

# 转移性乳癌－了解您自己的情况

为居住在澳大利亚的华裔女性提供的资料

## Metastatic breast cancer – finding my way

Information for women from Chinese  
backgrounds living in Australia

简体中文 | 英语

**Simplified Chinese | English**

## About us

Breast Cancer Network Australia (BCNA) is the peak organisation for people affected by breast cancer in Australia. BCNA works to make sure that people diagnosed with breast cancer and their families get the very best support, information, treatment and care possible.

BCNA has a range of free information, including *Hope & Hurdles*, for people with metastatic breast cancer. Visit [bcna.org.au](http://bcna.org.au) or call **1800 500 258** for more information.

BCNA would like to thank the Chinese Cancer Society of Victoria, CanRevive and the people affected by metastatic breast cancer who contributed to the development of this booklet. All of the quotes in this booklet come from women from Chinese backgrounds affected by metastatic breast cancer.

This project is a Cancer Australia *Supporting people with cancer* Grant initiative, funded by the Australian Government.

## 关于我们

澳大利亚乳腺癌网络 (Breast Cancer Network Australia, 简称 BCNA) 是澳大利亚受乳癌影响的人士的顶尖组织。BCNA 致力于为确诊患有乳癌的人士及其家属尽可能提供最佳的支援、资讯、治疗和护理。

BCNA 拥有一系列免费资料供转移性乳癌人士使用, 包括 *Hope & Hurdles*。请浏览我们的网站 [bcna.org.au](http://bcna.org.au) 或致电 **1800 500 258** 了解更多资讯。

BCNA 感谢维省新生会 (Chinese Cancer Society of Victoria)、更生会 (CanRevive) 以及受转移性乳癌影响的女性, 帮助本手册的撰写。本手册中的所有引用来自受转移性乳癌影响的华裔女性。

本计划是澳大利亚癌症协会支援癌症病患者的倡议项目, 并由澳大利亚政府资助。

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## SECTION ONE

### About metastatic breast cancer

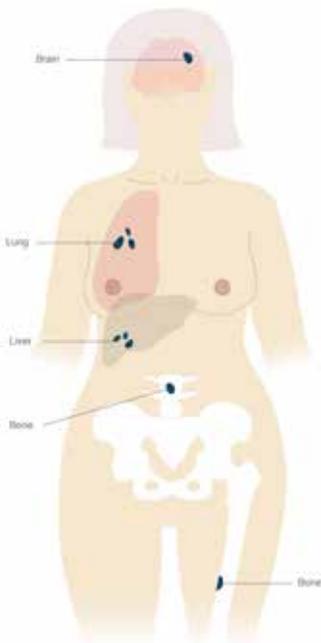
**This booklet is for women who have just found out they have metastatic breast cancer.**

Most women feel very frightened when they are told they have metastatic breast cancer (breast cancer that has spread from the breast to other parts of the body). Many will have lived through the upset of early breast cancer and may have believed they were cured. For others a diagnosis of metastatic breast cancer might be the first time they have had breast cancer.

**In this booklet you will find information about metastatic breast cancer and its treatments.**

It aims to give you:

- hope, as many people with metastatic breast cancer live for years with their cancer under control
- confidence that your cultural needs will be respected
- comfort that decisions will be made with you and your family.



#### What is metastatic breast cancer?

##### Figure 1: Common sites where breast cancer may spread

Metastatic breast cancer is breast cancer that has spread to other organs in the body. It is found most often in the bones, lungs, liver, or less often, in the brain.

Although metastatic breast cancer has spread to another part of the body, it is still treated with breast cancer treatments. For example, breast cancer that has spread to the bones is still breast cancer (not bone cancer). It is treated with breast cancer drugs, rather than treatments for a cancer that began in the bones.

