

Take this to your GP



If you're worried about your risk of prostate cancer or any symptoms you're having, you might find it helpful to fill out this form and take it to your GP.

How old are you?

- ☐ Under 45
- ☐ 45-49
- ☐ 50 or older

The risk of prostate cancer increases as you get older.

Have any of your relatives had prostate cancer?

☐ Yes, my:

☐ No

☐ I don't know

If your father or brother has had prostate cancer, you may be at higher risk of prostate cancer.

Do you have Black or mixed Black ethnicity?

☐ Yes

☐ No

Black men are more at risk of prostate cancer.

Do any of your relatives have the BRCA gene variant?

☐ Yes, my:

☐ No

☐ I don't know

Men with a BRCA gene variant may be at higher risk of prostate cancer. If a close family member has a BRCA gene variant, your GP may suggest you have a genetic test to see if you have it too.

Have you noticed any of the symptoms or changes we talk about on the Prostate Cancer UK website (prostatecanceruk.org/symptoms)?

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

☐ Yes, my symptoms are:

Questions you could ask your GP or nurse

Am I at risk of prostate cancer?

What tests do you suggest and why?

What are the advantages and disadvantages of having these tests?

How soon will I get the results?

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

Tests for prostate cancer

You have the right to a PSA blood test to help diagnose prostate cancer if you've thought carefully about the advantages and disadvantages. If you then decide that you want a test, your GP should give you one.

A PSA test isn't suitable for everyone. For example, your GP may not recommend it if your general health means you wouldn't be fit enough for treatment for prostate cancer, or if treatment wouldn't help you to live longer.

If your GP doesn't agree to do a PSA test, ask them to explain why, as there may be a good reason. Explain that you are entitled to a PSA test under the NHS Prostate Cancer Risk Management Programme. You could show them our information for GPs on our website at prostatecanceruk.org/PSAconsensusHP



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Specialist Nurses**
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