



Exercise After Cancer Treatment
癌症治療後的運動



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Translation and Design: Yanhua Ou, Macmillan Chinese Cancer Awareness Project Co-ordinator, Chinese National Healthy Living Centre

Translation proofreading: Tom Chueng

Special thanks to the following people for their help in reviewing this booklet:

Tracy Willams, Macmillan Cancer Support

Rose Thompson, BME Cancer.Communitites

Dr. Beatrice Zhang, MB, MD, PhD

Chinese user reviewers: Hok Ming Kwok, Choi Lai, Pak Lo, Angel Tse

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翻譯和設計：歐艷華，全國華人保健中心 麥美倫中文癌症宣傳計劃統籌

翻譯校正：張應良

特別鳴謝下列人士在編審中的協助：

翠西.威廉斯，麥美倫癌症支援

露絲.湯普森，黑人和少數種族 癌症.社區

張柏蘋醫生，博士

華人試讀者：郭學銘、黎財、羅柏、謝鳳英

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About exercise after cancer treatment

Following a cancer experience many people want to make positive changes to their lives. Taking steps to live a healthier lifestyle is often a major part of these changes.

This booklet is part of our living with and after cancer series, designed to help you think about what changes you may want to make to your lifestyle and to help you to put these into practice.

This information has been written for you if you are living with or after cancer and would like to know more about the benefits of exercise and being physically active. We explain how increasing your physical activity, even by a small amount, can help you to feel better. We also include practical advice, and a list of useful contacts for further information and support.

We hope this information will answer any questions that you may have. If you have any further questions you can ask your doctor or nurse.

Why exercise?

Regular exercise helps people lose weight and feel fitter. It can also improve their self esteem and sense of wellbeing. Exercise is routinely used to help people recover from heart disease. There's now evidence about the benefit of exercise for cancer survivors.

It's often difficult enough for people without health problems to increase their physical activity. Following a cancer experience it's likely to be a lot harder. You may feel you don't have the energy or willpower to do exercise, that you don't know where to start or that it's too late. But it's never too late to start.

Inactivity causes our muscles to lose strength and work less well. It can also increase feelings of extreme tiredness (fatigue), stress and anxiety. Even a little regular exercise can build up your energy levels (stamina) and help you feel better. Exercise also helps people cope with treatment side effects and cancer symptoms.

You may have a cancer that's curable or that can be controlled for many

關於癌症治療後的運動

在經歷了癌症之後，很多人都希望對他們的生活作出積極的改變。採取邁向更健康的生活模式，成為了這些改變的主要部份。

這本小冊子是我們面對癌症及痊癒後有關資訊系列的一部份，目的是用來協助你計劃在生活上，哪些你希望改變的模式，並且幫你付諸實行。

如果你正面對癌症或者從癌症中康復過來，希望知道更多有關運動和體力活動對身體的好處，這本小冊子的資料就是為你而寫的。我們會解釋如何增加你的體力活動，即使只是很少量的活動，都會令你感覺更好。我們同時會提供實際的建議，以及進一步資料及幫助的有關機構聯絡信息。

我們希望這些資料能回答你所有的疑問。如果你有進一步的問題，可以向你的醫生或護士查詢。

爲什麼運動？

定期運動不僅可以幫助人們減輕體重，增強體質，還可以提高自尊和健康的感覺。經常運動可以有助心臟病的康復。目前已有證據顯示運動對癌症康復者有好處。

很多時候要那些健康的人去增加體力活動已經很困難，對經歷過癌症的人來說就更加困難。你可能會感到沒有力氣或意志力去做運動，又或不知道從哪裏開始，或者感到是否已經太遲。但做運動從來都不會遲。

不去活動會使我們的肌肉失去力量，功能下降，也會增加極度疲勞、壓力和焦慮的感覺。僅僅少量的定期運動，就足以重建我們的能量水平(耐力)，讓你感覺更健康。運動同時可以幫助患者克服治療時的副作用和癌症症狀。

不管你的癌症是可以治愈的，還是可以長期控制的，好好照顧你的健康至為重要。定期運動可以降低患心臟病、中風、糖尿病和骨質

years. Looking after your general health is important. Regular exercise reduces the risk of heart disease, stroke, diabetes and bone thinning (osteoporosis).

Keeping to a healthy weight may reduce your risk of getting another new (primary) cancer. Some cancers are linked to being very overweight. In certain cancers exercise and maintaining a healthy weight may reduce the risk of the cancer coming back.

Weight, exercise and cancer risk

There's still a lot we need to understand about how exercise, weight and cancer are linked. But there's more evidence about this coming out all the time.

Weight and cancer risk

Being very overweight (obese) increases the risk of a number of different cancers. But the evidence is probably strongest for breast cancer (in women who've been through the menopause), womb cancer and bowel cancer.

The female hormone oestrogen is linked with breast and womb cancer. Before the menopause oestrogen is produced by the ovaries, but after the menopause oestrogen is made by the body fat. Being overweight increases the amount of fat in the body and women who are overweight have higher than usual levels of oestrogen. In both breast and womb cancer the more fat there is the higher the amount of oestrogen the body makes. It's thought that around 4 out of 10 womb cancers (40%) may be caused by being obese.

Being overweight also increases the risk of bowel cancer. We don't really know why this is but it might be connected to diet. A healthy diet contains more fibre, fruit and vegetables, which may help lower the risk of bowel cancer. But you're also less likely to be overweight with this type of diet.

