

轉移性乳癌 － 尋找出路

為居住在澳洲的華裔女性提供的資訊

Metastatic breast cancer － finding your way

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.

This project is a Cancer Australia *Supporting people with cancer* Grant initiative, funded by the Australian Government.

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。

本手冊內容 In this booklet

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About metastatic breast cancer

This booklet is for women who have just found out they have metastatic breast cancer.

Most women feel very frightened when they are told they have metastatic breast cancer (breast cancer that has spread from the breast to other parts of the body). Many will have lived through the upset of early breast cancer and may have believed they were cured. For others a diagnosis of metastatic breast cancer might be the first time they have had breast cancer.

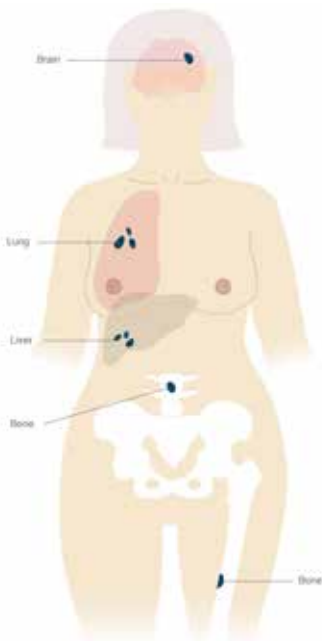
In this booklet you will find information about metastatic breast cancer and its treatments.

It aims to give you:

hope, as many people with metastatic breast cancer live for years with their cancer under control

confidence that your cultural needs will be respected

comfort that decisions will be made with you and your family.



What is metastatic breast cancer?

Figure 1: Common sites where breast cancer may spread

Metastatic breast cancer is breast cancer that has spread to other organs in the body. It is found most often in the bones, lungs, liver, or less often, in the brain.

Although metastatic breast cancer has spread to another part of the body, it is still treated with breast cancer treatments. For example, breast cancer that has spread to the bones is still breast cancer (not bone cancer). It is treated with breast cancer drugs, rather than treatments for a cancer that began in the bones.

關於轉移性乳癌

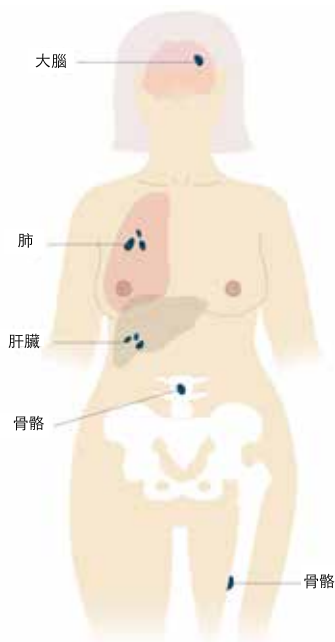
本手冊是為剛發現罹患轉移性乳癌的女性編寫的。

當被告知罹患轉移性乳癌（從乳房擴散到身體其他部位的乳癌）時，大多數女性都會感到很害怕。許多人都會經歷早期乳癌的煩惱，並可能相信他們已經被治癒了。對於其他人，轉移性乳癌的診斷可能是他們第一次患有乳癌。

在本手冊中，您將找到有關轉移性乳腺癌的資訊及其治療方法。

其目的是給您：

- 希望，因為許多轉移性乳癌病患者在癌症受到控制的情況下會活多年
- 確信您的文化需求將得到尊重
- 您和您的家人一同做決定，你會得到安慰。



何謂轉移性乳癌？

圖 1：乳癌可能擴散的常見部位

轉移性乳癌是已經擴散到身體其他器官的乳癌。最常見於骨骼、肺、肝臟，在大腦中較少發生。

雖然轉移性乳癌已經擴散到身體的另一部位，但仍然使用乳癌治療方法。例如，已經擴散到骨骼的乳癌仍然屬於乳癌（而不是骨癌）。使用乳癌藥物進行治療，而不使用始於骨骼之癌症的治療方法。

Why did I get metastatic breast cancer?

When I first received the diagnosis of cancer, I was frightened and I thought 'Why me?' as I never smoke and I have good dietary intake.

We do not know why some breast cancers spread and others don't. We do not know why some spread very early and others do not spread for many years.

There is no proof that things such as an operation, another illness or stress can cause metastatic breast cancer.

Myths

Here there are certain people who may be afraid of me if I raise this topic in front of them as they see cancer as a plague.

