

THE
IMPACT
EDITION

Autumn
2026

REWRITING THE SCRIPT

How your support is turning a new page in the story of prostate cancer



**PROSTATE
CANCER UK**

ALSO IN THIS ISSUE...

Breaking down the **science**
behind **genetics** and
prostate cancer

Football hero **Chris Hughton**
on the importance of
early detection

Simple steps to **keep moving**
and **stay positive** while
living with cancer

THE STORY OF YOUR SUPPORT

Misunderstood. Overlooked. Hidden behind shame and stigma. For decades, this was the story of prostate cancer.

But now – thanks to your support – we’re writing a different story. Because we’re learning more about this complex disease every day. Understanding how it grows and changes over time. Breaking down the science behind innovative new treatments. And making sure these vital advances reach men as quickly as possible.

We’re bringing together **scientists and clinical experts. Healthcare professionals and policy makers. Campaigners and community activists.** All working tirelessly to reach a world where no man dies of prostate cancer.

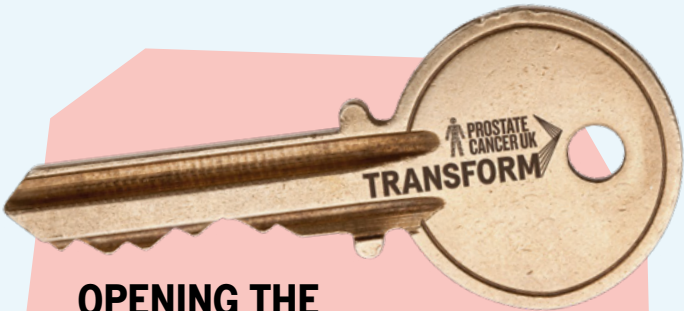
But none of this would be possible without **you** – standing with us every day. So this is the story of your support over the last year. And the **impact we’re making for men, together.**

HOPE OF A LIFESAVING EARLY DIAGNOSIS

Finding it early is the key to saving lives. But prostate cancer is easy to miss – so it’s vital that every man knows his risk. Your support has powered our risk awareness campaigns this year, making sure we get our lifesaving message out to hundreds of thousands more men.

686,350 men

found out they were at high risk after using our online Risk Checker



OPENING THE DOOR TO SCREENING

This year we took a major step forward on our path to screening – moving us closer to a future where every man is invited for routine tests. With screening now unlocked for some at highest risk, your support is driving the research that will lead us to routine tests for every man as soon as possible.

16,000 men

are taking part in the critical first stage of our TRANSFORM screening trial



3 out of 4

people said they understood their situation better after speaking to one of our specialist nurses

GAMECHANGING BREAKTHROUGHS IN TREATMENT

While we move closer to mass screening and early diagnosis, we’re also making sure men get the right treatment at the right time. With you in our corner, we’ve been at the forefront of major breakthroughs in cutting-edge science – saving lives today and for generations to come.

Thanks to funding from Prostate Cancer UK, we’ve brought this treatment one step closer to clinical trials



Prof Simon Mackay, University of Strathclyde

SHAPING A BETTER FUTURE FOR EVERY MAN

In a landmark year for men’s health, you helped us make a powerful case for progress on prostate cancer. With growing momentum behind our campaigns, we’ve led calls for a health system that works for every man – raising awareness of shocking inequities, influencing national policymakers and ensuring more men get access to lifesaving treatments.



3,000 men

will be saved over the next five years, thanks to our campaign to increase access to abiraterone

EXPERT SUPPORT, WHENEVER IT’S NEEDED

This year our team of specialist nurses, risk information experts and peer support volunteers were there to help men and their loved ones in times of need. **Your support meant we could respond to 13,000 enquiries** while providing trustworthy information via our website and booklets.



Want to learn more about the story of your support? Scan the QR code to read our latest Impact Report:



prostatecanceruk.org/in-impact



I DON'T LIKE
A FUSS...

BUT THIS MIGHT HELP SOMEBODY

As a football manager at the highest level, Chris Hughton has faced off against some of the game's greatest coaches. Leading Newcastle, Brighton and Norwich in the Premier League, he's shared a touchline with the likes of Sir Alex Ferguson, Jurgen Klopp and Pep Guardiola. But there's another team he's proud to support today.

After stepping into the spotlight to share his own prostate cancer story, Chris is sharing a lifesaving message with other Black men: check your risk today, because it could save your life.

We spoke to Chris about coming to terms with his own diagnosis, the impact of his lifesaving surgery and using the power of the beautiful game to save men's lives.

