

在转移性乳癌下的生活

为居住在澳大利亚的华裔女性提供的资料

Living with metastatic breast cancer

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 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.

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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 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 THREE

Living well

I learned that maintaining a good attitude and a good diet are the keys to battle with cancers and my illness. I am from the Chinese background and we like to make herbal soup that is rich of nutrition value. Otherwise, psychosocial health, quality sleep, good diet and attitude to life are also important to us.

Life after a diagnosis of metastatic breast cancer is different for everyone. Many women worry about the problems with their health in the future, their family and money. Some women cope by not thinking too much about the future. They concentrate on living for today. You may find simple changes to your daily routine or attitude to your illness can help you make the most of the things that make you happy.

What can I do if I am a family member or friend?

Some families find it hard to talk about cancer and how they might be feeling. They may feel it is best not to tell the person affected she has metastatic breast cancer. They may want to protect you from the upset of knowing. Keeping secrets is very hard. It can often cause more trouble in the family.

Family and friends can help by:

- listening carefully about how much you want to say
- providing support and understanding.

There are people who can help you and your family. You may find it helpful to speak to a specially trained counsellor or social worker who can support you and your family. Ask your doctor or nurse about what is available to you.



第三节

好好生活

我了解到，保持良好的态度和良好的饮食是与癌症和我的疾病作斗争的关键。我有华裔背景，我们喜欢制作富含营养价值的草药汤。否则，社会心理健康、优质睡眠、良好饮食和生活态度对我们来说也很重要。

转移性乳癌诊断后的生活对每个人都是不同的。许多女性担心他们未来的健康、家庭和金钱的问题。有些女性对此没有过多考虑未来。他们专注于今天的生活。您可能会发现，您的日常生活中的简单变化或对您疾病的态度可以帮助您充分利用让您快乐的事情。

如果我是家庭成员或朋友，该怎么办？

有些家人发现很难谈论癌症和他们的感受如何。他们可能觉得最好不要告诉相关人员她患有转移性乳癌。他们可能希望您摆脱知情的烦恼。保守秘密是非常困难的，经常会在家庭中造成更多的麻烦。

家人和朋友可以透过以下方式提供帮助：

- 仔细聆听您想说多少
- 提供支援和理解。

有人可以帮助您和您的家人。您可能会发现，告诉经过专门训练可以帮助您和您的家人的辅导员或社会工作者会有用。咨询您的医生或护士有何可用资源。



Partners

Being a partner of someone with metastatic breast cancer can be hard. Partners may feel depressed, anxious and helpless. They may not know how best to help. They may find it difficult to speak about their own feelings and fears for the future. Encourage your partner to seek help from the GP or the health professionals involved in your care.

Some partners may also fear they might hurt you if they touch you. If you are still sexually active, it is best to speak openly to your partner to avoid misunderstandings. If you feel you have lost interest in sex, remember that sex is not just about intercourse. You can also show love to your partner through touch such as cuddling or massage. It is important to remember sexual intercourse will not give cancer to your partner. Cancer is not contagious.

Children

Talking to children about cancer can be difficult, even if they are adults. Many women say they want to protect their children from painful information. You may also have grandchildren. Young children often feel very frightened when they do not understand what is happening. It is important to be as clear and honest as you can. Talk to your doctor or social worker about ways to help you talk to children and grandchildren about your illness. They can help explain your condition to your children and family.

Caring for you

I have mainly been in contact with some members of Chinese Cancer Society of Victoria within the community. And we share a lot of similar experience, so it is quite easy for us to share freely and reassure one another.

Feeling sad

Being worried and feeling sad is a normal reaction to having cancer. You may feel good one day and sad the next. For most women with metastatic breast cancer talking about your emotions can help. Talking to someone outside your family can also give you comfort. Some women find joining a Chinese support group and talking to other women with metastatic breast cancer helps. They can find information and share their feelings and problems.

If you find the feelings of sadness go on for more than a few days, it may be that you are depressed. Depression is common in metastatic breast cancer. Counselling and/or medication can help you feel better. Your doctor or nurse can help you find a counsellor who speaks your language.



