

Department of  
Urology

# Prostate Cancer – A Patient's Journey



# Winning the Fight Against Prostate Cancer: A Patient's Journey

The treatment for prostate cancer has evolved. It is not only about treatment but also about caring for the well-being of the patient even after the treatment. With a step-by-step care path,



patients with prostate cancer can now enjoy better treatment and support for recovery. We bring you a real-life account of a prostate cancer patient's journey to recovery.

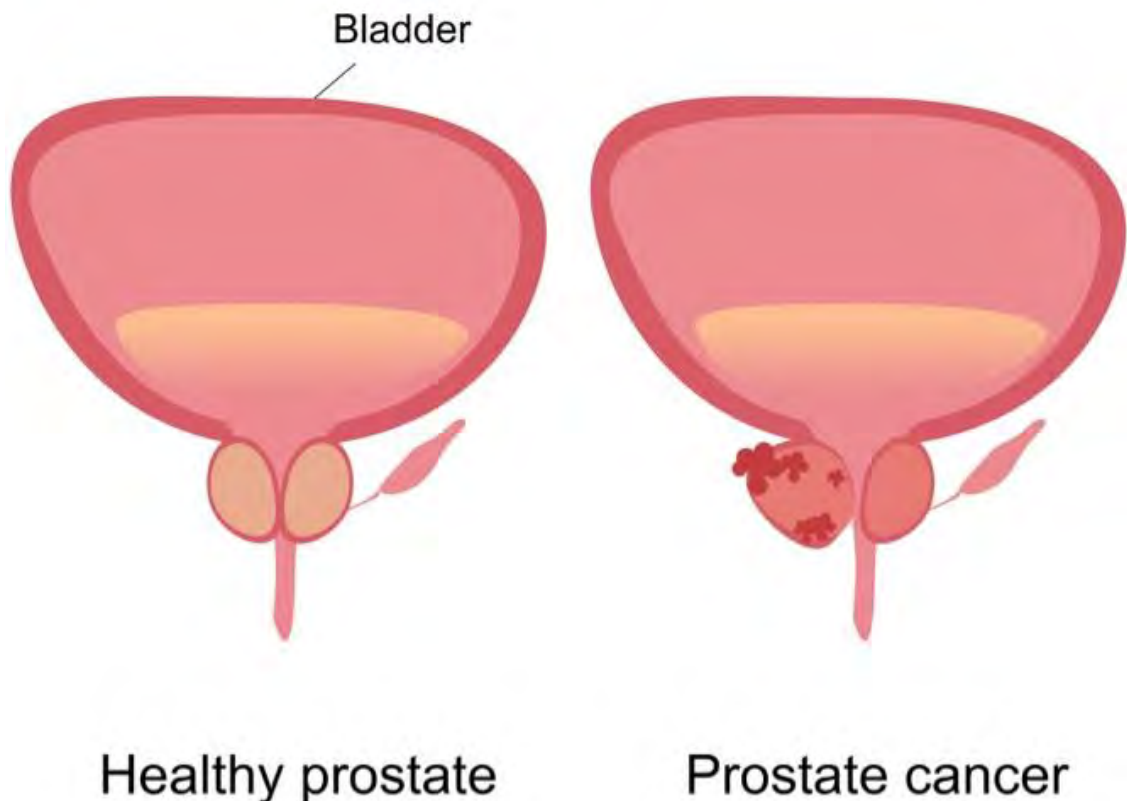
**Having prostate cancer** can put a strain in a patient's outlook towards life, both physically and emotionally. A patient will be concerned about his change in lifestyle, the treatment and its potential outcomes.

With new advances in medical technology evolving towards minimally invasive methods of treatment, most prostate cancer patients who get appropriate treatment early go on to live active and productive lives. **Today, the focus of care has extended beyond just good cancer control, but also managing quality of life issues that come along with the disease and treatment.**

It is with this aim that Tan Tock Seng Hospital (TTSH) has developed its multi-disciplinary approach of care which provides patients with holistic support to cope with the challenges of being diagnosed with cancer, seeking treatment and to achieve even better outcomes in recovery.

# Prostate Cancer

Prostate cancer is a disease in which malignant (cancer) cells form in the tissues of the prostate – the gland that contributes fluid to semen. Although experts do not know exactly what causes prostate cancer, certain risk factors such as being over the age of 65, and family history of prostate cancer can put an individual at a greater risk of developing this disease.



# Treatment Options

When prostate cancer is assessed to be present within the prostate gland, there are three treatment options available:

1. Surgical removal of the cancerous prostate (radical prostatectomy)
2. Radiation therapy
3. Active surveillance (closely watching one's condition)

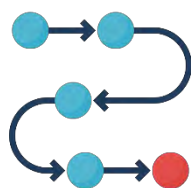
It is reassuring to know that prostate cancer is a very treatable condition. Here in TTSH, Urologists will advise on the options available and develop an individualised treatment plan for the patients as well as explain what to expect before, during and after treatment.

The appropriate treatment choice depends on many factors such as:

Age



Stage and grade of the cancer



Surgical fitness



Existing health problems



# Surgical Intervention

In the case of a surgical removal, the surgery is usually performed by a robotic approach.

**Robotic prostatectomy** is performed with a surgical system, which is designed to provide surgeons with enhanced capabilities, including latest high-definition 3D vision and a magnified view. The system translates the surgeon's hand movements into smaller, more precise movements of tiny instruments inside a patient's body.

