



**SINGAPORE
CANCER
SOCIETY**



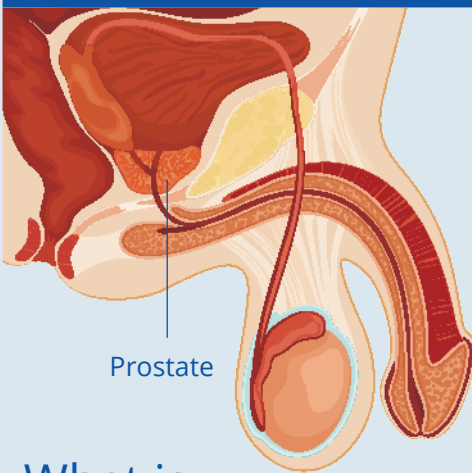
SHOULD I BE TESTED FOR PROSTATE CANCER?

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Prostate Cancer

...get the facts right

You may have heard of prostate cancer or even know someone suffering from it. This booklet provides some simple facts about prostate cancer that every man should be aware of.



What is prostate cancer?

The prostate gland is a walnut-shaped gland that lies below the bladder in men. Cancer in the prostate is the result of abnormal growth which may go on to invade surrounding or distant organs.

Facts about prostate cancer...

What is prostate cancer?

Yes! Prostate cancer is the 3rd most common cancer in Singaporean men and the risk increases with age. Death from prostate cancer is less common as only some cases will progress to advanced disease. For an average healthy man, the risk of dying from prostate cancer is around 3%.

Is prostate cancer related to benign prostatic hypertrophy (BPH)?

No! Prostate cancer is a different disease from benign prostatic hypertrophy (BPH). In BPH, growth of the prostate can affect urine flow but cannot spread to other organs and does not affect lifespan.

Is Prostate Cancer a dangerous disease?

It can be. If you suffer from a fast-growing prostate cancer, the cancer can grow and spread beyond the prostate gland to other organs. Cancer that has spread this way is called metastatic prostate cancer.

But not always.

Many prostate cancers are slow-growing tumours that will remain limited to the prostate gland and have no effect on lifespan.

Slow-growing tumours will need close monitoring and may not need treatment.

Is Prostate Cancer treatable?

Yes! There are many treatments for fast-growing prostate cancer. However, once it has spread beyond the prostate, treatments can control symptoms and reduce further spreading but less likely for a complete cure.



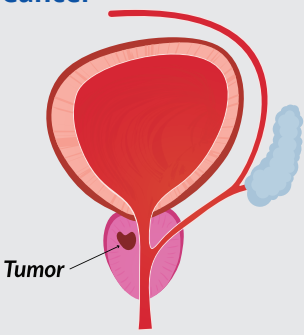
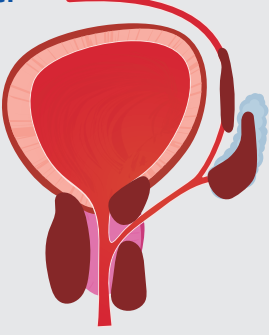
Of all eighty-year-old men who died of unrelated causes such as heart disease, nearly half had small cancerous growths in their prostate.

Does Prostate Cancer have any symptoms?

Not always! Prostate cancer may produce no symptoms at all in early stages. Once the cancer has spread, it can cause serious symptoms

DIAGNOSIS at early stages through screening may detect the disease when it is still curable.

Prostate cancer at different stages

Stage at Diagnosis	Early Prostate Cancer 	Advanced Prostate Cancer 
Symptoms	<ul style="list-style-type: none">• Usually none• May have urinary symptoms	<ul style="list-style-type: none">• Difficulty urinating• Blood in the urine or semen• Pain from cancer spreading to the bone• Tiredness• Loss of weight
Treatment	<ul style="list-style-type: none">• Slow-growing cancers may need monitoring only• Fast-growing cancers may be cured by removing the prostate or by radiation therapy to the prostate	<ul style="list-style-type: none">• Cancer has spread beyond the prostate and cannot be cured• Surgery to remove the testes or medicines that block male hormones can slow the growth of prostate cancer• Very advanced prostate cancer may need chemotherapy or radiation therapy
Outcomes	<ul style="list-style-type: none">• 90% of the patients survive more than 15 years• With treatment, the chance of cancer spread is low	<ul style="list-style-type: none">• 40% of the patients survive more than 5 years. <div data-bbox="621 1252 1024 1492" style="background-color: #f4a460; padding: 10px;"><p>In Singapore, one in four men with prostate cancer have advanced disease when diagnosed. Early diagnosis with screening can reduce this number by half.</p></div>



The PSA Test should you take it?



What is the PSA TEST?

The PSA test is a blood test that measures levels of prostate-specific antigens (PSA) and is used for the screening of prostate cancer. Men with prostate cancer usually have a higher PSA level.

What is involved in a prostate biopsy?

During a prostate biopsy, a fine needle is used to remove small samples from the prostate gland and then examined for cancer. There are risks of complications such as pain, blood in the urine, infection and temporary difficulty in passing urine.

What is the benefit of PSA testing?

For men who develop fast-growing prostate cancer, PSA testing allows diagnosis at an earlier stage where the cancer is still limited to the prostate. Early diagnosis reduces the chance of cancer spreading to other parts of the body and death.

