

# 癌症療程手札

## *Cancer* **Treatment Journal**

角聲癌症關懷  
伴您同走抗癌路

Herald Cancer Care is here to  
support you in your fight against cancer

神是我們的避難所，是我們的力量，  
是我們在患難中隨時的幫助。（詩篇 46:1）  
God is our refuge and strength,  
always ready to help in times of trouble. (Psalm 46:1)



# 癌症療程手札

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# Cancer *Treatment Journal*

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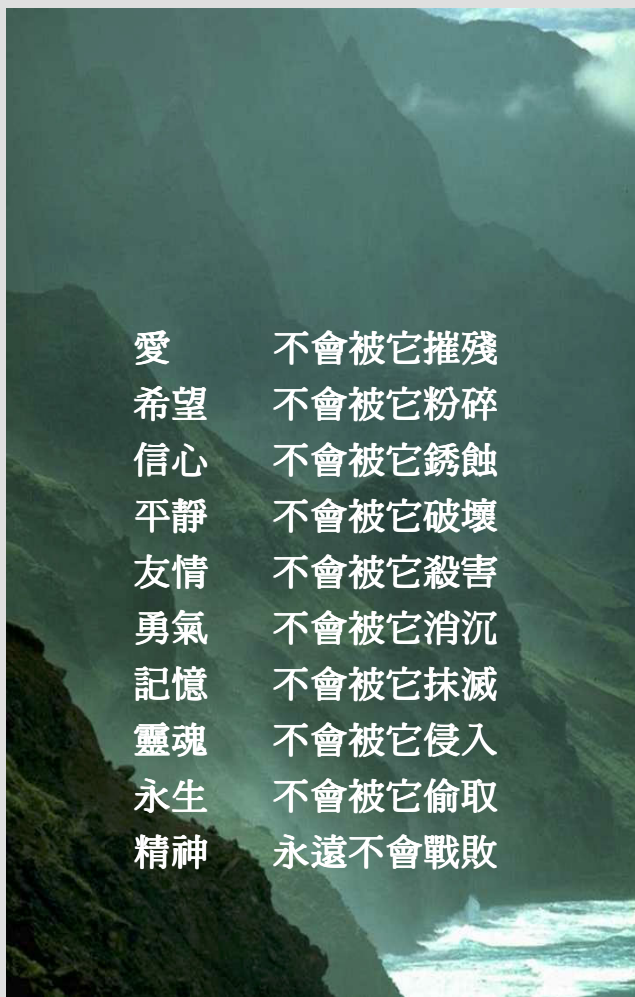
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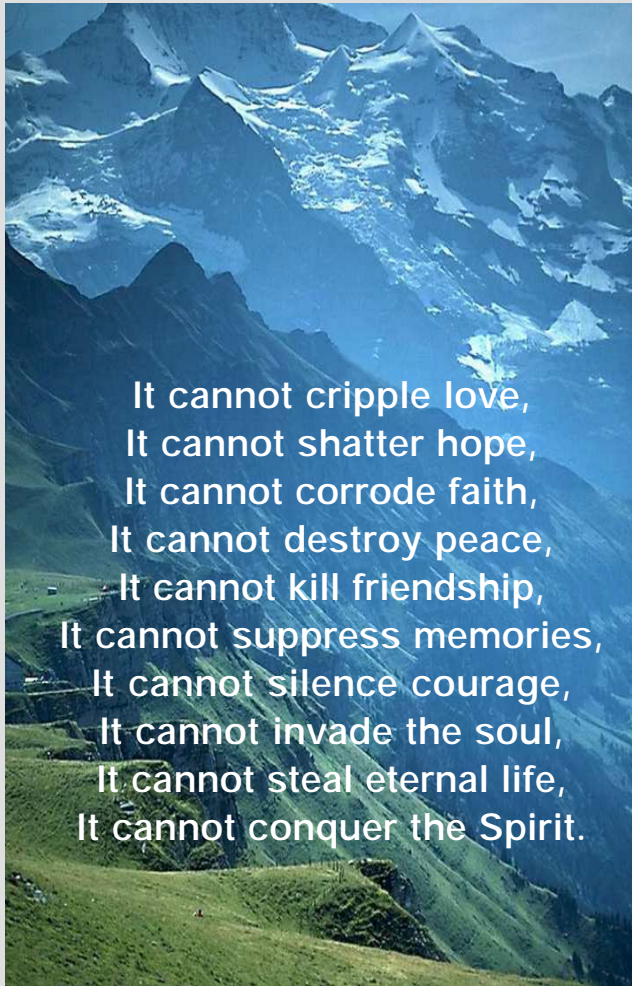
# 癌症並不可怕



愛 不會被它摧殘  
希望 不會被它粉碎  
信心 不會被它銹蝕  
平靜 不會被它破壞  
友情 不會被它殺害  
勇氣 不會被它消沉  
記憶 不會被它抹滅  
靈魂 不會被它侵入  
永生 不會被它偷取  
精神 永遠不會戰敗

你不要害怕，因為我與你同在；  
不要驚惶，因為我是你的神。  
我必堅固你，我必幫助你；  
我必用我公義的右手扶持你。（以賽亞書 41:10）

# Cancer is so limited



It cannot cripple love,  
It cannot shatter hope,  
It cannot corrode faith,  
It cannot destroy peace,  
It cannot kill friendship,  
It cannot suppress memories,  
It cannot silence courage,  
It cannot invade the soul,  
It cannot steal eternal life,  
It cannot conquer the Spirit.

Don't be afraid, for I am with you.  
Don't be discouraged, for I am your God.  
I will strengthen you and help you.

I will hold you up with my victorious right hand. (Isaiah 41:10)

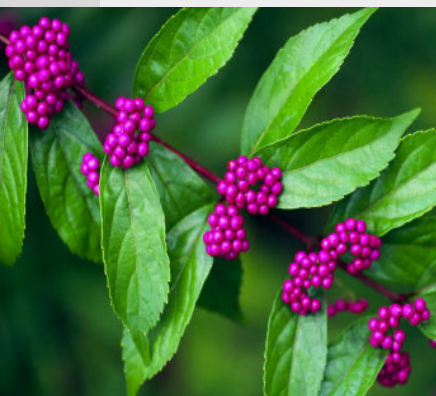




# 1. 引言

“關懷癌友”在北美的華人社會中，近年來，逐漸被人所重視。統計顯示，癌症成為威脅華人健康的首要原因之一。如何關懷癌友，已成為一件刻不容緩的課題；然而語言的障礙，卻常造成華人與西方醫護人員之間，溝通的困難。當角聲癌症關懷事工在進行發展的過程中，我們收集到許多中文或英文的資訊，卻鮮少有中英對照的材料。從角聲佈道團的整體工作中，我們感覺到，若能編輯一本中英對照的療程記事本，無疑地，可以幫助有語言困擾，並新近面臨癌症威脅的華人。在這本記事本中，按著一般處理狀況的原則，我們提供了在治療過程中，應該注意的事項及方法；癌友們可以使用這本記事本，記錄您在治療過程中身體的狀況，然而因每個人的體質與病情不盡相同，我們鼓勵您在記錄的同時，更應該注意保持與醫護人員的溝通，共同努力改善癌症患者及受其影響者的生活品質。同時，在每一頁的頁底，我們節錄聖經的經文；我們誠摯的盼望，當人生面臨艱難時，能藉由神的話語，成為生命中隨時的幫助及鼓勵，俾使我們的身心靈得著全然的醫治。

角聲癌症協會 - 達拉斯 2008年



## 致謝

我們特別要向許多位醫生、癌友及其家人致謝，因為他們熱心地提供資料及經驗，促使這本癌症療程手札有實際的用途。除此之外，許多的弟兄姊妹擺上了無數的時間、心血來翻譯、整理、編輯這本癌症療程手札，我們心中也甚為感激，願天父親自報答每一位的辛勞。

願一切的榮耀、頌讚都歸給那愛我們的主。



# I. Preface

The care for cancer patients has become a significant concern for the Chinese-American community. Statistics show that cancer is the leading cause of death among the Chinese. Support is needed for the growing number of Chinese-American cancer patients. Furthermore, the language barrier makes it difficult for them to communicate effectively with their English-speaking healthcare providers. During the research and planning stages of this project, we discovered there are adequate English or Chinese resources for cancer patients but there is a shortage of bilingual resources. We decided to develop a resource that would bridge the language gap. For these reasons, Chinese Christian Herald Crusades (CCHC) created this bilingual journal for the Chinese cancer patients in North America. It provides tips and tools according to general guidelines to help patients stay organized during their cancer treatment. Every patient's situation is different. We encourage patients to use this journal to track their treatment side effects and to communicate more effectively with their healthcare providers. We have also included selected verses from the Bible for we acknowledge that God is our greatest helper, encourager, and ultimate healer.

Chinese Christian Herald Crusades  
Herald Cancer Association – Dallas  
2008

## Acknowledgments

A special thank-you goes to many cancer patients and their families who shared their experiences, and to many brothers and sisters who spent countless hours translating and editing to help develop this journal. May God bless each and every one of them.

May all glory and praise be given to our Lord who loves us.



# 前言

沈育民 醫生

Parkland Memorial Hospital 血液腫瘤科主任醫生 及  
U. T. Southwestern 美西南醫學院內科助理教授

癌症是一個聳人聽聞的疾病。通常患者一旦被診斷，就如同被宣判死刑一般。但是，由於現代醫藥的發達，不斷改進的抗癌療法，使得患者在與癌的爭戰中，能夠一步一步地奏捷；因此，更恰當的說，癌症已被視為一種可以與之共存的慢性病症。

在基督教的信仰裡，全能的上帝啟示我們：祂是掌管萬有的那一位。在祂完美的計劃中，祂賜與生命，也了結生命。我們這有限的生命終將歸於無有。唯有祂深知飽受癌症煎熬的人們，祂不輕看他們的眼淚；祂滿有慈愛，祂掌管萬有。

基於這樣的信念，基督教角聲佈道團的一些弟兄姊妹，盡力地蒐集了許多倖存者、抗癌者及其家屬們的經驗和資料，編輯了這本**癌症療程手札**，來幫助正在抗癌的朋友們。我們深切期盼這本療程手札，不但在抗癌的總總過程中，能提供癌友一個基本的指引，也能成為癌友精神上的鼓勵。

我們衷心的盼望您和您家人的抗癌經歷，能夠在人生中打一場美好的仗。





# Foreword

by Dr. **Yu Min Shen**

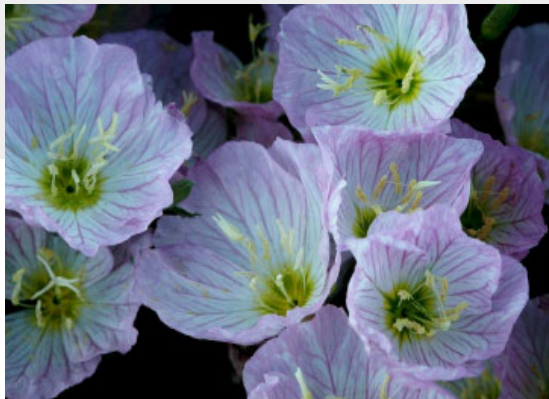
Chief, Malignant Hematology Clinic, Parkland Memorial Hospital  
Assistant Professor of Internal Medicine, U. T. Southwestern

Cancer is a word that evokes strong emotions in anyone. The diagnosis of cancer is often regarded as a death sentence. With advances of modern medicine, cancer is more properly regarded as a chronic illness as the ever-changing anti-cancer therapies are winning small battles in the war on cancer.

