

Quality Assurance Lunch and Learn Sessions:

# Prostate Cancer Awareness - Prevention, Symptoms and Treatment

What's  
wrong with  
my prostate?



Sponsored by the Chief Engineer's Team and  
Quality Assurance Dept in conjunction with BC Hydro Lifestyle Group



# Why Quality Assurance?

QA is your in-house DRE  
check → we do the dirty  
work so your projects come  
out clean



I'm scared of  
cancer so I won't  
check for it

In QA we are your pre-emptive  
response unit

We promote quality of Work  
and quality of life





## **Your thoughts....**

**What are my chances of getting prostate cancer?**

**Where is this damned prostate, anyways?**

**Who gets prostate cancer?**

**What are some risk factors?**





# What are my chances of getting prostate cancer?



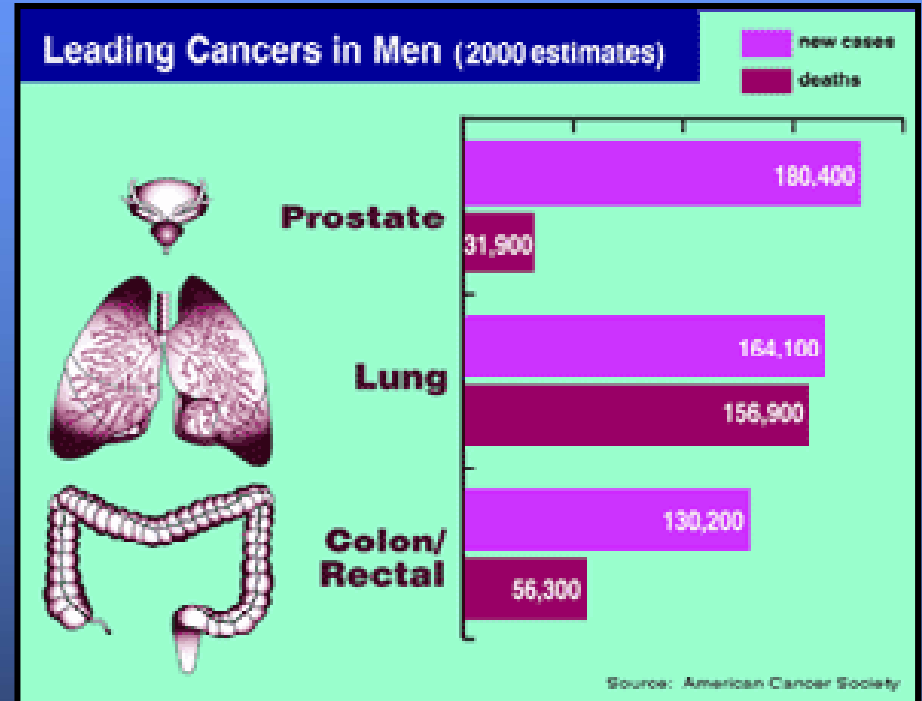