Though it is often called a "robot", the system cannot act on its own. Instead, the surgery is performed entirely by a trained surgeon. (Cont.)



# Surgical Intervention

The technology allows the surgeon to perform complex procedures through just a few tiny openings. As a result, a patient may be able to get back to his normal activities faster without the long recovery process that usually follows after an open surgery.

**Robotic prostatectomy offers numerous benefits over traditional open surgery, including:**

- ✓ Effective cancer control
- ✓ Shorter hospital stay
- ✓ Significantly lesser pain
- ✓ Lesser blood loss
- ✓ Fewer blood transfusions

This surgery approach has been used successfully worldwide and at TTSH where we started adopting it since 2010.

# A Multi-disciplinary Approach

Coming to terms with the cancer diagnosis can be a depressing and anxious experience for the patient. Through TTSH's team-based approach with a step-by-step multi-disciplinary care path, we hope to help prostate cancer patients address their concerns and put them at ease.

Here is what a patient can expect throughout his care journey:

After the Urologist has discussed treatment options and counselled a patient who wants prostate cancer surgery, a nurse clinician will have a counselling session with the patient to help reinforce his understanding about the surgery and also introduce the importance of Pelvic Floor Exercise as part of post-surgery rehabilitation.

A patient information sheet which covers pre-, during and post-operative care is also given to all prostate cancer patients with clear instructions during the counselling session. (Cont.)

# A Multi-disciplinary Approach

Implementation of the inpatient care path further reinforces the treatment process so that the prostate cancer patient receives evidence-based clinical care in a timely manner.

Men may not be comfortable talking about their condition and emotions. To give them an outlet to share and get support from people going through similar prostate cancer treatment, TTSH initiated a Prostate Cancer Support Group in 2011.





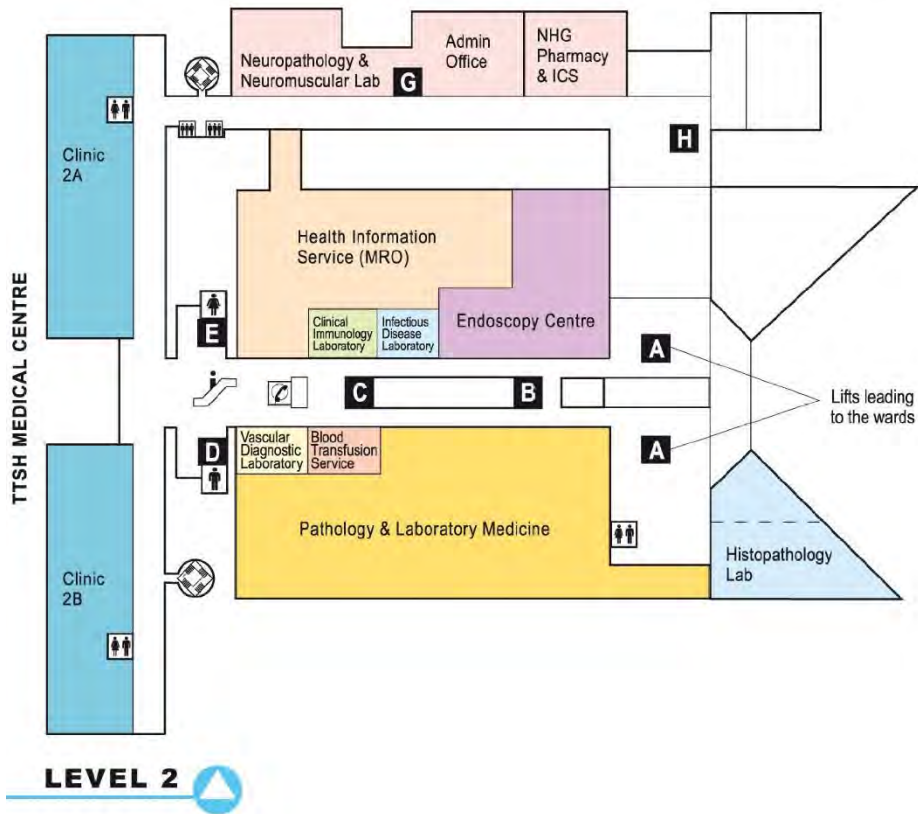
# Conclusion

To get the best outcome out of healthcare services, it is increasingly recognised that a team-care approach provides the synergy to do so.

TTSH's experience with prostate cancer treatment and surgery has shown us that a multi-disciplinary approach can help:

- ✓ Ease patients' anxiety
- ✓ Improve the patients' ability to access appropriate information
- ✓ Ensure that patients receive the best appropriate treatment at the right time

# Contact Us



Location	Level 2, Clinic 2A and 2B
Opening Hours	Monday to Friday: 8am to 6pm Saturday: 8am to 12.30pm Sunday & Public Holiday: Closed
Contact Information	<p><u>Central Appointment Lines:</u> 6357 7000 (FOR NON-SUBSIDISED APPOINTMENTS ONLY)</p> <p>6357 8000</p> <p>TTSH Prostate Cancer Support Group Coordinator Ms Li Jingling jingling_li@ttsh.com.sg</p>

Clinics 2A and 2B  
TTSH Medical Centre, Level 2  
Contact:  
6357 7000 (Central Hotline)



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<http://bit.ly/TTSHHealth-Library>

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