

認識前列腺癌

Prostate Cancer



高危因素

Risk Factors

成因雖然不明，但可注意患上前列腺癌的高危因素。

Although the exact causes are unclear, certain risk factors for developing prostate cancer should be noted.

- 1. 年齡**
Age
前列腺癌患者以50歲以上的男性居多。
Most prostate cancer patients are men over 50 years old.
- 2. 家族病史**
Family History
家族中曾有人罹患前列腺癌。
A family member has been diagnosed with prostate cancer.



病徵

Symptoms

早期並無病徵，不過部份患者有以下常見病徵。

There are no symptoms in the early stage, but some patients have the common symptoms below.

- 1. 小便緩慢或不順暢**
Slow or weak urine flow
- 2. 小便困難**
Difficulty urinating
- 3. 需要長時間才能排出尿液**
Taking a long time to empty the bladder
- 4. 下背、盆骨及股部出現痛楚**
Pain in the lower back, pelvis, or thighs



檢查方法

Examination Methods

1. 肛門指檢

Digital Rectal Examination (DRE)

醫生會把手指放進病人的直腸中，判斷前列腺是否有異常。

By inserting a finger into the patient's rectum, the doctor can assess whether there are any abnormalities in the prostate.

2. 前列腺特異抗原血檢驗

Prostate-Specific Antigen (PSA) Blood Test

量度血液中的前列腺特異抗原水平。前列腺癌可令前列腺特異抗原水平上升。

Measures the level of prostate-specific antigen in the blood. Prostate cancer can cause elevated levels of this antigen.



確診後的進一步檢驗

Further Testing After Diagnosis

若醫生在肛門指檢及前列腺特異抗原血檢驗的檢查結果中，發現有異常情況，會要求病人作進一步檢查，包括前列腺超聲波掃描及活組織檢驗。

If the doctor finds any abnormalities in the results of the digital rectal examination and the PSA blood test, additional tests may be requested, including prostate ultrasound and biopsy.

治療方法

Treatment Methods

1. 手術治療

Surgical Treatment

把前列腺連同周圍的組織，包括精囊和附近淋巴結一併切除。

Removal of the prostate along with surrounding tissues, including the seminal vesicles and nearby lymph nodes.



2. 放射性治療 (又稱「電療」)

Radiation Therapy (also known as "radiotherapy")

以輻射準確地照射消滅癌細胞，同時減低對正常細胞傷害。

Using radiation to accurately target and destroy cancer cells while minimizing damage to normal cells.



3. 荷爾蒙治療

Hormone Therapy

減緩或停止癌細胞生長，同時防止激素附著癌細胞，供結癌細胞養份。

Slowing or stopping the growth of cancer cells while preventing hormones from attaching to cancer cells, which provide nutrients to them.



4. 化學治療 (又稱「化療」)

Chemotherapy (also known as "chemotherapy")

靜脈注射抗癌藥物，以控制及殺死癌細胞。

Intravenous injection of anti-cancer drugs to control and kill cancer cells.



聯絡我們

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分期 Staging

腫瘤大小 (T) Tumor Size (T)

TX: 原發腫瘤無法評估

Primary tumor cannot be assessed

TO: 無原發腫瘤證據

No evidence of primary tumor

T1: 臨床表現不明顯不易發現的腫瘤

Tumor not clinically apparent and difficult to detect

T1a: 組織學檢查偶然發現的腫瘤，佔切除前列腺組織的5%以內

Tumor incidentally found on histological examination, occupying less than 5% of the resected prostate tissue

T1b: 組織學檢查偶然發現的腫瘤，佔切除前列腺組織的5%以上

Tumor incidentally found on histological examination, occupying more than 5% of the resected prostate tissue

T1c: 組織學活檢證實的不易發現的一側或兩側的腫瘤
Tumor on one or both sides confirmed by histological biopsy, not easily detected

T2: 腫瘤可見，局限於前列腺

Tumor visible and confined to the prostate

T2a: 腫瘤累及前列腺一葉的1/2以內

Tumor involves less than half of one lobe of the prostate

T2b: 腫瘤累及範圍大於前列腺一葉的1/2，但僅累及前列腺一葉

Tumor involves more than half of one lobe of the prostate but only that lobe

T2c: 腫瘤累及前列腺兩葉

Tumor involves both lobes of the prostate

T3: 腫瘤侵犯前列腺外，但無黏連或者浸潤鄰近結構

Tumor extends beyond the prostate but without fixation or invasion of adjacent structures

T3a: 前列腺外侵犯 (單側或者雙側)

Extraprostatic extension (unilateral or bilateral)

T3b: 腫瘤侵及精囊腺

Tumor invades the seminal vesicles

T4: 腫瘤侵犯精囊腺以外的鄰近組織

(包括: 膀胱、外括約肌、直腸、肛提肌、骨盆壁等) 或與之緊密固定

Tumor invades adjacent tissues beyond the seminal vesicles

(including: bladder, external sphincter, rectum, pelvic floor muscles, etc.) or is fixed to them

pT2: 腫瘤局限於前列腺

Tumor confined to the prostate

pT3: 腫瘤侵犯前列腺外

Tumor extends beyond the prostate

pT3a: 前列腺外侵犯 (單側或者雙側)，或者鏡下見膀胱頸浸潤

Extraprostatic extension (unilateral or bilateral) or microscopic involvement of the bladder neck

pT3b: 腫瘤侵及精囊腺

Tumor invades the seminal vesicles

pT4: 腫瘤侵犯精囊腺以外的鄰近組織

(包括: 膀胱、外括約肌、直腸、肛提肌、骨盆壁等) 或與之緊密固定

Tumor invades adjacent tissues beyond the seminal vesicles (including: bladder, external sphincter, rectum, pelvic floor muscles, etc.) or is fixed to them

淋巴結轉移與否 (N)

Lymph Node Involvement (N)

NX: 區域淋巴結無法評估

Regional lymph nodes cannot be assessed

NO: 無區域淋巴結轉移

No regional lymph node metastasis

N1: 區域淋巴結轉移

Regional lymph node metastasis

遠處是否轉移 (M)

Distant Metastasis (M)

M0: 無遠處轉移

No distant metastasis

M1: 遠處轉移

Distant metastasis present

M1a: 非區域淋巴結轉移

Non-regional lymph node metastasis

M1b: 骨轉移

Bone metastasis

M1c: 其他部位轉移，伴或不伴骨轉移

Metastasis to other sites, with or without bone involvement

前列腺癌分期 Staging of Prostate Cancer	腫瘤大小 Tumor Size (T)	淋巴結轉移與否 Lymph Node Involvement (N)	遠處是否轉移 Distant Metastasis (M)
第1期 I	T1a-c, T2a	NO	M0
	pT2	NO	M0
第2期 A IIA	T1a-c, T2a	NO	M0
	pT2	NO	M0
	T2b-c	NO	M0
第2期 B IIB	T1-2	NO	M0
第2期 C IIC	T1-2	NO	M0
	T1-2	NO	M0
第3期 A IIIA	T1-2	NO	M0
第3期 B IIIB	T3-4	NO	M0
第3期 C IIIC	任何的T Any T	NO	M0
第4期 A IVA	任何的T Any T	N1	M0
第4期 B IVB	任何的T Any T	任何的N Any N	M1

*American Joint Committee on Cancer (AJCC) (2018) 的TNM系統說明