

# 被新診斷有乳癌婦女的化療指南

## Chemotherapy Guidelines for Women Newly Diagnosed with Breast Cancer

You have been recently diagnosed with breast cancer. We recognize that this is often an emotionally challenging and difficult time. There is new information to be understood, decisions to be made, doctor appointments to schedule and keep, opinions to gather and compare, and treatment, work and family schedules to be planned. There may be difficult or complex decisions about who to tell about your diagnosis and people who care for you will have their own individual responses to your diagnosis. Decision making about chemotherapy is often stressful. People who have been through treatment have taught us that emotional support and information about what to expect can be helpful. They report that once you have weathered the decisions and have begun therapy, life may begin to settle down. This information is intended as a chemotherapy "roadmap"; please ask us questions and report any concerns to us.

我們明白你最近因為得到乳癌的診斷可能帶給你情緒上的挑戰和困難。你要學新知識、做決定、預約見醫生，又要收集和分析比較不同的意見，並要分配治療、工作和家庭的時間。甚至決定告訴誰人關於你的病也可以是一件困難和複雜的事，因關心你的人都可能會對你患乳癌有不同的反應。做化療的決定也往往可以給你壓力。已經做完治療的患者曾告訴我們情緒上的支持和在事先能知道有什麼要期待的資訊都會有所幫助。他們指出，一旦你已經度過了做決定的步驟而開始治療，生命便能開始安定下來。以下這些資訊的目的是給你一個做化療的「路線圖」。如有任何問題或顧慮，請向我們提問。

### **Chemotherapy is an individual experience**

Chemotherapy to treat breast cancer is tailored to

### **化療是個人化的經驗**

用化療治療乳癌是要符合你的醫療

<p>your medical needs. It may be given following surgery (adjuvant chemotherapy) to lower the risk of future recurrence or spread of breast cancer. It can also be given before surgery (neo-adjuvant therapy) to shrink the tumor before it is removed. Chemotherapy is also used to treat people who have metastatic breast cancer to control the growth and further spread of cancer. Several different types of chemotherapy drugs and combinations are used depending on the specific clinical situation. You and your medical oncologist will discuss which drugs are appropriate for your situation. Side effects vary with the different chemotherapy drugs.</p>	<p>需要。化療可在手術後做（輔助化療）以降低未來復發或乳癌擴散的風險，也可在手術前做（新輔助化療）以在切除前收縮它的大小。化療也可用於治療擴散性乳癌，以控制癌腫的生長速度和散播。有幾種不同類的化療藥和組合可被挑用於個別的臨床情況。你和你的腫瘤科醫生將討論用哪些藥物適合你，不同的化療藥有不同副作用。</p>
<p><b>Before Starting Chemotherapy</b></p> <p>Before starting chemotherapy we suggest that you take care of some of your basic health care needs. If time permits, we suggest that you have your teeth cleaned. If you need major dental work, try to postpone it until after chemotherapy. If you need your teeth cleaned or need dental work while receiving chemotherapy, please let your practitioner know beforehand. We also recommend you are up to date on your pap smear and have seen a gynecologist in the last year. Please also consider updating vaccines or getting a flu shot if it is available. Please discuss concerns with your practitioner.</p>	<p><b>在化療開始前</b></p> <p>在化療開始之前，我們建議你做一些基本的保健措施。假如時間許可，我們建議你找牙醫洗牙。如果涉及要做大的牙科程序，要盡量推遲到做完化療後。如果你需要在接受化療時洗牙或做大的牙科程序，請先知會你的醫生。我們還希望你在這一年之內曾經有看婦科醫生並建議你再做子宮頸抹片檢查。還請你考慮更新疫苗或注射現有的流感疫苗。請與醫生商量你的顧慮。</p>

<p><b>It is difficult to predict Individual responses</b></p> <p>We are committed to supporting your medical, educational and emotional needs during treatment, by listening to your concerns and answering your questions. We will also offer you resources within the Cancer Center and within the community to better meet your needs.</p>	<p><b>很難預測每個人的反應</b></p> <p>在傾聽你的顧慮並回答你的問題後，我們會致力於在治療過程中支持你的醫療、教育和情緒上的需要。還會為你提供癌症中心和社區內不同的資源，以更好地滿足你的需求。</p>
<p><b>Emotional Support</b></p> <p>We suggest that if possible, you arrange for a family member, friend, or support person to accompany you to your chemotherapy sessions. If possible, choose someone with whom you feel comfortable and trust. You need support, not additional worry. We recognize that cancer has an impact on you as a whole person and also on your family and loved ones. To varying degrees, all women with breast cancer struggle with the challenges of coping and adjusting to these life changes. At the Breast Care Center, we try to care for your emotional needs throughout the process of diagnosis, treatment and recovery. We want to be aware of your personal needs and concerns so that we can be responsive to them in the months ahead. Discuss a referral to the Cancer Center Psycho-oncology program if you feel that you have individual concerns or emotional support needs throughout your treatment with us. If you have practical support needs or health benefit</p>	<p><b>情緒上的支持</b></p> <p>我們建議如果可能的話，你去安排一個家庭成員、朋友、或支持你的人在化療期間陪伴你。如果可能，最好選擇一個你感到放心和信任的人。你需要的是支持，而不是額外的擔憂。</p> <p>我們知到，癌症對你作為一個完整的人，對你的家人和所愛的人所產生的影響。在不同程度上，所有患有乳癌的婦女都糾纏於應對和調整生活變化所帶來的挑戰。在乳房護理中心，我們盡量在整個診斷、治療和康復的過程中照顧你情緒上的需要。我們想知道你的個人需求和關注，使我們在未來的幾個月內能夠照顧有關的事情。如果你覺得有個人的擔憂或有情緒上支持的需</p>

