

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?

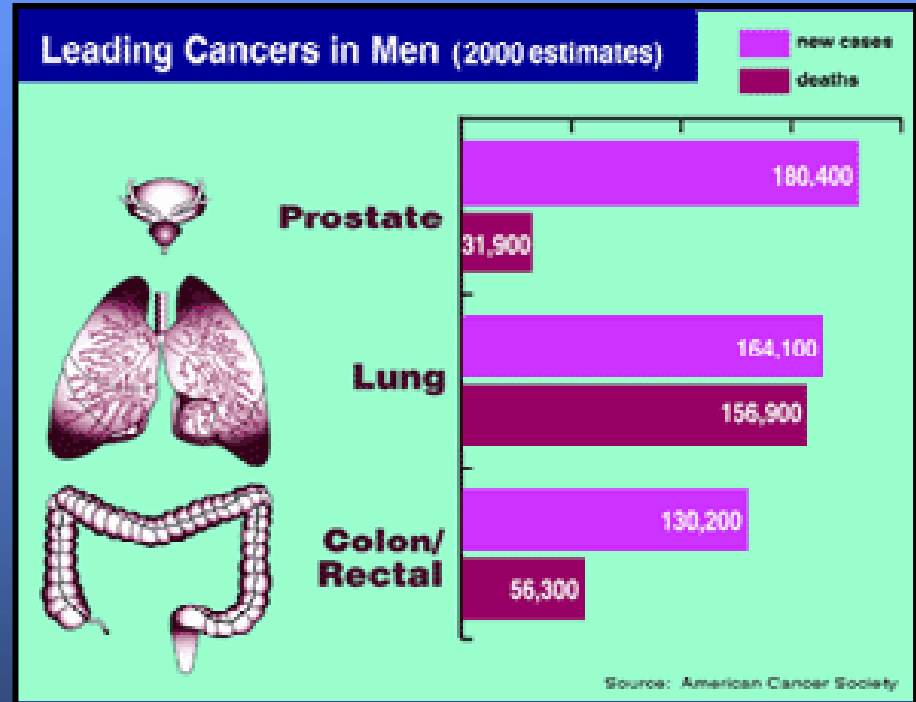


♂ 2nd leading cause of cancer death in American men

♂ 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

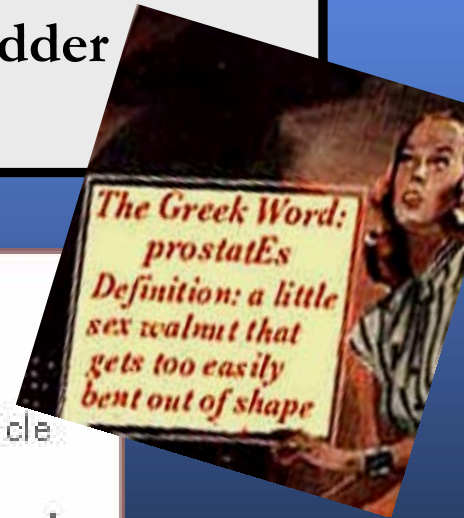
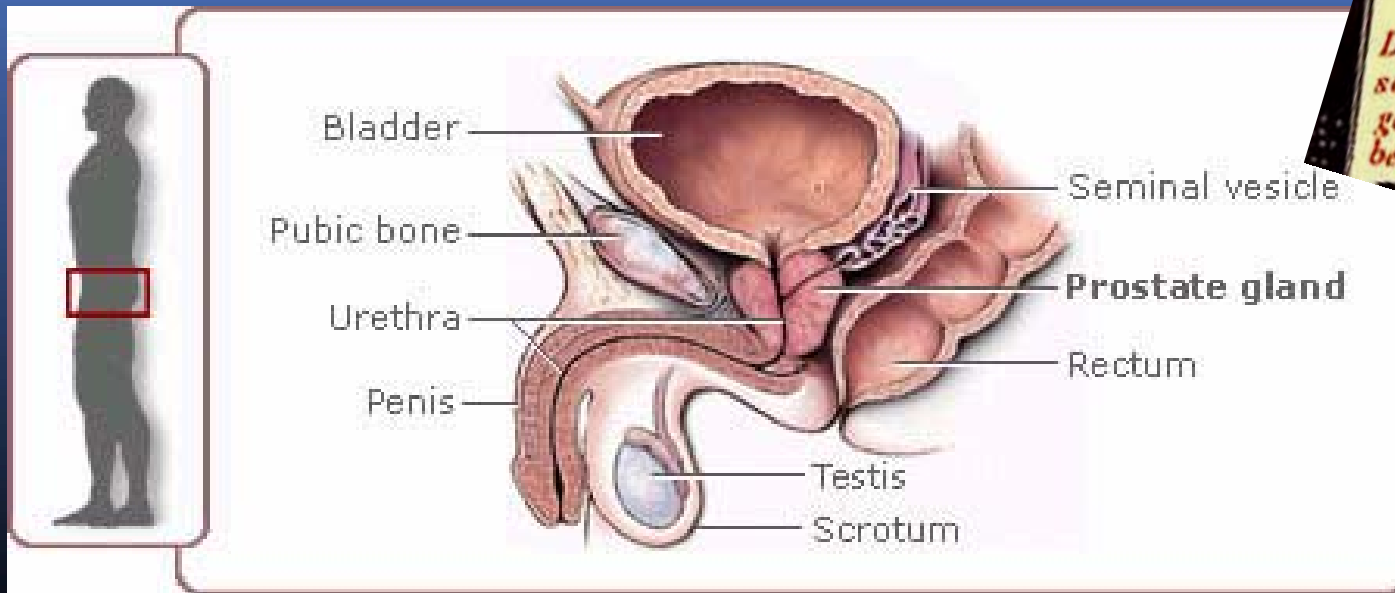


