

## 肺癌

本資訊是關於肺癌和肺癌的治療。

本資訊是關於**始於肺部的癌症**（原發性肺癌）。  
並不是關於在身體其他部位開始並擴散到肺部的癌症（繼發性肺癌）。

任何帶底線的詞語都在末尾的詞語清單中作出解釋。詞語清單還包括詞語的英語發音。

若您對這些資訊有任何疑問，請詢問您正在接受治療的醫院的醫生或護士。

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）免費熱線：**0808 808 00 00**。我們有傳譯員，所以您可以使用中文與我們溝通。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」）。

如果您想以其他語言進一步瞭解癌症，請瀏覽 [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

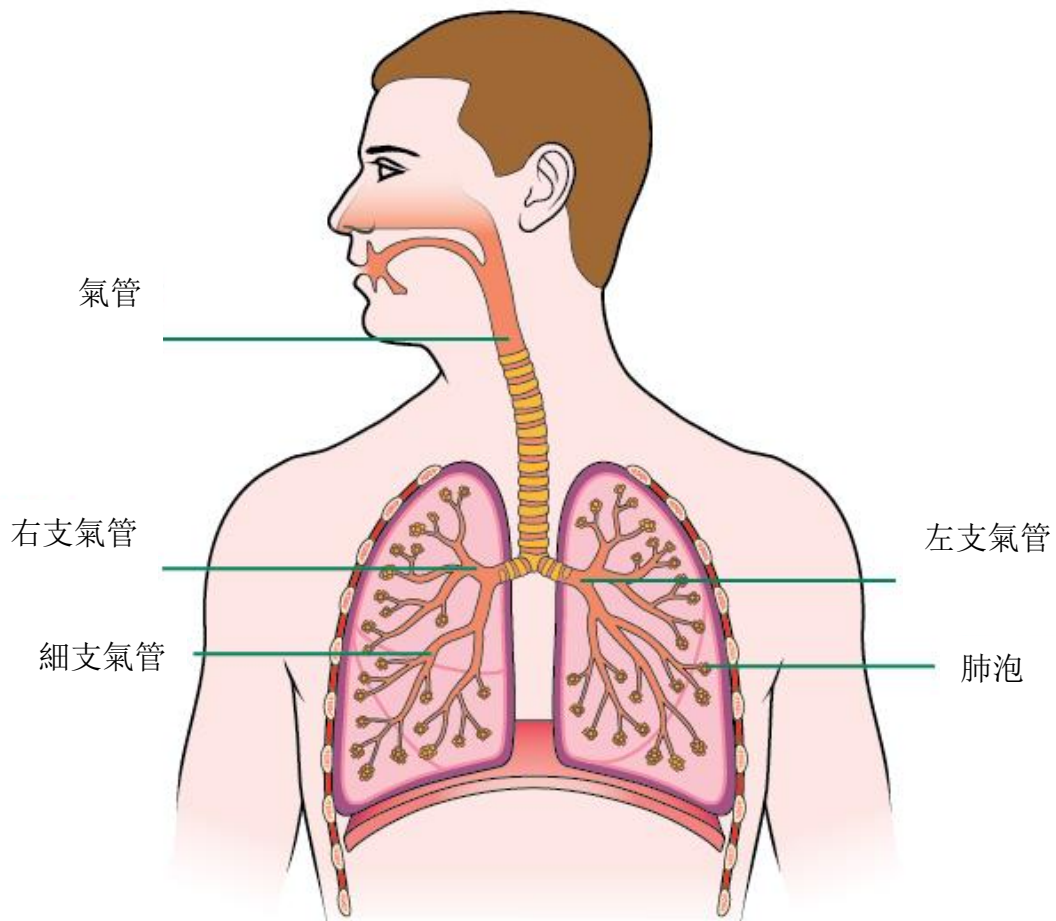
### 本資訊主要介紹：

- 肺部
- 肺癌
- 如何規劃治療
- 與您的醫療團隊討論
- 肺癌的治療
- 手術
- 化療
- 放射治療
- 標靶治療及免疫性藥物
- 其他治療方法
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- 您的感受
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## 肺部

