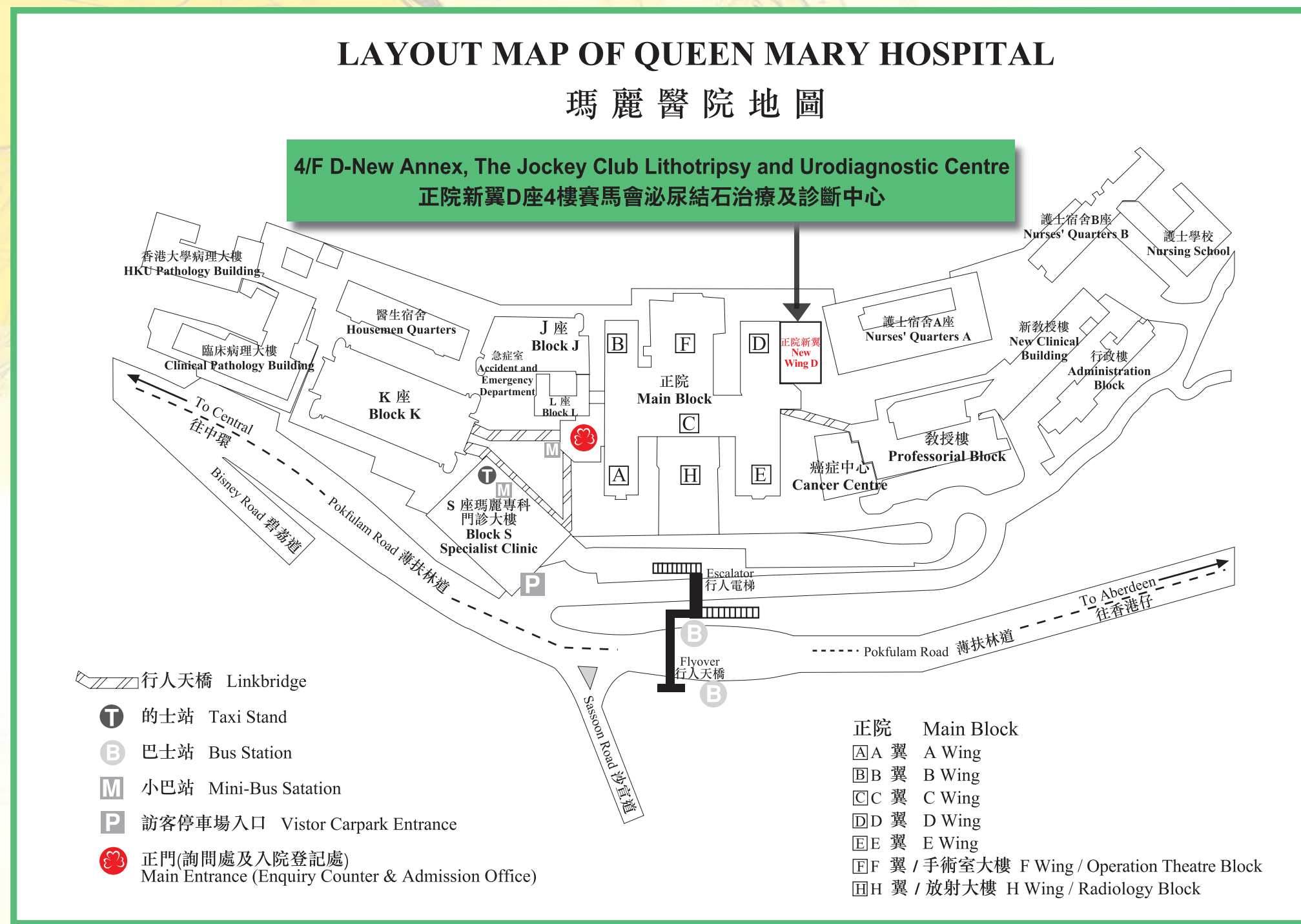


接受觀察治療和藥物治療的病人會轉介到家庭醫學門診或普通科門診繼續跟進。需要及同意接受手術治療的病人會轉介到泌尿外科接受良性前列腺增生症手術。前列腺抗原測試不正常的病人，會安排進行前列腺組織化檢，從而能及早發現癌症。

