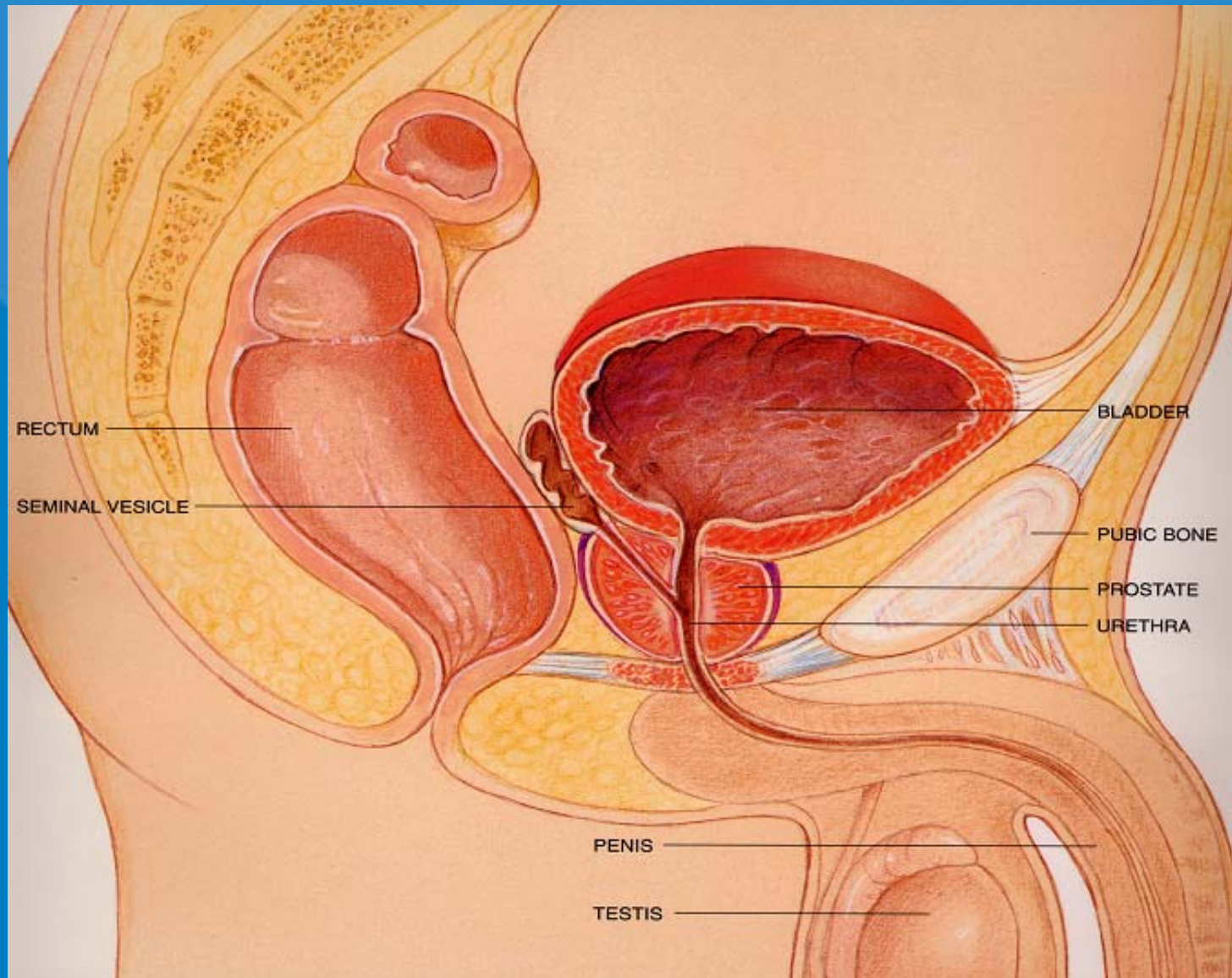


Prostate Cancer
Foundation of Australia
Ambassador Presentation
Prostate Health 2007

Proudly sponsored by APIA

The prostate is a small gland the size of a walnut which produces fluid to protect and lubricate the sperm

