

若您被診斷患有癌症 – 快速指南

本資訊關於當您發現自己患上癌症時預期會遇到的情況，以及可以從何處獲得幫助及支援。

任何帶底線的詞語都在末尾的詞語清單中進行解釋。詞語清單還包括英語單詞的發音。

被診斷出患有癌症可能是一個巨大的衝擊。您可能會出現很多不同的情緒。但這並不意味著您不得不放棄希望。許多人現在能夠得到成功的治療，或與癌症共存許多年。有很多人及服務可以為您提供支援。

若您對此資訊有任何疑問，請諮詢您正在接受治療的醫院的醫生或護士。

您也可於每日上午 8 時至晚上 8 時，致電麥克米倫癌症援助機構（Macmillan Cancer Support）免費熱線：**0808 808 00 00**。我們有口譯員，所以您可以使用您的語言與我們溝通。當您致電我們時，請以英文告訴我們您所需要的語言（說「叙尼斯」）。

欲參閱更多繁體中文癌症資訊，請瀏覽 macmillan.org.uk/translations

我們有一本名為《癌症指南》的長篇宣傳冊，您可能會從中獲得幫助，但目前只有英文版本。

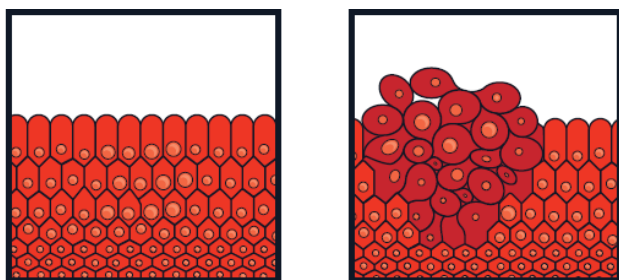
本資訊主要介紹：

- 什麼是癌症？
- 確診後會發生什麼？
- 您可能會遇到的醫療及社會護理專業人員
- 如何規劃治療
- 主要癌症治療方法
- 與您的醫療團隊交談
- 應對癌症 — 從何處獲得支援
- 麥克米倫（Macmillan）如何給予協助
- 詞語清單
- 更多繁體中文版資訊
- 參考文獻與致謝

什麼是癌症？

癌症從我們身體的細胞開始。細胞是構成我們身體器官及組織的微小組成部分。通常，這些細胞以受控制的方式分裂，生成新細胞。我們的身體正是以這樣的方式成長，獲得治癒及修復。有時，在這一階段出了問題，細胞變得異常。異常細胞不斷分裂，產生越來越多的異常細胞。這些細胞形成稱為腫瘤的腫塊。

正常細胞 形成腫瘤的細胞



並非所有的腫塊都是癌症。非癌症的腫塊（良性）不會擴散到身體的其他地方。

屬於癌症的腫塊（惡性）會發展到身體的附近區域。有時，癌細胞從癌症開始的地方（原發癌症）擴散到身體的其他部位。癌細胞透過血液或淋巴系統傳播。它們可以在身體的其他地方發展成腫瘤。這稱之為繼發性癌症。

確診後會發生什麼？

您的醫療團隊會與您討論您的治療方案，以及您可能需要的任何支援。他們會告訴您，您的治療會涉及哪些內容，且從什麼時候開始。您可能需要做更多的檢查或掃描，以瞭解更多關於癌症的情況。

您可能會遇到的醫療及社會護理專業人員

在您患上癌症後，您可能會遇到很多不同的醫療及社會護理專業人員。

關鍵工作人員

您會被指派一位關鍵工作人員，並得到他們的聯絡方式。您的關鍵工作人員是您的主要聯絡窗口。他們可以回答您的問題，告訴您誰可以幫助解答不同的事情。

在您當地

有專業人士可以在您家中幫助照顧您。他們將與您的醫院團隊取得聯絡。此類人員包括：

- **全科醫生** — 當您在家時，您的全科醫生會為您提供醫療保健服務。他們可以幫助您控制症狀及副作用，並根據需要安排您到任何專家處就診。他們可以安排服務、在家幫助您，並與您討論您需要做出的任何治療決定。
- **社區及地區護士** — 此類護士會到您家探視您，對您及任何照顧您的人提供照顧及支援。您的全科醫生可以幫您聯絡他們。
- **執業護士** — 一些全科醫生在執業時會有護士在旁一起工作。執業護士可能會幫助處理一些事情，比如驗血或給傷口上敷料。

