

YOUR GUIDE TO PROSTATE CANCER



Learn how to spot the tell-tale signs of prostate cancer and what you can do to lower your risk of catching the disease.

COMMON PROSTATE CANCER SYMPTOMS

Prostate cancer affects approximately one in every eight men¹ at some point during their lifetime. In fact, it's the most common type of cancer in men.²

Although prostate cancer can affect men of all ages and ethnicities, black men and men over 65 need to be particularly vigilant³ as it affects them most frequently.

Here are some of the symptoms⁴ of prostate cancer:

- › Needing to urinate more frequently, particularly during the night.
- › Needing to rush to the toilet.
- › Difficulty in urinating.
- › Weak urination flow.
- › Feeling that your bladder isn't completely empty.
- › Blood in your urine or semen.

Of course, some of these symptoms may not necessarily be a sign of prostate cancer. However, you should always visit the doctor if you notice anything out of the ordinary.

If you experience bone and back pain, a loss of appetite, testicular pain or unexplained weight loss, this may be a sign that the cancer has spread and you should seek urgent medical care.

HOW TO HELP PREVENT PROSTATE CANCER

Although there's no absolute way to prevent prostate cancer, there are small changes you can make to your lifestyle which will help keep you healthy.



A BALANCED DIET

Evidence suggests that diet plays a key role in helping to prevent cancer. Fruit and vegetables – particularly red ones – contain cancer-busting antioxidants and compounds that help your body break down carcinogens. It's also a good idea to avoid fatty foods where possible.⁵



REGULAR EXERCISE

Men who are overweight or obese are at a higher risk of developing prostate cancer. Alongside a balanced diet, regular exercise will help you maintain a healthy weight.⁵



QUIT SMOKING

Prostate cancer patients who smoke are more likely to have a recurrence of the disease and are less likely to recover. Smokers who quit for more than 10 years had the same mortality risk as those who never smoked.⁶

CIGNA IS HERE FOR YOU

Cigna Whole Health is a stepping stone towards better all-round health for everyone.

The Cigna Wellbeing™ app includes innovative tools and features to help you manage your health and well-being, all while providing smooth access to specific Cigna Whole Health services such as Global Telehealth and Targeted Risk Assessments for possible 'trouble areas' including sleep, stress, nutrition and physical activity.*

Start discovering the benefits of the Cigna Wellbeing™ app by downloading the app for free from the [App Store](#)⁷ or [Google Play](#)⁸.



Have any questions?

Don't hesitate to reach out to us. We're here for you 24 hours a day, 7 days a week, 365 days a year.

1. American Cancer Society. Key statistics for prostate cancer. <https://www.cancer.org/cancer/prostate-cancer/about/key-statistics.htm>. Accessed 25 August 2021.
 2. Cancer Research UK. Prostate cancer statistics. <https://www.cancerresearchuk.org/health-professional/cancer-statistics/statistics-by-cancer-type/prostate-cancer>. Accessed 25 August 2021.
 3. Prostate Cancer UK. Black men and prostate cancer. <https://prostatecanceruk.org/prostate-information/are-you-at-risk/black-men-and-prostate-cancer>. Accessed 25 August 2021.
 4. NHS. Prostate cancer - symptoms. <https://www.nhs.uk/conditions/prostate-cancer/symptoms>. Accessed 25 August 2021.
 5. Mayo Clinic. Prostate cancer prevention: Ways to reduce your risk. <https://www.mayoclinic.org/diseases-conditions/prostate-cancer/in-depth/prostate-cancer-prevention/art-2004564>. Accessed 25 August 2021.
 6. Harvard School of Public Health. Smoking may increase risk of prostate cancer recurrence, death. <https://www.hsph.harvard.edu/news/press-releases/smoking-prostate-cancer-ken-field/>. Accessed 25 August 2021.
 7. iPhone, iPod touch, iTunes are trademarks of Apple Inc, registered in the US and other countries. App Store is a service mark of Apple Inc.
 8. Google Maps, Android and Google Play are a trademark of Google Inc.
- * Services subject to plan agreement.

Copyright © Cigna 2021. All rights reserved.

Cigna European Services (UK) Ltd (Financial Services Register No. 788765) is an appointed representative for Cigna Life Insurance Company of Europe S.A.-N.V. UK Branch (Financial Services Register No. 202845) and Cigna Europe Insurance Company S.A.-N.V. UK Branch (Financial Services Register No. 207198) which are authorised and regulated by the National Bank of Belgium. Deemed authorised by the Prudential Regulation Authority. Subject to regulation by the Financial Conduct Authority and limited regulation by the Prudential Regulation Authority. Details of the Temporary Permissions Regime, which allows EEA-based firms to operate in the UK for a limited period while seeking full authorisation, are available on the Financial Conduct Authority's website.

Cigna Europe Insurance Company SA-NV, UK branch, is a foreign branch of Cigna Europe Insurance Company S.A.-N.V. (a company registered in Belgium in the Brussels Trade Registry with limited liability, authorised under licence 2176 and with Registration Number 0474.624.562 and registered address at Plantin en Moretuslei 309, 2140 Antwerp, Belgium), registered in England and Wales with registered number BR017168 and registered address at 13th Floor 5 Aldermanbury Square, London, EC2V 7HR.

Cigna Life Insurance Company of Europe SA-NV, UK branch, is a foreign branch of Cigna Life Insurance Company of Europe S.A.-N.V. (a company registered in Belgium in the Brussels Trade Registry with limited liability, authorised under licence 0938 and with registration number 00421.437.284 and registered address at Plantin en Moretuslei 309, 2140 Antwerp, Belgium), registered in England and Wales with registered number BR000754 and registered address at 13th Floor 5 Aldermanbury Square, London, EC2V 7HR.

Cigna European Services (UK) Limited is a limited company having its registered address at 13th Floor, 5 Aldermanbury Square, London EC2V 7HR and registered number 00199739