

# KANAKA PROSTATE

Ho'okumu 'ia ka ma'i ma'i prostate i loko o nā 'i'o o ka prostate, 'o ia ka gland i loko o ka 'ōnaehana hānau kāne i loa'a ma lalo o ka 'ōpū a ma mua o ka 'ā'i.

Ma waho a'e o ka ma'i ma'i 'ili, 'o ka ma'i prostate ka ma'i ma'i ma'amaui i nā kāne 'Amelika.



## Nā hō'ailona a me nā hō'ailona

- Pa'akikī i ka ho'omaka 'ana i ka mimi
- Nawaliwali a keakea paha ke kahe o ka mimi
- Mimi pinepine, 'oi aku i ka pō
- Pa'akikī i ka ho'okahe piha 'ana i ka 'ōpū
- 'Eha a wela paha i ka wā mimi
- Koko i loko o ka mimi a i 'ole ka puna
- 'Eha ma ke kua, pūhaka, a i 'ole ke pelvis hele 'ole
- 'Eha ejaculation



## Nā mea pilikia

*Pilikia nā kāne a pau i ka ma'i ma'i prostate, akā 'oi aku ka nui o ka loa'a 'ana o ka ma'i i nā kāne 'elemakule.*

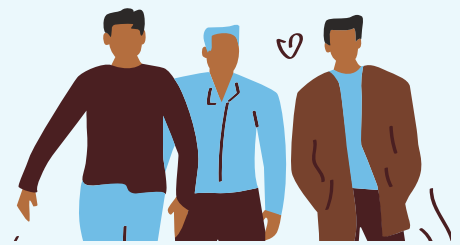
- Loa'a ka mo'olelo 'ohana no ka ma'i 'a'ai prostate
- Loa'a ka mo'olelo 'ohana no ka ma'i ma'i umauma, ovarian, a i 'ole ma'i pancreatic
- momona



## Kāohi

*'A'ohē mea pa'a e pale ai i ka ma'i ma'i prostate, akā aia kekahi mau hana pale e hiki ai iā 'oe ke hana e hō'emi i kou pilikia o ka ma'i prostate.*

- E 'ai i ka mea'ai olakino i nui i nā hua'ai a me nā mea kanu a 'oki i nā mea'ai momona
- E mālama i ke kaumaha o ke kino maika'i a ho'omau i ka hana kino
- E pale i ka puhi paka a me ka inu 'ona



## Heluhelu

Wahi a ke Ke'ena Ola Ola 'o Utah, 'o nā kāne i 'ike 'ia ma ke 'ano he 'ōiwi Hawai'i a i 'ole ka Mokupuni Pākīpika he **'oi aku ka nui o** ka nui o ka ma'i ma'i prostate.

'O nā kāne 'Āsia/Pakistani, Filipino, Native Hawaiian, a me nā kāne o ka Pākīpika he **'oi aku ka maika'i o nā hopena** i ho'ohālikelike 'ia me Non-Hispanic Whites (Chao *et al.*, 2016).

Ua 'oi aku ka pilikia o nā kāne Hawai'i a me ka Pākīpika i ka **'oi a'e o ka pilikia** no ka ma'i ma'i prostate (Chao *et al.*, 2016).

## Prostate Cancer Screening:

'A'ohē hō'ike hō'ike hō'ike no ka ma'i ma'i prostate, akā na'e, ke ho'ohana 'ia nei nā ho'okolohua hō'ike prostate.

Ho'omaka ka nānā 'ia 'ana o nā kāne me ka ma'i ma'i prostate me ka Digital Rectal Examination (DRE) a me Prostate Specific Antigen (PSA) pae koko i kēlā me kēia makahiki (i kēlā me kēia makahiki) e ho'omaka ana i ka makahiki 50.

Hiki i kēia mau ho'okolohua ke 'ike i kahi pilikia ma ka prostate ma mua o ka loa'a 'ana o nā hō'ailona.

**Prostate Specific Antigen (PSA)** he ho'ā'o koko e ana i ke ki'eki'e o PSA i loko o ke koko, kahi mea i hana 'ia e ka prostate. Hiki ke pi'i a'e ka PSA ki'eki'e i ke koko i nā kāne i loa'a i ka ma'i prostate. **Digital Rectal Examination (DRE)** 'o ia ka manawa e ho'okomo ai ka mea mālama ola i kahi manamana lima lima lima lima lima lima lima 'ia i loko o ka rectum o ke kāne e 'ike ai i ka prostate no kekahi mea 'ino, e like me ke kanesa.

(From the Centers for Disease Control and Prevention)

## Nā kumuwaiwai

- **American Urological Association Foundation:** [auanet.org](http://auanet.org)
- **American Cancer Society:** [cancer.org/cancer-information-in-other-languages.html](http://cancer.org/cancer-information-in-other-languages.html)
- **National Cancer Institute:** [cancer.gov](http://cancer.gov)
- **'Imi Hale Native Hawaiian Cancer Network:** [imihale.org/education\\_materials.htm#CancerScreening](http://imihale.org/education_materials.htm#CancerScreening)
- **California State University, Fullerton:** [wincart.fullerton.edu/cancer\\_edu/index.htm](http://wincart.fullerton.edu/cancer_edu/index.htm)
- **Asian American Health Initiative:** [aahinfo.org/english/programs/progCancerInit.php#cprogram](http://aahinfo.org/english/programs/progCancerInit.php#cprogram)