



**Bermuda Hospitals Board**



**DailyMale**  
Men's Health Clinic

# Integrated Care in Bermuda: Understanding Prostate Health

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A guide for people seeking to understand prostate health and care in Bermuda



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# Forewords

## *A message from the Hon. Kim Wilson JP MP, Minister of Health*

As Minister of Health, I'm pleased to introduce this guide to encourage more open conversations about prostate health. We want to share ways to reduce the risks of prostate cancer, what symptoms you should be aware of, and the importance of regular screenings. By taking these simple but vital steps, we can significantly reduce the number of prostate cancer cases, improve early detection, and ultimately, save lives.

Many of us know someone—a friend, father, brother, or colleague—who has been impacted by prostate cancer. The good news is that with increased awareness, regular screenings, and early detection, prostate cancer can often be treated successfully, leading to much better outcomes for those affected.

Our goal is to equip men and their families with knowledge and support, cultivating a culture that prioritizes prostate health as an integral part of our commitment to overall well-being.

Thank you for taking a proactive step by reading this guide. Together, we can make a meaningful impact on our community's health, support early intervention, and give every man the best possible chance at a long, healthy life.



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**The Hon. Kim N. Wilson, JP, MP, Minister of Health**

## *A message from Scott Pearman, CEO & President, Bermuda Hospitals Board*

I'm very pleased to introduce this Integrated Care in Bermuda booklet for prostate health. It's estimated that 80% of men will experience an enlarged prostate and prostate cancer is the leading cancer in men. It's essential, therefore, that we work across organisations and with our patients to improve the pathway from screening, diagnosis through to treatment and follow-up care.

BHB is proud to be the lead in the integrated prostate cancer care pathway work, but it would not be possible without the participation of our partner agencies and patients. Thank you for being part of a process, which aims to streamline the care journey from screening through treatment. This booklet is one of the outcomes of the care pathway work, seeking to make the care pathway as transparent as possible.

Men shouldn't be ashamed or embarrassed if they experience symptoms that indicate a prostate issue. I hope this booklet educates, informs and encourages men to step-up and be proactive. A visit to their general practitioner (GP) or to a free screening clinic can ensure if there is an issue it is picked up early.

I hope you find the information useful, and you act on making your prostate health a priority. However, if you have increased risks of prostate cancer, make sure you talk to your doctor about screening. Should you receive a prostate cancer diagnosis, it will be earlier and this booklet I hope will outline the steps that will see you through treatment to after-care.



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**Scott Pearman**



# Why read this document?



The goal is simple – to understand the different ways men get diagnosed and treated for prostate cancer and to find ways to make screening and treatments easier to access to improve patient outcomes.



**Dr. Jonathan Mankanjuola**

**Consultant Urologist**  
Bermuda Hospitals Board

I'm thrilled to share this guide on prostate health with you. Prostate health is a subject I'm deeply passionate about. I believe that it is essential for every man to be aware of his prostate cancer risks, notice any prostate symptoms and get screened. There is a great power in proactively managing your prostate issues that can save your life.

This booklet has been developed through work led by BHB on an integrated prostate cancer pathway project in partnership with other healthcare partners and our patients.

For any man who is diagnosed with a prostate condition or prostate cancer, **this publication will help you understand the full range of treatment options available to you in Bermuda and overseas.**

When detected early, most prostate issues, including cancer, are highly treatable, and men have a range of options to regain their health and peace of mind.

So please read this guide if you are a man or to share with the men in your life.

In this booklet, you'll find:

- Insights on prevention,
- Details on common symptoms to watch out for, and,
- An overview of treatment approaches.

