如果您確診患有癌症：中文（繁體香港）

If you are diagnosed with cancer: Chinese (Traditional Hong Kong)

本資訊說明當您得知自己患有癌症時可能會面對的情況，以及可獲得的幫助和支援來源。

診斷是指找出您是否患有某種疾病。 被診斷患有癌症可能令您感到極度震驚。您可能會出現很多不同的情緒。許多病人可成功接受治療，或與癌症相伴多年而保持良好生活質素。有很多人及服務可以為您提供支援。

若您對本資訊有任何疑問，請向您接受治療的醫院之醫生或護士查詢。
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），電話：**0808 808 00 00**。我們有傳譯員，所以您可以使用您自己的母語與我們溝通。致電時，請以英語告知所需的語言。

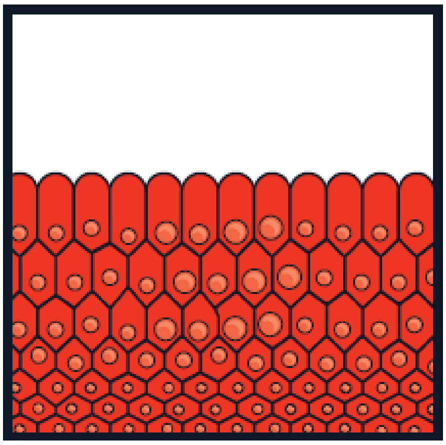
更多語言版本的癌症資訊，請瀏覽 macmillan.org.uk/translations

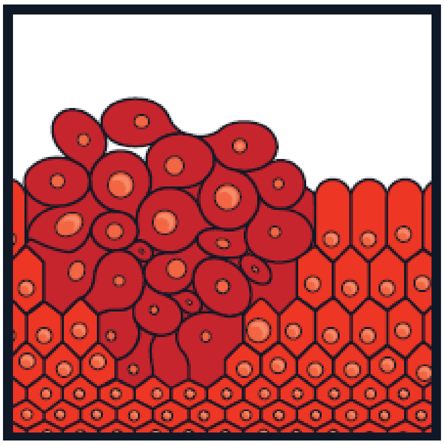
本資訊涵蓋：
- 甚麼是癌症？
- 確診後會發生甚麼？
- 如果您是 LGBTQ+ 人士
- 您可能會遇到的醫療及社會護理專業人員
- 如何制定治療方案
- 主要癌症治療方法
- 與您的醫療團隊溝通
- 如何應對癌症
- 為您提供合適的護理與支援
- 麥克米倫（Macmillan）能夠如何幫助您
- 更多繁體中文資訊
- 參考文獻與致謝

甚麼是癌症？

癌症源自體內的細胞。細胞是構成我們身體器官及組織的微小組成部分。細胞會接收來自身體的訊號，指示何時生長及何時分裂產生新細胞。正是透過此機制，我們的身體得以成長及修復受損組織。細胞可能會衰老、損壞或不再有用。當這種情況發生時，細胞會從身體收到信號，停止工作並死亡。

