LGBTQIA + 人士與癌症語言：繁體中文
LGBTQIA+ people and cancer: Chinese (Traditional)

本資訊的對象為患有癌症的 LGBTQIA+ 人士。

LGBTQIA+ 指的是女同性戀者、男同性戀者、雙性戀者、跨性別者、酷兒、雙性人及無性戀者。此外亦包括其他戀愛或性傾向及性別認同。

如果您是LGBTQIA+，您可能有關於癌症和癌症治療的疑問。您可能需要專為LGBTQIA+癌症患者而設的支援。

如對本資訊有任何疑問，請向您接受治療的醫院內的癌症醫護團隊查詢。

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）的免費熱線：**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。當您致電時，請以英語告知我們您所說的語言。

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

您也可以**閱讀這份資訊的英文版本.**

本資訊涵蓋：

- **與您的醫療團隊溝通**
- **獲得公平待遇**
- **癌症、性和生育能力**
- **跨性別者、非二元性別者或雙性人的癌症照護**
- **LGBTQIA+、癌症和您的社區**
- **獲得適合您的護理與支援**
- **麥克米倫（Macmillan）能夠如何幫助您**
- **更多以您的語言提供的資訊**
- **參考文獻與致謝**

與您的醫療團隊溝通

您的醫療團隊是為您提供治療或健康建議的人。他們可能是您的全科醫生、癌症醫生和護士。

有時，醫療團隊中的某個人可能會向您詢問以下問題：

- 您的性別 -- 即是您是男性、女性，還是任何其他性別身份
- 您的性別或生殖器官
- 您的性生活或性取向
- 您的人際關係，以及對您來說重要的人。

這些資訊有助於您的醫療團隊為您提供支援。這有助他們：

- 為您提供正確的健康資訊
- 為您提供個人化的治療方式
- 支援對您來說重要的人。

如果您不確定醫療團隊為何需要這些資訊，可以詢問他們。他們會告訴您為甚麼這些資訊對於為您提供支援或治療至關重要。

我可以告訴我的醫療團隊，我是 LGBTQIA+人士 嗎？

如果您想讓您的醫療團隊知道，您可以告訴他們您是 LGBTQIA+，即使他們沒有詢 問您。

您可以選擇在首次與醫療團隊成員見面時告訴對方。或者，您也可以選擇等到遇上讓您感到自在的人時，才告訴對方。

有些專業醫護人員會佩戴NHS Pride彩虹徽章。這表示佩戴徽章的人支持LGBTQIA+ 人士。您的醫療團隊中，有些人可能會佩戴其他彩虹標誌。他們可能是LGBTQIA+ 人士，也可能是想藉此表明自己支持LGBTQIA+ 人士。

我還可以告訴我的醫療團隊甚麼？

您可以告訴醫療團隊任何對您來說重要的事情。可以包括：

- 您是否有支持您的家人、朋友或伴侶
- 您同意他們與哪些人談論您的護理事宜
- 您需要和不需要哪些資訊。

您可能想說明您是否已公開「出櫃」。這是指其他人是否知道您是LGBTQIA+人士，還是您選擇對此保密。您的團隊會對有關您的所有資訊保密。只有在您的護理需要時，他們才會與其他專業醫護人員分享資訊。

獲得公平待遇

無論您是誰，您的癌症醫療團隊都應公平對待您。因您的族裔、文化、性取向、性別，或因您是跨性別者而不公平地對待您，均屬違法。或因您的宗教信仰，或是因您有殘疾。

如果您覺得自己受到了不公平的對待，您可以採取一些行動：

- 如果您覺得這樣做是安全的，可以與醫療團隊的成員談談。這或許有助您的團隊改善情況。這也有助於他們學習並提供更好的護理。
- 與您信任的人交談。這個人可以是您身邊的人，也可以是您熟悉的專業醫護人員。LGBTQIA+人士亦可以向一些機構尋求支援。
- 向 NHS 提供意見或提出投訴。如果您願意，也可以在不透露姓名的情況下提供意見和提出投訴。