Studies are looking at why being overweight increase the risk of getting different cancers.

疏鬆的危險。

保持健康體重有助降低你患上其他新癌症的機會。有些癌症跟體重過重相關。做運動並保持健康的體重，可以降低癌症復發的機會。

體重、運動和癌症風險

我們仍然需要了解有關運動、體重和癌症是怎樣互相關聯的。不過已經出現了越來越多關於這方面的證據。

體重和癌症風險

極度超重(肥胖或痴肥)會增加患上不同類型癌症的風險。其中乳癌(在更年期之後的婦女中)、子宮癌和大腸癌所發現的證據最為明顯。

乳癌和子宮癌與女性雌激素有關。更年期之前，雌激素由卵巢分泌，但更年期過後，雌激素就會從體內的脂肪中產生。超重會增加體內的脂肪，所以超重女性的雌激素就會較正常值高。在乳癌和子宮癌中，身體的脂肪越多，所產生的雌激素就越多。10個子宮癌患者中大約有4個(40%)，便可能是由痴肥引起。

體重超重也會增加患腸癌的機會。我們仍然不清楚當中的真正原因，但很可能和我們的飲食有關。健康的飲食應包含大量的纖維、水果和蔬菜，這樣不單可以幫助降低患腸癌的機會，這種飲食的模式，更鮮會令你變得超重。

目前的研究正在探討，為何體重超重會增加患上不同癌症的機會。

Exercise and cancer risk

Being physically active helps us maintain a healthy weight, which lowers the risk of some cancers. But the benefits of exercise don't seem to be just about keeping a healthy weight. Exercise lowers different chemicals and hormones in our bodies and this may have a protective effect in some cancers.

Research has shown that exercise reduces the risk of some cancers, such as breast, bowel and womb cancer.

Some studies also suggest that regular exercise may reduce the risk of lung cancer and of developing a more advanced form of prostate cancer. But the most important way of reducing the risk of lung cancer is not to smoke or to give up if you do.

Some studies show that women who are more physically active, especially before the menopause, have a reduced risk of breast cancer. It may have something to do with exercise lowering oestrogen levels.

People who are physically active are also less likely to get bowel cancer. There are different possible reasons for this. Activity increases the rate that food moves through the bowel, which may mean it's exposed to cancer causing substances for a shorter time. Another possible reason is that exercise lowers insulin (a hormone that regulates sugar levels). Having higher insulin levels is linked to bowel and breast cancer.

It's also suggested that regular exercise has a protective effect because it lowers our stress hormone levels. However, there's no real evidence that stress is linked with cancer and most of us have to cope with stressful events at some time in our lives.

Can exercise reduce the risk of cancer coming back?

An American research study showed that women with breast cancer who walked at an average pace for 3-5 hours a week, reduced the risk of their cancer coming back and therefore improved their survival.

運動和患癌風險

保持身體活動幫助我們維持健康的體重，從而降低患某些類型癌症的機會。運動的好處不單是保持健康的體重，還會降低我們體內不同化學物質和激素的水平，從而可能對有些癌症起到預防作用。

研究顯示，運動會降低患某些癌症的風險，例如乳癌、腸癌和子宮癌。

有些研究也提出定期的運動，會降低患肺癌和晚期前列腺癌的機率。但要減少患肺癌，最重要的方法還是不要吸煙；又或者你是煙民的話，索性戒煙。

有些研究顯示，體力活動較為活躍的女性，特別是在更年期之前，患乳癌的危險較低。這可能和運動能降低雌激素水平有關。

體力活動較為活躍的人，患腸癌的機率也較小。當中可能有不同的原因。活動能增加食物經過腸部的速度，換言之就是縮短致癌物質與腸部接觸的時間。另一個可能的因素是，運動會降低胰島素(調節血糖的激素)，而胰島素高與腸癌和乳癌有關。

定期運動能起到對身體的保護作用，因為可以降低我們的應激激素水平。但是，沒有確實的證據證明，壓力和癌症有關。我們當中大部份人，一生中都不能迴避處理壓力問題。

運動可以減少癌症復發的機會嗎？

美國的一項研究發現，患乳癌的女性，如果每星期能以平均速度步行3至5小時，可以減少癌症復發的機會，從而提高她們的生存率。研究同時顯示，運動有助防止大腸癌的復發。

Studies have also shown that exercise may help reduce the risk of bowel cancer coming back.

We're not sure why this is. It might be because exercise helps maintain a healthy weight and being overweight may increase the risk of some cancers coming back. Exercise (in combination with a healthy diet) helps to prevent weight gain. Or, these findings could be linked to the effects of exercise on hormone levels and other chemicals in the body.

We need more research into exercise and the risk of cancer coming back. But for some people with breast or bowel cancer, regular exercise and a healthy diet may help reduce the risk of cancer coming back.

Exercise during and after cancer treatment

You can benefit from taking regular exercise during and after your treatment. The amount you do will depend on the type of cancer you have, your treatment and generally how fit and healthy you are. Don't give yourself a hard time if you haven't previously been very active. Any exercise is better than no exercise and even a short walk each day can help. Just the smallest increase in your physical activity can improve your quality of life.

During treatment

In the past, many doctor advised that you should rest as much possible during treatment. But this advice is now changing. Too much rest may result in loss of stamina, muscle tone and bone strength.

It's difficult to think about becoming more physically active when you're coping with the side effects of cancer treatments. The more intensive your treatment the harder it's likely to be to start exercising.

