



了解癌症
UNDERSTANDING CANCER

Chinese Simplified

您可能会问到的问题 Questions you may wish to ask



癌症患者指南

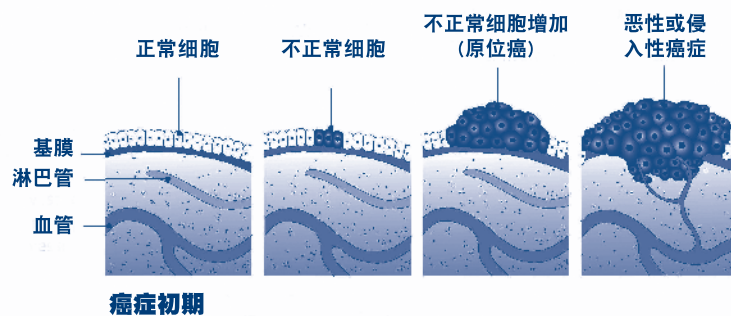
A guide for people with cancer



引言

癌症是一种身体细胞疾病。人体一直不断在制造新细胞来更换旧细胞, 或者修复受损细胞。此过程由特定的基因所控制: 亦即基因密码向细胞传递如何修复与表现的信息。癌症是由这些基因的损坏而引发。此损坏通常发生在我们的生命期当中, 不过也有少数人于出生时便由其父母那儿遗传到受损基因。基因假如受损, 便会出现不正常的情况。它们可能长成一个肿瘤, 肿瘤可能是良性的(非癌症), 也可能是恶性的(癌症)。

良性肿瘤不会扩散到身体的其它部位, 癌症则有能力扩散。



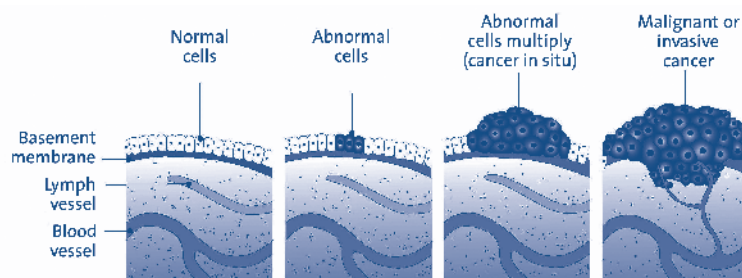
癌症没有传染性。它不会从一个人传染给另一个人。

治疗癌症有多种方式, 例如外科手术、化学疗法和放射线疗法。和您的医生商量最适合您的疗法。许多癌症都可成功治愈。

Introduction

Cancer is a disease of the body's cells. Our bodies are always making new cells to replace worn-out cells, or to heal damaged cells after injury. This process is controlled by certain genes: the codes that tell our cells how to heal and behave. Cancers are caused by damage to these genes. This damage usually happens during our lifetime, although a small number of people inherit a damaged gene from a parent when they are born. If genes are damaged they can behave abnormally. They may grow into a tumour (lump) which may be benign (not cancer) or malignant (cancer).

Benign tumours do not spread to other areas of the body whereas cancer has the ability to spread.



The beginnings of cancer

Cancer is not catching. It cannot be passed from one person to another.

There are many ways of treating cancer such as surgery, chemotherapy and radiation treatment. Talk to your doctor about what is best for you. Many cancers can be successfully treated.

