

HONG KONG PROSTATE FOUNDATION  
香港前列腺基金



# Know your Prostate

**Dr. Martin Wong**

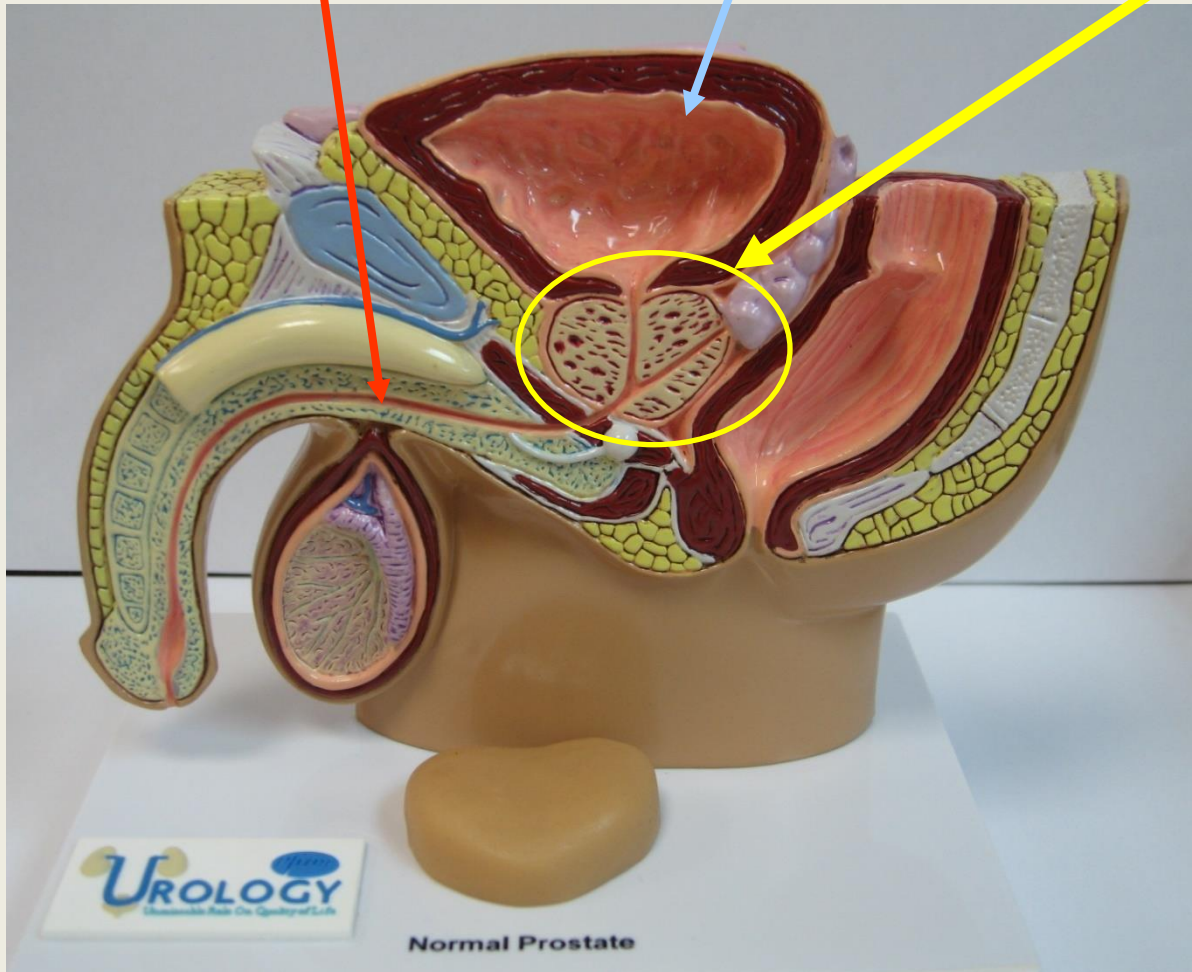
泌尿專科 黃國田醫生

# What is Prostate ?

Urethra

Bladder

**Prostate**



At the outlet of the urinary bladder.

Part of the internal sex gland to produce the substance sperms need for fertilization.

Normal Prostate

# Benign Prostatic hyperplasia

The size of a normal prostate is like a walnut



With advancement of age, the size of our prostate may increase to be like a plum.





Jeff Siner/Getty Images

## 12 / 17 Arnold Palmer

Golf legend Arnold Palmer had 62 PGA Tour wins, his own drink (half lemonade, half iced tea), and a place in the World Golf Hall of Fame — but one of his proudest accomplishments was his triumph over prostate cancer. In the years following his 1997 diagnosis and treatment (a radical prostatectomy and radiation), Palmer used his celebrity to raise awareness of the disease among other men and to help found the Arnold Palmer Prostate Center, a nonprofit treatment destination at Eisenhower Lucy Curci Cancer Center in Rancho Mirage, California. He was adamant that [all men should get screened](#).



Grant Lamos IV/Getty Images

## 6 / 17 Robert De Niro

Not even prostate cancer could slow down Academy Award winner Robert De Niro. Known for “tough guy” roles in films including *Taxi Driver* and *Raging Bull*, the actor proved he had mettle offscreen, too, when he was diagnosed with prostate cancer in 2003 at age 60. Fortunately for him — and his family, friends, and fans — “the condition was [detected at an early stage](#) because of regular checkups, a result of his proactive personal healthcare program,” his publicist said in a statement.



Ben Stiller

ONE FINAL NIGHT TO SAVE THE DAY

# NIGHT AT THE MUSEUM

SECRET OF THE TOMB

IN CINEMAS DECEMBER 19

 NIGHTATTHEMUSEUM.UK

# 長毛五十

## 前列腺差少少



▶長毛話只肯拍拖，結婚咪搞。

### 長

毛梁國雄上週六單拖去睇電影節  
Bob Dylan 套戲，百通問佢幾時娶

老婆，有伴睇戲，佢話：「男人五十就前列腺功能失效，到時兩個人冇性行為咪即係齊做朋友，咁仲使乜鬼結婚？」不過今年五十二歲的長毛即刻補鑊，話自己前列腺仲掂，只係比以前血氣方剛時差少少。

萬一真係結婚，佢猛話祖國佳麗皮膚好，唔似鬼妹咁易老，不過講到結婚就有得傾：「中國人講究家庭觀念，我咁嘅背景，實嚇親人哋父母，都係無謂害咗個女仔。鬼妹就唔同，佢哋思想獨立，又講究個人生活，要揀都揀佢哋先。」



# What are the common categories of Prostate Diseases

- Prostatitis
- BPH
- Prostate cancer



# Signs & symptoms of prostate diseases



- Nocturia
- Urinary frequency
- Urgency
- Poor urine flow
- Intermittency
- Need straining to void
- Incomplete urine emptying