醫院團隊 (MDT)

在醫院，一個多學科團隊 (MDT) 將負責管理您的治療及護理。這是由醫療及社會護理專業人員組成的團體。該團體可能包括以下部分或全部角色：

- **外科醫生** — 做手術的醫生。
- **腫瘤學家** — 癌症專科醫生。
- **血液學家** — 血液問題的專科醫生。
- **放射科醫生** — 受過檢查 X 光及掃描訓練的醫生。
- **臨床護士專家 (CNS)** — 專門治療某種疾病的護士。您的臨床護士專家可能是您的關鍵工作人員。
- **姑息治療醫生** — 幫助患者應對癌症症狀的專家。

醫院團隊中可能還有其他人員，這取決於您患的癌症類型。

社會服務及志願組織

若您在家裡需要幫助，比如洗衣、穿衣、打掃或購物，可以與您的全科醫生或關鍵工作人員談談。他們可能會將您介紹給社工。社工可以幫助解決實際及經濟問題。您所在地區也可能有其他組織可以提供幫助。

如何規劃治療

您的醫療團隊包含負責您所患癌症類型的專家，他們會為您制定治療方案。在治療開始前，您可能需要進行檢測，以瞭解更多有關癌症的情況。在規劃您的治療方案時，醫生會考慮：

- 您患有的癌症類型
- 癌症的大小，以及是否已經擴散
- 您的整體健康狀況
- 國家治療指南。

您的個人偏好也很重要。

您需要允許（同意）醫生給您治療。

確保您瞭解治療方案。您的醫生或護士應該能夠回答您對治療的任何問題。癌症治療可能很複雜，所以您要問的問題可能不止一個。讓親戚或朋友陪同您與醫生會面可能很有幫助。他們可以幫助您記住說過的內容。這也能夠幫助您列出想問的問題清單，並帶著它參加與醫生的會面。您可以將回答寫下來，這可以幫助您記憶。

有關治療的決策

可能的治療方法有可能不止一種，所以可能會要求您在它們之間做出選擇。您可能會覺得這很難。請與您的醫療團隊討論，瞭解：

- 不同的治療方法將涉及哪些內容
- 每種治療可能產生的副作用是什麼
- 每種治療的可能優點及缺點分別是什麼。

您的醫療團隊將給您時間作出選擇。他們也可以幫助您做決定。

主要癌症治療方法

治療的目的可能是治癒癌症，或控制癌症，以緩解任何症狀。

您的治療方案將取決於所患的癌症類型及您自身的情況。您可能會採取不止一種治療方法。癌症治療可能包括：

- **手術** — 在手術中切除癌症
- **放射治療** — 通過高能 X 射線摧毀癌細胞
- **化療** — 利用藥物摧毀癌細胞
- **荷爾蒙療法** — 此類藥物將改變您體內荷爾蒙的活性，從而減緩或阻止癌症的生長。
- **靶向療法** — 給出的藥物可干擾癌細胞的生長方式。

臨床試驗

您可能會被要求參加臨床試驗。臨床試驗會測試新的治療方法，看看它們是否比目前的療法更有效。一項臨床試驗可能涉及檢測一種新藥或測試一種新的治療方法。

若有您可以參加的任何試驗，您的醫生會與您討論相關情況。您可以選擇不參加臨床試驗。

副作用

癌症治療可能會產生副作用。這些副作用通常可以得到緩解及管理。您的醫療團隊將為您提供建議。大多數副作用會在治療結束後逐漸消失。

與您的醫療團隊交談

患上癌症可能是一段令人擔憂及充滿困惑的時期。與您的醫療團隊交談會有所幫助。很多人在清楚自己發生了什麼狀況，為什麼會這樣後，他們的情緒會改善，對事情也更有掌控。

人們常常覺得醫院工作人員太忙，無法回答他們的問題。但對您來說，瞭解正在發生的事情，以及癌症及其治療可能對您產生的影響很重要。工作人員將始終竭力為您提供幫助。他們將騰出時間回答您的問題。若您不懂或無法說流利的英語，醫院可以為您安排翻譯。