Quality of Work - Quality of Life

♂ 2<sup>nd</sup> leading cause of cancer death in American men

♂ 1 in 6 men will be diagnosed with prostate cancer in their lifetime

♂ If locally confined, 5-yr survival rate is 100%

♂ In case of metastasis, 5-yr survival rate is 35%



**Chances of getting prostate cancer: HIGH**

**Chances of Survival: High *IF CAUGHT EARLY***





# Where is this damned *prostate*, anyway?

Quality of Work - Quality of Life

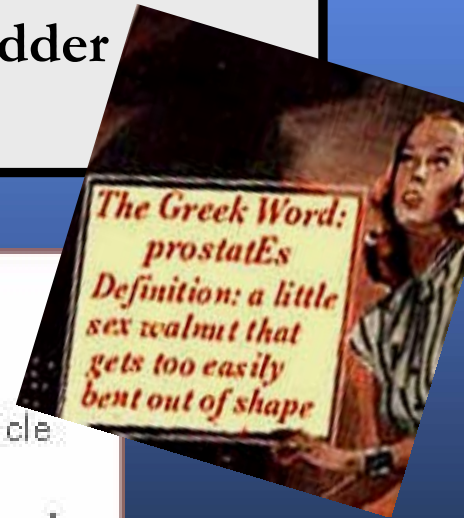
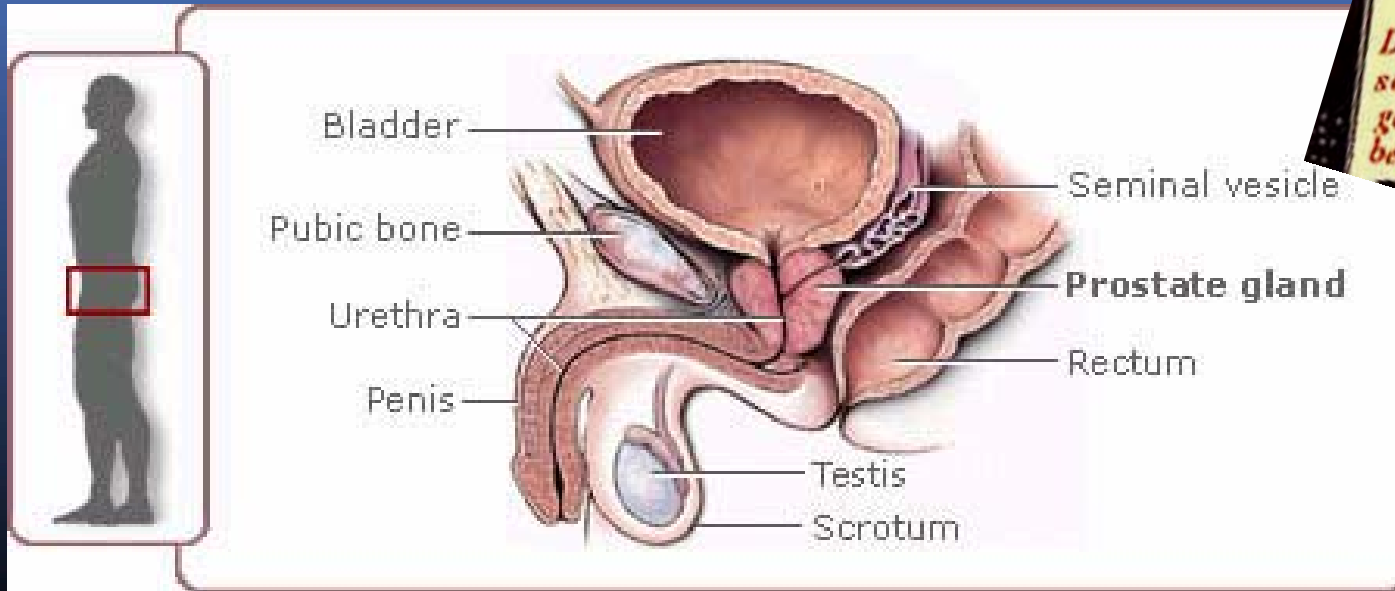


# Where is this damned *prostate*, anyway?



Prostate is...

- ♂ A sex gland in men
- ♂ Size of a walnut
- ♂ Responsible for producing fluid that sperm travels in
- ♂ Located in front of the rectum, below the bladder
- ♂ Wraps around the urethra



