

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



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

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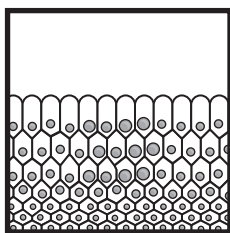
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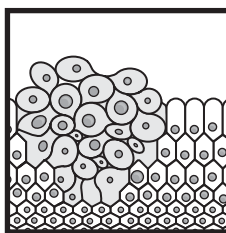
What is cancer?

The organs and tissues of the body are made up of tiny building blocks called cells. Cancer is a disease of these cells. It's important to realise that cancer is not a single disease with a single cause and a single type of treatment. There are more than 200 different kinds of cancer, each with its own name and treatment.

Although cells in different parts of the body may look and work differently, most repair and reproduce themselves in the same way. Normally, this division of cells takes place in an orderly and controlled way. If for some reason the process gets out of control, the cells will continue to divide, developing into a lump which is called a **tumour**. Tumours can be either **benign** or **malignant**. Doctors can tell whether a tumour is benign or malignant by examining a small sample of cells under a microscope. This is called a **biopsy**.



Normal cells



Cells forming a tumour

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

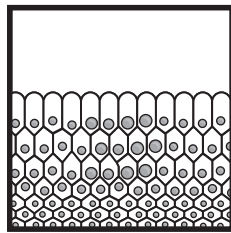
A malignant tumour consists of cancer cells that have the ability to spread beyond the original area of the body. If the tumour is left untreated, it may spread into and destroy surrounding tissue. Sometimes cells break away from the original (primary) cancer. They may spread to other organs in the body through the bloodstream or lymphatic system. The lymphatic system is part of the immune system - the body's natural defence against infection and disease. It's a complex system made up of organs, such as bone marrow, the thymus, the spleen, and lymph nodes. The lymph nodes throughout the body are connected by a network of tiny lymphatic tubes (ducts).

When cells from a malignant tumour reach a new area they may go on dividing

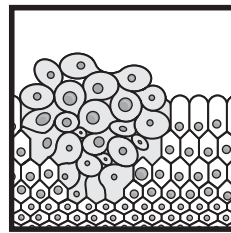
什麼是癌症？

身體的器官和組織是由微小的單位-細胞-組成。癌症是這些細胞的病變。很重要的一點，我們需要意識到癌症不是只有一種病因和療法的單一疾病。癌症有超過200種不同的種類，每種癌症各自有其名稱和治療方法。

雖然身體不同部位的細胞可能有不同的樣貌和作用，但大部份都以同一種方式修復和再生。正常情況下，細胞分裂的過程是有序並受控制的，如果因為某些原因，這個過程失控，細胞持續分裂並發展成爲腫塊，也就是腫瘤。腫瘤可能是**良性**或是**惡性**的。醫生會切取一小塊懷疑有病變的組織，在顯微鏡下進行觀察，以判斷腫瘤是屬於良性還是惡性。這種檢查叫做**活組織切片檢查**。



正常的細胞



形成了腫瘤的細胞

良性腫瘤的細胞不會擴散到身體的其他部位，所以不會發生癌變。但如果它們持續在原部位生長，可能會因為長大的腫瘤壓迫周圍器官而引發問題。

惡性腫瘤是由癌細胞組成，有能力擴散到原發部位以外。如果惡性腫瘤沒有得到治療，它可能會擴散並破壞周圍的組織。有時癌細胞會從原發部位分離出來，隨著血液或淋巴系統擴散到身體的其他器官。淋巴系統是免疫系統的一部份 - 是身體對抗感染和疾病的自然防禦。它是一個由例如骨髓、胸腺、脾和淋巴結等器官所組成的複雜系統。全身的淋巴結(或淋巴腺)由微小的淋巴管網絡連接。

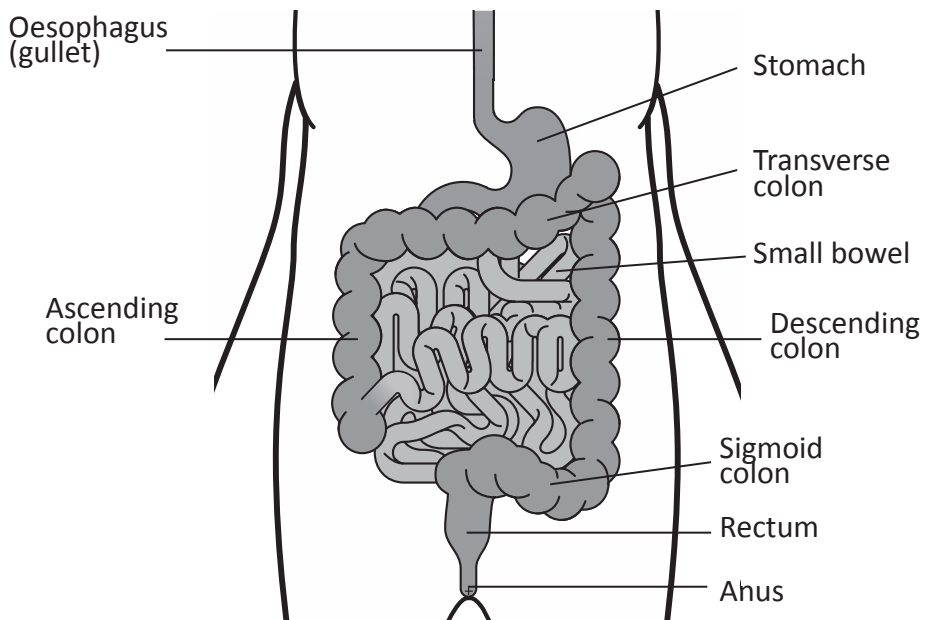
當惡性腫瘤的癌細胞轉移到一個新的地方時，可能會繼續分裂並形

and form a new tumour. This is known as a **secondary cancer** or a **metastasis**.

The stomach

The stomach is a muscular bag and is part of the digestive system, sometimes called the gastrointestinal tract. The upper part of the stomach is joined to the gullet (oesophagus) and the lower part of the stomach is joined to the beginning of the small bowel (duodenum).

Once food has been swallowed it passes down the gullet and into the stomach where it is mixed with gastric juices. The semi-solid food then passes into the small bowel where it is broken down further and nutrients are absorbed. The gastric juices in the stomach help the bowel to absorb some important substances from our food such as Vitamin B12, iron and calcium.



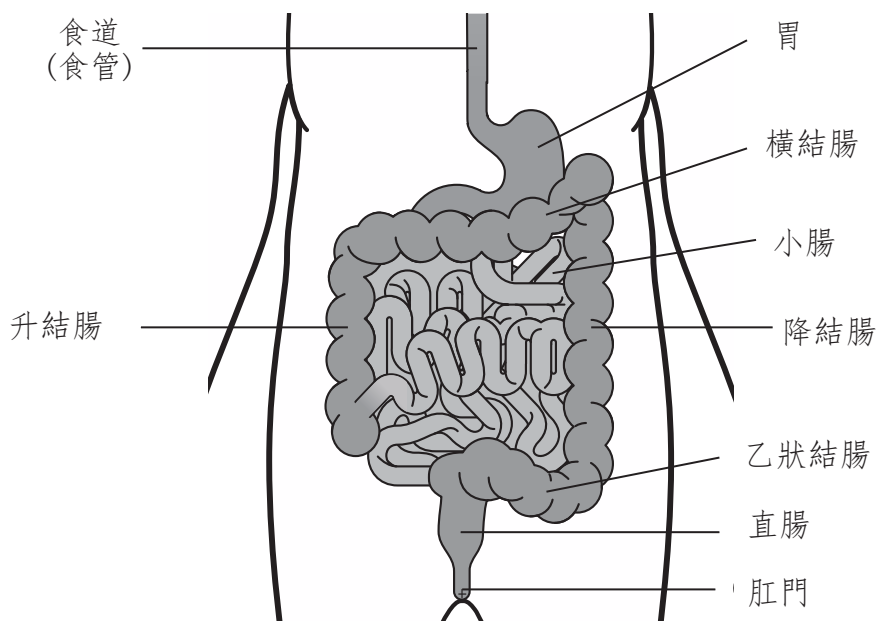
The position of the stomach

成新的腫瘤，這個新的腫瘤就叫做**繼發性癌症**或**腫瘤轉移**。

胃

胃仿似一個肌肉袋，是消化系統(有時也叫胃腸道)的一部份。胃的上端跟食道(食管)相接，下端跟小腸的前端(十二指腸)相連。

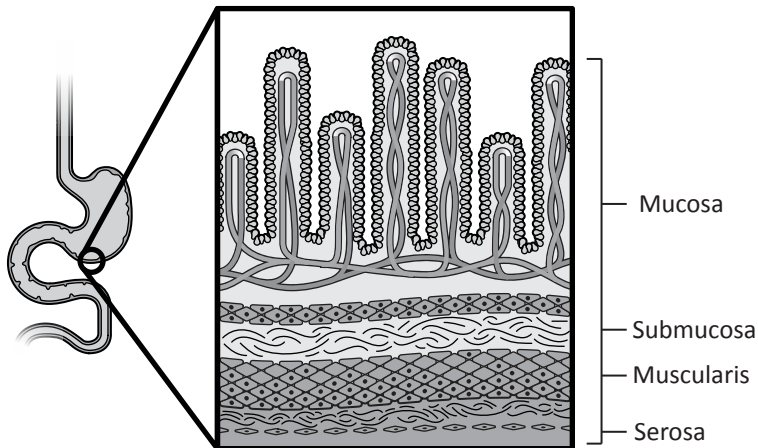
食物一旦被吞下，會經食道進入胃部並與胃液混合。這些半固態的食物之後會被送到小腸進一步分解並吸收營養。胃裏的胃液會幫助腸道吸收一些食物中的重要物質，例如維他命B12，鐵質和鈣質。



胃在身體中的位置

The wall of the stomach has four layers:

- The **mucosa** – this is the name for the lining of the stomach. It contains glands which produce chemicals (enzymes and acid) that make gastric juices.
- The **submucosa** – a layer underneath the mucosa.
- The **muscularis** – a layer of muscle beneath the submucosa.
- The **serosa** – this is a strong membrane that forms the outer layer of the stomach.



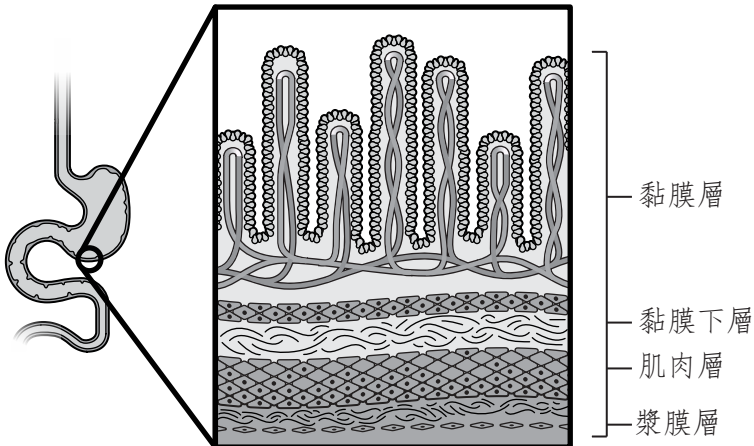
Structure of the stomach wall

As well as being part of the digestive system the stomach is also connected to the lymphatic system. The lymphatic system has two main roles. It helps to protect the body from infection and it drains fluid from the tissues.

All the tissue layers of the stomach are bathed in fluid called lymph. This fluid drains through tiny tubes (lymph vessels) in the stomach layers, which are connected to small bean-like structures (lymph nodes). The lymph nodes filter debris (such as old cells or bacteria) from the fluid before returning it through larger lymph vessels to the main blood circulation.

胃壁有四層：

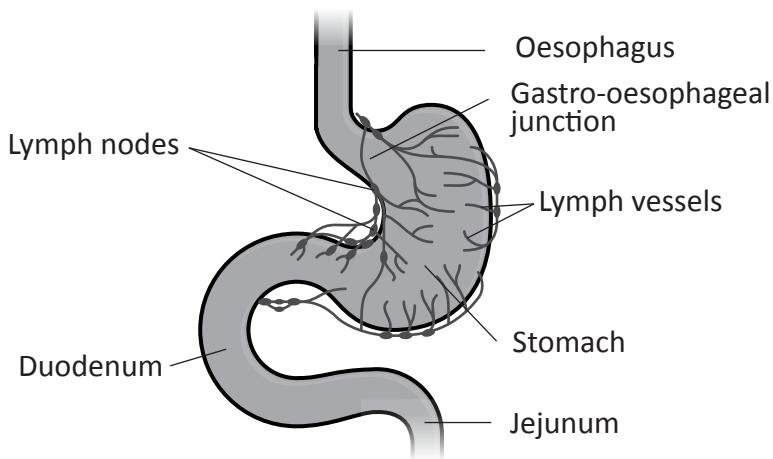
- **黏膜層** - 這是胃內膜的名稱。它包含很多腺體，分泌出構成胃液的化學物質(酵素和酸)。
- **黏膜下層** - 在胃黏膜下面的一層。
- **肌肉層** - 黏膜下層再下面的一層。
- **漿膜層** - 這是一層非常堅韌的薄膜，組成胃的最外層。



胃壁的結構

胃不單是消化系統的一部份，它也和淋巴系統相連。淋巴系統有兩個主要的作用，一是幫助保護身體不受感染，其次是協助排出組織內的體液。

胃所有的組織層被一種叫淋巴液的液體包圍。這種液體由胃層中很微小的細管(名叫淋巴管)分泌出來，這些細管連接一個豆狀般大小的結節(名叫淋巴結)。在經過更大的淋巴管輸送體液回到主要血液循環系統前，淋巴結會從體液中過濾出體內的殘餘物(例如衰老的細胞或細菌)。



Lymph nodes and the stomach

Types of stomach cancer

Around 8,000 people are diagnosed with stomach cancer in the UK each year. There are several different types of stomach cancer. This booklet is about the most common type, adenocarcinoma of the stomach, which starts in the glandular cells of the stomach lining.