伴侣

作为转移性乳癌患者的伴侣可能很难。伴侣可能会感到沮丧、焦虑和无奈。他们可能不知道如何给予最好的帮助。他们可能发现很难说出他们自己对未来的感受和恐惧。鼓励您的伴侣向家庭医生或您的护理中所涉及的医疗专业人员寻求帮助。

有些伴侣也可能害怕在抚摸您时可能会伤害您。如果您仍然是性活跃的话，最好对您的伴侣公开言明以避免误会。如果您对性生活不感兴趣，请记住，性生活不只是性交。您还可以透过抚摸（如拥抱或按摩）向对方展示爱意。请记住，性交不会将癌症传给您的伴侣。癌症是不会传染性的。

孩子

与孩子谈论癌症可能很困难，即使他们已经成年。许多女性说，他们希望他们的孩子不受痛苦讯息的影响。您可能还有孙子。年幼的孩子不了解发生的情况时，经常感到非常害怕。尽可能清楚和诚实说明情况至关重要。咨询您的医生或社会工作者，了解帮助您向孩子和孙子讲述病情的方法。他们可以帮助向您的孩子和家人说明您的状况。

照顾您

我主要是在社区内与维省新生会的一些成员接触。我们也有很多类似的经历，所以我们很容易自由分享，并让彼此放心。

感到悲伤

担心和感到悲伤是对癌症的正常反应。您的情绪可能起伏不定。对于大多数转移性乳癌女性来说，谈论您的情绪是有益的。与家庭外的人交谈也可以带给您安慰。一些女性发现，加入华裔支援小组并与其他转移性乳癌女性交谈会有帮助。他们可以找到资讯并分享他们的感受和问题。

如果您发现自己的悲伤情绪持续了多日，可能您患上了抑郁症。抑郁症在转移性乳癌中很常见。咨询和 / 或药物可以帮助您感觉更好。医生或护士可以帮助您找到一个说您的语言的辅导员。





Speaking with other Chinese women

Cancer Connect is a program at Cancer Council where you can speak to a trained volunteer who has also had breast cancer. Some volunteers speak in other languages. If you need an interpreter call **13 14 50** and ask about Cancer Connect, or call Cancer Council direct on **13 11 20**.

Support groups

- Cancer Council may also know of support groups near you where you can go and talk to other people who have metastatic cancer. You can also visit BCNA's website at bcna.org.au to see if there is a support group near you.
- Chinese community cancer organisations have support groups, counsellors and activities that you may want to join. See page 74.





与其他华裔女性交谈

Cancer Connect 是癌症委员会的一个计划，透过该计划，您可以与也罹患过乳癌的受训志愿者交谈。一些志愿者说其他语言。如果您需要一名口译员，请致电 **13 14 50** 并询问 Cancer Connect，或直接致电癌症委员会 **13 11 20**。

支援小组

- 癌症委员会可能还知道您附近的支援小组，您可以去该支援小组与其他转移性癌症病患者交谈。您还可以浏览 BCNA 的网站 bcna.org.au，查看您附近是否有支援小组。
- 华裔社区癌症组织具有支援小组、辅导员和您可能想要参加的活动。请参阅第 75 页。



Spirituality

Emotional wellbeing and spirituality are strongly connected. Some Chinese people may feel their spiritual life is strongly connected to their church or temple. By speaking to pastors or religious leaders some people find meaning in their experience and ways to manage negative thoughts. Although your pastor may provide you with guidance, it is important to remember to listen to your doctor about your illness and its treatment.

Others may pray and find comfort in a relationship with God. Still others find meaning and joy in being with family and friends. This can result in positive emotions such as peace, gratitude and acceptance.

Spirituality is different for everyone – there is no right or wrong way to do things. Consider what helps you feel peaceful and calm.

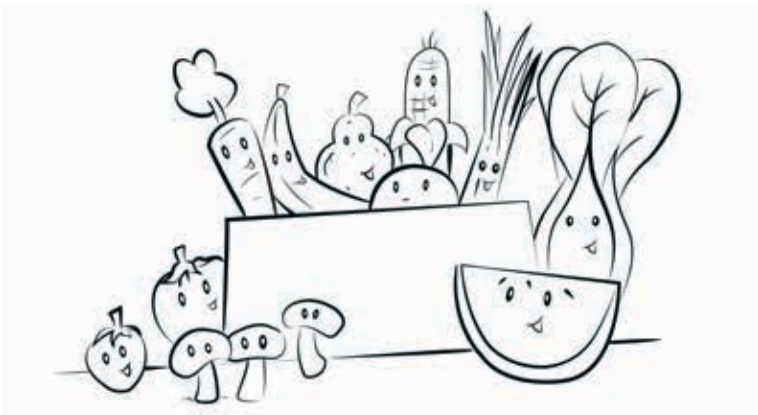
Caring for your body

Because we are Chinese, we have different needs as compared to the local Australian patients. Diet is one of the main things that we are concerned with a lot. It is also important for us to have information about exercise and rest.

