sheet as a general guide and ask your doctor or nurse for more information. You can also speak to our Specialist Nurses, in confidence, on 0800 074 8383, or chat to them online.

PROSTATE CANCER UK

Symbols
These symbols appear in this fact sheet to guide you to more information:
 Speak to our Specialist Nurses
 Read our publications


What is localised prostate cancer?
Localised prostate cancer is cancer that's inside the prostate and hasn't spread to other parts of the body. You may also hear it called early or organ-confined prostate cancer.

Localised prostate cancer often grows slowly – or doesn't grow at all – and usually has a low risk of spreading. But it may mean there are any problems or affect how long you live. Because of this, localised prostate cancer might not need treatment. You might be able to have your cancer monitored with regular check-ups instead. This is to make sure the cancer isn't growing more quickly than expected (see page 15).

But some men will have cancer that grows quickly and has a high risk of spreading.


Diagnosis Specialist Nurses 0800 074 8383 prostatecanceruk.org

Locally advanced prostate cancer



In this fact sheet:



- What is locally advanced prostate cancer (cancer diagnosed)?
- How is locally advanced prostate cancer diagnosed?
- What do my test results mean?
- What are my treatment options?
- Choosing a treatment
- What will happen after my treatment?
- What is my outlook?
- Dealing with prostate cancer
- Questions to ask your doctor or nurse
- More information
- About us

This fact sheet is for anyone who has been diagnosed with locally advanced prostate cancer – cancer that's spread to the area just outside the prostate gland. The symbol  locally advanced prostate cancer is, what your test results mean, and the treatment options available. Your partner, family or friends might also find this information helpful.

If you want to find out about localised prostate cancer (cancer that hasn't spread outside the prostate) or advanced prostate cancer (cancer that has spread to other parts of the body), read our fact sheets, *Localised prostate cancer* and *Advanced prostate cancer*.

Each hospital will do things slightly differently. Use this fact sheet as a general guide and ask your doctor or nurse for more information. You can also speak to our Specialist Nurses, in confidence, on 0800 074 8383, or chat to them online.

PROSTATE CANCER UK

Symbols
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 Speak to our Specialist Nurses
 Read our publications


What is locally advanced prostate cancer?
Locally advanced prostate cancer is cancer that has started to move out of the prostate, or has spread to the area just outside the prostate. You may hear it called stage T3 or T4 prostate cancer. It may have spread to your prostate nodes, which is the case for some of the prostate.

Several statistics, which are two groups that all include your prostate and stage and measure some of the facts in whether the fact that cancer spread:

- Simple: how far your prostate, which are part of your immune system
- Double, which is the part of the body where urine (sew) is stored
- Each prostate feature
- Public: ask

Diagnosis Specialist Nurses 0800 074 8383 prostatecanceruk.org

Advanced prostate cancer



In this fact sheet:

- What is advanced prostate cancer (cancer diagnosed)?
- How is advanced prostate cancer diagnosed?
- What do my test results mean?
- What treatments are available?
- How will my cancer be monitored?
- What happens if my cancer starts to grow again?
- Treatments to help manage symptoms
- What is my outlook?
- Dealing with prostate cancer
- Questions to ask your doctor or nurse
- More information
- About us



This fact sheet is for men who have been diagnosed with advanced (metastatic) prostate cancer – cancer that has spread from the prostate to other parts of the body. Your partner, family or friends might also find it helpful.

We explain what advanced prostate cancer is, what your test results mean, and the treatment options available.

If you want to find out about localised or locally advanced prostate cancer, read our fact sheets, *Localised prostate cancer* and *Locally advanced prostate cancer*.

Each hospital will do things slightly differently. Use this fact sheet as a general guide and ask your doctor or nurse for more information. You can also speak to our Specialist Nurses, in confidence, on 0800 074 8383, or chat to them online.

PROSTATE CANCER UK

Symbols
These symbols appear in this fact sheet to guide you to more information:
 Speak to our Specialist Nurses
 Read our publications

What is advanced prostate cancer?
Advanced prostate cancer is cancer that has spread from the prostate to other parts of the body. It describes when prostate cancer cells move through the blood stream or lymphatic system. The lymphatic system is part of the body's immune system.

You might hear cancer that has spread described as metastatic prostate cancer, secondary prostate cancer, recurrent, metastatic or more. It is still prostate cancer, whenever it is in the body.

Prostate cancer can spread to any part of the body, but most commonly to the bones. More than four out of five men (80 per cent) with advanced prostate cancer will have cancer that has spread to their bones.

