



## PROSTATE SCREENING

---

Diagnosis and care for your employees

THE HARLEY STREET CLINIC

THE LISTER HOSPITAL  
chelsea

London Bridge Hospital

The Portland Hospital  
for Women and Children

THE PRINCESS GRACE HOSPITAL

The Wellington Hospital

HARLEY STREET AT UCH

## PROSTATE SCREENING

---

**Prostate cancer is now the second most common cancer affecting men** – after lung cancer - and affects up to 1 in 10 of all men during their lifetime. Prostate cancer is uncommon in younger men but the chances of having it increase over the age of 50. By the time they reach old age, many men have small 'spots' of the cancer, although it is often considered unnecessary to treat this. However, younger men should have treatment if they develop symptoms.

For these men, early diagnosis and treatment is important although many are unaware of the condition and its symptoms and this can delay them seeking treatment. If treated early, prostate cancer is highly curable.

As London's leading private hospital group we work closely with the NHS and invest millions in equipment and staff to maintain the most comprehensive private cancer network in the UK.

This leaflet is designed to offer employers a range of solutions and guidance that they can offer to employees to help them to understand the condition, to obtain reliable diagnosis and, if necessary, to gain early access to effective treatment. It also contains details of our special screening programme.

### Our prostate services

#### **Awareness**

The symptoms of prostate cancer are not specific. Most commonly it is a difficulty in passing urine (although this condition also affects the majority of men after middle-age and is usually benign). In addition many men are reluctant to discuss health concerns with other people and as a result prostate cancer diagnosis can be delayed. Trials have shown that workplace information campaigns are very effective and HCA has produced a series of discreet washroom stickers that provide simple advice and a contact number to call for information on prostate specialists.

#### **One-stop clinics**

These are consultant-led clinics which provide rapid diagnosis and treatment. Based in four of our London hospitals, as well as Docklands Healthcare and at our outpatient centre at Old Broad Street (see location map), these clinics are staffed by consultants and specialist urology nurses.

#### **Screening and diagnostics**

There is no formal screening programme in place in the UK for prostate cancer. However, the benefit of early detection is widely recognised and HCA has developed a specific screening programme to help identify early signs of disease.

The screen is based on education, comprehensive screening tests and advice about future monitoring. Bespoke screening services can be set up on behalf of your workforce at one or more of our locations in London.

#### **Treatment**

In the event that an employee needs further treatment, they have the choice of accessing treatment through any of our HCA London hospitals specialising in prostate treatments. By combining the resources and expertise of these hospitals, we can provide the widest private cancer network in the UK and a broad range of treatment options including some of the latest surgical and non-surgical techniques. All clinics and treatments are recognised by major insurers.



## Clinics and locations

Diagnostic, screening and treatment services are based at our hospitals and clinics highlighted in blue.

Appointments can be booked at short notice and some clinics are held during the evenings. For details of clinics and to make an individual appointment, your employees simply call the HCA **Platinum Choice** helpline on **020 7079 4355**.

Prostate screening is currently provided at The Princess Grace Hospital.

## The HCA prostate screen

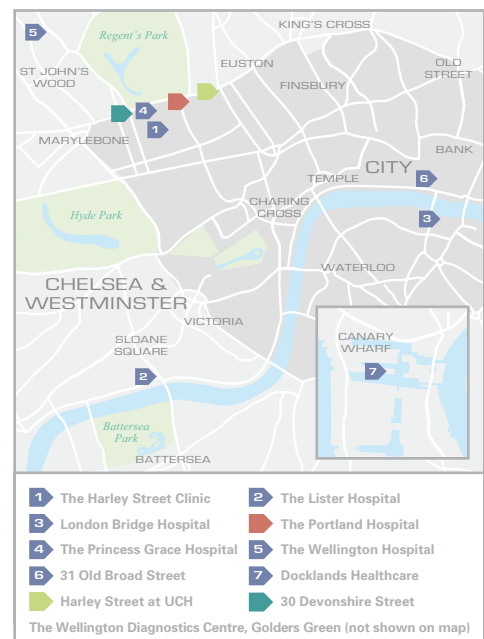
The following screening programme is designed to fully assess prostate health in men:

- ▶ Patients receive an information pack and complete a self-assessment questionnaire on urinary function, sexual function and general health
- ▶ A clinical nurse specialist then conducts a urine test, blood pressure check, height and weight measurement, urinary flow rate and bladder scan
- ▶ A Prostate Specific Antigen (PSA) test is then carried out via a blood sample
- ▶ A clinical examination is then undertaken by a doctor, together with a consultation about the results

**Prostate Screen Fee: £210\***

To discuss screening for your workforce please call the HCA Commercial team on **020 7616 4848**.

\* Fee correct at the time of going to print and subject to annual review.



## Frequently asked questions

### **Should I recommend prostate screening for my staff?**

Although there is no screening programme in place in the UK, it has been shown that early intervention does increase the cure rate for prostate cancer.

### **What else can I offer to my staff?**

Awareness and education can help men to spot symptoms early and get them checked out. Workplace information and fast access to a specialist clinic is an effective way of doing this.

### **At what age should my staff consider prostate screening or diagnosis?**

The majority of cases of prostate cancer are in men approaching or after retirement age. However, the incidence increases after the age of 40.

### **How do I access a prostate clinic?**

Most insurance companies require a GP's letter in order to process a claim, so employees will need a referral. We advise you to check with your insurer their requirements. If you are not using insurance you can contact our clinics directly. You do not require a GP referral for screening.

### **Where do the results of screenings and diagnostics go to?**

Some results are available to the patient at the time of the screen. Alternatively, after the screening, a full report is sent to the patient and their GP. If you would like the company to receive a copy of the results, then this is possible with the employee's consent.

### **Can employees choose which consultant or hospital they go to for treatment?**

Yes, we have many consultants who regularly practice in our hospitals and also hold an NHS post. If your employees contact the HCA **Platinum Choice** helpline, they can be provided with a list of consultants and hospitals specialising in prostate diagnosis and treatment.

### **How can I ensure that other employees in my organisation know about HCA's prostate clinics?**

We can provide full details of our prostate clinics for you to circulate to your employees. You can also use our washroom posters. Alternatively, employees can call the HCA **Platinum Choice** helpline for information about our London based clinics.

### **How can I ensure that our private GPs know about these clinics?**

We regularly meet and communicate with GPs in London. However, if you would like to give us details of your GPs, we can ensure that they are included in this programme.