Looking after your body with a healthy diet and exercise can help you be at your best to manage the disease and treatment.

Diet

Food is important to our quality of life and physical health. Eating a good diet can provide you with more energy to enjoy your life. You may hear about 'special' diets for people with cancer. Women with breast cancer do not need to follow a special diet or eat particular foods. Eat a healthy balanced diet, using the same dietary guidelines (eatforhealth.gov.au) the government recommends for all Australian adults.



精神生活

情感健康和精神生活是密切相关的。有些华裔人士可能觉得自己的精神生活与其教会或寺庙有著密切的联系。透过与牧师或宗教领袖交谈，有些人会找到他们经历中的意义以及管理消极想法的方法。虽然牧师可能会为您提供指导，但务必记得要听医生对您的疾病及其治疗方法的意见。

其他人可能祈祷并在与上帝的关系中寻求安慰。还有一些人在与家人和朋友一起时找到意义和喜悦。这可催生极极的情绪，如安宁、感激和接受。

精神生活对每个人都是不同的 - 做事情没有对错之分。考虑什么事情帮助您感到安宁平静。

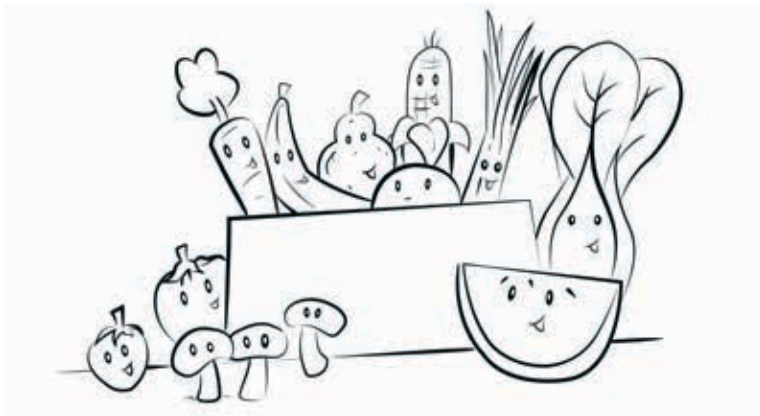
照顾您的身体

因为我们是华裔，与澳大利亚当地的病患者相比，我们有不同的需求。饮食是我们很关心的主要事情之一。拥有运动和休息的相关资讯对我们来说也很重要。

以健康的饮食和运动照顾您的身体，可以帮助您尽可能地控制疾病和治疗。

饮食

食物对我们的生活品质和身体健康很重要。良好的饮食习惯可以为您提供更多的能量来享受生活。您可能会听说过癌症病患者的「特殊」饮食。乳癌女性不需要遵循特殊的饮食习惯或吃特定的食物。使用政府为所有澳大利亚成年人推荐的相同饮食指南 (eatforhealth.gov.au)，健康均衡饮食。



Healthy eating tips:

- Eat more vegetables, fruit and legumes (such as lentils and beans) each day. Try to eat:
 - a variety of different vegetables, the more variety of colour the better
 - fresh fruit with skins on where possible
 - lentils and beans in soups.
- Choose wholegrain grains and cereals
 - eat 3–6 serves of wholegrain noodles, rice, pasta or bread a day
 - avoid highly processed white varieties
 - choose cereals such as porridge or Weet-Bix.
- Eat less fat. You can eat less fat by:
 - eating fish and poultry 2–3 times a week
 - choosing leaner cuts of meat such as pork medallion, lamb cutlet, beef rib eye or premium mince
 - eating less fried food (bake, grill or steam food instead)
 - avoiding shaki (cow tripe), pigs' feet (pigs' trotters), chickens' feet, pigs' tails, organs, crispy pork and fatty cuts of beef
 - trying low fat butter, margarine and milk
 - avoiding snacks high in fat such as chips and biscuits
 - eating less take-away foods such as burgers or fries.



