



确诊宫颈癌后 After a Diagnosis of Cervical Cancer

很多女性被告知患宫颈癌后，会感到十分震惊难过。这是很自然的反应。诊断为宫颈癌对每位女性的影响不同，但对大多数人来说这将是非常困难的时期。

宫颈癌在澳大利亚女性最常见癌症中排第13位。每年约有780名妇女被确诊患有该疾病。

您应与医生、家人和朋友讨论治疗选择。提出问题，获取您想知道的尽可能多的信息。

如何治疗宫颈癌？

您的治疗和护理可能涉及多位医疗保健专业人士。

治疗类型取决于癌症部位、癌细胞是否已经扩散、扩散的风险、以及您的年龄和健康状况。请咨询医生治疗可能带来的副作用，以及如何应对这些副作用。

手术 - 是对子宫颈内未扩散的小肿瘤最常见的治疗方法。手术类型取决于癌症的发展程度。手术会切除肿瘤及其周围组织，确保无肿瘤细胞残余。这可能涉及子宫切除，即切除子宫和子宫颈，或仅切除子宫颈。这种治疗方法可保留女性的怀孕生子能力，因此常用于癌症早期的年轻女性。

外科医生可能会切取腹部或盆腔区的淋巴结，检查癌细胞是否已扩散至子宫颈以外。如果癌细胞发现于淋巴结，则可能需要更多治疗。

淋巴水肿

如果某些淋巴结被切除，淋巴系统无法正常工作，可能会导致双腿肿胀。这被称为 淋巴水肿。医生、护士或理疗师会告知您如何活动双腿，防止血液栓塞，帮助淋巴液排出。

放疗 - 采用X光杀死或破坏癌细胞，阻止其繁殖。如果病患身体状况无法承受大手术，或癌细胞已扩散至子宫颈附近的组织或淋巴结，则通常会采取放疗手段。放疗也可能在手术后采用，或放化疗配合使用。

化疗 - 使用药物杀死或减缓癌细胞的生长。通常通过静脉给药。您可能需住院过夜，或白天到医院治疗。化疗疗程取决于宫颈癌的类型，以及您在接

受何种治疗方法。如果您的治疗方法只有化疗，则可能需进行6次化疗，在数月内，每3-4周一个疗程。

化疗的副作用因人而异。可能出现疲倦、膀胱问题、排便困难、绝经和不孕。

我的身体和心理健康状况会怎样？

吃有营养的食物；如果可以的话，定期运动，即便是温和或时间短暂的运动也有助于改善血液循环，减轻疲劳，改善情绪。

- 不要惧怕寻求专业支持和情感上的支持。
- 考虑加入癌症支援小组。
- 尽量忽略不必要的建议和“恐怖故事”。
- 过好每一天，每天都是不同的。

辅助疗法，如草药、针灸、按摩、放松和冥想，可作为医疗补充，有些方法已被证明可提高生活质量，缓解疼痛。目前没有证据表明这些疗法可以治愈或预防癌症。重要的是要记住，有些这些疗法未测试过副作用，可能较为昂贵，也可能不利于其他医疗方法。请告知您的医生您在使用的辅助疗法。

请记住，如果您有任何顾虑或疑问，请联系您的医生。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

翻译与传译服务 (TIS) **13 14 50**



After a Diagnosis of Cervical Cancer

Many women feel understandably shocked and upset when told they have cervical cancer. These are natural responses. A diagnosis of cervical cancer affects each woman differently, but for most it will be a difficult time.

Cervical cancer is the 13th most common cancer affecting Australian women. About 780 women are diagnosed with the disease every year.

You may find it helpful to talk about your treatment options with your doctors, family and friends. Ask questions and find out as much information as you feel you need.

How is cervical cancer treated?

You may have a number of different health care professionals involved in your treatment and care.

The type of treatment you have will depend on the location of the cancer, whether or not the cancer has spread or is at risk of spreading, your age and general health. Ask your doctor to explain what side effects to expect and how best to manage these.

Surgery – is the most common treatment for women who have small tumours found only within the cervix. The type of surgery will depend on the extent of the cancer. The cancer and surrounding tissue are removed to make sure no part of the cancer is left behind. This could involve a hysterectomy, where the uterus and cervix are removed, or a trachelectomy, where only the cervix is removed. This is usually done in young women with early stage cancer because it preserves a woman's ability to become pregnant. Your surgeon may remove lymph nodes in your abdominal or pelvic area to see if the cancer has spread beyond the cervix. If cancer is found in the lymph nodes, you may need more treatment.

Lymphoedema

If some of your lymph nodes are taken out, your legs may swell because your lymphatic system is not working properly. This is called lymphoedema. A doctor, nurse or physiotherapist will show you how to move your legs to prevent blood clots and help drain any lymph fluid.

Radiotherapy – uses x-rays to kill cancer cells or injure them so they cannot multiply. Radiotherapy is usually given if you are not well enough for a major operation or if the cancer has spread into the tissues or lymph nodes surrounding the cervix. It may also be used after surgery or in combination with chemotherapy.

Chemotherapy – uses drugs to kill or slow the growth of cancer cells. It is usually given through a vein (intravenously). You may need to stay overnight in hospital or you may be treated as a

day patient. The number of chemotherapy sessions you have will depend on the type of cervical cancer and what other treatment you are undergoing. If your only treatment is chemotherapy, you will probably have it up to six times, every 3–4 weeks over several months.

Side effects vary from person to person. They may include tiredness, bladder problems, bowel problems, menopause and infertility.

What about my physical and emotional wellbeing?

Eating nutritious food and exercising regularly, if you can, even if it's gentle or for a short time, can help to improve circulation, reduce tiredness and improve your mood.

- Don't be afraid to ask for professional and emotional support.
- Consider joining a cancer support group.
- Try to ignore unwanted advice and 'horror stories'.
- Live day-to-day and remember that every day is likely to be different.

Complementary therapies, such as herbal medicine, acupuncture, massage, relaxation and meditation, can work alongside medical treatments and some have been shown to improve quality of life or reduce pain. There is no evidence that these therapies can cure or prevent cancer. It is important to remember that some of these therapies have not been tested for side effects, may be expensive and may work against other medical treatments. Let your doctor know about all complementary therapies you are thinking of using.

Remember, if you have any concerns or questions, contact your doctor. 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
Translating and Interpreting Service (TIS) 13 14 50