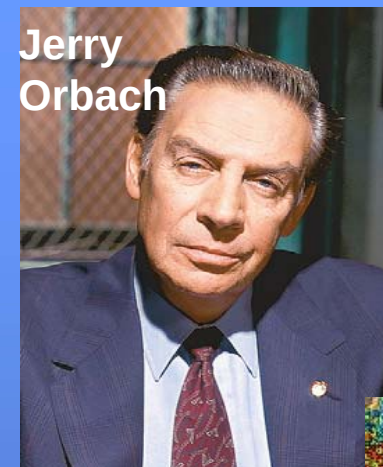
Where is this damned *prostate*, anyway?



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

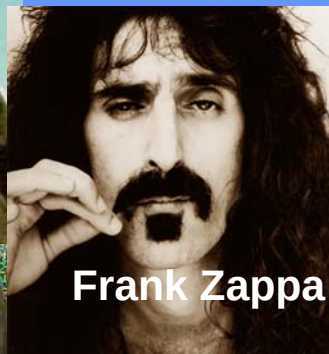




Jerry Orbach



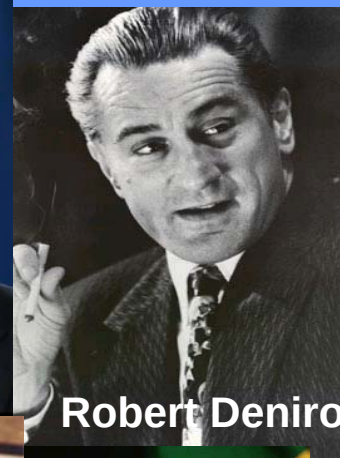
Sir Alec Guinness



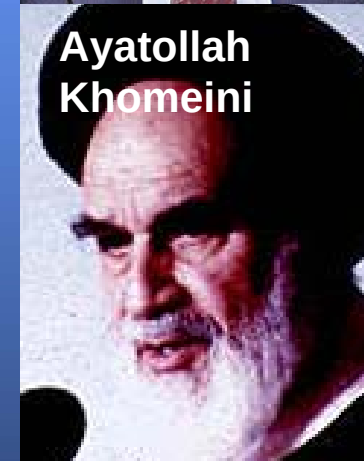
Frank Zappa



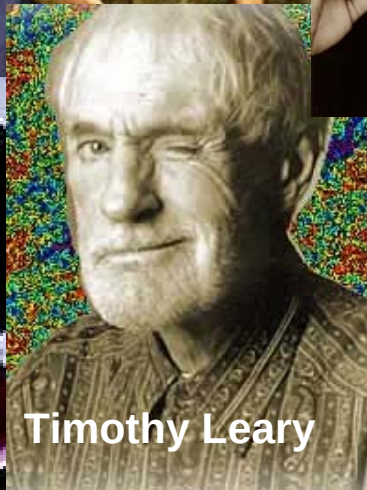
John Kerry



Robert Deniro

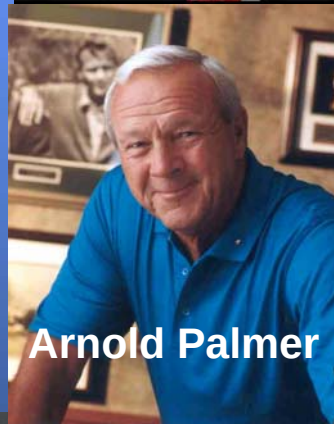


Ayatollah Khomeini



Timothy Leary

Who gets prostate cancer?