<p>concerns, we may make a social work referral as well. We also have other support services, such as the Peer Support Program, support groups, Art for Recovery, nutrition consultations, and yoga and exercise classes that are available to all cancer patients. To obtain more information please visit The Ida and Joseph Friend Resource Center located on the first floor of 1600 Divisadero Street, next to the gift shop.</p>	<p>求，便要商量轉介到癌症中心的腫瘤心理科。</p> <p>如果你有實際支持的需要或醫保的憂慮，我們可以轉介你到社工那處。我們也有其他的配套服務，例如同伴支持計劃、支持團體、主為康復的美術科、營養諮詢，並提供給所有癌症患者的瑜伽和健身課程。要獲得更多信息，請到 The Ida and Joseph Friend Resource Center 資源中心，它位於 1600 Divisadero street 一樓的禮品店旁邊。</p>
<p><b>Nutrition Consultations</b></p> <p>We are fortunate to have a skilled nutritionist on our staff. The nutritionist is available for a consultation to address questions you may have about food, eating and nourishment. You may make an appointment at the front desk.</p>	<p><b>營養諮詢</b></p> <p>幸運地，在我們工作員工當中有一個有經驗的營養師。營養師可以解答你有關食物、飲食和營養的問題。你可以在前台預約諮詢。</p>
<p><b>Chemotherapy Side Effects</b></p> <p>As the science for treating breast cancer has advanced, so has the science to manage treatment side effects. Each woman experiences side effects from chemotherapy differently, and different chemotherapy drugs cause different side effects. Whatever you experience, remember there is no correlation between the side affects you feel and</p>	<p><b>化療的副作用</b></p> <p>隨著治療乳癌的科技進步，應付化療帶來副作用的科學也同樣接續前進。每位婦女所經歷的化療副作用都不同，而不同的化療藥也產生不同的副作用。無論你有甚麼經驗，要記得你的副作用和你是否能從化</p>

<p>whether you derive benefit from your chemotherapy. Many women feel okay for the first few hours following chemotherapy treatment. Usually some reaction, if any, occurs about 4-6 hours later; some women experience little reaction until 12 or even 24 - 48 hours after treatment. We have many treatments to help you deal with side effects. Please let us know how you are feeling, so we can address your concerns and help to make you more comfortable.</p>	<p>療得益是沒有關聯的。許多婦女覺得化療後的幾個小時是可接受的。如果有反應的話，一般會發生在 4 至 6 小時後；有些女性卻會在化療後 12 甚至 48 小時後才有一些反應。我們有很多治療方法可以幫助你處理副作用。請讓我們知道你的感覺，以助我們可以幫你解決問題而令你更舒適。</p>
<p><b>Fatigue</b></p> <p>Chemotherapy can make you feel tired. This fatigue may or may not worsen as you are treated with more cycles of chemotherapy. Most people have to make some adjustment in work and family responsibilities; the degree of change is very individual. Try to balance activity and rest. Remember that the fatigue will go away after you recover from chemotherapy.</p>	<p><b>疲勞</b></p> <p>化療可使你感到疲累，這種疲勞在你進行了多次化療而會或不會惡化。大多數人不得不在工作和家庭責任上作一些調改；調節的程度是個別的，要嘗試平衡活動和休息。請記住，疲勞在化療結束後的康復中就會逐漸消失。</p>
<p><b>Practical Hints for Fatigue</b></p> <ul style="list-style-type: none"> <li>• Plan your activities, such as grocery shopping, for a time when you feel the best.</li> <li>• If you have children, rest when they are napping. When you feel most tired, consider hiring a babysitter for a few hours so that you can relax or take a nap.</li> <li>• Take naps early in the day so you do not disturb</li> </ul>	<p><b>應付疲勞的實用提示</b></p> <ul style="list-style-type: none"> <li>• 計劃好你的活動，例如當你覺得是最好的時候去買菜</li> <li>• 如果你有孩子，在他們小睡時你便要休息。當你覺得很累時，考慮聘請一個做鐘點的保姆，讓你可以鬆弛或小睡</li> <li>• 在日間較早的時間小睡，以不擾</li> </ul>

