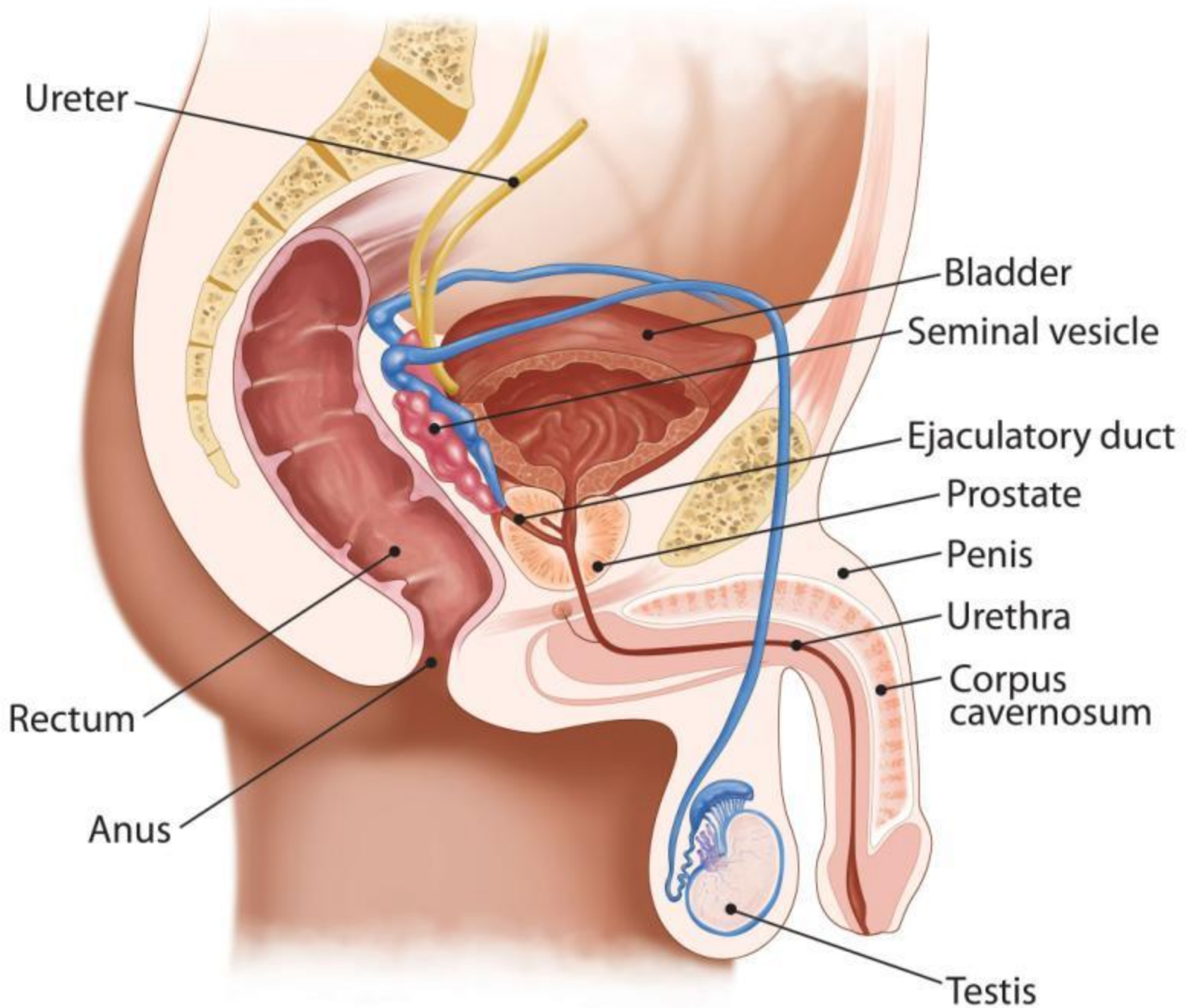


Overview of Prostate Cancer in Hong Kong

Dr Ho Lap Yin
Medical advisor of HKCF's
Prostate Cancer Campaign,
