



Prostate Health Action Toolkit

Take charge of your prostate health with these quick-reference tools and action points. Whether you're looking to prevent problems, spot warning signs, or know what questions to ask your GP, this toolkit is your starting place.



Early Warning Symptom Checklist

If you notice any of the following, don't delay speaking to your GP:

- Difficulty starting or stopping urination
 - Weak or interrupted urine flow
 - Frequent urination, especially at night
 - Pain or burning when urinating
 - Blood in urine or semen
 - Persistent lower back, pelvic, or thigh pain
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Nutrition Quick Guide: Eat More / Limit

Eat More:

- Tomatoes (lycopene)
- Cruciferous veg (broccoli, kale)
- Fatty fish (omega-3)
- Nuts and seeds (zinc, selenium)



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Nutrition Quick Guide: Continued...

Limit:

- Processed meats
 - High-fat dairy
 - Sugary drinks and snacks
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Supplements and Natural Support

- **Saw Palmetto:** May help relieve BPH symptoms
- **Zinc:** Supports prostate function
- **Vitamin D:** Important for hormone regulation
- **Green Tea Extract:** Offers anti-inflammatory benefits

Always consult your GP or qualified health professional before starting new supplements - especially if you're managing prostate health conditions or undergoing treatment.



Know the Facts: UK Statistics

- Prostate cancer is the **most common cancer in UK men**
 - **1 in 8 men** will be diagnosed in their lifetime
 - Survival rates are rising — **over 95% live 10+ years** with early detection
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Screening: What You Need to Know

- No routine NHS screening — but **you can request a PSA test** from age 50
 - Talk to your GP about your **risk factors**
 - Especially important if you're **Black, over 50, or have a family history**
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Emotional Support & Resources

- Join a support group
- Talk to someone: counsellor, friend, or men's health advocate
- Visit trusted websites:
- [Prostate Cancer UK](#)
- [Macmillan Cancer Support](#)
- [NHS – Prostate Health](#)