



Let's Talk about Prostate Cancer – 4 February 2022

Your Questions Answered

Questions about prevention	
You asked:	Answer:
<p><i>How can I avoid prostate cancer in my family?</i></p> <p><i>Does proactiveness include annual health MOT with my GP?</i></p> <p><i>What protective or safety measures can one practice to avoid prostate cancer or reduce its growth minimally as age takes its toll on an individual?</i></p>	<p>There are no proven means of prevention, but there are clues to things that might help reduce the risk or slow the progression of prostate cancer. These include keeping your weight down, having plenty of green veg in your diet, exercising, sunlight/vitamin D intake. In terms of prostate health, there can also be a link to having sexually transmitted infections when young and chronic inflammation of the prostate - condom use is recommended to protect against STIs.</p> <p><i>This question was answered live</i></p>
Questions about symptoms and risk	
You asked:	Answer:
<p><i>Are there early symptoms to look out for that suggest possible prostate cancer?</i></p> <p><i>What are the symptoms of PC? Where can I talk to someone?</i></p>	<p>There may be no symptoms, hence the value of getting the PSA blood test. If there are symptoms, these could include difficulty in passing urine or going too frequently. Occasionally, blood in the semen can also be a sign of prostate cancer.</p>
<p>Is impotence a red flag?</p>	<p>It's always a good idea to speak to your GP if you are experiencing impotence. A PSA test would be done routinely for this - however, it's important to note that impotence can be an indicator of prostate issues, but not always.</p>



	<i>This question was answered live</i>
<p>Prostate and testicular cancer are around the same male organ. Are the 2 linked in any way?</p> <p>Are there different risk factors for testicular cancer?</p>	<p>There is no link between prostate and testicular cancer.</p> <p>Testicular cancer is seen more commonly in younger men and prostate cancer in older men. For reasons unknown, testicular cancer is less common in black men.</p> <p><i>This question was answered live</i></p>
<p>I'm 66 years old and was diagnosed with prostate cancer a decade ago. None of my 3 brothers, my father, nor anyone else in my extended family tree had prostate cancer. Without the genetic trait, why was I the "lucky" one?</p>	<p>There is no answer to that, I'm afraid.</p> <p><i>This question was answered live</i></p>
<p>Questions about screening</p>	
<p>You asked:</p>	<p>Answer:</p>
<p>Is there a 'normal range' for PSA scores?</p>	<p>Generally, the PSA should be less than 3. But it does depend on age</p> <p><i>This question was answered live. Dr Richard Roope explains this in more detail in the webinar.</i></p>
<p>Lots of men will have heard that if they go to their GP to talk about their prostate cancer risk, that they may have to have a DRE(digital rectal exam), what message (of reassurance) would you give to men who might avoid going to speak to their GP?</p>	<p>As GPs we understand this is an unpleasant procedure for men, however we do these examinations regularly in our profession and whilst uncomfortable - it is often not painful and takes just a few moments to complete.</p> <p><i>This question was answered live. Dr Richard Roope explains this in more detail in the webinar.</i></p>
<p>Is 80 too old for a PSA test?</p>	<p>It's never too old to get tested.</p> <p><i>This question was answered live.</i></p>



<p>The PSA test is not very specific - how useful is it as a screening tool - does it lead to overdiagnosis, unnecessary biopsies? Would you like to see a better test developed?</p> <p>Why isn't there a screening programme for prostate cancer?</p>	<p>The PSA test is not cancer specific, but it is the best we have and until new tests have been developed, we know cancer can be detected early with a PSA test.</p> <p><i>This question was answered live</i></p>
<p>A 78 year old man has a PSA of 10.6 can this suggest Prostate cancer please? what are the steps to take to get him confirmed of cancer or cleared of cancer?</p>	<p>He needs a referral to a urologist. The GP will refer urgently so that he is seen within 2 weeks</p>
<p>With the new PSMA PET scans that are beginning to be approved worldwide, can that be used as the new standard rather than PSA?</p>	<p>PSMA PET scans are only available in a very limited number of hospitals within the NHS. They are generally used to look for possible reoccurrence of prostate cancer, however this is not standard. PSMA PET scanning equipment is very expensive and involves radiation exposure. National Screening programmes are required to be proven to be accurate, safe and accessible, but also time and cost effective.</p>
<p>Questions about diagnosis and treatment</p>	
<p>You asked:</p>	<p>Answer:</p>
<p>What does a patient do after being treated for prostate cancer? What follow-up tests or scans should be done? How often" What to look for?</p>	<p>Depending on the treatment a patient has for their prostate cancer, the follow up tests will vary. Your clinical team would tell you what to look for.</p> <p><i>Professor Frank Chinegwundoh talks about some of the options during the webinar.</i></p>
<p>What are the survival rates or mortality around prostate cancer?</p>	<p>Current data shows that approx. 78% percent of people survive prostate cancer for 10 or more years.</p>



Is the transperineal biopsy done under local or general anaesthetic?

The transperineal biopsy is done under local anaesthetic. However, it can be done using general anaesthesia if the man prefers.

This question was answered live

Questions about raising awareness of the risk of prostate cancer in black men

You asked:

Answer:

In terms of strategy to bring awareness of prostate cancer to men with black background how do you go about initiatives in the community to achieve this?

In Wessex, we have developed Communities Against Cancer, which is a project to address this very issue. Please find out more here:

<https://actionhampshire.org/what-we-do/projects/communities-against-cancer/>

How can we sensitise GPs to be more positively responsive to men's needs and more aware that Black men have an increased risk? Not all GPs are as sympathetic or as aware as they could be.

This is all about education - as with the public, the medical world at large will not universally know the 1:4 prostate cancer incidence in black men (<https://pubmed.ncbi.nlm.nih.gov/26224061/>).

With regard to the personality of the GP - hopefully in a group practice, there will be at least one who a given patient feels comfortable with.

Questions about people with prostate concerns

Have you had any experience of trans women and challenges they may have coming forward with prostate concerns?

Members of the panel had confirmed experience of supporting trans women with prostate concerns and agreed there were some challenges for them to overcome.

There are some useful resources for trans women about prostate cancer. Please see more at [Prostate Cancer UK](#), who have a booklet for trans women and the charity [Live Through This](#), who raise cancer awareness in the LGBT+ community.