<p>your sleep pattern at night.</p> <ul style="list-style-type: none"> <li>• Try to exercise, such as walking or swimming, every day or regularly.</li> </ul>	<p>亂你夜晚的睡眠時間</p> <ul style="list-style-type: none"> <li>• 試做運動，例如每天或定時散步或游泳</li> </ul>
<p><b>Hair Loss</b></p> <p>Many women feel that hair loss can be the most difficult aspect of chemotherapy treatment. Losing your hair can be a personal and difficult experience. Not all chemotherapy drugs cause the same amount of hair loss, so talk to your physician or nurse about what to expect. Most often, hair loss begins about two-to-three weeks after starting chemotherapy. You can lose the hair on your head, eyelashes and eyebrows, as well as other body hair. You may want to center your head with a wig, scarf, hat or turban, or you may not want to cover your head at all. Do what makes you feel most comfortable. Many women choose different head coverings for different situations. We have many resources to assist you during this time, including the Friend to Friend Gift Shop on the first floor of 1600 Divisadero Street; and the Look Good, Feel Good Program, so please talk with your caregivers or visit the Resource Center on the first floor of 1600 Divisadero Street.</p> <p>If you decide to buy a wig, it is helpful to buy one while you still have your own hair, because you can better match color and style. Your physician can write a prescription for a "cranial prosthesis". Some</p>	<p><b>脫髮</b></p> <p>許多婦女覺得脫髮是化療中最困難的一面。失去你的頭髮是一種個人和困難的經歷。但不是所有的化療藥都會引起同量的脫髮，所以你要跟醫生或護士討論你將會遇到甚麼情況。在大多數情況下，脫髮會在化療後大約兩到三個星期開始。脫髮的位置可能在頭上、眼睫毛和眉毛，以及其他體毛。你可能要帶假髮、圍巾、帽子或頭巾包裹頭部，或可選擇完全不掩飾頭部。你可以做任何讓你覺得最舒服的事。許多婦女在不同的場合會選擇帶不同的頭巾。在這段時間內我們有很多資源可幫助你，包括在 1600 Divisadero 街一樓的「朋友互助禮品店」和「容光換髮...心情更好」美容講座，所以請與你的醫護人員談談或親身到 1600 Divisadero 街一樓的資源中心。</p> <p>如果你決定買假髮，在你仍然有頭髮時先購買是有幫助的，因為你可</p>

<p>insurance companies will only pay for a "cranial prosthesis".</p> <p>Your hair will begin to grow back after you stop chemotherapy. It usually takes from two-to-three months to see the change from no hair to some hair. Your new hair may be slightly different in color and texture than your old hair. Often the new hair will be baby soft and curly.</p>	<p>以較容易匹配假髮的顏色和款式。你的醫生可以寫一張「頭部彌補物」的配方，因一些保健公司只會支付「頭部彌補物」的配方。</p> <p>在化療完成後，你的頭髮會重新生長。由完全沒有頭髮變到有頭髮的過程通常需要兩到三個月。你的新髮可能在顏色和品質上與舊頭髮略有不同。通常新頭髮將會變得像嬰兒頭髮般柔軟而捲曲。</p>
<p><b>Practical Hints for Hair Loss</b></p> <ul style="list-style-type: none"> <li>• It is not always necessary to buy a real wig. Synthetic wigs can look as good and are less expensive, easier to care for, lighter in weight and may be more comfortable to wear.</li> <li>• Before you start to lose your hair, you may want to cut it short so the hair loss won't be quite so shocking. Put a towel over your pillow so that clean up in the morning will be easier while you are shedding your hair. Buy a drain catch for your shower. Some people choose to shave their head hair when hair loss begins.</li> <li>• Refer to our wig information sheet for places to shop near you.</li> <li>• Refer to the Friend to Friend Gift Shop, the Re-</li> </ul>	<p><b>脫髮的實用提示</b></p> <ul style="list-style-type: none"> <li>• 其實不是有必要去購買一個真的假髮。合成材料的人造假髮也可以很好看，而且更便宜，更容易處理，重量更輕，並且可以讓你更舒適地佩戴。</li> <li>• 在你開始脫髮前，你可能想剪短頭髮以減少因脫光頭髮而帶來的震撼。如果頭髮開始脫落，可把毛巾放在枕頭上使早上清理更容易。替你的淋浴買一個過濾篩，但有些人選擇在脫髮開始前先剃光頭髮。</li> <li>• 請參考我們在商店裡的假髮知識單張。</li> <li>• 請來「朋友互助禮品店」、資源</li> </ul>