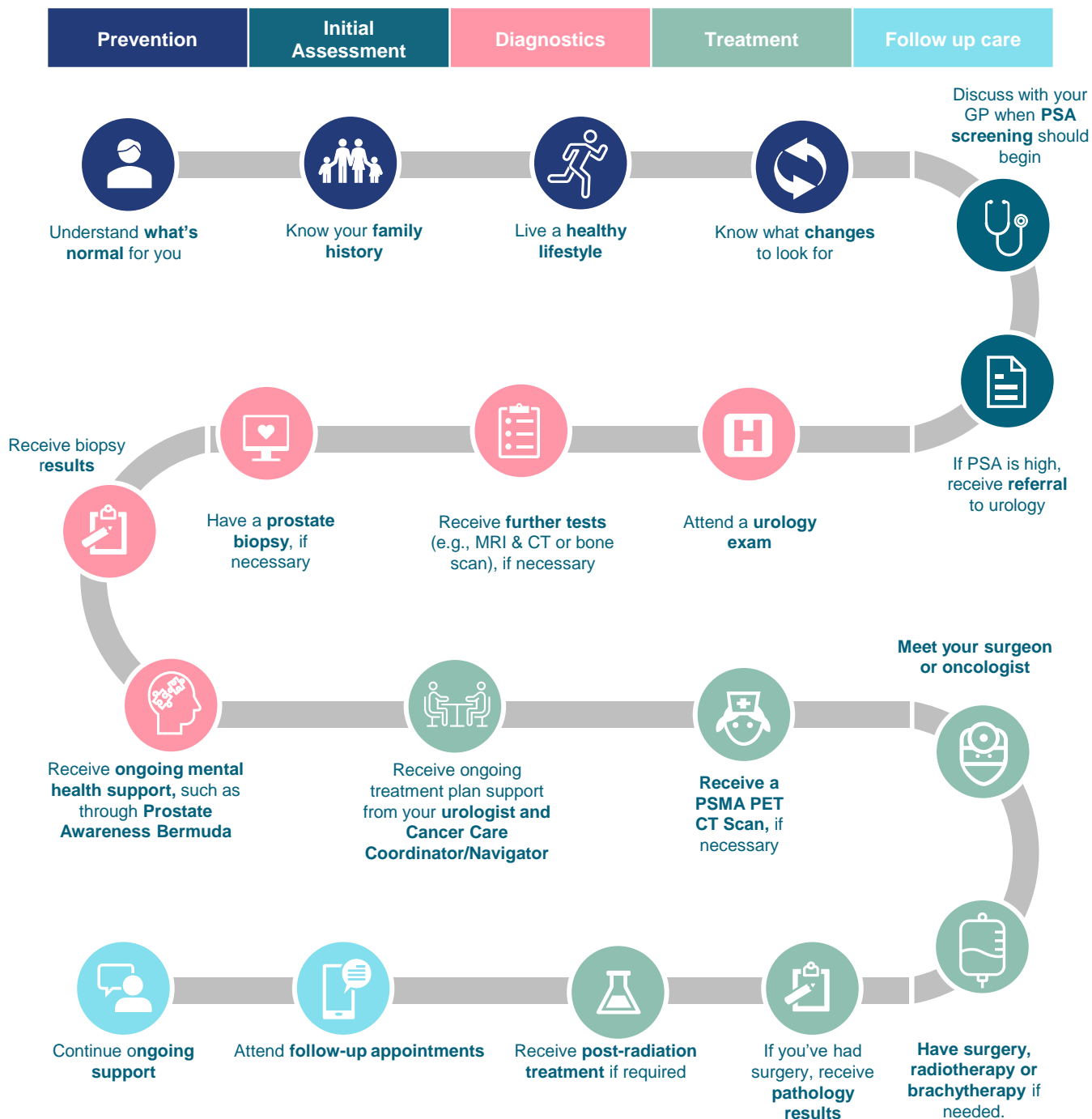
My hope is that this information will empower you to take charge of your prostate health and encourage you to make screenings a regular part of your wellness routine. Together, by staying informed and proactive, we can make a big difference in men's health in Bermuda.

Thank you for taking this step towards a healthier future.



# Prevention, Treatment & Support Steps

Your care journey for prostate health may seem complex, and you may find your care needs are different from someone else's. To give you an idea of what to expect, we have included an example care journey below. You don't need to read this booklet in one go, so feel free to go at your own pace. You might feel overwhelmed along your journey but there are counselling services in Bermuda, and we have included contact details for some of the support available at the end of this booklet.





# What is the prostate?

The prostate is a walnut-sized gland beneath the bladder. It's part of the male reproductive system. It creates fluids for semen and helps regulate urine flow.

## What are common prostate issues?

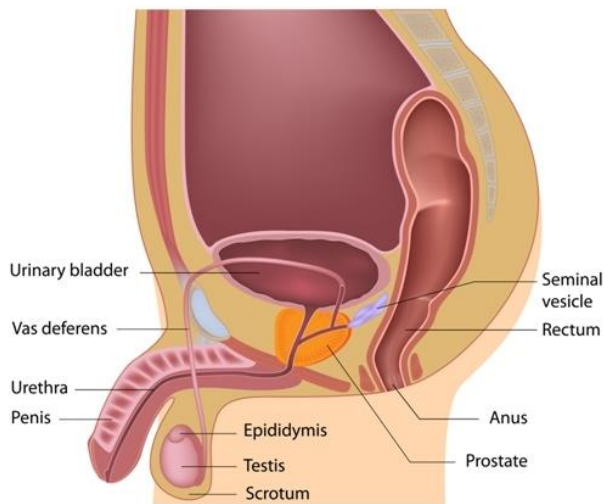
Prostate issues are common, including benign prostate enlargement, prostatitis, and prostate cancer.

**Benign prostate enlargement** happens when the prostate gland gets bigger than it should. It's estimated that about 80% of men will eventually develop this. This is different from prostate cancer but may still need to be treated.

**Prostatitis** happens when the prostate gets inflamed, for instance due to an infection. This is also different from prostate cancer.

**Prostate cancer** is the most common cancer in Bermudian men. It requires treatment, and early detection can make a big difference.

Being proactive about your prostate health is important, so problems can be detected early and addressed before they get worse.



## Prostate care checklist:

01

**Know your personal risk level for prostate-related issues**

02

**Attend regular screenings and lead a healthy lifestyle**

03

**If you're concerned, get it checked out by your GP**



# How can I reduce the risk of developing prostate-related conditions?

Once you know your risk, you might be keen to take action to prevent prostate-related conditions. Diet and lifestyle interventions can help you keep your prostate healthy.

## Food and diet

Emphasising fruits, vegetables, and healthy fats in your diet may help slow prostate growth and reduce prostate cancer risk. Research shows that certain foods have prostate-protective properties:

- Salmon
- Tomatoes
- Berries
- Broccoli
- Nuts
- Citrus, such as oranges

## Lifestyle changes

Regular exercise is recommended, as this can help prevent many health conditions, including heart disease, diabetes and many forms of cancer.

Quitting smoking, moderating your alcohol consumption, and maintaining a healthy weight can also ease the symptoms of prostate enlargement and improve outcomes for those with prostate cancer.





# What symptoms indicate I have a problem with my prostate?

Prostate problems are common among men, particularly past age 50.