我們的胸腔內有兩個肺，幫助我們呼吸。

當我們吸氣時，空氣從我們的鼻子或嘴巴進入氣管。氣管再分為兩條氣道，每條氣道通往一個肺。這些氣道被稱為右支氣管和左支氣管。支氣管再分成更小的氣道，稱為細支氣管。在細支氣管的末端有數以百萬計的小氣囊，稱為肺泡。這裡是我們呼吸的空氣中的氧氣進入血液的地方。



## 肺癌

身體的所有部分都是由微小的細胞組成。當肺部的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。

肺癌主要包括兩種類型：

- **非小細胞肺癌** - 這是最常見的肺癌，並有 3 種主要類型：腺癌、鱗狀細胞癌和大細胞肺癌。
- **小細胞肺癌** - 大約七分之一（15%）的肺癌是小細胞肺癌。

大多數肺癌是由吸煙引致的。但約有十分之一（10%）患上肺癌的人是從未吸煙。

如果您吸煙，醫生通常會建議您戒煙。這可以幫助您的治療獲得更好的效果，以及減少副作用。此外，亦有益於您的長期健康。您的醫生或醫院可以提供幫助您戒煙的治療。

肺癌不會傳染。這意味著，肺癌不會傳染其他人。

### 肺癌的分期

您的醫生會進行檢測，以確定您的肺癌屬於哪個分期。肺癌的分期可告訴您腫瘤的大小和擴散程度。有時，癌細胞會透過血液或淋巴系統擴散至其他身體部位。

知道癌症的分期可以幫助醫生為您規劃治療。

肺癌分為四期：

- **第 1 期** - 腫瘤很小，並只在肺部出現。
- **第 2 或第 3 期** - 肺部的腫瘤變大。通常已擴散至肺部周邊的部位。
- **第 4 期** - 癌症已進一步擴散，例如，已擴散至另一邊的肺，或其他身體部位。

如果您患上小細胞肺癌，您的醫生可能會使用不同的分期系統。這個系統會將肺癌分為兩期 - 有限疾病和廣泛疾病。如果您的醫生使用此系統，他 / 她將會對您說明。

### 如何規劃治療

您的醫療團隊將為您規劃他們認為最佳的治療。

您的醫生和護士將與您討論治療計劃。您的治療計劃將取決於多項因素，例如：

- 您患有的癌症類型
- 癌症的分期
- 不同治療方案的優點和風險
- 您的整體健康狀況
- 您本人首選的治療方法。

## 與您的醫療團隊討論

與您的癌症醫生或護士討論治療計劃非常重要，這有助您瞭解相關治療。您可能也想與親戚或朋友討論您的疾病。

與您交談後，您的醫生將會要求您簽署同意書，以表示您理解並同意接受相關治療，這稱為您的知情同意。只有獲得您的同意後，才會對您進行治療。

您最好與會講中文和英語的人一起看醫生。您的醫院可以為您安排傳譯員。請告訴您的護士您是否需要傳譯員。

## 詢問有關您的治療

您可以詢問您的醫療團隊以下問題，以確保您瞭解治療可能對您帶來的影響：

- 我的治療目標是甚麼？
- 我可以使用哪些治療方法？
- 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？
- 我可以與誰談論我的感受？

