# Prostate Cancer Screening in Population of Eastern Nepal: A Field Study

Belbase NP1

1Department of General Surgery, B.P. Koirala Institute of Health Sciences, Dharan, Nepal.

# Date: 2011

**Background**

Prostate cancer is the second most frequently diagnosed cancer and the sixth leading cause of cancer death in males. Proof of the potential benefits of screening and treatment of localized prostate cancer can only be obtained from prospective and randomized studies comparing the incidence of death from prostate cancer in a group of men screened and treated early with a parallel group of men receiving standard medical care. So this study was undertaken as a trial to explore the situation of prostate cancer in a cohort of healthy population of Eastern Nepal and also to assess the feasibility of screening prostate cancer.

**Methods**

This study was a field trial study conducted in Surgical Outpatient Department of B. P. Koirala Institute of Health Sciences Teaching District Hospitals (Dhankuta, Inaruwa, Bhadrapur and Rangeli) representing four different regions of Eastern Nepal, through health camps from 1st November 2010 to 31st July 2011. A total of 1521 males more than 50 years of age were assessed and screened after meeting inclusion criteria. Collected data were entered in Microsoft excel‐2007 and imported into Statistical Package for Social Sciences 11.5 version for statistical analysis.

**Results**

Only 175 (11.59%) individuals were able to say that carcinoma prostate occurs in old age. Alcohol as a risk factor was present in 7.08% study population and smoking as a risk factor was present in5.8% study population Abnormal Prostate Specific Antigen i.e. more than 4 ng/ml was found in 58 (3.8%) individuals. In the study abnormal Digital Rectal Examination was found in 26(1.72%) individuals. In the study population 58 (3.84%) individuals underwent trucut biopsy of the prostate on the basis of raised Prostate Specific Antigen .Out of which, eleven individuals were found to have carcinoma prostate. The overall cancer detection rate in this study was 0.73%and that detected were locally advanced.

**Conclusions**

The cancer detection rate in a cohort of healthy population of Eastern Nepalis 0.73%. It is feasible to screen prostatic cancer in population of Eastern Nepal.

**Keywords:** cohort; digital rectal examination; eastern Nepal; prostate cancer; prostate specific antigen.