The prostate gets bigger as you age. An enlarged prostate can cause symptoms similar to prostate cancer but it is benign (not cancer). You should always go to see your GP if you notice any problems with or changes to your pattern of urination. For example:

- difficulty starting or stopping urinating
- a weak flow of urine
- straining when peeing
- feeling like you're not able to fully empty your bladder
- prolonged dribbling after you've finished peeing
- needing to pee more frequently or more suddenly
- waking up frequently during the night to pee

Another common condition is prostatitis, which happens when the prostate gland becomes inflamed.

Symptoms can include:

- pain between the anus and scrotum, made worse by sitting
- pain in the pelvic area, genitals, low back or buttocks
- pain when urinating
- a frequent need to pee
- difficulty urinating
- pain when ejaculating





# How are my prostate issues diagnosed?

## **Medical history and physical examination**

Your GP or another healthcare professional will ask you questions about your symptoms, medical history, lifestyle, and family history.

## **Blood tests**

Blood tests like the PSA test (see the section entitled, "About PSA testing") can be used to look for certain markers in your blood that may indicate prostate conditions.

## **Urinalysis**

You may be asked to provide a urine sample, which will allow your GP to check for signs of an infection.

## **Uroflowmetry testing**

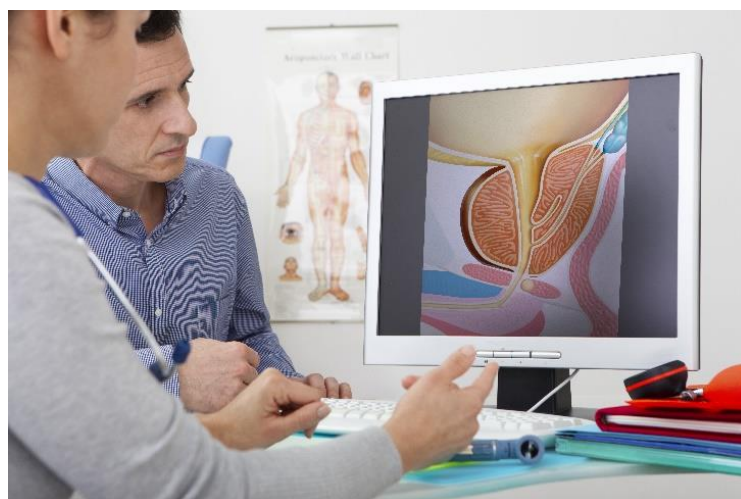
You will urinate into a urinal or toilet with a machine that measures the volume, strength, and pressure of your bladder and urine.

## **Ultrasound**

An ultrasound uses high-pitched sound waves to view the tissues inside your body. This can help examine your bladder, kidneys, or prostate.

## **Other tests**

Your GP may recommend other tests as needed, depending on your situation.





# If it's not cancer, how are my prostate symptoms treated?

Depending on your situation, your GP may prescribe lifestyle changes, medication, or recommend surgery. It's also possible that you'll be referred to a urologist.

## What treatments might my GP suggest?

Your GP might recommend you make **lifestyle changes**, such as:

- Quit smoking or moderate alcohol intake
- Pelvic floor strengthening
- Lose weight
- Reduce stress
- Modify your liquid intake

Your GP may also prescribe **medication**.



## Will I be referred to a specialist?

If your GP suspects you need specialist treatment for a prostate condition, you'll be referred to a urologist. A urologist is a doctor specialising in disorders of the prostate, bladder, and the genitals.

Depending on the severity of your condition, your urologist may recommend surgery to shave the prostate to improve the flow of urine - this can be achieved with a number of different surgical techniques based on the size of your prostate gland.

There are many surgical and non-surgical treatments available on-island in Bermuda. Some specialist treatments, however, may require an overseas referral.



# What is prostate cancer and what increases my prostate cancer risk?

It can be scary to know you have elevated risk for prostate cancer.

This knowledge can be empowering, however.

You can be more proactive about your health. For example, make sure you have regular health checks and talk to your doctor about early screening. Even if you do develop cancer, it can be caught early. This can save your life.

Prostate cancer is a cancer that begins in the prostate gland. When it is caught early, it is contained within the prostate. Over time, if it's not treated, the cancer can spread from the prostate to other parts of the body.

The causes of prostate cancer are largely unknown, but certain things increase your risk of developing it:

- **Older age**

Your risk of prostate cancer rises after age 50 (98% of prostate cancer cases in Bermuda are diagnosed in men aged 50 and older). Around 60% of prostate cancers are found in men older than 65.

- **Race and ethnicity**

Black men seem to have an increased risk of prostate cancer. Prostate cancer also seems to develop earlier in these men.

Men of Asian and Hispanic descent seem to have a lower risk of prostate cancer.

- **Family history**

Having a first-degree relative with prostate cancer, such as a father or brother, more than doubles your risk of developing it. It's thought that there may be a genetic or inherited component to prostate cancer.

- **Chemical exposure**

Some research suggests that being exposed to certain chemicals, such as arsenic and certain firefighting chemicals, causes an increased risk of prostate cancer.



# How is prostate cancer diagnosed?

## **Medical history and physical examination**

Your GP or another healthcare professional will ask you questions about your symptoms, medical history, lifestyle, and family history.

## **PSA test**

The PSA is a blood test that can be used to look for certain markers in your blood that may indicate prostate cancer (see the back of this booklet for the Bermuda Community Prostate Screening Guidelines that your doctor will follow).

## **Digital rectal examination (DRE)**

Your GP or another healthcare professional may ask to feel your prostate through the wall of your rectum. If this test sounds upsetting or frightening to you, you can choose to not do it.

