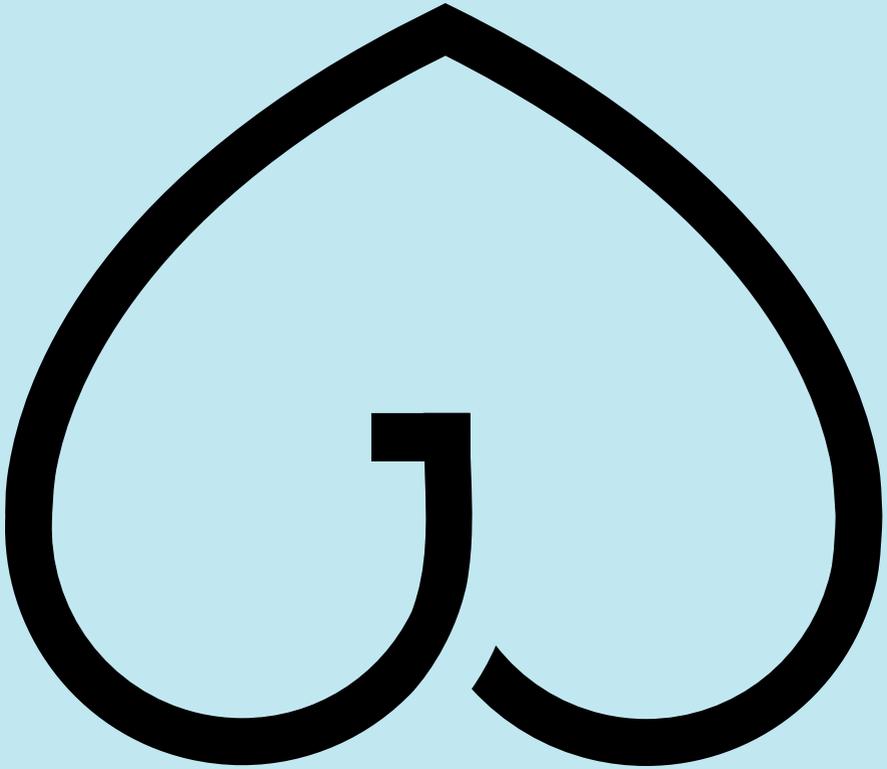


**prostate cancer
awareness**



wendy gough
**cancer
awareness
foundation.**

REG CHARITY 1147808



— Wendy with Matthew Gough

Wendy Gough's son Matthew died of Testicular Cancer at just 19, having ignored signs of cancer for 6 - 7 weeks, before going to see his doctor. He was angry that he hadn't been taught 'how to check' and the importance of early detection of cancers whilst at school, if he had, this knowledge would have saved his life.

This Charity was set up to raise awareness of early cancer symptoms and now gives talks on the signs of Testicular, Prostate (older men) and Breast Cancers to students. These talks are giving knowledge and empowering the young in life skills - this means the chance of surviving cancer!

WGCAF also offers support to newly diagnosed patients and their families by telephone and email.

In memory of Matthew Gough age 19.

**Wendy are all about
creating awareness.**

Wendy Gough Cancer Awareness Foundation (Registered charity 1147808) is working in association with other cancer charities: Checkmlads.com (1125654) / Male Cancer Awareness Campaign (1110367) / The BIG C Appeal (281730) Global Testicular Cancer Awareness and Support Forum / ALIVE (1131887) and many others

**prostate cancer affects
around 37,000 men in
the UK each year from
around the age of 50+**

**one man dies every hour
from this cancer**

*****risk factors*****

Age – can occur around 50, but usually over 60

Family History – Men with a brother / father who have developed prostate cancer at a young age have increased risk. Men with family history of Breast or Prostate cancer may also have increased risk

Race – More common in men of African & Afro Caribbean descent

Environment – possible factors include high fat consumption / low green vegetables consumption and exposure to radioactive substances.

**Men die with it rather than from it.
70% of men diagnosed with Prostate
cancer now survive at least 10 years.**

signs and symptoms

Although prostate cancers do not cause symptoms at an early stage. Here are some you may notice....

- _ Having to rush to the toilet to pass urine
- _ Passing urine more often and / or at night
- _ Difficulty getting the flow started
- _ Starting and stopping / dribbling of urine
- _ Pain / burning whilst passing urine
- _ Feeling of not having emptied the bladder
- _ Blood in the urine or semen
- _ Pain or stiffness in the back, hips or pelvis

The prostate enlarges as men get older and can give similar symptoms, they can be caused by other conditions which are less serious than prostate cancer.

**It is VITAL that you go to your GP as soon as possible
if you are suffering from any of the symptoms above,
so that the cause can be diagnosed and treated.**

contact & support:
01727 730652
hello@wgcaf.com
www.wgcaf.com



Find us on
facebook/wgcaf

**if in doubt,
get checked
out!!**



Wendy gough
**cancer
awareness
foundation.**