

Media release

2nd National Prostate Cancer Screening Day

Information and screening save men's lives

Zurich, 29 November 2025 – Around 7,500 men in Switzerland are diagnosed with prostate cancer every year. To raise awareness of the risks and provide information about the various options for prostate cancer screening, the 2nd National Prostate Cancer Screening Day was held today at the University of Zurich. Europa Uomo Switzerland and the united prostate cancer patient organisations of Switzerland organised this day in collaboration with the Comprehensive Cancer Centre Zurich (University Hospital Zurich, University of Zurich, Balgrist University Hospital and University Children's Hospital Zurich). A special focus was placed on shared decision-making between doctors and informed patients.

Experts in urology and oncology from various hospitals examined the topic from the perspective of prevention, early detection and treatment options. For Europa Uomo Switzerland, the national organisation for prostate cancer awareness, the event is an opportunity to fulfil its role as a network and centre of excellence, and to highlight and strengthen effective patient engagement. Europa Uomo Switzerland offers information, decision-making support and self-help groups throughout Switzerland.

In his presentation '**Epidemiology & Screening**', **Dr Dominik Menges** from the University of Zurich highlighted the significant burden of disease in Switzerland and how cancer screening can help detect prostate cancer at an early stage, thereby improving the prognosis for those affected.

In his presentation, **Dr Christoph Würnschimmel** from Lucerne Cantonal Hospital emphasised the connection between prevention and early detection. Since there is no real prevention for prostate cancer, preventive examinations are all the more important so that the gentlest possible treatment options can be chosen.

The presentation '**Informing and deciding together – what exactly is shared decision making?**' by **Dr Tanja Krones** clearly illustrated how joint decision-making between doctor and patient should work. Her perspective was complemented by the report on the results of the EU-PRESS study by **Max Lippuner**, President of Europa Uomo Switzerland (Overview of the initial results of the ongoing EU-PRESS study (Europa Uomo Patient Reported Shared Decision Making Study)).

Dr Maciej Kwiatkowski from Aarau Cantonal Hospital demonstrated that prostate cancer does not always require immediate treatment. In his presentation entitled '**Active surveillance – improving benefits and preventing harm**', he explained how active surveillance can be a good option for many patients, enabling them to live symptom-free for as long as possible without the stress of treatment. 'We diagnose many tumours that grow slowly and are relatively harmless. But it's still good to know when a tumour is present, because then we can monitor it and also benefit the patient – by delaying or possibly even avoiding stressful treatment,' he noted.

Finally, **Dr Basil Kaufmann** and **Dr Matthias Guckenberger** from the University Hospital of Zurich spoke about various treatment options, in particular **surgery** and **radiation therapy**, and their advantages and disadvantages.

The experience report by **Paolo Salvaterra** from Europa Uomo Switzerland rounded off the programme with the patient perspective. **Max Lippuner**, President of Europa Uomo Switzerland,

emphasised the importance of patient involvement. This is also part of shared decision-making: because they are directly affected, patients have comprehensive knowledge and can help each other to make the right decisions about their treatment by sharing their experiences and knowledge.

Europa Uomo Switzerland is campaigning for an organised, national screening programme for prostate cancer that provides patients with targeted information and support. Both the Swiss Society of Urology and the European Association of Urology are in favour of introducing an organised programme in stages, with pilot programmes and targeted accompanying research. 'Until screening actually comes into effect, we want to use the time to educate as many men as possible about the risks of prostate cancer and raise their awareness of early detection,' explained **Max Lippuner**. 'This way, when organised PC screening is introduced, as many men as possible will have the opportunity to detect cancer early and make the best decisions for their health.'

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