# Lower urinary tract symptoms (LUTS)



## Irritative symptoms

Nocturia

Urinary frequency

Urgency

## Obstructive symptoms

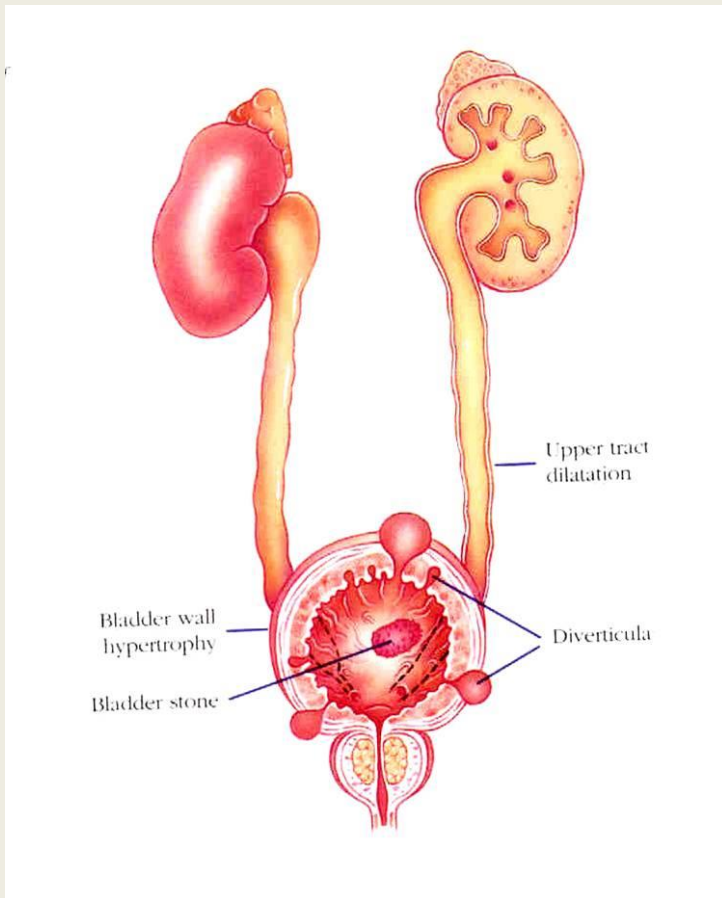
Poor flow

Intermittency

Straining

Incomplete emptying

# Complications



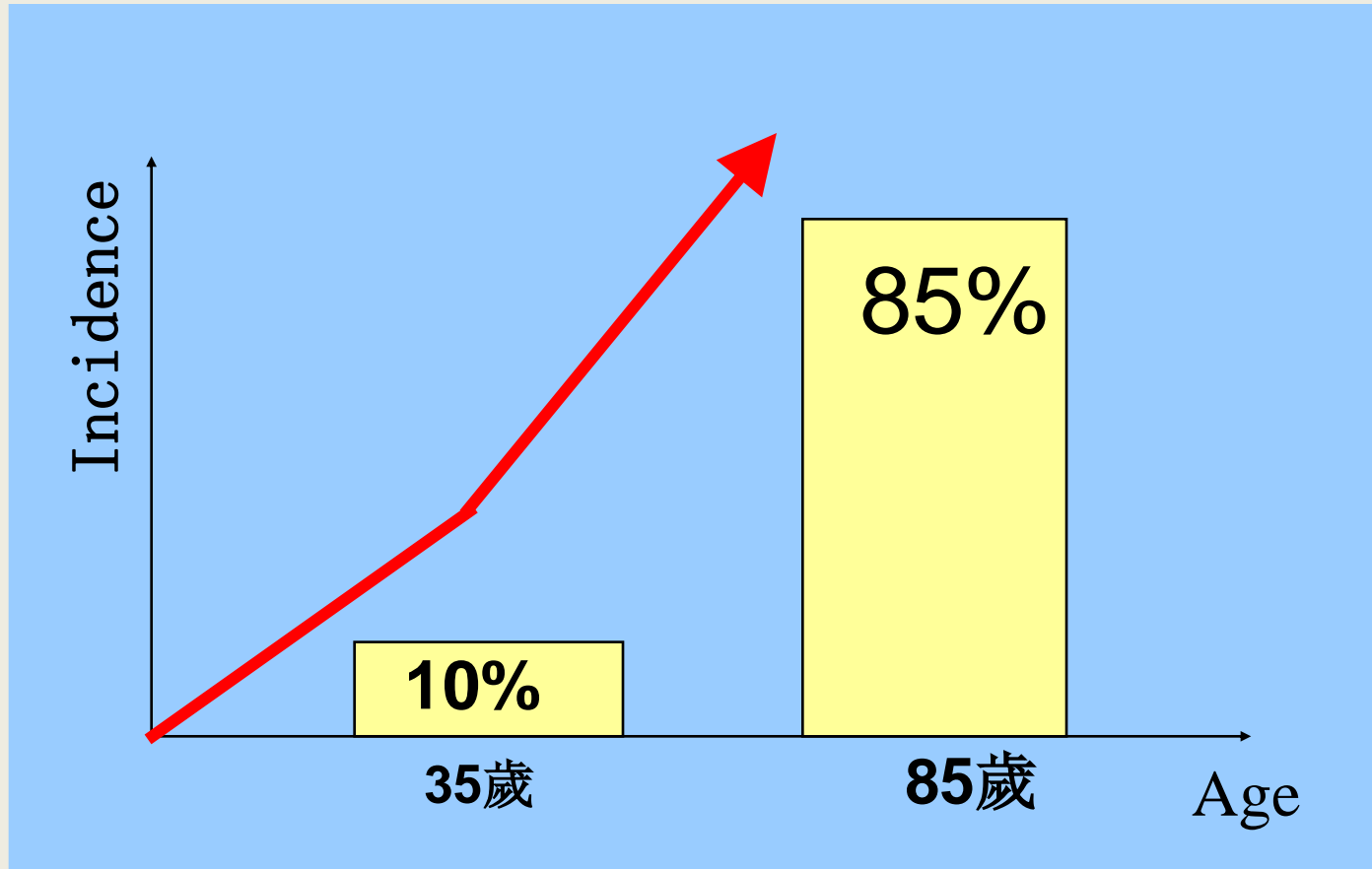
Frequent infection

Haematuria

Bladder stones

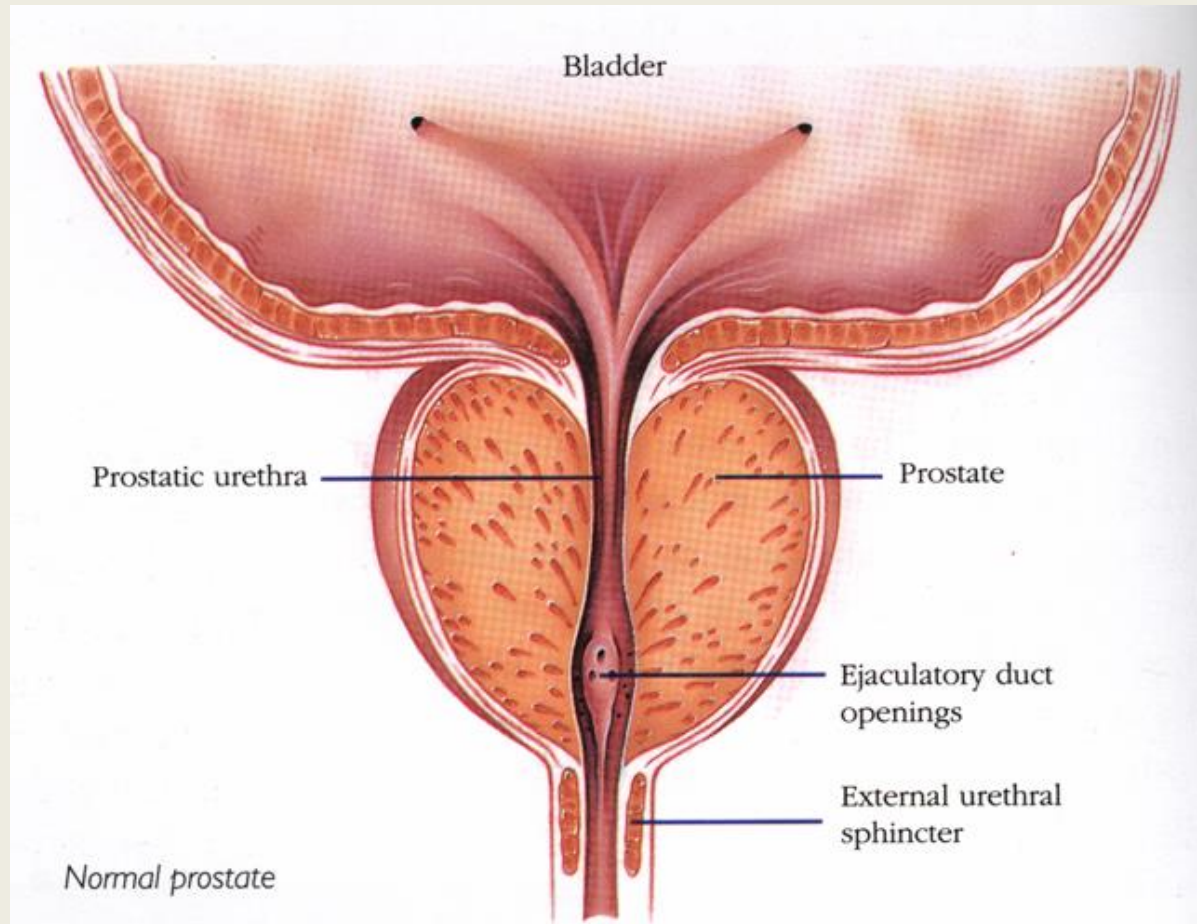
Impaired kidney function

# Incidence

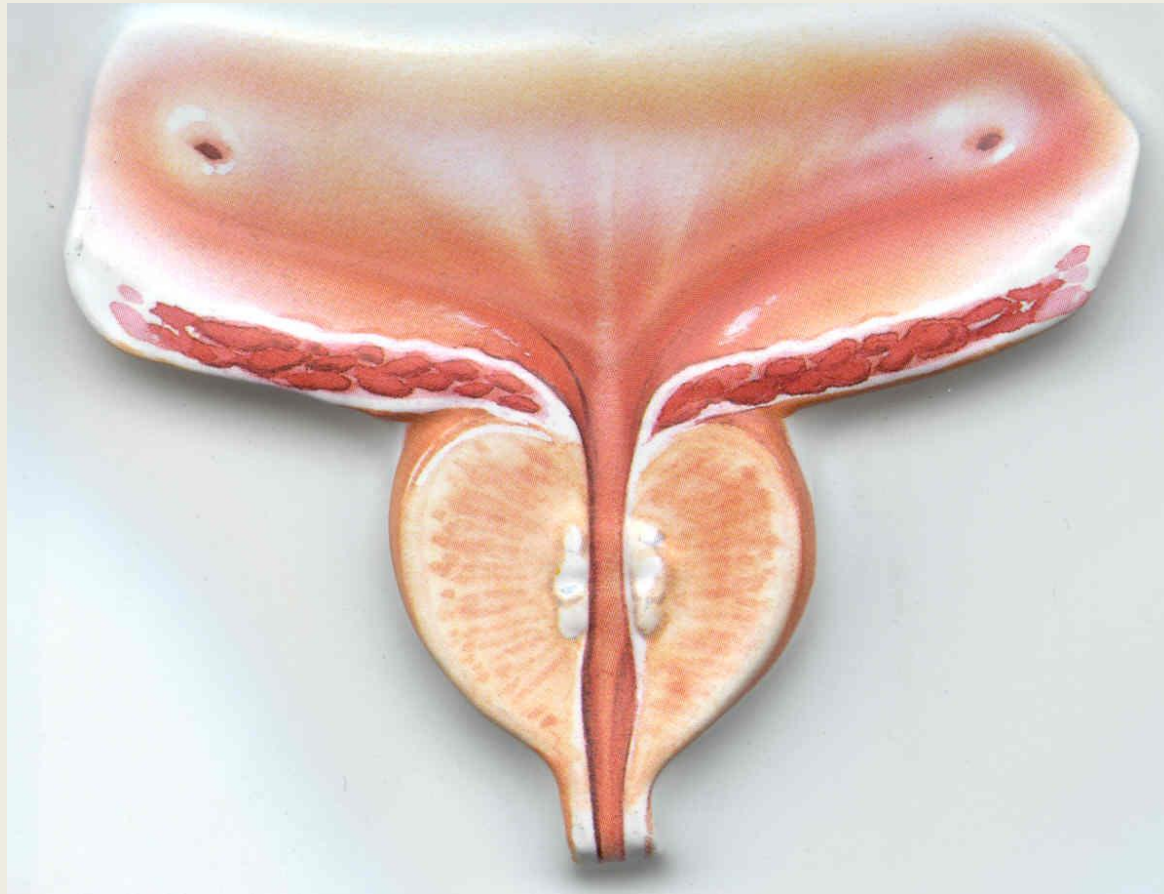


Incidence of BPH increases with age

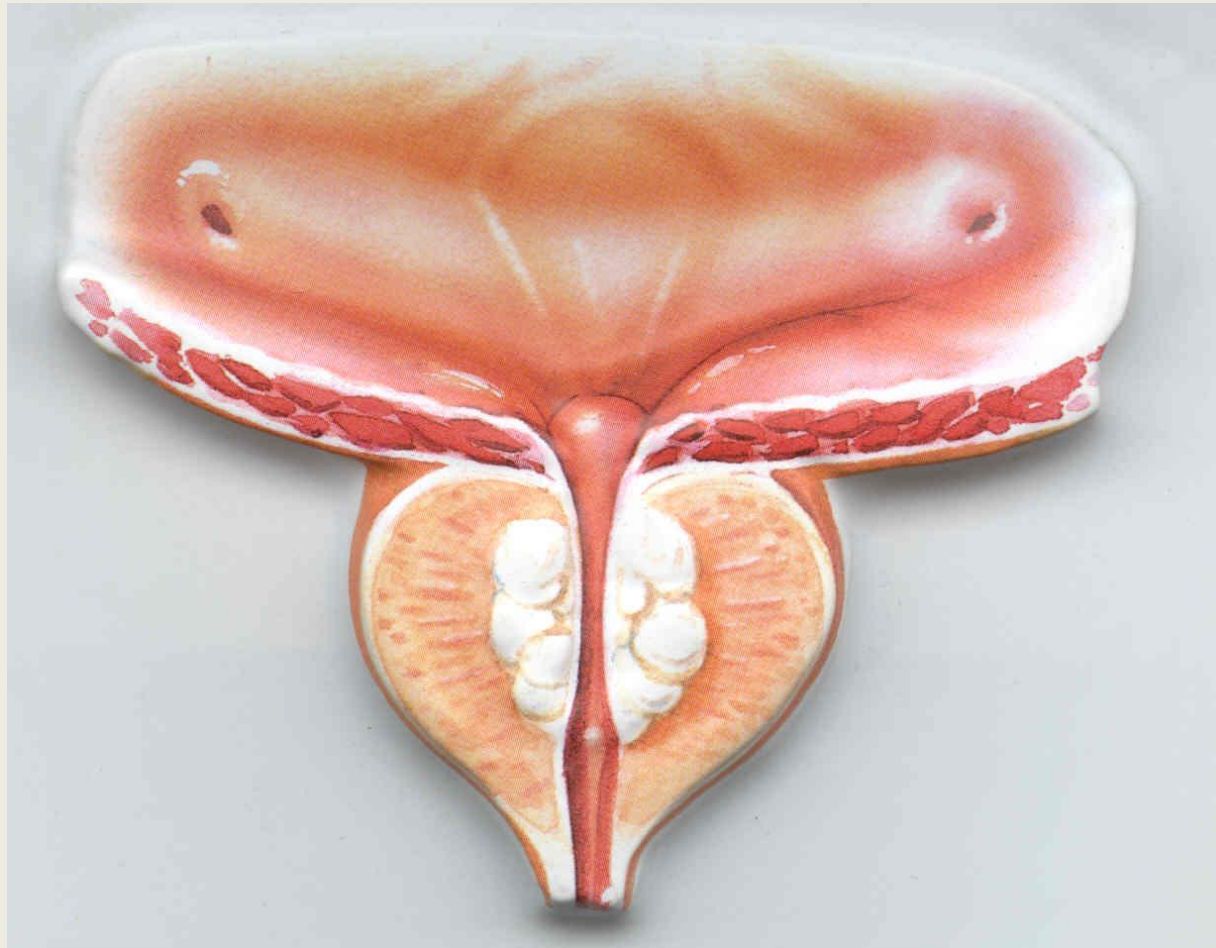
# Normal prostate



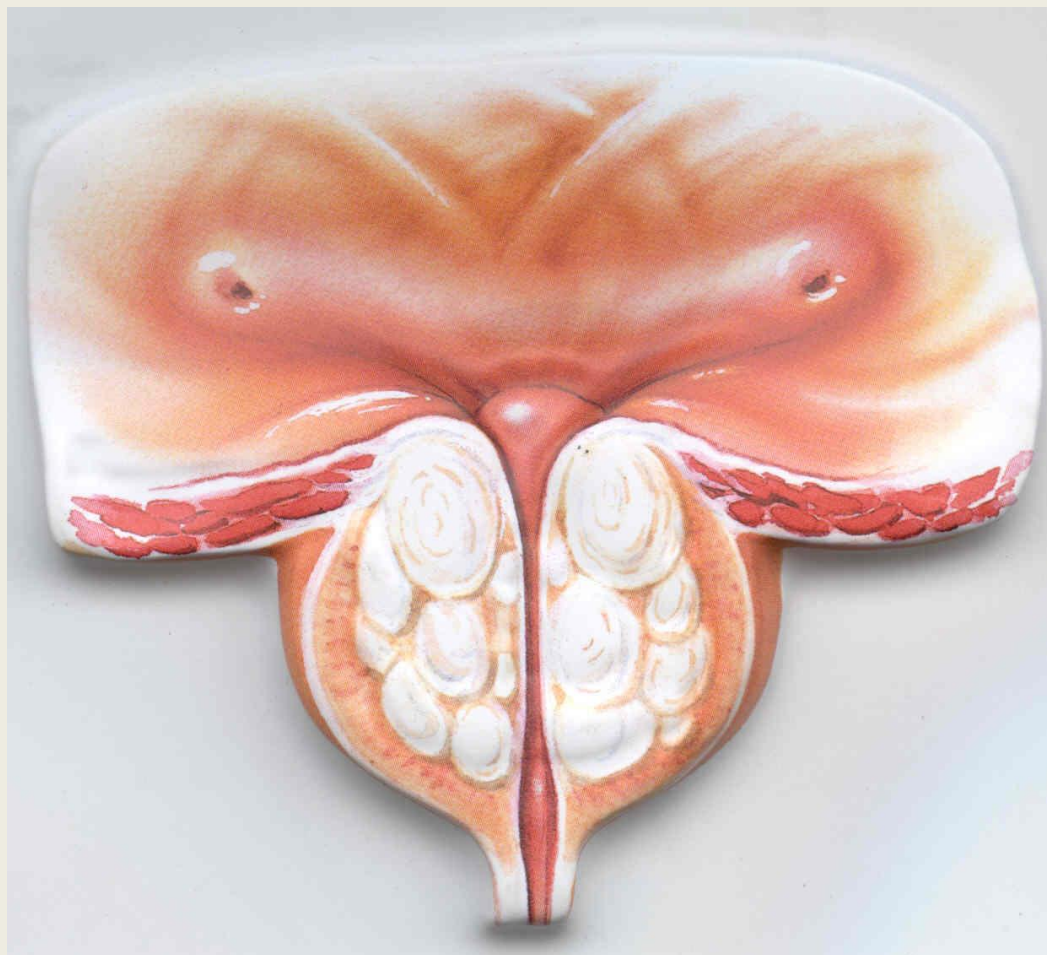
# Early BPH



# Moderate BPH



# Advanced BPH



# How to diagnose BPH

## Self assessment

- International Prostate Symptoms Score(IPSS)
- Voiding diary
- “One-minute test”

