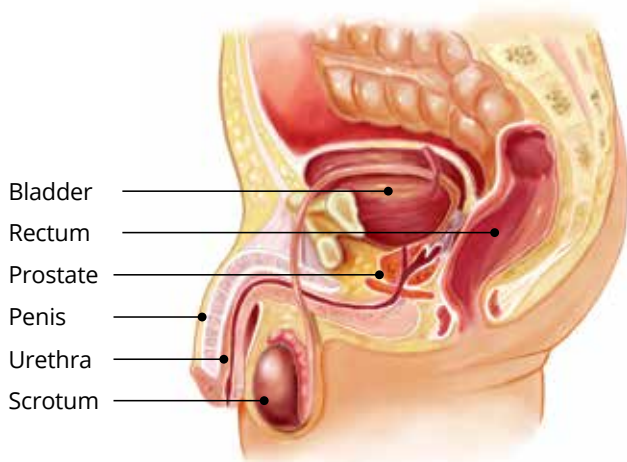


Prostate cancer

The prostate is a small gland of the male reproductive system, about the size of a walnut. Located below the bladder and in front of the rectum, the prostate is key for reproduction as it helps make semen that carries sperms from testicles through the penis. In Hong Kong, prostate cancer is the third most common male cancer. With early detection, prostate cancer is manageable in the majority of cases.



Symptoms

There may be no signs or symptoms in its early stage. Sometimes men may have trouble or discomfort in urinating, or find blood in urine or semen.

In a later stage if prostate cancer spreads to the bone, it may lead to bone pain, fracture, or even nerve compression resulting in lower limb weakness and incontinence.

Causes and risk factors

The cause of prostate cancer is largely unknown but it's more commonly seen in gentlemen after middle age. For reasons not yet understood, prostate cancer is more common in men of African-Caribbean or African descent.

Risk may be increased, if there is a family history of prostate cancer or breast cancer or close family members that have the genes that increase the risk of breast cancer (BRCA1 or BRCA2). Recent research also suggests that obesity increases the risk.

Diagnosis

A digital rectal examination (DRE) may be performed in which the doctor inserts a gloved, lubricated finger into the rectum to examine the prostate.

A blood test may be ordered to measure the level of prostate-specific antigen (PSA), a substance produced by prostate gland. The increase of PSA level may indicate prostate infection, inflammation, enlargement or cancer.

The doctor may recommend a ultrasound-guided biopsy to confirm the presence of cancer, if there is abnormality in DRE or PSA.

Treatment

Treatment depends on age and overall health. The tumour progress can be controlled in most cases if treated in the early stage, by surgically removing the prostate or radiotherapy.

All treatment options carry the risk of side effects such as impotence and difficulty in holding urine.

Because of the potential side effects of treatment, a highly select group of patients may choose to continue active surveillance and delay treatment until before the cancer might spread. Newer treatments, such as focal therapy, may be offered as an alternative in some facilities but the long-term effectiveness is not yet known. If the cancer spreads to other parts of the body and cannot be managed, treatment is focused on prolonging life and relieving symptoms. This is mainly achieved by medications or surgery that lower the testosterone level. According to the latest evidence, the addition of chemotherapy or novel oral hormonal antagonist can be started early to improve the survival rate.

Prevention

Adopting a healthy lifestyle minimizes the risk of developing prostate cancer. In terms of nutrition, this means a good intake of fruits, vegetables, grains and cereals, with less consumption of meat and animal fat.

Men aged 45 to 77 years old may consider checking PSA for early prostate cancer detection. For gentleman who are at high risk of cancer development, they can consider PSA from age 40 that may result in increased diagnosis and treatment. As the increase of PSA may indicate other medical conditions, it is best to discuss with the doctor for the test and the interpretation of the test results.