Our faith in the Almighty God gives us another perspective, that He is ever in control. He is the one who gives life, and yet He is also the one to take life away in His perfect plan. Our lives are ultimately finite and must come to an end. Why some of us are afflicted with the ravages of cancer can only be known by our loving Lord, in whom we will find comfort and solace.

It is with these humble thoughts that our brothers and sisters at the Chinese Christian Herald Crusades have worked so diligently to prepare this journal to help those who are stricken with cancer. With the experiences of cancer survivors and their families, as well as those who have passed on, we hope that this journal can be a source of encouragement, as well as a simple tool to help you navigate the treacherous waters of cancer therapy.

It is our sincere hope that your experience and the experiences of those around you will be a glorious testimony that Our Lord Jesus Christ lives in you.



You keep track of all my sorrows. You have collected all my tears in your bottle.  
You have recorded each one in your book. (Psalm 56:8)

# 11. 癌症治療計劃

## Cancer treatment plan

醫護人員的名字: Name of healthcare provider(s)

該向醫護人員提出的問題 Questions for the healthcare providers:

癌症病名及分類 What type & stage of cancer ?

我的治療決策 What treatment will I receive ?

每隔多久治療一次 How often will I receive treatment ?

需要多長時間 How long will it last ?

治療計劃: 寫下治療類型, 日期, 時間, 地點

Treatment plan: write down planned treatment type, date, time, location





# 癌症的治療記錄(i)

## Cancer treatment record (i)

化學治療 (化療)

有做  沒做  如有，請填以下表格

Chemotherapy:

Yes  No  If Yes, complete chart below

腫瘤科醫生名字 Medical Oncologist : \_\_\_\_\_

電話號碼 Telephone number: \_\_\_\_\_

化療藥物 Chemotherapy Regimen

日期 Dates

治療次數 # of Treatments

化療藥物 Chemotherapy Regimen	日期 Dates	治療次數 # of Treatments
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

外科手術

有做  沒做  如有，請填以下表格

Surgery

Yes  No  If Yes, complete chart below

外科醫生名字 Surgeon's Name : \_\_\_\_\_

電話號碼 Telephone number: \_\_\_\_\_

日期 Date

手術類型 Type of Surgery

日期 Date	手術類型 Type of Surgery
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



**放射性治療**      有做     沒做     如有，請填以下表格

**Radiation therapy**    Yes     No     If Yes, complete chart below

放射科醫生名字 Name of Radiologist : \_\_\_\_\_

電話號碼 Telephone number: \_\_\_\_\_

照射日期 Date	照射部位 Area Treated	全部照射劑量 Total Radiation Dose
-----------	-------------------	-----------------------------

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

治療地點 Place of Treatment: \_\_\_\_\_

醫院 / 診所名字 Institution: \_\_\_\_\_

地址 Address: \_\_\_\_\_

電話 Telephone number: \_\_\_\_\_

**筆記** Notes:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





# 癌症的治療記錄(ii)

## Cancer treatment record (ii)

### 骨髓 / 造血細胞移植

有做  沒做  如有，請填以下表格

### Bone marrow / Hematopoietic stem cell transplant

Yes  No  If Yes, complete chart below

骨髓移植醫生名字 Transplant Specialist: \_\_\_\_\_

電話號碼 Telephone number: \_\_\_\_\_

日期和骨髓移植類型 Date and Types of BMT / HSCT(s):

月 / 年 / 類型 Month/Year/Type

\_\_\_\_\_  
月 / 年 / 類型 Month/Year/Type

\_\_\_\_\_  
月 / 年 / 類型 Month/Year/Type

### 移植後抗生素藥物

有服用  沒服用  如有，請填以下表格

### Prophylactic antibiotics

Yes  No  If Yes, complete chart below

抗生素開始服用日期，結束日期 Antibiotics Start Date, End Date

\_\_\_\_\_  
抗生素開始服用日期，結束日期 Antibiotics Start Date, End Date

\_\_\_\_\_  
抗生素開始服用日期，結束日期 Antibiotics Start Date, End Date

### 移植後疫苗注射

有做  沒做  如有，請填以下表格

### Reimmunization

Yes  No  If Yes, complete chart below

日期和疫苗注射類型 Date and Types of Vaccines:

月 / 年 / 類型 Month/Year/Type

\_\_\_\_\_  
月 / 年 / 類型 Month/Year/Type

\_\_\_\_\_  
月 / 年 / 類型 Month/Year/Type





# III. 症狀日記



## 如何使用您的日記

每天填入任何有關的資料數據，並且每天記錄您的體溫。第 18 頁是一份記錄的參考樣本。

這份記錄表是以治療週期來編排的，每頁表格是一天或一星期，您不必擔心記錄表會用完，您隨時可以複印一張空白頁。

### 寫下您量體溫的日期與時間

用體溫計測量您每天的體溫，請儘量每天在同一時間測量，您的醫生或護士會告訴您何時測量最好。我們的體溫常在每天不同時段有不同的變化，通常在下午六點到十點之間升高，如果您的溫度超過華氏 100.4 度（攝氏 38 度），要立刻通知醫生或護士，這是有感染的徵兆。同時無論何時您感覺身體發冷，要立刻記錄下來。冷顫或發抖通常發生在您體溫上升時。

### 日期 / 時間

體溫 / 發冷：

您的副作用的程度？使用以下指數填入「副作用的程度」專欄。

指數	0	1	2	3	4	5	6	7	8	9	10
程度	無	輕微			中等			嚴重		很嚴重	

### 副作用：

如果您經驗到下列任何副作用，請具體寫下問題所在。

- ◎體力疲勞
- ◎頭腦神智不清
- ◎噁心或嘔吐
- ◎疼痛（何處）
- ◎憂鬱或焦慮
- ◎胃口不好或食量增加
- ◎呼吸困難
- ◎咳嗽或喉嚨痛
- ◎瘀血或流血
- ◎口腔痛、流血或分泌物粘稠
- ◎腹瀉
- ◎便秘
- ◎麻木或刺痛
- ◎皮膚變化，譬如長疹子或發紅
- ◎頭暈
- ◎其他

### 我作了什麼處理

如果您曾試著解決此問題，寫下您作了什麼（如服用藥物，泡澡，擦乳液，休息等）



# III. Diary for charting your symptoms

## How to use your diary

Each day, fill in whatever information you have that fits into the categories described below. You should record your temperature every day. Page 19 contains a sample diary. This journal is organized by treatment cycle, with each page spread covering a day or a week. Don't worry if you run out of pages; you can always copy a blank page.

### Fill in the date and time when you took your temperature.

Use your thermometer to take your daily temperature. Try to take it at about the same time every day. Your doctor or nurse will tell you what time of day is best. Body temperatures vary and usually rise during the course of the day, peaking between 6:00 p.m. and 10:00 p.m. If your temperature is over 100.4°F (38°C), call your doctor or nurse immediately, because this can be a sign of infection. Also note, by writing "yes" or "no," whether you've had any chills. Chills and shaking often happen when your temperature is going up.

### Date/Time/ Temperature/Chills:

How bad is your side effect? Use this scale to decide what number to enter in the "How Bad?" column.

Scale	0	1	2	3	4	5	6	7	8	9	10
Degree	None	Mild		Medium			Severe		Beyond Severe		

### Side Effects:

If you experience any of the side effects below, write down the specific problem(s).

- Change in energy level
- Confusion
- Nausea or vomiting
- Pain (tell where)
- Depression or anxiety
- Loss of appetite or increase in appetite
- Trouble breathing
- Cough or sore throat
- Bruising or bleeding
- Mouth sores, bleeding, or thick mucus
- Diarrhea
- Constipation
- Numbness or tingling
- Skin change, such as a cut, rash, or redness
- Dizziness
- Other

### What Did I Do

If you tried to treat the problem, write down what you did (medication, bath, lotion, nap, etc).



# 癌症治療副作用記錄

您的副作用的程度？

使用以下指數填入「副作用的程度」專欄。

指數	0	1	2	3	4	5	6	7	8	9	10
程度	無	輕微			中等			嚴重		很嚴重	

日期/時間	1/27	1/28	1/29
體溫/發冷	98.2	98.5	99.1

體力疲勞		2
我作了什麼處理		休息
頭腦神智不清		
我作了什麼處理		
噁心或嘔吐	3	3
我作了什麼處理	吃止吐藥	吃止吐藥
疼痛(何處)		5
我作了什麼處理		吃止痛藥
憂鬱或焦慮		
我作了什麼處理	參考樣本	
胃口不好或食量增加		7
我作了什麼處理	喝果汁	喝果汁
呼吸困難		
我作了什麼處理		
咳嗽或喉嚨痛		
我作了什麼處理		
瘀血或流血	1	2
我作了什麼處理	給醫生打電話	給醫生打電話
口腔痛或分泌物粘稠		
我作了什麼處理		
腹瀉		
我作了什麼處理		
便秘		
我作了什麼處理		
皮膚變化或長疹子		2
我作了什麼處理	擦乳液	擦乳液
頭暈		
我作了什麼處理		
其他		

筆記	化療	化療	化療
----	----	----	----





# Cancer Treatment Side Effects Diary

How bad is your side effects ?

Use this scale to determine what number to enter in each side effect row below:

Scale	0	1	2	3	4	5	6	7	8	9	10
Degree	None	Mild		Medium			Severe		Beyond Severe		

1 / 30	1 / 31	2 / 1	2 / 2	Date
98.7	98.0	97.9	98.2	Temperature/Chills

2	2	Energy Level/Fatigue		
Rested	Rested	What Did I Do?		
				Confusion
				What Did I Do?
3	2	1	0	Nausea
Took nausea meds				What Did I Do?
				Pain
Took pain meds				What Did I Do?
				Depression
SAMPLE				What Did I Do?
				7
Drank juice				What Did I Do?
				Trouble Breathing
				What Did I Do?
				Cough/Sore Throat
				What Did I Do?
2	2	4	2	Bruising/Bleeding
Called doctor				What Did I Do?
				Mouth Sores/Thick Mucus
				What Did I Do?
				Diarrhea
				What Did I Do?
				Constipation
				What Did I Do?
4	4	4	4	Skin Change/Rash
Applied moisturizer				What Did I Do?
				Dizziness
				What Did I Do?
				Other

Chem o	No Chem o	No	No	Notes
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# 癌症治療副作用記錄

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	Nausea
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What Did I Do?	
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What Did I Do?	
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I look up to the mountains—does my help come from there?

