

## Is there any means to screen for prostate cancer?

If detected early, prostate cancer stands a good chance of being cured. Men above the age of 50 can elect to have regular prostate cancer screening. For those with a family history of prostate cancer, regular screening could start as early as 40.

We provide a prostate cancer screening package. Procedures consist of basic physical examination, medical history taking, digital rectal examination, blood test for PSA level, trans-rectal ultrasound scan and follow-up. Please contact us for details.

## How can prostate cancer be prevented?

Many cancers can be prevented through adopting a healthy diet and lifestyle. This applies to cancer of the prostate as well. The general rule is to eat more fresh fruits and vegetables, cut down on red meat and high-fat food, exercise regularly and do not smoke.

## How does COC help?

The Comprehensive Oncology Centre provides one-stop services for the screening, diagnosis and multi-disciplinary treatment of cancer, together with support and counselling for our patients and their families.

We collaborate with the University of Hong Kong in continuous medical education and development to ensure the provision of the best management to our cancer patients.

The prognosis of cancer treatment is promising if detected early. If you suspect yourself or anyone you know to have cancer, please contact us for consultation and further examinations.

For enquiries and appointments, please contact us at:

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#### Service Hours

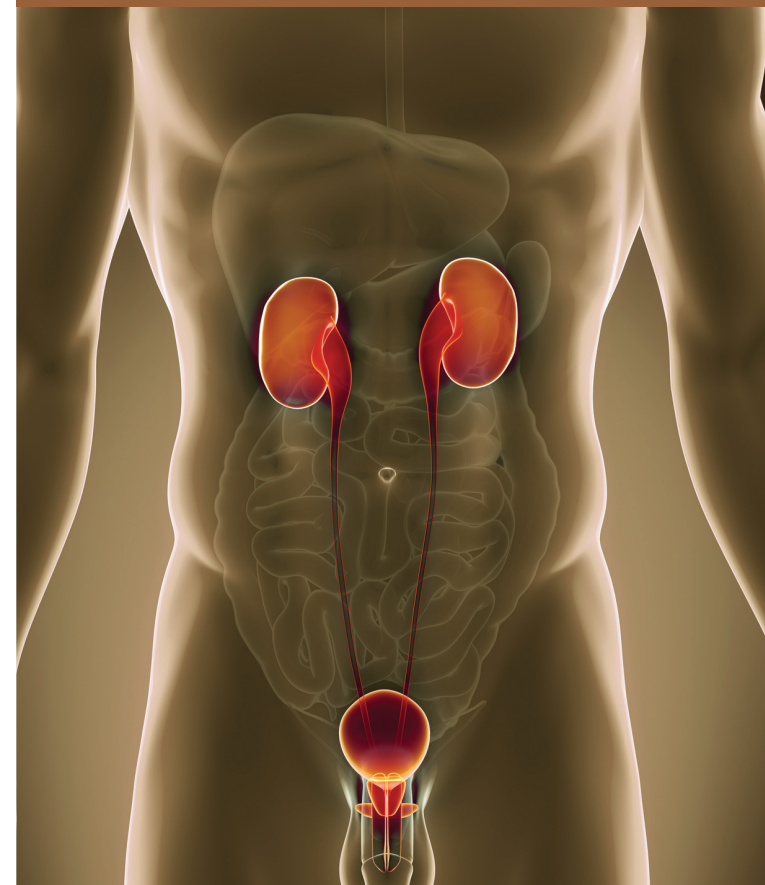
Monday to Friday: 9:00 am – 5:00 pm  
Saturday: 9:00 am – 1:00 pm  
Closed on Sundays and Public Holidays

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# Prostate Cancer



## Winning Against Cancer



養和醫院  
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Comprehensive Oncology Centre

**Prostate cancer is a common male cancer in affluent communities.** As advances in medical technology have brought about new treatment options, patients now find it easier to cope both physically and psychologically.

## How common is prostate cancer?

Prostate cancer is the 3rd most common cancer among Hong Kong men. In 2008, there were 1,369 new cases and the incidence was 41.5 per 100,000. The average age at diagnosis is 70.

## What are the causes and risk factors?

- Family history of prostate cancer increases a person's risk of developing the disease;
- Diets high in fat may increase a person's risk of prostate cancer.

## What are the common symptoms?

Common symptoms of early prostate cancer include:

- Urgency before urinating;
- Difficulty in starting urination;
- Frequent urination, especially at night;
- Dribbling after urination.

Although these symptoms can be caused by non-cancerous enlargement of the prostate, it is important that you have them checked by a doctor.

## How does the doctor make the diagnosis?

The following procedures are indicated for patients who are suspected to have prostate cancer:

- Digital rectal examination: The doctor inserts a gloved and lubricated finger into the rectum to feel for abnormalities of the prostate.
- Blood test: A high level of prostate specific antigen (PSA) in blood may indicate prostate cancer.
- Trans-rectal ultrasound scan: A probe is passed into the rectum to scan and measure the size of the prostate.
- Biopsy: A sample of prostate cells can be taken during trans-rectal ultrasound scan for examination under the microscope to look for abnormal changes.

## How is prostate cancer treated?

The following types of treatment may be given alone or together, depending on the patient's condition:

- Surgery can be performed if cancer cells haven't spread beyond the prostate. The surgeon may remove the entire prostate or only part of it, together with the nearby lymph nodes. Potential side-effects of radical prostatectomy include impotence or urinary incontinence. If the tumour is blocking the urethra, it can be partly resected using a trans-urethral approach to restore normal urine flow.
- Radiotherapy is less invasive than surgery. Brachytherapy is a local form of radiotherapy in which radioactive seeds are implanted into the tumour site for maximum effect on the tumour while sparing the urethra, bladder and other nearby organs. Thus, brachytherapy is less disruptive to patients' lives than standard external radiotherapy.
- Hormone therapy controls tumour growth, or shrinks or eliminates the tumour by reducing the level of testosterone in the body. Available as oral medications or injections, hormone therapy can be given with surgery or radiotherapy for augmented efficacy.

As prostate cancer often grows very slowly, treatment may not be indicated at first. Even so, it is important to have regular check-ups to make sure that the cancer is not spreading.

Doctors will plan the most appropriate treatment according to the patient's condition.