

## 癌症是什么病？

供受癌症影响的人士参考的信息。

我们制作此情况说明书，以帮助您本人以及您的亲友进一步认识癌症。您也会了解确诊患癌后该怎么办。

### 何为癌症？

癌症是细胞的病变。细胞是构成人体组织的基本单位。我们的身体由多种不同类型的细胞组成，如骨骼、皮肤及血液细胞。身体不断地制造新细胞，帮助我们成长、替代损坏的细胞以及愈合伤口。

有时候这个过程会出错，而细胞会变得异常。异常细胞继续分裂，从而产生更多异常的细胞。

异常的细胞会聚集在一起，形成一个叫做肿瘤的块状物。肿瘤有两种类型：

- **良性** 肿瘤不是癌症。它们不会扩散到身体其他部位。
- **恶性** 肿瘤是癌症。它们可能会扩散到身体其他部位。

## What is cancer?

Information for people affected by cancer.

We prepared this fact sheet to help you and your friends and family understand more about cancer. You will also learn what happens if your doctor tells you that you have cancer.

### What is cancer?

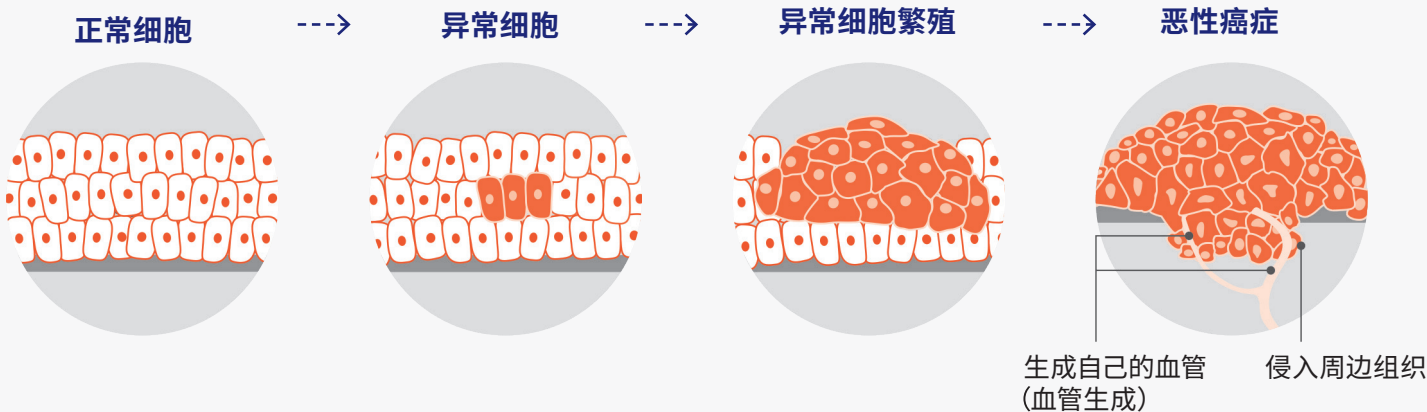
Cancer is a disease of the cells. Cells are the basic building blocks of the human body. Our body is made up of lots of different types of cells like bone, skin and blood cells. The body constantly makes new cells to help us grow, replace old cells and heal injuries.

Sometimes this process goes wrong, and the cell becomes abnormal. The abnormal cell keeps dividing, making more abnormal cells.

The abnormal cells can gather together and form a lump called a tumour. There are two kinds of tumours:

- **Benign** tumours are not cancer. They do not spread to other parts of the body.
- **Malignant** tumours are cancer. They can spread to other parts of the body.

## 癌症是如何开始的



## 哪个部位可能有癌变?

由于我们的身体由细胞组成, 所以身体的任何部位都有可能发生癌变。常见的癌变部位包括: 皮肤、肠、乳房、前列腺以及肺部。

癌症最先开始的地方叫做“原发性癌症”。有时医生不一定能找到最先的病灶。这称为“原发灶不明转移癌”。

## 癌症会扩散吗?

癌细胞有时候会进入身体其他部位。我们称这种情况为癌症扩散。

已扩散并在身体其他部位长成肿瘤的癌症被称为“继发性癌肿”或“癌症转移”。

## Where can cancer start?

As our body is made up of cells, cancer can start anywhere in the body. Some common places for cancer to start include the skin, bowel, breasts, prostate and lungs.

