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Thank you,
we appreciate your support.



There is no evidence that the following protective factors can stop prostate cancer from developing, but they can improve your overall health and possibly reduce the risk.

Diet: Enjoying a variety of nutritious foods can improve our wellbeing. What is good for the heart is good for the prostate.

Te Aho o Te Kahu - Cancer Control Agency lists some helpful eating well tips on their website.

www.teaho.govt.nz/cancer/healthy-living

Physical activity/exercise: There is evidence to show that physical activity and regular exercise can be protective factors for cancer.

If you are being treated for cancer, being active, including tailored exercise, can help you manage some of the common side effects of treatment, speed up recovery and improve quality of life.

Learn more at
www.prostate.org.nz/the-prostate

SUPPORT

PCFNZ provides a broad portfolio of free in-person and remote services to help those diagnosed with prostate cancer, their families and whānau.

[www.prostate.org.nz/Get Support](http://www.prostate.org.nz/Get%20Support)
www.prostate.org.nz/support-groups

TO VOLUNTEER

PCFNZ has a number of opportunities for people to assist with our work through support, fundraising and community education activities.

MAKE A DONATION

All donations of \$5 and over are tax deductible and enable PCFNZ to develop services for men and their families with prostate cancer. Donations can be made at www.prostate.org.nz/donations

Disclaimer: The content in this brochure is for informational purposes only. It is not intended as a complete medical explanation or substitute for professional medical advice. Always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health or medical condition.

What You Need To Know About Prostate Cancer



GETTING TESTED FOR PROSTATE CANCER

If you are over 50 then consider an annual prostate check that includes both a PSA (Prostate Specific Antigen) test and a digital rectal examination (DRE). This should start from 45 years if there is a known family history of prostate cancer, or from 40 if known to have the BRCA2 gene mutation.

Individuals should make an informed decision about testing based on the latest available evidence on the benefits and potential harms of testing and subsequent treatment for prostate cancer.

JOIN US IN THE CONVERSATION

 ProstateCancerFoundationofNewZealand

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 prostatecancer.nz

Prostate Cancer Foundation NZ



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What is Prostate Cancer?

Prostate cancer occurs when abnormal cells develop in the prostate. These abnormal cells can continue to multiply in an uncontrolled way and sometimes spread outside the prostate into nearby or distant parts of the body.

1 IN 8 MEN WILL GET PROSTATE CANCER IN THEIR LIFETIME

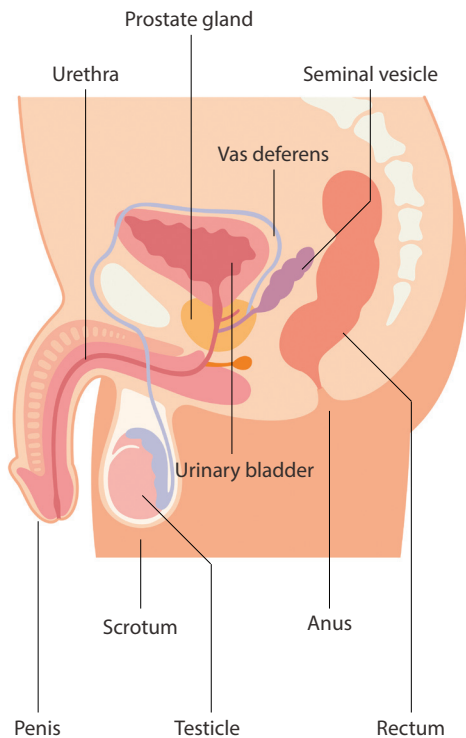
Prostate cancer is generally a slow growing disease and the majority of men with low grade prostate cancer live for many years without symptoms and without it spreading and becoming life-threatening. However, high grade disease spreads quickly and can be lethal. Appropriate management is key.

WHAT IS THE PROSTATE?

Only those assigned male at birth have a prostate. It is a small gland that sits below the bladder near the rectum. It surrounds the urethra, the passage in the penis through which urine and semen pass.

The prostate gland is part of the male reproductive system. It produces most of the fluid that makes up semen that enriches sperm. The prostate needs the male hormone testosterone to grow and develop.

The prostate is often described as being the size of a walnut and it is normal for it to grow as men age. Sometimes this can cause problems, such as difficulty urinating. These problems are common in older men and not always symptoms or signs of cancer.



What are the Symptoms?

In the early stages, there may be no symptoms.

