



Rushing to urinate?

Rushing to urinate on a regular basis can be a warning sign of prostate cancer. If you are aged 50 or above, check regularly.

FREE services
(3656 0800)
www.cancer-fund.org/prostate



What is prostate cancer?

Prostate cancer is a malignant tumour of the prostate. If detected early, it can be treated successfully. If you are a man over the age of 50 with a family history of prostate cancer, you should talk to your doctor about getting checked. In addition to being aware of the warning signs, visit your doctor if you experience symptoms when urinating or unusual changes in your body that may be caused by prostate problems.


23 1 in every 23 men in Hong Kong will develop prostate cancer**


3 The third most common cancer among men in Hong Kong*


The fourth most common cause of cancer-related deaths in men*


The risk of developing the disease increases if a close relative has experienced prostate cancer

Scientific evidence suggests there is no absolute way to prevent prostate cancer, so the best course of action is to catch it early. Safeguard your health by talking to your doctor about how to get checked. Early detection saves lives.

* Source: Hong Kong Cancer Registry, Hospital Authority 2023 (figures from 2021)
 ** Lifetime risk for men in Hong Kong before age 75

Be alert to these symptoms

If you are experiencing any of the below symptoms, you may have problems with your prostate. However, **in its early stages prostate cancer often has no symptoms and can go unnoticed.** To ensure early detection, please consult your doctor.

- Weak flow when urinating
- Difficulty in urinating
- Urinating more often than usual during the day
- Urinating frequently during the night
- Frequent pain in the lower back, hips and / or upper thighs
- Frequently needing to rush to the toilet to pass urine

Treatment

Different treatments are used for early-stage and late-stage prostate cancer.

Patients should discuss which treatment is most suitable for them with their doctor. A doctor will consider a patient's age, health condition and tumour type to provide the most appropriate treatment plan.

Early-stage prostate cancer

If the cancer is still within the prostate area and has not spread to other areas such as lymph nodes and bones, the core treatment options are active surveillance, surgery (removal of the prostate) and radiotherapy.

In general, prostate cancers grow slower than other types of cancer, so your doctor might suggest active surveillance or observation. Regular check-ups are used to monitor the growth of the cancer, thereby delaying the treatment until it becomes necessary. The efficacy of prostatectomy and radiotherapy is similar in terms of treating cancer, but their side effects are different.

Late-stage prostate cancer

Treatment is used to slow the growth rate of the tumour, prolonging life and reducing the symptoms arising from metastasis.

Free support

We provide FREE services and professional guidance, so no one faces cancer alone. For our FREE support call us now on 3656 0800.

Our thanks to Dr. Ho Lap Yin for all of his help in reviewing this leaflet.






 Hong Kong Cancer Fund 香港癌症基金會

www.cancer-fund.org


Globally, nearly 1.5 million men are diagnosed with male specific cancers (including prostate, testicular, and penile). Hong Kong Cancer Fund offers free care professional support to male cancer patients, survivors and their families with a comprehensive evidence-based approach. We established a "Men's Cancer Care Project" to ensure that no man faces cancer alone.

Men's Cancer Care Project: 4 A's to recovery


Amiable service
 We offer personalised services through case management by a professional team.


Achievable goals
 We aim to reduce distress and to help improve quality of life for patients and their families.


Accessible areas
We cover all districts in Hong Kong.


Authoritative holistic interventions
 We provide holistic cancer care programmes including health-related information, symptoms management and exercise rehabilitation.

More Details
(3656 0800)
www.cancer-fund.org/prostate/our-support



Your gift can change the lives of people touched by cancer

- I wish to make a **one-off donation** to support FREE cancer services:
 HK\$1,000 HK\$500 HK\$300 HK\$_____
- I wish to give a **monthly donation** of \$:
 HK\$150 HK\$300 HK\$500 HK\$_____
- Receipt required:
 Yes, name on receipt _____ No

Donations of HK\$100 or above are tax deductible in Hong Kong.

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 Cardholder's signature _____
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Your personal information will be treated as strictly confidential and used solely for handling your donation, issuing receipts, providing donor services, communication, appeal fundraising, feedback collection and inviting you to our health talks and relevant activities. You may refer to the Personal Data Collection Policy on our website for details.

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 English 中文
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Please fill in this form and send in your donation to:

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Support Us (3667 6333)