

# 转移性乳癌的治疗和管理其副作用

为居住在澳大利亚的华裔女性提供的资料

## Treatment for metastatic breast cancer and managing its side effects

Information for women from Chinese backgrounds living in Australia

简体中文 | 英语

**Simplified Chinese | English**



## About us

Breast Cancer Network Australia (BCNA) is the peak organisation for people affected by breast cancer in Australia. BCNA works to make sure that people diagnosed with breast cancer and their families get the very best support, information, treatment and care possible.

BCNA has a range of free information, including *Hope & Hurdles*, for people with metastatic breast cancer. Visit [bcna.org.au](http://bcna.org.au) or call **1800 500 258** for more information.

BCNA would like to thank the Chinese Cancer Society of Victoria, CanRevive and the people affected by metastatic breast cancer who contributed to the development of this booklet. All of the quotes in this booklet come from women from Chinese backgrounds affected by metastatic breast cancer.

This project is a Cancer Australia *Supporting people with cancer* Grant initiative, funded by the Australian Government.

## 关于我们

澳大利亚乳腺癌网络 (Breast Cancer Network Australia, 简称 BCNA) 是澳大利亚受乳癌影响的人士的顶尖组织。BCNA 致力于为确诊患有乳癌的人士及其家属尽可能提供最佳的支援、资讯、治疗和护理。

BCNA 拥有一系列免费资料供转移性乳癌人士使用, 包括 *Hope & Hurdles*。请浏览我们的网站 [bcna.org.au](http://bcna.org.au) 或致电 **1800 500 258** 了解更多资讯。

BCNA 感谢维省新生会 (Chinese Cancer Society of Victoria)、更生会 (CanRevive) 以及受转移性乳癌影响的女性, 帮助本手册的撰写。本手册中的所有引用来自受转移性乳癌影响的华裔女性。

本计划是澳大利亚癌症协会支援癌症病患者的倡议项目, 并由澳大利亚政府资助。

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## SECTION TWO

### Treatment for metastatic breast cancer

*It is important to be strong and bold to go through the treatment process. I know it is not easy as I have also taken a long time to accept this reality and change my mindset.*

Although metastatic breast cancer is not considered curable, there are many treatments available. These aim to:

- control the growth of cancer
- help manage symptoms
- improve your quality of life
- allow you to live for as long as possible.

When you make your appointment to see your doctor, tell him/her if you need an interpreter. An **interpreter** can help you understand your breast cancer and its treatment. There will be many medical words your doctor may use. An interpreter can help you understand these too. It is not the role of the interpreter to directly provide information or advice about your illness.

It is a good idea to write down questions you want to ask your doctor and take these to your appointment. Don't be afraid to ask questions. It is also a good idea to take a family member or friend with you to appointments. They can also ask questions or write notes about what the doctor says.

**i**

#### Tips for things you might like to talk to your doctor about:

- how you are feeling
- if you have any side effects of treatment that may be worrying you
- if you have pain
- if you have noticed any changes from your last visit.



## 第二节

### 转移性乳癌的治疗

*必须刚强勇敢地完成治疗过程。我知道这不容易，因为我也花了很长时间来接受这个现实，并改变了我的心态。*

尽管转移性乳癌不被认为是可治愈的，但也有很多治疗方法可用。这些治疗方法的目的是：

- 控制癌症的恶化
- 帮助控制症状
- 提高您的生活品质
- 尽可能延长您的寿命。

当您预约访问医生时，请告诉他 / 她是否需要口译员。口译员可以帮助您了解您的乳癌及其治疗方法。医生可能会使用许多医学词汇。口译员也可以帮助您了解这些医学词汇。口译员不负责直接对您的疾病提供资讯或建议。

最好写下您想要问医生的问题，并在预约时带上这些问题。不要害怕提问。预约时带上您的家人或朋友也是个办法。他们也可以就医生说的内容提问或做笔记。



您可能想要告诉医生以下方面的提示：

- 您感觉如何
- 您的治疗是否出现任何可能令您担心的副作用
- 您是否感到疼痛
- 您是否注意到上次探访以来的任何变化。



## What do breast cancer treatments do?

Treatment for metastatic breast cancer is given to:

- slow the growth and spread of the cancer, or even shrink it
- control pain and other symptoms.

Research has given us a better understanding of breast cancer and so there are many new treatments available. If one type of treatment does not work for you, there will usually be others to try.

There are treatments:

- for your whole body; these find cancer cells wherever they may be
- that treat a specific area where the breast cancer has spread.

The type of treatment your doctor suggests for you may also depend on:

- your age
- any breast cancer treatments you have had before
- your general health
- your wishes.

### (i) Treatments for your whole body

#### Hormone therapy

Hormones are found naturally in your body. Some breast cancers rely on the hormones oestrogen and progesterone to grow. This is called 'hormone-receptor positive' breast cancer. Hormone treatments are used to stop the cancer from growing. Hormone medicines are tablets taken every day. Sometimes hormone therapies can make your joints feel stiff or sore, or cause hot flushes.

