

England Chinese Cancer Awareness Series
英格蘭華人認識癌症系列

Cancer of the Nasopharynx

鼻咽癌

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

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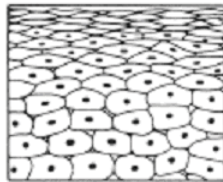
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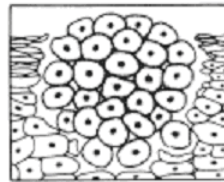
What is cancer?

Cancer is not a single disease with a single type of treatment. There are more than 200 different kinds of cancer, each with its own name and treatment.

The organs and tissues of the body are made up of tiny building blocks called cells. Cancer is a disease of these cells. Cells are constantly becoming old and dying, and new cells are produced to replace them. Normally, cells divide in an orderly and controlled manner. If for some reason the process gets out of control, the cells carry on dividing, developing into a lump which is called a tumour.



Normal cells



Cells forming a tumour

Tumours can be either benign or malignant. Cancer is the name given to a malignant tumour. Doctors can tell if a tumour is benign or malignant by examining a small sample of cells under a microscope. This is called a biopsy.

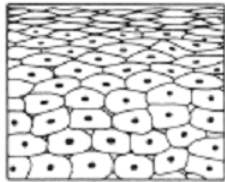
In a benign tumour the cells do not spread to other parts of the body and so are not cancerous. However, if they continue to grow at the original site, they may cause a problem by pressing on the surrounding organs.

A malignant tumour consists of cancer cells that have the ability to spread beyond the original area. If the tumour is left untreated, it may spread into and destroy surrounding tissue. Sometimes cells break away from the original (primary) cancer. They may spread to other organs in the body through the bloodstream or lymphatic

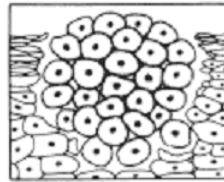
什麼是癌症？

癌症不是只有一種療法的單一疾病。癌種本身的種類超過200種，每種癌症各自有其名稱和治療方法。

身體的器官和組織是由微小的細胞組成。癌症是由這些細胞病變而來。細胞是會持續的老化和死亡的，新生長的細胞會替代它們。通常，細胞分裂的過程是有序和受控制的，如果因為某些原因，這個過程失控，細胞不斷分裂並發展成爲塊狀，就會形成腫瘤。



正常的細胞



形成了腫瘤的細胞

腫瘤可以是良性或是惡性的。惡性的腫瘤則會命名為癌症。醫生會根據檢查顯微鏡下細胞的小樣本，來判斷一個腫瘤是屬於良性還是惡性。這叫做活組織切片檢查。

良性腫瘤的細胞不會擴散到身體的其他部分，所以不會發生癌變。但是如果它們持續在原部位生長，則可能會因為腫瘤擴大而壓迫周圍器官而引發問題。

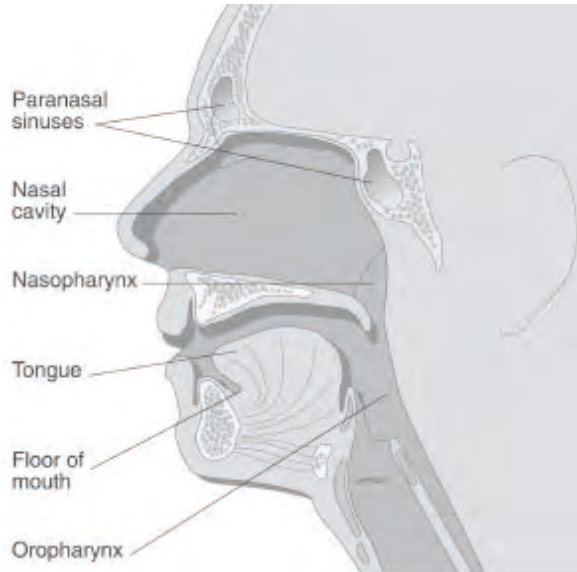
惡性的腫瘤則帶有癌細胞，有能力擴散到原來部位以外的組織。如果腫瘤不被治療，它可能會擴散並破壞周圍的組織。有時癌細胞更會從原發癌中衍生出來，它們可能隨着血液或淋巴系統擴散到身體其它器官。淋巴系統是免疫系統的一部分 - 是身體對付感染和疾病的自然防禦。它是

system. The lymphatic system is part of the immune system - the body's natural defence against infection and disease. It is a complex system made up of organs, such as bone marrow, the thymus, the spleen, and lymph nodes. The lymph nodes (or glands) throughout the body are connected by a network of tiny lymphatic ducts.

