

治療轉移性乳癌並治療其副作用

為居住在澳洲的華裔女性提供的資訊

Treatment for metastatic breast cancer and managing its side effects

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 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 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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Treatment for metastatic breast cancer

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

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

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

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

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

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

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



轉移性乳癌的治療

必須剛強勇敢地完成治療過程。我知道這不容易，因為我也花了很長時間來接受這個現實，並改變了我的心態。

儘管轉移性乳癌不被認為是可治癒的，但也有很多治療方法可用。這些治療方法的目標是：

- 控制癌症的惡化
- 幫助控制症狀
- 提高您的生活品質
- 盡可能延長您的壽命。

當您預約訪問醫師時，請告訴他/她是否需要口譯員。口譯員可以幫助您了解您的乳癌及其治療方法。醫師可能會使用許多醫學詞彙。口譯員也可以幫助您了解這些醫學詞彙。口譯員不負責直接對您的疾病提供資訊或建議。

最好寫下您想要問醫師的問題，並在預約時帶上這些問題。不要害怕提問。預約時帶上您的家人或朋友也是個好辦法。他們也可以就醫師說的內容提問或做筆記。



您可能想要告訴醫師以下方面的提示：

- 您感覺如何
- 您的治療是否出現任何可能令您擔心的副作用
- 您是否感到疼痛
- 您是否注意到上次探訪以來的任何變化。



What do breast cancer treatments do?

Treatment for metastatic breast cancer is given to:

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

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

There are treatments:

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

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

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

(i) Treatments for your whole body

Hormone therapy

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

乳癌治療方法有何用？

提供轉移性乳癌的治療方法是為：

- 減緩腫瘤的惡化和擴散，甚至縮小腫瘤
- 控制疼痛等症狀。

調查使我們更好地了解乳癌，因此有很多新的治療方法可用。如果一種治療方法對您無效，通常會有其他方法可嘗試。

有的治療方法：

- 適合您的全身；這些治療方法可以發現任何地方的癌細胞
- 用於治療乳癌擴散的特定區域。

您醫師建議您使用的治療類型也可能取決於：

- 您的年齡
- 您曾經接受過的任何乳癌治療方法
- 您的總體健康
- 您的願望。

(i) 適合您全身的治療方法

荷爾蒙療法

荷爾蒙自然存在於體內。一些乳腺腫瘤依賴雌荷爾蒙和孕酮荷爾蒙才能生長。這被稱作「荷爾蒙受體陽性」乳癌。荷爾蒙治療用於阻止腫瘤生長。荷爾蒙藥物是每天服用的片劑。有時，荷爾蒙療法可使關節感覺僵硬或疼痛，或引起熱潮紅。

Chemotherapy

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

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

These normal cells get better in time.

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

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

Targeted therapy

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



化療

化療使用化學藥物殺傷已擴散到全身的癌細胞。它會破壞快速生長的細胞（如腫瘤）以及像口腔、頭髮或胃部等部位的正常細胞。正常細胞的損傷會引發副作用。這些副作用可能包括：

- 口腔腫痛
- 感到噁心
- 食慾不振
- 脫髮。

這些正常的細胞隨著時間的推移會變好。

化療分不同類型。大多數化療是在手臂或手上使用小針管透過靜脈給藥。這被稱為靜脈滴注法。化療使用非常強效的藥物，所以對於沒有罹患癌症的人來說，注意不要接觸藥物會更安全。因此，腫瘤科護士和醫師會穿戴手套、護目鏡、長袍，有時也戴口罩。

一些化療藥物以片劑形式給藥。每種化療都有不同的副作用。腫瘤內科專科醫師將能告訴您化療可能產生哪些副作用。大多數副作用可以在醫師或護士的幫助下進行控制。

針對性治療

靶向療法使用阻止特定類型乳癌細胞生長的藥物。該藥不會那麼影響體內其他細胞。最常見的靶向療法之一是使用賀癌平（Herceptin）。它用於治療一種稱為 HER2 陽性的乳癌。這意味著癌細胞上的蛋白質太多，導致癌症生長和擴散。這些蛋白質被稱為 HER2 受體。賀癌平可以使用針管透過靜脈給藥（靜脈滴注法）。有時，它可以皮下注射方式給藥。



Supportive therapy

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

(ii) Local treatment

Radiotherapy

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

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

Radiotherapy can make:

