

结肠癌和直肠癌

Cancer of the Colon and Rectum

The colon is also called the large bowel or large intestine. It is the lower 5 to 6 feet of the digestive system. The last 8 to 10 inches of the colon is the rectum. Colon cancer, sometimes called colorectal cancer, is cancer that starts in the large intestine or rectum.

Cancer cells are abnormal cells. Cancer cells grow and divide more quickly than healthy cells. Some cancer cells may form growths called tumors. All tumors increase in size, but some tumors grow quickly, others slowly. Some cancer cells spread to other parts of the body through the blood and lymph systems.



结肠也称大肠。结肠是消化系统的一部分，长度1.5至1.8米（5至6英尺）。结肠末端的20至25厘米（8至10英寸）称为直肠。结肠癌有时称为大肠直肠癌，是指原发于大肠或直肠的癌。

癌细胞是异常的细胞。癌细胞的生长和分裂比健康细胞快。有些癌细胞可能长成肿瘤。所有的肿瘤都会不断变大，但是生长速度有快有慢。有些癌细胞可能通过血液和淋巴系统扩散至身体的其它部位。

Signs

Cancer of the colon and rectum often has no signs. **See your doctor** if you have any of these signs:

- Dark or bright red blood in or on the stool
- Diarrhea or constipation that does not go away or other changes in bowel habits
- Pain in the lower abdomen
- Frequent gas pains, pressure, fullness or cramps in abdomen
- Loss of weight for no reason

症状

结肠和直肠癌往往没有症状。如果有下列任何症状，**请就医**：

- 大便表面或内部有暗红或鲜红的血
- 长期腹泻或便秘，或大便习惯发生其它变化。
- 下腹部疼痛
- 频繁感到腹部胀痛、压迫、腹胀或绞痛
- 体重无故降低

- Feel tired or lack energy
- Stools are more narrow than usual for more than a few days. This may be from a tumor in the rectum.

Types of tumors

Tumors found in the colon or rectum can be benign or malignant.

- **Benign tumors are not cancer. They** do not spread to other parts of the body. They can be removed by surgery. **Cysts** are benign tumors that contain fluid.
- **Malignant tumors** are cancer. Cancer from these tumors may grow into the nearby tissues, organs or blood.

Tests

If your doctor thinks you may be at risk for cancer, you may have some of these tests:

- **Medical history** where your doctor will ask you questions about your signs and risk factors
- **Physical exam with a rectal exam** where the doctor inserts a gloved finger into your rectum to feel for lumps.
- **Sigmoidoscopy** where a thin, flexible tube is put into your rectum to let the doctor see inside the lower part of your colon.
- **Colonoscopy** where a thin, flexible tube is put into your rectum to let the doctor see the entire length of the colon.
- **Biopsy** where samples of tissue are removed for testing in a lab to check for cancer cells.
- **Blood tests** to check blood loss and how well the liver is working.

- 感到劳累或没有精力
- 大便比平时细, 并且持续多日如此。这可能是因为直肠内有肿瘤所致。

肿瘤的种类

结肠或直肠内的肿瘤分良性和恶性。

- **良性肿瘤不是癌症。**良性肿瘤不会扩散至身体其它部位。良性肿瘤可手术切除。**囊肿**是包含液体的良性肿瘤。
- **恶性肿瘤才是癌症。**恶性肿瘤产生的癌症可能蔓延至外围的组织、器官或血液。

检测

如果医生认为您有癌症风险, 则可接受下列测试:

- **病史**时医生会询问您有关症状和风险因素的问题
- **体检(含直肠检查)**时医生戴手套, 抹润滑剂后, 将手指伸入直肠检查是否有肿块。
- **乙状结肠内窥镜检查**时用柔软的细管伸入直肠, 让医生观察大肠末段的内部。
- **结肠镜检查**时用柔软的细管伸入直肠, 让医生观察整段大肠的情况。
- **活检**时将从组织上提取样本, 用于实验室检验是否有癌细胞。
- **血液测试**检查失血情况和肝脏的功能。

If a tumor is found, your doctor may order other tests to see if the cancer has spread to other parts of the body.

Treatment

After all of your tests are done, your doctor will talk with you about the results. If your tests show cancer, your doctor will talk to you about treatments that are best for you.

The most common treatments:

- **Surgery is done** to remove the tumor. The kind of surgery will depend on the location and size of the tumor. Often, the part of the colon with cancer is removed.
- **Radiation therapy** is used to stop or slow the growth of cancer. It is often used after surgery to destroy any cancer cells that may remain.
- **Chemotherapy** uses medicines to kill cancer cells. These medicines are given by mouth, by injection into a muscle or vein, or directly into the affected organ to help kill cancer cells.

You may have one or more cancer treatments. Some patients have surgery followed by radiation therapy or chemotherapy.

Other drug treatments that may be used in certain cases include:

- **Immunotherapy**, also called biotherapy, uses natural substances made by the body's immune system. These may kill cancer cells, slow their growth, or help your immune system fight the cancer in a better way.
- **Targeted therapy** uses drugs to find and attack cancer cells without harming normal cells.

如果发现肿瘤, 医生可能要求做其它检查, 以确定癌是否已扩散至身体其它部位。

治疗

完成测试后, 医生会与患者讨论结果。如果检查显示有癌症存在, 医生会与患者讨论最佳治疗方案。

最常见的治疗包括:

- **手术** 摘除肿瘤。手术种类依种类的位置和大小而定。手术往往要切除部分带癌结肠。
- **放射治疗** 用于制止或延缓癌组织的生长。放射治疗往往在手术后进行, 以消灭可能残留的癌细胞。
- **化学治疗** 用药物杀灭癌细胞。化学治疗药物可口服、静脉或肌肉注射, 或直接注射入受影响的器官, 以帮助杀灭癌细胞。

患者可采取一种或多种癌症治疗方法。有些患者在手术后接受放射治疗或化学治疗。

其它可能用于特定病例的药物治疗方法包括:

- **免疫疗法** 也称为生物疗法, 采用人体免疫系统产生的天然物质进行治疗。这些物质可杀灭癌细胞, 降低癌细胞的生长速度或帮助免疫系统提高抗癌能力。
- **靶向治疗** 使用的药物能够寻找并攻击癌细胞, 同时不会伤害正常细胞。

Follow up care

Regular visits with your doctor are important.

During your treatment, your visits may include blood tests, x-rays and other tests. Report any problems to your doctor between visits.

After your cancer treatment, your visits may include other tests to watch for changes in your health.

Talk to your doctor or nurse if you have any questions or concerns.

后续护理

必须定期到医生处复诊。

在您治疗期间,复诊可能包括血液检查、X光和其它检查。复诊间隔期间如果有问题,要向医生报告。

在癌症治疗结束后,复诊内容可能包括其它测试以监测健康状况的变化。

如果您有任何疑问或疑虑,请与您的医生或护士讨论。