Who needs Prostate Screening?
誰應接受前列腺檢查?

+ Men who have symptoms listed above. (These symptoms however may not specify prostatic disease.)
+ Men from age 50 years. (Regular check-ups are advised every 1-2 years for surveillance.)
+ Men with a family history of prostate cancer or prostate disease may need even earlier check-ups.
+ 有以上症狀的人。要留意有以上症狀不等如前列腺有毛病，而前列腺的毛病可能會是隱藏而無明顯症狀的。
+ 五十至五十五歲以上的男士，建議每一至兩年作預防性檢查。
+ 家族有前列腺癌或其他毛病的男士可能需要更早的檢查。

Important Information 注意事項

If there are any signs of prostate disease, your doctor will advise further investigations.

如檢查有可疑、顧問醫生可能提議閣下作進一步跟進。



What is the nature of Prostatic Surgery?
甚麼是前列腺手術治療?

Most surgery involves removing the prostate gland tissue using an endoscope which is passed through the urethra. The success rate is high.

現時大部份手術是用內窺鏡經尿道進行一片片的切除，成功率甚高。

Is Prostate Surgery Safe? 前列腺手術安全嗎?

As with all operations, there aro risks involved. However, this type of surgery is considered a relatively safe procedure, and will require hospitalization for only a few days. For more details, please consult your urologist.

前列腺手術頗為安全，但它不是一個小手術，有一定的風險，通常要留院數天，詳情可請教泌尿科專科醫生。

Appointment & Enquiries 預約及查詢

Please telephone our Registration Office for an appointment:

請致電本院登記處預約檢查時間及計劃：

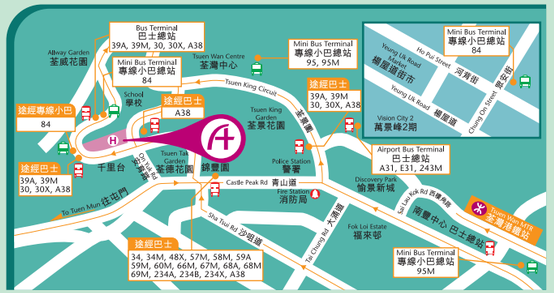
Tel 電話: (852) 2275 6888

Like us on
Hong Kong Adventist Hospital - Tsuen Wan

Men's Health

Men's Health

Map 路線圖



Bus 巴士

39A	Tsuen Wan West Station	荃灣西站
39M	Tsuen Wan MTR	荃灣港鐵站
30X	Whampoa Gardens	黃埔花園
30	Cheung Sha Wan	長沙灣
A38	Hong Kong International Airport	香港國際機場

To the Hospital Via Castle Peak Road:
+ Alight at Tsuen King Circuit Flyover
+ Take the bus in front of Tsuen King Circuit Police Station

所有行經青山公路荃灣段之巴士：
+ 於荃景圍天橋站下車，
+ 然後步行至荃景圍警署轉乘巴士到醫院。

Minibus 專線小巴

95M	Tsuen Wan MTR	荃灣港鐵站
95	Nina Tower	如心廣場
84	Tsuen Wan Chung On Street	荃灣眾安街

A 24 小時急診中心 Hour Urgent Care Center

Adventist 港 Health 安
Hong Kong Adventist Hospital • Tsuen Wan
香港港安醫院 • 荃灣

Address 地址：199 Tsuen King Circuit, Tsuen Wan, N.T.
新界荃灣荃景圍199號
Telephone 電話：(852) 2275 6688
Fax 傳真：(852) 2275 6767
Website 網站：www.twah.org.hk

Hong Kong Adventist Hospital -Tsuen Wan reserves the right to update the fee schedule, brochure, terms and conditions. Any change of fee schedule will be announced and notices will be published in advance, in accordance with the statutory notice period. Any other changes except the fee schedule may be made at any time as it sees fit without prior notice, you are advised to check the latest information before using our services. For the latest information, please visit our website at www.twah.org.hk
香港港安醫院—荃灣保留修訂收費表、單張內容、條款及細則之權利。任何的收費表調整將會根據法定的通知期提前發出通告和作出宣布。其他與收費表以外的相關修訂，則可能不作另行通知，閣下於使用本院服務前查閱最新資訊。
如欲查閱最新資料，請瀏覽本院網站www.twah.org.hk。