Arnold Palmer



Nelson Mandela



Pierre Trudeau



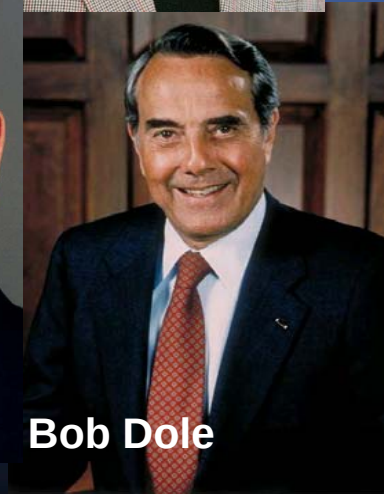
Telly Savalas



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

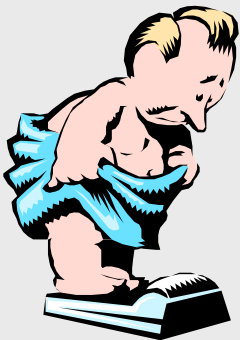
♂ Asian men → Less likely to have prostate cancer



Family History

♂ 2 relatives with prostate cancer → 5 times the risk

♂ 3+ relatives with prostate cancer → guaranteed to have prostate cancer



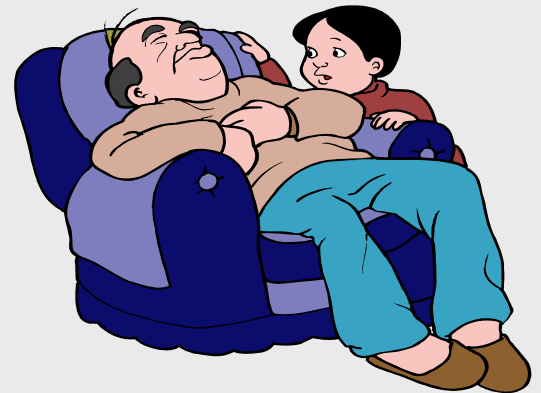
Lifestyle Choice

♂ 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

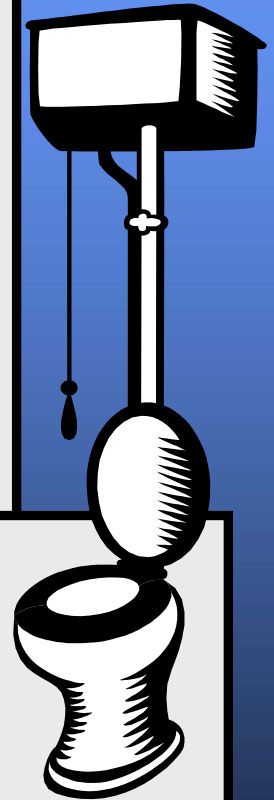
Early Stages

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?



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?