However, exercise has been shown to help people cope with both the short- and long-term side effects of treatment. For example, people who take moderate exercise (that requires as much effort as a brisk walk) during treatment seem to have fewer immediate and long-term complications than those who don't. A review of studies in women with breast cancer showed that exercise improved fitness and physical well-being during chemotherapy and radiotherapy.

我們仍然不確定為什麼會有這種關係，但估計因為運動能有助保持健康的體重，而超重則可能會增加一些癌症復發的機會。運動(和健康飲食相結合)有助防止體重增加，或者這些結果跟運動對控制身體內的激素水平和其他化學物質有關。

我們仍然需要更多有關運動和癌症復發幾率的研究，但是有些患上乳癌或腸癌的人，定期的運動和健康飲食，可能有助降低癌症復發的機會。

治療期間及治療後的運動

定期的運動對你在治療期間及治療之後都有益處。運動量取決於你所患的癌症種類、治療方法，還有你的精力和健康。如果你以前沒有經常運動，也不要為難自己。任何運動都比沒有運動好，即是每天短程的散步都會有幫助。僅提高些微的體力活動量，都可以改善你的生活質素。

治療期間

過去，很多醫生會建議你在治療期間盡量多休息，但這種建議經已有所轉變。太多的休息會導致耐力、肌肉和骨骼強度的減弱。

的確很難想像當一方面進行治療，要面對治療的副作用時，又要增加體力活動。越頻繁的治療，越難令人開展運動。

然而，事實證明，運動能幫助患者應付治療的短期或長期副作用。例如，治療期間的適度運動(如輕快散步)，就會比沒有運動的人，形成即時和長期併發症的機會要低。一項對女性乳癌患者的檢討研究發現，運動能增加在化學治療和放射治療期間的體魄和身體全面發展。

After treatment

Regular exercise after treatment can be a positive step in helping you to recover. Doing something for yourself can give you back a sense of control. And because it builds up your strength and improves your general health you'll feel better as a result.

Side effects that exercise may help improve

Exercise may help improve the following side effects during and after treatment:

Fatigue (a feeling of having no energy at all) is often experienced by people affected by cancer. It happens as a result of the cancer and its different treatments. Fatigue can be experienced from the time you're diagnosed but it's often at its worst during treatment and it can last for months or longer afterwards.

Taking light to moderate exercise can improve your energy levels. Be careful not to overdo it as too much physical activity suddenly might make you more tired. Make sure you're comfortable and safe when you exercise and you'll gradually feel more energetic.

Anxiety, depression and sleep problems Exercise encourages the release of chemicals that help to improve mood (endorphins). Regular exercise can help to reduce depression and anxiety and lift your mood. It also helps you sleep better by lowering your stress hormones.

Weight gain Hormonal therapies for breast cancer and prostate cancer can cause weight gain. Chemotherapy treatment often includes medicines called steroids, which can cause weight gain. Regular exercise combined with a healthy diet can help to control or reduce weight gain.

Stress It's common to feel stressed during and after treatment. Regular exercise can help lower your stress hormone levels and improve your mood. You'll look better because the blood and oxygen supply to your skin is improved. And if you look better you often feel better.

Bone thinning (osteoporosis) Hormonal treatments for breast cancer and prostate cancer and being less active can increase the risk of bone thinning (osteoporosis). This means you're at more risk of breaking a

治療之後

治療之後的定期運動，是幫助你邁向康復積極的一步。為自己做一些運動，可以令你回復一種控制感。因為透過運動可以增強你的體魄和整體健康，令你感覺更好。

運動可以改善的副作用

在治療前後，運動可以改善以下的副作用：

疲倦（一點力氣都沒有的感覺）是癌症患者最常遇到的經歷，這是由癌症及各種不同治療方法所引致的。疲倦可能打從診斷出患癌開始就出現，但更經常是在治療期間，情況最為嚴重，這個情況可能會持續數個月甚至更長時間。

進行輕度或中度的運動可以改善你的能量水平。但卻要小心不要過量，因為突然間太多的體力活動會令你更累。做運動時要確保舒服和安全，之後你便會慢慢的感到更有活力。

焦慮、憂鬱和睡眠問題 運動會釋放出改善人情緒的化學物質（啡肽）。定期運動同時可以幫助減輕憂鬱和焦慮，提升情緒。你的應激激素降低，將有助你睡得更好。

體重增加 乳癌和前列腺癌所採用的荷爾蒙療法，會增加患者的體重。而化學療法則通常包括類固醇藥物，亦會造成體重增加。定期運動配合健康飲食，可以協助控制或降低體重。

壓力 治療期間和之後感到有壓力是很正常的。定期運動可以幫助降低應激激素，舒緩情緒，改善供給皮膚的血液和氧份，令你臉色更好看。當你臉色更好時，你就會感覺更好。

骨質變薄（骨質疏鬆） 乳癌和前列腺癌的荷爾蒙療法，加上活動量不足，會增加骨質變薄（骨質疏鬆）的機會。換言之你更容易骨折。負重運動，例如散步或舞蹈，可以助你保持骨骼強壯，同時降低骨質疏鬆的機會。

bone (a fracture). Weight-bearing exercise, such as walking or dancing, helps to keep your bones strong and reduces your risk of osteoporosis.

Exercise can also improve your co-ordination and balance. This improvement may reduce your chance of falling and the complications of a fall (such as a fracture). But if you have osteoporosis it's important not to start exercising without taking advice from your doctor, nurse or physiotherapist.

