

Men's Health

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Ministry of Health

“We care about
mens’ health”



Screening Budgets

■ Cervical cancer	\$40 million
	\$165 million

■ Breast Cancer	\$60 million
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■ Prostate Cancer	\$ 0
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Prostate Cancer

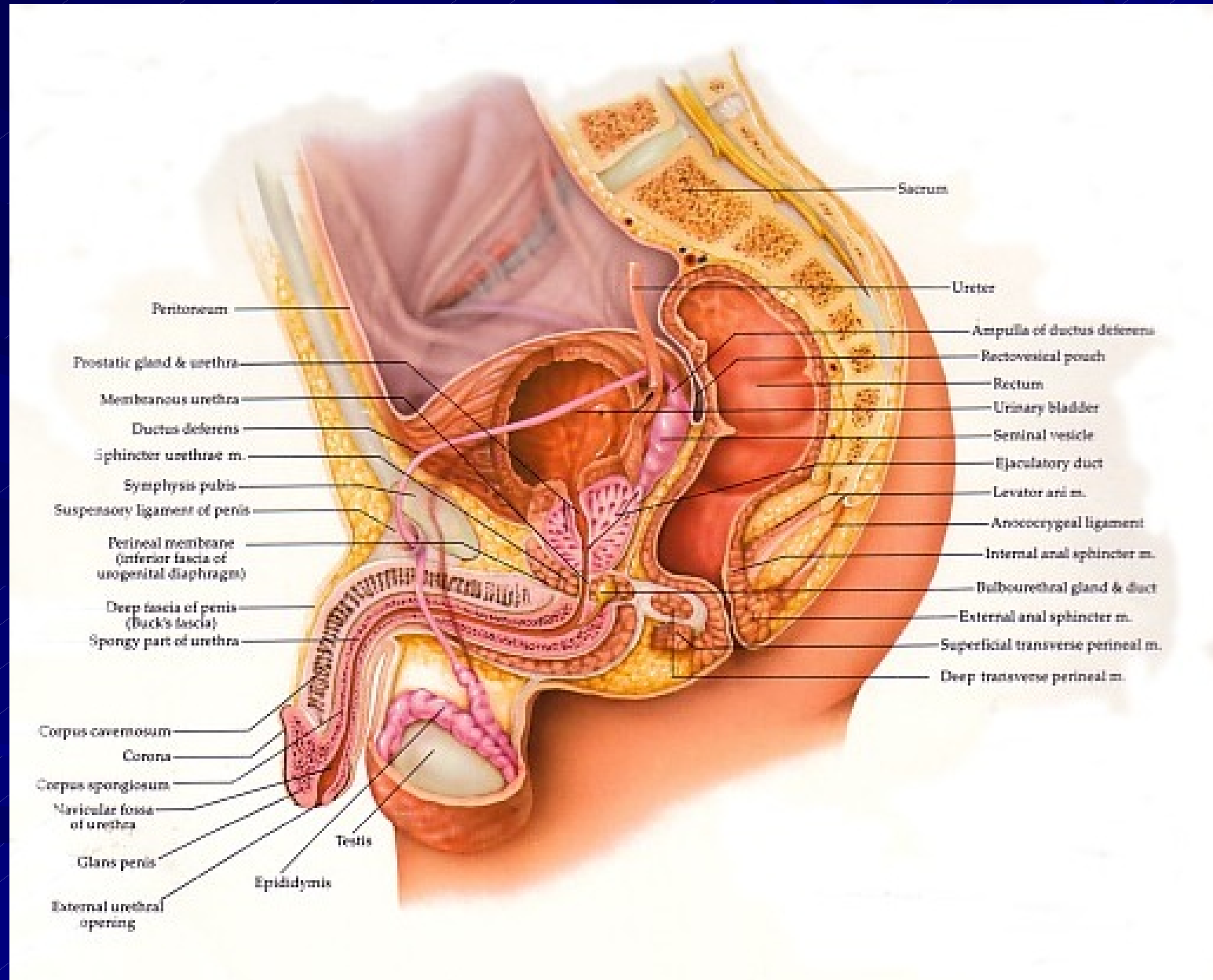
- 2nd most common cause of cancer death after lung (bowel no 3)
- 4/100 male deaths

