

# 乳癌

About breast cancer



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](http://www.bcna.org.au) 來查閱更多資訊，或使用BCNA的互聯網與其他人接觸。

## 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](http://www.bcna.org.au) for more information or to connect with others through BCNA's online network.

澳洲的大多數女性都能夠在患上乳癌後康復。現今的乳癌治療方法比以往完善得多，越來越多的女性在康復後能夠過著更長久和健康的生活。澳洲是擁有存活率最高的國家之一。

**In Australia, most women survive breast cancer. Treatment for breast cancer is much better now than it was in the past and more and more women are living long and healthy lives after breast cancer. Australia has one of the highest survival rates in the world.**

*When I was first diagnosed, I had no idea what I should do. I was in the mist. I had no information about cancer. I didn't expect to get cancer, so I didn't know what questions to ask. – Ming*

## 這份小冊子

### In this booklet

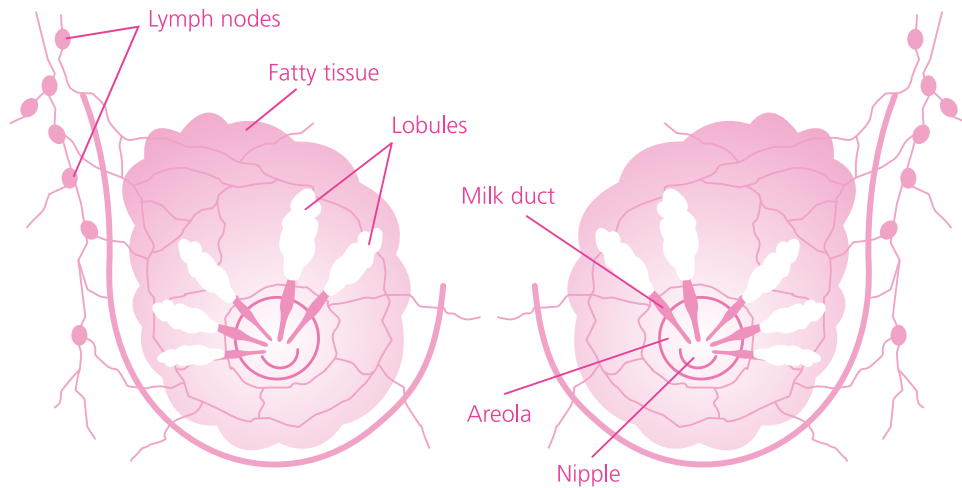
關於乳房 About the breast	3
何謂癌症? What is cancer?	5
何謂乳癌? What is breast cancer?	5
導致乳癌的原因? What causes breast cancer?	7
這些詞匯是什麼意思? What do these words mean?	13
更多資訊 More information	16

當我初被診斷患上癌症時，我不知道應該怎辦。我感到很迷惘。我沒有任何關於癌症的資料。我沒想到會患上癌症，所以我不知道應該問什麼問題。 – Ming

## About the breast

To understand breast cancer, it helps to know what breasts are like on the inside. Breasts are made up of fatty tissue, lobules and ducts. During breast feeding, milk is made in the lobules. Milk travels through the ducts to the nipple. There is fatty tissue around the lobules and ducts.

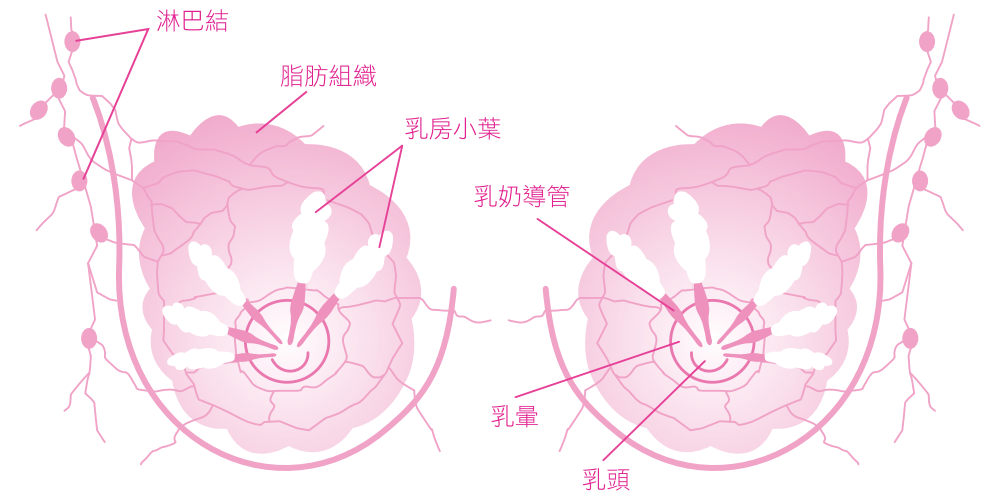
There are also lymph nodes close to the breast in the armpit. Lymph nodes are like filters that clean the blood.