<p>source Center, or your local American Cancer Society for more information.</p> <ul style="list-style-type: none"> <li>• When buying a wig, take a friend for emotional support and maybe even a laugh!</li> </ul>	<p>中心、或本地的美國癌症協會去獲得更多訊息。</p> <ul style="list-style-type: none"> <li>• 當去買假髮時，找一個朋友陪你去精神支持你，這或者可以令你大笑一番！</li> </ul>
<p><b>Nausea</b></p> <p>Medication called anti-emetics or anti-nausea drugs are used to prevent and treat nausea and vomiting due to chemotherapy. Not all chemotherapy drugs cause nausea. Many anti-nausea drugs are available, and your provider will recommend what is expected to work best for you based on the chemotherapy you will be receiving. We have a specific anti-nausea information sheet describing the medications, dosages, side effects, and other important information, which is included in Your binder</p> <p>Please be prepared and have your prescriptions filled before your treatment day. We recommend getting your prescriptions filled a week in advance if possible as some medications may require prior authorization. Please call your practitioner if your medications do not give you adequate relief or if you experience side effect with the anti-nausea medication.</p> <p>Please bring you prescribed medications with you on your first treatment day.</p>	<p><b>噁心</b></p> <p>止吐藥或抗噁心藥可用於預防和治療因由化療而引起的噁心和嘔吐。但不是所有化療藥都會引起噁心的。有多種抗噁心藥可供選擇，你的醫護人員會根據你所用的化療藥去推薦最適合的抗噁心藥。你的檔案裡會有一張訊息表詳細描述藥物、劑量、副作用和各種重要的資訊。</p> <p>請做好準備，在化療前買好(抗噁心)配藥。我們建議在化療的一星期前去買配藥，因為一些藥物可能需要先得到(健康保險計劃)批准。如果服用的藥物不能幫你充分擺脫(噁心)，或者抗噁心藥也有本身的副作用，請致電你的醫生。</p> <p>請你在化療的第一天帶你的配藥回來。</p>



### Practical Hints for Nausea

- Before your chemotherapy appointment, eat a small, light meal. Most women do better if they have something in their stomach.
- Eat what sounds good to you. Generally starches such as rice, bread, potatoes, hot cereals and puddings are well tolerated.
- Try not to skip meals. An empty stomach will worsen all symptoms. If you don't feel like sitting down to a meal, try nibbling on something that appeals to you.
- Drink plenty of fluids. Herbal teas, water, "sports drinks" and diluted juice are recommended more than soda.
- Avoid smells that are unappealing.
- Freeze meals so that you don't have to cook. Ask your family and friends to help with meals, especially following chemotherapy when you are most likely to feel nauseous.

### (抗)噁心的有用提示

- 在化療前，輕吃一點餐食。大多數婦女如果有吃東西會對抗噁心較好。
- 吃你覺得好吃的食物。人通常能較易接受澱粉類，例如飯、麵包、薯仔、熱穀類和布丁。
- 盡量不要不吃東西。空肚會惡化症狀。如果你不喜歡吃飯餐，盡量多吃一些你喜歡的零食。
- 多喝飲料。飲香草茶、水、「運動飲料」和稀釋果汁都比飲蘇打水好。
- 避免聞你覺得不好聞的氣味
- 冷藏好已煮熟的食物，這樣你就不用餐餐煮。讓你的家人和朋友幫你煮你的膳食，尤其是在化療後，你很有可能會感到噁心。

### Appetite and Taste Changes

During chemotherapy you may experience taste and appetite changes and a heightened sensitivity to odors. Do not worry if you lose your appetite the first few days or a week following chemotherapy as this is a common effect. This is not unusual, and your appetite will likely improve over the next few days. Reflux, burping, or a burning sensation may

### 食慾和味覺的變化

在化療期間你可能會遇到口味和胃口的轉變和對氣味產生高度敏感。在化療後的幾天或一星期內，你沒有食慾是常見也是正常的，不要擔心，你的食慾在未來的幾天很可能會改善。倒流、打嗝或有燒灼感可能惡化噁心的感覺；如果你有此症

