



**Almost every man**



# Check your prostate!

– it can save your life

**Almost every man is affected sooner or later by some form of urological problem. This can mean a frequent, acute need to visit the toilet, leakage, a weak flow, incomplete emptying, blockages or bleeding. The most common cause is found in the prostate – a walnut sized gland under the bladder that is necessary for reproduction but which otherwise does not have any function.**

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The prostate gland normally grows over time and can obstruct the flow of urine. It can also be affected by inflammation, and in the worst case can become a fertile ground for cancer. All urine problems share the fact that they are not “normal for your age”. On the contrary, they must be diagnosed and treated quickly to avoid unnecessary suffering – and in the worst cases, premature death. It is therefore important that you are attentive to your body and seek help with your problem.

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**“The prostate is a walnut sized gland that is necessary for reproduction, but which otherwise does not have any function.”**

Prostate cancer affects 10,000 men every year in Sweden and is thus the most common form of cancer in the country. Every seventh man will currently receive the diagnosis before reaching the age of 75. The disease is extremely uncommon before the age of 40 and then becomes increasingly common with increasing age. Today more and more men are living with the diagnosis, primarily because of an increased average life span and that more prostate cancers are being detected before the disease has developed too far to be treated.

Prostate cancer is insidious in that the early stages produce no symptoms at all. It is therefore important to check your prostate and not to wait for symptoms before visiting a doctor. An investigation can be carried out

at your local health centre or by a GP and consists of a blood test – what's known as a PSA test. A raised level of PSA indicates that the prostate is not functioning completely normally, and should be followed up at a urology clinic.

If you have any relatives who have been affected by the disease, our recommendation is that you should take your first PSA test at the age of 45. Otherwise, you can start testing yourself at the age of 50. Depending on the result, the test should be taken again every two to five years.

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**“Prostate cancer is the country's most common form of cancer. Every seventh man will currently receive the diagnosis.”**

Even though increasing numbers of men survive, around 2400 men die of the disease every year, which means that it isn't merely the most common but also the most deadly form of cancer for men. Rapid progress in research into new methods for diagnosis and treatment give hope that this number will fall.





**Would you like to know more?**

You can find more information here about prostate cancer, together with contact details if you need someone to talk to.

**The Swedish Prostate Cancer Federation**

To talk to someone with personal experience of the disease, contact your local patient association. You can find contact details on [www.prostatacancerforbundet.se](http://www.prostatacancerforbundet.se)

**The Swedish Cancer Society support line:**

020-59 59 59

[infostodlinjen@cancerfonden.se](mailto:infostodlinjen@cancerfonden.se)

**1177 Cancer Advice:**

08-123 138 00

[cancerradgivningen@sl.se](mailto:cancerradgivningen@sl.se)

# You're not alone

– soon there will be 100,000 of us

**If you have received a diagnosis of prostate cancer, you are far from alone. In total, more than 95,000 Swedish men are living with the diagnosis, and the number is increasing quickly.**

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It can be a shock to receive a cancer diagnosis. Sometimes just the suspicion of the disease can lead to anxiety, worry and a feeling of exclusion. Both for you as the patient and your relatives. But prostate cancer normally develops slowly. The majority of men affected today and treated in time will live a long time and won't die of their cancer. So you have time to acquaint yourself with the available treatment options. You also have the right to a second opinion, which means that you can get advice from another doctor about different treatment options. It's also useful to talk to other people who have experience of treatment. Through the local patient association, you can contact someone who himself has or has had prostate cancer.

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## **“The majority of men affected today and treated in time will live a long time.”**

There are a number of different treatment methods depending on how far your cancer has developed, the nature of the tumour, your age, your general condition and your wishes. In the case of low risk cancers, the risk is minimal that the tumour will develop and become more aggressive. The normal recommendation is to refrain from treatment for the time being, but to monitor the situation regularly (this is known as “active monitoring”). This avoids the risk of side-effects, which are often caused by active treatment.

In the case of more aggressive but still treatable cancers, the treatment options involve an operation or radiation, which can be carried out at many clinics and with a range of techniques.

We are not sure yet which method is best, so you will be expected to choose yourself. A common perception is that the quality of the intervention is more important than the method used, but unfortunately there are not yet any quality measurements of clinics and operators in Sweden. Prior to your decision about treatment, you should evaluate the different side-effects that treatment can entail in the form of reduced or completely eliminated sexual capacity, hot flushes, urinary leakage and other urinary tract and bowel disorders.

If the cancer has developed too far to be cured, there are a range of alternatives to delay and moderate the disease. In recent years, a range of new medications and treatment forms have appeared which extend life expectancies in the case of metastatic cancer. Unfortunately it sometimes takes a long time for all of the approvals to be complete, and use varies between different county councils and clinics.