## 關於乳房

要瞭解乳癌，首先我們應瞭解乳房的內部結構。乳房是由許多的脂肪 (fatty tissue)、小葉 (lobules)、導管 (ducts) 構成。在哺乳期，乳房小葉可以分泌乳奶，導管則連接小葉，將分泌的乳奶引流至乳頭。乳房小葉和導管周圍充滿脂肪組織。

乳房旁邊的腋下範圍同樣有淋巴結 (lymph nodes)。淋巴結就像清潔血液的過濾器。



## What is cancer?

Cancer happens when the body's cells grow in a way that is not normal. These cancer cells spread into the body's healthy tissues. Sometimes a cancer is called a tumour.

## What is breast cancer?

Breast cancer is cancer that grows in the breast. There are many different types of breast cancer.

**Early breast cancer** is cancer that is in the breast tissue. It may also have spread to the lymph nodes near the breast or in the armpit. Early breast cancer is sometimes called invasive breast cancer.

**Ductal carcinoma in situ (DCIS)** is breast cancer in the milk ducts of the breast. The breast cancer has not spread outside the ducts into the breast tissue. DCIS is sometimes called non-invasive breast cancer.

**Lobular carcinoma in situ (LCIS)** is breast cancer in the lobules of the breast. The breast cancer has not spread outside the lobules into the breast tissue. LCIS is sometimes called non-invasive breast cancer.

**Secondary breast cancer** is breast cancer that has spread to other parts of the body, such as bones, the liver or the lungs. It is also called advanced or metastatic breast cancer. It is not as common as other types of breast cancer.

## 何謂癌症？

癌症是由於控制細胞生長的增殖機制失常而引起的疾病。這些癌細胞會不斷增長，最後排擠正常細胞。有時候癌症會被稱為腫瘤。

## 何謂乳癌？

乳癌是發生在乳房細胞的癌症。有許多不同類別的乳癌。

**早期乳癌（early breast cancer）**是發生在乳房組織的癌症。有可能擴散至乳房或腋下附近的淋巴結。早期乳癌有時也被稱為侵襲性乳癌（Invasive breast cancer）。

**Ductal carcinoma in situ（DCIS，乳管原位癌）**是發生在乳導管的乳癌。這種乳癌並未擴散至導管外的乳房組織。DCIS有時也被稱為非侵襲性乳癌（Non-invasive breast cancer）。

**Lobular carcinoma in situ（LCIS，葉狀原位癌）**是發生在乳房小葉的乳癌。這種乳癌並未擴散至小葉外的乳房組織。LCIS 有時也被稱為非侵襲性乳癌。

**繼發性乳癌（secondary breast cancer）**是指癌細胞已擴散至身體的其他部分，如骨頭、肝臟或肺部。這種乳癌也被稱為晚期或轉移性乳癌（advanced or metastatic breast cancer），是比較罕見的乳癌。

## What causes breast cancer?

*Initially you go through this, 'Why did this happen to me, I'm a good person'. But I got past that and thought, 'it's just bad luck.' – Maria*

It is not possible for doctors to know what caused your breast cancer. There are some things that can make your chance of getting breast cancer higher, but they don't mean you will definitely get it. Some of the things that make the chance of getting breast cancer higher are:

- being a woman
- getting older
- having a faulty gene passed on from your mother or father
- having a number of other people in your family who have had breast cancer before they turned 50 years old.

### Learning about your breast cancer

After surgery to remove the breast cancer, your surgeon will send the tissue to a pathologist. The pathologist looks at the tissue and writes a pathology report. This report has a lot of information about the breast cancer, including:

- how big it is
- how fast it is growing
- whether it has spread to the lymph nodes
- whether it uses hormones to grow (for example, the female hormone oestrogen)
- whether all the cancer has been removed and if the area around it has any more cancer cells (the 'surgical margin').

## 導致乳癌的原因？

*最初確診時我是這樣想，‘為什麼要這樣對我，我是一個好人’。但都已經過去了，我現在認為，‘只是運氣不好。’ - Maria*

醫生沒有可能知道導致你患上乳癌的實際原因。有些因素可以令患上乳癌的機會提高，但並不代表你會因而患上乳癌。那些可以令患上乳癌機會提高的因素包括：

- 身為女性
- 年紀漸長
- 父母親遺傳的缺陷基因
- 其他多位家庭成員於50歲前曾經患有乳癌。

### 瞭解乳癌

切除乳癌的手術完成後，你的外科醫生將把其中的組織（tissue）送往病理學家。病理學家會檢驗組織，然後寫一份病理報告。這份報告會列明許多關於乳癌的資料，包括：

- 腫瘤的大小
- 腫瘤增長的速度
- 是否已擴散到淋巴結
- 是否因荷爾蒙生長（例如，女性雌激素）
- 是否所有癌症已經切除，周圍的範圍是否有更多的癌細胞（切口邊緣組織）。

You can ask your doctor for a copy of your pathology report to take with you.

The report will be in English and it might have some words that you have never heard before. The meanings of some of these words are on page 13 of this booklet. You can also ask your doctor or nurse to help you understand it. Many women say that it is hard to understand all of the information the doctor tells you.

*When the doctor told me I had breast cancer,  
I went numb. I just stood there and stared at him.  
When I went home, I was so angry. I just could not believe  
what lay in front of me. – Eleni*

### Making decisions about treatment

Your doctor uses the information in your pathology report to know how likely it is that the breast cancer may come back, or spread to other parts of the body. This helps your doctor to decide which treatments may be the best for you. All breast cancers are different. Not everyone has the same treatment.

