Overview of Prostate Cancer in Hong Kong

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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

Cancer may spread to other organs
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

Source: Hong Kong Cancer Registry, Hospital Authority
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

Don't ignore prostate problems. Act now!
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!**

<table>
<thead>
<tr>
<th>Benefits of early treatment of prostate Cancer</th>
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<tbody>
<tr>
<td>✓ Higher survival rate</td>
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<tr>
<td>✓ More treatment options available</td>
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<tr>
<td>✓ Lower medical cost</td>
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<tr>
<td>✓ Easier to get back to normal life</td>
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<tr>
<td>✓ Lower chance of erectile dysfunction</td>
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<tr>
<td>✓ Reduce family burden</td>
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“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
Sponsored by:

http://hk.movember.com
--THE END--
THANK YOU