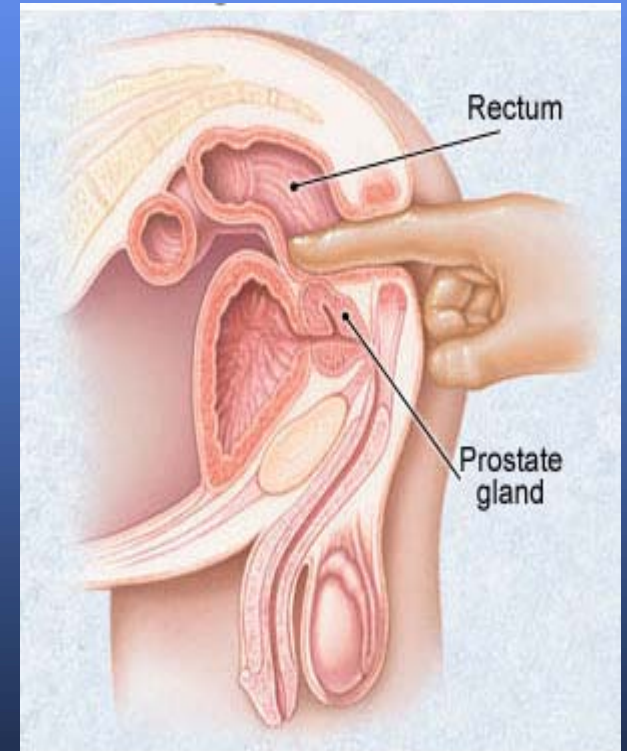
Prostate Cancer Detection



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



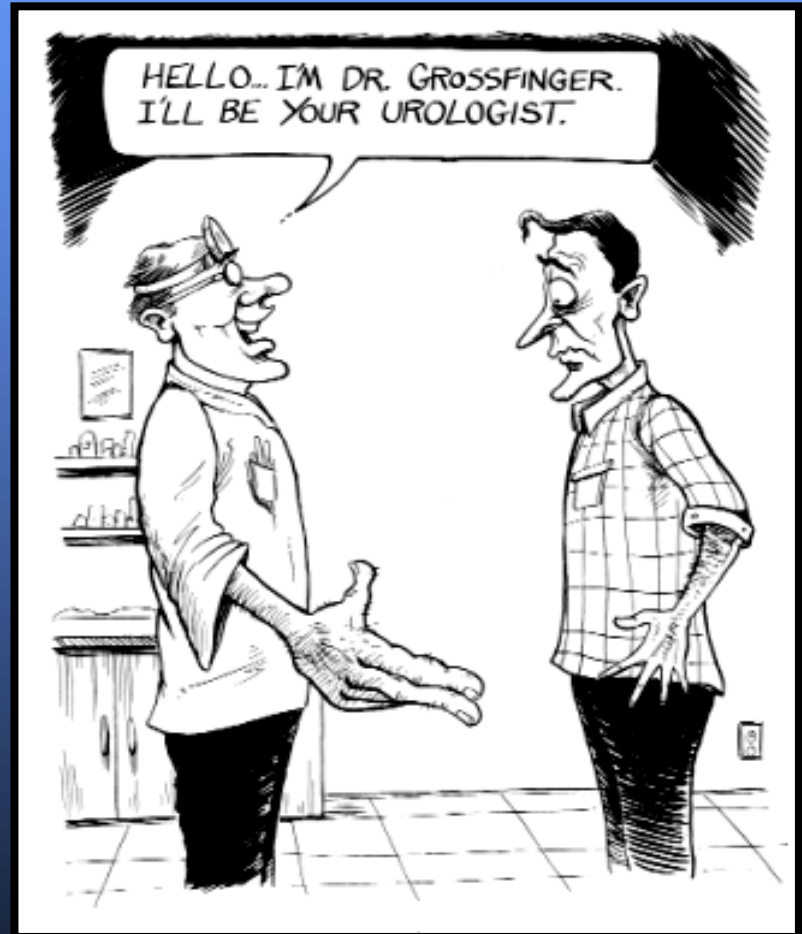


Prostate Cancer Detection

Quality of Work - Quality of Life

Stage 1: **Annual** Digital Rectal Exam

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