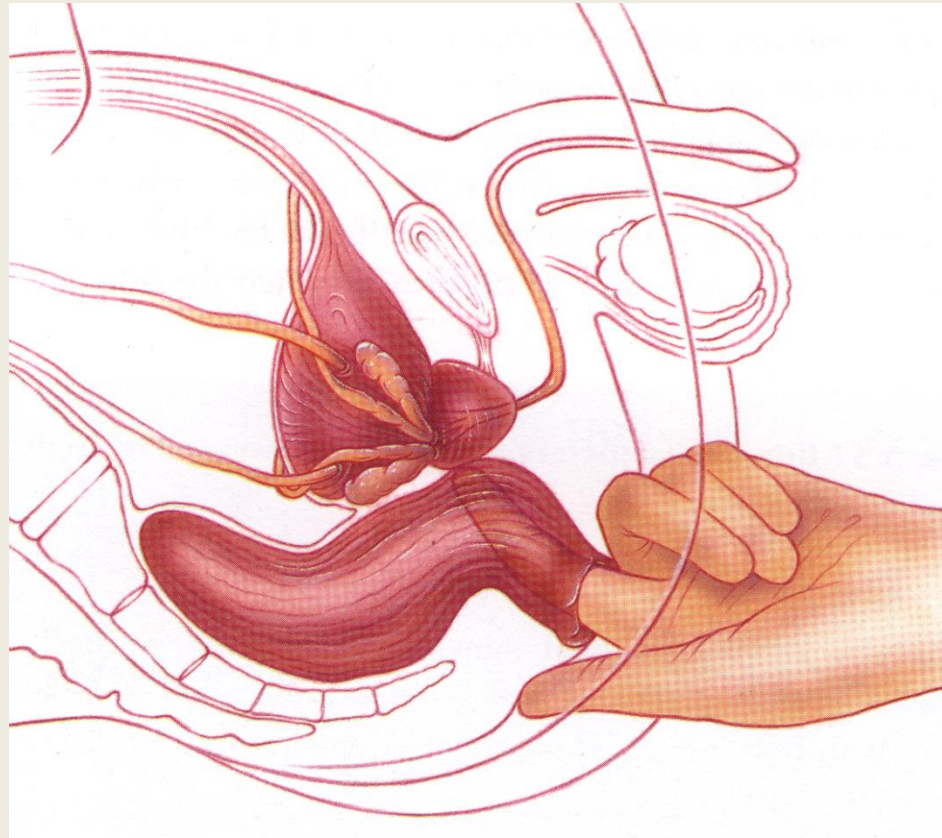


# How to diagnose BPH

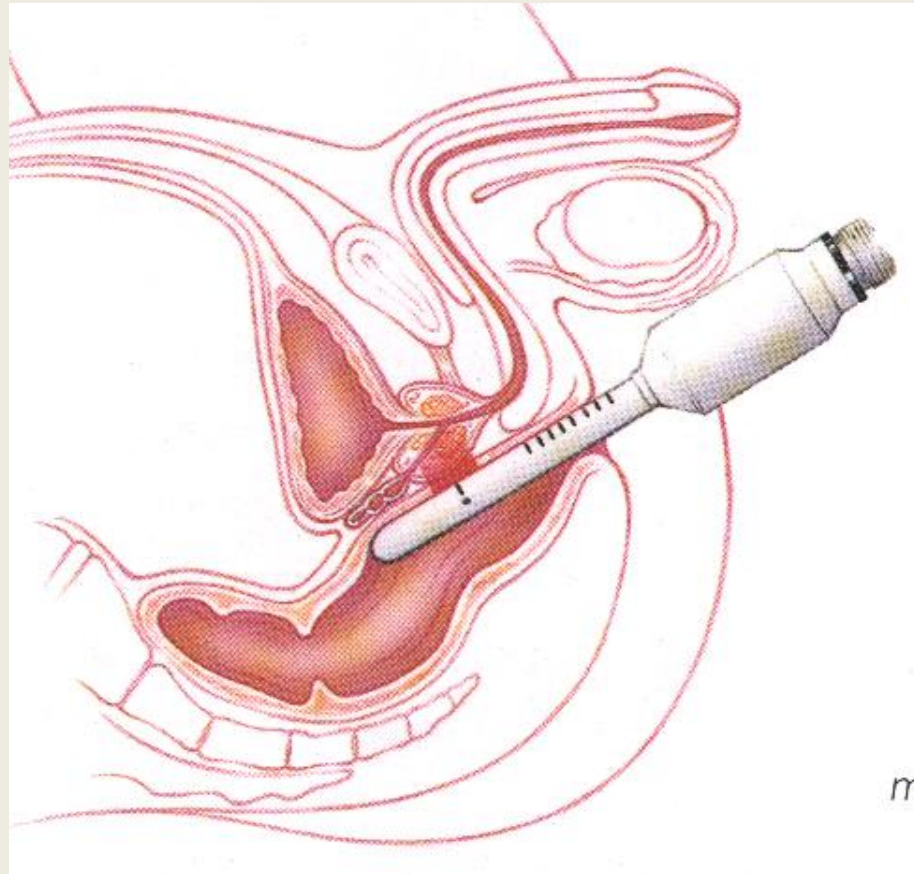
## Specialist's assessment

- Digital rectal examination(DRE)
- Transrectal ultrasound (TRUS)
- Uroflowmetry
- Urodynamic study
- X ray (KUB)
- Cystoscopy

# Digital rectal examination (DRE)



# Transrectal Ultrasound (TRUS)



# 尿流速測試

## Uroflowmetry

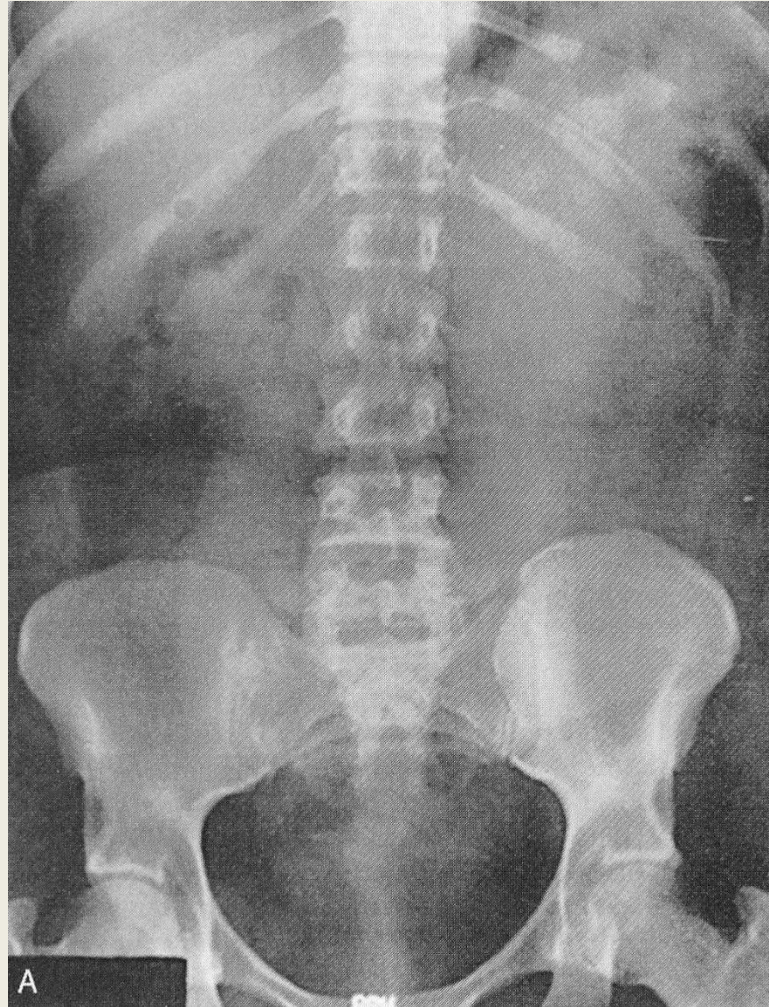


# 泌尿動力學檢查

## Urodynamic study

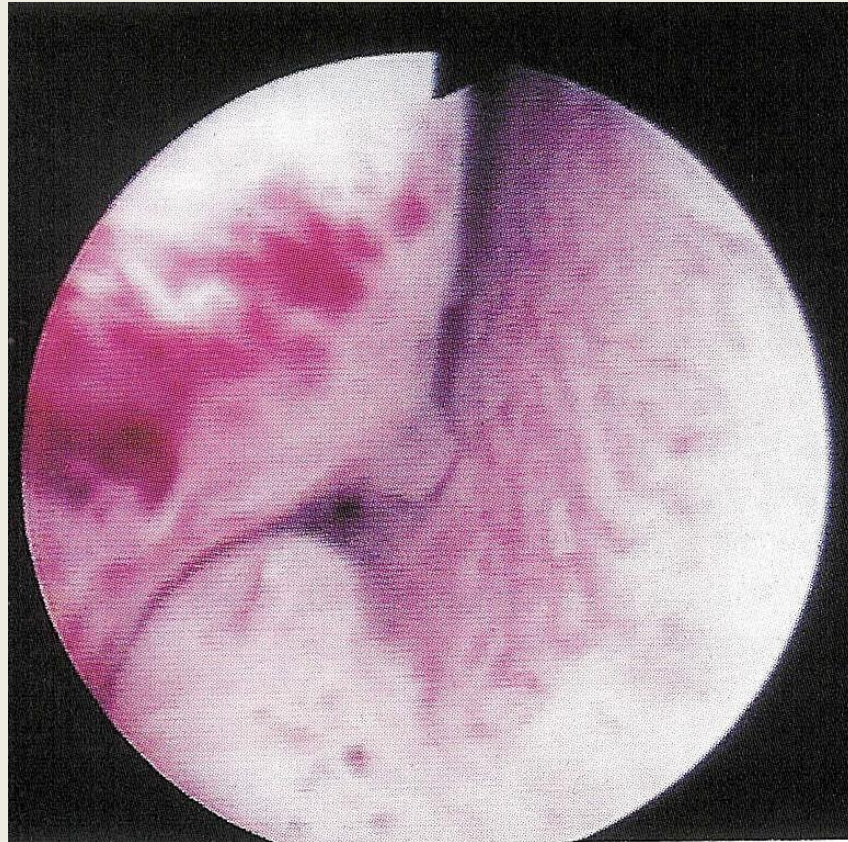


# X ray (KUB)



# 膀胱內窺鏡檢查

## Cystoscopy



# Treatment options

- Active surveillance
- Drug treatment
- Surgical operation

# Active surveillance

Suitable for patients with early BPH

Regular checkup

- PSA

- uroflowmetry

# Drug treatment

- Suitable for moderate BPH

Two kinds of commonly used drugs

**5 $\alpha$ -reductase inhibitors** -control the size

**$\alpha$  blockers** -improve flow rate

# 5 $\alpha$ -Reductase inhibitor

- Slow down prostate enlargement
- Reduce bleeding episodes
  - Slow onset of action
  - Affect PSA monitoring

# $\alpha$ blockers

- Rapid onset of action
  - Will not affect PSA monitoring
  - Effective in reducing urinary symptoms
- 
- First line treatment of BPH

