

# Checklist for talking to your GP about prostate cancer as a trans woman

Most people assigned male at birth have a prostate and can get prostate cancer. This includes trans women and some non-binary and intersex people. The risk may be lower in people who are taking feminising hormones or have had the testicles removed, but there is still a risk.

If you're worried about your risk or any symptoms you're having, you might find it helpful to fill out this form and take it to your GP. If you feel comfortable doing so, tell your GP about your trans history, and the name and pronoun you would like them to use.

**Your doctor can contact gender identity specialists for expert guidance on prostate problems in trans women:**

- For NHS gender dysphoria clinics, visit [www.nhs.uk/nhs-services/how-to-find-an-nhs-gender-identity-clinic/](http://www.nhs.uk/nhs-services/how-to-find-an-nhs-gender-identity-clinic/)
- For the UK Cancer and Transition Service (UCATS), visit: [www.wearetransplus.co.uk/uk-cancer-and-transition-service/](http://www.wearetransplus.co.uk/uk-cancer-and-transition-service/)

**How old are you?**

☐ Under 45    ☐ 45-49    ☐ 50 or older

**Have any of your relatives had prostate cancer? Have any of your relatives had breast or ovarian cancer linked to BRCA genes?**

☐ Yes, my: \_\_\_\_\_

☐ No    ☐ I don't know

If your father, brother, grandfather or uncle had prostate cancer, you may be at higher risk. Your risk may also be higher if your mother or sister had breast or ovarian cancer linked to BRCA genes.

**Do you have Black or Mixed Black ethnicity?**

☐ Yes    ☐ No

Black ethnicity increases the risk of prostate cancer.

**Have you noticed any of the symptoms described on the Prostate Cancer UK website ([prostatecanceruk.org/symptoms](http://prostatecanceruk.org/symptoms))?**

☐ No, but I'm still worried about my risk of prostate cancer

☐ Yes, my symptoms are: \_\_\_\_\_

For more information about prostate cancer, visit [prostatecanceruk.org/trans-women](http://prostatecanceruk.org/trans-women)

# Questions you could ask your GP

**Should I be tested for prostate cancer?**

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**What tests do you suggest and why?**

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**What are the advantages and disadvantages of having these tests?**

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**How soon will I get the results?**

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**Should I make another appointment to talk about this in the future? If so, when?**

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# PROSTATE CANCER UK

Call our Specialist Nurses from Monday to Friday 9am - 5pm, Wednesday 10am - 5pm\* Calls are recorded for training purposes only. Confidentiality is maintained between callers and Prostate Cancer UK.

Prostate Cancer UK is a registered charity in England and Wales (1005541) and in Scotland (SC039332). Registered company number 02653887.



**Chat to one of our  
Specialist Nurses  
0800 074 8383\*  
[prostatecanceruk.org](https://prostatecanceruk.org)**