您可能會發現一些問題很難向您的醫生或護士啟齒，特別是關於私人狀況的問題。但您的醫療團隊正是為了幫助您而存在，他們習慣回答此類問題。

重要的是您要理解您聽到的解答。若您不理解，請醫生或護士再次進行解釋。

向醫療團隊提出的問題

下面是一些您可能想問您醫療團隊的問題。它們可能並非全部與您相關。

- 我的診斷是什麼意思？
- 癌症有多嚴重？
- 我的治療將涉及哪些內容？
- 每次治療會帶來哪些益處、風險及副作用？
- 治療會對我的日常生活產生怎樣的影響？
- 治療的效果如何？
- 我可以與誰談談我的感受？
- 若我之後想到了一些問題，可以與誰交流？
- 我有宗教或精神願望 — 這些會得到滿足嗎？

應對癌症 — 從何處獲得支援

您的情緒

當您被告知患有癌症時，您會被各種不同的感受壓得喘不過氣來。您可能感到震驚、害怕、擔心、憤怒或沮喪。感受沒有對錯之分。說出您的感受往往會有所幫助。

在何處獲得支援：

- **麥克米倫 (Macmillan)** — 請參閱下方的麥克米倫 (Macmillan) 如何給予協助部分，瞭解我們能夠為您提供的一切幫助。
- **輔導員** — 輔導員可以在私密空間內與您交流，幫助您找到應對情緒的方式。若您願意接受輔導，向您的癌症醫生或全科醫生提出請求。
- **支援團體** — 與其他癌症患者交談可能會有所幫助。向您的醫生或護士詢問您所在地區的團體，或訪問 macmillan.org.uk/supportgroups

經濟、工作及旅行

若癌症影響了您的工作或經濟狀況，麥克米倫（Macmillan）可以通過很多方式提供幫助。請致電 0808 808 00 00 聯絡我們，討論上述任何問題。

- 我們可以向您介紹您可能**有權享受的福利**，並幫助您申請這些福利。
- 我們可以幫助您解答有關抵押貸款、養老金、保險、借款及儲蓄的問題。
- 我們提供補助金 — 幫助您應對因癌症造成的額外費用的款項。
- 例如，您可能會花更多的暖氣費。醫療或社會護理專業人員需要為您申請。
- 若癌症影響了您的工作，我們可以為您提供資訊及建議。
- 若您患有癌症，我們可以為您提供旅行資訊。

身體的變化

有時候，癌症或癌症的治療會影響您身體的外觀或運作方式。您的醫生或護士可以為您提供相關建議及幫助。我們也可以為您提供資訊 — 請致電 **0808 808 00 00** 聯絡我們。

補充療法

其他可以幫助您更好地管理情緒的療法，比如冥想或放鬆。這些療法不能治療癌症。您應該始終告訴您的癌症醫生您想使用的任何其他療法。

宗教及精神

在**確診癌症後**，有些人會對宗教信仰或精神感受有更深刻的瞭解。有強烈宗教信仰的人往往覺得這非常有用。其他人則可能會質疑自己的信仰。

有些人在祈禱或冥想中找到安慰。很多人知道別人在為自己祈禱，這很有用。

即使您不確定自己的宗教信仰，也可以與牧師、猶太教教士或其他宗教領袖交談。精神及宗教領袖習慣給予幫助，您可能會從他們身上找到心靈的平靜。

對家人、朋友及照顧者的支援

您身邊的人在此時也可能有難以負擔的情緒。我們的癌症支援專家將盡全力幫助每一位受癌症影響的人，包括您的親戚及朋友。他們可以致電 **0808 808 00 00** 聯絡我們。他們還可以與您的醫療團隊聯絡尋求支援。

照顧者是指對患有癌症的親戚或朋友提供無償支援的人，若沒有他們的幫助，癌症患

者可能無法堅持下去。他們可能會幫助提供個人照顧，給予情感支援或幫忙做家务。若有人在幫助照顧您，給予他們支援也很重要。有很多可以給予他們的幫助。他們應與您的醫生或護士討論這些問題，或者致電 **0808 808 00 00** 聯絡麥克米倫 (Macmillan)。