Exercise and cancer symptoms

Exercise can also help improve a number of cancer symptoms. Some of these symptoms, such as fatigue and stress, are already covered under treatment side effects. Other symptoms it can help improve are:

- Pain – different factors, such as the cancer, its treatment, being inactive and emotional distress can contribute to pain. Regular exercise helps ease pain in your joints by building your muscle strength and improving your flexibility. Joints that can move through their full range of movement are less likely to be sore. Endorphins (chemicals released through exercise) can help to block pain signals from reaching the brain.
- Poor appetite – even a little gentle exercise can help to improve your appetite.
- Constipation – regular exercise, even a short walk each day, can help keep your bowels more regular and prevent constipation.
- Weak muscles – this can happen if you haven't been using your muscles much or if you've been taking steroids. Exercise helps to build up your muscle strength.

Who can help?

Before you start to exercise or increase the amount of exercise you take it's important to get advice. There are different people and organisations that can help you.

運動也可以幫助提高你的協調能力和平衡，從而有助於減少摔倒和摔倒所帶來的受傷（例如骨折）。但如果你有骨質疏鬆症，在未獲得醫生、護士或物理治療師建議之前，不要開始運動，這點至為重要。

運動和癌症症狀

運動也可以有助於紓緩很多癌症症狀。一些症狀，例如前述提及過的疲倦和壓力。而運動可以紓緩其他症狀，包括：

- 疼痛 - 形成疼痛有不同的因素，例如癌症、其治療、缺乏活動和情緒困擾都可能造成疼痛。定期運動能夠增強肌肉強度和改善柔韌性，從而紓緩關節痛。那些活動幅度大的關節一般不易疼痛。內啡肽（運動釋放出的化學物質）可以阻止疼痛的信號傳送到大腦。
- 胃口不好 - 即使一些輕柔的運動，都可以增加你的胃口。
- 便秘 - 定期運動，即使每天短程散步，都可以幫助排便，防止便秘。
- 肌肉無力 - 如果肌肉不經常活動，又或者你正在服用類固醇，就會出現這個情況。運動能有助於增強肌肉力量。

誰可以幫忙？

在你開始運動或增加運動量之前，聽取專業意見是很重要的。有不少人士及組織可以幫你。

Talk to your doctor first

Always talk to your cancer specialist or your GP (family doctor) before you start. They can advise you on the type and amount of exercise that's safe for you to do. It's also important to discuss any other conditions you have, such as high blood pressure, diabetes or lung problems, as these may be affected by exercise.

Some GPs have exercise referral schemes (see page xx) to help people become healthier and more active. There may be an exercise programme or some research going on at your cancer treatment centre. Ask your cancer specialist, GP or nurse for more information and advice.

Seeing a physiotherapist

You might find it helpful to get advice about exercise from a physiotherapist. Your GP or cancer specialist can arrange a referral for you.

There may be particular problems you need advice about. Try to make a list of any physical problems you have.

A physiotherapist can help you to:

- build your physical fitness
- improve your energy, strength, joint range, coordination and balance
- manage the side effects or after effects of treatment
- enjoy exercising and guide you so that you avoid exercise-related injuries.

You can also ask questions about particular concerns, such as:

- I've never exercised before so how should I start?
- I was very active before my diagnosis. Will I be able to get back to the same level?
- How can I improve my shortness of breath or feeling constantly tired?

先跟醫生商量

在開始之前，跟你的癌症專科醫生或家庭醫生商量。他們可以為你建議符合你安全的運動類型和運動量。同時更重要的是，醫生會和你討論有關你其他的一些病症，例如高血壓、糖尿病或肺部問題等，因為運動有時候會影響這些病症。

有些家庭醫生會提出運動轉介計劃(參考xx頁)，幫助人們變得更健康和更活躍。這可能是一個運動計劃，又或是在你所屬的癌症治療中心正在進行的研究。如欲了解更多詳情和建議，向你的癌症專科醫生、家庭醫生或護士查詢。

約見物理治療師

你可能會覺得從物理治療師那裏獲取有關運動的建議會有幫助。你的家庭醫生或癌症專科醫生可以為你安排作出轉介。

你可能有一些特定的問題想諮詢。嘗試先列出所有關於你身體情況的問題。

物理治療師可以為你提供以下協助：

- 增強你的體質
- 改善你的能量、強度、關節的活動範圍、協調性和平衡
- 控制副作用或治療之後的反應
- 讓你享受運動並指導你運動，使你避免運動相關的受傷。

你也可以詢問某些特別關注的問題，例如：

- 我從來都沒有運動過，怎樣開始？
- 我被診斷出患癌症前非常活躍，我還能恢復到以前的水平嗎？
- 我怎樣能改善喘氣或經常疲倦？
- 我怎樣能增加平衡能力？

- How can I improve my balance?
- Can I improve the strength of my hands or arms or legs?
- How can I manage fatigue and balance my work and home life?
- Which exercises might help me get up the stairs?

If you have more specific needs a rehabilitation programme can be arranged for you.

Seeing an occupational therapist

An occupational therapist can help you look at the way you manage day-to-day activities. Your GP or cancer specialist can arrange a referral for you.

Occupational therapists can teach you how to manage fatigue. They can suggest changes to your home to make you safer and more independent. Being more independent and doing simple things for yourself is a way of increasing your physical activity, and is a form of exercise too. Making things easier at home may help free up your time to do other things like going out for a walk.

