

希望和支持信息

Messages of hope and support



Traditional Chinese | English



關於我們

Breast Cancer Network Australia (BCNA) 是一所為那些受乳癌影響的澳洲人提供服務的頂尖組織。我們提供一系列的免費資訊，包括為患上早期乳癌 (Early Breast Cancer) 的女性提供 *My Journey Kit* (我的旅程套件)，以及為患上繼發性乳癌 (Secondary Breast Cancer) 的女性提供 *Hope & Hurdles* (希望與障礙)。我們的季刊 *The Beacon* 內容包括別人分享的文章，以及有關乳癌問題的廣泛信息。我們歡迎及支持組織成員的多樣化。

歡迎登入我們的網站 www.bcna.org.au 來查閱更多資訊，或使用 BCNA 的互聯網與其他入接觸。

About us

Breast Cancer Network Australia (BCNA) is the peak organisation for all people affected by breast cancer in Australia. We provide a range of free resources, including the *My Journey Kit* for women with early breast cancer and *Hope & Hurdles* for women with secondary breast cancer. Our free quarterly magazine, *The Beacon*, includes stories from people sharing their experiences, as well as information on a wide range of breast cancer issues. We welcome and celebrate the diversity of our members.

Visit our website www.bcna.org.au for more information or to connect with others through BCNA's online network.

Breast Cancer Network Australia (BCNA) 是一個代表在澳洲所有乳癌病患者的組織。我們關心來自不同文化背景而受乳癌影響的女性。她們都想你知道無論是怎樣，你仍然能抱存希望，而且大多數女性都能夠生存下去。

當知道自己患上乳癌後而感到驚訝和恐懼都是正常的反應。

很多人都擔心癌症是否會自動消失，或者是否會復發。

癌症不是死刑 - 並不是你想像中的那麼可怕，是抱存希望。 - Anh

Breast Cancer Network Australia (BCNA) represents people with breast cancer across Australia. We spoke to women with breast cancer from different cultural backgrounds. They want you to know that there is hope and that most women survive breast cancer.

It is natural to feel shocked and scared when you are told you have breast cancer.

Many people worry about whether the cancer will go away, or if it will come back later.

Cancer is not a death sentence - it's not as terrible as you might imagine. Have hope. - Anh

In Australia, most women survive breast cancer. Treatment for breast cancer is much better now than it was in the past and more and more women are living long and healthy lives after breast cancer. Australia has one of the highest survival rates in the world. For every 10 women who are diagnosed with breast cancer, 9 of them will still be alive after 5 years. Most women recover and the breast cancer does not come back.

When I was first diagnosed, I had no idea what was going to happen. The encouragement (from doctors) is important, but we might not believe it. Even if the doctor says 'you will be fine', you still find it hard to believe. If there is another woman who you can see who has survived, it helps. Women can give you more confidence. – Hong

I thought I was going to die, I was very stressed; I had children and an elderly mother. Talking to other women in my language has helped me a lot. – Lin

Women have told us that it is very important to be reminded that most women in Australia survive breast cancer. Knowing this might help you to get through the difficult days.

For me, I would say to women, not give up. To fight it and fight it. To find strength within themselves. If I didn't have this strength, no doctor, no friend, nothing could have helped me. – Carla

澳洲的大多數女性都能夠在患上乳癌後康復。現今的乳癌治療方法比以往完善得多，越來越多的女性在康復後能夠過著更長久和健康的生活。澳洲是擁有存活率最高的國家之一。每10個被確診患上乳癌的女性中，有9個在5年後仍然活著。大多數女性都能夠康復，乳癌亦沒有復發。

當我第一次被確診時，我根本不知道會發生什麼事情。醫生的鼓勵當然重要，但我們仍會選擇不相信。即使醫生說：‘你會沒事’，你還是覺得難以相信。但如果你看到有另外的女性仍然活著，這確實是很大的鼓勵。其他女性可以給你更大的信心。 – Hong

我以為自己快要死了，感到非常大的壓力。我有孩子和年邁的母親。能夠與自己說同一語言的女性傾訴對我很有幫助。 – Lin

女士們都向我們反映，提醒她們大多數在澳洲的女性都能夠在患上乳癌後康復是很重要的。明白這一點可以幫助你度過困難的日子。

對於我來說，最緊要就是不要放棄，這是我要向其他女性說的話。堅持下去，作戰到底。尋找內心那份意志力。如果我沒有這力量，就算是醫生或朋友，都無法可以幫助我。 – Carla

In some communities, people talk about cancer as ‘the bad disease’, ‘bad karma’ or a ‘death sentence’. Some women feel scared to tell others about their cancer. This can make them feel alone. Some people may avoid seeing you or talking about the cancer. This could be because they do not understand or are scared. Some people think that cancer can be passed on from one person to another (contagious). This is not true. Cancer cannot be passed on from one person to another.
(Cancer is not contagious).