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

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



Surgery

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

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

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

支援療法

如果轉移性乳癌擴散到骨骼，可能會給藥來阻止任何問題。這些問題可能包括讓您感覺不適的骨痛或血液中的鈣過多。治療可以幫助阻止這種問題發生。可以透過靜脈滴注法、片劑服用或皮下注射方式給藥。

(ii) 局部治療

放射療法

放射療法使用針對癌症的輻射束來殺傷癌細胞。通常使用體外機器給藥。放射療法不會使您產生放射性。這意味著您可以安全地與家人和孩子親密接觸。

放射療法可用於緩解骨骼、皮膚或大腦的疼痛。它憑藉縮小腫瘤來做到。疼痛消失可能需要幾週的時間。在醫院給予治療，您可能需要隨訪多次。放射腫瘤專科醫師會和您討論您可能需要放療的時間和頻率。

放射療法可以使您：

- 感覺疲勞
- 皮膚發紅
- 感到噁心。

副作用取決於正在治療身體的哪一部位。藥物可以治療副作用。放射療法完成後，副作用會有所改善。



外科手術

外科手術是切除腫瘤的手術，不常用於轉移性乳癌的女性。然而，有時可以用於：

- 從身體的某個部位（大腦或骨幹）切除導致頭痛或行走困難等症狀的腫瘤
- 防止或修復骨折
- 清除肺、心臟或胃周圍收集的液體，以幫助您感覺更舒適。

如需治療副作用及如何管理這些副作用的更多資訊，請參閱第 25 頁。

Clinical trials

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

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

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

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



臨床試驗

每當我找到有關新藥的更多資訊時，我會問我的醫師這種藥物是否上市。我通常會從中文作為主要語言的多家網站或者從與我經歷相同情形的病患者獲得此資訊。

臨床試驗是尋找新的及更好的乳癌治療方法的途徑。選擇參加臨床試驗可以讓您有機會免費使用您可能無法另行享用的治療。如果治療效果不好，或者如果發現新的治療方法對您的癌症類型有更好的療效，這可能就很重要。您的腫瘤內科專科醫師可以為您提供更多資訊，並解釋臨床試驗是否適合您。臨床試驗並不適合每個人。

您也可能會聽說其他可在海外上市但未在澳洲供應的藥物。如果您擔心某藥物是否適合您，請諮詢腫瘤內科專科醫師，因為該藥物可能不安全或不適合您。

澳洲的癌症治療水平位居世界前列。在另一個國家的護理不太可能更好。



Making decisions about treatment

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

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

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



How will I know my treatment is working?

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

Managing symptoms and side effects from treatment

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

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

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

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

做出治療決定

做出治療決定是非常困難的，每個人在做此決定時的情況略有不同。一些女性喜歡擁有很多資訊，另一些女性則更喜歡受照顧他們的醫師的指導。有些女性也喜歡偏好家人為他們作出決定。

您需要決定自己需要多少資訊以及希望參與治療決定的程度。

有些人可能會選擇治療，即使這樣做延長壽命的機率很小。其他人希望確保治療的好處超過治療的副作用。必須就您的治療及治療對您的意義諮詢醫師。

我怎麼知道我的治療有效？

X-射線、掃描或血液檢查等定期複查和試驗，可用於了解治療是否有效。如果您感覺好一點，這也可表明您的治療是有效的。必須就您可能進行的試驗諮詢醫師。試驗結果可能會影響您正在進行的治療。

治療



控制治療的症狀和副作用

轉移性乳癌及其治療可引起症狀和副作用。這些症狀和副作用可能取決於：

- 腫瘤已擴散至體內的部位
- 您的治療類型
- 您的總體健康和幸福。

必須告訴醫師或護士您所擔心的副作用。他們可以幫助您控制副作用，並確保一切正確。

在閱讀本節之前，必須清楚每個人都是不同的，並以不同的方式管理副作用。您可能不想立即閱讀本節所有內容。如果您出現讓您擔心的副作用，可以隨時回來查閱。

Pain

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

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

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

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

Nerve pain

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

疼痛

許多女性擔心會因轉移性乳癌而感到疼痛。重要的是，一些女性很少或不會出現疼痛。同樣重要的是，您可以尋求援助，幫助止痛。

如果您的疼痛在白天沒有受到控制或者您的疼痛在晚上讓您無法入睡，請告訴您的醫師。醫師可以改變藥物的劑量或類型，以幫助您更好地控制您的疼痛。有時，腫瘤內科專科醫師會建議您找專家控制疼痛。這可能是透過疼痛門診或紓緩治療服務。沒有痛苦，您的生活會更好，您將能夠做更多您想做的事情。