麥克米倫 (Macmillan) 如何給予協助

麥克米倫 (Macmillan) 致力於協助您和您的家人。您可透過下列方式獲得援助：

- **麥克米倫 (Macmillan) 援助熱線 (0808 808 00 00)**。我們有口譯員，所以您可以使用您的語言與我們溝通。您只需用英語告訴我們您希望使用何種語言即可。我們可以回答有關醫療的問題、提供有關資金援助的資訊或與您討論您的感受。熱線服務時間為每日上午 8 時至晚上 8 時。
- **麥克米倫 (Macmillan) 網站 (macmillan.org.uk)**。我們的網站提供許多有關癌症和癌症病患生活的英文資訊。欲瞭解其他語言的更多資訊，請瀏覽 **macmillan.org.uk/translations**
- **資訊與支援服務**。您可通過資訊與支援服務中心向癌症援助專家諮詢並獲得書面資訊。瀏覽 **macmillan.org.uk/informationcentres** 尋找離您最近的諮詢中心或致電我們。您的醫院可能設有資訊中心。
- **本地支援團體** – 您可以在支援團體中與其他受癌症影響的人交流。瀏覽 **macmillan.org.uk/supportgroups** 尋找離您最近的當地支援團體或致電我們。
- **麥克米倫 (Macmillan) 網路社群** – 您亦可以前往 **macmillan.org.uk/community** 與其他受癌症影響的人士交流。

詞語清單

詞語 (目標 語言)	英語	如何用英語說 (英語單詞的音譯)	意思
福利	Benefits	貝利菲茨	政府支付給您的款項，幫您解決費用問題
良性	Benign	貝娜因	體內的一個腫塊，不是癌症，不會擴散到身體的其他任何地方。
細胞	Cells	塞奧斯	構成我們身體器官及組織的微小組成部分。
已確診	Diagnosed	達艾格諾斯的	若您被診斷患有癌症，這意味著您的醫生確認您患上了癌症。
診斷	Diagnosis	達艾格諾司斯	診斷即您的醫生發現導致您症狀的疾病或問題。
醫療團隊	Healthcare team	嘿奧斯凱爾 提姆	由醫生、護士及其他會來照顧您的專業人員組成的團隊。
關鍵工作人員	Key worker	凱一屋克	這個人是您的主要聯絡窗口。您應該有他們的聯絡方式。他們可以回答您的問題，告訴您誰可以幫助解答不同的事情
淋巴系統	Lymphatic system	淋巴提克 西斯特姆	整個身體中的管路及腺體網路。它是免疫系統的組成部分。該系統可對抗感染，排出我們組織及器官中的液體
惡性	Malignant	麼利格嫩特	體內的一個腫塊，是癌症，可以擴展至身體四周。
姑息治療	Palliative care	潘立厄提烏 開爾	對患有無法治癒的癌症的人給予的治療及關懷。這可能包括縮小癌症或減少症狀，提高患者生活舒適度的治療
副作用	Side effects	薩艾德 一伐克特	因癌症治療產生的不良影響。例如，脫髮、感到虛弱或疲勞。大多數副作用會在治療結束後消失。
腫瘤	Tumour	特由麼	腫瘤是一組以不正常方式生長的細胞。異常細胞不斷繁殖並形成腫塊。

更多繁體中文版資訊

我們提供更多有關下列主題的繁體中文資訊：

癌症類型	應對癌症
<ul style="list-style-type: none">• 乳癌• 大腸癌• 肺癌• 前列腺癌	<ul style="list-style-type: none">• 若您被診斷患有癌症 – 快速指南• 申請福利救濟• 飲食問題與癌症• 生命的終點
治療 <ul style="list-style-type: none">• 化療• 放療• 手術治療	<ul style="list-style-type: none">• 經濟援助 – 福利救濟金• 經濟援助 – 財務協助• 健康飲食• 疲憊（疲勞）與癌症• 癌症治療的副作用• 您可以做些什麼來幫助自己

