

乳癌治療方法

Breast cancer treatments



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的女性提供 *My Journey Kit* (我的旅程套件)，以及為患上繼發性乳癌的女性提供 *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的互聯網與其他成員接觸。

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.

澳洲有許多女性能夠存活的其中一個原因，是因為有良好的治療乳癌方法。不同的治療方法是針對不同類型的乳癌而定。你的醫生會為你制定最適合的治療方法。

One of the reasons so many women survive breast cancer in Australia is because of the excellent treatments available. There are many different types of treatments for breast cancer. This is because there are many different types of breast cancer. Your doctors will work out the best treatments for you.

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When you make your appointments to see your doctor and surgeon, tell them if you need an **interpreter**. An interpreter can help you understand your breast cancer and your breast cancer treatment. There will be many medical words that your doctors will use. An interpreter can help you to understand some of these too.

It is a good idea to write down questions you want to ask your doctor and take these with you to your appointment.

It is also 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.

如果你需要**翻譯員**的協助，請在預約時向你的醫生和外科醫生要求安排。翻譯員可協助你更能瞭解你的乳癌情況和治療方法。你的醫生向你講解時將會使用許多醫學詞匯，翻譯員可以幫助你瞭解其中的內容。

最好先寫下你想問醫生的問題，帶備這些問題前往你的預約。

家人或朋友同行也是一個好主意，他們可以支持你，代你發問和記錄醫生講解的內容。

Why treat breast cancer?

If breast cancer is not treated, the cancer cells in the breast will keep growing. They can spread to other parts of the body, such as bones, the liver or the lungs. This is called secondary breast cancer. Over time, these cancer cells can stop some organs in your body from working, or lead to other life-threatening problems.

It is better if the breast cancer is found before it spreads to other parts of the body and if you start treatment as early as possible.

What do breast cancer treatments do?

Treatments for early breast cancer aim to:

- remove the cancer from the breast
- kill any cancer cells that cannot be seen.

Treatments for breast cancer

Surgery	An operation to take out the cancer and some of the healthy tissue around it
Chemotherapy	Medicine to kill cancer cells in the breast and other parts of the body
Radiotherapy	Treating the area where the cancer was found with radiation (X-rays)
Hormone therapy	Medicine to stop hormone receptor-positive breast cancer growing
Targeted therapy	Medicine to stop certain types of breast cancer, such as HER2-positive breast cancer, growing

為什麼要治療乳癌？

如果不選擇接受乳癌治療，乳房的癌細胞便會不斷地增長。癌細胞會擴散至身體的其他部分，如骨頭、肝臟或肺部，這叫做繼發性乳癌（secondary breast cancer）。隨著時間的過去，這些癌細胞可以令你身體的某些器官功能無法正常地運作，或引起其他危及生命的問題。

最好能夠在癌細胞還未擴散到身體的其他部位前及早發現乳癌，並儘快開始接受治療。

乳癌治療的作用是甚麼？

早期乳癌（early breast cancer）治療的目的是：

- 切除乳房的癌細胞
- 殺死任何不能看到的癌細胞

乳癌治療方法

手術	手術過程是要取出癌腫瘤細胞和圍繞癌細胞周圍的一些健康組織
化療 (chemotherapy)	使用藥物來殺死乳房和體內其他部位的癌細胞
放射性治療 (radiotherapy)	以放射（X-rays）治療來治理被發現還存在癌細胞的範圍
荷爾蒙治療 (hormone therapy)	使用藥物來停止荷爾蒙受體陽性（hormone receptor-positive）乳癌繼續增長
標靶治療 (targeted therapy)	使用藥物來停止某類別的乳癌繼續增長，如HER2陽性乳癌（HER2-positive breast cancer）

You may have one, some or all of these treatments.

The treatment your doctor suggests for you will depend on:

- the type of breast cancer you have and how quickly it is growing
- your age, general health, and what treatments you prefer.

Your doctors will help you decide which treatment is best for you. It is usually alright to take a week or two to decide which treatments you want to have. You might like to talk to your family about it. You can also talk to another doctor, your GP, or a nurse if you are unsure.

When the doctor talked about having a second operation to remove the breast, I said, 'I can't let you know now. I need time to think about this'. He gave me a week. – Sotiria

You will see more than one doctor or nurse during your treatment. Some hospitals will have a special breast care nurse.

