

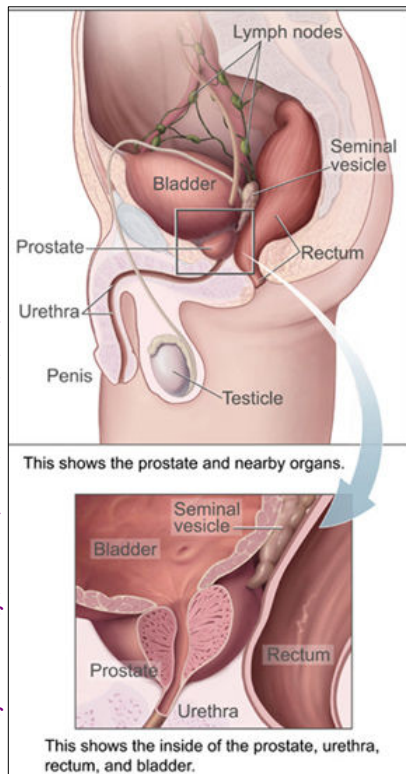
PROSTATE CANCER



Over the past few years there have been a few of the Sussex Senior cricketers who have developed symptoms that gave cause for concern. These men have taken the right steps and consulted their GPs. This action has been of immeasurable benefit in enabling the diagnosis and early treatment of prostate cancer. As a result, Sussex Seniors Cricket has decided to publicise facts and information about this disease not only amongst its own players, supporters and friends but also to encourage all Cricket Clubs and other Counties with seniors' cricket to do the same. We hope that you will find the time to circulate this leaflet amongst your players.

These facts have been gathered from the 'Cancer Research UK' and 'Prostate Action' web sites for which I thank them.

Prostate cancer is the most common cancer in men in the UK - it accounts for nearly a quarter (24%) of all new male cancer diagnoses. Although there has been a huge rise in prostate cancer incidence over the last 20 years, this has not been reflected in mortality rates. Much of the increase in incidence can be attributed to the incidental discovery of prostate cancers following transurethral resection of the prostate (TURP) and, more recently, the use of prostate specific antigen (PSA) testing. In 2008, there were 37,051 new cases of prostate cancer diagnosed in the UK, that is around 101 men every day or one man every 15 minutes. Prostate problems are becoming more common as our life expectancy increases. Although older men are more susceptible, some prostate disorders can affect men of any age. Early treatment and accurate diagnosis is the key to managing these diseases and preventing them ruining lives. Better self awareness amongst men and healthier lifestyles are also essential to prevention and



early detection.

Problems with urinating are the most common symptoms of prostate disease. You should visit your doctor if you regularly experience one of the following:

- A weak sometimes intermittent flow of urine.
- Difficulty starting to urinate.
- A need to urinate frequently.
- A need to urinate urgently (you do not feel able to put it off).
- Having to go to the toilet several times during the night.
- A feeling that your bladder is not completely empty after you have finished urinating.
- Pain or burning when passing urine.
- Blood in your urine.
- Pain in the back, hips or pelvis.

Visiting your doctor does not commit you to medical or surgical treatment, but allows a thorough assessment to be carried out. This enables you to make an informed decision about treatment options. A prostate problem is diagnosed using various methods of investigation. Your doctor will take a thorough case history and carry out a physical examination, including a digital rectal examination (DRE). Your doctor may then decide to perform further tests, such as a prostate specific antigen test and may refer you to a urologist for additional diagnostic tests, such as a biopsy and/or ultrasound scan. The likelihood of surviving prostate cancer 5 years after diagnosis is good compared to other types of cancer. The current UK rate is 98% survival.

This message has been put concisely by the 'Prostate Action' web site: -

Better self awareness amongst men and healthier lifestyles are essential to prevention and early detection.

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**DON'T LET IT CATCH YOU
OUT**

HIT IT FOR SIX

GET TESTED