**Prostate Cancer Screening**

We are working to raise awareness of symptoms of possible prostate cancer and testing, especially amongst higher-risk groups of men. These include:

* Men aged 50 and above
* Black men aged 45 and above
* Men with a family history of prostate cancer aged 45 and above

Most early-stage prostate cancers do not cause any symptoms. Some men may notice changes in urination including weak flow, needing to wee more often than usual - especially at night, difficulty in starting to pass urine, feeling like you haven’t emptied your bladder, urgent need to wee, or blood in your urine or semen. It is important to note that a lot of these symptoms are more commonly caused by non-cancerous conditions such as a benign enlargement of the prostate, inflammation of the prostate called prostatitis and urinary tract infections. With more advanced prostate cancer, there can be spread to the bones which may cause back pain that doesn’t go away with rest, tiredness and weight loss for no reason.

There is a blood test called prostate specific antigen (PSA) that is available to patients. A raised PSA can indicate a problem with the prostate but cannot by itself tell us what that problem is. Many men with a raised PSA do not have prostate cancer and some with a normal PSA can have prostate cancer. A raised result however can prompt your GP to arrange referral for further tests to rule out a cancer.

We encourage you click this link for further information:

 [https://www.baus.org.uk/\_userfiles/pages/files/Patients/Leaflets/PSA%20Advice.pdf](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.baus.org.uk%2F_userfiles%2Fpages%2Ffiles%2FPatients%2FLeaflets%2FPSA%2520Advice.pdf&data=05%7C02%7Csara.latif%40nhs.net%7C7cce6f21a2a245aac3c808dd0aeb6cd7%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638678728451031286%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=2PuW5dVqmNxf9IRV%2B7j%2FCnSvkii17FMk%2Blb1H6tinU8%3D&reserved=0)

**What should I do next?**

1. If you have none of the symptoms mentioned above and if you would like to have a PSA blood test, please contact reception to arrange and see the information below.
2. If you have noticed any of the symptoms mentioned above or would like to discuss things further, please contact reception to arrange an appointment with a GP
3. Please do nothing if you do not wish for any further testing or discussion with a GP

**Preparing for your PSA test**

If you choose to book a PSA blood test, please follow the instructions below (as all can raise your PSA level for a short time):

* Avoid ejaculation for 48 hours or anal sex for 1 week before the test
* Avoid vigorous exercise or cycling for 48 hours before the test
* Delay your test for 6 weeks if you have had a prostate biopsy, urinary tract infection, tests or surgery to your bladder or prostate or a urinary catheter to drain your bladder