

# 患有轉移性乳癌

為居住在澳洲的華裔女性提供的資訊

## Living with metastatic breast cancer

*Information for women from Chinese backgrounds living in Australia*

繁體中文 | 英語

**Traditional 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.

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## 關於我們

澳洲乳癌網絡 (Breast Cancer Network Australia, 簡稱 BCNA) 是澳洲受乳癌影響的人士的頂尖組織。BCNA 致力於為確診患有乳癌的人士及其家屬儘可能提供最佳的支援、資訊、治療和護理。

BCNA 擁有一系列免費資料供轉移性乳癌人士使用，包括 *Hope & Hurdles*。請瀏覽我們的網站 [bcna.org.au](http://bcna.org.au) 或致電 **1800 500 258** 瞭解更多資訊。

BCNA 感謝維省新生會 (Chinese Cancer Society of Victoria)、更生會 (CanRevive) 以及受轉移性乳癌影響之為本手冊的撰寫奉獻力量的人員。本手冊中的所有引用來自受轉移性乳癌影響的華裔女性。

本計劃是澳洲癌症協會支援癌症病患者的倡議項目，並由澳洲政府資助。

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## 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.



## 好好生活

*我了解到，保持良好的態度和良好的飲食是與癌症和我的疾病作鬥爭的關鍵。我有華裔背景，我們喜歡製作富含營養價值的草藥湯。否則，社會心理健康、優質睡眠、良好飲食和生活態度對我們來說也很重要。*

轉移性乳癌診斷後的生活對每個人都是不同的。許多女性擔心他們未來的健康、家庭和金錢的問題。有些女性對此沒有過多考慮未來。他們專注於今天的生活。您可能會發現，您的日常生活中的簡單變化或對您疾病的態度可以幫助您充分利用讓您快樂的事情。

如果我是家庭成員或朋友，該怎麼辦？

有些家人發現很難談論癌症和他們的感受如何。他們可能覺得最好不要告訴相關人員她患有轉移性乳癌。他們可能希望讓您擺脫知情的煩惱。保守秘密是非常困難的，經常會在家庭中造成更多的麻煩。

家人和朋友可以透過以下方式提供幫助：

- 仔細聆聽您想說多少
- 提供支援和理解。

有人可以幫助您和您的家人。您可能會發現，告訴經過專門訓練可以幫助您和您的家人的輔導員或社會工作者會有用。諮詢您的醫師或護士有何可用資源。



## 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.



## 伴侶

作為轉移性乳癌病患者的伴侶可能很難。伴侶可能會感到沮喪、焦慮和無奈。他們可能不知道如何給予最好的幫助。他們可能發現很難說出他們自己對未來的感受和恐懼。鼓勵您的伴侶向家庭醫師或您的護理中所涉及的醫療專業人員尋求幫助。

有些伴侶也可能害怕在撫摸您時可能會傷害您。如果您仍然是性活躍的話，最好對您的伴侶公開言明以避免誤會。如果您對性生活不感興趣，請記住，性生活不只是性交。您還可以透過撫摸（如擁抱或按摩）向對方展示愛意。請記住，性交不會將癌症傳給您的伴侶。癌症是不會傳染性的。

## 孩子

與孩子談論癌症可能很困難，即使他們已經成年。許多女性說，他們希望他們的孩子不受痛苦訊息的影響。您可能還有孫子。年幼的孩子不了解發生的情況時，經常感到非常害怕。盡可能清楚和誠實說明情況至關重要。諮詢您的醫師或社會工作者，了解幫助您向孩子和孫子講述病情的方法。他們可以幫助向您的孩子和家人說明您的狀況。

## 照顧您

*我主要是在社區內與維省新生會的一些成員接觸。我們也有很多類似的經歷，所以我們很容易自由分享，並讓彼此放心。*

## 感到悲傷

擔心和感到悲傷是對癌症的正常反應。您的情緒可能起伏不定。對於大多數轉移性乳癌女性來說，談論您的情緒是有益的。與家庭外的人交談也可以帶給您安慰。一些女性發現，加入華裔支援小組並與其他轉移性乳癌女性交談會有幫助。他們可以找到資訊並分享他們的感受和問題。

