

## 肺癌

本資訊是關於肺癌及肺癌治療。

本資訊是關於**始於肺部的癌症**（原發性肺癌），而非始於身體其他部位然後擴散至肺部的癌症（繼發性肺癌）。

所有帶下劃線的辭彙在本文最後所附的辭彙表中均有說明。辭彙表中亦包括了英語單詞的發音。

若您對本資訊有任何疑問，您可以詢問您正在其中接受治療的醫院的醫生及護士。

週一至週五上午 9 時至晚上 8 時，您可以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「釵尼斯」）。

欲參閱更多繁體中文癌症資訊，請瀏覽 [macmillan.org.uk/translations](http://macmillan.org.uk/translations)。

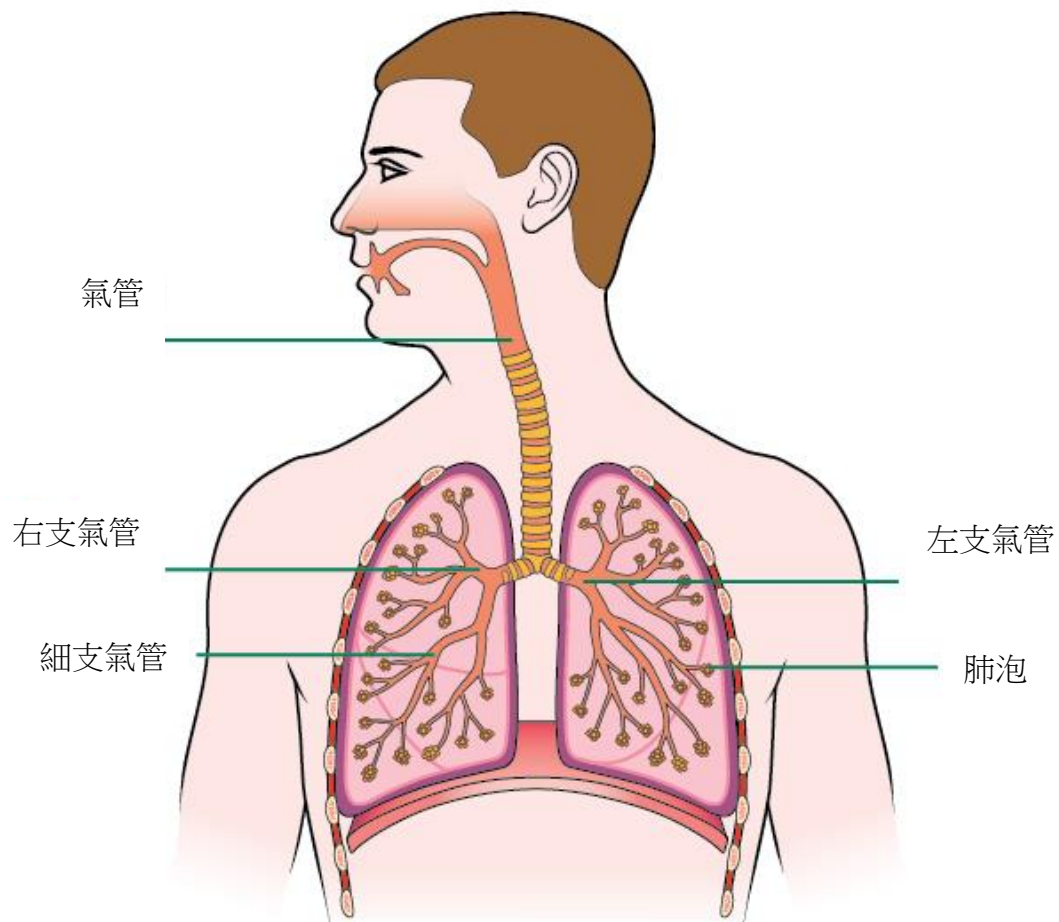
### 本資訊主要介紹：

- 肺部
- 肺癌
- 如何計劃治療方案
- 與您的醫療團隊溝通
- 肺癌治療
- 手術治療
- 化療
- 放療
- 標靶治療及免疫治療藥物
- 其他治療
- 控制症狀
- 治療後
- 您的感覺
- 麥克米倫（Macmillan）如何給予幫助
- 辭彙表
- 更多中文繁體版本的資訊
- 參考文獻與致謝

## 肺部

我們的胸腔有兩個幫助我們呼吸的肺。

當我們吸氣時，空氣從鼻子或嘴巴穿過氣管。這股空氣在兩支管道分開，每支通往不同的肺。這兩管道正是右支氣管和左支氣管。它們又分成更細的管道，名為細支氣管。細支氣管的末端是數以百萬計的細小氣囊，名為肺泡。而我們呼吸的空氣中的氧氣就是從此進入血液。