有時這些信號會出錯，細胞就會變得異常。異常細胞可能會繼續分裂，產生越來越多的異常細胞。這些異常細胞可能形成一個腫塊，稱為腫瘤。


正常細胞


形成腫瘤的細胞

並非所有腫瘤都是癌症。醫生可透過取少量腫瘤組織樣本，檢查是否存在癌細胞，以判斷腫瘤是否為癌症。此檢查稱為活檢。

非癌症之腫瘤稱為良性腫瘤。良性腫瘤不會擴散至身體其他部位。然而，若其增長並壓迫鄰近器官，仍可能造成問題。

癌症腫瘤稱為惡性腫瘤。惡性腫瘤可侵入鄰近組織，並透過血液或淋巴系統擴散至其他部位。

癌細胞可由原發部位透過血液或淋巴系統轉移至身體其他部位。淋巴系統是一個遍佈全身的管道與淋巴結網絡。當癌細胞在其他部位生長並擴散時，稱為繼發性癌症或轉移。

有些類型的癌症從血細胞開始。異常細胞會在血液中積聚，有時在骨髓中。骨髓是製造血細胞的地方。這些類型的癌症有時被稱為血癌。

確診後會發生甚麼？

確診癌症後，您會與癌症醫生或護士會面，討論您的治療計劃。他們會提供資料，協助您決定合適的治療方案。他們會以您能理解的語言和形式向您提供資訊。

醫生或護士亦會向您說明治療的預計開始時間。他們會與您討論您需要的任何支援。

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。

如果您是 LGBTQ+ 人士

LGBTQ+ 代表女同性戀、男同性戀、雙性戀、跨性別及酷兒人士。此外亦包括其他戀愛或性傾向及性別認同。

您無須告知醫護人員您的 LGBTQ+ 身份。但您告知他們或對您的整體護理至關重要。這將有助團隊為您及親友提供合適的資料和支援。

您可以告訴癌症團隊任何對您來說重要的事情。如果您感到擔心，請告訴他們，以便他們提供幫助。

您的團隊會對有關您的所有資訊保密。他們只會在您的護理需要時才與其他專業醫護人員分享資訊。未經您的批准，他們不應分享您的性取向或跨性別（變性）身份。

有關作為 LGBTQ+ 與患有癌症的更多資訊，請參閱我們以繁體中文編寫的「LGBTQ+ 群體與癌症」資料單張，網址為 macmillan.org.uk/translations

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。

主要聯絡人
您的醫療團隊中應該有一名主要聯絡人。他們可能被稱為您的主要負責人，通常是一名專科護士。您將獲得他們的姓名和聯絡方式。如果您有問題或需要建議，他們可以提供幫助。

在您所屬地區
有專業人士可在您居家期間協助照顧。他們將與您的醫院團隊取得聯絡。此類人員包括：

GP（全科醫生） – 負責診治一般健康問題的醫生。全科醫生通常在社區健康中心執業。在英語中，此類中心有多種名稱。可能稱為 GP practice、GP surgery 或 medical centre. 他們可協助管理症狀及副作用，並在需要時安排您診見專科醫生。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。您的家庭醫生可以幫您聯絡他們。
- **執業護士** — 一些家庭醫生在執業時會有護士在旁一起工作。執業護士可向您解釋安排，並可能進行抽血或替傷口換藥等操作。

醫院團隊

在醫院內，由多專業團隊（MDT）負責管理您的治療及護理。此團隊由多位醫療及社會護理專業人員組成。團隊成員可能包括以下全部或部分人員：

- **外科醫生** — 執行手術的醫生。
- **腫瘤科醫生** – 專責癌症治療的醫生。
- **血液科醫生** – 專責血液疾病治療的醫生。
- **放射科醫生** — 負責 X 光及掃描的醫生。
- **臨床專科護士（CNS）** — 在治療期間為您提供資訊和支援的護士。
- **紓緩治療科醫生** — 幫助控制症狀和臨終護理的醫生。

取決於您患有的癌症類型，團隊中可能還包括其他人員。

社會服務及義工機構

如您在家需要協助（例如洗澡、更衣、清潔或購物），請與您的全科醫生或主要聯絡人聯絡。他們可能會將您介紹給社工。社工可協助處理實際及經濟方面的問題。您所在地區也可能有其他組織可以提供幫助。

如何制定治療方案

您的多學科團隊（MDT）將討論他們認為最適合您的治療方案。他們會考慮：

- 您的癌症類型及腫瘤大小
- 癌症是否已擴散
- 您的整體健康狀況
- 任何治療指引
- 您的個人偏好以及對您來說重要的事情。

之後，您通常會與您的癌症醫生和護士會面，討論您的治療方案。未經您的批准或同意，不會對您進行任何治療。如果您使用其他語言，他們應該提供：

- **專業傳譯員** – 傳譯員會翻譯醫生對您所說的一切，以及您想回覆的所有內容。

  如果您需要傳譯員，請盡快告訴您的全科醫生診所或醫院。NHS 只會使用專業的傳譯員，而不是您的家人或朋友。這樣，您的家人可專心陪伴與支援您作決定。這樣，也可以減少在獲得重要資訊時出現錯誤的風險。
- **健康資訊的譯文版本** - 您的醫療團隊應以您能理解的語言及格式，提供有關健康及護理服務的書面資訊。

