

# 前列腺增生

## Benign Prostatic Hyperplasia (BPH)



隨著年紀漸長，男士患上前列腺疾病的機會亦大大提升。五十歲以上的男士有接近半數會患上良性前列腺增生症，影響排尿功能。

As men age, the likelihood of developing prostate-related diseases significantly increases. Nearly half of men over the age of fifty may experience benign prostatic hyperplasia (BPH), which adversely affects urinary function.

### 症狀 Symptoms



小便頻密  
Frequent urination



夜尿  
Nocturia



排尿困難  
Difficult urination



小便帶血  
Blood in urine



小便赤痛  
Painful urination



尿速細弱  
Weak urinary stream



排尿不清  
Incomplete bladder emptying



小便失禁  
Urinary incontinence



下腹或盆骨感到不適  
Discomfort in the lower abdomen or pelvis

### 診斷方法 Diagnostic Methods

醫生會先了解患者病歷、進行身體檢查以及「國際前列腺徵狀評分」(IPSS) 作初步的臨床評估，並視乎情況採取相應的檢測，包括：  
Doctors will first review the patient's medical history, conduct a physical examination, and perform an "International Prostate Symptom Score" (IPSS) for initial clinical assessment. Depending on the situation, additional tests may include:

#### 1 肛門指檢 (DRE) Digital Rectal Examination (DRE)

醫生會戴上塗有潤滑劑手套，用手指探入病人直腸，隔著直腸前壁來檢查前列腺的大小、形狀和質感。  
The doctor will wear a lubricated glove and insert a finger into the patient's rectum to assess the size, shape, and texture of the prostate.

#### 2 尿液化驗 Urinalysis

檢查尿道有否感染或出血。  
Testing for any infections or bleeding in the urinary tract.

#### 3 前列腺特异性抗原 (PSA) 血液測試 Prostate-Specific Antigen (PSA) Blood Test

醫生會建議病人接受前列腺特定抗原 (PSA) 測試。如病人患有前列腺增生或前列腺癌，血液中的PSA會上升。若PSA超過正常水平，病人應作進一步檢查，以排除患上前列腺癌的可能性。血液檢查還可包括腎功能及血糖測試。  
The doctor may recommend this test to check for elevated PSA levels, which can indicate benign prostatic hyperplasia or prostate cancer. A more than-normal PSA level may necessitate further investigation to rule out prostate cancer. Blood tests may also include kidney function and blood glucose evaluations.

#### 4 超音波掃描 Ultrasound Scan

以超聲波掃描觀察前列腺大小，檢視腫瘤證據、殘餘在膀胱內的尿液容量、膀胱內是否有結石、及腎臟是否因小便異常而影響腎功能運作  
Using ultrasound to assess prostate size, check for tumors, evaluate residual urine in the bladder, detect bladder stones, and determine kidney function related to abnormal urination.

#### 5 尿速測試 Urine Flow Test

病人將尿液排入儀器，測試尿液排放速度。排尿緩慢有可能是因為良性前列腺增生引起。  
The patient will urinate into a device that measures the flow rate. Slow urination may be caused by benign prostatic hyperplasia.

#### 6 膀胱鏡檢查 Cystoscopy

可助醫生檢視尿道、前列腺和膀胱內部狀況。尤其是當醫生懷疑徵狀可能是由其他膀胱病變引致時。  
The doctor to inspect the internal condition of the urethra and bladder. It is employed when there is suspicion that symptoms may result from other urethra, prostate and bladder conditions.

## 治療方法 Treatment Methods



### 藥物治療 Medication

經醫生檢查後，如果病情輕微的可選擇藥物治療，包括 $\alpha$ -受體阻滯劑、5- $\alpha$ 還原抑制劑，及其他混合性藥物。這些藥物有機會產生副作用包括：容易疲倦、頭暈和血壓低、勃起功能障礙、性慾減退和逆行性射精等等。近代藥物的副作用已較以往大為減少。

病情比較嚴重的或是不能夠接受藥物的副作用等等，都會選擇手術治療。

After evaluation by a doctor, if the condition is mild, medication may be a treatment option. This can include alpha-blockers, 5-alpha reductase inhibitors, and other combination drugs. Possible side effects include fatigue, dizziness, low blood pressure, reduced libido, erectile dysfunction and decreased semen volume due to retrograde ejaculation. Recent medications tend to have fewer side effects compared to older options.

