



مركز الكويت لمكافحة السرطان
Kuwait Cancer Control Center

Prostate Cancer

Patient Education



Developed in partnership with



The prostate is a gland in men that makes a liquid that forms part of semen. Its size is about 2 centimeters by 2 centimeters and is located in the pelvic area.

The prostate uses a male hormone called testosterone to work normally.

Signs of Prostate Cancer

Some men have:

- The need to urinate more often, especially at night.
- A hard time starting to urinate or holding back urine.
- Weak flow of urine.
- Pain or burning with urination.
- Painful release of semen through the penis during sex.
- Blood in the urine or semen.
- Pain or stiffness in the lower back, hips or upper thighs.

In some cases there will be none of these signs.

See your doctor if you have any of these signs.



Risk Factors for Prostate Cancer

You are at higher risk for prostate cancer if you:

- Are over age 50.
- Have a father or a brother who has had prostate cancer.
- Eat a diet high in animal fat.

Testing for Prostate Cancer

Talk to your doctor about testing for prostate cancer. Yearly check-ups with your doctor are important to look for cancers early.

Tests that should be done each year for men over age 50, or men of African descent over age 40, include:

- PSA (prostate-specific antigen) blood test.
- The level of PSA in the blood is high in men who have prostate cancer.
- Rectal Exam.

Your doctor inserts a lubricated, gloved finger into your rectum to feel for hard or lumpy areas in the prostate.

If your test shows that you may have prostate cancer, other tests may be needed. A small amount of the prostate tissue may be removed to check for cancer cells. This is called a biopsy.



Your Care

If you have prostate cancer, your doctor will talk to you about your treatment choices. These may include:

- Surgery.
- Radiation therapy.
- Chemotherapy.
- Hormone therapy.
- Watchful waiting.

If you have any questions, please speak to your treating physician or health care provider.



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- العلاج الإشعاعي.
- العلاج الكيماوي.
- العلاج الهرموني.
- الترقب ومتابعة الحالة.

وفي حال وجود أي أسئلة أو استفسارات لا تتردد في مناقشتها مع طبيبك أو الفريق المعالج لك.



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