(People in our community) are scared to name the disease. But I can't tell myself I had the 'bad disease'. That doesn't help me. I have to say, 'I have been diagnosed with breast cancer'. – Anastasia

One of the biggest challenges for my community is to address the taboo and fear that people have in talking about cancer. – A'ishah

Cancer is not something that people cause themselves. Most of the time we don't know what causes breast cancer. It can be hard not knowing what caused the cancer. We know that the main things that make the chance of getting breast cancer higher are being a woman and getting older. We cannot change these things.

My friends have been so supportive. But mum has had a different reaction from her friends. Some of them have been saying, 'Why are you telling people?' – Gina

有些社區的人會標籤患上癌症是‘惡果’，‘報應’或‘死刑’。有些女性害怕告訴別人她們患了癌症。這其實會令她們變得更孤獨。有些人可能會避免與癌症患者接觸及聆聽她們癌症的情況。這是因為其他人不明白或感到恐懼。有些人以為癌症可以人傳人（傳染性）。這是不正確的。癌症不會人傳人的（癌症不是傳染病）。

(在我社區內的人) 都不敢提及這種病的名稱。但我不能告訴自己這是‘惡果’。這樣對我來說是沒有任何幫助。我必須要清楚地說，‘我是患了乳癌’。 – Anastasia

我的社區所面臨的其中最大挑戰是如何除去人們對癌症的忌諱和恐懼。 – A'ishah

癌症不是人自己造成，很多時候我們並不知道什麼是導致乳癌的原因。難以接受無法知道導致癌症的原因。唯一我們知道是作為女性和年紀漸長都會增加患上乳癌的機會。我們不能改變這些事實。

我的朋友都非常支持我。但媽媽的朋友就有不同的反應。有些是這樣說，‘為什麼你會告訴別人？’ – Gina

Some women worry that their daughters may get breast cancer in the future.

In our community, we don't want to talk about it because no one's going to marry our daughters if we talk about it.
– Fatimah

It's natural to worry about this. Yet, we know that more than 9 out of 10 breast cancers have nothing to do with family history. If you are worried that breast cancer runs in your family, speak to your doctor about it. If there seems to be a strong history, for example, if you have a number of close relatives on the same side of the family who also have had breast cancer, your doctor may send you to a Family Cancer Centre. There they will:

- ask you about other people in your family who have had breast cancer
- talk about the chances of it running in the family
- speak with you about what you can do next.

In the first weeks of being told you have breast cancer, and during treatment, many women say it is hard to take in a lot of information.

Because of the fear, you forget half of the information.
– Kim

When the doctor told me I had breast cancer, I went numb. I just stood there and stared at him. When I went home, I just couldn't believe what lay in front of me. – Eleni

有些女性擔心她們的女兒將來也會患上乳癌。

在我的社區內，我們不會談及這些，因為我們都怕如果我們討論這些，沒有人會娶我們的女兒。 – Fatimah

這些擔心是正常的。但我們知道10個乳癌病者中有9個都是與家族病史無關。如果你擔心乳癌是家族遺傳，就應該向你的醫生提出。如果真的是有強烈的家族病史，例如，同一邊的家庭成員中有好幾個近親曾經患上乳癌，你的醫生可能會轉介你去家族遺傳病中心。他們會：

- 詢問你有沒有其他親人患乳癌
- 討論遺傳的機會
- 告訴你下一步可以怎樣做

被確診患乳癌的初期，甚至在進行治療期間，很多女性都說要消化這麼多資料是很困難。

因為你恐懼，你起碼會忘記一半資料。 – Kim

當醫生告訴我患上乳癌時，我麻木了。我只是站在那裡，瞪著他。當我回到家，我簡直不敢相信擺在我面前這事實。 – Eleni

When you are ready, speak with your doctor or nurse and ask them to give you the information you need. When making an appointment to speak with them, **you can ask for an interpreter to be there**. Interpreters can explain medical terms and other complicated information in your own language, in a way that is easier to understand.

