

Ovarian Cancer

卵巢癌

Ovarian cancer originates in the cells of the ovaries, including surface epithelial cells, germ cells and the sex cord-stromal cells.

Ovarian tumors include:

- Germ Cell Tumors — Ovarian germ cell tumors develop from cells that produce the ova or eggs. Most germ cell tumors are benign, although some are cancerous and may be life-threatening. The most common germ cell malignancies are maturing teratomas, dysgerminomas and endodermal sinus tumors. Teenagers and women in their 20s are most often diagnosed with germ cell malignancies. Before combination chemotherapy was available as a treatment, the most aggressive of these tumors — the GNP abnormal sinus tumor — was associated with a one-year disease-free survival rate of only 10 percent to 19 percent, even though 70 percent of these tumors were diagnosed very early. Today, however, 90 percent of women with ovarian germ cell malignancies can be cured and their fertility preserved.
- Stromal Tumors — Ovarian stromal tumors develop from connective tissue cells that hold the ovary together and those that produce the hormones estrogen and progesterone. The most common types are granulosa-theca

卵巢癌起源於卵巢的細胞，包括表面上皮細胞，生殖細胞和性索間質細胞。

卵巢腫瘤包括：

- 胚細胞腫瘤 - 卵巢胚細胞腫瘤是由卵細胞產生形成，大多數胚細胞腫瘤是良性，儘管有些是癌性可能威脅生命，最常見的胚細胞癌是成熟畸胎瘤、無性細胞瘤、和內胚層竇瘤，青少年和 20 多歲的女性最常見的是確診患上胚細胞癌。在結合化療作為有效治療之前，GNP 異常竇瘤是最侵襲性腫瘤，即使 70% 確診得很早，一年沒有病存活率只得 10% 至 19%，現時，90% 患有卵巢胚細胞惡性腫瘤的女性能夠治癒，且保著她們的生育力。
- 基質腫瘤 - 卵巢基質腫瘤是由卵巢相連接的結締組織細胞和那些能產生雌激素和黃體酮組織發展形成的，最常見的類型是顆粒細胞卵膜瘤和塞托利-萊迪希(Sertoli-Leydig)細胞腫

<p>tumors and Sertoli-Leydig cell tumors. These tumors are fairly rare and usually are considered low-grade cancers.</p> <ul style="list-style-type: none"> • Epithelial Tumors — Epithelial ovarian cancer develops from the thin layer of cells, called the epithelium, that covers the ovary. Most epithelial ovarian tumors are benign, including serous adenomas, mucinous adenomas and Brenner tumors. <p>Cancerous epithelial tumors are the most common and the most serious of ovarian cancers, accounting for 85 percent to 90 percent of all ovarian cancer. Some ovarian epithelial tumors don't appear clearly cancerous under the microscope and are called borderline tumors or tumors of low malignant potential (LMP tumors).</p> <p>When cancer is diagnosed early while the tumor is limited to the ovary, the cure rate is better than 90 percent. Unfortunately, about two-thirds of women with ovarian cancer initially seek medical attention when the tumor is already advanced and has spread outside of the ovary. In these instances, the five-year survival rate is significantly lower.</p>	<p>瘤，這些腫瘤相當罕見且通常被認為是低級癌。</p> <ul style="list-style-type: none"> • 上皮瘤 - 覆蓋卵巢的細胞薄層稱為上皮，上皮癌正是由這薄層發展形成，大多數卵巢上皮瘤是良性的，包括：漿液腺瘤、粘蛋白腺瘤和卵巢纖維上皮瘤。 <p>癌性上皮瘤是最常見和最嚴重的卵巢癌，佔所有卵巢癌的 85%至 90%，有些卵巢上皮瘤在顯微鏡下沒有表現明顯的癌性，又稱為不明確的腫瘤或惡性低度可能性腫瘤(LMP 瘤)</p> <p>當腫瘤還局限於卵巢，又能及早發現並確診，治癒率超過 90%，遺憾的是約有 2/3 患有卵巢癌的婦女初次尋找醫生診治時已是腫瘤晚期階段，且已蔓延到卵巢以外，在這情況下，5 年存活率顯著降低。</p>
<p>Signs and Symptoms</p> <p>Ovarian cancer often does not have signs or symptoms until later in its development. Symptoms may include:</p>	<p>症狀和體徵</p> <p>卵巢癌在發展至晚期前通常沒有症狀和體徵，症狀可能包括如下：</p>

<ul style="list-style-type: none"> • Abdominal bloating or swelling • Abdominal or pelvic pain • Difficulty eating or feeling full quickly • Frequent urination or feeling a need to urinate <p>If these symptoms are persistent and a change from the norm, you should see a gynecologist.</p> <p>Others symptoms of ovarian cancer can include:</p> <ul style="list-style-type: none"> • Back pain • Constipation • Fatigue • Menstrual changes • Pain during sex • Upset stomach <p>These symptoms, however, may be caused by other conditions and aren't necessarily signs of ovarian cancer.</p>	<ul style="list-style-type: none"> • 腹部膨脹或腫脹 • 腹部或骨盆部位疼痛 • 進食困難或快速飽感 • 尿頻或感覺需要小便 <p>如果這些症狀持續或是改變了正常狀況，你便應該找婦科專家檢查。</p> <p>卵巢癌其他的症狀包括如下：</p> <ul style="list-style-type: none"> • 背部疼痛 • 便秘 • 疲勞 • 月經的改變 • 性交時疼痛 • 胃部不適 <p>可是這些症狀可能由其他疾病引起的，不一定是卵巢癌的徵兆。</p>
<p>Ovarian Cancer Diagnosis</p> <p>To help find the cause of your symptoms, your doctor will evaluate your medical history, perform a physical exam and recommend diagnostic tests. The exams and tests may include some of the following:</p> <ul style="list-style-type: none"> • Pelvic Exam — A pelvic exam consists of feeling the uterus, vagina, ovaries, fallopian tubes, bladder and rectum to find any abnormality in their shape or 	<p>診斷卵巢癌</p> <p>爲了幫助尋找引起你的症狀寬原因，你的醫生會評估你的醫學病歷、進行體檢、推薦診斷試驗，檢驗包括一些以下項目：</p> <ul style="list-style-type: none"> • 骨盆檢查 — 包括觸摸子宮、陰道、卵巢、輸卵管、膀胱、和直腸，目的

