

## **Control of Prostate Cancer in Asian Countries - Appropriate Prevention, Diagnosis, and Treatment -**

### **Introduction**

The incidence of clinically diagnosed prostate cancer in Asian countries has been much lower than that in Western countries. However, both the incidence and mortality rate of prostate cancer are now growing in Asian countries. This raises the question of whether the change to a more western lifestyle had made Asians more susceptible to prostate cancer. Although prostate cancer is an increasing threat to Asian people, little research has been conducted to date in Asia. In this session, we discuss appropriate prevention, diagnosis, and treatment in Asia.

### **Background**

It has been suggested that the low incidence of prostate cancer in Asian people is related to genetic and environmental factors. Among these factors, eating soybean products has been suggested to be an important factor in prevention of prostate cancer, because the levels of consumption of these products are much higher in Asian countries compared with Western countries.

Another issue is screening for prostate cancer; the rate of exposure to prostate cancer screening is much lower in Asian countries than in the USA. Therefore, the proportion of cases advanced prostate cancer is higher in Asia than in the USA. However, the ratio of mortality to the incidence of prostate cancer seems to be lower in Asian patients. This may be due to differences in effectiveness of treatments, especially androgen deprivation therapy, among ethnic groups.

### **Methods and Results**

We are collecting data from Asian countries as follows: (1) the incidence and mortality rates of prostate cancer; (2) unique preventive agents against cancer; (3) screening systems for prostate cancer; (4) available treatments and indications (clinical practice guideline for prostate cancer); and (5) adverse effects of the treatments, especially androgen deprivation therapy. A clinical trial to clarify the effectiveness of soy isoflavones for prevention of prostate cancer has been conducted in Japan. Experiments regarding the preventive effects of the soy isoflavone Equol against prostate cancer using *in vitro* and *in vivo* models are currently underway. *In vitro* experiments demonstrated an antiproliferative effect of Equol. We are also investigating the outcome of each treatment for prostate cancer in Asian countries.

### **Conclusions**

Collection of Asian data is required to standardize the treatment of prostate cancer, and this APCC meeting will hopefully promote collaborative clinical studies of prostate cancer in Asian countries.