## **Magnetic resonance imaging (MRI) test**

MRI is the best imaging technique for detecting prostate cancer. This can happen before a biopsy to locate the cancer, during the biopsy to guide the needle, or after a biopsy for staging purposes to determine the extent of the cancer (e.g. size or any indication that it has spread).

## **Biopsy**

A doctor will take a small amount of tissue from your prostate, which a lab will examine for cancerous cells. Biopsies also help stage a cancer to determine the extent of this.

## **Other tests**

Your urologist may recommend other tests as needed, depending on your situation.



# About PSA testing

A PSA test is a common blood screening test for prostate cancer. Your PSA levels will be determined from a sample of your blood.

A high PSA level, however, doesn't always mean cancer. PSA levels can be elevated due to a urinary tract infection, recent vigorous exercise, recent ejaculation or other prostate problem such as an enlarged prostate.

## When should I get a PSA test?

Speak with your GP about what's best for you. Generally, it is recommended that PSA screenings begin:

- At age 50 if you have average prostate cancer risk
- At age 45 if you have high risk, such as being a black man or having a first-degree relative with prostate cancer
- At age 40 if you have very high risk, such as having more than one first-degree relative with prostate cancer

## Things to consider about the PSA test:

- A high PSA result may make you worry, but there are other reasons your PSA may be elevated (see left).
- The PSA test can produce false negatives. Sometimes, men with prostate cancer can have normal PSA levels.
- The PSA may result in treatments you might not have needed as it can't determine how fast your cancer is growing. Some prostate cancers are very slow growing and would not have caused symptoms.





# Where can I access screening services?

PSA screenings are available through your GP as well as through community-based organisations like the Daily Male.

## Where can I get a PSA test?

Your GP can give you a PSA test or include it as part of your annual physical.

If you are uninsured or don't have a GP, screening services like the Daily Male can help you get checked.

## PSA testing at the Daily Male

The Daily Male is a charity that runs a free men's health clinic. It holds monthly clinics at different locations in the community, where you can get:

- Free health screenings with rapid results
- Free PSA testing, blood pressure testing, and urine dipstick tests
- Free consultations by local specialists and GPs.

Priority is given to men with no insurance.

For more information on the free screening programme visit <https://www.dailymaleclinic.com>.



*Pictured: The Daily Male Men's Health Clinic team*



## If I am diagnosed with prostate cancer, who is involved in my care?



My physician gave me all the time I needed to make decisions about my treatment, showing me scans and giving me the choice of what I decided to do.”

- Bermuda Prostate Cancer Survivor

Bermuda has a specific team of specialists that will meet to discuss your progress and the best treatment options for your situation. Every person’s journey is different and therefore may require different specialists.

- **A general practitioner (GP)** will assist you with your initial screening and diagnosis. They will also work together with your required specialists for your ongoing care.
- **A urologist** is a medical doctor who specializes in disorders of the prostate, bladder, and genitals.
- **A radiologist** is a doctor who specializes in x-rays and other imaging scans.
- **A medical oncologist (cancer doctor)** who specializes in cancer treatments.
- **A radiation oncologist (cancer doctor)** who specializes in cancer treatments.
- **A specialist nurse** who gives information, support and care delivery.
- **A pathologist** who specializes in studying tissue samples and cells.

Your care team may also include other healthcare professionals and administrative support such as nurses, physiotherapists, psychologists, dietitians, social workers or counsellors and a cancer pathway navigator.





# What do I need to find out about my cancer in my appointments?

You might be nervous or anxious before your first appointment after you have been diagnosed, but you are in experienced, professional hands.



I had a really good information session with an oncologist, which helped me decide my next steps”

- Bermuda Prostate Cancer Survivor

Your doctor will provide you with the information you need in your appointments. He or she will help you understand your diagnosis and treatment and explain who else can provide you with support.

## Preparing for your appointment

It may be difficult to remember everything that your doctor tells you in the appointment. Come with questions (see the section of this booklet entitled, “Questions to ask your doctor”), and ask a friend or family member to accompany you and take notes.

## What you will learn in your appointments

1. **Timelines** – You might not know when you will get your results or how long treatment will take. This can vary for each patient, but your doctor will keep you informed every step of the way.
2. **Staging** – Every cancer is given a stage usually between 1 and 4. This describes where the cancer is located, the size and any spread or growth. The stage and type of cancer you have will be individual to you, so your doctor will explain this to you.
3. **Treatment** - The treatment you receive will depend on your stage and type of cancer. Your doctor will explain to you why you are receiving a certain treatment and how it will help treat or slow the growth of the cancer.
4. **Side effects** – Some people experience side effects from their treatment so it is good to be aware that this might happen. If you have any concerns, your doctor will discuss these with you and provide you with medicine or advice to help reduce these.





# What treatment might I receive?

Each person's treatment journey will be different and treatment options are dependent on a variety of factors, including the staging and type of cancer that you have. Your doctor will discuss the treatment options with you and help you understand why you are receiving a certain one.

## **Active surveillance**

If your cancer is small and slow-growing, you may opt for active surveillance. Instead of treating the cancer, you'll attend regular check-ups with PSAs, MRIs, or biopsies to see if the cancer has changed or spread.

## **Radiotherapy**

This is a treatment that uses high energy x-rays to kill the cancer cells or slow down how quickly they grow.

## **Hormone therapy**

Prostate cancer cells use testosterone to grow. Hormone therapy blocks testosterone, which can shrink the cancer.

## **Chemotherapy**

Chemotherapy for prostate cancer can relieve symptoms of advanced cancer or make hormone therapy more effective. These medicines can be taken by mouth or injected into a vein using a needle.