<p>worsen nausea; please report this symptom to your physician or nurse so that it can be treated. You may find that you can tolerate only certain foods. We encourage you to eat what appeals to you during this time, and to drink enough fluids (8 - 10 eight-ounce glasses per day). Recommendation for healthy nutrition include a diet low in fat (&lt;20%) and high in whole grains, fruit and vegetables, and plant based proteins. Some women want to begin dietary changes during treatment; others prefer to wait until chemotherapy is completed. Whichever way is the best for you, we encourage you to learn about and make healthy dietary and lifestyle changes. Many women gain weight while on chemotherapy for reasons that are not well understood. Again, if you have concerns about nutrition, please consult our staff nutritionist.</p>	<p>狀，請告知你的醫生或護士，以便能得到治療。你可能會發現，你只想吃某種食物。我們鼓勵你在這段時間有什麼吸引你的食物都要吃，和要喝足夠的飲料（每天8-10杯八盎司一杯的）。關於健康飲食的建議，包括進食低脂肪（&lt;20%）和高全穀物，水果和蔬菜，以及植物蛋白。有些婦女在治療期間會開始改變飲食習慣；但亦有人寧願等到化療完成後才改。無論甚麼方法適合你，我們也鼓勵你去學習健康化的起居飲食。許多婦女在接受化療時體重增加，而原因還不很清楚。再重複一次，如果你有關於營養方面的問題，請諮詢我們的營養師。</p>
<p><b>Practical Hints for Taste and Appetite Changes</b></p> <ul style="list-style-type: none"> <li>• Eat what appeals to you during this time.</li> <li>• Eat foods that are warm rather than hot.</li> <li>• Avoid places where food is being cooked (for example, the kitchen at dinner time).</li> <li>• Avoid smells that are unappealing.</li> <li>• To try drink 8 - 10 glasses of fluid a day</li> </ul>	<p><b>味覺和食慾改變的實用提示</b></p> <ul style="list-style-type: none"> <li>• 在這段時間吃一些吸引你的食物</li> <li>• 要吃溫度暖而不是熱騰騰的食物</li> <li>• 不要逗留在煮食的地方（例如在煮飯時間去廚房）</li> <li>• 避免聞不吸引你的氣味</li> <li>• 一天內嚐試喝8-10杯飲料</li> </ul>

<p><b>Mouth Sores</b></p> <p>Another side effect of chemotherapy can be mouth sores and discomfort when swallowing. In most breast cancer regimens, mouth sores are uncommon. Mouth sores occur because chemotherapy not only destroys cancer cells, but also rapidly dividing cells, such as those that line your mouth and esophagus. Please call your practitioner should you develop painful mouth sores or have difficulty swallowing. A special mouth rinse may be prescribed for your use.</p>	<p><b>口瘡</b></p> <p>化療的另一些副作用是生口瘡和吞嚥時會感到不適。在大多數乳癌的治療案例中，口瘡是罕見的。出現口瘡是因為化療不僅破壞癌細胞，而且破壞例如在口腔和食道內快速分裂的細胞。如果你有口瘡或吞嚥有困難，請致電給你的醫生做檢查，醫生可能要配給你特殊的漱口水用。</p>
<p><b>Practical Hints for Mouth Sores</b></p> <ul style="list-style-type: none"> <li>• Brush your teeth with a soft toothbrush 3 times daily.</li> <li>• Rinse your mouth with a solution of 1 teaspoon baking soda and 1 teaspoon of salt diluted in a glass of lukewarm water 3 to 4 times daily.</li> <li>• Biotene is a commercial mouthwash that also can be used 3 to 4 times daily.</li> </ul>	<p><b>口瘡的實用提示</b></p> <ul style="list-style-type: none"> <li>• 用柔軟的牙刷刷牙，每日3次</li> <li>• 用1茶匙蘇打和1茶匙鹽溶在玻璃杯中的溫水用於稀釋漱口。每日3至4次</li> <li>• Biotene 是在市面上有銷售的漱口水，可以每天用3-4次</li> </ul>
<p><b>Diarrhea or Constipation</b></p> <p>Some chemotherapy drugs can cause diarrhea. If you have more than five watery stools in 24 hours, or blood in your stool, call your practitioner. Do NOT use over the counter anti-diarrhea medications like Imodium® unless advised to do so by your phy-</p>	<p><b>腹瀉或便秘</b></p> <p>一些化療藥物可引起腹瀉。如果你在24小時內有超過五次水便或大便帶血，請致電給你的醫生。除非你的醫生或護士建議，否則不要使用抗腹瀉藥物，例如 imodium®。</p>

