

生命動力 One Life

From your doctor to you

Medical TRIBUNE

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揭開癌症面紗

Understanding Cancer Through Information

See back page for English

預防子宮頸癌



預防子宮頸癌

子宮頸是子宮以下的狹窄部位。在這個部位出現的惡性腫瘤就是子宮頸癌。

為什麼子宮頸癌值得關注？

當子宮頸的正常細胞演變成癌細胞，就會出現子宮頸癌。這種病變一般需歷時數年，但正常細胞亦有可能在很短時間內演變成癌細胞。幸而，子宮頸癌是有辦法預防的。

子宮頸癌的高危因素

研究發現，某些因素會增加女性患上子宮頸癌的風險：

- **人類乳頭狀瘤病毒(HPV)**：HPV感染是子宮頸癌的主要高危因素。HPV是一組有可能透過性接觸而傳播的病毒。某些HPV會令子宮頸細胞出現轉變，而這些轉變可能會令人患上生殖器疣、癌症和其他疾病。
- **沒有定期接受子宮頸細胞檢驗**：子宮頸細胞檢驗即是柏氏抹片檢驗。沒有定期接受這項檢驗的女性，患上子宮頸癌的風險較高。子宮頸細胞檢驗能檢測出子宮頸內細胞的轉變，而適當治理這些轉變，有助預防子宮頸癌。
- **抵抗力受損**：如感染愛滋病毒或服用抑制免疫系統的藥物，婦女患上子宮頸癌的風險會比一般人高。
- **年齡**：40歲以上的女性最容易患上子宮頸癌。
- **性史**：曾經有多個性伴侶的女性有較大機會感染HPV，因此患上子宮頸癌的風險亦比一般人高。
- **吸煙**：在感染HPV的女性當中，吸煙者患上子宮頸癌的風險比非吸煙者高。
- **長期服食避孕藥**：在感染HPV的女性當中，服食避孕藥達5年或以上者患上子宮頸癌的風險可能會較高。
- **曾生育多名小孩**：在感染HPV的女性當中，曾生育多個小孩者患上子宮頸癌的風險可能會較高。



子宮頸細胞檢驗能及早檢測子宮頸細胞的不正常轉變，因此在過去數十年內，每年被證實患上子宮頸癌的女性人數一直持續下降。

如擔心自己有機會患上子宮頸癌，請與您的醫生討論有關問題。

普查

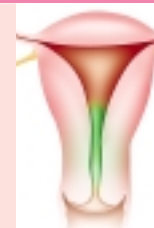
普查的目的是要在症狀出現前檢驗子宮頸是否有不正常的轉變，這是非常重要的。普查能有助醫生在細胞未惡化成癌症前及早發現異常情況。另外，早期的子宮頸癌較容易治療，而普查就有助及早檢測出子宮頸癌。

婦女應定期做子宮頸細胞檢驗，因為這有助減低患上子宮頸癌的風險。

- 女性應在發生第一次性行為的3年後或21歲時開始接受子宮頸細胞檢驗，以較先者為準。
- 大部分女性都應最少每3年接受一次子宮頸細胞檢驗。
- 65至70歲的婦女如最少有3次子宮頸細胞檢驗結果正常，並在過去10年內的檢驗中亦無發現任何異常，就可以與醫生商討是否適合停止子宮頸癌普查。
- 曾經接受子宮及子宮頸切除手術的女性無須接受子宮頸癌普查。

中文版見背頁

Preventing Cervical Cancer



Preventing Cervical Cancer

Cervical cancer is a malignant tumor in the cervix, the lower, narrow part of the uterus (womb).

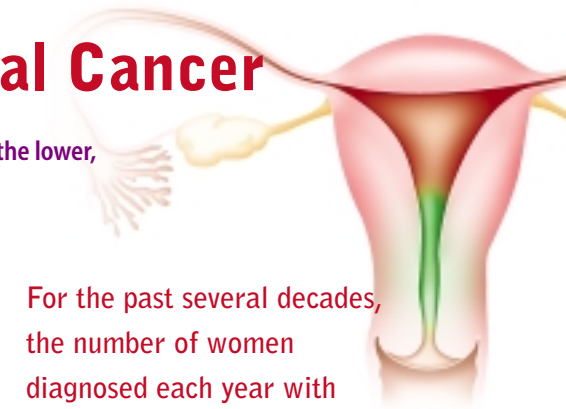
Why should I be concerned?

Cervical cancer occurs when normal cells in the cervix change into cancer cells. This normally takes several years, but it can also happen in a very short time. The good news is that there are ways to help prevent cervical cancer.

