

Prostate cancer self-referral service

Reassurance when you need it most

A cancer diagnosis, or even just the prospect of one, can be an extremely stressful and worrying time for you and your loved ones, but you can take comfort in knowing we have expert support available to you.

Check4Cancer

We work closely with our provider, Check4Cancer, to make sure you're seen quickly if you suspect cancer. They're experts in their field and have years of experience providing clinical advice and treatment.

Our in-house healthcare professionals also have extensive knowledge, insight and experience in helping members who are facing cancer. They'll be there to support you and your family from diagnosis, and throughout treatment. If required, contact our team, who will seek to pre-authorise your treatment in line with your available benefits.

Quick access to assessments

- **You have a raised PSA level.** This could have been identified through your GP, a screening programme or a health assessment.
- **Call us - no GP referral required*.** Our team will ask you some questions to make sure this journey is right for you.
- **You'll then be referred onto Check4Cancer** for an initial assessment.
- **Their clinical team will then guide you** through the appropriate clinical route; either booking an mpMRI scan or 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.

Dedicated Cancer Nurses

If you're diagnosed with cancer we can put you in touch with our Dedicated Nurse Service because we know that a swift diagnosis and access to prompt treatment must go hand in hand with genuine help, support and understanding from people who truly care.

Every one of our friendly nurses understands what a diagnosis like this means. You might take comfort in discussing your symptoms or talking through how to break the news to the people you care about.

Whatever you need, whenever you need it, one of the dedicated nurses is waiting to talk.

To speak to our specialist dedicated cancer nurses, please call the PHC claims line on **0800 068 7111** (9am – 5pm Monday to Friday). Outside of these hours our experienced nurses provide round the clock support by phone on **0800 027 1393**.

Know the signs of prostate cancer

Prostate cancer usually develops slowly, so 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.

Do you know the symptoms of prostate cancer?

Symptoms don't usually appear until the prostate is large enough to affect the tube that carries urine from the bladder out of the penis (urethra). 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 urine or semen (this is rare).

These symptoms don't mean you definitely have prostate cancer - it's more likely they're caused by something else, such as prostate enlargement which is a common non-cancerous problem. However, they shouldn't be ignored and it's still important to get things checked out.

How to access

Call the PHC claims line on **0800 068 7111** or email us at **claims@thephc.co.uk**.

Please have your membership number ready when you call - this can be found on your Certificate of Cover.

**This service can be used without needing to be referred by a GP first (subject to terms and conditions and the underwriting conditions applied to your cover. For example, if you are covered on moratorium underwriting, we may require some further information from your registered GP in order to assess whether your claim is eligible).*

Please note, the prostate cancer self referral service is available to members aged 40 and over, with a raised PSA test.

Are you at risk?

The causes of prostate cancer are largely unknown. However, certain things can increase your risk of developing the condition:

- **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, and 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 slightly increased risk themselves of developing the condition.
- **Weight** - recent research also 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 further support

Please visit:

prostatecanceruk.org

nhs.uk/conditions/prostate-cancer