

## Thesis: Optimising the diagnosis of prostate cancer in Asia

### Propositions

1. A risk-based screening approach using The Rotterdam Prostate Cancer Risk calculator has proven to reduce unnecessary biopsies and biopsy complications. Calibration to an Asian setting is however mandatory to maintain similar performance in this setting. (This Thesis)
2. Screening for prostate cancer does not have to go along with overdiagnosis. (This thesis)
3. The blood test Prostate Health Index (PHI) increases discriminative ability as compared to a purely PSA based algorithm, in selecting men at risk for clinically significant prostate cancer. (This Thesis)
4. Prostate Health Index (PHI) is useful but different reference ranges and cut-off values should be applied in Caucasian and Asian men in order to achieve the best performance. (This Thesis)
5. Prostate Health Index (PHI), Prostate specific antigen (PSA) and prostate volume should be combined into a prediction model to achieve a better predictive and prognostic model for prostate cancer. (This Thesis)
6. Guidelines on who is eligible for prostate cancer screening should reflect life expectancy. [1]
7. An effective cancer screening program should include standardized screening systems and units, a quality assurance program, and continuous improvement. [2]
8. It is important for parents to read with young kids in order to cultivate a good reading habit and develop a good parent-child relationship. [3]
9. Bullying should not be tolerated in any situation. [4]
10. Britain's withdrawal from the E.U., like Donald Trump's proposal to build a wall between the U.S. and Mexico, is based on a false belief in self-reliance. [5]
11. "Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning." ?Albert Einstein

### References

1. Census and Statistics Department of Hong Kong, <https://www.censtatd.gov.hk/hkstat/hkif/index.jsp>
2. Gray JA, Patnick J, Blanks RG. Maximising benefit and minimising harm of screening. *BMJ*. 2008 Mar 1;336(7642):480-3.
3. A parent's guide to promoting reading in children. *Paediatr Child Health*. 2002;7(6):404-14.
4. Pei KY, Cochran A. Workplace Bullying Among Surgeons-the Perfect Crime. *Ann Surg*. 2019 Jan;269(1):43-44.
5. Andrew Soloman. In 'A perilous nationalism at Brexit', *The New Yorker*, 28 Jun 2016.