如果您發現自己的悲傷情緒持續了多日，可能您患上了抑鬱症。抑鬱症在轉移性乳癌中很常見。諮詢和/或藥物可以幫助您感覺更好。醫師或護士可以幫助您找到一個說您的語言的輔導員。

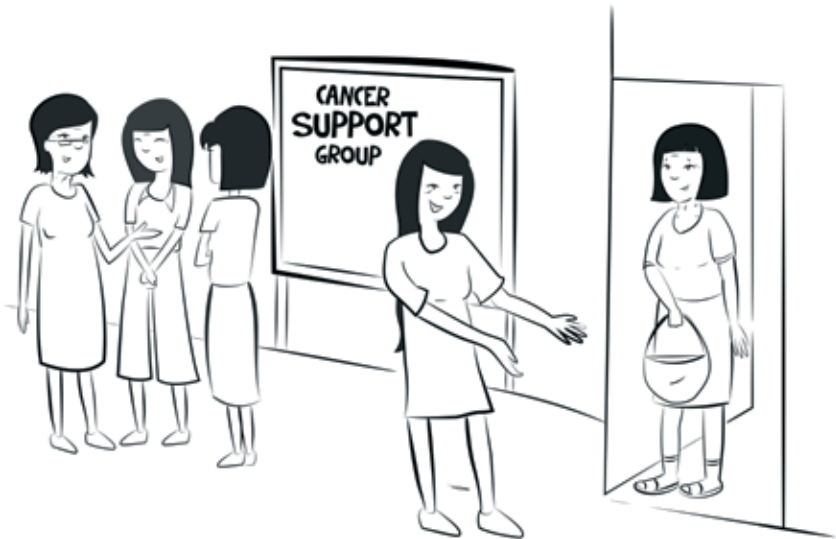


## Speaking with other Chinese women

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](http://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.





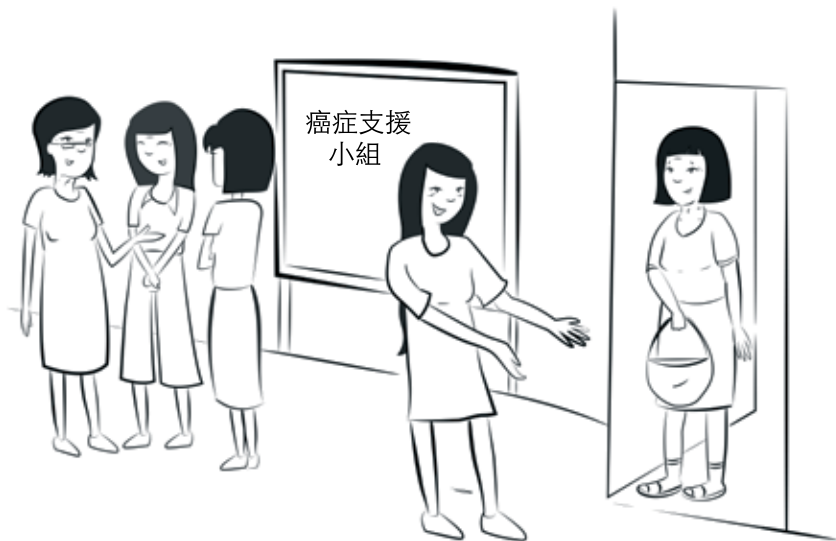


## 與其他華裔女性交談

Cancer Connect 是癌症委員會的一個計劃，透過該計劃，您可以與也罹患過乳癌的受訓志願者交談。一些志願者說其他語言。如果您需要一名口譯員，請致電 **13 14 50** 並詢問 Cancer Connect，或直接致電癌症委員會 **13 11 20**。

