



# 了解脑肿瘤

## Understanding Brain Tumours

很多患者被告知患有脑肿瘤后，会感到十分震惊难过。

脑肿瘤有超过40种主要类型 – 有些是良性的（非癌症），有些是恶性的（癌症）。无论是良性还是恶性的脑肿瘤都会引发严重的健康问题。

澳大利亚每年约有1,400例恶性脑肿瘤确诊。研究人员尚不了解脑肿瘤的发病原因。

### 如何治疗脑肿瘤？

治疗良性和恶性肿瘤最常见的方法为手术，但也可能使用其他治疗方法（如放疗和化疗）。治疗方法可以是单一的，也可以结合使用。

治疗的目的是去除肿瘤，延缓其生长，或缩小肿瘤和其他肿胀以缓解症状。

#### 手术

脑部手术被称为神经外科手术。如果可完全切除脑肿瘤，则该手术被称为肿瘤全切除手术。

如果肿瘤较大或临近人脑重要部分或脊髓，外科医生可仅切除部分肿瘤。这被称为局部切除。

手术有两种不同方法：开颅手术在头骨上打开较大切口，切除肿瘤。立体定向手术仅打开一小切口，外科医生通过电脑完成手术。

手术后，病患头部会用绷带包扎好，并有多处置管。有时脑部会有液体存积（脑积水），会用一个细长的管排出这些液体。

#### 不能手术或不能切除的肿瘤

有时肿瘤位置太危险，不能切除。这被称为不能手术或不能切除的肿瘤。这种情况下，医生会和与您讨论其他治疗方案，以减轻症状。

术后您可能要住院几天恢复身体。如身体不适，您的医生会调整止痛药的剂量。

#### 放疗

放疗采用高能量X射线束杀死或破坏癌细胞。您需躺

在治疗台上，戴面罩，确保仅身体所需部位接受放射治疗。治疗本身并不痛苦。

放疗通常星期一到星期五每日一次，持续数周。疗程取决于肿瘤的大小和类型。

#### 化疗

化疗是利用药物杀死或减缓癌细胞的生长。

脑肿瘤难以通过化疗治疗，因为人体有被称为血脑屏障的保护体系。血脑屏障保护大脑不受血液中细菌等物质的侵害。只有某些药物能够通过血脑屏障。

如果您需接受化疗，医生会告知您用药种类和用药方式。

### 我的身体和精神健康状况会怎样？

脑肿瘤 – 或其治疗方法 – 可能引发某些症状和副作用。这些会影响身体功能。

- 有些脑肿瘤会引起癫痫（抽搐或惊厥）。即无法控制自己的身体。您可能会抽搐、跌倒或呕吐。抗惊厥药物能防止癫痫发作。
- 治疗，尤其是手术治疗，可能会改变您的语言功能、性格、记忆、运动能力、身体平衡和协调性。大脑有时会自行痊愈，但您可能需要帮助才能恢复正常，或适应这些变化。这就是康复阶段。
- 有些在您患肿瘤前做的事情，现在不能再做，例如驾驶车辆。

医生会为您提供肿瘤 对您的影响的具体信息。如果您不懂英语，请务必使用合格专业口译员。

### 我在哪里获得可靠的信息？

癌症协会帮助热线**13 11 20** – 为您和您的家人提供信息和支持，在全澳各地都仅收取本地通话费用。

[www.cancercouncil.com.au](http://www.cancercouncil.com.au)

翻译与传译服务 (TIS) 13 14 50



# Understanding Brain Tumours

## Many people feel understandably shocked and upset when told they have a brain tumour.

There are more than 40 main types of brain tumours – some are benign (not cancer) and some are malignant (cancer). Both tumours can cause serious health problems.

Every year in Australia about 1,400 malignant brain tumours are diagnosed. Researchers don't know what causes brain tumours to develop.

## How are brain tumours treated?

The most common treatment for benign and malignant tumours is surgery, but some other treatments (such as radiotherapy and chemotherapy) may be used. Treatments may be used alone or in combination.

The aim of treatment is to remove the tumour, slow its growth, or relieve symptoms by shrinking the tumour and any swelling.

### Surgery

An operation to the brain is known as neurosurgery. If the brain tumour can be completely removed, the operation is called a gross total resection.

If the tumour is large or near important parts of the brain or spinal cord, the surgeon may remove part of the tumour. This is called a partial resection.

Surgery can be done in two different ways: in open surgery, a large cut (incision) is made into the skull to access the tumour. In stereotactic surgery, only a small cut is made, and a computer is usually used to guide the surgeon.

After surgery, your head will be bandaged and you will have several tubes in place. Sometimes fluid builds up on the brain (hydrocephalus) and a long, thin tube is used to drain the fluid.

### Inoperable or unresectable tumour

Sometimes a tumour cannot be removed because it would be too dangerous. This is called an inoperable or unresectable tumour. In this case, your doctor will talk to you about other treatment options to ease your symptoms.

You will probably stay in hospital for several days while you recover from the operation. If you are uncomfortable, your doctor will adjust the dose of pain relief medication.

### Radiotherapy

Radiotherapy uses high-energy x-ray beams to kill or damage cancer cells. You will have to lie on a treatment table and wear a

mask to make sure the correct area of your body is treated. The treatment itself is not painful.

Radiotherapy treatment is usually given once daily, from Monday to Friday, for several weeks. However, the course of treatment will depend on the size and type of the tumour.

### Chemotherapy

Chemotherapy is the use of drugs to kill or slow the growth of cancer cells.

It can be difficult to treat brain tumours with chemotherapy because the body has a protection system called the blood-brain barrier.

This guards the brain from substances in the blood, such as germs, that may be harmful. Only certain drugs can get through this barrier.

If you do have chemotherapy, your doctor will talk to you about the drugs you will receive, and how they will be given.

## What about my physical and emotional wellbeing?

A brain tumour – or treatment for it – can cause symptoms and side effects. These can affect how your body functions.

- Sometimes brain tumours cause seizures (fits or convulsions). This is when you don't have control of your body. You may twitch, fall down or vomit. Drugs called anti-convulsants are given to prevent seizures.
- Treatments, especially surgery, may change your speech, personality, memory, movement, balance and coordination. The brain can sometimes heal itself, but you might also need some help to get back to normal or manage the changes. This is called rehabilitation.
- You may not be allowed to do some things that you did before the tumour, such as driving.

Your doctor will give you specific information about how the tumour will affect you. Make sure you have a qualified professional interpreter if you don't understand English.

## Where can I get reliable information?

**Cancer Council Helpline 13 11 20** – Information and support for you and your family for the cost of a local call anywhere in Australia.

**[www.cancercouncil.com.au](http://www.cancercouncil.com.au)**

**Translating and Interpreting Service (TIS) 13 14 50**