It sits beneath the bladder and surrounds the urethra in the shape of a doughnut



Main Prostate Health Issues

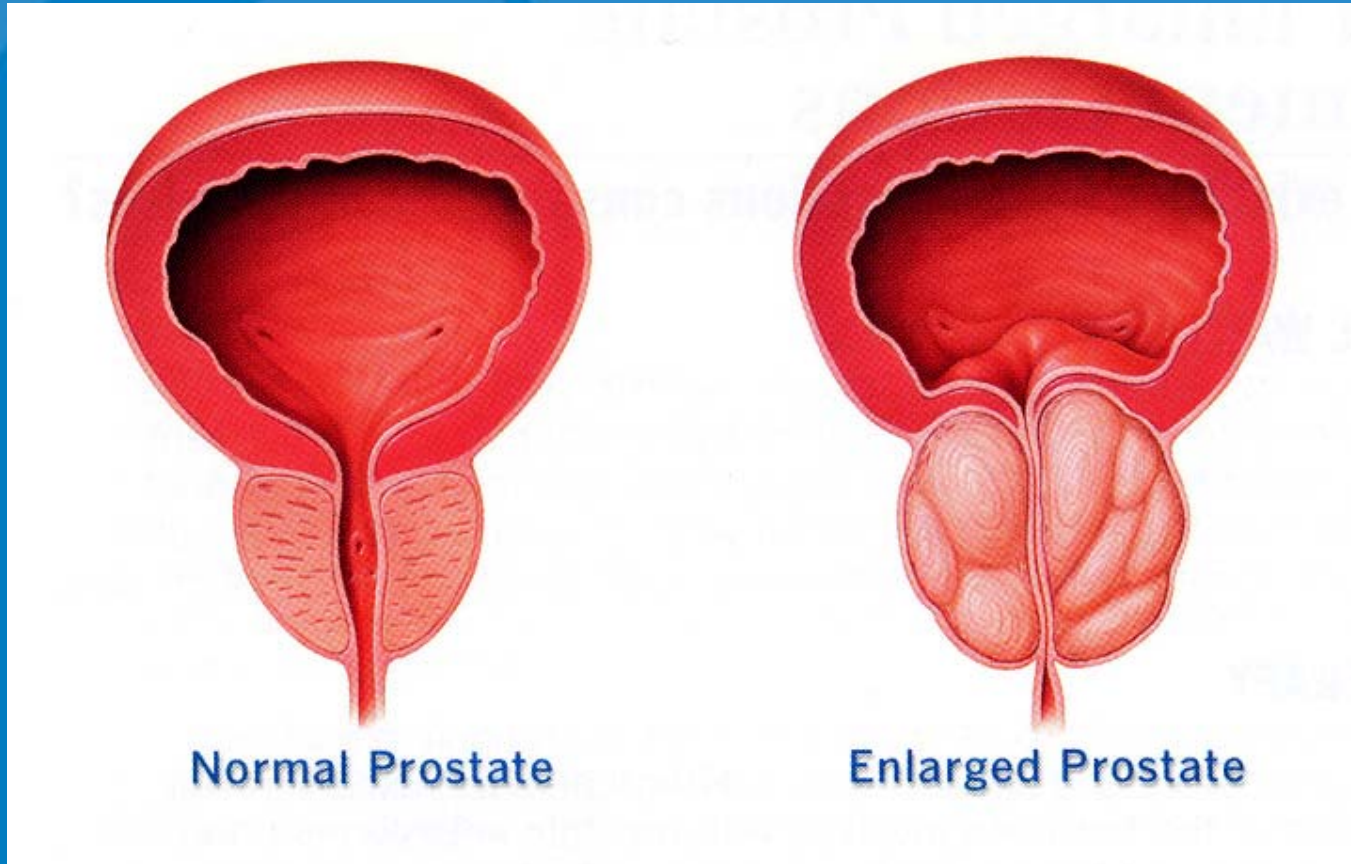
Lower Urinary Tract Symptoms (LUTS) – frequency, urgency, difficulty emptying the bladder, difficulty starting urination, slow stream, a bladder that does not feel empty after urinating, leaking

Benign Prostatic Hyperplasia (BPH) – an enlarged prostate when older men may have to urinate several times at night

Prostatitis – swelling of the prostate caused by an infection or inflammation

Prostate Cancer

Benign Prostatic Hyperplasia (BPH)



Prostate Cancer

There are more prostate cancer deaths than breast cancer deaths in Australia

Australian Institute of Health and Welfare and Australasian Association of Cancer Registries 2007.