When the cancer cells reach a new area they may go on dividing and form a new tumour. This is known as a secondary cancer or metastasis.

The nasopharynx

The nasopharynx is an airspace lying at the back of the nose and above the soft part of the palate (roof of the mouth). It connects the nose to the back of the mouth (oropharynx), allowing you to breathe through your nose and to swallow mucus produced by the lining membranes of the nose.



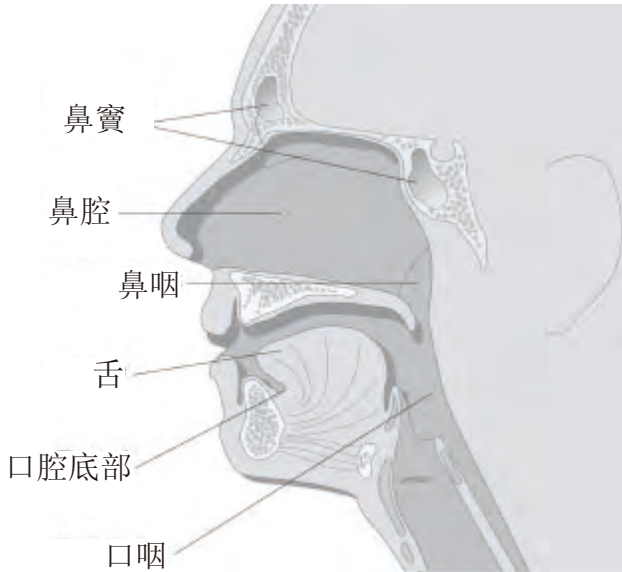
Side view of structures in the head and neck

一個由器官，例如骨髓、胸腺、脾和淋巴結所組成的複雜系統。全身的淋巴結（或淋巴腺）由微小的淋巴管網絡連接。

當癌細胞到達一個新的區域時，它們可能會持續分裂並形成一個新的腫瘤。這就叫做繼發性癌症或腫瘤轉移。

鼻咽

鼻咽是位於鼻子後部和軟上顎（口腔的頂部）上方的空間，它連接鼻到口腔的後部（咽喉），讓你從鼻孔呼吸並吞嚥由鼻黏膜分泌的黏液。



頭部和頸部的側面結構圖

Cancer of the nasopharynx

This type of cancer is rare in the West, but much more common in countries of the Far East. Approximately 230 new cases of nasopharyngeal cancer are diagnosed in the UK each year. It can occur at any age, but is more likely to be seen in people aged between 50 and 60. It affects more men than women.

Causes

The exact cause of cancer of the nasopharynx is unknown. In some areas of the world, such as China and North Africa, dietary factors (such as the cooking of salt-cured fish and meat, which releases chemicals known as nitrosamines) are thought to increase a person's risk of developing the disease.

The Epstein-Barr virus (which causes glandular fever) has also been linked to an increased risk of developing nasopharyngeal cancer. As with other cancers, nasopharyngeal cancer is not infectious and cannot be passed on to other people.

Signs and symptoms

One of the first symptoms is often a painless swelling or lump in the upper neck. Other symptoms may include any of the following:

- a blocked nose
- nosebleeds
- changes in hearing
- ringing in the ears (tinnitus).

These symptoms are common in conditions other than cancer, and most people with these symptoms will not have cancer of the nasopharynx. However, like most cancers, nasopharyngeal cancer is best treated when diagnosed at an early stage, and you should

鼻咽癌

這種癌症在西方國家比較少見，但在遠東地區國家卻非常普遍。英國每年大約有230宗被診斷出的鼻咽癌病例。任何年齡的人都可能會患上，但年齡介乎50到60歲的人中較常見。而男性又比女性發病率高。

病因

引起鼻咽癌確切的原因目前仍未有定論，在全球的一些地區，例如中國和北非，其飲食習慣（例如經常食用鹽腌製過的魚和肉，當中會釋放出可致癌的化學物質亞硝酸胺）被認為是增加誘發鼻咽癌風險的因素。

艾普斯坦－巴爾二氏病毒（會引起腺體發燒）也同樣被聯繫到增加誘發鼻咽癌的風險。跟其它的癌症一樣，鼻咽癌不具傳染性，也不會傳染給他人。

症狀

鼻咽癌其中第一個症狀通常是頸部上端出現無痛的腫脹或瘤。其它的症狀可能包括以下任何一種：

- 鼻塞
- 鼻血
- 聽力變化
- 耳內作響（耳鳴）

這些症狀在非癌症的疾病中很普遍，大部分有這些症狀的

therefore report any of the above symptoms to your GP if they do not improve after a few days.