欲查看該資訊，請前往 macmillan.org.uk/translations

以中文與我們溝通

您可以撥打麥克米倫（Macmillan）免費電話 **0808 808 00 00** 通過口譯員以中文與我們交談。您可以同我們討論您的憂慮和醫療問題。當您致電我們時，只需用英語說出「中文」即可（請說出「釵尼斯」）。

熱線服務時間為每日上午 8 時至晚上 8 時。

參考文獻與致謝

本資訊由麥克米倫癌症援助機構 (Macmillan Cancer Support) 癌症資訊開發團隊編寫和編輯。由翻譯公司提供繁體中文的翻譯版本。

本資訊以麥克米倫 (Macmillan) 宣傳冊《癌症指南》為基礎編制而成。我們可以將副本發送給您，但完整手冊只有英語版本。

本資訊經有關專家審查，並獲得我們的首席醫療編輯蒂姆·艾弗森博士、醫學腫瘤學顧問及麥克米倫 (Macmillan) 首席醫療編輯的批准。

同時感謝審閱本資訊的癌症患者。

我們所有的資料都依據可獲得的最佳證據。關於我們所用資源的更多資訊，請通過 cancerinformationteam@macmillan.org.uk 聯絡我們。

我們希望這些資訊對您有幫助。如果您有任何疑問，我們可通過您的語言在電話中提供資訊和支援。我們的服務是免費的。您只需致電：**0808 808 00 00**（每日上午 8 時至晚上 8 時），並以英語說出您選定的語言。

MAC15916_Traditional Chinese



內容審閱日期：2018 年 12 月

計畫下次審閱日期：2021 年

我們盡最大努力確保我們提供的資訊準確無誤，但其並不能反映最新的醫學研究情況，因為這是不斷變化的。如果您擔心您的健康狀況，則應諮詢您的醫生。麥克米倫 (Macmillan) 對由於此資訊或第三方資訊（如我們所連結到的網站上的資訊）的任何不準確所造成的任何損失或損害不承擔任何責任。

© 2019 麥克米倫癌症援助機構 (Macmillan Cancer Support)。於英格蘭和威爾士 (261017)、蘇格蘭 (SC039907) 和馬恩島 (604) 註冊的慈善機構。註冊登記處：89 Albert Embankment, London SE1 7UQ。

MAC15916_Traditional Chinese

If you are diagnosed with cancer – a quick guide

This information is about what to expect when you find out you have cancer, and where to get help and support.

Any words that are underlined are explained in the word list at the end. The word list also includes the pronunciation of the words in English.

Being diagnosed with cancer can be a huge shock. You may be feeling lots of different emotions. But it does not mean you have to give up hope. Many people are now treated successfully or able to live with cancer for many years. There are lots of people and services that can support you.

If you have any questions about this information, ask your doctor or nurse at the hospital where you are having treatment.

You can also call Macmillan Cancer Support on freephone **0808 808 00 00**, 7 days a week, 8am to 8pm. We have interpreters, so you can speak to us in your own language. When you call us, please tell us in English which language you need (say “xxxxx”).

There is more cancer information in [LANGUAGE] at **macmillan.org.uk/translations**

We have a longer booklet called **The cancer guide** that you might find helpful but this is only available in English.

This information is about:

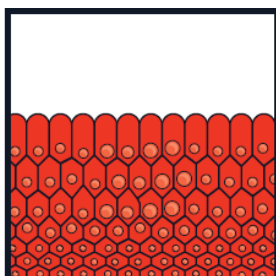
- What is cancer?
- What happens after diagnosis?
- Health and social care professionals you might meet
- How treatment is planned
- The main cancer treatments
- Talking to your healthcare team
- Coping with cancer – where to get support
- How Macmillan can help you
- Word list
- More information in [language]
- References and thanks

What is cancer?

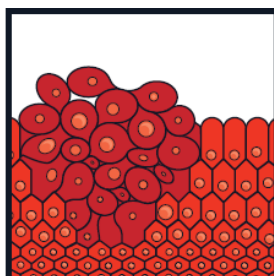
Cancer starts in our body's cells. Cells are tiny building blocks that make up the organs and tissues of our body. Usually, these cells split (divide) to make new cells in a controlled way. This is how our bodies grow, heal and repair.