Valid date 有效期至：2027/12/31

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Extending the Healing Ministry of Christ
延續基督的醫治大能

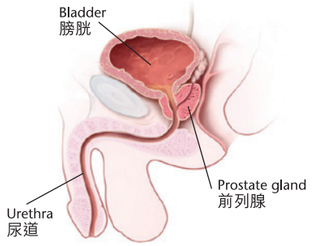
Adventist 港 Health 安
Hong Kong Adventist Hospital • Tsuen Wan
香港港安醫院 • 荃灣

Men's Health Prostate Screening Package
男士健康檢查 前列腺 檢查計劃



What is Prostate? 甚麼是前列腺?

The prostate gland is normally the size of a walnut, wraps around the urethra immediately below the bladder. Its secretion forms part of the semen. Diseases of the prostate can affect both the urinary and sexual functions of a man.



前列腺是男子尿道位於膀胱出口處一個栗子般大小的器官。主要功能是分泌構成精液一部份的前列腺液。因它包圍著尿道的關係，它的病變對排尿的功能有直接的影響。

Symptoms of Prostate Disease 前列腺可能有毛病的症狀

+ Frequency 尿頻
+ Urgency 尿急(忍尿困難)
+ Nocturia 夜尿
+ Hesitancy, slow and intermittent, dribbling stream 排尿困難及緩慢
+ Sense of incomplete bladder emptying 感覺排尿不清
+ Inability to void (retention of urine-acute or chronic) 急性及慢性尿瀦留 (排不出尿)
+ Dysuria 尿道疼痛
+ Blood in urine 血尿
+ Urinary Incontinence 尿失禁
+ Blood in semen 精液帶血

Common Prostatic Diseases 常見男士前列腺病

+ Acute and Chronic Prostatitis 急性及慢性前列腺炎
+ Benign Prostatic Hyperplasia (BPH) 前列腺增生
+ Prostatic Cancer 前列腺癌



Benign Prostatic Hyperplasia (BPH) 前列腺增生

What causes BPH?

Whilst researchers still do not know the exact answer to this question, age appears to be the most important factor. It occurs frequently in men of 50 years and older. It however can occur in some men who are younger than 50 years old.

Is BPH related to the frequency of sexual activity?

There is no scientific evidence to suggest that this factor contributes to an increased risk.

為什麼會有前列腺增生?

目前仍未有研究指出前列腺增生的真正原因，成因最主要是和年齡有關。患者一般為五十歲或以上之中年男士，但年齡較輕者亦有機會發生。

前列腺增生和性生活有關嗎?

現時科學上沒有發現此病和性生活的次數有關。

If my prostate is not enlarged, why would my doctor think that I have BPH?

Palpable enlargement of the prostate is not necessarily present with all cases of BPH. The doctor may have observed other symptoms relating to BPH.

What should I do if I have BPH?

In most cases, BPH is treated effectively with drugs, but regular check-ups will he necessary. However, in more advanced cases, surgery may be advised.

為何我的前列腺體積沒有增大而醫生認為我有前列腺增生症?

構成前列腺增生症不單是前列腺的體積，尚包括排尿的症狀和排尿功能的衰退。

有前列腺增生症怎麼辦?

前列腺增生症現時有頗為有效的藥物治療。嚴重的話，醫生會提議閣下進行手術。有少部份病況輕微的病人，醫生會提議只作定期觀察檢查。

Prostate Cancer 前列腺癌

What are the warning signs of Prostate Cancer?

+ Your doctor detects suspicious features on digital rectal examination.
+ A raised serum PSA (Prostate Specific Antigen) level. It is important to note however, that a normal serum PSA level does not necessarily indicate the absence of cancer.

How is Prostate Cancer Diagnosed?

+ Transrectal Ultrasound (TRUS) guided prostate biopsy.

How is Prostate Cancer Treated?