Your treatment will depend on:

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

Your doctor will talk with you about the treatments that will be best for you. You will have time to talk to your family before you decide what treatment to have. You can also talk to another doctor, your GP or a nurse if you are unsure.

你可以要求醫生給你一份病理報告副本。

這是一份英文報告，所以可能會有一些你從來未聽過的詞匯。你可以從這本冊子的第13頁查閱這些詞匯的意思。你也可以請教你的醫生或護士。許多女性都覺得很難理解醫生講解的所有信息。

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

### 接受治療的決定

你的醫生會使用病理報告上列明的資料來斷定乳癌會否復發或擴散到身體的其他部位。該報告能有助你的醫生來決定哪些治療方法是最適合你。所有乳癌都是不一樣的，不是每個人都會接受同樣的治療。

適合你的治療方法，需視乎：

- 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。你會有時間與你的家人商討應該接受哪種治療。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。

Having the treatments that your doctor recommends for you will give you the best chance of surviving cancer. Your treatment will also lower the chance of cancer coming back. It is good to remember that most people diagnosed with early breast cancer in Australia survive.

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

It is important to ask your doctor questions about anything you do not understand. Sometimes this can be hard and you may not know which questions to ask. It can help to write down questions before your visit. It is a good idea to take a family member or friend with you to your appointments. They can ask questions or write notes about what the doctor says.

**If you need an interpreter, let your doctor or nurse know when you make your appointments.**

*My daughter came with me to my doctor appointments. This was good because I felt so nervous. She remembered to ask the questions I forgot, then after the appointments she could help me understand what happened. It really does help to take a list of questions to every doctor's appointment. No question is too silly and a list helps you to remember the questions you want to ask. – Delene*

The Cancer Council can help answer some of your questions, or help you decide which questions to ask. You can phone the Cancer Council on **13 11 20** or, if you need an **interpreter**, phone **13 14 50**.

接受醫生建議的治療能增加康復的機會，同樣會減低癌症復發的機會。請謹記，澳洲大多數被確診患上早期乳癌的人都能夠存活。

*癌症不是死刑 - 並不是你想像中的那麼可怕，是抱存希望。 - Anh*

最重要是向你的醫生詢問任何你不明白的問題。有時候你會覺得很難發問，或者不知應該問哪些問題，所以最好在看醫生前寫下這些問題。家人或朋友同行也是一個好主意，他們可以發問或記錄醫生講解的內容。

**如果你需要翻譯員的協助，請在預約時向你的醫生或護士要求安排。**

*我的女兒和我一起去看醫生，確實是一件好事，因為我覺得非常緊張。她記得問我忘記了的問題，而看完醫生後，她可以重復解釋當時的情況。看醫生前寫下一些問題是非常有用的。沒有任何所謂愚蠢的問題，預備一份問題列表能幫助你記得想問的問題。 - Delene*

The Cancer Council可以解答你的一些問題，或可以幫你決定問哪些問題。你可以致電**13 11 20**聯絡Cancer Council。如果你需要**翻譯員**的協助，請致電**13 14 50**。

## What do these words mean?

Below are some of the words you may see in your pathology report. Your doctor may talk about them when he or she tells you about the type of breast cancer you have and the best treatment for you.

<b>The grade</b>	The grade of the cancer is about how slow or fast the cancer cells are growing. Grade 1 means the cancer is growing slowly. Grade 3 means the cancer is growing faster.
<b>The stage</b>	The stage of the breast cancer is about how big the cancer is and whether it has spread to the lymph nodes or not.
<b>Lymph nodes</b>	Lymph nodes are found all around the body, including the armpit, groin, stomach, chest and neck. The lymph nodes in the armpit (axilla) or near your breast are often the first place that breast cancer will spread outside the breast. Your surgeon will remove one or more lymph nodes during your breast cancer surgery to see if they have any cancer cells in them.
<b>Surgical margin</b>	The surgical margin is the area around the breast cancer that looks like healthy tissue. It gets taken out with the breast cancer during surgery in case there are some tiny cancer cells in the area that cannot be seen. If there are no cancer cells in the healthy looking tissue, it is said to be 'clear'. If the tissue has cancer cells in it, more surgery may be needed to take all of the cancer out.

## 這些詞匯是什麼意思？

下列的一些詞匯可能在你的病理報告上出現過。你的醫生亦可能在向你講解乳癌類別和最合適的治療方法時提及過。

<b>分級 (the grade)</b>	癌症分級是指癌細胞增長的快慢速度。第1分級 (Grade 1) 是指癌細胞增長緩慢。第3分級 (Grade 3) 是指癌細胞增長快速。
<b>分期 (the stage)</b>	乳癌分期是指腫瘤的範圍，並且癌症是否已擴散到淋巴結。
<b>淋巴結 (lymph nodes)</b>	人體內佈滿淋巴結，包括腋下、腹股溝、腹部、胸部和頸部。腋下（腋窩）或靠近你乳房的淋巴結往往是乳癌先蔓延至乳房外的首個範圍。你的外科醫生將會在進行乳癌手術過程中取出一個或多個淋巴結，檢查其中是否有任何癌細胞。
<b>切口邊緣組織 (surgical margin)</b>	切口邊緣組織是指那些圍繞乳癌附近，看起來似健康組織的範圍。這些範圍在乳癌手術過程中將被取出，目的是以防在範圍內存在著一些不容易被看出的微小癌細胞。如果這些健康組織中並沒發現任何癌細胞，就算是‘正常’。如果邊緣組織含有癌細胞，或許需要進一步手術來完全清除癌腫瘤。