你可能會接受進行一個、多個或所有治療方法。

你的醫生會考慮以下因素，然後向你建議適合你的治療方法：

- 你患上的乳癌類別，以及其增長速度
- 你的年齡、健康狀況和你比較接受的治療方法

你的醫生將與你討論最適合你的治療方法。你可以用上一至兩個星期去考慮接受哪種治療，這樣是沒有問題的。你或者想與家人商討情況。如果你有什麼不肯定之處，可向其他醫生、你的家庭醫生或護士詢問。

當醫生告訴我需要做第二次手術來切除乳房時，我說，‘我現在不能讓你知道。我需要時間來考慮一下’。他給了我一個星期。– Sotiria

治療期間你會見多名醫生或護士。有些醫院還特備乳癌護理護士（breast care nurse）。

Surgery

The aim of breast cancer surgery is to:

- take out the cancer and some healthy tissue around it (this is called the 'surgical margin')
- find out more about your breast cancer so that your doctors can suggest the best treatment for you.

Main types of surgery

Breast conserving surgery

This is the removal of (cutting out) the part of the breast where the cancer is located. Other words for breast conserving surgery are lumpectomy, partial mastectomy or wide local excision. This type of surgery is usually recommended if the cancer is small.

Mastectomy

This is the removal (taking off) of the **whole** breast. Bilateral mastectomy is where both breasts are removed. Mastectomy is usually recommended if:

- the cancer is large
- there is more than one cancer in the breast.

Sometimes women have breast conserving surgery first and then a decision is made later to have a mastectomy.

This might happen if:

- the pathology report shows that the margins around the breast cancer were not clear and there are cancer cells still in the breast
- breast cancer comes back in the same breast
- women have had radiotherapy to that breast in the past.

手術

乳癌手術的目的是：

- 取出癌細胞及圍繞乳癌附近的一些健康組織（被稱為切口邊緣組織）
- 檢驗你的乳癌細胞，讓你的醫生更能為你制定最好的治療方法。

主要手術類型

乳房保留手術（breast conserving surgery）

這是取出（切割）有癌腫瘤細胞存在的乳房部分的手術。乳房保留手術的其他名稱包括乳房腫瘤切除術（lumpectomy），部分乳房切除術（partial mastectomy）或擴大局部切除術（wide local excision）。如果癌腫瘤細胞範圍細小，就通常會建議進行這種類型的手術。

乳房切除術

這是取出（切除）**整個**乳房的手術。雙側乳房切除術是指兩個乳房都會被切除。一般建議進行乳房切除術的原因是：

- 癌腫瘤較大
- 乳房有多個癌腫瘤。

有時候女性會先進行乳房保留手術，後期才決定選擇進行乳房切除術。其中原因可能是：

- 病理報告顯示出圍繞乳癌的切口邊緣組織不清晰，乳房仍然存在癌細胞
- 癌細胞在同一個乳房再次出現
- 該女性曾經接受過這邊乳房的放射性治療。

Some women choose to have a mastectomy as their first surgery. Speak to your surgeon about your options.

Lymph nodes removed (taken out)

During the breast cancer surgery, the surgeon will most likely remove (take out) one or more lymph nodes from the armpit (axilla) to see if they have any cancer cells in them. You may be offered one of the following procedures:

- **Sentinel node biopsy**
This is where the first lymph node, or nodes, where the cancer cells are most likely to have spread, are taken from the breast. If cancer cells are found in the nodes that are taken out, you may need more surgery to remove some more lymph nodes.
- **Axillary dissection** (also called axillary clearance)
The word 'axilla' means armpit. Axillary dissection is where some or all lymph nodes are removed (taken out) from the armpit.

Your surgeon will talk to you about which option is best for you.

Breast reconstruction

If you have a mastectomy, you may like to think about having a breast reconstruction. Breast reconstruction means rebuilding a breast shape after breast surgery. This is done using:

- an implant made from silicone or saline

OR

- tissue from another part of your body, for example, fat from the stomach.