Risks

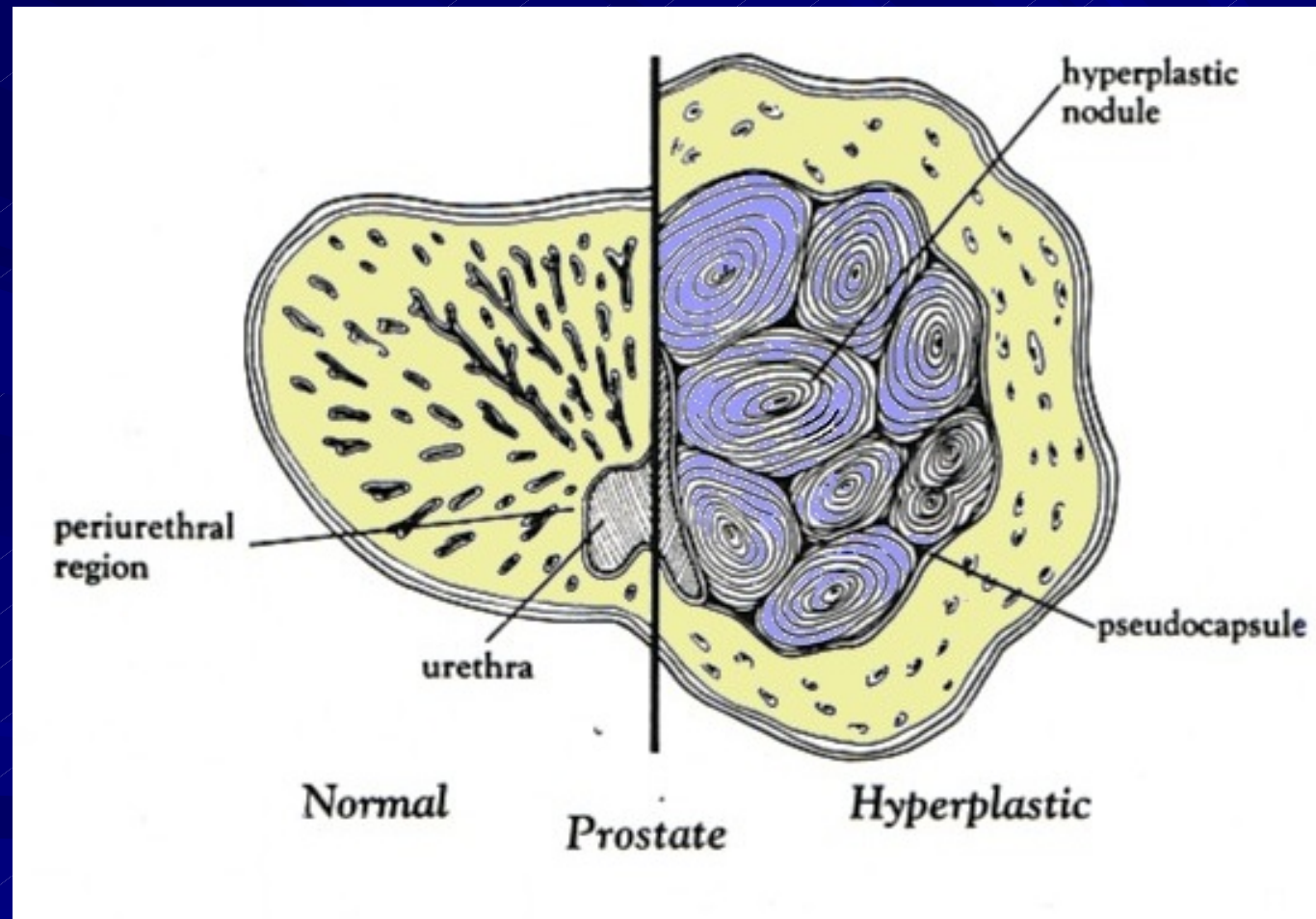
■ % risk = Age - 10

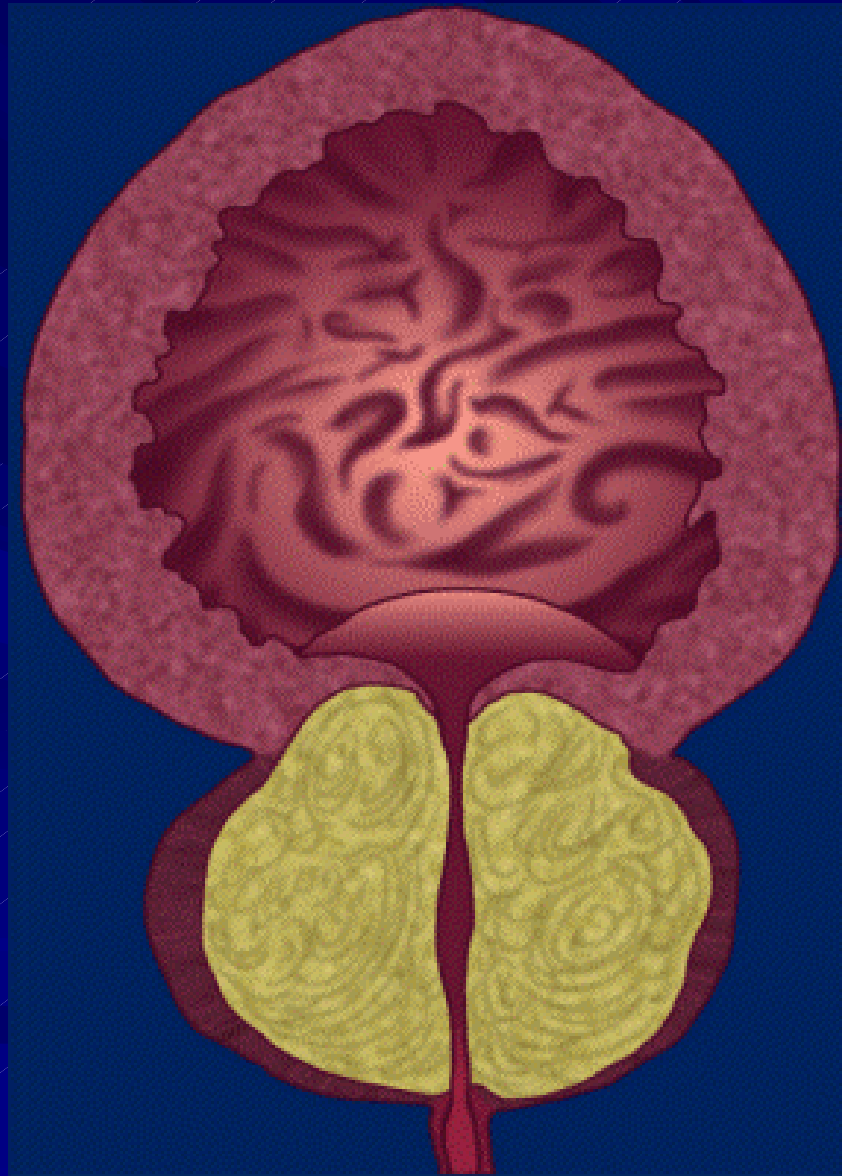
■ 1 relative 2.5Xs

■ 2 relatives 5Xs



Prostate Conditions 1. BPH





BPH (Prostatism, LUTS)

- Reduced flow
- Frequency
- Hard to start
- Incomplete emptying
- Dribbling
- Getting up at night
- Urgency