癌症、性和生育能力

癌症和某些癌症治療方法可能會影響：

- 您的性生活 – 視乎您偏好的性行為類型，某些副作用可能會造成較大困擾
- 您的生育能力 – 即您懷孕或令他人懷孕的能力。

您的癌症醫生或護士可以告訴您癌症治療是否會導致性副作用或生育問題。您可以在癌症治療前、治療期間或治療後詢問他們任何有關性或生育的問題。

跨性別者、非二元性別者或雙性人的癌症照護

您的癌症醫療團隊應為您提供切合您需要的護理、支援和資訊。他們應將您視為獨立的個體，並以尊重您的隱私與尊嚴的方式與您合作。

您的團隊應始終對有關您的資訊保密。他們或會與其他專業醫護人員分享您的資訊，但只會在您的護理需要時這樣做。

如果您需要住院，您的團隊應詢問您希望住在哪裡。您住院的地方應能保障您的私隱和安全。告訴您的團隊，怎樣的安排會令您感到舒適和合適。

如果您是跨性別者或非二元性別者

讓您的癌症醫療團隊知道您出生時獲指定的性別，可能會有所幫助。有時候這樣做會很重要。例如，不應在懷孕期間使用某些掃描，並且可能有害。如果您的NHS記錄所載性別為男性，且有懷孕的可能性，為了保障您的安全，進行掃描檢查的人員必須知悉此情況。

某些性別肯定治療可能會影響癌症治療。

如果您曾接受或計劃接受以下任何一項治療，務必告知您的癌症醫療團隊：

- 使您的身體呈現更多男性或女性特徵的荷爾蒙藥物
- 為製造陰莖或陰道而進行的手術（生殖器手術）
- 乳房切除手術。這稱為上胸手術或男性胸部重建手術。

若您的癌症醫療團隊需要了解癌症護理可能會如何影響您的性別肯定護理，**英國癌症與性別過渡服務 (UCATS)可以提供協助**。UCATS是一項由英國國民保健署(NHS)專業人員為英國各地民眾提供的免費服務。您的癌症醫療團隊在聯繫UCATS之前，應先徵得您的同意。您也可以自行聯絡 UCATS。

如果您是雙性人

變性人的身分可能會令就醫過程變得困難。您過去可能曾接受過自己不願意接受的治療。這可能會影響您目前對醫院和醫生的看法。

讓您的癌症醫療團隊了解這一點非常重要。他們應與您共同規劃護理方案。他們還需要了解您的身體。如果您過去曾因雙性人相關的身體狀況而接受手術或荷爾蒙治療，這可能會影響您目前所需的癌症護理。

您可以透過告訴團隊成員以下內容來協助他們：

- 您會用什麼詞來形容自己的身體
- 是否有某些詞語或問題會令您感到不安
- 任何令您在就醫時感到困難的事情
- 他們可以如何讓您的處境更容易應付。

LGBTQIA+、癌症和您的社區

家庭和社區是重要的支援來源。但對某些LGBTQIA+群體而言，情況可能較為複雜。您的家人或社區對LGBTQIA+人士或癌症的看法，可能會影響您尋求協助的難易程度。

您身邊的人可能並未意識到，他們的行為對您產生了什麼樣的影響。例如，有些家庭或社區不會談論癌症。有一種未言明的觀念，認為癌症是私事，或者不該被談論。這可能會讓您難以談論自己正在經歷的事情，或在需要時尋求支援。

如果您在尋求支援時遇到困難，或是受到不友善的對待，試著找一位您信任的人談談。這可能是朋友、伴侶、同事，或是LGBTQIA+支援團體。如果這樣做對您有幫助，您可以與輔導員傾談。詢問您的全科醫生、癌症醫生或護士是否可以為您安排。或致電我們的免費支援專線 **0808 808 00 00** 以獲取資訊與支援。

獲得適合您的護理與支援

若您患有癌症並且不會說英語，您可能會擔心因此影響您的癌症治療和護理。但是您的醫療團隊應為您提供切合您需要的護理、支援和資訊。

我們明白，有時人們在獲取適當的支援方面或許會面對額外挑戰。例如，若您有工作或家庭，或許會為金錢與交通費煩惱。這一切都可能令人感到壓力，難於應對。

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生活的各個方面，而我們會為您提供支援。

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。我們亦可與您討論您財務上的憂慮，並推薦其他可提供協助的有用機構。此免費保密熱線每週7天，早上8時至晚上8時提供服務。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。您也可以在 **macmillan.org.uk/translations** 上找到更多其他語言的資訊。