## 肺癌的治療

肺癌的治療方法包括：

- 手術
- 癌症藥物（化療或標靶治療）
- 放射治療。

您可能會接受多種類型的治療。您的治療也將取決於您患有的肺癌類型和您所屬的癌症分期。

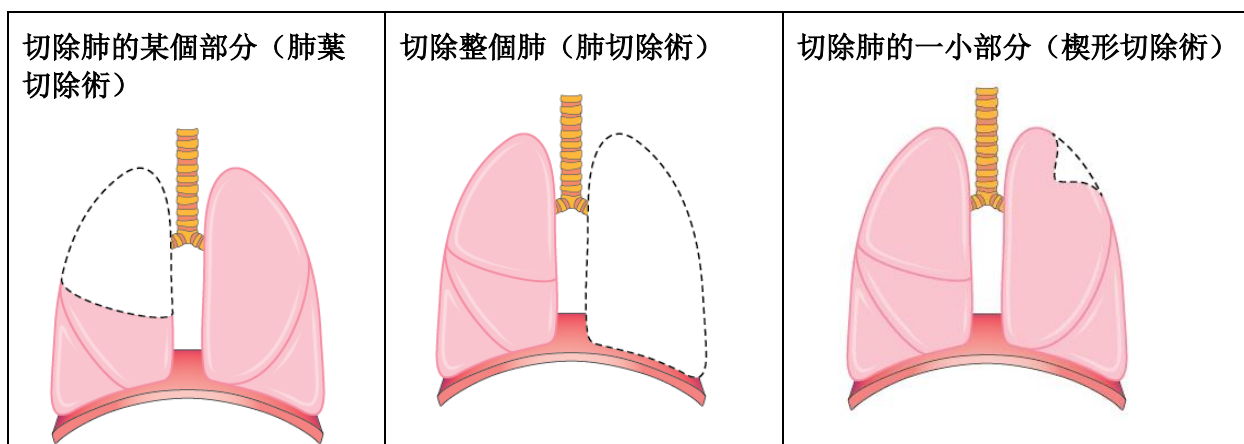
## 手術

有些人可以透過手術切除腫瘤。

這取決於癌症的類型和分期，以及您的整體健康狀況。對於小細胞肺癌，通常很少使用手術治療。反而會使用其他治療方法。

在進行手術之前，您需要接受多項檢測以確認您的肺部功能情況。

以下列出切除腫瘤的三種主要手術。



有時要切除 2 個肺葉。如果癌症已經擴散到相鄰的兩個肺葉，外科醫生可能會做這種手術。該手術有時被稱為雙肺切除術。

關於如何規劃手術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 [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

## 化療

化療是指使用藥物破壞癌細胞。

可以在不同時候，針對不同原因而使用化療。

何時？	為甚麼？
在進行手術治療或放射治療之前	縮小腫瘤
在進行手術治療或放射治療之後	消滅剩餘的癌細胞
同時接受放射治療期間（這稱為化放療）	如果無法進行手術，或者癌症已擴散到肺部以外，可以採用這種強力的治療方法
同時接受標靶藥物或免疫性藥物期間	幫助縮小和控制腫瘤
單獨使用此方法來控制晚期癌症（這被稱為 <u>紓緩治療</u> ）	用於控制晚期癌症及幫助減少症狀

化療通常是以幾個療程的方式進行，每次治療之間會有休息期。治療通常以靜脈點滴或注射方式進行。您的醫生會告訴您需要多少個療程以及治療過程需要多長時間。您可能需要幾個月才能完成您的化療過程。

如果效果良好，有些患有非小細胞肺癌的人會繼續接受化療。這稱為維持治療。

## 化療的副作用

化療藥物可能會引致讓您感到不適的副作用。如果您在接受化療期間，同時還接受放射治療，則副作用可能會更加嚴重。

您的醫生會向您解釋您可能會出現的副作用，以及控制的方法。大部分副作用可以使用其他藥物來控制，而大部分副作用將會在您停止化療後消失。

關於化療的進行方式，以及一些相關的副作用，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)

## 放射治療

放射治療是指使用高能量的 X 射線破壞癌細胞的療法。

可以因為不同原因而使用這種療法。

何時?	為甚麼?
作為主要治療方法單獨使用	嘗試用於治療初期肺癌
在接受手術後	消滅剩餘的癌細胞
同時接受化療期間（這稱為化放療）	如果無法進行手術，或者癌症已擴散到肺部以外，可以採用這種強力的治療方法
在接受化療之前或之後	幫助縮小和控制腫瘤
單獨使用此方法來控制症狀（這被稱為舒緩治療）	用於控制由腫瘤引起的症狀，例如呼吸急促或疼痛

有些患有小細胞肺癌的人會接受腦部的放射治療。接受這種治療是為了防止可能已擴散到腦部的癌細胞成長為新的腫瘤。如果您需要接受這種治療，您的醫生或護士會向您解釋。

接受放射治療有多種不同方式。通常是使用一部機器在身體外部進行治療（外部放射治療）：



您的癌症醫生將告訴您接受哪種放射治療。

很多人會在門診接受放射治療。這意味著，您到醫院接受治療並且在當天可以回家。

您的治療計劃取決於您患有的肺癌類型，您屬於的分期，以及您的整體健康狀況。您的癌症醫生將告訴您接受哪種放射治療。

我們有更多以繁體中文編寫的有關放射治療的資料。請瀏覽[macmillan.org.uk/translations](http://macmillan.org.uk/translations)

