

Prostate Cancer

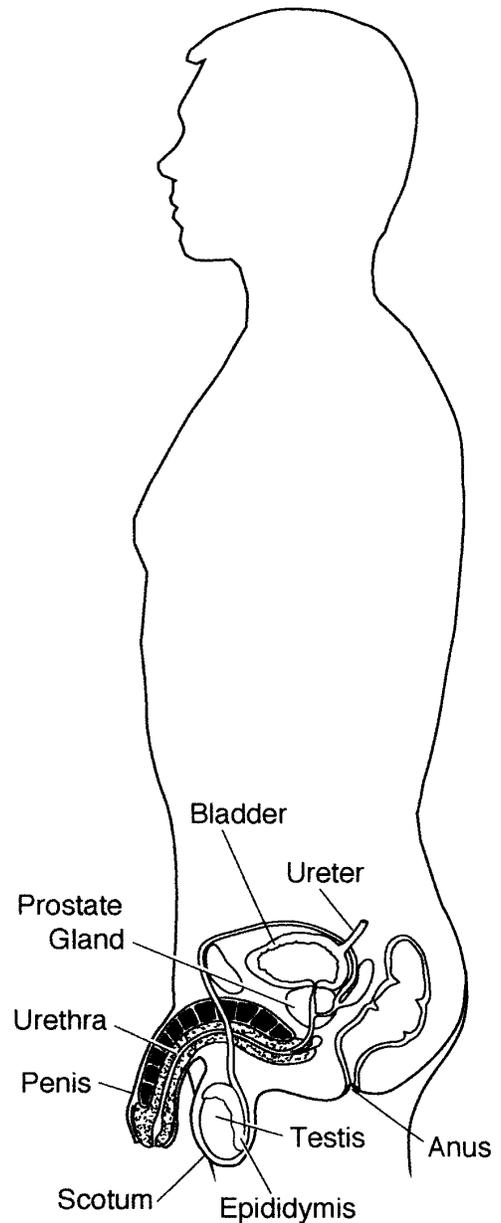
The prostate is a gland in men that makes a liquid that forms part of semen. Its size is about 2 centimeters by 2 centimeters and is located in the pelvic area. The prostate uses a male hormone called testosterone to work normally.

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.



前立腺がん

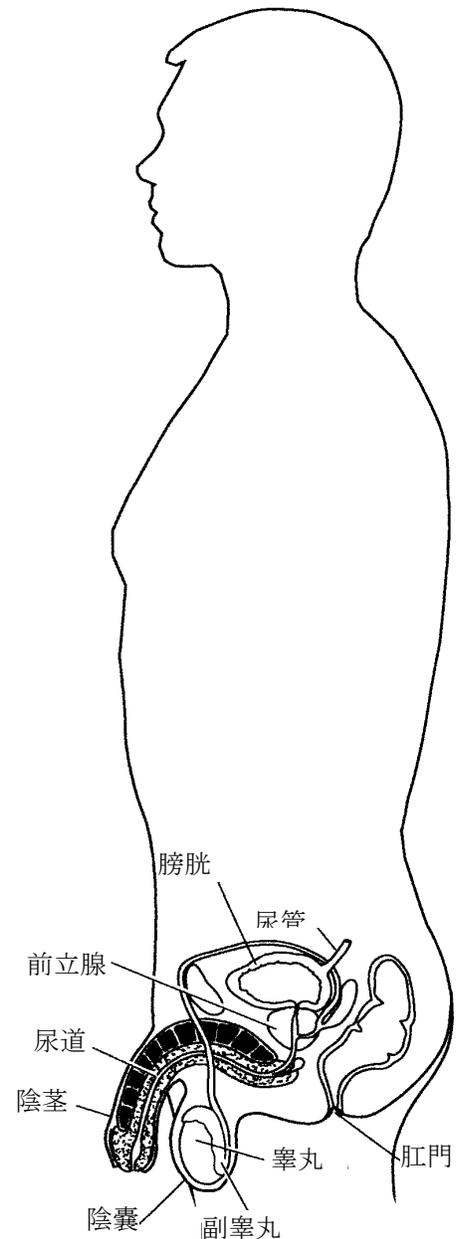
前立腺は精液の一部となる液体を製造する男性の分泌線です。大きさは2×2 cm程度で、骨盤の周辺にあります。前立腺はテストステロンと呼ばれる男性ホルモンによって正常に機能します。

前立腺がんの症状

何の兆候も出ないこともあります。

一部の患者には以下のような兆候が現れます。

- 頻尿になる、特に夜間が多い
- 尿が出にくいまたは尿を止めるのが困難
- 尿の出が悪い
- 排尿時に痛みや焼けるような感覚がある
- 性交時に射精する際に痛みがある
- 尿や精液に血が混じる
- 背中下部、臀部、太ももの上部に痛みや凝りがある



これらのいずれかの症状が出た場合は、医師の診察を受けてください。

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 has had prostate cancer
- Are of African descent
- Eat a diet high in animal fat

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.

前立腺がんの危険因子

以下の条件に該当する場合は、前立腺がんになるリスクが高まります。

- 50 才以上
- 父親や兄弟に前立腺がんの患者がいる
- アフリカ系である
- 動物性脂肪の多い食生活をしている

前立腺がんの検査

前立腺がんの検査については、主治医にご相談ください。がんを早期に発見するには毎年医師の診察を受けることが重要です。50 才以上の男性または 40 才以上のアフリカ系の男性は以下のような検査を毎年受ける必要があります。

- **PSA（前立腺特異抗原）の血液検査**

前立腺がんにかかっている男性は血液中の PSA レベルが高くなります。

- **直腸検査**

潤滑剤を塗った手袋をはめた医師が直腸に指を入れ、前立腺に硬くなっている場所や塊などがないかどうかを調べます。

検査で前立腺がんが疑われた場合、他の検査が必要になる場合もあります。少量の前立腺の細胞を採取してがん細胞があるかどうかを調べます。これを生検と呼びます。

Your Care

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

- Surgery
- Radiation
- Chemotherapy
- Hormone therapy
- Watchful waiting

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

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対処法

前立腺癌を発症している場合は主治医から治療法の選択肢について説明を受けます。たとえば次のような治療法があります。

- 手術
- 放射線治療
- 化学療法
- ホルモン療法
- 経過観察

質問や不明な事項については、主治医または看護師にご相談ください。

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Prostate Cancer. Japanese.