Urologist

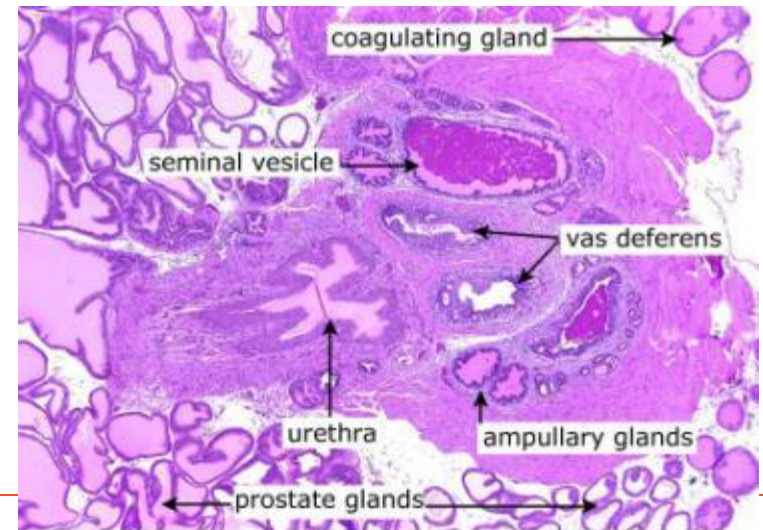
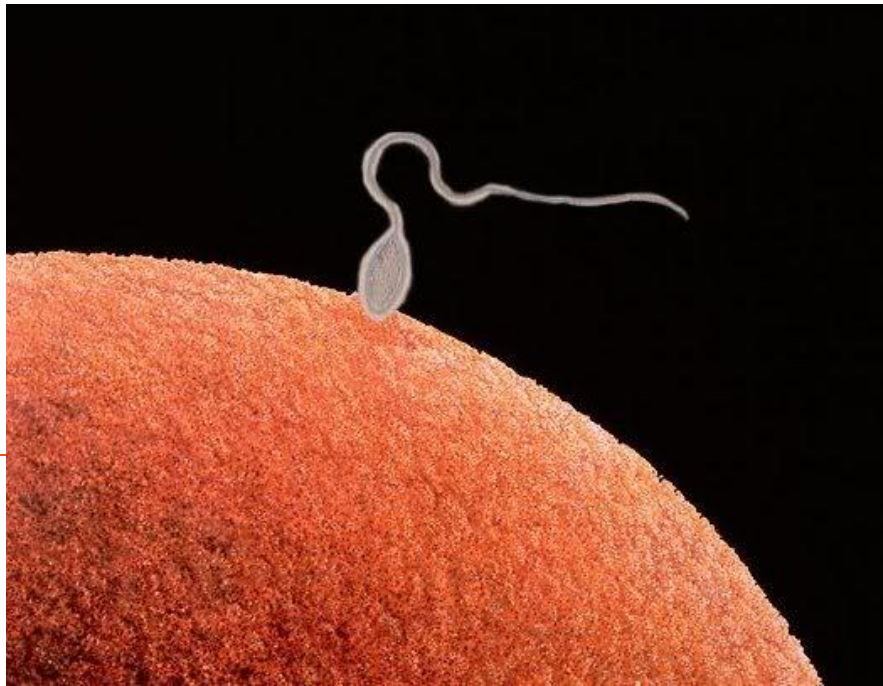
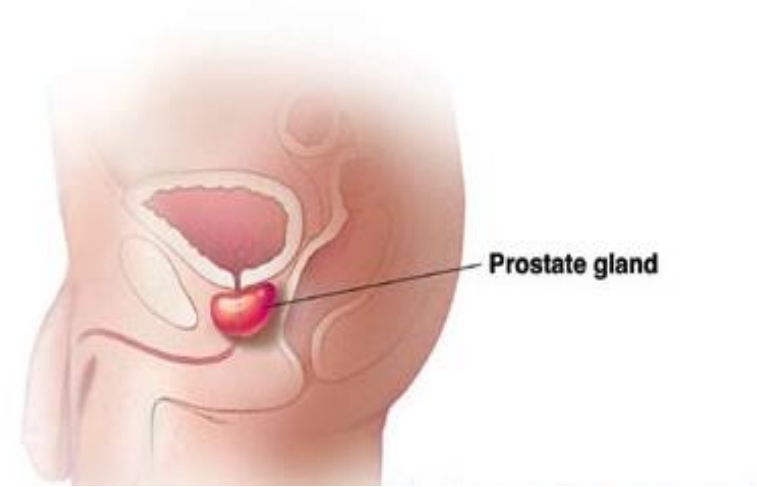


