

## 重建乳房整形手術的決策

# Making a Decision about Breast Reconstruction

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<p>In most instances, when a woman has chosen a mastectomy or when a mastectomy is the recommended surgical treatment, there is a choice about whether or not to have immediate breast reconstruction. The four most common choices in this situation are:</p> <ol style="list-style-type: none"><li>1. No breast reconstruction</li><li>2. Tissue expander with an implant reconstruction</li><li>3. Latissimus Flap reconstruction</li><li>4. TRAM Flap reconstruction</li></ol> <p>For some women, the choice is clear to either have breast reconstruction or not. For others, this is a difficult decision.</p> <p>If this decision is hard or confusing for you, consider the following strategies:</p>	<p>在大多數情況下，當一個婦女選擇乳房切除手術或被建議需要做乳房切除手術時，同時進行重建乳房的整形手術與否問題會有出現。這種情況有四個最常見的選擇：</p> <ol style="list-style-type: none"><li>1. 不做重建乳房手術</li><li>2. 使用組織擴張器及植入物重建乳房</li><li>3. 用一片背闊肌皮重建乳房</li><li>4. 用一片腹直肌皮重建乳房</li></ol> <p>對於一些女性來說，是否做重建乳房手術的選擇是很明顯的。但對另外些人來說，這卻是個艱難的決定。</p> <p>如果你覺得難做決定或感覺困擾，請考慮以下策略：</p>

<ul style="list-style-type: none"> <li>• Schedule an appointment with a plastic surgeon experienced in breast reconstruction to learn what choices are possible for you; learn about the procedures and look at photographs of people who have experienced the procedures.</li> <li>• Talk with women who have experienced and recovered from breast reconstruction surgery. Ask them questions about their experiences.</li> <li>• Visit the Resource Center. Read books, articles, and personal accounts; do research on the Internet.</li> <li>• Consider speaking with a collaborative care consultant in the Breast Care Center to help clarify factors in your decision making.</li> <li>• Ask questions of your surgeon and nurse(s) in the Breast Care Center.</li> <li>• Write down the pros and cons of having or not having breast reconstruction. Generally, with time and some or all of the above approaches, most women feel that they can make the best decision possible.</li> </ul>	<ul style="list-style-type: none"> <li>● 安排與一名富有重建乳房經驗的整形外科醫生，探悉有甚麼方法是最適合你的、並了解手術的過程和看看做過手術的人的照片。</li> <li>● 與曾經做過重建乳房手術的婦女交談。請教他們的經歷。</li> <li>● 到癌症資源中心閱覽書籍、文章和個人經歷。也可在互聯網上搜尋相關資訊。</li> <li>● 考慮與乳房護理中心的醫療顧問傾談你決策上要考慮哪些因素。</li> <li>● 如有問題，請諮詢在乳房護理中心里你的醫生和護士。</li> <li>● 寫下做重建乳房手術的利與弊。通常，隨著時間和選取上述部分或全部的方法，多數女士都能作出最佳的決定。</li> </ul>
<p><b>Considering Breast Reconstruction</b></p> <p>The decision to have breast reconstruction is a personal choice. Some people choose reconstruction, while others choose not to have it. There is no one "best" choice</p>	<p><b>考慮重建乳房整形手術</b></p> <p>是否做重建乳房整形手術是個人的選擇。有些人選擇做重建手術，而其他</p>

for every woman. Instead, each woman will make the choice that she, in consultation with her doctors and perhaps her loved ones, feels is best. Making this decision requires a good understanding of the available options.

The following information about the different choices in breast reconstruction is offered to help you make an informed decision. The breast and plastic surgeons, nurses, and physical therapist in the Breast Care Center wrote this information as a brief guide. Hopefully it will help you in your decision making process. Please feel free to ask your care providers any questions you may have. This is only general information and is NOT designed as a substitute for a thorough discussion of your own case with your caregivers.

人卻選擇不做。這並沒有一個「最佳」的選擇能適合每一個女人。相反，每一個女人應在諮詢醫生或親人後，為自己做個人決定或作最好的選擇。做這個決定是要對各選項有很好的理解能力的。

以下關於重建乳房的不同選擇和訊息，能幫助您做出明智決定。乳房整形外科醫生及護士和物理治療師會在乳房護理中心隨時為你提供服務。他們在決策過程將協助你做選擇。如果有任何問題，請隨時聯絡你的醫務人員。這裡提供的只是一般普通的訊息，並不能代替你與你的醫務人員就你的情況而作的深入探討。

**Tips to remember when considering breast reconstruction:**

1. Remember that you will live a long time with the results of this decision, so take the time you need to decide whether you want reconstruction, and if so, what type. The few weeks you invest in making this decision will be well spent, and will not impact your disease.

