

肺癌

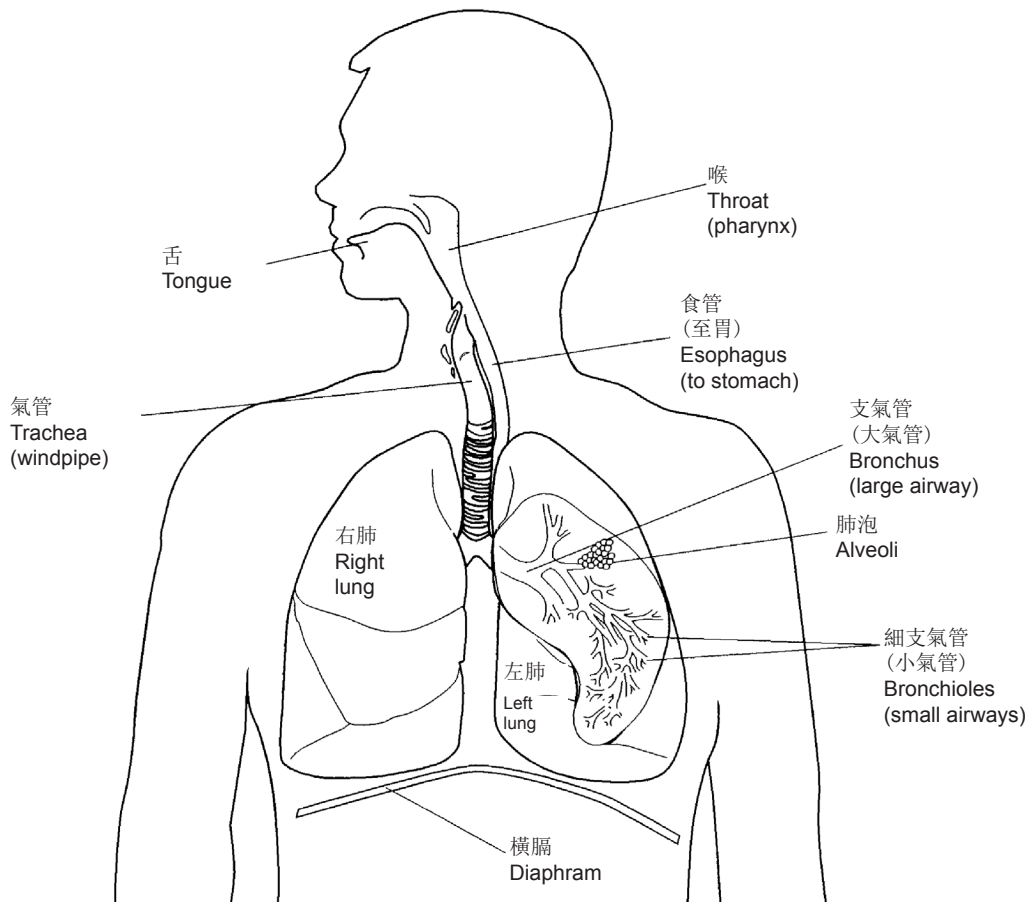
Lung Cancer

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**.

肺是協助呼吸的器官。肺協助向人體的所有細胞提供氧氣。

癌細胞是異常的細胞。癌細胞的生長和分裂比健康細胞快。有些癌細胞可能長成腫瘤。肺內的細胞發生異常，即發生肺癌。肺癌細胞可透過血液或淋巴系統傳播至身體的其他部位或器官。這稱為**轉移 (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.

風險因素

以下因素會增加肺癌風險：

- 吸菸
- 吸進二手菸
- 接觸石棉、氡氣或大量空氣污染
- 肺癌家族史

症狀

早期肺癌往往沒有症狀。如果有下列任何症狀，應立即去看醫生：

- 咳嗽不斷
- 咳血
- 呼吸急促
- 喘鳴
- 食慾不振，體重減輕
- 感覺非常疲勞

肺癌的種類

肺癌主要有兩種。兩種肺癌生長、擴散的特點不同，治療方法也不同。

- 非小細胞肺癌 – 最常見的肺癌。發展和擴散較慢。
- 小細胞肺癌 – 此類肺癌的發展和擴散較快。

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.

診治

醫生會進行體檢，對肺進行各類測試，例如：

- 胸部X光檢查
- 電腦斷層攝影（CT）掃描檢查
- 磁共振造影（MRI）
- 正子斷層攝影（PET）掃描檢查

此外，還會進行切片檢查。切下很小的腫瘤樣本（稱為切片），以確定肺癌的種類。切片檢查結果可協助醫生制定治療計劃。醫生會與患者討論治療選擇。常見的治療方法包括：

- 手術切除腫瘤和鄰近組織
- 放射治療，消滅癌細胞
- 化學治療，用藥物消滅癌細胞
- 組合採用上述治療方法

如果有任何疑問和擔心，請詢問醫生或護士。