## 乳癌治疗方法有何用？

提供转移性乳癌的治疗方法是为：

- 减缓肿瘤的恶化和扩散，甚至缩小肿瘤
- 控制疼痛等症狀。

调查使我们更好地了解乳癌，因此有很多新的治疗方法可用。如果一种治疗方法对您无效，通常会有其他方法可尝试。

有的治疗方法：

- 适合您的全身；这些治疗方法可以发现任何地方的癌细胞
- 用于治疗乳癌扩散的特定区域。

您医生建议您使用的治疗类型也可能取决于：

- 您的年龄
- 您曾经接受过的任何乳癌治疗方法
- 您的总体健康
- 您的愿望。

### (i) 适合您全身的治疗方法

#### 荷尔蒙疗法

荷尔蒙自然存在于体内。一些乳腺肿瘤依赖雌荷尔蒙和孕酮荷尔蒙才能生长。这被称作「荷尔蒙受体阳性」乳癌。荷尔蒙治疗用于阻止肿瘤生长。荷尔蒙药物是每天服用的片剂。有时，荷尔蒙疗法可使关节感觉僵硬或疼痛，或引起热潮紅。

## Chemotherapy

Chemotherapy uses medication to kill cancer cells that have spread through the body. It destroys fast growing cells such as cancer, as well as normal cells in places like the mouth, hair or stomach. Damage to the normal cells causes side effects. These may include:

- a sore mouth
- feeling sick
- poor appetite
- hair loss.

These normal cells get better in time.

There are different types of chemotherapy. Most chemotherapy is given using a small needle and tube in your arm or hand, to feed the medication through your veins. This is called an intravenous or IV drip. Chemotherapy is very strong medicine, so it is safer for people who do not have cancer to take care not to touch the medicines. That is why oncology nurses and doctors wear gloves, goggles, gowns and, sometimes, masks.

Some chemotherapy medicines are given in tablets. Each type of chemotherapy has different side effects. Your medical oncologist will be able to tell you what side effects you may get from the chemotherapy you have. Most side effects can be managed with help from your doctor or nurse.

## Targeted therapy

Targeted therapies are medicines that stop the growth of particular types of breast cancer cells. This medicine does not affect other cells in the body as much. One of the most common targeted therapies is Herceptin. It is used to treat a type of breast cancer that is called HER2-positive. This means the cancer has too many proteins on the cells, which causes the cancer to grow and spread. These proteins are called HER2 receptors. Herceptin may be given using a needle and tube to feed the medication through your veins (IV drip). Sometimes it can be given as an injection under the skin.





## 化疗

化疗使用化学药物杀伤已扩散到全身的癌细胞。它会破坏快速生长的细胞（如肿瘤）以及像口腔、头发或胃部等部位的正常细胞。正常细胞的损伤会引发副作用。这些副作用可能包括：

- 口腔肿痛
- 感到恶心
- 食欲不振
- 脱发。

这些正常的细胞随着时间的推移会变好。

化疗分不同类型。大多数化疗是在手臂或手上使用小针管透过静脉给药。这被称为静脉滴注法。化疗使用非常强效的药物，所以对于没有罹患癌症的人来说，注意不要接触药物会更安全。因此，肿瘤科护士和医生会穿戴手套、护目镜、长袍，有时也戴口罩。

一些化疗药物以片剂形式给药。每种化疗都有不同的副作用。肿瘤内科专科医生将能告诉您化疗可能产生哪些副作用。大多数副作用可以在医生或护士的帮助下进行控制。

## 针对性治疗

靶向疗法使用阻止特定类型乳癌细胞生长的药物。该药不会那么影响体内其他细胞。最常见的靶向疗法之一是使用贺癌平 (Herceptin)。它用于治疗一种称为 HER2 阳性的乳癌。这意味著癌细胞上的蛋白质太多，导致癌症生长和扩散。这些蛋白质被称为 HER2 受体。贺癌平可以使用针管透过静脉给药（静脉滴注法）。有时，它可以皮下注射方式给药。



## Supportive therapy

If you have metastatic breast cancer in your bones, you may be given medications to stop any problems. These might include bone pain or too much calcium in the blood that can make you feel unwell. Treatments can help stop this from happening. They may be given through an IV drip, taken as a tablet or given as an injection under the skin.

### (ii) Local treatment

## Radiotherapy

Radiotherapy uses beams of radiation directed at the cancer to kill cancer cells. It is usually given using a machine outside the body. Radiotherapy does not make you radioactive. This means it is safe for you to be in close contact with your family and children.

Radiotherapy can be used to ease the pain in the bones, skin or brain. It does this by shrinking the cancer. It may take a few weeks before the pain is gone. Treatment is given in hospital, and you may need to visit several times. The radiation oncologist will talk to you about when and how often you may need radiotherapy.

