



National
Cancer
Society
Malaysia

Giving Hope Celebrating Life



BRINGING EDUCATION AND UNDERSTANDING TO YOU



前列腺癌

Bringing Education And Understanding To You

合作单位:



Asia
Cancer
Forum

支持单位:



astellas



翻译者:

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肺癌



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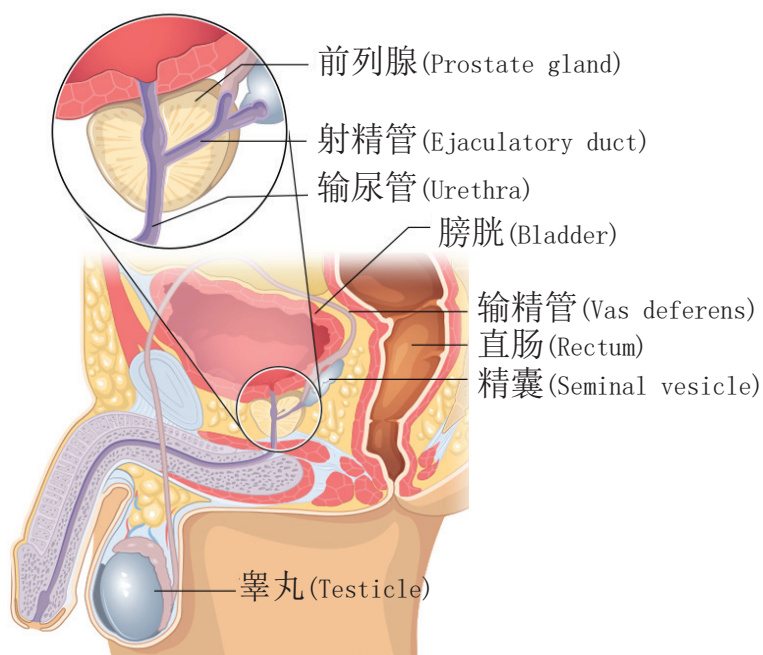
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我该如何预防自己患上癌症？

I 什么是前列腺癌？

- 当前列腺的细胞发生异常变化，并不受控制地生长，即称为**前列腺癌**。¹



- **前列腺**是**男性生殖系统**的一部分。²
- 它是一个位于**膀胱下方**和**直肠前方**，大约乒乓球大小的器官。^{3, 4}



参考文献：

1. Centers for Disease Control and Prevention. What is prostate cancer? [Internet]. 2022 [cited on 2022 Oct 25]. Available from: https://www.cdc.gov/cancer/prostate/basic_info/what-is-prostate-cancer.htm
2. Queensland Government. Queensland Health. The Prostate [Internet]. 2017 [cited on 2022 Oct 25]. Available from: <http://conditions.health.qld.gov.au/HealthCondition/condition/16/201/606/the-prostate>
3. Prostate Cancer Foundation. Prostate Gland [Internet]. [cited 2022 Oct 25]. Available from: <https://www.pcf.org/about-prostate-cancer/what-is-prostate-cancer/prostate-gland/>
4. American Cancer Society. Prostate Cancer: What Is Prostate Cancer? [Internet]. 2020 [cited on 2022 Oct 18]. Available from: <https://www.cancer.org/cancer/prostate-cancer/about/what-is-prostate-cancer.html>

