

Prostate Cancer on the Rise in HK

Prostate cancer is one of the most common diseases among men. In Hong Kong, the incidence of prostate cancer is growing; especially those men aged over 60. Prostate cancer occurs when its cells become abnormal and grow in an uncontrolled way. The causes of prostate cancer remain unknown, although some risk factors have been identified, including family history of prostate cancer, abnormal level of male hormone, high intake of fat, multiple sexual partners, and close contact with carcinogen.

Prostate cancer does not show any symptoms in early stage. However, if the tumor spreads to urethra, patients will experience urinary problems like urinary frequency, bed-wetting, pain urination, dysuria and having blood urine, etc. If the tumor spread to the spine, it may cause low back pain or other pains.

There are several ways to detect the presence of prostate cancer, including digital rectal exam, blood test for checking prostate specific antigen (PSA) and ultrasound techniques.

Its treatment depends on the extent of the tumor, as well as the health status of the patients. Medication, radiation therapy and surgery are the common methods for prostate cancer. Medication helps to deprive male hormone and suppress the growth of the tumor. Radiation therapy and surgery are recommended for early stage of prostate cancer.

Early detection of prostate cancer is essential for men, so men aged over 50, who have family history of prostate cancer should have regular check up.