When you think all is well, when it isn't!

Andy Sawyer – Key Route Network Manager
Liverpool City Region Combined Authority

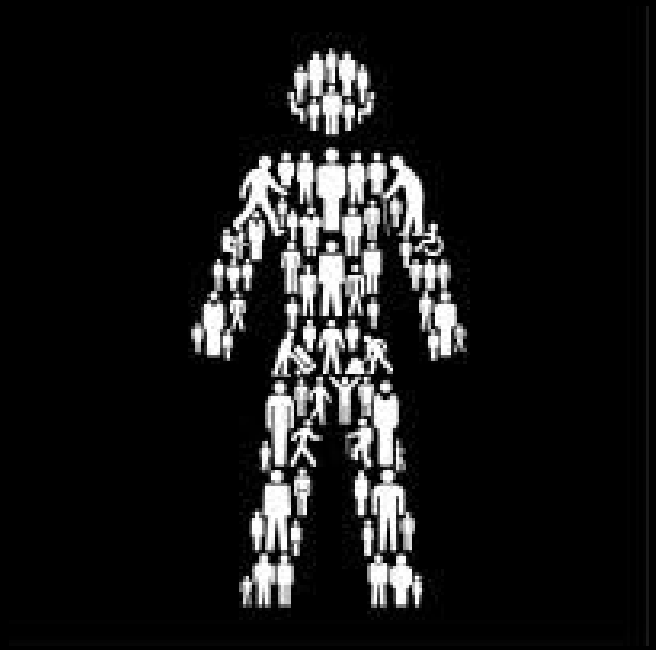
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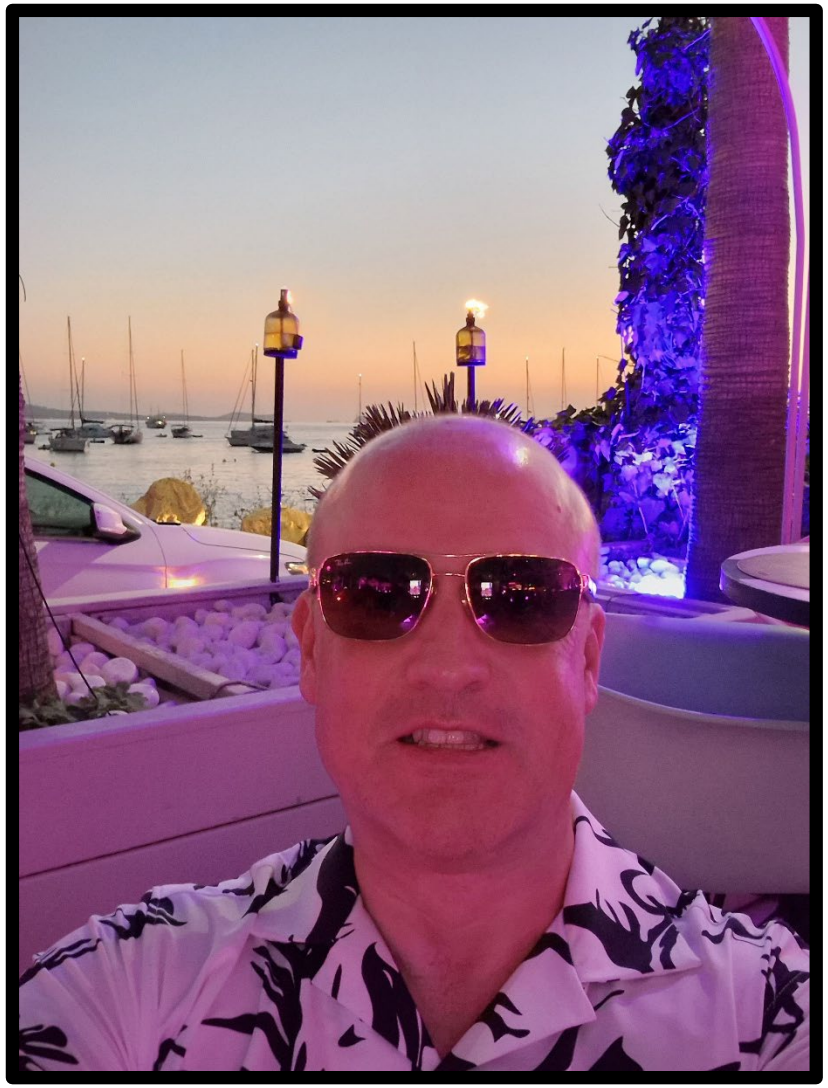
7th October 2026