I 前列腺癌有多普遍？

前列腺癌是马来西亚
男性排名第

3

最常见的癌症。⁵

在2012至2016年期间，

每

5

名患上前列腺癌
的男性中，就有

3

名被诊断上第3期或第4期前列
腺癌（即称为晚期前列腺癌）。
这使癌症治疗变得困难。⁵



第 1 及第 2 期前列腺癌患者 = 97% 及 92%
五年存活率^{*6}

第 3 及第 4 期前列腺癌患者 = 93% 及 43%
五年存活率^{*6}

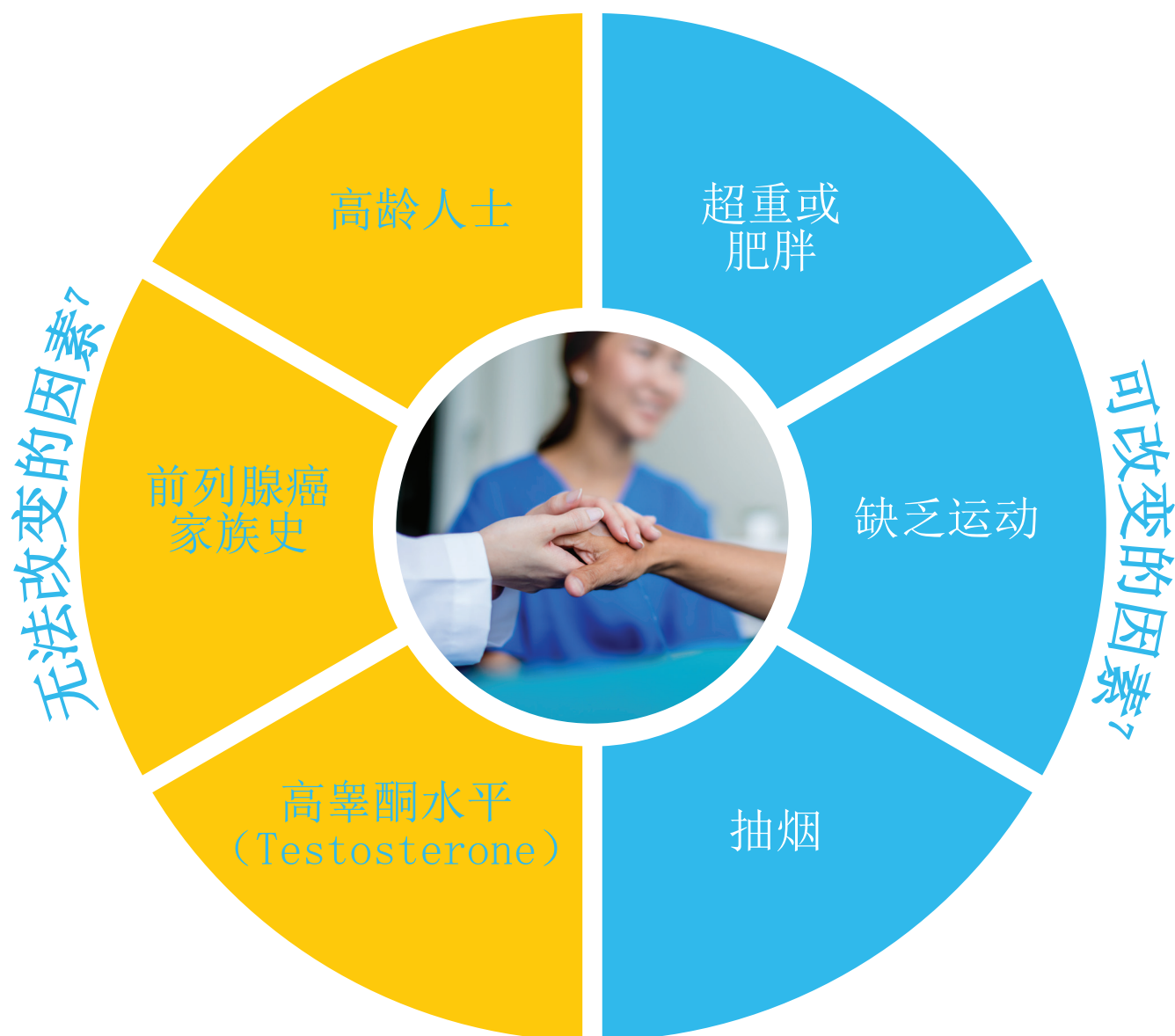
*五年存活率：病患在癌症确诊的5年后依然存活的机率

当癌症的诊断时机越早，康复和存活的机率越大。

参考文献：

5. Azizah A, Hashimah B, Nirmal K, Siti Zubaidah A, Puteri N, Nabihah A et al. Malaysia National Cancer Registry Report (MNCR) 2012-2016. Putrajaya, Malaysia: Ministry of Health Malaysia; 2019.
6. National Cancer Registry, National Cancer Institute, Ministry of Health Malaysia (2018). Malaysian Study on Cancer Survival (MySCan).