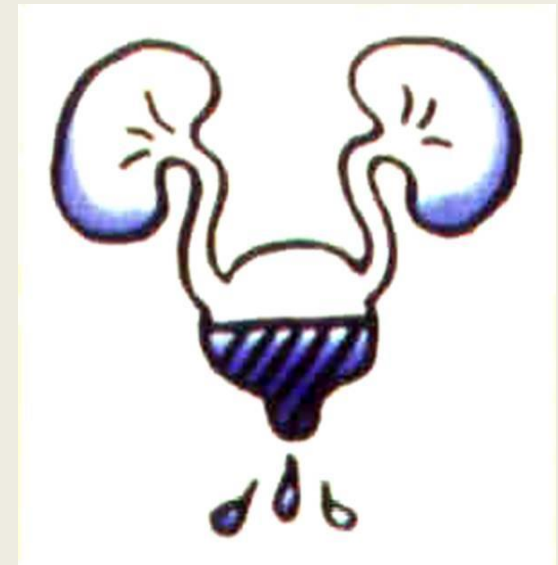
# Surgical operation

- Failed drug treatment
- For severe cases with complications



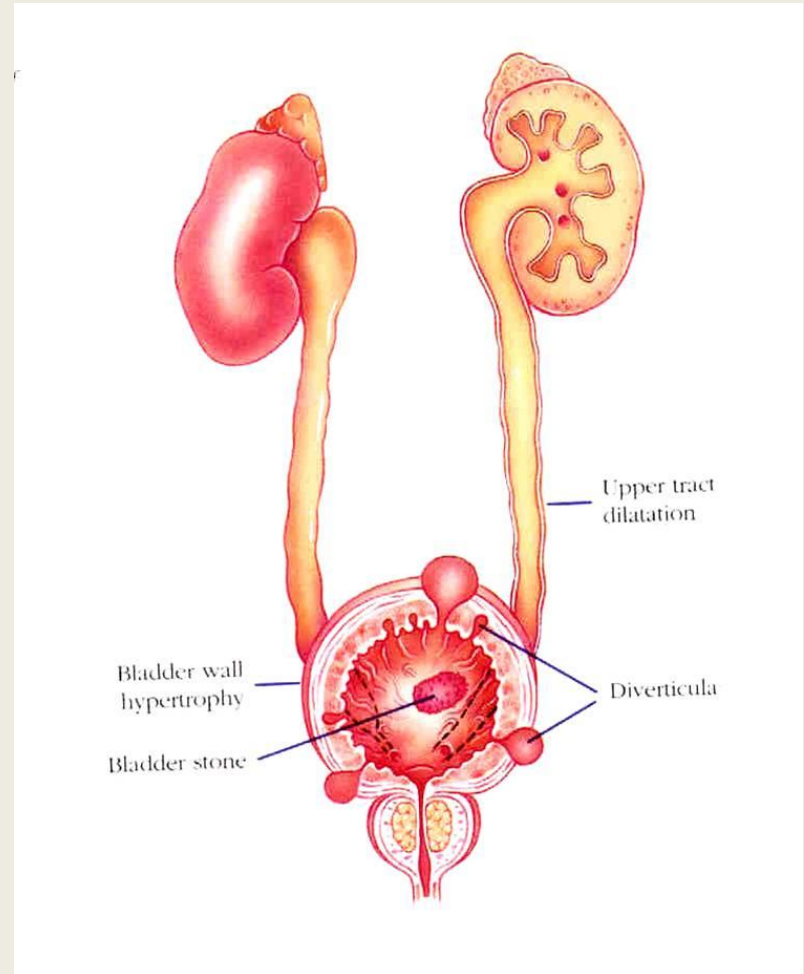
# Severe BPH symptoms

- IPSS higher than 20
- Uroflow less than 10 mL/sec



# Complications

- Acute retention
- Bladder stones
- Infection
- Haematuria
- Renal impairment



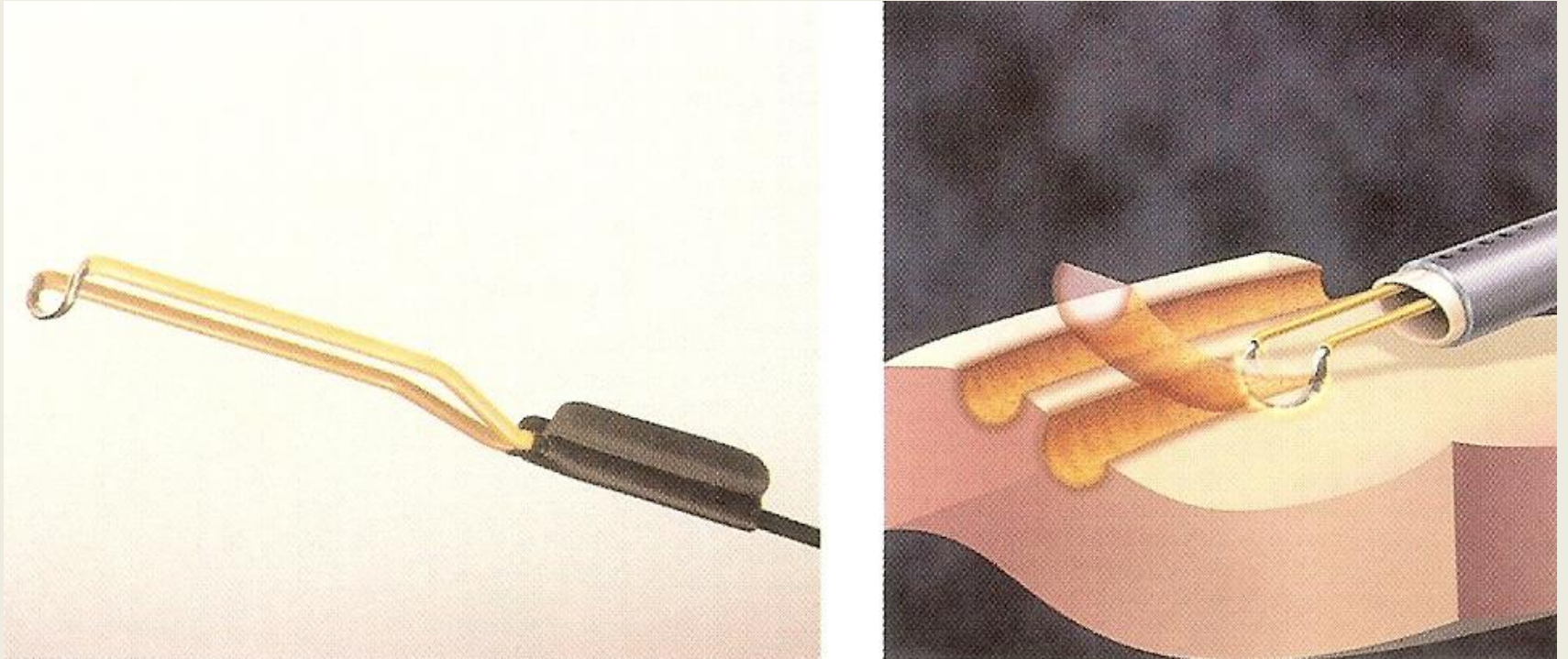
# Minimally invasive surgery

## Transurethral surgery

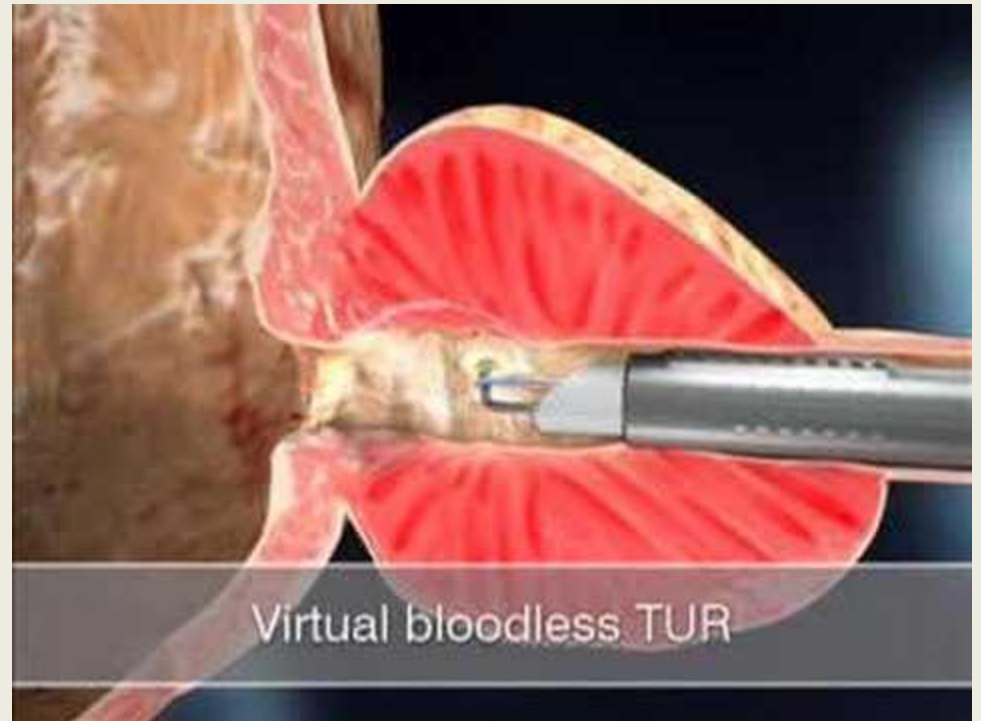
Diathermy/laser/microwave/radiofrequency