Radiotherapy can make:

- you feel tired
- your skin red
- you feel sick.

The side effects depend on which part of the body is being treated. Medication can help with side effects. They will improve when radiotherapy is finished.



## Surgery

Surgery is an operation to take out the cancer. It is not often used for women with metastatic breast cancer. However, sometimes it can be used to:

- remove cancer from a part of the body like the brain or backbone that is causing symptoms such as headaches or difficulty walking
- prevent or fix a break in the bone
- remove fluid that has collected around the lungs, heart or the stomach to help you feel more comfortable.

For more information on treatment side effects and how to manage these, see page 24.

## 支援疗法

如果转移性乳癌扩散到骨骼，可能会给药来阻止任何问题。这些问题可能包括让您感觉不适的骨痛或血液中的钙过多。治疗可以帮助阻止这种问题发生。可以透过静脉滴注法、片剂服用或皮下注射方式给药。

### (ii) 局部治疗

## 放射疗法

放射疗法使用针对癌症的辐射束来杀伤癌细胞。通常使用体外机器给药。放射疗法不会使您产生放射性。这意味著您可以安全地与家人和孩子亲密接触。

放射疗法可用于缓解骨骼、皮肤或大脑的疼痛。它凭藉缩小肿瘤来做到。疼痛消失可能需要几周的时间。在医院给予治疗，您可能需要随访多次。放射肿瘤专科医生会和您讨论您可能需要放疗的时间和频率。

放射疗法可以使您：

- 感觉疲劳
- 皮肤发紅
- 感到呕心。

副作用取决于正在治疗身体的哪一部位。药物可以治疗副作用。放射疗法完成后，副作用会有所改善。



## 外科手术

外科手术是切除肿瘤的手术，不常用于转移性乳癌的女性。然而，有时可以用于：

- 從身体的某个部位（大脑或骨干）切除导致头痛或行走困难等症狀的肿瘤
- 防止或修复骨折
- 清除肺、心脏或胃周围收集的液体，以帮助您感觉更舒适。

如需治疗副作用及如何管理这些副作用的更多资讯，请参阅第 25 页。

## Clinical trials

*Whenever I have found any additional information in relation to new medicine available, I will ask my doctor if this medicine is on the market. I normally receive this information from various websites that have Chinese as their main language or from other patients who are experiencing the same situation as me.*

Clinical trials are ways to find new and better treatments for breast cancer. Choosing to take part in a clinical trial could give you the chance to use a treatment for free that you may not otherwise be able to have. This may be important if a treatment is not working well or if a new treatment has been found to work better for your type of cancer. Your medical oncologist can give you more information and explain if a clinical trial is right for you. Clinical trials are not right for everyone.

You may also hear about other medicines that are available overseas but not in Australia. If you are concerned about whether a medicine might be right for you speak with your medical oncologist as it may not be safe or the right medicine for you.

Cancer treatments in Australia are among the best in the world. Care in another country is not likely to be better.



## 临床试验

*每当我找到有关新药的更多资讯时，我会问我的医生这种药物是否上市。我通常会从中文网站或者从我经历相同情形的病患者获得此资讯。*

临床试验是寻找新的及更好的乳癌治疗方法的途径。选择参加临床试验可以让您有机会免费使用您可能无法另行享有的治疗。如果治疗效果不好，或者如果发现新的治疗方法对您的癌症类型有更好的疗效，这可能就很重要。您的肿瘤内科专科医生可以为您提供更多资讯，并解释临床试验是否适合您。临床试验并不适合每个人。

您也可能会听说其他可在海外上市但未在澳大利亚供应的药物。如果您担心某药物是否适合您，请咨询肿瘤内科专科医生，因为该药物可能不安全或不适合您。

澳大利亚的癌症治疗水平位居世界前列。在另一个国家的护理不一定比澳大利亚的护理好。



## Making decisions about treatment

Making decisions about treatment can be very difficult and everyone does this a bit differently. Some women like to have a lot of information and some women prefer to be guided by their doctors who are looking after them. Some women also prefer their families to make the decisions for them.

It is up to you to decide how much information you would like and how involved you would like to be in decisions about your treatment.

Some people may choose to have treatment even if it only offers a small chance of having a longer life. Others want to make sure that the benefits of treatment outweigh the side effects of treatment. It is important you talk to your doctor about your treatment and what it means for you.



## How will I know my treatment is working?

Regular reviews and tests such as X-rays, scans or blood tests can be used to see if your treatment is working. If you are feeling better, this can also suggest that your treatment is working. It is important you speak to your doctor about tests you may be having. The results of tests may affect what ongoing treatments you have.

## Managing symptoms and side effects from treatment

Metastatic breast cancer and its treatment can cause symptoms and side effects. These may depend on:

- the area in the body that your cancer has spread to
- the type of treatment you are having
- your general health and wellbeing.