For more severe conditions or if a patient cannot tolerate medication side effects, surgical treatment may be considered.

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## 手術治療 Surgical Treatment Options

微創手術方式 Minimally Invasive Surgical Options	原理 Principle	創傷性 Trauma Level	恢復時間 Recovery Time	對性功能影響 Impact on Sexual Function	適用對象 Suitable for
前列腺提拉術 Prostatic Urethral Lift (UroLift)	使用永久性植入物將增大的前列腺組織向外提拉，從而擴張尿道 Uses permanent implants to pull enlarged prostate tissue outward, widening the urethra	輕微 Low	<30分鐘 <30mins	輕微 Very minimal	輕中度BPH患者及有保留性功能需求的年輕患者 Patients with mild to moderate BPH and younger patients with a need to preserve sexual function
前列腺水蒸氣熱力治療 Prostate Steam Thermal Therapy (Rezum)	利用水蒸氣產生的熱能破壞過度增生的前列腺組織 Uses heat generated from water vapor to destroy excess prostate tissue	輕微 Low	<30分鐘 <30mins	小 Minimal	因BPH導致顯著尿路梗阻的患者，尤其是前列腺體積超過100毫升 Patients with significant urinary obstruction due to BPH particularly of size >100mL
經尿道前列腺電刮術 Transurethral Resection of the Prostate (TURP)	尿道前列腺電刮術，又名「電切」，是運用一條帶電的半圓金屬線，再配合內視鏡把前列腺增生的部份一片片地刮出來 Uses a semicircular metal wire to remove enlarged prostate tissue through the urethra via a resectoscope	中等 Moderate	1-2小時 1 to 2hrs	中等至嚴重 Moderate to severe	因BPH導致顯著尿路梗阻的患者，尤其是前列腺體積超過100毫升 Patients with significant urinary obstruction due to BPH particularly of size >100mL
鈹激光前列腺氣化術或經尿道鈹激光前列腺剷除術 Thulium Laser Vaporization or Holmium Laser Enucleation of the Prostate (HoLEP)	透過高能量蒸發多餘的前列腺組織或切除前列腺組織 Utilizes high energy to vaporize excess prostate tissue or resect prostate tissue	輕微至中等 Low to moderate	1-2小時 1 to 2hrs	中等至嚴重 Moderate to severe	因BPH導致顯著尿路梗阻的患者，尤其是前列腺體積超過100毫升 Patients with significant urinary obstruction due to BPH particularly of size >100mL
前列腺水刀消融術 (Aquablation Therapy)	使用高壓水射流，透過影像引導精確地切除過度增生的前列腺組織 Employs high-pressure water jets, guided by imaging, to precisely remove overgrown prostate tissue	中等 Moderate	<1小時 <1hr	小 Minimal	輕中度BPH患者及有保留性功能需求的年輕患者 Patients with mild to moderate BPH and younger patients with a need to preserve sexual function.
傳統開放性手術 Open Surgery	對於極嚴重的病例，可能需要進行開放式前列腺切除手術 Involves a surgical incision to remove prostate tissue in severe cases	高 High	長 Long	嚴重 Severe	前列腺非常大而不適合進行其他手術治療的患者 Patients with a significantly enlarged prostate who are not suitable for other surgical treatments
前列腺動脈栓塞術 Prostatic Artery Embolization (PAE)	透過栓塞前列腺的供血動脈，減少血液供應，使前列腺萎縮，緩解壓迫 Reduces blood supply to the prostate by embolizing its supplying arteries, causing shrinkage and relieving pressure	輕微 Low	<1小時 <1hr	幾乎無 Almost none	手術風險高或不適合麻醉的患者 High-risk patients or those unsuitable for anaesthesia

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治療的選擇應根據個別患者的需求和狀況，請諮詢你的泌尿外科專科醫生。The choice of surgery should be based on the individual patient's needs and conditions. Please consult your urologist.