It can also be a good idea to take a family member or friend to your appointments to support you. They can ask questions for you and write notes about what the doctors say.

I was very happy with the medical staff. The treatment planning meeting, the education meeting – all done with an interpreter. – Layla

It is important to get an interpreter ... We haven't got our children there with us all the time, our children are very busy. – Jacinta

You can also get information from the Cancer Council. They have nurses who can speak with you over the phone. If you need an interpreter, they can organise an interpreter over the phone. They may also have written information in your language. Phone the Cancer Council on **13 11 20** or, if you need an **interpreter**, phone **13 14 50**.

The Cancer Council NSW also has a multilingual website that people from any state can use: www.cancerCouncil.com.au

你可以在作有心理準備後向你的醫生或護士要求你所需的資料。當你安排與他們見面時，**你可以要求一個翻譯員**。翻譯員會傳譯那些醫學詞匯和其他複雜的資料，令你更容易明白。

見醫生時家人或朋友同行給予支持也是一個好主意，他們可以代你發問或記錄醫生講解的內容。

我很滿意所有醫護人員的照顧，無論是治療計劃會議或教育會議上 - 都有翻譯員的協助。 - Layla

有翻譯員的協助是非常重要的 ... 我們的孩子都很忙碌，不是每次都能陪伴我們。 - Jacinta

你亦可以向Cancer Council查詢更多資料。癌症協會的護士會透過電話為你解答。如果你需要翻譯員，他們可以安排電話翻譯。他們或者有你所講語言的書面資料。請致電**13 11 20**聯絡Cancer Council，如果你需要**翻譯員**的協助，請致電**13 14 50**。

The Cancer Council NSW也有一個多種語言網站，供其他州的人使用：www.cancerCouncil.com.au

While many people turn to family and friends for help during this time, it may be hard to talk about all of your fears, as you may not want to worry them.

When cancer hits, we think we are going to die. But we don't want to talk to our children, our families about the fear. – Zafirah

Many women say that it helps to talk with other women who have had breast cancer.

So when I had breast cancer I thought that my life was short, I lost everything, but then I think that if you could have a good talk with women who have experience with breast cancer then we can share the experience and we can tell them, 'There is a future, there is some help'. – Hong

You can get spiritual and emotional support from people who have been through it but I think the treatment information should come from health professionals. – Sevi

Many women also say that joining a support group, or speaking with a person who has had breast cancer, can help. The Cancer Council has volunteers who have had cancer and who speak other languages. The Cancer Council might also have information on support groups near you.

The most important thing I learnt from the Cancer Council is what cancer is, what will happen during treatment, and what questions to ask your doctor. They also set me up with a volunteer who has been through it. – Mary

這段時間很多人都會向家人和朋友求助，但會覺得很難談及自己所有的恐懼，因為你不想令他們擔心。

當發現有癌症時，我們都以為就快要死。但我們不想向孩子和家人提及內心的恐懼。 – Zafirah

很多女性都認為能夠與其他同樣患上乳癌的女性接觸是有幫助。

當我患上乳癌後，我以為生命就是這麼短暫，我失去了一切。但後來我想如能與同樣患乳癌的女性傾吐，分享大家的經驗。我們可以告訴大家，‘一切都是希望，有很多支援服務都能幫助你’ – Hong

你可以從那些有同樣經歷的人得到精神和情緒上的支持，但我認為還是需要醫護人員來講解治療方面的資料。 – Sevi

很多女性都認為參加支持小組或與曾經患乳癌的人分享是有幫助。Cancer Council有一班講其他語言，且曾經患上乳癌的自願者。Cancer Council亦可提供有關你附近的支持小組的資料。

Cancer Council為我提供了很多有用的資訊，最重要是我知道了何謂癌症，治療的過程和應該問醫生什麼問題等。癌症協會更安排了一位曾經有此經歷的自願者聯絡我。 – Mary

When we face the diagnosis, we are so scared and confused, our minds are empty ... My sister reminded me to look for a support organisation. I spoke with three other survivors and this helped me enormously. – Xiang

It is common for women with breast cancer to feel sad some of the time. However, if you feel sad, worried or depressed a lot of the time, talking to a counsellor can help. There are counsellors who speak your language. You may be able to get some, or all, of the cost of speaking with a counsellor or psychologist back through Medicare. Speak to your doctor or nurse about this.