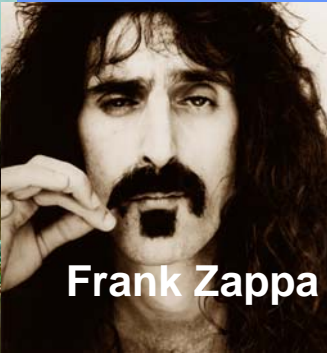




Jerry Orbach



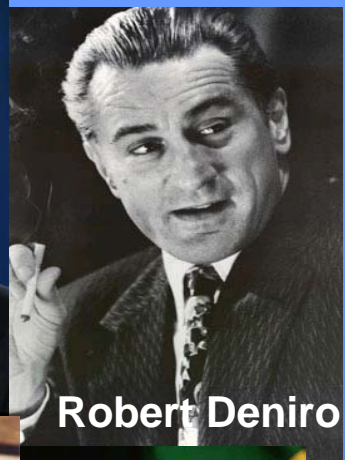
Sir Alec Guinness



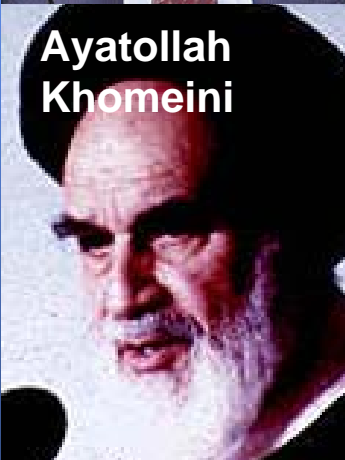
Frank Zappa



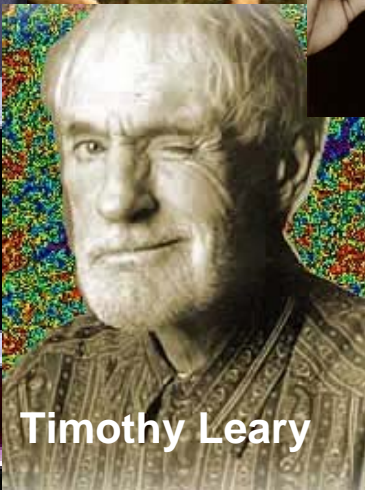
John Kerry



Robert Deniro

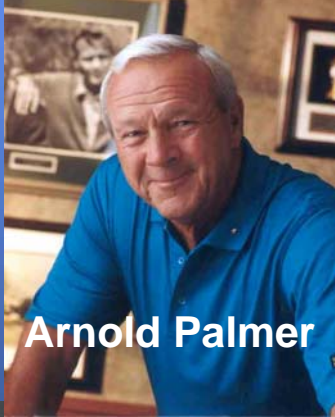


Ayatollah Khomeini



Timothy Leary

# Who gets prostate cancer?



Arnold Palmer



Nelson Mandela



Pierre Trudeau



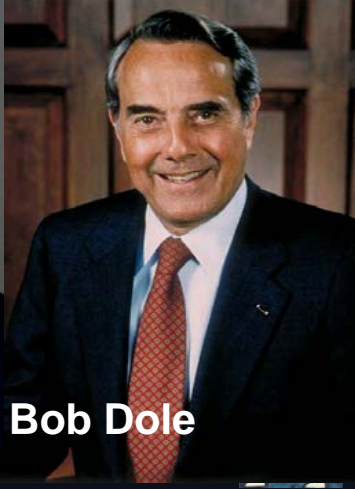
Telly Savala



Charles de Gaulle



Colin Powell



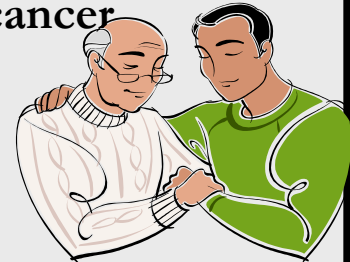
Bob Dole

# Prostate Cancer Risk Factors

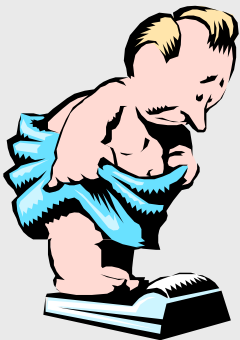
**Age**  
♂ If you live long enough you will get prostate cancer



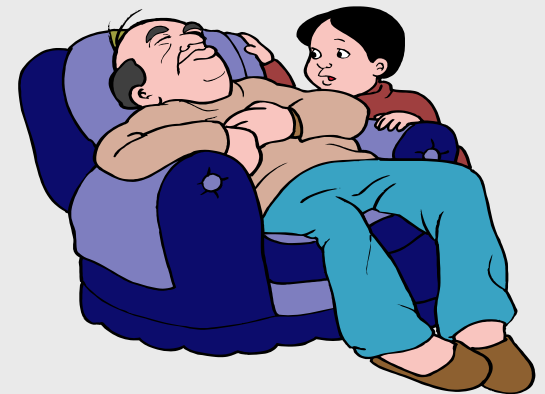
**Race**  
♂ African American men → 60% more likely to have prostate cancer  
♂ Asian men → Less likely to have prostate cancer



**Family History**  
♂ 2 relatives with prostate cancer → 5 times the risk  
♂ 3+ relatives with prostate cancer → guaranteed to have prostate cancer



**Lifestyle Choice**  
♂ Obesity  
♂ little physical activity  
♂ Smoking  
♂ high intake of fatty foods







## Your thoughts....

What are symptoms?

How do I make sure I **NEVER** die  
from prostate cancer?

What kinds of exams will I have  
to take?



# Prostate Cancer Symptoms

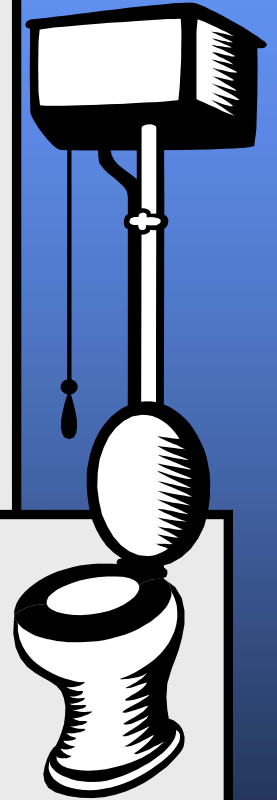
## Early Stages

### CAN BE ASYMPTOMATIC

- ♂ Aching pains in genitals, lower abdomen, lower back
- ♂ Problems with sexual function
- ♂ Painful, frequent, urgent urination
- ♂ Slow urine stream and retention
- ♂ Blood in the urine

## Advanced Stages

- ♂ Loss of energy
- ♂ Persistent swelling in legs
- ♂ Pain in the back, spine, rib or hip
- ♂ Hard growth on prostate
- ♂ Enlarged lymph nodes





But I'm in great shape and  
don't feel sick  
Do I *really* need my prostate  
examined?



"Relax, Mr. Wilde, it's just a simple prostate examination!"

If you're over 50 **HELL  
YES!!** If you're over 40  
it doesn't hurt  
(figuratively speaking)