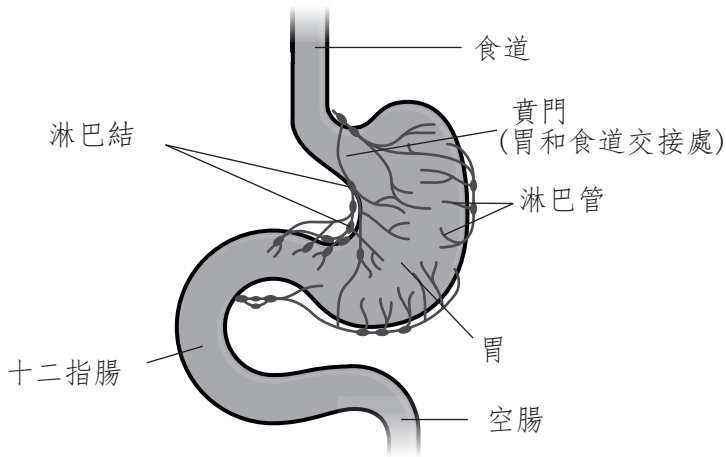
Adenocarcinoma of the stomach makes up about 95 out of every 100 (95%) cases of stomach cancer in the UK.

There are a number of rarer types of stomach cancer. These include:

- Soft tissue sarcomas, of which the commonest are leiomyosarcomas and gastrointestinal stromal tumours (GISTs).
- Lymphomas such as mucosa associated lymphoid tissue (MALT) lymphomas.
- Carcinoid tumours.

Risks and causes

The exact causes of cancer of the stomach aren't fully understood. It's thought that most adenocarcinoma stomach cancers develop as a result of a



淋巴結和胃部

胃癌的種類

英國每年大約有8000人被診斷患上胃癌。胃癌有幾種不同的種類，這本小冊子只介紹最普遍的一種 - 腺癌 - 是由胃黏膜層的腺體細胞發生病變而引起的。

胃腺癌佔全英國胃癌病例中的百分之九十五(95%)。

其他胃癌當中也有一些罕見的種類。它們包括：

- 軟組織肉瘤，最常見的是胃平滑肌肉瘤和胃腸道基質腫瘤(GISTs)。
- 淋巴瘤例如胃黏膜相關淋巴組織(MALT)的淋巴瘤。
- 類癌瘤。

風險因素和病因

形成胃癌的確切原因目前尚未完全明確。據了解大部份胃腺癌的形成，是由不同的風險因素結合所致。而這些導致胃癌發生的風險因

combination of risk factors. Factors that can affect the risk of stomach cancer include:

- **Gender** – it is more common in men than in women.
- **Age** – the risk of developing stomach cancer increases as we get older. More than 9 out of every 10 people who develop stomach cancer are over 55 years old.
- **Helicobacter pylori (H pylori) infection** – having H pylori infection in the stomach over a long period of time can increase the risk of stomach cancer.
- **Diet** – eating a diet that is high in salt, pickled foods and processed meats such as sausages and bacon can increase the risk. Over the past 30 years the number of people who develop stomach cancer in the UK has fallen. This is probably related to changes in our diet, particularly the use of refrigeration, which has led to us eating more fresh food and less smoked and pickled food.
- **Smoking tobacco** – the longer a person smokes for and the more cigarettes they smoke, the greater the risk.
- **Medical conditions** – such as long-term acid-reflux and Barrett's oesophagus can increase the risk. In these conditions acid from the stomach affects the gullet or the area where the gullet joins the stomach (the gastro-oesophageal junction).
- **Conditions which cause lower than normal levels of acid in the stomach** – such as atrophic gastritis or some types of stomach surgery can increase the risk.
- **Pernicious anaemia** – a type of anaemia that is linked to changes in the lining of the stomach, can slightly increase your risk.
- **Family history** – having a brother, sister or parent with stomach cancer can increase your risk. It's thought that this is because close family members are likely to share some risk factors for stomach cancer in common, such as eating a similar diet or having H pylori infection. But shared genes may play a small part.

素包括：

- **性別** - 男人比女人更常見。
- **年齡** - 罹患胃癌的風險隨著我們年紀的增長而增加。而患上胃癌的人士中，10人中有超過9名患者是年過55歲。
- **幽門螺旋桿菌(H pylori)感染** - 胃部長期感染幽門螺旋桿菌會增加患胃癌的風險。
- **飲食** - 如果飲食中含高鹽份、醃製食品和加工過的肉類，例如香腸和鹹肉，亦會增加患胃癌的風險。過去三十年，英國患胃癌的人數有所減少，這可能和人們的飲食習慣改變有關，特別是對冰箱雪櫃的使用，令我們吃到更新鮮的食物，減少進食煙熏和醃製的食物。
- **吸煙** - 一個人吸煙越久並且吸煙的量越多，風險就越大。
- **健康狀況** - 如果長期有胃酸倒流和巴瑞特食道症者，亦會增加對患胃癌的風險。在這種情況下，胃酸會影響食道或者食道連接胃部的組織(胃食道連接處)。
- **造成胃酸比正常低的狀況** - 例如萎縮性胃炎或某類型的胃部手術，都會增加患胃癌的風險。
- **惡性貧血** - 一種與胃黏膜的改變相關的貧血，也可能會稍微增加你患胃癌的風險。
- **家族病史** - 有兄弟、姊妹或父母有胃癌亦會增加你的風險。是因為親近的家庭關係，較容易產生同樣的風險因素，例如相似的飲食習慣，又或是有成員感染了幽門螺旋桿菌。而共有的基因也可能有構成小部份原因。

- **Genes** – in a very small number of families, genes may play a greater part in increasing cancer risk. This is more likely when two or more people on one side of the family are affected, especially if the cancer develops at a younger age (less than 50 years). In these families there may be a faulty gene that increases the risk of getting stomach cancer.

Stomach cancer is not infectious and can't be passed from one person to another.

Symptoms

The symptoms of stomach cancer may include any of the following:

- heartburn or indigestion that doesn't go away
- burping a lot
- losing your appetite
- difficulty in swallowing
- losing weight
- a bloated feeling after eating
- feeling sick (nausea) or being sick (vomiting)
- blood in the stools (bowel motion) or black stools
- tiredness due to anaemia (from bleeding from the wall of the stomach).

Many of the symptoms described above are common to conditions other than cancer of the stomach. Most people who see their doctor with these symptoms will not have cancer. However, it's important to have them checked so that further tests can be done if necessary.

How it is diagnosed

Usually you begin by seeing your family doctor (GP), who will examine you and arrange any tests or x-rays that may be necessary. Your GP will refer you to hospital for these tests and for specialist advice and treatment.

- **基因** - 有少數的家庭，基因可能對增加患上癌症的風險起了較大的作用。當家庭成員中的一方有兩名或以上的人曾患胃癌，特別是病發時年紀較輕(低於50歲)，其他成員因基因因素而患上胃癌的機會也較大。在這些家庭中，可能由於有基因上的缺陷，而造成胃癌的風險增加。

胃癌沒有傳染性，不會由一個人傳給另一個人。

症狀

胃癌的症狀可能包括以下任何一個：

- 持續的胃灼熱或消化不良
- 多打氣嗝(因為胃有氣)
- 失去胃口
- 吞嚥困難
- 體重減輕
- 吃東西過後感覺脹悶
- 感到想吐(反胃)或已經不適(嘔吐)
- 大便帶血或呈黑色
- 因為貧血(胃壁出血)而引起的疲倦

以上的症狀在不是癌症的疾病中非常常見，患者不一定患上胃癌，大部份因為這些症狀而去見醫生的人都沒有癌症。但檢查清楚至為重要，以便如有必要時作進一步檢查。

診斷

通常由看家庭醫生(GP)開始，他會對你作出檢查，並安排必要的測試或X光檢查。你的家庭醫生將會轉介你到醫院去做這些檢查、尋求專科醫生的意見和治療。

The doctor at the hospital will ask you about your symptoms and general health before doing a physical examination. You'll probably have a blood test taken to check your general health. You may also be asked to bring a sample of your bowel motion (stools) with you so that it can be tested for blood.

Your doctor may arrange for you to have an endoscopy or a barium meal to look at your stomach. Some people may have just one test while others may have both.

Endoscopy / Endoscopic ultrasound

This is the most common test used to diagnose cancer of the stomach. The endoscope is a thin, flexible tube with a light and camera at the end. It is used to take photographs of the lining of the stomach and to take a small sample of cells (biopsy) to be examined under a microscope.

Sometimes the endoscopy tube has an ultrasound probe at the end, which allows an ultrasound scan (see page 20) to be done of the stomach and surrounding structures. This is known as an endoscopic ultrasound.

Before an endoscopy the stomach has to be empty, so you'll be asked not to eat or drink anything for at least four hours beforehand. Most people have a sedative before an endoscopy to make them feel relaxed and drowsy. This is given as an injection into a vein in your hand. The doctor or nurse doing the endoscopy may also use a local anaesthetic spray to numb the back of your throat.

You lie on your side on a couch. The doctor or nurse will ask you to swallow the first part of the endoscope. They will then gently push it further down your gullet, and into your stomach. Once the endoscope is in place some air will be put down it. This makes it easier to see all areas of your stomach. When the test is over the endoscope is gently pulled out.

An endoscopy takes about 10 minutes. It can be uncomfortable but it's not painful. After a few hours the effects of the sedative should have worn off. You'll then be able to go home. You should not drive for 24 hours afterwards and it's advisable to arrange for someone to drive you home or to travel home with you. Some people have a sore throat after their endoscopy. This is normal and should disappear after a few days.

醫院的醫生在為你做身體檢查之前，會詢問你有關的症狀和一般健康狀況。可能會用驗血來檢查一下你的一般健康狀況。你也可能會被要求攜帶大便的樣本以檢查是否帶血。

醫生可能會安排內窺鏡檢查或鉞餐檢查來觀察你的胃部。有些人可能只會做一種檢查，也有人兩種都做。

內窺鏡/超聲波內窺鏡

這是診斷胃癌最普遍的檢查。內窺鏡是頂部帶有燈和探視鏡的柔軟細管，用來給胃黏膜攝像，並取出細胞的小樣本(活組織切片)在顯微鏡下觀察。

有時內窺鏡管的頂部裝有一個超聲波探針，容許對胃和周圍的組織做超聲波掃描(參見21頁)，這叫做超聲波內窺鏡。

在內窺鏡檢查前必須清空胃部，所以你會被告知至少在4小時前不能進食或飲用任何東西。大部份人在內窺鏡檢查前，手部靜脈被給予注射鎮靜劑，以令他們放鬆和昏昏慾睡。做內窺鏡檢查的醫生或護士，也可能會在喉嚨的後方噴上局部麻醉藥。

你會側躺在診治臺上，醫生或護士將讓你吞入內窺鏡的前端，然後輕輕地推入你的食道令其進入胃部。一旦內窺鏡到達正確的位置，會有空氣被注入，這會令胃部更容易被看清楚。檢查完成之後內窺鏡會被輕輕地拉出。

內窺鏡檢查大約需要10分鐘，你可能會感到不舒服，但不會有痛楚。幾個小時之後，鎮靜劑的藥力將會消退，你將可以回家。但在24小時內你不能開車，並且最好能讓人接你回家。有些人在內窺鏡之後會喉嚨痛，這是正常的，幾天後應該會消失。

Barium meal

This test will be done in the hospital x-ray department. It involves drinking a white, chalky liquid (barium) which helps the gullet and stomach to show up on an x-ray.

Before a barium meal the stomach needs to be empty so it's important not to eat or drink anything for at least four hours before the test.

You will be given some barium to drink and asked to lie on a couch. The doctor will watch on the x-ray screen as the barium passes through your stomach. To get a clear picture, the room will be darkened during the test. The couch will be tipped in several different positions to allow the barium to flow through the stomach.

The test usually takes less than an hour and may be slightly uncomfortable. The doctor, and often a nurse, will be in the room with you and will be able to answer any questions you may have.

Most people feel fine after the test, but it may be a good idea for a relative or friend to travel home with you. Your stools are likely to be very pale for a few days until all the barium has passed out of your system. Sometimes the barium causes constipation so you may need to take a laxative for a couple of days. Drinking plenty of fluids will also help.

Further tests

If the tests show that you have cancer of the stomach, your doctor may want to do some more tests to see if the cancer has spread outside the stomach or to other parts of the body.