## 標靶治療及免疫性藥物

這些藥物可能用於治療已擴散的非小細胞肺癌。這些藥物可能有助縮小腫瘤和減慢其生長速度。您可能會單獨接受這些藥物的治療，或者配合化療同時使用。

標靶治療藥物可以阻止癌細胞的生長和繁殖。您會以藥片或膠囊的方式服用這些藥物。您可能需要多項檢測，以確定這些藥物是否對您有效。如果某種藥物可能對您有效，則可能會向您提供作為第一線治療方法。

免疫治療藥物幫助您的免疫系統識別和消滅癌細胞。施藥是以靜脈滴注的方式進行。有時免疫治療藥物會同時配合另一種標靶藥物或免疫治療藥物一起使用。

## 其他治療方法

其他一些治療方法也可以用於治療肺癌或控制症狀。

射頻消融術 (RFA) 使用熱力來破壞癌細胞。醫生將針頭放入腫瘤內，然後通過電流來破壞癌細胞。

光動力療法 (PDT) 使用光線來破壞癌細胞。首先，您需要服用一種對光敏感的特殊藥物。然後，您等待幾個小時，讓藥物被癌細胞吸收。幾小時後，醫生將一根管插入您的氣管中（見第 2 頁），然後用光線照射您肺部的腫瘤。光線將藥物活化，幫助破壞癌細胞。

## 控制症狀

如果癌症屬於晚期，有很多方法可以幫助控制您可能出現的症狀。您的醫生可以向您提供不同的藥物，幫助舒緩症狀。如果您的症狀沒有改善，請務必告訴您的醫生。

### 呼吸道阻塞

有時，肺癌會阻塞或收窄通往肺部的一條或多條呼吸道。這可以引致呼吸急促。有多種不同治療方法可以幫助緩解呼吸道阻塞：

- 有些治療方法使用極低溫來冷凍和破壞癌細胞。
- 有些治療方法使用電流來破壞癌細胞。
- 此外，也可以從體內對癌症進行放射治療。
- 可以在呼吸道中放入一根稱為支架的小管子來保持呼吸道開放。

## 液體的積聚

如果肺部積聚了液體，醫生通常會用針和引流管將液體抽出。或者為您進行手術，幫助阻止液體在肺部周圍積聚。

## 治療後

在完成治療後，您將需要定期接受檢查和測試。這些檢查和測試可能持續幾年。初期會頗為頻繁，但過了一段時間後，次數將會減少。

## 您的感受

當您獲悉患有癌症時，可能會感到不知所措，您可能出現很多不同的情緒。有些人會感到不安、震驚或焦慮，而其他人則感到憤怒、內疚或孤獨。感受沒有對錯之分。有很多方法可以應對您的情緒。

與親朋好友交談可能會有所幫助。請記住，當您需要幫助時，總是有人會向您伸出援手。如果您難以應對，請告訴您的醫生或護士。有些人覺得心理輔導非常有用。您的醫生或護士可為您安排。

## 麥克米倫（Macmillan）能夠如何幫助您

麥克米倫（Macmillan）致力於協助您和您的家人。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)**。我們有傳譯員，所以您可以使用中文與我們溝通。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。熱線服務時間為每日上午 8 時至晚上 8 時。
- **麥克米倫（Macmillan）網站 (macmillan.org.uk)**。我們的網站提供許多有關癌症和癌症病患生活的英文資訊。欲瞭解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書面資訊。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** – 您可以在支援團體中與其他受癌症影響的人交流。瀏覽 [macmillan.org.uk/supportgroups](http://macmillan.org.uk/supportgroups) 尋找離您最近的當地支援團體或致電我們。
- **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士交流。