有些女性一開始便選擇進行乳房切除術。請先向你的外科醫生瞭解所有選擇。

淋巴結 (lymph nodes) 切除 (取出)

乳癌手術的過程中，外科醫生大多數會切除 (取出) 腋下 (腋窩) 一個或多個淋巴結，檢查其中是否有任何癌細胞。你將會進行以下其中類型的手術程序：

- **前哨結切片檢查 (sentinel node biopsy)**
乳癌通常會先蔓延至前哨淋巴結，這個手術是把一個或多個淋巴結從乳房取出作檢驗。如果發覺淋巴結存在癌細胞，就可能要再做手術來切除更多淋巴結。
- **腋下淋巴結切除術 (亦稱為腋下淋巴結清除術) (axillary dissection)** '腋窩' 是指腋下。腋下淋巴結切除術是把部分或全部淋巴結從腋下切除 (取出)。

你的外科醫生會向你講解最適合你的選擇。

乳房重建 (breast reconstruction)

如果你選擇了進行乳房切除術，你或會考慮之後接受乳房重建手術。乳房重建是一項重整女性乳房的整形手術。方法如下：

- 植入矽膠或鹽水製成物
- 或
- 使用你身體的另一部分，例如植入腹部脂肪組織。

Breast reconstruction may involve several operations. It can sometimes be done at the same time as the mastectomy, or it can be done later. There are different types of breast reconstruction.

Women who have had a mastectomy as part of their breast cancer treatment can have a breast reconstruction in the public health system with most of the costs covered. Not all public hospitals are able to provide reconstruction surgery, so your surgeon might recommend a different hospital. Speak to your surgeon if you are interested in breast reconstruction. Ask about any costs that you might have to pay.

Breast Cancer Network Australia (BCNA) has more information about breast reconstruction in English. If English is not your preferred language, you may like to ask a family member or friend to help explain the information.

It may take you some time to decide if you want to have a breast reconstruction. You don't have to decide straight away. You can choose to have a reconstruction years after your breast cancer treatment.

If you choose not to have a breast reconstruction, you might like to wear a breast prosthesis. A breast prosthesis is something that can be worn inside your bra to give you the shape of a breast. There is more information about this in the booklet *Support that may help*.

乳房重建可能需要幾次手術才完成。這手術有時候會和乳房切除術同時進行，或可以遲些進行。有不同類型的乳房重建手術。

如果乳房切除術是治療乳癌的其中部分，公眾醫療系統將會資助進行乳房重建手術的大部分費用。不是所有醫院都提供乳房重建手術服務，所以你的外科醫生可能會建議另一間醫院。如果你有興趣做乳房重建手術，你可以問你的外科醫生。確保查詢所需費用。

Breast Cancer Network Australia (BCNA) 有更多關於乳房重建的英文資料。如果你有困難閱讀這些資料，你可以要求家人或朋友協助解釋資料內容。

你可能需要一段時間來考慮清楚，無須立即決定是否做乳房重建手術。你可以選擇在整個乳癌療程完成後若干年才做乳房重建手術。

如果你選擇不進行乳房重建手術，你可以嘗試帶乳房假體。乳房假體 (breast prosthesis) 是配帶在你的胸罩裡面，特出乳房形狀的效果。這方面的有關資料可在 *Support that may help* (支援服務) 小冊子內查閱。

Chemotherapy

Chemotherapy uses medication to kill cancer cells that may have spread outside the breast and armpit area that cannot be seen or found. Chemotherapy treats the whole body, not just the area where the cancer was found. It destroys fast growing cells, such as cancer, as well as normal cells in places like the mouth, stomach, bowel, skin, hair and bone marrow. These normal cells repair in time. Damage to the normal cells causes the side effects of chemotherapy. Side effects can include feeling sick or losing your hair.

Chemotherapy can lower the chance that the breast cancer will come back. It can improve the chance of surviving breast cancer.

Not everyone with breast cancer will have chemotherapy. Whether or not you have chemotherapy may depend on:

- the risk of your breast cancer coming back
- if your cancer uses hormones to grow
- your general health
- if you want chemotherapy.

化療

化療是指應用藥物來殺死那些可能已經擴散至乳房以外和腋下範圍，且難以被看見或發現的癌細胞。化療是治療全身，不只是治療發現癌細胞的範圍。化療會破壞快速增長的細胞，如癌細胞，但同時亦會破壞在口腔、胃、腸、皮膚、毛髮和骨髓（bone marrow）等範圍的正常細胞。這些正常細胞修補需時。破壞正常細胞是導致化療副作用的原因。其中一些副作用包括感到不適或掉頭髮。

化療可減低乳癌復發的機會，同樣能夠提升乳癌的活存率。

不是每一個患上乳癌的人都需要做化療，而你是否要做化療需視乎以下因素：

- 你的乳癌復發的機會
- 你的乳癌是否靠荷爾蒙增長
- 你的健康狀況
- 你是否想做化療。

There are different types of chemotherapy. Most chemotherapy is given using a needle and tube to feed the medication through your veins. This is called an intravenous or IV drip. Some chemotherapy is given as tablets. Each type has different side effects. Everyone experiences side effects differently. Some of the most common side effects of chemotherapy are:

- feeling sick (nausea) or vomiting
- becoming very tired (fatigue)
- losing your hair (your hair will grow back later)
- finding it hard to think (sometimes called 'chemobrain')
- your periods stopping (menopause).

