



# Prostate Cancer Awareness Campaign

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In line with the Prostate Cancer Awareness Campaign, the Hippocrateon Private Hospital in collaboration with the EUROPA UOMO Cyprus and the University of Nicosia Medical School are teaming up and organising a seminar on Prostate Cancer. This will be held on Saturday, the 25<sup>th</sup> February 2017 at the UNESCO Amphitheatre of University of Nicosia between 10am and 12pm. An excellent panel of speakers will cover a variety of topics on prostate cancer addressing the needs of the public and aiming to improve current knowledge and outline future trends in its management. Expert guest speakers will cover the following topics:

- Clinical Biochemist – What is the PSA? Screening for all?
- Histopathologist- What is Prostate? Types of prostate cancer and their significance?
- Radiologist – TRUS Prostate Biopsy, CT Prostate, mpMRI Prostate and Bone Scan
- Urologist – Traditional and new advances in the surgical management of prostate cancer. The advent of robotic surgery
- Oncologists – Radiotherapy in Prostate Cancer, Chemotherapy and Biochemical Relapse – how do we deal with it?
- The journey from diagnosis to treatment. Experiences and patient's perspective who recently been through this cycle.

### What is the PSA test?

- *Prostate Specific Antigen or PSA test is a simple blood test that shows the level of PSA in the blood.*
- PSA is a protein produced and released by normal prostatic cells but also from cancer cells and is found in low levels in blood
- Raised PSA levels in the blood may indicate a problem with the prostate gland but not necessarily cancer.

### What is the Prostate Gland?

- Only men have a prostate gland.
- Normally, the prostate is a small gland in the shape of a walnut, but its size can be variable.
- It is found at the neck of the urinary bladder and through the middle of it passes the urethra
- The prostate gland produces prostatic fluid and it is necessary for ejaculation but also reproduction.



- With advancing age, the prostate gland enlarges and as a result causes lower urinary tract symptoms.
- Approximately 1 in 3 men after 60 will have an enlarged prostate, a condition known as benign prostatic hyperplasia.

### What is Prostate Cancer?

- The commonest cancer in men.
- One in 6 men will develop prostate cancer and it's the second commonest cause of death from cancer in men.
- Prostate cancer progresses slowly even in aggressive types and usually does not exhibit any symptoms and signs at a stage when the disease is amenable to treatment.
- Diagnosis involves a combination of clinical suspicion based on history and the PSA test in combination with the findings of the digital rectal examination and the transrectal ultrasound guided prostate biopsy.

### Did you know that ....

Prompt Diagnosis of Prostate Cancer means

98%

Of patients will live for more than 5 years

Delayed Diagnosis of Prostate Cancer means

26%

Of patients will live for more than 5 years

### Symptoms associated with Prostate Cancer

- Typically, prostate cancer has **non-specific** symptoms. In most instances signs of prostate cancer are detected by the urologist.
- Some men may have symptoms like:
  - Hesitancy (difficulty initiating voiding)
  - Nocturia (waking up at night)
  - Poor urinary stream
  - Painful ejaculation
  - Erectile dysfunction
  - Haemospermia or haematuria.
- The aforementioned symptoms may be associated with prostate cancer but may also be associated with other prostate conditions
- If you do experience any of these symptoms it is vital that you visit your urologist for a thorough clinical evaluation.

## Can Prostate Cancer be diagnosed before it develops troublesome symptoms?

- **YES**, with the PSA blood test. The following values represent a rough guide for the normal age related PSA values (based on PCRMP):
  - **Upto 3 ng/ml for men aged 50-59 years**
  - **Upto 4 ng/ml for men aged 60-69 years**
  - **Upto 5 ng/ml for men aged 70 years**
- The digital rectal examination can detect 1 in 6 men with prostate cancer, particularly those with voiding symptoms. It is recommended that all men above 50 years of age should undergo an annual review by a urologist.

## Treatments for Prostate Cancer

- The optimal management of prostate cancer depends on
  - the stage of the disease (that is the degree of spread of the disease) but also
  - the age and comorbidities of the patient

Three main treatment modalities are available:

- **Active Surveillance**
- **Surgical Approach** - Radical prostatectomy, by default used to be performed via an open approach but during the last decade it has been replaced with minimally invasive surgery mainly Robotic Surgery. The advantages of robotic surgery are:
  - Small incisions (<1cm)
  - Rapid recovery
  - Minimal blood loss
  - Sparing of the neurovascular bundle and subsequently maintenance of erectile function and continence.
- **Radiotherapy Treatment** – Traditional delivery of external beam radiotherapy or internal implantation of radioactive seeds (brachytherapy).

## Our Panel of Speakers

After 17 years of medical and clinical career in the United Kingdom Dr. Savvas G. Omorphos has returned to Cyprus and joined the Urological Team at the Hippocrateon Private Hospital. Having gained the BSc in Medicine and Surgery at the University of Manchester, UK, he trained in Urology mainly in the West Yorkshire region and worked in various hospitals for a total of 12 years reaching the rank of Consultant Urological Surgeon (CCT, UK). He is well trained in General Urology, Andrology and Endourology and he developed a special interest in Onco-Urology. He has worked in many tertiary centres and developed his expertise in the diagnosis and management of prostate cancer, bladder cancer and renal cancer. He specialized in minimally invasive surgery and the last 2 years he worked exclusively in the field of Robotic Surgery. Apart from his clinical career he is also collaborating with the Medical School of the University of Nicosia and he is the Surgical Clinical Lead for medical students at the Hippocrateon Private Hospital.

Dr. Nektarios Poullos, is a graduate of the Medical School of the University of Leipzig, Germany. He subsequently trained in diagnostic radiology and interventional radiology at the Department of Radiology and Interventional Radiology of the University Hospital Ludwigs Maximilian in Munich, Ingolstadt. After completing his subspecialty training in interventional radiology he returned to Cyprus. He is currently working in the Radiology Department at the General Hospital Nicosia, in the field of Interventional Radio-oncology, and performs daily minimally invasive interventional procedures.

Dr Marilena Theodorou, is a graduate of the Medical School of the University of Leipzig, Germany. She subsequently trained in Clinical Oncology and Oncological Radiotherapy at the University Hospital Klinikum Rechts der Isar, Technical University of Munich. After completing her subspecialty training in clinical oncology specialization she subspecialized in Stereotactic Radiotherapy and Radiosurgery. She returned to Cyprus and over the course of last year has been working as a clinical radiotherapist/oncologist in the Oncology Centre of the Bank of Cyprus, Nicosia.

Dr Efrsini Iakovou is a distinguished histopathologist. She is a graduate of the English School, Nicosia and thereafter studied medicine at the Komensky University, Slovakia. She completed her training in pathology and histopathology at the Georgios Gennimatas General State Hospital, Athens. From 1992 till December 2014 she worked in the Histopathology Department of Nicosia General Hospital, holding the rank of Deputy Director in Histopathology. Over the years she received several scholarships to train abroad. Since April 2015, she has been the Director of the ECCLab together with Pathologists/ Histopathologists Dr Charis Charalambous and Dr. Pavlos Constantinou (whom they expect to formally join soon). She has special interest in urological, surgical and haematological diseases.

Dr. Savvas Chr. Omorphos is a graduate of Biochemistry at the University of Sheffield, UK. He thereafter became a Doctor of Philosophy (PhD) having done his research at the Royal Free Hospital Medical School (recently merged with the UCL Medical School) where he also worked for 6 years.

Since 1986 he is the Director of his private Clinical Laboratory, specializing in:

- Laboratory Haematology
- Clinical Biochemistry
- Clinical Microbiology
- Immunology



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