

定期檢查、維護前列腺健康 Regular Check-up to Safeguard Prostate Health

從病理學說，良性前列腺增生幾乎是每位男士隨着年齡增長都會出現的情況。另一方面，前列腺癌的發病率也同樣隨年齡而增加。這兩種情況的病徵可以很相似，亦可以同時出現，所以定期檢查有助男士了解自己的狀況，維護前列腺的健康。

Nearly all men will develop histological benign prostatic hyperplasia when they grow old enough. While the incidence of prostate cancer is also rising with ageing. These two conditions have similar symptoms and it can happen at the same time, therefore regular check-up is helpful to maintain prostate health.



Your Health 為你健康
Our Purpose 盡力盡心



地址 Address :

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泌尿外科中心
Urology Centre, 2/F, CUHK Medical Centre, 9 Chak
Cheung Street, Shatin, New Territories, Hong Kong

服務時間 Service Hours :

星期一至五 : 9:00 - 17:00
星期六 : 9:00 - 13:00
星期日及公眾假期休息
Monday to Friday : 9:00 - 17:00
Saturday : 9:00 - 13:00
Closed on Sunday and Public Holidays

預約 Booking : (852) 3946 6888
查詢 (前列腺健康門診)
Enquiries (Prostate Health Clinic) : (852) 3946 6088
電郵 Email : general@cuhkmc.hk
網址 Website : www.cuhkmc.hk

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前列腺健康檢查 PROSTATE Health Programme



CUHKMC/SP/PROSTATE/2022/04

香港中文大學醫院
CUHK
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認識風險、為自己做更多 Be Aware of Risks and Do More for Yourself

良性前列腺增生是由於男士受荷爾蒙影響下的生理轉變。增生過程可以導致膀胱出口受到阻塞。這可產生令人困擾的症狀，甚至出現併發症，如膀胱結石、尿瀦留、血尿、尿道感染等，不容忽視。

The pathophysiology of Benign Prostatic Hyperplasia is related to the hormonal changes happened in men. This can cause bladder outlet obstruction, which may lead to bothersome symptoms and even complications such as bladder stone, retention, haematuria, infection.



及早發現及早治療 Early Detection for Early Treatment

前列腺癌是源自前列腺的癌細胞在不受控的情況下不斷生長，繼而轉移，侵略周邊甚至擴散到不同主要器官，對生命產生威脅。然而早期的前列腺癌能透過手術或放射治療有效地作出根治。及時檢查有助及早發現及治療。

Prostate cancer refers to uncontrolled tumor cells proliferation from prostate gland, which may progress and metastasize to adjacent or distant organs, which can be life-threatening. However, with early detection and treatment, the cancer can be potentially cured by surgery or radiotherapy.

不容忽視的症狀 Symptoms You Shouldn't Overlook

若閣下有任何以下的下泌尿路病徵或出現前列腺特異抗原指數(PSA)升高的情況，應及早諮詢醫生意見。

If you experience any of the following lower urinary tract symptoms or have elevated prostate-specific antigen (PSA) level, you are recommended to seek early medical advice.

- ✔ 小便尿柱細弱，排尿時出現困難
Weak stream, difficulty in urination
- ✔ 常有排尿不清的感覺
Sensation of incomplete emptying
- ✔ 日間小便次數頻密
Urinary frequency in daytime
- ✔ 夜尿次數頻密
Need to wake up at night for urination
- ✔ 尿急時難以忍尿
Urgency, sometimes unable to hold the urine



前列腺健康檢查計劃 Prostate Health Programme

本院的前列腺健康檢查計劃（計劃）包含了前列腺疾病的評估、檢查、血液檢測及專科醫生諮詢。配合跨專科專業醫療團隊的支援，中大醫院與您提供便利的一站式檢查服務，與您一起守護前列腺健康。

Our Prostate Health Programme offers assessments, examinations, blood analysis and specialist consultation. With support of our multi-disciplinary medical team, we strive to safeguard your prostate health by offering hassle-free, one-stop service experience at CUHK Medical Centre.

計劃特色 Programme Features



✔ 醫生諮詢
Doctor Consultation



✔ 超聲波前列腺體積檢查
USG Prostate size measurement



✔ 排尿功能檢查
Uroflow Test



✔ 血液檢測
Blood Analysis



✔ 身體檢查及評估
Physical Examination and Assessments

前列腺健康計劃內容及收費

Prostate Health Programme Details & Fee

計劃項目

Programme Items

醫生諮詢 Doctor Consultation

檢測前、後諮詢各一節

One pre-test and one post-test consultation

體格檢查 Physical Examination

血壓、心跳及體重指標 (BMI)

Blood pressure, pulse and Body Mass Index (BMI)

評估 Assessments

國際前列腺症狀評分表 IPSS

International Prostate Symptom Score (IPSS)

膀胱過度活躍徵狀計算機 OABSS

Overactive Bladder Symptom Score (OABSS)

尿液試紙 Multistix

排尿功能檢查 Uroflow Test

尿流速測試 Uroflowmetry

剩尿測試 Post-void Bladder Scan

血液測試 Blood Tests

腎功能測試

Renal Function Test (RFT)

前列腺特異抗原指數

Prostate-Specific Antigen (PSA)

前列腺超聲波 Prostate Ultrasound

超聲波前列腺量度

Ultrasound Prostate Sizing

收費 (港幣) Fee HKD \$2,400