What is the prostate?



Prostate function

- Semen production
- Neutralize acidity of vagina
- Role in reproduction



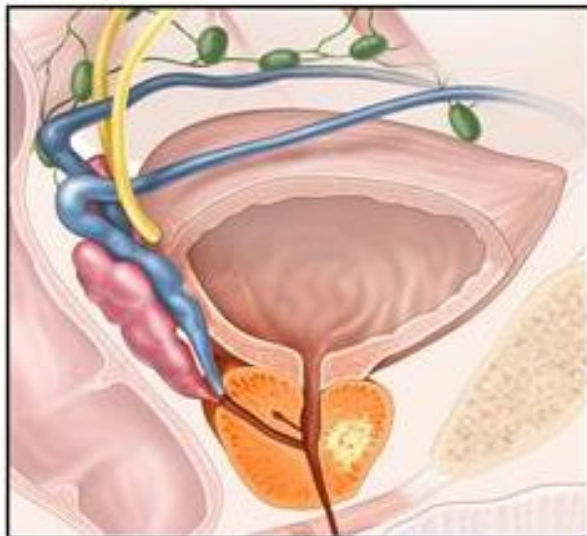
Prostate cancer characteristics

- **Affects males 50+**
- **Relatively slow growing**
- **Late stage: metastasis to bones**
- **Suffer from various symptoms for years**