## **Surgery**

This involves surgically removing the prostate gland.

## **Brachytherapy**

A form of radiotherapy where radiation is delivered internally through a thin needle or implanted seeds.

## **Focal therapy**

Focal therapy uses heat or cold to kill cancer cells.



# Where will I be treated?

More treatment is provided on island than ever before, with most standard prostate cancer treatments being available. Cancer treatment in Bermuda is largely provided by BHB and Bermuda Cancer and Health Centre, with support from private providers and overseas colleagues.



**Get yourself checked.** When you don't go, it may cost you your life. Don't let it be too late"

- *Daily Male patient*



## **King Edward VII Memorial Hospital (KEMH)**

KEMH provides cancer screening, detection, surgery, chemotherapy services and palliative care services.



## **Other on-island providers**

On-island urologists may be involved in your care. Charities such as PALS, Daily Male, and Prostate Awareness Bermuda can also provide such services along with emotional support and other counselling services.



## **Bermuda Cancer and Health Centre (BCHC)**

The Centre provides radiation therapy services accredited by the American College of Radiology.



## **Overseas care partners**

KEMH and BCHC have relationships with a number of respected hospitals across the east coast of the US and the UK.

## **When will I have to go overseas?**

You may need to obtain overseas treatment to receive surgery or more complex treatment in some cases.



# What happens after my treatment has finished?

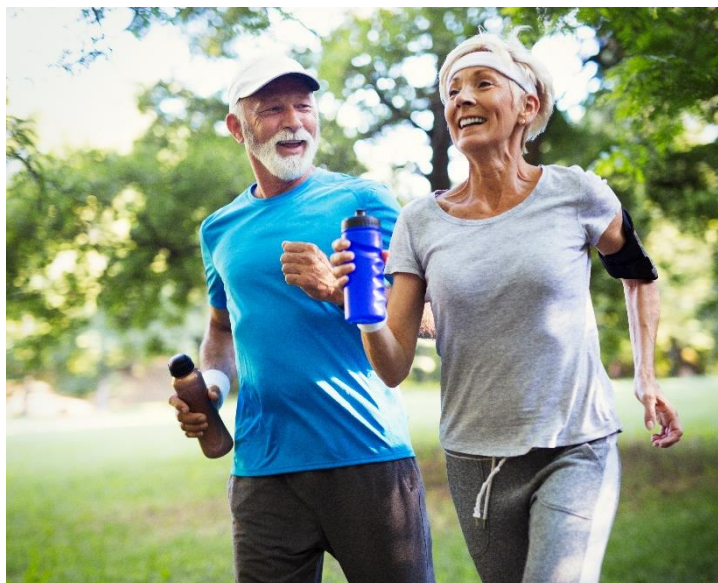
Even though your active treatment may be finished, your care will continue. Your health care team will continue to check that the cancer has not come back, manage any side effects and monitor your overall health. **This is called follow-up care.**

BHB, the Bermuda Cancer and Health Centre and PALS may work closely with your GP to arrange a personalized follow-up for you. Your care team will want to track your recovery and progress over the next months and years. This is often referred to as surveillance or monitoring and may include:

- regular follow-up appointments with your urologist or oncologist
- continued PSA and hormone tests

## Looking after yourself

After your treatment has finished, you should continue to do all you can to support your prostate health by exercising, eating fruits and vegetables, and making healthy choices in your life. Do all you can to support your prostate health!





# How might a cancer diagnosis impact my mental health?

Your mental health can be affected at any time after a cancer diagnosis, including when your treatment has finished.

The support available from your cancer team and other on island groups can help you through.

It is normal to feel overwhelmed when you are newly diagnosed with cancer. Anxiety impacts more than 30% of those diagnosed. Some people become more emotional and feel a sense of losing control whilst also asking, 'why me?'

You might have worries about starting treatment, concerns for the future, how to tell your loved ones or how to pay for treatment. We will be there to support you and you can ask for mental health support anytime. You don't have to wait until things get too much.

**Work and money** – Some people diagnosed with cancer may find that their ability to work has been impacted, as well as their finances from unanticipated medical expenses.

- Consult your employer and/or a financial advisor to help bring you peace of mind.
- See the section of this booklet entitled, "How do I pay for my treatment?" for advice on how your treatment may be paid for.

**Relationships** – It is especially important to have support from your friends, family and community during this time.

- Think about the information you feel comfortable sharing with your partner, family and friends and ensure that you communicate your journey openly and honestly (this can help to counteract some of the strain that a cancer diagnosis can cause to these relationships)
- It can help to discuss your feelings with those close to you or a professional (see the section of this booklet entitled, "What support is available for me?")
- It is important to allow yourself time to adjust to what is happening and to do the same for those around you.



# Where can I find mental health support?

In Bermuda there are lots of different types of mental health support and the level of support needed may vary from person to person. You can access support from many different sources.



Speaking with someone who has been through the same journey helped me a lot.”

- Bermuda Prostate Cancer Survivor

**Someone close to you** – Sharing how you are feeling with your loved ones can be very beneficial and allow them to support you better.

## Pastoral or spiritual support

**Your GP** – Will know you well and provide you with reassurance. They will be able to signpost you to the most suitable support group.

**Cancer care team** – Speaking to your care team might be how you start the process of getting support. We know it isn't easy to start these conversations, but they will help signpost you to the support that you need.

**Mid-Atlantic Wellness Institute (MWI)** – The 24-hour helpline can be used if you are struggling and feel alone. Telephone: (441) 239-1111.