CT (computerised tomography) scan

A CT scan takes a series of x-rays which builds up a three-dimensional picture of the inside of the body. The scan is painless and takes from 10–30 minutes. CT scans use a small amount of radiation, which is very unlikely to harm you and won't harm anyone you come into contact with. You will be asked not to eat for at least four hours before the scan.

鋇餐

這個檢查會在醫院的X光部門進行。它涉及到口服白色粉狀液體(鋇劑)，以幫助食道和胃在X光檢查中的顯影。

在做鋇餐檢查之前，胃部需要被清空，所以至少在檢查的4個小時前，不能進食或飲用任何東西，這點至為重要。

你將會服用口服鋇劑，並被要求躺在診治臺上。醫生會在X光屏幕上觀察鋇劑流過的胃部範圍。為了圖像更清晰，檢查時房間會被調暗。診治臺可能會被調整幾個不同的位置，以讓鋇劑走勻胃部。

測試通常需要不到一個小時，你可能會感到稍微不舒服。醫生或更經常是護士，會在會診室陪伴你回答有關的問題。

大部份人在檢查後都感覺良好，但讓親戚或朋友送你回家會是一個好的主意。你的大便幾天之內可能變得蒼白，直到鋇劑完全從體內排出為止。有時鋇劑會引起便秘，你可能需要服用幾天的瀉藥。飲用大量的液體也會有幫助。

進一步檢查

如果檢查顯示你有胃癌，醫生可能會安排進一步的檢查，來了解癌細胞是否已經擴散到胃部以外或身體的其他部位。

電腦掃描(CT掃描)

電腦掃描使用一系列的X光來建立身體內部的三維影像。掃描是無痛的，需要10至30分鐘時間。電腦掃描會使用少量的輻射物，但不會對你有傷害，亦不會傷害到跟你接觸的人。你會被要求在掃描前至少4個小時不能進食。

Before the CT scan you may be given a drink or injection of a dye (contrast) which helps the doctor to get clearer pictures from the scan. For a few minutes, the dye may make you feel warm all over. If you're allergic to iodine or have asthma you could have a more serious reaction to the injection, so it's important to let your doctor know beforehand. It is usually still possible to have the injection, but you will need to have steroid treatment on the day before, and the day of, the injection.

You may be asked to drink large amounts of water just before having the scan. This slightly stretches the stomach and gives a better picture of it. During the scan you may be asked to lie in different positions, such as on your back and front so that the doctor can see different views of your stomach.

You will probably be able to go home as soon as the scan is over.



The CT scan is painless but takes 10 - 30 minutes

Ultrasound scan

This test may be used to measure the size and position of a tumour. It's done in the hospital scanning department, is painless and only takes a few minutes. Once you're lying comfortably on your back, a gel is spread onto your tummy area (abdomen). A small device which produces sound waves is then passed over the area. The sound waves make up a picture of the stomach and liver, which can be seen on a computer screen.

PET (Positron emission tomography) scan

This test may occasionally be used to check for signs that cancer has spread

進行電腦掃描之前，你會需要服用或被注射顯影劑，以幫助醫生在掃描中得到更清晰的圖片。幾分鐘之後，顯影劑就會令你感到全身發熱。如果你對碘過敏或患有哮喘，可能會有更嚴重的反應，所以很重要，在做檢查之前要讓醫生知道。通常情形下病人仍可注射，但你需要在注射的前一天以及當天使用類固醇治療。

在掃描前你會被要求飲用大量的水。這會令胃部稍稍脹大，從而顯現更清晰的圖像。在掃描的過程中，你可能會被要求改變臥姿，例如趴下或躺下，讓醫生從不同角度觀察你的胃部。

你可能在掃描結束後就可以回家。



CT掃描是無痛的，但需要10到30分鐘時間

超聲波掃描

這個檢查可能會用來測量腫瘤的大小和位置。檢查會在醫院的掃描部門進行。檢查是無痛的，並且只需要幾分鐘時間。一旦你舒適的躺下，一種膠質會被塗在你的腹部。一個會產生超聲波的小型儀器會放在腹部上探測。聲波會形成胃和肝的圖像，並在電腦屏幕上顯示。

正電子發射層析掃描(PET掃描)

PET掃描偶爾會用來檢查是否有癌細胞擴散到胃部以外的跡象。檢

outside the stomach. This test uses low-dose radioactive glucose (a type of sugar) to measure the activity of cells in different parts of the body. A very small amount of the mildly radioactive substance is injected into a vein, usually in your arm. Tumours normally absorb more of the glucose and the radioactivity shows up on the scan.

After the injection is given you may be asked to lie in a dark room with your eyes closed. You will then be taken to the scanning room and asked to lie on a couch with the scanning ring around you. The dose of radiation you receive is no more than a normal x-ray.

PET scans aren't available in all hospitals, and you may have to travel to a hospital some distance away from your home to have it.

Laparoscopy

This test allows the doctor to look inside the upper part of the abdomen (tummy area). It's used to help plan the type of stomach operation that is most suited to you. It involves a small operation done under a general anaesthetic and will mean a short stay in hospital.

The doctor makes a small cut (about 2cm) in the skin and muscle near the tummy button (navel) and carefully inserts a thin, flexible fibre-optic tube (laparoscope) into your abdomen. The laparoscope allows the doctor to look at the outside of the stomach and at organs close by. They may take samples of tissue (biopsies) to be examined under the microscope.

After a laparoscopy you'll have one or two stitches in your abdomen where the cut was made. You may feel sore for a few days afterwards but you should be able to get up as soon as the effects of the anaesthetic have worn off.

Cancer markers

You may have blood samples taken to test for the levels of particular proteins in your blood. These proteins, called CEA and CA 19-9, are sometimes found at higher levels in the blood of people with stomach cancer. Because of this they are called cancer markers (or tumour markers).

If these tests show you have a raised level of a cancer marker in your blood the

查使用少量放射性葡萄糖(一種糖份)來測量細胞在身體不同部位的活動情況。非常少量的放射性葡萄糖會被注射入體內，通常是手臂的靜脈。腫瘤一般會吸收更多的葡萄糖，令放射體在掃描中顯現。

注射之後你可能會被要求躺在一間暗室並閉上眼睛。之後你會被送到掃描室，躺在診治臺上通過圓圈狀的掃描儀。至於對你所使用的放射性物質含量，不會超過普通的X光。

PET掃描不是每個醫院都有，你可能需要去離家較遠的醫院去做這項檢查。

腹腔鏡

這個檢查能讓醫生觀察你上腹的內部，以幫助決定最適合你的手術。這是涉及到全身麻醉的一個小手術，意味著需要短期留院。

醫生會從肚臍附近的皮膚和肌肉，切開一個小口(大約2厘米)，並慢慢插入一條柔軟的光導纖維細管(腹腔鏡)到腹部。腹腔鏡允許醫生看到胃的外部及它附近的器官，他們可能會取出組織(活組織切片)在顯微鏡下觀察。

腹腔鏡檢查之後，你腹部的開口會被縫一到兩針。之後幾天你可能會感到疼痛，但你應該在麻醉藥消退之後就可以起床。

癌症指標

你可能會被要求抽血，檢查血液中某種蛋白質的水平。這些蛋白質，名為癌胚抗原(CEA)和鏈糖抗原CA 19-9。有時胃癌患者的血液中，這種蛋白的水平較高。因為這樣，所以被叫做癌症指標(或腫瘤指標)。

如果這些檢查顯示你血液中的癌症指標水平升高，醫生可能會在治

doctor may repeat them from time to time during and after your treatment. This might be done to check how well your treatment is working and as part of your follow up after treatment.

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.

Doctors often use scans to assess the stage of a cancer. This is called clinical staging. But your doctor may only be able to tell you the exact stage of the cancer after you have had an operation to remove it.

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

T refers to the **t**umour size.

N refers to whether or not lymph **n**odes are affected.

M refers to whether or not the cancer has spread to other parts of the body (secondary or **m**etastatic cancer).

Tumour size (T)

- **T1** The cancer has not grown beyond the inner layer of the stomach.
- **T2** The tumour has grown into the muscle layer of the stomach.
- **T3** The tumour has grown beyond the outer layer (serosa) of the stomach.
- **T4** The tumour has spread to structures nearby the stomach such as the gullet, liver or abdominal wall.

Lymph nodes (N)

The N refers to whether the cancer cells have spread into the lymph nodes close to the stomach. The lymph node stages are:

療期間或結束之後，不時重復檢查。這是用來檢查你的治療是否有效，也是作為你治療後的跟進。

階段和分級

階段

癌症的階段是用來描述其大小和是否已經擴散到原發部位之外的術語。掌握癌症的特定類型和階段，有助於醫生為你決定最適當的治療方法。

醫生通常會使用掃描來判斷癌症的階段，這也叫做臨床階段。但是，醫生也許只能夠在你進行手術切除之後才能告訴你確切的癌症階段。

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他部位（繼發性或轉移性癌）

腫瘤的大小(T)

- **T1** 癌症沒有發展到胃內壁之外
- **T2** 腫瘤已經發展到胃部肌肉層
- **T3** 腫瘤已經發展到胃部最外層（漿膜層）之外
- **T4** 腫瘤已經擴散到胃附近的組織，例如食道、肝臟或腹壁

淋巴結(N)

N代表癌細胞是否已經擴散到鄰近胃部的淋巴結。淋巴結的階段有：

- **N0** There are no cancer cells in any lymph nodes.
- **N1** There are cancer cells in up to 6 lymph nodes.
- **N2** There are cancer cells in between 7 and 15 lymph nodes.
- **N3** There are cancer cells in more than 15 lymph nodes.

If cancer cells spread to the lymph nodes, the nodes are said to be positive.

Metastases (M)

- **M0** the cancer cells have not spread else where in the body.
- **M1** the cancer cells have spread to other parts of the body. This is called secondary or metastatic stomach cancer.

The T, N and M stages may be grouped together to give an overall stage for the cancer from 1 – 4.

Stage 1A The cancer is contained within the inner lining of the stomach (mucosa) only.

Stage 1B The cancer has grown into the muscle layer of the stomach, OR it is affecting up to six of the nearby lymph nodes.

Stage 2 The cancer has spread through the mucosa and is affecting between 7 and 15 lymph nodes nearby, OR it is affecting the muscle layer and up to six lymph nodes, OR it has spread to the outer layer of the stomach (serosa).

Stage 3A The cancer has spread to the muscle layer of the stomach and also to between 7 and 15 lymph nodes nearby, OR it has spread to the outer layer of the stomach and is affecting up to six lymph nodes, OR it has spread to structures close to the stomach but not to any lymph nodes or any other parts of the body.

Stage 3B The cancer has spread to the serosa and it is also affecting between 7 and 15 lymph nodes.

Stage 4 The cancer has spread to organs close to the stomach and to at least one lymph node, OR to more than 15 lymph nodes, OR it has spread to other parts of the body such as the lungs.

- **N0** 任何淋巴結都沒有癌細胞
- **N1** 6個淋巴結有癌細胞
- **N2** 7到15個淋巴結有癌細胞
- **N3** 超過15個淋巴結有癌細胞

如果癌細胞擴散到淋巴結，該淋巴結被稱為呈陽性。

轉移(M)

- **M0** 癌細胞沒有擴散到身體其他部位。
- **M1** 癌細胞已經擴散到身體其他部位。這被稱為繼發性或轉移性胃癌。

TNM階段可能會被分組，以給予1-4癌症階段的整體階段。

第一階段A 癌細胞只存在於胃內壁(黏膜層)。

第一階段B 癌細胞已經發展到胃部肌肉層，或已經感染達6個附近淋巴結。

第二階段 癌細胞已經擴散到整個黏膜層並且感染了附近7到15個淋巴結，或感染了肌肉層並達6個淋巴結，或已經擴散到胃的最外層(漿膜層)。

第三階段A 癌細胞已經擴散到胃部肌肉層和附近7到15個淋巴結，或已經擴散到胃的最外層並感染達6個淋巴結，或已經擴散到鄰近胃部的組織但沒有感染任何淋巴結或身體的其他部位。

第三階段B 癌細胞已經擴散到漿膜層並感染7到15個淋巴結。

第四階段 癌症已經擴散到胃鄰近的器官和至少一個淋巴結，或超過15個淋巴結，或已經擴散到身體的其他部位，如肺部。

Grading

The grading of a cancer gives an idea of how quickly it may develop. To find the grade of the cancer, your doctors will look at a sample of the cancer (a biopsy) under the microscope.

- **Grade 1 (low grade)** – the cancer cells tend to be slow growing, look quite similar to normal cells (are ‘well differentiated’) and are less likely to spread.
- **Grade 2 (moderate grade)** – the cells look more abnormal.
- **Grade 3 (high grade)** – the cancer cells tend to be more quickly growing, look very abnormal (are ‘poorly differentiated’) and are more likely to spread than low-grade cancers.

Treatment

Stomach cancer can be treated using surgery, chemotherapy or less commonly radiotherapy. The choice of treatment will depend on the position and size of the tumour and whether it has spread beyond the stomach, as well as your age and general health. The treatments can be used alone or in combination.