Uroflowmeter

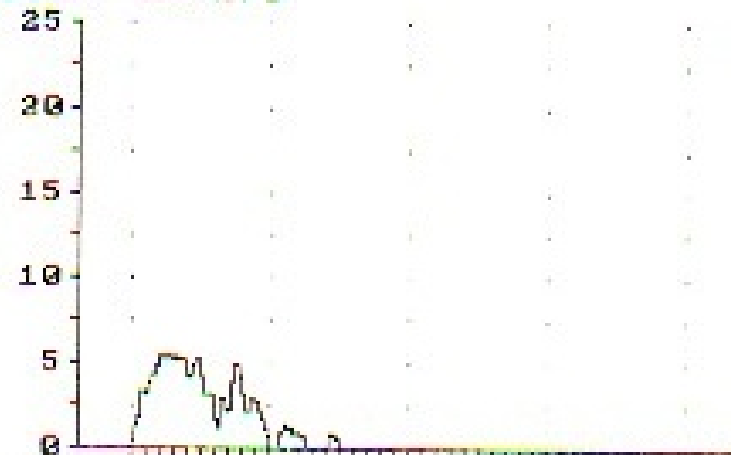
MMS-UFS1005IP

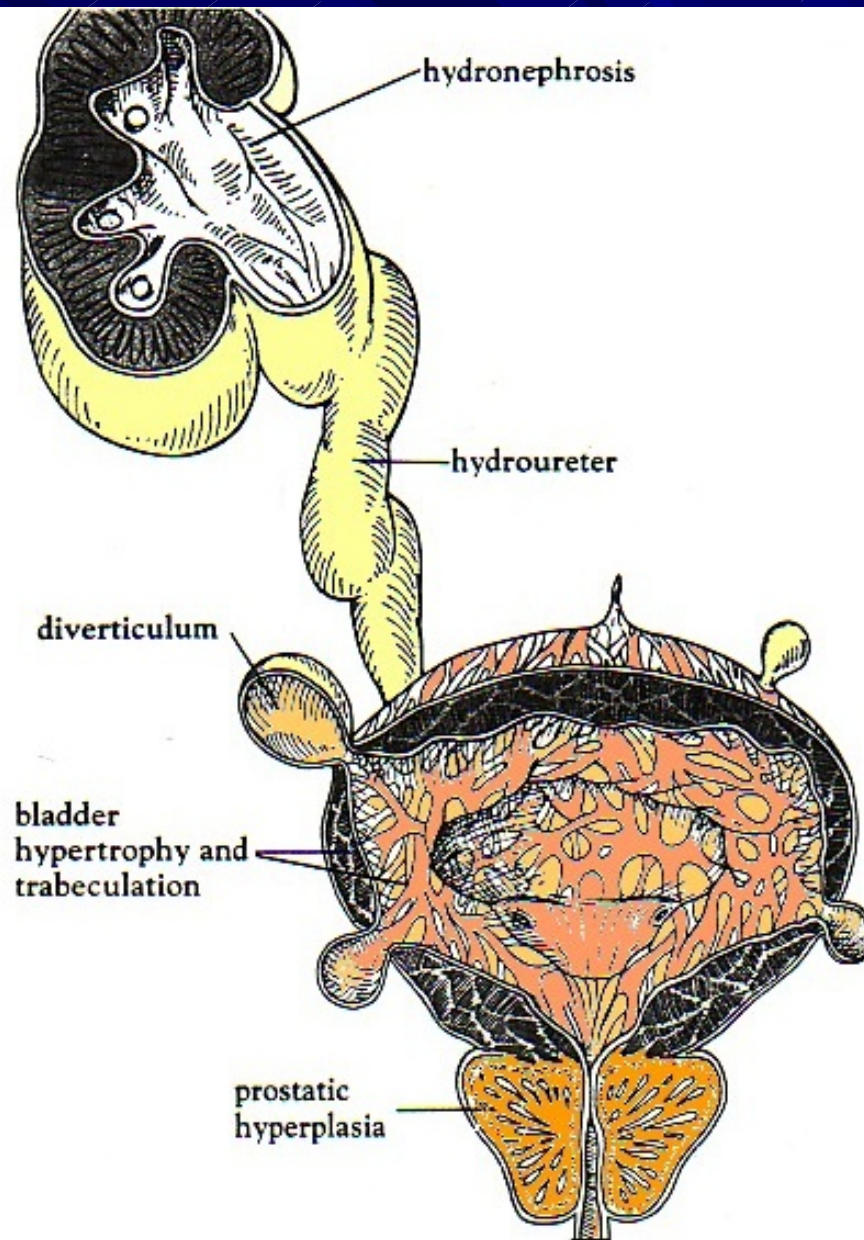
Flow(t) in ml/s



MMS-UFS1005IP

Flow(t) in ml/s





Urinary Retention



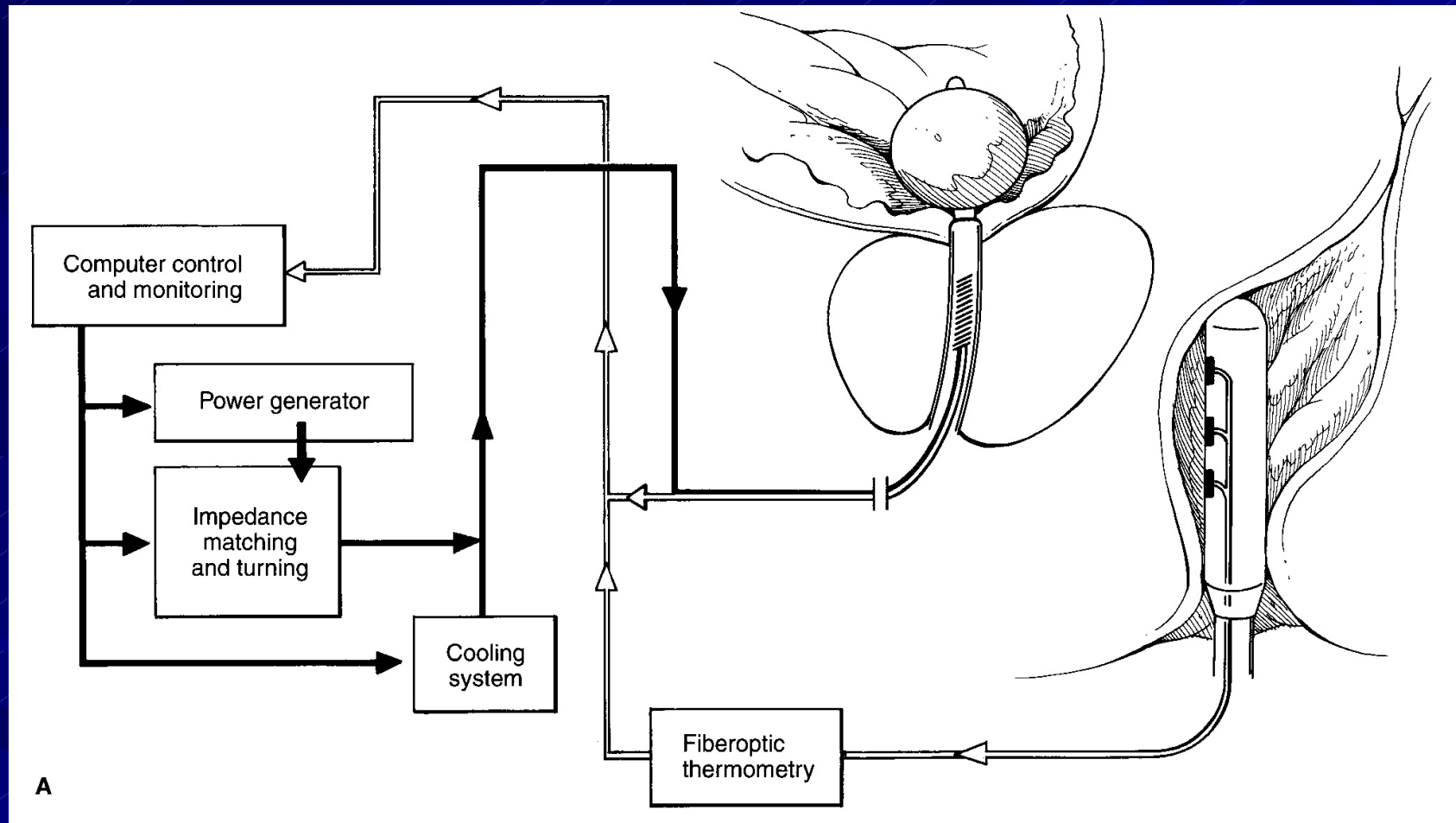
Treatment

■ Do Nothing

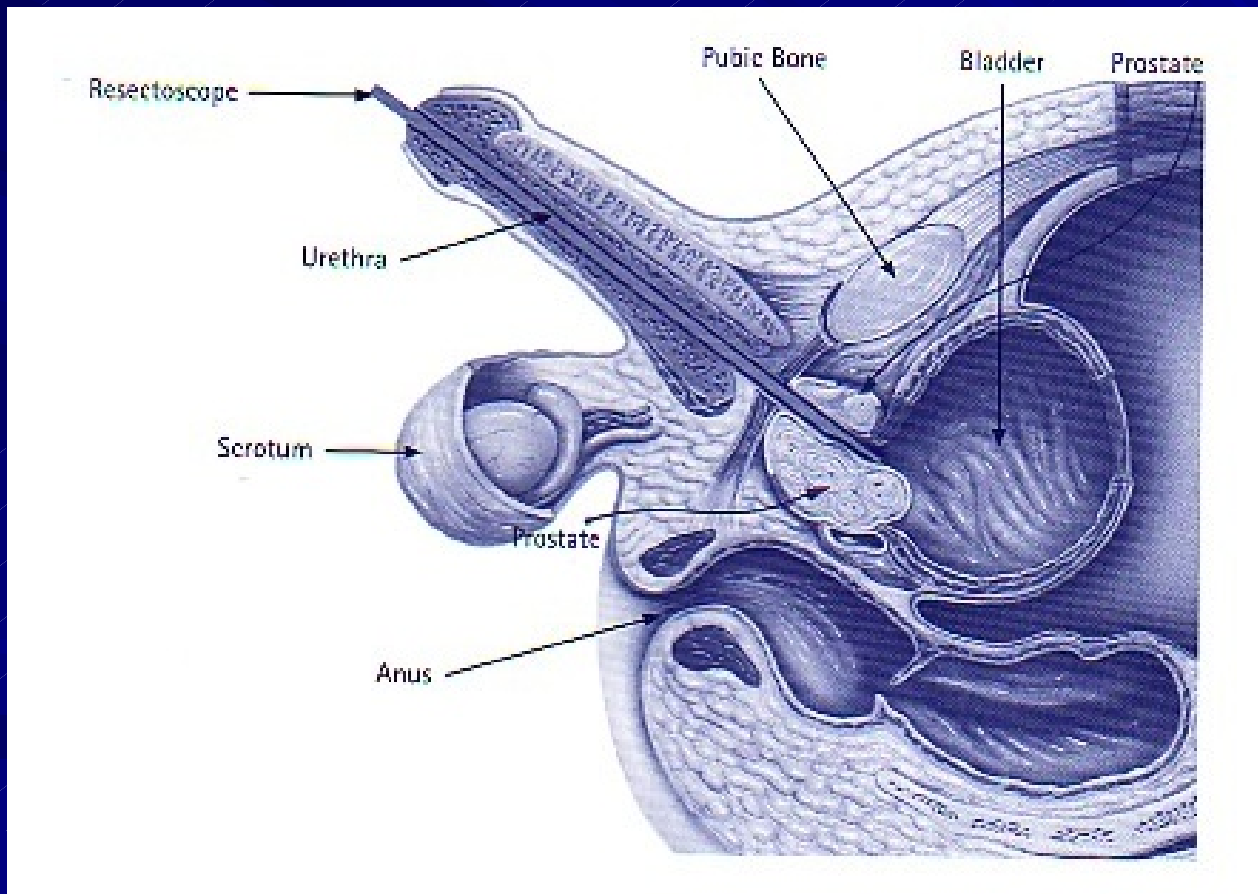
■ Drugs

■ Surgery

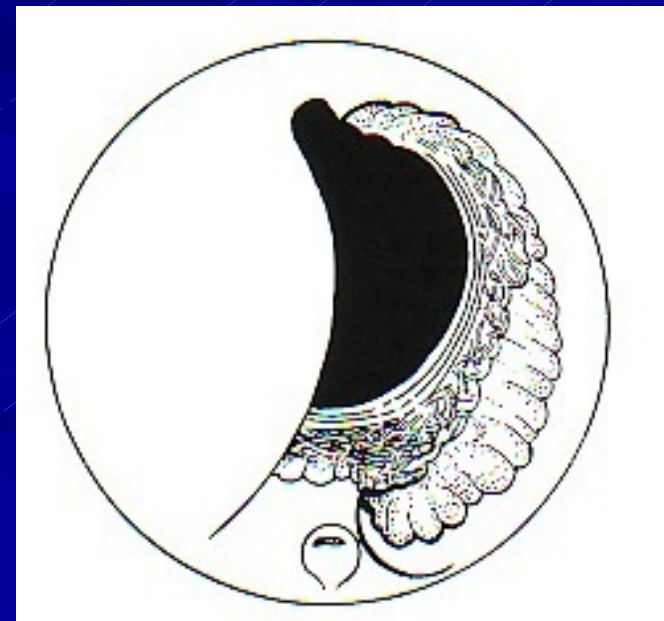
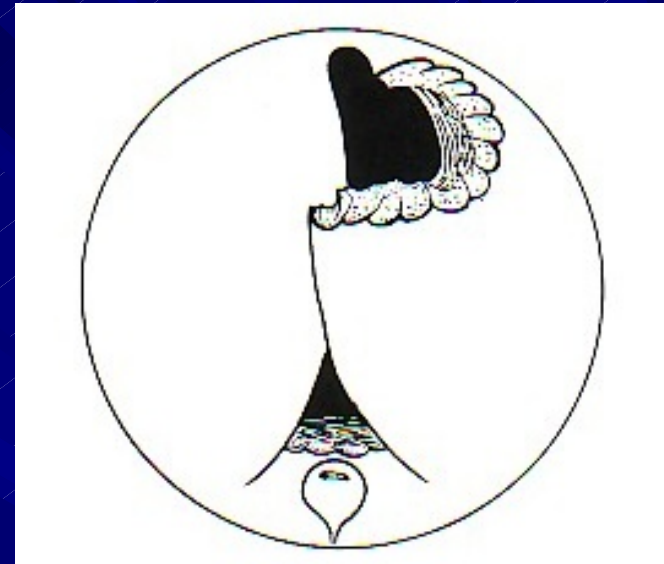
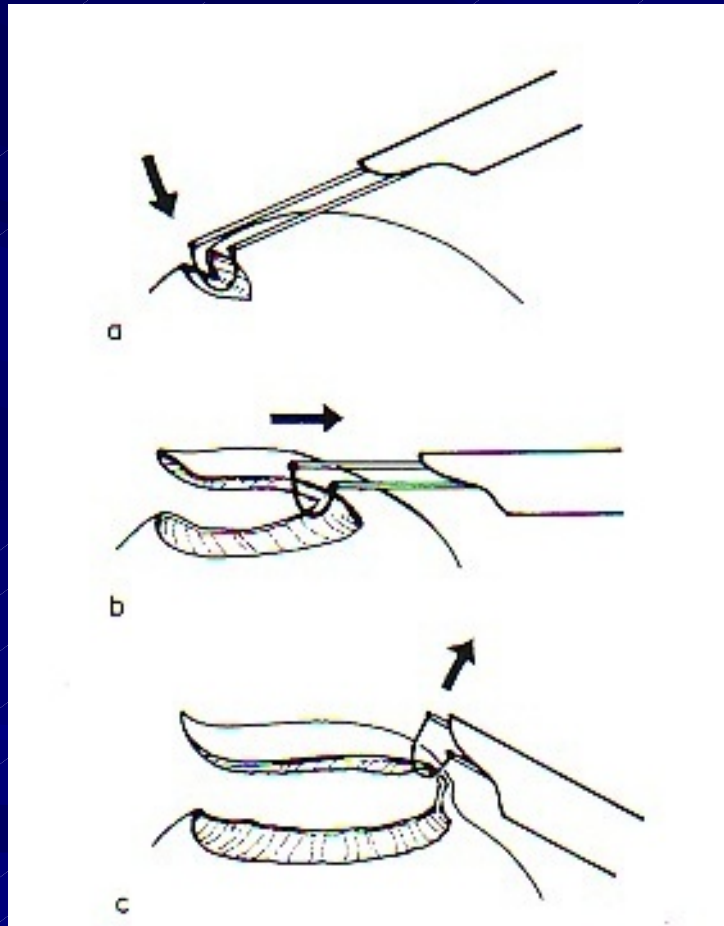
Microwave