If you think you would like to have children after your treatment, it is important to talk with your doctor before you start chemotherapy, as it can affect your ovaries.

Most side effects of chemotherapy can be managed with help from your doctor or nurse.

I was quite sick after my first treatment. My doctors were great and changed my anti-nausea medication, which made the following treatments much easier to handle. – Georgia

A **medical oncologist** is a doctor who is an expert in treating cancer with medications. He or she will speak with you about the best treatments for you.

有各種不同類型的化療。大部分化療是以針管通過靜脈輸送藥物至你全身。這被稱為靜脈注射或輸液。有些化療是口服藥物。每類型的化療都會有副作用，而每一個人的反應都不一樣。一般最常見的化療副作用反應是：

- 感到不適（噁心）或嘔吐
- 變得非常疲倦（疲勞）
- 掉頭髮（你的頭髮以後會重新長出）
- 思緒混亂（有時被稱為'chemobrain'）
- 月經停止（更年期）。

如果你打算在治療後生孩子，最重要是在還未開始做化療前與你的醫生商討，因為化療有可能會影響你的卵巢。

在醫生或護士的協助下，大部份化療的副作用都能夠被控制。

接受第一次治療後我感到非常不適。醫生們都很好，他們更改了給我服用的止吐藥，讓我能夠更容易地應付之後的治療。 - Georgia

腫瘤內科醫生是一位應用藥物醫治癌症的專科醫生。他或她會向你講解最適合你的治療方法。

Radiotherapy

Radiotherapy uses X-rays to kill any cancer cells that may be left in the breast or armpit after surgery. It is usually recommended after breast conserving surgery. Sometimes it is also recommended after a mastectomy.

Radiotherapy is only given to the area that needs to be treated. Before you start radiotherapy, you will meet with:

- a radiation oncologist to plan your treatment
- a radiation therapist who will explain what will happen.

Once radiotherapy starts, you will usually have treatments once a day for five days a week for three to six weeks. You will be given an appointment time for each of your visits. Each treatment usually only takes a few minutes. Radiotherapy is usually painless, but there may be some side effects. The most common side effects are:

- the skin of the breast where you are getting treatment can become red and dry like sunburn
- the skin can become darker and may stay that way for a few months
- feeling more tired than usual during treatment and for a few weeks after treatment is over.

There are other side effects, which are less common. Talk to the radiotherapy or nursing staff about ways to manage the side effects or other concerns you may have.

放射性治療

放射性治療是指使用X光來殺死任何在手術後仍然存在乳房和腋下範圍的癌細胞。醫生通常會建議在乳房保留手術後進行放射性治療。有時候亦會建議在乳房切除術後進行。

放射性治療只應用於需要治療的範圍。未開始接受治療前，你將會見：

- 放射腫瘤醫生來制定你的治療程序
- 放射治療師來解釋治療過程。

放射性療程開始時，你通常會於每週五天，每天一次接受治療，為期三至六週。他們每次都會預先給你下週的預約時間。每次治療只需幾分鐘。放射性治療一般是無痛，但可能會有一些副作用。最常見的副作用包括：

- 接受治療的乳房部位的皮膚會變紅和有點乾燥，就像曬傷一樣
- 皮膚會變深色，並可能會維持幾個月
- 治療期間和治療後數週都會感到比平時疲累。

還有其他的副作用，但並不常見。

向放射治療職員或護士詢問有關應付副作用的方法或其他任何疑問。

Hormone therapies

Hormone therapies (sometimes called endocrine therapies) are drugs (medicines) for women whose breast cancer uses the hormone oestrogen to grow. Hormone therapies stop cancer cells from growing. They lower the amount of oestrogen in the body, or stop the oestrogen from getting into the cancer cells. The type of hormone therapy recommended for you will depend on whether or not your periods have stopped (menopause). Hormone therapies are tablets that are taken every day, usually for five years or more.