Planning treatment

In most hospitals a team of specialists, called a multidisciplinary team (MDT) will meet to discuss and agree on the plan of treatment they feel is best for you. The MDT will normally include:

- a surgeon who specialises in gastrointestinal cancers
- an oncologist (cancer specialist)
- a radiologist, who helps to analyse scans and x-rays
- a pathologist who advises on the type and extent of the cancer
- a nurse specialist
- a dietitian.

Other staff are also available to help you if necessary, such as:

分級

癌症的分級顯示其發展的速度。要找出癌症的分級，你的醫生會在顯微鏡下觀察癌症的樣本(活組織切片)。

- **第一級(低級別)** – 癌細胞生長緩慢，樣貌跟普通細胞(高分化的)相似，並且不易擴散。
- **第二級(中等級別)** – 細胞樣貌更異常。
- **第三級(高級別)** – 癌細胞生長更快，樣貌很異常(低分化的)，並且比低級別癌症更易擴散。

治療方法

胃癌可以通過外科手術、化學療法或比較少使用的放射療法來治療。選擇哪一種治療方法，取決於腫瘤的位置和大小、是否擴散到胃部之外，以及你的年齡和一般健康等因素。某些治療方法可能單獨或聯合使用。

治療計劃

在大部份的醫院中，一組專科醫生將開會討論，並決定他們認為對你病情最佳的治療計劃，這個小組叫跨專科康復綜合小組(MDT)。這個綜合小組通常將包括：

- 一名資深的胃腸癌症外科醫生
- 一名腫瘤專科醫生(癌症專科醫生)
- 一名放射專科醫生，負責分析掃描和X光結果
- 一名病理學專科醫生，提供癌症種類和擴散程度的意見
- 一名專科護士
- 一名營養師

如有需要，其他的工作人員也會加入協助病人，例如：

- physiotherapists
- occupational therapists
- psychologists and counsellors.

Treatment choices

If two treatments are equally effective for the type and stage of cancer you have, your doctors may offer you a choice of treatments. If you have to decide between treatments, make sure that you have enough information about the different treatment options. You might want to ask more about what is involved in each treatment, and about possible side effects, before you decide what is right for you.

If you have any questions about your treatment, don't be afraid to ask your doctor or nurse. It often helps to make a list of the questions you want to ask and to take a close friend or relative with you. You may also find it helpful to keep notes about what has been said.

Some people find it reassuring to have another medical opinion to help them decide about their treatment. Most doctors will be pleased to refer you to another specialist for a second opinion (see page 34) if you feel this would be helpful.

Giving your consent

Before you have any treatment, your doctor will explain the aims of the treatment to you. They will usually ask you to sign a form saying that you give your permission (consent) for the hospital staff to give you the treatment. No medical treatment can be given without your consent, and before you are asked to sign the form you should be given full information about:

- the type and extent of the treatment you are advised to have
- the advantages and disadvantages of the treatment
- any other treatments that may be available
- any significant risks or side effects of the treatment.

If you don't understand what you have been told, let the staff know straight away so that they can explain again. Some cancer treatments are complex, so it's very

- 物理治療師
- 職業治療師
- 心理學專科醫生或心理輔導員

治療方法的選擇

如果針對你的癌症種類和分期，同時有兩種效果相同的治療方法，醫生可能會讓你作出選擇。如必須要選擇治療方法，在你作出決定之前，要確保你對不同的治療方法都有足夠的了解。你可能會想詢問更多每種治療方法涉及些什麼，以及可能出現的副作用，才決定哪種方法適合你。

如果你對治療方法有任何疑問，不要害怕詢問醫生或護士。提前把你要問的問題寫下來，並且帶一位好朋友或親戚一同前往，這通常會很有幫助。你可能發現把醫生的回答記下來，也會有幫助。

有些人認為尋求另一個醫療意見會協助他們決定有關他們的治療方法。如果你覺得這樣會有幫助，大部份醫生都將樂意轉介你到其他的專科醫生處，尋求第二意見(參見35頁)。

取得你的同意

在你進行任何治療之前，醫生會向你解釋有關治療的目的。他們會要求你簽署一份表格，取得你的同意，讓院方的人員為你進行治療。在沒有得到你同意之前，醫院方面是不會進行任何治療的。另外，在你簽署同意治療書之前，你應該獲得充分的有關資料：

- 建議為你所作的治療種類和程度
- 治療方法的好處與壞處
- 其他可能的治療方法
- 治療方法的主要風險或副作用

如果你不明白被告知的內容，即時讓醫護人員知道，他們可以重新向你解釋一遍。有些癌症的治療方法很複雜，所以很多人都需要不

common for people to need to hear explanations more than once.

If you feel that you can't make a decision about the treatment when it is first explained to you, you can always ask for more time. You are also free to choose not to have the treatment or to stop having a treatment. If you are considering this, it's essential to discuss things fully with your cancer specialist so that they can give you the best advice and record your decision in your medical notes.

Benefits and disadvantages of treatment

Treatment can be given for different reasons and the potential benefits will vary for each person.

Early-stage stomach cancer

In people with early-stage stomach cancer, surgery is often done with the aim of curing the cancer. Additional treatments may also be given to help reduce the risk of the cancer coming back.

Advanced stomach cancer

If the cancer is at a more advanced stage, treatment is usually given to control symptoms, improve your quality of life and help you to live for longer. However, for some people the treatment will have little effect upon the cancer and they will get the side effects without any of the benefit.

Treatment decisions

You may feel worried at the thought of having cancer treatment, because of the potential side effects that can occur. In this situation it's often helpful to get more information about what can be done to prevent or control side effects. The doctor giving you the treatment will be able to answer your questions about this.

If you have been offered treatment that is intended to cure your cancer, deciding whether to accept the treatment may not be difficult. However, if a cure is not possible and the treatment is being given to control the cancer for a period of time, it may be more difficult to decide what to do.

Making decisions about treatment in these circumstances is always hard, and you may need to discuss in detail with your doctor whether you wish to have

止一次的解釋。

如果你在第一次聽到治療方法的解釋之後，仍然感到未能作出決定，你可以要求更多的時間。你也有選擇不做治療或終止治療的自由。如果你正在考慮這個問題，跟你的癌症專科醫生充分討論是很有必要的，他們可以給你最好的建議，並把你的決定記錄在醫療記錄中。

治療方法的好與壞

提出的治療方法有著不同的理由，潛在的好處也因人而異。

早期胃癌

在早期胃癌的患者中，手術的目的通常是治愈癌症。額外的治療也會用來幫助降低癌症復發的風險。

晚期胃癌

如果癌症已步入較晚期，治療通常是控制症狀，改善你生活的質量，並幫助你延長壽命。然而，對有些病人來說，有關的治療對控制病人的病情有限，更可能在毫無獲得好處的情況下產生副作用。

治療的決定

你也許會因為想到治療中可能出現的副作用而擔心。通常這個時候了解更多怎樣防止或控制副作用的資料，會很有幫助。為你做治療的醫生，將能夠回答你這方面的問題。

如果為你提供的治療方法，其目的是要治愈你的癌症，決定是否接受治療可能不會困難。但是，如果沒有治愈的方法，治療只是在一段時間內控制癌症，決定怎麼做可能就會比較困難了。

在這些情況下，要作出治療的決定通常都很難，你可能需要跟醫生

treatment. If you choose not to, you can still be given supportive (palliative) care, with medicines to control any symptoms.

Second opinion

A number of cancer specialists work together as a team to decide the most suitable treatment for each person. Even so, you may want to have another medical opinion. Most doctors will be pleased to refer you to another specialist for a second opinion, if you feel that this will be helpful. Getting the second opinion may cause a delay in the start of your treatment, so you and your doctor need to be confident that it will provide useful information.

If you go for a second opinion, it can be helpful to take a relative or friend with you, and to have a list of questions ready, so that all your concerns are covered during the discussion.

Surgery

Surgery is an important treatment for many stomach cancers. The results of surgery have improved in the last 10 years. This is because stomach cancer is often found and treated earlier, and because of advances in surgical methods.

Surgery to remove part or all of the stomach

If the cancer is diagnosed at an early stage, an operation may be all that's needed to cure it. This may involve removing part of the stomach (a **partial gastrectomy**) or all of the stomach (a **total gastrectomy**). Which operation is needed depends on the size of the tumour and where it is in the stomach.

If the lower part of the gullet is removed the gullet is reconnected directly to the small bowel.

Often, the lymph nodes close to the stomach are removed at the same time to see if the cancer cells have spread into them. Depending on the extent of the cancer, some other organs in the area of the stomach may be removed during the operation. These may include the lower part of the gullet (oesophagus), the upper part of the small bowel (duodenum), the spleen or part of the pancreas.

詳細討論是否願意接受治療。如果你選擇放棄治療，你仍然可以用藥物來控制有關症狀，並且獲得有關的支援(舒緩)護理。

第二意見

最適合每名病人的治療方法，都是由幾名癌症專科醫生組成小組來決定的。即使這樣，你也許仍想獲得其他的醫療意見。如果你覺得這樣會對你有幫助，大部份醫生都樂意轉介你到另一個專科醫生處聽取第二意見。聽取第二意見可能會造成治療的延誤，所以你和你的醫生都需要確信第二意見能提供有用的信息。

如果你去聽取第二意見，由親人或朋友陪同將有幫助，事前寫下你所要問的問題，這樣，所有你關注的問題便可在討論中涵蓋。

外科手術

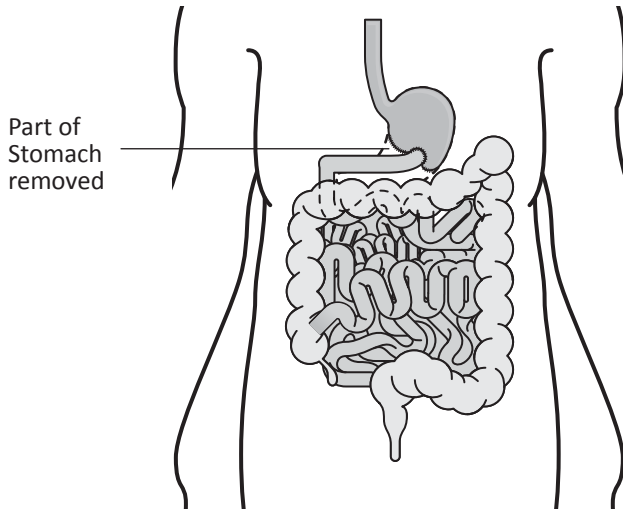
外科手術是治療多種胃癌的重要治療方法。過去十年，外科手術的成果有所提高。這是因為胃癌通常被及早地發現和治療，並且手術方法也有所進步。

切除部份或整個胃的手術

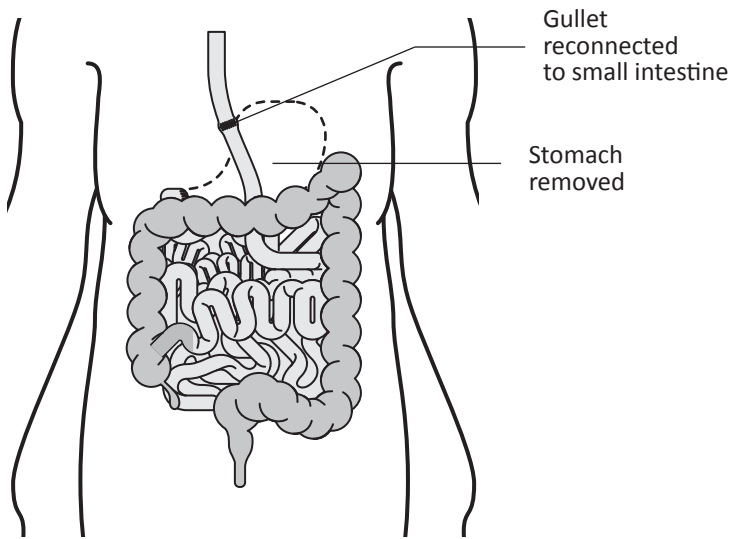
如果癌症在早期被診斷，治愈的過程可能只需要做手術便可以。這可能涉及到切除部份的胃部(**胃部份切除術**)或整個胃(**胃完全切除術**)。至於需要做哪種手術，則取決於腫瘤的大小和位置。

如果食道的末端被切除，食道會被直接連到小腸。

一般來說，胃部附近的淋巴結在這個手術中也會被一併切除，從而化驗是否已有癌細胞擴散入內。而視乎癌症擴散的情況而定，有時胃部周圍的其他器官也可能在手術中切除，包括食道(食管)末端、小腸前端(十二指腸)、脾或部份胰腺。

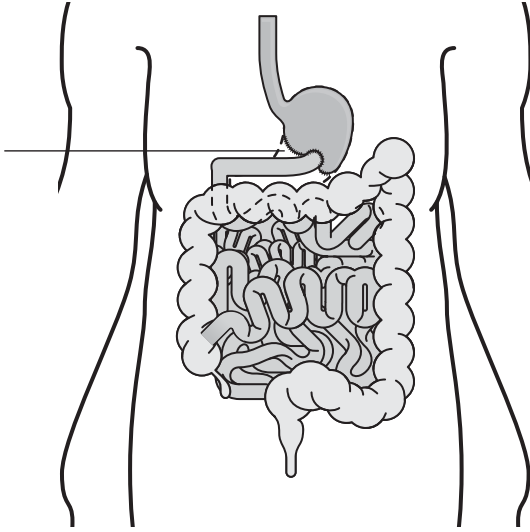


Partial gastrectomy



Total gastrectomy

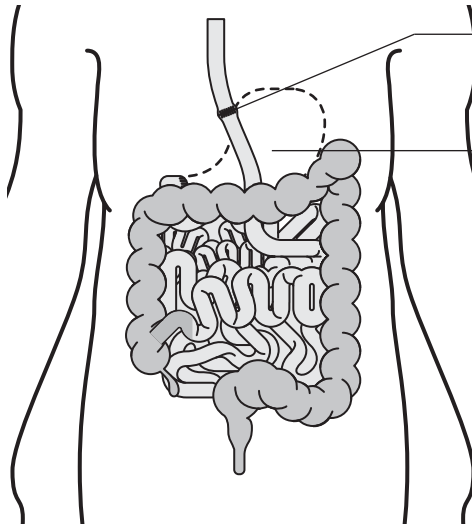
部份的胃
被切除



胃部份切除術

食道
被重新連接
到小腸

胃部
被切除



胃完全切除術

Keyhole surgery

In some situations, it may be possible to have keyhole or laparoscopic surgery to remove some, or all of your stomach. In this type of surgery only small openings are made instead of one larger cut. The surgeon uses a special instrument called a laparoscope to see and work inside the tummy (abdomen).