**Charities and support groups** – Organisations such as P.A.L.S. and Friends of Hospice can provide counselling and therapies to help you through this difficult time. We have included more details about these groups in the page entitled, “What support is available to me?”

**Prostate Awareness Bermuda (“PAB”)** – PAB is a local group of Bermudian men that offers support to people suffering from prostate diseases.





# How do I pay for my treatment?

**Regardless of your insurance coverage, you will be able to receive treatment. It is important that you do not delay screening or cancer treatment.**

It is always advisable to check what support is available to you from your health insurer to ensure you have all of the information required to make an informed decision and choice of treatment. If you are uninsured, support is available as outlined below.

## **What is the Standard Health Benefit?**

Standard Health Benefit (“SHB”) is the base package of government-mandated health benefits in Bermuda. As part of the Standard Health Benefit you will find that most of the care and treatment required throughout your prostate cancer journey is covered. To find out more about Standard Health Benefit, please refer to the Bermuda Health Council website.

## **If you have insurance...**

The first step to take after diagnosis is speaking to your insurance provider about the extent of your coverage. If your treatment choice does not appear in the list below, please discuss it with your insurance provider for clarity on what is covered.

**Government funded insurance** is also available to those that may need it:

- **HIP** has 40% copay for overseas curative treatment (Tier 1) and the patient covers 100% cost of travel and accommodation for treatment that is available in Bermuda.
- **Futurecare** has 25% copay for overseas treatment (Tier 1) and the patient covers 100% cost of travel and accommodation for treatment that is available in Bermuda.

## **If you don't have insurance...**

**Bermuda Cancer and Health Centre** is a registered charity and will waive the co-pay for clinical services including ultrasound, biopsies and radiation therapy for those who cannot afford it. Support can also be sought through the Centre's 'equal access fund'. The fund helps to subsidize the cost of services at the Centre, making early detection and treatment available for everyone.

**BHB's finance office** can be contacted to discuss financial assistance options, (441) 239-1683, and medical social workers (MSW), (441) 239-1453.

**PALS** does not charge patients or their families for their services. PALS also can provide financial assistance for travel expenses associated with overseas medical treatment.

**The Lady Cubitt Compassionate Association** assists Bermudians in need financially by providing help with utility and other bills including prescription drugs, and help with children with special needs. The LCCA can also assist patients in financial need who must be sent overseas for medical and surgical treatments not available in Bermuda.



# What support is available for me?



**Bermuda Hospitals Board** – Patients can receive chemotherapy treatment and meet with their oncology specialist and nurses.

- (441) 236-2345 / Website: <https://bermudahospitals.bm/>



**Bermuda Cancer and Health** – a Bermuda registered charity engaged in the prevention, detection, treatment and support of cancer and other health concerns in the local community.

- (441) 236-1001 / Website: <https://www.cancer.bm>



**P.A.L.S.** – Assists cancer patients at any stage of their diagnosis by collaborating with healthcare providers, and advocating on their behalf. They also provide emotional support and counseling services through full-time medical social workers and community partners.

- (441) 236-PALS (7257) / Website: <https://pals.bm/>



**Friends of Hospice** – Provides programmes and support including a day hospice, bereavement support and complementary therapies.

- (441) 232-0859 / Website: <https://friendsofhospice.bm/>



**Employee Assistance Programme (EAP)** – A consortium of public and private sector employers who bring counselling and support services. Check with your employer if they are a member.

- (441) 236-1815 / Website: <https://eap.bm/>



**The Lady Cubitt Compassionate Association** – The LCCA assists Bermudians in need both financially and emotionally.

- (441) 292 1132

**Mid-Atlantic Wellness Institute (MWI)** – The 24-hour Mental Health Crisis line is available to help those who are struggling and need emotional support.

- (441) 239-1111

**Prostate Awareness Bermuda** – A local support group that provides information and support for men with prostate cancer and their families.

- Email: [prostateabda@gmail.com](mailto:prostateabda@gmail.com)



# Questions to ask your doctor if you are diagnosed with prostate cancer

A cancer diagnosis can come as a big shock. It can be difficult to know where to start, the questions below can be used as a starting point for a conversation with your doctor. Your doctor will be able to provide advice tailored to your circumstances, keeping in mind your medical history.

## Diagnosis:

- What type of prostate cancer do I have?

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- Has the cancer spread? If so, where has it spread? How fast is it growing?

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- Are there clinical care guidelines for this specific type of cancer?

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- Can I bring a family member or close friend to my appointments?

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- Can you write down the things you've told me today so I can re-read it at home?

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- Could you provide me with a printed copy of my pathology report and explain what it means?

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- I'm thinking of getting a second opinion. Can you recommend anyone?

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- How will you be working with my GP and the multidisciplinary team?

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# Questions to ask your doctor if you are diagnosed with prostate cancer

## Treatment:

- Who will be part of my treatment team? Who should be my main contact person during my treatment?

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- What treatment plan do you recommend? Are there other treatment choices for me?

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- If I decide not to have this treatment, what can I expect?

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- How long do I have to make a decision?

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- What follow-up tests will I need? How often will I need them and what will they involve?

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- How long will treatment take? Will I have to stay in hospital?

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- Are there any out-of-pocket expenses not covered by my insurance?

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- How will we know if my treatments have been working?

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- Are there any clinical trials or research studies I could join?

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- Can I do my normal activities while having treatment, such as working and driving?