有些人擔心會變得依賴藥物。他們可能減少止痛藥的劑量，因為他們擔心他們會對止痛藥上癮。其他人擔心這意味著癌症會越來越嚴重，他們很快就會死亡。有很多關於藥物的虛假謬見。例如，如果您服用嗎啡來止痛，則不會對嗎啡上癮。許多人長時間服用嗎啡可以更好地控制疼痛。必須設法控制您的疼痛。

放鬆療法、針灸、輕柔按摩或熱或冷敷包等療法也可能有幫助。

神經疼痛

有時，癌症或化療會引起手指和/或腳趾疼痛、刺痛和麻木以及腿部肌肉無力。神經疼痛是由於癌症或藥物直接損害神經引起。如果您有神經疼痛，請務必告訴醫師，以便醫師給您使用正確的藥物來止痛。

Feeling tired (fatigue)

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



Tips to help with fatigue:

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

感覺疲勞（疲倦）

感覺疲倦是癌症及其治療的常見副作用。您也可能會感到困倦、困惑、食慾減退，或者很難集中精力。飲食不佳、睡眠不足、疼痛和憂慮會加重疲勞。休息也可能不會緩解。一旦治療結束，您可能會繼續感到疲勞。這可能會影響您應對和享受生活的能力。



緩解疲勞的提示：

- 計劃您的一天，以便您有時間休息或打盹。
- 每天早上同一個時間起床，即使您感到疲勞。
- 每天做輕巧的運動（如步行或太極）都有幫助。
- 儘可能安排好飲食，並喝大量的液體。
- 讓別人幫您。您可以請當地居委會幫忙做家務。
- 讓自己放鬆一下。不要擔心您應該做什麼。冥想、閱讀或聽音樂都有益。
- 計劃在特殊場合或在您治療的日子裡休息。
- 與有積極心態的朋友在一起。

Feeling sick (nausea)

Nausea can be:

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



Tips to help with nausea:

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

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

感到噁心

噁心可能是：

- 由癌症本身引起
- 化療、放療或強效止痛藥的副作用
- 便秘症狀。



治療噁心的提示：

- 少吃多餐，例如湯、餅乾或吐司。
- 避免有強烈氣味的油脂或油炸食品。
- 進食前後休息。
- 細嚼慢嚥，幫助您更好地消化。
- 白天喝大量液體，例如薑味汽水、蘇打水或淡茶。冰條或冰塊是獲得更多液體的其他方法。
- 按醫囑用藥，防止噁心。
- 就吃什麼食物諮詢營養師。

放鬆、催眠和針灸等療法也有幫助。

Sore mouth

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



Tips to help with a sore mouth:

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

口腔腫痛

一些化療可能會導致口腔潰瘍或口腔感染。口瘡可能在治療後五到十天產生，在一兩個星期後就消失了。向醫師或護士詢問合適的漱口水，而不是從商店購買可能對您而言太濃的漱口水。如果您注意到口腔變化並發現很難吞嚥，請務必告訴您的醫師。如果您有牙科（牙齒）問題，請與您的醫師交談。在進行任何牙科治療之前，請將您正在化療的事情告訴牙醫。



治療口腔腫痛的提示：

- 使用柔軟的牙刷輕輕清潔牙齒。
- 用漱口水或一杯溫水，加一茶匙鹽或小蘇打（您可以在超市購買）清洗口腔（漱口並吐出），每天四次。
- 經常喝冷水或在冰塊上吮吸。
- 吃柔軟的食物，如酸奶、冰淇淋或軟果凍。
- 避免會刺痛口腔或引起口腔疼痛的硬、脆、辛辣、鹹或生的食物。
- 用醬汁保持食物濕潤。
- 如果您戴假牙，請將其過夜浸泡，然後在白天盡量長時間從口腔取出。

Constipation

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

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



Tips to help with constipation:

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

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

便秘

如果您排便硬而少，可能出現了便秘。便秘可能是由以下原因引起：

- 癌症及其治療
- 少鍛煉
- 飲食改變
- 止痛藥。



治療便秘的提示：

- 吃更多的高纖維食物，如水果、蔬菜和全麥麵包。
- 喝大量的液體，如水。
- 做輕巧的運動，如走路。
- 少吃多餐。
- 就有關治療便秘的藥物（瀉藥）諮詢您的醫師。