## 第一节

### 关于转移性乳癌

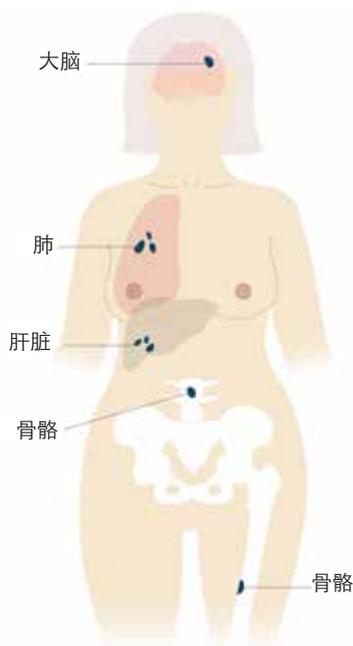
本手册是为刚发现罹患转移性乳癌的女性编写的。

当被告知罹患转移性乳癌（從乳房扩散到身体其他部位的乳癌）时，大多数女性都会感到很害怕。许多人都会经历早期乳癌的烦恼，并可能相信他们已经被治愈了。对于其他人，转移性乳癌的诊断可能是他们第一次患有乳癌。

在本手册中，您将找到有关转移性乳腺癌的资讯及其治疗方法。

其目的是给您：

- 希望，因为许多转移性乳癌病患者在癌症受到控制的情况下会活多年
- 确信您的文化需求将得到尊重
- 您和您的家人一同做决定，你会得到安慰。



#### 何谓转移性乳癌？

图 1：乳癌可能扩散的常见部位

转移性乳癌是已经扩散到身体其他器官的乳癌。最常见于骨骼、肺、肝脏，在大脑中较少发生。

虽然转移性乳癌已经扩散到身体的另一部位，但仍然使用乳癌治疗方法。例如，已经扩散到骨骼的乳癌仍然属于乳癌（而不是骨癌）。使用乳癌药物进行治疗，而不使用始于骨骼之癌症的治疗方法。

## Why did I get metastatic breast cancer?

*When I first received the diagnosis of cancer, I was frightened and I thought 'Why me?' as I never smoke and I have good dietary intake.*

We do not know why some breast cancers spread and others don't. We do not know why some spread very early and others do not spread for many years.

There is no proof that things such as an operation, another illness or stress can cause metastatic breast cancer.

### Myths

*Here there are certain people who may be afraid of me if I raise this topic in front of them as they see cancer as a plague.*

In Chinese culture, people sometimes talk about cancer as a punishment for bad actions or bad luck because of one's ancestors, or even refer to it as the 'plague'. There are many myths about cancer that are not true.

It is **not true** that:

- you get cancer because you deserve it
- cancer can be passed on from one person to another (contagious)
- cancer is something that people cause themselves, or a punishment.

Most of the time we do not know what causes breast cancer.

## What does it mean for me?

When you first hear that you have metastatic breast cancer, it is very normal to wonder if this means you will die soon. Although there is generally no cure (the cancer is not likely to go away completely), metastatic breast cancer can be controlled and treated for most people, sometimes for many years. This means the aim of treatment is to control the growth of cancer for as long as possible and manage the symptoms, so that you can live your life well.

We encourage you and your family to talk about this with your treatment team. It is important to understand:

- what your diagnosis means
- the treatments you might have
- what is the aim of treatment
- what your doctor hopes will happen.

## 我为什么会罹患转移性乳癌？

*当我第一次接受癌症诊断时，我感到害怕，我想「为什么会是我？」，因为我从不吸烟而且我有很好的饮食习惯。*

我们不知道为什么一些乳癌会扩散，而另一些乳癌则不会。我们不知道为什么某些乳癌扩散的时间非常早，而另一些乳癌多年也不会扩散。

并无证据表明手术、另一种疾病或压力等情况可能导致转移性乳癌。

### 谬见

*如果我在这些人面前提这个话题，他们可能会害怕我，因为他们将癌症视为瘟疫。*

在中国文化中，人们有时候将癌症视为对祖先的恶行或坏运气的惩罚，甚至把它称为「瘟疫」。有很多关于癌症的虚假谬见。

以下说法不正确：

- 您罹患癌症，因为您罪有应得
- 癌症可以从一个人传给另一个人（传染性）
- 癌症是人们自己造成的或是惩罚。

我们大多数时候不知道是什么原因导致乳癌。

### 癌症对我来说意味著什么？

当您第一次听到您罹患转移性乳癌时，怀疑这是否意味著您会很快死亡是正常反应。虽然通常无法治愈（癌症不太可能完全消失），但是对大多数人来说，转移性乳癌是可以控制和治疗的（有时候在多年内）。这意味著，治疗的目的是尽可能长时间控制癌症的恶化，并控制其症状，使您能够好好生活。