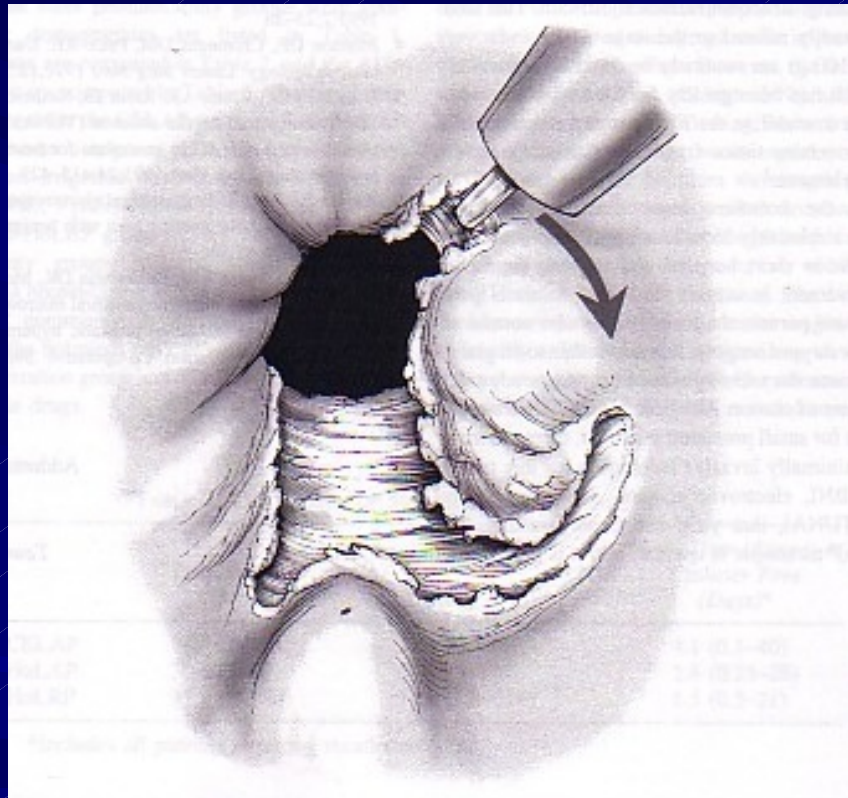
TURP



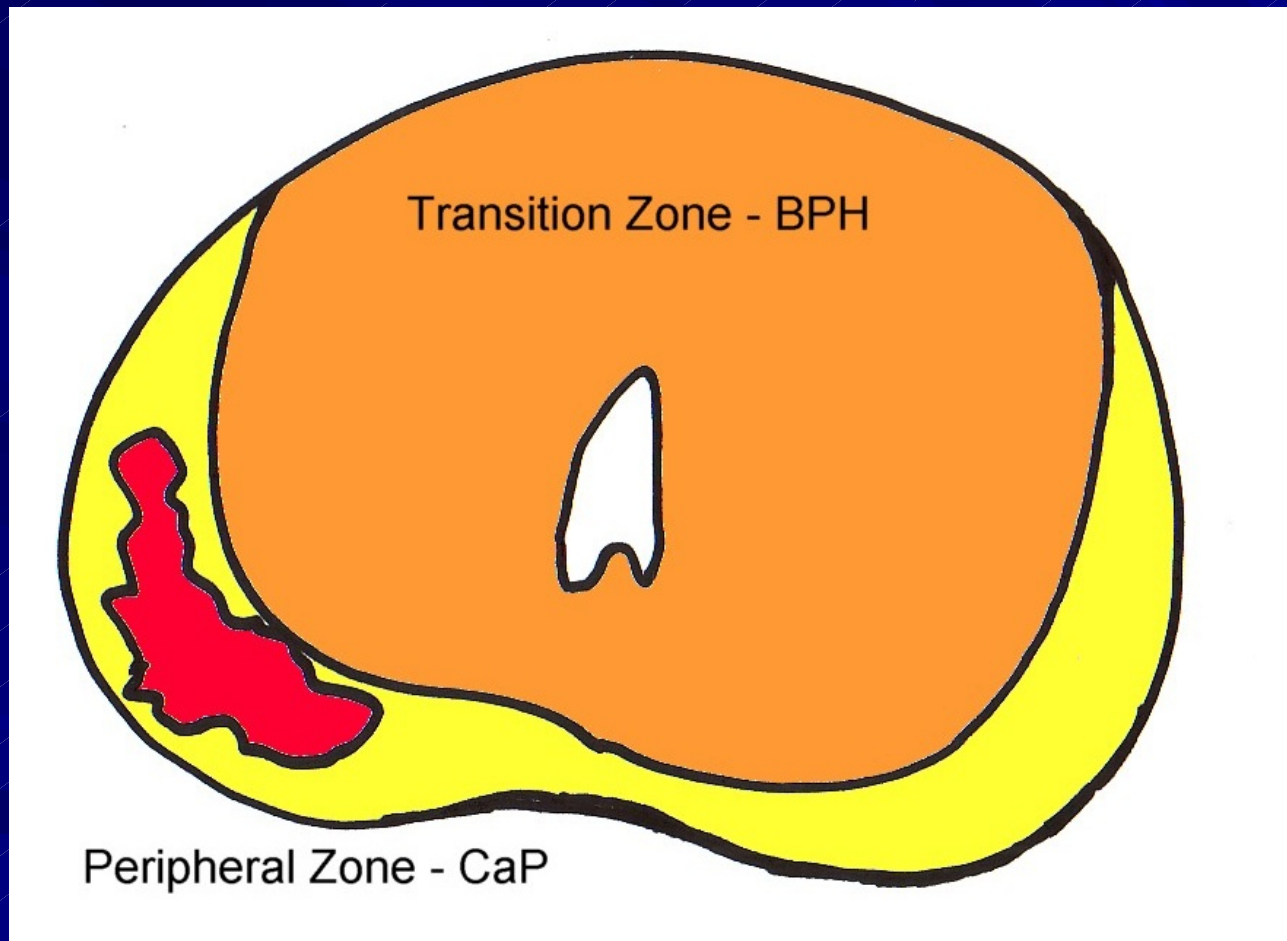
TURP



HoLEP

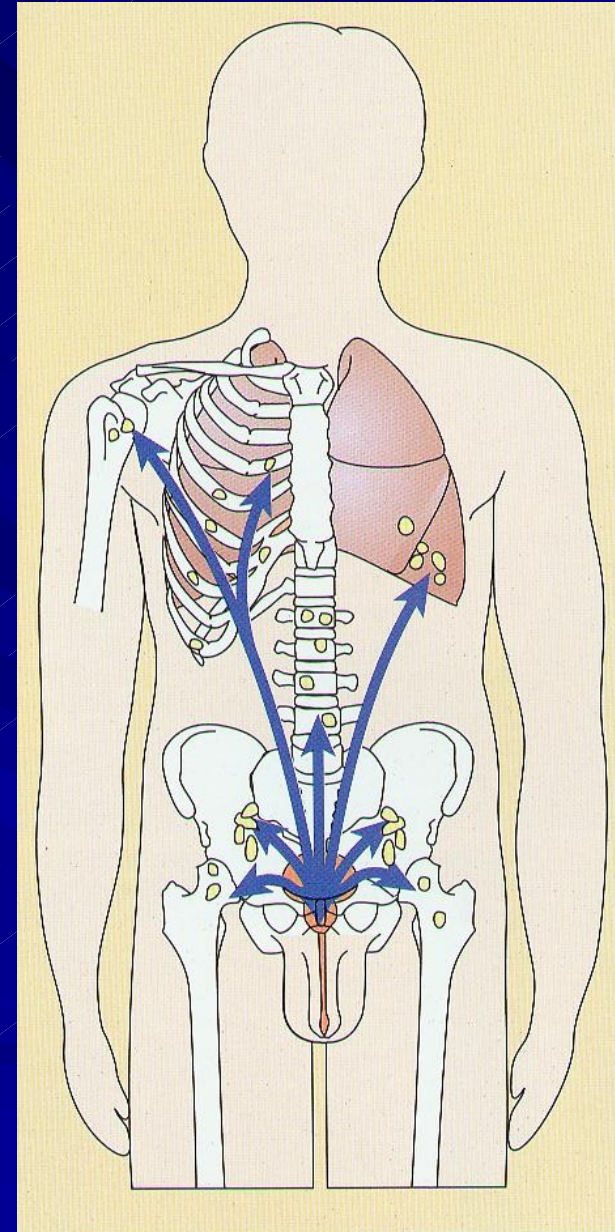
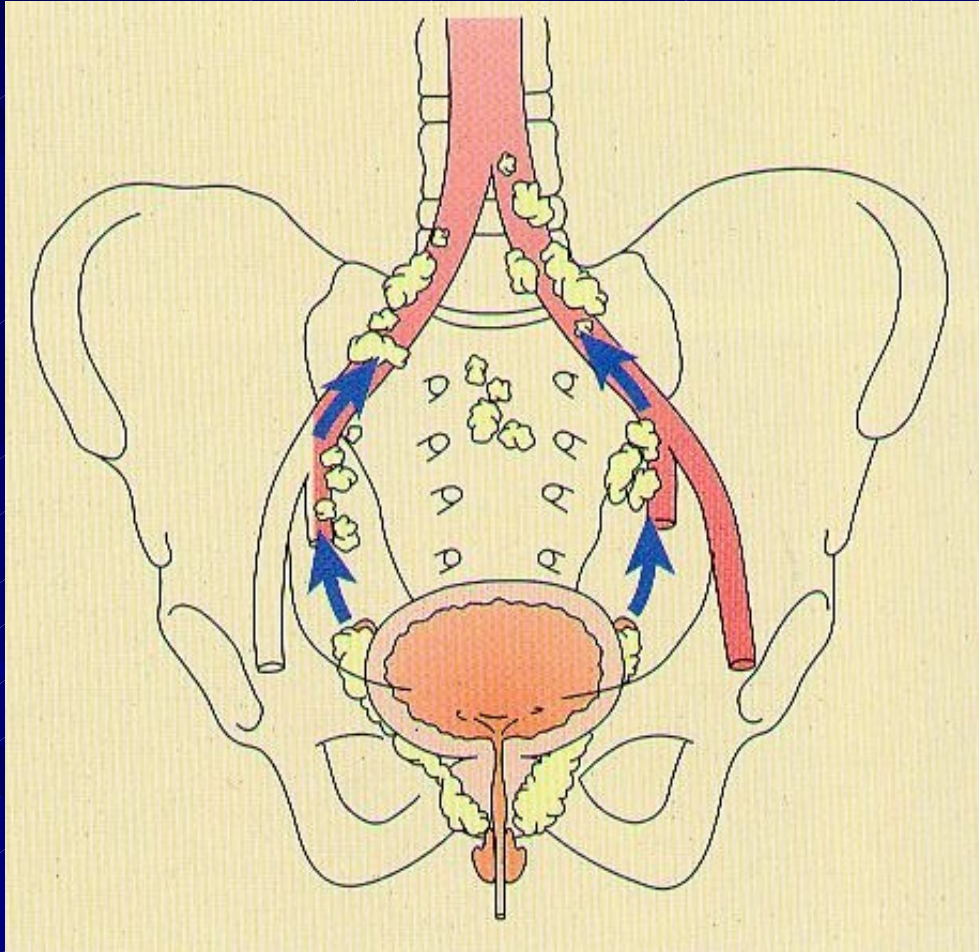