健康饮食提示：

- 每天多吃蔬菜、水果和豆类（如扁豆和蚕豆）。尝试吃：
 - 各种不同的蔬菜，颜色越多越好
 - 带皮新鲜水果（可能的话）
 - 扁豆和豆汤。
- 选择全麦谷物和麦片
 - 每天吃 3-6 份全麦面条、米饭、面食或面包
 - 避免精加工的白色品种
 - 选择麦片，如粥或 weetbix。
- 减少脂肪摄入，您可以透过以下方式减少脂肪摄入：
 - 每周吃鱼和家禽 2-3 次
 - 选择瘦肉切片，如精肉排、羊肉排、牛肉眼或优质肉馅
 - 少吃油炸食物。以烘焙、烧烤或蒸煮食物取代
 - 避免食用 shaki（牛肚）、猪脚（猪蹄）、鸡脚、猪尾巴、内脏、脆皮猪肉和肥牛肉
 - 尝试食用低脂黄油、人造黄油和牛奶
 - 避免高脂肪的零食，如薯条和饼干
 - 少吃外卖食物，如汉堡或炸薯条。



- Cut down on sugar and salt:
 - Eat less cakes, biscuits, sweet soup, lollies and chocolates.
 - Choose foods with no added sugar.
 - Avoid fruit juice and soft drinks high in sugar.
 - Try not to add sugar to your hot drinks.
 - Avoid processed and packaged foods such as packet soups, instant noodles, baked beans and canned vegetables.
 - Try not to add salt to your meals.
- Limit alcohol:
 - Try to avoid alcohol if possible.
 - Speak to your doctor about what amount of alcohol is safe to have especially if your cancer has spread to your liver.

There are supplements that can add extra energy and/or protein to your diet. Speak to your doctor or dietitian about which are best for you.

You can find more information about a healthy diet in Chinese in the *Healthy eating and breast cancer* book. To order a copy:

- call CanRevive on (02) 9212 7789
- visit canrevive.com
- visit bcna.org.au.



- 减少糖和盐摄入
 - 少吃蛋糕、饼干、甜汤、糖果和巧克力
 - 选择不加糖的食物
 - 避免食用含糖高的果汁和汽水
 - 尽量不要给热饮加糖
 - 避免加工和包装的食物，如袋装汤食、泡面、烤豆和蔬菜罐头
 - 尽量不要给您的食物加盐。
- 限制饮酒
 - 如可能，尽量避免饮酒
 - 如果您的癌症已经扩散到肝脏，请咨询医生安全的饮酒量是多少。

有补充剂可以为您的饮食添加额外的能量和 / 或蛋白质。咨询您的医生或营养师哪些最适合您。

您可以在《健康饮食和乳癌》一书中找到有关华裔健康饮食的更多资讯。若要订购该书：

- 请致电更生会，(02) 9212 7789
- 请浏览 canrevive.com
- 请浏览 bcna.org.au.

Exercise

Even though exercise may be something you do not feel like doing, regular gentle exercise can help you cope better and improve your life. Light exercise can help reduce the side effects of treatment such as nausea and tiredness, improve your health, mood and sleep. Talk to your doctor about what exercise is safe for you before you start.



Exercise tips:

- Try gentle exercise such as walking or tai chi.
- Exercising with a friend can be a great time to talk and help keep you motivated.
- Swimming or walking in a warm pool can help with joint pain.

Touch therapy

Massage or foot therapy (reflexology) can help with pain, make you feel better and improve your life.

To find an oncology massage therapist near you, visit the website oncologymassagetraining.com.au and enter your postcode in the 'Find your nearest therapist' box.

OTIS Foundation

The OTIS Foundation has holiday homes. These are free for people living with breast cancer and their family members to stay in for a few days. Each home is in a beautiful place. It lets you draw on nature for strength and comfort. Find information on the website otisfoundation.org.au or call (03) 5444 1184.

Practical support

I am always open to talk to my social worker about anything and everything as she has assisted me to get the best possible welfare support in my situation.

Practical support can help you with money worries. It can help in your home to allow you time to do the things you enjoy.