- Resection
- Vapourisation
- Coagulation

# TURP 經尿道前列腺切除手術

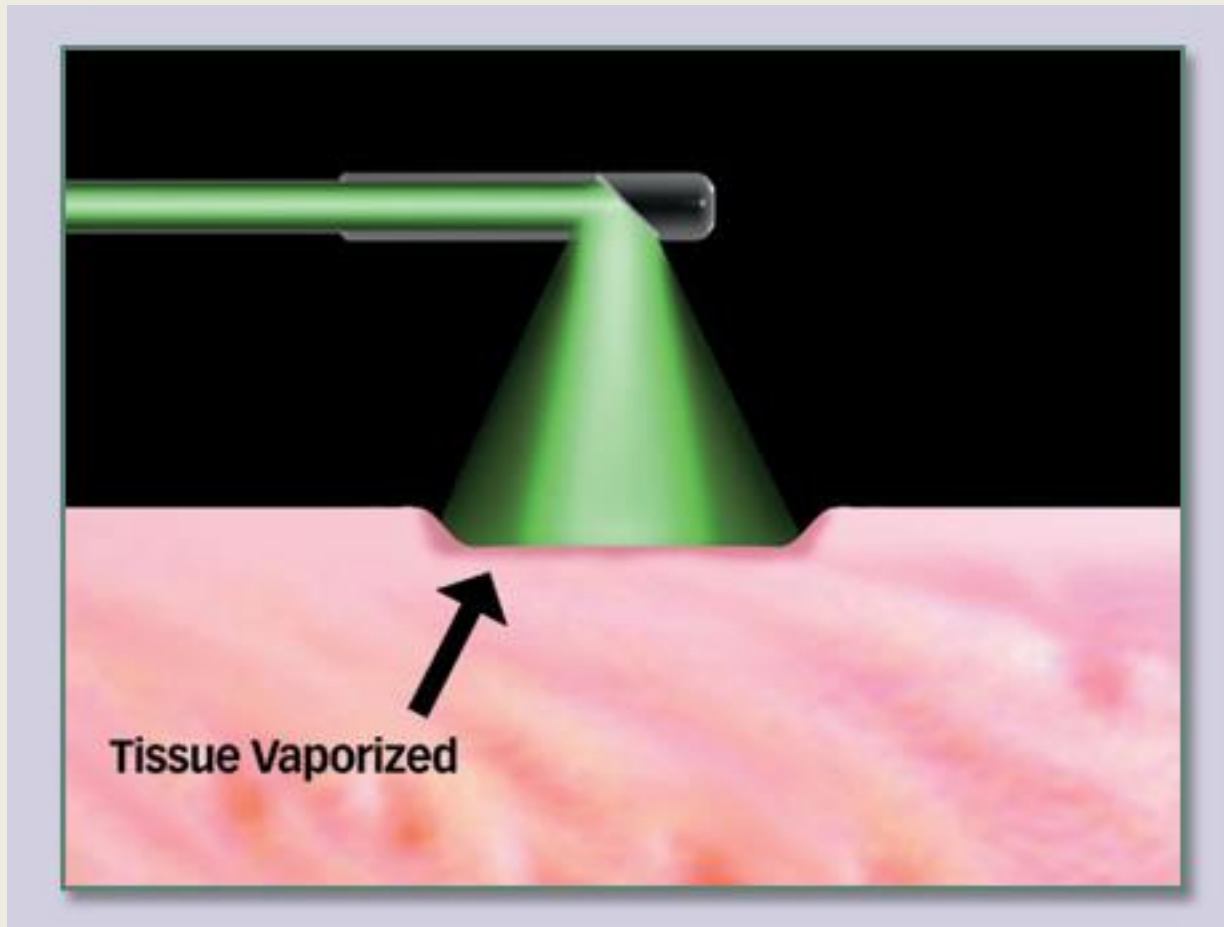


# Plasma vapourization 電漿氣化手術

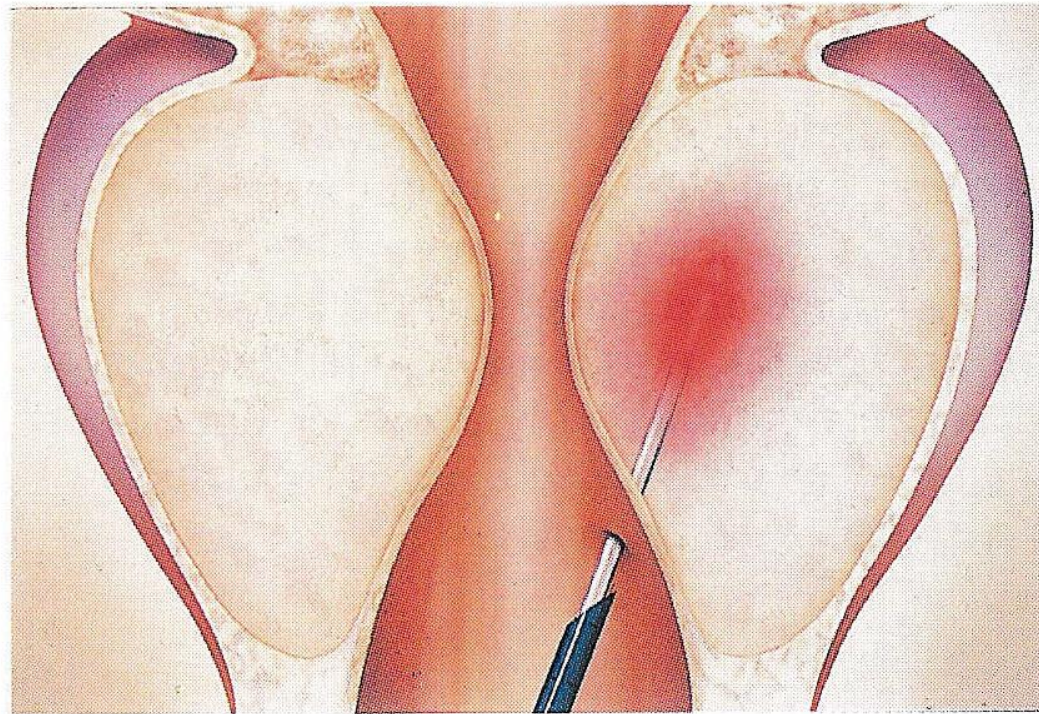


# Laser vapourisation

## 激光氣化手術

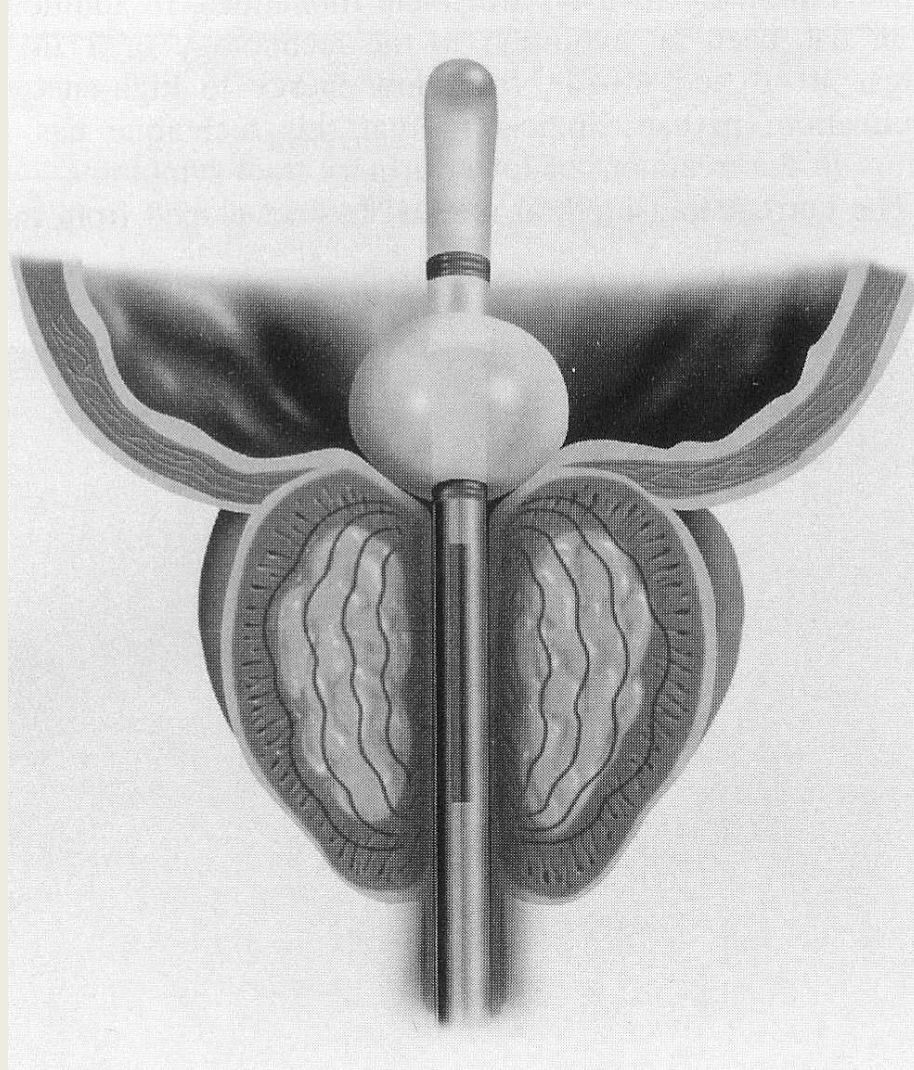


# Interstitial Laser coagulation (ILC)

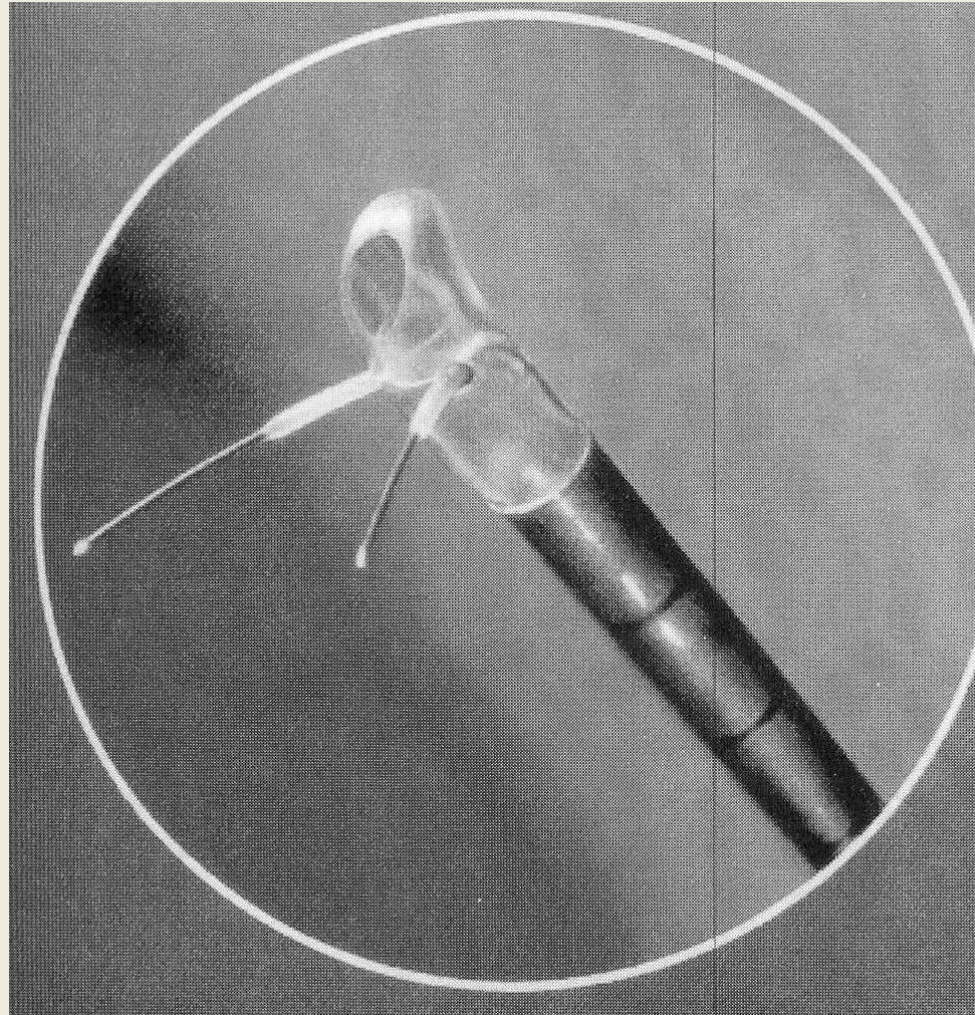


Interstitial laser treatment with indigo diode laser.

# Transurethral Microwave Therapy (TUMT)

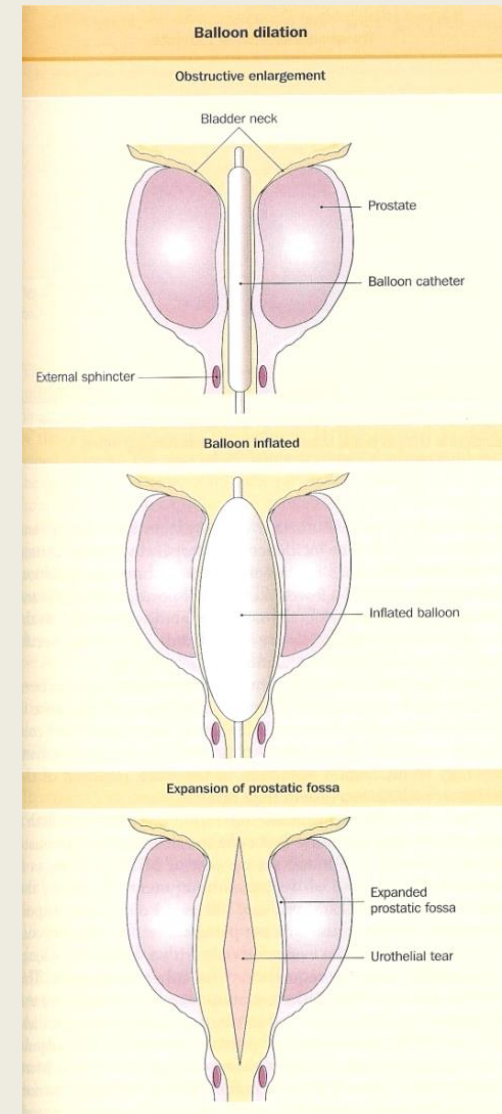
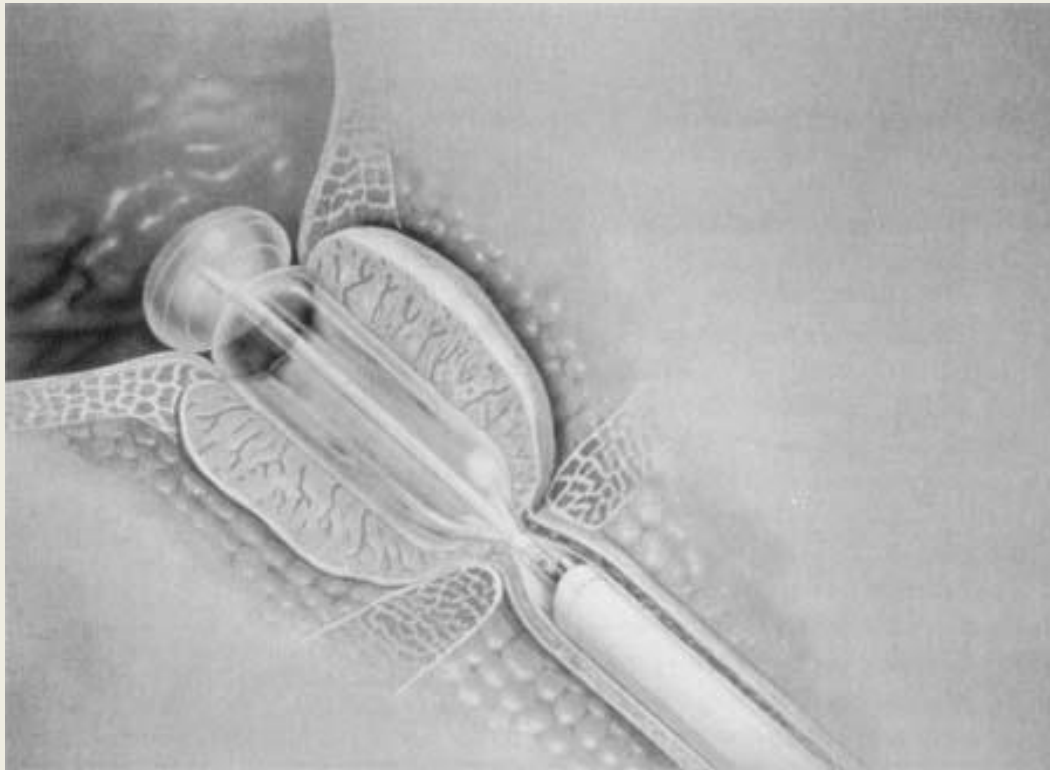