In the later stages, some symptoms of prostate cancer might include:

- Frequent or sudden need to urinate
- Discomfort when urinating
- Difficulty urinating (for example, trouble starting or not being able to urinate when the feeling is there) or poor urine flow

- Blood in urine or semen.
- Pain in the lower back, upper thighs or hips.

These symptoms may not mean you have prostate cancer, but if you experience any of them, go and see your doctor. Do not wait!

GET TESTED
EARLY DIAGNOSIS SAVES LIVES

WHAT ARE THE RISK FACTORS?

Anyone assigned male at birth can get prostate cancer, including transgender women, male-assigned non-binary or intersex people.

Factors that are strongly linked to an increased chance of developing prostate cancer include:

AGE: Prostate cancer is an age-dependent disease, which means the chance of developing it increases with age. The risk of getting prostate cancer by the age of 75 is 1 in 7. By the age of 85, this increases to 1 in 5.

FAMILY HISTORY: The risk of prostate cancer increases you have a first-degree relative (father or brother) has had prostate cancer, and if there is a strong family history of breast or ovarian cancer, particularly BRCA1 and BRCA2 gene mutation.

If you are over 50 then consider an annual prostate check as part of your annual health W.O.F. This should start from 45 with a known family history of prostate or breast cancer, or from 40 if known to have the BRCA gene mutation.

OTHER FACTORS THAT MAY INCREASE THE RISK OF DEVELOPING PROSTATE CANCER:

GENETICS: Genes are found in every cell of the body. They control the way the cells in the body grow and behave. Every person has a set of many thousands of genes inherited from both parents. Changes to genes can increase the risk of prostate cancer being passed from parent to child. Although prostate cancer can't be inherited, a man can inherit genes that can increase the risk.

DIET: There is some evidence to suggest that eating a lot of processed meat or food that is high in fat can increase the risk of developing prostate cancer.

LIFESTYLE: There is evidence to show that environment and lifestyle can affect the risk of developing prostate cancer. For example, Asia has the lowest rate of prostate cancer, but when a man from an Asian country migrates to a Western country, his risk of developing prostate cancer increases. This suggests that external factors, like environment and lifestyle, can change a man's level of risk of developing prostate cancer.

Three Prostate Cancer Facts

- 1 Prostate cancer is the most commonly diagnosed cancer in New Zealand
- 2 More than 4000 men are diagnosed with prostate cancer every year - over 700 die
- 3 Māori men are 72 per cent more likely to die of prostate cancer once they are diagnosed than non-Māori men.

HOW IS PROSTATE CANCER DETECTED AND DIAGNOSED?

A doctor will usually do a blood test and/or physical examination to check the health of the prostate.

BLOOD TEST - PROSTATE SPECIFIC ANTIGEN (PSA) TEST: The result shows whether there is an increase in this specific protein. Depending on the result, you might need further investigation by a specialist. A high PSA test result does not necessarily mean cancer. Prostate diseases other than cancer can also cause a higher than normal PSA level.

DIGITAL RECTAL EXAMINATION (DRE): Because of where the prostate is located, the doctor inserts a gloved, lubricated finger into the rectum to check the size of the prostate and assess if there are any abnormalities. A normal DRE result does not rule out prostate cancer.

DIAGNOSIS

If your tests show you may be at risk of prostate cancer, the next step is a biopsy. A biopsy is the only way a definitive diagnosis of prostate cancer can be made. A urologist removes small samples of tissue from your prostate, using very thin, hollow needles guided by an ultrasound. The prostate is either accessed through the rectum (transrectal) or the perineum (transperineal), which is the area between the anus and the scrotum.

A biopsy is usually done as an outpatient procedure and the doctor will likely advise a course of antibiotics afterwards to reduce the chance of infection. The tissue is sent to a pathologist to identify whether the cells are malignant (cancerous) or benign (not cancerous).

SCANS

Some patients may be offered MRI and/or PSMA PET/CT scans as part of the diagnostic process to assist in targeting the biopsy and making treatment decisions.

PROSTATE CANCER FOUNDATION NZ

About Us

Prostate Cancer Foundation NZ (PCFNZ) provides vital support, education and information to patients, their families and whānau across Aotearoa New Zealand, as well as reducing the impact of prostate cancer through raising awareness, funding NZ-based research and advocating for improved standards of care.

Our Vision

Significantly reduce and ultimately end suffering and death from prostate cancer.

Our Mission

Providing support, education, advocacy and research to reduce the impacts of prostate cancer.

Our Values

We believe in...

- Enhancing mana
- Empowering people
- Good stewardship
- Community service



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As a charity we rely 100% on the generosity of others for our income and support. We receive no funding from Government agencies.