## 肺癌

身體的所有部位都是由微小的細胞所組成的。當肺部細胞以不受控制的方式生長並形成稱為腫瘤的腫塊時就會變成肺癌。

肺癌主要分為兩種：

- 非小細胞肺癌 - 此為最常見的類型
- 小細胞肺癌 - 每 7 宗肺癌個案中就有 1 個屬於此類型（約佔所有肺癌的 15%）。

大多數肺癌是由吸煙引起的。但是 10 名肺癌患者中有 1 名（10%）不曾吸煙。

如果您有吸煙，您的醫生通常會建議您戒菸。這有利於您的治療成效並減少副作用，也有助於您長期的健康。您的醫生或醫院可以提供協助您戒菸的治療。

肺癌不具傳染性，也就是說不會傳染給其他人。

### 肺癌的分期

您的醫生會進行檢驗以確定肺癌的分期。癌症的分期指的是腫瘤大小，以及它是否已經擴散。癌細胞有時會透過血液或淋巴系統傳播到身體的其他部位。

知道癌症所處的分期有助於醫生安排您的治療計劃。

肺癌分為四個分期：

- 1 期 - 癌症範圍小，僅限於肺部。
- 2 或 3 期 - 癌症已擴散到肺部週圍。
- 4 期 - 癌症已經擴散到身體其他部位。

如果您患有小細胞肺癌，您的醫生可能會使用不同的分期體系。該體系將肺癌分成兩個階段 - 局限期及擴散期。若您的醫生使用該體系，他會向您解釋。

## 如何計劃治療方案

您的醫療團隊將為您計劃最好的治療方法。

您的醫生或護士會就這方面與您交談。您的治療計畫將取決於多種因素，例如：

- 您所患肺癌類型
- 癌症的分期
- 不同治療方法的好處及風險
- 您的整體健康狀況
- 您的個人偏好。

## 與您的醫療團隊溝通

與您的癌症專科醫生或護士討論治療方法非常重要，這有助於您明白相關的詳情。您也可以和家人或朋友討論。

與您交談後，您的醫生會要求您簽署同意書，以表明您理解並同意接受治療，這稱為同意治療方案。只有同意後，您才能接受治療。

屆時，最好是有會講中文和英語的人與您隨行。您的醫院可以為您安排口譯員。如果需要口譯員，請告知您的護士。

## 關於您的治療的問題

您可以向您的醫療團隊提出以下問題，以確保您了解您的治療及其可能造成的影響。

- 我的治療目標是甚麼？
- 可以進行哪些治療？
- 每種療法的好處、風險和副作用是甚麼？
- 治療將如何影響我的日常生活？
- 我能與誰談論我的感受？

## 肺癌治療

肺癌的治療方法包括：

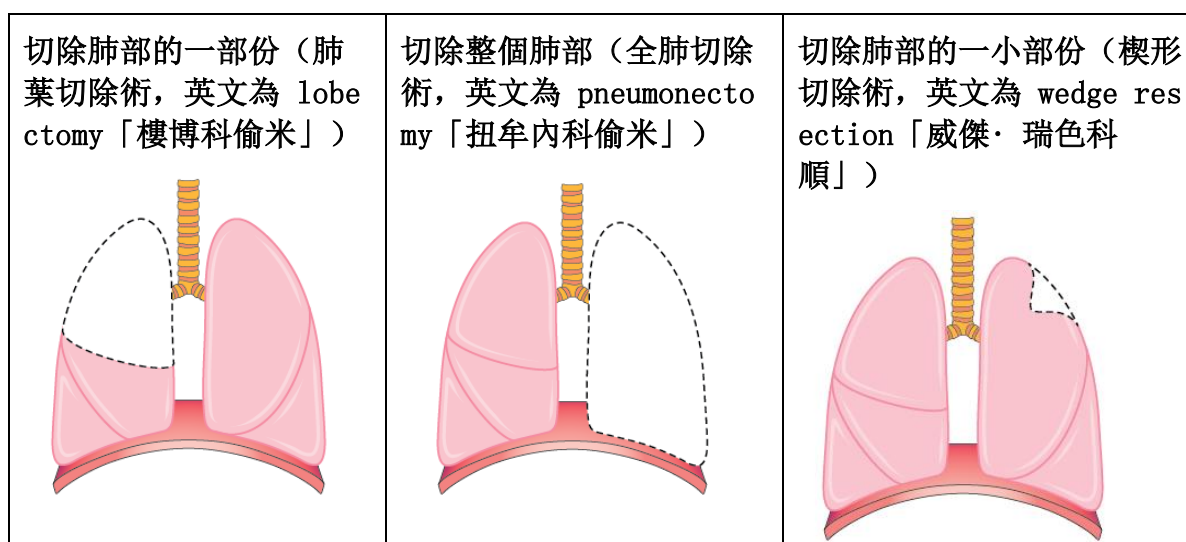
- 手術治療
- 癌症藥物（化療或標靶治療）
- 放療

您可能接受多於一種的治療。您接受的治療也取決於您的肺癌類型以及癌症分期。

## 手術治療

對於一些人來說，可以藉由手術移除腫瘤。這取決於癌症種類和分期，以及您的整體健康狀況。

手術前，您會進行一些檢查，以查看您的肺功能情形。以下顯示主要三種肺部腫瘤移除手術。



關於手術計劃以及手術後會出現的情況，我們有更多以繁體中文編寫的資訊。請瀏覽 [m acmillan.org.uk/translations](http://m.acmillan.org.uk/translations)

