

若您被診斷患有癌症 – 快速指南

本資訊關於當您發現自己患上癌症時預期會遇到的情況，以及可以從何處獲得幫助及支援。

任何下劃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。

被診斷出患有癌症可能是一個巨大的打擊。您可能會出現很多不同的情緒。許多人能夠得到成功的治療，或與癌症共存許多年。有很多人及服務可以為您提供支援。

若您對此資訊有任何疑問，請諮詢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，所以您可以使用您自己的母語與我們溝通。當您致電我們時，請以英文告訴我們您所需要的語言。

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

本資訊主要介紹：

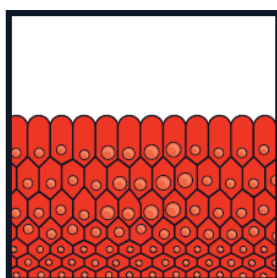
- 什麼是癌症？
- 確診後會發生什麼？
- 如果您是 LGBTQ+
- 您可能會遇到的醫療及社會護理專業人員。如何規劃治療
- 主要癌症治療方法
- 與您的醫療團隊交談
- 應對癌症
- 幫助您獲得合適的護理和援助
- Macmillan 能夠如何幫助您
- 詞語清單
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什麼是癌症？

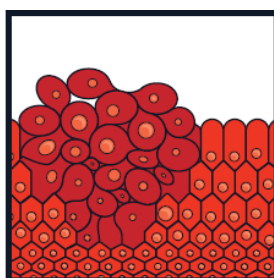
癌症從我們身體的細胞開始。細胞是構成我們身體器官及組織的微小組成部分。細胞接收來自身體的信號，告訴它們何時生長以及何時分裂形成新的細胞。我們的身體正是以這樣的方式發育及癒合。這些細胞可能會衰老、損壞或不再有用。當這種情況發生時，細胞會從身體收到信號，停止工作並死亡。

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。非癌症腫瘤（良性腫瘤）可能會生長，但不能擴散到身體的其他任何部位。它通常只會對附近被壓迫的器官造成問題。

屬於癌症的腫瘤（惡性腫瘤）可以長入附近的組織。

癌細胞有時會脫離第一個癌瘤，透過血液或淋巴系統擴散到身體的其他部位。在身體其他部位擴散並發展成腫瘤的癌細胞被稱為繼發性癌症或癌擴散。

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。

確診後會發生什麼？

您的醫療團隊會與您討論您的治療方案，以及您可能需要的任何支援。他們會告訴您，您的治療會涉及哪些內容，且從什麼時候開始。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+

此資訊的內容是為所有受癌症影響的人編寫的。如果您是 LGBTQ+，您可能還有其他問題。

有時，如果您的醫療團隊了解您的性取向或性別，它可以幫助您獲得更好的援助。它還可以幫助您的醫療團隊為您和最親近的人提供合適的資訊和援助。

如果您是跨性別或非二元性別，您可能會覺得很難與健康專家談論您的身體。有時，測試或治療可能會涉及到您覺得難以談論的身體部位。如果您服用荷爾蒙藥物或進行過變性手術，您可能會有更多的疑問。

嘗試帶上您信任的人與您一起前往您的預約。他們可以聆聽並幫助您應對正在發生的事情。

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個主要聯絡人。他可能被稱為關鍵工作人員或通訊聯絡人。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。

在您當地

有專業人士可以在您家中幫助照顧您。他們將與您的醫院團隊取得聯絡。此類人員包括：

- **家庭醫生** – 當您在家時，您的家庭醫生會為您提供醫療保健服務。他們可以幫助您控制症狀及副作用，並根據需要安排您到任何專家處就診。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。執業護士可能會幫助處理一些事情，比如驗血或給傷口上敷料。

醫院團隊 (MDT)

在醫院，一個多學科團隊 (MDT) 將負責管理您的治療及護理。這是由醫療及社會護理專業人員組成的團體。該團體可能包括以下部分或全部角色：

- 外科醫生 — 做手術的醫生。
- 腫瘤學家 — 癌症專科醫生。
- 血液學家 — 血液問題的專科醫生。
- 放射科醫生 — 受過檢查 X 光及掃描訓練的醫生。
- 臨床護士專家 (CNS) — 在治療期間為您提供資訊和支援的護士。
- 姑息治療醫生 — 從事症狀控制的醫生。