## 詞語清單

詞語	英語	英語發音	意思
呼吸道	Airway	艾牙喂	身體內的一條通道或管道，空氣可以透過它到達肺部。
癌細胞	Cancer cells	艱沙 些士	<u>身體內已變異的細胞，現已變成癌細胞。</u>
細胞	Cells	些士	我們身體的器官及組織的微小組成部分。
化療	Chemotherapy	艱毛花拿皮	使用藥物破壞 <u>癌細胞</u> 的癌症治療方法。
知情同意	Consent	抗脛	批准某些事情發生，或同意執行某些行動。
醫療團隊	Healthcare team	吼茄 添	由醫學專家及其他照顧您的專業醫護人員所組成的團隊。
免疫系統	Immune system	檢秒 士絲丞	您的免疫系統是您身體保護您免受有害細菌侵害和 <u>感染的方式。</u>
免疫療法	Immunotherapy	檢秒 花拿皮	一種癌症治療方法，透過幫助 <u>免疫系統</u> 識別和破壞 <u>癌細胞</u> 來治療癌症。
淋巴系統	Lymphatic system	念花的 士絲丞	整個身體的管道及腺體網絡。它們幫助對抗 <u>感染</u> 。同時亦幫助細胞和器官排出過多的液體。
紓緩治療	Palliative treatment	派利艾貼 掇文	向無法治癒的癌症患者提供的治療這可能包括縮小腫瘤的治療，或者減少症狀的治療，以便讓患者感到更舒服。
光動力療法（PDT）	Photodynamic therapy (PDT)	服吐打拿覓 花拿皮	使用光線破壞 <u>癌細胞</u> 的癌症治療方法。
射頻消融術（RFA）	Radiofrequency ablation (RFA)	喂啲噢非群視 艾比信	使用熱力破壞 <u>癌細胞</u> 的癌症治療方法。
放射治療	Radiotherapy	喂啲噢花拿皮	指使用高能量的 X 射線破壞 <u>癌細胞</u> 的療法。
副作用	Side effects	晒 易非	因癌症治療而產生的不良影響。例如，脫髮、感到虛弱或疲勞。

分期	Stage	士啲柱	癌症的分期是指腫瘤的大小，以及是否已經擴散。
分期系統	Staging system	士啲淨 士絲丞	幫助醫生確定癌症所屬 <u>分期</u> 的一組規則。
手術	Surgery	舒注尼	即為治療癌症而進行的手術。
標靶治療	Targeted therapy	太加突 花拿皮	使用藥物針對並破壞 <u>癌細胞</u> 的癌症治療方法。
腫瘤	Tumour	村麻	由一堆 <u>癌細胞</u> 所形成的腫塊。

## 以繁體中文提供的更多資訊

我們提供更多有關下列主題的繁體中文資訊：

<p><b>癌症類型</b></p> <ul style="list-style-type: none"> <li>• 乳癌</li> <li>• 大腸癌</li> <li>• 肺癌</li> <li>• 前列腺癌</li> </ul> <p><b>治療</b></p> <ul style="list-style-type: none"> <li>• 化療</li> <li>• 放射治療</li> <li>• 手術</li> </ul>	<p><b>應對癌症</b></p> <ul style="list-style-type: none"> <li>• 若您被確診患有癌症 - 快速指南</li> <li>• 飲食問題與癌症</li> <li>• 生命的終點</li> <li>• 經濟援助 – 福利救濟金</li> <li>• 經濟援助 – 財務協助</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>
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欲查看該資訊，請瀏覽 [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

## 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。

本資訊以麥克米倫（Macmillan）宣傳冊《瞭解肺癌》為基礎編製而成。我們可以將副本發送給您，但完整手冊只有英語版本。

本資訊經有關專家審查，並獲得我們的首席醫療編輯 David Gilligan 博士（腫瘤學顧問）的批准。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\_TraditionalChinese

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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 how to say 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**, 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 (say “Chinese”).

