



Rushing to urinate?

Rushing to urinate on a regular basis can be a warning sign of prostate cancer. If you are aged 50 or above, check regularly.



What is prostate cancer?

Prostate cancer is a malignant tumour of the prostate. If detected early, it can be treated successfully. If you are a man over the age of 50 with a family history of prostate cancer, you should talk to your doctor about getting checked. In addition to being aware of the warning signs, visit your doctor if you experience symptoms when urinating or unusual changes in your body that may be caused by prostate problems.



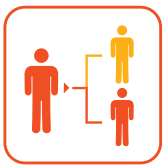
1 in every 27 men in Hong Kong will develop prostate cancer **



The third most common cancer among men in Hong Kong *



The fourth most common cause of cancer-related deaths in men *



The risk of developing the disease increases if a close relative has experienced prostate cancer

Scientific evidence suggests there is no absolute way to prevent prostate cancer, so the best course of action is to catch it early. Safeguard your health by talking to your doctor about how to get checked. Early detection saves lives.

* Source: Hong Kong Cancer Registry, Hospital Authority 2022 (figures from 2020)
* Lifetime risk for men in Hong Kong before age 75

Be alert to these symptoms

If you are experiencing below symptoms, you may have problems with your prostate. However, **in its early stages prostate cancer often has no symptoms and can go unnoticed.** To ensure early detection, please consult your doctor.



Weak flow when urinating



Difficulty in urinating



Urinating more often than usual during the day



Urinating especially often at night



Frequent pain in the lower back, hips and upper thighs

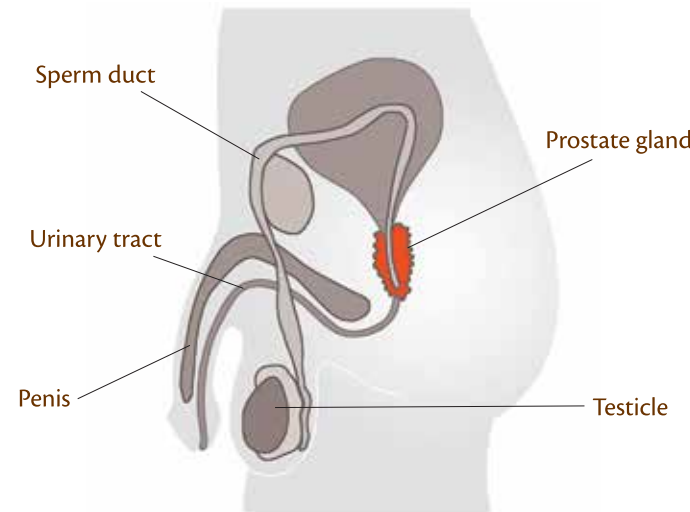


Frequently needing to rush to the toilet to pass urine



The prostate

The prostate is a small gland, shaped like a walnut, found only in men. It sits just below the bladder and surrounds part of the urethra, the tube that takes urine from the bladder to the penis to be discharged from the body. The prostate produces some of the fluid that makes up semen and its growth is related to the male sex hormone, testosterone.



How can I get checked?

There are several common tests used by doctors to look for signs of prostate cancer.

Tests include a prostate-specific antigen (PSA) test, a digital rectal examination, as well as an ultrasound, a biopsy of the prostate tissue, x-rays and magnetic resonance imaging (MRI).

What is PSA?

PSA is a protein produced by both normal and cancerous prostate cells. A PSA test is a blood test to check your PSA level. It's normal for all men to have some PSA in their blood, but a high level of PSA can be a sign of cancer or other problems with the prostate. Your PSA level can also be raised in prostate conditions that are not cancerous (are benign), or if you have an infection. Some men have prostate cancer but have a PSA level that is normal for their age. A diagnosis of cancer is not usually made based on PSA level alone.

Treatment

Different treatments are used for early-stage and late-stage prostate cancer.

Patients should discuss which treatment is most suitable for them with their doctor. A doctor will consider a patient's age, health condition and tumour type to provide the most appropriate treatment plan.

Early-stage prostate cancer

If the cancer is still within the prostate area and has not spread to other areas such as lymph nodes and bones, the core treatment options are active surveillance, surgery (removal of the prostate) and radiotherapy.

In general, prostate cancers grow slower than other types of cancer, so your doctor might suggest active surveillance or observation. Regular check-ups are used to monitor the growth of the cancer, thereby delaying the treatment until it becomes necessary. The efficacy of radical prostatectomy and radiotherapy is similar in terms of treating cancer, but their side effects are different.

Late-stage prostate cancer

Treatment is used to slow the growth rate of the tumour, prolonging life and reducing the symptoms arising from metastasis.

Free Support

We provide FREE services and professional guidance, so no one faces cancer alone. For our FREE support call us now.

Our thanks to Dr. Ho Lap Yin for all of his help in reviewing this leaflet.

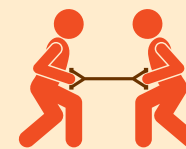
Globally, nearly 1.3 million men are diagnosed with prostate cancer each year. Hong Kong Cancer Fund offers free care services for prostate cancer patients, survivors and their families. We're so grateful, we'd like to acknowledge Movember for sponsoring our free services to ensure no one faces prostate cancer alone.

Going Through Project: 4 A's To Recovery



Amiable Service

We offer personalised services through case management by a professional team.



Achievable Goals

We aim to reduce distress and to help improve quality of life for patients and their families.



Accessible Areas

We cover all the major areas in Hong Kong.



Authoritative Holistic Interventions

We provide holistic cancer care programmes including health-related information, symptoms management and exercise rehabilitation.