Prostate cancer

Stage IIA



Stage IIB



Stage III



Stage IV



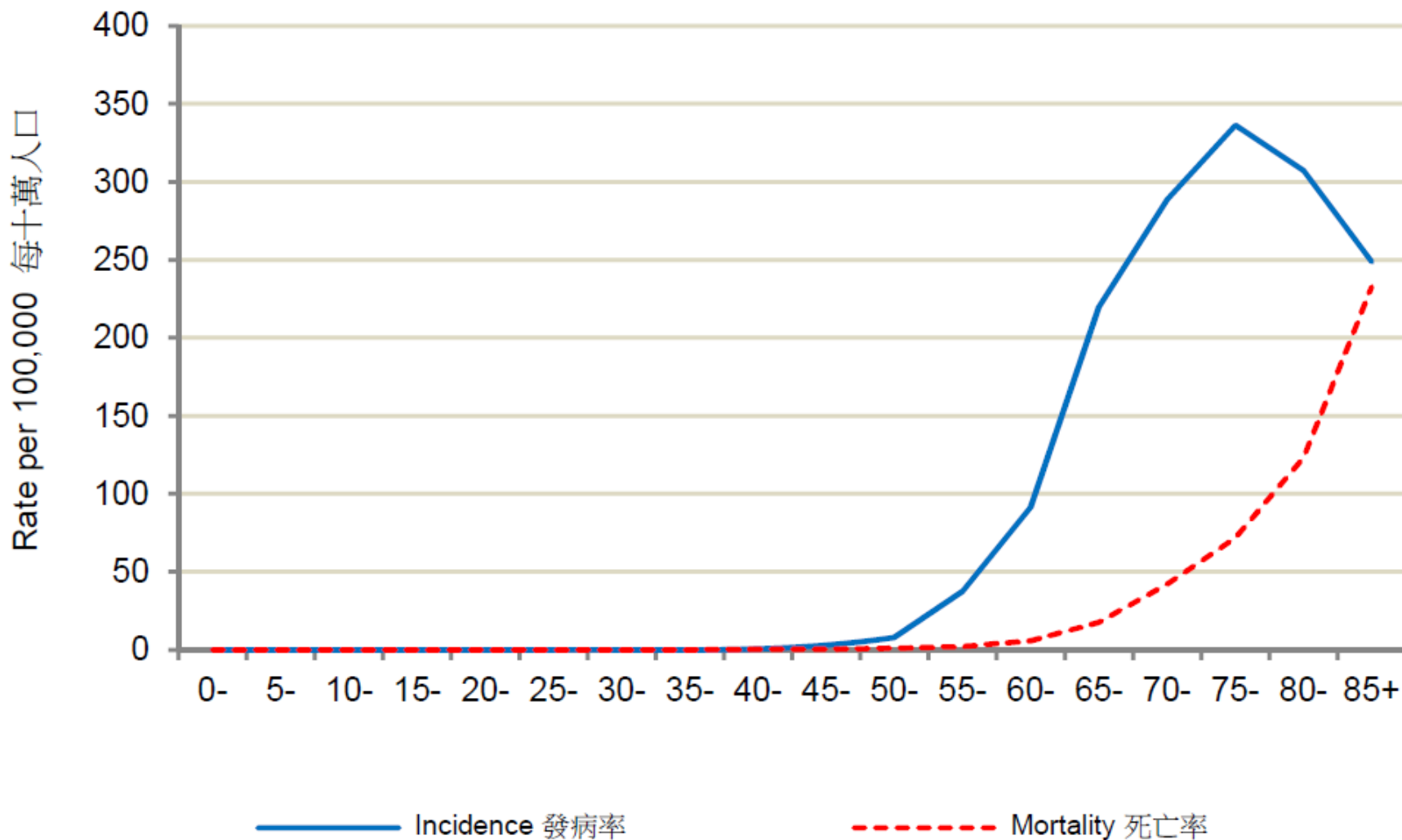


Prostate Cancer

- Incidence & Treatment

Age-specific Incidence and Mortality Rates for Prostate Cancer in 2010

2010年按年齡組別分佈的前列腺癌發病及死亡率



Prostate cancer in Hong Kong (2010)

- 3rd commonest cancer in male: 1,492 cases
- Incidence: 45.3/100,000
- Mortality: 9.7/100,000
- Lifetime risk in HK (age 0-74): 1 in 31