Sometimes, this goes wrong and the cell becomes abnormal. The abnormal cell keeps dividing and making more and more abnormal cells. These cells form a lump called a tumour.

Normal cells



Cells forming a tumour



Not all lumps are cancer. A lump that is not cancer (benign) cannot spread to anywhere else in the body.

A lump that is cancer (malignant) can grow into nearby areas of the body. Sometimes, cancer cells spread from where the cancer started (primary cancer) to other parts of the body. The cancer cells travel through the blood or lymphatic system. They can develop into a tumour somewhere else in the body. This is called a secondary cancer.

What happens after diagnosis?

Your healthcare team should talk to you about your treatment options and about any support you might need. They will tell you what your treatment will involve and when it can start. You may need to have some more tests or scans to find out more about the cancer.

Health and social care professionals you might meet

When you have cancer, you may meet lots of different health and social care professionals.

Key worker

You should have a key worker and be given their contact details. Your key worker is your main point of contact. They can answer your questions and tell you who can help with different things.

In your local area

There are professionals who can help look after you while you are at home. They will be in contact with your hospital team. They include:

- **GP** – Your GP looks after your healthcare while you are at home. They can help you manage symptoms and side effects and arrange for you to see any specialists if needed. They can arrange services to help you at home and talk to you about any treatment decisions you need to make.
- **Community and district nurses** – These nurses can visit you at home and give care and support to you and anyone looking after you. Your GP can contact them for you.
- **Practice nurse** – Some GP practices have nurses who work alongside the GP. A practice nurse might do things like take blood tests or put dressings on wounds.

Hospital team (MDT)

At hospital, a multidisciplinary team (MDT) will manage your treatment and care. This is a group of health and social care professionals. The group might include some or all of these roles:

- **Surgeon** – a doctor who does operations.
- **Oncologist** – a doctor who is an expert in cancer.
- **Haematologist** – a doctor who is an expert in blood problems.
- **Radiologist** – a doctor who is trained to look at x-rays and scans.
- **Clinical nurse specialist (CNS)** – a nurse who specialises in a particular illness. Your CNS might be your key worker.
- **Palliative care doctor** – a doctor who is an expert in helping people cope with the symptoms of cancer.

There may be other people in the MDT depending on the type of cancer you have.

Social services and voluntary organisations

If you need help at home, for example with washing, dressing, cleaning or shopping, speak to your GP or key worker. They may refer you to a social worker. A social worker can help with practical and financial problems. There may also be other organisations in your area that could help.

How treatment is planned

Your healthcare team, who are experts in your type of cancer, will plan your treatment. You may need to have tests to find out more about the cancer before treatment starts. When planning your treatment, the doctors will look at:

- the type of cancer you have
- the size of the cancer and whether it has spread
- your general health
- national treatment guidelines.

Your personal preferences are also important.

You will need to give permission (consent) for the doctors to give you the treatment.

Make sure you understand the treatment options. Your doctor or nurse should answer any questions you have about the treatment. Cancer treatment can be complicated so you may need to ask questions more than once. It might help to take a relative or friend to appointments with you. They can help you remember what was said. It might also help to make a list of questions that you want to ask and take it to your appointment. You can write down the answers so you remember them.

Making decisions about treatment

There might be more than one possible treatment, so you might be asked to choose between them. You might find this difficult. Talk to your healthcare team to find out:

- what the different treatments will involve
- what the possible side effects of each treatment are
- what the possible advantages and disadvantages of each treatment are.

Your healthcare team will give you time to choose. They can also help you with the decision.

The main cancer treatments

The aim of treatment may be to cure the cancer, or to control it and relieve any symptoms.

The type of treatment you have will depend on the type of cancer and your situation. You may have more than one treatment. Cancer treatments can include:

- **surgery** – the cancer is removed in an operation
- **radiotherapy** – high-energy x-rays are used to destroy cancer cells
- **chemotherapy** – drugs are given to destroy cancer cells
- **hormonal therapies** – these drugs change the activity of hormones in your body, which can slow down or stop the cancer from growing.
- **targeted therapies** – drugs are given that interfere with the way cancer cells grow.