## 化療

化療使用藥物來破壞癌細胞。

化療可能基於不同原因，於不同時間點使用

何時?	為何?
手術或放療前	為了縮小腫瘤
手術或放療後	為了破壞殘留的 <u>癌細胞</u>
與放療同時進行（稱之為放化療，英文為 chemoradiation「其模瑞迪欵順」）	如果無法進行手術，或者癌症已擴散到肺部以外的部位，則可使用這種強力的治療
單獨進行，為控制晚期癌症（稱之為姑息性治療）	為控制晚期癌症及幫助減緩症狀。

化療通常會分成幾次療程的方式進行，療程之間會有休息期間。治療方式通常是透過打點滴或靜脈注入。您的醫生會告訴您需要接受幾次療程，以及所需時間。您的化療療程可能需要數個月的時間完成。

### 化療的副作用

化療藥物可能會引發令您不適的副作用，

您的醫生可以向您解釋您可能會出現的副作用，以及控制方法。大部份的副作用可以透過其他藥物控制，且大部份將於化療後消失。

關於化療的進行方式，以及它的一些副作用，我們有更多以繁體中文編寫的資訊。請瀏覽 [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

## 放療

放療是指使用高能量的 X 射線摧毀癌細胞的療法。  
此治療會基於不同原因而進行。

何時?	為何?
單獨進行，作為主要治療。	為了治癒 <u>早期肺癌</u>
手術後	為了破壞殘留的 <u>癌細胞</u>
與化療同時進行（稱之為放化療，英文為 chemoradiation「其模瑞迪欵順」）	如果無法進行手術，或者癌症已擴散到肺部以外的部位，則可使用這種強力的治療
<u>化療</u> 前後	為了縮小或控制腫瘤
單獨進行，為控制症狀（稱之為姑息性治療）	為控制癌症引起的症狀，例如呼吸困難或疼痛

一些患有小細胞肺癌的患者會接受腦部放療。這是為了避免可能已擴散至腦部的任何癌細胞形成一個新的腫瘤。如果您需要這項治療，您的醫生或護士會為您解釋。

放療具有多種不同類型。通常是在體外透過一台機器進行（體外放療）：



但是也有其他放療類型。您的癌症醫生會告訴您更多關於您接受的放療類型。

很多人會以門診病患的身分接受放療。即是說，您可以在前往醫院接受治療的當天回家。

您的治療計畫取決於您的肺癌類型、癌症分期以及您的整體健康狀況。您的醫生會告訴您關於您的放療療程細節。

關於放療的進行方式，我們有更多以繁體中文編寫的資訊。請瀏覽 [macmillan.org.uk/translations](http://macmillan.org.uk/translations)



## 標靶治療及免疫治療藥物

這些藥物可能用於治療已擴散的非小細胞肺癌。您的醫生會向您解釋更多關於最適合您的藥物類型及可能的副作用。

標靶治療藥物可以停止癌細胞增生和繁殖。您可能需要進行檢查，以查看該治療是否適合您。您可以服用藥片或膠囊。

免疫療法藥物可以協助您的免疫系統辨識並破壞癌細胞。藉此幫助縮小腫瘤，並減緩其生長速度。藥物透過注入靜脈的方式給藥。

## 其他治療

還有其他治療也可用於治療肺癌或控制症狀。

射頻消融治療 (RFA) 使用熱量來破壞癌細胞。醫生會將針插入腫瘤，然後通過電流來破壞癌細胞。

光動力療法 (PDT) 使用光源來破壞癌細胞。首先，您會服用一種特殊的光敏感藥物。接著，您需要等幾個小時讓癌細胞吸收藥物。數小時後，醫生會將一個管子放入您的氣管（見圖 2），然後將光照進您肺部的腫瘤。光有助於藥物發揮作用，並藉此破壞癌細胞。



## 控制症狀

如果癌症進入末期，有許多方式可以控制您可能有的症狀。您的醫生可以為您開不同的藥物，幫助緩解症狀。如果症狀未改善，請務必告知您的醫生。

### 氣道阻塞

有時候，肺癌可能會阻塞或縮小肺部裡一個或多個氣道，導致呼吸困難。不同的治療可以用來緩解阻塞的氣道：

- 有些治療使用超低溫度來冷凍或破壞癌細胞。
- 有些治療使用電流來破壞癌細胞。
- 放療也可以從體內治療癌症。
- 有些人會在氣道裝入一個名為支架的小管道，以保持其暢通。