The laparoscope is put into the abdomen through the small cuts in the skin. Generally, about three small cuts and one larger cut are needed for the operation. The larger one is used to remove the stomach.

With this type of surgery recovery time may be quicker (but this has not yet been proven in clinical trials).

The chances of curing stomach cancer appear to be as good with keyhole surgery as with bigger operations. However, it hasn't been used for long enough to be absolutely sure of this.

Keyhole surgery should be carried out by surgeons with specialist training and experience in using laparoscopic techniques. This type of surgery isn't widely available so, if it is suitable for you, you may need to travel to another hospital to have the operation.

Surgery to remove a blockage in the stomach

Sometimes the cancer may cause a blockage, and stop food from being able to pass through the gut. If this happens, the surgeon may be able to do one of the following:

- A thin flexible tube (stent) is placed into where the blockage is to allow food to go through. The stent can be put in under a local anaesthetic using a long flexible tube (endoscope) that goes down the gullet and into the stomach.
- Operate to remove part of the stomach where the blockage is (partial gastrectomy).
- Bypass the blockage by making a new connection between two parts of the gut (gastrointestinal tract) so allowing food to get through. This is called bypass surgery.

Surgery to relieve a blockage in the stomach can often relieve symptoms but

微創手術(鎖眼切口手術)

在某些情況下，醫生很可能會使用微創手術(鎖眼切口手術)或腹腔鏡手術，來切除部份或全部的胃。這種手術，只會切開小口來代替大切口。外科醫生會用一個名為腹腔鏡的特別儀器，在肚子(腹部)內觀察並操作。

腹腔鏡會被從皮膚小切口伸入到腹部。通常來說，這個手術需要大約三個小切口和一個較大的切口。較大的切口用來取出胃部。

這種手術的康復時間可能比較快(但仍未有在臨床試驗中被證明)。

利用微創手術治愈胃癌跟大手術的效果不相伯仲。然而，這種手術的發展時間仍不夠長，暫時未能完全確定跟大手術效果相同。

微創手術應該由受過訓練，使用腹腔鏡經驗豐富的外科手術醫生進行。這種手術目前仍未廣泛使用，所以如果這適合你，你可能需要去另一家醫院進行手術。

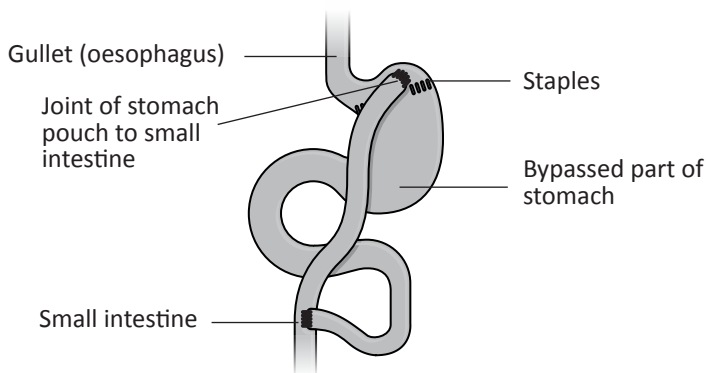
清除胃堵塞的外科手術

有時候癌症可能引起堵塞，令食物沒法通過到達小腸。如果這種情況發生，外科醫生可能會進行下列其中一項步驟：

- 將一條薄壁的軟管(支架)放到堵塞的地方，令食物可以從中通過。而支架放入時會在局部麻醉的情況下進行，屆時會利用一條柔軟的小管(內窺鏡)，從食道插入胃部協助過程。
- 將胃部堵塞的部份切除(胃部份切除術)。
- 亦可透過搭建一條連接消化道(胃腸道)兩端的新道口，避開堵塞，讓食物通過。這叫做分流(搭橋)手術。

緩解胃部堵塞的手術，能夠紓緩症狀，但不能治愈癌症。

won't cure the cancer.



Stomach-bypass surgery

Before your operation

Having part or all of your stomach removed involves a major operation. So, before you have this type of surgery your doctors will need to make sure that you're physically able to cope with it and that it isn't too risky for you. This may involve you having tests, such as heart and lung tests, to check your general health and fitness. If you have been having problems with eating and have lost weight you may be given extra help and support with your diet to help prepare you for the operation.

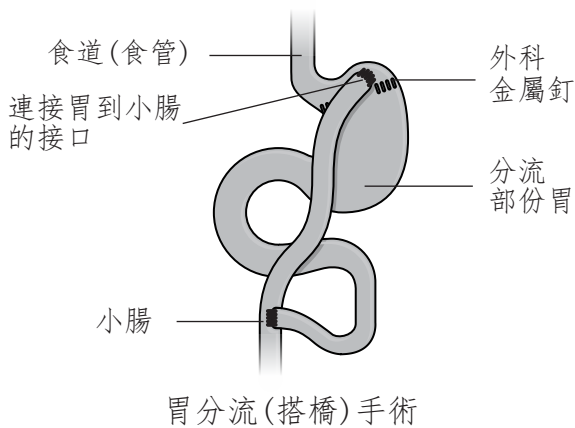
On the day of your operation

You will have fasted overnight and won't have anything to eat until after the operation. You will have a bath or a shower and you will be given a hospital gown to change into. You may also be given special support stockings to wear. These are to help prevent blood clots developing in your legs during or after the operation.

After your operation

You may be nursed in the intensive care or high-dependency unit immediately after your operation. This is routine in many hospitals and doesn't mean your operation has gone badly or that there are complications.

You will probably have an oxygen mask on to start with to help you breathe more



手術之前

切除部份或整個胃部涉及一個大手術。所以，在你進行這個手術之前，醫生需要確保你的身體能夠承受這個手術，並且對你不會構成很大的風險。因此當中可能包括一些測試，例如心臟和肺的測試來檢查你的一般健康狀況和體魄。如果你一直都有進食的問題，並且體重下降，你會得到在飲食方面額外的幫助和支持，以協助你準備進行這項手術。

手術當日

你會禁食整晚並且一直到手術之後都不能吃任何東西。你將會先洗澡或淋浴，然後換上醫院的長袍。你可能也會給予特殊的護腿長襪，用來幫助防止手術中或手術後大腿的血液凝結。

手術之後

手術結束後你可能會被安排在加護病房，或深徹護理病房。這是很多醫院的慣常安排，並不表示你的手術有任何差錯或出現併發症。

在病房內，你最初可能會戴上氧氣罩，以幫助你更容易呼吸。手術

easily. For the first few hours after the operation a machine, called a ventilator may be used to help you with breathing.

The nurses will encourage you to start moving about as soon as possible after your operation. This is an essential part of your recovery, as it helps to prevent problems such as chest infections or blood clots from developing. If you have to stay in bed, the nurses will encourage you to do regular leg movements and deep breathing exercises. A nurse or a physiotherapist can help you to do the exercises.

Drips and drains

After the operation you may have some of the following in place for a short time:

- A fluid drip going into your vein (intravenous infusion). This will give you fluids until you are able to eat and drink again. It may also be used to give you painkillers.
- A fine tube going into your back (epidural). This may be used to give you drugs that numb the nerves and stop you feeling sore.
- A naso-gastric (NG) tube. This is a tube that passes down your nose into your stomach or small bowel and allows fluids to be removed so that you don't feel sick. It's usually taken out within 48 hours.
- A feeding tube that goes into the small bowel through a small cut in the abdomen. It is used to give you food and nutrients until you are able to begin eating again.
- A small flexible tube (urinary catheter) to drain urine from your bladder into a collecting bag. This is usually taken out after 48 hours.
- A drainage tube coming from your wound. This helps to prevent swelling and allows the wound to heal properly. It is taken out after a few days.

Drinking and eating

After an operation to remove part or all of your stomach, new joins are made in your gut. These joins will need a few days to heal. So, you won't be able to eat

後幾個小時，一個叫呼吸器的儀器將會用來幫助你呼吸。

手術後，護士會鼓勵你盡快開始活動。這是促進你康復的重要部份，因其有助防止發生如胸部感染或血液凝結的問題。如果你不得不躺在床上，護士會鼓勵你定時做腿部運動和深呼吸運動。一名護士或物理治療師可以幫助你做這些運動。

點滴和排泄

手術後短期內你可能會有以下安排：

- 一條通向你靜脈的點滴(靜脈輸液)，會為你提供液體直到你能吃喝為止，同時也可能用來給你注射止痛葯。
- 一條細管會從你背後(硬膜外)插入，這是用來注入麻醉神經的藥物，讓你停止痛楚。
- 鼻胃管(NG管)。這是一條插入鼻子到達胃或小腸的管子，它用來排出體液，令你不會噁心。這條小管通常在48小時之內會摘除。
- 一條由腹部小切口插入小腸的飼管。它用來給你提供食物和營養，直到你能夠進食為止。
- 一條柔軟的細管(導尿管)會從膀胱把尿液導向收集袋。這條小管通常在48小時之後摘除。
- 一條從傷口伸出的導管，幫助防治腫脹並讓傷口愈合。幾天後會被摘除。

飲食

切除部份或整個胃部的手術之後，小腸會有新的造口連接。這些連接需要幾天的時間愈合。所以，手術之後你不能夠馬上吃喝。

and drink immediately after your operation.

You may have a feeding tube in place for a few days. This will be used to give you food until you are able to eat. The surgeon puts this in during surgery. It is put into the middle part of the small bowel (the jejunum) through a small cut made in the wall of the tummy (abdomen). It will be taken out soon after you have begun to eat again.

After about 48 hours you will probably be ready to start taking small sips of water. This will be gradually increased until you are able to eat a light diet, usually four or five days after your operation. Before you start eating again you may have a test in the x-ray department, called a barium swallow. This involves drinking a chalky liquid (barium) that shows up on x-rays. The test is done to check that the joins in your gut are healing properly.

Pain

After your operation you'll need painkilling drugs for a few days. These may be given into a vein (intravenously), into the space around your spinal cord (epidural), into a muscle (intramuscularly) or as tablets.

To begin with you may be given intravenous painkilling drugs through a syringe connected to an electronic pump. The pump can be set to give you a continuous dose of painkiller. You may also have a hand control with a button you can press if you feel sore. This is called patient controlled analgesia (PCA). It is designed so that you can't have too much painkiller (overdose), so it's okay to press it whenever you are uncomfortable.

Some people have painkilling drugs given into the space around the spinal cord (epidural). The drugs numb the nerves and are often given through a syringe and tubing attached to an electronic pump.

If you are in pain, let your nurses and doctors know as soon as possible. This will help them to give you the combination and dose of painkillers that is right for you.

Going home

You will probably be ready to go home about 7–14 days after your operation. If you think you might have problems when you go home – for example, if you live alone or have several flights of stairs to climb – let the nurses or social worker

你可能在有關的部位被置入一條飼管，用來為你輸送食物，直到你能夠進食為止。這是外科醫生在手術時為你置入的，它通過肚子（腹部）的小切口，被放在小腸的中部（空腸）。在你能夠進食的時候，這條飼管將會被摘除。

48小時之後你將可以開始呷一小口水。飲用量會逐漸增加，直到你能夠進食少量食物為止，這個情況通常在手術後要維持四到五日。在你開始飲食之前，你可能會在X光部門進行一項名叫鎮餐造影的檢查。你會飲下白色粉狀的液體（鎮液），液體會X光中顯影。這個目的是用來檢查你腸胃的連接口愈合是否正常。

疼痛

手術之後你將需要服用幾天的止痛藥。這些止痛藥可能會注射到靜脈（靜脈注射）、脊髓（硬膜外）、肌肉或口服。

一開始你可能會被靜脈注射止痛藥物，注射會通過連接到電子泵的注射器。這個泵可以調較到持續地向你注入止痛藥。也有可能給你一個控制器，當你感到痛楚時可以按鈕一下，自動入藥。這叫病人自控鎮痛術（PCA）。這個設計能讓你不會被注射入過量的止痛藥，所以無論何時，當你感到不舒服的時候便可按一下。

有些人亦會通過脊髓（硬膜外）注射止痛藥。這些止痛藥用來麻痹神經，通常是透過連接到電子泵的注射器和管子注入。

如果你感到疼痛，立刻讓你的護士或醫生知道。這樣能夠幫助他們向你提供更適合你的混合止痛藥物及劑量。

回家

你將會在手術後7到14天內就可以回家。如果你認為回家之後會出現困難 - 例如你是獨居的，或需要走樓梯的 - 在入院時預先告訴護

know when you go into hospital, so that help can be arranged when you go home.