## What do these words mean?

<b>Hormone receptors</b>	When breast cancer cells have hormone receptors on them it means that hormones called oestrogen and/or progesterone make them grow. These cancers are called 'hormone receptor positive' breast cancers. About two out of three women with breast cancer have this sort of breast cancer. This is also called oestrogen-positive (ER+) breast cancer.
<b>HER2</b>	If the cancer is HER2-positive, it means it has higher than normal levels of the HER2 protein and this can make the cancer cells divide and grow.
<b>Triple negative</b>	Triple negative breast cancers have no hormone or HER2 receptors. This means that neither oestrogen, progesterone nor the HER2 protein help the cancer to grow.

## 這些詞匯是什麼意思？

<b>荷爾蒙受體 (hormone receptors)</b>	乳癌細胞具有荷爾蒙受體是指癌腫瘤細胞有雌激素 (Oestrogen) 和/或黃體素 (Progesterone) 的存在而使其增長。這種癌症被稱為荷爾蒙受體陽性乳癌。三位女性中有兩位是患上這種乳癌。這種癌症亦被稱為雌激素陽性 (ER+) 乳癌。
<b>HER2</b>	如果癌症是屬於HER2陽性 (HER2-positive) 類別，即代表HER2蛋白比正常水平較高，可令癌腫瘤細胞分裂和增長。
<b>三陰性乳癌 (triple negative)</b>	三陰性乳癌的癌腫瘤細胞是沒有荷爾蒙或HER2受體，即沒有任何雌激素、黃體素或HER2蛋白協助癌細胞增長。

## 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](http://www.bcna.org.au)**

## 更多資訊

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

致電**1800 500 258**聯絡BCNA

如果你需要**翻譯員**的協助，請致電**13 14 50**。

登入我們的網站**[www.bcna.org.au](http://www.bcna.org.au)**

**sussan**

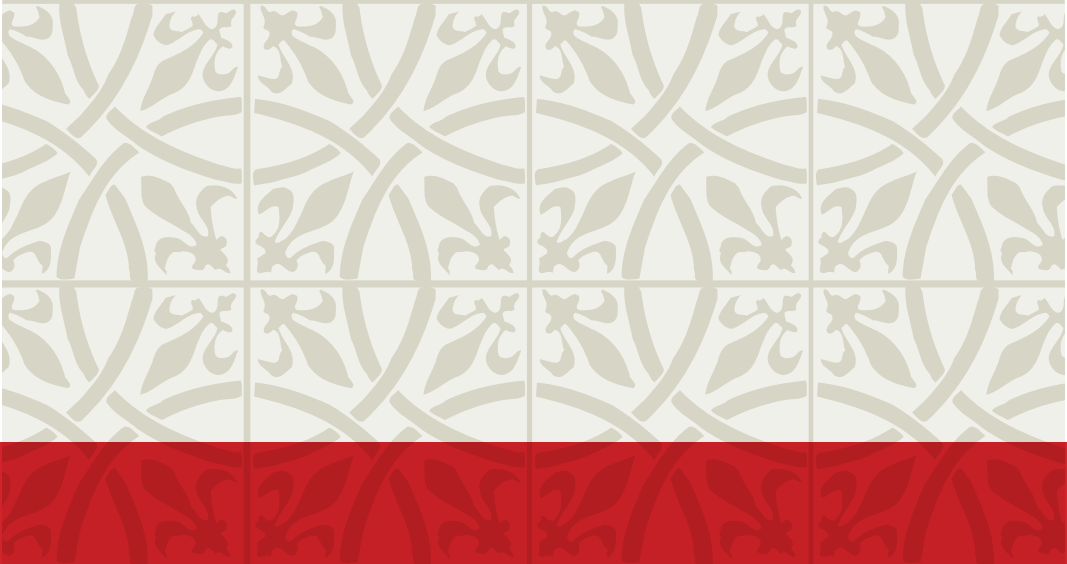
Breast Cancer Network Australia  
acknowledges the assistance of  
Sussan in producing this booklet.

09/14



# 乳癌治療方法

Breast cancer treatments



Traditional Chinese | English



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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.

