



The prostate is a gland that only men have. It is about the size of a walnut and sits below the neck of the bladder, surrounding the bladder outlet (the urethra). The prostate makes a milky fluid, which is part of semen and feeds the sperm.

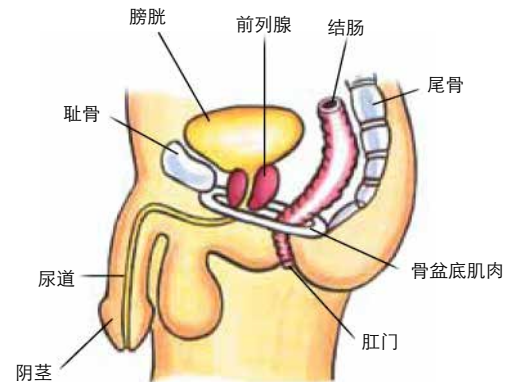
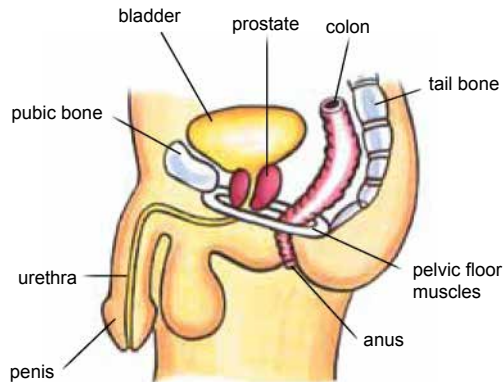
As men age, the prostate gland gets bigger. This happens over many years and for some men this can cause bladder problems.

Poor bladder control can also happen due to other health issues. Men with poor bladder control can be upset and embarrassed by this problem. If you have changes in your bladder control, or concerns about your prostate gland, talk to your doctor or continence advisor.

前列腺是男性特有的一种腺体。它位于膀胱颈之下，类似胡桃般大小，环绕着膀胱出口（尿道）。前列腺制造乳状液体，这些液体是精液的一部份，为精子提供营养。

随着男性年龄增大，前列腺越来越大。这种情况一般会多年持续发展，并会导致某些男性排尿障碍。

排尿控制不良还会由其它健康问题引起。排尿控制不良的男性会因为这个问题感到难过及尴尬。如果你感觉排尿控制有变化，或担心你的前列腺有问题，请向医生或排便科顾问咨询。



WHAT ARE SOME COMMON PROSTATE PROBLEMS?

1. **Prostatitis is swelling** and soreness of the prostate gland and may be due to a bladder infection. It is more common in young men.
2. **Benign Prostatic Hyperplasia (BPH) is when** the prostate gets gradually larger, usually starting in middle age. About one in four men will need surgery for this problem (BPH does not lead to cancer).
3. **Prostate Cancer is often found** before you have any warning signs. Your doctor may find it with a blood test (called a PSA) and a check of your prostate. It is the most common cancer in men, and you are more likely to get it as you age. However it is one of the most readily treated cancers.

有哪些常见的前列腺疾患？

1. 前列腺肿大及前列腺胀痛，并且可能由膀胱感染引起。这种情况较常见于年轻男性。
2. 良性前列腺肥大（**BPH**）是指前列腺逐渐增大，通常在中年开始。大概四分之一男的性需要接受手术治疗这个问题（BPH不会癌变）。
3. 前列腺癌的发现通常在身体出现任何早期征兆之前。医生可能透过一种血液检验（被称为前列腺特异抗原（PSA）测定）及检查你的前列腺而发现癌症。这是男性最常见的癌症，并且年纪越大患病的机会越大。不过前列腺癌是最容易治疗的癌症之一。





HOW DO I KNOW IF I HAVE A PROSTATE PROBLEM?

If you have one or more of these issues, you may have a prostate problem:

- trouble starting the flow of urine;
- slow urine stream once started;
- needing to pass urine more often through the day or night;
- leaking after passing urine, or between visits to the toilet;
- needing to pass urine again soon after going to the toilet;
- feeling an urgent need to pass urine;
- burning or pain when passing urine;
- blood in urine; and
- feeling that the bladder is not fully empty after going to the toilet.

Some of these problems may not be due to the prostate. For instance, some medicines may cause the bladder to store up urine. Your doctor or continence advisor can help you find the cause of your problem.

HOW CAN MY PROSTATE CAUSE BLADDER PROBLEMS

Blocking of the urethra (the urine tube): As the prostate grows larger, it may block the bladder outlet and stop the bladder from emptying. In some cases, urine may get stored up until it starts to leak out. If this happens, see a doctor straight away.

An overactive bladder can be caused by the bladder working extra hard to get past a blockage. An overactive bladder can tighten without your control, causing an urgent need to pass urine. After surgery to ease the blockage you may still have an urgent need to pass urine, and it could get worse for a few weeks, until the bladder goes back to normal.