Prostate Cancer



Natural History

- Starts in prostate, silent
- Spreads via lymph ducts to glands
- Penetrates capsule of prostate to surrounding tissue
- Spreads via veins to bone marrow
- Slow and painful death from multiple organ failure

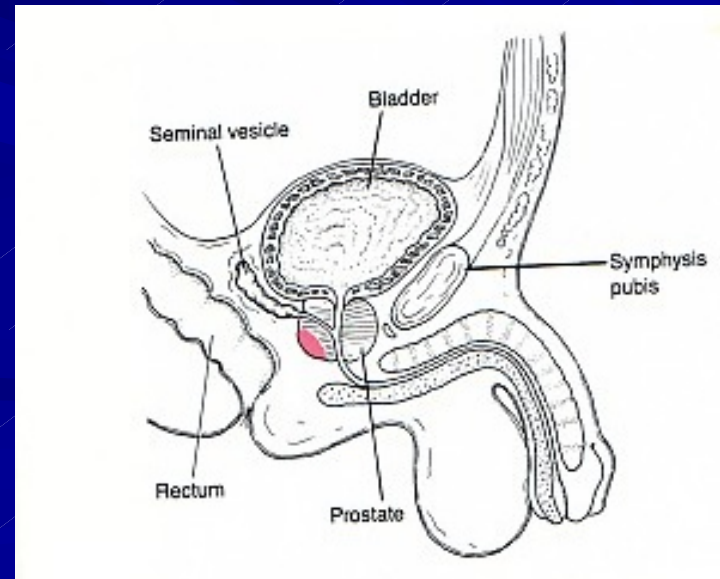
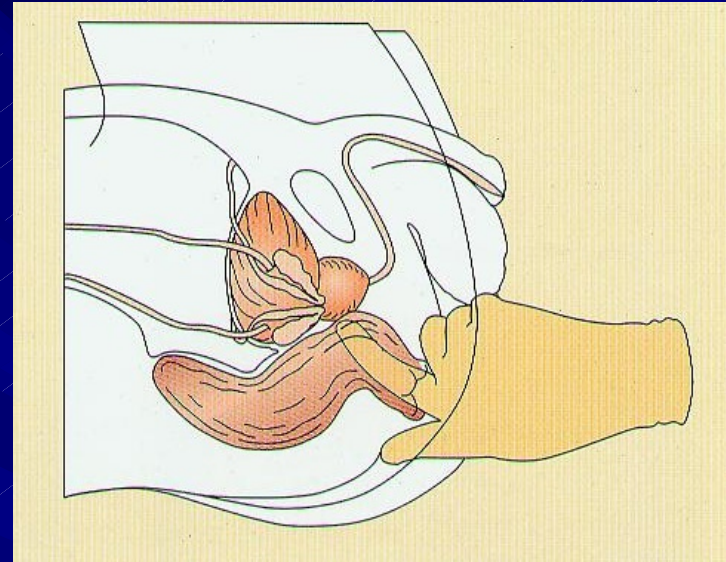


**CURE ONLY POSSIBLE IF
DETECTED WHILE STILL
CONFINED TO THE
PROSTATE**

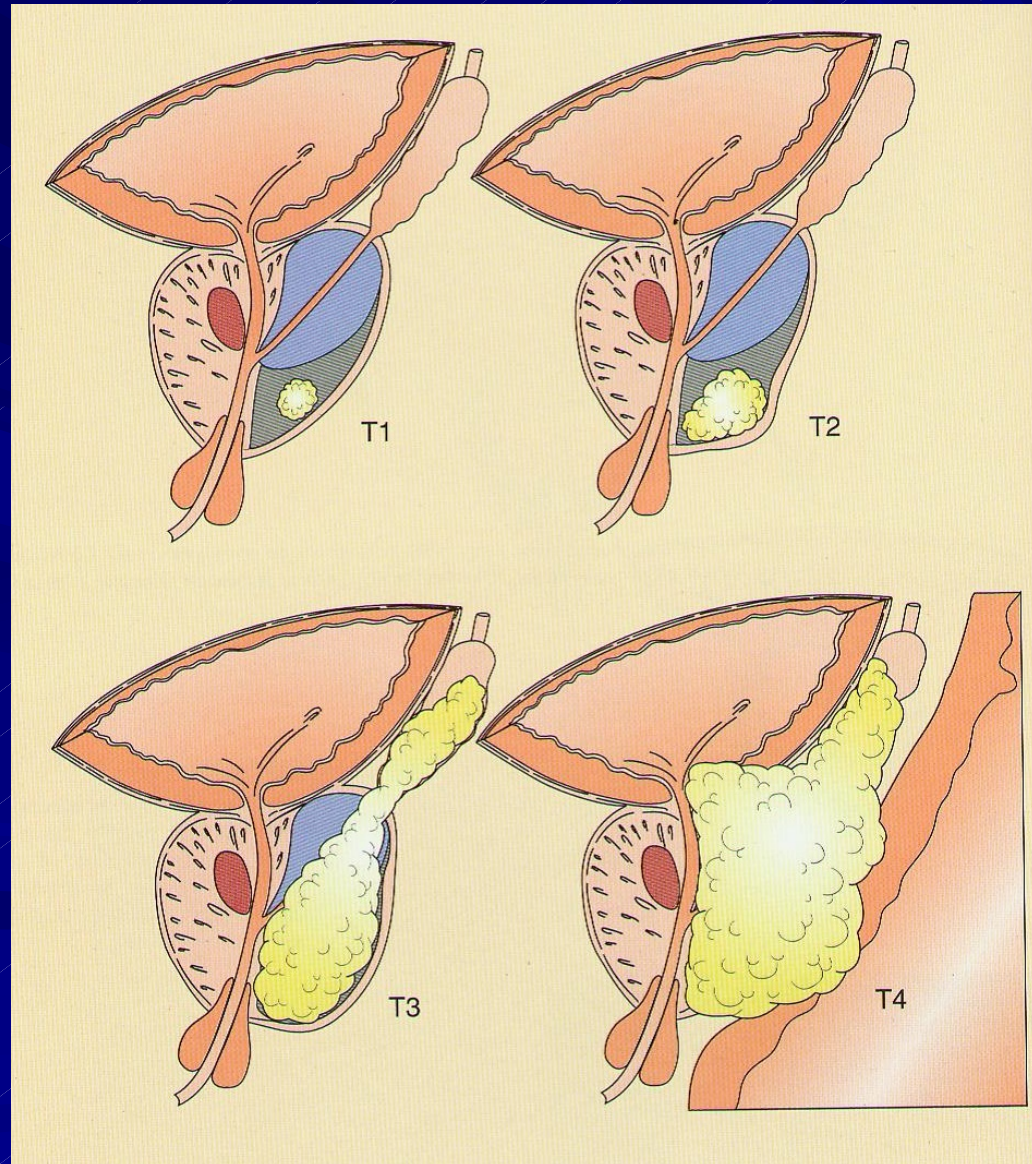
Early detection - 1. PSA

- Protein produced exclusively by the prostate
- Raised in BPH, infection, inflammation
- Arbitrary normal range
- Age, velocity, free to bound

