

Cervical Cancer

宮頸癌

Cervical cancer usually affects women between 40 and 55 years of age, with 16,000 cases of invasive cervical cancer diagnosed annually in the United States. Pap smears are an effective screening tool.

Cervical cancers start as an abnormality of cells on the surface of the cervix. These abnormalities are not cancerous. They include dysplasia, squamous intraepithelial lesions (SIL) and carcinoma in situ. If undetected or untreated, these pre-invasive abnormalities eventually may invade normal cells of the cervix. As a result, cancer may develop, invading surrounding tissues or lymph nodes and possibly spreading to other parts of the body.

If these lesions have not invaded normal cells of the cervix, treatments may be relatively simple and straightforward.

Signs and Symptoms

Pre-cancerous changes of the cervix usually don't cause pain. In fact, they generally don't cause symptoms and aren't detected unless a woman has a pelvic exam and a Pap smear.

宮頸癌通常會影響 40 至 55 歲之間的女士，每年在美國有 16000 病例確診患上侵入性宮頸癌。

巴氏塗片是一種有效的篩選工具。

宮頸癌開始時屬**宮頸表面細胞變異**，這些細胞異常並非癌性，它們包括發育異常、鱗狀上皮內的損傷(SIL)和原位癌。如果未被發現或未經治療，這些侵入前的異常最終可能會侵襲宮頸的正常細胞，結果，可能發展成爲癌症，侵襲周圍組織或淋巴結，甚至蔓延至身體其他部位。

如果這些病變沒有侵入宮頸正常細胞，治療可能會相對簡單和容易。

症狀和體徵

宮頸的癌前病變通常不會引起疼痛，事實上，它們一般不會產生症狀，除非女士做骨盆檢查和巴氏塗片檢驗，否則不能發現的。

<p>Symptoms usually don't appear until abnormal cervical cells become cancerous and invade nearby tissue. When this happens, the most common symptom is abnormal bleeding, which may start and stop between regular menstrual periods or may occur after sexual intercourse, douching or a pelvic exam. Menstrual bleeding may last longer and be heavier than usual.</p> <p>Bleeding after <u>menopause</u> also may be a symptom of cervical cancer. Increased vaginal discharge is another symptom of cervical cancer.</p>	<p>直到宮頸細胞異常變為癌性和侵襲附近的組織之前，通常是不會出現症狀。一旦出現症狀，最常見的是異常出血，可發生在正常月經週期期間開始和終止或可能發生於性交時、灌洗、或骨盆檢查之後，月經出血可能持續較長時間和較正常量多。</p> <p><u>絕經後</u>出血也可能是子宮頸癌的症狀。白帶增多是宮頸癌的另一個症狀。</p>
<p>Diagnosis</p> <p>Cervical cancer is diagnosed by having a pelvic exam and a Pap test.</p> <ul style="list-style-type: none"> • Pelvic Exam — A pelvic exam is done to check a woman's vagina, uterus, bladder and rectum. The doctor feels these organs for any lumps or changes in their shape or size. To see the upper part of the vagina and the cervix, the doctor inserts an instrument called a speculum into the vagina. • Pap Test — For a Pap test, the doctor collects cells from the cervix and upper vagina. A medical laboratory checks for abnormal cells. 	<p>診斷</p> <p>宮頸癌是通過骨盆檢查和巴氏試驗(Pap test)進行診斷的。</p> <ul style="list-style-type: none"> • 骨盆檢查 - 是檢查婦女的陰道、子宮、膀胱和直腸，醫生檢查這些器官有沒有任何腫塊或他們的形狀大小有否改變，醫生會用一種稱為窺鏡的器械插入陰道，查看陰道上部和宮頸。 • 巴氏試驗 - 是醫生從宮頸和陰道上部收集細胞，送到醫學實驗室做異常細胞檢查。
<p>Treatment</p> <p>There are a number of ways to treat cervical cancer.</p>	<p>治療</p> <p>有幾種方法可以治療宮頸癌</p>

Loop Electrosurgical Excision Procedure (LEEP)

This simple procedure can be performed in the doctor's office under local anesthetic. An electrically charged wire loop is used to remove the outer portion of the cervix containing the abnormal tissue, which then can be examined under a microscope to confirm that no cancer remains. In the great majority of cases, women are cured after one LEEP procedure and are able to return to full activity shortly thereafter.

Cryosurgery

This is a procedure that freezes and kills the abnormal cells on the cervix. In this procedure, which is performed in the doctor's office and usually does not require an anesthetic, a silver probe that has been cooled with liquid nitrogen is placed against the cervix. This freezing kills the outer layer of cells that are abnormal on the cervix.

Cryosurgery Hysterectomy

The removal of the uterus through the abdomen or vagina is a major surgical procedure requiring at least an overnight stay in the hospital. There are very few reasons to perform a hysterectomy for pre-invasive lesions. It is sometimes used for women who have had more than one relapse and no longer have enough tissue to perform another LEEP.