Prostate cancer

Early disease

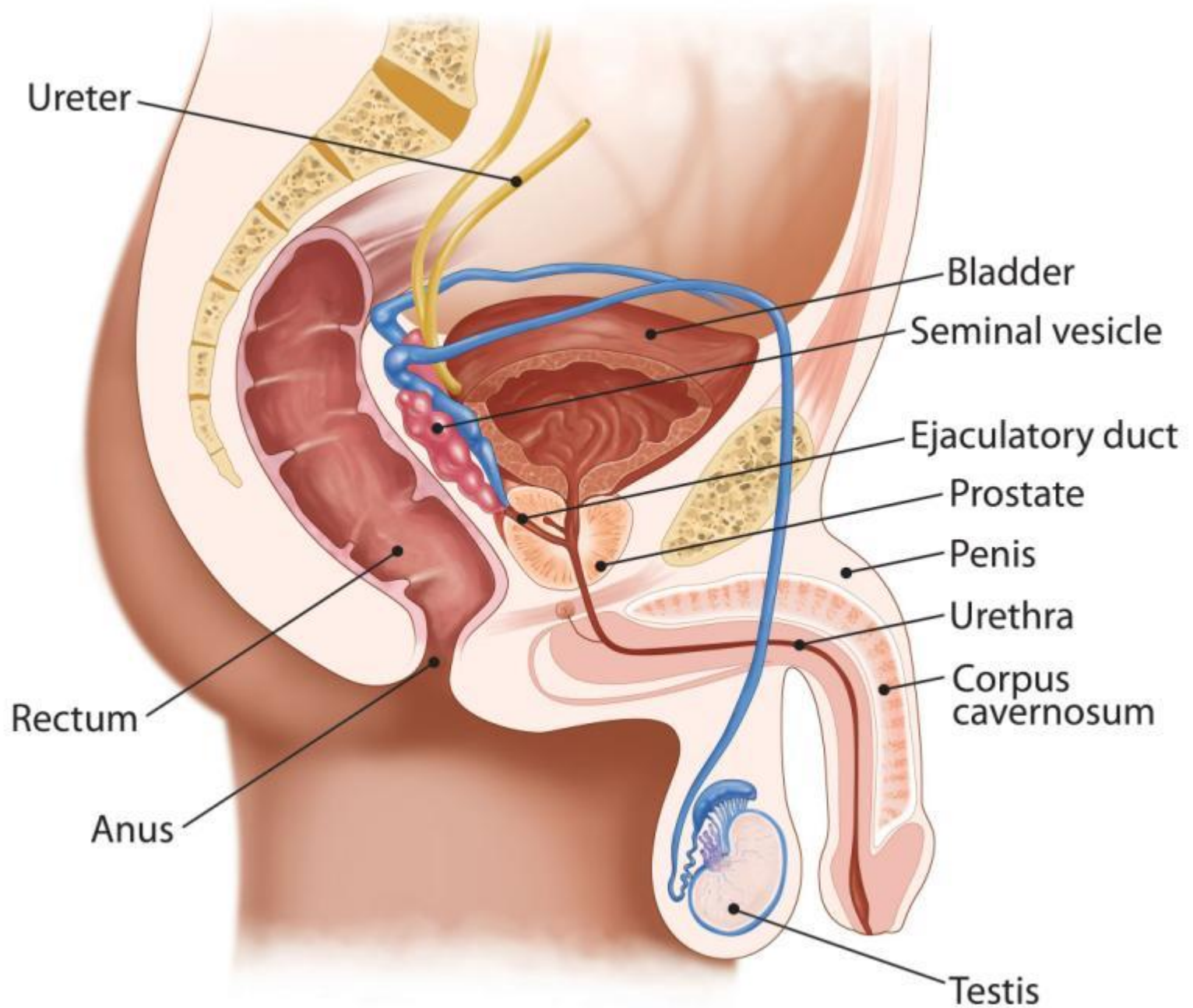
- Can be asymptomatic
- Possible symptoms
 - Leaking or dribbling urine
 - Slow or weak urinary stream
 - Difficulty passing urine
 - Passing urine more often than usual
 - Passing urine at night
 - Having to rush to the toilet to pass urine