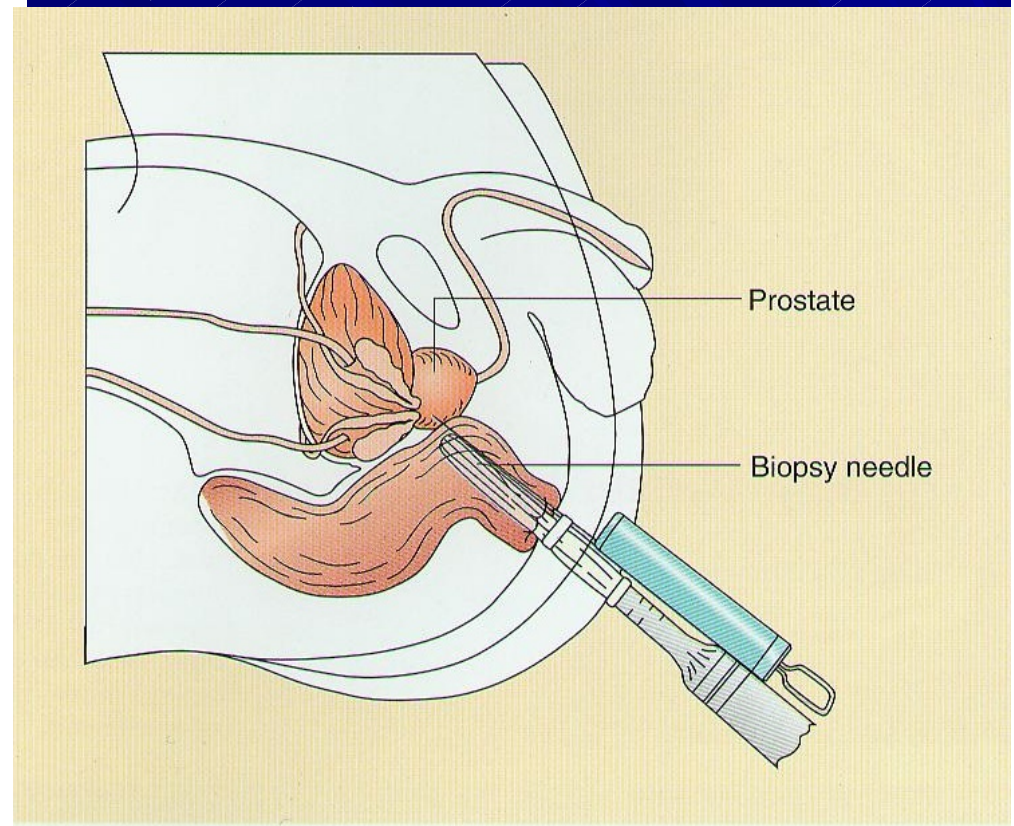
2. DRE



Clinical Stage

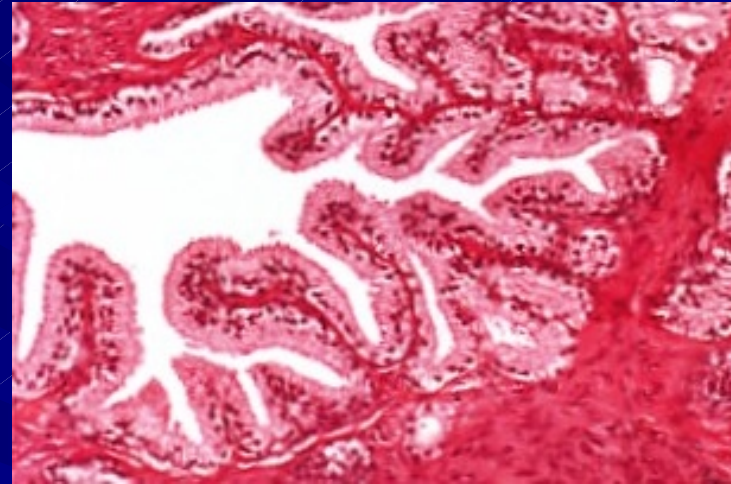


Biopsy

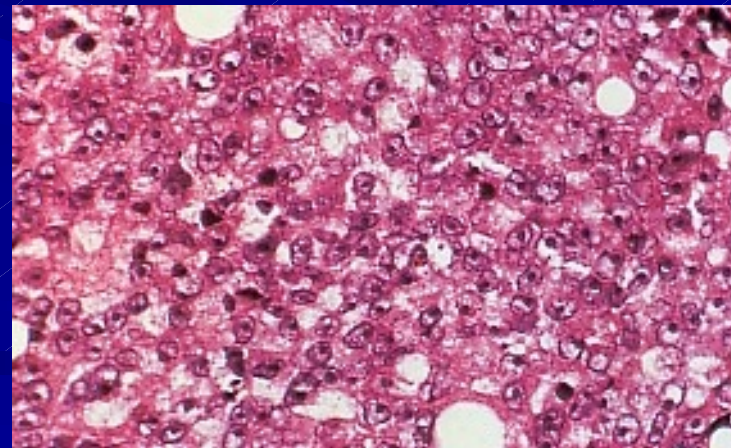


Grade

- Low grade cancer
High cure rates



- High Grade Cancer
Low cure rates



Treatments

- Observation
- Surgery
- Radiation
- Freezing
- Ultrasound
- Hormonal

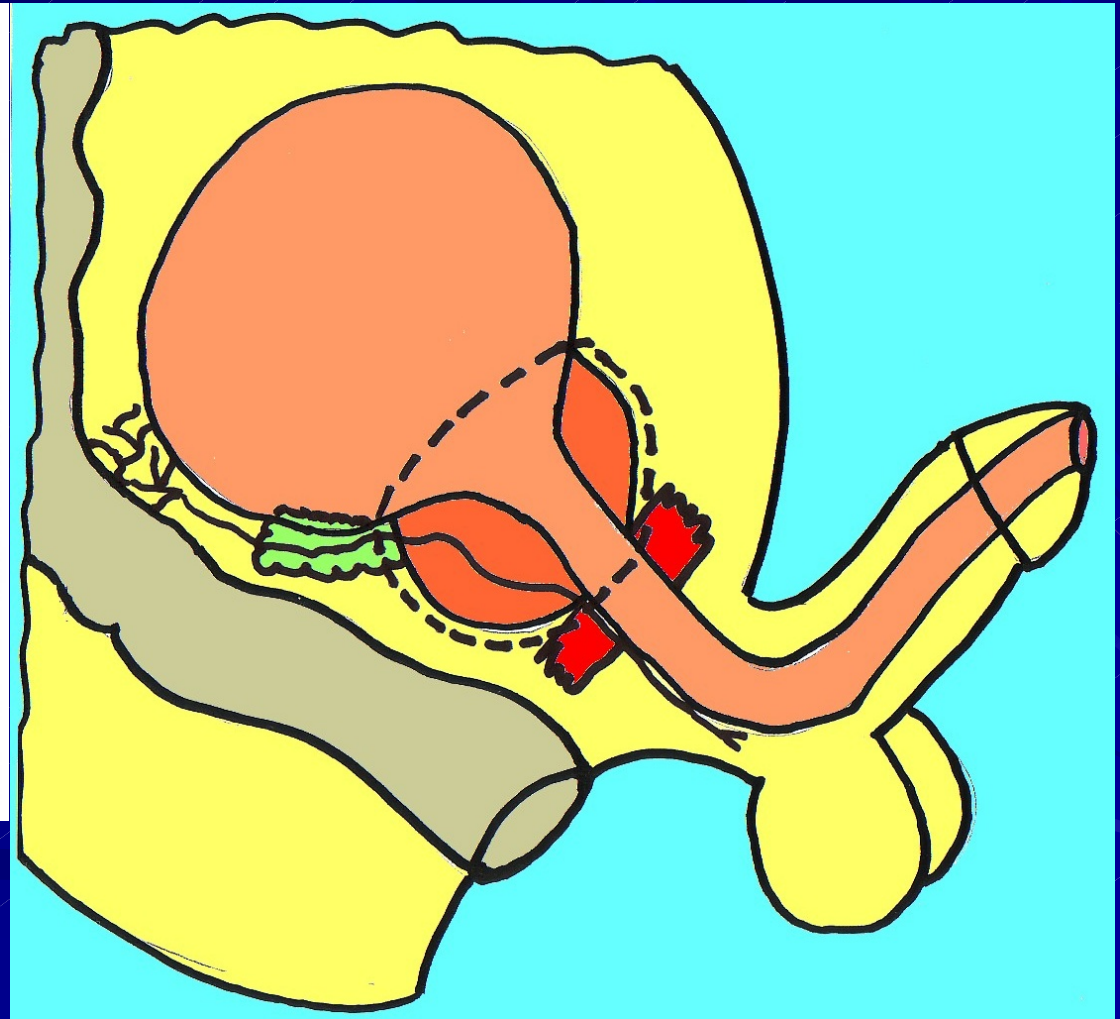
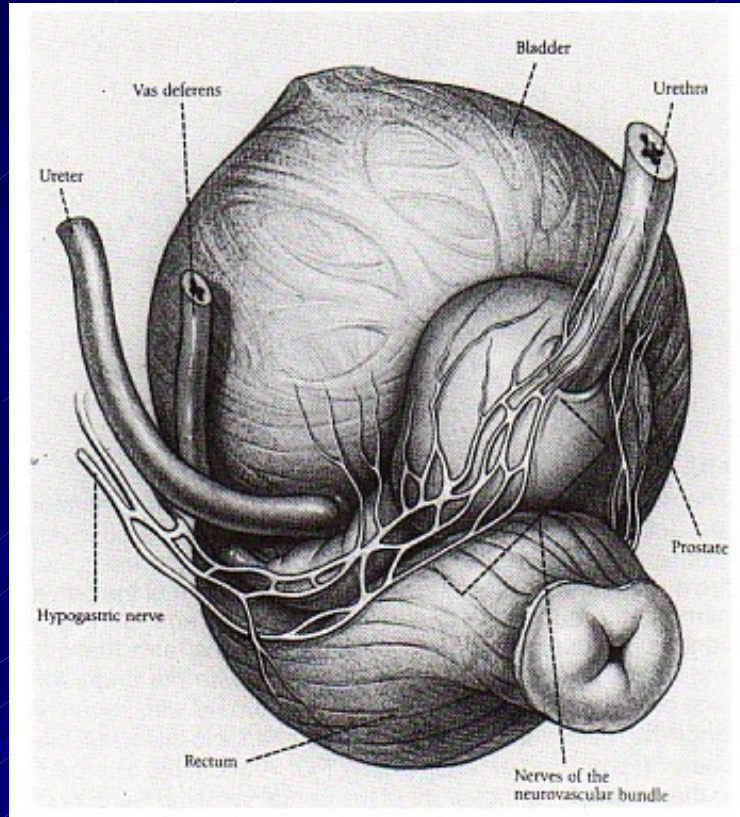
1. Observation