醫院團隊中可能還有其他人員，這取決於您患的癌症類型。

社會服務及義工機構

若您在家裡需要幫助，比如洗衣、穿衣、打掃或購物，可以與您的家庭醫生或主要聯絡人談談。他們可能會將您介紹給社工。社工可以幫助解決實際及經濟問題。您所在地區也可能有其他組織可以提供幫助。

如何規劃治療

您的醫療團隊包含負責您所患癌症類型的專家，他們會為您制定治療方案。他們會考慮：

- 癌症的類型
- 癌症的大小，以及是否已經擴散
- 您的整體健康狀況
- 國家治療指南
- 您的個人偏好以及什麼對您很重要。

在您接受任何治療之前，醫生需要您的許可（同意）。

確保您瞭解治療方案。您的醫生或護士應該能夠回答您對治療的任何問題。癌症治療可能很複雜，所以您要問的問題可能不止一個。讓親戚或朋友陪同您與醫生會面可能很有幫助。他們可以幫助您記住說過的內容。這也能夠幫助您列出想問的問題清單，並帶著它參加與醫生的會面。您可以將回答寫下來，這可以幫助您記憶。

有關治療的決策

治療方法可能有不止一種。您的醫生可能會為您提供選擇。他們將為您提供做出決定所需的所有資訊。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。

您的醫療團隊將給您時間作出選擇。他們也可以幫助您做決定。

主要癌症治療方法

治療的目的可能是治癒癌症，或控制癌症，以緩解任何症狀。

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

- **手術** — 在手術中切除癌症
- **放射治療** — 透過高能 X 射線摧毀癌細胞
- **化療** — 利用藥物摧毀癌細胞
- **荷爾蒙療法** — 此類藥物將改變您體內荷爾蒙的活性，從而減緩或阻止癌症的生長。
- **標靶治療** — 給出的藥物可干擾癌細胞的生長方式。

臨床試驗

臨床試驗是涉及人的醫學研究。他們會測試新的治療方法，看看它們是否比目前的療法更有效。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。

副作用

癌症治療可能會產生副作用。這些副作用通常可以得到緩解及管理。您的醫療團隊將為您提供建議。大多數副作用會在治療結束後逐漸消失。

與您的醫療團隊交談

患上癌症可能是一段令人擔憂及充滿困惑的時期。與您的醫療團隊交談會有所幫助。很多人在清楚自己發生了什麼狀況，為什麼會這樣後，他們的情緒會改善，對事情也更有掌控。

人們常常覺得醫院工作人員太忙，無法回答他們的問題。但對您來說，瞭解正在發生的事情，以及癌症及其治療可能對您產生的影響很重要。工作人員將始終竭力為您提供幫助。他們將騰出時間回答您的問題。若您不懂或無法說流利的英語，醫院可以為您安排翻譯。

您可能會覺得有些問題很難開口問人，尤其是與個人有關的問題。但您的醫療團隊正是為了幫助您而存在，他們習慣回答此類問題。

重要的是您要理解您聽到的解答。若您不理解，請醫生或護士再次進行解釋。

向醫療團隊提出的問題

下面是一些您可能想問您醫療團隊的問題。它們可能並非全部與您相關。

- 我的診斷是什麼意思？
- 癌症有多嚴重？
- 我的治療將涉及哪些內容？
- 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怎樣的影響？
- 治療的效果如何？
- 我可以與誰談談我的感受？
- 若我之後想到了一些問題，可以與誰交流？
- 我有宗教或精神願望 — 這些會得到滿足嗎？

應對癌症

您的情緒

當您被告知患有癌症時，覺得情緒複雜是很常見的。您可能會感到震驚、害怕、擔心、憤怒或沮喪。感受沒有對錯之分。說出您的感受往往會有所幫助。

在何處獲得支援：

- **Macmillan** — 請參閱下方的**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。向您的醫生或護士詢問您所在地區的團體，或訪問 macmillan.org.uk/supportgroups

