

WELCOME TO YOUR APPOINTMENT PLANNER TOOL

A GUIDE FOR YOUR NEXT APPOINTMENT



REBUILDING THE FIGHT AGAINST PROSTATE CANCER



Whether you're planning for your first prostate health GP appointment or you've had several before, use this tool to prepare.



PART 1: ABOUT ME

There are certain factors that may increase the risk of developing prostate cancer.¹

- I am aged 50 years or older
- I have a father or brother who are or were affected by prostate cancer
- I am of African-Caribbean or African descent
- None of the above

PART 2: LATELY I'VE NOTICED ...

Sometimes early prostate cancer does not display any signs or symptoms, but there are some signs to look out for.²

- I need to urinate more frequently
- I find it difficult emptying my bladder
- I have a weak flow while urinating
- I dribble urine after I've finished urinating
- I have back pain, hip pain, or pelvis pain
- I find it difficult getting or keeping an erection
- I have blood in my urine or semen

Other health problems can show these signs and symptoms too, but it's still a good idea to tell your GP.

Notes:

PART 3: I HAVE A FEW QUESTIONS

Question 1

Question 2

YOU MAY WANT TO CONSIDER ASKING:

- What is my risk of prostate cancer?
- What are the tests used to diagnose prostate cancer?
- What is a PSA test, and how often should I get one?
- When will I get my results?
- Do I need to make another appointment?

BREAK THE ICE WITH YOUR GP AND FIND OUT IF YOU'RE AT RISK OF PROSTATE CANCER

References
1. NHS. Prostate Cancer. Available at: <https://www.nhs.uk/conditions/prostate-cancer/>
2. Prostate Cancer UK. Prostate Cancer Symptoms. Available at: <https://prostatecanceruk.org/prostate-information/about-prostate-cancer/prostate-cancer-symptoms>
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