## WELCOME TO YOUR APPOINTMENT PLANNER TOOL

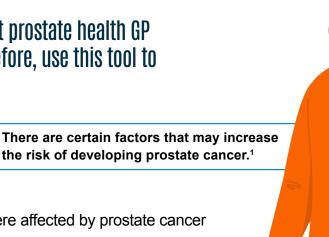


A GUIDE FOR YOUR NEXT APPOINTMENT

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

- 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





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

Prostate Cancer UK. Prostate Cancer Symptoms. Available at:
 https://greatate.cancer.uk.org/prostate.information/about.pr

NHS. Prostate Cancer. Available at: https://www.nhs.uk/conditions/prostate-cancer.