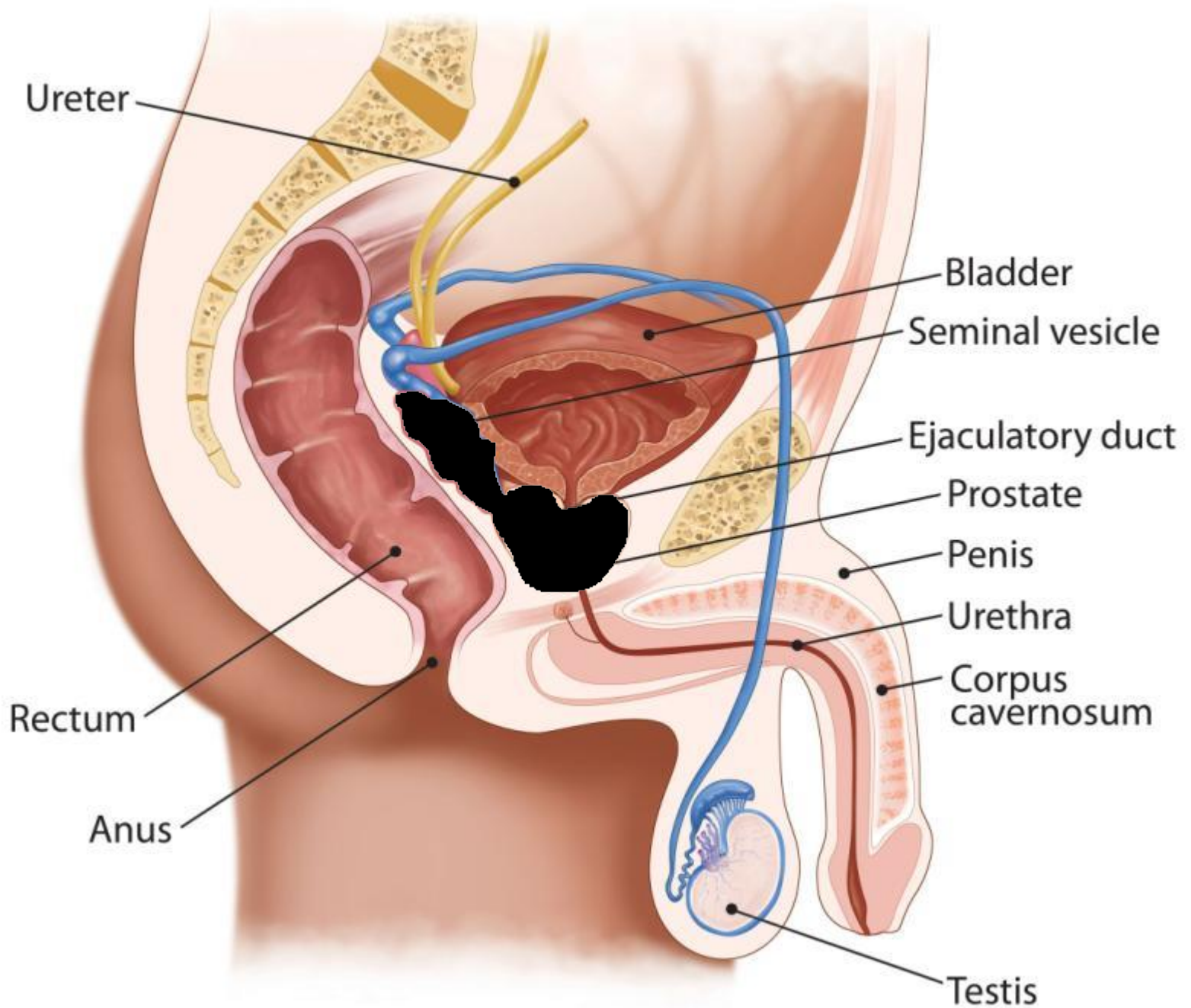


Treatment: early prostate cancer

Radical Prostatectomy

- Remove the whole prostate gland
- Re-connect the bladder to urethra
- >90% survival in 5 years





Radical Prostatectomy side effects

- **< 5 % significant urinary incontinence after one year**
- **30-50% patient suffers from erectile dysfunction**



Treatment: early prostate cancer

- Radiotherapy
- Similar survival and treatment efficacy as radical prostatectomy

Side effects of radiotherapy



- **Frequency of urine**
- **Hematuria**
- **Bleeding during defecation**
- **Side effects get worse over time**

Survival rate among different stage

- **Stage 2 : >95% disease free survival after treatment (at 15 yrs)**
- **Stage 3 : >85% disease free survival after treatment (at 15 yrs)**
- **late stage: around 30% survival at 5 year**

--Oncology 2008, Hernandez

--Cancer 2007, Walsh

Late stage prostate cancer



- **Urinary obstruction**
- **Renal failure**
- **Bone metastasis: pain**
- **Bone fracture**
- **Lower limb paralysis**

