



瞭解前列腺癌與您的風險

Understanding  
prostate cancer,  
and your risk





# Prostate cancer and me...

前列腺癌與我...





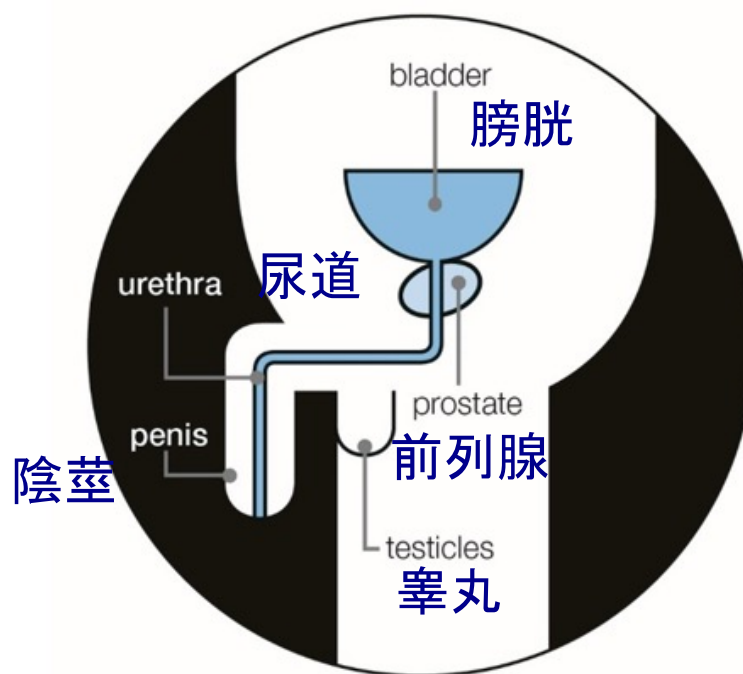
# What is a prostate?

## 什麼是前列腺癌？

## 什麼？ What?

- A small, walnut sized, gland  
核桃大小的小腺體
- Makes semen  
製造精液
- Carries sperm during ejaculation  
射精時攜帶精子

## 那個部位？ Where?



## 哪些人群？ Who?



# Which conditions affect the prostate? 哪些情況會影響前列腺？



- Enlarged prostate  
前列腺肥大
- Prostatitis  
前列腺炎
- Prostate cancer  
前列腺癌

# Prostate cancer is the most common cancer in men: 前列腺癌是男性最常見的癌症



**1 in 8 men**  
每8位男性中就有1位

**52,000**

**Men diagnosed every year**

每年確診的男性

**10,000**

**Men diagnosed too late**

診斷太晚的男性

# But...I would know if I had it right? 我應該怎麼做？

Most men diagnosed early with prostate cancer can be successfully treated.

大部分早期診斷出前列腺癌的男性都能成功治愈

But...early-stage prostate cancer often has no symptoms.

但早期前列腺癌通常沒有症狀。

It is vital men at risk do not wait for symptoms before speaking to their GP.

有風險的男性切勿等到出現症狀時才向GP尋求協助。





# So... who's at risk?

哪些人群的風險較高？

Men's risk of prostate cancer increases if they are:

男性罹患前列腺癌的風險增加的因素包括：

- Aged 50 or over

50歲或以上

- Your risk increases as you get older

年紀越大，風險越高





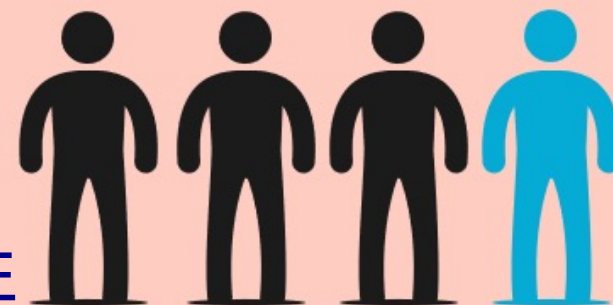


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# Who is at higher risk?

哪些人群的風險更高？

Black  
Men  
黑人男性



Men with a  
Family  
History

有家族病史的男性



# Check your risk in 30 seconds

掃碼參加互動問卷，  
30秒瞭解您的是否有風險





**Any  
questions  
so far?**  
有任何問題嗎？





# The PSA Blood Test

PSA (前列腺特異性抗原) 血液檢測

- First test = PSA blood test  
第一次檢驗 = PSA血液檢測
- It's your right if you're at risk  
如果您有風險，要求檢測是您的權利
- 2-minute test  
2分鐘測試



# I've heard...it's a finger up the bum?

我聽說...檢測過程很不舒服？

The best first step to check for prostate problems, including prostate cancer, is a PSA blood test. 檢查前列腺問題（包括前列腺癌）的最佳第一步是進行 PSA 血液檢驗。

In some cases, the Digital Rectal Examination (DRE) may still be used as part of further examinations if required.

在某些情況下，必要時仍可使用數位直腸檢查 (DRE) 作為進一步檢查的一部分。





# 打破一些錯誤的觀念

## Time to bust some myths



"Prostate cancer is the good cancer to get"

前列腺癌是一個好的癌症，得了沒事



"My GP will invite me for a test if I am at risk"

如果我有罹患前列腺癌的風險，我的家庭醫生會請我去做檢查



"All men are at the same risk of prostate cancer"

所有男性罹患前列腺癌的風險相同



"I shouldn't bother my GP unless I have symptoms"

除非我有症狀，否則我不該去麻煩我的GP



10,000 men diagnosed too late every year.

英國每年有10000名男性診斷時已經太晚



No screening programme in the UK. You must ask.

英國沒有篩檢計劃。

您必須自己要求檢查



Black men are at double the risk.

黑人男性的風險高出一倍



Early-stage prostate cancer often has no symptoms.

早期前列腺癌通常沒有症狀



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# Where can I get support?

在哪裏可以獲得幫助？

[Prostate Information and Support Webpage](#)

前列腺資訊與支援網頁

[Printed guides and handbooks](#)

印刷指南和手冊

[Specialist Nurses](#)

專科護士

[Weekly newsletter](#)

每週通訊

[Risk Checker](#) 風險檢查





**Any  
questions?**

有任何問題嗎？



**Together we can save thousands of  
men's lives, and ensure no men are left  
behind.**

**我們可以一起拯救成千上萬的男性生命，  
並確保沒有男性被遺忘。**

**Thank you for listening.**

**感謝您的聆聽。**

# Prostate cancer... and me

## 前列腺癌與我...

Aidan Adkins