經濟、工作及旅行

若癌症影響了您的工作或經濟狀況，麥克米倫（Macmillan）可以透過很多方式提供幫助。請致電 **0808 808 00 00** 聯絡我們，討論上述任何問題。

- 我們可以向您介紹您可能有的福利，並幫助您申請這些福利。
- 我們可以幫助您解答有關抵押貸款、養老金、保險、借款及儲蓄的問題。
- 我們提供補助金 — 幫助您應對因癌症造成的額外費用的款項。
- 若癌症影響了您的工作，我們可以為您提供資訊及建議。
- 若您患有癌症，我們可以為您提供旅行資訊。

身體的變化

有時候，癌症或癌症的治療會影響您身體的外觀或運作方式。您的醫生或護士可以為您提供相關建議及幫助。我們也可以為您提供資訊 — 請致電 **0808 808 00 00** 聯絡我們。

補充療法

其他可以幫助您更好地管理情緒的療法，比如冥想或放鬆。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。

宗教及精神

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。有強烈宗教信仰的人往往覺得這非常有用。其他人則可能會質疑自己的信仰。

有些人在祈禱或冥想中找到安慰。很多人知道別人在為自己祈禱，這很有用。

即使您不確定自己的宗教信仰，也可以與牧師、猶太教教士或其他宗教領袖交談。精神及宗教領袖習慣給予幫助，您可能從他們身上找到心靈的平靜。

為家人、朋友及照顧者提供的援助

您身邊的人可能也需要更多資訊或援助。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。他們可以致電 **0808 808 00 00** 聯絡我們。

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。

他們應與您的醫生或護士討論這些問題，或者致電

0808 808 00 00 聯絡 Macmillan。

幫助您獲得合適的護理和援助

如果您患有癌症並且不會說英語，您可能會擔心這會影響您的癌症治療和護理。但是您的醫療團隊應該為您提供滿足您需求的護理、援助和資訊。

我們知道，有時尋找合適的援助可能會面臨額外的挑戰。例如，如果您有工作或有家庭，可能很難抽出時間去醫院的預約。您可能還擔心金錢和交通費。所有這些都會讓人感到壓力和難以應對。

但我們可以提供幫助。我們的免費支持熱線 **0808 808 00 00** 可以用您的語言就您的情況提供建議。您可以與護士、經濟援助顧問、福利權益顧問和工作援助顧問交談。

我們還向癌症患者提供 Macmillan 資助金。這些是一次性的款項，可用於支付醫院停車費、交通費、託兒所費或暖氣費等費用。

Macmillan 能夠如何幫助您

在 Macmillan，我們知道癌症確診後會如何影響一切，我們在這裡為您提供援助。

麥克米倫支援熱線 (Macmillan Support Line)

我們有口譯員，所以您可以使用您的語言與我們溝通。您只需用英語告訴我們您希望使用哪種語言即可。我們可以幫助您解決醫療問題，為您提供有關經濟援助的資訊，或者在您想要與人交談的時候聆聽您的意見。熱線服務時間為每日上午 8 時至晚上 8 時。致電 **0808 808 00 00** 聯絡我們。

網上對話

您可以向我們發送網上對話信息，說明您需要口譯員。您只需用英語告訴我們您希望使用哪種語言，我們將安排工作人員與您聯絡。點擊「與我們聊天」按鈕，該按鈕顯示在網站的各個頁面上。或者前往 macmillan.org.uk/talktous

Macmillan 網站

我們的網站有很多關於癌症的英文資訊。如果您想以其他語言進一步瞭解癌症，請瀏覽 macmillan.org.uk/translations

我們亦可以為您安排翻譯。請發電子郵件至：

cancerinformationteam@macmillan.org.uk，告訴我們您需要的資訊。

資訊中心

我們的資訊和援助中心設在醫院、圖書館和流動中心。前往任何一個中心以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 查找離您最近的中心或致電 **0808 808 00 00** 聯絡我們。

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 查找離您最近的援助團體或致電 **0808 808 00 00** 聯絡我們。