## 小冊子內容

### In this booklet

為什麼要治療乳癌？ Why treat breast cancer?	5
乳癌治療的作用是甚麼？ What do breast cancer treatments do?	5
手術 Surgery	9
化療 Chemotherapy	15
放射性治療 Radiotherapy	19
荷爾蒙治療 Hormone therapies	21
標靶治療 Targeted therapies	23
治療的副作用 Side effects of treatment	23
選擇適合的治療方法 Making decisions about treatment	25
輔助藥物 Complementary medicine	27
更多資訊 More information	29

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

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

<b>手術</b>	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
<b>化療 (chemotherapy)</b>	使用藥物來殺死乳房和體內其他部位的癌細胞
<b>放射性治療 (radiotherapy)</b>	以放射（X-rays）治療來治理被發現還存在癌細胞的範圍
<b>荷爾蒙治療 (hormone therapy)</b>	使用藥物來停止荷爾蒙受體陽性（hormone receptor-positive）乳癌繼續增長
<b>標靶治療 (targeted therapy)</b>	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](http://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](http://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](http://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](http://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](http://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](http://www.bcna.org.au)

**sussan**

Breast Cancer Network Australia  
acknowledges the assistance of  
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09/14



# 希望和支持信息

Messages of hope and support



Traditional Chinese | English

## 關於我們

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

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

## About us

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

Visit our website [www.bcna.org.au](http://www.bcna.org.au) for more information or to connect with others through BCNA's online network.

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

當知道自己患上乳癌後而感到驚訝和恐懼都是正常的反應。

很多人都擔心癌症是否會自動消失，或者是否會復發。

*癌症不是死刑 - 並不是你想像中的那麼可怕，是抱存希望。 - Anh*

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

有些女性擔心她們的女兒將來也會患上乳癌。

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

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

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

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

*因為你恐懼，你起碼會忘記一半資料。* – Kim

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

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

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

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

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

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

The Cancer Council NSW also has a multilingual website that people from any state can use: [www.cancercouncil.com.au](http://www.cancercouncil.com.au)

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

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

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

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

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

The Cancer Council NSW也有一個多種語言網站，供其他州的人使用：[www.cancercouncil.com.au](http://www.cancercouncil.com.au)

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

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

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

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

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

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

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

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

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

很多女性都認為能夠與其他同樣患上乳癌的女性接觸是有幫助。

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## More information

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

Phone BCNA on **1800 500 258**

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

Visit our website **[www.bcna.org.au](http://www.bcna.org.au)**

## 更多資訊

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

致電**1800 500 258**聯絡BCNA

如果你需要**翻譯員**的協助，請致電**13 14 50**。

登入我們的網站**[www.bcna.org.au](http://www.bcna.org.au)**

# sussan

Breast Cancer Network Australia  
acknowledges the assistance of  
Sussan in producing this booklet.

09/14



# 支援服務

Support that may help



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](http://www.bcna.org.au) 來查閱更多資訊，或使用BCNA的互聯網與其他人接觸。

## 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](http://www.bcna.org.au) for more information or to connect with others through BCNA's online network.

乳癌不僅影響你的健康，亦會令你的日常生活變得較為困難。在你接受治療期間，你可能會覺得不舒服而無法處理自己或其他人的日常事宜。很多女性當發現患上乳癌後都會擔心她們的健康、家庭和經濟。

**Breast cancer not only affects your health, it can also make everyday life more difficult. While you are having treatment, you may not feel well enough to do the things you normally do for yourself or for others. Many women worry about their health, their family and money when they have breast cancer.**

## 小冊子內容 In this booklet

經濟支援 Money	5
義乳 Breast prostheses	7
假髮 Wigs	11
皮膚護理，頭髮護理及化妝 Skin care, hair care and make-up	11
接觸其他女性 Speaking with other women	13
輔導 Counselling	15
交通費 Travel for treatment	17
家務護理 Home help	19
旅遊保險 Travelling overseas	19
本區服務 Local services	19
更多資訊 More information	20

Breast Cancer Network Australia (BCNA) encourages women to look after themselves and to ask family members and friends for help. Some women find this hard to do when they are usually the ones who are looking after others.

*I cannot look after myself until I understand who is going to take the children to school, who is going to clean the house. When that is organised I can start to think about my own health. – Le*

This booklet tells you about some of the organisations that can help you with money and other things that you might need. Your nurse or social worker can also help you to find out about some of these things.

Breast Cancer Network Australia (BCNA) 鼓勵女性們要照顧自己，找家人和朋友幫忙。有些女性覺得找別人幫忙是一件難以開口的事情，因為她們通常是照顧別人的人。

*我無法專心地照顧自己，我擔心誰去帶孩子們上學，誰去打掃房子。當這些都安排好之後，我才可以開始想自己的健康。 - Le*

這本小冊子刊載了一些組織的資訊，可以幫助你解決經濟上和其他方面的需要。你的護士或社工也能夠幫你尋找這些支援。

## Money

If you have a low income or are unable to work because you have breast cancer, you may be able to get payments from Centrelink.

Talk to Centrelink or a social worker at the hospital where you are getting treatment as early as possible. If you are eligible to receive payments it may take time for the money to be given to you.



### Where to get help

For more information about Centrelink payments, visit the Centrelink website:

[www.humanservices.gov.au](http://www.humanservices.gov.au)

Click on the tab at the top of the page for your language or phone **13 12 02** to speak to someone in your language.