Exercise referral schemes

More people manage to keep exercising if they do it with other people. The social side of being part of a group can be enjoyable. If you feel it'll be hard to stay active then an exercise referral scheme may help you.

A recent study set up a 12-week supervised exercise programme for women with early breast cancer during treatment, and followed them up six months later. Women in the exercise programme showed physical and psychological benefits when they were compared to women who weren't in the exercise group. These benefits were still there up to six months later.

Exercise referral schemes are not just aimed at people with cancer. They're for anyone concerned about their health who wants to become more active. These schemes are available all over the UK. Your nurse or doctor will be able to tell you more about this.

Schemes are run by expert fitness trainers. They may be held at healthy living centres, community centres or leisure centres. Your doctor or

- 我可以加強手、臂或腿部力量嗎？
- 我如何能應付在疲勞之餘，還能保持我工作和家庭生活的平衡？
- 哪些運動可以助我上樓梯？

如果你有更多特殊需要，他們可以為你安排一個康復計劃。

約見職業治療師

家庭醫生或癌症專科醫生可以安排轉介你去看職業治療師，職業治療師會跟進你每日活動的安排。

職業治療師可以教你怎樣應付疲勞，並會提出改變你家居擺設的建議，確保你更安全和更獨立。能夠更獨立及自己做一些簡單的事情，是增加你的體力活動的一個途徑，也屬於一種運動。讓家居生活變得簡單，有助你省下更多時間來做其他事情，例如外出散步。

運動轉介計劃

很多人做運動時如果能夠有人陪伴，便會一直堅持運動。從社交層面來看，成為一群人的成員之一，也是很享受的事。如果你對保持活躍感到困難，運動轉介計劃也許可以幫到你。

一個近期的研究，針對患上初期乳癌而又正在接受治療的女性，設計了一個為期12周的運動督導計劃，之後再對這群女性進行六個月後的跟進，發現參加了運動計劃的患者，較沒有參加運動計劃的一群女性，不論在身心上都有受益，而這些益處，半年之後仍然持續。

運動轉介計劃不單旨在協助癌症患者，計劃也是為每一個關心自己健康，希望更加活躍的人而設的。這些計劃在全國都有，你的護士或醫生可以為你提供更多有關這方面的資料。

運動計劃是由專業健身教練來負責。活動會在保健中心、社區中心或運動中心內舉行。你的醫生或護士，會就你所作的運動，對你是

nurse will advise if exercise is safe for you. They'll pass on information about your health (this will be kept confidential) to the fitness trainers.

Before you start, your trainer will explain to you the benefits and risks of increasing your physical activity. After this you'll be asked to give your consent. This means you agree to the exercise plan and understand the benefits and risks.

Your fitness trainer will advise you on whether it's best for you to exercise in a group or on your own. They'll match the types of exercise to your individual needs. You may be given a plan of exercise to carry out at home.

Some areas have services that encourage schemes like this in care homes. Hospices and cancer support services may also offer exercise classes and activities such as T'ai Chi or Yoga. Ask at the hospital, your GP surgery, local community or leisure centres to find out what is available in your area.

Being safe

It's always important to get advice from your doctor about your exercise plan before you start.

There are some general things you'll need to be careful about:

- Avoid exercising on an uneven surface, or doing the kind of exercise that increases your risk of falling or hurting yourself. You need to be especially careful of this if the cancer has spread to your bones, or you have bone thinning (osteoporosis).
- Don't increase your risk of getting an injury by wearing the wrong gear. Wear well-fitted shoes, such as trainers.
- Don't get dehydrated. Make sure you have enough water to drink.
- Don't exercise if you feel unwell, are in pain, or have any other symptoms that worry you, such as feeling very breathless.
- If you're having chemotherapy and problems with low white cells

否安全作出建議，他們會把你的身體健康狀況的資料(這些資料將會保密)，交給健身教練。

在你開始之前，你的教練會向你解釋，增加體力活動的好處和風險。之後他會徵求你的同意，表示你同意所定的運動計劃，明瞭箇中的好處和風險。

你的健身教練將會向你建議，你是否適合群體運動，還是單獨運動更適合你。他們將會根據你的個人需要，安排不同類型的運動。同時會給你一份運動計劃，讓你帶回去。

有些地區甚至鼓勵類似的計劃在安老院內推行。個別的收容所和癌症支援服務中心，也可能會提供不同的運動班和活動，例如太極或瑜珈。你可以向醫院、家庭醫生、本地的社區或運動中心查詢你所屬地區內有哪些活動提供。

運動安全

在你開始運動計劃前，聽取你醫生的意見至為重要。

以下一些基本事項你需要注意：

- 避免在不平坦的地面上運動，或進行那些容易有跌倒危險，傷害到自己的運動。如果你的癌細胞已經擴散到骨骼，又或者你的骨質已變薄(骨質疏鬆)，則更需要特別留意。
- 不要因為穿着不當的鞋而增加自己受傷的機會。穿適合的鞋子，例如運動鞋。
- 避免脫水，確保你飲用足夠的水。
- 不要在感到不適，或感到疼痛時運動。又或者在有其他好像喘氣困難等，令你感到擔心的症狀下進行運動。
- 如果你正在接受化學治療，以及有白血細胞(抵抗感染的血細胞)

(blood cells that fight infection) it's best to avoid swimming. You're more likely to pick up an infection in busy places like swimming pools. If you want to go to a gym choose the times when it's likely to be quieter.