# Transurethral Needle Ablation (TUNA)

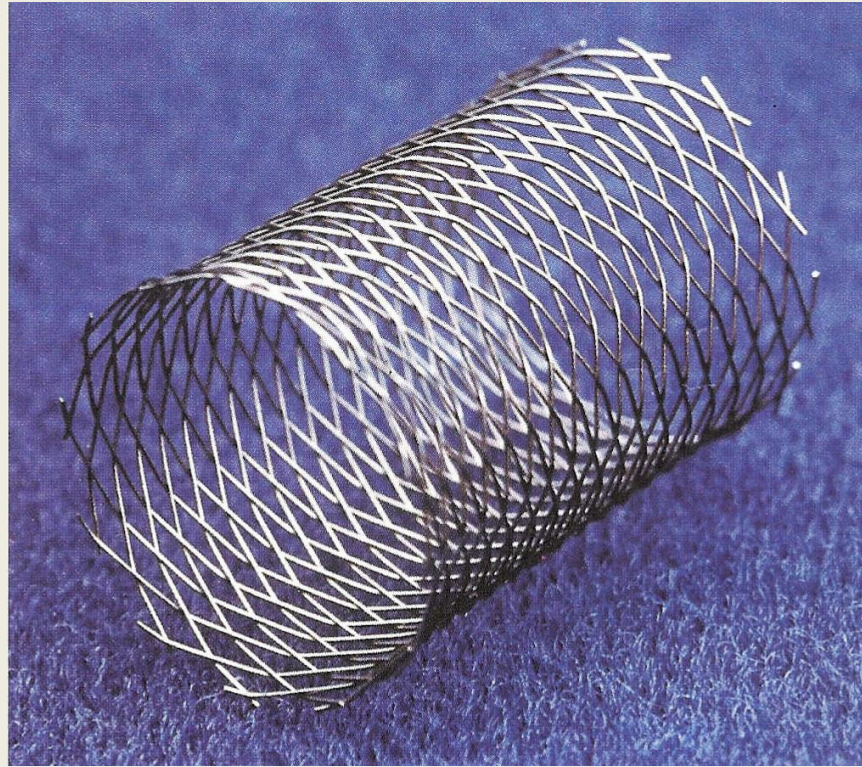


# 汽球擴張術

## Balloon dilation

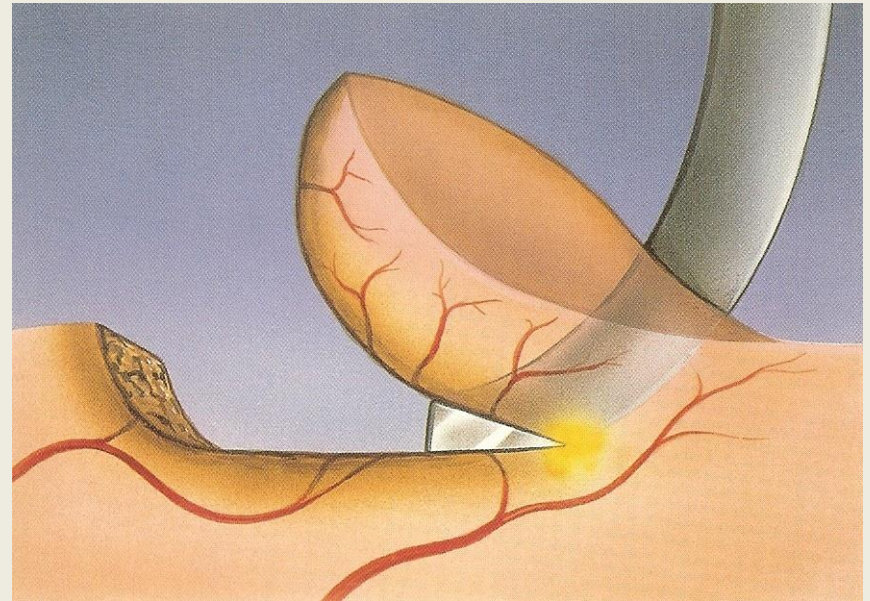


# 前列腺支架 (Prostatic stenting)



# 經尿道前列腺氣化切除術

Transurethral Resection & Vaporisation of Prostate (TURVP)



# Open/laparoscopic surgery



# Prostate Cancer

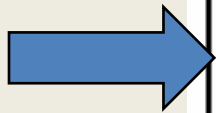


# Trans-peritoneal Surgery



# 3<sup>rd</sup> place in Cancer Incidence

Male 男性				
Rank 排名	Site 部位	No. 發病數字	Rel. freq. 百分比	Crude rate* 粗發病率*
1	Lung 肺	2,940	20.6%	88.4
2	Colorectum 大腸	2,564	18.0%	77.1
3	Prostate 前列腺	1,631	11.4%	49.0
4	Liver 肝	1,364	9.6%	41.0
5	Stomach 胃	684	4.8%	20.6
6	Nasopharynx 鼻咽	595	4.2%	17.9
7	Non-melanoma skin 非黑色素瘤皮膚	434	3.0%	13.0
8	Non-Hodgkin lymphoma 非霍奇金淋巴瘤	432	3.0%	13.0
9	Kidney and other urinary organs except bladder 腎及其他泌尿器官(膀胱除外)	368	2.6%	11.1
10	Lip, oral cavity and pharynx except nasopharynx 唇、口腔及咽(鼻咽除外)	361	2.5%	10.8
	All Sites 所有部位	14,267	100.0%	428.8



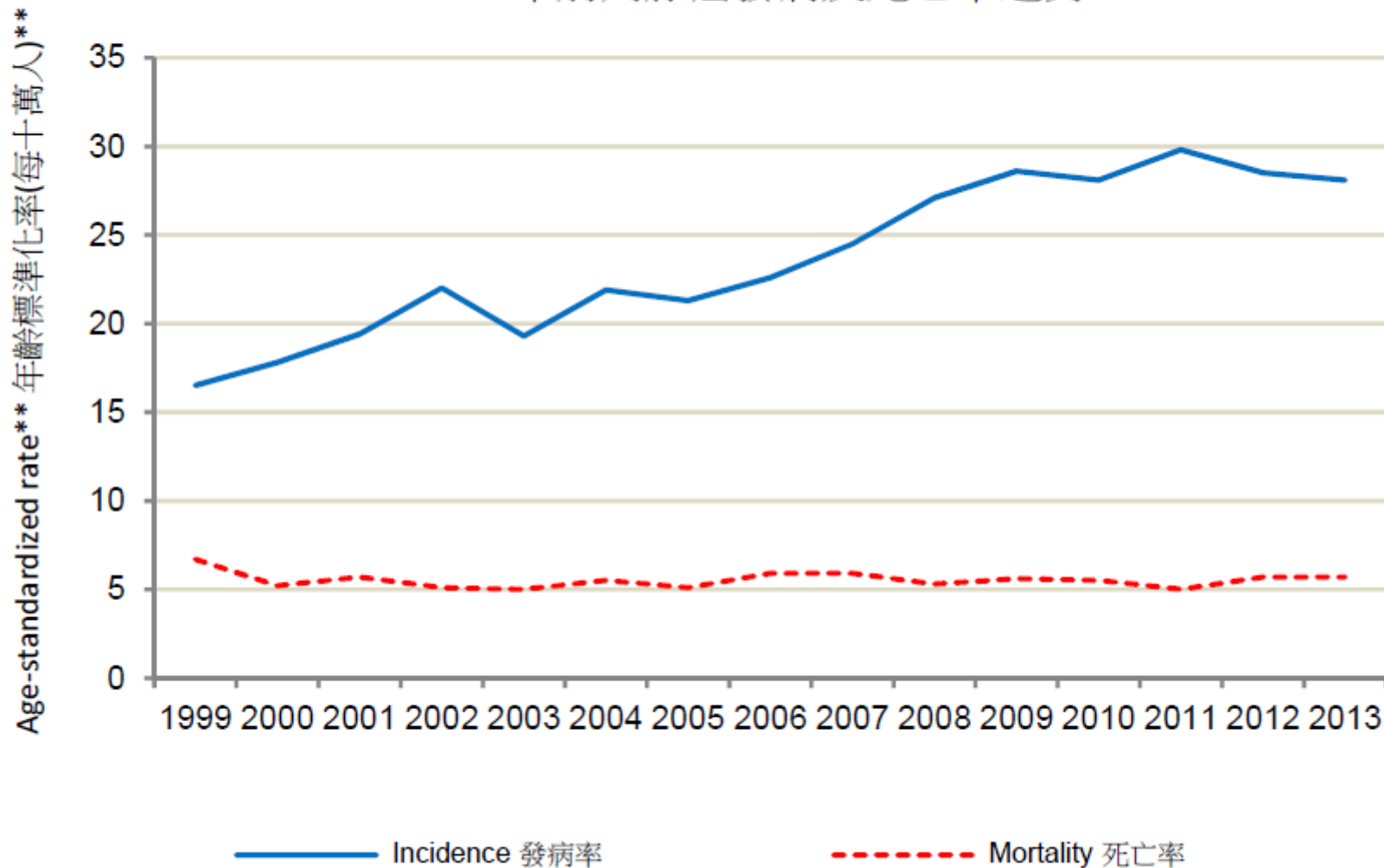
# Cancer death rate 2012

Male 男性				
Rank 排名	Site 部位	No. 死亡數字	Rel. freq. 百分比	Crude rate* 粗死亡率*
1	Lung 肺	2,597	32.7%	78.1
2	Colorectum 大腸	1,079	13.6%	32.4
3	Liver 肝	1,045	13.2%	31.4
4	Stomach 胃	379	4.8%	11.4
5	Prostate 前列腺	362	4.6%	10.9
6	Pancreas 胰腺	287	3.6%	8.6
7	Nasopharynx 鼻咽	255	3.2%	7.7
8	Oesophagus 食管	250	3.2%	7.5
9	Non-Hodgkin lymphoma 非霍奇金淋巴瘤	197	2.5%	5.9
10	Leukaemia 白血病	181	2.3%	5.4
	All Sites 所有部位	7,933	100.0%	238.4



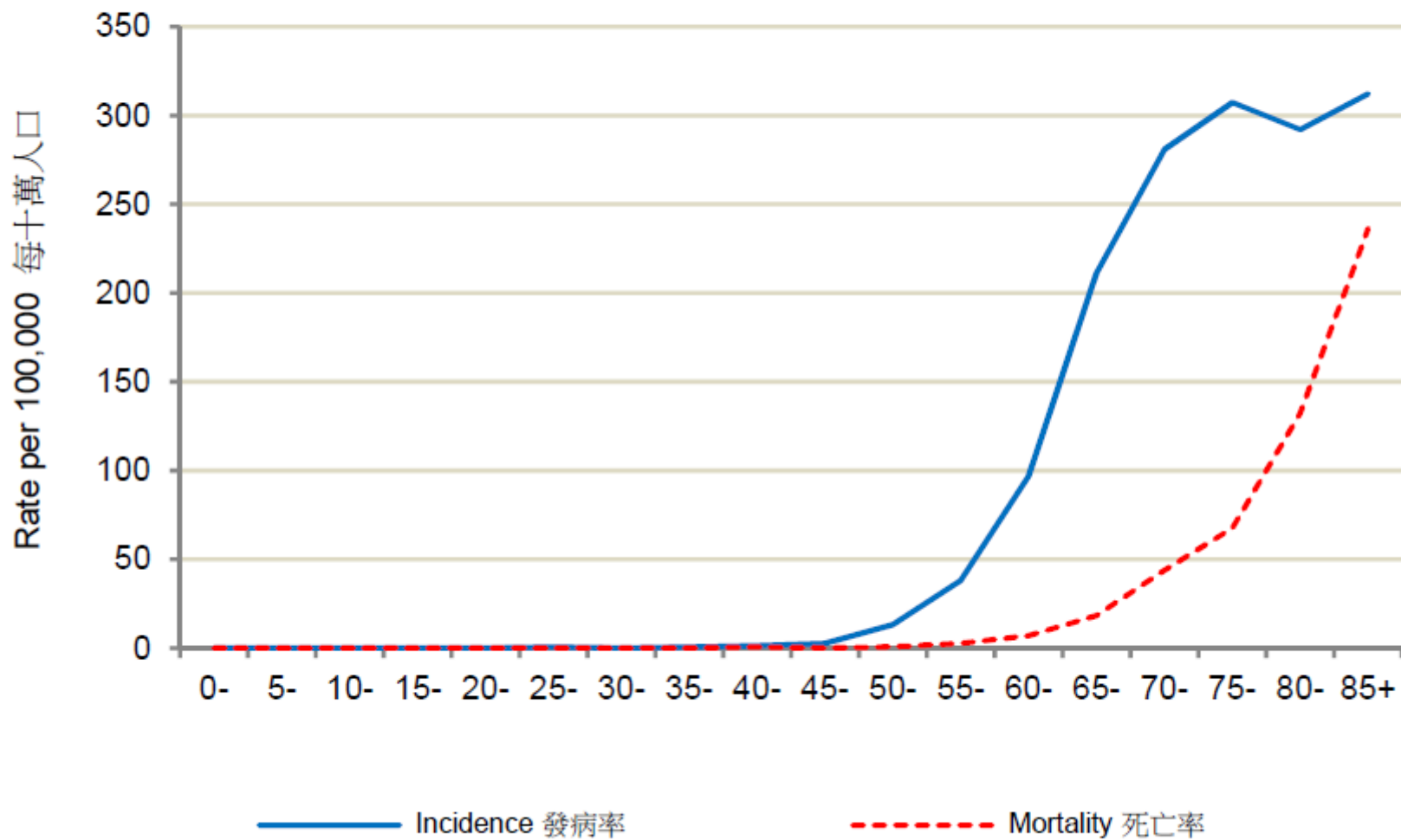
# Incidence and Mortality Trends for Prostate Cancer by Sex, 1999-2013