### 體液積聚

若肺部積聚體液，您的醫生通常可以使用針和引流管將其抽出。或者您可能可以進行手術，幫助防止體液積聚於肺部周圍。

## 治療後

治療結束後，您會進行定期檢查和測試。這些檢查可能會持續數年。一開始的檢查會較為頻繁，但時間久了次數會減少。

## 您的感覺

當您被告知患有癌症時，可能會感到不知所措，您可能出現很多不同的情緒。有些人會感到沮喪、震驚或焦慮，有些人則會感到氣憤、有罪惡感或孤單。感覺沒有對錯之分。但應對情緒的方法亦有很多種，與親朋好友交談可能會有所幫助。請記住，您需要時一定可以得到協助。如果您有困難應對，請與您的醫生或護士討論。有些人覺得諮詢輔導很有幫助，您的醫生或護士可以為您安排。

## 麥克米倫 (Macmillan) 如何給予幫助

麥克米倫 (Macmillan) 致力於幫助您和您的家人。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甚麼語言即可。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。我們的電話接聽時間是週一至週五上午 9 時至晚上 8 時。
- **麥克米倫 (Macmillan) 網站 ([macmillan.org.uk](http://macmillan.org.uk))**。我們的網站有很多有關癌症和癌症患者生活的資訊。欲瞭解繁體中文及其他語言的更多資訊，請瀏覽 [macmillan.org.uk/translations](http://macmillan.org.uk/translations)
- **資訊與支援服務**。您可透過資訊與支援服務中心向癌症援助專家諮詢並獲得關於癌症的資訊。瀏覽 [macmillan.org.uk/informationcentres](http://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**—您可以在支援小組中與其他受癌症影響的人交談。瀏覽 [macmillan.org.uk/supportgroups](http://macmillan.org.uk/supportgroups) 尋找離您最近的當地援助小組或致電我們。
- **麥克米倫 (Macmillan) 網路社群**—您亦可以前往 [macmillan.org.uk/community](http://macmillan.org.uk/community) 與其他受癌症影響的人交談。

## 辭彙表

單詞	英文	英文發音	意思
細胞	Cells	塞爾思	構成身體器官和組織的微小結構單元。
癌細胞	Cancer cells	咖恩瑟·塞爾思	身體中異常的細胞且如今變成腫瘤。
副作用	Side effects	塞的·額費特司	癌症治療中的不良影響，如掉髮、噁心或疲勞。
分期	Stage	思德積	癌症的分期指的是腫瘤大小，以及它是否已經擴散。
早期	Early stage	爾里·思德積	剛開始生長但未擴散到身體其他部位的癌症。
感染	Infection	因費克順	當細菌進入您的身體進而導致疾病。
淋巴系統	Lymphatic system	淋費提克·思斯藤	一種遍佈全身的血管和腺體網絡。它們幫助您的身體抵抗感染。它們也會將組織和器官內多餘的液體排出。
腫瘤	Tumour	免摩	已形成腫塊的一群 <u>癌細胞</u> 。
分期體系	Staging system	思特精·西斯藤	一套幫助醫生決定癌症發展 <u>階段</u> 的規則。
醫療團隊	Healthcare team	嘿斯咖爾·梯姆	由照顧您的醫療專家和其他專業人士組成的團隊。
同意	Consent	康森特	允許某件事情發生或同意進行某項事情。
化療	Chemotherapy	基模特拉皮	使用藥物破壞 <u>癌細胞</u> 的癌症治療方法。
標靶治療	Targeted therapy	踏格特·特拉皮	使用藥物靶向並破壞 <u>癌細胞</u> 的癌症治療方法。
放療	Radiotherapy	瑞迪歐特拉皮	使用高能 X 射線（如 X 光）破壞 <u>癌細胞</u> 的癌症治療方法。
姑息性治療	Palliative treatment	帕里艾提夫·催特蒙特	提供給無法治癒的癌症患者的治療。可能包含縮小腫瘤的治療或緩解症狀的治療，讓癌症

			患者感覺較為舒服。
免疫治療	Immunotherapy	意牧諾特拉皮	一種幫助 <b>免疫系統</b> 辨識並破壞 <b>癌細胞</b> 的癌症治療方法。
免疫系統	Immune system	意牧呢·西斯藤	您的免疫系統是您的身體保護您免受有害細菌及 <b>感染</b> 侵害的方式。
射頻消融 (RFA)	Radiofrequency ablation (RFA)	瑞迪歐費坤斯·阿布拉順	使用熱能破壞 <b>癌細胞</b> 的癌症治療方法。
光動力療法 (PDT)	Photodynamic therapy (PDT)	佛陀歹納米可·特拉皮	使用光源破壞 <b>癌細胞</b> 的癌症治療方法。
氣道	Airway	艾兒威	身體中的通道或管道，讓空氣通行並到達肺部。

## 更多中文繁體版本資訊

我們提供更多關於以下主題的繁體中文資訊：

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

欲查看該資訊，請前往 [macmillan.org.uk/translations](http://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** 透過口譯員用中文與我們交談。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」）。

