

## 癌症治療的副作用

本情況說明書主要介紹癌症治療的一些主要副作用。

我們希望本資料可解答您的問題。若您還有其他問題，請詢問您的醫生或護士。

我們還在第00-00頁列出了來自麥克米倫的其他有用資訊。這些資訊大多數只有英文版本。若您想跟我們的癌症支援專員談論這些資訊，我們有專為非英語人士安排的口譯員。

週一至週五上午9時至晚上8時，您可以免費致電英國麥克米倫癌症援助熱線 (Macmillan Support Line)：0808 808 00 00。若您有聽力方面的困難，可使用我們的文本電話 0808 808 0121 或文字中轉。也可以造訪網站 [macmillan.org.uk](http://macmillan.org.uk)

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### 什麼是副作用？

副作用通常是由癌症治療所引起的。它們可能比較溫和並持續較短的時間。但有時它們可能會對您有很大的影響。

您可能發生的副作用取決於您的治療情況。您可能只發生這裡提及的很少幾種副作用。您的醫生或護士會告訴您治療中您可能會發生的任何副作用。

### 癌症治療

癌症治療分許多不同類型。您可能接受這些治療中的一種或多種：

- 手術 — 切除腫瘤和腫瘤周圍的癌細胞。
- 化療 — 使用抗癌藥物來破壞癌細胞。
- 放療 — 使用高能量 X 射線來治療癌症。
- 激素治療 — 影響某些激素在體內合成和作用的方式。
- 靶向治療 — 可能利用身體的免疫系統來破壞癌細胞。

治療對每個人的影響各不相同。下面是癌症治療常見的一些副作用以及應對這些副作用的一些方法。

## 可能的副作用

### 感染風險

化療和一些靶向治療會導致血液中的白細胞數量減少。這會使您更容易受到感染。白血細胞水準低就是所謂的中性粒細胞減少。您最有可能在治療後7-14天發生感染。這可能會因所使用的藥物或藥物組合而異。

若出現以下情況，請立即透過醫院留給您的電話號碼與醫院聯繫：

- 體溫超過 37.5°C (99.5F) 或者超過 38°C (100.4F)，具體取決於化療小組給出的建議
- 突然感到身體不適，即使體溫正常
- 出現感染症狀 — 這可能包括感覺到發抖、喉嚨痛、咳嗽、腹瀉或尿頻。

您的白血細胞通常會緩慢增多，並在下一次治療之前恢復正常水準。在下一次治療之前，您需要進行驗血。若白細胞仍然偏低，醫生可能將治療延後較短的時間。

放射治療通常會對白血細胞產生溫和、臨時性的影響。

手術也可能會使您更容易受到感染，往往是在傷口部位。這是因為它在皮膚上形成了破口。皮膚是人體自然保護的一部分。

若您的醫生認為您發生了感染，那麼可能需要使用抗生素。抗生素可以口服，也可以透過短的細管注射到胳膊或手背（插管）的靜脈中。

### 貧血（紅血球數量低）

化療、靶向治療、放療以及有時候手術會導致血液中的紅細胞數量減少。這些細胞攜帶氧流經全身。若它們的數量較低，您可能會感到累和氣喘吁吁。

- 若您覺得是這樣，請告訴您的醫生或護士。
- 若您嚴重貧血，那麼可能需要透過打點滴輸入額外的血紅細胞。這稱為輸血。

### 瘀傷和出血

化療、靶向治療以及有時候手術會導致血液中的血小板數量減少，而血小板是幫助血液凝結的細胞。

- 若您有任何無法解釋的瘀傷或出血，請告訴您的醫生。
- 這包括流鼻血、牙齦出血以及皮膚上的血斑點或皮疹。
- 有些人可能需要打點滴，輸入額外的血小板。

## 脫髮

一些化療藥物可能會造成您頭上的頭髮掉落或變稀。這通常是在化療的第一或第二個週期之後開始。您的睫毛、眉毛以及其他體毛也可能會脫落或變稀。化療之後，您的頭髮會重新開始生長。