In Chinese culture, people sometimes talk about cancer as a punishment for bad actions or bad luck because of one's ancestors, or even refer to it as the 'plague'. There are many myths about cancer that are not true.

It is **not true** that:

- you get cancer because you deserve it
- cancer can be passed on from one person to another (contagious)
- cancer is something that people cause themselves, or a punishment.

Most of the time we do not know what causes breast cancer.

What does it mean for me?

When you first hear that you have metastatic breast cancer, it is very normal to wonder if this means you will die soon. Although there is generally no cure (the cancer is not likely to go away completely), metastatic breast cancer can be controlled and treated for most people, sometimes for many years. This means the aim of treatment is to control the growth of cancer for as long as possible and manage the symptoms, so that you can live your life well.

We encourage you and your family to talk about this with your treatment team. It is important to understand:

- what your diagnosis means
- the treatments you might have
- what is the aim of treatment
- what your doctor hopes will happen.

我為什麼會罹患轉移性乳癌？

當我第一次接受癌症診斷時，我感到害怕，我想「為什麼會是我？」，因為我從不吸煙而且我有很好的飲食習慣。

我們不知道為什麼一些乳癌會擴散，而另一些乳癌則不會。我們不知道為什麼某些乳癌擴散的時間非常早，而另一些乳癌多年也不會擴散。

並無證據表明手術、另一種疾病或壓力等情況可能導致轉移性乳癌。

謬見

如果我在這些人面前提這個話題，他們可能會害怕我，因為他們將癌症視為瘟疫。

在中國文化中，人們有時候將癌症視為對祖先的惡行或壞運氣的懲罰，甚至把它稱為「瘟疫」。有很多關於癌症的虛假謬見。

以下說法不正確：

- 您罹患癌症，因為您罪有應得
- 癌症可以從一個人傳給另一個人（傳染性）
- 癌症是人們自己造成的或是懲罰。

我們大多數時候不知道是什麼原因導致乳癌。

癌症對我來說意味著什麼？

當您第一次聽到您罹患轉移性乳癌時，懷疑這是否意味著您會很快死亡是正常反應。雖然通常無法治愈（癌症不太可能完全消失），但是對大多數人來說，轉移性乳癌是可以控制和治療的（有時候在多年內）。這意味著，治療的目的是盡可能長時間控制癌症的惡化，並控制其症狀，使您能夠好好生活。

我們鼓勵您和您的家人與您的治療團隊對此進行交流。必須理解：

- 您的診斷的涵義
- 您可能採用的治療方法
- 治療的目的是什麼
- 您的醫師希望有什麼發生。

How is it treated?

There are many treatments for metastatic breast cancer, which is why it can sometimes be controlled for a long time. Metastatic breast cancer can be different from person to person, so your doctors will recommend the best treatment for your type of breast cancer. For more information about treatments, see page 14.

Who will be caring for me?

As there are different treatments at different times, there will be a few different health professionals involved in your care. This is called a multidisciplinary team. See page 10 for information on health professionals who may be in your team.

What do I tell people?

My husband used to be afraid to know about my disease, but he is a lot more open to this. I think people should be more open to talk about cancer and not be afraid of it.

You may feel scared to tell others about your cancer. Some of your friends and family may avoid seeing you or talking about the cancer. This could be because they do not understand cancer or are scared. This may make you feel very alone. It can help if you tell others that metastatic breast cancer is an illness that needs lifelong treatment. Sometimes you may be sick, but much of the time you may feel better.

如何治療？

轉移性乳癌有許多治療方法，這是為什麼它有時可以長期控制。轉移性乳癌可能因人而異，因此您的醫師將為您的乳癌類型推薦最佳治療方法。如需治療的更多資訊，請參閱第 15 頁。

誰會給我提供護理？

由於在不同時間採用不同的治療方法，所以您的護理中會有一些不同的醫療專業人員參與。這被稱為多學科團隊。如需知道在您的團隊中的其他醫療專業人員資訊，請參閱第 11 頁。

我告訴人們什麼？

我的丈夫過去常常害怕知道我的病，但他現在更容易接受了。我認為人們應該更開放談論癌症，而不要害怕。

您可能會害怕告訴別人您的癌症情況。您的一些朋友和家人可能會避免看到您或談論癌症。這可能是因為他們不了解癌症或是感到害怕。這可能會讓您感到非常孤獨。如果您告訴別人轉移性乳癌是一種需要終身治療的疾病，可以會有用。有時您可能會生病，但很多時候您可能會覺得更好。

Symptoms you may experience

Every woman's experience of metastatic breast cancer is different. The symptoms you have may depend on:

- the parts of the body affected by the cancer
- any other health problems you may already have.