You'll still be recovering for sometime after you go home and will need to take things easy for several weeks. It is best to gradually build up your level of activity. It will probably take between three to six months before you are fit enough to go back to work.

Provided you feel comfortable to do so it's usually fine to begin driving again from four to six weeks after your operation. In general, if you feel well enough, it's safe to have sex again from about four weeks or so after the operation. But, this will be much too early for some people and it depends on how you feel.

Some people take longer than others to recover from their operation. If you're having any problems you may find it helpful to talk to someone who is not directly involved with your illness. Macmillan's cancer support specialists are always happy to talk with you. They can also give you details of support groups in your area, where you can talk to other people who have had similar problems. You can contact the Cancer Counselling Trust to talk to a counsellor.

Before you leave hospital you will be given an appointment for a post-operative check-up at the outpatient clinic. This will be a good time to talk to your doctor about any problems you may have after your operation.

Eating after stomach surgery

The stomach can usually hold large amounts of food before gradually releasing it into the small bowel. But, after your stomach operation this will change.

If you have had part of your stomach removed, the remaining stomach won't be able to hold as much food as before and you'll need to eat smaller meals to begin with. Over several months the stomach gradually stretches so that eventually most people are able to eat as they did before the operation.

If you have had all of your stomach removed, the food that you eat will go straight from your gullet into the small bowel. Normally food is broken down and absorbed in the bowel, so this won't affect your ability to digest food. But, the small bowel won't be able to hold as much food at one time as your stomach could. So you will need to eat smaller portions of food and eat more often. In time your body will adjust and you will be able to eat more at a time.

士或社工，讓他們在你回家的時候可以預先安排幫助。

回家之後，你的身體仍需要一段時間康復，你需要放輕鬆幾個星期。最好能夠慢慢的增加活動量。要身體能達到足夠的體能來恢復工作，可能約需要三到六個月。

在你覺得有把握的情況下，通常在手術後四到六個星期後，你可以開始開車。一般來說，如果你覺得身體已經不錯，手術後約四個星期就可以恢復性生活。但對有些人來說可能太早，所以一切視乎你的感覺而定。

有些人術後需要比其他人需要更長的恢復期。如果有任何問題，你或許會覺得有幫助的是和那些沒有直接與你病情相關的人士傾訴。麥美倫癌症支援的支援專業人士，很樂意與你交談。他們也可以告訴你當地的支援小組資料，在那裡你可以跟有相同經歷的人交流。你也可以聯絡癌症心理輔導信託，跟他們的心理輔導員傾訴。

在你出院前，院方會為你安排好一個手術後到醫院專科門診做復診檢查的時間。這是一個向醫生提出你手術後所遇到問題的最好時機。

手術後的飲食

胃部將食物慢慢輸送至小腸之前，通常能儲存大量食物。不過，經歷了胃部手術之後，這將會有所改變。

如果你部份的胃被切除，這意味著餘下的胃將不能夠儲存和以前一樣多的食物，所以你開始需要進食份量較少的餐。幾個月之間，胃部會慢慢拉大，最終大部份人都能夠和以前進食同樣份量的食物。

如果你整個胃部被切除的話，你吃下的食物便會直接從食道進入小腸。一般而言，食物在小腸內會被分解和吸收，不會影響你消化食物的能力。但小腸儲存食物的份量，不像胃部般大，所以你需要少吃多餐。隨著時間推移你的身體會慢慢調節，屆時你每餐便可多吃一些。

After your stomach operation you will feel full quite quickly when you eat or drink. So you'll need to eat several (about six) small meals a day, rather than a few larger meals. Some people plan this as a light breakfast, lunch and evening meal, along with a midmorning, afternoon and evening snack. It's also best to have drinks separately from meals (or just drink a small amount with your meals).

Eating a balanced diet will help you to gain weight, and recover more quickly. However, you may not feel much like eating for some time after the operation, so don't be worried if it takes you a couple of months to get back to eating a balanced diet again. You may find that certain foods make you feel sick, or give you indigestion or diarrhoea. Keeping a food diary where you note down which foods you eat and any problems you have, will help you to begin to know which foods may cause you problems.

Boosting your weight

If you are losing weight you will need to increase your calorie and protein intake. A good way of doing this is by having nutritious, high-calorie drinks. There are several different types. They are available on prescription from your doctor or you can buy them at most chemists. Always carry a snack with you when you go out as this can help you to eat more. Another way of improving your appetite is to have a glass of sherry (or another type of alcoholic drink) about half an hour before a meal – but check with your doctor first as some medicines shouldn't be mixed with alcohol.

Trying to put weight back on can be difficult. Many people struggle to keep their weight steady to begin with. Some people never regain all of the weight that they have lost. But, in time most people find that their weight becomes steady again, although they may weigh less than before.

Advice about diet

It can be very helpful to talk to a dietitian. They can give advice and information about possible changes to your diet. Most hospitals have a dietitian available and the staff on the ward can arrange for them to visit you. Your GP may also be able to refer you to a community-based dietitian.

Vitamin B12, folate, iron and calcium

After your operation your body may not be able to absorb certain vitamins and

胃部手術之後，你吃喝時會很快便感到飽。所以與其少餐多吃，不如少吃多餐(大約每日六餐)。有人會將早、午和晚三餐吃少些，然後在三餐之間再進食些小食。最好在正餐時能夠和飲料分開(或只在正餐時飲少量)。

均衡的飲食將有助你增加體重，康復得更快。但是手術之後你可能不怎麼想吃東西，所以如果手術後需要幾個月的時間，才能恢復均衡的飲食，也不用太擔心。可能某些食物會令你覺得噁心，或不能消化，甚至腹瀉。保持一個每日的食物記錄，寫下那些你所吃的食物和反應，有助你知道哪些食物會引起問題。

增加體重

如果你體重下降，可能將需要增加卡路里和蛋白質的攝取。一個很好的辦法是飲用營養豐富、高卡路里的飲品。這些飲品有很多種類，醫生可以給你開處方，或者你也可以在大部份的藥房內購得。每當出門的時候，身上帶些小食可以幫助你吃多些。另一個增加胃口的方法是，在餐前喝一小杯的雪莉酒(或另一種酒精性的飲料) - 但請先跟醫生確認好，因某些藥物不能和酒類混和使用。

嘗試恢復體重可能會很艱難，很多人一開始的時候連保持體重穩定都有困難，有些人甚至不再能夠恢復所減輕的體重。雖然可能比以前輕了，但是大部份人慢慢的會發現體重變得穩定。

飲食建議

跟營養師討論會很有幫助，他們可以為你提供針對你的飲食可行的改變建議和資料。大部份的醫院都有一位營養師，病房內的工作人員可以幫你安排他們來訪。你的家庭醫生亦可以轉介你到社區中的營養師那裏去作諮詢。

維他命B12、葉酸、鐵和鈣

手術之後你的身體也許不能像以前一樣，有效的吸收某些維他命和

minerals as well as before.

Vitamin B12 plays an important role in making healthy red blood cells. A special chemical called intrinsic factor enables us to absorb vitamin B12 from the food we eat. Intrinsic factor is only made in the stomach, so if you have all of your stomach removed you will need to have a vitamin B12 injection every few months. If only part of your stomach is removed your doctor will do a blood test to check your levels of B12 from time to time in case you should need injections.

Dumping syndrome

Normally, the stomach stores food and releases it into the bowel in a controlled way. After an operation to remove part or all of your stomach this process can be affected causing symptoms that are known as dumping syndrome. There are two types: early dumping syndrome and late dumping syndrome.

Early dumping syndrome refers to symptoms that may happen within 30 minutes of eating a meal. You may feel dizzy, faint, and your heart may start to beat faster. These symptoms may last for about 10–15 minutes. Some people also have tummy cramps and diarrhoea.

The symptoms happen when food rapidly enters the bowel. This draws fluid into the bowel from the surrounding organs and tissues and causes a drop in blood pressure.

If you have symptoms of early dumping syndrome you may be able to reduce the problem by:

- eating slowly
- taking small, frequent, dry meals
- having drinks between meals, rather than at mealtimes
- avoiding meals that are mostly made up of foods high in added sugar, such as sugary cereals
- eating meals that are high in proteins such as fish, meat and eggs and starchy carbohydrates like pasta, rice, bread and potatoes
- resting for 15–30 minutes immediately after meals.

Many people find that early dumping syndrome gets better on its own in time. And, that symptoms get less severe and happen less often after a few months.

礦物質。

維他命B12在造紅血細胞中起著重要的作用，一種名為內在因子的特別的化學物質，讓我們能夠從食物中攝取維他命B12，而這種內在因子只會在胃部分泌。所以如果你的胃被全部切除，每幾個月你將需要注射維他命B12。如果只是部份胃被切除，醫生將會時不時地為你驗血檢查維他命B12的水平，以防你需要注射。

傾倒綜合症(傾食症候群)

一般而言，胃部儲存食物並有序地送到腸子。在切除部份或整個胃部之後，這個過程可能會受到影響而引發名為傾倒綜合症(又名：傾食症候群)的症狀。傾倒綜合症分兩類：早發性傾倒綜合症和遲發性傾倒綜合症。

早發性傾倒綜合症就是症狀可能在餐後30分鐘之內發作。你可能覺得眩暈、無力，並且心跳開始加速。這些症狀可能持續大約10到15分鐘。有些人更會出現腹部痙攣和腹瀉。

這些症狀在食物快速進入腸道的時候產生。腸道從周圍器官和組織中抽取體液，引起血壓下降。

如果你有早發性傾倒綜合症的情況，可以根據以下方法減輕症狀：

- 慢慢進食
- 少食多餐、進食乾性的食物
- 在兩餐之間飲水，不要在進餐時飲水
- 避免高糖份的食物，例如帶糖的麥片
- 進食高蛋白的食物，例如魚、肉和蛋；和高澱粉碳水化合物食物，例如意大利粉、米飯、麵包和薯仔。
- 餐後馬上休息15 - 30分鐘。

很多人的早發性傾倒綜合症會隨時間慢慢好轉。此外，這個症狀幾個月之後亦會沒那麼嚴重，發生的情況亦開始減少。

Late dumping syndrome usually happens a couple of hours after meals or when a meal has been missed. You may suddenly feel faint, sick and shaky. The problem is caused by low blood-sugar levels.

You can help to prevent or lessen late dumping syndrome by following the advice for reducing the symptoms of early dumping syndrome. If you feel the symptoms coming on, taking glucose tablets may help you to feel better.

If your symptoms continue or are severe your doctor may prescribe a medicine, such as octreotide or a similar drug to help. In most people the symptoms of dumping syndrome become less severe and happen less often in time, but let your doctor or dietitian know if it continues to be a problem.

Chemotherapy

Chemotherapy is the use of anti-cancer (cytotoxic) drugs to destroy cancer cells. Chemotherapy can be used on its own or with other anti-cancer treatments such as surgery or radiotherapy. It may be used to reduce the risk of cancer coming back after surgery, or to try to slow down the cancer and improve quality of life if an operation isn't possible.

You may be given chemotherapy as an outpatient (which means you can go home on the same day), or as an inpatient which includes a short stay in hospital.

Chemotherapy drugs commonly used to treat stomach cancer include cisplatin, epirubicin, and fluorouracil (also called 5FU). These drugs may be given together as the ECF regimen. Sometimes a tablet form of 5FU called capecitabine (Xeloda®) is used in place of 5FU. The combination is then known as the ECX regimen. Another combination is called EOX and uses the drugs epirubicin, oxaliplatin and capecitabine.

Early stomach cancer

If you are having surgery to remove a stomach cancer, chemotherapy may be given before the operation to help reduce the chance of the cancer coming back. It may also be given if your doctors think the tumour is too large to be removed by surgery, as chemotherapy can sometimes shrink the cancer and make it easier to remove.