我們亦可視需要為您安排專屬的翻譯服務。發送電郵至 **informationproductionteam@macmillan.org.uk** 告知我們您的需求。

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。瀏覽 **macmillan.org.uk/informationcentres** 或致電 **0808 808 00 00,** 查找離您最近的中心。

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
亦可以瀏覽 **macmillan.org.uk/community** 與其他受癌症影響的人交流。

不論白天或晚上，您都可以在任何時間造訪該網站。您可分享經驗、提出問題或瀏覽他人的貼文。

更多以您的語言提供的資訊

我們提供更多有關下列主題的繁體中文資訊：

癌症的徵兆與徵狀

- 徵兆及徵狀卡

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
- 當您患有癌症時可獲費用支援
- LGBTQIA+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

本資訊小冊子由麥克米倫癌症援助機構 (Macmillan Cancer Support) 的癌症資訊開發團隊編寫和編輯。經專業翻譯。

此處所載資訊係根據本網站上以英文提供的「LGBTQIA+群體與癌症」相關內容編纂而成。

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小冊子的受癌症影響人士。

我們所有資訊均以現有的最佳證據為依據。如欲進一步了解我們使用的資料來源，請聯絡我們：**informationproductionteam@macmillan.org.uk**

內容審閱：2025

下次預計審閱：2028

MAC18794_Chinese (Traditional)_E02

我們盡可能確保我們提供的資訊為準確的最新資訊，惟切勿以有關資訊取代針對您個人情況所提出的專業建議。在法律允許的範圍內，麥克米倫 (Macmillan) 不承擔與使用本出版物中的任何資訊或其中包含或提及的第三方資訊或網站相關的責任。

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註冊辦事處：3rd Floor, Bronze Building, The Forge, 105 Sumner Street, London, SE1 9HZ.
增值稅號碼：668265007



LGBTQIA+ people and cancer: English

This information is for LGBTQIA+ people who have cancer.

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

If you are LGBTQIA+, you may have questions about cancer and your cancer treatment. You may want specific support that is for LGBTQIA+ people who have cancer.

If you have any questions about this information, ask your cancer team 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 and other languages on our website. Visit **macmillan.org.uk/translations**

This information is about:

- Talking to your healthcare team
- Getting fair treatment
- Cancer, sex and fertility
- Cancer if you are transgender, non-binary or intersex
- LGBTQIA+, cancer and your community
- Getting the right care and support for you
- How Macmillan can help you
- More information in your language
- References and thanks

Talking to your healthcare team

Your healthcare team are the people who give you treatment or advice about your health. This could be your GP, cancer doctor and nurses.

Sometimes a person in your healthcare team may ask you about:

- your gender – this means if you are a man, a woman, or any other gender identity
- your sex or reproductive body parts
- your sex life or sexual orientation
- your relationships and who is important to you.

This information can help your healthcare team support you. It helps them:

- give you the right health information
- treat you in a way that is personal for you
- support the people who are important to you.

If you are not sure why your healthcare team need this information, you can ask them. They can tell you why this may be important to support or treat you.

Can I tell my healthcare team I am LGBTQIA+?

If you want your healthcare team to know, you can tell them you are LGBTQIA+, even if they have not asked.

You may choose to do this when you first meet someone from your team. Or you may decide to wait until you find someone you feel comfortable with.

Some healthcare professionals wear an NHS Pride Rainbow Badge. This means the person wearing it supports LGBTQIA+ people. Some people in your healthcare team may wear other rainbow items instead. They may be LGBTQIA+ or they may want to show they support LGBTQIA+ people.

What else can I tell my healthcare team?

You can tell your healthcare team anything that is important to you. This could include:

- if you have family, friends or a partner who support you
- who you give consent for them to talk to about your care
- what information you do and do not need.