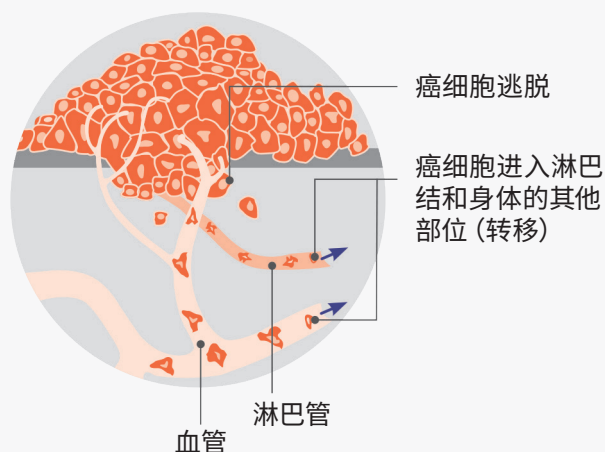
The place where the cancer first starts is called 'primary cancer'. Sometimes the doctors can't find where the cancer first started. This is called 'cancer of unknown primary'.

## Can cancer spread?

Sometimes cancer cells move to other parts of the body. When this happens, we usually say that that the cancer has spread.

Cancer that has spread and developed into a tumour somewhere else in the body is called a 'secondary cancer' or 'metastasis'.

## 癌症是如何扩散的



## 为什么会患癌？

任何人都有可能患癌。有些情况会令人患癌的风险增加：

- 年老（年龄75岁或以上的人士占了一半的癌症病例）
- 吸烟
- 喝酒过量
- 缺少运动
- 食用不健康的食物
- 体重超标
- 曝晒过度
- 家族病史
- 接触某些化学品及石棉
- 某些病毒，如人类乳突病毒（经性传播）。

受伤或压力不会致癌。

做坏人不会引发癌症，所以患癌并不意味着您或您的家人是坏人。

### 您能从别人那里感染癌症吗

不能。癌症无传染性。癌症不会人传人。靠近癌症患者是安全的。

若您患癌并觉得别人不敢靠近您，可要求他们致电 13 11 20，就他们所顾虑的问题向癌症专业医护人员咨询。如需获得用您的语言书写的信息，请致电13 14 50。

### 癌症有多普遍？

癌症很常见。然而，如能及早发现，许多癌症都可以治疗。

## How do you get cancer?

Cancer can happen to anybody. Some things put people at a greater risk of getting cancer:

- getting older (half of all cancers are diagnosed in people aged 75 or over)
- smoking tobacco
- drinking too much alcohol
- not doing enough exercise
- eating unhealthy food
- being overweight
- too much sun
- family history
- some chemicals and asbestos
- some viruses, such as the human papillomavirus (spread by sex).

Injury or stress does not cause cancer.

Cancer is not caused by being a bad person and it does not mean that you or your family are bad people.

### Can you catch cancer from someone else?

No. Cancer is not contagious. People can't catch it from someone who has it. It is safe to be near someone who has cancer.

If you have cancer and think that people are afraid to be around you, they can call 13 11 20 to speak to a cancer health professional and talk about what worries them. For information in your own language call 13 14 50 and ask to speak to Cancer Council Victoria. .

### How common is cancer?

Cancer is common. Many cancers can be treated by a doctor if they are found early.

务必要参加癌症筛检计划。对乳癌、肠癌和子宫颈癌进行筛查可以挽救生命，因为这可以使人们及早发现癌症，治疗起来也较为容易。

## 如何发现 (诊断) 癌症？

有时候，因为患者觉得不舒服并且伴有症状，所以医生可以诊断出癌症。

常规筛查也有可能发现癌症。就是当您参加测试检查身体健康的时候。

务必要了解自己身体正常的状态；如发觉以下情况，请立即求医：

- 无法愈合的肿块、疮疡或溃疡
- 乳房变化：
  - 结块形成
  - 出现增厚的区域
  - 不正常的乳头溢液
  - 乳头向内翻转
  - 形状或颜色变化
  - 疼痛
- 皮肤变化：痣的形状、大小或颜色出现变化；或出血
- 咳嗽不止
- 觉得难以呼吸或嗓音出现变化
- 在没有主动减肥的情况下，体重减轻
- 持续不断的恶心或呕吐
- 持续不断且不明原因的腹泻或便秘
- 女性阴道不正常出血——月经之间或停经之后即使有零星出血也要警惕
- 大便或小便带血
- 身体出现不明原因且不会好转的疼痛。

这些症状很大部分都可能都是由身体的普通问题造成的，未必是癌症。然而，如果任何异常的身体变化或症状持续，您就应该立刻求医。

It is important to go to cancer screening programs. Screening for breast, bowel and cervical cancer saves lives, because cancer can be found earlier, when it is easier to treat.

