Prostate cancer is the third most common cancer among Singaporean men, striking men from their 50s onwards. Earlier detection of prostate cancer reduces the risk of dying from it. Prostate cancer is usually suspected when men are found to have a high level of prostate-specific antigen (PSA).

The antigen is present in small quantities in the blood of men with healthy prostates, but is often elevated in the presence of prostate cancer or other prostate disorders. Detection of high levels of PSA is followed by a prostate biopsy to check for cancer. Unfortunately, there can be other reasons for a high PSA test besides cancer, so prostate biopsies may sometimes turn out to be unnecessary. Prostate biopsies are usually done through the rectum and this comes with a risk of serious infection as bacteria in the faeces can be transferred into the blood stream when the biopsy needle passes through the rectum.

Advances in technology have led to improvements in prostate cancer diagnosis that address these issues. This technique avoids coming into contact with the bacteria in the rectum, thus lowering the risk of serious infections. TP biopsies can be done in an outpatient setting with local anaesthesia. TP biopsies can also incorporate information from MRI for targeting, thus optimising accuracy.

Dr Lincoln Tan, Director of Tan Urology, said: “One of my patients was suspected of having prostate cancer, but refused a transrectal (TRUS) prostate biopsy as his friend was admitted to ICU after a TRUS biopsy because of serious sepsis (blood infection).

“He agreed to a transperineal biopsy because of the lower risk of infection, and was indeed found to have prostate cancer. Fortunately, it was at an early stage, and he underwent robotic prostate surgery and has been in remission since.”

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**Complete Prostate Care**

**From Diagnosis to Treatment**

**Transperineal Prostate Biopsy**

Diagnosing prostate cancer — the Safe and Accurate way

- Pain-free
- No contamination by faeces
- Lower risk of serious infections
- No antibiotics required
- No general anaesthesia
- No hospitalization

**Robotic Radical Prostatectomy**

— Precision Prostate Cancer Surgery

- Benefits over open surgery
- Smaller incisions with less pain
- Quicker recovery, with shorter hospital stay
- Less blood loss
- Lower risk of infection
- More accurate with better outcomes

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