## 支援小組

- 癌症委員會可能還知道您附近的支援小組，您可以去該支援小組與其他轉移性癌症病患者交談。您還可以瀏覽 BCNA 的網站 [bcna.org.au](http://bcna.org.au)，查看您附近是否有支援小組。
- 華裔社區癌症組織具有支援小組、輔導員和您可能想要參加的活動。請參閱第 75 頁。



## 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](http://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關的。有些華裔人士可能覺得自己的精神生活與其教會或寺廟有著密切的聯繫。透過與牧師或宗教領袖交談，有些人會找到他們經歷中的意義以及管理消極想法的方法。雖然牧師可能會為您提供指導，但務必記得要聽醫師對您的疾病及其治療方法的意見。

其他人可能祈禱並在與上帝的關係中尋求安慰。還有一些人在與家人和朋友一起時找到意義和喜悅。這可催生積極的情緒，如安寧、感激和接受。

精神生活對每個人都是不同的 - 做事情沒有對錯之分。考慮什麼事情幫助您感到安寧平靜。

## 照顧您的身體

*因為我們是華裔，與澳洲當地的病患者相比，我們有不同的需求。飲食是我們很關心的主要事情之一。擁有運動和休息的相關資訊對我們來說也很重要。*

以健康的飲食和運動照顧您的身體，可以幫助您盡可能地控制疾病和治療。

## 飲食

食物對我們的生活品質和身體健康很重要。良好的飲食習慣可以為您提供更多的能量來享受生活。您可能會聽說過癌症病患者的「特殊」飲食。乳癌女性不需要遵循特殊的飲食習慣或吃特定的食物。使用政府為所有澳洲成年人推薦的相同飲食指南 ([eatforhealth.gov.au](http://eatforhealth.gov.au))，健康均衡飲食。



**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.

健康飲食提示：

- 每天多吃蔬菜、水果和豆類（如扁豆和蠶豆）。嘗試吃：
  - 各種不同的蔬菜，顏色越多越好
  - 帶皮新鮮水果（可能的話）
  - 扁豆和豆湯。
- 選擇全麥穀物和麥片
  - 每天吃 3-6 份全麥麵條、米飯、麵食或麵包
  - 避免精加工的白色品種
  - 選擇麥片，如粥或 Weet-Bix。
- 減少脂肪攝入，您可以透過以下方式減少脂肪攝入：
  - 每週吃魚和家禽 2-3 次
  - 選擇瘦肉切片，如精肉排、羊肉排、牛肉眼或優質肉餡
  - 少吃油炸食物（以烘焙、燒烤或蒸煮食物取代）
  - 避免食用 shaki（牛肚）、豬腳（豬蹄）、雞腳、豬尾巴、內臟、脆皮豬肉和肥牛肉
  - 嘗試食用低脂黃油、人造黃油和牛奶
  - 避免高脂肪的零食，如薯條和餅乾
  - 少吃外賣食物，如漢堡或炸薯條。



- 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](http://canrevive.com)
- visit [bcna.org.au](http://bcna.org.au).



- 減少糖和鹽攝入：
  - 少吃蛋糕、餅乾、甜湯、糖果和巧克力。
  - 選擇不加糖的食物。
  - 避免食用含糖高的果汁和汽水。
  - 盡量不要給熱飲加糖。
  - 避免加工和包裝的食物，如袋裝湯食、泡麵、烤豆和蔬菜罐頭。
  - 盡量不要給您的食物加鹽。
- 限制飲酒：
  - 如可能，盡量避免飲酒。
  - 如果您的癌症已經擴散到肝臟，請諮詢醫師安全的飲酒量是多少。

有補充劑可以為您的飲食添加額外的能量和/或蛋白質。諮詢您的醫師或營養師哪些最適合您。

您可以在《健康飲食和乳癌》一書中找到有關華裔健康飲食的更多資訊。若要訂購該書：

- 請致電更生會，(02) 9212 7789
- 請瀏覽 [canrevive.com](http://canrevive.com)
- 請瀏覽 [bcna.org.au](http://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](http://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](http://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.