谁有患上前列腺癌的风险？



参考文献：

7. National Cancer Institute. Prostate Cancer Prevention (PDQ®)-Patient Version [Internet]. 2022 [cited on 2022 Oct 25]. Available from: <https://www.cancer.gov/types/prostate/patient/prostate-prevention-pdq>

I 前列腺癌的体征与症状有哪些？

前列腺癌的体征与症状⁸



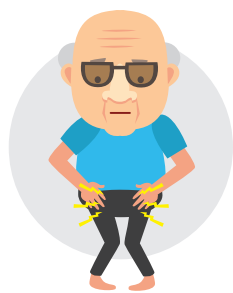
排尿困难



尿频



尿中带血



排尿时感到疼痛或
烧灼感



夜间尿频

体征与症状的区别：

体征 (Signs) 是别人可看见的（例如：肿胀和流血）
症状 (Symptoms) 是只有您可感觉得到的（例如：头痛、疼痛）⁹

若发现任何变化，请咨询您的医生

参考文献：

8. Centers for Disease Control and Prevention. What are the symptoms? [Internet]. 2022 [cited on 2022 Oct 25]. Available from: https://www.cdc.gov/cancer/prostate/basic_info/symptoms.htm

9. American Cancer Society. Signs and symptoms of cancer [Internet]. 2020 Nov 6 [cited on 2022 Dec 28]. Available from: <https://www.cancer.org/treatment/understanding-your-diagnosis/signs-and-symptoms-of-cancer.html>

I 我该进行什么检测以了解自己是否可能患上前列腺癌？

- 及早进行筛查，并及早诊断出癌症，可提高前列腺癌病患者的存活率。⁶



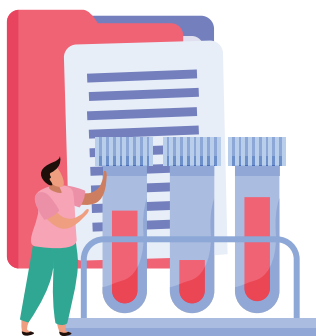
- 您应该在以下的年龄，开始与您的医生谈论进行前列腺癌的筛查¹⁰：
 - **50岁**——如果您没有前列腺癌的家族史；或
 - **45岁**——如果您有一位近亲在65岁前患有前列腺癌；或
 - **40岁**——如果您有多过一位近亲在65岁前患有前列腺癌。

参考文献：

10. American Cancer Society. American Cancer Society Recommendations for Prostate Cancer Early Detection [Internet]. 2021 Apr 23 [cited on 2022 Dec 28]. Available from: <https://www.cancer.org/cancer/types/prostate-cancer/detection-diagnosis-staging/signs-symptoms.html>

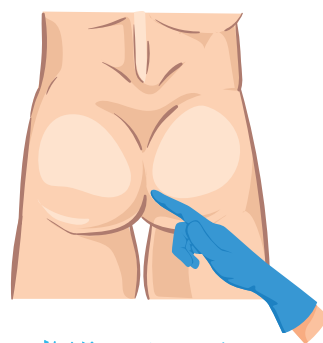
I 我该进行什么检测以了解自己是否可能患上前列腺癌？(续篇)

- 您可以通过以下前列腺癌的检测方法，及早发现身体是否有任何的异常变化^{11,12}：



前列腺特异性抗原（PSA）测试

测量血液中 PSA 的含量。患有前列腺癌的男性血液中的 PSA 水平较高。¹¹



探肛（DRE）

医护人员用戴手套的手指通过直肠触摸前列腺，以寻找任何异常的变化。¹¹



国际前列腺症状评分 (IPSS)

此评分工具用于评估患有前列腺癌症状的可能性。较高的分数代表您患上前列腺癌的可能性较高。

您可以扫描以上的二维码，以了解您的风险。¹²

医生会根据您的检测结果，提出医疗建议。

参考文献：

11. Centers for Disease Control and Prevention. What is screening for prostate cancer? [Internet]. 2022 [cited on 2022 Oct 25]. Available from: https://www.cdc.gov/cancer/prostate/basic_info/screening.htm