My help comes from the LORD, who made heaven and earth! (Psalm 121:1-2)



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He won't break off a bent reed or put out a dying flame,  
but he will make sure that justice is done. ( Isaiah 42:3 )

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# 心靈上的幫助

## Spiritual Tips

癌症不只是給患者帶來生理上的影響，同時也在情緒上、認知上、精神上、社交上使患者和家人產生負荷。許多專家和病患的經驗告訴我們：患者心靈上的支持是十分重要的；因為一個人的心理狀態和免疫系統的功能有直接的關係。

### 以下是一些實際的建議：

- 向神禱告
- 閱讀聖經—特別是詩篇中的安慰和鼓勵
- 請牧師或信徒為您禱告
- 聆聽基督教詩歌
- 參加教會聚會
- 與其他癌友互相支持

Cancer not only affects patients physically, but it also burdens the patients and family emotionally, cognitively, mentally, and socially. Medical profession and patient experiences tell us that support for the patient's spiritual well being is very important and that there is a direct connection between a person's mental state and immune system.

### Below are some practical suggestions:

- *Pray to God*
- *Read the Bible – Psalm's comforting and encouraging verses in particular*
- *Ask a pastor or believer to pray for you*
- *Listen to Christian music*
- *Attend church services*
- *Exchange mutual support with other patients*



# 我的祈禱

## My prayer



以下是一個禱告的範例，供您參考。

慈愛的父神：

感謝你用大能和智慧創造了天地，也創造了我們。我願意帶著一顆虔敬的心向你禱告，求你垂聽。

天父，求你因著你的慈愛，顧念我的疾病，並賜我夠用的力量度過每一天。我也求你赦免我的一切罪過，因耶穌在十字架上的寶血使我得著潔淨，並因耶穌從死裡復活使我得著永遠的生命。求你在我疾病的痛苦煎熬中，成為我的安慰和力量。

天父，我感謝你！因為你是我的醫治和拯救。奉主耶穌的名禱告。阿門！

Below is a sample prayer

Dear Heavenly Father,

You are the Creator of heaven, earth, and us, and we are profoundly amazed by your power and wisdom. I humbly come before you with a reverent heart, asking that you hear me.

Heavenly Father, you are kind and loving. Please watch over me in my illness, and give me strength for each day. Please forgive me of my sins. I gratefully accept the sacrifice Jesus made to offer me cleansing and purity, and the resurrection that promises eternal life. As I walk through this illness, I ask for your comfort and strength.

Heavenly Father, thank you for being my healer and savior. In Jesus' name I pray. Amen!

# IV. 如何平順地接受治療



## 保持與醫生的聯繫

生病時，如何與您的醫療團隊溝通，取得您所需的資料及醫療照顧是一件非常重要的事。每個人的醫療團隊按個人情況的需要，可能包括了醫生、護士、營養師、飲食學家等，這些專家都是您在抗癌過程中的伙伴，要經常保持良好的溝通，不論生理或心靈上的困難，他們都願意盡力幫您解決。

### 與醫生溝通的幾個建議：

建 議	實 行 辦 法
記下問題內容	將問題記在這本手冊上，可以幫助您記得要問的問題，同時記錄醫生的回答。
記錄身體狀況	注意任何身體的變化。將您的血壓、情緒、感覺、以及察覺到的副作用記錄在這本手冊上。
保存並整理資料	每次在各樣檢查之後，請向醫生或檢查單位要一份報告影本，然後將所有的資料分類並保存在同一個地方。
保持密切聯繫	瞭解您的治療計劃，列下所有醫生開給您的藥名，包括藥的作用及任何可能發生的副作用。如果在治療中有引起您過敏的藥物，也請注意記錄下來。
提出有關問題	不要怕和醫護人員討論您的病情和需要，他們都會願意幫助您的。





# IV. Managing Treatments

## Talking to your doctor and healthcare providers

A key to being successful when dealing with your illness is to learn to work with your doctors, nurses, and other medical staff to get the information and the healthcare support you need. The cancer specialist (oncologist or hematologist) you have chosen understands your fight against cancer and all the emotions that come with it. This physician, along with his or her team of nurses, dieticians, nutritionists, and other support staff can help you tremendously.

### Tips for Talking to Your Doctor

Tip: Write things down

Solution: Helps you remember to ask questions and helps you remember the doctor's answers.

Tip: Keep track

Solution: Notice any changes. Chart your blood pressure, your moods, your feelings, and any side effects you may be feeling.

Tip: Stay Organized

Solution: Ask your healthcare providers for photocopies of your treatment records and keep all of your information in one place.

Tip: Be informed

Solution: Know your treatment plan. Make a list of all your medications including what they do and what side effects they may cause. Record the names of medication that causes allergic reactions in you.

Tip: Ask Questions

Solution: Don't be afraid to talk to your doctor or nurse; s/he is committed to helping you.



## 通知工作單位和同事

是否決定通知工作單位和同事，因人而異。做化療期間，您得請假，也許您需要告訴公司和同事為什麼您不能來上班。如果您決定要告訴工作單位，應先做好一些準備。醫生可以告訴您，化療後，您的工作能力會受到多少影響。至於要告訴上司多少有關您的病情，您可以自己決定。如果您覺得有困難通知工作單位，腫瘤科的社工人員可以幫助您準備，以便順利地與公司接洽。

### 幾點提示

瞭解美國殘障法和家庭病假法。

如要電話查詢美國殘障法，可撥 1-800-514-0301，或至電腦網頁查詢，

網址是 [www.usdoj.gov/crt/ada/adahom1.htm](http://www.usdoj.gov/crt/ada/adahom1.htm)

有關家庭病假法的資料，可到以下網頁查詢。

[www.dol.gov/esa/regs/statutes/whd/fmla.htm](http://www.dol.gov/esa/regs/statutes/whd/fmla.htm)

- 大部份的公司都很願意合作，他們會保存您的工作考績及病況記錄。
- 您可以決定在工作單位中，讓些什麼人知道、以及知道多少有關您的病情。亦可要求您的主管保密。
- 查詢公司人事部，有無任何服務可以幫助您。
- 與您的主管保持聯繫，使他可以調整您的工作量。

## 與保險公司接洽

很多醫院，醫療中心，醫生診所，都有職員可以幫忙您申報保險。有時他們可指定專人幫助您與保險公司接洽。

### 幾點提示

瞭解您的醫藥保險。保險公司會付那些費用，不付那些費用。查問是否可以增加保險。

- 申報所有費用。有些費用您不覺得是在保險之內的，也一併申報。問保險公司是否需要您提供其他的申報資料。
- 正確地保留您所有申報過的記錄。要知道已付過那些費用，那些還未付過。可以打電話給保險公司，服務員會幫您調查已申報、但尚未收到付款的帳目。



## Talking to your employer and coworkers

Deciding whether or not to talk to your employer and coworkers may be difficult, and it is a very personal decision. Having chemo may mean that you will need time off to go to your treatments. You may want to talk to your employer and coworkers to let them know why you are not at work. If you decide to tell your employer, do your homework first. Your doctor can give you an idea of how your treatments might affect your ability to do your job. Provide your boss with as much information as you feel is needed. If you think that telling your employer will create problems, your oncology social worker can help you prepare for the discussion to ensure that it goes smoothly.

### Tips on Talking to your Employer and Coworkers

- Know the Americans with Disabilities Act and the Family Medical Leave Act  
ADA: 1-800-514-0301 or [www.usdoj.gov/crt/ada/adahom1.htm](http://www.usdoj.gov/crt/ada/adahom1.htm)  
FMLA: [www.dol.gov/esa/regs/statutes/whd/fmla.htm](http://www.dol.gov/esa/regs/statutes/whd/fmla.htm)
- Most employers will be willing to work with you, but keep copies of your performance review, and keep careful records of your disease.
- Decide who you are going to tell and how much you will tell them. Ask your supervisors to honor your requests for confidentiality.
- Ask about support services that might be available through Human Resources.
- Maintain a dialogue with your supervisor so that adjustments in workload can be made.

## Talking to your insurance company

Many hospitals, clinics, and doctors' offices have someone who can help you with your insurance claims and with reimbursement. You may also be assigned a case manager, who may be able to help you sort through this process.

### Tips on Talking to your Insurance Company

- Learn about your insurance plan. Ask about what is covered and what isn't. Ask if additional coverage is available.
- Submit all of your claims, even if you think something isn't covered. Ask your insurance carrier if they need more information to process the claim.
- Keep accurate records of all claims submitted. Know what has been paid and what hasn't. Call your customer service representative to follow up on unpaid claims.



## 如何吃得健康

以下的內容僅供您的參考。治療期間請按病情需要遵照醫生或營養師指示，注意補充因治療而失去的養分。至於坊間流傳的食療法並不一定適合每一種癌症病情，建議您應謹慎與醫生討論。

- 飲食要保持均衡。
- 少量多餐為宜。
- 若覺得噁心，可以試酸的食物，如酸梅、醬瓜、檸檬等。或可試乾的澱粉質食物，例如烤土司，蘇打餅乾，扭結狀的鹹餅(Pretzel)。冷的食物可減低嘔吐。
- 在固定時間用餐。
- 吃營養成份高的食物，如乳酪，瘦肉，麥片，牛奶和雞蛋。
- 可以食用含高蛋白的點心或是奶昔(milk shakes)。
- 儘量設法使用餐的時間有情調，例如可以點蠟燭或是聽音樂。
- 預先計劃好每日的飯食。甚至可以先冷凍一些食物備用。

## 食物與活動指南

分類	每天份量建議 (根據 2000 卡路里熱量)	例子 (杯是指一般廚房用量杯，1 杯=8 安士)
穀類	6 安士 (至少一半或 3 安士為全穀類)	1 安士等於：1/2 杯熟的飯、粥、粉、麵、麥片或其它五穀食品。 1 片或 1 小個麵包或饅頭。
蔬菜	2-1/2 杯	生或熟的菜、或蔬菜汁。莢豆類。 注意選擇不同種類：深綠色、黃色、其它顏色蔬菜
水果	2 杯	新鮮、罐裝、冰凍水果或乾果。果汁的量應限制為不超過水果「每天建議份量」之 50%。注意選擇不同種類的水果。
奶類	3 杯	加鈣豆漿，低脂肪的：牛奶、無乳糖牛奶或優酪乳。 2 安士乳酪可代替一杯牛奶。
肉類及莢豆類	5-1/2 安士	熟的瘦肉、雞禽類、魚或其它海產。 1 安士等於：1 個蛋，1/4 杯熟的莢豆，1/2 杯豆腐或黃豆類食品，1/4 杯果核類食品。
脂肪、油、糖和鹽	限量	避免含動物油和人工奶油食物。選擇用植物油、低鹽或不加糖的食品。
體能活動	至少 30 分鐘適度運動	快速步行，游泳，騎腳踏車，跳舞等。可以分次運動，每次 10 分鐘。



## Tips for healthy eating

The nutrition tips below are for your reference only. During treatment, please follow your healthcare team including qualified dietitian's recommendations for supplementing your in-take of nutrients. Not all hearsay health supplements are appropriate during cancer treatment. Please consult your healthcare team before taking such supplements.