Some women have many symptoms while others have very few or none at all. If you are worried about symptoms, tell your doctor as there are often things that can be done to help you.

Metastatic breast cancer in the bone

Bone pain is a common symptom of cancer that has spread to the bones. It may feel like an endless ache. It may also become worse when you move around. This may be caused by damage to the bone. Cancer may also weaken the bones, causing them to break.

Metastatic breast cancer in the liver

Metastatic breast cancer in the liver can cause pain on the right side of the abdomen, under the ribs. You may feel tired, sick and unwell. You may lose your appetite and lose weight.

Metastatic breast cancer in the lungs

Metastatic breast cancer in the lungs may affect your breathing. Common symptoms include a cough that doesn't go away, shortness of breath and pain in the chest that gets worse with deep breaths.

Metastatic breast cancer in the brain

It is less common for breast cancer to spread to the brain, but the thought of this happening can be very frightening. Waking up with headaches and nausea, changes in eye sight, feeling unsteady on your feet or changes in strength on one side of your body, are some symptoms people may have if they have breast cancer in the brain.

您可能出現的症狀

每名女性對轉移性乳癌的體驗各不相同。
您出現的症狀可能取決於：

- 身體受癌症影響的部位
- 您可能已經有的任何其他健康問題。

一些女性出現許多症狀，而其他女性則很少或根本沒有。如果您擔心症狀，請告訴您的醫師，因為一般可以做一些事情來幫助您。

轉移性乳癌（骨骼）

骨痛是癌症擴散至骨骼的常見症狀。它可能感覺像是無盡的痛苦。當您四處走動時，也可能變得更糟。這可能是由於骨骼的損傷引起的。癌症也可能削弱骨骼機能，導致骨折。

轉移性乳癌（肝臟）

轉移性乳癌（肝臟）可引起腹部右側肋骨下方的疼痛。您可能會感到疲倦、噁心和不適。您可能會出現食慾減退及體重下降。

轉移性乳癌（肺）

轉移性乳癌（肺）可能會影響您的呼吸。常見的症狀包括咳嗽不止、呼吸短促和深呼吸時會加重胸部的疼痛。

轉移性乳癌（大腦）

乳癌擴散到大腦不太常見，但這種情況的想法可能非常可怕。如果罹患乳癌（大腦），可能會出現一些症狀：醒來頭痛噁心、視力改變、站立感覺不穩或身體一側的力量變化。

Finding your way through the health care system

Some Chinese may not know much about the Australian healthcare system and what kinds of support that they may be entitled to.

There are many people who will be involved in your care. This may be confusing. You may not know who to speak to if you have a question or are worried. Knowing what each of them does can help you know which person to speak to if you have questions.

The following health professionals may be involved in your care.

Doctors

General practitioner (GP): helps with everyday health worries. This can include help with pain, fatigue, worry and any general questions you may have.

Medical oncologist: diagnoses and treats cancer. Your medical oncologist will most likely be the person who will lead your care. They will refer you to other doctors if needed.

Radiation oncologist: treats cancer using radiation therapy (radiotherapy) to shrink it or to help relieve pain. The radiation oncologist decides which radiotherapy treatment might help and for how long you may need it.

Specialist surgeon: surgery is sometimes used to treat metastatic breast cancer. For example, it might be used to fix a broken bone or to get rid of a cancer which causes problems in a part of the body.

Nurses

Oncology/chemotherapy nurses: The oncology nurses may give you chemotherapy and help with other anti-cancer treatments. They can also help you manage nausea, pain or other symptoms you may have from the cancer or its treatment.

Breast care nurses: are available in some hospitals and community health centres. A breast care nurse can give you information, counselling and support. She can also help coordinate your care and link you with other health professionals or supports you may need. If you would like to see a breast care nurse, talk to your medical oncologist or visit the McGrath Foundation website to find one near you mcgrathfoundation.com.au.

