



瞭解癌症
UNDERSTANDING CANCER

Chinese Traditional

您可能會問到的問題 Questions you may wish to ask



癌症患者指南

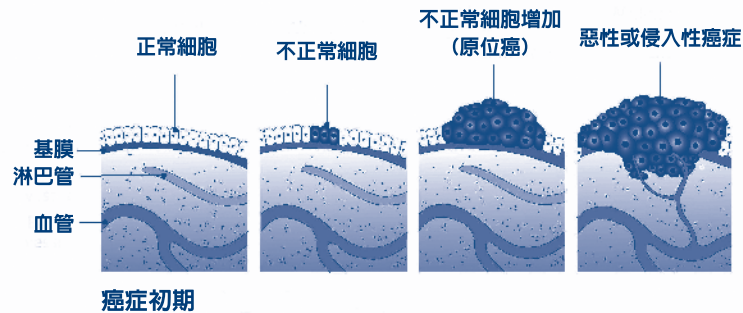
A guide for people with cancer



引言

癌症是一種身體細胞疾病。人體一直不斷在製造新細胞來更換舊細胞，或者修復受損細胞。此過程由特定的基因所控制：亦即基因密碼向細胞傳遞如何修復與表現的資訊。癌症乃是由這些基因的損壞而引發。此損壞通常發生在我們的生命期當中，不過也有少數人於出生時便由其父母那兒遺傳到受損基因。基因假如受損，便會出現不正常的情況。它們可能長成一個腫瘤，腫瘤可能是良性的(非癌症)，也可能是惡性的(癌症)。

良性腫瘤不會擴散到身體的其他部位，癌症則有能力擴散。



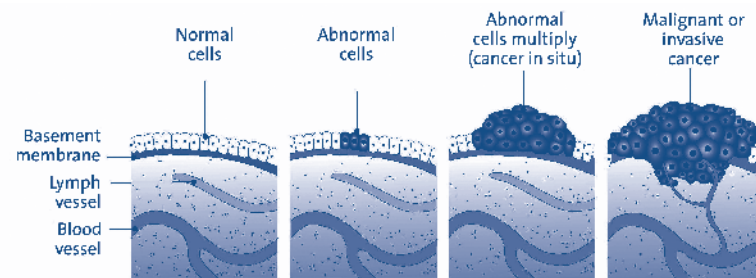
癌症沒有傳染性。它不會從一個人傳染給另一個人。

治療癌症有多種方式，例如外科手術、化學療法和放射線療法。和您的醫生商量最適合您的療法。許多癌症都可成功治癒。

Introduction

Cancer is a disease of the body's cells. Our bodies are always making new cells to replace worn-out cells, or to heal damaged cells after injury. This process is controlled by certain genes: the codes that tell our cells how to heal and behave. Cancers are caused by damage to these genes. This damage usually happens during our lifetime, although a small number of people inherit a damaged gene from a parent when they are born. If genes are damaged they can behave abnormally. They may grow into a tumour (lump) which may be benign (not cancer) or malignant (cancer).

Benign tumours do not spread to other areas of the body whereas cancer has the ability to spread.



Cancer is not catching. It cannot be passed from one person to another.

There are many ways of treating cancer such as surgery, chemotherapy and radiation treatment. Talk to your doctor about what is best for you. Many cancers can be successfully treated.

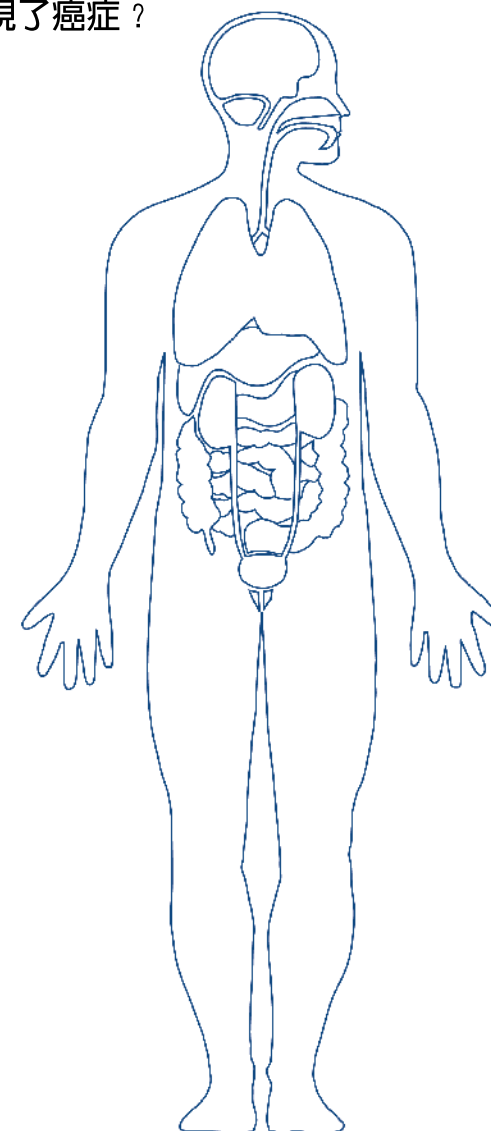
當您得知自己罹患癌症時，可想而知您和您的家人可能會覺得害怕，您可能也會有許多疑問。請教這些問題的答案可能有助您覺得對自己的情況有所掌控。以下列出一些問題，幫助您在看醫生時能充份利用時間獲得解答。

When you hear you have cancer you and your family may feel understandably frightened and you may have many questions. Having your questions answered can help you feel in control of your situation. Here is a list of questions to help you make the most of your time with your doctor.

1 我得了什麼癌症？

What is the name of my cancer?

2 我身體的什麼部位出現了癌症？ **Where is it in my body?**





3 這種癌症會影響我的身體功能嗎？
How is the cancer affecting my body?


4 我需要做什麼身體檢查？
What tests do I need?


5 我什麼時候能夠得到檢查結果？
When will I know the results?

6 檢查結果會告訴我什麼內容？
What will the tests tell us?

7 有什麼治療方法嗎？
What treatments are available?

8 治療的目的是什麼？
What is the aim of the treatment?






9 這種治療方法的效果怎麼樣？
What is the probability of it working?


10 是否有我能參加的臨床試驗？
Is there a clinical trial I can join?

11 我必須在醫院治療嗎？
Will I have to have treatment in hospital?

12 您怎樣驗證治療效果？
How do you check treatment is working?

13 如果這種治療效果不好，還有什麼其他治療方案嗎？
If treatment is not working what is the plan?





14 有什麼副作用嗎？
Are there any side-effects?

17 我還能工作嗎？
Can I work?

15 我需要吃規定的飲食嗎？
Should I follow a special diet?

18 這種治療會影響我的性生活嗎？
Will the treatment affect my sex life?

16 治療會影響我的生育能力嗎？
Will treatment affect my fertility?



19 我還能做身體鍛煉嗎？

Can I exercise?

20 我還能旅行嗎？

Can I travel?

21 我在哪裡能夠得到幫助？

Where can I go for support?

22 我必須支付所有費用嗎？

Will I have to pay for anything?

23 當我的癌症不能控制時會發生什麼？

What will happen if my cancer can not be controlled?





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有關癌症資訊和幫助，請致電
0800 CANCER (226 237)或瀏覽
www.cancernz.org.nz網站。

For cancer information and support
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or go to **www.cancernz.org.nz**



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