遲發性傾倒綜合症通常在飯後幾個小時或沒有按時進食的情況下產生。你可能突然覺得頭暈、噁心和發抖。這是由於血糖水平低而引起的。

你可以按照減輕早發性傾倒綜合症的建議，來幫助預防或減輕遲發性傾倒綜合症。如你感到症狀仍然持續，服用葡萄糖片會有助你感覺舒服些。

如果你的症狀持續或很嚴重，醫生會給你開處藥方，例如奧取肽(octreotide)或類似的藥品。大部份人的傾倒綜合症症狀都會隨時間慢慢變得沒有那麼嚴重和頻繁，但如果症狀持續，讓你的醫生或營養師知道。

化學療法

化學療法(簡稱化療)是使用抗癌(細胞毒素)藥物來破壞癌細胞。化療可以單獨使用或配合其他抗癌的治療方法，例如手術或放射療法。它可能被用來降低手術後癌症復發的風險，或緩慢癌細胞生長並在無法進行手術時提高生活的質量。

進行化療，你可能被安排為門診病人(也就是說你在當天就可以回家)，或為住院病人，包括短期留院。

用來治療胃癌的常用化療藥物包括順氯氬鉑(cisplatin)、表柔比星(epirubicin)和氟尿嘧啶(flourouracil，又稱5FU)。這些藥物會混合使用，作為ECF治療方案。有時一種藥片形式的5FU，名為卡培他濱(或希羅達，capecitabine/ Xeloda®)，會用來代替5FU使用，此時混合用藥的療法就叫做ECX方案。另外一種混合用藥的療法叫EOX方案，這種方案將會同時使用表柔比星、奧沙利鉑(oxaliplatin)和卡培他濱。

早期胃癌

如果你需要做手術切除胃癌，你可能在手術前先作化療，以幫助降低癌症復發的機會。如果醫生認為腫瘤過大不能一下子用手術切除，他亦會先為你進行化療，以縮小腫瘤，令其更容易切除。

Your doctors may plan to give you chemotherapy both before and after surgery. This is called perioperative chemotherapy and has been shown to help make surgery more successful and to reduce the chance of the cancer coming back.

Sometimes chemotherapy is given after surgery if it wasn't possible to remove all of the tumour during the operation, or if there is a high risk that it may come back. Chemotherapy given after surgery is known as adjuvant therapy.

Advanced stomach cancer

If the cancer has spread to other parts of the body, chemotherapy may be used as the main treatment. It is given to try to shrink the cancer, reduce symptoms and to help you to feel better for longer. In some people the chemotherapy will work well. Unfortunately, for other people the chemotherapy won't shrink the cancer and they will have the side effects of the treatment with little benefit.

It's helpful to discuss with your cancer specialist the benefits and side effects of chemotherapy in your particular situation. If you have a cancer that has spread, and you decide that you don't want to have chemotherapy, your doctor can still prescribe medicines to help to control symptoms caused by the cancer.

How chemotherapy is given

Chemotherapy drugs can be taken as tablets, or given into a vein (intravenously) as injections or drips (infusions).

Intravenous chemotherapy can be given through a small tube (cannula) in your arm or through a soft plastic tube called a central line or PICC line.

If you're having this type instead of a central line, a tube may be put into a vein in the bend of your arm: this is known as a PICC line (see next page).

Chemotherapy pumps

The chemotherapy drug fluorouracil – or 5FU – may be given continuously through a central line or a PICC line attached to a small pump. The pump allows a low dose of the drug to be given day and night, while you are at home. The pump can be carried round in a small bag strapped around the waist or over the shoulder.

你的醫生可能計劃手術前後，均對你使用化療，這叫圍手術期化療，這種方法已證實有助令手術更成功和降低癌症復發的機會。

如果手術中不能切除所有腫瘤，又或手術後會出現很高復發的風險，化療有時會在手術之後進行。手術之後進行的化療俗稱輔助療法。

晚期胃癌

如果癌症已經擴散到身體的其他部位，化療可能會作為主要的治療方法，用來將癌症縮小、減輕症狀並幫助你感覺舒服些。對有些人而言，化療療效良好，不幸的是另一些人中，化療並不能夠縮小癌症，同時療效很低，還引起治療帶來的副作用。

針對你病情進行的化療，跟你的癌症專科醫生討論有關的好處和副作用，將會很有幫助。如果你的癌症已經擴散，你決定不進行化療，你的醫生仍會開藥來幫助你控制癌症引起的症狀。

化療怎樣進行

化療藥物可能通過藥片、靜脈（靜脈注射）或點滴（靜脈輸液）進行。

靜脈注射化療可能會通過手臂的小管（插管）進行；或通過名為“中心靜脈導管”或“外圍置入中心靜脈導管(PICC Line)”的柔軟膠管進行。

如果你採用另外一種方式代替中心靜脈導管，一條管子可能會從手肘內側置入靜脈：這叫做外圍置入中心靜脈導管（也叫PICC導管，見下頁）。

化療泵

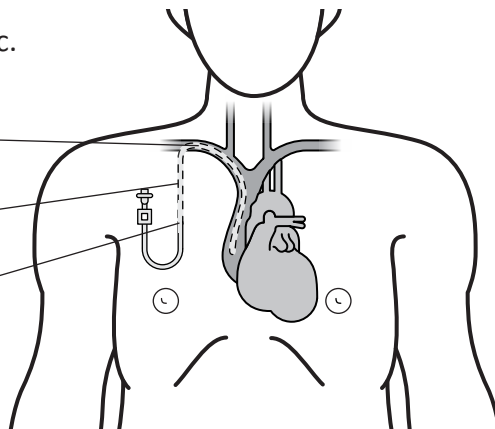
化療藥物氟尿嘧啶 - 又名5FU - 可能會持續通過中心靜脈導管或PICC導管，連接到一個小泵來進行輸入。當你回到家時，該小泵將會讓微量藥物日夜輸入。這個小泵能夠放在一個小包內，繫於腰部或肩膀上隨身攜帶。

The central line is put into a vein in your chest under a general or local anaesthetic.

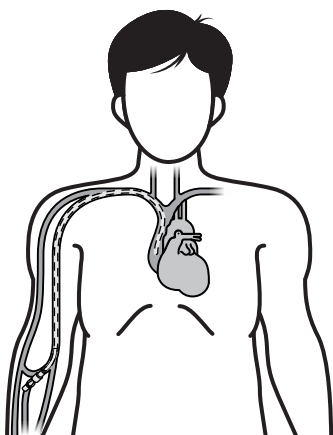
Central line is inserted into your chest here

The line is tunnelled under your skin

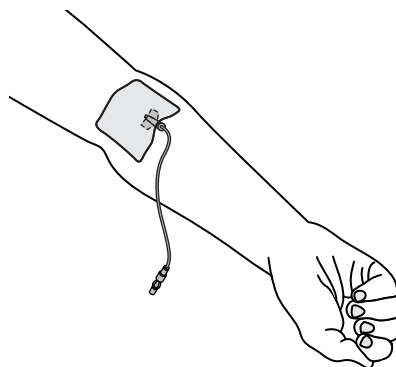
The line comes out here



Position of a central line



The PICC line is threaded through the vein until the end is near your heart



The end of the PICC line comes out just below your elbow

If you're having this type of chemotherapy your doctors or nurses will explain how to use the pump.

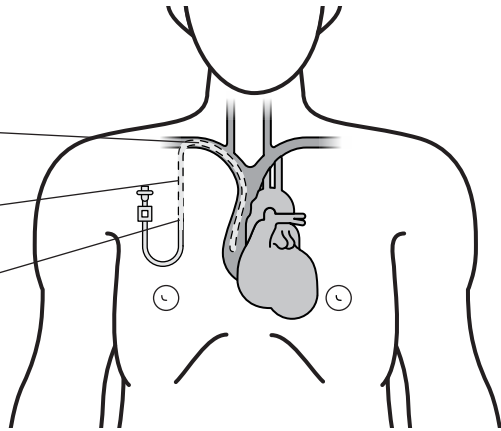
Chemotherapy is given in cycles of treatment. A cycle often takes three weeks. On the first day of each cycle you will usually be given chemotherapy by injection or infusion. This is often followed by a continuous infusion of chemotherapy or

中心靜脈導管會在全
身或局部麻醉下被插
入胸部的靜脈。

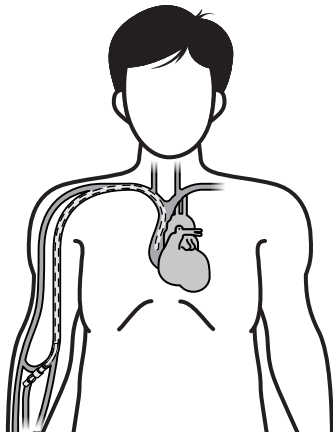
中心靜脈導管
從這裡插入胸部

導管從皮
膚低下經過

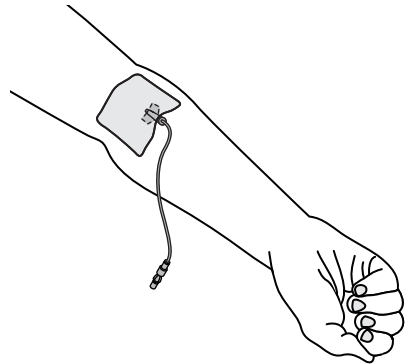
導管從這
裡穿出



中心靜脈導管的位置



PICC導管穿過靜脈直到靠近你心臟
的位置



PICC導管的末端從手臂靠肘下
方穿出

如果你需要使用這種方式的化療，你的醫生或護士將解釋怎樣使用該泵。

化療是按療程來進行的，一個療程通常需要三個星期。每個療程的第一天起，你將會透過注射或點滴輸入化療藥物。之後回到家中仍

chemotherapy tablets to take at home.

Your doctor or nurse will tell you how many cycles of treatment are planned for you and explain exactly how you will be given your chemotherapy.

Side effects

Chemotherapy can cause unpleasant side effects, but these can usually be well controlled with medicines. The main side effects are described here, along with some ways to avoid or reduce them.

Lowered resistance to infections (neutropenia)

While the drugs are acting on the cancer cells in your body, they also temporarily reduce the number of normal white cells in your blood. When these cells are reduced, you're more likely to get an infection and you may tire easily. Your blood will be tested regularly during chemotherapy and, if necessary, you'll be given antibiotics to treat any infection. You may also be given injections called growth factors to stimulate your body to make more white blood cells.

If your temperature goes above 38°C (100.4°F) or you suddenly feel unwell, even with a normal temperature, you may have an infection. Contact your chemotherapy nurse or doctor at the hospital straight away.

Feeling sick

Some of the drugs used to treat stomach cancer can make you feel, or be, sick (nausea and vomiting), but there are very effective anti-sickness drugs (anti-emetics) to prevent this. If the sickness is not controlled or continues, even with anti-sickness treatment, let your doctor know. They can prescribe other medicines that may be more effective.

Diarrhoea

Some of the chemotherapy drugs used to treat stomach cancer can cause diarrhoea. This often starts several days after treatment. If you're taking chemotherapy tablets or capsules at home, it's important to let your doctor or nurse know if you have diarrhoea as your treatment may need to be interrupted.

Sore hands and feet

5FU or capecitabine may cause soreness of the palms of the hands or soles of the feet. This is known as palmar-plantar syndrome. A vitamin can be prescribed

將持續的透過點滴輸入化療藥物，又或口服化療藥片。

你的醫生或護士將告訴你需要進行多少個療程，並會向你具體解釋有關的化療程序將怎樣進行。

副作用

化療會引起令人討厭的副作用，不過這些副作用可以透過藥物來好好控制。這裡將會述及一些主要的副作用，和一些可以避免或減輕副作用的方法。

抵抗感染能力降低(嗜中性白血球減少症)

當藥物在你體內對癌細胞產生作用的同時，它們亦會暫時降低血液中正常白血球的數量。這些白血球的減少，令你更容易被細菌或病毒感染並可能容易疲倦。化療期間你的血液會被定期檢查，如果有必要，醫生會提供抗生素來給你治療感染。你也可能會被注射名為生長因子的藥物，來促進體內生成更多的白血球。

如果你的體溫高於攝氏38度(華氏100.4度)，又或體溫正常卻突然覺得不舒服，你便可能被感染了。請馬上聯絡醫院為你安排化療的護士或醫生。

感到噁心

有些治療胃癌的藥物會令你感到或引起噁心(反胃和嘔吐)，不過有非常有效的止嘔藥(止吐藥)可以防止。如果噁心不受控制或持續，甚至止嘔藥物都無效，即時讓你的醫生知道。他們能夠開處其他更有效的處方給你。

腹瀉

有些用來治療胃癌的化療藥物會引起腹瀉，這種情況通常在治療的幾天後開始。如果你在家服用化療藥片或膠囊而出現腹瀉情況，盡快讓醫生或護士知道是至為重要的，因為你的治療可能需要中止。

手腳疼痛

5FU或卡培他濱可能會引起手掌或腳底的腫痛，俗稱手足綜合症。

to help control it and non-perfumed moisturising creams can often help to relieve symptoms.

Sore mouth

Some chemotherapy drugs can make your mouth sore and cause small ulcers. It's important to rinse your mouth regularly to keep it clean. Using a soft bristle toothbrush can be helpful. If you don't feel like eating during your treatment, you could try replacing some meals with nutritious drinks or a soft diet.

Changes to your sense of taste

Chemotherapy can affect your sense of taste; food may taste more salty, bitter or metallic. Your normal sense of taste will come back after the chemotherapy treatment finishes.

Anaemia

If the level of red blood cells in your blood is low this is called anaemia. It can make you feel very tired and lethargic and you may also become breathless. Anaemia can be treated by blood transfusions. These should help you to feel more energetic and ease the breathlessness.