Clinical trials

You may be asked to take part in a clinical trial. Clinical trials test new treatments to see if they are more effective than current treatments. A trial might involve testing a new drug or testing a new way of giving treatment.

If there are any trials that you can take part in, your doctor will talk to you about them. You can choose not to take part in a trial.

Side effects

Cancer treatments can cause side effects. These can often be reduced and managed. Your healthcare team will give you advice. Most side effects gradually go away after treatment finishes.

Talking to your healthcare team

Having cancer can be a worrying and confusing time. Talking to your healthcare team can help. Many people feel better and more in control when they know what is happening to them and why.

People often feel that hospital staff are too busy to answer their questions. But it is important for you to understand what is happening and how the cancer and its treatment might affect you. The staff are there to help you. They should make time for your questions. If you do not understand or speak English well, the hospital can arrange an interpreter for you.

You might find some questions difficult to ask your doctor or nurse, especially if they are about personal issues. But your healthcare team are there to help and they are used to answering these questions.

It is important that you understand what you are told. If you do not understand, ask the doctor or nurse to explain again.

Questions to ask your healthcare team

Here are some questions you may want to ask your healthcare team. They may not all be relevant for you.

- What does my diagnosis mean?
- How advanced is the cancer?
- What will my treatment involve?
- What are the benefits, risks and side effects of each treatment?
- How will the treatment affect my daily life?
- How effective will treatment be?
- Who can I talk to about how I am feeling?
- Who can I speak to if I think of questions later?
- I have religious or spiritual wishes – will these be met?

Coping with cancer – where to get support

Your emotions

It is common to feel overwhelmed by different feelings when you are told you have cancer. You may feel shocked, scared, worried, angry or depressed. There is no right or wrong way to feel. Talking about how you feel can often help.

Where to get support:

- **Macmillan** – See the **How Macmillan can help you** section below for all the ways we can help.
- **Counsellors** – A counsellor can help you talk about and find ways to deal with your emotions in a confidential space. Ask your cancer doctor or GP if you would like counselling.
- **Support groups** – Talking to other people who have cancer may help. Ask your doctor or nurse about groups in your area, or visit macmillan.org.uk/supportgroups

Money, work and travel

There are many ways Macmillan can help if cancer has affected your job or finances. Call us on 0808 808 00 00 to talk about any of these issues.

- We can tell you about benefits you might be entitled to and help you apply for them.
- We can help you with questions about mortgages, pensions, insurance, borrowing and savings.
- We provide grants – payments to help you cope with extra costs caused by cancer.
- For example, you might be spending more money on your heating bills. A health or social care professional needs to apply for you.
- We can give you information and advice if cancer has affected your work.
- We can give you information about travelling if you have cancer.

Physical changes

Sometimes, cancer or cancer treatments can affect the way your body looks or works. Your doctor or nurse can give you advice about this and what can help. We can also give you information – call us on **0808 808 00 00**.

Complementary therapies

These are other therapies that may help you feel better, such as meditation or relaxation. These therapies do not treat cancer. You should always tell your cancer doctor about any other therapies you want to use.

Religion and spirituality

After a cancer diagnosis, some people become more aware of religious beliefs or spiritual feelings. People with a strong religious faith often find this very helpful. Other people may question their faith.

Some people find comfort in prayer or meditation. Many people find it helpful knowing that other people are praying for them.

You can talk to a chaplain, minister, priest, rabbi or other religious leader even if you are not sure about what you believe. Spiritual and religious leaders are used to helping, and you may find peace of mind.

Support for family, friends and carers

People close to you may also have difficult emotions at this time. Our cancer support specialists are here to help everyone affected by cancer, including your relatives and friends. They can call us on **0808 808 00 00**. They can also talk to your healthcare team for support.

A carer is someone who gives unpaid support to a relative or friend with cancer who could not manage without this help. They might help with personal care, give emotional support or help with housework. If someone is helping to look after you, it is important they get support too. There is lots of help available for them. They should talk to your doctor or nurse about this or call Macmillan on **0808 808 00 00**.