LIVERPOOL CITY REGION COMBINED AUTHORITY

METRO MAYOR LIVERPOOL CITY REGION

Prostate Cancer





August 2023

50th Birthday

Partying in Ibiza with my Family!



March 2024

1 hr post surgery

Prostate Removal

The Facts & Figures

What is the Prostate?

The Prostate is a walnut-sized gland found only in men or Tran's women. It sits just below the bladder and surrounds the urethra (pee pipe) and forms part of the male reproductive system.

What is prostate cancer?

- Prostate cancer can develop when cells in the prostate start to grow in an uncontrolled way.
- Some prostate cancer grows too slowly to cause any problems or affect how long you live, but some prostate cancer is more aggressive and grows quickly and is more likely to spread. This is more likely to cause problems and needs treatment to stop it spreading.

Across the UK

- Prostate cancer is the most commonly diagnosed cancer in the UK.
- More than 64,000 men are diagnosed with prostate cancer every year.
- More than 12,000 men sadly die from prostate cancer every year.
- 1 in 8 men will be diagnosed with prostate cancer in their lifetime and that risk increases to 1 in 4 for Black men.
- Around 540,000 men are living with or after prostate cancer.

The Symptoms

Most men with early prostate cancer don’t have any signs or symptoms. That’s why it’s important to know about your risk, particularly if there is family history.

Possible symptoms include:

- Difficulty starting to urinate or emptying your bladder
- A weak flow when you urinate
- A feeling that your bladder hasn’t emptied properly
- Dribbling urine after you finish urinating
- Needing to urinate more often than usual, especially at night
- A sudden need to urinate, you may sometimes leak urine before you get to the toilet.
- Blood in your urine

Please remember just because you may have some or all of the above symptoms above it does not mean you have Prostate Cancer.

My story with Prostate Cancer

- August 23 – Celebrating my 50th Birthday in Ibiza with my family, feeling great, no symptoms thinking ***"all is well when it isn't".***
- September 23 – Routine 'Well Mans' check and **PSA test** due to family history of Prostate cancer.
- October / November 23 – MRI Scan and Biopsies due elevated PSA result.
- 12th December 23 – Formal diagnosis, ***"I have Prostate cancer"!***
- January 24 – Discussing treatment options with Consultants, active surveillance, radiotherapy with hormone treatment or surgery, Robot-assisted Radical Prostatectomy (RARP)
- January 24 – Genetic testing.
- March 24 – RARP Surgery.
- Ongoing - Blood tests and monitoring.

My Ask

- Please don't be a *"typical man"*! Talk about any health concerns with your family, a friend, a colleague or book an appointment to see your GP. It's probably nothing but it's worth getting checked!

- For the females in the room who have a dad, husband, partner, brother, son or male friends etc, think about what you have heard today, share it with others and encourage the men in your lives to get checked if they have any concerns.

- Use the free online Risk Checker, it takes less than 30 seconds.

- Don't fear getting checked, it no longer has to be a *"finger up the bum"!* A simple PSA blood test is all that is needed to start checks.

- If you are looking to support a new Charity, then please consider donating to www.prostatecanceruk.org/donate

- Find out more, visit the Prostate Cancer UK website www.prostatecanceruk.org

Thank you for listening, *now check your risk*!

PROSTATE CANCER UK