## How is cancer found (diagnosed)?

Sometimes, doctors find cancer because the person is feeling unwell and has symptoms.

We can also find cancer during routine screening. This is when you have a test to check your health.

It is important to know what is normal for your body, and to see your doctor straight away if you notice changes like:

- lumps, sores or ulcers that don't heal
- breast changes:
  - lumpiness
  - a thickened area
  - unusual nipple discharge
  - a nipple that turns inwards
  - a change in shape or colour
  - pain
- skin changes: moles that change shape, size or colour, or bleed
- a cough that won't go away
- finding it hard to breathe or voice changes
- losing weight without trying
- nausea or vomiting that doesn't go away
- diarrhoea or constipation that doesn't go away or you can't explain
- for women, loss of blood from the vagina that is not normal, even if it's a few spots between periods or after menopause
- blood in your poo or wee
- unexplained pain in the body that does not get better.

Many of these symptoms can be caused by common health problems, not cancer. You should see a doctor about any changes or symptoms that don't go away.

## 患癌后该怎么办？

癌症未经治疗不会自行消失。治疗方法取决于癌症的种类与分期（肿瘤生长和扩散的程度）。

最常见的癌症治疗方法是：

- 化学治疗
- 放射治疗
- 外科手术
- 免疫疗法。

您的医生会解释这些可选的治疗方法。每个人都不一样；有些患者会接受一种类型以上的治疗。

如果癌症发现得早，治疗起来可能会更容易。您的癌症若无法成功治愈，医生则可能会使用治疗方法控制症状。这样可以减轻痛楚，改善您的生活质量。

## 用您的语言与癌症专科护士交谈

如需用您的语言获得更多信息及支持服务，请致电13 14 50。要求口译员转接到13 11 20联系 Cancer Council Victoria，与癌症专科护士交谈。训练有素的癌症专科护士可以倾听您的顾虑，提供更多信息，并帮助您联系当地的服务机构。

这项服务供所有受癌症影响的人士使用，包括患者的家人、照顾者及朋友。只需支付一次本地通话的费用（用手机拨打除外），即可使用此项服务。

免费索取以您所使用的语言编写的其他资源：

- 照顾癌症患者
- 疲劳与癌症
- 康复之路

## What happens if I have cancer?

Cancer won't go away without treatment. The treatment depends on the type and stage of the cancer (how much it has grown and spread).

The most common cancer treatments are:

- chemotherapy
- radiotherapy
- surgery
- immunotherapy.

Your doctor will explain the options. Each person is different; some people have more than one type of treatment.

If the cancer is found early, it may be easier to treat. If we can't treat the cancer, it is possible that your doctor will give you a treatment to make you feel better (by controlling your symptoms). With these types of treatment, you might feel less pain and have a better life.

## Speak with a cancer nurse in your language

For more information and support in your own language, call 13 14 50. Ask the interpreter to contact Cancer Council Victoria on 13 11 20 to talk with a cancer nurse. Trained cancer nurses can listen to your concerns, provide additional information and put you in touch with local services.

This service is for anyone affected by cancer, including families, carers and friends. It is available for the cost of a local call (except from mobiles).

Ask for a free copy of other resources in your language:

- Caring for someone with cancer
- Fatigue and cancer
- On the road to recovery

## 鸣谢

由 Dry July Foundation 资助。

这些信息均基于相关领域的临床医务人员的专业知识及客户体验。本情况说明书的内容来自Cancer Council Australia的信息资源。此情况说明书经由维多利亚州GenesisCare 放射肿瘤科的 Karen Taylor 医生、用户——Cecilia Barling 以及 Cancer Council Victoria (维多利亚州癌症协会) (电话号码: 13 11 20) 的 Clem Byard 审阅。

## 读者须知

有关影响健康的事宜, 务必咨询您的医生。此情况说明书仅供一般介绍用途, 不可代替专业的医疗、法律或财务意见。医学界和研究界会不断更新修改有关癌症的信息。Cancer Council Australia及其成员在出版时已尽一切努力确保信息的准确性, 但他们对于因使用或依赖本说明书所提供的信息而造成的的任何伤害、损失或损坏, 不承担任何责任。

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## Note to reader

Always consult your doctor about matters that affect your health. This fact sheet is intended as a general introduction and is not a substitute for professional medical, legal or financial advice. Information about cancer is constantly being updated and revised by the medical and research communities. While all care is taken to ensure accuracy at the time of publication, Cancer Council Australia and its members exclude all liability for any injury, loss or damage incurred by use of or reliance on the information provided in this fact sheet.