Macmillan 網上社群

您亦可以前往 macmillan.org.uk/community 與其他受癌症影響的人士交流。不論是白天還是夜晚，您都可以隨時使用該服務。您可以分享您的經驗、提出問題，或者只是閱讀其他人的帖子。

詞語清單

詞語	英語	英語發音	釋義
福利	Benefits	唄訥法特斯	政府支付給您的款項，幫您解決費用問題。
良性	Benign	唄耐	體內的一個腫塊，不是癌症，不會擴散到身體的其他任何地方。
細胞	Cells	塞爾斯	構成我們身體器官及組織的微小組成部分。
已確診	Diagnosed	戴亦諾斯	若您被診斷患有癌症，這意味著您的醫生已確認您患上了癌症。
診斷	Diagnosis	戴亦諾斯思	診斷即您的醫生發現是什麼疾病或問題導致您的症狀。
醫療團隊	Healthcare team	晦爾斯卡爾·剔姆	由醫生、護士及其他會來照顧您的專業人員組成的團隊。
關鍵工作人員	Key worker	克依·窩爾克	這個人是您的主要聯絡點。您應該有他們的聯絡方式。他們可以回答您的問題，告訴您誰可以幫助解答不同的事情。
淋巴系統	Lymphatic system	淋發剔克·西斯頓	整個身體中的導管及腺體網路。它是免疫系統的組成部分。該系統可對抗感染，排出我們組織及器官中的液體。
惡性	Malignant	瑪利能特	體內的一個癌症腫塊，可以擴展至身體四周。
癌擴散	Metastasis	麼塔斯特斯思	從癌症最初在體內開始的位置擴散的繼發性腫瘤。
姑息治療	Palliative care	臥力阿剔夫·克雅	對患有無法治癒的癌症的患者給予的治療及關懷。這可能包括縮小癌症或減少症狀，提高患者生活舒適度的治療。

副作用	Side effects	塞德·依發克斯	因癌症治療而產生的不良影響。例如，脫髮、感到虛弱或疲勞。大多數副作用會在治療結束後消失。
腫瘤	Tumour	圖摩	腫瘤是一組以不正常方式生長的細胞。異常細胞不斷繁殖並形成腫塊。

更多繁體中文版資訊

我們提供更多有關下列主題的繁體中文資訊：

<p>癌症類型</p> <ul style="list-style-type: none"> • 乳癌 • 大腸癌 • 肺癌 • 前列腺癌 <p>治療</p> <ul style="list-style-type: none"> • 化療 • 放射治療 • 手術 	<p>應對癌症</p> <ul style="list-style-type: none"> • 癌症與新冠病毒 • 如果您患有癌症，可申請的福利 • 飲食問題與癌症 • 生命的終點 • 健康飲食 • 患癌時獲得費用幫助 • 若您被確診患有癌症 - 快速指南 • 敗血症和癌症 • 癌症治療的副作用 • 疲倦（疲勞）與癌症
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若想查看該資訊，請瀏覽 [macmillan.org.uk/translations](https://www.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 Macmillan 宣傳冊《癌症指南》為基礎編制而成。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蒂姆·艾弗森博士、醫學腫瘤學顧問及 Macmillan 首席醫療編輯的批准。

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 聯絡我們。

MAC15916_繁體中文

內容審閱日期：2021 年

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我們盡一切努力確保我們提供的資訊是準確和最新的，但您不應該依賴這些資訊來替代針對您的情況的專業建議。在法律允許的範圍內，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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If you are diagnosed with cancer – a quick guide

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

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.

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 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 other languages at [macmillan.org.uk/translations](https://www.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
- Word list
- More information in your language

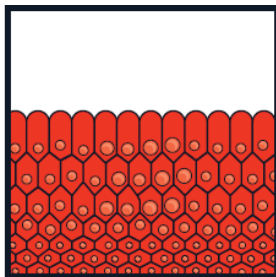
- References and thanks

What is cancer?

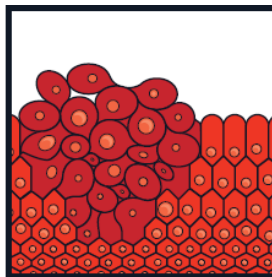
Cancer starts in the cells in our body. Cells are tiny building blocks that make up the body's organs and tissues. Cells receive signals from the body, telling them when to grow and when to divide to make new cells. This is how our bodies grow and heal. These cells can become old, damaged or no longer 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. A tumour that is not cancer (a benign tumour) may grow, but it cannot spread to anywhere else in the body. It usually only causes problems if it grows and presses on nearby organs.

