

**We actively promote public awareness and the need for early diagnosis.**



Come to our friendly, informal meetings to find out what to expect.

Chat with others who have been on similar journeys to yours and listen to medical professionals speaking about the latest developments.

Visit **prostatemk.org** for details of our meetings.

We are members of **Tackle**, the **National Federation of Prostate Cancer Support Groups**.

We are a partner of **Prostate Cancer UK**, who awarded us their Certificate of Excellence.



**MK prostate cancer support** group supports people who are affected by prostate problems with sympathy and respect.



Our website:

**www.prostatemk.org**

Our email:

**info@prostatemk.org**

Ring us for a friendly chat  
**01908 110763**



MKPCS is a group set up to offer support and comfort to people in the Milton Keynes area who are affected by prostate cancer.



What men and their families should know about prostate problems.

Join us, help us, support us.



Care, Connect, Communicate

**If you are experiencing  
any of these symptoms...**

*Difficulty starting  
to urinate*

*Dribbling  
urine*

*A weak flow*

*Straining or  
taking a long time  
to finish urinating*

*Feeling that your bladder  
has not emptied properly*

*Needing to rush  
to the loo*

*Blood in  
your urine*

*Painful  
ejaculation*

*Pain when  
urinating*

If you have any of the above symptoms  
OR, even if you don't and are a man over  
45 years old, see your GP and get yourself  
checked.

**Waking up  
to urinate  
too often?**



**1 in 8 men**

*will be diagnosed with  
prostate cancer in their lifetime.  
Early diagnosis is vital.*

**Don't feel alone—  
we are here when you need us**

Everyone in MKPCS has had  
prostate cancer or has watched  
a friend or relative go through it.  
We know how hard it is to deal  
with the news, the decisions,  
the treatments and the  
possible after-effects.

Overall, one man in every 8 gets  
prostate cancer (but it's one in 4  
for Black men).

If your father or brother has been  
diagnosed with prostate cancer  
your risk of having the disease is  
more than doubled.

144 men a day are diagnosed.

Latest data shows more than  
12,000 men died of prostate  
cancer in one year. Most of them  
died because their cancer was  
not detected early enough.

490,000 men are living with or  
after prostate cancer.

Prostate cancer is expected to  
be the most commonly  
diagnosed cancer by 2030.

**Early diagnosis is vital**

Prostate cancer that has not  
spread is generally curable.