

癌症

Cancer

Cancer is caused by abnormal cells that grow quickly. It is normal for your body to replace old cells with new ones, but cancer cells grow too fast.

Some cancer cells may form growths called tumors. All tumors increase in size, but some tumors grow quickly, others slowly.

Types of Tumors

- Sometimes tumors are not cancerous. These are called **benign** tumors. They are made up of cells much like those of healthy tissue. This kind of tumor stays in one area and does not spread to healthy tissues and organs.
- Cancer tumors are also called **malignant** tumors. Cancer from these tumors spread through the blood and lymph systems to other parts of the body.

When cancer spreads, it is called **metastasis**. Cancer cells travel through the blood or lymph system from the tumor, called the primary site, to other parts of the body.

癌症是由快速生長的異常細胞引起。您的身體以新細胞代替老細胞是正常的，但是癌細胞生長太快。

一些癌細胞的生長可能形成腫瘤。所有腫瘤的體積都會增大，但是有些腫瘤生長快，有些生長慢。

腫瘤的類型

- 有時腫瘤不是癌。這些腫瘤稱為**良性**瘤。良性瘤由很像健康組織一樣的細胞組成。這種腫瘤留在一個部位，不會擴散到健康的組織和器官。
- 癌腫瘤也稱為**惡性**瘤。這些腫瘤的癌細胞透過血液和淋巴系統擴散到身體其他部位。

當癌擴散時，這稱為**轉移**。腫瘤稱為始發部位，癌細胞經由血液或淋巴系統到達身體的其他部位。

Types of Cancer

There are many kinds of cancers.

- Carcinoma is the most common type of cancer. Lung, colon, breast and ovarian cancers are often this type of cancer.
- Sarcoma is found in bone, cartilage, fat and muscle.
- Lymphoma begins in the lymph nodes of the body's immune system. They include Hodgkin's and Non-Hodgkin's Lymphomas.
- Leukemia starts in the blood cells that grow in the bone marrow and are found in large numbers in the bloodstream.

Signs of Cancer

Signs of cancer depend on the type and location of the tumor. With some cancers, there may not be any signs until the tumor is large. Common signs include:

- Feeling very tired
- Weight loss that occurs without knowing why
- Fever, chills or night sweats
- Lack of hunger
- Physical discomfort or pain
- Coughing, shortness of breath or chest pain
- Diarrhea, constipation or blood in the stool

When cancer is found, tests will be done to see if the cancer has spread to other parts of your body. Scans, x-rays and blood tests may be needed.

癌的類型

癌有許多類型。

- 擴散性惡性腫瘤是最普通類型的癌。肺、結腸、乳房和卵巢癌經常是這一類型的癌症。
- 肉瘤發現於骨頭、軟骨、脂肪和肌肉中。
- 淋巴瘤生長於身體免疫系統的淋巴結中，包括霍奇金淋巴瘤（Hodgkin's Lymphomas）和非霍奇金淋巴瘤（Non-Hodgkin's Lymphomas）兩種。
- 白血症始於血球，在骨髓中生長，大量存在於血流中。

癌症的徵兆

癌症的徵兆因腫瘤的類型和部位而異。有一些癌症可能在腫瘤長大之前都沒有任何症狀。一般徵兆包括：

- 感覺非常疲累
- 不明原因的體重減輕
- 發燒、發寒或晚間出汗
- 不覺得飢餓
- 身體不適或疼痛
- 咳嗽、呼吸急促或胸痛
- 腹瀉、便秘或便血

當發現癌症時，將會做檢測以發現癌症是否已擴散到身體的其他部位。可能需要做掃描、X光檢查和血檢。

Your Care

Your doctor will decide what care is needed based on:

- The type of cancer
- How fast the cancer is growing
- Whether the cancer has spread to other parts of your body
- Your age and overall health

The most common cancer treatments are:

- Surgery to remove the tumor and nearby tissue
- Radiation in controlled amounts to shrink or destroy the tumor and cancer cells
- Chemotherapy medicine to slow the growth or destroy cancer cells
- Other medicines to treat side effects and help you heal better

您的護理

您的醫生將根據以下情形決定需要何種醫療：

- 癌症的類型
- 癌症的生長速度
- 癌症是否已擴散到身體的其他部位
- 您的年齡和總體健康狀況

最常見的癌症治療是：

- 手術去除腫瘤和附近組織
- 控制劑量的輻射以縮小或殺死腫瘤和癌細胞
- 化療藥物以減慢癌細胞生長或殺死癌細胞
- 其他治療副作用及幫助您復原更好的藥物

Prevention

You can reduce your risk of cancer by:

- Not smoking or using tobacco.
- Using sunscreen, hats and clothing to protect your skin when outside.
- Limiting the amount of alcohol you drink.
- Limiting the amount of high fat foods you eat, especially from animal sources.
- Eating plenty of fruits, vegetables and high fiber foods.
- Being physically active.
- Seeing your doctor each year. Cancer screenings may help find cancers at their early, most treatable stages.

Talk to your doctor or nurse about your cancer risks.

預防

您可以透過以下辦法減少癌症方面的風險：

- 不抽煙或嗅用煙草
- 在外使用防晒霜、帽子和衣服以保護皮膚
- 限制酒量
- 限制高脂肪食物的攝取量，尤其是動物肉類脂肪
- 多吃水果、蔬菜和高纖維食物
- 保持身體活躍
- 每年都去看醫生。癌症篩檢可能有助於發現處於早期也是最容易治療階段的
- 癌症。

請和您的醫生或護士討論您的癌症風險。