

How to Manage Common Breast Cancer Survivor Symptoms

如何處理乳癌康復者常見的症狀

| Common Survivor Symptom 康復者常見的症狀 | <i>How common are they?</i> 有多常見? | <i>What can be done for them?</i> 如何處理? |
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| Hot Flashes/Night Sweats 臉潮紅/夜盜汗 | <ul style="list-style-type: none"> • VERY COMMON!! 十分常見 • Pre/peri-menopausal women undergoing chemotherapy 在接受化療的更年期前或近更年期的婦女 • Anti-hormonal therapy 抗激素療法 • Tamoxifen 泰莫西芬: 60-70% • AI (Arimidex 安美達, Femara 復乳納 Aromasin 諾曼癌素): 50-60% | <p><i>Lifestyle Modifications</i> 調整生活起居</p> <ul style="list-style-type: none"> • Drink plenty of water 多喝水 • Try to write down when they happen and what might have caused them 試著記下發生情況和可能引起的原因 <ul style="list-style-type: none"> – Avoid common triggers: stress, alcohol, caffeine, spicy/hot foods, smoking 避免一般的觸發因素：壓力、酒精、咖啡因、辛辣的食物 • Keep the house/office cool 保持室內涼爽 <ul style="list-style-type: none"> – Try a cool shower before bed 試著睡前洗低溫或冷水澡 – Sleep in a cool room 在溫度低的房間睡覺 • Dress in layers that you can take off if you get warm 穿著層次的衣服，熱了可以脫下 • Wear clothing that lets your skin “breathe” 穿著透氣的衣料 • Carry a small portable battery-operated fan 隨身攜帶袖珍型電池風扇 • Exercise! 做運動! • Stress reduction/relaxation techniques 減低壓力/鬆弛技巧 |

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| | | <ul style="list-style-type: none"> - Deep breathing exercises, yoga, meditation 深呼吸運動、瑜珈、冥想、按摩 <p><i>Prescription Medications 處方藥物</i></p> <ul style="list-style-type: none"> • Non-hormonal drugs may decrease hot flashes moderately 可以適度地減輕臉潮紅的非激素藥物 <p><i>Complementary Therapies 輔助療法</i></p> <ul style="list-style-type: none"> • Acupuncture 針灸 |
| <p>Lymphedema 水腫</p> | <p><i>Surgery 手術</i></p> <ul style="list-style-type: none"> • Sentinel node biopsy (1-2 nodes): 3-7% 前哨淋巴結切片（1-2 顆）：3-7% • Axillary node dissection (10-20 nodes): 10-15% 腋下淋巴結剖解（10-20 顆）：10-15% <p><i>Radiation 放療</i></p> <ul style="list-style-type: none"> • Axillary node dissection + radiation: 30-40% 腋下淋巴結剖解+放療：30-40% | <p><i>Risk-reduction Strategies 降低風險的策略</i></p> <ol style="list-style-type: none"> 1. Protect your skin. Keep your arm free of cuts and sunburn. 保護皮膚，避免傷口或灼傷 2. Protect your hand from extremes such as overuse, excessive pressure, or extremely hot and cold temperatures. 保護手部不要過度使用，不要承受過度壓力，或太熱及太冷的溫度 3. Work with a lymphedema therapist on a gentle graduated exercise plan. 請水腫治療師設計一套和緩的運動 4. Lose weight if necessary. 必要時減輕體重 5. Know the early signs and symptoms of lymphedema and get treatment right away. 辨識水腫的早期症狀，並及時就醫 |

Early symptoms to watch for 一些早期的症狀:

