

# UPM Teaching Hospital's milestone in prostate cancer therapy



High-Intensity Focused Ultrasound (HIFU) treatment offers new hope for prostate cancer patients

**I**N a significant medical milestone, Hospital Sultan Abdul Aziz Shah (HSAAS), the teaching hospital for Universiti Putra Malaysia (UPM), has successfully conducted its first HIFU focal therapy for patients with early-stage prostate cancer.

Prostate Cancer Care is one of the four major niche areas of HSAAS, offered by Putra Prostate Centre HSAAS. This novel treatment procedure marks a significant step forward in the fight against one of the most common cancers affecting Malaysian men, offering the latest advanced treatment for our prostate cancer fighters. With the promise of fewer side effects and improved patient outcomes, focal therapy is set to revolutionise prostate cancer treatment, especially for those with localised early disease.

Prostate cancer is the second most common cancer among men globally and the third most common cancer among Malaysian men. Conventional treatment options, including surgery and radiation therapy, often come with significant side effects, such as incontinence and erectile dysfunction. However, focal therapy like HIFU or cryotherapy offers a less invasive and highly precise alternative for treating prostate cancer, providing patients with renewed hope for a better quality of life after treatment.

**Dr Peter Chiu from CUHK was explaining about HIFU treatment planning to the Urology Team from HSAAS UPM.**

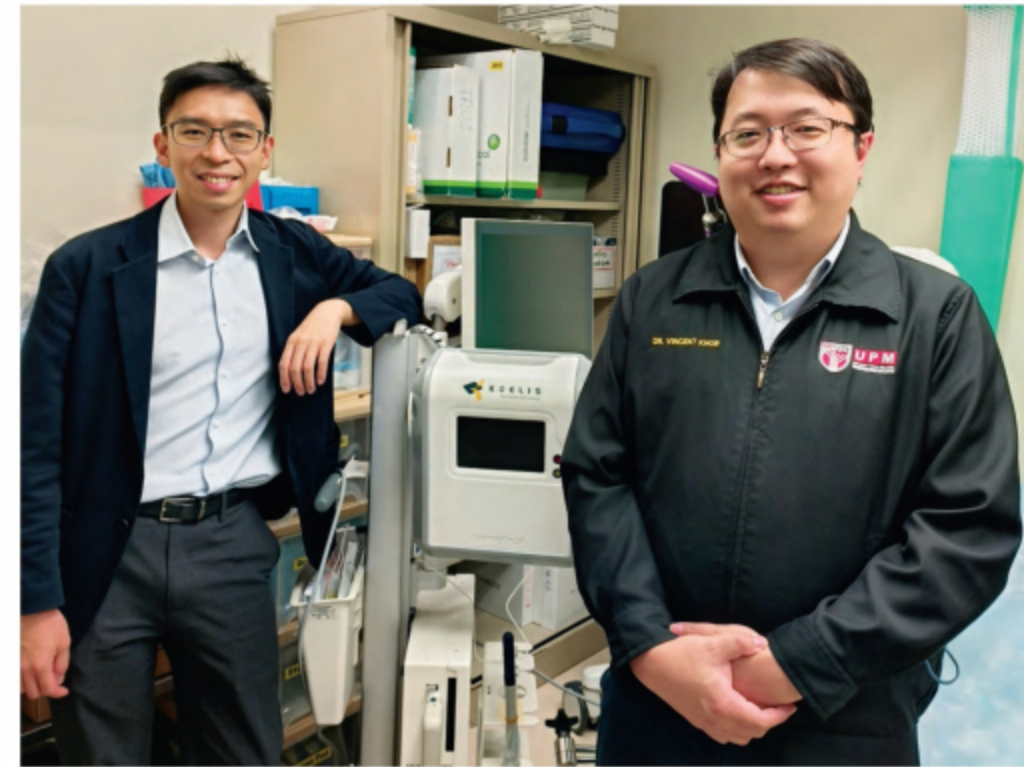
HIFU, a non-surgical, non-invasive procedure, uses ultrasound energy to target and destroy cancerous tissue in the prostate precisely. This method is known for its ability to minimise damage to surrounding healthy tissue, preserving the prostate, resulting in fewer side effects and a faster recovery compared to conventional treatments.