How is it diagnosed?

Your GP will examine your mouth, throat and ears. They will refer you to a hospital for any further tests and for specialist advice and treatment.

The specialist will examine your nasopharynx by using a very thin, flexible tube with a light at the end (nasendoscope). The tube will be passed into your nostril in order to get a better view of the back of the nose. This can be uncomfortable, and you may be given a local anaesthetic spray to numb your nose and throat. If you do have a local anaesthetic to your throat, you may be told not to eat or drink anything for about an hour afterwards, or until your throat has lost the numb feeling.

In order to make a diagnosis, a piece of affected tissue will be removed and then examined under a microscope (biopsy). This is performed under a general anaesthetic, and you may need to spend the night in hospital.

Further tests

You may have blood tests and a chest x-ray to check your general health. There are several other tests which may be used to help diagnose cancer of the nasopharynx, and to check whether or not the cancer has spread. Cancer can spread in the body, either in the bloodstream or through the lymphatic system. The lymphatic system is part of the body's defence against infection and disease. The system is made up of a network of lymph glands, or nodes, that are linked by fine ducts containing lymph fluid. The results of these tests will help the specialist to decide on the best type of treatment for you.

人都非患有鼻咽癌。但是，像其它的癌症一樣，鼻咽癌最好能夠在早期診斷出來並作出治療，因此，如果任何以上的症狀持續幾天都無好轉，你便須向你的家庭醫生求診。

診斷

你的家庭醫生會檢查你的口腔、喉嚨和耳朵。如有需要，他們會轉介你到其它醫院去做進一步檢查及提供專科意見和治療。

專科醫生會用一條末端帶有小燈並且非常幼細的軟管伸入你的鼻咽作檢查（鼻內窺鏡）。軟管將會從你的鼻孔插入以便看清鼻內後部情況，這個過程可能會稍微不適。檢查前你的鼻腔內會被噴上局部麻醉劑來麻醉你的鼻和喉嚨，之後大約一個小時你都不能飲食，或直至你的喉嚨麻醉感消失為止。

爲了作出診斷，醫生會取出一塊懷疑有病變的組織出來，然後放在顯微鏡下檢查（切片檢查）。這個過程一般需要在全身麻醉後進行，故你可能需要在醫院留宿一晚。

進一步檢查

一般健康檢查可能會透過驗血和胸部X光射線檢查。然而有幾種其它的檢查可能會用來協助我們診斷出病者是否患上鼻咽癌，以及癌細胞是否已經擴散。癌細胞可以透過血液或淋巴系統擴散到身體其它部位。淋巴系統是身體預防及對抗感染和疾病的一部分。淋巴系統由淋巴腺（或淋巴結）的網絡組成，由含有淋巴液的幼細淋巴管連接。透過這些檢查結果將有助專科醫生決定採取那一類治療方法是最佳的。

MRI (magnetic resonance imaging) scan This scan uses magnetism to form a series of cross-sectional pictures of the inside of the body. During the scan, you will be asked to lie very still on a couch inside a metal cylinder. You may be given an injection of liquid that allows the pictures to be seen more clearly. The test can take up to an hour and is completely painless. If you do not like enclosed spaces, you may find the machine claustrophobic. The machine is also quite noisy but you will be given earplugs or headphones to wear.

CT (computerised tomography) scan This is a sophisticated type of x-ray which builds up a three-dimensional picture of the inside of the body. The scan is painless but takes longer than an x-ray (approximately 10–15 minutes). It may be used to identify the exact site of the tumour, or to check for any spread of the cancer. Most people who have a CT scan are given a drink, or injection, that allows particular areas to be seen more clearly. Before having the injection or drink, it is important to tell the person doing this test if you are allergic to iodine or have asthma.

Isotope bone scan This is a test which shows up any abnormal areas of bone. A very small amount of a mildly radioactive substance is injected into a vein, usually in the arm. Two to three hours later, a scan is taken of the whole body. As abnormal bone absorbs more of the radioactive substance than normal bone, any abnormal areas show up on the scan as highlighted areas (sometimes known as hot spots).