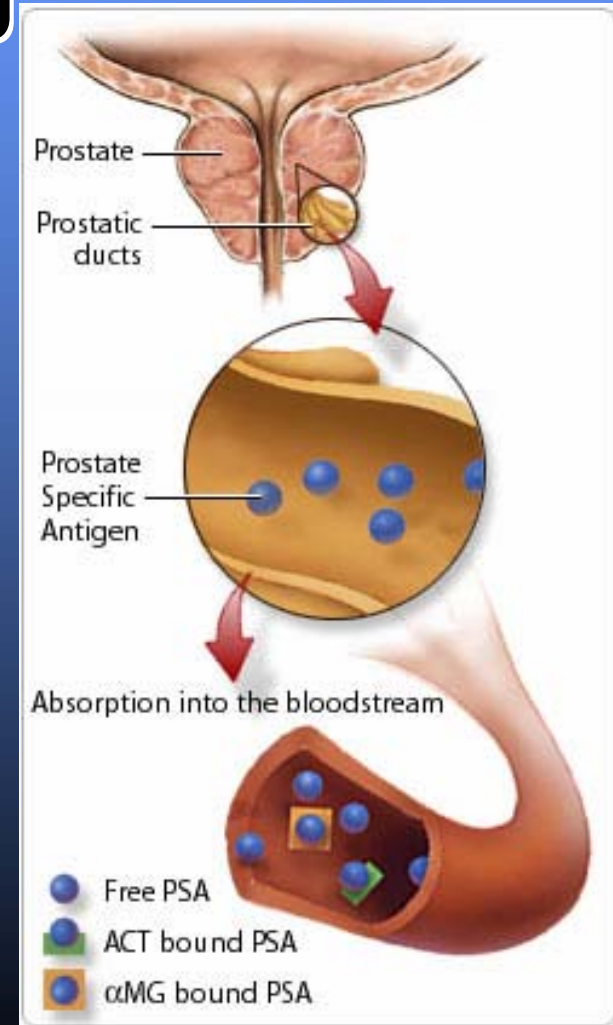
Prostate Cancer Detection



Stage 2: Prostate Specific Antigen (PSA) Testing

♂ Cell activity in the prostate produces PSA

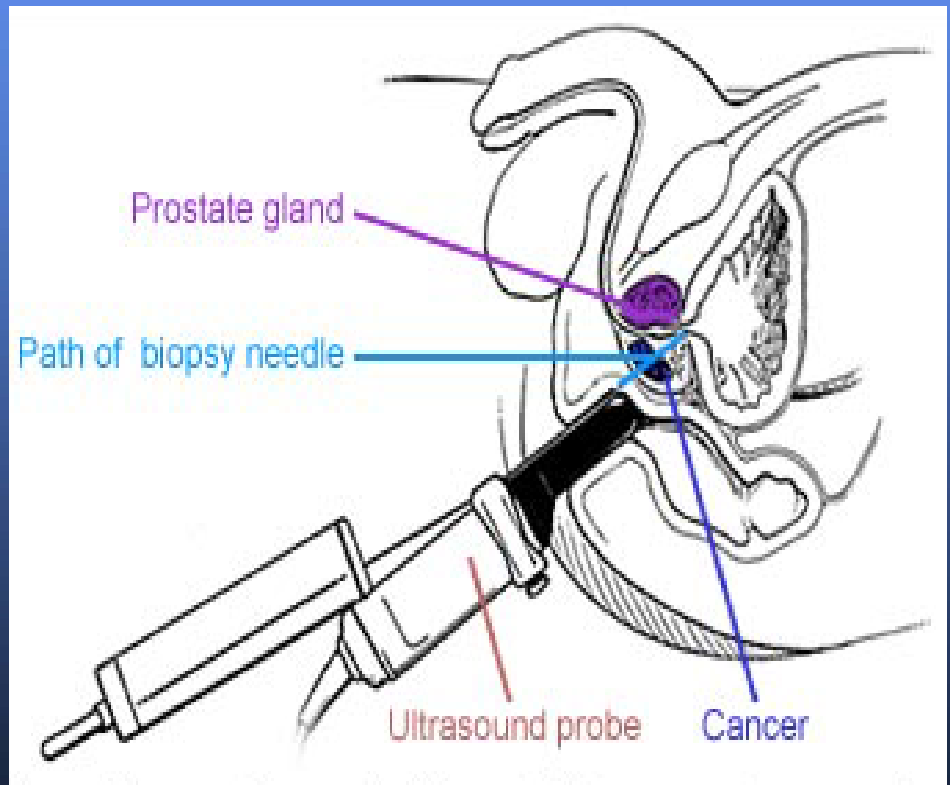
♂ Higher than average PSA levels in the bloodstream is a sign of abnormal cell multiplication in the prostate