It is important you tell your doctor or nurse about side effects that are worrying you. They can help you manage them and make sure everything is right.

Before you read this section, it is important to understand everyone is different and will manage in different ways. You may not want to read all this section now. You can always come back to it if you have a side effect that is worrying you.

## 做出治疗决定

做出治疗决定是非常困难的，每个人在做此决定时的情况略有不同。一些女性喜欢拥有很多资讯，另一些女性则更喜欢受照顾他们的医生的指导。有些女性也喜欢偏好家人为他们作出决定。

您需要决定自己需要多少资讯以及希望参与治疗决定的程度。

有些人可能会选择治疗，即使这样做延长寿命的机率很小。其他人希望确保治疗的好处超过治疗的副作用。咨询您的医生有关您的治疗方案，有助于您对该治疗方案的了解，这是十分重要的。

### 我怎么知道我的治疗有效？

X-射线、扫描或血液检查等定期复查和试验，可用于了解治疗是否有效。如果您感觉好一点，这也可表明您的治疗是有效的。必须就您可能进行的试验咨询医生。试验结果可能会影响您正在进行治疗。

## 控制治疗的症状和副作用

转移性乳癌及其治疗可引起症状和副作用。这些症状和副作用可能取决于：

- 肿瘤已扩散至体内的部位
- 您的治疗类型
- 您的总体健康和幸福。

必须告诉医生或护士您所担心的副作用。他们可以帮助您控制副作用，并确保一切正确。

在阅读本节之前，必须清楚每个人都是不同的，并以不同的方式管理副作用。您可能不想立即阅读本节所有内容。如果您出现让您担心的副作用，可以随时回来查阅。



## **Pain**

Many women fear that they will have pain because of metastatic breast cancer. It is important to know some women have little or no pain. It is also important to know that you can get help for pain.

Tell your doctor if your pain is not under control during the day, or if it is stopping you from sleeping at night. The doctor can change the dose or type of medication to help you manage your pain better. Sometimes your oncologist will suggest you see a specialist to manage the pain. This may be through a pain clinic or palliative care service. Without pain your life will be better and you will be able to do more of the things you want to do.

Some people worry about becoming dependant on medication. They may reduce the dose of pain killers because they worry they will become addicted to them. Others worry it means that the cancer is getting worse and they will die soon. There are many myths about medication that are not true. For example, you will not become addicted to morphine if you are taking it for pain. Many people take morphine for a long time to manage their pain better. It is important to keep on top of your pain.

Therapies such as relaxation therapy, acupuncture, gentle massage or hot or cold packs may also help.

## **Nerve pain**

Sometimes cancer or chemotherapy can cause pain, tingling and numbness in the fingers and/or toes and muscle weakness in the legs. Nerve pain is due to either the cancer or the drug directly damaging the nerves. It is important if you have nerve pain to tell your doctor so the right medications can be given to you to help.



## 疼痛

许多女性担心会因转移性乳癌而感到疼痛。重要的是，一些女性很少或不会出现疼痛。同样重要的是，您可以寻求援助，帮助止痛。

如果您的疼痛在白天没有受到控制或者您的疼痛在晚上让您无法入睡，请告诉您的医生。医生可以改变药物的剂量或类型，以帮助您更好地控制您的疼痛。有时，肿瘤内科专科医生会建议您找专家控制疼痛。这可能是透过疼痛门诊或纾缓治疗服务。没有痛苦，您的生活会更好，您将能够做更多您想做的事情。

有些人担心会变得依赖药物。他们可能减少止痛药的剂量，因为他们担心他们会对止痛药上瘾。其他人担心这意味著癌症会越来越严重，他们很快就会死亡。有很多关于药物的虚假谬见。例如，如果您服用吗啡来止痛，则不会对吗啡上瘾。许多人长时间服用吗啡可以更好地控制疼痛。必须设法控制您的疼痛。

放松疗法、针灸、轻柔按摩或热或冷敷包等疗法也可能有帮助。

## 神经疼痛

有时，癌症或化疗会引起手指和 / 或脚趾疼痛、刺痛和麻木以及腿部肌肉无力。神经疼痛是由于癌症或药物直接损害神经引起。如果您有神经疼痛，请务必告诉医生，以便医生给您使用正确的药物来止痛。

## Feeling tired (fatigue)

Feeling tired is a common side effect of cancer and its treatment. You may also feel sleepy, confused, lose your appetite or find it hard to concentrate. Poor diet, lack of sleep, pain and worry can make fatigue worse. Rest may not relieve it. You may continue to feel tired once treatment ends. This can affect your ability to cope with and enjoy your life.



### Tips to help with fatigue:

- Plan your day so you have time to rest or take a nap.
- Get up at the same time each morning, even if you feel tired.
- Light exercise such as walking or tai chi every day can help.
- Eat as well as you can and drink plenty of fluids.
- Let other people help you. You may be able to get help from your local council to do the housework.
- Allow yourself to relax. Do not worry about what you should be doing. Meditation, reading or listening to music can be helpful.
- Plan to rest before a special occasion or on the days you are having treatment.
- Spend time with friends who have a positive attitude.

