

Prostate Cancer: **WHAT YOU NEED TO KNOW**



Prostate Cancer
Foundation of Australia

ACKNOWLEDGEMENT OF COUNTRY

Prostate Cancer Foundation of Australia respects and acknowledges the traditional custodians of this land, elders past and present, on which this meeting takes place.



MY STORY

An introduction

Note: PCFA Ambassadors are not able to give medical advice.

Prostate Cancer Foundation of Australia

Who we are and what we do

Our mission

Prostate Cancer Foundation of Australia (PCFA) is a broad based community organisation and the peak national body for prostate cancer in Australia.

To reduce the burden of prostate cancer for all Australians, mobilising the community to drive research, prevention and early detection, improved treatment, and world-class psychosocial care.



PROSTATE CANCER FOUNDATION OF AUSTRALIA

Who we are and what we do

We do this by:



Promoting and funding world leading, innovative **research** into prostate cancer



Implementing **awareness** and advocacy campaigns and education programs for the Australian community, health professionals and Government



Supporting men and their families affected by prostate cancer through evidence-based information and resources, support groups and Prostate Cancer Specialist Nurses

**PROSTATE
CANCER**

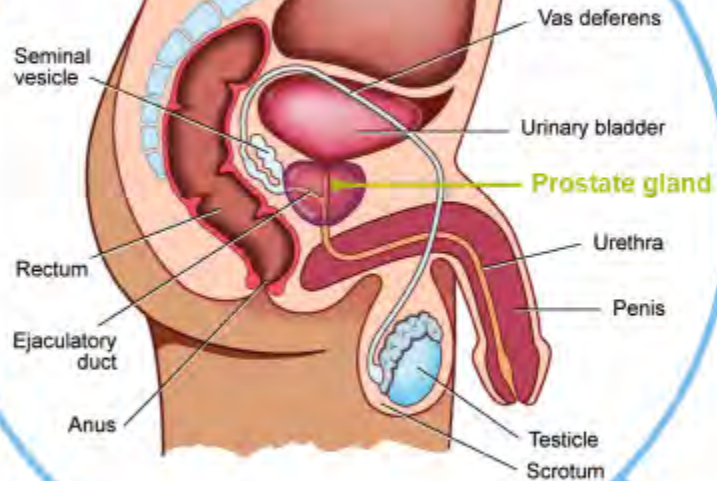
FACT

FICTION



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WHAT IS THE PROSTATE?



- Small gland that makes up part of the male reproductive system
- Sits beneath the bladder
- Doughnut shaped gland that surrounds the urethra

PROSTATE HEALTH ISSUES

Prostatitis

Benign Prostatic
Hyperplasia (BPH)