- ✓ Achiness, tingling, discomfort, increased warmth, or increased fullness in the hand, arm, chest, breast, or underarm areas
手掌、手臂、胸部、乳房或腋下有微痛、刺痛、不舒服、發熱、腫脹
- ✓ Tightness or decreased flexibility in nearby joints, such as the shoulder, hand, or wrist 附近的關節如肩膀、手或手腕有繃緊或不能活動自如
- ✓ Slight puffiness or swelling in your arm, hand, chest, or breast, with a temporary indentation of the skin when you press on it with your finger 手臂、手掌、胸部或乳房稍有鬆腫、皮膚按著會下陷
- ✓ Veins/tendons in the hand are harder to see, and/or the knuckles look less pronounced, or once-wrinkled skin looks younger and smoother
手上的血管/筋比較看不出、指關節比較不明顯、原本皺的皮膚看起來比較年輕光滑
- ✓ Difficulty getting watches, rings, or bracelets on/off
手錶、戒指、手鐲不容易帶上或脫下
- ✓ Rash, itching, redness, pain, or warmth of the skin
皮疹、發癢、泛紅、疼痛、或皮膚發熱

Treatment Options 治療方法

1. Wrapping/bandaging the affected limb
感染處包紮繃帶
2. Compression sleeves and garments
壓力袖或壓力衣

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| | | 3. Manual lymphatic drainage 人工淋巴液引流 |
| Aromatase Inhibitor (AI) -induced Arthralgias (Joint Pain) 芳香環轉胺酶抑制劑導致的關節痛 | Joint pains affect up to 50% of women who take AI 50%服用芳香環轉胺酶抑制劑的婦女 | <i>Lifestyle modification</i> 調整生活 <ul style="list-style-type: none"> • Weight reduction 減輕體重 • Exercise 運動, Yoga 瑜珈 <i>Pain relieving medications</i> 止痛藥 <ul style="list-style-type: none"> • Calcium/vitamin D 鈣/維生素 D • Omega-3 fish oil Omega-3 魚油 • Glucosamine chondroitin 氨基葡萄糖硫酸軟骨素 <i>Supplements</i> 營養品 <ul style="list-style-type: none"> • Calcium/vitamin D 鈣/維生素 D • Omega-3 fish oil Omega-3 魚油 • Glucosamine chondroitin 氨基葡萄糖硫酸軟骨素 <i>Acupuncture</i> 輔助療法 - 針灸 <i>Change Your Medication</i> 換藥 <ol style="list-style-type: none"> 1. Change to another AI 換用另一種芳香環轉胺酶抑制劑 <ul style="list-style-type: none"> - Studies found that 50-70% of patients who switch from one AI to another are able to stay on the medication 研究顯示 50-70%的患者在換藥後可以固定適用 2. Change to Tamoxifen 換用泰莫西芬 <ul style="list-style-type: none"> - Less joint pain, but also slightly less effective against breast cancer 關節痛較少，對抗乳癌也有效 |
| Chemotherapy-induced Peripheral Neuropathy 與化療有關的周圍神經病變 | 30-40% of chemotherapy patients 30-40% 接受過化療的病人有此經歷 | <ul style="list-style-type: none"> • Massage 按摩 • Acupuncture 針灸 • Medications 藥物 |

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| <p>Post-Lumpectomy/Post-Mastectomy Pain 乳房局部/全部切除後的疼痛</p> | <p>Up to 60% of patients report pain in their surgical scar 12 years after their surgery 有 60% 的病人在手術 12 年後仍經歷疤痕處的疼痛</p> | <ul style="list-style-type: none"> • Reassurance 安撫 <ul style="list-style-type: none"> – <u>Not</u> usually a symptom of recurrence! 通常不是復發的症狀 • Medications 藥物 • Acupuncture 針灸 |
| <p>Cancer-related Fatigue 與癌症相關的疲乏</p> | <p>19-38% experience “disabling fatigue” 19-38% 的人經歷 “極度的疲乏”</p> <ul style="list-style-type: none"> – Highest in women who go through both chemotherapy and radiation 接受化學和放射兩種治療的婦女中最常見 | <ul style="list-style-type: none"> ✓ Learn to ask for help 學習尋求幫助 ✓ Take catnaps when possible 有機會儘量小睡 ✓ Delegate household chores as much as possible 分配家事給別人做 ✓ Learn relaxation techniques (yoga, meditation) 學習鬆弛的技巧（瑜加、冥想） ✓ If stress or depression are contributing, consider a psychotherapist 若壓力或沮喪過度，考慮尋求心理治療 ✓ Exercise 運動 ✓ Keep up your nutrition 攝取足夠營養 |