

卡培士他濱 (希羅達)

Capecitabine (Xeloda®)

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<p>How does this drug work?</p> <p>Xeloda® is a "chemotherapy" drug that prevents cancer cell division and may also injure normal cells which grow fast such as blood cells, hair, cells that line the mouth, stomach, and intestines.</p> <p>It is a "prodrug" meaning that it is broken down and activated in your body to the active drug called fluorouracil (5-FU). Xeloda® is taken by mouth for 2 or 3 weeks every month.</p>	<p>這些藥物有何作用？</p> <p>希羅達是「化療」的藥物，以防癌症細胞分裂生長；也可能傷害生長得較快的正常細胞，例如血細胞、毛囊、口腔的細胞、胃和腸。</p> <p>它是一個「前藥」，會在你的身體內分解並激活變為氟尿嘧啶（5-FU）的藥物。希羅達是口服的，每月需服用兩至三週。</p>
<p>Common side effects</p> <ul style="list-style-type: none"> • 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 • Hand-foot reaction: skin on palms of hands or soles of feet may be dry, cracked, red, 	<p>常見的副作用</p> <ul style="list-style-type: none"> • 白血球（抵抗感染）、紅血球（攜帶氧氣）和血小板（助血液凝固）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 • 手腳反應：手掌的皮膚或腳底可能乾裂、紅、麻木、疼痛或腫脹 • 疲勞或疲倦

<p>numb, painful or swollen</p> <ul style="list-style-type: none"> • Fatigue or tiredness 	
<p>Less common side effects with your type of chemotherapy</p> <ul style="list-style-type: none"> • Nausea, vomiting • Diarrhea • Mouth sores • Hair loss (rare) • Sun sensitivity <p>As with any drug, other side effects that were not mentioned may occur</p>	<p>你化療藥較少見的副作用</p> <ul style="list-style-type: none"> • 噁心，嘔吐 • 腹瀉 • 口腔潰瘍 • 脫髮（罕見） • 對太陽較敏感 <p>正如任何藥物，可能發生未提及的其他副作用</p>
<p>General concerns</p> <ul style="list-style-type: none"> • Report more than 3 loose or watery stools a day • Report nausea or vomiting that is not relieved by anti-nausea medication immediately • report any fevers of 100.5f or higher, with or without chills • Report nose bleeds, gum bleeds, or any unusual bruising • Report hand-foot reactions or sensitivity • Ask your doctor about a birth control method for you • Report any symptoms which are unusual for you 	<p>一般要關注的事項</p> <ul style="list-style-type: none"> • 要報告每天超過 3 次較散或很稀的大便 • 要報告任何不能以抗噁心藥物舒緩的嘔吐和噁心 • 須立即報告 101 度或以上的發燒，不論有發冷與否 • 需報告流鼻血，牙齦出血，或任何不尋常的瘀傷 • 報告手腳有反應或敏感 • 詢問你的醫生有關你的節育方法 • 報告任何不尋常的症狀

<p>Other concerns with your type of chemotherapy</p> <p>To prevent hand-foot reaction, do not wear tight fitting shoes or perform activities that may place pressure on your hands or feet.</p> <p>Prior to bed it may be helpful to apply an emollient cream, such as Aquaphor ©, to your hands and feet and then cover them with cotton gloves and socks to increase absorption and prevent dryness and cracking.</p> <p>Avoid submerging your hands in hot water without gloves, such as you would when washing dishes. Also avoid exposing your hands to household cleaners, without gloves.</p>	<p>關於你的化療要注意的其他事項</p> <p>為防止手腳有反應，不要穿緊身鞋或做對手腳會造成壓力的活動。</p> <p>睡前在手腳搽上潤膚膏，例如 AQUAPHOR® 會有幫助。穿上手套和襪子以加快吸收，防止乾燥爆裂。</p> <p>避免雙手浸於熱水中時不戴手套，例如在洗碗碟的時候。此外，還要避免用清潔劑時不戴手套。</p>
<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，接聽服務員會接聽你的電話。在門診時間：週一至週五，護士將會回你電話。下午 5 時後或週末，當值醫生會回你電話。</p>

Xeloda® Calendar

SUN	MON	TUE	WED	THU	FRI	SAT

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