What are the risk factors?

Studies have found a number of factors that may increase the risk of cervical cancer:

- **Human papillomavirus (HPV)**: HPV infection is the main risk factor for cervical cancer. HPV is a group of viruses that can be passed from person to person through sexual contact. Some types of HPV can cause changes to cells in the cervix, leading to genital warts, cancer and other problems.
- **Lack of regular Pap tests**: Cervical cancer is more common among women who do not have regular Pap tests. The Pap test can detect changes in the cervix cells. Treatment of these changes can prevent cervical cancer.
- **Weakened immune system**: Women with HIV infection or who take drugs that suppress the immune system have a higher-than-average risk of developing cervical cancer.
- **Age**: Cervical cancer occurs most often in women over the age of 40 years.
- **Sexual history**: Women who have had many sexual partners have a higher-than-average risk of developing cervical cancer because of a higher risk of HPV infection.
- **Smoking cigarettes**: Among women with an HPV infection, cigarette smokers have a higher risk of cervical cancer than nonsmokers.
- **Using birth control pills for a long time**: Using birth control pills for 5 or more years may increase the risk of cervical cancer among women with HPV infection.



For the past several decades, the number of women diagnosed each year with cervical cancer has been falling thanks to successful screening.

- **Having many children**: Giving birth to many children may increase the risk of cervical cancer among women with HPV infection.

Women who think they may be at risk for cancer of the cervix should discuss this concern with their doctor.

Screening

Screening to check for cervical changes before there are symptoms is very important. It can help the doctor find the abnormal cells before cancer develops. Also, screening can help find cancer early, when treatment is more likely to be effective.

Women can help to reduce their risk of cervical cancer by having regular Pap tests.

- Women should start having Pap tests 3 years after they begin having sexual intercourse, or when they reach age 21 (whichever comes first).
- Most women should have a Pap test at least once every 3 years.
- Women aged 65 to 70 years who have had at least three normal Pap tests and no abnormal Pap tests in the past 10 years may decide, after consulting with their doctor, to stop cervical cancer screening.
- Women who have had surgery to remove the uterus and cervix do not need to have cervical cancer screening.

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Food for Thought: Eat to Beat Colon Cancer

Eat more vegetables and fruits. Eating three or more servings of vegetables a day can lower your risk of developing colon cancer. It is not clear why, but it appears that the folic acid in vegetables helps keep cells healthy. Fruits and veggies supply a variety of essential vitamins and minerals, and also contain cancer-fighting substances known as phytochemicals.

A serving is about half a cup of chopped vegetables or a cup of leafy greens.

Eat more bread, beans and bananas. Experts recommend eating more foods that will fill you up, while at the same time providing a variety of vitamins, minerals, protein, complex carbohydrates and fiber. Such foods include whole grains found in breads, cereals, pasta and rice; legumes, such as beans and peas; plantains, such as bananas; and roots, such as sweet potatoes.

Look for foods that have been minimally processed. For example, whole-grain bread is better than white, and bran cereal is better than cereals with frosting.

Eat less red meat. If you have more than one serving of red meat (beef, pork, lamb or venison) per day, you are at an increased risk for colon cancer. Meat appears to contain substances that can turn normal cells cancerous. The

best way to eat less red meat is to find substitutes: chicken, fish, pasta or vegetables.

Cook meats safely. The way meats are cooked is important. Known or suspected carcinogens are formed when meat or fish is exposed directly to flame or intense heat, as typically happens when food is broiled, roasted, fried or grilled.

To reduce your risk of stomach and colon cancer, don't regularly eat meat that has been over-cooked or charred. Eating such foods on an occasional basis won't greatly increase your risk for stomach and colorectal cancers.



When it comes to reducing your risk of developing colon cancer, one of the best ways is to consume a healthy diet.

There are other strategies as well: Choose lean cuts of meat, or trim off the fat and skin before cooking. Grill vegetables instead of meat.

Limit intake of cured meats. Processed cold cuts (luncheon meat), hams and hot dogs contain nitrites and nitrates as preservatives. Some studies report that diets high in cured meats may increase the risk of colorectal cancer, but others disagree.

Limit alcohol intake. Alcohol consumption moderately increases the chance of developing colorectal cancer.