這些服務於 NHS 中均為免費。

您亦可攜帶一份於覆診時欲提出的問題清單。 如果您認為有用，您可以將回答寫下來幫助您記憶。

有關治療的決策

您的團隊會為您提供資訊和支援，幫助您作出治療計劃的決定。在作出決定之前，您可能需要 1 次以上的會面。癌症治療可能很複雜，當您感到焦慮時是很難理解新資訊。若您不明白，請要求您的醫生或護士再次解釋。

可能存在多種治療方案。您的醫生可能會為您提供選擇。在決定什麼適合您之前，您需要了解：

- 每種治療所涉及的事宜
- 可能出現的副作用
- 每種治療方法的優點和缺點。

您可能需要考慮很多問題。您通常可以花一些時間考慮一下。如果您患有需要緊急治療的癌症，您可能無法慢慢考慮。

主要癌症治療方法

您的治療目標可能為根治癌症、控制病情或緩解症狀。

您的治療方案將取決於所患的癌症類型及您自身的情況。您或需接受多種治療。癌症治療可能包括：

- **手術** – 透過手術切除癌組織。
- **放射治療** – 使用高能量 X 光摧毀身體某個部位的癌細胞。
- **抗癌藥物** – 各類藥物用於全身性消滅癌細胞。這些可能包括稱為化療、標靶治療或免疫治療的藥物。
- **荷爾蒙治療** – 利用調節體內荷爾蒙活性的藥物，減慢或阻止癌細胞生長。

臨床試驗

臨床試驗是一種涉及人的醫學研究。這些試驗會顯示哪些治療方法最有效和最安全。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。您仍可獲得符合您情況的標準治療及護理。

副作用

癌症治療可能會產生副作用。例如，有些療可能導致脫髮、令人感到噁心或疲倦。通常都可以減少和管理各種副作用。您的癌症團隊將為您提供建議。大多數副作用會在治療結束後好轉。

與您的醫療團隊溝通

您可能對治療有很多疑問。與您的癌症醫生、護士或醫療團隊中的其他人交談可以幫助您瞭解正在發生的事情和原因。您的醫療團隊包括照顧您的醫生、護士或其他專業醫護人員。他們會幫助您找到所需的護理和支援。