我們的辦公時間是週一至週五上午 9 時至晚上 8 時。

## 參考文獻與致謝

該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。並由翻譯公司提供繁體中文的翻譯版本。

本資料單資訊內容以麥克米倫 (Macmillan) 宣傳冊《**瞭解肺癌**》為基礎編制而成。我們可以將宣傳冊發送給您，但完整手冊只有英語版本。

本資訊單已由相關專家審核，並獲得我們的資深醫學編輯、腫瘤學顧問 David Gilligan 博士的批准。

感謝：麥克米倫 (Macmillan) 肺癌護士 Carol Davies、肺癌臨床護理專家 Clair Haslop、呼吸系統學教授 Sam Janes、心胸外科醫生 David Lawrence、顧問臨床腫瘤科醫生 Fiona MacDonald、顧問臨床腫瘤科醫生 Rhona McMenemin、顧問胸腔腫瘤科醫生 Sanjay Popat 以及腫瘤學教授 Denis Talbot。

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，請透過 [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk) 聯絡我們。

MAC15137\_TRADITIONAL CHINESE



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計畫下次審閱日期：2021 年

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## Lung cancer

This information is about lung cancer and treatments for lung cancer.

This information is about **cancer that starts in the lung** (primary lung cancer). It is not about cancer that starts somewhere else in the body and spreads to the lungs (secondary lung cancer).

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.

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**, Monday to Friday, 9am 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 "xxxx").

There is more cancer information in [language] at [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

### This information is about:

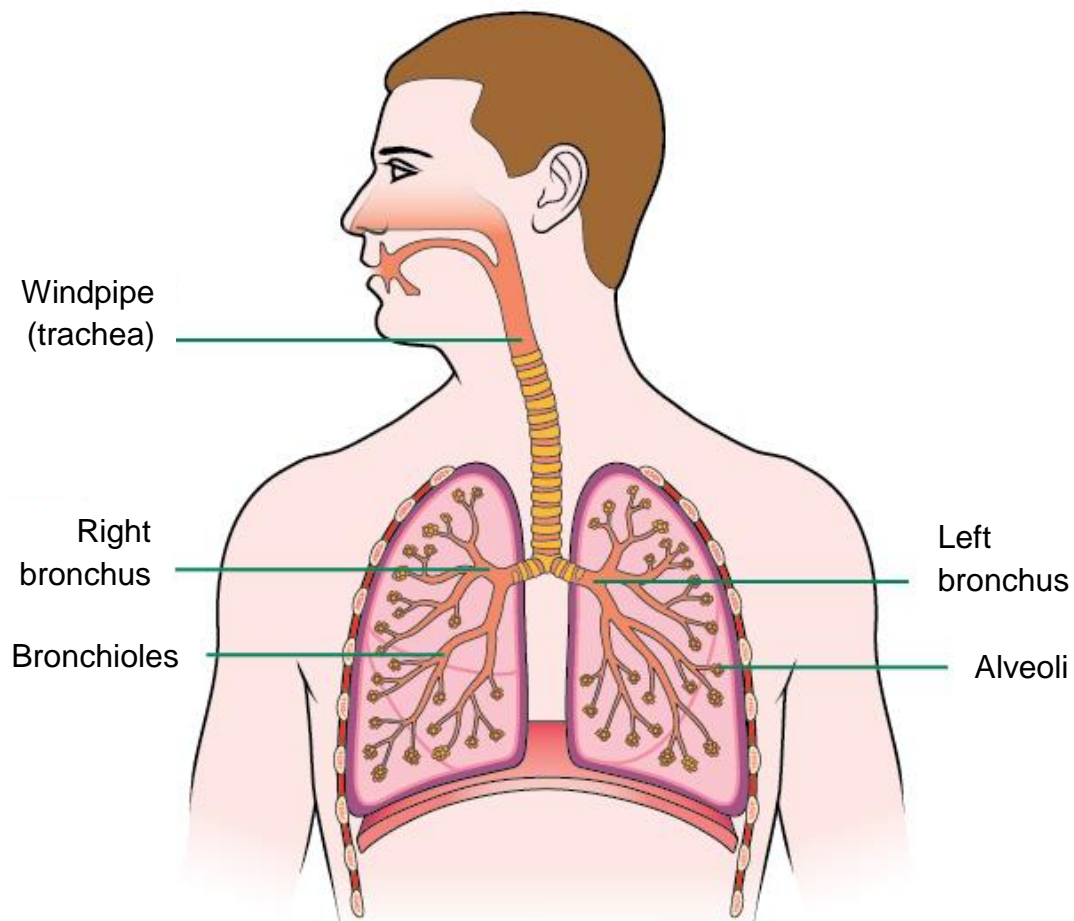
- The lungs
- Lung cancer
- How treatment is planned
- Talking to your healthcare team
- Treatments for lung cancer
- Surgery
- Chemotherapy
- Radiotherapy
- Targeted therapy and immunotherapy drugs
- Other treatments
- Controlling symptoms
- After treatment
- Your feelings
- How Macmillan can help you
- Word list
- More information in [language]
- References and thanks



## The lungs

We have two lungs in our chest that help us to breathe.