<p>sician or nurse.</p> <p>Some of the drugs we give to prevent nausea can cause constipation. You may be more prone to constipation because your activity level and diet have changed. You may also experience constipation if you take narcotic pain medication. Please tell your practitioner if you go more than 3 day without having a bowel movement.</p>	<p>我們的防止噁心配藥可給你引起便秘。因為你的活動量和飲食習慣改變，你可能會更容易發生便秘。如果你有用麻醉止痛藥，也有可能便秘。如果三天內沒有大便，請告訴你的醫生。</p>
<p><b>Practical Hints for Constipation</b></p> <ul style="list-style-type: none"> <li>• To help prevent constipation try drinking 8 to 10 glasses of fluid a day.</li> <li>• Take a stool softener (not a laxative) such as docusate sodium (DSS), also known as Colace®, one capsule once or twice a day. Senokot® or Scnokot.S® may also be suggested. Ask your practitioner for a recommendation.</li> <li>• Stay as active as you can; consistent regular exercise can reduce constipation.</li> </ul>	<p><b>便秘的實用提示</b></p> <ul style="list-style-type: none"> <li>• 為了預防便秘，一天內要嘗試喝 8 至 10 杯飲料</li> <li>• 服用大便軟化劑（不是瀉藥），例如多庫酯鈉（DSS），也被稱為 Colace®，是膠囊，每天一次或兩次。Senokot®或 Senokot.S®也會被建議服用。問問你醫生的建議</li> <li>• 保持適量的活動；堅持有規律的運動可以減少便秘</li> </ul>
<p><b>Practical Hints for Diarrhea</b></p> <ul style="list-style-type: none"> <li>• To replenish lost fluids, drink 8 – 10 eight-ounce glasses of decaffeinated fluids per day.</li> <li>• If your rectum is sore, use soft toilet paper and A&amp;D® ointment (used for diaper rash in infants) or Anusol® which can help numb the rectum and soothe soreness.</li> <li>• If you can tolerate them, try high fiber foods:</li> </ul>	<p><b>腹瀉的實用提示</b></p> <ul style="list-style-type: none"> <li>• 為了補充流失的水份，每天喝 8 – 10 杯八盎司不含咖啡因的飲料</li> <li>• 如果你的直腸肛門疼痛，用柔軟的衛生紙和 A&amp;D®軟膏（嬰幼兒尿布疹使用那種）或 Anusol®可以幫助麻木直腸和舒緩酸痛</li> <li>• 如果你能忍受，盡量吃高纖維食</li> </ul>

prunes, bran, fruits and vegetables	物：梅干、麥皮、水果和蔬菜
<p><b>Low Blood Counts</b></p> <p>Chemotherapy lowers the number of white blood cells (WBCs) your body makes. White blood cells are made in the bone marrow and help fight against infection. Neutrophils are one type of the WBCs that fight infection. Often the neutrophil count will determine whether or not you will receive chemotherapy on schedule.</p> <p>An infection is most likely to occur when your WBCs or neutrophil count is low. You are most susceptible to a bacterial infection about 7 - 12 days after your chemotherapy infusion. Most bacterial infections occur as a result of your body's inability to fight off normal bacteria present in your gastro-intestinal tract or skin. Bacterial infections do not commonly occur as a result of being in a crowded place. If you are feeling well, we encourage you to continue to go out to the movies or out for a meal. However, viral infections are common and are transmitted easily. Wash your hands frequently and avoid close contact with anyone who is ill during this time.</p>	<p><b>低血細胞數量</b></p> <p>化療可以降低身體白血球細胞的數量（WBCs）。白血球細胞是在骨髓中製造及可幫助抵抗感染。中性粒細胞是白血球中的一類，可抵抗感染。在通常情況下，中性粒細胞的數量將決定你是否會如期接受化療。</p> <p>當你的白細胞和中性粒細胞數量低時，你是非常有可能受感染的。你在化療輸液後的7-12天，會最容易受到細菌感染。大多數的細菌感染是因由你的身體無力抵禦正常生存在腸胃或皮膚的細菌。但由去擁擠的地方而導致細菌感染並不常見。如果你覺得身體好，我們鼓勵你繼續外出看電影或吃飯。然而，病毒感染卻是易於散播和常見的。要經常洗手和在這期間避免與有病的人接觸。</p>
<p><b>Practical Hints Regarding Fever &amp; Infection</b></p> <ul style="list-style-type: none"> <li>If you have a fever of 101°F (38.3°C), with or without chills, or with chills alone, call your care provider immediately. If you cannot reach your</li> </ul>	<p><b>對於發熱及感染的實用提示</b></p> <ul style="list-style-type: none"> <li>如果有發燒到 101°F (38.3°C)，不論身體是否有發冷，都要立即打電話給你的醫護人員。如果找</li> </ul>