## 感觉疲劳（疲倦）

感觉疲倦是癌症及其治疗的常见副作用。您也可能会感到困倦、困惑、食欲减退，或者很难集中精力。饮食不佳、睡眠不足、疼痛和忧虑会加重疲劳。休息也可能不会缓解。一旦治疗结束，您可能会继续感到疲劳。这可能会影响您应对和享受生活的能力。



缓解疲劳的提示：

- 计划您的一天，以便您有时间休息或打盹。
- 每天早上同一个时间起床，即使您感到疲劳。
- 每天做轻巧的运动（如步行或太极）都有帮助。
- 尽可能安排好饮食，并喝大量的液体。
- 让别人帮您。您可以请当地居委会帮忙做家务。
- 让自己放松一下。不要担心您应该做什么。冥想、阅读或听音乐都有益。
- 计划在特殊场合或在您治疗的日子里休息。
- 与有积极心态的朋友在一起。

## Feeling sick (nausea)

Nausea can be:

- caused by the cancer itself
- a side effect of chemotherapy, radiotherapy or strong pain killers
- a symptom of constipation.



### Tips to help with nausea:

- Eat small meals more often e.g. soup, dry biscuits or toast.
- Avoid fatty or fried foods with a strong smell.
- Rest before and after eating.
- Eat slowly and chew well to help you digest it better.
- Sip plenty of fluids during the day e.g. ginger ale, soda water or weak teas. Icy poles or ice cubes are other ways to get more fluids.
- Take the medication ordered by your doctor to stop you feeling sick.
- See a dietitian for advice on what foods to eat.

Therapies such as relaxation, hypnosis and acupuncture can also help.

## 感到呕心

呕心可能是：

- 由癌症本身引起
- 化疗、放疗或強效止痛药的副作用
- 便秘症狀。



治疗呕心的提示：

- 少吃多餐，例如湯、饼干或吐司。
- 避免有強烈气味的油脂或油炸食品。
- 进食前后休息。
- 细嚼慢咽，帮助您更好地消化。
- 白天喝大量液体，例如薑味汽水、苏打水或淡茶。冰条或冰块是获得更多液体的其他方法。
- 按医嘱用药，防止呕心。
- 就吃什么食物咨询营养师。

放松、催眠和针灸等疗法也有帮助。

## Sore mouth

Some chemotherapy can cause mouth sores or infections in the mouth. Mouth sores can occur five to 10 days after treatment. They go away after one to two weeks. Ask your doctor or nurse about a suitable mouthwash rather than buying one from the shop that may be too strong for you. It is important to tell your doctor if you notice changes in your mouth and find it hard to swallow. Talk to your doctor if you have any dental (teeth) problems. Before you have any dental treatment, tell your dentist you are having chemotherapy.



### Tips to help with a sore mouth:

- Use a soft toothbrush to clean your teeth gently.
- Wash your mouth (rinse and spit out) four times a day with a mouthwash or a glass of warm water with a teaspoon of salt or bicarbonate of soda (you can buy this at the supermarket).
- Sip cold water regularly or suck on an ice cube.
- Eat soft foods such as yoghurt, ice-cream or soft jellies.
- Avoid hard, crunchy, spicy, salty or raw foods that can sting or cause pain in your mouth.
- Keep food moist with sauces.
- If you wear dentures, soak them overnight and leave them out of your mouth for as long as you can during the day.

## 口腔肿痛

一些化疗可能会导致口腔溃疡或口腔感染。口疮可能在治疗后五到十天产生，在一两个星期后就消失了。向医生或护士询问合适的漱口水，而不是从商店购买可能对您而言太浓的漱口水。如果您注意到口腔变化并发现很难吞咽，请务必告诉您的医生。如果您有牙科（牙齿）问题，请与您的医生交谈。在进行任何牙科治疗之前，请将您正在化疗的事情告诉牙医。



### 治疗口腔肿痛的提示：

- 使用柔软的牙刷轻轻清洁牙齿。
- 用漱口水或一杯温水，加一茶匙盐或小苏打（您可以在超市购买）清洗口腔（漱口并吐出），每天四次。
- 经常喝冷水或在冰块上吮吸。
- 吃柔软的食物，如酸奶、冰淇淋或软果凍。
- 避免会刺痛口腔或引起口腔疼痛的硬、脆、辛辣、咸或生的食物。
- 用酱汁保持食物湿润。
- 如果您戴假牙，请将其过夜浸泡，然后在白天尽量长时间从口腔取出。

## Constipation

If you have hard or few bowel movements you may be constipated. Constipation can be caused by:

- cancer and its treatment
- doing less exercise
- changes in what you eat and drink
- pain medication.