- If you're having radiotherapy and have a skin reaction then avoid swimming because the chemicals in the water can irritate your skin. Once the skin redness and reaction has settled this is no longer a problem.
- If your platelets (cells that help the blood to clot) are low or if you're anaemic (a low number of red cells) or have a low white cell count you may need to avoid exercising. Your doctor is in the best position to guide you, so remember to ask them for advice.
- Stop exercise if you have dizziness, chest pain, a racing heart, difficulty breathing, swelling, numbness in the limbs, or if you feel sick (nauseated). Let your doctor know if you notice any of these things.
- Always wear your compression garment when you exercise if you have lymphoedema.

How to begin

It's important to begin gradually. If you haven't exercised much before your cancer diagnosis you'll have to start slowly. Try to set goals that can be achieved at your own pace. A simple activity like walking can be done for a little longer and further each day. Just doing an activity for a few minutes a day can help. Listen to your body and be careful not to overdo it. Your muscles will tell you when you need to stop and rest.

Keep a diary to record how active you've been on a daily or weekly basis. This helps you to see your progress.

Involve family and friends

Ask your family and friends for their support. Think of ways they can help, such as taking you to a class. Better still, ask them to join in with you. Simple things like walking, cycling or going swimming with your

胞)過低問題時，最好避免游泳。因為泳池這種人多的地方，你更容易受到感染。如果你想去健身室，應選擇人較少和較安靜的時間。

- 假如你正在接受放射治療，皮膚起反應，就應該避免游泳，因為水裏的化學物質可能會刺激皮膚。一旦皮膚的紅疹和反應消退之後，就沒有問題。
- 如果你的血小板低(幫助血液凝結的細胞)，又或者貧血(紅血細胞數量少)，或白血細胞低，你就需要避免運動。你的醫生是給你這方面意見最適合的人選，故緊記尋求他們的建議。
- 如果出現頭暈、胸痛、心跳加速、呼吸困難、腫脹、四肢麻木、或如果感到想吐，應該立刻停止運動。如果你發現有任何上述症狀，告訴你的醫生。
- 如果你有淋巴水腫，運動時要一直穿著壓縮服裝。

如何開始

開始做運動時要循序漸進。如果你在診斷出患上癌症之前經已運動不多，你開始時就更要慢慢來。嘗試定一個你能力可以達到的目標。一些簡單的活動，例如散步，可以每日遞增，每日加長路程。即使每日只是活動幾分鐘也會有幫助。按你的身體狀況來決定，要小心不要運動過度。你的肌肉會暗示你什麼時候要停下來休息。

記錄每天或每周的活動量，會有助你看到自己的進展。

動員家人和朋友

尋求家人和朋友的支持。想想他們可以怎樣幫你，譬如送你去上健身課，如果他們跟你一同參加那就更好。一同做一些簡單的活動，例如散步、騎單車或游泳，這樣不但可以幫你增加體力活動，同時

family or friends helps build up your physical activity and it's also fun.

How much exercise

This depends on your cancer, its treatment and how fit you are and what you want to achieve. If exercise is an important part of your recovery from cancer you might want to achieve as much as you can. Remember to get advice from your doctor before you start.

Regular exercise is usually defined as 30 minutes of moderate activity at least 3-5 times a week. During this your heart should be beating slightly faster but you should still be able to talk (what you'd experience during a brisk walk). This is a lot to start off with and you don't have to do the 30 minutes in one session. You can divide your 30 minutes into 10 minutes three times a day. You don't have to stick with the same exercise either. Remember the smallest amount of exercise is better than no exercise.

Begin exercising gently, listen to your body and gradually build it up. Stop if it's painful or if you find that you're struggling or feeling unwell.

What kind of exercise is best?

There is no exercise that's best for everyone. Choose an activity that you enjoy and carry on with it.

Aerobic exercise

This uses large muscle groups repetitively for a period of time. It involves raising the heart rate so that the lungs and heart work harder to pump blood through the body. Common aerobic exercises are:

Walking This is a good choice to start with. All you need is a pair of comfortable walking shoes and you can do it indoors, outdoors or on a treadmill. Walking is a weight-bearing exercise (your feet and legs support your body's weight). It's good for strengthening bones and reducing further bone loss if you already have bone thinning (osteoporosis). Hiking, dancing and climbing stairs are also weight-bearing exercises.

也樂趣無窮。

運動量的多寡

運動量取決於你的癌症種類、治療方法、身體素質和想要達到的目標。如果運動對你的康復佔很重要的部份，你可能會覺得越多越好。請緊記開始之前，先諮詢醫生意見。

所謂定期運動，一般的定義是每周至少3-5次，每次30分鐘的中度運動。運動過程中，你的心臟跳動應該比平時稍快，但你仍然可以說話（類似輕快步行的反應）。對剛開始的人來說好像很多，你不需要一次做夠30分鐘。你可以把30分鐘的運動，分成每日三次10分鐘。你也不需要總是做同一種運動。要記著，即使些微的運動，都比沒有運動要好。

從輕柔的運動開始，根據身體情況慢慢增加。但一旦出現疼痛、感到辛苦或不適時，應該停止。

哪些運動最好？

沒有一種運動是對每個人都最好的。選擇一種自己喜歡的活動並堅持下去。

有氧運動

這是在一段時間內反復運動多組肌肉的運動。這涉及到增加心跳率，令肺部和心臟更努力地輸送血液到全身。常見的有氧運動有：

散步 是剛開始運動時的最佳選擇。你只需要一雙舒服的步行鞋，可以在室內、在室外或在跑步機上走。散步屬於負重運動（你的腳和腿支撐身體的重量）。特別是你已經出現骨質變薄（骨質疏鬆），這樣將有助於強化骨骼及進一步減少骨質流失。行山（爬山）、跳舞和上樓梯都屬於負重運動。

Running and jogging These are good weight-bearing exercises, but they're high impact and may put stress on your spine and joints. If you already have bone loss it's better to choose a gentler weight-bearing exercise (see 'Walking' section on page 24). Remember, if you don't have much stamina you'll need to build up your fitness level.