與您的團隊交談的會面和其他機會可能很短。為了充分利用您的時間，您最好預先做好準備。在覆診前寫下您的問題可能會有幫助。

您可能會有難以提問或尷尬的問題。請記住，專業醫護人員已經習慣回答各種問題，並樂於提供幫助。

您可能會覺得帶同某人一起前去會面有幫助，例如家人、朋友或照顧者。他們還可以做筆記並幫助您記住對話的內容。

如果您覺得很難讓您的醫療團隊瞭解您對治療的看法，其他人也許能夠代表您發言。代表您發言的人稱作您的代表。

您可以選擇讓朋友或家人擔任這種角色來幫助您。或者，取決於您在英國的居住地方，不同的機構可以提供有關病人代表的幫助和建議。

病人代表獨立於 NHS。他們可以幫助您：

- 談論您對治療的感受並作出決定
- 讓您的團隊瞭解您對治療的看法和願望。

以下機構可以提供有關醫療保健的資訊和援助。他們可能有您所在地區的病人代表服務的最新資訊：

- 病人協會（The Patients Association）。請瀏覽 www.patients-association.org.uk 或致電他們的服務熱線 0800 345 7115。
- 在英格蘭或威爾斯，病人諮詢與聯絡服務處（PALS）。請瀏覽 www.nhs.uk/service-search/other-health-services/patient-advice-and-liaison-services-pals 或向您的癌症團隊或全科醫生查詢，或致電 NHS 111，即可找到 PALS 辦公室。
- 在蘇格蘭，病人諮詢與支援服務。請瀏覽 www.pass-scotland.org.uk 或親臨當地公民諮詢局或致電 0800 917 2127 查找。
- 在北愛爾蘭，病人與客戶委員會（Patient and Client Council）。訪瀏覽 www.pcc-ni.net 您可以親臨他們的當地辦事處或致電免費服務熱線 0800 917 0222。

向醫療團隊提出的問題

以下是一些您可能想問您醫療團隊的問題。

- 我的診斷結果是甚麼意思？
- 癌症屬於哪一個分期？
- 我的治療將包含哪些內容？
- 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甚麼影響？
- 治療的目標是甚麼？
- 我可以向誰傾訴我的感受？
- 如果日後有疑問，應向誰諮詢？
- 我有文化、宗教或精神方面的願望 – 我該如何讓我的團隊知道？

如何應對癌症

您的情緒

當您被告知患有癌症時，出現不同的情緒和憂慮是很常見的。這些情緒和憂慮可能很難應付。感受沒有對錯之分。傾訴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** — 輔導員可以在您覺得安全的空間內與您交流，幫助您找到應對情緒的方式。若您願意接受輔導，向您的癌症醫生或家庭醫生提出請求。
- **支援團體** — 與其他癌症患者交談可能會有所幫助。請向您的醫生或護士查詢您本地的支援團體，或瀏覽 macmillan.org.uk/supportgroups

身體變化

有時，癌症或其治療可能影響您的外觀或身體機能。您的醫生或護士可以為您提供相關建議及幫助。我們亦可提供相關資訊 — 請致電 **0808 808 00 00**。

輔助療法

這些是其他可能幫助你感覺更舒適的療法，例如靜觀或鬆弛練習。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。

宗教與靈性

很多人覺得在生病期間其信仰能為他們提供情感上的支援和力量。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。其他人則可能會質疑自己的信仰。

與您信任的人談論您的想法和感受可能會有幫助。即使您不信教，您也可以與牧師或宗教領袖交談。他們通常是很好的聆聽者，也許能夠對你的想法和感受提供幫助。他們已習慣處理不確定性，陪伴感到苦惱的人。您的全科醫生、專科護士或癌症醫生也可能可以幫助您找到非宗教的心理輔導員或靈性關懷人員與您交談。

家人、朋友及照顧者的支援

與您親近的人可能也需要資訊或支援。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。他們可致電 0808 808 00 00 與我們聯絡。

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務。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。

他們可與您的醫生或護士討論此事，或致電麥克米倫 0808 808 00 00.

為您提供合適的護理與支援

如果您患有癌症並且不會說英語，您可能會擔心會影響您的癌症治療和護理。但是您的醫療團隊應該可以為您提供能滿足您需要的護理、支援和資訊。

我們明白，有時人們在獲取適切支援方面或面臨額外挑戰。例如，若您有工作或家庭，或許還要擔心經濟與交通費用。所有這些事情都會讓人感到壓力和難以應對。

麥克米倫（Macmillan）能夠如何幫助您

在麥克米倫（Macmillan），我們知道癌症確診後會如何影響您的各方面生活，我們隨時為您提供支援。

麥克米倫支援熱線（Macmillan Support Line）

我們提供傳譯服務，所以您可以用自己的語言與我們溝通。您只需用英語告訴我們您希望使用哪種語言即可。

我們的熱線專業顧問可協助解答醫療問題，亦可傾聽您的心聲。我們亦可與您討論經濟憂慮，並推薦其他有用機構。此免費且保密之熱線服務時間為每星期七天，每日上午 8 時至晚上 8 時。請致電 0808 808 00 00 聯絡我們。