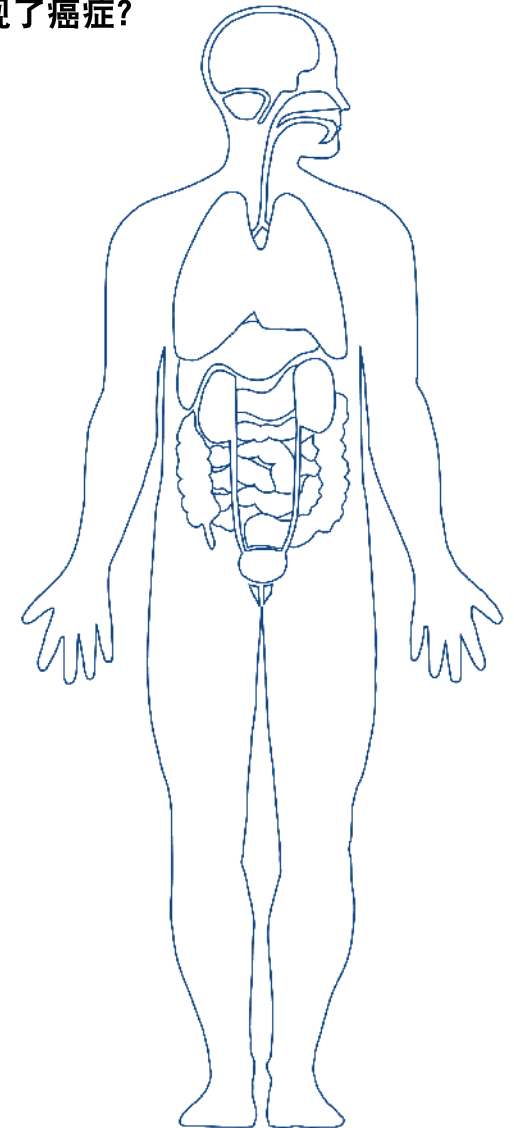
当您听到自己罹患癌症时，您和您的家庭可能会感到很恐惧，这是可以理解的。对有关问题得到答案会有助于您掌控病情。我们列出了一些问题，可能有助于您在看病时向医生提出。

When you hear you have cancer you and your family may feel understandably frightened and you may have many questions. Having your questions answered can help you feel in control of your situation. Here is a list of questions to help you make the most of your time with your doctor.

1 我得了什么癌症？

What is the name of my cancer?

2 我身体的什么部位出现了癌症？ Where is it in my body?





3 这种癌症会影响我的身体功能吗?
How is the cancer affecting my body?


4 我需要做什么身体检查?
What tests do I need?


5 我什么时候能够得到检查结果?
When will I know the results?

6 检查结果会告诉我什么内容?
What will the tests tell us?

7 有什么治疗方法吗?
What treatments are available?

8 治疗的目的是什么?
What is the aim of the treatment?





9 这种治疗方法的效果怎么样?

What is the probability of it working?

10 是否有我能参加的临床试验?

Is there a clinical trial I can join?

11 我必须在医院治疗吗?

Will I have to have treatment in hospital?


12 您怎样验证治疗效果?

How do you check treatment is working?

13 如果这种治疗效果不好, 还有什么其它治疗方案吗?

If treatment is not working what is the plan?





14 有什么副作用吗?
Are there any side-effects?


17 我还能工作吗?
Can I work?

15 我需要吃规定的饮食吗?
Should I follow a special diet?

18 这种治疗会影响我的性生活吗?
Will the treatment affect my sex life?

16 治疗会影响我的生育能力吗?
Will treatment affect my fertility?





19 我还能做身体锻炼吗?

Can I exercise?

20 我还能旅行吗?

Can I travel?

21 我在哪里能够得到帮助?

Where can I go for support?

22 我必须支付所有费用吗?

Will I have to pay for anything?

23 当我的癌症无法控制时会发生什么?

What will happen if my cancer can not be controlled?





Cancer Society of New Zealand Inc. (2008)

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the publisher.

有关癌症信息和帮助，请致电
0800 CANCER (226 237)或浏览
www.cancernz.org.nz网站。

For cancer information and support
phone **0800 CANCER (226 237)**
or go to **www.cancernz.org.nz**



These booklets are provided in the following languages:

- Arabic
- Chinese Simplified
- Chinese Traditional
- Cook Island Maori
- English
- Gujarati
- Hindi
- Korean
- Maori
- Niuean
- Samoan
- Tongan

本小册子由新西兰癌症协会于2008年7月撰写并出版。

新西兰癌症协会感谢Woolf提供的Simon Woolf拍摄的封面照片。

These booklets were written and published in July 2008
by the Cancer Society of New Zealand.

The Cancer Society of New Zealand acknowledges and thanks
Simon Woolf from Images By Woolf for the cover photograph.