服用嗎啡或美施康定(MS Contin) 等止痛藥時，通常使用瀉藥。

Diarrhoea

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

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

Let your oncologist, GP or nurse know if diarrhoea:

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

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



Tips to help with diarrhoea:

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

腹瀉

腹瀉（排稀水樣便）可由以下因素引起：

- 一些可影響消化系統膜的化療藥物
- 感染
- 治療便秘的藥物。

告知腫瘤內科專科醫師、家庭醫師或護士腹瀉是否：

- 持續了一天以上
- 在您改變飲食後不消失（請參閱下面的提示）
- 在使用腹瀉藥物後不見效。

腹瀉可以使您脫水，所以如果您擔心，請聯絡您的醫師或護士以保持安全。



治療腹瀉的提示：

- 避免食用辛辣食品、全麥食品、脂肪或油炸食品、帶皮和含種子的未熟水果和蔬菜。
- 嘗試吃清湯和烤麵包、餅乾和奶酪。
- 如果您的口腔乾燥，喝一小口水或在冰塊上吮吸。
- 按醫師或護士建議服用藥物以控制您的腹瀉。
- 在藥店購買流體飲料，如 Gastrolyte。

Poor sleep

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



Tips to help you sleep better:

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

睡眠不好

即使您可能會感到疲勞，也可能發現在晚上很難入睡。這可能是由於疼痛、感到噁心或擔心所致。



幫助改善睡眠的提示：

- 嘗試在睡前洗個溫水浴或按摩。
- 喝一杯您喜歡的熱飲料（但不是含咖啡因的飲料，如咖啡）。
- 每天同一時間起床，並在同一時間上床睡覺。
- 嘗試定期鍛煉，讓您睡得更好。
- 如果您感覺疼痛，就在您睡覺之前服用止痛藥，使您不在夜間醒來。
- 瑜伽、正念、冥想和太極可以減輕憂慮。
- 確保您的臥室黑暗而安靜。

Hair loss

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



Tips to help with hair loss:

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

脫髮

許多接受化療的人會擔心會失去頭髮。一些藥物可能會使您的頭髮變稀或脫落，但其他許多藥物不會。脫髮最常見於頭部，但您的手臂、腿部、恥骨區域、睫毛和眉毛也可能脫落毛髮。失去您的頭髮可以令人非常沮喪。這可能意味著您擔心別人知道您的病。一旦化療完成，您的頭髮會再長出來。這可能需要幾個月的時間。如果您擔心，請告訴您的醫師，因為會有辦法幫助減少脫髮。



幫助減少脫髮的提示：

- 使用溫和的洗髮水。
- 避免用吹風機吹乾頭髮。
- 使用柔軟的梳子或刷子。
- 戴假髮、漂亮的圍巾或帽子。在您的頭髮再次長出來前，這可以讓您感覺更好。您的護士或社會工作者可以幫助您獲得假髮。
- 使用防曬霜、帽子或圍巾來保護頭部免受太陽的傷害。
- 配戴太陽眼鏡，保護眼睛免受灰塵和陽光的傷害。

Nail and skin problems

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



Tips to help with nail and skin problems:

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

Difficulty with memory or concentrating

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



Tips to help with memory or concentration:

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

指甲和皮膚問題

化療可能會影響指甲和腳趾甲。它們可能改變顏色或破裂和疼痛。您的皮膚也可能變得乾燥或瘙癢或可能脫皮。



解決指甲和皮膚問題的提示：

- 剪短您的指甲。
- 讓您的手和指甲保持清潔，以防止感染。
- 使用沒有氣味的保濕霜。
- 做家務和園藝時配戴手套。
- 避免可能刺激皮膚的香水和除臭劑。
- 在陽光下穿戴寬鬆的棉衣、帽子並用防曬霜。

難以記住或集中精力

化療可以讓您覺得模糊、忘記事情或言語。



幫助記憶或集中精力的提示：

- 嘗試瑜伽，或在走路時冥想。
- 嘗試做一個測驗或拼圖。
- 做一些運動或活動。
- 寫下來或列一個清單。
- 擁有幫助您記住的作法（比如把鑰匙放在同一個地方）。
- 對您自己要有耐心，因為事情可能需要多花一點時間。考慮嘗試做比您通常情況下更少的事情。