## 鍛鍊

即使鍛鍊可能是您不想做的事情，但定期的輕度鍛鍊可以幫助您更好地應對和改善生活。輕度鍛鍊可以幫助減少治療的副作用（如噁心和疲勞），改善您的健康、心情和睡眠。開始前，請諮詢醫師哪些鍛鍊是安全的。



### 鍛鍊技巧：

- 嘗試輕度鍛鍊，如步行或太極。
- 與朋友一起鍛煉是交談的好機會，並幫助您保持動力。
- 溫水池裡游泳或步行可以幫助緩解關節疼痛。

## 觸摸治療

按摩或足部治療（反射療法）可以幫助緩解疼痛、讓您感覺更好並改善生活。

若要尋找您附近的腫瘤按摩治療師，請造訪網站 [oncologymassagetraining.com.au](http://oncologymassagetraining.com.au)，並在“尋找您附近的治療師”（Find your nearest therapist）方塊中輸入您的郵遞區號。

## OTIS 基金會

OTIS 基金會擁有度假屋。乳癌病患者及其家庭成員可以在這些度假屋免費住幾天。每個度假屋都在一個美麗的地方。它讓您向大自然尋求力量和安慰。請在網站 [otisfoundation.org.au](http://otisfoundation.org.au) 或致電 (03) 5444 1184 獲取資訊。

## 實踐支援

*我一直願意和我的社會工作者談任何事情，因為他協助我在我的情況下獲得最好的福利支援。*

實踐支援可以幫助您解決金錢問題，可以在您的家提供幫助，讓您有時間做您喜歡的事情。

## 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](http://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.

## 澳洲政府提供的幫助

### (i) 金錢

如果您因乳癌收入很低或無法工作，可以從 Centrelink 獲得津貼。已退休的年長澳洲人也可獲得經濟幫助。儘早與 Centrelink 或您正在接受治療的醫院的社會工作者交談。

如需 Centrelink 津貼的更多資訊，請瀏覽網站 [humanservices.gov.au](http://humanservices.gov.au)。按一下頁面頂部與您的語言對應的標籤，或致電 13 12 02 與說您的語言的人交談。

### (ii) 幫助解決醫療保健費用

Medicare 是面向澳洲所有公民（和一些海外遊客）提供的健康計劃。您只需支付少許費用或免費獲得一些健康服務。Medicare 可以為以下項支付部分或全部費用：

- 家庭醫師隨訪
- 掃描或血液檢查等檢查
- 公立醫院的醫療保健
- 藥品。

## 私人健康保險

您的治療費用將取決於您是否在公立還是私立醫院接受治療。如果您購買了私人醫療保險並決定在私立醫院接受治療，可能需要支付很多不在您的私人醫療保險或 Medicare 範圍的費用。這些費用被稱為「自付」費用。最好諮詢您的私人健康保險公司，以了解 Medicare 和您的保險基金將覆蓋的費用。您的醫師可以告知您治療費用是多少，以及您是否可能需要支付任何自付費用。

即使您購買了私人健康保險，也可選擇在公立醫院接受治療。如果您在公立醫院接受治療，不應該有任何自付費用。

## 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](http://cancer.org.au).

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

## 您所在州政府提供的幫助

### 治療所需的交通費

如果您住在離醫院很遠的地方，可能會得到一些錢來幫助支付您的交通費和住宿。請您正在接受治療所在醫院的社會工作者或護士幫助您獲得病患者輔助交通費計劃 (Patient Assisted Travel Scheme – PATS)。

BCNA 擁有關於交通費津貼的英文版概況介紹。

### 社區協助

當地居委會可提供房屋清潔、運送、購物、餐飲、園藝和保育方面的幫助。請您正在接受治療所在醫院的社會工作者或護士幫忙。他們可以幫助您組織家庭幫助，或者直接致電當地居委會。



各州和地區的癌症委員會都有關於如何獲得以下方面幫助的資訊：

- 金錢
- 住房（如果您需要從鄉下去醫院）
- 交通費
- 居家服務
- 法律幫助。

如果您需要口譯員，請致電 13 14 50，並要求癌症委員會提供。  
如需英語幫助，請直接致電癌症委員會 13 11 20 或查看網站 [cancer.org.au](http://cancer.org.au)。

BCNA 還有關於養老金和保險的英語版概況介紹。

## 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](http://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](http://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](http://cancer.org.au) for a copy.

