



SCREENING FOR CANCER AS WE AGE

DATO DR JASWANT SINGH
Clinical Oncology
KPJ Sabah Specialist Hospital

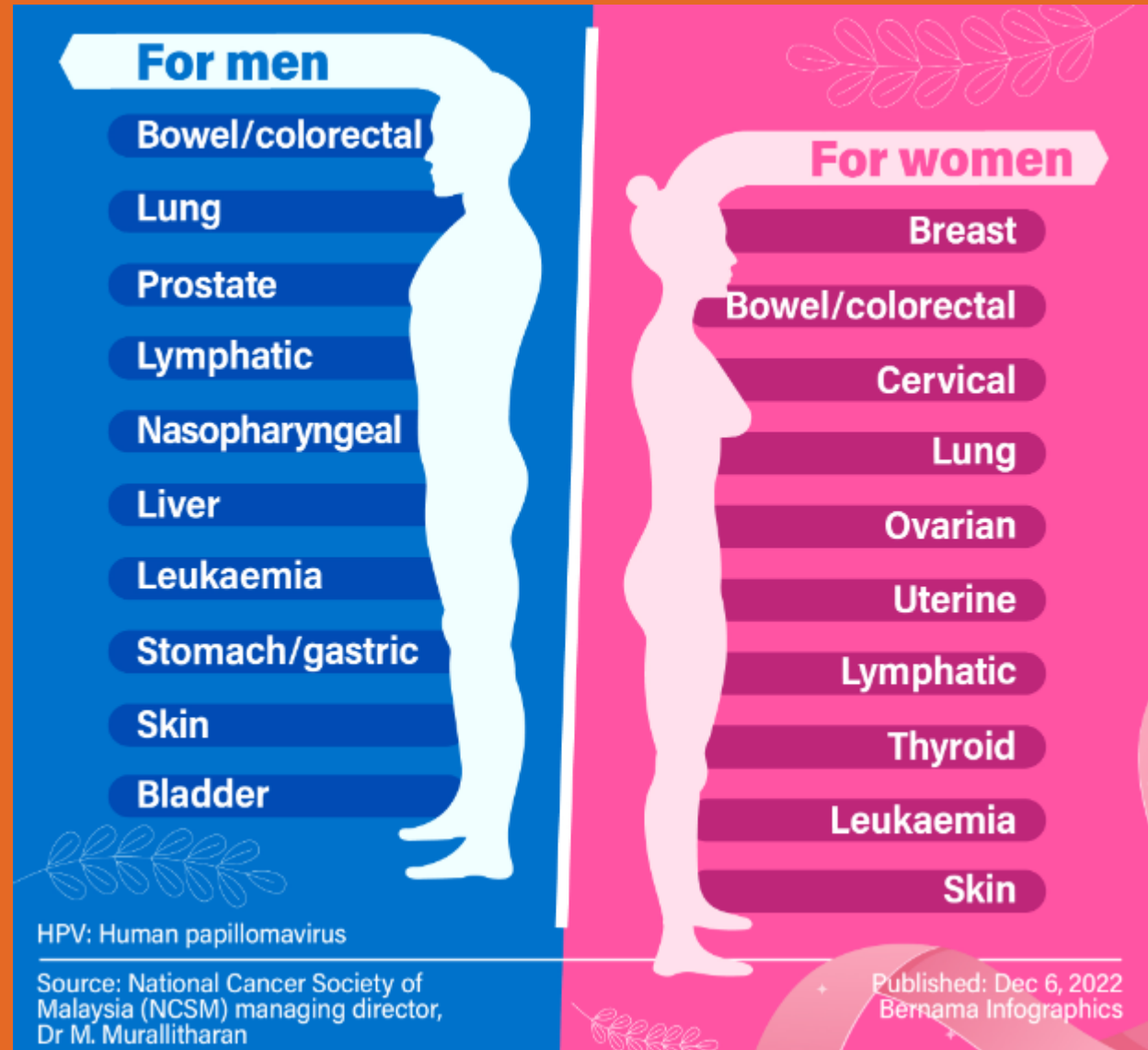
INTRODUCTION

Incidence of cancer in Malaysia

- One of the leading causes of illness and death is cancer.
- Most common cancers in Malaysia such as breast and colorectal cancer.
- Cancer survival rates in Malaysia are still below the average rate of developed countries due to barriers including low cancer awareness and screening rates, delays in seeking medical care, delays in detection and diagnosis, and inadequate access to quality care.



