

肺癌

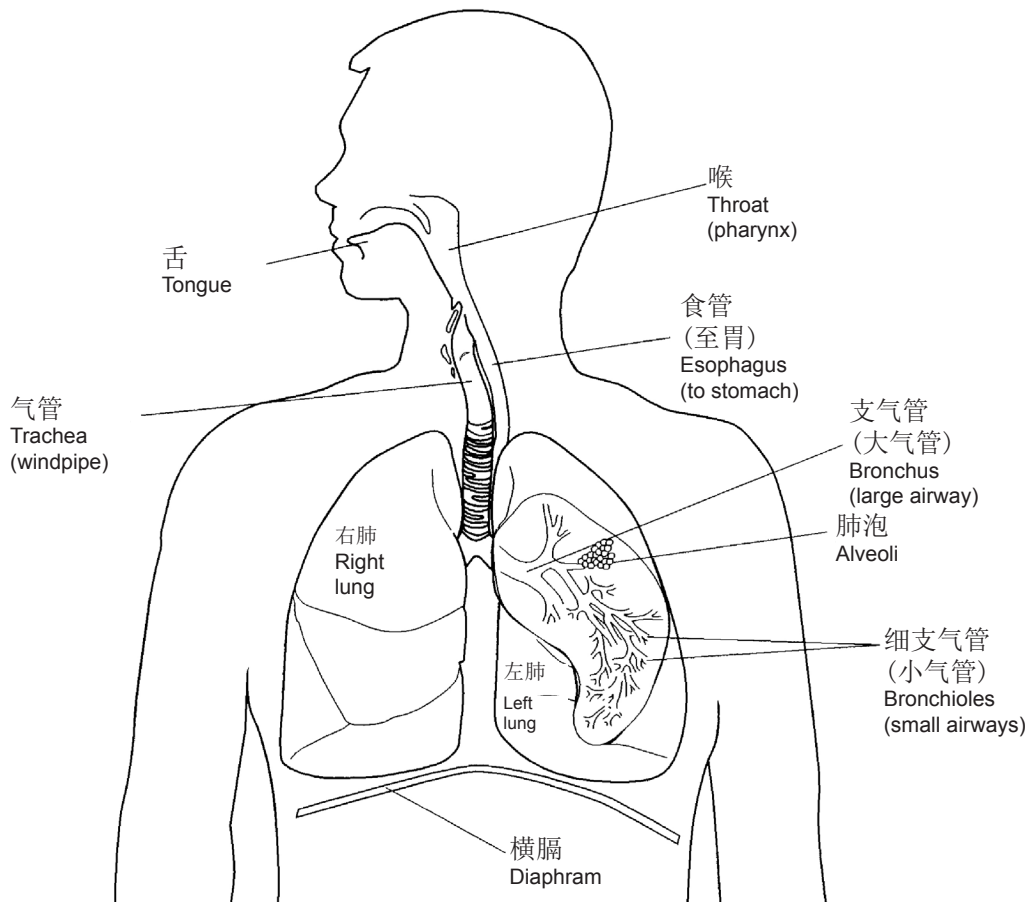
Lung Cancer

The lungs are the organs that help us breathe. They help to give oxygen to all the cells in the body.

Cancer cells are abnormal cells. Cancer cells grow and divide more quickly than healthy cells. Some cancer cells may form growths called tumors. Lung cancer occurs when cells in the lung change to become abnormal. Lung cancer cells may travel through the blood or lymph system to another area or organ in the body. This is called **metastasis**.

肺是协助呼吸的器官。肺协助向人体的所有细胞提供氧气。

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。肺内的细胞发生异常，即发生肺癌。肺癌细胞可通过血液或淋巴系统传播至身体的其它部位或器官。这称为**转移 (metastasis)**。



Risk Factors

You are at increased risk for lung cancer if you:

- Smoke
- Breathe in other people's smoke
- Have contact with asbestos, radon gas or a lot of air pollution
- Have someone in your family who had lung cancer

Signs

Early lung cancer often causes no signs. See your doctor if you have any of these signs:

- Cough that does not go away
- Coughing up blood
- Shortness of breath
- Wheezing
- Loss of appetite and weight loss
- Feeling very tired

Types of Lung Cancer

There are 2 main types of lung cancer. Each type grows, spreads and is treated differently.

- Non-Small Cell Lung Cancer – This is the most common type of lung cancer. It grows and spreads more slowly.
- Small Cell Lung Cancer – This type of lung cancer grows and spreads more quickly.

风险因素

以下因素会增加肺癌风险：

- 吸烟
- 被动吸烟
- 接触石棉、氡气或大量空气污染
- 肺癌家族史

症状

早期肺癌往往没有症状。如果有下列任何症状，应立即去看医生：

- 咳嗽不断
- 咳血
- 呼吸急促
- 喘鸣
- 食欲不振，体重减轻
- 感觉非常疲劳

肺癌的种类

肺癌主要有两种。两种肺癌生长、扩散的特点不同，治疗方法也不同。

- 非小细胞肺癌 – 最常见的肺癌。发展和扩散较慢。
- 小细胞肺癌 – 此类肺癌的发展和扩散较快。

Your Care

Your doctor will give you a physical exam and look at your lungs with tests such as:

- A chest x-ray
- Computerized Tomography (CT) scan
- Magnetic Resonance Image (MRI)
- Positron Emission Tomography (PET) scan

Also, you may have a biopsy done. Tiny samples of the tumor called a biopsy are taken to find what type of lung cancer is present. This information will help your doctor plan your treatment. Treatment options will be discussed with you. Common treatments include:

- Surgery to remove the tumor and nearby tissue
- Radiation therapy to destroy cancer cells
- Chemotherapy medicines to destroy cancer cells
- A combination of these treatments

Talk to your doctor or nurse about your questions and concerns.

诊治

医生会进行体检，对肺进行各类测试，例如：

- 胸部X光检查
- 计算机断层摄影（CT）扫描检查
- 磁共振造影（MRI）
- 正子断层摄影（PET）扫描检查

此外，还会进行切片检查。切下很小的肿瘤样本（称为切片），以确定肺癌的种类。切片检查结果可协助医生制定治疗计划。医生会与患者讨论治疗选择。常见的治疗方法包括：

- 手术切除肿瘤和邻近组织
- 放射治疗，消灭癌细胞
- 化学治疗，用药物消灭癌细胞
- 组合采用上述治疗方法

如果有任何疑问和担心，请询问医生或护士。