This scan will not make you radioactive, and it is perfectly safe for you to be with other people afterwards.

磁共振顯像掃描（俗稱MRI） 這種掃描利用磁力來組成一系列身體內部的切面圖。在進行掃描的過程中，你會被要求躺在診治枱上不動，然後送入一個圓柱體儀器中。為了讓圖像更清晰，之前你可能會被注入一些液體。這個檢查可能要花上一個小時，但是完全無痛的。如果你不喜歡被封閉的空間，你可能會覺得儀器令你有幽閉的感覺。儀器的噪音亦有點大，但你會被給予耳塞或者耳機。

電腦斷層攝影掃描（俗稱CT） 這是一種精密的X光掃描，可以建立出體內三維立體圖像。這種掃描是無痛的，但比一般的X光掃描時間要長（大約要10 - 15分鐘）。這種檢查被用來確定腫瘤的具體位置或檢查是否有癌擴散情況。大部分做電腦斷層攝影掃描之前都會服用藥水或作注射，從而能夠讓特定的部位看得更清楚。但緊記一件重要的事情，就是在注射和服用藥水之前，先告訴為你做檢查的人員你是否對碘有敏感或患有哮喘。

同位素骨骼掃描 這個檢查可以顯示出骨骼中任何不正常的區域。檢查時非常微量的放射性物質會被注射到靜脈血管內，通常在手臂上。2 - 3 個小時之後，將會進行一個全身的掃描。由於不正常的骨骼會比正常的骨骼吸收更多的放射性物質，任何異常的區域都會在掃描中被明確顯示出來（有時或稱熱點）。

這個掃描不會令你帶有放射性，掃描之後與別人接觸也是完全安全的。

Staging and grading

Staging

The stage of a cancer is a term used to describe its size and whether or not it has spread beyond its original site. Knowing the particular type, and the stage of the cancer, helps the doctors to decide on the most appropriate treatment for you.

The most commonly used staging system is called the TNM system.

- T** refers to the tumour size.
- N** refers to whether or not lymph nodes are affected.
- M** refers to whether or not the cancer has spread to other parts of the body (metastases).

Tumour size (T)

- T1 The cancer is found in the nasopharynx only.
- T2a The cancer has spread to the oropharynx or nasal cavity.
- T2b The cancer has spread to the oropharynx or nasal cavity, and also to nearby soft tissues.
- T3 The cancer has spread into the bones or the paranasal sinuses.
- T4 The cancer has spread to other parts of the head, including the nerves, eye or inside the skull.

Lymph nodes (N)

- N0 None of the lymph nodes are affected.
- N1 The cancer has spread to lymph nodes on one side of the neck. The affected nodes are 6cm or smaller.
- N2 Lymph nodes are affected on both sides of the neck. The nodes are 6cm or smaller in size.
- N3a The affected lymph nodes are larger than 6cm in size.
- N3b The cancer has spread to lymph nodes above the collarbone.

階段和分級

階段

癌症的階段是用來形容癌腫瘤體積的大小和是否擴散到原來部位以外的術語。能掌握癌症的特定類型和階段，有助醫生決定最適當的治療方法。

最普遍應用的階段系統叫TNM系統。

- T** 代表腫瘤的大小。
- N** 代表淋巴結是否受到感染。
- M** 代表癌細胞是否已經擴散到身體其它部位（轉移）。

腫瘤的大小(T)

- T1** 癌只在鼻咽內發現。
- T2a** 癌已經擴散到口咽部或鼻腔。
- T2b** 癌已經擴散到口咽部或鼻腔和附近的軟組織。
- T3** 癌已經擴散到骨骼或鼻竇。
- T4** 癌已經擴散到頭部其它部位，包括神經、眼睛或頭顱骨內。

淋巴結(N)

- N0** 淋巴結完全沒有受感染。
- N1** 癌已經擴散到頸部一側的淋巴結。受感染的淋巴結大小在6厘米或以下。
- N2** 頸部兩側的淋巴結都受到癌細胞感染。受感染的淋巴結大小在6厘米或以下。
- N3a** 受感染的淋巴結大於6厘米。
- N3b** 癌細胞已經擴散到鎖骨以上的淋巴結。

Metastases (M)

M0 The cancer has not spread to other parts of the body.

M1 The cancer has spread to other parts of the body.

Grading

Grading refers to the appearance of the cancer cells under the microscope and gives an idea of how quickly the cancer may develop.

