癌症治療的副作用：中文（繁體香港）
Side effects of cancer treatment: Chinese (Traditional Hong Kong)

本資料是關於癌症治療的副作用。

如對本資訊有任何疑問，請向您接受治療的醫院醫生或護士查詢。

您亦可於每週 7 日、上午 8 時至晚上 8 時，致電免費電話 **0808 808 00 00** 聯絡麥克米倫癌症援助機構（Macmillan Cancer Support）。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。

我們網站上有更多以此語言提供的癌症相關資訊。請瀏覽：
macmillan.org.uk/translations

本資訊涵蓋：

什麼是副作用？

副作用是指癌症治療帶來的不希望出現的影響。例如，脫髮、感到不適或疲倦。

大多數副作用會在治療結束後消失。但有些副作用可能持續很長時間，甚至無法消退。有些副作用則可能於治療結束數月或數年後才出現。

您會出現哪些副作用，會視乎您的治療方式，每個人的情況亦會有所不同。您或許只會出現其中少數副作用。您的癌症醫療團隊會向您提供更多有關您出現副作用的資訊。

癌症治療方法

癌症治療方法包括多種不同類型：

- 手術以外科手術方式切除腫瘤及鄰近可能含有癌細胞的組織。
- 化療是指使用抗癌藥物破壞癌細胞。
- 放射治療使用高能 X 光摧毀癌細胞。
- 荷爾蒙治療改變體內荷爾蒙的產生方式，或影響其在身體內的作用。
- 標靶治療使用藥物來對付癌細胞內或周圍可幫助其成長和存活的物質。
- 免疫治療運用自身免疫系統來尋找及攻擊癌細胞。

可能出現的副作用

血細胞數量偏低

癌症治療可能會影響骨髓（製造血細胞的地方）。因此會導致血細胞數量偏低。此情況多見於化療期間。部分標靶治療及免疫治療藥物亦有可能引致血細胞偏低。放射治療只會在進行大範圍治療時，才有可能導致此情況。

白血球數量偏低稱為

白血球數量過低稱為嗜中性白血球減少症（neutropenia）。如果白血球數量偏低，您會更容易受到感染。
若發生任何感染，請務必盡早接受治療。若出現以下任何症狀，請即時致電 24 小時緊急聯絡電話通知醫院：