Breathing problems

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



Tips to help with breathing problems:

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

Menopause symptoms

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



Tips to help with the symptoms of menopause:

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

呼吸問題

呼吸短促是非常可怕的。這並不意味著癌症越來越嚴重，但是請盡快讓您的醫師知道這一點。這可能是由於肺上的液體、感染或低血細胞計數所致。對此有相關治療方法。



幫助解決呼吸問題的提示：

- 嘗試以枕頭支撐坐在床上睡覺。
- 慢慢地做事情。
- 打開窗戶或使用風扇來幫助室內空氣流動。
- 嘗試放鬆和更慢呼吸。
- 盡快尋求醫師的幫助。

更年期症狀

更年期是卵巢停止產生女性荷爾蒙（雌激素）的時期。這是變老的一個正常階段。乳癌的治療可能導致更年期早於正常情況。您可能有熱潮紅、出汗、疲倦、睡眠困難、疼痛、情緒變化，並對性生活失去興趣。



幫助解決更年期症狀的提示：

- 穿棉衣減少出汗。
- 洗個溫水浴，讓您感覺更舒適。
- 嘗試冥想和放鬆練習。
- 限制熱飲或酒精飲料。
- 如果性生活痛苦，可以使用陰道保濕霜。醫師或護士會告訴您使用什麼樣的陰道保濕霜。
- 請向腫瘤內科專科醫師尋求幫助，以管理絕經期症狀。

Other symptoms

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

Support available to help manage symptoms

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

Palliative care can help you with:

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

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

其他症狀

您可能還會出現眼痛、排尿燒灼感或刺痛，或由於化療引起的手臂和腿部腫脹。立刻告知您的醫師，以便給予正確的治療。

可用於幫助控制症狀的支援

當聽到紓緩治療時，許多人都會害怕。他們認為，只會在您生命的最後幾個月或幾週的時間裡才向您提供紓緩治療。這不是真的。紓緩治療可以幫助人們罹患無法治癒的疾病（如轉移性乳癌）時盡可能充分和舒適地生活。紓緩治療意味著您、您的家人和照顧者獲得實際、情感和身體支援。

紓緩治療可以幫助您：

- 緩解疼痛等症狀，如嘔吐或呼吸短促
- 您家中幫助您和您的家人的設備，如輪椅、特殊病床和淋浴椅
- 從政府獲得居家服務或資助
- 對您的文化敏感的情感和精神支援
- 諮詢和哀傷支援
- 短時間內轉診到專門的安寧護理（喘息護理）。

紓緩治療還可以幫助您和您的家人就您現在所需的護理以及您的癌症惡化時需要的護理做出決定。

Complementary and alternative therapies

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

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

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

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

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

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

補充和替代療法

常規或西醫療法，如手術、化療、放療和荷爾蒙治療是醫師用於治療癌症的標準治療方法。這些治療方法已經得到很好的研究並且是安全的。

補充療法是可以幫助補充（或支援）治療的療法。它們可以幫助：

- 癌症的副作用及其治療
- 讓整體感覺更好。

例如，針灸可用於治療疼痛、焦慮、噁心、口乾和熱潮紅。

有些人也可能希望服用中草藥或維他命等補充藥物來幫助改善健康。必須清楚，很多草藥沒有經過很好的測試或研究。它們的影響並不是很清楚。雖然一些草藥可能有用，但其他草藥可能會引起副作用。它們也可能使乳癌治療喪失本應有的療效。請告訴您的醫師您想要採取的草藥療法，以確保它們是安全的，不會影響您的乳癌治療。

如需草藥及其安全使用的更多資訊，請瀏覽 [Memorial Sloan-Kettering 癌症中心網站 \[mskcc.org/aboutherbs\]\(https://www.mskcc.org/aboutherbs\)](https://www.mskcc.org/aboutherbs)。

More information



Breast Cancer Network Australia

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

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

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

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

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



Cancer Australia

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

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

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

For more information visit canceraustralia.gov.au.

更多資訊



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 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。

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。



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



Cancer Councils

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

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

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

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



Chinese community cancer organisations

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

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



International websites

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

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

癌症協會

澳洲癌症協會網站 (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 與維省新生會聯絡；致電 (02) 9212 7789 或瀏覽 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
- 美國癌症協會 cancer.org
- 英國麥克米倫癌症關懷協會 macmillan.org.uk。



Breast Cancer Network Australia

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

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