## 1999-2013年前列腺癌發病及死亡率趨勢



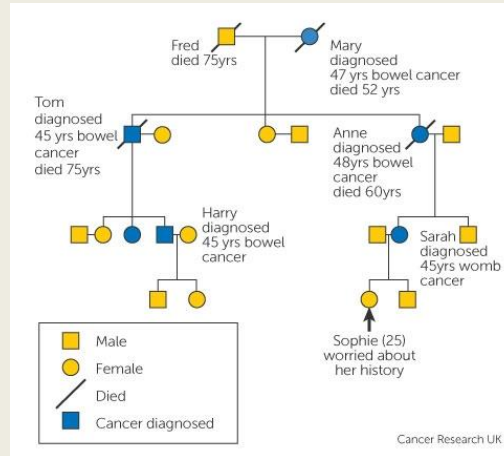
# Age-specific Incidence and Mortality Rates for Prostate Cancer in 2013

## 2013年按年齡組別分佈的前列腺癌發病及死亡率



# Cause of Prostate Cancer

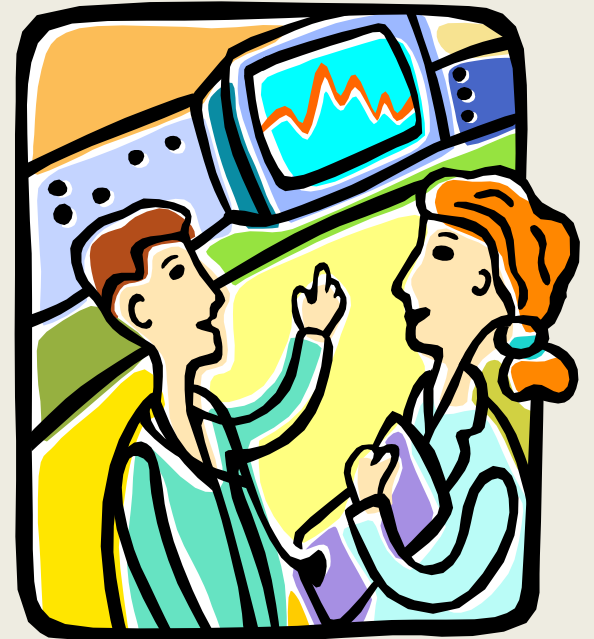
- Congenital
  - inheritance



- Acquired
  - Advanced age
  - Carcinogens



# How to diagnose Prostate Cancer



# Early Prostate Cancer

May have no symptom at all

May be very similar to BPH

# Detection of Prostate Cancer

Basic investigation:

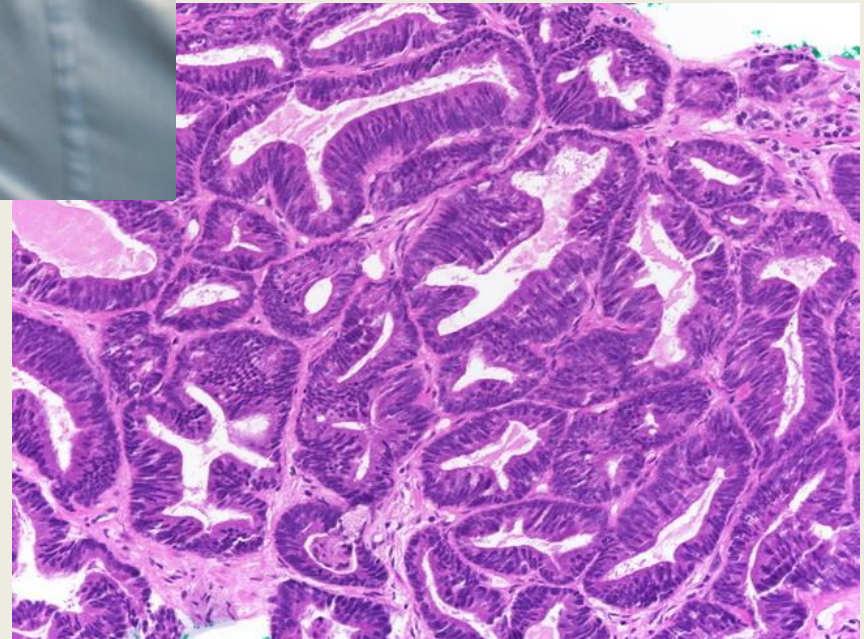
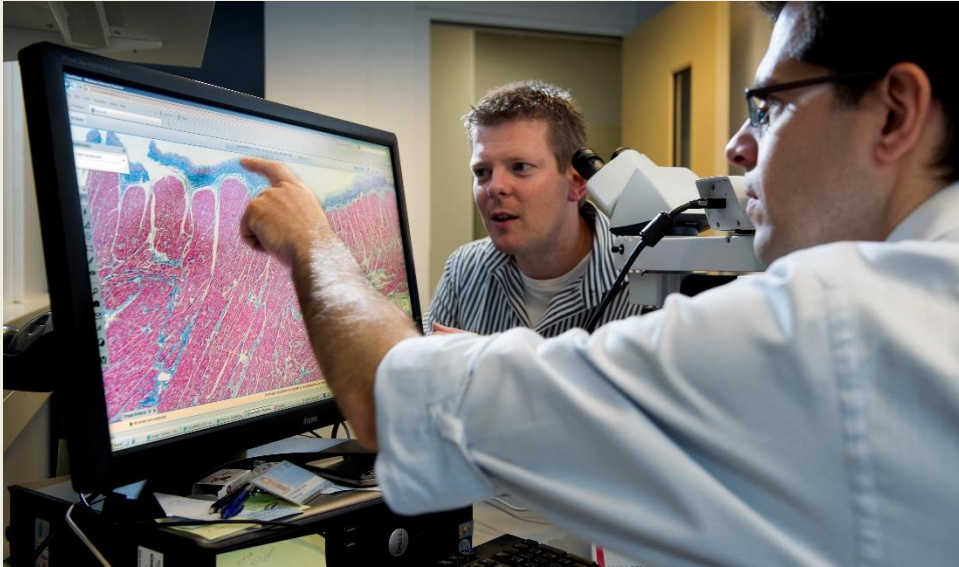
- History/physical exam
- Digital rectal exam (DRE)
- (PSA)



# Prostate Specific Antigen (PSA)

- Less than 4  $\mu\text{g/L}$  Cancer risk:
- Higher than 4  $\mu\text{g/L}$  30% Prostate Cancer

# Histo-pathology

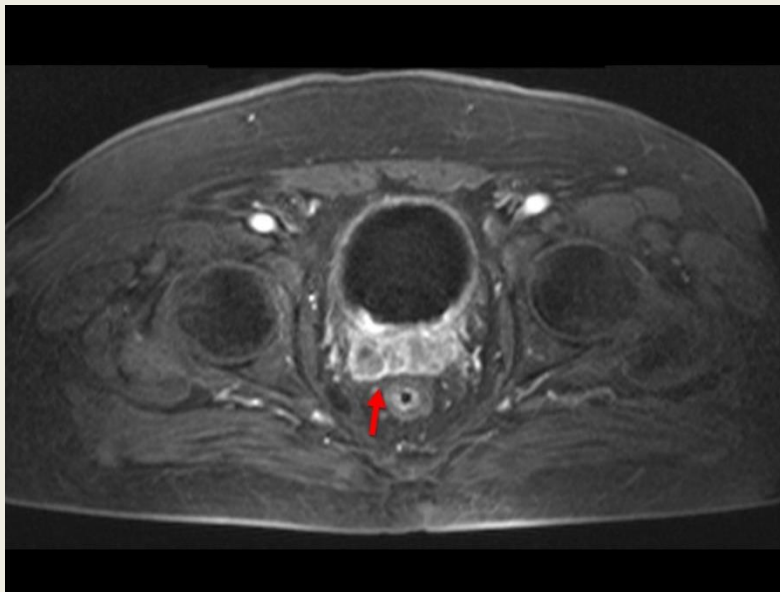


# First question in cancer patients' mind

- Any spread ?
- Early or late stage ?