- 體溫高於 37.5°C
- 體溫低於 36°C
- 即使體溫正常，您仍感到不適
- 您出現受感染的症狀。

受感染的徵狀包括：

- 覺得發冷或發抖
- 喉嚨痛
- 咳嗽
- 呼吸困難
- 腹瀉
- 需要經常排尿（小便），或排尿時感到不適。

請務必遵從您的癌症團隊給予的具體建議。

您的醫生或護士會告知您，何時白血球數量最有可能偏低。在這些期間，請特別小心預防感染。

紅血球數量偏低（貧血）

癌症治療有機會令紅血球數量下降。
紅血球為全身輸送氧氣。如果紅血球數量很少，這被稱為貧血。您可能會覺得：

- 沒有精力
- 呼吸困難
- 頭暈目眩。

如有上述症狀，請通知您的癌症團隊。如果您是嚴重貧血，可能需要透過靜脈注射來輸注額外的紅血球。我們稱之為輸血。

血小板數量偏低

癌症治療可能導致血小板數量減少。血小板是幫助血液凝結的細胞。

血小板偏低會令您較易出現瘀傷或流血。您可能有以下徵狀：

- 流鼻血
- 牙齦出血
- 月經量過多
- 尿血或便血
- 皮膚上出現細小紅色或紫色點，類似皮疹。

如有不明原因的瘀傷或出血，請通知您的癌症團隊。有些人可能需要接受輸注，輸入額外的血小板。這稱之為血小板輸注。

脫髮及頭髮變化

部分癌症治療（如化療）有時會引致脫髮。脫髮通常是暫時性。您的癌症團隊會告知您是否有脫髮風險。

您未必會脫光所有頭，但髮質或會有所改變。脫髮程度因人而異。這將取決於：

- 所用藥物或藥物組合
- 各藥物的劑量
- 以及您的身體反應。

疲勞（疲憊）

不少癌症治療都會引致疲勞。對大多數人來說，疲勞會在治療結束後好轉。但部分人的疲勞可能持續存在。

應儘量多休息。做一些溫和的運動也會有幫助，如短途散步。

疲勞可能嚴重影響日常生活及整體感受。如有需要，請與您的癌症團隊聯絡，他們可為您提供協助。例如，他們可以針對疲勞的某些成因（如貧血）作出治療。

我們的網站有更多以您的語言編寫關於疲勞的資訊，請瀏覽
macmillan.org.uk/translations

口腔疼痛及潰瘍

部分癌症治療可能會導致口腔疼痛或乾燥。您可能會發現口腔內出現小型潰瘍。建議您可以：

- 盡量多喝水
- 進食時可加入醬汁或肉汁保持食物濕潤
- 使用柔軟牙刷輕輕刷牙
- 維持良好的口腔護理習慣。

如有口腔疼痛，請通知您的癌症團隊。他們可能會：

- 檢查是否有感染
- 提供漱口水
- 處方藥物或建議服用止痛藥
- 處方可保護口腔黏膜的凝膠。

噁心或嘔吐

部分癌症治療可能引致噁心（作悶）或嘔吐。如有需要，您的癌症團隊會為您處方止嘔藥物。

如藥效未如理想，請通知您的癌症團隊。他們可以更換其他類型的藥物。

定時服用止嘔藥物，效果會更好。某些止嘔藥可能會導致便秘。

食慾不振

部分病人在治療期間會出現食慾不振。如果發生這種情況，請嘗試少吃多餐，而不是進食大餐。如進食有困難，請務必通知您的癌症團隊。他們會就改善食慾和維持健康體重提供建議。

味覺改變

您可能會發現食物味道變了。有些人會覺得口中有金屬味或苦澀味。可嘗試含無糖有味糖果或薄荷糖，或有助改善。治療結束後，味覺一般會回復正常。

便秘

部分癌症治療會導致便秘。便秘是指您不能像平時一樣通暢地排便。您的排便可能會變得較硬，排便時可能會變得困難或感到疼痛。

其他藥物也可能導致便祕，例如止痛藥或止吐藥。為了改善這種情況，您可以嘗試多喝水、多吃高纖維的食物，以及進行一些溫和的運動。如果您仍然有便祕的情況，可能需要服用一種叫做瀉藥的藥物。

腹瀉

腹瀉是指排泄出比平時多的大便，或者排稀便。如果您有造口，腹瀉可能會比平常更頻繁。

多種癌症治療和藥物（如抗生素）都可能導致腹瀉。腹瀉亦可由感染引起。

腹瀉有時只是暫時性和輕微的問題。但有些病人情況可能較嚴重，甚至引致脫水。這可能會令病人狀況轉差，需要立即求醫或通知醫院處理。如有腹瀉、症狀加劇或止瀉治療無效，請通知您的癌症團隊。請務必遵從您的癌症團隊給予的所有建議。

