

### WHAT IS PROSTATE CANCER?

Prostate cancer is when the cells in the prostate grow out of control. Prostate cancer is the most common cancer in American men.

### WHAT IS THE PROSTATE?

The prostate is a part of the male reproductive system, which includes the penis, prostate, and testicles. The prostate is located just below the bladder and in front of the rectum. It is about the size of a walnut and surrounds the urethra. It produces fluid that makes up a part of semen.

### RISK FACTORS

- Older age
- Family history: certain genes passed from parent to child, men who have a father or brother with prostate cancer
- Race: more common in African-American men

### SYMPTOMS

Some men do not have symptoms at all. For people who have symptoms they might include:

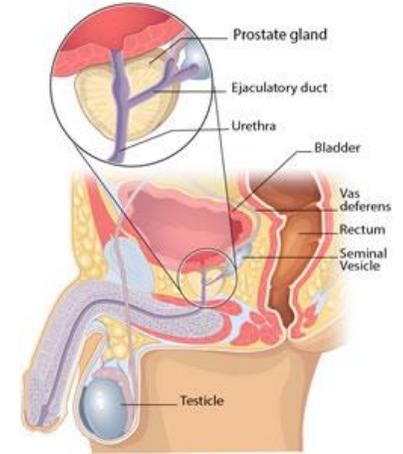
- Difficulty starting urination
- Weak or interrupted flow of urine
- Frequent urination, especially at night
- Difficulty emptying the bladder completely
- Pain or burning during urination
- Blood in the urine or semen
- Pain in the back, hips, or pelvis that doesn't go away
- Painful ejaculation

**If you have any symptoms that worry you, be sure to see your doctor right away.**

#### Sources:

- Centers for Disease Control and Prevention
- UptoDate.com

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### SCREENING TESTS

Discuss with your doctor about screening starting at the age of 50 for average risk men. Men who have high risk factors should have prostate cancer screening beginning at age 40 to 45.

There are two common tests used to screen for prostate cancer and they are:

- Digital rectal exam (DRE)
- Prostate specific antigen (PSA) test

It is not recommended to get PSA screening for men who do not have symptoms.

Once screening begins, it should be done again every two to four years depending on the risk factor. **Please discuss with your doctor about your risk and if you should start getting screened for prostate cancer.**

### TREATMENTS

Discuss with your doctor about which type of treatment is best for you. Some common treatments include:

- Active surveillance
- Surgery
- Radiation therapy
  - External radiation therapy
  - Internal radiation therapy
- Hormone therapy

## 什麼是前列腺癌?

前列腺癌是指前列腺細胞失控地生長。前列腺癌是美國男性中最常見的癌症。

## 什麼是前列腺?

前列腺是男性生殖系統的一部分，包括陰莖、前列腺和睪丸。前列腺位於膀胱正下方和直腸前方。前列腺約等於核桃的大小，並圍繞著尿道。它產生的液體是組成精液的一部分。

## 風險因素

- 年齡增長
- 家族史：某些基因會從父母傳給孩子，例如男性的父親或兄弟有前列腺癌
- 種族：常見於非裔美國人

## 症狀

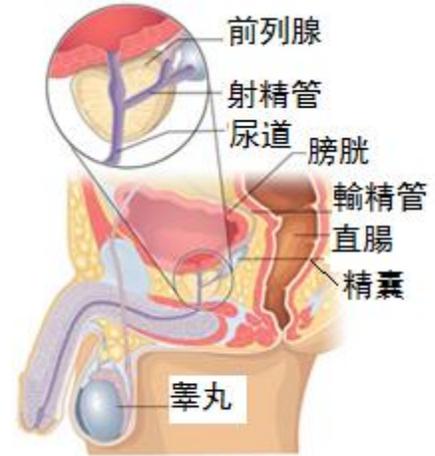
有些男性不會有任何症狀。有些男性會有以下症狀：

- 排尿困難
- 排尿不順暢
- 排尿頻繁，尤其是晚上
- 難以完全排空尿液
- 排尿時疼痛或灼熱
- 尿液或精液中含有血液
- 持續的背部、臀部、或盆骨疼痛
- 痛苦的射精

**如果您擔心您有任何前列腺癌的症狀，請儘快諮詢醫生。**

資料來源：

- Centers for Disease Control and Prevention
- UptoDate.com



## 篩檢

沒有高危因素的男性應與您的醫生討論從五十歲開始做前列腺癌篩查。具有高危因素的男性應從四十歲至四十五歲開始進行前列腺癌篩查。

兩種普遍的檢測用於篩查前列腺癌，分別是：

- 數碼直腸檢查(DRE)
- 前列腺特異抗原 (PSA) 測試

不建議對沒有前列腺癌症狀的男性進行 PSA 篩檢。

一旦前列腺癌篩檢開始，應根據風險因素每二至四年檢查一次。

**請與您的醫生討論您的風險因素，並是否應該開始接受前列腺癌的篩檢。**

## 治療

與您的醫生討論哪個治療方法最適合您。一些常見的治療方法包括：

- 積極監測
- 手術
- 放射治療
  - 外部放射治療
  - 內部放射治療
- 激素治療

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**Spanish** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

**Chinese** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電(415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

**Vietnamese** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

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