

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:

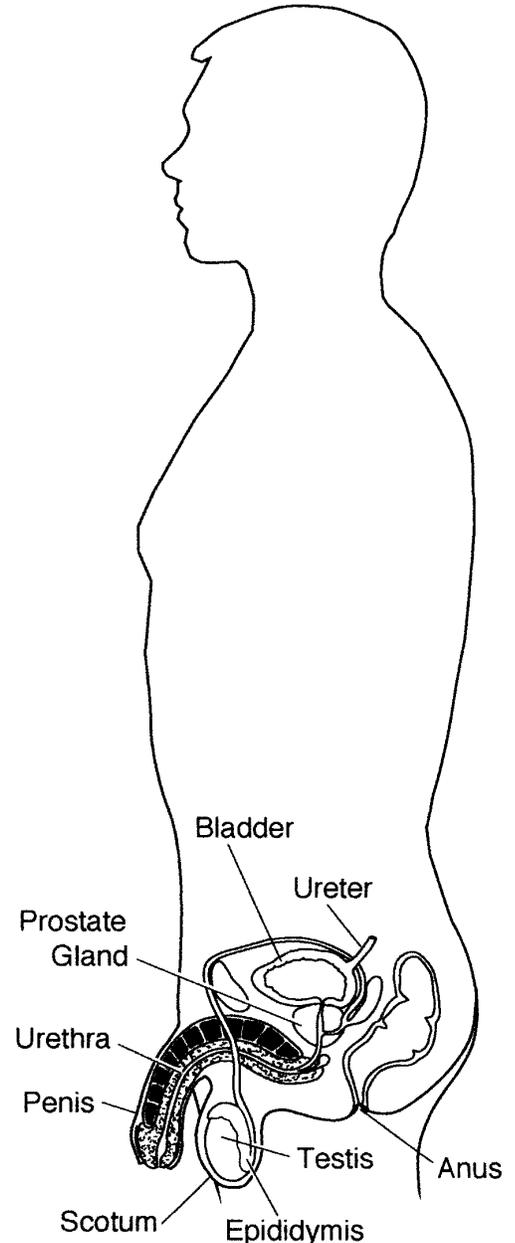
- The need to urinate more often, especially at night
- A hard time starting to urinate or holding back urine
- Weak flow of urine
- Pain or burning with urination
- Painful release of semen through the penis during sex
- Blood in the urine or semen
- Pain or stiffness in the lower back, hips or upper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



前列腺癌

前列腺是男性体内的一种腺体，制造构成精液部份的一种液体。它的体积约 2 乘 2 厘米，位于骨盆区。前列腺使用一种称为睾丸激素的男性荷尔蒙而正常运作。

前列腺癌的症状

您可能没有任何症状。

有一些男性有以下症状：

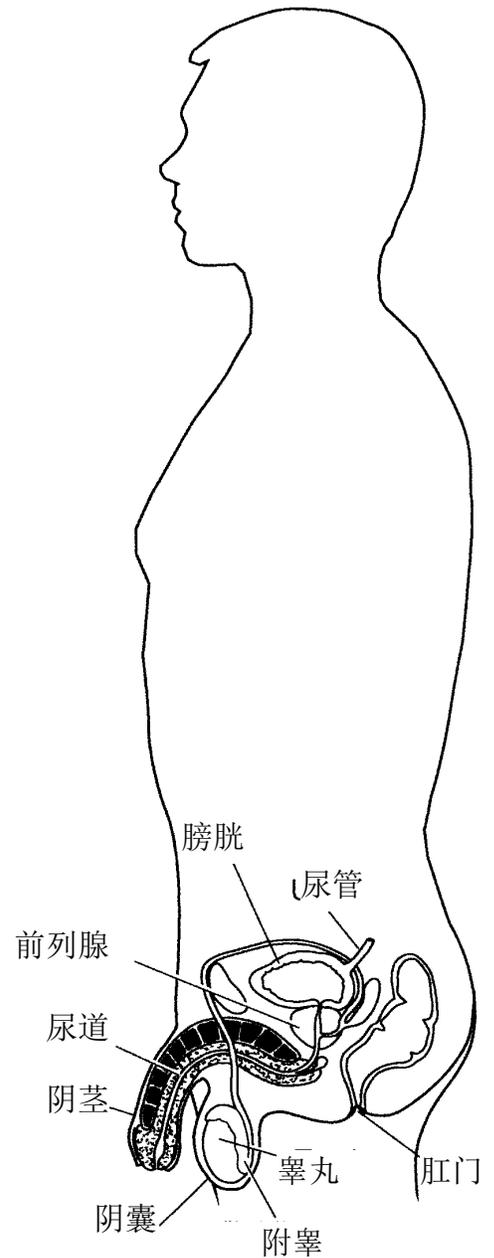
- 尿频，尤其在夜间
- 小便困难或忍住小便开始有困难
- 尿液流势弱
- 排尿时疼痛或灼痛
- 性交时阴茎射精很痛苦
- 尿或精液中有血
- 下背部、臀部或大腿上部疼痛或僵硬

如果您有任何一种这些症状，请去看医生。

前列腺癌的风险因素

如是下列情形，您有患前列腺癌的高风险：

- 50 多岁年纪
- 父亲或一位兄弟曾患前列腺癌
- 为非洲裔
- 饮食中含高动物脂肪



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
- Hormone therapy
- Watchful waiting

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

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做前列腺癌测试

和您的医生讨论做前列腺癌测试。年度体检很重要，可及早发现癌症。50 岁以上的男性或 40 岁以上的非洲裔男性应每年都做检查，包括：

- **PSA（前列腺特性抗原）血检**

患前列腺癌的男性血液中 PSA 的浓度高。

- **直肠测试**

您的医生将涂以润滑剂的戴手套手指探入您的直肠，触摸前列腺有硬块或多块状的地方。

如果您的测试显示您可能患有前列腺癌，可能需做其它测试。可能要取前列腺的小块组织作癌细胞检查，这称为活检。

您的医疗

如果您有前列腺癌，您的医生将告知您治疗选择，可能包括：

- 手术
- 辐射
- 化疗
- 激素疗法
- 留心等候

如果您有任何疑问或关注事宜，请告知您的医生或护士。

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Prostate Cancer. Simplified Chinese.