

# 依維莫司 (Afinitor®) Everolimus (Afinitor®)

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<p><b>How does this drug work?</b></p> <p>Afinitor® is a targeted therapy that limits a tumor's ability to grow and spread. It is different than other chemotherapy in that it does not affect all rapidly dividing cells. Instead it works by blocking specific activities in the cancer cells</p>	<p><b>這些藥物是有何作用？</b></p> <p>Afinitor® 是一種標靶治療，限制腫瘤的生長和擴散能力。它比其他化療不同之處是在於它不影響所有快速分裂的細胞。相反，它阻斷在癌細胞中的具體活動。</p>
<p><b>Common side effects</b></p> <ul style="list-style-type: none"> <li>• Lowers number of white blood cells (which fight against infection), red blood cells (which carry oxygen), and platelets (which helps blood clot). A low number of these cells may lead to infection, anemia, and bleeding</li> <li>• Mouth sores</li> <li>• Decreased appetite</li> <li>• Fatigue</li> <li>• Rash</li> </ul>	<p><b>常見的副作用</b></p> <ul style="list-style-type: none"> <li>• 白血球（用於抵抗感染）、紅血球（攜帶氧氣）和血小板（有助於血液凝固）的細胞數量都會下降。這些細胞的數量減低可能會導致感染、貧血和出血</li> <li>• 口腔潰瘍</li> <li>• 食慾下降</li> <li>• 疲勞</li> <li>• 皮疹</li> </ul>

<p><b>Less common side effects</b></p> <ul style="list-style-type: none"> <li>• Diarrhea</li> <li>• Nausea</li> <li>• Edema</li> <li>• Abdominal pain</li> <li>• Fever</li> <li>• Cough</li> <li>• Headache</li> <li>• Increase in lipids (Cholesterol, triglycerides)</li> <li>• Increase in blood pressure</li> <li>• Increase in liver enzymes</li> <li>• Increase in blood sugar</li> </ul> <p>As With any drug, other side effects that were not mentioned may occur</p>	<p><b>較少見的副作用</b></p> <ul style="list-style-type: none"> <li>• 腹瀉</li> <li>• 噁心</li> <li>• 水腫</li> <li>• 腹痛</li> <li>• 發燒</li> <li>• 咳嗽</li> <li>• 頭痛</li> <li>• 增加血脂（膽固醇，甘油三酯）</li> <li>• 增高血壓</li> <li>• 肝酶升高</li> <li>• 血糖升高</li> </ul> <p>正如其他藥物，可能會出現未提及的副作用</p>
<p><b>General concerns</b></p> <ul style="list-style-type: none"> <li>• Report nausea or vomiting that is not relieved by anti-nausea medication</li> <li>• Immediately report any fevers of 101F (or higher) or chills without fever</li> <li>• Report nose bleeds, gum bleeds, or any unusual bruising</li> <li>• Ask your doctor about a birth control method for you</li> <li>• Report any symptoms which are unusual for you</li> </ul>	<p><b>一般要關注事項</b></p> <ul style="list-style-type: none"> <li>• 要報告如有不能以抗噁心藥物舒緩的嘔吐和噁心</li> <li>• 如發燒到 101 度或以上，不論有發冷與否，立即要致電護士</li> <li>• 報告流鼻血，牙齦出血，或任何不尋常的瘀傷</li> <li>• 詢問你的醫生有關你的節育方法</li> <li>• 報告任何你感覺到的不尋常症狀</li> </ul>

<p><b>Other concerns with this type of chemotherapy</b></p> <ul style="list-style-type: none"> <li>• Report any new medications to your doctor before taking them</li> <li>• Take the medication at the same time each day either consistently with food or consistently without food</li> <li>• Swallow whole. Do not chew, break, or crush</li> <li>• if it has been more than 6 hours since missing a dose, skip the missed dose and resume normal schedule</li> <li>• Report painful mouth sores</li> <li>• Do not change the dose or stop taking without contacting your doctor's office</li> <li>• Get your blood drawn as directed</li> <li>• Use mouth rinse as directed</li> </ul>	<p><b>關於你的化療藥要注意的其他事項</b></p> <ul style="list-style-type: none"> <li>• 服用任何新的藥物前，通知醫生</li> <li>• 要在每天同一時間吃藥，無論藥物是跟食物或空腹時服用，都一定要做法一致</li> <li>• 吞服整片藥丸。不要咀嚼，咬破或碾碎</li> <li>• 如果沒有服藥已經超過 6 個小時，便不要吃錯過了的藥劑，然後恢復下一次正常的用藥時間</li> <li>• 報告口腔潰瘍</li> <li>• 不要在沒有通知醫生的情況下改變劑量或停止服藥</li> <li>• 跟據指示去抽血</li> <li>• 跟據指示使用漱口水</li> </ul>
<p>You may contact the Breast Care Center at 415-353-7070; the answering service staff will take your call. During clinic hours Monday through Friday, the triage nurse will return your call. After 5 p.m. or on weekends, an on call doctor will return your call.</p>	<p>您可以致電 415-353-7070 聯繫乳房護理中心，接線生會接你的電話。在門診時間：週一至週五，護士將回電話。下午 5 時後或週末，當值醫生會回你電話。</p>