How Macmillan can help you

Macmillan is here to help you and your family. You can get support from:

- **The Macmillan Support Line (0808 808 00 00)**. We have interpreters, so you can speak to us in your language. Just tell us, in English, the language you want to use. We can answer medical questions, give you information about financial support, or talk to you about your feelings. The phone line is open 7 days a week, 8am to 8pm.
- **The Macmillan website (macmillan.org.uk)**. Our site has lots of English information about cancer and living with cancer. There is more information in other languages at macmillan.org.uk/translations
- **Information and support services**. At an information and support service, you can talk to a cancer support specialist and get written information. Find your nearest centre at macmillan.org.uk/informationcentres or call us. Your hospital might have a centre.
- **Local support groups** – At a support group you can talk to other people affected by cancer. Find a group near you at macmillan.org.uk/supportgroups or call us.
- **Macmillan Online Community** – You can also talk to other people affected by cancer online at macmillan.org.uk/community

Word list

Word (target language)	In English	How to say in English (transliteration of English word)	Meaning
	Benefits		Money paid to you by the government to help you with costs.
	Benign		A lump in the body that is not cancer and cannot spread to anywhere else in the body.
	Cells		The tiny building blocks that make up the organs and tissues of our body.
	Diagnosed		If you are diagnosed with cancer, it means your doctor has found that you have cancer.
	Diagnosis		A diagnosis is when your doctor finds out what illness or problem is causing your symptoms.
	Healthcare team		The team of doctors, nurses and other professionals that will look after you.
	Key worker		This person is your main point of contact. You should have their contact details. They can answer your questions and tell you who can help with different things.
	Lymphatic system		A network of tubes and glands throughout the body. It is part of the immune system. The system fights infections and drains fluid out of our tissue and organs.

	Malignant		A lump in the body that is cancer and can spread around the body.
	Palliative care		Care given to someone with a cancer that cannot be cured. This may include treatment to shrink the cancer or to reduce symptoms and make someone more comfortable.
	Side effects		Unwanted effects of cancer treatment. For example, hair loss, feeling sick or tiredness. Most side effects go away after treatment finishes.
	Tumour		A tumour is a group of cells that are growing in an abnormal way. The abnormal cells keep multiplying and form a lump.

More information in [language]

We have information in [language] about these topics:

<p>Types of cancer</p> <ul style="list-style-type: none">• Breast cancer• Large bowel cancer• Lung cancer• Prostate cancer <p>Treatments</p> <ul style="list-style-type: none">• Chemotherapy• Radiotherapy• Surgery	<p>Coping with cancer</p> <ul style="list-style-type: none">• If you're diagnosed with cancer – A quick guide• Claiming benefits• Eating problems and cancer• End of life• Financial support – benefits• Financial support – help with costs• Healthy eating• Tiredness (fatigue) and cancer• Side effects of cancer treatment• What you can do to help yourself
---	--

To see this information, go to macmillan.org.uk/translations

Speak to us in [language]

You can call Macmillan free on **0808 808 00 00** and speak to us in [language] through an interpreter. You can talk to us about your worries and medical questions. Just say [language] in English when you call (say “xxxxx”).

We are open 7 days a week, 8am to 8pm.

References and thanks

This information has been written and edited by Macmillan Cancer Support's Cancer Information Development team. It has been translated into [language] by a translation company.

The information included is based on the Macmillan booklet **The cancer guide**. We can send you a copy, but the full booklet is only available in English.

This information has been reviewed by relevant experts and approved by our Chief Medical Editor, Dr Tim Iveson, Consultant Medical Oncologist and Macmillan Chief Medical Editor.

Thanks also to the people affected by cancer who reviewed this information.

All our information is based on the best evidence available. For more information about the sources we use, please contact us at **cancerinformationteam@macmillan.org.uk**

MAC15916_Language



Content reviewed: December 2018

Next planned review: 2021

We make every effort to ensure that the information we provide is accurate but it should not be relied upon to reflect the current state of medical research, which is constantly changing. If you are concerned about your health, you should consult your doctor. Macmillan cannot accept liability for any loss or damage resulting from any inaccuracy in this information or third-party information such as information on websites to which we link.

© Macmillan Cancer Support 2019. Registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Registered office 89 Albert Embankment, London SE1 7UQ.

MAC15916_Language