麥克米倫（Macmillan）網站

我們的網站有很多關於癌症的英文資訊。另可於 macmillan.org.uk/translations **查閱其他語言之更多資訊。**

我們亦可視需要為您安排專屬翻譯服務。如需協助，請發電子郵件至 informationproductionteam@macmillan.org.uk 告知您的需求。

麥克米倫資訊及支援中心

我們的資訊及支援中心設於醫院、圖書館及流動中心。您可以前往任何一個中心，獲取您需要的資訊並與工作人員面對面交談。請瀏覽

macmillan.org.uk/informationcentres 查找離您最近之中心，

或致電 0808 808 00 00。

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。請瀏覽

macmillan.org.uk/supportgroups 查閱您所在地區之支援團體資訊，

或致電 0808 808 00 00。

麥克米倫（Macmillan）網上社群

您亦可透過 macmillan.org.uk/community **與其他癌症患者網上交流。**

您可以在任何時間訪問該網站，無論白天或晚上。您可分享經驗、提出問題或瀏覽他人的貼文。

更多繁體中文資訊

我們提供更多有關下列主題的繁體中文資訊：

癌症的徵兆與症狀
- 徵兆及症狀卡

若您被診斷患有癌症
- 英國的癌症護理
- 難民和尋求庇護人士的醫療保健
- 若您被診斷患有癌症

癌症類型
- 腸癌
- 乳癌
- 子宮頸癌
- 肺癌
- 前列腺癌

癌症治療

- 化療
- 放射治療
- 敗血症和癌症
- 癌症治療的副作用
- 手術

與癌症共處

- 患癌症時如何申領福利
- 飲食問題與癌症
- 健康飲食
- 當您患有癌症時可在費用方面獲得的幫助
- LGBTQ+ 人士與癌症
- 疲憊（疲勞）與癌症

生命末期

- 生命末期

欲查閱該資訊，請瀏覽 macmillan.org.uk/translations

如需進一步協助以理解資訊，請瀏覽 macmillan.org.uk/understandinginformation

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。

所包含的資訊是根據我們網站上提供的英文「治療抉擇」內容編寫。

本資訊已由相關專家審閱，並得到麥克米倫臨床專家中心成員的批准。

同時感謝審閱本資訊的癌症患者。

我們所有資訊的依據都是來自最佳的證據。如欲了解更多有關資料來源之資訊，請聯絡 informationproductionteam@macmillan.org.uk

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Trusted Information Creator

Patient Information Forum

If you are diagnosed with cancer: English

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

A diagnosis means finding out if you have an illness or not. Being diagnosed with cancer can be a huge shock. You may be feeling lots of different emotions. Many people are 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 **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.

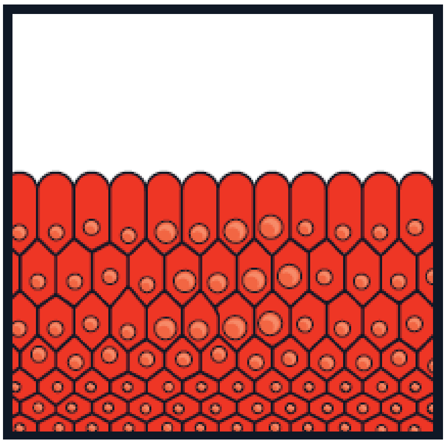
There is more cancer information in other languages at macmillan.org.uk/translations

This information is about:
- What is cancer?
- What happens after diagnosis?
- If you are LGBTQ+
- Health and social care professionals you might meet
- How treatment is planned
- The main cancer treatments
- Talking to your healthcare team
- Coping with cancer
- Getting the right care and support for you
- How Macmillan can help you
- More information in your language
- References and thanks

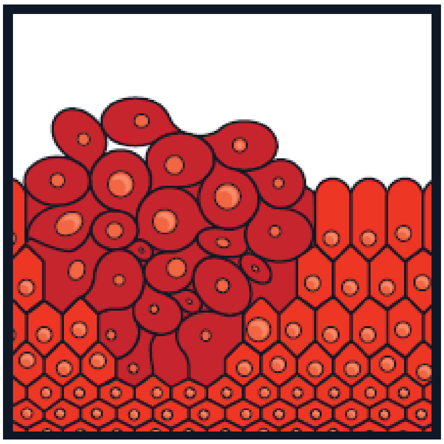
What is cancer?