Low-grade means that the cancer cells look very like normal cells; they are usually slow-growing and are less likely to spread. In high-grade tumours the cells look very abnormal, are likely to grow more quickly, and are more likely to spread.

Treatment

The treatment you will have depends on the type and stage of your nasopharyngeal cancer.

Radiotherapy

Radiotherapy is the main treatment for nasopharyngeal cancer. As well as treating the tumour, radiotherapy will usually be given to the lymph nodes in the neck.

Radiotherapy treats cancer by using high-energy rays to destroy cancer cells, while doing as little harm as possible to normal tissue. The radiotherapy is usually given to the lymph glands in the neck as well as the nasopharyngeal area.

The types of radiotherapy used to treat cancer of the nasopharynx are external radiotherapy (from a radiotherapy machine) and occasionally internal radiotherapy (placing radioactive metal close to the tumour). External radiotherapy is the main type used; however,

轉移(M)

- M0 癌沒有擴散到身體的其它部位。
- M1 癌已經擴散到身體的其它部位。

分級

分級顯示癌細胞在顯微鏡下的情況，並得悉其可能發展的速度有多快。

低級別意味著癌細胞看起來跟正常的細胞非常類似，它們通常生長較為緩慢並且較不容易擴散。高級別的腫瘤其細胞看起來十分異常，並且更容易快速生長，更容易擴散。

治療

治療的方法將取決於你所患鼻咽癌的種類和階段。

放射療法

放射療法是鼻咽癌的主要治療方法。在治療腫瘤的同時，放射療法也將會使用在頸內的淋巴結。

放射療法是利用高能量的射線來殺死癌細胞的同時，對正常組織作最小的破壞。放射療法通常被使用在頸部的淋巴腺和鼻咽部位。

用來治療鼻咽癌的放射療法有分外部放射療法（由放射治療儀器進行），以及間歇內部放射治療（把帶有放射性金屬放置在腫瘤附近）。外部放射療法是主要使用的方法，然而，有些人可能需要採用內部放射療法。

some people may go on to have internal radiotherapy.

Radiotherapy to the nasopharynx can cause the salivary glands to produce less saliva, so it is important to keep your mouth clean. Your doctors and nurses will advise you how to do this.

If you have a dry mouth, it is important to see a dentist regularly. It is best not to have teeth taken out after radiotherapy to this area, but if it is necessary to have a tooth removed, this should be done by a hospital specialist.

Chemotherapy

Chemotherapy is the use of anti-cancer (cytotoxic) drugs to destroy cancer cells. Chemotherapy may be given before, alongside, or after radiotherapy. Chemotherapy may also be given if the cancer has spread to other parts of the body.

Research trials You may be offered chemotherapy as part of a research trial. Before any trial is allowed to take place, it must have been approved by the ethics committee, which checks that the trial is in the interest of patients. Your doctor must discuss this treatment with you so that you have a full understanding of the trial and what it involves.

You may decide not to take part, or withdraw from a trial, at any stage.

Surgery

Occasionally, the doctor may recommend surgery to remove any affected lymph nodes in the neck that may still contain cancer cells after the radiotherapy treatment. There is a network of lymph nodes (or glands) throughout the body which form part of the body's natural defence against infection. The lymph nodes are connected by a network of tiny tubes known as lymph vessels.

採用放射療法來治療鼻咽癌，可能造成唾液腺減少分泌唾液，所以保持你的口腔清潔至為重要。你的醫生和護士將會告訴你怎樣做。

如果你的口腔乾燥，定期去看牙醫是很重要的。而在放射療法之後最好不要在同一部位拔牙，但如果真的必要，就需要由醫院的專科醫生來進行。

化學療法

化學療法是用抗癌(細胞毒類藥)藥物去殺死癌細胞。化學療法可能會在放射療法之前或同期甚至之後進行。如果癌細胞擴散到身體其它部位，化學療法可能會同時一併採用。

研究臨床試驗 你所採用的化學療法可能會作為研究臨床試驗的一部分。在作任何臨床試驗之前，它必須要通過道德委員會的批准，以確保這個臨床試驗是維護病人的權益。你的醫生必須跟你討論這個治療方法，以便讓你完全明白這個試驗及其涉及的内容。

你可以決定不參與這個試驗，或在任何時候退出試驗。

外科手術

有時，醫生可能會在完成放射治療之後，建議用外科手術把頸部仍然受癌細胞感染的淋巴結切除。淋巴結(或淋巴腺)的網絡分佈全身，構成身體對抵禦感染的部份天然屏障。淋巴結由名叫淋巴管的微小管道系統連接起來。

如果癌腫瘤在頸內的淋巴結再次復發，外科手術也將會用

Surgery may also be used to remove the tumour if it comes back in the lymph nodes in the neck.