When we breathe in, air passes from our nose or mouth through the windpipe (trachea). This divides into two tubes, one going to each lung. These are called the right bronchus and left bronchus. They divide into smaller tubes called bronchioles. At the end of the bronchioles are millions of tiny air sacs called alveoli. This is where oxygen from the air we breathe goes into the blood.



## Lung cancer

All parts of the body are made up of tiny cells. Lung cancer happens when cells in the lung grow in an uncontrolled way and form a lump called a tumour.

There are two main types of lung cancer:

- non-small cell lung cancer – this is the most common type
- small cell lung cancer – this makes up about 1 in 7 lung cancers (about 15% of lung cancers).

Most lung cancers are caused by smoking cigarettes. But about 1 in 10 people who get lung cancer (10%) have never smoked.

If you smoke, your doctor will usually advise you to stop smoking. This can help make your treatment work better and reduce side effects. It also helps your long-term health. Your doctor or hospital can offer treatments to help you to stop smoking.

Lung cancer is not infectious. This means it cannot be passed on to other people.

### Stages of lung cancer

Your doctor will do tests to find out what stage the lung cancer is. The stage of a cancer tells you how big it is and whether it has spread. Sometimes, cancer cells can spread to other parts of the body through the blood or lymphatic system.

Knowing the stage of the cancer helps your doctors to plan the best treatment for you.

Lung cancer is divided into four stages:

- **Stage 1** – The cancer is small and only in the lung.
- **Stage 2 or 3** – The cancer has spread into areas around the lung.
- **Stage 4** – The cancer has spread to other parts of the body.

If you have small cell lung cancer, your doctors might use a different staging system. This divides lung cancer into two stages – limited disease and extensive disease. Your doctor will explain this system to you if they are using it.

## How treatment is planned

Your healthcare team will plan the treatment they think is best for you. Your doctor or nurse will talk to you about the treatment plan. Your treatment plan will depend on several things, such as:

- the type of lung cancer you have
- the stage of the cancer
- the benefits and risks of different treatments
- your general health
- your personal preferences.

## Talking to your healthcare team

It is important to talk about the treatment plan with your cancer doctor or nurse, so that you understand what it means. You may also want to talk to a relative or friend about it.

After talking with you, your doctor will ask you to sign a form to show that you understand and agree to the treatment. This is called giving your consent. You will not be given treatment unless you have agreed to it.

It is a good idea to take someone with you who can speak both [language] and English. Your hospital can arrange an interpreter for you. Tell your nurse if you need one.

## Questions to ask about your treatment

Here are some questions you could ask your healthcare team, to make sure you understand the treatment and how it may affect you:

- What is the aim of my treatment?
- Which treatments are available?
- What are the benefits, risks and side effects of each treatment?
- How will the treatment affect my daily life?
- Who can I talk to about how I am feeling?

## Treatments for lung cancer

Treatments for lung cancer include:

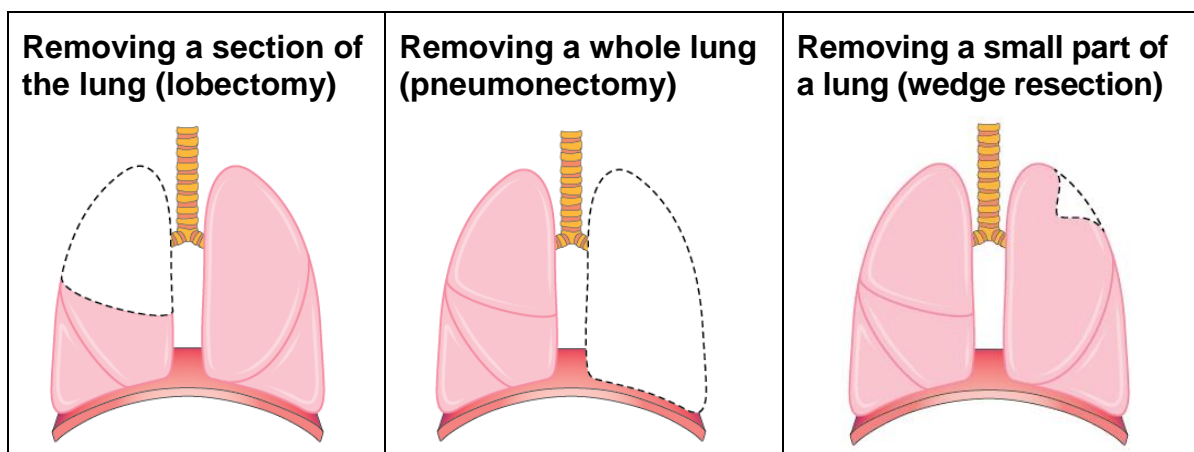
- an operation (surgery)
- cancer drugs (chemotherapy or targeted therapy)
- radiotherapy.

