

e) 前列腺癌放射治療和放射成像的進展
Advances in Prostate Cancer Radiotherapy and Imaging :
Dr. Nitya Patanjali
放射腫瘤專科醫生
<https://youtu.be/GGx-iQMeJ9AQ>



f) 前列腺健康飲食須知原則
Eating Well for Prostate Health :
Victoria Lee 李可毅營養師
<https://youtu.be/qVQoR-RGE298>



「前列腺癌資訊頁」
網上版本

Fact Sheets For Prostate Cancer



「認識癌症 - 前列腺癌
小冊子」

Understanding Prostate Cancer
Booklet

更生會資料USB

更生會為一個非牟利的華人慈善機構，於1995年在悉尼華埠成立，為癌症患者及其家人提供免費的資訊與情緒支援服務，務求減輕癌症對他們的衝擊，以確保沒有人需要單獨面對癌症的困擾。更生會於2021-2023年間獲得新州癌症研究所華人癌症支援創意計畫撥款贊助

「男」言之隱 - 前列腺癌社區教育計畫，為華人提供有關男士健康及前列腺癌的資訊。假如你需要更多資訊，請聯繫更生會：

CanRevive Inc. is a public benevolent institution, established in 1995 at Haymarket Sydney. Its aim is to help to minimize the impact of cancer on patients and their families by providing free information and emotional support to cater for their cultural and linguistic needs so that no one is alone when navigating life with cancer. CanRevive was funded by Cancer Institute NSW Innovations in Cancer Control Grants (Breaking the Wall of Silence - Prostate Cancer Community Education Project) from 2021-2023 focusing on Men's Health and Prostate Cancer. If you need more information, please contact us:

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更生會男士健康資訊集

CanRevive Prostate Cancer Information & Resource Kit

盆底肌鍛煉運動短視頻 (每個大約 3-7 分鐘)

Pelvic Floor Exercises Videos (Each video is about 3-7 minutes)

練習一 (Exercise 1) :

<https://www.youtube.com/watch?v=Wdl9xFYk3Do>



練習二 (Exercise 2) :

<https://www.youtube.com/watch?v=iWGUcLyuPPI>



練習三 (Exercise 3) :

<https://www.youtube.com/watch?v=IAjfvBTMLuk>



練習四 (Exercise 4) :

https://www.youtube.com/watch?v=DzF2qRc_Oto



練習五 (Exercise 5) :

<https://www.youtube.com/watch?v=g6vx-q0rGeE>



瞭解前列腺癌治療方案視頻

Treatment Series for Prostate Cancer Videos

前列腺癌治療方法

Treatment Options for Prostate Cancer

Dr Annie Ho

放射腫瘤科醫生

Radiation Oncologist

<https://www.youtube.com/watch?v=U-w84qhMe2jQ>

<https://www.youtube.com/watch?v=U-w84qhMe2jQ>



淺談前列腺癌機械人手術視頻

Understanding Prostate Cancer Robotic Surgery video

Professor Howard Lau

泌尿科和移植、腹腔鏡和機械

人手術外科教授

Urologist and Transplant,

Laparoscopic and Robotic

Surgeon

<https://www.youtube.com/watch?v=ooF6aZkC5-E>

<https://www.youtube.com/watch?v=ooF6aZkC5-E>



前列腺癌手術後尿失禁問題的治療和護理視頻

Handling Incontinence Issue Post Prostate Cancer

Surgery video A

Prof Vincent Tse

泌尿科專科醫生 Urologist

<https://www.youtube.com/watch?v=DT6ui-giuAoA>

<https://www.youtube.com/watch?v=DT6ui-giuAoA>

<https://www.youtube.com/watch?v=DT6ui-giuAoA>



男士健康日視頻

Videos for Men's Health Information Day
Burwood 2023

a) 中醫男科診斷和治療- 林大鵬中醫

博士 The Role of Chinese Medicine for Men's Health: Dr. Yoann Birling

<https://youtu.be/EThMgSHPvS0>

b) 中文癌症資源-助你面對癌症

Patient Information - Resources

in Mandarin and Cantonese

languages which can support you

when you have a cancer diagnosis: Jennifer Cater, Health Content Author-Patient information

and CanRefer, 新州癌症學會健康

內容作者

<https://youtu.be/yGeZ7NkAtp0>

<https://youtu.be/yGeZ7NkAtp0>

c) 什麼是癌症臨床試驗 What is

Cancer Clinical Trial: Mayra

Ouriques, Clinical Trial Optimisation Officer

新州癌症學會臨床試驗項目主管

<https://youtu.be/tSpa4QRB-TE>

<https://youtu.be/tSpa4QRB-TE>

d) 盆底肌運動- 改善前列腺癌手術

後尿失禁情況 Pelvic Floor Exercise - Improve Incontinence after

Radical Prostatectomy: Rosanna

Ng 吳黃玉桂物理治療師

<https://youtu.be/06C36ubBHZ8>

<https://youtu.be/06C36ubBHZ8>