10 MOST COMMON CANCER IN MALAYSIA



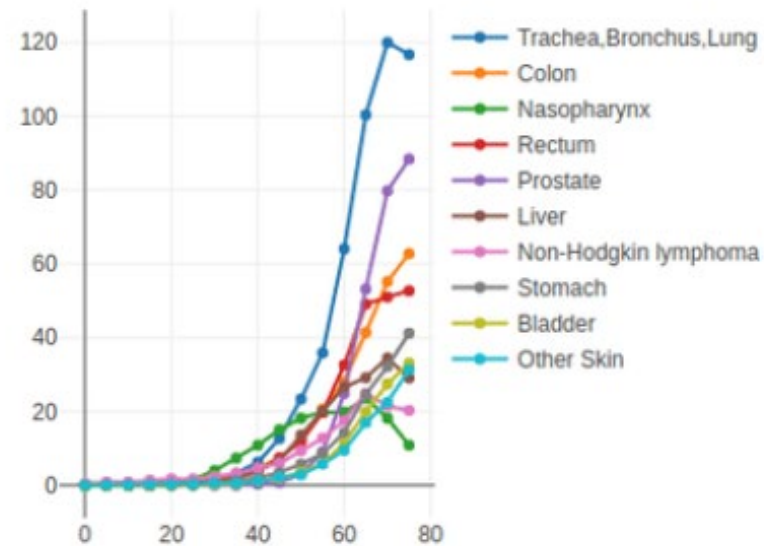


Ageing Population And Screening For Cancer

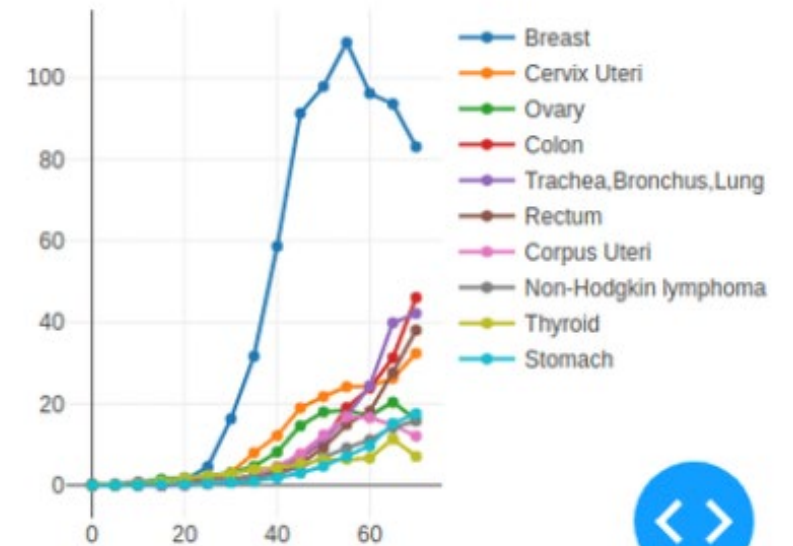
- In 2022, the Malaysian population aged over 65 years have increased more than the previous years. Malaysia is currently facing the prospect of an aging population, and the latest statistical data predicted this to be happening as soon as in 2030.
- Cancer is a complex disease and health professionals must have special approach, aspects and considerations catered for the ageing population.
- The elderly or older adults often do not recognize the usefulness of early detection or initiate healthy behaviour because they consider that at their age is no longer worthwhile.