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# Notes

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# Giving back

## Bermuda Hospitals Board (BHB) – Oncology Department

- Patients can receive chemotherapy treatment and meet with their oncology specialist and nurses. Tumour Board confers about every patient to evaluate your condition and potential treatment options. The Oncology team works with your family physician, director of palliative care, PALS and overseas treatment facilities to ensure you receive the best possible care and support.
- Donations are graciously accepted here for BHB through Bermuda Hospitals Charitable Foundation (BHCF): <https://bhcf.bm/give/donate-now.html>

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## Bermuda Cancer and Health Centre

- The Centre is a registered charity engaged in the prevention, detection, treatment and support of cancer and other health concerns in the local community.
- Through community support they are able to provide their services free of co-pay, regardless of whether you have health insurance.
- Donations are graciously accepted here: <https://www.cancer.bm/donation-home-page>

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## Daily Male

- DailyMale is a mobile clinic designed to offer free men's health screening (prostate cancer and cardiovascular disease) for the underserved men of Bermuda (up to 12% uninsured).
- Your donation can save one man's life in Bermuda. Please support our community effort to increase health access and awareness for the underserved. Go to <https://dailymaleclinic.com/donation/>

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## PALS

- PALS never charge patients or their families for the services they provide.
- They are not government-funded and instead rely solely on fundraising activities and donations.
- Donations are graciously accepted here: <https://pals.bm/donate-now>

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## Friends of Hospice

- Donations are graciously accepted here: <https://friendsofhospice.bm/donate>

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## The Lady Cubitt Compassionate Association

- Donations are graciously accepted here: <http://lcca.bm/donate/>



# Glossary

**Benign tumour** – a non-cancerous growth that does not invade nearby tissues or spread to other parts of the body.

**Biopsy** – removing and examining a tissue from the body to look for the presence, cause or extent of a disease.

**Carcinoma** – a type of cancer that forms in epithelial tissue. Epithelial tissue lines most of your organs, internal passageways (such as the oesophagus) and skin.

**CT, or Computed Tomography Scan** – a technique used to create detailed images of internal body structures.

**Diagnosis** – the process of identifying the nature of an illness or problem by examining the symptoms.

**Genetic predisposition** – an increased chance of developing a specific disease due to genetic variants and/or family history.

**In situ** – located in the original place.

**Lobules** – small lobes or subdivisions of a lobe.

**Lymph nodes** – small structures in the body that filter foreign substances, including cancer.

**Lymphatic system** – the network of vessels through which lymph fluid drains from the tissues to the blood.

**Lymphoedema** – swelling caused by the build-up of lymph fluid in the body.

**Malignant** – cells that grow uncontrollably and spread locally or to distant sites in the body.

**MDT, or Multi-Disciplinary Team** – a group of healthcare professionals from different specialities, who work together to guide your care.

**Metastases** – the spread of cancer cells from the place where they first formed to a different part of the body.

**MRI, or Magnetic Resonance Imaging** – a technique that uses a magnetic field and radio waves to create detailed images of the body's organs and tissues in.

**Mutation** – a change in your body's DNA.

**Radiation treatment** – the use of high energy radiation from sources like x-rays, gamma rays, neutrons, and protons to kill cancer cells and shrink tumours.

**SHB, or Standard Health Benefit** – the base package of government-mandated healthcare benefits in Bermuda.

**Staging** – the process of determining the size of a tumour and whether it has spread from its original location.

**Stage 1** – the tumor is contained in the prostate

**Stage 2** – the tumor is bigger but still contained to the prostate.

**Stage 3** – the tumor has started to break through the outer capsule of the prostate and may be in the nearby tubes that produce semen (seminal vesicles).

**Stage 4** – the tumor has spread outside the prostate. It may have spread to areas such as the bladder, rectum, or bones.

**Tumour** – an abnormal mass of tissue that forms when cells grow and divide more than they should.

**Ultrasound** – a procedure that uses high-energy sound waves to look at the tissues and organs inside of the body.



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# About Integrated Care in Bermuda

## **What is integrated care and how can it help?**

Integrated care enables Bermuda to better deliver more patient-centric care that prioritises access, efficiency and quality. This includes not just having clinics working together out in the community, but more integrated care pathways for patients within BHB services and in collaboration and partnership with the wider healthcare system.

## **What are Integrated Cancer Care Pathways (ICCPs)?**

ICCPs are part of the BHB-wide Integration programme, launched in January 2021. The objective of the ICCPs is to design a more integrated service model through collaborative development of cancer patient pathways, with the aim to improve access to care, patient experience, clinical outcomes and operational performance. ICCPs are developed through engagement with a range of stakeholders and service providers across the pathway with a focus on speaking with patients to understand their journey identifying where things go well in this and what could be improved. The four cancer ICCPs which have been completed to date are: breast, colorectal, prostate and acute oncology.

## **Why was prostate health selected to be an ICCP?**

The prostate cancer pathway was selected as a priority ICCP, as prostate cancer is the number one cancer affecting men in Bermuda. The work on the prostate cancer pathway has been led by the Medical Director of Bermuda Cancer and Health Centre, Dr Chris Fosker, in collaboration with Bermuda Hospitals Board Executive Sponsors - Deputy Chief Executive Officer, Scott Pearman. Dr Anna Neilson-Williams has been the clinical lead for integration work at BHB. This team is supported by engagement with BHB colleagues, service providers, patients and external stakeholders.