放療導致脫髮僅發生在接受治療的身體部位。在治療之後，這些毛髮會長回來。但是，這取決於您所接受的放療的劑量。

一些激素治療也可能會影響您的頭髮。

頭髮掉落可能會讓人感到非常沮喪。但是，治療之後，您的頭髮通常還會長回來。您的護士會給您應對脫髮的建議。

## 疲倦（疲勞）

化療、放療、手術、靶向治療和激素治療都可能會使您感到非常疲勞。在治療後期及之後的幾周或幾個月，這種情況通常會更嚴重。

- 儘量自我調整並保證充分的休息。
- 可以做一些溫和的運動，如短距離的散步，來保持休息平衡。
- 若您感覺犯困，切勿操作機械設備或駕車。

## 口腔潰瘍

化療、放療和一些靶向治療可能會引起口腔疼痛。或者，可能會出現潰瘍。

- 飯後用軟毛牙刷輕輕地清潔您的牙齒，並多喝水。
- 若您有口部問題，請告訴您的護士或醫生。他們會開一些洗口藥和相關藥物來防止或消除口腔感染。若您的口部非常疼痛，他們會開一些止痛藥。

## 噁心或嘔吐

化療、放療、靶向治療和激素治療都可能會使您感到噁心或嘔吐。

- 您的醫生可能會開一些抗暈藥（止吐藥）來防止或控制噁心感。
- 若您仍然覺得噁心，請告訴您的醫生或護士。他們會開其他效果更好的藥物。

## 食欲不振

化療、放療、靶向治療和激素治療可能會使您感到食欲不振。您可能會不想吃東西。或者，您可能會感到非常噁心或太累，而不想吃。

- 嘗試少吃多餐
- 若您不能面對食物，嘗試用營養飲品代替。例如，水果昔或奶昔。
- 在您的食物中添加黃油、奶油或全脂牛奶補充額外的卡路里

- 若您食欲不振，請告訴您的醫生或護士。他們可以給您意見或者介紹一位營養師。他們可能會給您開一些營養補品。

## 味覺改變

一些化療和靶向治療可能會引起味覺改變。食物可能會有金屬的味道，不同的口感或者完全沒有味道。

- 使用調味料、香料和醃泡汁讓食物更有味道。
- 吃冷的食物。它們可能會比熱的食物味道好些。
- 若您的嘴裡有金屬味道，可以使用塑膠餐具。

## 便秘

化療、放療、激素治療和靶向治療可能會引起便秘。引起便秘的也可能是以下原因：

- 食欲不振
- 止痛不當
- 噁心
- 飲食中缺少纖維（粗糧）
- 喝水不夠
- 不走動

藥物也可能會引起便秘。其中包括止痛藥和化療過程中使用的一些抗暈藥。

- 每個人的正常排便情況都不同。但是，若您已三天沒有排便（除非這對您來說是正常的），請告訴您的醫生或護士。
- 嘗試在飲食中包含大量的纖維。這包括全麥早餐麥片、全麥麵包、糙米和帶皮的新鮮水果與蔬菜。
- 爭取一天至少喝兩升（3.5品脫）水。
- 溫和的運動有助於促進您的腸子蠕動。
- 有時候您可能需要服用輕瀉藥以緩解便秘症狀。

## 腹瀉

骨盆放療、化療和靶向治療可能會引起腹瀉。有些藥物，如抗生素，也可能會引起腹瀉。

- 多喝水以補充腹瀉流失的水分。但要避免飲酒和咖啡。
- 減少攝入的纖維量。這可能是來自麥片、水果和蔬菜。
- 避免牛奶和乳製品以及辛辣和油膩的食物。
- 若腹瀉持續兩天以上，請告訴您的醫生。他們會做一些化驗並開止瀉藥。