*When I had the operation, my husband stayed home for five weeks. We had young children. It was very hard for us financially. – Juan*

## 經濟支援

如果因為患上乳癌而令你的收入下降或失去工作能力，你或可以向Centrelink申請補貼。

請儘早向Centrelink或你接受治療的醫院裡的社工提出。就算你是有資格獲取經濟援助，都必須要等一段時間才正式收取補貼。



### 從哪裡獲取協助

有關Centrelink補貼的更多資料，請登入Centrelink的網站：  
[www.humanservices.gov.au](http://www.humanservices.gov.au)

請於網頁上欄點擊語言選項，或致電**13 12 02** 用你講的語言查詢。

*當手術完成後，我的丈夫留在家裡五個星期。我們有年幼的孩子。當時我們面對著經濟困境。 – Juan*

## Breast prostheses

A breast prosthesis is something that can be worn inside your bra to give you the shape of a breast. After surgery, you might find that wearing a breast prosthesis helps you to feel more confident. Some women do not wear a breast prosthesis. It is up to you.

### Soft form prostheses

A soft form prosthesis is a soft padded pillow that can be worn inside your bra in the days and weeks after a mastectomy. They come in different sizes.

#### **i** Where to get help

BCNA has a *My Care Kit* that you can get for free after breast cancer surgery. The *My Care Kit* contains a bra and a soft form prosthesis.

To find out more about the *My Care Kit* visit BCNA's website: [www.bcna.org.au](http://www.bcna.org.au)

Your breast care nurse can order you a *My Care Kit* with a bra and soft form from BCNA. If you don't have a breast care nurse, you can phone BCNA on **1800 500 258**.

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

## 義乳 (breast prostheses)

義乳是配戴在你的胸罩裡面，幫助特出乳房形狀的效果。手術完成後，你或者會發覺配戴義乳能令你重拾信心。但有些女性並沒有配戴義乳，這是你的選擇。

### 海綿義乳 (soft form prostheses)

海綿義乳是一個柔軟墊枕，你可以做完乳房切除術後長年累月配戴在你的胸罩裡面。這些義乳有不同尺寸。

#### **i** 從哪裡獲取協助

當完成乳癌手術後，你可以免費獲取由BCNA預備的 *My Care Kit* (我的護理套件)。這份 *My Care Kit* (我的護理套件) 內附帶了一個胸罩和一對軟性義乳。

請登入網站 [www.bcna.org.au](http://www.bcna.org.au) 來查閱更多關於 *My Care Kit* (我的護理套件) 的資料。你的乳癌護理護士 (Breast care nurse) 可以幫你向BCNA預訂一份附帶胸罩和軟性義乳的 *My Care Kit* (我的護理套件)。如果你並未接觸過乳癌護理護士的服務，你可以致電 **1800 500 258** 向BCNA查詢這方面的資料。

如果你需要**翻譯員**的協助，請致電 **13 14 50**。



## Silicone prostheses

A silicone prosthesis can also be worn inside your bra. It looks like the shape of a breast and feels like the weight of a breast. You can be fitted for a silicone prosthesis to suit your shape. The cost for silicone prostheses ranges from \$150 to \$500 each.

Large department stores such as Myer sell silicone prostheses, or you can phone the Cancer Council for other places that sell them in your area.

Women who have had a mastectomy can claim up to \$400 (or \$800 if you have had a double mastectomy) every two years for the cost of a prosthesis. Claims can be made through Medicare. If you have private health insurance, ask your insurer how much money they will give back to you. Medicare will pay the rest, up to a total of \$400.



### Where to get help

To claim your reimbursement (get money back) after you have paid for a silicone prosthesis, you need to fill in the reimbursement form and send the form to Medicare. You can get more information and the reimbursement forms from the Medicare website: [www.humanservices.gov.au](http://www.humanservices.gov.au)

You can also phone the Cancer Council for more information on **13 11 20** or, if you need an **interpreter**, phone **13 14 50**.

## 矽膠義乳 (silicone prostheses)

矽膠義乳亦可以配戴在你的胸罩裡面，其形狀看起來似乳房，而感覺就類似乳房的重量。你可以度身訂做適合你形狀的矽膠義乳。一個矽膠義乳價格由\$150至\$500不等。

大型百貨公司如Myer有銷售矽膠義乳，或者你可以致電癌症協會詢問其他在你居住地區內售賣這產品的銷售點。

接受乳癌切除術的女性每兩年最高可索取\$400（或\$800給接受雙乳房切除術的女性）補貼義乳的費用。索取這項補貼需向Medicare申請。如果你有私人保險，請向你的保險公司查詢你能夠索取的補貼金額。Medicare會支付餘額，最高補貼金額為\$400。



### 從哪裡獲取協助

申請報銷（退錢）你已經支付了矽膠義乳的費用時，你需要填寫一份報銷表格，然後把表格遞交給Medicare。請登入網站[www.humanservices.gov.au](http://www.humanservices.gov.au)來查閱更多關於這方面的資料和下載報銷表格。

你亦可以致電**13 11 20**聯絡Cancer Council詢問更多有關資料，如果你需要**翻譯員**的協助，請致電**13 14 50**。

## Wigs

If you have lost your hair from chemotherapy you may want to wear a wig. A wig supplier can help you choose a wig. Wigs can cost from \$80 to many hundreds of dollars. Some Cancer Councils and other organisations run wig libraries where you can borrow wigs for free.