- Maintain a well-balanced diet
- Eat frequently and eat smaller portions.
- When nauseated, try sour food such as plums, pickles, lemon etc., or try carbohydrate foods like toast, crackers, pretzels. Room temperature or cold food can reduce nausea and vomiting.
- Set regular times for eating.
- Eat foods that are high in nutrients like cheese, lean meat, cereal and milk, or eggs.
- Snack between meals with high-protein diet supplements or milk shakes.
- Make eating enjoyable, however possible — set a mood with candles or music.
- Plan your meals in advance — even freeze some meals for later use.

## Food and activity guide

Groups	Recommended Daily Servings (Based on 2000 Calories)	Examples (1 cup = 8 oz.)
Grains	6 oz. (At least 1/2 or 3 oz. as whole grain)	<b>1 oz. Equals :</b> 1/2 cup of cooked rice, congee, noodle, oatmeal or other grain products. 1 slice bread or 1 small bun or roll.
Vegetables	2-1/2 cups	Raw or cooked vegetable or vegetable juice. Dry beans and peas. Choose a variety: dark-green, orange & other color vegetables.
Fruits	2 cups	Fresh, canned, frozen or dried fruit. Limit fruit juice to less than 50% of recommended daily serving. Focus on a variety of fruit,.
Milk	3 cups	Calcium-enriched soy milk, low fat : milk, lactose-free milk or yogurt. 2 oz. Cheese can replace 1 cup of milk.
Meat & Beans	5 -1/2 oz.	Cooked lean meat, poultry, fish or seafood. <b>1 oz equals:</b> 1 egg, 1/4 cup cooked dry beans, 1/2 cup tofu or soy products, 1/4 cup nuts or seeds.
Fats, Sugars & Sodium	Limit amount	Limit food containing saturated, trans or hydrogenated fat or cholesterol. Limit food with added sugar or salt.
Physical Activity	At least 30 minutes of moderate-intensity.	Brisk walking, swimming, bicycling or dancing. May exercise 10 minutes each time to accumulate total time over the day.





## 舒緩壓力

您現在需要儘量減少壓力。可想而知，得病之後您會面對一些壓力。但是在癌病治療過程中，您要持守積極的態度，才能有更好的體力。這些都能幫助您在化療期間，使身體和精神能保持最佳的狀態。

### 以下幾點建議可以幫助您舒緩壓力

- 避免吃含咖啡因的食物、飲酒及吸煙。這些都會增加身體的負擔，使心跳加快。
- 到您喜歡去的地方，與好友相聚。
- 如果您願意，可以尋求宗教的真理。
- 學習放鬆的技巧、深呼吸、運用想像力、或默禱。
- 若有新的狀況發生，儘量查詢您所需的資料。
- 學著保持鎮靜。
- 問醫生那些維他命可以減輕壓力。
- 保持樂觀和正面的自我形像。
- 保持活躍的身體和活潑的意念。
- 聆聽優美音樂。
- 閱讀開懷暢笑的書籍。
- 參加癌友互助會。與有相同經驗的其他癌友交流。

## 運動

運動對加強和保持體能，是很重要的。運動能加強免疫力、舒展筋骨、以及開朗心情。有記錄證明，運動能幫助身體復原和平穩情緒。

### 對做運動的幾項建議

- 詢問醫生那些運動合適您。
- 找些合適您現在生活情況的運動。
- 假如運動一直是您生活的一部份，則繼續保持運動。但要依身體狀況調整運動量和方式。
- 散步或柔軟體操，都很合適。可以適度刺激您的心跳和加強體力。
- 即使很少量的運動都有幫助。若體力許可，試著做些運動。



## Managing stress

- It is understandable that you may be feeling stress and right now you need to eliminate as much of it as possible. All the positive steps you can take to keep your body as strong as possible, combined with the best possible attitude, will make you more able to manage cancer treatments. By taking these major preventative steps, you can help your body and mind maintain strength as you prepare for treatments.

### Tips to Manage Stress

- Avoid caffeine, alcohol, and tobacco. These substances add stress to your body and increase your heart rate.
- Surround yourself with people and places you love.
- Seek spirituality, if you so choose.
- Try relaxation techniques like deep breathing, imagery, and meditation.
- Seek the information you need when faced with a new situation.
- Learn to maintain your composure and remain calm.
- Ask your doctor about vitamins that can help relieve stress.
- Keep a positive outlook and self-image.
- Keep your mind as active as your body.
- Find support groups. Talk to others who have experienced similar treatments.

## Exercise

Exercise is also critical to building and maintaining strength. Exercise boosts the immune system, relaxes the body and opens the mind. Exercise has been proven to help the body heal while enhancing emotional well-being.

### Tips for Exercising

- Talk to your doctor about what is appropriate for you.
- Choose exercise that fits your current lifestyle.
- If you have always exercised, continue to exercise and modify your program based on how you feel.
- Walking and stretching are wonderful, low-impact ways to boost your heart rate and strength.
- Even a small amount of exercise can help. Try to get some form of exercise if you are able.



## 如何面對因貧血而引起的疲勞？

建議	實行辦法
藥物可以幫助紅血球再生，增加體力。	可問醫生有關補血的藥或營養補充品。
若胃口不好，白天少量多餐，可補充體力。	每間隔兩、三個小時用餐，多吃複合碳水化合物和高蛋白食物。用餐與服藥時間要遵照醫生的指示。
體力好的時候，可多做些食物，冰凍起來備用。	為了方便使用，分開冷凍每一次所需的份量。
積存一些容易準備的速食餐。	可積存麥片、罐頭湯、乳酪、餅乾、三明治瘦肉、花生醬、和冰凍速食餐。
儲存你的體力。	只做你覺得最重要的事。將需要辦的事集中在一起，以減少外出的次數。
每天為自己安排多次休息的時間。	白天多次的小憩，好過長時間的午睡。在家裡適當的地方，放幾張椅子，以便隨處休息。
試著多活動，增加你的運動量。	醫護人員可以幫你計劃體能活動。
處理你的壓力。	不要安排過多的活動。心情保持輕鬆，專注於最重要的事。
找人幫忙。	當你有需要的時候，要找人幫忙。你的家人朋友都會很樂意幫助你。
做一些會令你高興的事。	找時間與家人朋友在一起。只參加一些你喜歡的社交活動。

## 神經和肌肉受到影響時，怎麼辦？

化療有時會導致神經和肌肉無力、疲勞或疼痛。您可能會覺得手腳刺痛、發熱或發麻、或者失去平衡、不能協調。

建議	實行辦法
小心行動。	假如你很虛弱或不能平衡，走慢一點。上下樓梯時，要用扶手，避免摔跤。
預防摔跤。	不要只穿襪，不穿鞋。要穿不會打滑的鞋子。
入浴時要小心。	澡缸內要鋪膠墊。假如你覺得虛弱，可坐在椅子上沖澡。
慢慢拿取東西。	如果你覺得手指麻木，拿尖的或熱的東西的時候，要小心。



## Tips to manage anemia-related fatigue

Tip:	Solution:
Medication can help increase red blood cells, increasing your energy.	Ask your your healthcare team about such medications or energy supplements.
Eat small meals frequently during the day to provide energy and overcome a poor appetite.	Eat every 2-3 hours, including a complex carbohydrate and a high-protein food. Eating times should be scheduled to follow specific food instructions related to your medication.
Prepare extra foods and freeze them when your energy levels are high.	For convenience, freeze food in single portions.
Keep ready-made, quick, easy-to – prepare foods on hand.	Try cereals, soups, cheeses, crackers, lean lunchmeats, peanut butter and frozen meals.
Conserve your energy.	Restrict your activities to the ones that are most important to you. Combine errands to reduce the number of trips.
Plan your day to allow for rest breaks.	Take several short naps instead of one, long rest period. Place chairs strategically in your home to allow for rest stops.
Try to stay active and improve your exercise level.	An exercise program can be planned by your healthcare provider.
Manage your stress.	Pace yourself, relax and stay focused. Try not to overdo it.
Ask for help.	Your friends and family will be happy to help out. Don't be afraid to ask others for help when you need it.
Do things that make you happy.	Take time to do things with your family and friends. Only participate in social engagements you really enjoy.

## Tips to manage nerve & muscle effects

Chemotherapy can sometimes affect the nerves and muscles making them weak, tired, or sore. You may experience tingling, burning, or numbness in the hands and the feet, or loss of balance and clumsiness.

Tip:	Solution:
Move carefully.	If you are off-balance or weak, move slowly and use handrails going up and down stairs to avoid falling.
Prevent falls.	Don't wear socks without shoes. Wear no-skid shoes so you don't slip.
Take care when bathing.	Use bathmats in the shower or tub. Consider using a chair in the shower if you feel weak.
Grab items slowly.	If your fingers become numb, be careful when grasping objects that are sharp or hot.

For God loved the world so much that he gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. (John 3:16 )



## 化療後頭腦覺得混淆、糊塗，怎麼辦？

化療會暫時影響腦內神經細胞，造成意識混淆或稱為化療霧。這是一種被形容為“有霧樣”糊塗的感覺。以前誤以為是躁鬱症、或老化的現象之一。

建議	實行辦法
使生活有規律、有秩序，可做一個作息表。	將每件事寫在日記本內。可張貼便條提醒自己重要的事情。可考慮隨身攜帶記事本。
要有足夠的睡眠。	要有足夠的睡眠，可睡短覺。在疲倦時，小問題也會令人覺得很嚴重。
讓別人知道你會有混淆的時候。別人才能理解。	當你覺得糊塗的時候，要告訴家人和朋友。請他們耐心地再說一次、幫助你明白。
多操練你的思維。	可做些填字或尋字遊戲。
每次只專心做少數的幾件事。	不要一次做很多事。只做能幫助你完成目的而必做的幾件事。
放輕鬆，並且掌握壓力。	試著做深呼吸和一些放鬆的練習。壓力和憂慮只會令你更混淆。

## 脫髮怎麼辦？

癌症治療最明顯的副作用，就是脫髮。有時逐漸發生，有時突然發生或只有部分脫髮。所幸頭髮幾乎都會再長回來，快慢的程度則因人而異。

### 對處理脫髮的幾點建議

建議	實行辦法
小心照顧你的頭髮及頭皮。	使用溫和的洗髮精和軟的髮梳。用低溫吹乾頭髮。避免用髮捲、髮膠、燙髮或染髮。
化療前，先剪短頭髮。	剪短可以讓頭髮看起來多些。也較容易整理。
不要讓頭髮曬到太陽。	在室外可戴帽，包頭巾，並塗防晒油。
如果脫髮，你可以戴頭巾、帽子或各種假髮。	在掉髮前，先去假髮店一趟。這樣可以找好與你原來髮色、髮型相似的假髮。



## Tips to manage confusion or “chemo fog”

Chemo can temporarily affect the nerve cells in the brain, causing confusion or what some refer to as “chemo fog.” It is described as a feeling of “fogginess” that previously has been mistaken for depression or aging.