Cancer starts in the cells in our body. Cells are tiny building blocks that make up the body's organs and tissues. Cells receive signals from the body, telling them when to grow and when to divide to make new cells. This is how our bodies grow and heal. Cells can become old, damaged or no longer needed. When this happens, the cell gets a signal from the body to stop working and die.

Sometimes these signals can go wrong, and the cell becomes abnormal. The abnormal cell may keep dividing to make more and more abnormal cells. These can form a lump, called a tumour.



Normal cells



Cells forming a tumour

Not all tumours are cancer. Doctors can tell if a tumour is cancer by taking a small sample to look for cancer cells. This is called a biopsy.

Tumours that are not cancer are called benign. Benign tumours cannot spread anywhere else in the body. But they can cause problems if they grow and press on nearby organs.

Tumours that are cancer are called malignant. Malignant tumours can grow into nearby tissue and spread to other parts of the body.

Cancer can spread from one place (the primary site) to another through the blood or lymphatic system. The lymphatic system is a network of tubes and glands throughout the body. When cancer spreads and grows somewhere else, it is called a secondary cancer or metastasis.

Some types of cancer start from blood cells. Abnormal cells can build up in the blood, and sometimes the bone marrow. The bone marrow is where blood cells are made. These types of cancer are sometimes called blood cancers.

What happens after diagnosis?

After a cancer diagnosis, you meet a cancer doctor or nurse to talk about your treatment plan. They will give you information to help you make a decision about the treatment you want. You should be given the information in a language and format that you can understand.

The doctor or nurse will also explain when your treatment may start. They can talk to you about any support you need. You may need to have some more tests or scans to find out more about the cancer.

If you are LGBTQ+

LGBTQ+ means lesbian, gay, bisexual, transgender and queer people. It also includes other romantic or sexual attractions and gender identities.

You do not have to tell your cancer doctor or nurse if you are LGBTQ+. But it may be an important part of who you are. It may help your cancer team give the right information and support to you and the people close to you.

You can tell your cancer team anything that is important to you. If there is something you are worried about, tell them so they can help.

Your team should treat all information about you confidentially. They may only share information with other healthcare professionals when it is needed for your care. They should not share your sexual orientation or transgender (trans) status without your permission.

For more information about being LGBTQ+ and having cancer, please see our 'LGBTQ+ people and cancer' fact sheet in your language at macmillan.org.uk/translations

Health and social care professionals you might meet

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

Your main contact

You should have a main contact person in your healthcare team. They may be called your key worker and they are usually a specialist nurse. You will be given their name and contact details. If you have questions or need advice, they can help.

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 (General Practitioner) – Your GP is a doctor who treats general health conditions. GPs usually work in a local centre. In English, this type of centre can have different names. It may be called a [GP practice], [GP surgery] or [medical centre]. They can help you manage symptoms and side effects and arrange for you to see 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 can help explain things to you and might do things like take blood tests or put dressings on wounds.

Hospital team

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 people:

- **Surgeon** – a doctor who does operations.
- **Oncologist** – a doctor who treats cancer.
- **Haematologist** – a doctor who treats blood problems.
- **Radiologist** – a doctor who looks at x-rays and scans.
- **Clinical nurse specialist (CNS)** – a nurse who gives information and support during treatment.
- **Palliative care doctor** – a doctor who helps with symptom control and end-of-life care.

There may be other people in the team 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 main contact. 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 multidisciplinary team (MDT) will discuss the treatment options they think are best for you. They will think about:

- the type and size of the cancer
- whether the cancer has spread
- your general health
- any treatment guidelines
- your preferences and what is important to you.