You may have more than one type of treatment. The treatment will also depend on the type of lung cancer you have and the stage of the cancer.

### Surgery

For some people, it may be possible to remove the cancer with an operation. This depends on the type and stage of the cancer, and your general health.

Before surgery, you will have tests to check how well your lungs are working. The three main operations to remove lung cancer are shown below.



We have more information in [language] about how surgery is planned and what to expect after the operation. Visit [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

## Chemotherapy

Chemotherapy uses drugs to destroy cancer cells.

Chemotherapy can be used at different times for different reasons.

<b>When?</b>	<b>Why?</b>
Before <u>surgery</u> or <u>radiotherapy</u>	To shrink the cancer
After <u>surgery</u> or <u>radiotherapy</u>	To destroy any <u>cancer cells</u> left behind
At the same time as <u>radiotherapy</u> (this is called chemoradiation)	This strong treatment can be used if an operation is not possible, or if the cancer has spread outside the lung
On its own, to control advanced cancer (this is called <u>palliative treatment</u> )	To control cancer that is advanced and help reduce symptoms

Chemotherapy is usually given as several sessions of treatment, with rest periods in between the treatments. The treatment is usually given into a vein by a drip or injection. Your doctor will tell you how many treatment sessions you will need and how long it will take. It may take several months to complete your course of chemotherapy.

### **Side effects of chemotherapy**

Chemotherapy drugs can cause side effects that make you feel unwell.

Your doctor can talk to you about the side effects you may have, and how to manage them. Most side effects can be controlled with other medicines and most will go away after your chemotherapy ends.

We have more information in [language] about chemotherapy and some of the side effects you may have. Visit [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

## Radiotherapy

Radiotherapy uses high-energy rays, such as x-rays, to destroy cancer cells. It can be given for different reasons.

When?	Why?
On its own as the main treatment	To try to cure an <u>early stage</u> lung cancer
After an operation	To destroy any <u>cancer cells</u> left behind
At the same time as <u>chemotherapy</u> (this is called chemoradiation)	This strong treatment can be used if an operation is not possible, or if the cancer has spread outside the lung
Before or after <u>chemotherapy</u>	To shrink or control the cancer
On its own, to control symptoms (this is called <u>palliative treatment</u> )	To control symptoms caused by the cancer like breathlessness or pain

Some people with small cell lung cancer have radiotherapy to the brain. This is given to prevent any cancer cells that may have spread to the brain from growing into a new tumour. If you need this treatment, your doctor or nurse will explain it to you.

There are different ways of having radiotherapy. It is often given from outside the body by a machine (external radiotherapy):



However, there are other ways to have radiotherapy. Your cancer doctor will tell you more about the type of radiotherapy you are having.

Many people have radiotherapy as an outpatient. This means you come to hospital for treatment and then go home again that day.

Your treatment plan depends on the type of lung cancer you have, the stage of the cancer and your general health. Your cancer doctor will tell you what your radiotherapy treatment will involve.

We have more information in [language] about radiotherapy. Visit [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

## Targeted therapy and immunotherapy drugs

These drugs may be used to treat non-small cell lung cancer that has spread. Your doctor will explain more about the type of drug that is best for you and the possible side effects.

Targeted therapy drugs can stop the cancer cells from growing and multiplying. You may need tests to find out if they are likely to work for you. You take the drugs as tablets or capsules.

Immunotherapy drugs help your immune system to recognise and destroy cancer cells. This may help to shrink the cancer and make it grow less quickly. The drugs are given into a vein through a drip.

## Other treatments

Other treatments can also be used to treat lung cancer or to control symptoms.

Radiofrequency ablation (RFA) uses heat to destroy cancer cells. The doctor places a needle into the tumour and passes an electrical current through it to destroy the cancer cells.

Photodynamic therapy (PDT) uses light to destroy cancer cells. First, you are given a special drug that is sensitive to light. Then, you wait a few hours to allow the drug to be absorbed by the cancer cells. After a few hours, the doctor passes a tube down your windpipe (see page 2) and shines a light onto the tumour in your lung. The light helps to make the drug active, which helps destroy the cancer cells.



## Controlling symptoms

If the cancer is advanced, there are lots of ways to control any symptoms you may have. Your doctor can give you different drugs or medicines to help with symptoms. Always tell your doctor if symptoms do not improve.

### Blocked airway

Sometimes, lung cancer can block or narrow one or more airways in the lungs. This can cause breathlessness. Different treatments can be used to relieve a blocked airway:

- There are treatments that use very cold temperatures to freeze and destroy cancer cells.
- There are treatments that use an electrical current to destroy cancer cells.
- Radiotherapy can also be given to the cancer from inside the body.
- Some people have a small tube called a stent put into their airway to keep it open.