電外科環形切除術(LEEP)

這簡單手術可以在醫生的診所透過局部麻醉進行，利用帶電導綫圈切除宮頸包含異常組織的的外圍部份，然後用顯微鏡檢查確定沒有癌症殘留，極大多數情況下，女士經過一次 LEEP 手術治療便可治癒，並且可以於短期後全面恢復活動。

冷凍外科手術

這手術是利用冷凍殺死宮頸上的異常細胞，這種手術可以在醫生診所施行，不需要麻醉，用一支經過液態氮冷卻的銀探針放進宮頸，這種冷凍會殺死宮頸上外層異常細胞。

冷凍外科子宮切除手術

這是通過腹部或陰道切除子宮的外科大手術，最少要留院一晚。

極少原因會為侵入性病變進行子宮切除手術，有時由於女患者已經多次復發，沒有足夠的組織可以施行另一次 LEEP，才會進行子宮切除手術。

Treatment of Invasive Cancer

The treatment of invasive cancer depends upon the extent of tumor growth. In cases where the tumor is small and confined to the cervix, a woman may be treated with either a radical hysterectomy or with radiation therapy. When tumors are large or extend to adjacent tissues or lymph nodes more intensive therapy is required, such as radiation therapy, sometimes with the addition of chemotherapy drugs.

Radical Hysterectomy

This is the surgical removal of the uterus, the upper portion of the vagina, and the ligaments and connective tissues that hold the uterus in place. During a radical hysterectomy, it also is common to remove the lymph nodes in the pelvic area, for microscopic cancer cells can spread to those lymph nodes and into the ligaments that hold the uterus in place.

It is not necessary to remove the ovaries in a radical hysterectomy and the preservation of ovarian function is one of the benefits of this approach. This is important for younger women. Following a radical hysterectomy, a woman will no longer have menstrual periods and will not be able to bear children. However, she will continue to have the female hormone estrogen in her body. When patients are properly selected for this procedure, the cure rate of cervical cancer is between 85 percent and 95 percent.

侵襲性癌症的治療

侵襲性癌症的治療取決於腫瘤生長情況，若腫瘤較小而且局限在宮頸，這女患者可用子宮切除根治手術或者可用放射治療，若腫瘤大時或已蔓延至鄰近組織或淋巴結時，便要更加強的治療，有時要加入化療藥物。

子宮切除根治術

這是外科手術切除子宮、陰道的上部、韌帶和固定子宮位置的結締組織。進行子宮切除根治手術時通常也要切除骨盆區的淋巴結，用顯微鏡才能見到癌細胞能夠蔓延至這些淋巴結和固定子宮位置的韌帶。子宮切除根治手術時不必切除卵巢，保存卵巢功能是這種手術的好處，這對年輕的女士是重要的。隨著子宮切除根治手術，此女士不再有月經週期且不能夠生育小孩，可是，她身體內繼續有雌激素，當患者適當地選擇用這種手術，宮頸癌的治癒率介乎 85%至 95%。

Radiation Therapy

This treatment uses high-energy rays to damage cancer cells and stop them from growing. It is a localized treatment, which means that it works to attack cancer cells in one area. The radiation may come from a large machine, called external radiation, or from radioactive materials placed directly into the cervix, called implant radiation. Some patients receive both types of radiation therapy.

Chemotherapy

The use of drugs to kill cancer cells is most often used when cervical cancer has spread to other parts of the body. A patient may receive just one drug or a combination of drugs in cycles. Chemotherapy may be given by injection into a vein or by mouth. It is a systematic treatment, meaning that the drugs flow through the body in the bloodstream.

Biological Therapy

This treatment uses substances to strengthen a woman's immune system to better fight her cancer. It may be used to treat cancer that has spread from the cervix to other parts of the body. Interferon is the most common form of biological therapy for cervical cancer and may be used in combination with chemotherapy. Most patients who receive interferon do so on an outpatient basis.

放射治療

這種治療是用高能量射綫破壞癌細胞並阻止他們生長，這是一種局部治療，透過射綫在一個部位發動攻擊癌細胞，這種射綫可能由一部大機器放射，稱為外部放射治療，或者用放射性物質直接放在宮頸處，稱為植入放射綫，有些患者接受這兩種類型的放射綫治療。

化學治療

這是用藥物殺死癌細胞，大多數常用於宮頸癌已經蔓延至體內其他部位，在整個療程中患者可能僅用一種藥物或多種藥物配合使用，化療可用靜脈注射或口服法，這是一種有系統的治療，意思是藥物經血液流通全身。

生物治療

這種治療是用物質加強女士的免疫系統，令她可以更好地對抗癌症，它可用於治療由宮頸擴散至體內其他部位的癌症，干擾素是宮頸癌治療最常見的形式，而且可以與化療聯合使用，大多數接受干擾素的病人可以在門診診所接受治療。

<p>Reviewed by health care specialists at UCSF Medical Center.</p> <p>http://www.ucsfhealth.org/conditions/cervical_cancer/index.html</p>	<p>UCSF 醫療中心保健專家綜述</p> <p>http://www.ucsfhealth.org/conditions/cervical_cancer/index.html</p>
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