



## **FREE PROSTATE CANCER SCREENING TESTS FOR LEICESTERSHIRE AND RUTLAND FREEMASONS (Funded by Leicestershire and Rutland Masonic Charity Association)**

### **The Facts about Prostate Cancer**

- It is the most frequently diagnosed cancer in men
- It is caused by random genetic changes
- Over 47,000 men in the UK will receive a new diagnosis every year
- Men over 50 years of age have a 1 in 8 chance of developing it, the risk increases with age
- Black men and those with a family history of it have a higher risk of developing it
- Prostate cancer has become more prevalent in the UK than breast cancer

### **Possible Signs of a Developing Problem**

The possible signs of a developing problem can be summarised as the 6 problem P's of passing urine:

- **Problems with a weak stream**
- **Problems in having to go frequently**
- **Problems in starting**
- **Problems during the night**
- **Problems with the Urgency**
- **Problems with "dribbling"**

**As with most cancers early detection and if necessary, early treatment can significantly enhance the chances of recovery.**

The Province are working with Consultant Urological Surgeon (Miss Jyoti Shah) and her volunteer team at the Burton Hospitals NHS Foundation Trust, who are passionately spearheading the fight against prostate cancer. She and her team carry out a simple blood test known as the PSA Screening Test (Prostate Specific Antigen) and a digital rectal examination. The process is simple, and only takes 5=10 minutes. You and your GP, will receive your confidential results and if necessary, guidance on what you should do next directly from the Trust and the opportunity to be "fast tracked" for treatment. All applicants must be able to access a couch unaided.

### **What Can You Do?**

**Request a Prostate Screening Appointment Form  
before Monday 6<sup>th</sup> January 2020  
(appointments on a first come first served basis)  
from [almoner@pglleics.co.uk](mailto:almoner@pglleics.co.uk) or  
by post from: Provincial Grand Almoner (PSA Test),  
Freemasons Hall, 80 London Road, Leicester. LE2 0RA**

**The test and examination take approx. seven minutes and will  
be offered in half hour sessions between  
8.00. a.m and 5.00 p.m at Ashby Masonic Hall on  
Friday 24<sup>th</sup> January 2020  
for those offered appointments**

# Fighting Prostate Cancer

## What to Expect When You Attend a Screening Clinic

### Before:

#### Do you understand what the PSA blood test is?

The PSA test is a blood test to help detect prostate cancer. But it's not perfect and won't find all prostate cancers. The test measures the level of prostate-specific antigen (PSA) in your blood. PSA is a protein made only by the prostate gland. Some of it leaks into your blood, but how much depends on your age and the health of your prostate.

#### What's a raised PSA level?

The amount of PSA in your blood is measured in nanograms of PSA per millilitre of blood (ng/ml).

If you're aged 50 to 69, raised PSA is 3ng/ml or higher.

A raised PSA level in your blood may be a sign of prostate cancer, but it can also be a sign of another condition that's not cancer, such as: an enlarged prostate, prostatitis, urinary infection

#### How accurate is the PSA test?

About 3 in 4 men with a raised PSA level will not have cancer. The PSA test can also miss about 15% of cancers.

### During:

Miss Shah will take a full medical history. Please have a list of your medication ready. Sister Minns (Urology Advanced Nurse Practitioner) will take some blood for the PSA test. Miss Shah will examine your prostate.

### After:

Please complete the comment card (optional). We will call you with your PSA (blood test) result if it is abnormal as soon as it is ready. A letter summarising your consultation & recommendation will be sent to you & your GP

If you need further investigations, we will let you know.

If you need further investigations, then you should see your GP and be referred to a local urology department.



**Consultant Urologist Miss Jyoti Shah (right) and the team**