

Ovarian & Prostate Cancer Awareness Month?



Every March is Ovarian & Prostate Cancer Awareness Month. It is our chance to put both firmly the spotlight. As with other 'Awareness Month' initiatives, the aim is to increase recognition of the signs and symptoms of ovarian and prostate cancers and to raise funds to support research.

Ovarian Cancer - Current Picture in the UK

In the UK, over 7,000 women are diagnosed with ovarian cancer every year. Two thirds of women are diagnosed with ovarian cancer too late when the cancer is harder to treat. And every day, 11 women die. Survival rates in other countries are considerably higher than the UK. Increasing awareness of the importance of early detection of potential symptoms and not delaying visiting your GP are essential in saving lives.



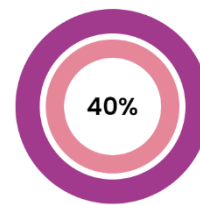
7,000+
women

are diagnosed with ovarian cancer in the UK every year



1 in 5
women

know that bloating is a symptom of ovarian cancer



40%
of women

wrongly believe that cervical screening detects ovarian cancer

The ovaries are two small organs, each about the size and shape of an almond. They are located low in the tummy area called the pelvis, just behind the pubic area. They form part of the female reproductive and hormonal systems, storing a supply of eggs. Ovarian cancer starts from the cells in and around the ovary and fallopian tubes.

Types of Ovarian Cancer

There are many different types of ovarian cancer classified by the types of cells and tissue they start from. Your age can affect whether you get these different types of ovarian tumours. The type of ovarian cancer will affect the treatment options available now and in the future.

Ovarian tumours tend to develop from three kinds of tissue.

1. Epithelial cell tumours (sometimes referred to as carcinomas) usually happen in those over 50 years old. Accounts for 90% of ovarian tumours.
2. Germ cells tumours usually happen in those who are younger and occur in the ovary within the cells that develop into eggs. Accounts for 5% of ovarian tumours
3. Stromal cell tumours (these cells make up the core of the ovaries) may develop at any age. But certain tumours may be more common in adolescence (between childhood and adulthood). Accounts for 5% of ovarian tumours

What are the symptoms?

- Persistent bloating (not bloating that comes and goes)
- Feeling full quickly and/or loss of appetite
- Pelvic or abdominal pain (that is from your tummy to the top of your thighs)
- Urinary symptoms (needing to wee more urgently or more often than usual)

Occasionally there can be other symptoms:

- Changes in bowel habit (e.g., diarrhoea or constipation)
- Extreme fatigue (feeling very tired)
- Unplanned weight loss
- Any unusual bleeding before or after the menopause always be investigated by a GP.

Symptoms will be:

- New – they are not normal for you.
- Frequent – they usually happen more than 12 times a month.
- Persistent – they do not go away.

If you regularly experience any one or more of these symptoms, which are not normal for you, it is important that you contact your GP. It is unlikely that your symptoms are caused by a serious problem, but it is important to get checked out, even if they are mild. Your GP should order blood tests. They may also order ultrasound scans of your ovaries and tummy. If two or more of your close relatives have had cancer you should tell your GP as ovarian cancer can run in families.

Top 10 Tips for Women

Worried about the symptoms of ovarian cancer? We help you talk to your GP.

- 1** Symptoms include:
- persistent bloating
 - feeling full quickly and/or loss of appetite
 - pelvic or abdominal pain (that's your tummy and below)
 - urinary symptoms (needing to wee more urgently or more often than usual)

You should go to your GP if you have any of these symptoms and they are new for you, don't go away or happen more than 12 times a month.

- 2** There can also be other symptoms:
- changes in bowel habit (eg diarrhoea or constipation)
 - extreme fatigue (feeling very tired)
 - unexplained weight loss

Act early if you feel something is wrong. You know your body best.

- 3** Make an appointment with your GP. Tell your surgery you are worried about cancer and need to be seen as soon as possible.

- 4** Keep a symptoms diary to track your symptoms. This can be very useful not only for you but also for your GP. You can download Target Ovarian Cancer's Symptoms Diary at targetovariancancer.org.uk/symptomsdiary or order it by calling **020 7923 5475**.

- 5** You can book a double appointment with your GP if you need time to discuss more than one concern. You may also be able to book a telephone appointment with a GP for advice if it is difficult to get to the surgery in person.

- 6** Think about whether anyone in your family has had ovarian or breast cancer, **on either your mother's or father's side**. It might be helpful to ask relatives about this. If you do have a family history of ovarian and/or breast cancer, make sure you tell your GP.

- 7** Give your GP as much information as possible. Write down anything you would like to discuss with your GP or any specific concerns you have and take this with you to your appointment. If you are worried you might have ovarian cancer, tell your GP; they will be glad you've shared your concerns.

- 8** Cervical screening tests – known as smear tests – do **NOT** detect ovarian cancer. All new symptoms should be discussed with your GP.