锻炼

即使锻炼可能是您不想做的事情，但定期的轻度锻炼可以帮助您更好地应对和改善生活。轻度锻炼可以帮助减少治疗的副作用（如呕吐和疲劳），改善您的健康、心情和睡眠。开始前，请咨询医生哪些锻炼是安全的。



锻炼技巧：

- 尝试轻度锻炼，如步行或太极。
- 与朋友一起锻炼是交谈的好机会，并帮助您保持动力。
- 温水池里游泳或步行可以帮助缓解关节疼痛。

触摸治疗

按摩或足部治疗（反射疗法）可以帮助缓解疼痛、让您感觉更好并改善生活。

若要寻找您附近的肿瘤按摩治疗师，请造访网站 oncologymassagetraining.com.au，并在“寻找您附近的治疗师”（Find your nearest therapist）方块中输入您的邮递区号。

OTIS 基金会

OTIS 基金会拥有度假屋。乳癌病患者及其家庭成员可以在这些度假屋免费住几天。每个度假屋都在一个美丽的地方。它让您向大自然寻求力量和安慰。请在网站 otisfoundation.org.au 或致电 (03) 5444 1184 获取资讯。

实际支援

我一直愿意和我的社会工作者谈任何事情，因为他协助我在我的情况下获得最好的福利支援。

实际支援可以帮助您解决金钱问题，可以在您的家提供帮助，让您有时间做您喜欢的事情。

Help from the Australian Government

(i) Money

If you have a low income or you are unable to work because you have breast cancer you may be able to get payments from Centrelink. There is also financial help for older Australians who are retired. Talk to Centrelink or a social worker at the hospital where you are being treated as early as possible.

For more information about Centrelink payments visit the website humanservices.gov.au. Click on the tab at the top of the page for your language or call **13 12 02** to speak to someone in your language.

(ii) Help for the cost of health care

Medicare is Australia's health scheme available to all its citizens (and some overseas visitors). You can get some health services at little or no cost. Medicare can pay for some or all of the cost of:

- GP visits
- tests such as scans or blood tests
- health care in a public hospital
- medicines.

Private health insurance

The costs of your treatment will depend on whether you are having your treatment in a public or private hospital. If you have private health insurance and decide to have your treatment in a private hospital, there may be many costs you need to pay for that are not covered by your private health insurance or Medicare. These are called your 'out-of-pocket' costs. It is best to speak to your private health insurance company about what will be covered by Medicare and your insurance fund. Your doctor can let you know how much treatments can cost and whether you might have to pay any out-of-pocket costs.

You can choose to have your treatment in a public hospital even if you have private health insurance. You should not have any out-of-pocket costs if you are treated in a public hospital.

澳大利亚政府提供的帮助

(i) 金钱

如果您因乳癌收入很低或无法工作，可以从 Centrelink 获得津贴。已退休的年长澳大利亚人也可获得经济帮助。尽早与 Centrelink 或您正在接受治疗的医院的社会工作者交谈。

如需 Centrelink 津贴的更多资讯，请浏览网站 humanservices.gov.au。按一下页面顶部与您的语言对应的标签，或致电 13 12 02 与说您的语言的人交谈。

(ii) 帮助解决医疗保健费用

Medicare 是面向澳大利亚所有公民（和一些海外游客）提供的健康计划。您只需支付少许费用或免费获得一些健康服务。Medicare 可以为以下项支付部分或全部费用：

- 家庭医生随访
- 扫描或血液检查等检查
- 公立医院的医疗保健
- 药品。

私人健康保险

您的治疗费用将取决于您是否在公立还是私立医院接受治疗。如果您购买了私人医疗保险并决定在私立医院接受治疗，可能需要支付很多不在您的私人医疗保险或 Medicare 范围的费用。这些费用被称为「自付」费用。最好咨询您的私人健康保险公司，以了解 Medicare 和您的保险基金将覆盖的费用。您的医生可以告知您治疗费用是多少，以及您是否可能需要支付任何自付费用。

即使您购买了私人健康保险，也可选择在公立医院接受治疗。如果您在公立医院接受治疗，不应该有任何自付费用。

Help from the government in your state

Travel for treatment

If you live far away from the hospital you may be able to get some money to help pay for your travel and accommodation. Ask a social worker or nurse at the hospital where you are getting treatment to help you access the Patient Assisted Travel Scheme (PATS).

BCNA has a fact sheet in English about payments for travel.

Community assistance

Your local council may be able to help with house cleaning, transport, shopping, meals, gardening and childcare. Ask a social worker or nurse at the hospital where you are getting treatment. They may be able to help you organise home help or you can call your local council directly.