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?**

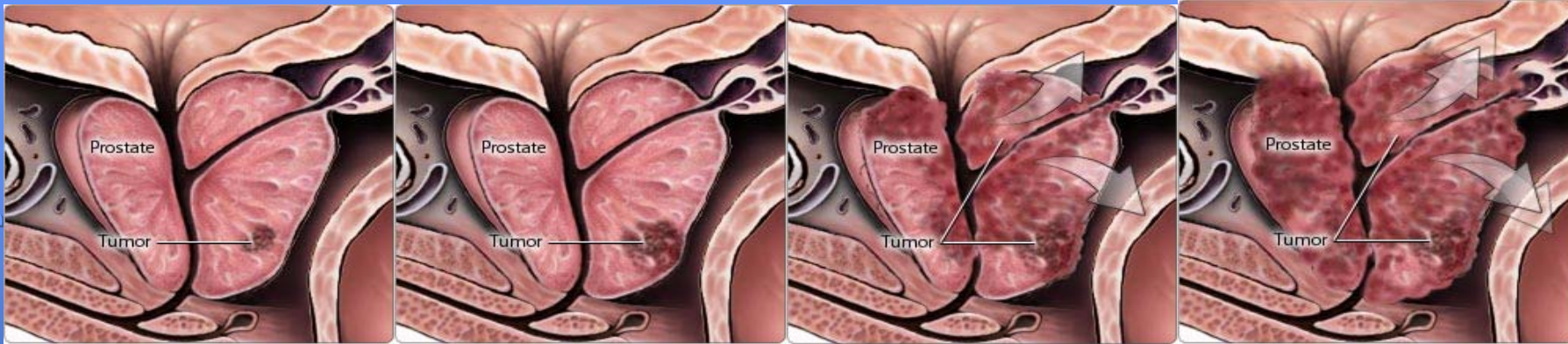
What are the stages?

What are treatment options?





What are the stages?



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

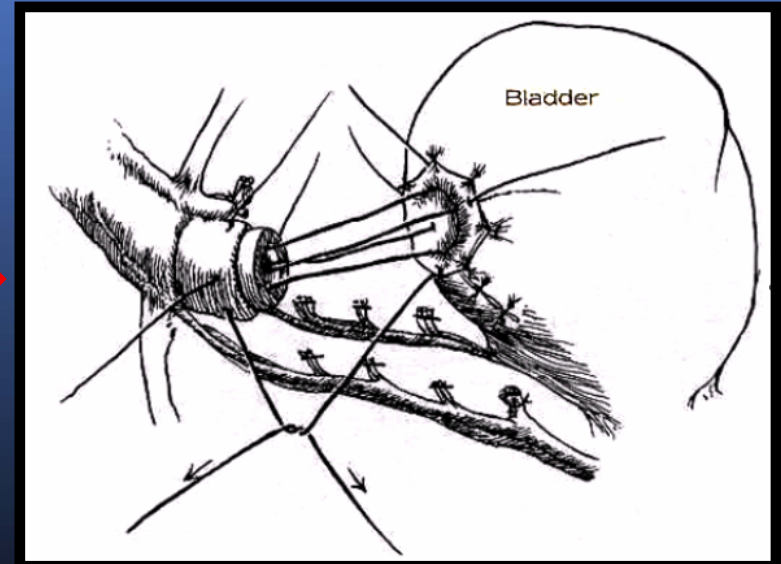
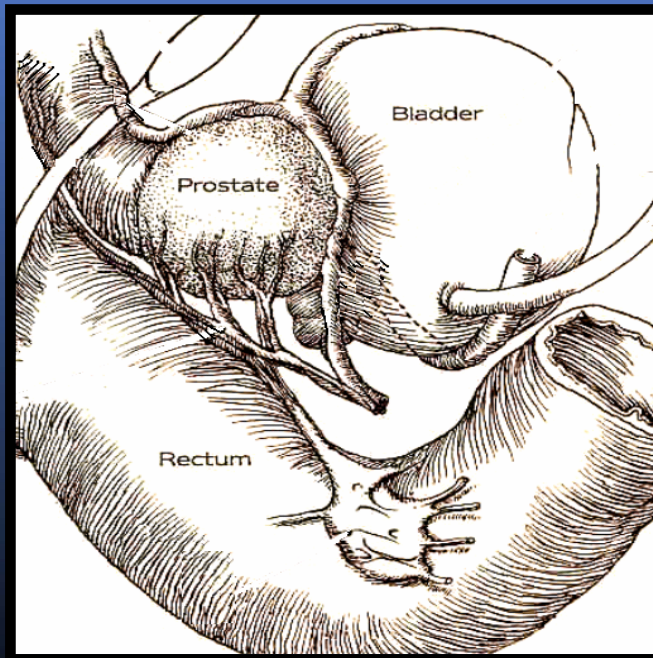