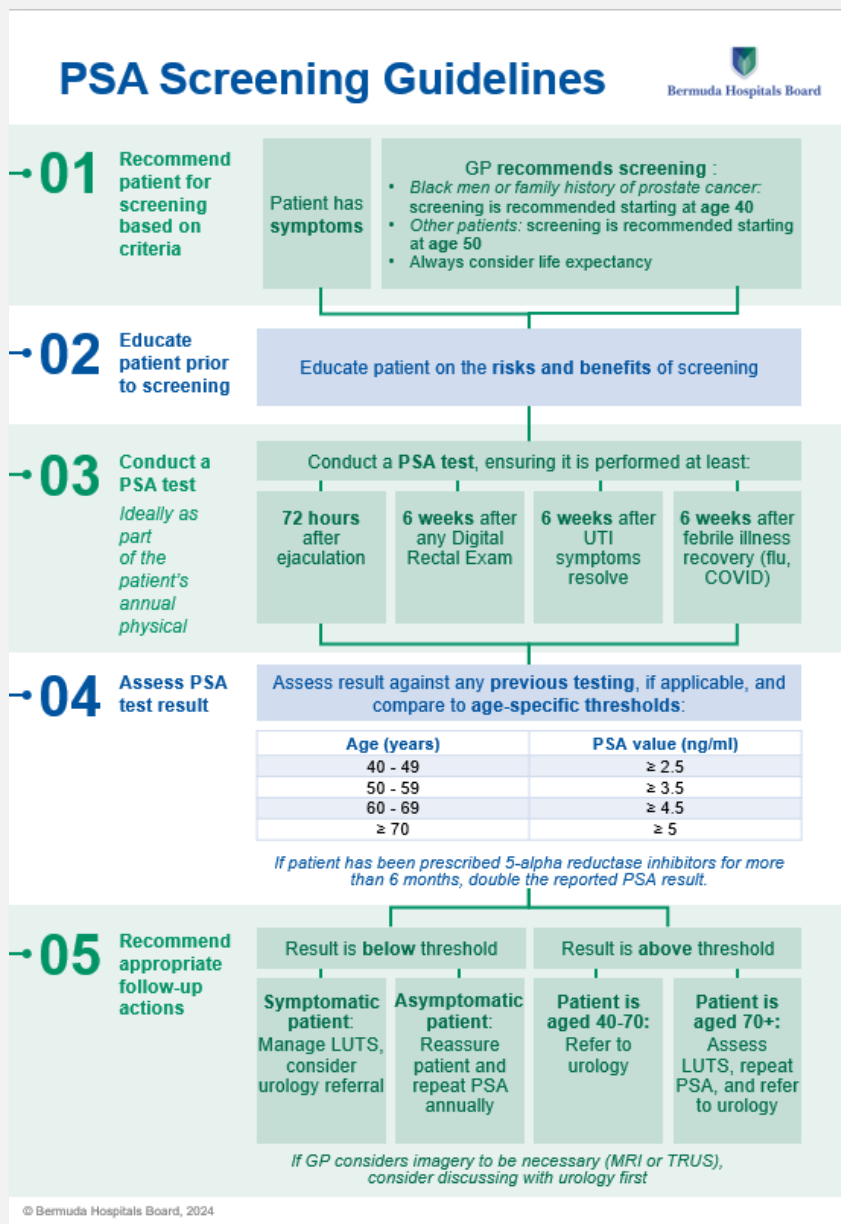
## **What improvements have been seen so far?**

Various stakeholders were engaged throughout the development of the pathway including patients and clinical colleagues, such as oncologists, urologists and radiologists and since the launch of the ICCP, notable improvements have been seen in cancer care in Bermuda. The introduction of the Daily Male free health clinic van has made screening available to uninsured and underinsured men across the island. The recruitment of a cancer coordinator has enhanced integration between BHB and Bermuda Cancer and Health Centre, supporting improved navigation of the pathway for clinicians and patients.

# Community Prostate Cancer Screening Guidelines in Bermuda

The purpose of these PSA screening guidelines is to provide recommendations to healthcare providers and patients regarding the appropriate use of PSA testing for the early detection of prostate cancer.

It is important for individuals to discuss the benefits and risks of PSA screening with their healthcare provider to make an informed decision that aligns with their health needs and personal preferences.





# About this document

This booklet is a follow-on from the Integrated Cancer Care Pathways (ICCP), which aims to integrate and provide more patient-centric care. In developing the prostate cancer pathway and creation of this document we have involved over 25 Bermuda cancer patients along with multiple clinical professionals and island support groups.

## Acknowledgements

We would like to thank the patients, community members and service providers who have helped and contributed in the production of this document.

## A note to the reader

This resource is not intended to replace other general health guides or cancer manuals: it is designed to complement

them, giving a Bermuda-centric perspective on prostate health and prostate cancer. It will enhance Bermuda residents' decision-making process, provide information about risk factors and how these can be prevented and will also provide guidance on how to manage outcomes from treatments, symptoms and general changes to their lifestyles as a result of prostate cancer.

This booklet has been created as an introduction to Prostate Health and you should continue to obtain independent advice from your doctor. There is continuing research and development into cancer diagnosis, treatments and prevention. Bermuda Hospitals Board and Bermuda Cancer and Health Centre exclude all liability for any adverse outcomes as a result of reliance on this booklet.



Another integrated cancer care pathway has been completed for breast cancer, the number one cancer impacting women in Bermuda. It has resulted in reduced wait times, as well as improved collaboration and outcomes. [Click here for the Breast Health booklet](#) or go to the [Oncology page at bermudahospitals.bm](#).

## Contact us:

We'd love to hear from you! If you have any comments or further questions on this document, please contact Bermuda Hospitals Board, Public Relations at [publicrelations@bhb.bm](mailto:publicrelations@bhb.bm).

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