In 2005 more than
2,900 Australian men tragically
died from prostate cancer

Australian Institute of Health and Welfare and Australasian Association of Cancer
Registries 2007.

In 2006 it is estimated that 18,700 new cases of prostate cancer were diagnosed in Australia

Australian Institute of Health and Welfare and Australasian Association of Cancer Registries 2007.

Prostate cancer is the most common cancer in Australian men excluding non-melanoma skin cancers

Australian Institute of Health and Welfare and Australasian Association of Cancer Registries 2007.

Australian men have a one in five risk of developing prostate cancer by the age of 85 years

Australian Institute of Health and Welfare and Australasian Association of Cancer Registries 2007.

Regional and rural Australian men have a 21% higher mortality than men in capital cities

For every 100 men in Australian cities who die of prostate cancer, 121 men in regional and rural Australia die of prostate cancer

Michael D Coory and Peter Baade Medical Journal of Australia February 2005
[Urban-rural differences in prostate cancer mortality, radical prostatectomy and prostate specific antigen testing in Australia](#)

Certain risk factors have been consistently associated with prostate cancer

Gender - only men have a prostate gland

Age - risk of prostate cancer increases with age for men from 50 years

Family History - men whose father or brother has or has had prostate cancer are at increased risk of developing it

Ethnicity - African-American men have the highest incidence of prostate cancer in the world and Asian men have the lowest

Lifestyle, lack of exercise, obesity and a high saturated fat diet are thought to be risk factors in prostate cancer; however the level of current evidence is low

Of interest is that Asian men who migrate to the USA eventually have similar rates of prostate cancer to Caucasian Americans

Symptoms of early prostate cancer

Speaking with your GP about prostate cancer is the first step in your own health promotion

There are two tests which your GP will suggest or which you can suggest to your GP

Prostate Specific Antigen Test (PSA)

The PSA test is the best available first stage marker which determines the level of prostate specific antigen in the blood stream.

An elevated PSA may indicate some form of prostate disease.

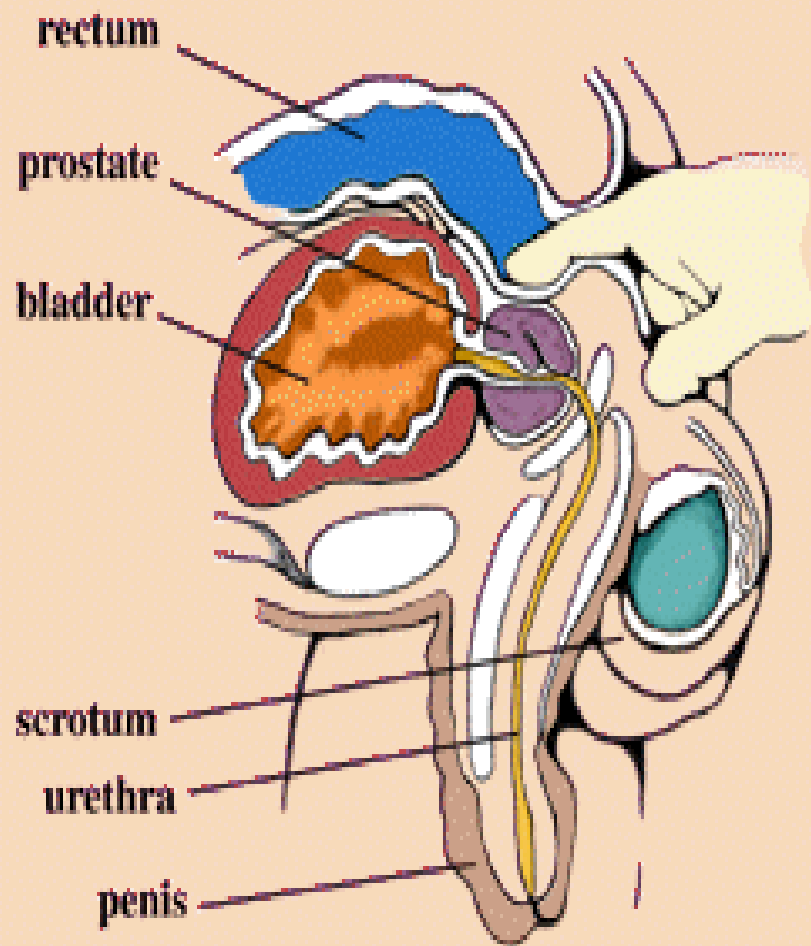
The PCFA Policy Statement on the PSA test is available on www.prostate.org.au and is reflected in this presentation