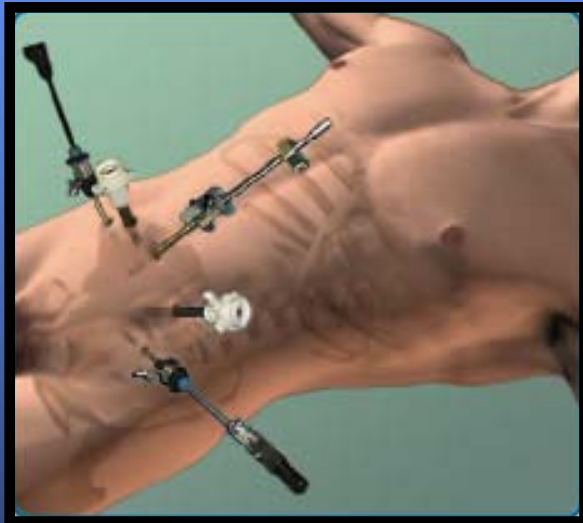
Radical Prostatectomy



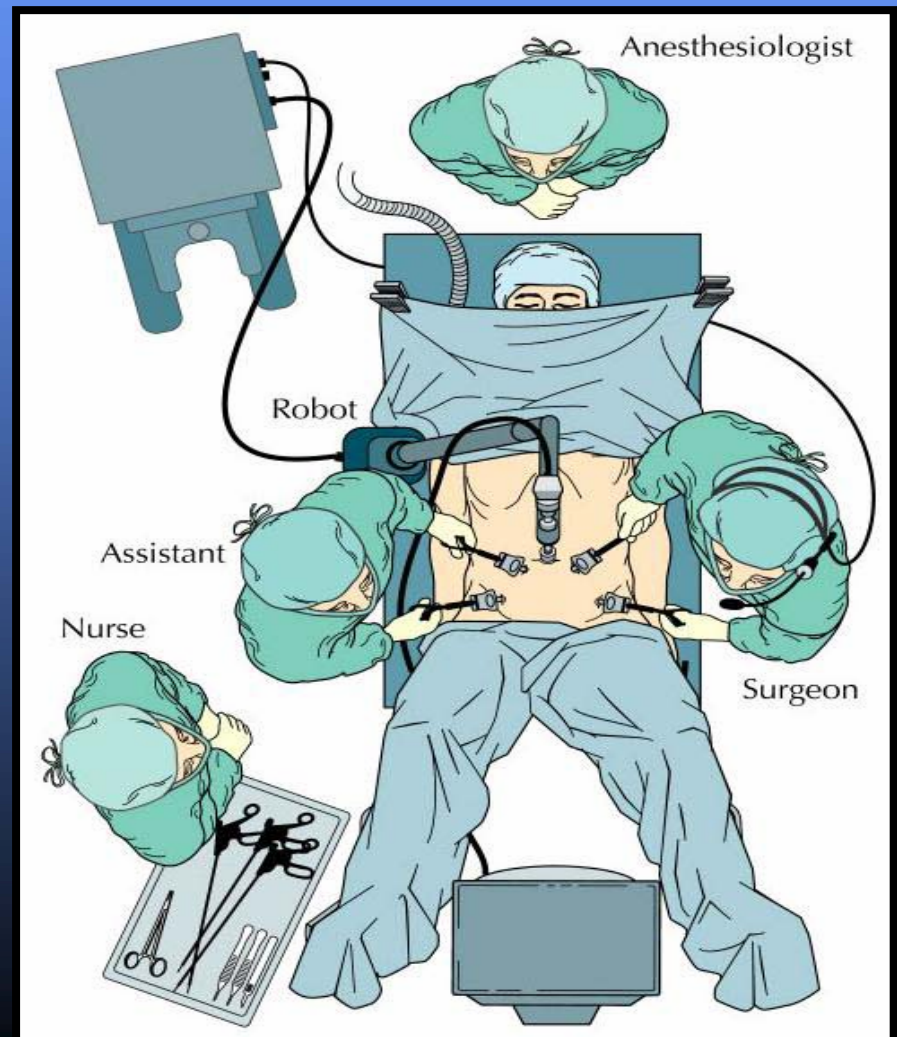
- ♂ For: Stages I & II, accelerated growth
- ♂ Procedure: Surgical removal of the entire prostate
- ♂ Procedure: ~ 3 hours, invasive