我们鼓励您和您的家人与您的治疗团队对此进行交流。必须理解：

- 您的诊断的涵义
- 您可能采用的治疗方法
- 治疗的目的是什么
- 您的医生希望有什么发生。

## How is it treated?

There are many treatments for metastatic breast cancer, which is why it can sometimes be controlled for a long time. Metastatic breast cancer can be different from person to person, so your doctors will recommend the best treatment for your type of breast cancer. For more information about treatments, see page 14.

## Who will be caring for me?

As there are different treatments at different times, there will be a few different health professionals involved in your care. This is called a multidisciplinary team. See page 10 for information on health professionals who may be in your team.

## What do I tell people?

*My husband used to be afraid to know about my disease, but he is a lot more open to this. I think people should be more open to talk about cancer and not be afraid of it.*

You may feel scared to tell others about your cancer. Some of your friends and family may avoid seeing you or talking about the cancer. This could be because they do not understand cancer or are scared. This may make you feel very alone. It can help if you tell others that metastatic breast cancer is an illness that needs lifelong treatment. Sometimes you may be sick, but much of the time you may feel better.

## 如何治疗？

转移性乳癌有许多治疗方法，这是为什么它有时可以长期控制。转移性乳癌可能因人而异，因此您的医生将为您的乳癌类型推荐最佳治疗方法。如需治疗的更多资讯，请参阅第 15 页。

## 谁会给我提供护理？

由于在不同时间采用不同的治疗方法，所以您的护理中会有一些不同的医疗专业人员参与。这被称为多学科团队。如需知道在您的团队中的其他医疗专业人员资讯，请参阅第 11 页。

## 我告诉人们什么？

*我的丈夫过去常常害怕知道我的病，但他现在更容易接受了。我认为人们应该更开放谈论癌症，而不要害怕。*

您可能会害怕告诉别人您的癌症情况。您的一些朋友和家人可能会避免看到您或谈论癌症。这可能是因为他们不了解癌症或是感到害怕。这可能会让您感到非常孤独。告诉别人转移性乳癌是一种需要终身治疗的疾病，可帮助别人解除误解；虽然有时您可能会生病，但很多时候您可能会觉得更好。

## Symptoms you may experience

Every woman's experience of metastatic breast cancer is different. The symptoms you have may depend on:

- the parts of the body affected by the cancer
- any other health problems you may already have.

Some women have many symptoms while others have very few or none at all. If you are worried about symptoms, tell your doctor as there are often things that can be done to help you.

### **Metastatic breast cancer in the bone**

Bone pain is a common symptom of cancer that has spread to the bones. It may feel like an endless ache. It may also become worse when you move around. This may be caused by damage to the bone. Cancer may also weaken the bones, causing them to break.

### **Metastatic breast cancer in the liver**

Metastatic breast cancer in the liver can cause pain on the right side of the abdomen, under the ribs. You may feel tired, sick and unwell. You may lose your appetite and lose weight.

### **Metastatic breast cancer in the lungs**

Metastatic breast cancer in the lungs may affect your breathing. Common symptoms include a cough that doesn't go away, shortness of breath and pain in the chest that gets worse with deep breaths.

### **Metastatic breast cancer in the brain**

It is less common for breast cancer to spread to the brain, but the thought of this happening can be very frightening. Waking up with headaches and nausea, changes in eye sight, feeling unsteady on your feet or changes in strength on one side of your body, are some symptoms people may have if they have breast cancer in the brain.