### A build-up of fluid

If fluid collects in the lung, your doctor can usually remove it using a needle and drainage tube. Or you may be able to have a procedure that helps to stop fluid collecting around the lungs.

## After treatment

After your treatment has finished, you will have regular check-ups and tests. These may continue for several years. At first they will be quite regular, but over time you will have them less often.

## Your feelings

You may feel overwhelmed when you are told you have cancer. You may have many different emotions. Some people feel upset, shocked or anxious, while others feel angry, guilty or alone. There is no right or wrong way to feel. But there are many ways to cope with your emotions. Talking to a close friend or relative may help. Remember, help is always available if you need it. If you are struggling to cope, speak to your doctor or nurse. Some people find counselling very helpful. Your doctor or nurse can refer you.

## 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 Monday to Friday, 9am to 8pm.
- **The Macmillan website ([macmillan.org.uk](http://macmillan.org.uk)).** Our site has lots of English information about cancer and living with cancer. There is more information in [language] and other languages at [macmillan.org.uk/translations](http://macmillan.org.uk/translations)
- **Information and support services.** At an information and support service, you can talk to a cancer support specialist and get information about cancer. Find your nearest centre at [macmillan.org.uk/informationcentres](http://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](http://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](http://macmillan.org.uk/community)

## Word list

Word (target language)	In English	How to say in English (transliteration of English word)	Meaning
	Cells		The tiny building blocks that make up the organs and tissues of our body.
	Cancer cells		<u>Cells</u> in the body that have become abnormal and are now cancer.
	Side effects		Unwanted effects of cancer treatment. For example, hair loss, feeling sick or tiredness.
	Stage		The stage of a cancer tells you how big it is and whether it has spread.
	Early stage		Cancer that has only just started to grow and has not spread to other parts of the body.
	Infection		When bacteria gets into your body and causes an illness.
	Lymphatic system		A network of tubes and glands throughout the body. They help to fight <u>infection</u> . They also drain excess fluid out of tissues and organs.
	Tumour		A group of <u>cancer cells</u> that have formed a lump.
	Staging system		A set of rules that helps doctors decide what <u>stage</u> a cancer is.
	Healthcare team		The team of medical experts and other professionals that look after you.
	Consent		Giving permission for something to happen or agreeing to do something.

	Chemotherapy		A cancer treatment that uses drugs to destroy <u>cancer cells</u> .
	Targeted therapy		A cancer treatment that uses drugs that target and destroy <u>cancer cells</u> .
	Radiotherapy		A cancer treatment that uses high-energy rays, such as x-rays, to destroy <u>cancer cells</u> .
	Palliative treatment		Treatment given to someone with a cancer that can't be cured. This may include treatment to shrink the cancer, or treatment to reduce symptoms and make the person more comfortable.
	Immunotherapy		A cancer treatment that works by helping the <u>immune system</u> to recognise and destroy <u>cancer cells</u> .
	Immune system		Your immune system is your body's way of protecting you from harmful bacteria and <u>infections</u> .
	Radiofrequency ablation (RFA)		A cancer treatment that uses heat to destroy <u>cancer cells</u> .
	Photodynamic therapy (PDT)		A cancer treatment that uses light to destroy <u>cancer cells</u> .
	Airway		A passage or tube in the body that air can move through to reach the lungs.

## More information in [language]

We have information in [language] about these topics:

<p><b>Types of cancer</b></p> <ul style="list-style-type: none"><li>• Breast cancer</li><li>• Large bowel cancer</li><li>• Lung cancer</li><li>• Prostate cancer</li></ul> <p><b>Treatments</b></p> <ul style="list-style-type: none"><li>• Chemotherapy</li><li>• Radiotherapy</li><li>• Surgery</li></ul>	<p><b>Coping with cancer</b></p> <ul style="list-style-type: none"><li>• If you're diagnosed with cancer – A quick guide</li><li>• Claiming benefits</li><li>• Eating problems and cancer</li><li>• End of life</li><li>• Healthy eating</li><li>• Tiredness (fatigue) and cancer</li><li>• Side effects of cancer treatment</li><li>• What you can do to help yourself</li></ul>
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To see this information, go to [macmillan.org.uk/translations](http://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 Monday to Friday, 9am 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 **Understanding lung cancer**. 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 Senior Medical Editor, Dr David Gilligan, Consultant Oncologist.

With thanks to: Carol Davies, Macmillan Lung Cancer Nurse; Clair Haslop, Clinical Nurse Specialist, Lung Cancer; Professor Sam Janes, Professor of Respiratory Medicine; Mr David Lawrence, Cardiothoracic Surgeon; Dr Fiona MacDonald, Consultant Clinical Oncologist; Dr Rhona McMenemin, Consultant Clinical Oncologist; Dr Sanjay Popat, Consultant Thoracic Medical Oncologist; and Professor Denis Talbot, Professor of Cancer Medicine.

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**

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