

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:

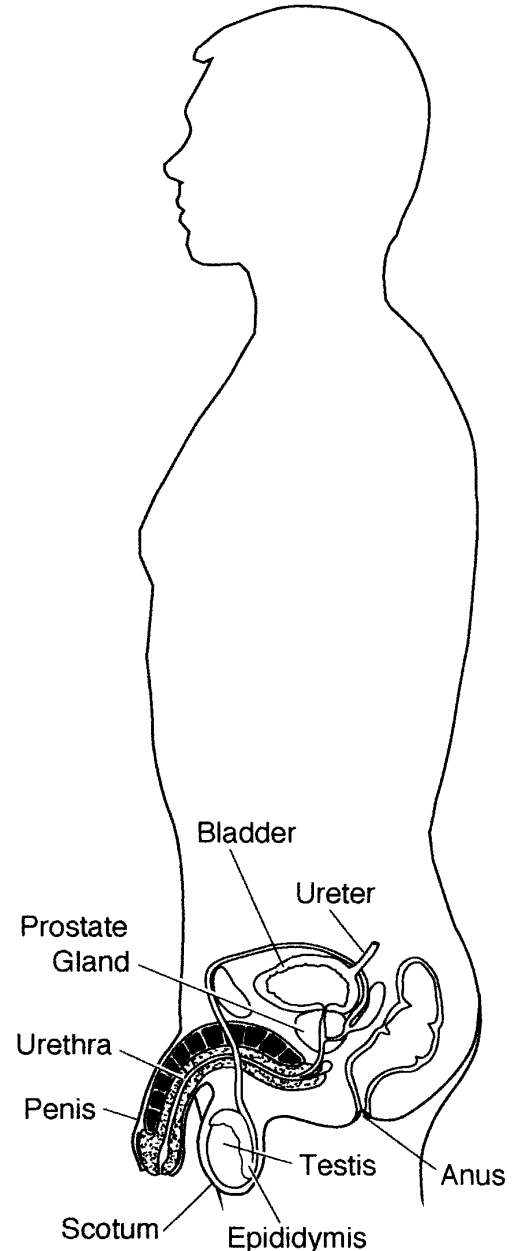
- The need to urinate more often, especially at night
- A hard time starting to urinate or holding back urine
- Weak flow of urine
- Pain or burning with urination
- Painful release of semen through the penis during sex
- Blood in the urine or semen
- Pain or stiffness in the lower back, hips or upper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



전립선 암

전립선은 정액의 일부를 형성하는 액체를 만들어내는 남성에 있는 선(腺)입니다. 크기는 약 2 cm x 2 cm 정도이며 골반 부분에 위치해 있습니다. 전립선은 테스토스테론이라는 남성 호르몬을 사용하여 정상적인 기능을 유지합니다.

전립선 암의 증상

전혀 증상이 없을 수 있습니다.

일부 환자들이 경험하는 증상:

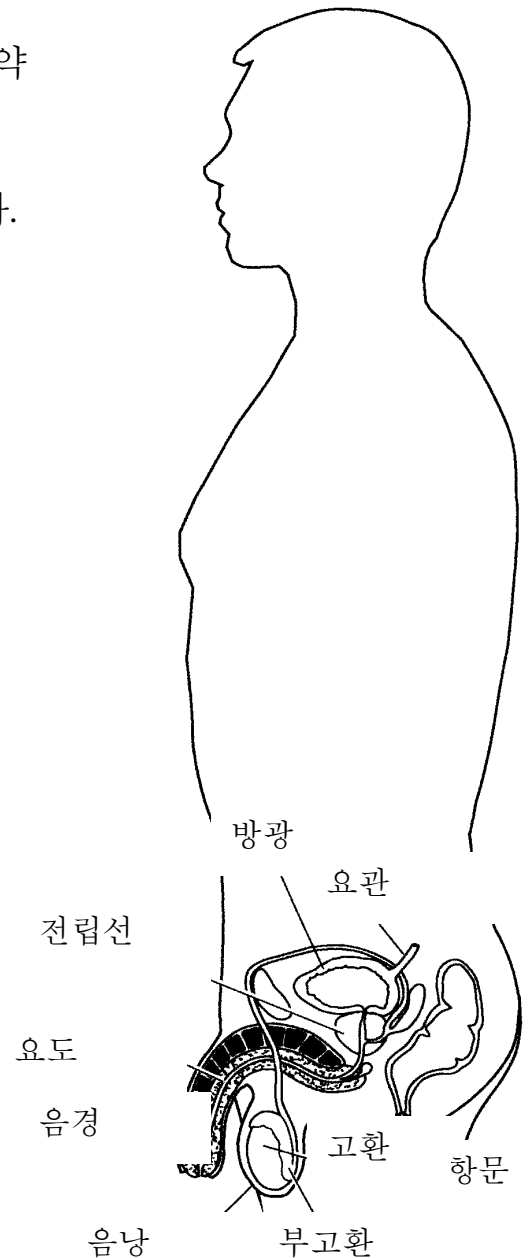
- 특히 밤에 오줌이 자주 마렵다
- 배뇨가 힘들거나 오줌을 참기 힘들다
- 오줌발이 약하다
- 소변볼 때 통증 또는 따끔거린다
- 성행위 중 사정할 때 통증이 있다
- 피가 오줌이나 정액에 섞여 있다
- 허리, 둔부 또는 넓적다리 윗 부분에 통증이 있거나 뻣뻣하다

이런 증상이 있으면 의사를 보십시오.

전립선 암의 위험 요소

아래같은 경우 전립선 암에 걸릴 위험이 높습니다:

- 50 세 이상
- 아버지나 남자 형제가 전립선 암을 갖고 있는 경우



- 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.

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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- 아프리카계 흑인이다
- 동물성 지방이 많은 음식을 먹는다

전립선 암 검사

전립선 암 검사에 관하여 의사와 상담하십시오. 암을 조기 발견하기 위해서 매년 검사를 하는 것이 중요합니다. 50 세 이상 남성 (흑인인 경우 40 세 이상)이 매년 해야하는 검사는:

- **PSA (전립선 특수 항원) 혈액 검사**

전립선 암이 있는 남성들은 혈액에 PSA 레벨이 높습니다.

- **항문 검사**

의사가 윤활제를 칠한 장갑을 낀 손가락을 항문에 집어 넣어 전립선에 딱딱하거나 혹이 있는가 검사합니다.

검사 결과 전립선 암이 의심되면 추가 검사를 하게 됩니다. 전립선의 조직을 약간 떼어 내어 암세포가 있는가 확인할 것입니다. 이 검사를 조직 검사라고 합니다.

관리 방법

전립선 암이 확인되면 치료 방법 선택에 관하여 의사가 말해 줄 것입니다. 치료 방법으로는:

- 수술
- 방사선 치료
- 화학 요법
- 호르몬 요법
- 경과를 관찰

질문이나 문제가 있으면 의사나 간호원과 상의하십시오.

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Prostate Cancer. Korean.