FOR BLACK MEN AND PROSTATE CANCER, IT'S A NUMBERS GAME – 1 IN 4 WILL GET IT. BUT FORMER PREMIER LEAGUE BOSS **CHRIS HUGHTON** IS HELPING TO LEVEL THE PLAYING FIELD.

CHRIS ON ... DISCOVERING HIS CANCER

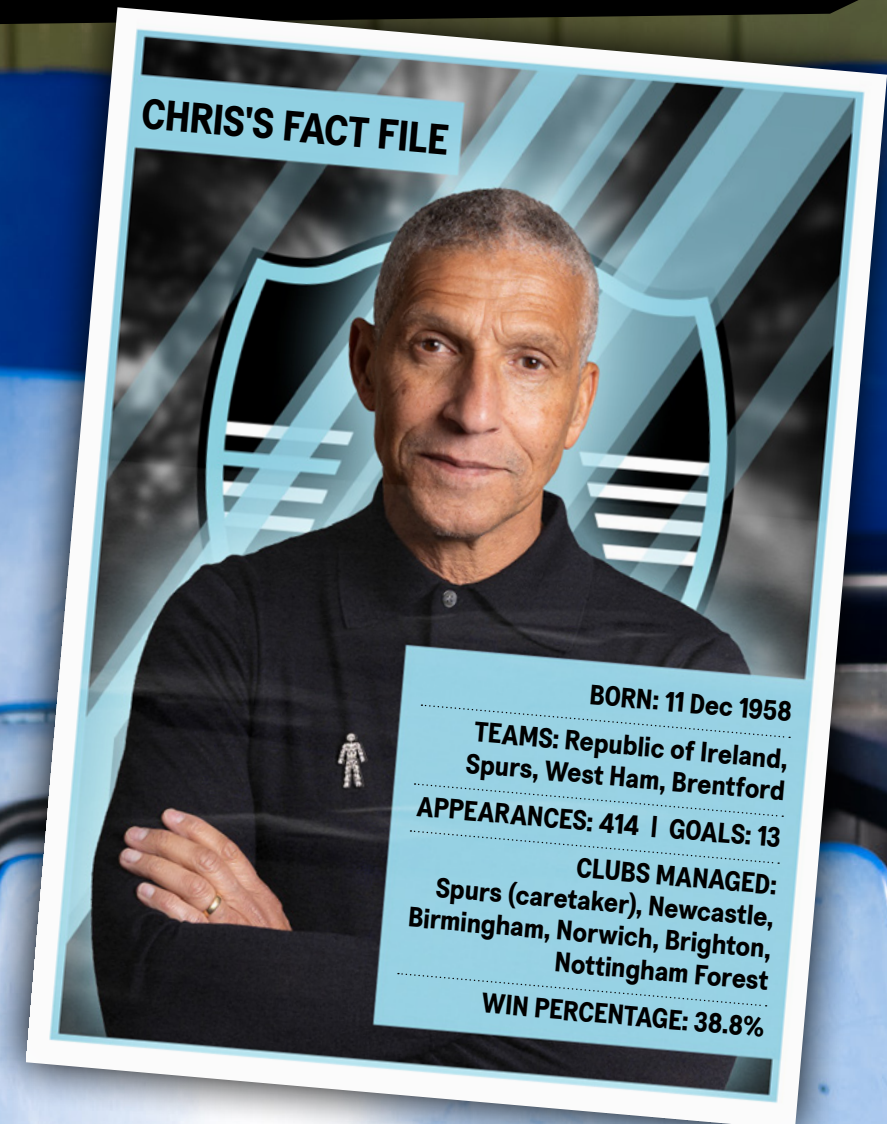
"When I was at Brighton, one of my PSA tests came up slightly high. Then I had a scan and a biopsy. It was determined that all was good – and we were just monitoring. The news certainly didn't scare me. I know everyone is different, but my first impression was 'I'll be fine'. I just thought, 'OK, we'll do what we have to do.' I had very good advice and all the treatment options were given to me, and I decided to have my prostate removed."

CHRIS ON ... RAISING AWARENESS

"I'm very, very conscious of prostate cancer and how it affects a huge percentage of people. Lots of my friends and family have also had prostate issues, or passed away through prostate cancer. It's an area that is very much close to my heart. Mine is a good story. And if it can help anybody – particularly in the Black community, where we know the percentages are a lot higher – then I'll be really happy."

CHRIS ON ... HIS LIFESAVING SURGERY

"The operation was on 7 May 2025, so a month and a few days after I was diagnosed. The recovery went well and I'm feeling great. I'm delighted that my PSA level is now zero. I'm pragmatic by nature and I tend to just get on with things, but I don't want to shy away from this. I really hope that my story might be able to help somebody."