Tip:	Solution:
Get organized and keep a schedule.	Write everything down by keeping a journal. Post reminders about important events. Consider getting a pocket organizer.
Make sure you get enough sleep.	Get plenty of sleep and take naps. Small problems seem bigger when you're tired.
Talk about your confusion. Help others understand.	Let your family and friends know that you're feeling confused. Ask them to repeat themselves, to be patient with you and to help you stay on track.
Exercise your mind.	Try doing crossword puzzles or word searches.
Focus on individual tasks.	Don't try to do everything at once. Focus on the individual pieces required to complete the task.
Relax and manage stress.	Take deep breaths and try some relaxation techniques. Stress and worry will only contribute to your confusion.

## Tips to manage hair loss

Hair loss is the most visible side effect of cancer treatment. It can happen gradually, suddenly or partially. Fortunately, hair almost always returns, although at varying rates, depending on the individual.

Tip:	Solution:
Treat your hair and scalp gently.	Use mild shampoos. Use a soft hairbrush. Use low heat when drying your hair. Avoid rollers, hair sprays, permanents and hair dyes.
Get a short haircut prior to beginning treatment.	A shorter style will make your hair look thicker and fuller. It will be easier to manage.
Protect your hair from the sun.	Wear a scarf or hat and sunscreen while outdoors.
If you lose your hair, you may choose to wear scarves, caps, wigs, hairpieces or turbans.	Visit a wig shop before you lose your hair so you can match your current hairstyle and color.

He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain.

All these things are gone forever. (Revelation 21:4)



## 噁心、嘔吐時，怎麼辦？

不是所有接受化療的病人，都會有噁心和嘔吐的現象。即使有，亦因人而異。有些病人經驗這樣的反應可能是幾小時、一天、或更久。有些病人只有胃不舒服，之後跟著有嘔吐現象。

有噁心和嘔吐現象時，可參考以下建議：

建議	實行辦法
食物以吃冷的或室溫下的食物為宜。	吃、喝得慢一點。細嚼慢嚥。
避免油膩、高脂肪的食物。	避免吃漢堡、薯條和油炸的食物。
吃完東西，不要平躺。	飯前和飯後一小時之內，保持上身直立，不要躺下。
喝冷的、清淡的飲料。	試喝無糖果汁，譬如蘋果汁、葡萄汁。
更改做化療的時間。	你可以安排在一周中的早幾天做化療。這樣在周末與家人相聚前，能有時間恢復。
做化療前，心情放輕鬆。	緊張，會導至胃部的不適。在化療前，可做一些讓你放鬆的體操。
請教醫生治療的問題。	請教醫生或護士有關可以控制化療後反應的藥物(antiemetics)。

## 如何處理口腔及喉嚨的問題？

化療的藥物會傷害口腔、喉嚨和舌頭的表皮，造成吞嚥困難。口腔組織會變乾躁和疼痛，導致沒有食慾、口腔長瘡和發炎的問題。

建議	實行辦法
保持口腔濕潤	化療進行時，口含冰塊。隨身帶一瓶水，經常飲用。
經常漱口，特別是飯後。	用鹽水(一茶匙鹽溶於一夸脫水)漱口，清潔口中的殘餘食物。
避免刺激性的食物	避免橘子，其它柑橙類的食物，果汁和粗糙、辛辣或酸性食物。



## Tips to manage nausea & vomiting

Not all chemotherapy patients will experience nausea and vomiting, but for those who do, it varies. Some patients may experience nausea and vomiting for hours, a day, or even longer. Other patients experience stomach distress followed by vomiting.

<b>Tip:</b>	<b>Solution:</b>
Eat food cold or at room temperature	Eat and drink slowly. Chew food well.
Avoid greasy, high-fat foods.	Stay away from hamburgers, potato chips and fried foods.
Don't lie down flat after eating.	Stay upright for one hour before or after mealtime.
Drink cool, clear beverages.	Try unsweetened fruit juices, such as apple juice and grape juice.
Change your treatment time.	You may even want to schedule your treatments earlier in the week so that you have time to recoup before spending time with your family on the weekend.
Relax before treatments.	Nerves alone can upset your stomach. Try some relaxation exercises before your treatments.
Ask your doctor about treatments.	Talk to your doctor or nurse about medications (antiemetics) to control your symptoms.

## Tips to manage mouth & throat problems

Chemotherapy drugs can affect the healthy lining of the mouth, throat and tongue and cause difficulty in swallowing. Tissues can become dry and irritated, which can lead to loss of appetite, mouth sores and infection.

<b>Tip:</b>	<b>Solution:</b>
Keep mouth moist.	Chew ice during chemo infusion. Carry a bottle of water with you to sip from often.
Rinse mouth frequently, particularly after eating.	Dissolve one teaspoon of salt in a quart of water to remove and wash away loose debris.
Avoid foods and drinks that irritate the mouth.	Avoid oranges, other citrus foods, juices and rough, spicy, or acidic foods.





## 如何處理便秘的問題？

有些化學治療會引起便秘的問題。若您活動量較平常人少，吃的不多，或者有服用止痛藥，這些都可能造成便秘。

建議	實行辦法
多喝液體。	若您沒有腎臟和心臟的疾病，一天可以喝八到十二杯。喝溫或熱的液體，較有幫助。
多吃含高纖維的食物。	譬如以下的幾種食物：水果，綠葉蔬菜，全麥麥片，麵包，麥麩(bran)，葡萄乾，梅子(prune)，無花果和棗子。
若醫生許可，可做些運動。	即使是短程散步，也會有幫助。
若未經醫生許可，不要服用成藥。	吃輕瀉劑或灌腸前，要徵詢醫生意見。

## 如何處理容易被感染的問題？

很多化療用的藥物，殺掉癌細胞，但是也同時消滅了健康的細胞—包括抵抗感染的白血球。白血球過少，會讓您容易受感染，因此事先的防備很重要。

建議	實行辦法
避免去人多的地方。	要購物或出門，選擇在人少的時間出去。
每天勤洗手。	飯前、入廁後、以及碰過公眾使用過的東西—如推車、樓梯扶手等，都要洗手。
剪手、腳指甲時，要小心。	不要傷到指甲周圍的皮膚。
保持健康。	遠離患傷風感冒的人。特別是剛打過預防針的兒童。除非您得到醫生的許可，不要去注射預防針。
避免割傷、擦傷皮膚。	當用剪刀、針或刀時，要十分小心。用電動剃鬚刀，避免刀片式刮鬚刀。
每天洗溫水澡，或用海綿擦澡。	輕輕拍乾，不要用太大力搓擦。
若有割傷或擦傷，要馬上清潔傷口，並且需要每天如此做，直到傷口痊癒。	用溫水、肥皂及消炎藥清洗傷口。



## Tips to manage constipation

Some chemotherapy treatments can cause constipation. It can also happen if you are less active than normal, eating less, or taking pain medication.

Tip:	Solution:
Drink plenty of fluids.	Up to 8-12 glasses a day (if you do not have renal or heart disease). Warm or hot fluids can be more helpful.
Eat foods with a high fiber content.	Try fruits, green leafy vegetables, whole-grain cereals, breads, bran, raisins, currants, prunes, figs and dates.
Exercise if you've gotten an okay from your doctor.	Even a short walk can help.
Don't take over-the-counter remedies without asking your doctor.	Check your doctor before you take a laxative or an enema.

## Tips to manage infection

Many of the drugs used in chemo get rid of cancerous cells but also healthy cells which include white blood cells that fight against infection. A lack of white blood cells can make you more prone to infection. It is important to take precautions.

Tip:	Solution:
Avoid crowds	Go shopping or do other activities at nonpeak times when there are fewer people.
Wash your hands often during the day.	Take care before eating, after using the toilet, and after touching items handled by the public—like shopping carts and railings.
Be careful when trimming your fingernails or toenails.	Don't tear the cuticles of your nails.
Stay healthy.	Stay away from anyone who has a cold or flu and especially from children who have just been immunized. Don't get immunized yourself unless your doctor says it's okay.
Avoid cuts, nicks, and scrapes of the skin.	Be careful when using scissors, needles, or knives. Use an electric shaver instead of a razor.
Take a warm bath or sponge bath every day.	Pat dry, do not rub too hard.
Clean cuts and scrapes immediately and daily until healed.	Use warm water, soap and an antiseptic.

O LORD, if you heal me, I will be truly healed; if you save me, I will be truly saved.

My praises are for you alone!( Jeremiah 17:14 )



## 如何處理腹瀉的問題？

某些癌病和化療藥物會導致腹瀉現象。假如您有疼痛、抽筋或腹瀉的情況持續一天以上，需要通知醫生。市面上有些止瀉藥，可以服用。

建議	實行辦法
要多喝流質食物。	流質食物可以包括葡萄汁、蘋果汁和蔓越橘汁 (cranberry)。果汁可以攪水，腸胃較易接受。
避免吃不能溶解的纖維，以及含高脂肪的食物。	不能溶解的纖維：全麥麵包，爆玉米花，穀類麥食 (cereal)，種子和堅果，生菜和連皮的水果。
食物中要包括能溶解的纖維。	能溶解的纖維：麥麩，燕麥片，馬鈴薯，杏子，香蕉，草莓，葡萄，白米，去皮的蘋果，桃子或梨子。
少量多餐。	一天中少量多餐，取代三大餐。
食用低乳糖的奶製品。	乳糖若沒有正常的消化掉，可造成腹瀉、漲氣和腹漲。
避免咖啡因。	用無咖啡因的飲料取代。咖啡因會使身體失去重要的水份。

## 如何處理皮膚變質的問題？

有些病人經過化療後，皮膚會起疹子、粉刺，變乾、發癢和脫皮的現象。有些藥物會讓您的皮膚對太陽敏感。在做化療期間，要特別注意皮膚的保養，這是很重要的。

建議	實行辦法
保持您的皮膚清潔和乾躁。	用溫和的肥皂清洗和拍乾。洗澡或沖澡時，避免用太熱的水。
乳液、化妝粉、除體臭劑及香水會更刺激皮膚。	在做化療的身體部位，避免用左欄所列的用品。在化療停止三至四星期以後，才可以考慮使用。
防止皮膚變乾躁、龜裂或晒傷。	用無過敏性的乳液，並且避免搔抓皮膚。用防晒指數高過 15 的防晒油 (SPF 15)。
讓您的皮膚能透氣。避免摩擦。	穿寬鬆，用自然材料織的衣物。如棉質衣服。



## Tips to manage diarrhea

Certain cancer can cause diarrhea, and some chemotherapy drugs can, too. If you feel pain, cramping or have diarrhea for more than a day, call the doctor. There are a number of antidiarrheal medicines available.