**What kinds of exams do I have to take to make sure I NEVER die from prostate cancer?**

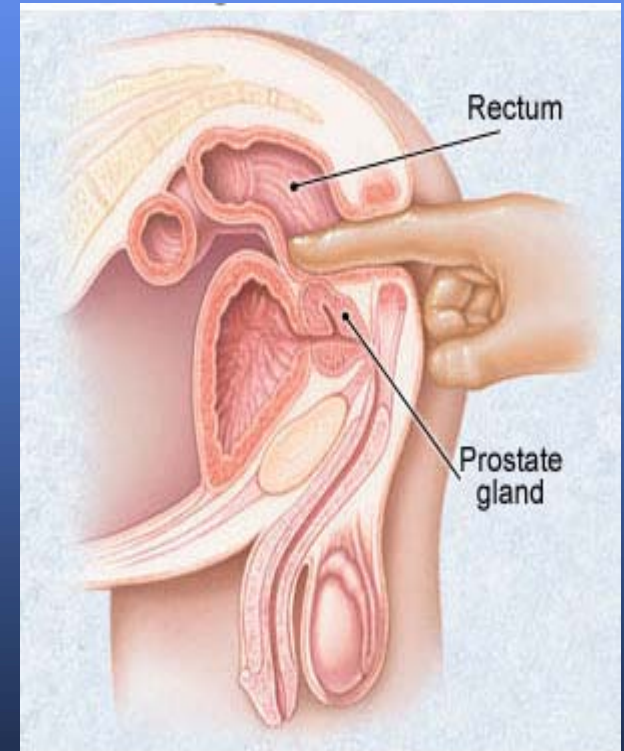


# Prostate Cancer Detection

## Stage 1: **Annual** Digital Rectal Exam

♂ Your doctor will insert a gloved, lubricated finger into your rectum

♂ He will try to feel for enlargement, lumps and tenderness of the prostate





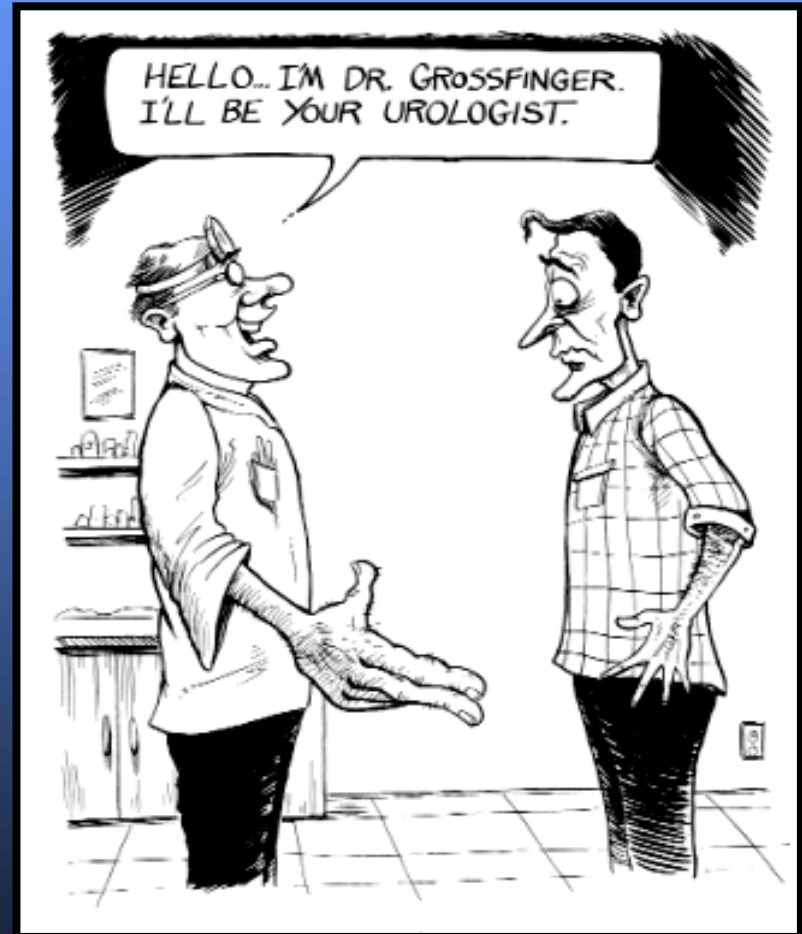


# Prostate Cancer Detection



## Stage 1: **Annual** Digital Rectal Exam

**Early  
detection  
of prostate  