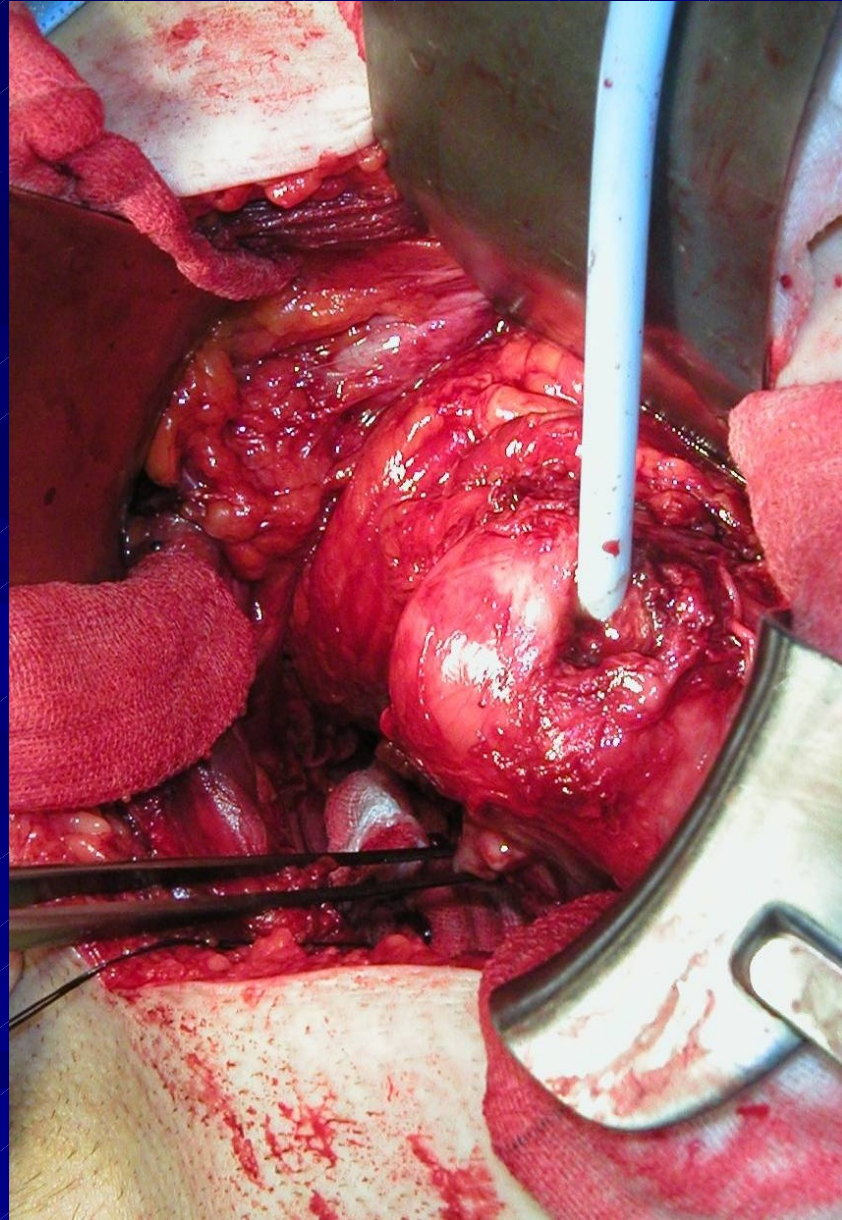
- watchful waiting or active surveillance
- Low grade small volume
- Age
- Other illness
- Personal choice
- Alternative “therapies”

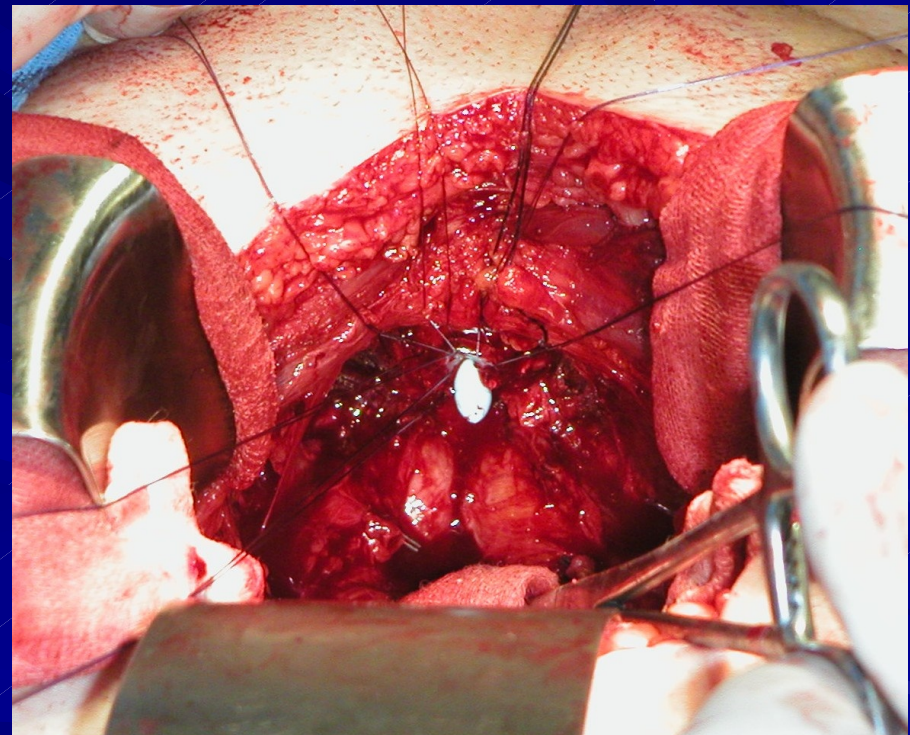
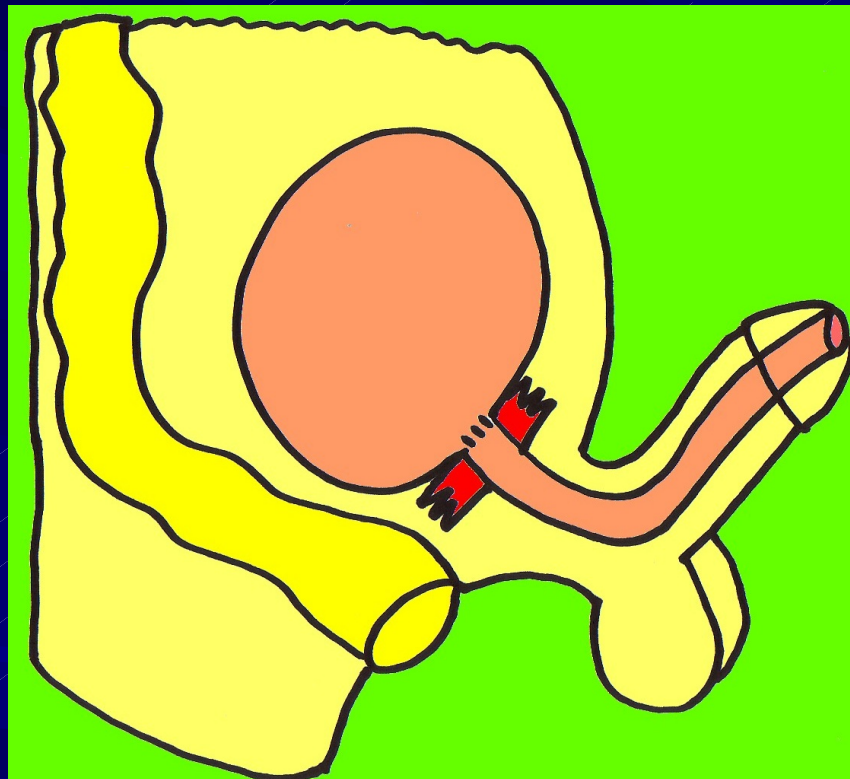
2. Surgery