After this, you usually meet your cancer doctor and nurse to talk about your treatment options. No medical treatment can be given without your permission or consent. If you use another language, they should offer:

- **Professional interpreter** - Interpreters translate everything your doctor says to you, and everything you want to say back. If you would like an interpreter, tell your GP practice or hospital as soon as possible. The NHS should always use professional interpreters, rather than your family or friends. This means your family can focus on being there to support you to make a decision. It also means there is less risk of getting important information wrong.
- **Translated health information** - Your healthcare team should give you written information about health and care services in a language and format that you understand.

These services are free in the NHS.

You can also take a list of questions that you want to ask to your appointment. If it is helpful, you can write down the answers so you remember them.

Making decisions about treatment

Your team give you information and support to help you make a decision about your treatment plan. You may need more than 1 meeting before you decide. Cancer treatments can be complex, and it is hard to understand new information when you are anxious. If you do not understand, ask your doctor or nurse to explain it again.

There might be more than one possible treatment. Your doctor may offer you a choice. Before you decide what is right for you, it is important to understand:

- what each treatment involves
- the possible side effects
- the benefits and disadvantages of each treatment.

This can be a lot to think about. You can usually take some time to think things over. This may not be possible if you have a cancer that needs to be treated urgently.

The main cancer treatments

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

The type of treatment you have will depend on the cancer and your situation. You may have more than 1 treatment. Cancer treatments can include:

- **Surgery** – the cancer is removed in an operation.
- **Radiotherapy** – high-energy x-rays are used to destroy cancer cells in an area of the body.
- **Cancer drugs** – different types of drugs are used to destroy cancer cells throughout the body. These may include drugs called chemotherapy, targeted therapy or immunotherapy.
- **Hormonal therapies** – drugs that change the activity of hormones in the body are used to slow down or stop the cancer from growing.

Clinical trials

Clinical trials are a type of medical research involving people. They show which treatments are most effective and safe. 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. You will still be offered the standard treatment and care for your situation

Side effects

Cancer treatments can cause side effects. For example, some treatments may cause hair loss, feeling sick or tiredness. Side effects can often be reduced and managed. Your cancer team will give you advice. Most side effects get better after treatment finishes.

Talking to your healthcare team

You may have lots of questions about your treatment. Talking to your cancer doctor, nurse or someone else in your healthcare team can help you understand what is happening and why. Your healthcare team includes any doctors, nurses or other healthcare professionals that look after you. They are there to help you find the care and support you need.

Appointments and other chances to speak with your team can be short. To make the best use of your time, it is good to be prepared. It may help to write down your questions before your appointment.

You may have questions that feel difficult or embarrassing to ask. Remember healthcare professionals are used to all kinds of questions and are happy to help.

You may find it helpful to bring someone with you to appointments, such as a family member, friend or carer. They may also be able to take notes and help you to remember what is said.

If you find it hard to get your healthcare team to understand your views on treatment, someone might be able to speak on your behalf. A person who speaks on your behalf is called an advocate.

You may choose to have a friend or family member to help in this way. Or, depending on where you live in the UK, different organisations can give help and advice about advocacy.

Advocates are independent of the NHS. They can help you to:

- talk about how you feel about your treatment and to make decisions
- get your views and wishes about treatment understood by your team.

The following organisations can offer information and support about healthcare. They may have up to date information about advocacy services in your area:

- The Patients Association. Visit www.patients-association.org.uk or call their helpline free on 0800 345 7115.
- In England or Wales, the Patient Advice and Liaison Service (PALS). Visit www.nhs.uk/service-search/other-health-services/patient-advice-and-liaison-services-pals Or you can find a PALS office by asking your cancer team or GP or by phoning NHS 111.
- In Scotland, the Patient Advice and Support Service. Visit www.pass-scotland.org.uk Or you can find them by visiting your local Citizens Advice Bureau or by phoning 0800 917 2127
- In Northern Ireland, the Patient and Client Council. Visit www.pcc-ni.net You can visit one of their local offices or call their helpline free on 0800 917 0222.