Based on these graphs, cancer cases also inclusive at age of 65 years and above, however, not as prevalent as those between 30-50 years old.

Highest 10 for Male by age-group in Malaysia



Highest 10 for Female by age-group in Malaysia



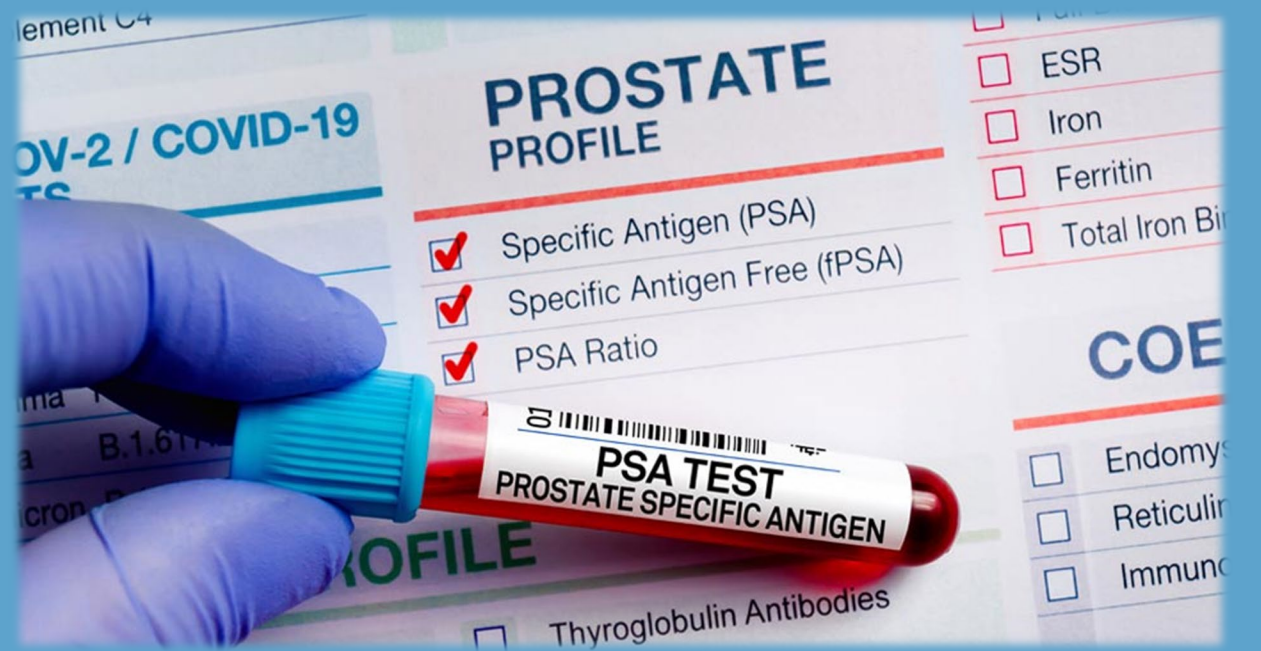
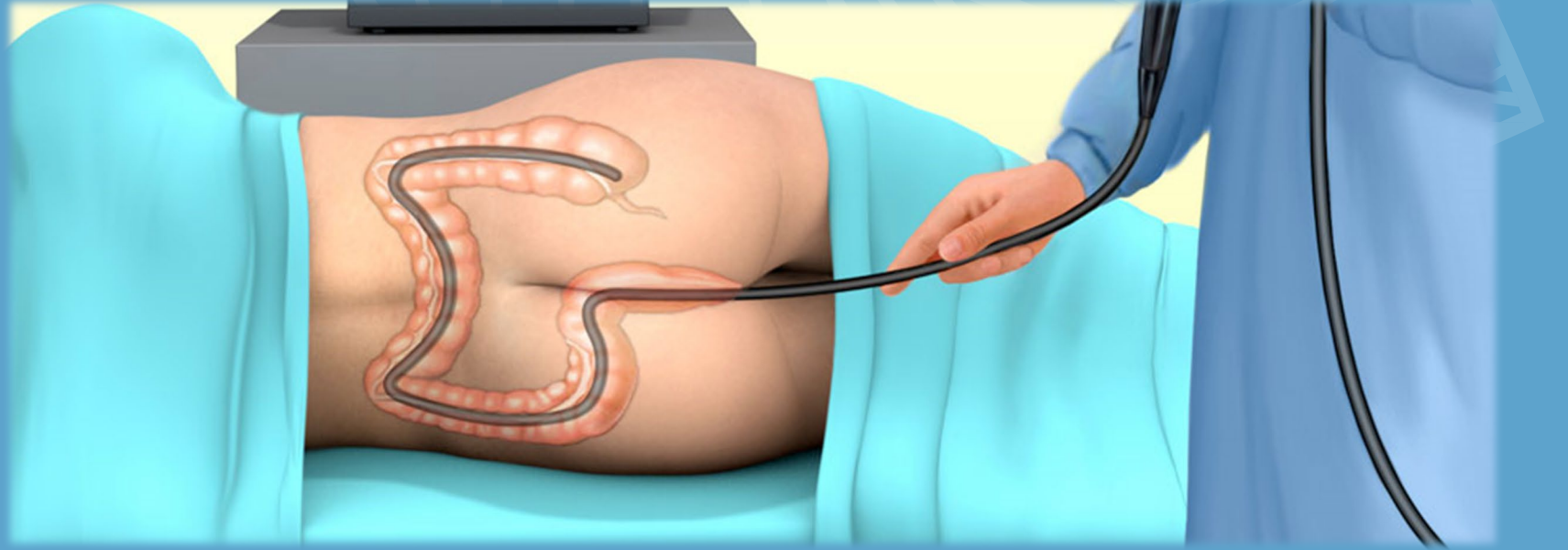
Top 10 Cancer Sites by Age-Group and Gender in Malaysia