Main types of hormone therapies

- Tamoxifen
- Aromatase Inhibitors, e.g. Arimidex, Femara, Aromasin

Tamoxifen

Tamoxifen stops the hormone oestrogen from getting into the breast cancer cells. This stops the breast cancer cells from growing. Tamoxifen can be used to treat women of any age, whether or not their periods have stopped (menopause).

Aromatase inhibitors

Aromatase inhibitors lower the amount of oestrogen in the body. The most common ones are Arimidex, Femara and Aromasin. Aromatase inhibitors only suit women whose periods have stopped forever (permanent menopause).

Hormone therapies are usually given after other breast cancer treatments, such as surgery, chemotherapy and radiotherapy.

荷爾蒙治療

荷爾蒙治療（有時亦稱為內分泌治療, endocrine therapies）是指應用藥物（醫藥）來治療那些靠雌激素（oestrogen）增長的乳癌細胞。荷爾蒙治療能夠停止癌細胞繼續增長。這種治療會降低體內的雌激素量，或者停止雌激素進入癌細胞。荷爾蒙治療是否適合你，要視乎你的月經是否已經停止（更年期）。荷爾蒙治療是每天服用藥物的療法，為期通常是五年或以上。

主要的荷爾蒙治療藥物

- Tamoxifen
- Aromatase Inhibitors、例如Arimidex、Femara、Aromasin

Tamoxifen

Tamoxifen是用來停止雌激素進入乳癌細胞的藥物，能夠停止乳癌細胞繼續增長。Tamoxifen適用於任何年齡的女性，無論她們的月經是否已經停止（更年期）。

Aromatase inhibitors

Aromatase inhibitors是用來降低體內的雌激素量。最常用的藥物是Arimidex、Femara、Aromasin、Aromatase inhibitors只適用於那些月經已經完全停止的女性（永久更年期）。

荷爾蒙治療一般會在完成了其他乳癌療程後進行，如手術、化療和放射性治療。

Targeted therapies

Targeted therapies are drugs (medicines) used to treat some types of breast cancer. The most common targeted therapy is the drug Herceptin. It is used to treat breast cancer that is HER2 positive. This means the cancer cells have higher than normal amounts of the HER2 protein. Herceptin works by stopping the cancer cells from growing and dividing.

One in every five women with breast cancer has HER2 positive breast cancer. Herceptin is given using a needle and tube to feed the medication through your veins (IV drip). It is given by a nurse or doctor once a week or once every three weeks, for a total of 12 months.

Other targeted therapies are being tested in clinical trials. Clinical trials are studies to find new ways to prevent, find or treat diseases.

Side effects of treatment

Some breast cancer treatments have side effects. Everyone is different – you may have side effects or you may not. Your doctor or nurse can give you information about side effects that you may have. Your doctor or nurse can also help you to manage side effects to make you more comfortable.

For more information in English about side effects, visit www.bcna.org.au. There is also more information about side effects in BCNA's *My Journey Kit*.

Tell your doctor if you feel unwell. Most side effects can be managed to make you feel better. – Julia

標靶治療

標靶治療是指應用藥物（醫藥）來治療某些乳癌。最常用的標靶治療藥物是Herceptin。這是用來治療呈現HER2陽性的乳癌。HER2陽性乳癌是指HER2蛋白量高於正常水平。Herceptin的作用是停止癌細胞繼續增長和分裂。

每五個患乳癌的女性，有一個是屬於HER2陽性的乳癌。Herceptin是以針管通過靜脈輸送藥物至你的身體（輸液）。這種藥是由護士或醫生注射，每週或每三週注射一次，為期總共十二個月。

其他標靶治療藥物仍在進行臨床試驗的測試中。臨床試驗研究主要是發挖新方法來預防、尋找和治療疾病。

治療的副作用

某些乳癌治療可能帶有副作用。每個人都不一樣，也許你會有副作用反應，亦可能不會有副作用反應。你的醫生或護士可以給你一些關於副作用的資料。你的醫生或護士也可以協助你應付這些副作用，讓你感到舒服一點。

請登入網站www.bcna.org.au來查閱更多關於副作用的英文資料。BCNA的*My Journey Kit*（我的旅程套件）亦有關於副作用這方面的資料。

如果你覺得不舒服，請告訴你的醫生。大部分的副作用反應都能夠應付，讓你感到舒服一點。 – Julia

Making decisions about treatment

Making decisions about treatments can be very difficult. Some women like to have a lot of information and some women prefer to be guided by the doctors who are looking after them. It is up to you to decide how much information you would like and how involved you would like to be in making decisions about your treatment.