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

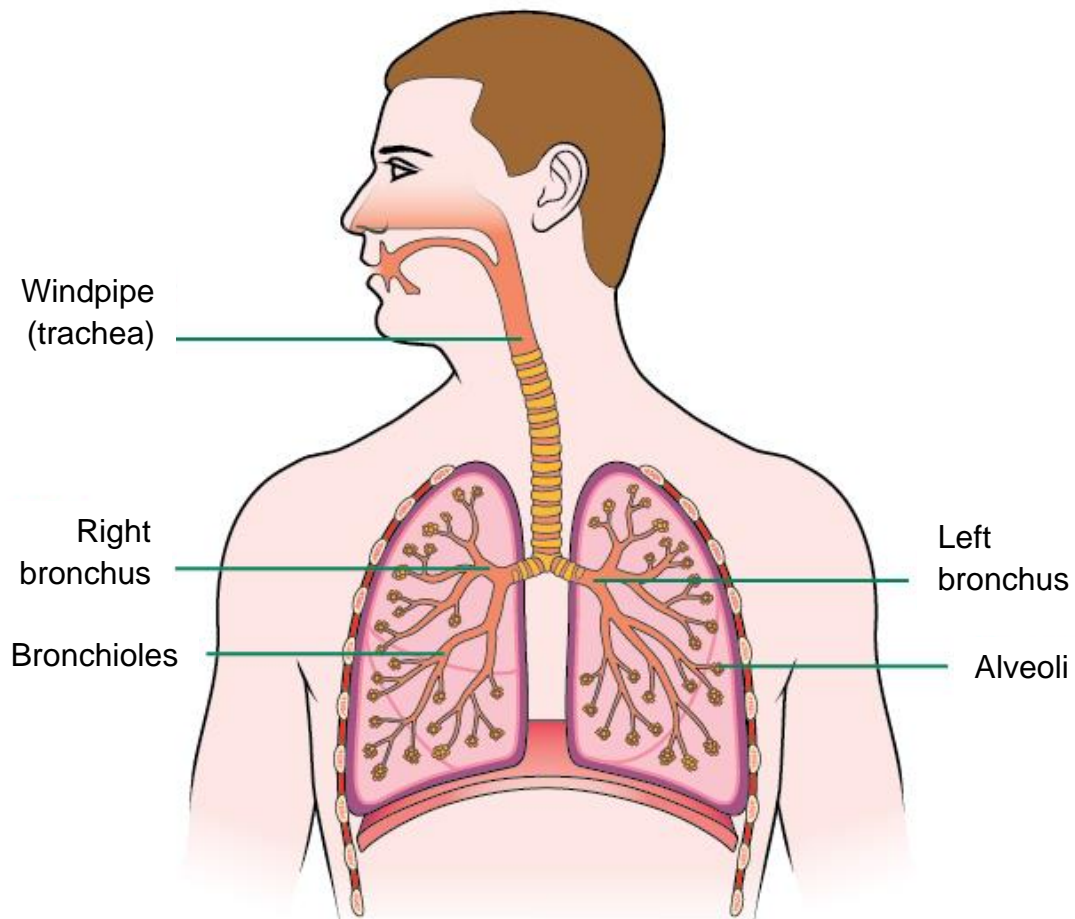
### This information is about:

- 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 your 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 lung cancer and there are 3 main types: adenocarcinoma, squamous cell carcinoma, and large cell lung cancer.
- **small cell lung cancer** – about 1 in 7 (15%) of lung cancers are small cell 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 in the lung is bigger. It has usually spread into areas around the lung.
- **Stage 4** – The cancer has spread further, for example, to the other lung or 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 your 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:

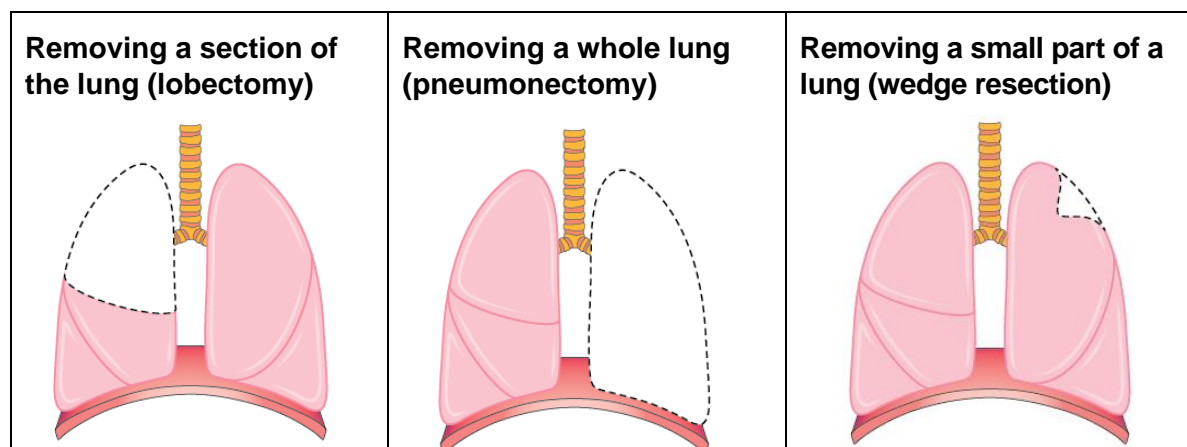
- an operation (surgery)
- cancer drugs (chemotherapy or targeted therapy)
- radiotherapy.