### Tips to help with constipation:

- Eat more high fibre foods such as fruit, vegetables and wholemeal bread.
- Drink plenty of fluids like water.
- Do light exercise such as walking.
- Eat small, frequent meals.
- Speak to your doctor about medications to help with constipation (laxatives).

Often laxatives are prescribed when taking pain medication such as morphine or MS Contin.



## 便秘

如果您排便硬而少，可能出现了便秘。便秘可能是由以下原因引起：

- 癌症及其治疗
- 少锻炼
- 饮食改变
- 止痛药。



治疗便秘的提示：

- 吃更多的高纤维食物，如水果、蔬菜和全麦面包。
- 喝大量的液体，如水。
- 做轻巧的运动，如走路。
- 少吃多餐。
- 就有关治疗便秘的药物（泻药）咨询您的医生。

服用吗啡或美施康定 (MS Contin) 等止痛药时，通常使用泻药。

## Diarrhoea

Diarrhoea (loose, runny bowel movements) can be caused by:

- some chemotherapy drugs, which can affect the lining of the digestive system
- an infection
- drugs to treat constipation.

Let your oncologist, GP or nurse know if diarrhoea:

- continues for more than a day
- does not go away when you change what you eat (see tips below)
- is not helped by diarrhoea medications.

Diarrhoea can make you dehydrated, so if you are worried about it please contact your doctor or nurse just to be safe.



### Tips to help with diarrhoea:

- Avoid spicy foods, wholegrain foods, fatty or fried foods, raw fruit and vegetables with skins and seeds.
- Try eating clear soup and toast, dry biscuits and cheese.
- Take small sips of water or suck on ice cubes, if your mouth is dry.
- Take medication to control diarrhoea suggested by your doctor or nurse.
- Buy fluids to drink such as Gastrolyte at the chemist.

## 腹泻

腹泻（排稀水样便）可由以下因素引起：

- 一些可影响消化系统膜的化疗药物
- 感染
- 治疗便秘的药物。

告知肿瘤内科专科医生、家庭医生或护士腹泻是否：

- 持续了一天以上
- 在您改变饮食后不消失（请参阅下面的提示）
- 在使用腹泻药物后不见效。

腹泻可以使您脱水，所以如果您担心，请联络您的医生或护士以保持安全。



治疗腹泻的提示：

- 避免食用辛辣食品、全麦食品、脂肪或油炸食品、带皮和含种子的未熟水果和蔬菜。
- 尝试吃清汤和烤面包、饼干和奶酪。
- 如果您的口腔干燥，喝一小口水或在冰块上吮吸。
- 按医生或护士建议服用药物以控制您的腹泻。
- 在药店购买流体饮料，如 Gastrolyte。

## Poor sleep

Even though you may feel tired you may find it hard to sleep at night. This can be due to pain, feeling sick or being worried.



### Tips to help you sleep better:

- Try having a warm bath or massage before bedtime.
- Have a warm drink you enjoy (but not a caffeine based drink such as coffee).
- Get up at the same time each day and go to bed at the same time when you can.
- Try to exercise regularly so you sleep better.
- If you have pain, take pain medicine just before you go to bed so you don't wake up during the night.
- Yoga, mindfulness, meditation and tai chi can lessen worry.
- Make sure your bedroom is dark and quiet.

## 睡眠不好

即使您可能会感到疲劳，也可能发现在晚上很难入睡。这可能是由于疼痛、感到恶心或担心所致。



帮助改善睡眠的提示：

- 尝试在睡前洗个温水浴或按摩。
- 喝一杯您喜欢的热饮料（但不是含咖啡因的饮料，如咖啡）。
- 每天同一时间起床，并在同一时间上床睡觉。
- 尝试定期锻炼，让您睡得更好。
- 如果您感觉疼痛，就在您睡觉之前服用止痛药，使您不在夜间醒来。
- 瑜伽、正念、冥想和太极可以减轻忧虑。
- 确保您的卧室黑暗而安静。

## Hair loss

Many people who have chemotherapy worry about losing their hair. Some drugs may make your hair thin or fall out, but many others do not. Hair loss is most common from your head, but you may also lose hair from your arms, legs, pubic region, eyelashes and eyebrows. Losing your hair can be very upsetting. It can mean you worry about others knowing about your illness. Your hair will grow back once chemotherapy treatment is finished. This may take a few months. Talk to your doctor if you are worried as there are ways to help reduce hair loss.



### Tips to help with hair loss:

- Use a mild shampoo.
- Avoid drying your hair with a hairdryer.
- Use a gentle comb or brush.
- Wear a wig, nice scarf or cap. This can make you feel better until your hair grows again. Your nurse or social worker can help you get a wig.
- Use sunscreen, a hat or scarf to protect your head from the sun.
- Wear sunglasses to protect your eyes from dust and the sun.

