

# Prostate Cancer

The prostate is a gland in men that makes a liquid that forms part of semen. Its size is about 2 centimeters by 2 centimeters and is located in the pelvic area. The prostate uses a male hormone called testosterone to work normally.

## Signs of Prostate Cancer

You may not have any signs.

Some men have:

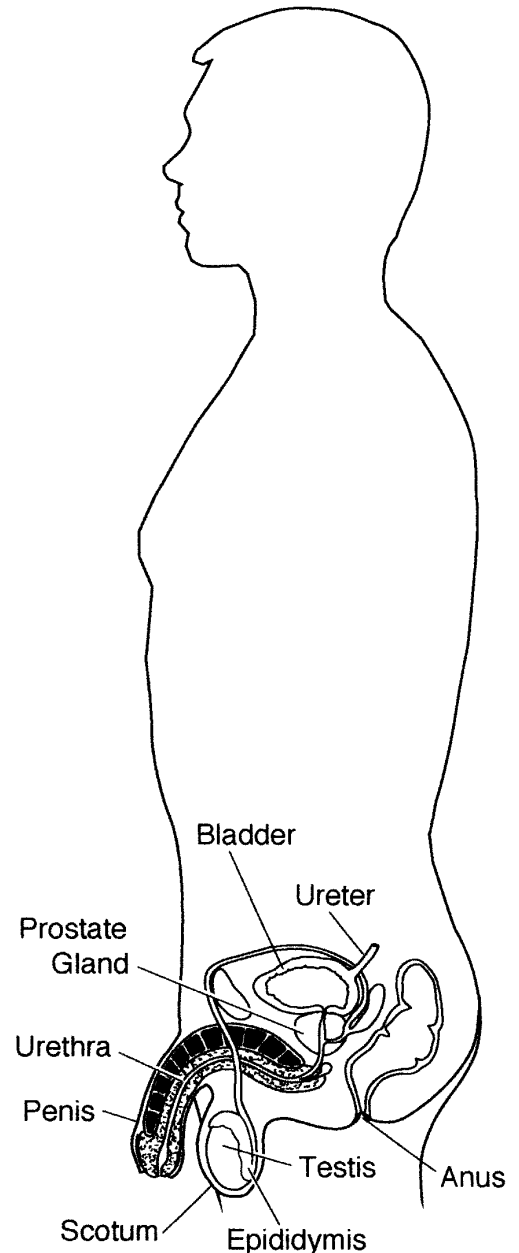
- The need to urinate more often, especially at night
- A hard time starting to urinate or holding back urine
- Weak flow of urine
- Pain or burning with urination
- Painful release of semen through the penis during sex
- Blood in the urine or semen
- Pain or stiffness in the lower back, hips or upper thighs

See your doctor if you have any of these signs.

## Risk Factors for Prostate Cancer

You are at higher risk for prostate cancer if you:

- Are over age 50
- Have a father or a brother who have had prostate cancer
- Are of African descent
- Eat a diet high in animal fat



# 攝護腺癌

攝護腺是男性體內的一種腺體，製造

構成精液部份的一種液體。

它的體積約 2 乘 2 厘米，

位於骨盆區。攝護腺使用一種稱為  
睪丸激素的男性荷爾蒙而正常運作。

## 攝護腺癌的症狀

您可能沒有任何症狀。

有一些男性有以下症狀：

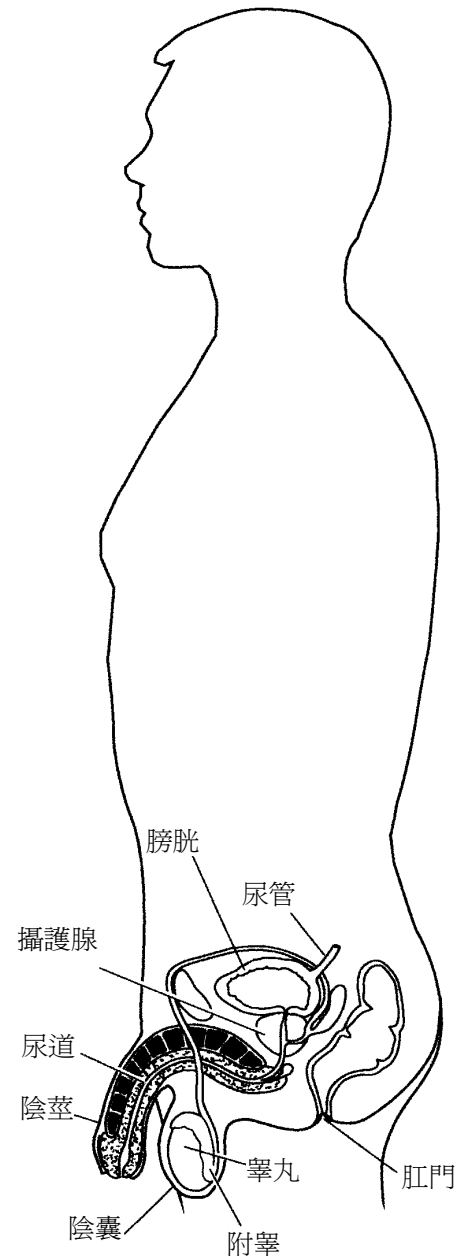
- 小便頻密，尤其在夜間
- 小便困難或忍住小便開始有困難
- 尿液流勢弱
- 排尿時疼痛或灼痛
- 性交時陰莖射精很痛苦
- 尿或精液中有血
- 下背部、臀部或大腿上部疼痛或僵硬

如果您有任何一種這些症狀，請去看醫生。

## 攝護腺癌的風險因素

如是下列情形，您有患攝護腺癌的高風險：

- 50 多歲年紀
- 父親或一位兄弟曾患攝護腺癌
- 為非洲人後裔
- 飲食中含高動物脂肪



## **Testing for Prostate Cancer**

Talk to your doctor about testing for prostate cancer. Yearly check-ups with your doctor are important to look for cancers early. Tests that should be done each year for men over age 50, or men of African descent over age 40, include:

- PSA (Prostate-specific antigen) blood test  
The level of PSA in the blood is high in men who have prostate cancer.
- Rectal Exam  
Your doctor inserts a lubricated, gloved finger into your rectum to feel for hard or lumpy areas in the prostate.

If your test shows that you may have prostate cancer, other tests may be needed. A small amount of the prostate tissue may be removed to check for cancer cells. This is called a biopsy.

## **Your Care**

If you have prostate cancer, your doctor will talk to you about your treatment choices. These may include:

- Surgery
- Radiation
- Chemotherapy
- Watchful waiting

**Talk to your doctor or nurse if you have any questions or concerns.**

## 做攝護腺癌測試

和您的醫生討論做攝護腺癌測試。年度體檢很重要，可及早發現癌症。50 歲以上的男性或 40 歲以上的非洲裔男性應每年都做檢查，包括：

- 攝護腺特性抗原(PSA)血檢  
患攝護腺癌的男性血液中 PSA 的濃度高。
- 直腸測試  
您的醫生將塗以潤滑劑的戴手套手指探入您的直腸，觸摸攝護腺有硬塊或多塊狀的地方。

如果您的測試顯示您可能患有攝護腺癌，可能需做其他測試。可能要取攝護腺的小塊組織作癌細胞檢查，這稱為活檢。

## 您的醫療

如果您有攝護腺癌，您的醫生將告知您治療選擇，可能包括：

- 手術
- 輻射
- 化療
- 留心等候

如果您有任何疑問或關注事項，請告知您的醫生或護士。

Prostate Cancer. Traditional Chinese.

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