



**SUNWAY**  
**MEDICAL CENTRE**  
Sunway City Kuala Lumpur

# PROSTATE CANCER *SCREENING GUIDE*

According to the Malaysian National Cancer Registry (NCR), prostate cancer is the **third most common cancer** in Malaysian men.  
Find out how you can get screened  
and protected today.

Screening can detect prostate cancer before symptoms develop, allowing for timely treatment and better chances of successful outcomes.

### Early Detection



Finding prostate cancer early may lower the risk of death, though the overall benefit depends on how aggressive the cancer is.

### Reduced Mortality



## BENEFITS OF PROSTATE CANCER SCREENING



### Informed Decision-Making

Screening gives men the information they need to explore treatment options and make decisions that suit their health and preferences.

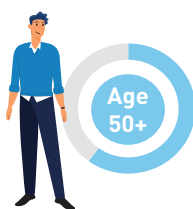


### Potential to Prevent Advanced Disease

Detecting cancer early can help prevent it from spreading, improving survival and quality of life.

## WHO SHOULD CONSIDER PROSTATE CANCER SCREENING?

1



**Age 50+ or earlier  
with risk factors**

2



**Family history  
of prostate cancer**

3



**Higher risk for men  
of African descent**

4



**Inherited  
genetic mutations  
like BRCA1 or BRCA2**

5



**Unhealthy lifestyle  
habits such as poor diet  
and lack of exercise**

# SIGNS & SYMPTOMS OF PROSTATE CANCER

In the early stages, prostate cancer may not present noticeable symptoms. As the disease progresses, symptoms may arise, including:



**Frequent urination,**  
especially at night.



**Weak or interrupted**  
**urine flow**



**Painful or**  
**burning urination**



**Blood in the**  
**urine or semen**



**Erectile dysfunction**



**Pain in the back, hips, or**  
**pelvis,** which could indicate  
the cancer has spread

It is important to note that these symptoms can also be caused by benign conditions, such as **benign prostatic hyperplasia (BPH)** or **urinary tract infections (UTIs)**.

Therefore, the presence of symptoms does not necessarily indicate cancer, but it warrants further investigation.

# PROSTATE CANCER SCREENING METHODS

1



## Blood test for Prostate-Specific Antigen (PSA)

A blood test that measures PSA levels, which may be higher in men with prostate cancer

2



## Digital Rectal Examination (DRE)

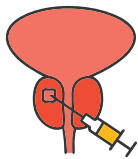
A quick physical exam where a doctor checks the prostate for abnormalities

## NEXT STEP IF SCREENING IS POSITIVE

### Further Diagnostic Testing

#### Biopsy

confirms cancer by examining prostate tissue samples



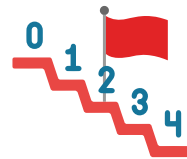
#### Imaging Tests

MRI, CT, or bone scans check if cancer has spread beyond the prostate



### Cancer Staging

Once confirmed, prostate cancer is staged (I–IV) to guide treatment and determine how far it has spread.



## TREATMENT OPTIONS



### Active Surveillance

Low-risk cancers may be monitored with regular tests and treated only if they progress



### Surgery

Prostate removal surgery is an option for localized cancer, especially in younger, healthier men



### Radiotherapy

Radiation is used to treat prostate cancer that is localized or has spread nearby



### Hormonal Therapy

Hormonal therapy lowers testosterone to slow the growth of advanced prostate cancer



### Chemotherapy

Chemotherapy helps treat prostate cancer that has spread beyond the prostate



### Focal Therapy

A minimally invasive treatment to destroy cancer cells while preserving normal prostate tissue, eg. Nanoknife