



**Position statements on the use of PSA for early detection of prostate cancer
jointly issued by the Hong Kong Urological Association and
the Urology Board of College of Surgeons of Hong Kong**

**香港泌尿外科學會及香港外科醫學院泌尿外科委員會
有關使用前列腺特異抗原(PSA)及早檢測前列腺癌之聯合立場聲明**

Background

There is growing evidence from randomized controlled trials that early detection of prostate cancer can save lives and reduce sufferings from locally advanced and metastatic disease. There is a trend of decreasing prostate cancer mortality in developed countries like US or UK, which can be related to early prostate cancer detection through PSA checking and advances in medical care. However in Hong Kong, where PSA checking is not as popular, the prostate cancer mortality rate remains static for the last 15 years.

On the other hand, there is no local data supporting population screening for prostate cancer in Hong Kong. There is also a recent recommendation from the US Preventive Services Task Force against screening for prostate cancer after balancing the risks and benefits of screening.

The Hong Kong Urological Association and the Urology Board of the College of Surgeons of Hong Kong jointly develop these position statements which aim to facilitate the health care professionals to counsel men for early prostate cancer detection.

背景

愈來愈多隨機對照研究的證據顯示，早期檢測前列腺癌能夠拯救生命及減少因晚期及轉移性前列腺癌帶來的痛苦。前列腺癌的死亡率在英國及美國等已發展國家有下跌的趨勢，相信是因為前列腺特異抗原測試的普及使用和先進的醫療，使前列腺癌得以在早期檢測。但在香港前列腺特異抗原測試並不普及，在過去 15 年，前列腺癌的死亡率持續不變。

另一方面，在香港暫時未有本地數據支持全民前列腺癌篩查。而最近美國預防醫學工作組(USPSTF)在平衡潛在利益和弊處後並不建議進行前列腺癌篩查。

有見及此，香港泌尿外科學會及香港外科醫學院泌尿外科委員會聯合發出本原則聲明，以協助醫護同業瞭解前列腺癌早期檢測的要點，與病人共同作出決策。



Principle statement

Early detection of prostate cancer through judicious use of PSA checking saves lives and reduces suffering from locally advanced and metastatic disease.

原則聲明

通過審慎地使用前列腺特異抗原(PSA)檢查及早檢測前列腺癌,能夠拯救生命及減少因晚期及轉移性前列腺癌帶來的痛苦.

Guidelines on PSA screening:

PSA 篩查指引:

1. Men who are younger than 40 years old are advised against PSA screening
對年齡 40 歲以下之男性不建議進行 PSA 篩查
2. Men aged 40-55 years old are recommended for early prostate cancer detection if they are at high risk of cancer development
建議年齡在 40-55 歲之間並有高風險患癌之男性進行及早檢測前列腺癌
3. Men aged 55 to 77 years old are recommended a shared decision making for PSA screening after the potential benefit and harm of screening are discussed
年齡在 55 至 77 歲之間的男性在了解 PSA 篩查帶來的潛在利益和弊處後可與醫生一同決定是否進行檢測
4. Screening interval of two years or more are preferred over annual screening to reduce the harms of screening and preserve the benefits
每隔兩年或以上的篩查優於每年的篩查,可減少篩查的危害及保存其用處
5. Men who are older than 77 years old or have less than 10-year life expectancy are advised against routine screening
年齡 77 歲以上的男性,或預期壽命不超過 10 年的男性不建議進行 PSA 篩查



6. Men aged 55 to 77 years old or with life expectancy over 10 years who have abnormal PSA result should have thorough discussion with an urologist on the options of management, which may involve a prostate biopsy or other investigations to further stratify the cancer risk.

年齡 55-77 歲或預期壽命超過 10 年的男性,若有異常 PSA 的結果,應與泌尿科專科醫生透徹討論治療選項,這可能包括前列腺穿刺活檢,或其他進一步分析其癌症風險的檢查

7. Active surveillance should be included as a treatment option to men who are diagnosed to have low risk prostate cancer through early prostate cancer detection in order to reduce overtreatment and the treatment related morbidities

對於透過及早檢測前列腺癌而被診斷患有低風險前列腺癌的男性,應包括「積極監視」作為一種治療選擇,以減少過度治療及治療相關的併發症

Recommended discussion points during the shared decision with men who consider early prostate cancer detection

考慮及早檢測前列腺癌作共同決策時建議討論內容

1. Reduction of prostate cancer related mortality and quality of life impairment due to advanced or metastatic prostate cancer with early detection and treatment of prostate cancer
前列腺癌的及早診斷和治療可減低相關死亡率和因晚期或轉移性前列腺癌引致的生活質素下降
2. Possibility of increased PSA and the options of management if PSA result is abnormal
PSA 升高的可能性與及其診治選項
3. Limitations of screening tests
篩查檢驗的局限性
4. Risk of TRUS guided prostate biopsy
經直腸超聲波引導前列腺活組織檢驗之風險
5. Chance of over-diagnosis, over-treatment and treatment related morbidities
可能出現過度診斷、過度治療的情況及治療的併發症
6. Option of active surveillance to reduce overtreatment.
「積極監視」作為一種治療選擇,以減少過度治療