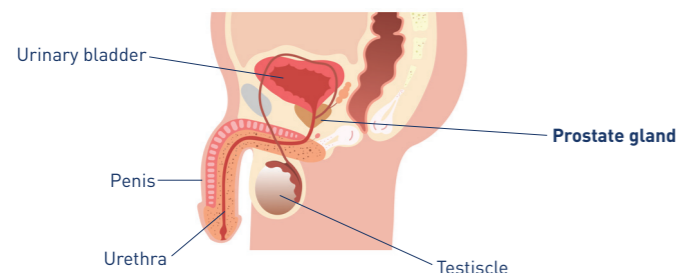


What is prostate cancer?

Prostate cancer is cancer that occurs in the **prostate**.

The prostate is a small **walnut-shaped gland** in males that produces the seminal fluid that nourishes and transports sperm. Prostate cancer is the **number one most common cancer amongst males**.¹



What are the phases of advanced prostate cancer?

Prostate cancer can spread to the lymph nodes or bones and even organs such as the liver, lungs, and brain. This spread of cancer cells throughout the body is called metastasis.

Androgen deprivation therapy (ADT) is the backbone therapy of advanced prostate cancer.

- **Metastatic hormone-sensitive prostate cancer (mHSPC)**
Cancer is **NOT resistant to ADT** but has spread to other parts of the body.²
- **Metastatic castration resistant prostate cancer (mCRPC)**
Cancer that is **resistant to ADT** and has spread to other parts of the body.²

References:
1. Singapore Cancer Registry Annual Report, 2021.
2. Advanced Prostate Cancer Patient Guide. Urology Care Foundation. Available online at <https://www.urologyhealth.org/resources/advanced-prostate-cancer> [Last accessed: October 2021].

What are the treatments for advanced prostate cancer?

Initially, you will be given ADT via surgical or medical castration to reduce your testosterone to castrate levels.³

1. Hormone Therapy

Despite testosterone being at castrate level, tumour cells may mutate and grow over time. Additional hormonal agents are needed to slow the progression of disease and improve survival. Hormone therapy can block the production or use of androgens.

Treatment goals:

- Reducing androgen production by the testicles
- Blocking the action of androgens throughout body
- Blocking the androgen production (synthesis) throughout the body³

2. Chemotherapy

Chemotherapy uses drugs that are 'cytotoxic' – they kill fast-dividing cells in the body, including healthy and cancerous cells.⁴

3. Other therapies

Some therapies target cancer that has spread to the bones.

- One example is a medicine that targets tumours in the bones and can help to slow the course of the disease.
- Another is radiotherapy, in which a beam of radiation is focused onto a tumour. This helps kill off some of the cancer cells, which shrinks the tumour and hence reduces the symptoms.⁵

ADT = Androgen Deprivation Therapy

References:
3. Hormone therapy for Prostate Cancer - <https://www.cancer.org/cancer/prostatecancer/treating/hormone-therapy.html> [Last accessed: July 2022].
4. Prostate Cancer UK. Treatments - Chemotherapy. Visit prostatecanceruk.org for more information [Last accessed: August 2021].
5. Urology Care Foundation. Advanced prostate cancer. Visit urologyhealth.org for more information [Last accessed: August 2021].

Novel Hormonal Therapy (NHT) in Cancer Drug List⁶

Medishield Life claim is \$400 per month; MediSave withdrawal limit is \$600 per month for all prostate cancer NHT listed in the cancer drug list.

Cancer Drug List ⁶				
NHT for Advanced Prostate Cancer	Abiraterone	Enzalutamide	Apalutamide	Darolutamide
Government Subsidy	Yes	Yes (MAF)	No	No

The Medication Assistance Fund (MAF) provides subsidies for high-cost drugs that are clinically-proven and cost-effective, for specific indications, to eligible subsidised patients.⁷

MAF Subsidy Tier ⁷		
Monthly Per Capita Household Income (PCHI)*	Singapore Citizens	Permanent Residents
\$0 < PCHI <= \$2,000	75%	20%
\$2,000 < PCHI <= \$3,300	50%	
\$3,300 < PCHI <= \$6,500	40%	
PCHI > \$6,500	0%	0%

*Monthly PCHI is computed as the total gross household monthly income divided by the total number of family members living together in the household.

Please approach our clinic staff to find out your MAF subsidy tier.

References:
6. Ministry of Health. Cancer Drug List. <https://www.moh.gov.sg/home/our-healthcare-system/medishield-life/what-is-medishield-life/what-medishield-life-benefits/cancer-drug-list> [Last accessed: June 2023]
7. Ministry of Health. Subsidies for Drugs on the Medication Assistance Fund (MAF) List at Public Healthcare Institutions. <https://www.moh.gov.sg/healthcare-schemes-subsidies/subsidies-for-maf-drugs-public-healthcare-institutions> [Last accessed: June 2023]