IF YOU'RE BLACK, YOUR RISK IS DOUBLE

1 in 4 Black men will get prostate cancer – that's twice the risk that other men face. Black men are also more likely to be diagnosed at a more advanced stage, when their cancer is harder to treat. But Chris's story shows that prostate cancer is curable, if you find it early. Check your risk online in 30 seconds at prostatecanceruk.org/in-risk



UNDER THE MICROSCOPE:

WHAT OUR GENES CAN TELL US ABOUT PROSTATE CANCER



Cancer screening experts have recommended routine testing for men with a rare variation in one of their BRCA genes. It's a small but important step on the path to a national screening programme.

But what exactly are BRCA genes? And what can a man's genetics tell us about prostate cancer?

WHAT ARE BRCA GENES?

Everyone has BRCA1 and BRCA2 genes, which keep healthy cells growing normally. But around 1 in every 300-400 of us has a different version of these genes that doesn't work properly. These genetic variants can be passed down from your parents or they can develop over time.

Men with a BRCA2 variant have at least double the risk of developing prostate cancer. And that's why it's so important some of these men will start being invited for regular screening.

HOW DO GENES AFFECT A MAN'S CHANCE OF GETTING PROSTATE CANCER?

BRCA genes are one part of the story, but the genetics of prostate cancer are much more complicated. Over the last 30 years, world-renowned geneticist **Professor Ros Eeles** has helped find more than 160 genetic differences that can affect a man's chances of getting prostate cancer – which, together, can add up to a much higher risk.

Last year, Prof Eeles's team looked for 130 of these genetic changes in spit samples from 6,000 men. Then they invited men with the highest risk scores for an MRI scan and biopsy. Crucially, four in 10 of them were diagnosed with prostate cancer.



Prof Ros Eeles, The Institute of Cancer Research, London

HOW ELSE ARE GENES INVOLVED?

Genes don't just influence a man's risk of prostate cancer. They can also affect how aggressive the disease is and whether it's likely to come back after treatment.

Prof Eeles is developing a tool that can look at a blood sample and predict whether a man's cancer is likely to be aggressive. This could help doctors decide who would benefit most from treatments like surgery and radiotherapy, and who could be more safely moved onto active surveillance.

CAN GENES HELP US TREAT PROSTATE CANCER TOO?

Genes can also reveal weaknesses in prostate cancer cells. Thanks to pioneering research we've funded, men now have access to olaparib – the world's first precision medicine for prostate cancer.

Olaparib targets cancer cells based on their genetic make-up and researchers have discovered the same changes that make prostate cancer more likely to develop can make it more vulnerable to the drug too.



MOVING ON UP

A prostate cancer diagnosis can disrupt your daily life. Even if you have no symptoms to contend with, it might be tempting to 'take it easy'. Your loved ones might even encourage it. But exercise can help keep your body and immune system strong, and improve your mental health.

Sarah Dewhurst, a physiotherapist who specialises in exercise oncology at the Royal Marsden NHS Foundation Trust in London, says the evidence is clear: if you're living with prostate cancer, regular exercise can have a positive impact on your health and wellbeing.

Here are some of Sarah's top tips to make getting active less daunting...

It's safe and can help with treatment side effects... it can even lower your risk of getting other cancers.

STARTING FROM NOTHING?

Remind yourself that the greatest health benefits are seen in people who go from no exercise at all to doing just a small amount.

TREAT IT LIKE MEDICINE

Set a dose and write out a 'prescription' to follow, just like you do for the treatments that keep you healthy. It can help remind you why you're putting in the effort.

BEGINNING HORMONE THERAPY?

Try strength training to help prevent muscle loss and fatigue, which are common side effects.

PREPARE FOR FATIGUE

Build up your activity level slowly. But remember – exercise can actually improve your energy levels, even if it sounds counterintuitive.

DO WHAT YOU LOVE

It's easier to maintain momentum when you're having fun. Try walking, lifting weights, tai chi or salsa dancing – whatever your doctor approves, it all counts as exercise.



Sarah Dewhurst, physiotherapist



For more about living well with prostate cancer, join the Prostate Health Hub: prostatecanceruk.org/in-hub or scan:



YOUR LEGACY COULD CHANGE THE WORLD

Gifts in Wills fund 1 in 4 of our research projects. Like Professor Ananya Choudhury's ENHANCE study, which aims to reduce the life-limiting side effects of hormone therapy.

“ We have the potential to make a real difference to men's lives in a relatively short period of time – and even have a global impact.

Your gift could help men with advanced prostate cancer get more out of life. Write or update your Will for free and find out how you can leave a gift to Prostate Cancer UK.

Scan the QR code or go to
prostatecanceruk.org/in-legacy