了解醫療保健系統的情況

一些華裔可能不太了解澳洲的醫療保健系統，以及他們可以獲得什麼樣的協助。

有很多人會參與您的護理。這可能令人困惑。如果您有疑問或擔心，您可能不知道該諮詢誰。清楚他們每個人的工作，可以幫助您了解在有疑問時該聯絡誰。

以下醫療專業人員可能會參與您的護理。

醫師

家庭醫師 (GP)：幫助處理日常健康問題。這可能包括幫助處理您可能出現的疼痛、疲勞、憂慮和任何一般問題。

腫瘤內科專科醫師：診斷和治療癌症。腫瘤內科專科醫師很可能是領導護理的人員。如果需要，他們會將您轉介給其他醫師。

放射腫瘤專科醫師：使用放射療法治療癌症，以縮小腫瘤或幫助緩解疼痛。放射腫瘤專科醫師決定哪種放射治療可能有幫助，以及您可能需要該治療多長時間。

外科專科醫師：手術有時用於治療轉移性乳癌。例如，它可能用於修復斷骨或切除導致身體部位出問題的腫瘤。

護士

腫瘤護士/化療護士：腫瘤護士可能會給您化療，並幫助其他抗癌治療。他們還可以幫助您控制噁心、疼痛或其他可能因癌症或其治療而出現的症狀。

乳腺專科護士：一些醫院和社區保健中心有乳腺專科護士。乳腺專科護士可以為您提供資訊、諮詢和支援。她還可以幫助協調您的護理，並將您與其他醫療專業人員或您可能需要的支援關聯起來。如果您想要找乳腺專科護士，請諮詢您的腫瘤內科專科醫師，或瀏覽 McGrath Foundation 網站 mcgrathfoundation.com.au 在您附近找一個乳腺專科護士。

Other health professionals

Social worker: helps with emotional and practical issues. For example, social workers can link you to services that help you at home and give you information about financial (money) support.

Psychologist/counsellor: helps you and/or your family talk about things that may be worrying you.

Dietitian: helps with information about healthy eating while living with cancer and treatment and with problems such as poor appetite, nausea or constipation.

Physiotherapist: helps with mobility, exercise and lymphoedema. Lymphoedema is swelling of the arm or chest wall that sometimes happens when you have lymph nodes removed from your armpit.

Occupational therapist: can visit you in your home and suggest changes to make life easier e.g. equipment such as a handrail in the bathroom.

Palliative care team: specialist doctors, nurses, social workers and pastoral care workers who can help with physical symptoms such as pain or breathlessness. They can help your family care for you in your home. They also help with emotional and spiritual needs.

Pastoral care worker: respects all faiths and religious beliefs. They can help you adjust to your situation and talk about your life and its meaning. They may make you feel more hopeful and help you to find more joy in your life.



Tip: Cancer Council Victoria appointment card

Cancer Council Victoria has an appointment card that can be used by anyone in any location across Australia. This can be translated in your language to help you remember when and where your next appointment is. Speak to your nurse about filling in the card and printing it for you. Visit cancervic.org.au/multilingual-card.

其他醫療專業人員

社會工作者：幫助處理情緒和實際問題。例如，社會工作者可以將您連結至居家幫助服務，並提供有關財務（金錢）支援的資訊。

心理學家/輔導員：幫助您和/或您的家人談論可能令您擔憂的事情。

營養師：當罹患癌症並接受治療以及出現食慾不振、噁心或便秘等問題時提供有關健康飲食的資訊。

物理治療師：幫助處理移動能力、運動和淋巴水腫。淋巴水腫是手臂或胸壁的腫脹，有時在您從腋窩清除淋巴結時發生。

職業治療師：可以在您家中探訪您，並提出使生活更輕鬆的改變，例如浴室扶手等設備。

紓緩治療團隊：專科醫師、護士、社會工作者和精神關懷工作者，可以幫助處理身體症狀，如疼痛或呼吸困難。他們可以幫助您的家人在家裡照顧您。他們也可幫助解決情感和精神上的需求。

精神關懷工作者：尊重所有信念和宗教信仰。他們可以幫助您調整以適應您的情況，並談論您的生活及其意義。他們可能會讓您感到生活更有希望，並幫助您在生活中找到更多的快樂。



提示：維州癌症委員會預約卡

維州癌症委員會提供一張預約卡，可供澳洲任何地方的任何人使用。這可以翻譯成您的語言，以幫助您記住下一次預約的時間和地點。請諮詢您的護士，了解如何填寫預約卡並列印給您。請造訪 cancervic.org.au/multilingualcard。

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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