## 皮膚變化

化療、放療、靶向治療和激素治療可能會引起皮膚問題。根據您的治療方案以及您對其的反應情況，您可能會遇到以下一些症狀：

### 皮膚乾燥或變黃（化療引起）

- 嘗試使用保濕霜。但是，若您正在同時接受放療和化療，請在使用保濕霜之前與您的醫生或放射技師確認。
- 使用電動剃鬚刀，而不要濕剃。這可以降低劃破的風險。

### 對日光變敏感（化療和放療引起）

- 若要外出到陽光下，請注意防護。應使用防曬係數 (SPF) 至少30的防曬霜。
- 頭上戴帽子或圍巾，穿著棉質或其他天然纖維製成的寬鬆衣服。

### 皮膚發紅或疼痛（放療引起）

- 僅使用無香料的肥皂和乳霜。
- 不要使用任何藥膏或敷料，除非是您的專家或放射技師開的處方或提供的建議。他們可能會建議使用水性乳霜、蘆薈油或山金車油。

### 皮疹或發癢（一些靶向和激素治療引起）

- 告訴可以開處方或推薦藥膏幫助緩解症狀的醫生或護士。

### 手掌和腳底皮膚疼痛（一些化療藥物和靶向治療引起）

- 出現這種情況時，馬上告訴您的專家。他們可能需要調整您的治療。

## 激素變化

某些癌症一些治療方法可能會引起激素症狀。例如，您可能骨盆部位接受了手術和放療，這可能會影響產生激素的器官。一些化療和激素治療也可能會引起激素症狀。

症狀可能包括：

- 潮熱和盜汗
- 乳房觸痛（男性）
- 體重增加
- 骨質疏鬆
- 性欲下降
- 陽痿（男性）
- 月經變化（女性）
- 陰道乾澀（女性）

若您可能會出現激素症狀，您的醫生會在治療之前告訴您。激素的影響可能是暫時的或永久的。

- 穿幾層輕便的衣服。若您有潮熱和盜汗，這樣可以方便穿脫。
- 鋪幾層床單。夜間可以調換，以應對潮熱和盜汗。
- 溫水洗澡和淋浴，不要用熱水。
- 一些輔助療法可以幫助減輕症狀，但在使用任何這些療法之前應與您的醫生確認。
- 對於男性，一些藥物和器具可以幫助克服陽痿。
- 對於女性，也有藥物可以幫助緩解絕經症狀。
- 嘗試多做一些身體活動，例如散步。這可以幫助保持骨骼強壯。

務必讓您的醫生和護士知道您出現的副作用，這一點很重要。他們可以提供建議。

## 有用的機構

### 更多資源

- 控制噁心嘔吐
- 應對疲倦
- 應對脫髮
- 化療期間的口腔護理

## 參考文獻與致謝

本情況說明書由麥克米倫癌症援助中心的癌症資訊開發小組負責編寫、修訂和編輯。本情況說明書經麥克米倫腫瘤醫學顧問兼麥克米倫醫學總編 Tim Iveson 博士審核。

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編撰本資料時使用了來自多個可靠的資訊來源，包括：

Dougherty & Lister (eds), *The Royal Marsden Hospital Manual of Clinical Nursing Procedures* 《皇家馬斯登醫院臨床護理程式手冊》，第 7 版。Wiley-Blackwell，2010 年。

Tobias & Hochhauser, *Cancer and its management* 《癌症及其治療》。Wiley and Blackwell，2010 年。

我們盡最大努力確保本文所提供資訊的準確性，但是，由於醫療研究現狀不斷變化，所以請勿過度依賴此資訊。具體情況請諮詢您的醫師。麥克米倫不對由於本文資訊或網站所連結的網站上的資訊等第三方資訊的不準確性造成的任何損失或損害承擔任何責任。

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## Side effects of cancer treatment

This fact sheet is about some of the main side effects of cancer treatment.

We hope this fact sheet answers your questions. If you have any more questions, ask your doctor or nurse.

We have listed other helpful information from Macmillan on page 6. Most of this is only in English. If you'd like to talk about this information with our cancer support specialists, we have interpreters for non-English speakers.

You can call the Macmillan Support Line free on **0808 808 00 00**, Monday–Friday, 9am–8pm. If you have problems hearing you can use textphone 0808 808 0121, or Text Relay. Or you can visit **macmillan.org.uk**

### On this page

- What are side effects?
- Treatment for cancer
- Possible side effects

### What are side effects?

Side effects are often caused by cancer treatments. They can be mild and last a short time. But sometimes they can affect you more.

The side effects you may have will depend on your treatment. You may only have a few of the side effects mentioned here. Your doctors or nurses will tell you about any side effects you may have from treatment.

### Treatment for cancer

There are different types of cancer treatment. You may have one or more of these treatments:

- Surgery – this removes the tumour and cancer cells around the tumour.
- Chemotherapy – this uses anti-cancer drugs to destroy cancer cells.
- Radiotherapy – this uses high energy x-rays to treat cancer.
- Hormonal therapies – these influence the way certain hormones are made in the body, and the way they work.



- Targeted therapies – these may use the body’s immune system to destroy cancer cells.

Treatment affects each person differently. Here are some common side effects of cancer treatment and some ways you can deal with them.

## **Possible side effects**

### **Risk of infection**

Chemotherapy and some targeted therapies can reduce the number of white blood cells in your blood. This will make you more likely to get an infection. When your white blood cells are low, it’s called neutropenia. You are most likely to get an infection 7–14 days after treatment. This can vary depending upon the drug, or combination of drugs, used.