Compiled by:

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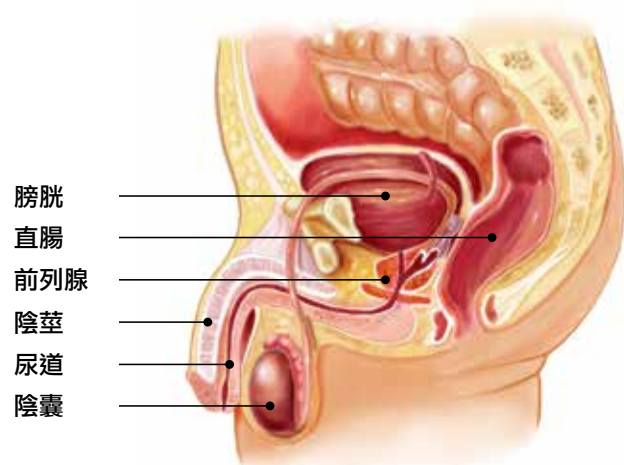
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前列腺癌

前列腺是男性生殖系統的一個小腺體，有如合桃般大。前列腺位於膀胱下方及直腸前方位置，有助製造精液、及將精液從睪丸輸送至陰莖，故此對生殖功能至為關鍵。前列腺癌是香港男士第三最常見的癌症。若及早發現，大多數個案均可治理。



病徵

前列腺癌早期可能沒有任何病徵或症狀。男士小便有時感到困難或不適，又或者出現小便或精液帶血的情況。

癌症後期，若癌細胞擴散到骨骼，則可能導致骨痛、骨折甚至是神經受壓，繼而令下肢無力和失禁。

成因及高危因素

絕大多數前列腺癌的病因依然未明，以年長男士居多，其中以非洲加勒比海裔或非裔男士較常見。

有前列腺癌或乳腺癌家族病史的人士、或近親家屬有BRCA1或BRCA2基因（增加患乳腺癌的基因），都會令患前列腺癌風險增加。近期研究亦指出，肥胖可能是增加患前列腺癌的風險之一。

診斷

肛門指檢是其中一種診斷方法，醫生會戴上手套及將加上潤滑劑的手指放入病人直腸，檢查前列腺是否有異常。

編寫：

泌尿外科專科醫生朱永康

此健康單張所提供的資訊僅供參考之用，並不能取代醫生的專業意見。明德國際醫院及明德醫療中心對讀者在閱讀後所作出的任何決定並不負上任何責任。

醫生亦可能指示病人驗血，以量度前列腺特異抗原(PSA指數)水平。若PSA指數升高，則可能顯示前列腺受感染、發炎、肥大或患有前列腺癌。

如指檢或PSA指數異常，醫生可能會建議以超聲波導引抽取活組織樣本檢查，以確認是否患癌。

治療

治療方案乃取決於年齡和整體健康狀況。若於早期發現，大部分病人可透過外科手術切除前列腺或接受放療治療，令腫瘤得以受控。

所有治療方案均存有潛在副作用，如不舉和難以控制小便。

由於治療潛在的副作用，很多患者選擇作定期監察及推遲治療，直至癌細胞有可能擴散。部分醫生可安排較新的療法，如定點治療，但長遠效果仍屬未知數。如果癌細胞擴散到身體其他部位而無法治理，治療的重點則會轉為延長壽命和舒緩症狀。這有賴藥物或手術的幫助，以降低睪丸酮的水平。

根據最新的醫學實證顯示，如病人儘早進行化療或新一代口服荷爾蒙治療，會有助提高生存比率。

預防方法

健康的生活方式可減低患前列腺癌的風險。日常飲食方面，攝取足夠的水果、蔬菜、五穀和早餐穀物，減少食用肉類和動物脂肪均有幫助。

如欲及早檢測前列腺癌，45歲至77歲的男士可考慮作PSA測試。至於一些屬於患癌的高危人士，則可考慮由40歲起作該測試，但或會增加診斷和治療的機會。由於PSA指數的上升可顯示為其他身體狀況，故此最好跟醫生商討及解釋測試結果。

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