我如何得知自己是否有前列腺疾患？

如果你有一种或多种以下情况，就可能有前列腺疾患：

- 排尿初起有困难；
- 尿流不畅；
- 日间或夜间需要更频繁地排尿；
- 排尿后，或两次去厕所之间漏尿；
- 去厕所后不久又要排尿；
- 感觉尿急；
- 排尿时灼热或疼痛；
- 血尿；以及
- 去厕所后觉得膀胱没有完全排空。

这些问题有时可能与前列腺无关。例如，有些药物会令膀胱积聚尿液。你的医生或排便科顾问可以帮你找出问题的起因。

我的前列腺如何会引起排尿障碍？

堵塞尿道（排尿管）：随着前列腺增大，可能堵塞膀胱出口，阻止膀胱排空。在一些情况下，尿液可能会积聚直至漏出来。如果出现这种情况，要尽快去看医生。

膀胱过度活跃可能是由膀胱竭力将尿液挤出堵塞的尿道所致。过度活跃的膀胱会不受你的控制而收缩，导致急需排尿。透过手术缓解堵塞之后，你可能仍然感到急需排尿，而且情况可能会在数周内变得更坏，直到膀胱恢复正常。





Surgery for prostate problems can damage the muscle and nerves of the bladder outlet in a few cases. This can cause poor bladder control. If it occurs it is almost always short-lived, though major surgery for prostate cancer can lead to long term bladder control problems.

HOW CAN POOR BLADDER CONTROL BE TREATED?

First, your doctor or continence advisor will want to look for the causes of your poor bladder control, such as prostate disease, infection, diabetes or some medicines.

There are a few ways that poor bladder control due to prostate disease can be treated.

1. Check up with your doctor

After a talk with your doctor, you may feel that you do not need any treatment. Poor bladder control can get better with time, or with simple changes to your daily habits (See the leaflet “Good Bladder Habits for Everyone”).

2. Medicines

There are a number of medicines that can help with bladder control. Ask your doctor about these.

3. Prostate Surgery

If your prostate is the problem, then surgery can remove all or part of the gland. The type of surgery will depend on the size of the prostate gland.

4. Bladder Training

A program of bladder training can help the bladder to hold more urine without leaks or urgent feelings, even for those with an overactive bladder.

5. Pelvic Floor Muscle Training

Pelvic floor muscle training builds up the muscles that control how well the bladder and bowel work. Learn how to train your muscles before surgery and start as soon as you can after surgery (See the leaflet “Pelvic Floor Muscle Training for Men”).

手术治疗前列腺疾患在个别情况下会损伤膀胱出口的肌肉及神经。这会导致排尿控制失常。如果出现这种情况，几乎都是短暂性的，但治疗前列腺癌的大手术会引致长期的排尿控制失常。

如何治疗排尿控制失常？

首先，你的医生或排便科顾问会尝试查出你排尿控制不良的起因，如前列腺病、感染、糖尿病或一些药物。

有一些方法可以治疗由前列腺病引起的排尿控制失常。

1. 请医生检查

跟医生讨论后，你可能觉得不需要接受任何治疗。排尿控制失常会随着时间，或在日常生活习惯作出简单改变后好转（请参阅资料册“每个人都应有的良好排尿习惯”）。

2. 药物

有一些药物有助于排尿控制。请向你的医生查询。

3. 前列腺手术

如果你的前列腺是问题所在，可以做手术切除全部或部分腺体。手术类型取决于前列腺的大小。

4. 排尿锻炼

排尿锻炼计划有助于膀胱储存更多尿液而不会漏尿或有尿急的感觉，甚至对那些膀胱过分活跃的人士也有帮助。

5. 骨盆底肌肉锻炼

骨盆底肌肉锻炼增强控制顺利排尿及排便的肌肉。手术前了解如何锻炼这些肌肉，并于手术后尽快开始锻炼（请参阅资料册“男性骨盆底肌肉锻炼”）。





6. Continence Products

There is a wide range of continence products to help cope with urine leaks (See the leaflet “Continence Products”).

Make sure you know enough about what the problem is, what treatments there are, how well they work, and what might go wrong, so that you can choose the treatment that is best for you, with your doctor’s help.

SEEK HELP

Qualified nurses are available if you call the National Continence Helpline on 1800 33 00 66* (Monday to Friday, between 8.00am to 8.00pm Australian Eastern Standard Time) for free:

- Information;
- Advice; and
- Leaflets.

If you have difficulty speaking or understanding English you can access the Helpline through the free Telephone Interpreter Service on 13 14 50. The phone will be answered in English, so please name the language you speak and wait on the phone. You will be connected to an interpreter who speaks your language. Tell the interpreter you wish to call the National Continence Helpline on 1800 33 00 66. Wait on the phone to be connected and the interpreter will assist you to speak with a continence nurse advisor. All calls are confidential.

Visit bladderbowel.gov.au or continence.org.au/other-languages

* Calls from mobile telephones are charged at applicable rates.

6. 排便节制产品

有一系列排便节制产品可以帮助处理漏尿（请参阅资料册“排便节制产品”）。

确保你对问题所在、有哪些治疗方法、各种方法的效果如何，以及可能会出现什么意外等有充分的了解。这样你就可以在医生的帮助下选择最适合你的治疗方法。

寻求帮助

如果你致电国家排便节制热线，有资质的护士会接听你的电话1800 33 00 66*（周一至周五，澳大利亚东部标准时间8:00am—8:00pm）。

- 信息；
- 建议；及
- 资料册。

如果你在讲英语或者理解上有困难，你可以通过拨打13 14 50获取免费电话传译服务以接通国家排便节制热线。电话会用英语接通，因此请说明你要讲的语言并且不要挂机。你会被连接到一个讲你母语的传译员。告知传译员你想要致电国家排便节制热线，电话是1800 33 00 66。待电话接通后传译员会帮助你与排便节制护理顾问对话，所有的来电均保密。

请登陆：bladderbowel.gov.au或者continence.org.au/other-languages

* 用手机打出会收取相应费用。