## 脱发

许多接受化疗的人会担心会失去头发。一些药物可能会使您的头发变稀或脱落，但其他许多药物不会。脱发最常见于头部，但您的手臂、腿部、耻骨区域、睫毛和眉毛也可能脱落毛发。失去您的头发可以令人非常沮丧。这可能意味着您担心别人知道您的病。一旦化疗完成，您的头发会再长出来。这可能需要几个月的时间。如果您担心，请告诉您的医生，因为会有办法帮助减少脱发。



帮助减少脱发的提示：

- 使用温和的洗发水。
- 避免用吹风机吹干头发。
- 使用柔软的梳子或刷子。
- 戴假发、漂亮的围巾或帽子。在您的头发再次长出来前，这可以让您感觉更好。您的护士或社会工作者可以帮助您获得假发。
- 使用防晒霜、帽子或围巾来保护头部免受太阳的伤害。
- 配戴太阳眼镜，保护眼睛免受灰尘和阳光的伤害。

## Nail and skin problems

Chemotherapy can affect fingernails and toenails. They can change colour or become cracked and sore. Your skin may also become dry or itchy or may peel.



### Tips to help with nail and skin problems:

- Keep your nails clipped short.
- Keep your hands and nails clean to stop infection.
- Use moisturising cream that does not smell.
- Wear gloves for household chores and gardening.
- Avoid perfumes and deodorants that can irritate the skin.
- Wear loose cotton clothes, a hat and sunscreen in the sun.

## Difficulty with memory or concentrating

Chemotherapy can make you feel fuzzy, forget things or words.



### Tips to help with memory or concentration:

- Try yoga, or meditating while you walk.
- Try doing a quiz or puzzle.
- Do some exercise or an activity.
- Write things down or make a list.
- Have rituals that help you remember (such as putting your keys in the same place each time).
- Be patient with yourself as things may take a little longer. Consider trying to do fewer things than you would normally.



## 指甲和皮肤问题

化疗可能会影响指甲和脚趾甲。它们可能改变颜色或破裂和疼痛。您的皮肤也可能变得干燥或瘙痒或可能脱皮。



解决指甲和皮肤问题的提示：

- 剪短您的指甲。
- 让您的手和指甲保持清洁，以防止感染。
- 使用没有气味的保湿霜。
- 做家务和园艺时配戴手套。
- 避免可能刺激皮肤的香水和除臭剂。
- 在阳光下穿戴宽松的棉衣、帽子并用防晒霜。

## 难以记住或集中精力

化疗可以让您觉得模糊、忘记事情或言语。



帮助记忆或集中精力的提示：

- 尝试瑜伽，或在走路时冥想。
- 尝试做一个测验或拼图。
- 做一些运动或活动。
- 写下来或列一个清单。
- 拥有帮助您记住的作法（比如把钥匙放在同一个地方）。
- 对您自己要有耐心，因为事情可能需要多花一点时间。考虑尝试做比您通常情况下更少的事情。

## Breathing problems

Being short of breath can be very frightening. It does not mean the cancer is getting worse, but it is important to let your doctor know about it as soon as possible. It could be due to fluid on the lungs, an infection or low blood count. There are treatments to help with this.



### Tips to help with breathing problems:

- Try sleeping sitting up in bed supported with pillows.
- Do things slowly.
- Open the window or use a fan to help air movement in the room.
- Try relaxing and breathing more slowly.
- Seek help from your doctor as soon as possible.

## Menopause symptoms

Menopause is when your ovaries stop producing the female hormone oestrogen. This is a normal part of getting older. Treatments for breast cancer can cause menopause to come on earlier than normal. You may have hot flushes, sweating, tiredness, difficulty sleeping, aches or pains, mood changes and lose interest in sexual intercourse.



### Tips to help with the symptoms of menopause:

- Wear cotton clothing to lessen sweating.
- Have warm baths to make you feel more comfortable.
- Try meditation and relaxation exercises.
- Limit hot drinks or alcohol.
- Use creams for a dry vagina if sexual intercourse is painful. Your doctor or nurse can tell you what creams to use.
- Seek help from your oncologist for the management of menopausal symptoms.

## 呼吸问题

呼吸短促是非常可怕的。这并不意味着癌症越来越严重，但是请尽快让您的医生知道这一点。这可能是由于肺上的液体、感染或低血细胞计数所致。对此有相关治疗方法。



帮助解决呼吸问题的提示：

- 尝试以枕头支撑坐在床上睡觉。
- 慢慢地做事情。
- 打开窗户或使用风扇来帮助室内空气流动。
- 尝试放松和更慢呼吸。
- 尽快寻求医生的帮助。

## 更年期症状

更年期是卵巢停止产生女性荷尔蒙（雌激素）的时期。这是变老的一个正常阶段。乳癌的治疗可能导致更年期早于正常情况。您可能有热潮红、出汗、疲倦、睡眠困难、疼痛、情绪变化，并对性生活失去兴趣。



帮助解决更年期症状的提示：

- 穿棉衣减少出汗。
- 洗个温水浴，让您感觉更舒适。
- 尝试冥想和放松练习。
- 限制热饮或酒精饮料。
- 如果性生活痛苦，可以使用阴道保湿霜。医生或护士会告诉您使用什么样的阴道保湿霜。
- 请向肿瘤内科专科医生寻求帮助，以管理绝经期症状。

## Other symptoms

You may also have sore eyes, burning or stinging on passing urine, or swelling in arms and legs that may be due to chemotherapy. Let your doctor know straight away so that the right treatment can be given to help.