<p>oncologist, go to an emergency room.</p> <ul style="list-style-type: none"><li>• Keep a thermometer in your home and know how to take your temperature.</li><li>• If you are unsure how to take your temperature, ask your care provider.</li><li>• Do not eat, drink or smoke for 10 minutes before taking your temperature.</li><li>• Leave the thermometer under your tongue for three minutes.</li><li>• Do not take Tylenol® (acetaminophen) or Advil (ibuprofen) until instructed as they will mask the fever.</li><li>• Call your care provider as soon as possible if you develop a cough, sore throat, pain or burning when you urinate.</li><li>• To help prevent infection, we encourage good hand washing.</li><li>• Avoid rectal intercourse, tampons, douches, enemas, and rectal thermometers</li><li>• Do not eat raw food such as sushi &amp; sashimi, Caesar salad or milk shakes made with raw eggs until you complete chemotherapy and your blood counts have returned to adequate levels. Raw foods may carry bacteria that can lead to infection.</li><li>• Wash hand and cutting boards well after food preparation.</li><li>• Always tell your doctor before going to the den-</li></ul>	<p>不到你的腫瘤學家，便去急診室</p> <ul style="list-style-type: none"><li>• 你的家里要有溫度計，你並要知道如何量度體溫</li><li>• 如果你不知道如何量度體溫，便去問你的醫護人員</li><li>• 在量度體溫之前 10 分鐘內，不要進食，飲水或吸煙</li><li>• 把溫度計放在舌頭底三分鐘</li><li>• 不要服用泰諾 (Tylenol)，或亞布洛芬 (ibuprofen)，因為這些藥物會掩蓋發燒</li><li>• 如果你開始咳嗽、喉嚨痛、疼痛，或小便覺得灼熱，要盡快聯繫你的醫護人員</li><li>• 爲了防止感染，我們鼓勵經常洗手</li><li>• 避免肛交、使用衛生棉條、灌水、灌腸和用直腸體溫計</li><li>• 不要吃生的食物，如壽司、刺身、凱撒沙律或以生雞蛋製作的奶昔，直到你完成化療及血液細胞數量已經恢復到正常水平。生的食物可能有細菌，容易導致感染</li><li>• 準備食物之後要洗手及洗好砧板</li><li>• 見牙醫前務必要告訴你的醫生</li></ul>
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<p>The table below will help you understand your temperature in both Fahrenheit and Centigrade:                  下表將幫助你知道你華氏和攝氏的溫度</p> <table border="1"> <thead> <tr> <th>Fahrenheit 華氏</th> <th>Centigrade 攝氏</th> </tr> </thead> <tbody> <tr> <td>98.6</td> <td>37.0</td> </tr> <tr> <td>99.0</td> <td>37.2</td> </tr> <tr> <td>100</td> <td>37.8</td> </tr> <tr> <td>101</td> <td>38.3</td> </tr> <tr> <td>102</td> <td>38.9</td> </tr> </tbody> </table> <p>Remember, always call your physician with a temperature of 101°F or 38.3°C                  如果你的溫度達至 101°F 或 38.3°C，記住打電話給你的醫護人員</p>		Fahrenheit 華氏	Centigrade 攝氏	98.6	37.0	99.0	37.2	100	37.8	101	38.3	102	38.9
Fahrenheit 華氏	Centigrade 攝氏												
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<p><b>Menopause</b></p> <p>Chemotherapy may cause temporary stopping of your periods or permanent menopause. The effects depend on the type of chemotherapy administered, your age and how close you are to naturally occurring menopause. With menopause you may experience symptoms such as hot flashes, decreased libido, vaginal dryness, mood changes and sleeping disturbances. Please feel free to talk to us about any symptoms or concerns; we can provide information and possible treatment for some of the symptoms mentioned.</p> <p>If your periods continue during treatment they will</p>	<p><b>絕經</b></p> <p>化療可能會造成月經暫停或絕經。哪種影響主要看用什麼類的化療藥、你的年齡和你離自然絕經的時間還有多少距離。你絕經時可能會遇到的症狀包括潮熱、性慾下降、陰道乾澀、情緒變化和睡眠有障礙。請隨時和我們商討何症狀或你的顧慮；我們可以提供相關訊息和可能治療一些症狀的方法。</p> <p>如果在治療過程中繼續有月經，</p>												

<p>likely change in duration, flow and regularity. The changes may be temporary, lasting only while on chemotherapy, or the changes may eventually lead to menopause.</p>	<p>經期的長短、流量和周期性很可能會變。這變化可能是臨時僅在化療的時間內才有的，或變化也可能會持久終於導致絕經。</p>
<p><b>Practical Hints for Menopausal Symptoms</b></p> <ul style="list-style-type: none"> <li>• Because you have had breast cancer we DO NOT recommend taking hormone replacement therapy.</li> <li>• Eat soy products or take vitamin E (400 IU only) to reduce hot flashes.</li> <li>• There are prescription medications that your practitioner may recommend for hot flashes</li> <li>• Wear light cotton pajamas to help prevent overheating when sleeping.</li> <li>• Try vaginal moisturizers such as Replens® on a regular basis or other water based lubricants, like Astroglide®, as needed and especially before sexual activity. These products will help with vaginal dryness and irritation.</li> <li>• Try vitamin E oil or Aquaporin®, spread on the vagina to increase lubrication.</li> <li>• There are prescription medications, for example Estrin®, that give a local dose of estrogen to the tissues in the vagina to treat vaginal dryness.</li> </ul>	<p><b>更年期症狀的實用提示</b></p> <ul style="list-style-type: none"> <li>• 因你曾有乳癌，我們不建議你用荷爾蒙替代療法</li> <li>• 多吃豆製品或維他命 E (400 IU)，以減少潮熱</li> <li>• 你的醫生可能給你減少潮熱的配方藥</li> <li>• 穿輕薄的棉質睡衣，以幫助防止睡覺的時候太熱</li> <li>• 在性行為之前，嘗試經常用陰道保濕膏，例如 Replens®；或用其它水性潤滑劑，例如 Astroglide®。這些產品對陰道乾燥和刺激有幫助</li> <li>• 嘗試用維他命 E 油或 Aquaporin® 塗在陰道裡以增加潤滑度</li> <li>• 醫生可開方一種例如 Estrin® 的雌激素劑直接放置在陰道內，以助治療陰道的乾澀</li> </ul>
<p><b>Sexuality</b></p> <p>The effects of surgery and chemotherapy on sexuality are different for each woman. Changes in how you</p>	<p><b>性慾</b></p> <p>手術和化療對性生活的影響是每</p>