cancer is  
VITAL for  
survival**



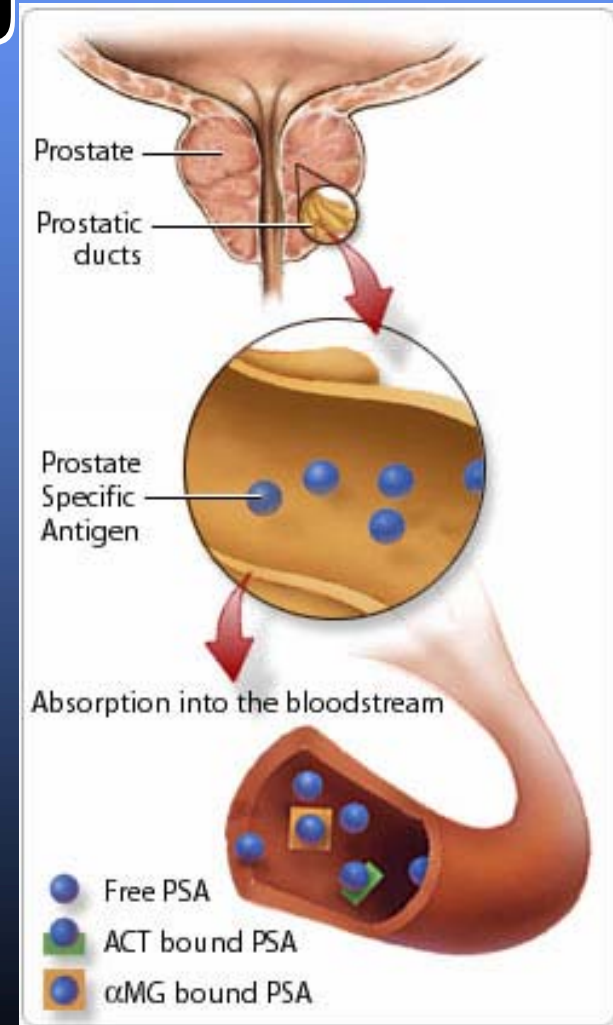


# Prostate Cancer Detection

## Stage 2: Prostate Specific Antigen (PSA) Testing

♂ Cell activity in the prostate produces PSA

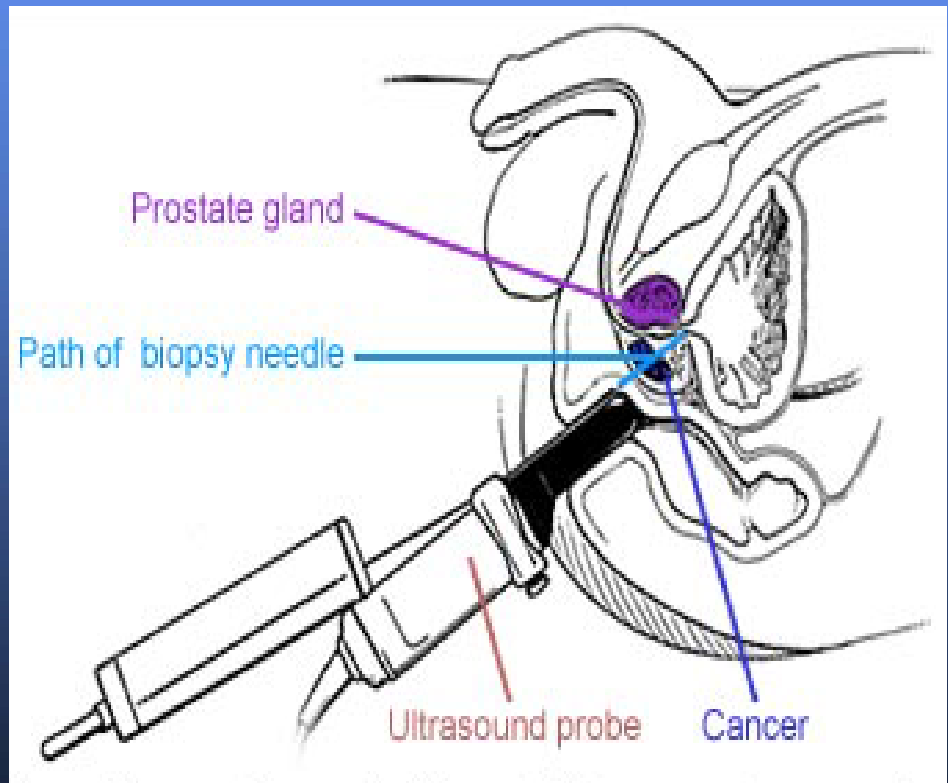
♂ Higher than average PSA levels in the bloodstream is a sign of abnormal cell multiplication in the prostate



# Prostate Cancer Detection

## Stage 3: Prostate Biopsy

A thin needle is inserted into suspect areas and small sections of tissue are retrieved for analysis



