



Reassurance when you need it most

We know how worrying a cancer diagnosis is. And how the stress of needing more invasive diagnostic procedures can add to this worry.

Which is why, we've teamed up with **Check4Cancer** to develop a new prostate cancer diagnostic pathway, so if you're in the UK this may help you avoid unnecessary invasive procedures such as a biopsy.



Quick access to assessments

- **Visit your GP** if you have any of the symptoms for prostate cancer. If you show signs of a raised prostate-specific antigen (PSA) you'll most likely be referred for further investigation.
- **Call us.** We'll ask some questions to make sure this journey is right for you.
- **If it is, we'll refer you** to Check4Cancer for an initial assessment.
- **Their clinical team will** book an mpMRI scan for you or arrange a consultation.
- **An appointment** will usually be available within five working days.
- **Consultations** are with a specialist within our network, who are regularly reviewed for quality.



Expert support

Check4Cancer is an award-winning company leading the field in diagnostic pathways.

The good news is that many people are given the 'all clear'. However if further treatment is required, or you need to return to the care of your GP, please call us so we can explain the next steps.

Our in-house dedicated cancer nurses have extensive knowledge, insight and experience in helping individuals who are facing a possible diagnosis of cancer or undergoing treatment for cancer. They'll be there to support you and your family over the phone, from diagnosis and throughout treatment.

Knowing the symptoms of prostate cancer

Prostate cancer usually develops slowly and there may be no signs for many years. It's important to be aware of the symptoms and risk factors so you can get it checked out quickly.

Symptoms don't usually appear until the prostate is large enough to affect the urethra (the tube that carries urine from the bladder out of the penis). When this happens, you may notice things like:

- an increased need to urinate
- straining while you urinate
- a feeling that your bladder hasn't fully emptied
- pain when urinating (this is rare)
- blood in the urine or semen (this is rare).

These symptoms shouldn't be ignored, but they don't mean you have prostate cancer. It's more likely they're caused by something else such as prostate enlargement which is a common non-cancerous problem.

Understanding the risks

Certain things can increase your risk of developing the prostate cancer:

Age – the chances of developing prostate cancer increase as you get older. Most cases develop in men aged 50 or older.

Ethnicity – for reasons not yet understood, prostate cancer is more common in men of African- Caribbean or African descent. It's less common in Asian men.

Family history – men whose father or brother have been affected by prostate cancer under the age of 70, or where there is a family history, are at a slightly increased risk of developing the condition.

Weight – recent research suggests that obesity increases the risk of prostate cancer.

What you need to do if you're concerned

Currently there are no set screening programmes in the UK for prostate cancer. So if you're experiencing any symptoms or are worried about your risk, please visit your GP.

For more support

Please visit:
prostatecanceruk.org
nhs.uk/conditions/prostate-cancer



1 in 8

In the UK, around 1 in 8 men will be diagnosed with prostate cancer at some point in their lives. (Prostate Cancer UK, 2017)

To find more about your global health cover:

Tel: +44 (0) 1892 556 242

Go to: axaglobalhealthcare.com/hubs/apollo