Follow-up

After your treatment is completed, you will have regular check-ups and possibly scans or x-rays. These will probably continue for several years. If you have any problems, or notice any new symptoms between these times, let your doctor know as soon as possible.

Your feelings

You are likely to experience a number of different emotions, from shock and disbelief to fear and anger. These feelings may be overwhelming and difficult to control, particularly if you have experienced changes in your appearance because of surgery and feel self-conscious. These feelings are quite natural and it is important for you to be able to express them.

Each individual has their own way of coping with difficult situations; some people find it helpful to talk to friends or family, while others prefer to seek help from people outside their situation. Some people prefer to keep their feelings to themselves. There is no right or wrong way to cope; but help is there if you need it. You may wish to contact our cancer support service for information about counselling in your area (see page 23).

來將腫瘤切除。

跟進

在你的治療完成後，你將會需要作定期的檢查，及有可能是掃描或X光射線檢查。一般而言這類定期檢查會持續數年，在此期間，如果你有任何問題，或者留意到任何新的症狀出現，須盡快通知你的醫生。

你的感覺

你很可能會經歷很多不同的情緒起伏，從震驚和難以置信到害怕和憤怒。這些感受可能會讓人不知所措並且難以控制，特別是在你因完成手術後所出現的外貌改變及自我意識轉變。這些感受都是非常自然的，重要的是你要能夠表達出來。

每個人面對困難情況時都有他自己的處理方式，一些人覺得跟家人或者朋友聊天有幫助，另外一些人則喜歡從外界那裏獲得幫助。還有一些人喜歡將自己的感受隱藏。這是沒有對或錯的處理方式的，但如果你有需要的話，可以尋求幫助。你可能想在你居住的當地聯絡有關麥美倫癌症支援的心理輔導（詳見23頁）。

Useful Organisations

相關組織

Carers UK 英國照料者

20 Great Dover Street, London, SE1 4LX

Carers Line 照料者熱綫：0808 808 7777（服務開放時間
逢星期三及四10am-12pm and 2pm-4pm, Wed & Thu）

Email 電郵：info@carersuk.org

Website 網站：www.carersuk.org

Carers UK provides high quality advice and information to carers and the professionals who support carers.

英國照料者組織，服務宗旨是向照料者和支援照料者的專業人士提供優質的建議和資訊。

Citizen Advice Bureau (CAB) 市民諮詢處

For contact details for your nearest CAB, phone 020 7833 2181. Contact details will also be in your local phone book.

如欲查詢閣下最附近的市民諮詢處資料，可致電020 7833 2181查詢。又或可以參閱閣下居住當地的黃頁電話簿。

Website 網站：www.citizensadvice.org.uk

An independent network that provides free, impartial information and advice to help anyone with money, legal & other problems.

市民諮詢處是個獨立的網絡部門，旨在為任何人士在金錢、法律和其它問題上提供免費和中肯的資料及建議。

Macmillan Cancer Support 麥美倫癌症支援

89 Albert Embankment, London, SE1 7UQ

Macmillan Cancer Line 麥美倫癌症熱綫： 0808 808 2020

Macmillan Cantonese Helpline 麥美倫廣東話熱綫： 0808 800 0132

Email 電郵： cancerline@macmillan.org.uk

Website 網站： www.macmillan.org.uk

Provides specialist advice and support through Macmillan nurses and doctors, and financial advice and grants for people with cancer and their families.

旨在透過麥美倫轄下的護士和醫生服務，向有需要的人士提供專業意見和支援，並給予癌症患者及其家人在經濟上的建議和資助。

Marie Curie Cancer Care 瑪麗·居禮夫人癌症護理

89 Albert Embankment, London, SE1 7TP

Tel 電話： 020 7599 7777

Email 電郵： info@mariecurie.org.uk

Website 網站： www.mariecurie.org.uk

Runs a number of hospice centres for cancer patients throughout the UK, and a community nursing service, which works with the district nursing service to support cancer patients and their carers in their homes.

在英國各地設有多個癌症病人善終服務中心，並提供社區護理服務，同時與當地護理部門一同合作，為癌症病患者及其在家中照顧他們的照料者提供支援。

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

Website 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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