+ Staging of the cancer will be done before various treatment options including surgery, radiotherapy, or chemotherapy can be offered.

前列腺癌有甚麼可疑情況?

+ 顧問醫生體檢發現有異常。
+ 血液內前列腺癌抗原水平過高(但正常水平不完全排除癌症)。

有前列腺癌的可疑怎麼辦?

+ 進行經肛門直腸的前列腺超聲波掃描和前列腺針穿刺活檢，作病理化驗。

有前列腺癌怎麼辦?

+ 醫生先要準確評估癌病的範圍，然後評定是否進行手術、放射治療、還是藥物治療。



Men's Health Examination Package

Men's Health Examination Package (The following plans only apply to Out-patients)

Hong Kong Adventist Hospital – Tsuen Wan offer various packages to suit your particular requirements.

Plan 1

Detailed Medical History, Physical Examination and Urologist's Report
Routine Urine Examination
Uroflow Test + Uroflowmetry + The Measuring of Residual Urine by Ultrasound
Laboratory Investigation: Total PSA, and Creatinine (Kidney function)
Fee **$2,100**

Plan 2

Detailed Medical History, Physical Examination and Urologist's Report
Routine Urine Examination
Uroflow Test + Uroflowmetry + The Measuring of Residual Urine by Ultrasound Transrectal Ultrasound of the Prostate
Laboratory Investigation - Total PSA, Free PSA, Renal Function Test, Culture & Sensitivity for urine, Hormone Level (Serum Testosterone, L H, F S H)
Fee **$5,900**

All who join our men's health examination package can now enjoy a special discount on the following tests:

Optional Tests

1. Blood Lipid Profile -
   Triglycerides, Cholesterol, HDL and LDL
2. Fasting Blood Sugar (Diabetic Screening)
3. Male Sex Hormone Level
   Testosterone
   Prolactin
4. Transrectal Ultrasound of the Prostate

Important information

+ Fasting is compulsory for at least 8 hours prior to optional test items 1 and 2. Only water is permitted.
+ All patients undergoing Men's Health Examination package are recommended to join the nutritional assessment program for advice and support on dietary modifications. For detail, please call our dietitian at (852) 2276 7338.

Appointment and Enquiries

Tel : (852) 2275 6888

Valid date : 2027/12/31

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Men's Health

男士健康檢查計劃

男士健康檢查計劃 (以下計劃只適用於門診病人)

本院提供前列腺健康檢查計劃，檢查項目亦可按您的個人需要及醫生建議作各種自由組合。

計劃 1

泌尿科專科醫生身體檢查、詳細評估及報告
尿液常規檢查
排尿功能檢查 + 尿流速率 (電子) 測定 + 剩餘小便量 (超聲波) 測定
化驗室檢驗 - 前列腺癌抗原、腎功能 (肌酸酐)
費用 $2,100

計劃 2

泌尿科專科醫生身體檢查、詳細評估及報告
尿液常規檢查
排尿功能檢查 + 尿流速率 (電子) 測定 + 剩餘小便量 (超聲波) 測定
前列腺超聲波掃描 (經直腸)
化驗室檢驗 - 前列腺癌抗原、游離前列腺癌抗原、腎功能測試、 尿液細菌培養及藥物測試、 賀爾蒙測試 (睪脂酮、黃體生成激素、印泡制激素)
費用 $5,900

凡參加本院男士健康檢查計劃，並同時或同日預約進行下列檢查皆可獲折扣優待：

自選檢查項目

1. 血脂測試
   三酸甘油脂、總膽固醇、高、低密度膽固醇
2. 糖尿檢查 (空腹血糖)
3. 男性賀爾蒙檢驗
   睪脂酮
   催乳激素
4. 前列腺超聲波掃描

注意事項

+ 參加自選檢查項目1或項目2者，請於檢查前一天晚上十二時後開始禁食，只可飲用清水。
+ 參加男士健康檢查計劃，可參加由本院註冊營養師主理的「營養評估及輔導」，歡迎致電(852) 2276 7338查詢。

預約及查詢

電話：(852) 2275 6888



有效期至：2027/12/31

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