Localised prostate cancer

This fact sheet is for anyone who has been diagnosed with localised prostate cancer – cancer that hasn't spread outside the prostate. It explains what localised prostate cancer is, what your test results mean, and the monitoring and treatment options available.

Locally advanced prostate cancer

This fact sheet is for anyone who has been diagnosed with locally advanced prostate cancer – cancer that's spread to the area just outside the prostate. It explains what locally advanced prostate cancer is, what your test results mean, and the treatments available.

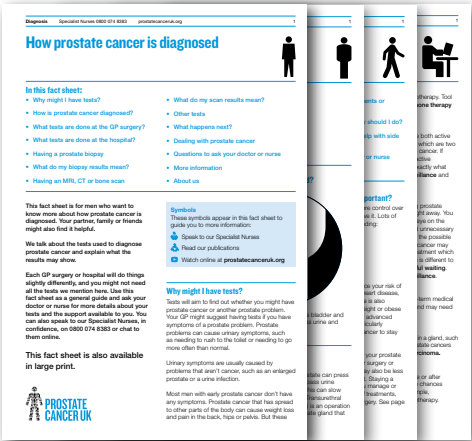
Advanced prostate cancer

This fact sheet is for anyone who has been diagnosed with advanced (metastatic) prostate cancer – cancer that's spread from the prostate to other parts of the body. It explains what advanced prostate cancer is, what your test results mean, and the treatments available.

The Tool Kit

The Tool Kit is for anyone who has been diagnosed with prostate cancer. It is a folder containing fact sheets on how prostate cancer is diagnosed, how it is treated, and lifestyle issues.

If you don't want to order the entire Tool Kit, you can also order any of these fact sheets individually.



What's in the Tool Kit?

Our standard Tool Kit includes the following fact sheets:

Diagnosis	How prostate cancer is diagnosed
Treatment	Surgery: radical prostatectomy External beam radiotherapy Permanent seed brachytherapy Active surveillance Watchful waiting Hormone therapy

Lifestyle	Diet and physical activity for men with prostate cancer Urinary problems after prostate cancer treatment Pelvic floor muscle exercises Sex and prostate cancer Fatigue and prostate cancer
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Personalise your Tool Kit

You can also add the following fact sheets to your Tool Kit:

Diagnosis	Localised prostate cancer Locally advanced prostate cancer Advanced prostate cancer
Treatment	High dose-rate brachytherapy Treatment options after your first hormone therapy Chemotherapy High-intensity focused ultrasound (HIFU) Bisphosphonates for advanced prostate cancer Radiotherapy for advanced prostate cancer
Lifestyle	Managing pain in advanced prostate cancer Travel and prostate cancer
Other	Metastatic spinal cord compression (MSCC)

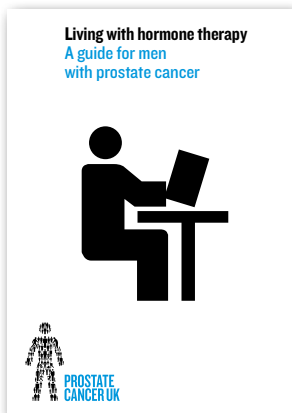
Web only**Web only****Web only**

We want to make sure you get all the information you need, so call our Specialist Nurses on **0800 074 8383** to order a personally tailored copy of the Tool Kit.

All of our fact sheets can also be downloaded or ordered free of charge on our website at **prostatecanceruk.org/publications**

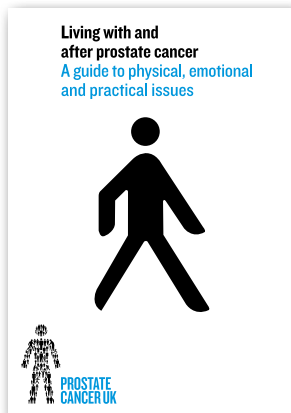
Living with prostate cancer

More information about living with prostate cancer.



Living with hormone therapy: A guide for men with prostate cancer

This booklet is for anyone who is having hormone therapy for prostate cancer. It includes information on the possible side effects and ways to help manage these.



Living with and after prostate cancer: A guide to physical, emotional and practical issues

This booklet has information on dealing with the physical, emotional and practical impact of prostate cancer and its treatment.



Prostate cancer and your sex life

This booklet describes how prostate cancer and its treatment can affect your sex life and relationships, and where to get help and support.

Follow-up after prostate cancer treatment
What happens next?



When you're close to someone with prostate cancer
A guide for partners and family



Advanced prostate cancer
Managing symptoms and getting support



Follow-up after prostate cancer treatment: What happens next?