皮膚變化

某些癌症治療可能會影響皮膚。您的癌症團隊會向您說明治療可能引致的皮膚變化。

他們亦會就皮膚護理提供指引。如有皮膚變化，請通知醫護人員。請務必遵從其護理建議。您可能會需要使用某些產品，另外亦需要避免使用某些產品。

如皮膚乾燥或痕癢，建議每天最少兩次於面部及身體塗抹保濕霜。您可能需要使用比平日更滋潤的保濕產品。

如痕癢嚴重，請保持指甲潔淨和修剪，以防抓傷皮膚。避免抓癢，可輕拍或輕擦患處。

外出時，於暴露的部位塗上高防曬指數（最少 SPF 30）的防曬產品。避免在日間最炎熱時段暴露於陽光下，以保護皮膚。

指甲變化

某些治療可能會令指甲生長緩慢，或較易斷裂。您可能會發現指甲有縱紋，或出現白色／深色橫線。有時指甲會變鬆或脫落。

將指甲的任何變化告訴醫生或護士。治療完成後，指甲一般會回復正常。

手腳酸痛

某些抗癌藥物治療可導致手或腳疼痛。如您膚色較淺，皮膚可能會變紅。如膚色較深，皮膚可能會變得更深色。

手或腳亦可能有痛楚或刺痛感。這稱為手足症候群，如有上述情況，請通知您的癌症團隊。處理手腳酸痛的方法包括：

- 保持手腳涼爽
- 定時塗抹潤膚產品
- 做家務或園藝時佩戴手套
- 避免穿著緊身的襪子、鞋和手套。

荷爾蒙變化

荷爾蒙控制着體內許多不同的運作過程。某些荷爾蒙治療會影響雌激素及睪酮的水平。荷爾蒙治療的副作用可以是暫時或永久。

這些副作用包括：

- 潮熱和盜汗
- 情緒變化
- 性慾降低
- 勃起困難
- 陰道乾澀
- 疲勞。

免疫治療亦可能影響身體產生荷爾蒙的方式。您可能需要定期驗血檢查荷爾蒙水平，並接受治療來控制荷爾蒙水平。如正接受免疫治療，您的癌症團隊會提示您哪些方面需要注意。

免疫治療的副作用有時會在療程完成後才出現。如在免疫治療期間或之後出現荷爾蒙相關副作用，請立即通知醫生或護士。他們可為您提供建議和治療。

如有潮熱及盜汗情況：

- 宜選擇棉質等天然布料的衣服及床上用品。
- 宜穿著多層衣物，以便按需要增減。
- 保持房間涼快，或使用風扇。
- 宜選擇溫水淋浴或浸浴，避免熱水。
- 飲用冷飲有助舒緩，但應避免酒精及含咖啡因飲品。

如發現情緒或性慾有變化，請與癌症團隊討論。
他們可以為您提供治療和支援，或轉介心理輔導服務。

如有勃起困難或陰道乾澀等副作用，請與癌症團隊商討可獲得的治療和支援。

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會面對額外挑戰。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（Macmillan）援助熱線。

我們有傳譯員，所以您可以使用您的母語與我們溝通。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，並推薦其他可提供幫助的有用機構。此免費保密熱線的服務時間為每星期 7 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

我們網站設有大量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。

資訊中心
我們的資訊及支援中心設於醫院、圖書館及流動服務點。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。

本地支援小組
在支援小組，您可與其他癌症患者交流。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
您亦可以瀏覽 macmillan.org.uk/community 與其他受癌症影響的人交流。

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。

資料內容根據我們網站上的英文版「癌症治療副作用」資料編譯。

本資訊已由相關專家審閱，並得到麥克米倫（Macmillan）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

內容審閱日期：2025 年

下次預定審閱日期：2028 年

MAC14364_Chinese (Traditional Hong Kong)_E03

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Information
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Patient Information Forum

Side effects of cancer treatment: English

This information is about the side effects of cancer treatment.

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.

There is more cancer information in this language on our website. Visit macmillan.org.uk/translations

This information is about:

What are side effects?

Side effects are unwanted effects of cancer treatment. For example, hair loss, feeling sick or tiredness.

Most side effects go away after treatment finishes. But some side effects last a long time or never go away. Some side effects start months or years after treatment ends.

The side effects you get will depend on your treatment and can affect each person differently. You may only have a few of the side effects mentioned. Your cancer team will give you more information about side effects you have.

Treatments for cancer

There are different types of cancer treatment:

- Surgery (an operation) to remove a tumour and nearby tissues that may contain cancer cells.
- Chemotherapy uses anti-cancer drugs to destroy cancer cells.
- Radiotherapy uses high-energy x-rays to destroy cancer cells.
- Hormonal therapy changes the way hormones are produced or affects how they work in the body.
- Targeted therapy uses drugs to target something in or around the cancer cell that is helping it grow and survive.
- Immunotherapy uses the immune system to find and attack cancer cells.