Tip:	Solution:
Drink plenty of fluids.	Include fluids such as grape, apple or cranberry juice. Juices can be mixed with water in order to tolerate easier.
Avoid consumption of insoluble fiber. Don't eat high-fat foods.	Insoluble fiber: whole wheat and whole-grain breads, popcorn, cereals, seeds and nuts, raw vegetables and fruits with skin.
Include soluble fiber in your diet.	Soluble fiber: oat bran, oatmeal, potatoes, apricots, bananas, strawberries, grapes, white rice, and peeled apples, peaches or pears.
Eat small meals, frequently.	Eat small amounts of food throughout the day instead of three large meals.
Try to use reduced-lactose dairy products.	Lactose is milk sugar. When not digested properly, diarrhea, gas, and bloating can result.
Avoid caffeine.	Substitute with decaffeinated beverages. Caffeine causes the body to lose important fluids.

## Tips to manage skin irritation

Rashes, acne, dry skin, itching and peeling can be common with some chemo patients. Some drugs make your skin more sensitive to the sun. It is important to take care of your skin during your treatments.

Tip:	Solution:
Keep your skin clean and dry.	Use mild soap, rinse and pat dry. Avoid using very hot water when bathing or showering.
Lotions, powders, deodorants, and perfumes can increase irritation.	Don't use these items on treatment areas until 3 or 4 weeks after treatment ends.
Prevent very dry, chapped or sunburned skin.	Use hypoallergenic moisturizer and avoid scratching. Use sunscreen with SPF 15 or above.
Allow your skin to breathe. Avoid chafing.	Wear loose-fitting clothing made from natural fibers, like cotton.



## 如何處理疼痛？

若腫瘤壓到神經、骨頭或器官，會產生疼痛。有時化療也會帶來不適。與您的醫生商量，選擇適合您的治療法，控制您的痛楚。

### 控制疼痛的幾點建議

建議	實行辦法
儘早治療疼痛。	愈早告訴醫生，疼痛的問題愈容易解決。
遵照醫生指示，服用藥物。	按時服用止痛藥。若拖延不服藥，則更難止痛。
注意您身上的疼痛。	很誠實的形容您疼痛的程度。通常可用以下的字眼形容，不顯明、滯鈍的痛 (dull ache)，刺痛 (sharp stab)，灼熱似的疼痛 (burning)，或劇痛 (throbbing)。可參考五十八頁
試其它變通的方法。	聽令人輕鬆或可轉移您想像力的音樂。有時用冷敷或熱敷亦有幫助。
與醫生聯絡。	在第二十頁有記錄表，可用它記錄您疼痛的程度。若痛楚加強，需要告訴醫生或護士。

## 如何處理憂鬱症？

半數以上的癌症病人會有憂鬱的現象。藥療上造成的原因可能包括：沒有控制好的病痛，化療；血液內鈣，鈉或鉀的含量失常；貧血；缺少維生素；發燒；甲狀腺分泌失調或血液的類固醇含量不正常。

建議	實行辦法
告訴您的醫生和護士	他們可以建議心理輔導或藥物治療。
向專業人員諮詢	請醫生為您介紹心理學家或見心理醫生。可以考慮去見一位有執照的臨床社工。
參加一個癌友會	也有別人在面對憂鬱症---有專門為癌症病人設立的癌友會。
尋求其他人的幫助	有人覺得與教會聖職人員談談很有幫助。



## Tips to manage pain

Pain is sometimes caused by a tumor pressing on nerves, bones, or organs. Sometimes even treatments may cause discomfort. It is important to work with your healthcare providers to choose the right pain management program for you.

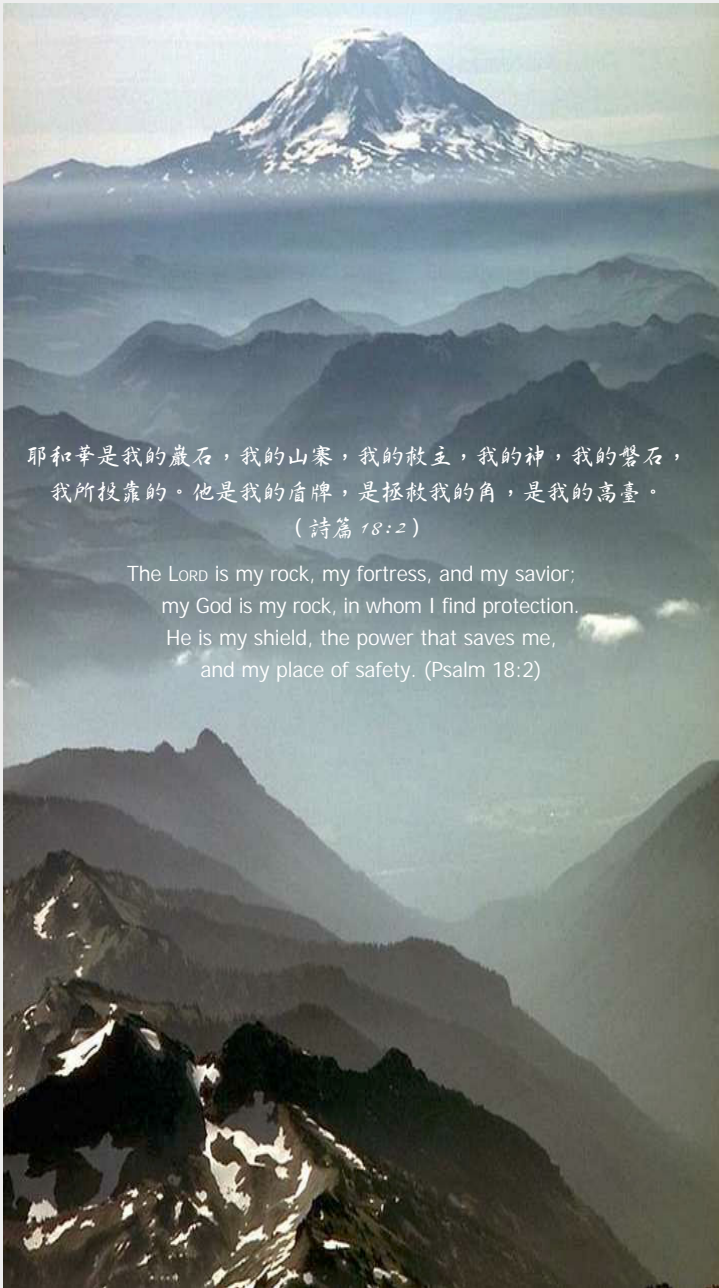
<b>Tip:</b>	<b>Solution:</b>
Treat pain early.	Talk to your doctor as soon as you experience pain. It is much easier to manage pain that is treated early.
Take medications as prescribed.	Stay on schedule with your pain medication. Don't "wait it out" until pain is unbearable, because it will be more difficult to relieve.
Recognize the pain you're feeling.	Be honest. Don't downplay the amount of pain you're in. Common descriptions of pain are dull ache, sharp stab, burning, or throbbing. Refer to page 58
Try alternative methods.	Listening to a relaxation or guided imagery tape may help. Hot or cold compresses may also aid in relief.
Talk to your doctor.	Track your pain on the symptoms tracking charts on page 21. Let your doctor or nurse know if your pain is worsening.

## Tips to manage depression

Up to half of all cancer patients experience some form of depression. Medical causes of depression in cancer patients can include: uncontrolled pain, chemo treatments; abnormal levels of calcium, sodium or potassium in the blood; anemia; vitamin deficiency; fever; and abnormal levels of thyroid hormones or steroids in the blood.

<b>Tip:</b>	<b>Solution:</b>
Talk to your doctor or nurse.	He or she may recommend treatment such as counseling and medication.
Speak to a professional.	Ask your doctor to refer you to a psychiatrist or psychologist. Consider seeing a family therapist or licensed clinical social worker.
Look for support groups.	Others are dealing with depression—there are some groups just for cancer patients.
Seek help from others.	Some people find talking with a clergy member helpful.





耶和華是我的巖石，我的山寨，我的救主，我的神，我的磐石，  
我所投靠的。他是我的盾牌，是拯救我的角，是我的高臺。

(詩篇 18:2)

The LORD is my rock, my fortress, and my savior;  
my God is my rock, in whom I find protection.  
He is my shield, the power that saves me,  
and my place of safety. (Psalm 18:2)





## V. 瞭解及處理癌痛

癌痛，是極其駭人聽聞的一個症狀。

大約有百分之九十的癌症患者，他們的疼痛可以得到改善。大多數的癌友可以和常人一般作息，享受與親友同在的時光。癌痛，是可以被改善的！

癌痛的起因十分的廣泛，因個人體質不同，狀況也不一定相似。起因的類別大約為：

1. 腫瘤的變大及擴散，也就是當癌細胞侵入骨骼或內臟，壓迫到神經或血管時是引起癌痛最普遍的原因。
2. 開刀是疼痛主因之一。有時某些人在傷口復原之後，仍持續有疼痛感。
3. 化療過程中的副作用，也會引起不同類別的疼痛；有些化療藥物會導致手腳的灼燒感和皮膚發炎，甚至會蔓延開。化療副作用所帶來的不適，包括：口腔潰爛、精神不正常、腹瀉、便秘、噁心、嘔吐、化療霧等。這些疼痛和精神恍惚這一類問題，通常在化療結束後，都仍可能會持續。
4. 放射線治療可能會引起，例如皮膚發炎、發紅的症狀，有時會傷到皮下組織和神經；有些身體部位在經放療之後，也可能會變得極度敏感長達數個月。
5. 在治療過程中，也常因為某些檢驗的需要，例如：抽骨髓檢驗、雷射治療、腰骨穿刺、切片檢查而引起疼痛。

處理疼痛的方法：

1. 藥物
2. 長期的止痛劑
3. 處方的藥膏，以舒緩放療之後的皮膚發炎
4. 局部性麻醉，以防止切片後的疼痛

處理疼痛的第一個步驟，應該是要告訴你的醫護人員；不但要詳細，而且是越早越好；這樣，醫護人員才能幫你做即時又有效的處理。默然不語的等待心態，有時會讓當事人白白受苦。



# V. Understanding pain management

**Pain is one of the most feared aspects of cancer.**

About 90 percent of people with cancer pain can get relief. Most people with cancer can continue to work, rest, play, and enjoy the company of family and friends relatively pain-free. Today, there are many different kinds of methods available that can help relieve cancer pain.