This booklet is for anyone who has finished treatment that aimed to cure their cancer. It describes the care and support you can expect after your treatment has ended. It has space to fill in details about your treatment, follow-up plan and appointments.

When you're close to someone with prostate cancer: A guide for partners and family


This booklet is for partners, family members or friends of someone with prostate cancer. It looks at ways to support someone with prostate cancer, and how loved ones can look after themselves.

Advanced prostate cancer: Managing symptoms and getting support

This booklet is a guide to managing symptoms of advanced prostate cancer. It includes information about emotional, practical and physical support.


Special Needs Nurses (SNN) 0141 688 0141

Diet and physical activity for men with prostate cancer



In this fact sheet:

- Why is a healthy lifestyle important?
- How can I eat more healthily?
- When can I start healthy exercise?
- Can any foods help with my prostate cancer?
- Are there any foods I should eat less of?
- Should I use supplements or herbal remedies?
- What type of physical activity should I do?
- How can a healthy lifestyle help with the side effects of treatment?
- Questions to ask your doctor or nurse
- More information
- About us

Symbols

This symbols appear in this fact sheet to help you to move information:

- Speak to your Specialist Nurse
- Read our literature

Why is a healthy lifestyle important?

A healthy lifestyle can give you more control over your health and help to manage it. Lots of things can affect your health, including:


- what you eat
- what you drink
- how much you exercise
- whether you smoke
- whether you drink alcohol
- whether you are stressed


Eating a healthy diet

Eating a healthy weight is one of the best things you can do for your overall health. It can help reduce your risk of prostate cancer, including heart disease, type 2 diabetes and some cancers. It may also be important for men with prostate cancer who are in strong evidence of being overweight raises the risk of aggressive or advanced prostate cancer.

Physical activity

Physical activity can help you manage the side effects of prostate cancer treatment, such as weight gain, fatigue, depression, anxiety, loss of muscle mass, and loss of bone density. It can also help you maintain a healthy weight, which can reduce your risk of prostate cancer, including heart disease, type 2 diabetes and some cancers. It may also be important for men with prostate cancer who are in strong evidence of being overweight raises the risk of aggressive or advanced prostate cancer.





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[Question Nurses](#)
[Cancer Care](#)
[Prostate Cancer](#)
[Prostate Cancer](#)

Urinary problems after prostate cancer treatment


In this fact sheet:

- Why might I get urinary problems after treatment?
- Prostate surgery (radical prostatectomy)
- Problems after radiotherapy or brachytherapy
- Problems after high-intensity focused ultrasound (HIFU)

- Problems after orchiectomy
- Dealing with urinary problems
- Questions to ask your doctor or nurse
- More information
- About us

This fact sheet is for men who want to know about urinary problems after treatment for prostate cancer. Your partner, family or friends might also find it helpful. We explain how urinary problems for prostate cancer can happen and what you can do about them. We also tell you where to get support and information.

Each hospital or surgery will be things a little differently. Use this fact sheet as a guide to help you decide what you want to ask your doctor or nurse for more information about your treatment. Call 0800 74 8383 or chat to them online.



Symbols
 This symbol appears in this fact sheet
 to refer to the Special Nurse

[Watch our video on prostate cancer surgery](#)


Why might I get urinary problems after treatment?

Normally your bladder muscles and nerves work together to let you control when you want to pee. Prostate cancer treatment can affect the bladder and nerves. This causes urinary problems such as leaking urine, needing to pee often, and difficulty controlling when you urinate.

Things that happen to the bladder are:

- It is **unusually empty** or **full** around the prostate.
- It is **inflamed** or **irritated** by the prostate.
- It is **too big** because of the extra blood through the prostate.

Prostate is the muscle in between the bladder, supporting it and helping to control when you urinate. These muscles and nerves are called the **bladder sphincter**. When you urinate, the muscle relaxes and lets your urine out. The **bladder neck sphincter**, which is the muscle that opens and closes your bladder. Prostate cancer treatment can sometimes damage these muscles and your bladder may diagnose on next page.



PROSTATE CANCER UK

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Diet and physical activity for men with prostate cancer

This fact sheet is for anyone with prostate cancer who wants to improve their general health. It describes how a healthy diet and regular exercise may help you manage the effects of prostate cancer and its treatment.