Cancer Councils in each state and territory have information about how you can get help with:

- money
- housing (if you need to travel to a hospital from the country)
- travel
- home help
- legal help.

If you need an interpreter, phone **13 14 50** and ask for Cancer Council. For help in English call Cancer Council direct on **13 11 20** or see the website cancer.org.au.

BCNA also has a fact sheet on superannuation and insurance in English.

您所在州政府提供的帮助

治疗所需的交通费

如果您住在离医院很远的地方，可能会得到一些钱来帮助支付您的交通费和住宿。请您正在接受治疗所在医院的社会工作者或护士帮助您获得病患者辅助交通费计划 (Patient Assisted Travel Scheme - PATS)。

BCNA 拥有关于交通费津贴的英文版概况介绍。

社区协助

当地居委会可提供房屋清洁、运送、购物、餐饮、园艺和保育方面的帮助。请您正在接受治疗所在医院的社会工作者或护士帮忙。他们可以帮助您组织家庭帮助，或者直接致电当地居委会。



各州和地区的癌症委员会都有关于如何获得以下方面帮助的资料：

- 金钱
- 住房（如果您需要从乡下去医院）
- 交通费
- 居家服务
- 法律帮助。

如果您需要口译员，请致电 **13 14 50**，并要求癌症委员会提供。如需英语帮助，请直接致电癌症委员会 **13 11 20** 或查看网站 cancer.org.au。

BCNA 还有关于养老金和保险的英语版概况介绍。

Support for carers

If a family member is helping to care for you, they may be able to get carer payments to help your family. For information about financial help and support, contact:

- Carers Australia on **1800 242 636**. The carer advisory line has information and support for people caring for people with illness and disability. Visit carersaustralia.com.au.
- Centrelink Multilingual Service on **13 12 02**. You may be able to get financial help such as a carer payment or concession cards from Centrelink.

Travelling overseas

If you are planning to travel overseas speak to your medical oncologist before you make any payments. When travelling overseas make sure you:

- take a letter from your doctor with the medications you are taking
- have enough medications with you for your whole trip.

Medicare and private health insurance do not provide cover for your health costs once you leave Australia. Travel insurance can cover the costs of things like lost luggage. It is unlikely you will get travel insurance cover for your breast cancer. It is important to speak to a travel agent or a travel insurance specialist to find out what is available to you.

BCNA has a travel insurance fact sheet in English for women with metastatic breast cancer.



Tip:

All BCNA fact sheets can be ordered or downloaded from the BCNA website bcna.org.au or by calling **1800 500 258**.

Employment

If you are still working, you may want to keep working for as long as you can because you enjoy your job or because you need the money. It is important to talk to your employer about what is available to support you in your job.

Cancer Council has a booklet in English called *Cancer, Work & You*. Call **13 11 20** or visit the website cancer.org.au for a copy.

针对照顾者之支援

如果某位家庭成员正在帮助照顾您，他 / 她可能会得到照顾者津贴来帮助您的家庭。如需财务帮助和支援的资讯，请联络：

- 澳大利亚照顾者机构 (Carers Australia)，**1800 242 636**。照顾者咨询热线为病患者和残障人士提供资讯和支援。请浏览 carersaustralia.com.au。
- Centrelink 多语种服务，**13 12 02**。您可以从 Centrelink 获得经济帮助，如照顾者津贴或福利优惠卡。

出国旅行

如果您计划出国旅行，在您付款之前，请咨询您的肿瘤内科专科医生。出国旅行时请确保：

- 带一封医生开具之含您正在服用的药物的信函
- 为整个旅程携带足够药物。

离开澳大利亚后，Medicare 和私人健康保险不再为您的健康费用提供保障。旅行保险可以支付行李丢失等费用。您不太可能会为您的乳癌获得旅行保险。必须咨询旅行社或旅行保险专员，了解您可以使用的项目。

BCNA 为罹患转移性乳癌的女性提供英语版旅行保险概况介绍。



提示：

所有 BCNA 概况介绍可以从 BCNA 网站 bcna.org.au 或致电 **1800 500 258** 获得或下载。

雇佣

如果您还在工作，您可能希望尽可能长时间工作，因为您喜欢工作或因为您需要钱。务必与您的雇主谈谈在您的工作中有何资源可支援您。

癌症委员会有一本名为《*Cancer, Work & You*》的英文手册。请致电 **13 11 20** 或浏览网站 cancer.org.au 获取该手册。

Planning ahead

I know my family is already quite realistic about my situation, so their reassurance helps me get ready to go through the final process so I don't have to think about the negative side too much.

