

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 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 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

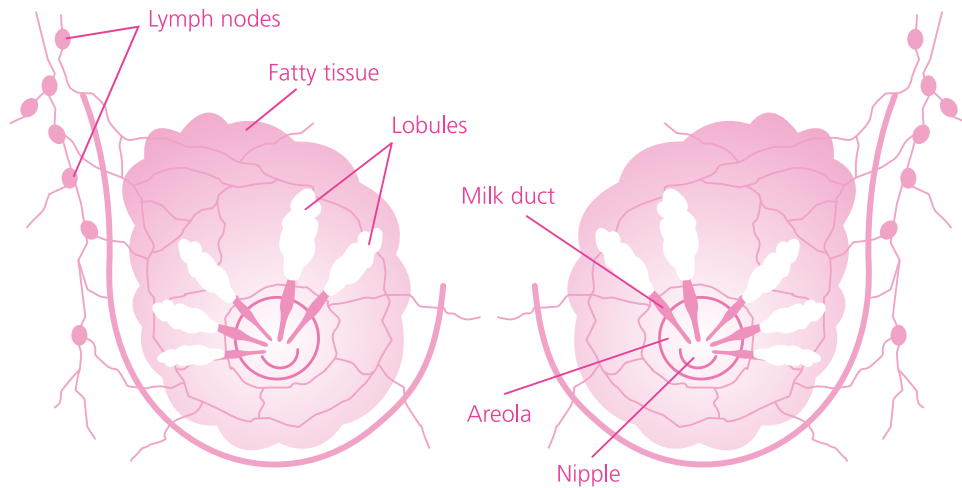
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當我初被診斷患上癌症時，我不知道應該怎辦。我感到很迷惘。我沒有任何關於癌症的資料。我沒想到會患上癌症，所以我不知道應該問什麼問題。 – Ming

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.

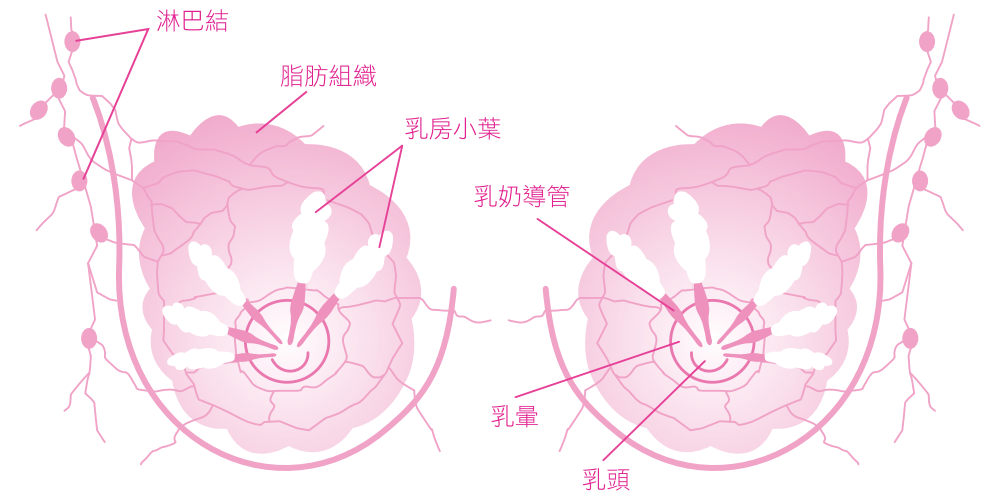
There are also lymph nodes close to the breast in the armpit. Lymph nodes are like filters that clean the blood.



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.

The grade	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.
The stage	The stage of the breast cancer is about how big the cancer is and whether it has spread to the lymph nodes or not.
Lymph nodes	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.
Surgical margin	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。

分級 (the grade)	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。
分期 (the stage)	乳癌分期是指腫瘤的範圍，並且癌症是否已擴散到淋巴結。
淋巴結 (lymph nodes)	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。
切口邊緣組織 (surgical margin)	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?

Hormone receptors	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.
HER2	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.
Triple negative	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？

荷爾蒙受體 (hormone receptors)	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。
HER2	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。
三陰性乳癌 (triple negative)	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**

更多資訊

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

致電**1800 500 258**聯絡BCNA

如果你需要**翻譯員**的協助，請致電**13 14 50**。

登入我們的網站**www.bcna.org.au**

sussan

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