A tumour that is cancer (a malignant tumour) can grow into nearby tissue.

Cancer cells sometimes break away from the first cancer and travel through the blood or lymphatic system to other parts of the body. Cancer cells that spread and develop into a tumour somewhere else in the body are called a secondary cancer or a 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?

Your healthcare team should talk to you about your treatment options and about any support you need. They will tell you what your treatment will involve and when it can start. You may need to have some more tests or scans to find out more about the cancer.

If you are LGBTQ+

The information on this page is written for everyone affected by cancer. If you are LGBTQ+, you may have additional questions.

Sometimes it can help you feel better supported if your healthcare team know your sexual orientation or gender. And it may help your healthcare team give the right information and support to you and the people closest to you.

If you are trans (transgender) or non-binary, talking to a health professional about your body may be difficult. Sometimes, tests or treatment may involve parts of the body you find upsetting to talk about. You may also have questions if you take hormones or have had gender-affirming surgeries.

Try to take someone you trust to your appointments. They can listen and help you cope with what is happening.

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 a key worker or link worker. 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** – Your GP looks after your health while you are at home. 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 (MDT)

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 is trained to look 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.

There may be other people in the MDT 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 healthcare team, who are experts in your type of cancer, will plan your treatment. They will think about:

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

Doctors need your permission (consent) before you have any treatment.

Make sure you understand the treatment options. Your doctor or nurse should answer any questions you have about the treatment. Cancer treatment can be complicated so you may need to ask questions more than once. It might help to take a relative or friend to appointments with you. They can help you remember what was said. It might also help to make a list of questions that you want to ask and take it to your appointment. You can write down the answers so you remember them.

Making decisions about treatment

There might be more than one possible treatment. Your doctor may offer you a choice. They will give you all the information you need to make your decision. 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.

Your healthcare team will give you time to choose. They can also help you with the decision.

The main cancer treatments

The aim of treatment is to cure the cancer, or control it and relieve its symptoms.

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

- **surgery** – the cancer is removed in an operation
- **radiotherapy** – high-energy x-rays are used to destroy cancer cells
- **chemotherapy** – drugs are used to destroy cancer cells
- **hormonal therapies** – these drugs change the activity of hormones in your body, which can slow down or stop the cancer from growing.
- **targeted therapies** – these drugs interfere with the way cancer cells grow.

Clinical trials

Clinical trials are medical research studies involving people.. They test new treatments to see if they are more effective than current treatments. 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.

Side effects

Cancer treatments can cause side effects. These can often be reduced and managed. Your healthcare team will give you advice. Most side effects gradually go away after treatment finishes.

Talking to your healthcare team

Having cancer can be a worrying and confusing time. Talking to your healthcare team can help. Many people feel better and more in control when they know what is happening to them and why.

People often feel that hospital staff are too busy to answer their questions. But it is important for you to understand what is happening and how the cancer and its treatment might affect you. The staff are there to help you. They should make time for your questions. If you do not understand or speak English well, the hospital can arrange an interpreter for you.

You might find some questions difficult to ask, especially if they are about personal issues. But your healthcare team are there to help and they are used to answering these questions.

It is important that you understand what you are told. If you do not understand, ask the doctor or nurse to explain again.

Questions to ask your healthcare team

Here are some questions you may want to ask your healthcare team. They may not all be relevant for you.

- 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?
- How effective will treatment be?
- Who can I talk to about how I am feeling?
- Who can I speak to if I think of questions later?
- I have religious or spiritual wishes – will these be met?

Coping with cancer

Your emotions

It is common to have many different emotions when you are told you have cancer. You may feel shocked, scared, worried, angry or depressed. 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

Money, work and travel

There are many ways Macmillan can help if cancer has affected your job or finances. Call us on **0808 808 00 00** to talk about any of these issues.