The Digital Rectal Examination (DRE)

In a digital rectal examination, the doctor inserts a gloved finger into the rectum to feel the prostate gland for any abnormality

Only one area of the prostate can be examined by this method. See diagram

Digital Rectal Examination (DRE)



A combination of the PSA and DRE is usually recommended

They should be included as part of a general male health check from 50 years of age or from 40 years of age if there is a family history of prostate cancer

Referral to a urologist

If either the PSA or DRE is abnormal, the next step is referral to a urologist who may recommend a biopsy

A biopsy is when small samples of prostate tissue are taken and then examined under a microscope by a pathologist, to see if cancer cells are present

A biopsy is a definitive way of diagnosing prostate cancer

It also gives information about the cancer's grade (how rapidly it is likely to grow) and stage (how far it has grown)

The PSA test, together with the cancer grade and stage are important in deciding what risk the cancer poses to a person's health and life expectancy

Other tests may include:

Bone scan - to determine whether the prostate cancer has spread to the bones

CT scan (Computerised Tomography)

MRI (Magnetic Resonance Imaging)

Treatment options

1. Watchful waiting or Active surveillance

2. Surgery

- a. Open radical prostatectomy
- b. Laparoscopic radical prostatectomy
- c. Robotic radical prostatectomy

3. Radiotherapy

- a. External beam radiation
- b. Seed implant brachytherapy
- c. High dose rate brachytherapy

4. Hormone manipulation

Other treatment options

HIFU (High Intensity Focused Ultrasound) - heating

Cryotherapy – freezing

Chemotherapy

Possible treatment side effects

After surgery – possible impotence and urinary incontinence

During and after radiotherapy – possible impotence, urinary incontinence, nausea, skin reactions, diarrhoea, lethargy

During hormone therapy – possible loss of libido, hot flushes and mood swings, loss of energy levels

Making your treatment choice

There is no hurry to decide

Weigh up the risks of treatment against active surveillance

Which side effects are you prepared to accept?

Seek multiple medical opinions

Speak with your partner

Speak with other men

Life after prostate cancer

Psychological recovery

Physical recovery

- incontinence
- erectile dysfunction

Summary

Because of the location and the nature of the prostate gland there can be serious health issues for men

Prostate cancer is the most common male cancer in Australia excluding non-melanoma skin cancers

Talk to your doctor about prostate cancer because there are often no symptoms in early stages of the disease

Conclusion

Education, Awareness and Action!

Men in their 30's and 40's need to be fully aware of prostate cancer and the importance of being tested at 50 years of age, or 40 if there is a family history of prostate cancer

The Prostate Cancer Foundation of Australia recommends men speak with each other, with their partner and with their doctor about prostate cancer as an investment in their own health

Support Groups

There are 84 Prostate Cancer Support Groups in Australia where men offer important peer support to each other and partners are welcome.

For information visit 1800 22 00 99
www.prostate.org.au

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For further information about
prostate cancer please contact the
Prostate Cancer Foundation
of Australia free-call help line
1800 22 00 99
www.prostate.org.au