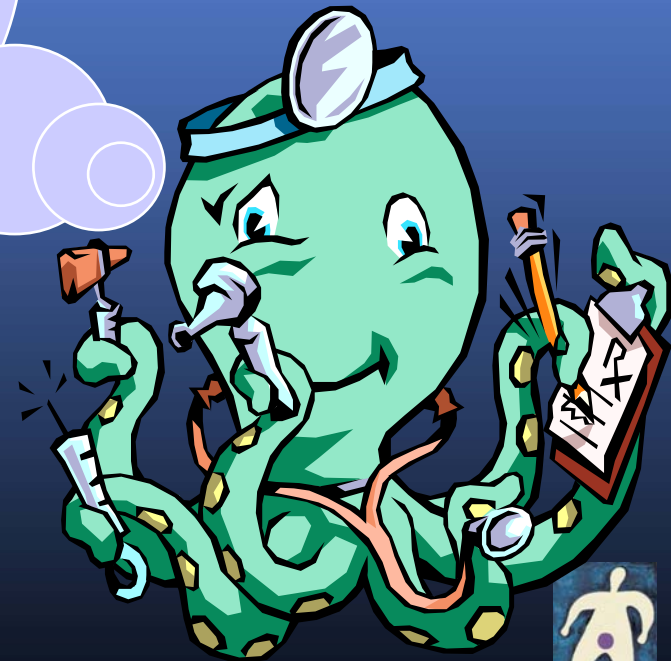


## **Your thoughts....**

**So what happens if they find cancer?**

**What are the stages?**

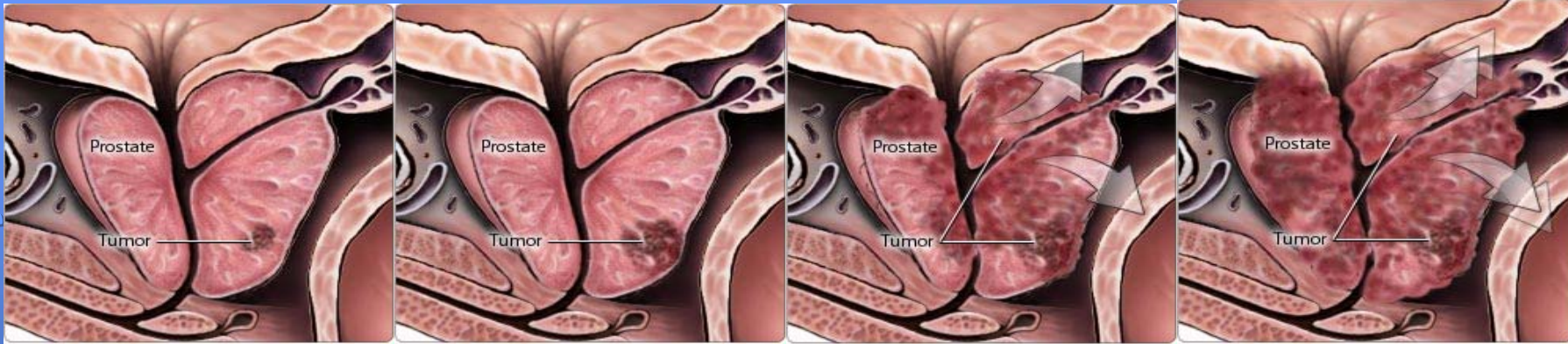
**What are treatment options?**



# What are the stages?



Quality of Work - Quality of Life



Stage I

Stage II

Stage III

Stage IV

Early stage: Locally confined cancer

Locally advanced: spread to seminal vesicles

Advanced: spread to bladder, rectum, spine







# Watchful Waiting



♂ For: Early stage, slow growing, localized cancer

♂ Procedure: Monitor growth regularly

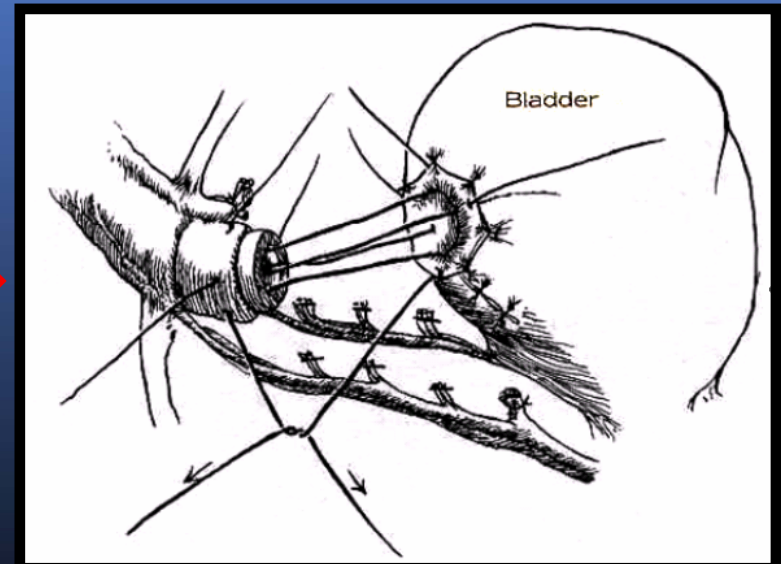
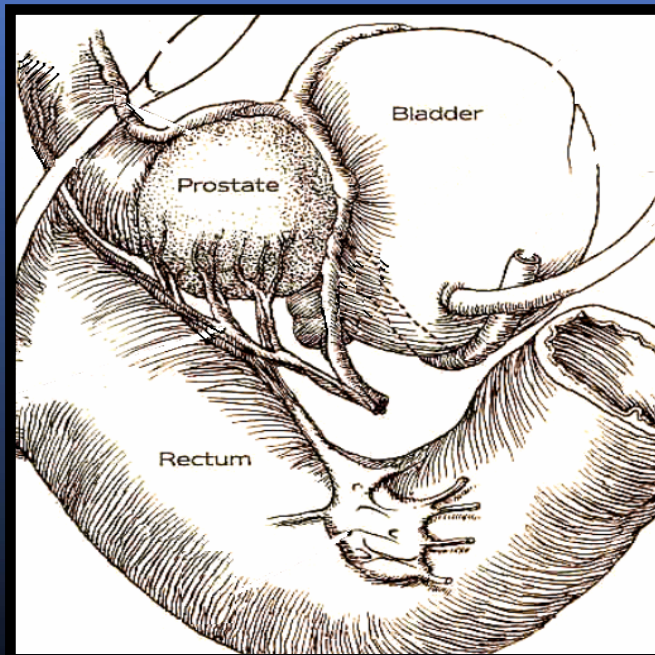