Does a high PSA test result mean you have prostate cancer?

Not always! Many other conditions of the prostate that are not cancerous can also increase PSA levels such as BPH and infection. If PSA is high, a biopsy test may be required to determine if there is prostate cancer.

What can I expect if I take the PSA test?

PSA Blood Test Step 1

80% of men tested have a NORMAL PSA level

No need for prostate biopsy as risk of having prostate cancer is low. Re-testing can be considered in 3-5 years.

20% of men tested have a HIGH PSA level

A prostate biopsy is usually recommended. The PSA test may be repeated before deciding for biopsy.

PSA Biopsy Step 2

25%

chance that the biopsy will find cancer

75%

chance that there is no cancer. Some cancers may be missed on biopsy so further monitoring of PSA levels may be required. Some men may need more than one biopsy.

0.5%

chance of serious complications from the biopsy requiring hospitalization.

DIAGNOSIS of PROSTATE CANCER

1 out of 12 MEN screened will be diagnosed with Prostate Cancer.

Not all prostate cancers need treatment, some may require monitoring only. If treatment is required, early diagnosis through PSA testing and monitoring can mean:

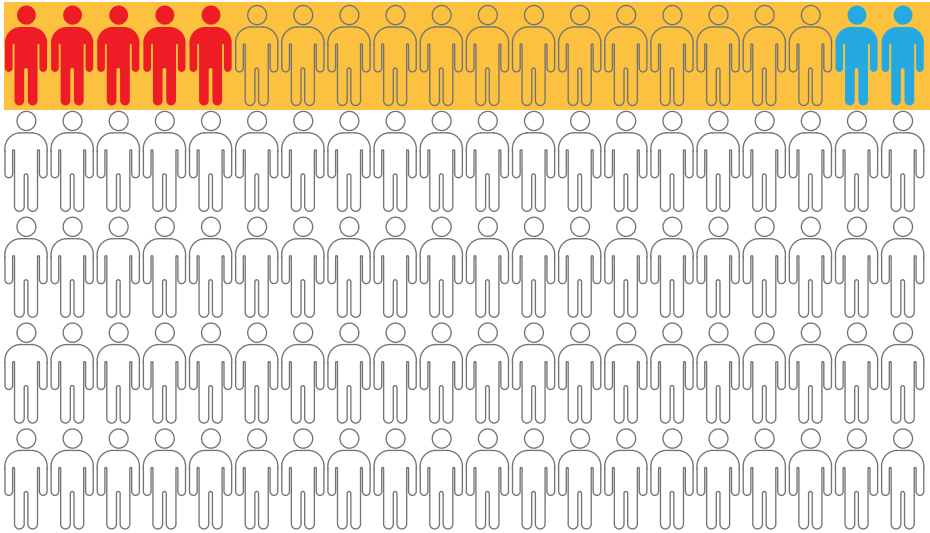
50%

Reduction in risk of the prostate cancer spreading.

20%

Reduction in risk of death from prostate cancer.

The pros and cons of PSA test



Every man tested
for PSA levels



Prostate cancer



High PSA levels



Side effect such
as bleeding or
infection

The majority of men found to have high PSA levels may become anxious after being tested. These men may then undergo a biopsy, only to find out that they do not have cancer. Many cancers diagnosed through PSA testing are slow-growing and therefore will only require monitoring, which may be stressful for some men.

With reference to the diagram above, out of every hundred men screened with PSA testing, twenty

men will have a high PSA level and need a biopsy. Out of these twenty men, two men may have complications such as infection and bleeding, and four men will have prostate cancer in which some of whom will need treatment.

For every eight hundred men who receive PSA testing, we can save one man who would have died from prostate cancer if it was not detected early.

Singapore Cancer Society (SCS) Main Office

15 Enggor Street
Realty Centre, #04-01
Singapore 079716
Phone: 6221 9578
Opening hours: Mondays to Fridays, 8.30am to 6.00pm

- Corporate Services
- Hospice Care Services
- Public Education
- Welfare Services

SCS Clinic @ Bishan

9 Bishan Place
Junction 8 Office Tower, #06-05
Singapore 579837
Phone: 6499 9133
Fax: 6499 9140
Opening hours: Mondays to Fridays, 8.30am to 6.00pm

- Cancer Support Services
- Cancer Screening Services at no charge (FIT, Pap Smear, Mammogram)

SCS Rehabilitation Centre

52 Jurong Gateway Road
JEM Office Tower, #08-04
Singapore 608550
Phone: 6661 0590
Opening hours: Mondays to Fridays, 9.00am to 6.00pm;
Saturdays 9.00am to 1.00pm

- Cancer Support Services
- Cancer Screening Services

SCS Satellite Centres

National Cancer Centre Singapore

11 Hospital Drive
Singapore 169610
Phone: 6436 8420
Fax: 6224 6441
Opening hours:
Mondays to Fridays,
8.30am to 5.00pm

National University Cancer Institute, Singapore

National University Hospital
Medical Centre 1 Level 9, Unit D2
5 Lower Kent Ridge Road
Singapore 119074
Phone: 6772 5463
Fax: 6268 5917
Opening hours: Mondays to Fridays,
9.00am to 5.00pm

SCS Rehabilitation Centre @ JEM Office Tower
SCS Satellite Office @ National University Cancer Institute, Singapore
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