Contact the hospital straight away on the contact number you’ve been given if:

- your temperature goes over 37.5°C (99.5°F) or over 38°C (100.4°F), depending on the advice given by your chemotherapy team
- you suddenly feel unwell, even with a normal temperature
- you have symptoms of an infection – this can include feeling shaky, a sore throat, a cough, diarrhoea or needing to urinate a lot.

Your white blood cells usually increase slowly and return to normal before your next treatment. You will have a blood test before your next treatment. If your white blood cells are still low, your doctor may delay your treatment for a short time.

Radiotherapy often has a mild and temporary effect on the white blood cells.

Surgery can also make you more likely to get an infection, often at the wound site. This is because it causes a break in the skin. The skin is part of the body’s natural protection.

If your doctor thinks you have an infection you may need antibiotics. You may have antibiotics by mouth or as an injection through a short thin tube into a vein in your arm or hand (cannula).

### **Anaemia (low red blood cells)**

Chemotherapy, targeted therapies, radiotherapy and sometimes surgery can reduce the number of red cells in your blood. These cells carry oxygen around the body. If they are low, you may be tired and breathless.

- Tell your doctor or nurse if you feel like this.
- If you are very anaemic, you may need a drip to give you extra red blood cells. This is called a blood transfusion.

## **Bruising and bleeding**

Chemotherapy, targeted therapies and sometimes surgery can reduce the number of platelets in your blood. Platelets are cells that help the blood to clot.

- Tell your doctor if you have any bruising or bleeding that you can't explain. This includes nosebleeds, bleeding gums, blood spots or rashes on the skin.
- Some people may need a drip to give them extra platelets.

## **Hair loss**

Some chemotherapy drugs can make the hair on your head fall out or thin. This usually starts after your first or second cycle of chemotherapy. Your eyelashes, eyebrows and other body hair may also fall out or thin. After chemotherapy your hair will start to grow again.

Radiotherapy causes hair loss only in the area of the body that was treated. The hair should grow back after your treatment. But this will depend on the dose of radiotherapy you've had.

Some hormonal therapies can also affect your hair.

It can be very upsetting to lose your hair. But your hair will usually grow back after treatment. Your nurse can give you advice about coping with hair loss.

## **Tiredness (fatigue)**

Chemotherapy, radiotherapy, surgery, targeted therapies and hormonal therapies can all cause you to feel very tired. It's often worse towards the end of treatment and for some weeks or months after.

- Try to pace yourself and get as much rest as you need.
- Balance rest with some gentle exercise, such as short walks.
- If you feel sleepy, don't operate machinery or drive.

## **Sore mouth and ulcers**

Chemotherapy, radiotherapy and some targeted treatments can cause a sore mouth. Or, you may get ulcers.

- Gently clean your teeth after meals with a soft toothbrush and drink plenty of fluids.
- Tell your nurse or doctor if you have mouth problems. They can prescribe mouthwashes and medicines to prevent or get rid of any mouth infections. If your mouth is very sore, they may prescribe pain killers.

## **Feeling sick (nausea) or being sick (vomiting)**

Chemotherapy, radiotherapy, targeted therapies and hormonal therapies can all make you feel sick (nausea) or be sick (vomit).

- Your doctor will prescribe anti-sickness (anti-emetic) drugs to prevent or control sickness.
- If you still feel sick, tell your doctor or nurse. They can prescribe other drugs that should work better for you.

### **Loss of appetite**

Chemotherapy, radiotherapy, targeted therapies and hormonal therapies can make you lose your appetite. You may not feel like eating. Or you may feel very sick or too tired to eat.

- Try to eat little and often.
- If you can't face food, try having a nourishing drink instead. For example, a fruit smoothie or milkshake.
- Add extra calories to your food with butter, cream or full-fat milk.
- Tell your doctor or nurses if you have lost your appetite. They can give advice or refer you to a dietitian. They may prescribe nutritional supplements for you.

### **Taste changes**

Some chemotherapy and targeted therapies can cause taste changes. Food may have a metallic taste, a different texture or no flavour at all.

- Use seasonings, spices and marinades to give food more flavour.
- Eat cold foods. They may taste better than hot foods.
- Use plastic cutlery if you have a metallic taste in your mouth.

### **Constipation**

Chemotherapy, radiotherapy, hormonal therapies and targeted therapies can cause constipation. Constipation can also be caused by:

- loss of appetite
- poorly controlled pain
- nausea
- lack of fibre (roughage) in your diet
- not drinking enough
- not moving around.