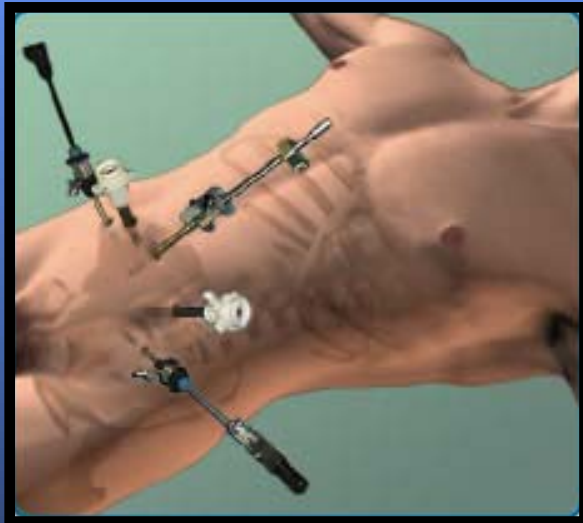
# Radical Prostatectomy



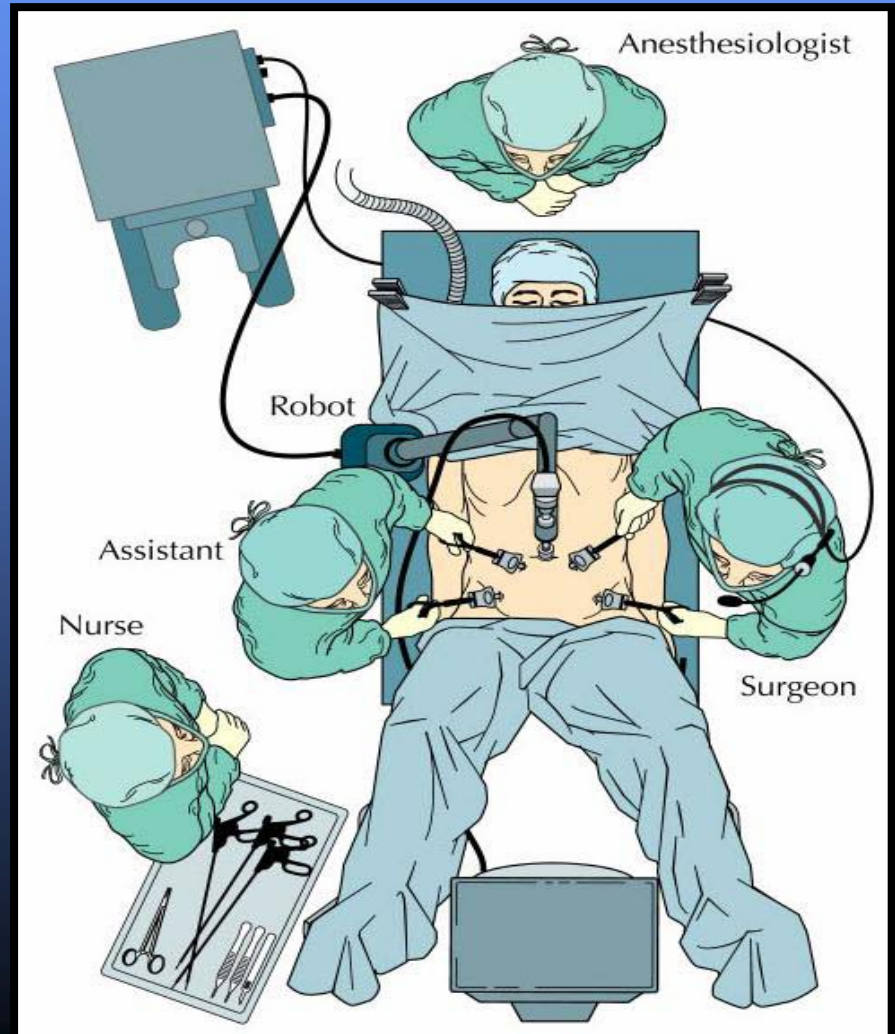
- ♂ For: Stages I & II, accelerated growth
- ♂ Procedure: Surgical removal of the entire prostate
- ♂ Procedure: ~ 3 hours, invasive