Bruising and bleeding

Platelets are blood cells that help the blood to clot. If the number of platelets in your blood is low you will bruise more easily and may bleed heavily from even minor cuts and grazes. If you develop any unexplained bruising or bleeding, contact your doctor or the hospital immediately.

Hair loss

Unfortunately, some chemotherapy drugs can cause hair loss. If you lose your hair it will start to grow back within three to six months of finishing your treatment. People who lose their hair often cover up by wearing wigs, bandanas, hats or scarves. If you're having treatment as an inpatient, or you are on income support, you can get a free wig from the NHS. If not, you can still get a subsidised wig from the hospital. If your hair falls out it is important to protect your scalp from the sun.

Effects on the nerves

Some chemotherapy drugs can affect the nerves in your hands or feet. This can

一種維他命可以有效控制這個情況，另外一種無香味的保濕霜也可以用來舒緩症狀。

口腔潰瘍

有些化療藥物會令口腔紅腫並引起小型潰瘍(痲滋)，定期漱口保持乾淨是很重要的。使用柔軟鬃毛的牙刷亦會有幫助。如果你治療期間沒有胃口，可以嘗試飲用營養飲料或進食較軟的食物來代替正常的膳食。

味覺的改變

化療會影響你的味覺，食物可能嚐起來更鹹、更苦或帶有金屬味。你的正常味覺會在化療結束之後恢復。

貧血

如果你的紅血球數量偏低，這俗稱貧血。貧血會令你感到非常疲倦和昏睡，並且也會令你呼吸困難。貧血能夠通過輸血來治療，這將會令你感到更有精神和舒緩呼吸困難的問題。

淤青和出血

血小板是幫助血液凝結的血細胞，如果血液中的血小板很少，你將會更容易淤青，並且甚至一個小傷口或擦傷都會令你大量流血。如果你發現有無緣無故的淤青或流血，請立刻聯絡你的醫生或醫院。

脫髮

不幸的是有些化療藥物會引起脫髮。如果你出現脫髮，通常會在治療結束後的三至六個月內長回來。掉了頭髮的人們一般會用假髮、頭巾、帽子或圍巾遮蓋。如果你住院治療或正在領取收入補助，就可以獲得一頂由國民保健服務(NHS)提供的免費假髮。不然的話，你仍可以獲得醫院的資助購買一頂假髮。如果你的頭髮脫落，保護頭頂過份曝曬是很重要的。

對神經的影響

有些化療藥物會影響你手腳的神經，引起針刺的感覺或麻痹、又或

cause tingling or numbness, or a sensation of pins and needles. This is called peripheral neuropathy. It's important to let your doctor know if this happens. They may need to change the chemotherapy drug if it gets worse. Usually, it gradually gets better when the chemotherapy treatment ends. Very occasionally it can damage the nerves permanently.

Tiredness

You may become very tired and have to take things more slowly. If you are tired do as much as you feel like and try not to overdo it.

Fertility

Your ability to become pregnant or father a child may be affected by taking some of the chemotherapy drugs used to treat stomach cancer. It's important to discuss fertility with your doctor or nurse before starting treatment.

Early menopause

Some women may find that the chemotherapy treatment brings on an early menopause, and they may have signs of the menopause such as hot flushes and sweats. In many women, hormone replacement therapy (HRT) can be given to replace hormones that are no longer being produced. You may find it helpful to talk this through with your doctor or a support organisation .

Contraception

It is not advisable to become pregnant or father a child while taking any of the chemotherapy drugs used to treat stomach cancer, as they may harm the developing foetus. It's important to use effective contraception during your treatment and for a few months afterwards. You can discuss this with your doctor or nurse.

Condoms should be used if you have sex within the first 48 hours after chemotherapy. This is to protect your partner from any of the drug that may be present in semen or vaginal fluid.

Radiotherapy

Radiotherapy is most often used to relieve symptoms caused by advanced

發麻的感覺，這種情況俗稱周圍神經病變。如果出現這種情況，讓醫生知道是很重要的。如果情況變得嚴重，他們可能需要改換化療的藥物。通常，化療結束後情況會慢慢轉好，只有極少數情況下會造成神經的永久性傷害。

疲倦

你可能變得非常疲倦並且不得不慢慢地處理事情。如果你很疲倦，做你力所能及的工作，不要勉強。

生育

你懷孕或為人父的生育能力，將會受到某些用來治療胃癌化療藥物的影響。開始治療之前跟醫生或護士商量你的生育意願是很重要的。

更年期提前

有些女性會發現化療導致提早出現更年期，一些女性更年期的徵兆，如潮紅和出汗等會出現。在很多女士中，荷爾蒙補充療法(亦稱HRT)，可以用來補充不再生成的荷爾蒙(激素)。跟醫生或支援組織傾談可能會有幫助。

避孕

使用任何治療胃癌的化療藥物治療時，不建議懷孕或打算生兒育女為人父，因為治療的藥物可能會損害胚胎的發育。在治療期間和之後幾個月使用有效的避孕措施是很重要的。你可以跟醫生或護士商量有關情況。

在化療後48小時內有性生活，應該使用避孕套。這是為了保護你的伴侶，不受可能會在精液或陰道分泌物中出現的藥物影響。

放射療法

放射療法(簡稱電療或放療)最經常用來緩解晚期胃癌的症狀，例如

stomach cancer such as bleeding from the stomach or pain in the bones. This is called palliative treatment.

Occasionally radiotherapy is given after surgery if an operation hasn't been able to remove all of the cancer.

Chemoradiation

Occasionally chemotherapy and radiotherapy may be given at the same time (known as chemoradiation). This combination of treatments may be used after surgery to try to reduce the risk of cancer returning.

The effectiveness of chemoradiation is still being researched, so it's most likely to be given as part of a clinical trial. The side effects can be quite severe so this treatment isn't right for everyone. Before offering this treatment your specialist would discuss with you the side effects as well as the possible benefits.

After treatment – follow up

After your treatment has finished, you will be asked to go back to the hospital for regular check-ups. To begin with, these may be every three months or so and will include a physical examination and possibly scans or x-rays. Over time the appointments will gradually become less frequent but will probably continue for several years. If you have any problems, or notice any new symptoms in between these times, let your doctor know as soon as possible.

Research - clinical trials for stomach cancer

Cancer research trials are carried out to try to find new and better treatments for cancer. Trials that are carried out on patients are known as clinical trials.

Clinical trials may be carried out to:

- test new treatments, such as new chemotherapy drugs, gene therapy or cancer vaccines
- look at new combinations of existing treatments, or change the way they are given, in order to make them more effective or to reduce side effects

胃出血或骨痛，這被稱為舒緩性治療。

如果手術不能切除所有的癌細胞，放射療法偶爾會在手術之後使用。

同步放射化學療法

有時化學療法和放射療法會同時使用(俗稱同步放化療)。這個綜合治療方法會在手術之後用來降低癌症復發的風險。

同步放化療的療效仍然在研究當中，所以會作為臨床試驗來進行。副作用可能會很嚴重，並非每個人都適合。在提供該治療方法前，專科醫生會跟你討論有關的副作用和可能存在的好處。

治療之後 - 跟進

在你的治療結束之後，你需要定時回醫院作檢查。初期會大約每三個月一次，並包括一個身體檢查，可能是掃描或X光檢查。之後預約將逐漸減少，但會持續數年。如果你在這期間有任何疑問，或發現任何新的症狀，盡快讓醫生知道。

研究 - 胃癌的臨床試驗

進行癌症研究試驗的目的是找出更新和更好的癌症治療方法。這種對病人進行的試驗叫做臨床試驗。

進行臨床試驗會用來：

- 測試新的治療方法，例如新的化療藥物，基因治療或癌症疫苗
- 在現有的治療方法中尋找新的治療組合，或改變治療的方式，來令它們療效更有效或減低副作用

- compare the effectiveness of drugs used to control symptoms
- discover how cancer treatments work
- find out which treatments are the most cost-effective.

Trials are the only reliable way to find out if a different operation, type of chemotherapy, radiotherapy, or other treatment is better than what is already available.

Taking part in a trial

You may be asked to take part in a treatment research trial. There can be many benefits in doing this. Trials help to improve knowledge about cancer and develop new treatments. You will also be carefully monitored during and after the study. Usually, several hospitals around the country take part in these trials. It is important to bear in mind that some treatments that look promising at first are often later found not to be as good as existing treatments, or to have side effects that outweigh the benefits.

Blood and tumour samples

Many blood samples and bone marrow or tumour biopsies may be taken to help make the right diagnosis. You may be asked for your permission to use some of your samples for research into cancer. Some samples may be frozen and stored for future use, when new research techniques become available.

The research may be carried out at the hospital where you are treated, or it may be at another hospital. This type of research takes a long time, so you are unlikely to hear the results. The samples will, however, be used to increase knowledge about the causes of cancer and its treatment. This research will hopefully improve the outlook for future patients.

Current research

If you are going to be given chemotherapy before and after surgery to remove a stomach tumour, you may be asked to take part in a trial called STO3. The trial is trying to find out whether adding a drug called bevacizumab to chemotherapy given before and after surgery will improve the results of treatment.

Bevacizumab (Avastin®) is a type of treatment called a monoclonal antibody. It

- 對不同藥物進行比較了解其療效
- 了解治癌方法怎樣工作
- 找出哪種治療方法經濟上更具成本效益。

臨床試驗是找出比現有治療方法更有效的唯一可靠途徑，使用不同的手術方法、化學療法、放射療法或其他治療方法，以檢測其是否比現有的方法有效。

參與試驗

你可能會被要求參加治療方法的研究試驗。參與試驗可能有許多好處。這些試驗能幫助增加癌症的知識，並發展出新的治療技術。在試驗的期間或之後，你將會被小心的監測。通常，全國只有幾家醫院會參與這些試驗。但很重要的是你必須緊記，有些治療方法開始看起來很有希望，結果卻沒有現有的治療方法理想，或副作用比療效更大。

血液和腫瘤樣本

很多血液樣本和骨髓或腫瘤切片，會取出來化驗以幫助正確診斷。你可能會被詢問是否同意使用一些你的樣本作癌症研究。有些樣本會被冷凍並儲存，為將來當有新的研究技術時使用。

研究可能在你治療的醫院進行，或是在另外一家醫院內。這種研究需要很長的時間，所以你不太可能知道結果。但是，樣本會被用來改善有關癌症病因和治療方法的知識，以便能夠為將來的病人開拓前景。

目前研究

如果你要在切除胃部腫瘤手術的前後進行化療，你可能會被要求是否參與一個名為STO3的試驗。這個試驗的目的是，找出在手術前後增加一種叫貝伐株單抗(bevacizumab)的藥物到化療中是否會幫助改善治療的結果。

貝伐株單抗(又叫癌思停, Avastin)是一種名為單克隆抗體的治療方

is given as a drip (infusion) into a vein and works by stopping cancer from being able to make tiny blood vessels to feed itself.

Another cancer study called COUGAR-02 is trying to find out what the best treatment is for people who have stomach cancer that comes back after treatment with chemotherapy. The study is comparing giving treatment with a chemotherapy drug called docetaxel to standard treatment to relieve symptoms.

A trial called REAL 3 is also currently in progress. It is for people with advanced oesophageal cancer or cancer of the gastrooesophageal junction (where the oesophagus meets the stomach). The trial is looking at chemotherapy with or without panitumumab (Vectibix®) which is a type of monoclonal antibody.

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 71).

法。通過點滴的方式注入靜脈，阻止癌細胞用微小的血管來為其吸收營養。

另一種癌症研究叫**COUGAR-02**，其目的是想找出最好的療法來治療化療之後再復發的胃癌患者。這個研究將會對一種用於舒緩症狀的化療藥物多西他賽(亦名泰索帝, **docetaxel**)和標準的治療方法作出比較。

另一種名為**REAL 3**的試驗目前也在進行當中，這是為有晚期食道癌或胃食道連接部癌(食道和胃相連的部位)的患者而進行。這個試驗的目的，在於研究採用或沒有採用潘尼單抗(**panitumumab**)，一種單克隆抗體的藥物下，其治療的效果。

你的感覺

你很可能會經歷很多不同的情緒，從震驚和難以置信到害怕和生氣。這些感受可能會讓人不知所措並且很難控制，特別是如果你已經經歷了在手術後的外貌改變。這些感受是非常自然的，重要的是你要能夠說出來。

每個人面對困難的情形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人那裏得到幫助。還有一些人喜歡保留自己的感受。沒有對的或錯的處理方式，但是如果你需要的話，你可以尋求幫助。你可能想要聯絡麥美倫癌症支援來獲得你當地的心理輔導訊息(見71頁)。

Useful Organisations

相關組織

Carers UK 英國照料者

20-25 Glasshouse Yard, London, EC1A 4JT

Carers line 照料者熱綫: 0808 808 7777 (Wednesday and Thursday 星期三和星期四 10am - 12pm and 2-4pm)

Email 電郵: info@carersuk.org

Website 網站: www.carersuk.org

Offers information and support to carers. Can put people in contact with support groups for carers in their area. Carers UK has national offices for Scotland, Wales and Northern Ireland.

向照料者提供資訊和支援。可以幫人們找到當地的照料者支援小組。英國照料者在蘇格蘭、威爾士和北愛爾蘭都有辦公室。

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、法律和其他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。

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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