Laparoscopic Radical Prostatectomy



**Less invasive,
faster recovery**





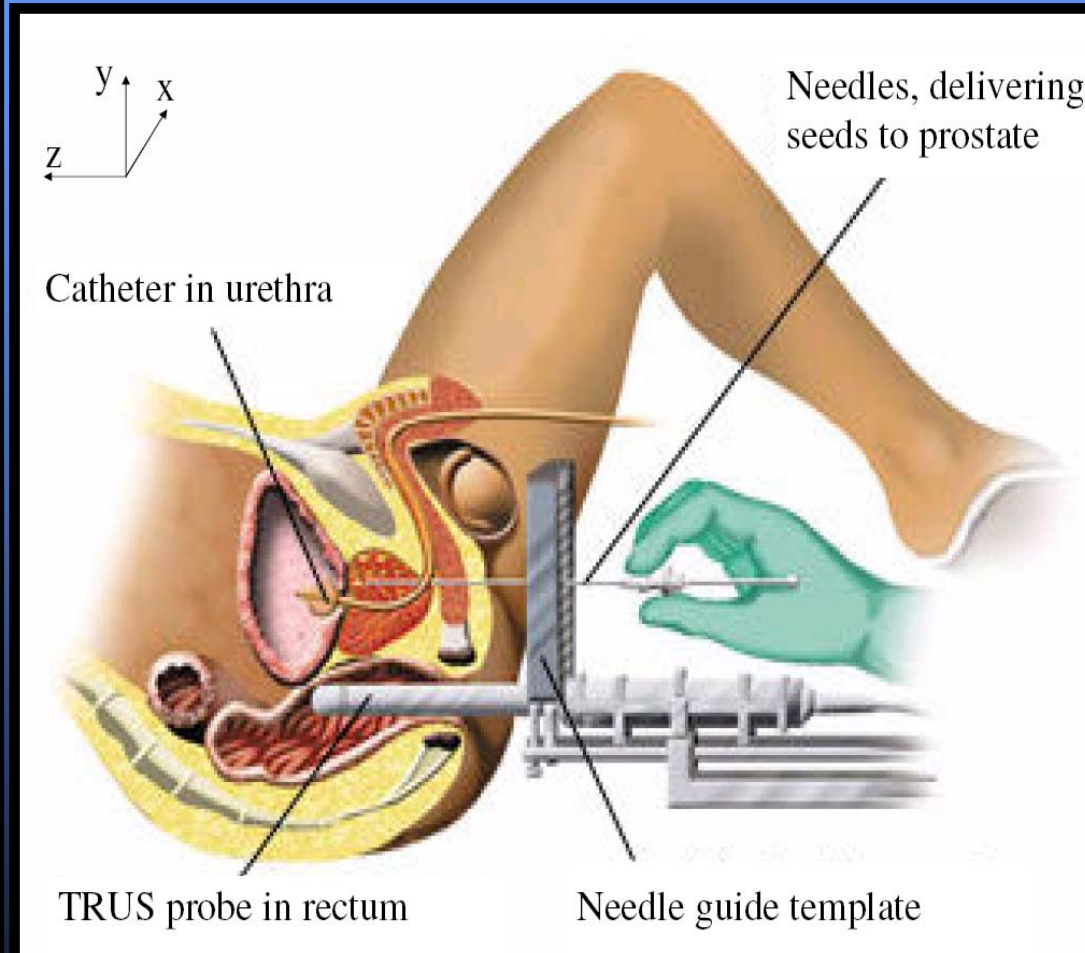
Prostate Brachytherapy



♂ 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

Treatment	Stage	Description	Duration
External Beam	Any stage	X-rays directed from external source	30mins, 7-8 weeks, not invasive
Cryosurgery	Reserved for salvage	Nitrogen to freeze prostate cells	1 hour, minimally invasive
Thermal Ablation	Under research	HIFU to burn prostate cells	3 hours, very invasive
Hormonal (chemo) therapy	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





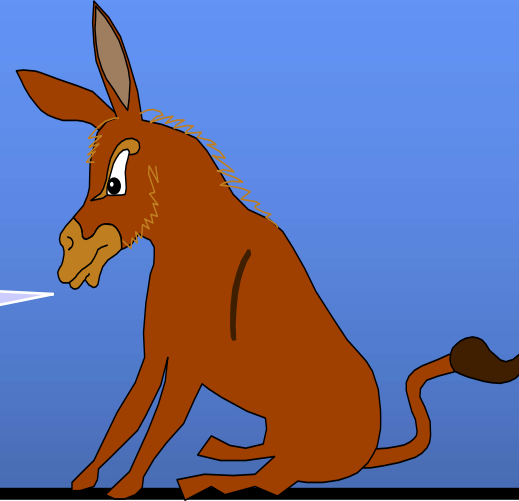
Moral of the story....



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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