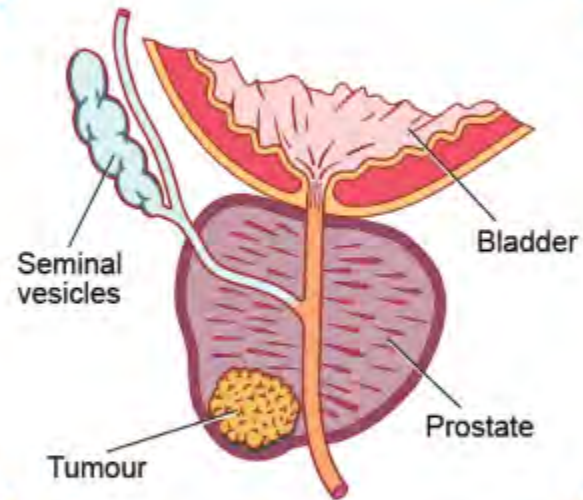
Prostate Cancer



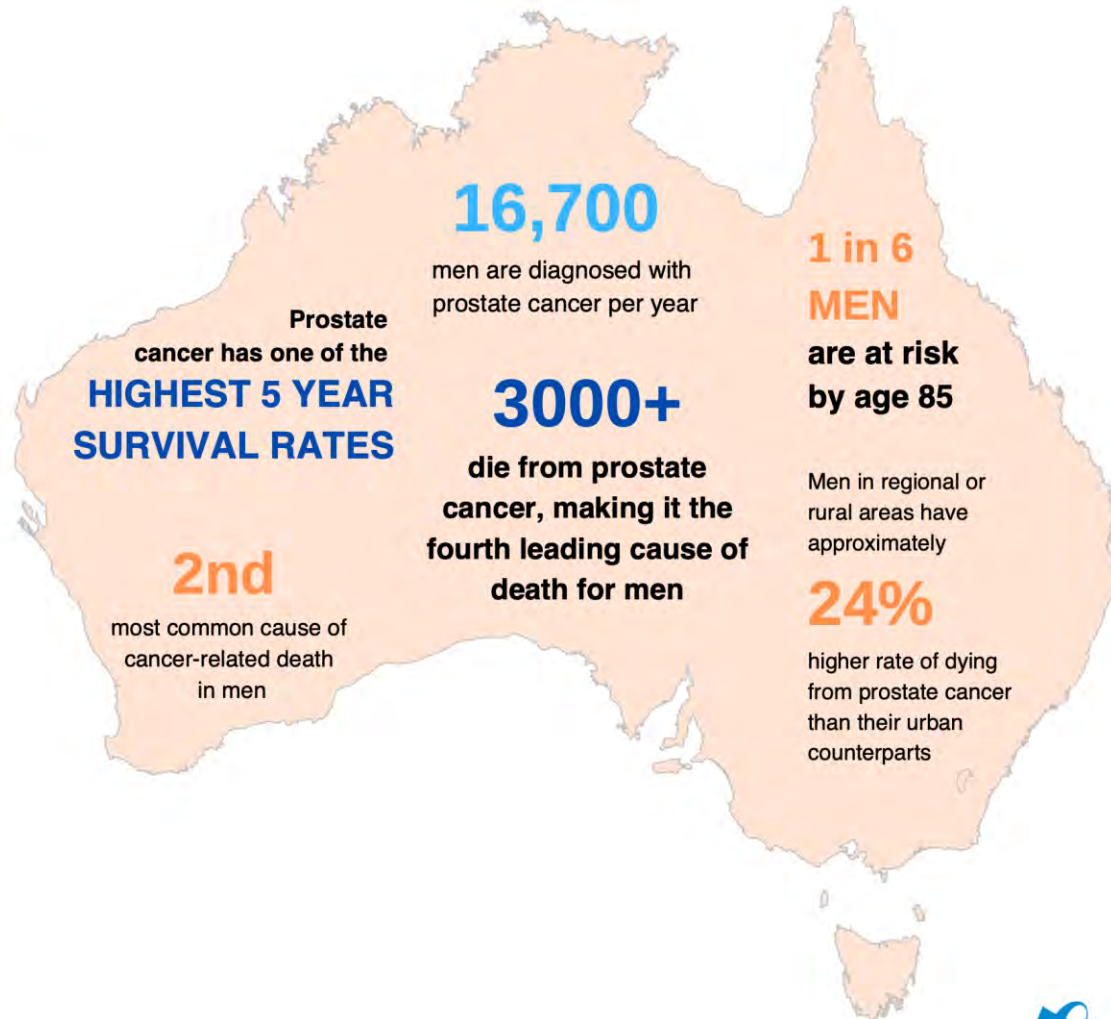
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PROSTATE CANCER

- Abnormal growth of cells in the prostate that form a lump (tumour)
- Can remain in the prostate (localised) or spread to other parts of the body (advanced)
- Prostate cancer can best be treated if identified early



Prostate Cancer Statistics





SYMPTOMS

In the early stages, there are often no symptoms

Later stage symptoms include:

- Frequent or sudden need to urinate
- Finding it difficult to urinate (poor flow or difficulty starting)
- Discomfort in urinating
- Finding blood in urine
- Pain in various bones, if cancer has spread to them

RISK FACTORS

Protective factors: diet, physical activity



Age

The chance of developing prostate cancer increases with age. A diagnosis under the age of 40 is very rare, and it is usually men over 60 who are impacted



Family history

Men with a first degree relative (father or brothers), who had prostate cancer have an increased risk



Diet

Some studies have shown that eating a diet high in processed meat or high fat foods can increase risk

IMPORTANCE OF A HEALTHY LIFESTYLE



The Australian dietary guideline suggests:

- Eat plenty of vegetables, legumes, beans, and fruit
- Limit added sugars and alcohol
- Include lean meat, fish, or other proteins, such as tofu
- Limit saturated fats
- Drink water throughout the day
- Limit added salt
- Eat wholegrain foods such as bread, pasta, rice, and avoid overly processed foods



SHOULD I TALK TO MY GP ABOUT TESTING?



Make an individual informed decision about testing based on the latest available evidence on the benefits and potential harms of testing and subsequent treatment for prostate cancer



PCFA advises men over 50, or over 40 with a family history of prostate cancer, to talk to their doctor about testing for prostate cancer using the blood (PSA) test as part of their regular health check-up



TESTING OPTIONS

Blood test - Prostate Specific Antigen (PSA) test

Physical examination - digital rectal examination (DRE) may be used also

Scanning and **imaging**

WHAT MIGHT HAPPEN NEXT?



Depending on test results, GP may refer to urologist



Urologist may repeat tests, and may conduct a biopsy to take a small tissue sample



The tissue will be tested to determine if it is benign (non-cancerous) or malignant (cancerous)

HOW PCFA CAN HELP

- Evidence-based resources
- Resources for culturally diverse groups, Aboriginal and Torres Strait Islanders, and gay and bisexual men
- Network of affiliated Prostate Cancer Support Groups
- PCFA's Online Community

www.pcfa.org.au



HOW YOU CAN GET INVOLVED



Follow us on
social media



Become involved
with a Support
Group



Host a fundraising
event, such as a
Big Aussie Barbie



Make a donation
or consider
Workplace Giving

REFERENCES

- Australian Guide to Healthy Eating, www.eatforhealth.gov.au
- Australian Institute of Health and Welfare, www.aihw.gov.au/
- Carers Australia, www.carersaustralia.com.au/
- PCFA, www.pcfa.org.au



OTHER RESOURCES

- Beyondblue
- Cancer Australia
- Cancer Council
- Carers Australia
- Continence Foundation
- Palliative Care Australia
- Relationships Australia





THANK YOU

pcfa.org.au | Freecall 1800 220 099



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