Cycling You can use a regular bike or a stationary exercise bike. Cycling doesn't put strain on the back, hips, knees or ankles so it can be helpful for people who are very overweight. It's not a weight-bearing exercise but it's good for your heart and lungs and strengthens your muscles.

Swimming This is a good exercise for anyone and causes very little strain on your joints as it's not a weight-bearing exercise. It's good for your heart and lungs and it can be effective and comfortable if you have bone or joint pain. Any movement in the water makes your muscles work harder so it's good for strengthening your muscles. Swimming can be a helpful exercise if you have lymphotoedema.

The following exercises are not aerobic but are also helpful:

Resistance exercise Resistance means you're working against the weight of another object. It's good for people at risk of or with bone-thinning problems. This exercise strengthens muscle and helps to build bone. Resistance exercise includes using free weights (dumb bells etc) or weight machines at home or in the gym. It can help you to cope with things like opening heavy doors or jars.

Flexibility exercise Flexibility is important and having flexible joints helps prevent injury. Simple stretching exercises can be a good way to start exercising especially if you've been very unwell. Some people use yoga or pilates as part of their fitness routine. Yoga is a calming exercise, which strengthens and tones the body without raising the heart rate (though some types of yoga can be more strenuous). Body movement or stretching exercises that increase your flexibility are often helpful especially if you have problems with pain. T'ai chi is another type of exercise that increases your flexibility.

You may need to be guided by an instructor for these exercises. Let your instructor know about your condition so that they can guide you through the routine safely.

跑步和慢跑 這些都是很好的負重運動，但他們屬於高衝擊力的運動，可能會加重對你脊柱和關節的壓迫。如果你已經有骨質流失，最好選擇較輕的負重運動(參考25頁“散步”那一節)。如果你缺乏耐力，就需要增強你的體能水平。

騎單車 你可以用普通的單車或固定式健身單車。騎單車不會增加背部、臀部、膝蓋或腳踝的負擔，所以很適合超重的人士。這不屬於負重運動，但對你的心肺，以及加強肌肉都有好處。

游泳 這是適合每一個人的運動，因為游泳不屬於負重運動，對你的關節構成的壓力很小。但對你的心肺有益，假如你有骨痛或關節痛，游泳就更有效果及舒服。任何在水中的動作，都會令肌肉更用力，所以對增強肌肉有好處。如果患上淋巴管水腫，游泳會是一種很有幫助的運動。

以下的運動雖然不屬於有氧運動，但同樣有幫助：

阻力運動 阻力的意思是你對抗另一個物體重量的運動。這種運動對有骨質變薄問題的人很有幫助，可以增強他們的肌肉並幫助骨骼的生長。阻力運動包括你在家中或健身室，使用的健身器材(如啞鈴等)或舉重器。多作這類運動，能夠助你有力開啓一道重門或拿起一個瓶子。

柔韌性鍛煉 柔韌性是很重要的，擁有柔韌的關節可以防止受傷。如果你的身體經已不十分好的時候，簡單的拉伸運動是很好的開始。有些人把瑜珈或一種名叫普拉提的健身運動，作為他們經常性的運動。瑜珈是一種沉靜的運動，是在沒有增加心率的情況下(雖然有些瑜珈甚為劇烈)，強化和結實身體的活動。至於進行增加柔韌性的身體活動或拉伸運動，在你感到疼痛的時候特別有幫助。太極也是另一個增加柔韌性的運動。

做這些運動時你需要一個導師進行指導。讓導師了解你身體的病情，以便他們指導你安全進行慣常的運動。

Simple ways to stay active

If gyms and exercise programmes don't appeal to you there are other ways you can build up your physical activity in day-to-day life. You can:

- go for a walk once or twice a day
- ride your bike
- do some gardening
- do some vigorous housework (like hovering)
- wash and wax the car
- play with the kids
- take a friend dancing
- use an exercise bike or treadmill or do sit ups while watching TV
- park your car in the farthest parking space at work and walk to the building
- use the stairs instead of the lift
- get off the bus a few stops early and walk the rest of the way
- if you have a cordless phone, walk when you talk
- buy a pedometer to monitor how much walking you're doing.

Exercise as part of a healthy lifestyle has benefits for people who have experienced cancer. We hope this information helps you understand more about this and encourages you to become more active.

Always talk to your cancer specialist or GP if you're thinking of starting your own exercise programme. These professionals can advise you about any training schemes in your area. You might also find the organisations listed on page 32 helpful.