Talking about what might happen in the future can be very hard and you may feel that this means that there is no hope. This is not true. Telling your health care team what is important for you and your family if your disease becomes worse makes sure that your wishes are supported. Palliative care teams are very experienced in helping patients and their families talk about their goals and wishes for care.

Planning ahead can be difficult, but once your family starts talking about it you may find it easier to talk about your wishes. It can also help your family feel at peace with decisions they may need to make for you one day. You and your family might like to think about stating your wishes in something called an advanced care plan. This is important so that the wishes of you and your family are known by the doctors caring for you. You or your family can find all the information you need about advanced care planning at Advance Care Planning Australia. Visit advancecareplanning.org.au.

The *Hope & Hurdles Planning Ahead* booklet provides more information in English. You can order it from the BCNA website bcna.org.au or by calling 1800 500 258.



Tip:

The Chinese Cancer Society of Victoria has a booklet called *My Farewell Wishes* that can help you and your family start talking about how you would like to be treated at the end of your life. You can call the Chinese Cancer Society of Victoria for a copy on (03) 9898 9575 or visit ccsv.org.au.

提前计划

我知道，我的家庭对我实际的情况已经很了解，所以他们的安心帮助我准备好度过最后的难关，所以我不必太多地考虑消极的一面。

谈论未来可能发生的事情可能非常困难，您可能觉得这意味着没有希望。这不是真的。告诉您的医疗保健团队在您的疾病恶化时什么对您和您的家人最重要，确保您的愿望获得支援。纾缓治疗团队在帮助病患者及其家人谈论他们的目标和愿望方面非常有经验。

提前计划可能很困难，但一旦您的家人开始谈论，您可能会更容易谈论您的愿望。提前计划也可以帮助您的家人对有朝一日可能需要为您做出的决定感到平和。您和您的家人可能希望考虑以被称为预立医疗照护计划的东西表达您的愿望。这很重要，以便您和您家人的愿望被照顾您的医生知道。您或您的家人可以在 Advance Care Planning Australia 中找到所需的有关预立医疗照护计划的所有资讯。请浏览 advancecareplanning.org.au。

《Hope & Hurdles Planning Ahead》手册以英文提供更多资讯。您可以從 BCNA 网站 bcna.org.au 或致电 1800 500 258 获取该手册。



提示：

维省新生会拥有一本稱為《My Farewell Wishes》的手册，可以帮助您和您的家人开始谈论您希望在生命结束的那天被如何对待。您可以致电 (03) 9898 9575 或浏览 ccsv.org.au 与维省新生会联络以获取该手册。

More information



Breast Cancer Network Australia

BCNA has free information for you and your family, including *Hope & Hurdles*, an information pack in English for women with metastatic breast cancer. To order a copy of *Hope & Hurdles* or other BCNA information:

- Call the interpreting service on **13 14 50** and ask for BCNA (to speak to us through an interpreter).
- Call BCNA directly on **1800 500 258** (to speak to us in English). BCNA's Helpline provides free support and information about breast cancer. You can call Monday to Friday from 9.00 am to 5.00 pm.
- Visit the website to order or download information at bcna.org.au.

BCNA's website has a video of a Chinese woman telling her story about living with metastatic breast cancer. Visit bcna.org.au.

BCNA's free telephone counselling service provides one-to-one telephone counselling support for women with metastatic breast cancer and their family members. Call **1800 500 258** for more information or to make an appointment.

The Inside Story (a supplement to BCNA's *The Beacon* magazine) has information and stories for people diagnosed with metastatic breast cancer. To subscribe, visit bcna.org.au.



Cancer Australia

Cancer Australia was established by the Australian Government in 2006 to benefit all Australians affected by cancer, and their families and carers.

Cancer Australia aims to reduce the impact of cancer, address disparities and improve outcomes for people affected by cancer by leading and coordinating national, evidence-based interventions across the continuum of care.

Cancer Australia works with government and the cancer control community around a shared agenda, to deliver informed and effective cancer control and ultimately better outcomes for all people affected by cancer in Australia.