**要考慮重建乳房整形術時，請記住這些提示：**

1. 請記住，這一決定的結果會長期的影響你一生，所以當你考慮做切除乳房手術時，要決定是否同時做重建乳房手術。即使你投資幾個星期的時間去做這個決定也是值得的，這並不會影響你的病程。

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| <ol style="list-style-type: none"><li>2. In addition to considering the extent of surgery, it is important to consider the final reconstruction result and long-term effects of the surgery.</li><li>3. Regardless of the type of breast surgery you have, your breast will not look exactly the same as prior to surgery or as the other side. If you have a mastectomy with reconstruction, it is important not to expect the reconstruction to be perfect. The pictures you will see illustrate the optimal reconstruction result.</li><li>4. The flap procedures (TRAM flap and latissimus dorsi flap) result in a more natural looking and feeling breast than the expander procedures.</li><li>5. Not every surgery can be done in every woman for reasons that may be related to your tumor, medical condition, or body shape. Your physicians will help you determine the reconstructive options for which you are a candidate.</li><li>6. Any of the reconstructive techniques can be done at the time of the mastectomy or later. The only significant differences will be that of multiple procedures and a slight compromise of cosmetic result.</li></ol> | <ol style="list-style-type: none"><li>2. 除了考慮手術的範圍，亦要考慮到最終的重建結果和手術帶來的長期影響，這也是很重要的。</li><li>3. 即使做了乳房重建整形術，你的乳房並不會與在手術前或另一側的乳房一模一樣。重要的是，如果你同時做了乳房切除手術及重建乳房，不要期望乳房整形是完美的。醫生會向你展示最佳重建乳房手術結果的图片。</li><li>4. 用一片背闊肌皮和腹直肌皮而不是用擴張器去重建乳房，會令你有一個看起來或感覺上更自然的乳房。</li><li>5. 因為某些原因，例如你的腫瘤、個人健康狀況或身形，不是每位女性都可以接受各種的手術。你的醫生會幫助你確定你適合哪種。</li><li>6. 任何的乳房重建手術都可以在乳房切除手術或以後的時間內做。唯一的差異將是程序的多寡和效果上輕微的差異。</li></ol> |
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<p>7. After a skin sparing mastectomy, it is only possible to do a TRAM flap or latissimus flap reconstruction. It is not possible to have an implant with an expander after a skin-sparing mastectomy.</p> <p>8. In addition to the information given here, you will need additional information based on your unique situation and medical condition. This will help you to select the best method for you and to understand the risks and benefits of your selected method.</p>	<p>7. 做保留皮膚的乳房切除手術是唯一可以用一片背闊肌皮和腹直肌皮重建乳房。但擴張器植入物是不可以用於保留皮膚的乳房切除手術的。</p> <p>8. 除了這裡提供的訊息，你應該根據你的個人情況和健康狀況去搜羅更多的訊息。這有助你選擇最適合你的手術，並助你了解你選擇的手術的風險和益處。</p>
<p><b>What is involved in breast reconstruction?</b></p> <p>The goal of breast reconstruction is to provide the most natural looking and feeling breast possible, with as little discomfort to you as possible. In addition, to have a good cosmetic outcome, both breasts should look the same; that is, they should be about the same size and shape. The surgeons cannot make a perfect match, but do their best to come as close as possible.</p> <p>The breast consists of a "breast mound" and the nipple. Both the "breast mound" and the nipple can be reconstructed, although this is usually done at two separate surgeries. Part of the discussion should include the benefits and risks of changing the size of your</p>	<p><b>重建乳房整形術會涉及甚麼？</b></p> <p>重建乳房的目標是為客戶提供看起來最自然的乳房和感覺，盡可能減少你的不適。此外，好的結果是要看上去兩個乳房都是相同的。也就是說，它們尺寸和形狀應該非常相近。外科醫生不能做出完美的乳房，但會盡最大努力做得最相似的。</p> <p>乳房包括「乳房丘」和乳頭。無論是「乳房丘」和乳頭都可以重建，但這是兩個不同的手術。與醫護人員討論中的一部分應包括手術的好處和改變你的</p>

<p>other breast to create a better match.</p>	<p>另一側乳房的大小的風險，使乳房有更好的配對。</p>
<p><b>Timing of breast reconstruction:</b>  For many years, it was felt that breast reconstruction should be delayed for some time, usually 6-12 months after the mastectomy. That way, any tumor that returned could be detected. More recent information indicates that breast reconstruction has no effect on finding a tumor that comes back and has no effect on your life expectancy. The reconstructive surgeon can do a better cosmetic job if reconstruction is done at the time of mastectomy, so immediate reconstruction (at the same time) is often recommended. An additional benefit of immediate reconstruction is that it reduces the total number of surgeries to complete your breast reconstruction. Therefore, if you are planning to have reconstruction, we advise you to have immediate, rather than delayed reconstruction. However, if you feel unable to make any decision regarding reconstruction now, keep in mind that delayed reconstruction remains an option.</p>	<p><b>最適合做重建乳房手術的時間：</b>  多年來，人們認為乳房重建術應推遲一段時間再做，通常是乳房切除手術後的 6-12 個月。這樣一來，如果任何腫瘤復發也有可能被檢測到。但最近資料表明，重建乳房對於檢測腫瘤復發及對你壽命的預期並沒有影響。如果乳房重建術可以在乳房切除手術後立即進行，外科醫生可以做一個更好看的乳房，所以醫生會建議即時重建（同做切除乳房手術時）。立即重建的一個額外好處是減少了手術的次數去完成重建你的乳房。因此，如果你是計劃重建，我們建議您不要延遲，可以立即做此手術。但是，請記住，如果你即時無法做出決定，你仍可延遲一些再決定重建與否的。</p>