- 9** Keep going back to your GP if your symptoms don't improve even if any tests and investigations are negative. You can always take a friend or family member to support you at your follow-up appointments.

- 10** For more information on symptoms and the tests your GP should do, or if you are worried about ovarian cancer, visit targetovariancancer.org.uk/symptoms or call Target Ovarian Cancer's Support Line on **020 7923 5475**.

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Next planned review: February 2021
To access our list of references for this publication please contact Target Ovarian Cancer.

Prostate Cancer - Current Picture in the UK

In the UK, about 1 in 8 men will be diagnosed with prostate cancer in their lifetime. We do not know exactly what causes prostate cancer but there are some things that may mean you are more likely to get it – these are called risk factors.

There are three main prostate cancer risk factors:



1 in 8 – in the UK, about one in eight men will be diagnosed in their lifetime. But for some men the risk is higher.

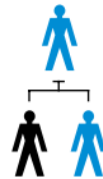
What can increase my risk?

50+

Your age – it mainly affects men over 50 and your risk increases with age.



Your ethnicity – In the UK, about 1 in 4 Black men will get prostate cancer in their lifetime. Your risk may increase once you're over 45.



Your family history and genes – you are two and a half times more likely to get prostate cancer if your father or brother has had it. Your risk is also higher if your mother or sister has had breast cancer.

Signs and symptoms of prostate cancer

Most men with early prostate cancer do not have any signs or symptoms. That is why it is important to know about your risk. Possible symptoms include:

- difficulty starting to urinate or emptying your bladder.
- a weak flow when you urinate.
- a feeling that your bladder has not emptied properly.
- dribbling urine after you finish urinating.
- needing to urinate more often than usual, especially at night.
- a sudden need to urinate – you may sometimes leak urine before you get to the toilet.

Men with early prostate cancer will often have no symptoms because of the way the cancer grows. You will usually only get early symptoms if the cancer grows near the tube you urinate through (the urethra) and presses against it, changing the way you urinate (wee).

If prostate cancer breaks out of the prostate or spreads to other parts of the body, it can cause other symptoms, including:

- back pain, hip pain or pelvis pain
- problems getting or keeping an erection.
- blood in the urine or semen
- unexplained weight loss.

These symptoms can all be caused by other health problems. But it is still a good idea to tell your GP about any symptoms so they can find out what is causing them and make sure you get the right treatment, if you need it.

How is Prostate cancer diagnosed?

There are a few tests that a GP can do to find out if there is a prostate problem.

The main tests include:

- a urine test to rule out a urine infection.
- a prostate specific antigen (PSA) blood test
- a digital rectal examination (DRE).

Before these tests, a GP will explain what they involve and talk through the advantages and disadvantages of each test. They can help a person understand more about prostate cancer and their own risk of getting it. **For more info scan QR code**



If further investigation is required an appointment would be made with a specialist, who will usually be a doctor who specialises in the urinary and male reproductive system (urologist) or a specialist nurse.

The specialist will look at:

- PSA level
- DRE results
- risk of prostate cancer
- general health.

They might recommend further tests, including:

- an MRI (magnetic resonance imaging) scan
- a prostate biopsy
- a CT (computerised tomography) scan
- a bone scan- with or without X-rays.

How do I reduce the risk of Prostate Cancer?

- **Choose a healthy diet.**

There is some evidence that choosing a healthy diet that is low in fat and full of fruits and vegetables may contribute to a lower risk of prostate cancer.

- **Maintain a healthy weight.**

Men who are obese — a body mass index (BMI) of 30 or higher — may have an increased risk of prostate cancer. If you are overweight or obese, work on losing weight. You can do this by reducing the number of calories you eat each day and increasing the amount of exercise you do.

- **Regular Exercise**

Studies of exercise and prostate cancer risk have mostly shown that men who exercise may have a reduced risk of prostate cancer. Aim for 30 minutes of exercise most days of the week.

- **Talk to your doctor about your risk.**

Some men have an increased risk of prostate cancer. For those with a very high risk of prostate cancer, there may be other options for risk reduction, such as medications. If you think you have a high risk of prostate cancer, discuss it with your doctor.

Useful Links

Support for people with ovarian cancer

- **Ovarian Cancer Action** – T: 020 7380 1730 / W: ovarian.org.uk
- **The Eve Appeal** – T: 020 7605 0100 / W: eveappeal.org.uk
- **Cancer Research UK** – T: 0808 800 4040 / W: cancerresearchuk.org/about-cancer/ovarian-cancer
- **Download MacMillan Cancer Support 10 top tips leaflet (English)**
- **Download a free symptoms diary to track the frequency of your symptoms. Download or order**
- **Download a symptoms leaflet Download our symptoms leaflet**

Support for people with prostate cancer

- **Prostate Cancer UK** – T: 0800 074 8383 / W: prostatecanceruk.org
- **Cancer Research UK** – T: 0808 800 4040 / W: cancerresearchuk.org/about-cancer/prostate-cancer
- **Register with Cancer Research UK to access a wide range of support resources register/login**