

## **Trends of Bladder and Prostate Cancers**

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**Background:** Cancer is a major health problem with a significant impact on society and healthcare systems. Despite its magnitude and health burden, there has not been any study regarding the details of genitourinary cancers in Bahrain.

**Objective:** The aim of our study is to evaluate the incidence and histopathological trends of prostate and bladder cancers from 2014 to 2018.

**Design:** A Retrospective Study.

**Setting:** Salmaniya Medical Complex, Bahrain.

**Method:** Patients diagnosed with bladder and prostate cancer from 2014 to 2018 were reviewed. Data acquired included age, gender, histopathological type, TNM and staging. Further data including carcinoma in situ and WHO grading were documented for bladder cancer cases. Gleason score and pre-biopsy prostate-specific antigen level and prostate volume were documented. The age-standardized rates were calculated for each cancer type.

**Result:** Ninety-three (66%) were bladder cancer and 48 (34%) were prostate cancer. Most patients were diagnosed with bladder and prostate cancer at stage 1 and stage 4, respectively. Furthermore, most patients with bladder cancer had high-grade according to the WHO classification. Age-standardized rate (ASR) for bladder cancer was 21.52 and 5.69 in 100,000 for males and females, respectively, while for prostate cancer it was 14.48 in 100,000.

**Conclusion:** The population is young, and ASR levels are higher than other populations examined, causes and risk factors of these cancers should be subjected to further evaluation in prospective randomized trial.