# 核磁共振攝影 (MRI) 或 電腦斷層掃描 (CT)

- Quality images
- Locate tumour
- Assess local invasion



# 放射性同位素 骨掃描

## Radioisotope bone scan

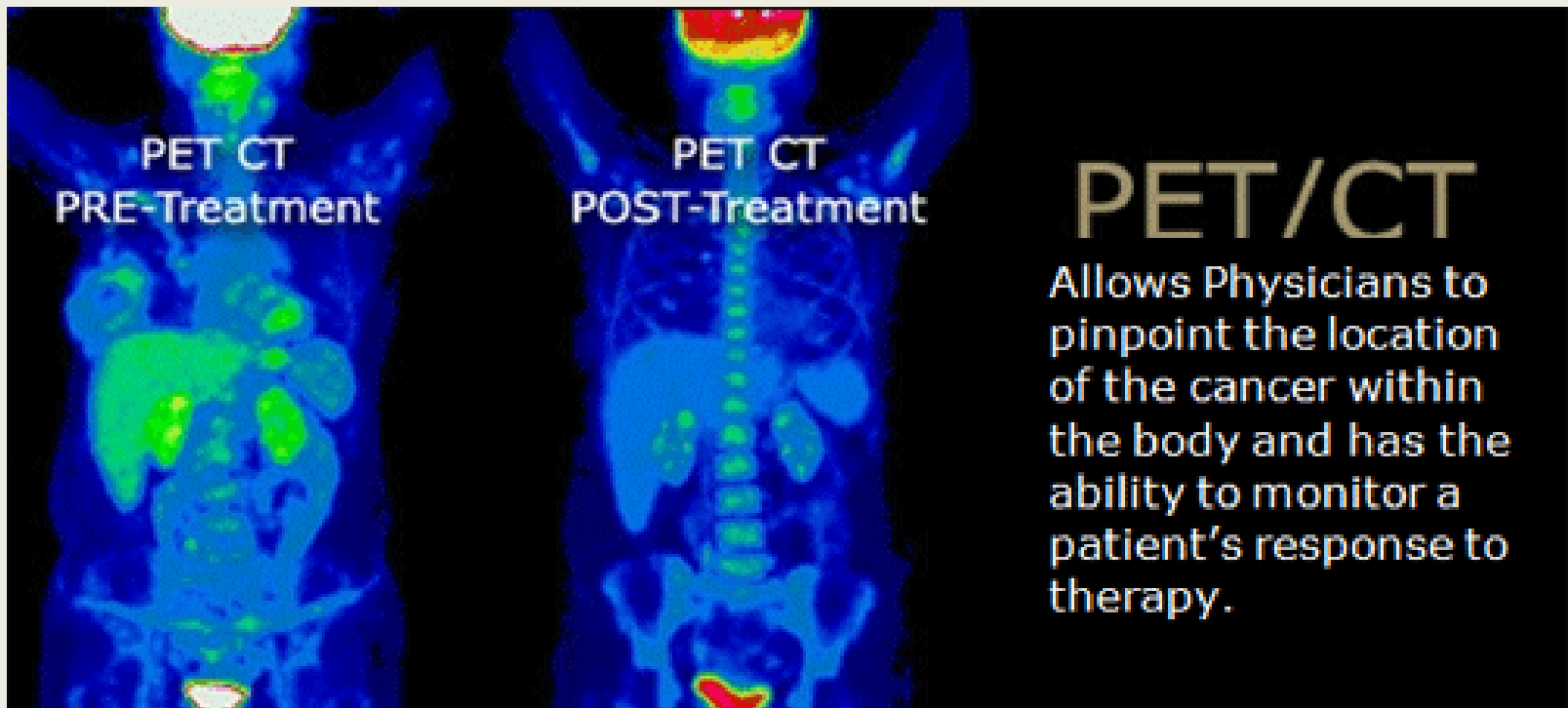
Very sensitive

To detect bony metastasis

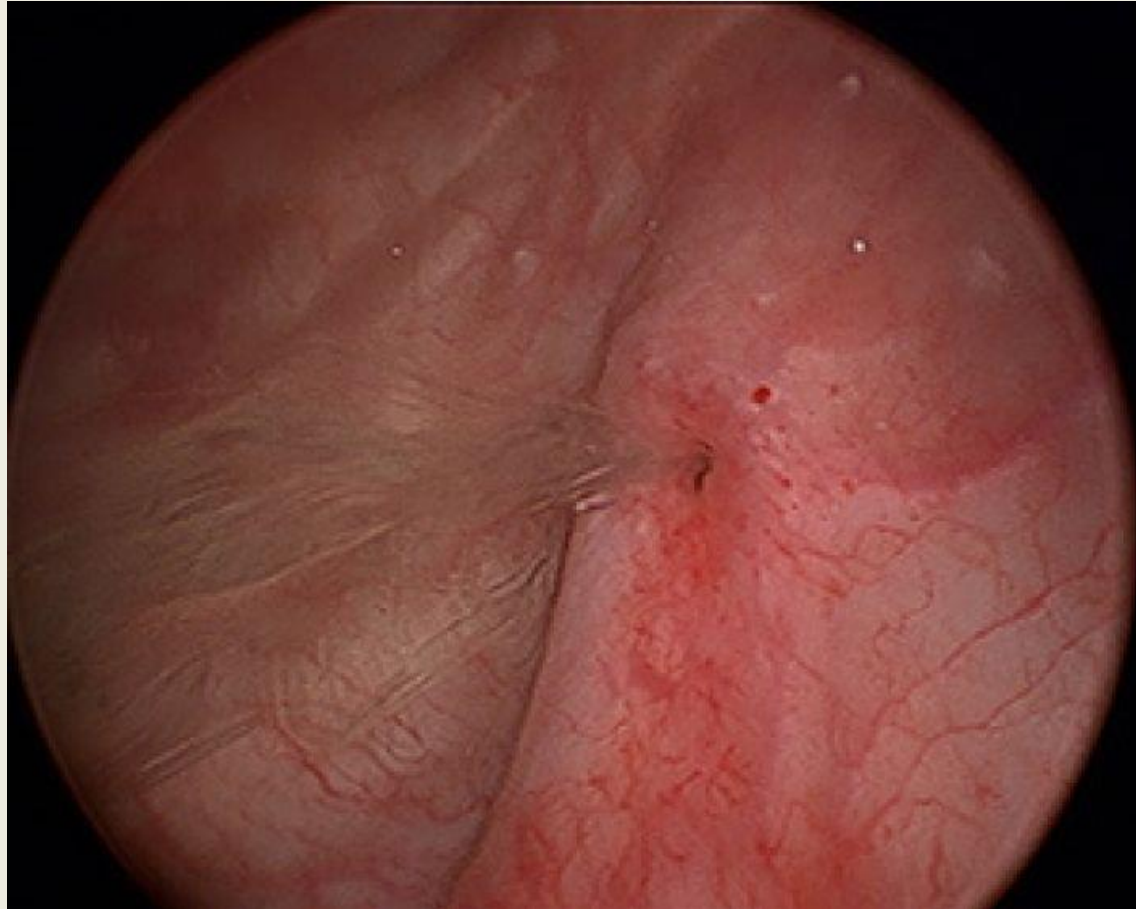


# 正電子及電腦雙融掃描 (雙示踪劑)

Positron Emission Tomogram PET/CT (Dual tracers)



# 膀胱鏡 (Cystoscopy)



# 前列腺癌的分期

局限於前列腺內，  
通常無症狀，DRE不能發現。 T1

局限於前列腺內，  
無症狀，DRE能夠發現。 T2

排尿困難和尿痛等，  
擴散入前列腺周圍。 T3

淋巴結和遠處轉移。 T4

# Treating Prostate Cancer

Three important points to consider:



**Age**

**Past health**

**Cancer staging**

# 治療 Treatment

- Active surveillance 積極觀察
- Radical surgery 根治性手術
- Radiotherapy 放射治療
- Hormonal therapy 激素治療
- Chemotherapy 化療
  - ✓ Multi-disciplinary Management of Prostate Cancer
  - ✓ 前列腺癌多元綜合治療

# Tumour staging

## Early stage

- Chance of radical treatment
- Surgery or Radiotherapy

## Late stage

- Control tumour progression & Palliation
- Hormonal treatment or Chemotherapy

# Radical prostatectomy

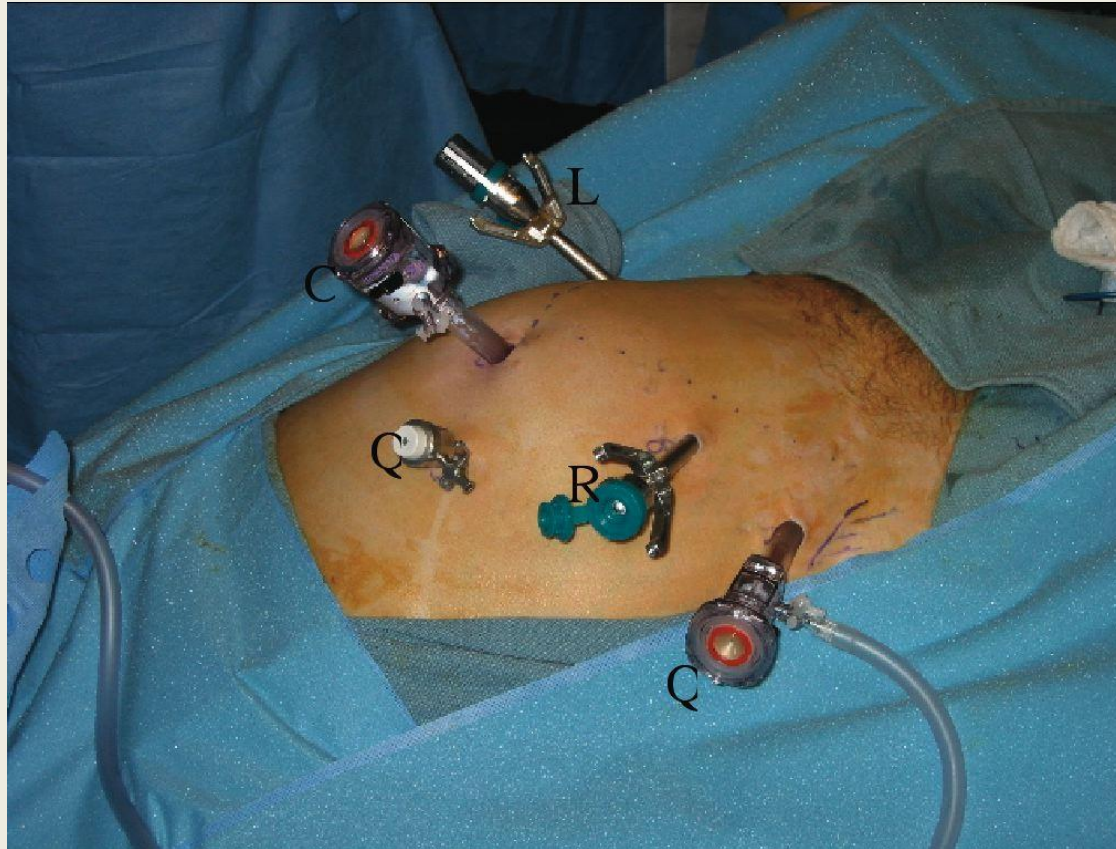
Open surgery



**Robotic-assisted**

**達文西機械手臂**

# Laparoscopic surgery



# Da Vinci System

## 達文西手術系統



# Da Vinci System

## 達文西手術系統



# 放射治療 Radiation Therapy



# 荷爾蒙治療 Hormonal Therapy



# 第二線荷爾蒙藥物

## Second line Hormonal Therapy

### Introduction

- **Brand name:** ZYTIGA®
- **Generic name:** abiraterone acetate
- **Approval:** 2011
- **Manufacturer:** Janssen Biotech,

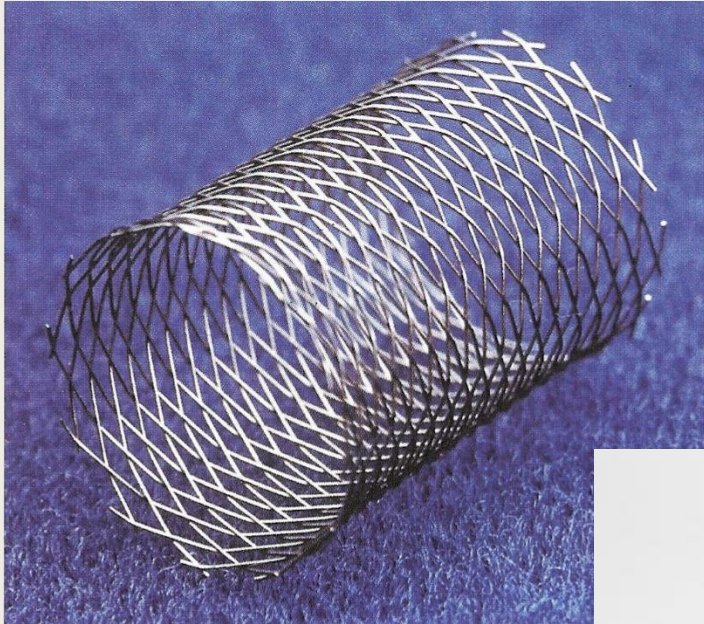


# Combination with chemotherapy

- Large tumour load
- Metastatic disease
- Late stage disease



# 舒緩治療 Palliative Treatment



# 重要訊息

及早診斷，至為重要

- 40歲後
- 吸煙人士
- 有前列腺病徵
- 有家族病史
- 約見泌尿外科醫生
- 接受肛門指檢
- 定期驗血 (PSA)
- 如有懷疑  
及早接受前列腺活檢

## 預防勝於治療，要：

- 認識前列腺疾病
- 定期檢查
- 及早求醫







# 恭賀香港前列腺基金正式成立誌慶



食物及衛生局局長  
高永文醫生 BBS JP



慈心恤患  
福澤羣倫



香港前列腺基金名譽贊助人  
泌尿科醫生 GBM GBS OBE JP

開拓社會力量  
守護男士健康



香港前列腺基金會創辦人  
張淑儀醫生

服務熱心  
積德善行



香港中文大學醫學院院長  
陳家高教授 JP

惠澤人群



衛生署醫員  
陳漢儀醫生 JP

宏圖發展  
健道廣揚



醫院管理局行政總監  
梁栢賢醫生 JP

熱心公益  
共建社會



九龍樂善堂主席  
施家殷先生

樂善好施  
關愛社群



聖雅各福祿會副幹事  
李玉芝女士

惠澤人群



香港聖約翰救傷隊總監  
馬正興醫生 BBS, CSU

服務熱心  
積德善行



聯興士人士協會有限公司主席  
余啟賢先生 MH OSU

熱心公益  
共建社會

## 香港前列腺基金理事會



理事  
潘明駁醫生



義務秘書  
麥耀敬醫生



創辦人及主席  
黃耀田醫生



義務司庫  
梁廣泉醫生



理事  
鄭志文醫生

## 香港前列腺基金榮譽顧問團 (排名不分先後)

張淑儀醫生  
李耀榮醫生  
黃國基醫生

華堅醫生  
羅光彥醫生  
黃偉慶醫生

梁志偉醫生  
葉樹鏞教授  
游子賢醫生

傅惠霖醫生  
吳志輝教授  
葉錦洪醫生

侯仕明醫生  
潘冬平教授  
姚銘廣醫生

鄭維基醫生  
談寶鏗醫生

文志衛醫生  
黃傑生醫生

## 專科護士代表

李妙玲小姐

嚴美心小姐

呂嘉樂先生

杜海柱先生

李淑賢小姐

吳秀來小姐

## 病人組織代表

藍潮養先生

吳偉麟先生

曾建平先生

徐文華先生

## 香港前列腺基金免費測試暨健康講座

香港前列腺基金成立典禮將於 5 月 27 日假香港跑馬地黃泥涌道 133 號禧山社區會堂舉行，當日更特別舉辦「香港前列腺基金免費測試暨健康講座」，讓大眾對前列腺健康問題更加認識。首 100 名出席男士更可獲免費前列腺特異抗原 (PSA) 測試，查詢請電：2506 8426。

\*名額有限，先到先得



Organizer

HONG KONG PROSTATE FOUNDATION  
THE PROSTATE FOUNDATION OF HONG KONG  
香港前列腺基金會



PROSTATE HEALTH *starts with us*

前列腺健康 由我做起

2016年9月1日

前列腺健康  
由我做起

PROSTATE  
HEALTH

*starts with us*











Organizer:

HONG KONG PROSTATE FOUNDATION  
香港前列腺基金會



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前列健康 *由我做起*

2016

PROSTATE  
HEALTH

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由我做起





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香港前列腺基金



謝謝!