12. MDApp. International Prostate Symptom Score (IPSS) [Internet]. 2017 [cited on 2022 Oct 25]. Available from: <https://www.mdapp.co/international-prostate-symptom-score-ipss-calculator-207/>

我该如何预防自己患上前列腺癌？



不抽烟
远离香烟和二手烟¹³



常运动并保持健康的体重
多做运动并保持活跃，
以维持健康的体重¹³
(请参考下一页)



保持健康的饮食方式
培养均衡饮食¹³
(请参考下一页)

参考文献：

13. Prostate Cancer Foundation. Prostate Cancer Prevention [Internet]. 2022 [cited on 2022 Oct 25]. Available from: <https://www.pcf.org/patient-resources/family-cancer-risk/prostate-cancer-prevention/>

I 我该如何预防自己患上癌症？

保持健康的饮食方式

这是马来西亚“四分之一、四分之一、一半”
的健康饮食餐盘概念：

请使用此图片作为均衡饮食的指南¹⁴



以下食品的建议份量：

	红肉	每周吃少过五百克或三个手掌大小的份量 ¹⁵		每日两份水果和三份蔬菜 ¹⁵	例如：每天吃一粒苹果 + 一片西瓜 + 十二汤匙煮熟的叶类蔬菜
	加工肉类	不建议食用 ¹⁵		含糖饮料	不建议饮用 ¹⁵
	每日多过两份的全谷物食品 ¹⁵	例如：每天至少吃两片全麦面包+半杯煮熟的糙米饭		加工食品	每周吃少过一次或完全不食用 ¹⁵

参考文献：

14. Panduan Pinggan Sihat Malaysia. Putrajaya (MY). Ministry of Health Malaysia; 2016. 50 p. Report No.: 1.

15. World Cancer Research Fund/American Institute for Cancer Research. "Continuous Update Project Expert Report 2018.

Recommendations and public health and policy implications." [Internet]. [cited on 2022 Nov 17]. Available from: dietandcancerreport.org

I 我该如何预防自己患上癌症? (续篇)

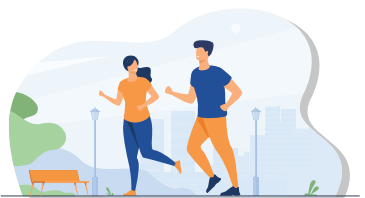
保持活跃的生活方式



每周至少进行**150分钟**适度运动强度
(Moderate-intensity exercise) *
的有氧运动¹⁶

快步走、慢跑、游泳、网球（双人）、
骑自行车、远足、排舞

或



每周至少进行**75分钟**剧烈运动强度
(Vigorous-intensity exercise) **
的有氧运动¹⁶

跑步、游泳（泳道内来回）、
网球（单打）、跳绳、有氧舞蹈、拳击

和



每周**至少两天**中等或更高强度的肌
肉强化活动，并涉及所有主要肌群¹⁶

使用健身带、举重机或手持式举重器；
俯卧撑、引体向上、平板支撑、深蹲、
弓步、瑜伽、太极拳

我该如何测量运动强度？

使用‘谈话测试’

*适度运动强度 (Moderate-intensity exercise)	这类型的运动需要适度的力气。您的呼吸会变得稍微急促，身体会开始出汗；运动时，您说话的速度也会比平时慢 ¹⁷
**剧烈运动强度 (Vigorous-intensity exercise)	这类型的运动需要更大的力气。您的呼吸会变得更加急促，身体会大汗淋漓；并且说话时，必须要停下来 ¹⁷

参考文献：

16. World Health Organization. Physical Activity [Internet]. [cited on 2022 Nov 17]. Available from: <https://www.who.int/news-room/fact-sheets/detail/physical-activity>

17. Cancer Council Australia. "Exercise for people living with cancer" [Internet]. 2019. [cited on 2022 Nov 17]. Available from: <https://www.cancer.org.au/assets/pdf/exercise-for-people-living-with-cancer>

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