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. Surgery is rarely used to treat small cell lung cancer. Other treatments are used instead.

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.



Sometimes 2 lobes of the lung are removed. The surgeon may do this operation if the cancer has spread to two lobes next to each other. The operation is sometimes called a bilobectomy.

We have more information in your language about how surgery is planned and what to expect after the operation. Visit [macmillan.org.uk/translations](http://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
Along with targeted or immunotherapy drugs	To help shrink and control the cancer



On its own, to control advanced cancer (this is called <u>palliative treatment</u> )	To control cancer that is advanced and help reduce symptoms
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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.

Some people with non-small cell lung cancer continue with chemotherapy if it is working well. This is sometimes called maintenance treatment.

### Side effects of chemotherapy

Chemotherapy drugs can cause side effects that make you feel unwell. If you have chemotherapy with radiotherapy the side effects can be worse.

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 your 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):



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 your 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. They may help to shrink the cancer and make it grow less quickly. You may have these drugs on their own or with chemotherapy.

Targeted therapy drugs can stop the cancer cells from growing and multiplying. You take them as tablets or capsules. You may need tests to find out if they are likely to work for you. If a drug is likely to work well for you, it may be given as your first treatment.

Immunotherapy drugs help your immune system to recognise and destroy cancer cells. The drugs are given into a vein through a drip. Sometimes immunotherapy drugs are given with another targeted or immunotherapy drug.

## **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 help a blocked airway:

- Some treatments use very cold temperatures to freeze and destroy cancer cells.
- Some treatments use an electrical current to destroy cancer cells.
- Radiotherapy can also be given to the cancer from inside the body.
- A small tube called a stent can be put into the 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 7 days a week, 8am to 8pm.
- **The Macmillan website (macmillan.org.uk).** Our site has lots of English information about cancer and living with cancer. There is more information in other languages at [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)
- **Information and support services.** At an information and support service, you can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.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](https://www.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](https://www.macmillan.org.uk/community)

## Word list

Word	In English	How to say in English	Meaning
	Airway		A passage or tube in the body that air can move through to reach the lungs.
	Cancer cells		<u>Cells</u> in the body that have become abnormal and are now cancer.
	Cells		The tiny building blocks that make up the organs and tissues of our body.
	Chemotherapy		A cancer treatment that uses drugs to destroy <u>cancer cells</u> .
	Consent		Giving permission for something to happen or agreeing to do something.
	Healthcare team		The team of medical experts and other professionals that look after you.

	Immune system		Your immune system is your body's way of protecting you from harmful bacteria and <u>infections</u> .
	Immunotherapy		A cancer treatment that works by helping the <u>immune system</u> to recognise and destroy <u>cancer cells</u> .
	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.
	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.
	Photodynamic therapy (PDT)		A cancer treatment that uses light to destroy <u>cancer cells</u> .
	Radiofrequency ablation (RFA)		A cancer treatment that uses heat to destroy <u>cancer cells</u> .
	Radiotherapy		A cancer treatment that uses high-energy rays, such as x-rays, to destroy <u>cancer cells</u> .
	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.
	Staging system		A set of rules that helps doctors decide what <u>stage</u> a cancer is.
	Surgery		A cancer treatment that means having an operation.
	Targeted therapy		A cancer treatment that uses drugs that target and destroy <u>cancer cells</u> .

	Tumour		A group of <u>cancer cells</u> that have formed a lump.
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## More information in your language

We have information in your 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>• Eating problems and cancer</li> <li>• End of life</li> <li>• Financial support – benefits</li> <li>• Financial support – help with costs</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](https://www.macmillan.org.uk/translations)

## References and thanks

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

The information 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. 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](mailto:cancerinformationteam@macmillan.org.uk)

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