- We can tell you about benefits you might be entitled to and help you apply for them.
- We can help you with questions about mortgages, pensions, insurance, borrowing and savings.
- We provide grants – payments to help you cope with extra costs caused by cancer.
- We can give you information and advice if cancer has affected your work.
- We can give you information about travelling if you have cancer.

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

After a cancer diagnosis, some people become more aware of religious beliefs or spiritual feelings. People with a strong religious faith often find this very helpful. Other people may question their faith.

Some people find comfort in prayer or meditation. Many people find it helpful knowing that other people are praying for them.

You can talk to a chaplain, minister, priest, rabbi or other religious leader even if you are not sure about what you believe. Spiritual and religious leaders are used to helping, and you may find peace of mind.

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 face extra challenges in getting the right support. For example, if you work or have a family it can be hard to find time to go to hospital appointments. You might also have worries about money and transport costs. All of this can be stressful and hard to cope with.

But help is available. Our free support line **0808 808 00 00** can offer advice, in your language, about your situation. You can speak to nurses, financial guides, welfare rights advisers and work support advisers.

We also offer Macmillan Grants to people with cancer. These are one-off payments that can be used for things like hospital parking, travel costs, childcare or heating bills.

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. We can help with medical questions, give you information about financial support, or be there to listen if you need someone to talk to. The free, confidential phone line is open 7 days a week, 8am to 8pm. Call us on **0808 808 00 00**.

Web chat

You can send us a web chat message saying you would like an interpreter. Tell us, in English, the language you need, and we will arrange for someone to contact you. Click on the 'Chat to us' button, which appears on pages across the website. Or go to **macmillan.org.uk/talktous**

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 can also arrange translations just for you. Email us at **cancerinformationteam@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 through people's posts.

Word list

Word	Meaning
Benefits	Money paid to you by the government to help you with costs.
Benign	A lump in the body that is not cancer and cannot spread to anywhere else in the body.
Cells	The tiny building blocks that make up the organs and tissues of our body.
Diagnosed	If you are diagnosed with cancer, it means your doctor has found that you have cancer.
Diagnosis	A diagnosis is when your doctor finds out what illness or problem is causing your symptoms.
Healthcare team	The team of doctors, nurses and other professionals that will look after you.
Key worker	This person is your main point of contact. You should have their contact details. They can answer your questions and tell you who can help with different things.
Lymphatic system	A network of tubes and glands throughout the body. It is part of the immune system. The system fights infections and drains fluid out of our tissue and organs.
Malignant	A lump in the body that is cancer and can spread around the body.
Metastasis	A secondary tumour that has spread from where the cancer first started in the body.
Palliative care	Care given to someone with a cancer that cannot be cured. This may include treatment to shrink the cancer or to reduce symptoms and make someone more comfortable.
Side effects	Unwanted effects of cancer treatment. For example, hair loss, feeling sick or tiredness. Most side effects go away after treatment finishes.
Tumour	A tumour is a group of cells that are growing in an abnormal way. The abnormal cells keep multiplying and form a lump.

More information in your language

We have information in your language about these topics:

<p>Types of cancer</p> <ul style="list-style-type: none">• Breast cancer• Large bowel cancer• Lung cancer• Prostate cancer <p>Treatments</p> <ul style="list-style-type: none">• Chemotherapy• Radiotherapy• Surgery	<p>Coping with cancer</p> <ul style="list-style-type: none">• Cancer and coronavirus• Claiming benefits when you have cancer• Eating problems and cancer• End of life• Healthy eating• Help with costs when you have cancer• If you're diagnosed with cancer – A quick guide• Sepsis and cancer• Side effects of cancer treatment• Tiredness (fatigue) and cancer
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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 included is based on the Macmillan booklet **The cancer guide**. 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 Chief Medical Editor, Professor Tim Iveson, Consultant Medical Oncologist and Macmillan Chief Medical Editor.

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**

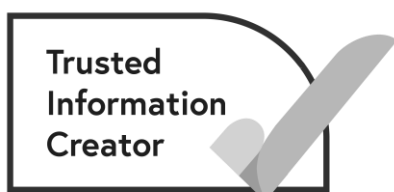
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Patient Information Forum