

If you notice unusual changes to your body, please see your GP or nurse.

Finding cancer early can increase the chance of treatment being successful.

Book an appointment with BCHS Men's Health Clinic:



03 5406 1200

Appointment is free if you have a concession card.

Ask your health worker for support.



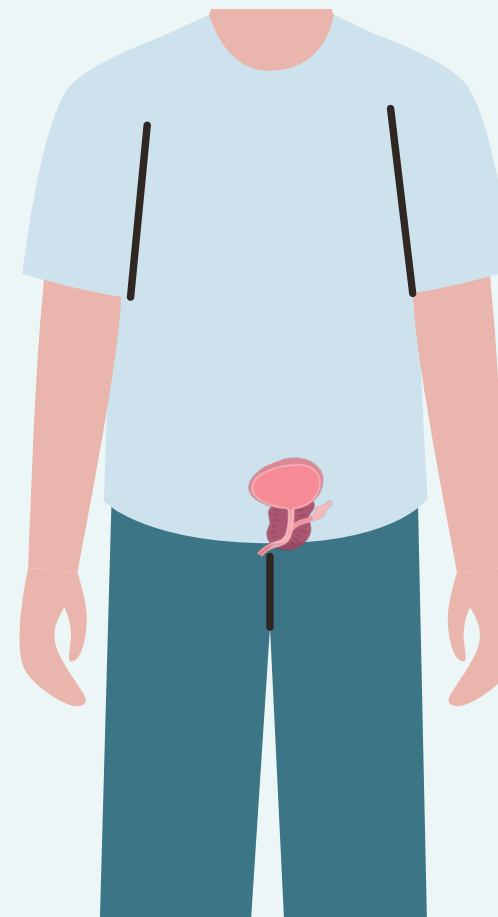
Supported by the Victorian Government, in partnership with LMICS.

Information adapted from Prostate Cancer Foundation, Australia.
Oversight from BCHS Men's Health Clinic.

ACN: 136 467 715

DECEMBER 2024

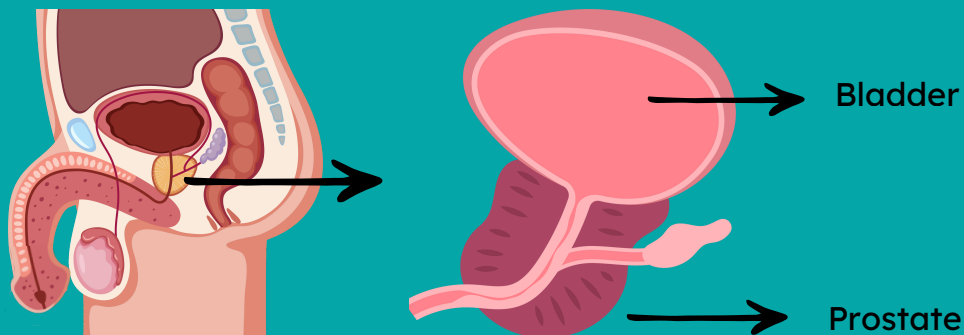
Prostate health



**Bendigo Community
Health Services**

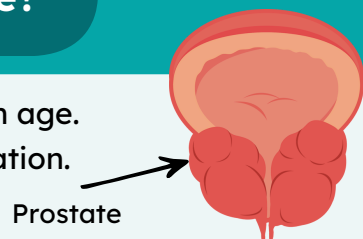
What is the prostate?

The prostate is a small, round gland found in men. It sits below the bladder, and makes a fluid that feeds and transports sperm.



How do I look after my prostate?

It is normal for the prostate to get bigger with age. Sometimes this can cause problems with urination.



See your Doctor or Men's Health Nurse:

- **Once a year from the age of 40:** to check your overall health, even when you feel well
- **If you are having trouble with urination:** including dribbling, or a slow stop/start flow
- **To test for signs of prostate cancer:** visit once a year from the age of 50

What is prostate cancer?

Prostate cancer is cancer that starts to grow in the prostate. It is more common in men over the age of 55.

If found early, most prostate cancer can be treated successfully.

Common signs and Symptoms

There may be no symptoms when prostate cancer starts to grow.

Symptoms can include:

- Difficulty passing urine
- Dribbling, or a slow, stop/start flow of wee
- Needing to wee often, including at night
- Not being able to hold on



Other health issues may also cause these symptoms, and having these symptoms will not always mean you have cancer.

Get to know your body and what is normal for you. See your doctor or Men's Health Nurse if you notice changes that are not normal for you.

Why test for prostate cancer?

Testing can find changes in your body before you see or feel them.

Your doctor or Men's Health Nurse can organise a blood test called a 'PSA' test to look for signs of change in the prostate. Finding cancer early can increase the chance of treatment working.

Talk to your GP or nurse to see if a PSA test is right for you.