The pain and discomfort associated with cancer may result from a wide variety of factors.

1. Tumor's growth and spread. When cancer cells invade bones or organs or press on nerves or blood vessels, they may cause pain.
2. Some types of pain related to surgery may persist long after the wounds have healed.
3. Certain chemotherapy drugs may cause a burning sensation in the hands or feet and skin irritation and breakdown. Discomfort from the side effects of chemotherapy may include mouth sores, neuropathy, diarrhea, constipation, nausea, and vomiting. Some pain related to chemotherapy, especially neuropathy, can linger on well after chemotherapy ends.
4. Radiation treatment can also cause discomfort — irritated, red skin and sometimes tissue and nerve damage. Depending on the treatment site, radiation therapy may produce uncomfortable sensory changes that last for several months.
5. Pain from procedures done as part of treatment such as bone marrow aspirations, laser treatment, lumbar punctures and biopsies can cause pain.

## Methods of Pain Relief

1. Medication
2. Long term pain relief
3. Special cream to ease irritation from radiation
4. Preventing pain from procedures include local anesthetics which are used to numb the area before a biopsy.

The first step in pain control is to identify your pain and tell your doctor or nurse about it. It is your responsibility to communicate what is being experienced, in as much detail as possible. Pain is best and most easily brought under control when it is treated promptly, when it begins. It is not helpful in any way to “wait and see” if pain will perhaps go away.



## 這裡是一些有關疼痛的形容詞：

Here are some words for describing your pain:

aching	痛感	burning	燃燒感	stabbing	剝感
throbbing	搏動性 抽痛感	electric	電擊感	Pins and needles	針刺感
gnawing	咬痛感	pulsing	脈波感	pressing	壓迫感
crushing	壓迫感	dull	鈍感	prickling	扎痛感
shooting	射擊感	searing	灼熱感	heavy	沈重感
sharp	尖銳	constant	持續	spasms	抽筋感
intermittent (comes and goes)	間歇式				

Sometimes health care providers will ask you to use a simple assessment scale to help them fully understand your pain.

A numerical scale allows you to indicate how much pain you are having by number from 0 to 10:

No Pain

不痛



Worst pain

十分痛



0	1	2	3	4	5	6	7	8	9	10
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通常醫護人員會使用類似以上的測量表，來瞭解您疼痛的情況。您可以用 0 到 10 的數字量來描述疼痛程度。如果不覺得痛，就用 0；數字越大，表示越嚴重。

或者在這本記事本的第十六頁，也有一個類似的測量表。

In this journal, on page 17, there is a similar scale.

不論您選擇那種方法，請固定用一種疼痛測量法。每天用表格或日記的方式，記錄疼痛的程度和當時能減輕疼痛的最好方法。這樣的記錄，可以幫助您的關懷者瞭解，日後若有相同的情況時，應該如何做有效的疼痛處理。

Whatever scale you are using, using the same pain scale is helpful in describing how much pain you are feeling. You may find it helpful to keep a record or a diary to track the pain and what works best to ease. This will help the person who is caring for you to figure out what method of pain control works for you.





## 如有疼痛時，應該斟酌以下問題

Share with your healthcare team how you feel

如果疼痛的存在是個事實，每次和醫生見面時，應該讓他知道以下問題的答案：

- ◎ 何處疼痛？
- ◎ 如何痛法？
- ◎ 頻率如何？每次持續多久？（通常發生在什麼時間？）
- ◎ 根據疼痛測量表，最痛時有多痛？
- ◎ 什麼樣的情況引起疼痛？
- ◎ 什麼會使疼痛更加劇烈？
- ◎ 什麼可以減輕疼痛？
- ◎ 現有的止痛藥能否有效地處理疼痛？效率如何？
- ◎ 現用的止痛藥會引起任何例如便秘、頭昏的副作用嗎？
- ◎ 疼痛是否影響到日常生活，比如：駕車？穿衣？工作？睡眠？運動？
- ◎ 疼痛是否造成您情緒上的不穩定？
- ◎ 您覺得造成您疼痛的主要原因是什麼？

If any pain is present, share with your health care team how you feel every time you meet with them:

- ◎ Where is your pain located?
- ◎ How does the pain feel?
- ◎ How often does the pain occur and how long does it last? (including time of day)
- ◎ How bad is the pain at its worst?
- ◎ What appears to trigger the pain, get it started?
- ◎ What makes the pain worse?
- ◎ What seems to ease the pain?
- ◎ Are your present pain medications helping manage the pain? If so, how well?
- ◎ Are your pain medications causing any side effects, such as constipation or drowsiness?
- ◎ What impact does the pain have on your daily life? Does it interfere with your usual activities? Driving? Dressing? Working? Sleeping? Exercise?
- ◎ How is the pain affecting you emotionally?
- ◎ What do you believe is causing the pain?





## 有關癌症疼痛處理及止痛藥的重要觀念：

錯誤的傳聞：使用鴉片類藥劑(也稱為麻醉性止痛藥)會上癮。

正確的觀念：因治療癌症而服用鴉片類藥劑止痛的人，很少因此對止痛藥上癮。上癮的機率少於三千分之一。

錯誤的傳聞：癌症末期的人，才需要使用嗎啡(即鴉片類藥劑)。

正確的觀念：任何一個階段的癌症，在接受治療時，都可能會有突發性的疼痛，或有中度到嚴重性的疼痛。為了能夠快速減緩疼痛，通常醫生處理的方式是，開例如嗎啡這種麻醉性止痛藥的處方。

錯誤的傳聞：如果經常性的使用鴉片類藥劑，到最後會毫無果效。

正確的觀念：鴉片類藥劑也叫做麻醉性止痛藥，它的劑量上限很高，每四個小時的使用量可以從5到180mg。一旦疼痛受到控制，劑量便不會增加；除非病情另有發展。劑量的大小與疼痛度是成正比的。

錯誤的傳聞：使用鴉片類藥劑會使人變迷幻或者是飄飄然，以致於會上癮。

正確的觀念：鮮少接獲報告說癌症病人，在使用鴉片類藥劑之後，會感到飄飄然。一般人或許在使用止痛藥後情緒會受到改善，但對一個身患癌症，甚至是面臨癌症末期的患者，這種迷幻的事是不會發生的。

錯誤的傳聞：控制疼痛的鴉片類藥物會引起反胃。

正確的觀念：在剛開始服用鴉片類藥物的人當中，十個有三個會有如此的副作用，通常女性的比例高於男性。在最初有這個副作用時，可以用抗反胃的藥來控制；之後，這個情況會自動消失，抗反胃的藥也可以停用。有時一些類似嗎啡的藥，也能幫助控制反胃的問題。

錯誤的傳聞：病人只有在感覺需要時，才使用嗎啡。

正確的觀念：其實按時使用藥物才是最好的方法。





## Here are some common myths about pain and pain medication:

*Myth: Opioids cause addiction. FALSE.*

Truth: The risk of addiction is less than 1 in 3000. Opioids can be decreased if the pain is adequately treated with another approach, such as radiation therapy.

*Myth: People are given morphine only when they are at death's door. FALSE.*

Truth: In good cancer management, opioids are used as soon as pain becomes moderately severe.

*Myth: If you take morphine or opioids now, they will not work later. FALSE.*

Truth: These medications have a very wide range of effective doses. Effective doses of morphine can range from 5 to 180 mg every four hours. Once pain is effectively controlled, the dose of the opioid does not need to be increased unless the disease progresses. An increase in the dose will then control the increased pain.



*Myth: Opioids will make the person "high" or cause euphoria, which inevitably leads to being hooked. FALSE.*

Truth: People taking opioids for pain relief seldom report feeling euphoric. A person's mood may improve because of pain relief, but persons with advanced cancer or near the end of life do not get high from these medications.

*Myth: Pain-control medications cause nausea. FALSE.*

Truth: Only about 3 in 10 people will have nausea when opioids are first started. Women are more prone to experience nausea than men. Anti-nausea drugs can be used for a few days or weeks when opioids are first started. Often, the nausea will go away on its own, and the anti-nausea medications can be stopped. Sometimes switching to a different morphine-like drug will make the nausea go away.

*Myth: People should take morphine only when they feel the need. FALSE.*

Truth: The best strategy is to take regular doses around the clock, rather than on an as-needed basis.





# Vi. 血液檢查

## 腫瘤標記

現今的人都在期待這樣的一件事：癌症的種類，能夠經由一種簡便的方法，就可測試出來。然而今天數以百種的癌症，實在很難只用一個方法，就能測出問題的所在。可喜的是，科學正在朝這個目標邁進，並且有某些癌症，已可以經由血液或尿液中的蛋白分子數量測試出來；這些不同的蛋白分子數量，我們稱之為腫瘤標記或癌症指數。

我們再一次的提醒您，每一次在各種的檢查或手術之後，應該向醫生或檢查單位要一份報告影本，然後將所有的資料分類並保存在同一個地方。一方面這是您的權力；另一方面，萬一日後要尋求第二個醫生的意見或因搬遷需要重新找醫生時，就不需要大費周章重新蒐集資料了。

比方說 PSA 值(Prostate-Specific Antigen 的縮寫)是攝護腺(或稱前列腺)的腫瘤標記。CEA 值(Carcino Embraonic Antigen 的縮寫)是直腸癌的腫瘤標記。CA 125 值(Carbohydrate Antigen 的縮寫)一般是卵巢癌的腫瘤標記，但是當癌症擴散時，也可能是子宮膜癌、胰臟癌、胃癌和腸癌的腫瘤標記。AFP 值(Alpha-Fetoprotein 的縮寫)通常與超音波檢查並用，一同確認是否為肝癌的腫瘤標記。

雖然因為一些複雜的因素，這些標記無法百分之百的有效認定是某一種癌；但是這些腫瘤標記仍在某種程度上可幫助我們一窺端倪。患者可以藉著這些數據，大概知道自己抗癌的進展情況。



# VI. Blood test

## Cancer or tumor markers

Everyone hopes that someday a simple, inexpensive blood test will reveal whether a person has cancer. Since cancer is a group of more than a hundred different diseases, it is unlikely that one test will screen all types of cancer. However, tests can now detect certain molecules - often a type of protein - in the blood or urine that may be linked to specific cancers.

