癌症治療造成的口腔痛或咽喉痛

Sore Mouth or Throat with Cancer Treatment

Cancer treatments can cause a sore mouth, sores in the mouth, tender gums or a sore throat. This makes it hard to chew or swallow. Ask your doctor to give you medicine that will help your mouth and throat pain. There are things you can do to ease and prevent a sore mouth or throat such as:

- **Eat soft foods.**
  ‣ Milkshakes
  ‣ Bananas, applesauce, or other soft fruit
  ‣ Cottage cheese or yogurt
  ‣ Mashed potatoes or noodles
  ‣ Macaroni and cheese
  ‣ Custards, puddings or gelatin
  ‣ Scrambled eggs
  ‣ Oatmeal or cooked cereal
  ‣ Pureed or mashed vegetables

- **Avoid foods that can hurt your mouth.**
  ‣ Oranges, grapefruits, lemons, other citrus fruits and juices
  ‣ Tomato sauce or juice
  ‣ Spicy foods
  ‣ Pickled foods
  ‣ Raw vegetables, granola, toast, crackers or other rough coarse foods
  ‣ Hot foods or liquids

癌症治療會造成口腔痛、口腔潰瘍、牙齦痛或喉嚨痛。這將使咀嚼或吞嚥變得困難。請醫生為您用藥以緩解口腔與咽喉疼痛。下列方式有助於減輕與防止口腔與咽喉疼痛：

- 吃軟質食物。
  ‣ 奶昔
  ‣ 香蕉、蘋果醬或其他軟水果
  ‣ 鬆軟乾酪或優格
  ‣ 馬鈴薯泥或麵條
  ‣ 通心粉和起司
  ‣ 蛋奶凍、布丁或果凍
  ‣ 炒雞蛋
  ‣ 燕麥粥或熟麥片
  ‣ 蔬菜泥或蔬菜糊

- 勿食用會使口腔疼痛的食物。
  ‣ 橘子、葡萄柚、檸檬、其他柑橘類水果和果汁
  ‣ 蕃茄醬或蕃茄汁
  ‣ 辛辣食物
  ‣ 醃製食品
  ‣ 生蔬菜、格蘭諾拉麥片、烤土司、餅乾或其他粗糙食物
  ‣ 熱食或液體

- **Follow these tips:**
  ‣ Cook food until it is soft and tender.
  ‣ Cut food into small pieces.
  ‣ Use a straw to drink liquids.
  ‣ Use a small spoon.
  ‣ Eat food that is cold or at room temperature.
  ‣ Drink warm bouillon or salty broth for a sore throat.
  ‣ Rinse your mouth often with water to remove food and bacteria and to promote healing.

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

- 遵循下列方法：
  ‣ 烹煮食物直到食物軟爛。
  ‣ 將食物切成小塊。
  ‣ 用吸管喝液體。
  ‣ 用小湯匙進食。
  ‣ 吃涼食或接近室溫的食物。
  ‣ 咽喉痛時喝溫熱的肉湯或鹹湯。
  ‣ 常以清水漱口，清除口腔內的殘餘食物和細菌，促進傷口癒合。

若您有任何疑問或擔憂，請諮詢您的醫生或護士。