# Laparoscopic Radical Prostatectomy



**Less invasive,  
faster recovery**

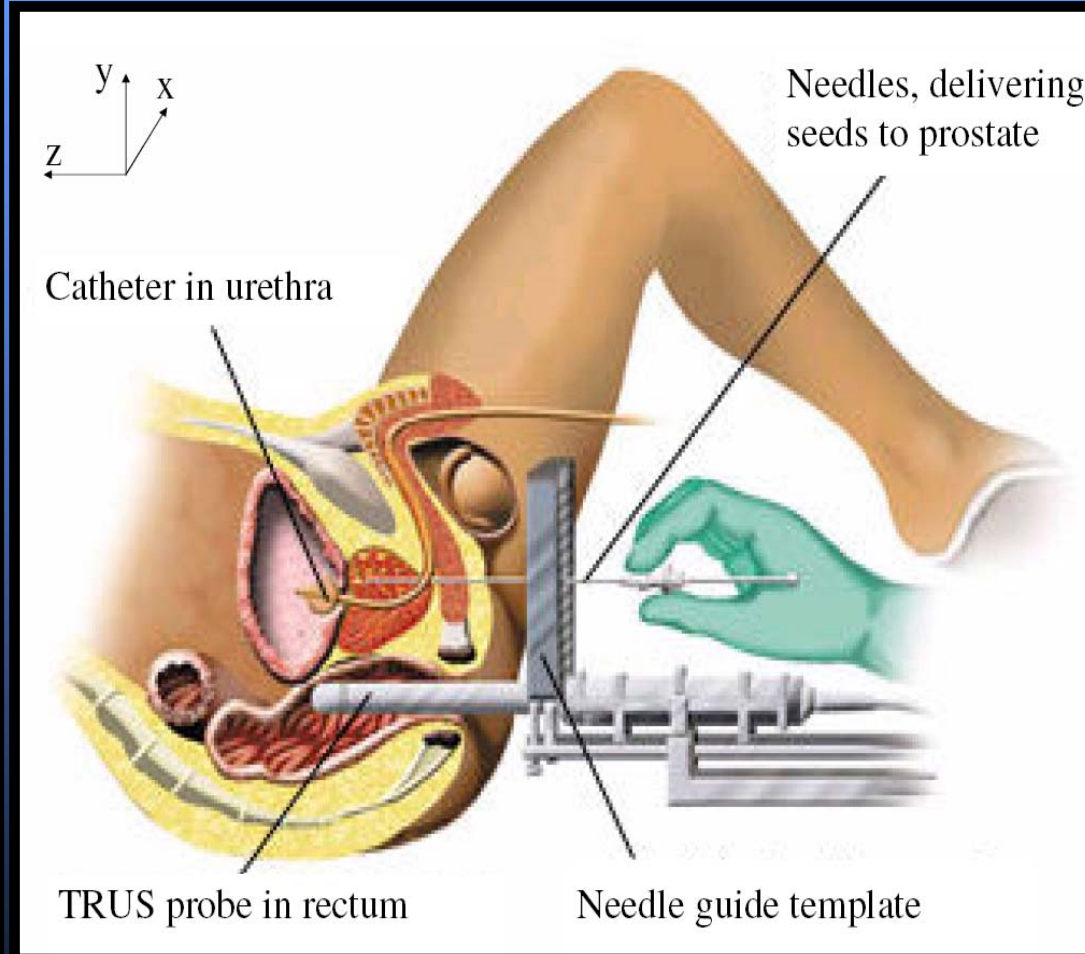


# Prostate Brachytherapy

♂ For: Stages I & II,  
accelerated growth

♂ Procedure:  
Templates and  
ultrasound guidance  
are used to place  
radioactive  
seeds/catheters into  
the prostate to  
irradiate the gland

♂ Procedure:  
~ 1 hours, minimally  
invasive





# Other Treatments

<b>Treatment</b>	<b>Stage</b>	<b>Description</b>	<b>Duration</b>
<b>External Beam</b>	Any stage	X-rays directed from external source	30mins, 7-8 weeks, not invasive
<b>Cryosurgery</b>	Reserved for salvage	Nitrogen to freeze prostate cells	1 hour, minimally invasive
<b>Thermal Ablation</b>	Under research	HIFU to burn prostate cells	3 hours, very invasive
<b>Hormonal (chemo) therapy</b>	Late stage, metastasis	Chemicals used to slow progression	Indefinite, life long, not invasive







# Our Recommendations



♂ Keep calm

♂ Get educated

♂ Get a good doctor & talk to him

♂ Talk to others with experience

♂ Have any operation in a large urban centre





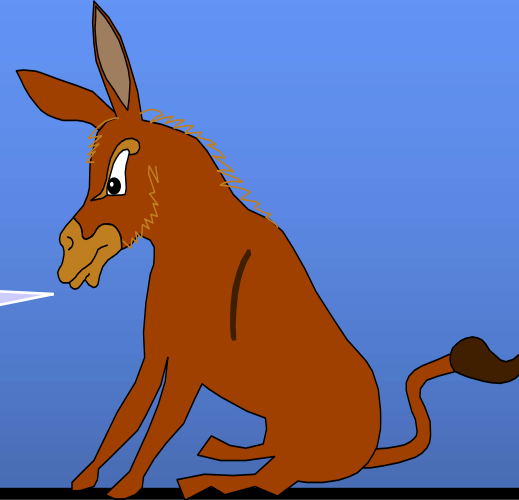
# Moral of the story....



Stop being stubborn and in denial

GET TESTED!!

Any questions....



SALLY FORTH

YOU REALLY SHOULD HAVE THOSE CONSTANT STOMACH PAINS CHECKED, RALPH.

WHY? SO I CAN WASTE THREE HOURS IN A DOCTOR'S OFFICE ONLY TO HEAR THAT I'M FINE?

BUT WHAT IF YOU'RE NOT FINE? THEN I'LL HAVE TO SIT THERE WHILE SOME MEDICINE MAN TELLS ME MY WHOLE LIFE IS ABOUT TO BE TURNED UPSIDE DOWN. FORGET IT!

WHEN IT COMES TO THINGS LIKE THIS, MY MOTTO IS, "WHY LIVE IN FEAR WHEN YOU CAN LIVE IN DENIAL."

YOU WANT A MOTTO, RALPH, NOT AN EPITAPH!

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