Mortality from prostate cancer

- **5th commonest killer cancer among males**
- **4.1 % of all cancers**
- **Median age 79**



Findings & Suggestions

Survey findings (1)

- **Generally, men lack knowledge of prostate**
- **Majority of respondents (86%) could not answer prostate function correctly.**



Survey findings (2)

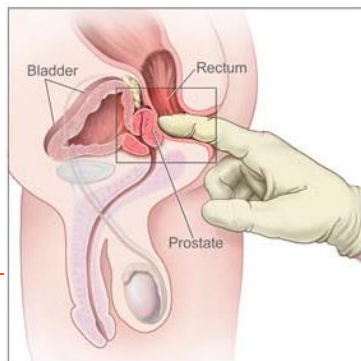
- Hong Kong males rarely seek medical advice regarding urinary problems
- Although almost half of men (46.6%) reported suffering from urinary symptoms
 - Merely 27.1% will visit a doctor
 - Majority of them (85.1%) think it is not a serious problem or unnecessary to visit doctor



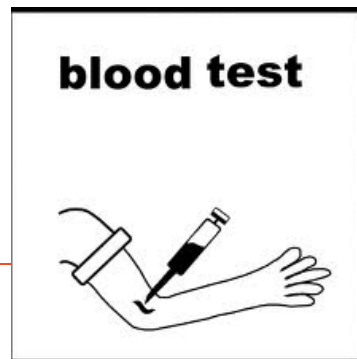
Survey findings (3)

- In general, men in Hong Kong (78%) do not receive any prostate check.
- Only 25.6% will receive prostate check after symptoms found

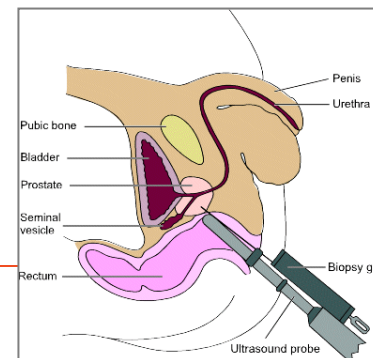
Digital Rectal Exam (DRE)



Prostate Specific Antigen Testing (PSA)



Transrectal ultrasound guided biopsy of prostate



Advice from HKCF

- **MEN AGED 45-55 SHOULD CHECK PROSTATE HEALTH EARLY!**



Benefits of early treatment of prostate Cancer

- ✓ Higher survival rate
- ✓ More treatment options available
- ✓ Lower medical cost
- ✓ Easier to get back to normal life
- ✓ Lower chance of erectile dysfunction
- ✓ Reduce family burden

“Going Through” Project

Social Worker of CancerLink
Chris Ng, RSW

“Going Through” Project

- **Hong Kong FIRST community-based free rehabilitation services targets the psychosocial need of prostate cancer patients**
- **Multidisciplinary team of social worker, nurse, clinical psychologist, sex therapist, dietitian, medical practitioner (Western/Chinese) to provide holistic care to prostate cancer patients**
- **Help addressing male-specific barriers and lead to a wholesome life**

Barriers faced by prostate cancer sufferers

Physical

- Incontinence
- Erectile dysfunction
- Insomnia
- Fatigue

Psychological

- Financial burden
- Fear of recurrence
- Depression and fear

Living

- Financial

Family and social

- Daily Hassle
- Sexual life inharmony

Support provided by 'Going Through'

Rehab Support

- Rehab bag
- Nutrition/exercise class
- Nursing care
- Insomnia treatment group

Psycho Support

- Psychotherapy
- Peer support group
- Individual and family counseling
- Clinical psychological counseling

Going Through

Living Support

- Emergency relief
- Utilize social resources

Family and Social Support

- Couples class
- Sex therapy

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<http://hk.movember.com>



--THE END--

THANK YOU