

Signs and Symptoms animation script

ENGLISH	CANTONESE
<p>Knowing the symptoms of cancer can help people get diagnosed as soon as possible. And for most cancers, treatment is more likely to be effective if the cancer is found early.</p>	<p>認識癌症症狀可幫你儘早診斷。對於大多數癌症，如果能及早發現，治療效果更有效。</p>
<p>Different types of cancer have different signs and symptoms. The signs and symptoms can vary from person to person, even if they have the same type of cancer.</p>	<p>各類型的癌症有各徵兆症狀。即使是相同類型的癌症，不同患者也可能出現不同徵兆和症狀。</p>
<p>A symptom is a change in how you feel or how your body works. If you have any symptoms, there are 3 important things to think about:</p>	<p>症狀是指你感覺或身體功能的改變。如果你有任何症狀，有三件重要問題需要檢查：</p>
<p>1. Is the symptom unusual? - this means a change in your body that's not normal for you. Perhaps a mole on your skin has changed, you have a new lump on your body, or you find blood in your pee or poo.</p>	<p>1. 這個症狀是否不尋常？ - 這意味著你身體發生了不正常的變化。也許你皮膚上的痣變了樣子，身上長了新疙瘩，或者你在小便或大便中發現了血跡。</p>
<p>2. Is the symptom ongoing? - this means a symptom that lasts for more than a few weeks, such as a cough. Or it might be a symptom that keeps coming back, like watery poo.</p>	<p>2. 這個症狀是否持續出現？ - 這意味著症狀持續了幾個星期以上，例如咳嗽。或者可能是一種反復出現的症狀，例如腹瀉。</p>
<p>3. Is the symptom unexplained? - this is a symptom that has no obvious or clear cause. For example, you may find you get very tired for no reason. Or are losing a lot of weight even though you aren't trying to.</p>	<p>3. 這個症狀是否原因不明？ - 身體出現原因不明的症狀。例如，你可能會發現自己無緣無故地非常疲倦，或者即使你並沒有試圖減肥，但體重也急劇下降。</p>

<p>It can sometimes be hard to book an appointment with your local doctor, or GP. You may need to call them more than once, but keep trying until you get one. You can say you're worried the symptoms might be cancer and can also ask for a longer appointment if you feel you need it.</p>	<p>成功預約當地醫生或全科醫生(GP)有時可能會比較困難。但你需要打多幾次電話，不斷嘗試直到預約成功。你可以告訴醫生，你擔心這些症狀可能是癌症，如果你覺得需要的話，也可以要求更長的預約時間。</p>
<p>When you make your appointment, tell the receptionist if you have any extra needs, such as an interpreter. If you prefer, you can ask for a male or a female GP, but it might not always be possible.</p>	<p>當你預約檢查時，如果你有任何額外需求，例如需要翻譯，請告訴前台接待員。如果有需要，你可以要求男醫生或女醫生幫你檢查，但這不能保證成功。</p>
<p>It's important to get the symptoms checked even if you find it embarrassing. Your GP is there to help you. If you want to, it's fine to take another person with you for support.</p>	<p>即使你覺得尷尬，也要去檢查症狀。你的全科醫生會專業地幫助你。如果有需要，可以帶上一位家人或朋友，在身旁支持你。</p>
<p>You're not wasting your GP's time by getting your symptoms checked, even if you have to go back a second time. If you want a second opinion from a GP, you can ask to see a different one.</p>	<p>如果你需要復查症狀，也不必擔心在浪費全科醫生的時間。如果有需要，也到多個全科醫生，諮詢其它意見。</p>
<p>Most symptoms can be caused by things that are not cancer. But if you have any symptoms that are new or unusual for you, you should see your GP as soon as possible. If you are still worried after seeing your GP, you can ask for another appointment.</p>	<p>大多數症狀可以由非癌症引起。但如果你身體出現任何新的或不尋常的症狀，請儘快預約全科醫生。如果檢查後仍然擔心症狀，你可預約復查。</p>
<p>Remember, if you have any symptoms that are unusual, ongoing or unexplained, talk to your GP.</p>	<p>記住，如果你有任何不尋常的、持續的或原因不明的症狀，請儘快預約全科醫生。</p>

At Macmillan we do whatever it takes to support people living with cancer. Ask us if you need any information in your language or in a different format.	Macmillan 團隊會盡一切努力幫助癌症患者。如果你需要任何語言或其他格式的資訊，請隨時聯繫我們。
For information, support or just someone to talk to, call 0808 808 0000 or visit macmillan.org.uk	如需了解更多資訊、支援或只是找人聊聊，請致電 0808 808 0000 或訪問 macmillan.org.uk 網址

Please also translate these words that appear on-screen:

Unusual	不尋常
Ongoing	持續
Unexplained	不明原因
Doctor	醫生
You are 4 th in the queue	你在等待隊伍中排名第四