Possible side effects

Low number of blood cells

Cancer treatment can affect your bone marrow, where blood cells are made. This can cause you to have low numbers of blood cells. It mostly happens with chemotherapy. But some targeted therapy and immunotherapy drugs can cause low blood cells too. It only happens with radiotherapy if a large area is being treated.

Low white blood cell count (neutropenia)

A low white blood cell count is called neutropenia. If the number of white blood cells is low, you are more likely to get an infection.
It is important to get any infection treated as soon as possible. If you have any of the following symptoms, contact hospital straight away on the 24-hour number:

- a temperature above 37.5°C
- a temperature below 36°C
- you feel unwell, even with a normal temperature
- you have symptoms of an infection.

Symptoms of an infection include:

- feeling shivery and shaking
- a sore throat
- a cough
- breathlessness
- diarrhoea
- needing to pass urine (pee) often, or discomfort when you pass urine.

It is important to follow any specific advice your cancer team give you.

Your cancer doctor or nurse will tell you when your white blood cell levels are most likely to be low. It is important to take extra care to prevent infection at these times.

Low red blood cell count (anaemia)

Cancer treatment can reduce the number of red blood cells in your blood. Red blood cells carry oxygen around the body. If the number of red blood cells is low, this is called anaemia. You may feel:

- very low in energy
- breathless
- dizzy and light-headed.

Tell your cancer team 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.

Low platelet count

Cancer treatment can reduce the number of platelets in your blood. Platelets are cells that help the blood to clot.

If your platelets are low, you may bruise or bleed easily. You may have:

- nosebleeds
- bleeding gums
- heavy periods
- blood in your urine (pee) or stools (poo)
- tiny red or purple spots on your skin that may look like a rash.

Tell your cancer team if you have any unexplained bruising or bleeding. Some people may need a drip to give them extra platelets. This is called a platelet transfusion.

Hair loss and changes to hair

Some cancer treatments, such as some chemotherapy, can sometimes cause hair loss. Hair loss is usually temporary. Your cancer team will tell you if you are likely to lose your hair.

You may not lose all your hair, but the condition and texture of your hair may change. The level of hair loss can vary. This depends on:

- the drug or combination of drugs you are having
- the dose of each drug
- how your body reacts.

Fatigue (tiredness)

Many cancer treatments can cause fatigue. For most people, fatigue gets better after treatment finishes. But for some it may continue.

Try to get as much rest as you need. It helps to also do some gentle exercise such as short walks.

Fatigue can have a big impact on your everyday life and how you feel overall. Talk to your cancer team, as there are things they can do to help. For example, they may be able to treat some of the causes of fatigue such as anaemia.

We have more information in your language about tiredness (fatigue) on our website, visit macmillan.org.uk/translations

Sore mouth and ulcers

Some cancer treatments can make your mouth sore or dry. You may notice small ulcers. Try to:

- try to drink plenty of fluids
- keep your food moist by adding sauces or gravy
- clean your teeth gently with a soft toothbrush
- follow a good mouth care routine.

Tell your cancer team if your mouth is sore. They may:

- check for infection
- give you mouthwashes
- prescribe medicine or suggest taking painkillers
- prescribe a gel that can protect the lining of your mouth.

Feeling sick or being sick

Some cancer treatments can cause you to feel sick (nausea) or be sick (vomit). Your cancer team may prescribe anti-sickness drugs if you need them.

Tell your cancer team if the drugs are not helping. They can prescribe a different type.

Anti-sickness drugs work better when you take them regularly. Some anti-sickness drugs can make you constipated.

Loss of appetite

Some people lose their appetite during cancer treatment. If this happens, try having regular small snacks rather than large meals. If you are having problems eating, it is important to tell your cancer team. They will give you advice on improving your appetite and keeping to a healthy weight.