**Included in the
Tool Kit.**

Urinary problems after prostate cancer treatment

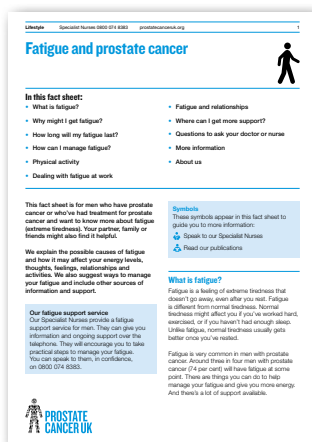
This fact sheet has information about urinary problems after treatment for prostate cancer. It describes the different problems that treatments can cause, and ways to manage them.

Included in the Tool Kit.

Pelvic floor muscle exercises

This fact sheet is for anyone who wants to know more about pelvic floor muscle exercises. These exercises can help with some urinary problems, such as leaking urine.

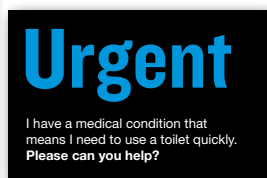
This fact sheet is included with the Urinary problems after prostate cancer treatment fact sheet.



Fatigue and prostate cancer

Information on ways to manage extreme tiredness caused by prostate cancer or its treatment.

Included in the Tool Kit.

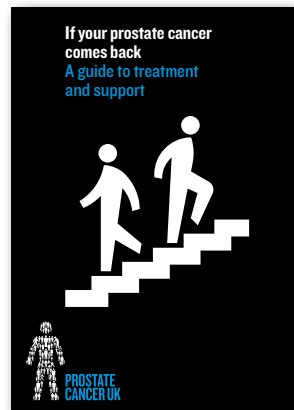


Urgent: Toilet card

A wallet-sized card for anyone who may need urgent access to a toilet.

PSA record card

A card to record your PSA test results.



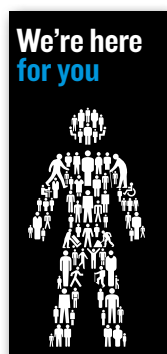
If your prostate cancer comes back: A guide to treatment and support

Information if your cancer has come back after treatment that aimed to cure it (recurrent prostate cancer).

Online information for men approaching the end of their life

We have information for men who are coming to the end of their life, including personal stories from men and family members.

Find it at prostatecanceruk.org/dying-from-prostate-cancer



Support services leaflet

A leaflet describing the support available to anyone with possible prostate problems, their loved ones and friends.



Support service card

A wallet-sized card giving telephone and email contact details for our confidential Specialist Nurse support service.

Raising awareness

Please help promote our services and raise awareness by ordering the following items to give out to anyone affected by prostate cancer, including family, friends and colleagues.



Questions about prostate cancer poster

Promotes our Specialist Nurses. Available in A4.

1 in 8 men poster

Highlights the message that 1 in 8 men get diagnosed with prostate cancer. Available in A4 and A3.

Toilet trouble poster

Encourages people to discuss any urinary problems with our Specialist Nurses. Available in A4 or A3.

Q: Does being a gay or bisexual man, or having anal sex, increase your risk of getting prostate cancer?



Risk postcard for gay and bisexual men

Explains that being gay or bisexual doesn't increase your risk of prostate cancer. Ideal for displays, events and waiting rooms.

How to order

- Call us on **0800 074 8383**
- Visit our website at: **prostatecanceruk.org/publications**

Our Specialist Nurses

If you want to talk about prostate cancer or other prostate problems, call our Specialist Nurses in confidence. You can also email them or chat online on our website or text the word **NURSE** to **70004**.

Visit **prostatecanceruk.org/get-support**



**Speak to our
Specialist Nurses**

0800 074 8383*

prostatecanceruk.org

Call our Specialist Nurses from Monday to Friday 9am - 5pm, Wednesday 10am - 5pm

*Calls are recorded for training purposes only. Confidentiality is maintained between callers and Prostate Cancer UK.

About us

Prostate Cancer UK has a simple ambition: to stop men dying from prostate cancer – by driving improvements in prevention, diagnosis, treatment and support.

At Prostate Cancer UK, we take great care to provide up-to-date, unbiased and accurate facts about prostate diseases. We hope these will add to the medical advice you have had and help you to make decisions. Our services are not intended to replace advice from your doctor.

All of the publications in this catalogue are **free** but as a charity we rely on voluntary donations and any contribution you can make to our costs would be greatly appreciated. You can donate online at **prostatecanceruk.org/donate**



**Speak to our
Specialist Nurses**

0800 074 8383*

prostatecanceruk.org

**Trusted
Information
Creator**



Patient Information Forum

 Like us on Facebook: **Prostate Cancer UK**

 Follow us on Twitter: **@ProstateUK**

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and in Scotland (SC039332). Registered company number 02653887.