An example is the prostate-specific antigen or PSA test. For colorectal cancer, the tumor marker that has been most useful is the carcino embryonic antigen (CEA). Carbohydrate Antigen 125 (CA 125) is used to detect ovarian cancer but is also elevated in endometrial, pancreatic, stomach, and colorectal cancers, especially if they are widespread. Alpha-Feto-protein (AFP) is another cancer marker for liver cancer. An abnormal AFP should be followed with ultrasonography.

Tumor markers are not foolproof. Usually doctors need results of other tests, such as x-rays or biopsies, to determine whether a higher level of a particular tumor marker is a cause for concern. But by monitoring these test results, patients can follow how their cancer is responding to treatment.

Once again, ask your healthcare providers for photocopies of your treatment records and keep all your records in one place. You have a right to these records and they will be useful if you need to provide your treatment information to a new healthcare provider.



## 瞭解您的血液指數

### 為什麼血液是如此重要？

血液是身體的生命線。它不只輸送氧氣和養份到全身，抵抗病菌的侵襲，同時還一直維持體內水份、鹽份及礦物質的平衡。它對您的健康和保持身體正常運作是十分重要的。您的血液中有三種血球。醫生會持續地定期檢查這些血球的數量。

每次血液檢查之後，請記得向醫生要一份影本，並且保留存檔，以便提供其他的醫生參考。

### 什麼是血球指數檢驗(CBC)？

血球指數檢驗(Complete Blood Count)，就是驗血檢查體內的血液是否正常。有三種基本的血球在您的體內：紅血球、白血球及血小板。紅血球輸送氧氣，運出二氧化碳。白血球抵抗任何入侵體內的病菌。血小板幫助血液凝結，止血。這三種血球要搭配合宜，身體才能發揮正常功能。通常驗血可以查出各血球的數量，就可以知道血球是否正常。因為癌症治療及藥物會使血球數量減少。所以您需要知道血球指數檢驗的重要性。

### 如何檢驗血球指數？

一般來說，血球指數檢驗並不費時，而且沒有什麼疼痛。通常醫護人員會刺破您的手指或從血管抽血，只需抽取少量的血。然後送去實驗室檢驗。一般來說幾分鐘或幾小時之內，就可以知道檢查結果。

### 如何看懂血球指數檢驗報告？

要看懂血球指數檢驗報告並不難。以下是一個驗血報告樣本，雖然與您的驗血報告不一樣，但可以幫助您瞭解如何讀它。

### 您有足夠的血紅素(Hb or HGB)嗎？

有多少血紅素才算正常？這個定義因人而異。如果您的血紅素低於 12 g/dL，則需要與醫生商談。

Test	Normal Range
Red blood cell count (RBC)	Men: 4.5–6.0 million cells/mm <sup>3</sup> Women: 4.0–5.5 million cells/mm <sup>3</sup>
Hematocrit (HCT)	Men: 40–55% Women: 35–45%
Hemoglobin (HGB)	Men: 14–18 g/dL Women: 12–16 g/dL
Mean corpuscular hemoglobin (MCH)	27–33 picograms/red blood cell
MCH concentration (MCHC)	32–36%
Mean corpuscular volume (MCV)	79–100 femtoliters
White blood cell count (WBC)	4,000–11,000 cells/mm <sup>3</sup>
Differential:	
Neutrophils	50–70% of WBC
Lymphocytes	20–40% of WBC
Monocytes	2–10% of WBC
Eosinophils	0–6% of WBC
Basophils	0–1% of WBC
Platelet count	130,000–440,000 cells/mm <sup>3</sup>



## Understanding your blood count

### Why is blood so important?

Blood is your body's lifeline. It is essential for your body's health and proper functioning, as it not only carries oxygen and nutrients throughout your body, but defends your body against foreign organisms, all while maintaining a constant balance of water, salts and minerals. Your blood contains three types of blood cells. Your doctor will track these blood cell levels on a regular and continual basis.

Ask your healthcare providers for photocopies of your records and keep all of your records in one place. You may need to provide these records to other healthcare providers.

### What is a CBC?

A complete blood count (CBC) is a common blood test used to detect abnormalities in a person's blood. Your blood is made up of three basic types of cells: red blood cells, white blood cells and platelets. Red blood cells carry oxygen to body tissues and remove carbon dioxide. White blood cells fight infections and harmful substances that invade the body. Platelets help stop bleeding by plugging leaks in blood vessels. It takes all three types, working together properly, to perform vital bodily functions. In order to know if your blood cells are functioning properly, a CBC is commonly performed to measure the levels of the different types of cells in your blood. Because cancer treatments and medications can cause blood counts to drop, you should understand the importance of CBC testing.

### How is a CBC performed?

A CBC is a relatively fast and painless procedure. It generally takes less than a drop of your blood, which is collected by a healthcare practitioner who either pricks your finger or takes blood from a vein. This small blood sample is then sent to a laboratory for analysis. Results are usually ready within minutes to hours of the blood test.

### How to read a CBC Test

CBC test results aren't difficult to read. Although your own test results will be different from the sample test provided, the sample on page 66 will help you learn how to read the result.

### What's Your Hemoglobin (Hb or HGB) level?

The definition of "normal hemoglobin level" varies from person to person. If your hemoglobin is less than 12 g/dL, you should talk to your doctor.



# VII. 資訊與資源

## Cancer information and resources

### American Cancer Society

(美國癌症協會)

1-800-ACS-2345

<http://www.cancer.org>

### Cancer Care, Inc.

1-800-813-4673

<http://www.cancercare.org>

### National Cancer Institute (NCI)

印刷刊物的索取：

NCI Public Inquiries Office

6116 Executive Boulevard

Room 3036A

Bethesda, MD 20892-8322

電話服務：Cancer Information Services (CIS)

Tel: 1-800-4-CANCER (1-800-422-6237)

<http://www.cancer.gov/cancerinfo/>

### Y-ME National Breast Cancer Organization

212 W. Van Buren, Suite 1000

Chicago, IL 60607-3908

Tel: 312-986-8338

Fax: 312-294-8597

Tel: 1-800-221-2141

<http://www.y-me.org/chinese/index.php>

美國癌症協會宗旨：美國癌症協會是一個全國性、義務性的社區保健組織致力於根除人類的健康大敵 - 癌症。藉由研究、教育、宣導和服務達到防癌、拯救生命和減輕癌症痛苦等目的。

Cancer Care provides free, professional services to cancer patients, caregivers, children, loved ones, and the bereaved. Programs include counseling, education, financial assistance, and practical help.

美國國家癌症研究中心是美國聯邦政府的組織，提供大眾和醫護專業人士有關癌症的各種先進資料。許多醫院都備有NCI成套的英文資料供人索取。服務項目也包括為你介紹最先進的治療方法、正在實驗階段中的臨床試驗療法、列舉合適你的情況的治療方案、選擇癌症治療機構和醫生名單等。你可以使用電話、傳真、電腦網路或信件，索取各類癌症的英文資料。你可以從電腦網路上直接查詢列印各類英文癌症資料。

### Y-ME 國家乳癌組織熱線

這個非營利機構在全美國有10個分部提供各種免費中英文乳癌電話諮詢，教育資料，義乳，假髮。



## Herald Cancer Care Network

211 Topaz Street  
Milpitas, CA 95035  
Tel: (408)263-8585  
Fax: (408)263-8181  
<http://cancer.cchc.org/>

### California

#### Herald Cancer Association - LA

715 E. Mission Rd.,  
San Gabriel, CA 91776  
Tel: (626) 286-2600  
Fax: (626) 286-2486  
<http://cancer.cchc.org/hca/index.htm>

### Texas

#### Herald Cancer Association - Houston

7001 Corporate Dr. #250  
Houston, TX 77036  
(713)677-1363

#### Herald Cancer Association - Dallas

110 N. McKinney St.,  
Richardson, TX 75081  
(972) 690-0100

## 角聲癌症關懷

「角聲癌症關懷」的成立，是為協助癌症患者和家屬，克服文化、環境、語言和心理的障礙，面對癌症的衝擊和治療，提供心靈的支持。我們服務的對象不分宗教、語言、或社會背景。

### 加州

角聲癌症協會 - 洛杉磯

### 德州地區

角聲癌症協會 - 休士頓

角聲癌症協會 - 達拉斯





## 社會福利服務

The following agencies will provide you with information about your Medicare eligibility and enrollment.

以下的社會安全局網站，提供您申請政討醫療的資訊。

Social Security and Medicare Eligibility Information

**社會安全卡及醫療卡申請資訊**

1-800-772-1213

[www.medicare.gov](http://www.medicare.gov)

[www.socialsecurity.gov](http://www.socialsecurity.gov)

Social Security Disability Insurance (SSDI)

**社會安全殘障福利**

1-800-772-1213

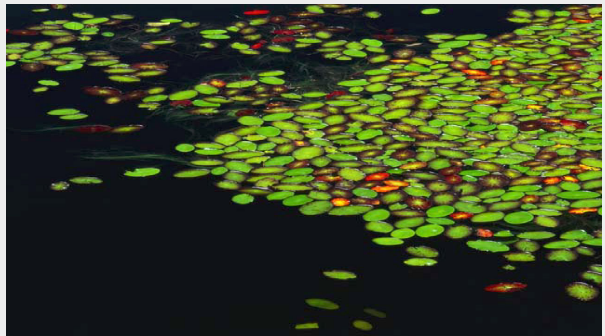
[www.socialsecurity.gov](http://www.socialsecurity.gov)

Supplemental Security Income (SSI)

**社會安全生活補助金**

1-800-772-1213

[www.socialsecurity.gov](http://www.socialsecurity.gov)



我留下平安给你们，我将我的平安赐给你们，我所赐的，不像世人所赐的。你们心裏不要忧愁，也不要胆怯。（約翰福音 14:27）

I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. (John 14:27)



### A psalm of David. Psalm 23

耶和華是我的牧者，我必不致缺乏。  
他使我躺臥在青草地上，領我在可安歇的水邊。  
他使我的靈魂甦醒，為自己的名引導我走義路。  
我雖然行過死蔭的幽谷，也不怕遭害，  
因為你與我同在；  
你的杖，你的竿，都安慰我。  
在我敵人面前，你為我擺設筵席；  
你用油膏了我的頭，使我的福杯滿溢。  
我一生一世必有恩惠慈愛隨著我；  
我且要住在耶和華的殿中，直到永遠。  
(詩篇 23:1-6)

The LORD is my shepherd, I shall not be in want.  
He makes me lie down in green pastures,  
he leads me beside quiet waters,  
he restores my soul.  
He guides me in paths of righteousness  
for his name's sake.  
Even though I walk  
through the valley of the shadow of death,  
I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.  
You prepare a table before me  
in the presence of my enemies.  
You anoint my head with oil;  
my cup overflows.  
Surely goodness and love will follow me  
all the days of my life,  
and I will dwell in the house of the LORD forever.







基督教角聲佈道團

**Chinese Christian Herald Crusades**



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