Taste changes

You may notice that food tastes different. Some people get a strange metal or bitter taste in their mouth. Sucking on flavoured sugar-free sweets or mints may help. Your taste usually returns to normal after treatment finishes.

Constipation

Some cancer treatments can cause constipation. Constipation means that you are not able to pass stools (poo) as often as you normally do. Your poo can become harder and it can become difficult or painful to pass.

Other medicines can also cause constipation, like painkillers or anti-sickness drugs. To help this, you could try drinking lots of fluids, eating foods with lots of fibre, and doing some gentle exercise. If you still have constipation, you may need to take a medicine called a laxative.

Diarrhoea

Diarrhoea means passing more stools (poo) than is usual for you, or having watery or loose stools. If you have a stoma, it may be more active than usual.

Many cancer treatments and medications, such as antibiotics, can cause diarrhoea. It can also be caused by an infection.

Diarrhoea may be a temporary, mild problem. But for some people, it can be severe and cause dehydration. They can become very unwell and need to see a doctor or contact the hospital to help manage it. It is important to tell your cancer team if you have diarrhoea, if it is getting worse, or anti-diarrhoea treatment is not helping. It is also important to follow any advice your cancer team have given you.

Skin changes

Some cancer treatments can affect your skin. Your cancer team will tell you about any changes that might happen due to cancer treatment.

Your cancer team may give you advice about looking after your skin. Tell them about any skin changes. It is very important to follow their advice. There may be some products you need to use or need to avoid.

If your skin is dry or itchy, use a moisturiser at least 2 times a day on your face and body. You may need a richer moisturiser than you usually use.

If your skin is very itchy, protect your skin from scratches by keeping your nails clean and short. Instead of scratching, try to rub or pat itchy areas.

If you are out in the sun, use suncream with a high sun protection factor on exposed areas (at least SPF 30). Protect your skin by staying out of the sun at the hottest time of the day.

Nail changes

Some treatments may make your nails grow more slowly or break more easily. You might notice ridges on your nails or white or dark lines across them. Sometimes nails can become loose or fall out.

Tell your doctor or nurse about any changes to your nails. Your nails should go back to normal after cancer treatment finishes.

Sore hands and feet

Some cancer drug treatments can make the palms of your hands or the soles of your feet sore. The skin may become red if you have white skin. It may become darker if you have black or brown skin.

You may also have pain or tingling in your palms or soles. This is called palmar-plantar or hand-foot syndrome. Tell your cancer team if this happens. To help with sore hands and feet, you can:

- keep your hands and feet cool
- moisturise regularly
- wear gloves when working in the house or garden
- avoid tight-fitting socks, shoes and gloves.

Hormonal changes

Hormones control many different processes in the body. Some hormonal therapy treatments can change the levels of the sex hormones oestrogen and testosterone. Side effects of hormonal therapy can be temporary or permanent.

They can include:

- hot flushes and sweats
- mood changes
- lowered sex drive
- erection problems
- vaginal dryness
- tiredness.

Immunotherapy can affect how your body makes hormones. You may have regular blood tests to check hormone levels and treatment to manage them. If you are having immunotherapy, your cancer team will advise you what to look out for.

Sometimes side effects of immunotherapy can start after you finish treatment. If you notice hormonal side effects during or after treatment with immunotherapy, tell your doctor or nurse straight away. They can advise and treat you.

If you are having hot flushes and sweats:

- choose natural fabrics for your clothes and bedding, such as cotton.
- Wear layers so you can remove clothes as needed.
- Keep the room cool, or use a fan.
- Have lukewarm showers and baths, rather than hot ones.
- Cold drinks may help, but you should avoid alcohol and caffeine.

If you notice changes in your mood or sex drive, talk to your cancer team. They can offer you treatments and support, or refer you to a counsellor.

Talk to your cancer team about the treatments and support available for side effects such as erection problems and vaginal dryness.

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.

Information 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 side effects of cancer 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, email informationproductionteam@macmillan.org.uk

Content reviewed: 2025
Next planned review: 2028

MAC14364_English_E03

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