Some women prefer to wear a scarf or a hat while their hair is growing back. Some women don't wear anything on their heads. It is up to you.



### Where to get help

Ask your nurse, social worker or the Cancer Council (phone **13 11 20** or, if you need an **interpreter**, phone **13 14 50**) if they know where you can get wigs.

BCNA has more information in English. You can order the fact sheet called *Hair loss during breast cancer treatment* by phoning **1800 500 258**.

Or if you need an **interpreter**, phone **13 14 50**.

We can post it to you in the mail or you can download it from our website: [www.bcna.org.au](http://www.bcna.org.au)

## Skin care, hair care and make-up

Look Good ... Feel Better is an organisation that runs workshops for women undergoing treatment for cancer. These free three-hour workshops help women to learn about skin care, make-up, wigs, hats and scarves. They are usually run at cancer centres, hospital oncology units, Cancer Council offices and other venues in the community.



### Where to get help

To find a workshop near you visit the Look Good ... Feel Better website: [www.lgfb.org.au](http://www.lgfb.org.au)

## 假髮

如果完成了化療後有脫髮的情況，你或會考慮配戴假髮。假髮店能夠協助你挑選適合你的假髮款式。假髮的價格從\$80至幾百塊不等。癌症協會及其他組織都設有假髮存庫，供你免費借用假髮。

有些女性選擇配戴圍巾或帽子，等她們的頭髮重新長出來。但有些女性不配戴任何東西在頭上，這是你的選擇。



### 從哪裡獲取協助

向你的護士、社工或癌症協會（電話**13 11 20**，或如果你需要**翻譯員**的協助，請致電**13 14 50**）查詢，瞭解他們是否知道從哪裡尋找假髮。

BCNA有更多這方面的英文資料。你可以致電1800 500 258訂閱這份 *Hair loss during breast cancer treatment*（乳癌治療期間脫髮現象）簡介。如果你需要**翻譯員**的協助，請致電**13 14 50**。

我們可以郵寄這份簡介給你，或你可以從我們的網站下載：[www.bcna.org.au](http://www.bcna.org.au)



## 皮膚護理，頭髮護理及化妝

Look Good ... Feel Better是一個為那些正在接受癌症治療的女性安排活動的組織。這個三小時的工作坊教女性們學習如何護理皮膚、化妝、配戴假髮、帽子和圍巾。這項活動通常在癌症中心、醫院腫瘤部、Cancer Council 的辦公室和其他社區的地點舉行。



### 從哪裡獲取協助

如欲查詢你附近舉行的工作坊地點，請登入Look Good ... Feel Better網站：[www.lgfb.org.au](http://www.lgfb.org.au)

## Speaking with other women

Many women say that it helps when they speak with other women who have had breast cancer. Talking to someone who has been through a similar experience can give you hope, encouragement and information.



### Where to get help

#### Cancer Connect

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

#### Support groups

There may be a support group near you where you can go and talk with other people who have had cancer. Ask the Cancer Council if there is a support group near you. They might know of support groups in your language.

You can also visit BCNA's website:

[www.bcna.org.au](http://www.bcna.org.au)

#### Online support

BCNA has an online network where you can connect with people who have been affected by breast cancer from all around Australia on the internet. Everyone is welcome to join the online network. At the moment the online network is in English only.

[www.bcna.org.au](http://www.bcna.org.au)

## 接觸其他女性

大多數女性都認為能夠與其他同樣患上乳癌的女性接觸是有幫助的。接觸其他有類似經驗的人能夠給予她們希望、獲得鼓勵和多方面的資料。



### 從哪裡獲取協助

#### Cancer Connect

Cancer Connect是由Cancer Council規劃的，你可以聯絡一位曾經受訓的自願者傾談，她們同樣曾經患上乳癌。有些Cancer Connect自願者能夠講其他語言。請致電**13 11 20**聯絡Cancer Council查詢有關Cancer Connect這項計劃。如果你需要**翻譯員**的協助，請致電**13 14 50**。

#### 支持小組

你附近的地區可能有一些支持小組，讓你能夠接觸其他曾經患上癌症的人，與她們分享分擔。請向Cancer Council查詢是否有支持小組在你附近。他們可能知道有一些支持小組是講你的語言。

你亦可登入BCNA的網站：

[www.bcna.org.au](http://www.bcna.org.au)

#### 在線支持

BCNA有一個互聯網絡，你可以從網上接觸來自澳洲各地的人，她們都是曾經受乳癌影響。我們歡迎每一個人參與這互聯網。暫時這個互聯網是以英文為主。

[www.bcna.org.au](http://www.bcna.org.au)

## Counselling

Women often say it helps to speak with a counsellor or psychologist in their own language. A Mental Health Plan from your GP can help to pay for up to 10 counselling sessions with a psychologist. Speak with your doctor about a GP Mental Health Plan before you make an appointment with a counsellor.