Hamidi, Saidatul & Lokman, Anitawati & Mohamed Shuhidan, Shuhaida & Hilmi, Muhammad. (2020). *CancerMAS Dashboard: Data Visualization of Cancer Cases in Malaysia*. Journal of Physics: Conference Series. 1529. 022019. 10.1088/1742-6596/1529/2/022019.

Cancer Screening with Harms and Benefits to Older Adults

Screening	Harms	Benefits
Breast - Mammography	<ul style="list-style-type: none">• Overdiagnosis• False positive result• Biopsy related complications• Other (anxiety, distress, financial impact)	Prevention from cancer and mortality reduction
Prostate – PSA test		
Colorectal – Sigmoid/colonoscopy		
Lung – CXR/Low dose CT		

Overdiagnosis: Detection of a cancer that would never progress to cause symptoms in a person's lifetime, which can lead to overtreatment (surgery, radiotherapy, chemotherapy) that provides no benefits and only adverse effects.



Individualized Preferences in Screening Cancer for Ageing Population

It is essential to be aware of an elderly or older adult's preferences for cancer screening and values that guide their decision making.

Ask:

- If they have undergone screening in the past and their experience with it.
- If they are willing to undergo invasive diagnostic procedures with a realistic understanding of potential risks and benefits.
- If they are willing to undergo more invasive or major treatments such as surgery or chemotherapy.

Screening cancer in older adults should be rare and only considered with at least 10-15 years life expectancy.

Short term harms in biopsy should be discussed as the risk of prostate biopsies, lung biopsies, or colonoscopies, for example, may not be considered tolerable to some elderly.

Prevention of Cancer in Ageing Population

- Increase physical activity to reduce obesity risk and sedentary lifestyle
- Reduce and cessation of tobacco use and alcohol intake
- Dietary change



Conclusion

The elderly or older adults are encouraged to do cancer screening for early detection. It can save life and it is not a death sentence.



References

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QUESTIONS?





THANK YOU