<p>feel sexually are very common. Please share any feelings, questions or concerns you have with your practitioner. Whether your periods continue or stop during chemotherapy, you should always use contraception or birth control measures to prevent pregnancy until it has been confirmed by blood test that you are truly in menopause. We do not recommend the birth control pill because it contains estrogen. We recommend the use of condoms, a diaphragm or other barrier methods.</p>	<p>個婦女都不同。改變了對性的興趣是正常的。請與你的醫生分享你的任何思緒、問題或疑慮。在化療期中無論你繼續有月經或月經停了，你都應該使用避孕或節育措施以防止懷孕，直到血液測試證實你已踏入更年期。我們不建議你用口服避孕藥，因為它包含雌激素。我們建議你使用避孕套、隔膜或其他用障礙的避孕方法。</p>
<p><b>Practical Hints Regarding Sexuality</b></p> <ul style="list-style-type: none"> <li>• Try vaginal moisturizers such as Replens® on a regular basis, Astroglide® or other water based lubricants before sexual activity to help with vaginal dryness and irritation.</li> <li>• To prevent rectal tears and infection, avoid rectal intercourse, suppositories, and enemas.</li> <li>• For support, talk to your partner about changes in sexual interest and response. Discuss changes with a support group, therapist, friend or family.</li> <li>• Discuss concerns about sexuality with your physician or nurse.</li> <li>• Read the Breast Care Center handout and other written materials on sexuality and breast cancer</li> </ul>	<p><b>關於性行為的實用提示</b></p> <ul style="list-style-type: none"> <li>• 嘗試性行為前經常使用 Astroglide®或其他水溶性的陰道保濕劑，例如 Replens®，以改善陰道乾燥和受刺激</li> <li>• 爲了防止直腸撕裂和受感染，避免肛交、肛門塞藥和灌腸。</li> <li>• 對於精神支持方面，與你的伴侶談談你對性興趣的變化和反應。與支持小組、治療師、朋友或家人談論你的變化</li> <li>• 與你的醫生或護士討論有關性的擔憂</li> <li>• 閱讀乳房護理中心有關性行為和乳癌的講義和其他書籍</li> </ul>

## Questions and Concerns

The Breast Care Center Oncology Practice is open from 8:30 AM to 5:00 PM, Monday through Friday. If you have questions or concerns, please call 1415-353-7070. The answering service will take your message and your nurse or physician will call you back. For medication refills. Please ask your pharmacy to fax a refill request to 415-353-9898. Please allow two days' notice for medication refill.

If your call is urgent, please tell us immediately when you call.

If you are calling at night, on a weekend or a holiday, please call the same clinic number. You will speak with the answering service who will take your name and number. A physician will call you back. Please be prepared to tell the answering service:

- Your name and doctor
- Your type of cancer
- The type of chemotherapy and the date when you last received treatment
- The names of any other medications that you are taking
- The phone number of your pharmacy

Please remember that we are here to make this time less difficult for you. We welcome your questions and concerns.

## 問題和疑慮

乳房護理中心腫瘤學臨床部的開放時間為：星期一至五，上午8時半至下午5時。如你有問題或疑慮，請致電 1-415-353-7070 給我們留言，你的護士/醫生會盡快回覆你。關於重新添藥，請讓你的藥劑師將申請表傳真至 415-353-9898，並請預留兩天時間等待。如果你的情況緊急，請你在致電時立即通知我們。

如果你在晚上，週末或假日致電給我們，請撥打同一個診所號碼。接聽服務員將會把你的姓名和電話號碼記下。醫師稍後會致電給你。請為接聽服務員準備好以下資料：

- 你和醫生的姓名
- 你的癌症
- 化療的類型，你最後一次接受化療的日期
- 任何其他你正在服用藥物的名
- 藥房的電話號碼

請記住，我們會盡力讓你這療程期間的困難較少，歡迎你向我們提出任何問題和疑慮。