## Support available to help manage symptoms

Many people are frightened when they hear the words palliative care. They think it is only offered to you in your last months or weeks of life. This is not true. Palliative care helps people live as fully and comfortably as possible when living with an illness that cannot be cured such as metastatic breast cancer. Palliative care means that you, your family and carers get practical, emotional and physical support.

Palliative care can help you with:

- relief of pain and other symptoms like vomiting or shortness of breath
- equipment in your home to help you and your family, like wheelchairs, special beds and shower chairs
- accessing home help or money from the government
- emotional and spiritual support that is sensitive to your culture
- counselling and grief support
- referral to specialised hospice care for a short time (respite care).

Palliative care can also help you and your family make decisions about care you want now and the care you might want if your cancer gets worse.

## 其他症狀

您可能还会出现眼痛、排尿烧灼感或刺痛，或由于化疗引起的手臂和腿部肿胀。立刻告知您的医生，以便给予正确的治疗。

## 可用于帮助控制症狀的支援

当听到纾缓治疗时，许多人都会害怕。他们认为，只会在您生命的最后几个月或几周的时间里才向您提供纾缓治疗。这不是真的。纾缓治疗可以帮助人们罹患无法治愈的疾病（如转移性乳癌）时尽可能充分和舒适地生活。纾缓治疗意味著您、您的家人和照顾者获得实际、情感和身体支援。

纾缓治疗可以帮助您：

- 缓解疼痛等症狀，如呕吐或呼吸短促
- 您家中帮助您和您的家人的设备，如轮椅、特殊病床和淋浴椅
- 從政府获得居家服务或资助
- 对您的文化敏感的情感和精神支援
- 咨询和哀伤支援
- 短时间内转诊到专门的安宁护理（喘息护理）。

纾缓治疗还可以帮助您和您的家人就您现在所需的护理以及您的癌症恶化时需要的护理做出决定。

## Complementary and alternative therapies

Conventional or western treatments such as surgery, chemotherapy, radiotherapy and hormone therapy are the standard treatments doctors use to treat cancer. These treatments have been well studied and are safe.

Complementary therapies are therapies that can help complement (or support) treatment. They can help:

- with the side effects of cancer and its treatment
- make you feel better overall.

Acupuncture for example, can be used to help with pain, anxiety, nausea, dry mouth and hot flushes.

Some people may also want to take complementary medicines such as Chinese herbal medicine or vitamins to help improve wellbeing. It is important to know many herbal medicines have not been well tested or studied. Their effects are not always clear. While some herbal medicines may help, others can cause side effects. They may also stop your breast cancer treatments working as well as they should. Tell your doctor about herbal remedies you want to take to make sure they are safe and that they don't affect your breast cancer treatments.

For more information about herbs and their safe use visit the Memorial Sloan-Kettering Cancer Centre website [mskcc.org/about/herbs](https://www.mskcc.org/about/herbs).

## 补充和替代疗法

常规或西医疗法，如手术、化疗、放疗和荷尔蒙治疗是医生用于治疗癌症的标准治疗方法。这些治疗方法已经得到很好的研究并且是安全的。

补充疗法是可以帮助补充（或支援）治疗的疗法。它们可以帮助：

- 癌症的副作用及其治疗
- 让整体感觉更好。

例如，针灸可用于治疗疼痛、焦虑、恶心、口干和热潮红。

有些人也可能希望服用中草药或维他命等补充药物来帮助改善健康。必须清楚，很多草药没有经过很好的测试或研究。它们的影响并不是很清楚。虽然一些草药可能有用，但其他草药可能会引起副作用。它们也可能使乳腺癌治疗丧失本应有的疗效。请告诉您的医生您想要采取的草药疗法，以确保它们是安全的，不会影响您的乳腺癌治疗。

如需草药及其安全使用的更多资讯，请浏览 Memorial Sloan-Kettering 癌症中心网站 [mskcc.org/aboutherbs](https://www.mskcc.org/aboutherbs)。







Breast  
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Network  
Australia



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本计划是澳大利亚癌症协会支  
援癌症病患者的倡议项目，并由  
澳大利亚政府资助。

This project is a Cancer  
Australia *Supporting people  
with cancer* Grant initiative,  
funded by the Australian  
Government.

2017年5月  
May 2017