Questions to ask your healthcare team

Here are some questions you may want to ask your healthcare team.

- 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?
- What is the aim of the treatment?
- Who can I talk to about how I am feeling?
- Who can I speak to if I think of questions later?
- I have cultural, religious or spiritual wishes – how do I let my team know?

Coping with cancer

Your emotions

It is common to have many different emotions and worries when you are told you have cancer. These can be difficult to cope with. 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 feelings in a place where you feel safe. 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

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

Many people find their faith offers them emotional support and strength during an illness. After a cancer diagnosis, some people become more aware of religious or spiritual feelings. Other people may question their faith.

You may find it helpful to talk through your thoughts and feelings with someone you trust. You can speak to a chaplain or religious leader even if you are not religious. They are usually good listeners and may be able to help you work out your thoughts and feelings. They are used to dealing with uncertainty and being with people who are distressed. Your GP, specialist nurse or cancer doctor may also be able to help you find a non-religious counsellor or pastoral carer to talk to.

Support for family, friends and carers

People close to you may also need information or support. 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**.

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**.

Getting the right care and support for you

If you have cancer and do not speak English, you may be worried that this will affect your cancer treatment and care. But your healthcare team should offer you care, support and information that meets your needs.

We know that sometimes people may have extra challenges in getting the right support. For example, if you work or have a family you might also have worries about money and transport costs. All of this can be stressful and hard to cope with.

How Macmillan can help you

At Macmillan, we know how a cancer diagnosis can affect everything, and we are here to support you.

Macmillan Support Line

We have interpreters, so you can speak to us in your language. Just tell us, in English, the language you want to use.

Our expert advisers on the Macmillan Support Line can help with medical questions or be there to listen if you need someone to talk to. We can also talk to you about your money worries and recommend other useful organisations that can help. The free, confidential phone line is open 7 days a week, 8am to 8pm. Call us on **0808 808 00 00**.

Macmillan website
Our website has lots of information in English about cancer. There is also more information in other languages at macmillan.org.uk/translations

We may also be able to arrange translations just for you. Email informationproductionteam@macmillan.org.uk to tell us what you need.

Macmillan Information and Support Centres
Our Information and Support Centres are based in hospitals, libraries and mobile centres. Visit one to get the information you need and speak with someone face to face. Find your nearest centre at macmillan.org.uk/informationcentres or call us on **0808 808 00 00**.

Local support groups
At a support group, you can talk to other people affected by cancer. Find out about support groups in your area at macmillan.org.uk/supportgroups or call us on **0808 808 00 00**.

Macmillan Online Community
You can also talk to other people affected by cancer online at macmillan.org.uk/community

You can access it at any time of day or night. You can share your experiences, ask questions, or just read people's posts.

More information in your language

We have information in your language about these topics:

Signs and symptoms of cancer
- Signs and symptoms cards

If you are diagnosed with cancer
- Cancer care in the UK
- Healthcare for refugees and people seeking asylum
- If you are diagnosed with cancer

Types of cancer

- Bowel cancer
- Breast cancer
- Cervical cancer
- Lung cancer
- Prostate cancer

Treatment for cancer

- Chemotherapy
- Radiotherapy
- Sepsis and cancer
- Side effects of cancer treatment
- Surgery

Living with cancer

- Claiming benefits when you have cancer
- Eating problems and cancer
- Healthy eating
- Help with costs when you have cancer
- LGBTQ+ people and cancer
- Tiredness (fatigue) and cancer

End of life

- End of life

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

For more support to understand information, go to macmillan.org.uk/understandinginformation

References and thanks

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

The information included is based on our Treatment Decisions content available in English on our website.

This information has been reviewed by relevant experts and approved by members of Macmillan's Centre of Clinical Expertise.

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 informationproductionteam@macmillan.org.uk

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