簡單的方法去保持活躍

假如你對健身室和運動計劃都不感興趣，一些日常生活中的其他途徑，也可以令你在平日增加體力活動。你可以：

- 每日一次或兩次散步
- 騎單車
- 做園藝
- 作一些花力氣的家務(例如吸塵)
- 洗車並打蠟
- 和小朋友玩耍
- 帶一個朋友去跳舞
- 一邊看電視，一邊用室內健身單車、跑步機或做仰臥起坐
- 上班時，把車停在離辦公樓最遠的停車位，然後步行回辦公
- 走樓梯代替用電梯
- 提前幾站下巴士然後行走去目的地
- 如果使用無線電話通話時，可以一邊講一邊走
- 買一個記步器來監測你走了多遠

運動作為健康生活模式的一部份，對癌症患者有裨益。我們希望這些資訊能幫你了解更多有關運動的好處，並能夠鼓勵你更加活躍。

如果你正在考慮開始你的運動計劃，最好跟你的癌症專科醫生或家庭醫生商量。這些專業人士，可以為你提供你所屬當地的訓練計劃。你也可能發現，參考第32頁所列的組織也會很有幫助。

How Macmillan can help you

Macmillan Cancer Support

89 Albert Embankment,
London SE1 7UQ

General Enquiries

020 7840 7840

Questions about living with cancer? Call free on 0808 808 00 00 (Mon-Fri, 9am-8pm) Alternatively, visit macmillan.org.uk

Non English speaker?

Interpreters available. (call 0808 808 00 00 and ask for a Cantonese/Mandarin interpreter)

Macmillan Cancer Support improves the lives of people affected by cancer. They are a source of support: providing practical, medical, emotional and financial help. They are a force for changes: listening to people affected by cancer and working together to improve cancer care locally and nationally.

They have a wide range of services and activities that might be of help and interest.

Clear, reliable information

They provide expert, up-to-date information about cancer – the different types, tests and treatments, and living with the condition.

They can help you by phone, email, via their website and publications, or in person. And our information is free to all – people with cancer, families and friends, as well as professionals.

Just call and speak to one of their cancer support specialists. Or visit one of their information and support centres – based in hospitals, libraries and mobile centres – and speak with someone face-to-face.

麥美倫可以怎樣幫助你

麥美倫癌症支援

89 Albert Embankment,
London SE1 7UQ

一般查詢

020 7840 7840

有關患上癌症的問題？ 可以致電免費電話0808 808 00 00（逢星期一至五，9am-8pm）或者瀏覽網站 macmillan.org.uk

非英語人士？

將有傳譯員協助。（致電 0808 808 00 00，要求提供廣東話/普通話翻譯）

麥美倫癌症支援致力改善癌病患者的生活。他們提供一系列幫助：包括提供實際的、醫療的、情緒的和經濟等方面的幫助。他們同時是一股改變的力量：他們聆聽受癌症影響者的心聲，並一起致力提高地方以至全國層面的癌症護理服務。

麥美倫癌症支援的一系列的服務和活動，對你都會有幫和興趣。

清楚、可靠的資訊

他們為你提供專業和最新的癌症相關資訊 - 如癌症不同的種類、測試和治療方法，以及患者指南。

他們可以透過電話、電郵、網站、刊物、或面對面的方式來幫助你。而所有這些資訊，都是免費提供給所有人 - 包括癌症患者、患者家屬和朋友以及專業人士。

你只需致電給他們，和他們的癌症支援專業人士傾談。或者到訪他們設在醫院、圖書館和流動的資訊及支援中心 - 和他們的人員直接面談。

Other useful organisations 其他有用組織

National Association of Cancer Exercise Rehabilitation 國家癌症運動康復協會 (NACER)

The Regus Building, Central Boulevard, Blythe Valley Business Park, Solihull, B90 8AG

Tel 電話 01789 555675

Email 電郵 mike@nacer.org.uk

www.nacer.org.uk

Provides information about the benefits of exercise for people with cancer.

向癌症患者提供有關運動所帶來益處的資訊。

Cancer Rehabilitation

癌症復原

Tel 電話 0141 533 5477

Email 電郵 info@canrehab.co.uk

www.canrehab.co.uk

Runs training workshops on developing exercise-based cancer rehabilitation programmes.

開設以運動為基礎的癌症復原項目的訓練課程。

National Osteoporosis Society

國家骨質疏鬆症協會

Camerton, Bath BA2 0PJ

Helpline 熱綫電話 0845 450 0230

(Monday-Friday, 9am-5pm, excluding Bank Holidays)

Email 電郵 nurses@nos.org.uk

www.nos.org.uk

The Chinese National Healthy Living Centre (CNHLC) was founded in 1987 to promote healthy living and facilitate access to health services for the Chinese community in the UK. The Centre aims to reduce the health inequalities experienced by the Chinese community. Language difficulties and cultural differences present major obstacles to many Chinese people accessing mainstream health and social care services. CNHLC works closely with both statutory and community organisations to deliver its mission.

全國華人保健中心成立於1987年，旨在推廣健康生活模式及協助英國華人社群更有效地採用英國的健康服務。由於語言上的困難加上文化上的差異，構成了華人享用主流醫療和社會福利服務的主要障礙，導致他們得不到應有的服務及被社會孤立。故本中心的宗旨是希望減少華人社群在享用健康服務方面的不平等。全國華人保健中心一直以來均與政府及社區組織緊密合作實踐中心的使命。

Chinese National Healthy Living Centre
全國華人保健中心

29 – 30 Soho Square
London
W1D 3QS

Tel 電話: 020 7534 6546 / 020 7287 0904

Fax 傳真: 020 7534 6545

Email 電郵: general@cnhlc.org.uk

Web 網站: www.cnhlc.org.uk

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全國華人保健中心
CHINESE NATIONAL
HEALTHY LIVING CENTRE

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