The HIFU procedures involve a transrectal ultrasound probe, which delivers focused ultrasound waves to the prostate. These waves raise the temperature of the targeted tissue, leading to its precise destruction. One of the key advantages of HIFU is its real-time imaging capability, allowing the surgeon to monitor and adjust the treatment in real-time.

#### PATIENT EXPERIENCE

One of the patients who underwent the HIFU procedure at HSAAS UPM shared his experience: "I was diagnosed with prostate cancer a few months ago, and the news was quite overwhelming because I am still young, and I am not willing to live my life with incontinence and erectile dysfunction. When I learned about the HIFU treatment option, I was relieved to know that there was a less invasive choice available.

I recovered fast and experienced minimal discomfort after that. I am hopeful that this treatment will lead to a cancer-



CUHK and HSAAS UPM will collaborate in a multicentre clinical trial on Targeted Microwave Ablation (TMA) treatment for localised prostate cancer. Assoc Prof Dr Peter Chiu from CUHK and Dr Vincent Khor, with the microwave generator which will be used in the trial.



Prof Dato' Dr Khairul Asri Mohd Ghani

"We are thrilled to introduce HIFU treatment for prostate cancer at Hospital Sultan Abdul Aziz Shah UPM. This marks a significant advancement in our ability to provide our patients with a less invasive, more effective, and ultimately, better-tolerated treatment option for prostate cancer. We believe this technology can potentially revolutionise how we approach prostate cancer care."

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Prof Khairul, who is Senior Consultant and Head of Department of Urology at HSAAS, also emphasised the importance of early detection and personalised treatment: "Early detection of prostate cancer is crucial for successful outcomes. The introduction of focal therapy at HSAAS UPM, along with our advanced diagnostics using MRI-US fusion targeted prostate biopsy, enables us to offer patients a tailored approach to treatment. Not every patient is the same, and with HIFU, we can adjust the treatment parameters to match the specific characteristics of the cancer, resulting in better outcomes."

By working closely with experts from CUHK, HSAAS UPM is looking to launch a Phase II clinical trial on targeted microwave ablation therapy for prostate cancer by the first quarter of 2024. Prof Khairul and Dr Vincent Khor will lead this research trial. This collaboration represents a testament to the hospital's dedication to improving prostate cancer care in Malaysia through international cooperation and the pursuit of medical excellence. - **The HEALTH**



#### INTERNATIONAL COLLABORATION WITH CHINESE UNIVERSITY OF HONG KONG

free future without debilitating side effects that often accompany conventional treatments."

The benefits of HIFU extend beyond the reduced risk of side effects. Patients are typically discharged the next day, so they can return to normal daily activities relatively quickly. This aspect of the treatment offers a significant advantage for individuals who wish to minimise disruptions to their lives while undergoing cancer treatment.

While the HIFU treatment is undoubtedly promising, it's important to note that not all prostate cancer cases are suitable for this treatment. Patients must undergo a thorough evaluation to determine if they are candidates for HIFU or if conventional treatments would be more appropriate for their condition.

HSAAS UPM has forged a pioneering partnership with the prestigious Chinese University of Hong Kong (CUHK) to advance the field of focal therapy for prostate cancer. HSAAS invited world-renowned focal therapy expert Assoc Prof Dr Peter Chiu from CUHK to proctor the urology team at HSAAS for the first two HIFU procedures successfully conducted recently.

Prof Dato' Dr Khairul Asri Mohd Ghani, the lead urologist at HSAAS, expressed his enthusiasm for this groundbreaking achievement: "We are thrilled to introduce HIFU treatment for prostate cancer at Hospital Sultan Abdul Aziz Shah UPM. This marks a significant advancement in our ability to provide our

From left: Dr Vincent Khor (Urology UPM), Terry from Sonablate, Prof Dato' Dr Khairul Asri (Head of Urology UPM), Assoc Prof Dr Peter Chiu (CUHK) and Nick (technical expert from Sonablate which supplied the HIFU device).