For more information visit canceraustralia.gov.au.

更多资讯



澳大利亚乳癌网络

BCNA 为您和您的家人提供免费资讯，包括《Hope & Hurdles》，这是一个面向乳癌女性的英文版资讯套。若要获取《Hope & Hurdles》或其他 BCNA 资讯：

- 请致电口译服务 **13 14 50** 并要求 BCNA（透进口译员与我们交谈）提供。
- 请直接致电 BCNA **1800 500 258**（以英文与我们交谈）。BCNA 的服务热线提供有关乳癌的免费支援与资讯。您可以在周一至周五上午 9 点至下午 5 点时段来电。
- 请浏览网站 bcna.org.au 以要求或下载资讯。

BCNA 的网站提供一段影片，内容为一名华裔女性讲述她罹患转移性乳癌的故事。请浏览 bcna.org.au。

BCNA 的免费电话咨询服务为转移性乳癌女性及其家庭成员提供一对一的电话咨询支援。请致电 **1800 500 258** 了解更多资讯或进行预约。

《The Inside Story》（BCNA 的《The Beacon》杂志的增刊）载有确诊患有转移性乳癌的人的资料和故事。若要订阅，请浏览 bcna.org.au。



澳大利亚癌症协会

澳大利亚癌症协会由澳大利亚政府于 2006 年成立，其宗旨是惠及所有受到癌症影响的澳大利亚人及其家属和照顾者。

澳大利亚癌症协会旨在减少癌症的影响，透过在整个护理过程中领导和协调国家、以证据为基础的干预措施来为癌症患者解决不平等和改善结果。

澳大利亚癌症协会与政府和癌症控制社区围绕共同的议程进行合作，为澳大利亚所有受癌症影响的人提供知情和有效的癌症控制，并最终实现更好的结果。

如需更多资讯，请浏览网站 canceraustralia.gov.au。



Cancer Councils

Cancer Council Australia's website (cancer.org.au) has information on cancer and links to Cancer Council websites in each state and territory.

The multilingual cancer information line gives information about cancer in Chinese.

- Call **13 14 50** and ask for the Cancer Council information and support service in your state or territory to talk confidentially with a cancer nurse with the help of an interpreter.

Call Cancer Council directly on **13 11 20**.



Chinese community cancer organisations

Chinese community cancer organisations have information and support to help you and your family. Many women and their families have found these organisations to be a place where they can talk about their cancer experience in Chinese. They have trained counsellors to help you.

Contact the Chinese Cancer Society of Victoria on **(03) 9898 9575** or visit ccsv.org.au or CanRevive in New South Wales on **(02) 9212 7789** or visit canrevive.com.



International websites

There are international websites with reliable information in Chinese for people with cancer. You may like to visit:

- Hong Kong Cancer Fund cancer-fund.org
- American Cancer Society cancer.org
- MacMillan Cancer Support, United Kingdom macmillan.org.uk.

癌症协会

澳大利亚癌症协会网站 (cancer.org.au) 提供有关癌症的资讯，以及每个州和地区的癌症委员会网站的连结。

多语言癌症资讯热线提供有关癌症的中文版资讯。

- 请致电 **13 14 50**，并请求您所在州或地区的澳大利亚癌症协会资讯和支援服务，以便在口译员的帮助下与癌症护士秘密交谈。

请直接致电癌症委员会 **13 11 20**。

华人社区癌症组织

华人社区癌症组织拥有帮助您和您的家人的资讯和支援。许多女性及其家人发现，这些组织是能用中文谈论癌症经历的地方。他们配有受训辅导员来帮助您。请致电 **(03) 9898 9575** 或浏览 ccsv.org.au 与维省新生会联络；致电 **(02) 9212 7789** 或浏览 canrevive.com，与新南威尔斯省的更生会联络。

国际网站

还有向癌症病患者提供中文可靠资讯的国际网站。您可能想要浏览：

- 香港癌症基金会 cancer-fund.org
- 美国癌症协会 cancer.org
- 英国麦克米伦癌症关怀协会 macmillan.org.uk。

Breast
Cancer
Network
Australia



澳大利亚乳癌网络

Breast Cancer Network Australia

293 Camberwell Rd
Camberwell VIC 3124

1800 500 258
bcna.org.au

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