## 針對照顧者之支援

如果某位家庭成員正在幫助照顧您，他/她可能會得到照顧者津貼來幫助您的家庭。如需財務幫助和支援的資訊，請聯絡：

- 澳洲照顧者機構 (Carers Australia)，1800 242 636。照顧者諮詢熱線為病患者和殘障人士提供資訊和支援。請瀏覽 [carersaustralia.com.au](http://carersaustralia.com.au)。
- Centrelink 多語種服務，13 12 02。您可以從 Centrelink 獲得經濟幫助，如照顧者津貼或福利優惠卡。

## 出國旅行

如果您計劃出國旅行，在您付款之前，請諮詢您的腫瘤內科專科醫師。出國旅行時請確保：

- 帶一封醫師開具之含您正在服用的藥物的信函
- 為整個旅程攜帶足夠藥物。

離開澳洲後，Medicare 和私人健康保險不再為您的健康費用提供保障。旅行保險可以支付行李丟失等費用。您不太可能會為您的乳癌獲得旅行保險。必須諮詢旅行社或旅行保險專員，了解您可以使用的項目。

BCNA 為罹患轉移性乳癌的女性提供英語版旅行保險概況介紹。



提示：

所有 BCNA 概況介紹可以從 BCNA 網站 [bcna.org.au](http://bcna.org.au) 或致電 1800 500 258 獲得或下載。

## 僱用

如果您還在工作，您可能希望盡可能長時間工作，因為您喜歡工作或因為您需要錢。務必與您的雇主談談在您的工作中有何資源可支援您。

癌症委員會有一本名為《Cancer, Work & You》的英文手冊。請致電 13 11 20 或瀏覽網站 [cancer.org.au](http://cancer.org.au) 獲取該手冊。

## 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](http://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](http://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](http://ccsv.org.au).



## 提前計劃

*我知道，我的家庭對我實際的情況已經很了解，所以他們的安心幫助我準備好度過最後的難關，所以我不必太多地考慮消極的一面。*

談論未來可能發生的事情可能非常困難，您可能覺得這意味著沒有希望。這不是真的。告訴您的醫療保健團隊在您的疾病惡化時什麼對您和您的家人最重要，確保您的願望獲得支援。紓緩治療團隊在幫助病患者及其家人談論他們的目標和願望方面非常有經驗。

提前計劃可能很困難，但一旦您的家人開始談論，您可能會更容易談論您的願望。提前計劃也可以幫助您的家人對有朝一日可能需要為您做出的決定感到平和。您和您的家人可能希望考慮以被稱為預立醫療照護計劃的東西表達您的願望。這很重要，以便您和您家人的願望被照顧您的醫師知道。您或您的家人可以在 Advance Care Planning Australia 中找到所需的有關預立醫療照護計劃的所有資訊。請瀏覽 [advancecareplanning.org.au](http://advancecareplanning.org.au)。

《*Hope & Hurdles Planning Ahead*》手冊以英文提供更多資訊。您可以從 BCNA 網站 [bcna.org.au](http://bcna.org.au) 或致電 1800 500 258 獲取該手冊。



提示：

維省新生會擁有一本稱為《*My Farewell Wishes*》的手冊，可以幫助您和您的家人開始談論您希望在生命結束的那天被如何對待。您可以致電 (03) 9898 9575 或瀏覽 [ccsv.org.au](http://ccsv.org.au) 與維省新生會聯絡以獲取該手冊。

## 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](http://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](http://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](http://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](http://canceraustralia.gov.au).