If you don't understand something, ask your doctor to explain – and if you still don't understand, ask them to explain it again and again until it is clear to you. They have been doctors for many years so they understand what they are talking about. For you, it is new territory. – Cassandra

Some women feel uncomfortable asking their doctor lots of questions. But it is important that you ask questions if you feel unsure about something or if you would like more information. It helps to write your questions down before you see your doctor. You can also talk to another doctor or your GP or nurse if you are still unsure.

There is usually time for you to talk to members of your family about which treatments you think will be best for you before making your final decision.

Cancer puts a brake on things, makes you take things slower and forces you to stop and appreciate the value of life and those around you. – Qiao

選擇適合的治療方法

選擇適合的治療方法可以是非常困難。有些女性比較喜歡查閱更多資料，而有些女性就選擇聽醫生的建議，放心由他們來照顧。你自己要確定究竟你需要多少資料，以及如何參與其中的過程來決定你的治療。

如果你有不明白的地方，請叫醫生解釋 – 如果你還是不明白，重複叫他們解釋，直至你清楚為此。他們作為醫生這麼多年，當然明白他們在說什麼。但對你來說，這是一個新的領域。 – Cassandra

有些女性覺得問醫生問題很為難。但如果你不明白，或想獲取更多資料時，最重要是向醫生詢問。最好在看醫生前寫下你的問題。如果你仍然有不肯定之處，可向其他醫生、你的家庭醫生或護士詢問。

在作出最後的決定前，你會被給予時間來與你的家人商討最適合你的治療方法。

癌症就像剎車一樣令一切停頓，迫使你慢下腳步，停下來體會生命的價值和你周圍的事物。 – Qiao

Complementary medicine

Some people choose to use complementary medicines as well as the breast cancer treatment they have planned with their doctors. Examples of complementary medicines are vitamin supplements (such as vitamin C), herbal medicines (such as Chinese and Ayurveda medicines) and homeopathic remedies.

Some complementary medicines may help to make you feel better, **but some can stop the breast cancer treatment that your doctor has planned for you from working properly.**

It is very important to talk to your doctor about any complementary medicines you are taking or thinking about taking.

You can take the complementary medicine to your appointment to show the doctor what you are thinking about trying. Your doctor will tell you if it is safe or not.

輔助藥物 (complementary medicine)

有些人會選擇除了接受醫生為她們制定的乳癌治療外，還會服用輔助藥物。一些輔助藥物的例子包括維他命補充劑（例如維生素C）、中藥（如中國和阿育吠陀藥物）和順勢療法。

某些輔助藥物或會令你感到舒服一點，**但有些會防礙醫生為你制定的乳癌治療，令其功效減低。**

如果你正服用或打算服用輔助藥物時，請必須告訴你的醫生。

你去看醫生時可帶備你打算嘗試服用的輔助藥物，你的醫生會告訴你該藥物是否安全服用。

Finding out more about breast cancer treatments from other sources

This booklet has some information about breast cancer treatments. You can get more information about breast cancer treatments, their benefits and side effects from:

- Your **medical team**, such as your surgeon, medical oncologist and nurse at the hospital.
- The **Cancer Council** in your state or territory can send you information in your language about common cancer treatments such as radiotherapy and chemotherapy. You can call the Cancer Council on **13 11 20** or, if you need an **interpreter**, phone **13 14 50**. The Cancer Council NSW has a multilingual website with lots of cancer information. Go to www.cancercouncil.com.au and click on your language tab on the top left hand corner of the home page.

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

從其他來源尋找更多有關乳癌治療的資料

這本小冊子刊載了有關乳癌治療的一些資料。你亦可以從以下來源獲取更多有關乳癌治療、各種治療的好處和副作用的資料：

- 你的**醫療團隊**，如你的外科醫生、醫院裡的腫瘤內科醫生和護士。
- 你的州或領地的**癌症協會**可以給予你一般癌症治療的中文資料，如放射性治療和化療。你可以直接聯絡癌症協會，電話**13 11 20**。如果你需要**翻譯員**的協助，請致電**13 14 50**。NSW癌症協會的多種語言網站刊登了很多有關癌症的資料。登入網站 www.cancercouncil.com.au 並點擊位於主頁左上角的語言選項。

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

sussan

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