

Chemotherapy

化學療法

Your doctor has told you that you need chemotherapy. You may be worried about how the chemo will make you feel. You are not alone. Many people worry about this.

People experience the side effects from chemotherapy differently. Here are some tips to help you manage your side effects:

- Take your medications as prescribed.
- Make a list of any questions you have and write down how you felt after your treatment.
- Talk with your nurse or doctor about how you felt and ask your questions. They can make changes for the next treatment to make it better.

What is chemotherapy?

Chemotherapy is also called chemo. It is medicine used to treat cancer. Chemotherapy may be given alone. It can also help treatments like surgery or radiation work better.

How does chemotherapy work?

Chemotherapy can:

- stop cells from growing and dividing
- stop cancer cells from travelling to other areas of the body
- slow the growth of cancer cells
- shrink cancer before surgery

你的醫生告訴你需要接受化學療法。你可能焦慮化療後會對你有甚麼的感覺。很多人和你一樣都有這個憂慮。

每個人接受化學療法後會經歷不同的副作用。以下是一些提示協助控制你的副作用：

- 服用醫生處方藥物。
- 列出你想提出的問題及化療後的感覺。
- 告知你的護士或醫生有關化療後的感覺及提出你的問題。護士或醫生可改換化療藥物令你在下次接受化療時減輕不適。

什麼是化學療法(chemotherapy)?

化學療法又稱為化療(chemo)。它是用藥物治療癌病。化學療法可專治癌病，亦可用來幫助其他治療發揮更佳功能，例如：手術或放射療法。

如何運作化學療法?

化學療法可以:

- 停止細胞繼續生長及分裂
- 停止癌細胞擴散到其他身體部位
- 減慢癌細胞生長
- 在手術前將癌細胞縮小

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Chemotherapy works on the whole body so healthy cells can be affected too. This is why you may have side effects. Healthy cells will repair themselves with time.

Side Effects of Chemotherapy may include:

nausea and vomiting *
mouth sores *
appetite changes *
fatigue *
hair loss
fertility issues
infection
diarrhea *
constipation *

* *Indicates translated information is available*

Remember: You may or may not get some of the side effects from chemotherapy.

How is chemotherapy given?

Chemo is most often given by a needle into a vein (IV or intravenous). When the chemo treatment is finished the needle is removed. Sometimes a thin tube is inserted into a vein and is left in for all your treatments. This is called a PICC or PORT. Chemo is also given by:

- mouth (pill or liquid)
- needle into a muscle (injection)
- rubbing onto the skin (cream)

化學療法在整個身體內運作而會影響到體內健康的細胞，因此會出現副作用。健康的細胞經一段時間後會自然恢復正常。

化學療法的副作用可包括以下：

作嘔和嘔吐 *
口腔潰瘍 *
胃口轉變 *
疲勞 *
脫髮
生育問題
感染
腹瀉 *
便秘 *

* 代表有不同語文的資料

注意：你可能會或不會出現以上的副作用

如何接受化學療法？

通常化療是使用一支藥針將藥物注入靜脈(稱為IV或靜脈注射)。當治療完成後，醫療人員便將那支藥針拔出。有時候，會放入一條很幼小的管子在靜脈內直至整個治療療程完成。這條小管稱為 PICC 或 PORT。化療亦可採用以下的方法：

- 口服 (藥丸或藥水)
- 經肌肉注射 (針管注射)
- 塗在皮膚上 (藥膏)

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How often will I get chemotherapy?

Chemo treatments are often called cycles. The number of treatments or cycles given depends on each person's cancer. Treatments may be given:

- daily, weekly or monthly
- continuously by a pump that you wear home

How long does chemo take to give?

Chemo treatments can take a few minutes, several hours or a few days.

Where will I get chemotherapy?

Chemo is usually given in the cancer clinic and you go home the same day. Some treatments are only given in a hospital and you need to stay overnight or longer.

我每隔多久接受一次化療?

每個化療療程常稱為一個循環。接受幾次化療或幾個循環是視乎個人癌症的情況而定。治療可在：

- 每天，每星期或每個月
- 透過攜帶回家中的繫身小氣泵筒繼續不斷接受化療藥物

進行化療所需時多久?

化療可能需時幾分鐘，幾小時或幾天。

我在那裏接受化療?

大多數化療是在癌症診所進行並可在當天回家。有些治療只能在醫院中進行而你需要留院一晚或更長的時間。