#### 備註

以上資料只作參考用途。若有任何問題，請向你的醫護人員查詢。  
查詢電話：2255 1247

以上資料由瑪麗醫院泌尿外科提供。



瑪麗醫院  
Queen Mary Hospital

**良性前列腺增生症並有  
下尿路症狀**

**BENIGN PROSTATIC  
HYPERPLASIA (BPH) WITH  
LOWER URINARY TRACT  
SYMPTOMS (LUTS)**

瑪麗醫院 Queen Mary Hospital	Pamphlet Topic & Department Code
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## BENIGN PROSTATIC HYPERPLASIA (BPH) WITH LOWER URINARY TRACT SYMPTOMS (LUTS)

### Overview

BPH is a common disease affecting men after the age of 50. The prevalence of BPH is age-related and occurs in 50-60% of men in their 60s. Symptoms of BPH include weak stream, intermittency, hesitancy, terminal dribbling, urinary frequency, urgency, nocturia and urge incontinence.

### BPH Assessment

- ◆ International Prostate Symptom Score (IPSS)
- ◆ Any complications e.g. urinary retention, gross haematuria, urinary tract infection
- ◆ Uroflowmetry
- ◆ Urine analysis
- ◆ Blood tests: kidney function, Prostate Specific Antigen (PSA) for men of age < 75
- ◆ X-ray of urinary tract (KUB)

### Treatment

There are several treatment options which can help our patients according to the severity of symptoms and BPH related complications.

#### ◆ Watchful waiting

It is recommended to patients with mild symptoms and minimal impact on quality of life.

#### ◆ Medical therapy

Alpha blocker is commonly used in medical treatment of BPH. The drug alleviates symptoms and improves urinary flow in 70% of patients. However, around 20% of patients may experience side effects including hypotension and dizziness. Usually the symptoms of the side effect are self-limiting.

#### ◆ Surgical therapy

Patients with severe symptoms and BPH-related complications (e.g. urinary retention) are candidates of surgical intervention. Modern Transurethral Resection of Prostate (TURP) is a safe and effective procedure. It improves

symptoms and urinary flow in 90% of patients. The procedure lasts for around 1 hour under spinal or general anesthesia. Patients usually stay in hospital for 1-2 days after the operation. Common complications include urinary tract infection and bleeding which are self-limiting. Retrograde ejaculation will occur in 70-90% of patients.

Patients on watchful waiting and medical therapy will be followed up in Family Medicine Clinic or GOPC. For patients who are indicated and agree to surgical intervention, they will be referred to the Urology Division for BPH surgery. Patients with abnormal PSA values will be counseled on prostate biopsy for early cancer detection.

### Disclaimer

This sheet is for reference only. For queries, please contact your healthcare professional.

Telephone: 2255 1247

Information provided by the Urology Division of Queen Mary Hospital.

## 良性前列腺增生症並有 下尿路症狀

### 概要

良性前列腺增生症是一種男性五十歲後常見的疾病。前列腺增生與年紀增長有關，六十歲後的男性大約有五至六成機會患上。良性前列腺增生症的症狀包括尿速減弱，小便斷斷續續及猶豫，末段時滴尿，尿頻，增加夜尿次數，迫切性失禁。

### 良性前列腺增生症的評估

- ◆ 國際前列腺徵狀評分表
- ◆ 因良性前列腺增生症而引致的併發症，例如：急性尿瀰留，血尿，尿道感染。
- ◆ 尿流速測試
- ◆ 尿液分析
- ◆ 血液測試：腎功能，前列腺特異性抗原測試（七十五歲以下的男性）
- ◆ 泌尿道X光（腎、輸尿管、膀胱）

### 治療方法

治療良性前列腺增生症的方法有很多種，醫生會根據病人症狀的嚴重性和前列腺增生引起的有關併發性作出適當的治療

#### ◆ 觀察治療

建議給良性前列腺增生症之症狀輕微及對日常生活影響不大的病人

#### ◆ 藥物治療

甲型交感神經接受體阻斷劑是有效治療良性前列腺增生的藥物。七成病人用藥後能有效減低徵狀和改善尿速情況。然而，約兩成病人會受到藥物的副作用 - 如血壓下降和頭暈而影響；這些副作用一般是自我限制的。

#### ◆ 手術治療

病人有嚴重症狀和併發性（例如急性尿瀰留）須要手術治療。現代經尿道前列腺切除手術是一種既安全又有效的方法。手術後，九成病人能有效改善症狀和尿速情況。

手術是使用半身或全身麻醉，手術時間大約需要一小時；病人一般在手術後留院一至兩天。術後常見的併發症包括尿道感染和出血；有七至九成病人會在手術後出現逆行射精。