You may want to explain whether you are out or not. This means whether other people know you are LGBTQIA+ or if you keep this secret. Your cancer team should treat all information about you confidentially. They should only share information with other healthcare professionals when it is needed for your care.

Getting fair treatment

Your cancer team should treat you fairly, whoever you are. It is against the law to treat you unfairly because of your ethnicity, culture, sexual orientation, sex or if you are transgender. Or because of religion or if you have a disability.

If you feel like you are being treated unfairly, there are things you can do:

- Talk to someone from your cancer team, if you feel safe to do this. This may help your team make things right. It also helps them learn and give better care.
- Talk to someone you trust. This may be someone close to you or a healthcare professional you know well. There are also organisations that LGBTQIA+ people can talk to for support.
- Give feedback or make a complaint to the NHS. You can give feedback and make a complaint without giving your name if you want to.

Cancer, sex and fertility

Cancer and some cancer treatments can affect:

- your sex life – some side effects may be more of a problem depending on the type of sex you prefer
- your fertility – this means your ability to get pregnant or make someone pregnant.

Your cancer doctor or nurse can tell you if your cancer treatment may cause sexual side effects or fertility problems. You can ask them any questions about sex or fertility before, during or after cancer treatment.

Cancer care if you are transgender, non-binary or intersex

Your cancer team should offer you care, support and information that meets your needs. They should treat you as an individual and work with you in a way that respects your privacy and dignity.

Your team should always treat information about you confidentially. They may share information with other healthcare professionals, but only when it is needed for your care.

If you need to stay in hospital, your team should ask where you prefer to stay. Where you stay should give you privacy and keep you safe. Tell your team what feels comfortable and right for you.

If you are trans or non-binary
It can be helpful for your cancer team to know the gender you were assigned at birth. Sometimes this can be important. For example, some scans should not be used during pregnancy and can be harmful. If the gender on your NHS record is male and there is a chance you might be pregnant, it is important that the person doing the scan is aware of this to keep you safe.

There are some gender-affirming treatments that may affect cancer treatment. It is important to tell your cancer team if you have had or plan to have any of the following:

- hormone drugs that make your body more male or female
- surgery to make a penis or vagina (genital surgery)
- surgery to remove the breasts. This is called top surgery or male chest reconstruction.

If your cancer team need advice about how your cancer care may affect your gender-affirming care, the **UK Cancer and Transition Service (UCATS)** can help. UCATS is a free service provided by NHS professionals for people anywhere in the UK. Your cancer team should ask your permission before they contact UCATS. You can also contact UCATS yourself.

If you are intersex
Being intersex can make healthcare difficult. You may have had treatments in the past that you did not want. This may affect how you feel about hospitals and doctors now.

It is important that your cancer team understands this. They should work with you to plan your care. They also need to understand your body. If you have had surgery or hormone treatment for an intersex condition in the past, this may affect the cancer care you need now.

You can help your team by telling them:

- what words you use to describe your body
- if there are words or questions you find upsetting
- anything that makes healthcare difficult for you
- how they can make things easier for you.

LGBTQIA+, cancer and your community

Family and community can be an important source of support. But for some LGBTQIA+ people, this may be complicated. How your family or community feels about LGBTQIA+ people or about cancer, can affect how easy it is to ask for help.

People around you may not realise how they are affecting you. For example, some families or communities do not talk about cancer. There is an unspoken idea that cancer is private or should not be talked about. This can make it difficult to talk about what is happening to you or ask for help when you need it.

If you are struggling to get support or you are being treated negatively, try to talk to someone you trust. This could be a friend, partner, someone you work with or an LGBTQIA+ support group. You could speak to a counsellor if this would help. Ask your GP, cancer doctor or nurse if they can arrange this. Or call our free support line on **0808 808 00 00** for information and support.

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
- LGBTQIA+ 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 professionally.

The information included is based on our LGBTQIA+ people and 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, please contact us at informationproductionteam@macmillan.org.uk

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We make every effort to ensure that the information we provide is accurate and up-to-date but it should not be relied upon as a substitute for specialist professional advice tailored to your situation. As far as is permitted by law, Macmillan does not accept liability in relation to the use of any information contained in this publication or third-party information or websites included or referred to in it.

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