Radical prostatectomy

- Open
- Laparoscopic
- Robotic

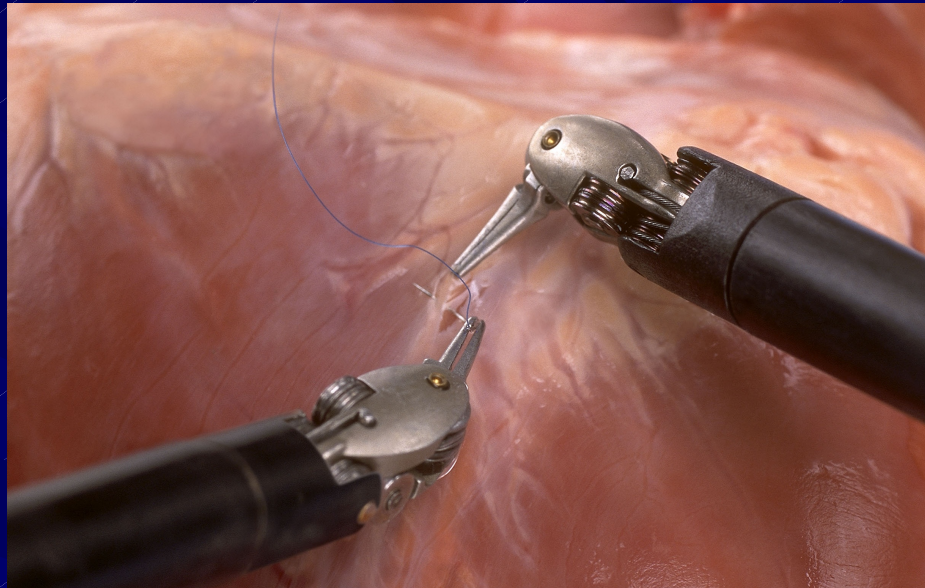






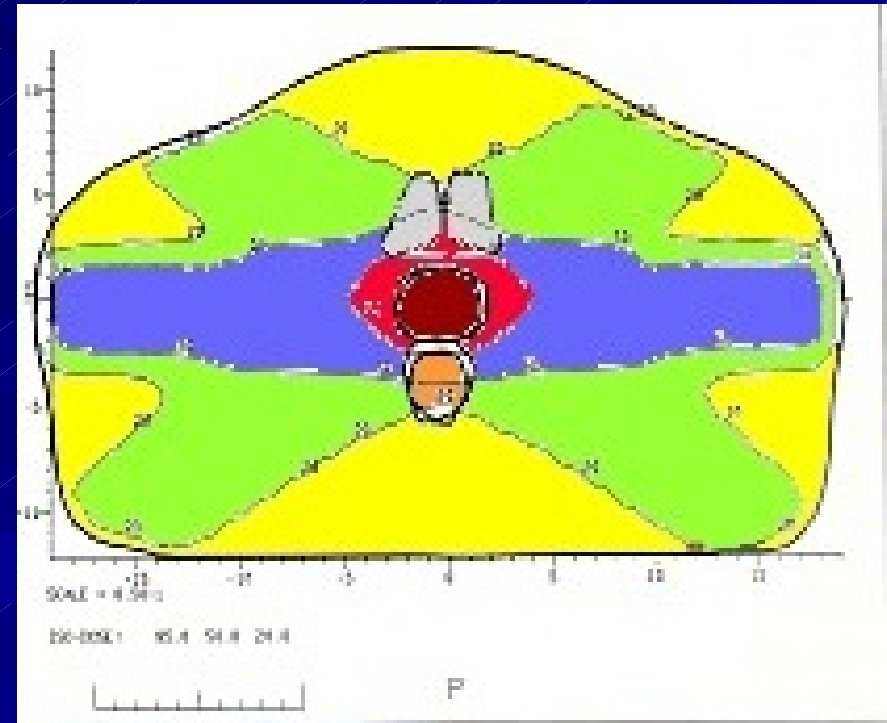
Robot





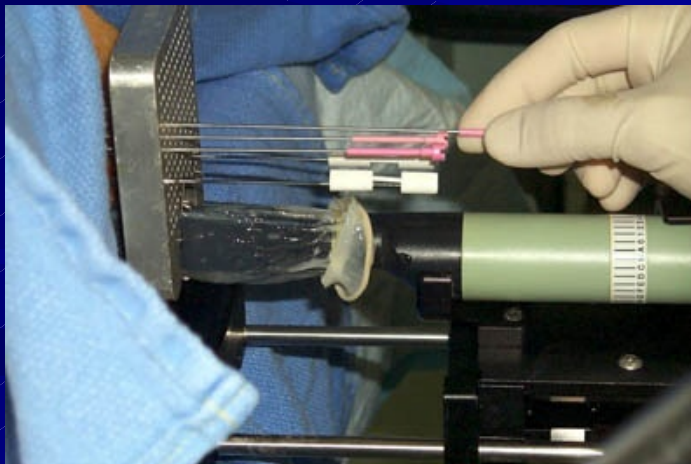
3. Radiation

■ External Beam

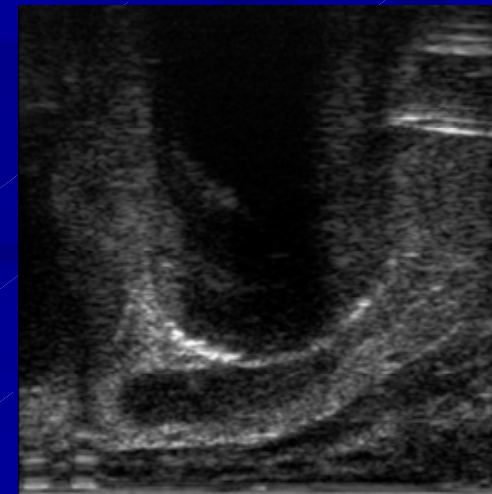
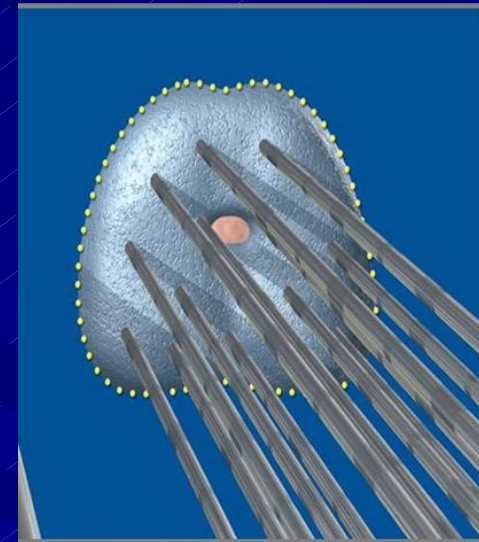
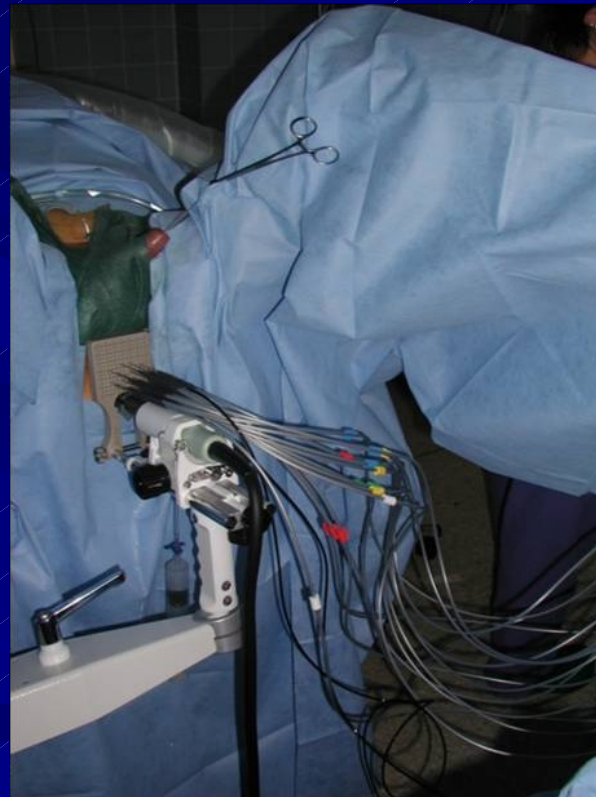


■ Brachytherapy

Brachytherapy



4. Freezing (Cryotherapy)

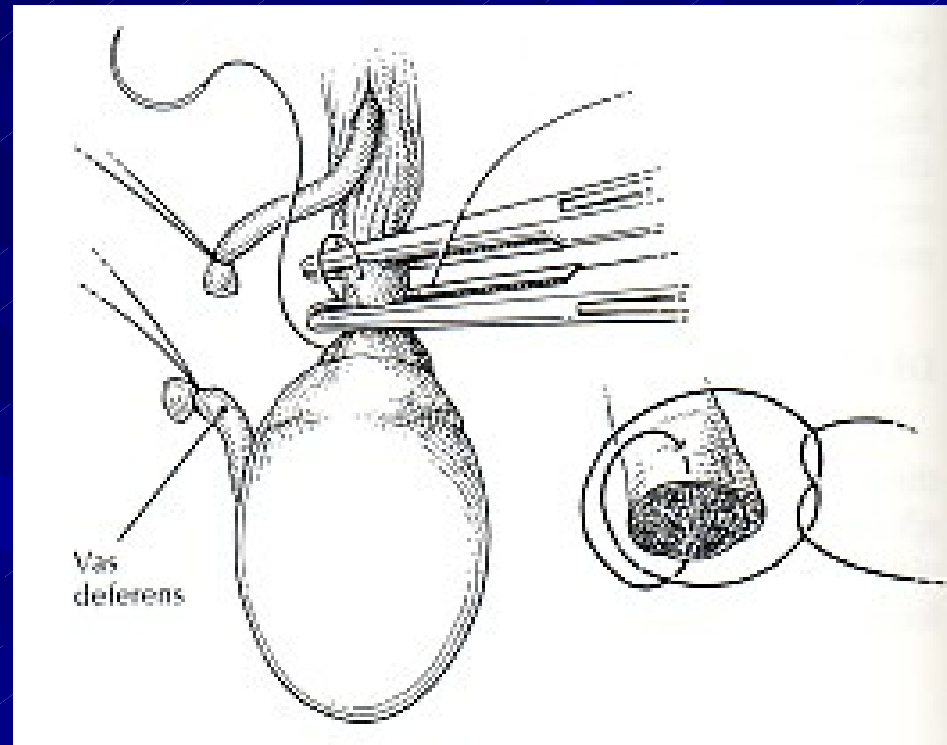


High Intensity Focussed Ultrasound



6. Hormonal

- Testosterone
- Block
- Switch off
- Remove source



Take home message

- Early detection if you are otherwise well with a life expectancy of 10 years
- Family history
- DRE and PSA annually starting at 40 (50)

Other mens' health issues

- Testicular tumour self/spouse examination
- Testicular torsion early referral
- Sexual health “couple therapy”