### Where to get help

Your doctor or nurse can help you to find a counsellor who speaks your language or you can search for a counsellor through the Australian Psychological Society website: [www.psychology.org.au](http://www.psychology.org.au)

## 輔導

女性們都認為能夠與講自己語言的輔導員或心理醫生傾談是有幫助。由你的家庭醫生安排的精神健康計劃可讓你接受最多10次的心理輔導。請在約見輔導員之前，向你的家庭醫生瞭解有關這項精神健康計劃。



### 從哪裡獲取協助

你的醫生或護士可以協助你尋找講你的語言的輔導員，你或者可以從澳洲心理醫生學會搜查輔導員的資料，該學會的網站是 [www.psychology.org.au](http://www.psychology.org.au)



## 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. They may be able to help you to get these payments.



### Where to get help

BCNA has more information in English about payments for travel in the fact sheet called *Patient Assisted Travel Schemes* (PATS). To get a copy of this fact sheet phone **1800 500 258**, or if you need an **interpreter**, phone **13 14 50**. We can post it to you in the mail or you can download it from our website: [www.bcna.org.au](http://www.bcna.org.au)

You can also get more information from the Department of Health website: [www.ruralhealthaustralia.gov.au](http://www.ruralhealthaustralia.gov.au)

The Cancer Council also has more information about how to access these payments. Phone the Cancer Council on **13 11 20** to find out more or, if you need an **interpreter**, phone **13 14 50**.

## 交通費

如果你的住所與醫院的距離很遠，你或可以申請補貼來資助你的交通費和住宿費。向你接受治療的醫院的社工或護士詢問。他們將能夠協助你獲取這些補貼。

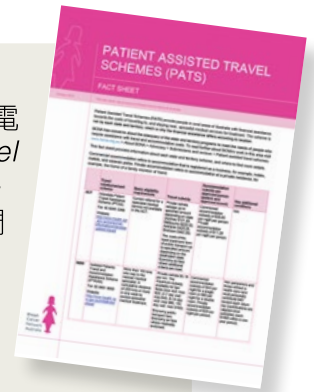


### 從哪裡獲取協助

BCNA 有更多關於交通補貼的英文資料，請致電 **1800 500 258** 訂閱這份 *Patient Assisted Travel Schemes* (PATS, 病者交通輔助計劃) 簡介。如果你需要**翻譯員**的協助，請致電**13 14 50**。我們可以郵寄這份簡介給你，或你可以從我們的網站下載：[www.bcna.org.au](http://www.bcna.org.au)

你亦可登入Department of Health 的網站查閱更多資料：[www.ruralhealthaustralia.gov.au](http://www.ruralhealthaustralia.gov.au)

Cancer Council 也有獲取這些補貼方面的資料。請致電 **13 11 20** 聯絡 Cancer Council，如果你需要**翻譯員**的協助，請致電 **13 14 50**。



## Home help

Your local council may be able to provide help with house cleaning, gardening and child care.



### Where to get help

Ask a social worker or nurse at the hospital where you are getting treatment. They may be able to help you to organise home help. Or you can call your local council directly.

## Travelling overseas

Travel insurance covers you for losses, illness or injuries when you travel.



### Where to get help

BCNA has more information in English about travel insurance in the fact sheet called *Travel insurance – For women with early breast cancer*. To get a copy of this fact sheet phone **1800 500 258**, or if you need an **interpreter**, phone **13 14 50**. We can post it to you in the mail or you can download it from our website: [www.bcna.org.au](http://www.bcna.org.au)

## Local services

BCNA has a Local Services Directory to help you find breast cancer related support and services in your local area. The Local Services Directory is in English.



### Where to get help

Visit BCNA's website: [www.bcna.org.au](http://www.bcna.org.au)

## 家務護理

你的本區市政府可以為你提供家務清潔、花園和托兒服務。



### 從哪裡獲取協助

向你接受治療的醫院的社工或護士詢問。他們將能夠協助你作出安排。你或可直接聯絡你的市政府。

## 旅遊保險

旅遊保險能保障你於旅遊時的損失、疾病或受傷的費用。



### 從哪裡獲取協助

BCNA有更多關於旅遊保險的英文資料。請致電 **1800 500 258** 訂閱這份 *Travel insurance – For women with early breast cancer* (旅遊保險 - 給患上早期乳癌的女性) 簡介。如果你需要**翻譯員**的協助，請致電 **13 14 50**。我們可以郵寄這份簡介給你，或你可以從我們的網站下載：[www.bcna.org.au](http://www.bcna.org.au)



## 本區服務

BCNA預備了一份本區服務目錄，可以幫助你尋找在本區乳癌相關的支持和服務。這份目錄是英文編制的。



### 從哪裡獲取協助

登入BCNA的網站：[www.bcna.org.au](http://www.bcna.org.au)

## 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.

We have another fact sheet in English that includes more places you may be able to get help. To get a copy of this, phone BCNA on **1800 500 258** or visit [www.bcna.org.au](http://www.bcna.org.au)

Phone BCNA on **1800 500 258**  
If you need an **interpreter**, phone **13 14 50**.

Visit our website [www.bcna.org.au](http://www.bcna.org.au)

## 更多資訊

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

我們還有一份刊登了其他支持服務的英文版資料冊子。如欲索取這份冊子，請致電**1800 500 258**來聯絡BCNA，或登入網站[www.bcna.org.au](http://www.bcna.org.au)查閱。

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](http://www.bcna.org.au)

**sussan**

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