## 更多資訊



### 澳洲乳癌網絡

BCNA 為您和您的家人提供免費資訊，包括《Hope & Hurdles》，這是一個面向乳癌女性的英文版資訊套。若要獲取《Hope & Hurdles》或其他 BCNA 資訊：

- 請致電口譯服務 13 14 50 並要求 BCNA（透過口譯員與我們交談）提供。
- 請直接致電 BCNA 1800 500 258（以英文與我們交談）。BCNA 的服務熱線提供有關乳癌的免費支援與資訊。您可以在週一至週五上午 9 點至下午 5 點時段來電。
- 請瀏覽網站 [bcna.org.au](http://bcna.org.au) 以要求或下載資訊。

BCNA 的網站提供一段影片，內容為一名華裔女性講述她罹患轉移性乳癌的故事。請瀏覽 [bcna.org.au](http://bcna.org.au)。

BCNA 的免費電話諮詢服務為轉移性乳癌女性及其家庭成員提供一對一的電話諮詢支援。請致電 1800 500 258 了解更多資訊或進行預約。

《The Inside Story》（BCNA 的《The Beacon》雜誌的增刊）載有確診患有轉移性乳癌的人的資料和故事。若要訂閱，請瀏覽 [bcna.org.au](http://bcna.org.au)。



### 澳洲防癌協會

澳洲癌症協會由澳洲政府於 2006 年成立，其宗旨是惠及所有受到癌症影響的澳洲人及其家屬和照顧者。

澳洲癌症協會旨在減少癌症的影響，透過在整個護理過程中領導和協調國家、以證據為基礎的干預措施來為癌症患者解決不平等和改善結果。

澳洲癌症協會與政府和癌症控制社區圍繞共同的議程進行合作，為澳洲所有受癌症影響的人提供知情和有效的癌症控制，並最終實現更好的結果。

如需更多資訊，請瀏覽網站 [canceraustralia.gov.au](http://canceraustralia.gov.au)



## Cancer Councils

Cancer Council Australia's website ([cancer.org.au](http://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](http://ccsv.org.au) or CanRevive in New South Wales on **(02) 9212 7789** or visit [canrevive.com](http://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](http://cancer-fund.org)
- American Cancer Society [cancer.org](http://cancer.org)
- MacMillan Cancer Support, United Kingdom [macmillan.org.uk](http://macmillan.org.uk).

## 癌症協會

澳洲癌症協會網站 ([cancer.org.au](http://cancer.org.au)) 提供有關癌症的資訊，以及每個州和地區癌症委員會網站的連結。

多語言癌症資訊熱線提供有關癌症的中文版資訊。

- 請致電 13 14 50，並請求您所在州或地區的澳洲癌症協會資訊和支援服務，以便在口譯員的幫助下與癌症護士秘密交談。

請直接致電癌症委員會 13 11 20。

## 華人社區癌症組織

華人社區癌症組織擁有幫助您和您的家人的資訊和支援。許多女性及其家人發現，這些組織是能用中文談論癌症經歷的地方。他們配有受訓輔導員來幫助您。請致電 (03) 9898 9575 或瀏覽 [ccsv.org.au](http://ccsv.org.au) 與維省新生會聯絡；致電 (02) 9212 7789 或瀏覽 [canrevive.com](http://canrevive.com)，與新南威爾斯省的更生會聯絡。

## 國際網站

還有向癌症病患者提供中文可靠資訊的國際網站。您可能想要瀏覽：

- 香港癌症基金會 [cancer-fund.org](http://cancer-fund.org)
- 美國癌症協會 [cancer.org](http://cancer.org)
- 英國麥克米倫癌症關懷協會 [macmillan.org.uk](http://macmillan.org.uk)。



## Breast Cancer Network Australia

293 Camberwell Rd  
Camberwell VIC 3124  
1800 500 258  
bcna.org.au

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