## 您可能出现的症状

每名女性对转移性乳癌的体验各不相同。您出现的症状可能取决于：

- 身体受癌症影响的部位
- 您可能已经有的任何其他健康问题。

一些女性出现许多症状，而其他女性则很少或根本没有。如果您担心症状，请告诉您的医生，因为医生可以针对您的症状提供帮助。

### 转移性乳癌（骨骼）

骨痛是癌症扩散至骨骼的常见症状。它可能感觉像是无尽的痛苦。当您四处走动时，也可能变得更糟。这可能是由于骨骼的损伤引起的。癌症也可能削弱骨骼机能，导致骨折。

### 转移性乳癌（肝脏）

转移性乳癌（肝脏）可引起腹部右侧肋骨下方的疼痛。您可能会感到疲倦、恶心和不适。您可能会出现食欲减退及体重下降。

### 转移性乳癌（肺）

转移性乳癌（肺）可能会影响您的呼吸。常见的症状包括咳嗽不止、呼吸短促和深呼吸时会加重胸部的疼痛。

### 转移性乳癌（大脑）

乳癌扩散到大脑不太常见，但这种情况的想法可能非常可怕。如果罹患乳癌（大脑），可能会出现一些症状：醒来头痛恶心、视力改变、站立感觉不稳或身体一侧的力量变化。

## Finding your way through the health care system

*Some Chinese may not know much about the Australian healthcare system and what kinds of support that they may be entitled to.*

There are many people who will be involved in your care. This may be confusing. You may not know who to speak to if you have a question or are worried. Knowing what each of them does can help you know which person to speak to if you have questions.

The following health professionals may be involved in your care.

### Doctors

**General practitioner (GP):** helps with everyday health worries. This can include help with pain, fatigue, worry and any general questions you may have.

**Medical oncologist:** diagnoses and treats cancer. Your medical oncologist will most likely be the person who will lead your care. They will refer you to other doctors if needed.

**Radiation oncologist:** treats cancer using radiation therapy (radiotherapy) to shrink it or to help relieve pain. The radiation oncologist decides which radiotherapy treatment might help and for how long you may need it.

**Specialist surgeon:** surgery is sometimes used to treat metastatic breast cancer. For example, it might be used to fix a broken bone or to get rid of a cancer which causes problems in a part of the body.

### Nurses

**Oncology/chemotherapy nurses:** The oncology nurses may give you chemotherapy and help with other anti-cancer treatments. They can also help you manage nausea, pain or other symptoms you may have from the cancer or its treatment.

**Breast care nurses:** are available in some hospitals and community health centres. A breast care nurse can give you information, counselling and support. She can also help coordinate your care and link you with other health professionals or supports you may need. If you would like to see a breast care nurse, talk to your medical oncologist or visit the McGrath Foundation website to find one near you [mcgrathfoundation.com.au](http://mcgrathfoundation.com.au).