Going to counselling really changed my life. I used to have a monkey in my head, going around and around, and the counselling was really marvellous, it really helped. – Gina

Looking after yourself during and after treatment is very important. You may find you feel tired, even many months after treatment. You may have other symptoms: your hair may fall out or you may feel sick after some chemotherapy treatments for example.

There are many people who will be involved in your care at the hospital where you are having treatment. These may include doctors, nurses, dietitians, social workers and physiotherapists. They can help you manage the physical and emotional effects of having cancer treatment. They can give you information and support and they can tell you where you can get more help.

Cancer has come. The first period you are in a dark place but then you start to go through it. Concentrate on helping yourself – anything that helps you is good. – Lorenza

當我們被確診時，我們感到非常害怕和困惑，腦袋是一片空白的.....我的姐妹提醒我尋找支持組織的協助。我與其他三位倖存者聯絡，確實幫了我不少。 – Xiang

患乳癌的女性有時候感到難過是正常的。但如果你經常感到悲傷、擔心或抑鬱，找輔導員傾談能夠幫助你，有輔導員可以講你的語言。你或者能夠透過Medicare獲取部分或全部的輔導或心理醫生費用。可向你的醫生或護士詢問。

接受輔導真的改變了我的生命。以前我總是覺得有東西在我的頭上盤旋著，令我思想混亂，而接受輔導確實是非常有用，幫了我很多。 – Gina

在治療期間和完成治理後好好地照顧自己是最重要的。你可能會覺得疲累，就算是治療後幾個月都仍然覺得疲累。你或者會有其他症狀，你的頭髮脫落，或接受某些化療後感到噁心等。

在你就診的醫院裡將會有一班護理團隊照顧你，其中有醫生、護士、營養師、社工和物理治療師等。他們會協助你在治療期間身體和情緒上的需要。他們會給你有關的資料和支持，以及告訴你可以從何獲取幫助。

患上癌症的初期覺得自己身處在一個黑暗的地方，但是我開始去面對這個事實，逐漸適應去渡過。專注照顧自己 – 任何對你有幫助都是好的。 – Lorenza

There is no shame in speaking about what you need, and asking for help from family and friends. You may need help with housework or looking after young children. The chance to help you can make your loved ones feel as if they are being useful. Sometimes people turn to their faith for strength.

When I was told I had cancer, I didn't feel scared, I didn't feel sorry – I feel God gave me courage. He helped me to cope. I found strength in me that I didn't know I had.
– Sophia

Everyone is different. There is no right or wrong way to cope at this difficult time. Allow yourself to do what feels right for you.

I am living. I am doing the best I can to make my life the best quality life I can. I am doing it for me. – Georgia

I had fear. I felt like I was in the dark. It took time, but I came out of it. – Rosa

向家人和朋友提出你的需要及要求幫助並不是一件羞恥的事。你可能需要別人來幫助打掃家務或照顧小孩子。這同樣是一個機會來讓你的親人覺得他們是有用的。有時候人會從她們的信仰中尋求力量。

當我知道患上癌症後，我沒有感到害怕，我不覺得難過 – 我覺得上帝給了我勇氣，祂幫我去面對。我發現自己身上有一股從來沒有的力量。 – Sophia

每一個人都是不同的。並沒有正確或錯誤的方法來應付這麼艱難的時刻。讓自己做一些你認為正確的事情。

我活著。我儘量讓自己的生命活出最好的生活質素。我這樣做是為了自己。 – Georgia

我感到恐懼。我覺得自己好像活在黑洞裡。這是需要時間來接受的，但我已經走出了黑洞。 – Rosa

More information

Breast Cancer Network Australia (BCNA) is the peak organisation for Australians affected by breast cancer. We have more information about breast cancer in a number of languages, including English.

Phone BCNA on **1800 500 258**

If you need an **interpreter**, phone **13 14 50**.

Visit our website **www.bcna.org.au**

更多資訊

Breast Cancer Network Australia (BCNA) 是一所為那些受乳癌影響的澳洲人提供服務的頂尖組織。我們有更多以其他語言（包括英語）刊載的乳癌資訊。

致電**1800 500 258**聯絡BCNA

如果你需要**翻譯員**的協助，請致電**13 14 50**。

登入我們的網站**www.bcna.org.au**

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