<p>size. A Pap test, an effective test for cancer of the cervix, is often done along with the pelvic exam, but it is not a reliable way to find or diagnose ovarian cancer.</p> <ul style="list-style-type: none">• Ultrasound — Ultrasound refers to the use of high-frequency sound waves that are aimed at the ovaries. The pattern of the echoes they produce creates a picture called a sonogram. Healthy tissues, fluid-filled cysts and tumors look different on this picture.• CA-125 assay — This is a blood test used to measure the level of CA-125, a tumor marker that is often found in higher-than-normal amounts in the blood of women with ovarian cancer.• Lower GI series — Also called a barium enema, this is a series of X-rays of the colon and rectum. The pictures are taken after the patient is given an enema with a white, chalky solution containing barium, which outlines the colon and rectum on the X-ray, making tumors or other abnormal areas easier to see.• Computed tomography (CT) Scan — A CT scan is a series of detailed pictures of areas inside the body created by a computer linked to a X-ray machine.• Biopsy — Biopsy is the removal of tissue for examination under a microscope. A	<p>為了發現這些器官的形狀或大小異常情況。子宮頸抹片檢查(Pap 檢查)是一項有效的宮頸癌檢查，常與骨盆檢查一併進行，但並非尋找或診斷卵巢癌的可靠方法。</p> <ul style="list-style-type: none">• 超聲波 - 指用高頻聲波針對卵巢進行檢查，它們的回聲會產生圖樣稱為聲像圖，健康組織、充滿液態的囊腫和腫脹在圖像中看起來不同。• 癌症抗原-125 (CA-125)測定 - 是一項血液檢驗常用於估量 CA-125 的程度，這項腫瘤標誌在患卵巢癌女性的血液中含有較正常為高。• 胃腸道低部系列造影 - 又稱為鋇灌腸，這是結腸和直腸 X 射線的一系列造影。圖像是患者使用了含有鋇白，白堊溶液後拍攝，其概述了 X 射線上的結腸和直腸的形態，灌腸後使腫瘤或其他異常區域更容易看到。• 電腦體層攝影掃描 - 是一系列體內詳細的圖片，由電腦連接 X 光射線機所創建的圖像。
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<p>pathologist studies the tissue to make a diagnosis. To obtain the tissue, the surgeon performs a laparotomy, an operation to open the abdomen. If cancer is suspected, the surgeon performs an oophorectomy, where the entire ovary is removed. This is important because if cancer is present, removing just a sample of tissue by cutting through the outer layer of the ovary could allow cancer cells to escape and cause the disease to spread.</p>	<ul style="list-style-type: none"> • 活組織檢查 - 是將切除的組織放在顯微鏡下進行檢查，病理學家仔細查看組織而作出診斷。外科醫生進行剖腹手術，打開腹腔將組織取出，如果懷疑是癌細胞，外科醫生會進行卵巢切除手術，將整個卵巢切除，這是非常重要的，因為如果有癌症存在，通過割開卵巢外層而只抽取部分組織樣本，便有機會讓癌細胞逃脫並導致疾病蔓延。
<p>Ovarian Cancer Treatment</p> <p>Health care professionals specializing in pelvic cancers at UCSF Medical Center will discuss all available therapies with you and make recommendations based on the stage of your disease, age and the overall condition of your health.</p> <p>Surgery</p> <p>Surgery to remove the cancerous growth is the primary method for diagnosing and treating ovarian cancer.</p> <p>Radiation Therapy</p> <p>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, which is called external</p>	<p>治療卵巢癌</p> <p>UCSF 醫療中心的骨盆癌專業醫護人員會與你討論各種有效的治療，並跟據你的病情階段、年紀、你的整體健康狀況，向你作出建議。</p> <p>外科手術</p> <p>外科手術切除癌腫脹是卵巢癌診斷和治療的基本方法。</p> <p>放射療法</p> <p>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，稱為外部放射療法，或者用放射</p>

radiation, or from radioactive materials placed directly into the ovaries, called implant radiation. Some patients receive both types of radiation therapy.

Chemotherapy

Drugs to kill cancer cells are most often used when ovarian 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 orally. It is a systematic treatment, meaning that the drugs flow through the body in the bloodstream.

Reviewed by health care specialists at UCSF Medical Center.

http://www.ucsfhealth.org/conditions/ovarian_cancer/index.html

性物質直接放在卵巢，稱為植入放射綫，有些患者接受這兩種類型的放射綫治療。

化學療法

當卵巢癌已經蔓延至身體其他部位時，以藥物殺死癌細胞是最常用的方法。在治療周期中，患者可以接受單一藥物或混合多種藥物的治療，化療藥物可用靜脈注射或口服法，這是一個系統治療，意味著藥物通過血液流遍全身。

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http://www.ucsfhealth.org/conditions/ovarian_cancer/index.html