Medicines can also make you constipated. These include painkillers and some anti-sickness drugs used during chemotherapy.

- Everyone's normal bowel pattern is different. But tell your doctor or nurse if you've not had a bowel movement for three days (unless this is normal for you).
- Try to include plenty of fibre in your diet. This includes wholegrain breakfast cereals, wholemeal bread, brown rice and fresh fruit and vegetables with skins on.
- Aim to drink at least two litres (three and a half pints) of fluid a day.

- Gentle exercise will help keep your bowels moving.
- Sometimes you may need a laxative to relieve constipation.

## **Diarrhoea**

Radiotherapy to the pelvis or chemotherapy and targeted therapies can cause diarrhoea. Some medicines such as antibiotics can also cause diarrhoea.

- Drink plenty of fluids to replace the water lost with diarrhoea. But avoid alcohol and coffee.
- Cut down how much fibre you eat. This could be from cereals, fruit and vegetables.
- Avoid milk and dairy products, as well as spicy and fatty foods.
- If the diarrhoea continues for more than two days, tell your doctor. They may do some tests and prescribe anti-diarrhoea medicines.

## **Skin changes**

Chemotherapy, radiotherapy, targeted therapies and hormonal therapies can cause skin problems. Depending on your treatment and how you react to it, you may experience some of the following symptoms:

### **Dry or discoloured skin (caused by chemotherapy)**

- Try using a moisturising cream. But if you're having radiotherapy as well as chemotherapy, check with your doctor or radiographer before using creams.
- Use an electric razor instead of wet shaving. This will reduce the risk of cuts.

### **Increased sensitivity to sunlight (caused by chemotherapy and radiotherapy)**

- Protect yourself if you go out in the sun. You should use a sun cream with a sun protection factor (SPF) of at least 30.
- Wear a hat or scarf on your head, and wear loose clothes made of cotton or other natural fibres.

### **Red or sore skin (caused by radiotherapy)**

- Only use perfume-free soaps and creams.
- Don't use any creams or dressings unless prescribed or recommended by your specialist or radiographer. They may suggest using aqueous cream, aloe vera or arnica.

### **Rashes or itching (caused by some targeted and hormonal therapies)**

- Speak to your doctor or nurse, who can prescribe medicines or recommend creams to help.

### **Sore skin on the palms of your hands and the soles of your feet (caused by some chemotherapy drugs and targeted therapies)**

- Tell your specialist as soon as this develops. They may need to adjust your treatment.

## Hormonal changes

Some treatments for certain cancers can cause hormonal symptoms. For example, you may have surgery and radiotherapy to the pelvic area that may affect organs that produce hormones. Some chemotherapy and hormonal therapies may also cause hormonal symptoms.

Symptoms can include:

- hot flushes and sweats
- breast tenderness (in men)
- weight gain
- bone thinning
- lowered sex drive
- impotence (in men)
- menstrual changes (in women)
- vaginal dryness (in women).

If you are likely to have hormonal symptoms, your doctors will tell you before your treatment. Hormonal effects may be temporary or permanent.

- Wear layers of light clothing. You can put them on or take them off if you are having hot flushes and sweats.
- Use layers of bed linen. You can adjust them during the night to deal with hot flushes and sweats.
- Have lukewarm baths and showers instead of hot ones.
- Some complementary therapies can help reduce symptoms, but check with your doctor first before using any of these.
- For men, there are a number of medicines and devices that can help deal with impotence.
- For women, there may be medicines that can help manage menopausal symptoms.
- Try to be physically active, for example walking. It can help to keep your bones strong.

**It is important to mention any side effect you have to your doctor or nurse. They can give advice.**

## Related Macmillan information

- Controlling nausea and vomiting
- Coping with fatigue
- Coping with hair loss
- Mouth care during chemotherapy

For copies of this related information call free on **0808 808 00 00**, or see it online at **macmillan.org.uk**

This fact sheet has been written, revised and edited by Macmillan Cancer Support's Cancer Information Development team. It has been approved by our Chief Medical Editor Dr Tim Iveson, Consultant Medical Oncologist and Macmillan Chief Medical Editor.

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- Dougherty & Lister (eds). *The Royal Marsden Hospital Manual of Clinical Nursing Procedures*. 7th edition. Wiley-Blackwell. 2010.
- Tobias & Hochhauser. *Cancer and its management*. Wiley and Blackwell. 2010.

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