## 了解医疗保健系统的情况

*一些华裔可能不太了解澳大利亚的医疗保健系统，以及他们可以获得什么样的协助。*

有很多人会参与您的护理。这可能令人困惑。如果您有疑问或担心，您可能不知道该咨询谁。清楚他们每个人的工作，可以帮助您了解在有疑问时该联络谁。

以下医疗专业人员可能会参与您的护理。

### 医生

**家庭医生 (GP):** 帮助处理日常健康问题。这可能包括帮助处理您可能出现的疼痛、疲劳、忧虑和任何一般问题。

**肿瘤内科专科医生:** 诊断和治疗癌症。肿瘤内科专科医生很可能是领导护理的人员。如果需要，他们会将您转介给其他医生。

**放射肿瘤专科医生:** 使用放射疗法治疗癌症，以缩小肿瘤或帮助缓解疼痛。放射肿瘤专科医生决定哪种放射治疗可能有帮助，以及您可能需要该治疗多长时间。

**外科专科医生:** 手术有时用于治疗转移性乳癌。例如，它可能用于修复断骨或切除导致身体部位出问题的肿瘤。

### 护士

**肿瘤护士 / 化疗护士:** 肿瘤护士可能会给您化疗，并帮助其他抗癌治疗。他们还可以帮助您控制呕心、疼痛或其他可能因癌症或其治疗而出现的症状。

**乳腺专科护士:** 一些医院和社区保健中心有乳腺专科护士。乳腺专科护士可以为您提供资讯、咨询和支援。她还可以帮助协调您的护理，并将您与其他医疗专业人员或您可能需要的支援关联起来。如果您想要找乳腺专科护士，请咨询您的肿瘤内科专科医生，或浏览 McGrath Foundation 网站 [mcgrathfoundation.com.au](http://mcgrathfoundation.com.au) 在您附近找一个乳腺专科护士。

## Other health professionals

**Social worker:** helps with emotional and practical issues. For example, social workers can link you to services that help you at home and give you information about financial (money) support.

**Psychologist/counsellor:** helps you and/or your family talk about things that may be worrying you.

**Dietitian:** helps with information about healthy eating while living with cancer and treatment and with problems such as poor appetite, nausea or constipation.

**Physiotherapist:** helps with mobility, exercise and lymphoedema. Lymphoedema is swelling of the arm or chest wall that sometimes happens when you have lymph nodes removed from your armpit.

**Occupational therapist:** can visit you in your home and suggest changes to make life easier e.g. equipment such as a handrail in the bathroom.

**Palliative care team:** specialist doctors, nurses, social workers and pastoral care workers who can help with physical symptoms such as pain or breathlessness. They can help your family care for you in your home. They also help with emotional and spiritual needs.

**Pastoral care worker:** respects all faiths and religious beliefs. They can help you adjust to your situation and talk about your life and its meaning. They may make you feel more hopeful and help you to find more joy in your life.



### Tip: **Cancer Council Victoria appointment card**

Cancer Council Victoria has an appointment card that can be used by anyone in any location across Australia. This can be translated in your language to help you remember when and where your next appointment is. Speak to your nurse about filling in the card and printing it for you. Visit [cancervic.org.au/multilingual-card](http://cancervic.org.au/multilingual-card).

## 其他医疗专业人员

**社会工作者：** 帮助处理情绪和实际问题。例如，社会工作者可以将您连结至居家帮助服务，并提供有关财务（金钱）支援的资讯。

**心理学家 / 辅导员：** 帮助您和 / 或您的家人谈论可能令您担忧的事情。

**营养师：** 当罹患癌症并接受治疗以及出现食欲不振、呕心或便秘等问题时提供有关健康饮食的资讯。

**物理治疗师：** 帮助处理移动能力、运动和淋巴水肿。淋巴水肿是手臂或胸壁的肿胀，有时在您从腋窝清除淋巴结时发生。

**职业治疗师：** 可以在您家中探访您，并提出建议，让您在生活上变得更轻松，例如安装浴室扶手等设备。

**纾缓治疗团队：** 专科医生、护士、社会工作者和精神关怀工作者，可以帮助处理身体症状，如疼痛或呼吸困难。他们可以帮助您的家人在家里照顾您。他们也可帮助解决情感和精神上的需求。

**精神关怀工作者：** 尊重所有信念和宗教信仰。他们可以帮助您调整以适应您的情况，并谈论您的生活及其意义。他们可能会让您感到生活更有希望，并帮助您在生活中找到更多的快乐。



提示：**维州癌症委员会预约卡**

维州癌症委员会提供一张预约卡，可供澳大利亚任何地方的任何人使用。这可以翻译成您的语言，以帮助您记住下一次预约的时间和地点。请咨询您的护士，了解如何填写预约卡并列印给您。请造访 [cancervic.org.au/multilingual-card](http://cancervic.org.au/multilingual-card)。





Breast  
Cancer  
Network  
Australia



澳大利亚乳癌网络

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本计划是澳大利亚癌症协会支  
援癌症病患者的倡议项目，并由  
澳大利亚政府资助。

This project is a Cancer  
Australia *Supporting people  
with cancer* Grant initiative,  
funded by the Australian  
Government.

2017年5月  
May 2017