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## **“The opportunity to choose your own care and healthcare provider is increasing.”**

The opportunity to choose your own care and healthcare provider is increasing. You have the right to choose care in another EU country, in which case you will receive remuneration from the Swedish Social Insurance Agency for what the corresponding care would have cost at home. Within the country, a free choice of care applies to all but closed clinic care. If you have private healthcare insurance there are also significant opportunities to choose between different healthcare providers.

# The Swedish Prostate Cancer Federation's 26 patient associations

Do you have prostate cancer, or are you a relative of someone who has the disease? Become a member of one of the Swedish Prostate Cancer Federation's 26 regional patient associations. The patient associations support those affected and their families and friends. The fees are low and membership includes Prostatanytt, our magazine containing reports and current news related to prostate cancer. The associations also arrange dialogue groups, meetings and lectures with expert participation for both patients and their relatives.

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## **Blekinge County**

Viktor Prostate Cancer Association  
kontakt@viktorblekinge.se  
www.viktorblekinge.se

## **Dalarna County**

ProLiv Dalarna  
www.prolivdalarna.se

## **Gotland County**

Gotlands Prostate Cancer Association  
www.prostatacancerforbundet.se/  
gotland

## **Gävleborg County**

Gävleborg Prostate Cancer  
Association  
www.prostataf-gavleborg.se

## **Halland County**

CaPriN  
www.prostatacancerforbundet.se/  
caprin

## **Jämtland County**

Jämtgubben  
info@jamtgubben.nu  
www.jamtgubben.nu

## **Jönköping County**

ProLiv Jönköping  
www.prostatacancerforbundet.se/  
prolivjonkopring

## **Kalmar County**

ProClub Möre, Kalmar  
www.proclubmore.se

PCF Tjust, Västervik  
info@protjust.se  
www.protjust.se

## **Kronoberg County**

ProLiv Kronoberg  
info@prolivkronoberg.se  
www.prolivkronoberg.se

## **Norrbottn County**

Norrskan Prostate Cancer Association  
in Norrbotten  
info@pcfnorrskan.se  
www.pcfnnorrskan.se

## **Skåne County**

ProLivskvalitet, Helsingborg  
042-12 28 07  
prolivskvalitet@gmail.com  
www.prolivskvalitet.se

Prostate Cancer Association South,  
Malmö/Lund  
www.prostatacancerforbundet.se/  
prosyd

ProVitae, Kristianstad  
www.provitae.se

## **Stockholm County**

ProLiv Stockholm  
08-749 12 62  
info@prolivstockholm.se  
www.prolivstockholm.se

Prostatabröderna  
08-556 95 580  
info@prostatabroderna.se  
www.prostatabroderna.se

## **Södermanland County**

Näckrosbröderna, Prostate Cancer  
Patient Association in Sörmland  
www.prostatacancerforbundet.se/  
nackrosbroderna

## **Uppsala County**

Prostate Cancer Association in  
Uppsala County  
pcfuppsala@gmail.com  
www.prostatacancerforbundet.se/  
uppsala

## **Värmland County**

Värmland Prostate Cancer Association  
www.pcfvärmland.se

## **Västerbotten County**

Betula Prostate Cancer Association,  
Umeå  
betula.umea@mail.com  
www.betula.cc

Guldgubben, Skellefteå  
www.guldgubben.se

## **Västernorrland County**

Träpatronerna, Prostate Cancer  
Association in Västernorrland  
www.trapatronerna.se

## **Västmanland County**

Arosgubben, Prostate Cancer  
Association in Västerås and the  
surrounding area  
info@arosgubben.se  
www.arosgubben.se

## **Västra Götaland County**

ProLiv Väst  
0302-467 68  
kansli@proliv.com  
www.proliv.com

## **Örebro County**

T-Pro  
www.t-pro.se

## **Östergötland County**

PCF Öst, Patient Association against  
prostate cancer in Östergötland  
013-10 15 71  
info@pcfost.se  
www.pcfost.se

# The Swedish Prostate Cancer Federation

The Swedish Prostate Cancer Federation is a nationwide organisation with 26 regional and local patient associations that work to achieve increased knowledge about prostate cancer and carries out advocacy activities to achieve better prostate cancer care. The Federation also supports research, training, development and opinion building through its own foundation – Fonden mot prostatacancer (the Foundation against Prostate Cancer).

The Swedish Prostate Cancer Federation works to achieve better, more coordinated and patient-oriented care. We support and demand more research to achieve early detection, more certain diagnosis and less harsh treatment methods. We also demand that new methods and new medication are quickly put into use.

## **Fonden mot prostatacancer**

Plus giro account 900101-7

Bank giro account 900-1017

Swish 9001017



## **The Foundation aims to:**

- Support Swedish prostate cancer research.
- Develop expertise among healthcare personnel and patient representatives within Swedish prostate cancer care.
- Implement opinion-building efforts in the battle against prostate cancer.