MYTHS & FACTS

- | | |
|------|--|
| Myth | Cancer patients need to eat three meals a day to maintain their weight and keep their body strong. |
| Fact | Eating smaller and more frequent meals will help patients to maintain their weight and may be more appealing because of loss of appetite and nausea. |
| Myth | Women with ovarian cancer should avoid sexual relations because their cancer is contagious. |
| Fact | Ovarian cancer is not contagious and cannot be transmitted by sexual intercourse or any other form of intimacy. |

Can I Help? Tips for Friends and Relatives



When someone you know has cancer

You may be feeling quite worried at hearing that your relative or friend has cancer. This is quite usual, but if you are not careful it may change the way you relate to your relative or friend. Try to overcome your fears and treat your relative or friend normally. Remember, they are still the same person, but they now need extra support. You may help to make their life as normal as possible in a world turned topsy-turvy.

Acknowledge the illness

Your relative or friend may be frightened by the diagnosis, or may feel lonely, angry or depressed. How you react can make a big difference in the way they cope. The first time you see them after hearing about the cancer is often the most difficult. Don't ignore the illness. Acknowledge it and let them talk about their concerns if they want to. You may be more understanding if you know a little about the type of cancer and the treatment involved.

Do friendly things

Ring and visit regularly and, if appropriate, drop in unexpectedly. Be aware of the person's wants and, if they prefer you not to do some things, don't be offended. Find out how you can help with everyday things that may have become difficult for them because of treatment and its after effects. If possible, take them for a drive or out to lunch. If you don't live close by, send a card or a letter. Your letters will help keep your relative or friend in contact with the outside world. But remember to be sensitive. People with cancer may not want to know about your holiday plans, when such activities are not possible for them in the immediate future.

Practical help

For a while your relative or friend may not be able to go out to work or care for themselves or their family in the usual way. You could help with

daily chores. Rather than just asking, "May I help?," it is better to offer specific help:

- Do the ironing
- Mow the lawn
- Baby-sit, or take the children to school, sporting or hobby activities
- Prepare meals
- Take the patient for treatment, to the shops or to the library, and later, to work
- If your relative or friend is well enough, offer to take them for a walk or drive. If they want to, help them to keep up their activities, such as clubs, sports, or night classes.



Emotional support

People with cancer often have high and low mood swings, so be prepared for changes in their behavior. They may swing from happiness to sadness, frustration and anger. They may get very tired. Your relative or friend may need to discuss what is happening to them now and their concern about the future. Listening well is not easy but it is very important, so try to listen carefully. Encourage them to talk about interests they enjoy, especially if they seem to be dwelling on their illness.



Chemotherapy Made Easier With Tumor-activated Drug

Although chemotherapy is the mainstay of treatment for many cancers, it often causes much suffering because of unpleasant side effects such as nausea, diarrhea and hair loss. Furthermore, chemotherapy is usually given in the clinic by intravenous injection, which makes it time consuming and inconvenient for patients. However, a new-generation anticancer agent called capecitabine may ease some of these problems.

How does it work?

Capecitabine is an oral drug. After being taken by mouth, it is absorbed in the gut and transferred through the liver in an inactive form. After getting to the tumor site, it is converted to the active agent, 5 fluorouracil (5-FU), which attacks the cancer cells.

"Unlike traditional chemotherapy, capecitabine is unique in that the active drug is concentrated directly within the tumor cells. Therefore, the surrounding normal tissue is less exposed to the drug, which causes fewer unwanted side effects," explains Dr. Chan Tze Mun, a Specialist in Clinical Oncology. "Besides, patients prefer taking oral medicine rather than injections."

Capecitabine is taken once daily for 14 consecutive days every 3 weeks. The daily dose depends on the patient's body weight and height.

Capecitabine is effective in many cancers

Capecitabine can be used to treat different kinds of tumors:

- Breast cancer
- Colorectal cancer
- Upper gastrointestinal cancer
- Nasopharyngeal carcinoma

"We can use capecitabine together with other chemotherapy or as a single agent, and at different stages of the disease. Doctors are trying to use capecitabine as a surrogate for 5-FU infusion," notes Dr. Chan.

"Patients feel a lot better, and taking the medicine at home is a huge advantage."

Indeed, a clinical trial of 1,987 patients who had undergone surgery for colorectal cancer showed that oral capecitabine was as effective as injection chemotherapy with 5-FU and leucovorin (Mayo Clinic Regimen) for adjuvant treatment. "In this study, 81% of patients who took capecitabine survived and 64.2% of them were disease-free for more than 3 years," says Dr. Chan.

"So, capecitabine has the same benefits as other chemotherapy, but causes far fewer gastrointestinal problems and stomatitis [mouth sores]. Patients feel a lot better, and taking the medicine at home is a huge advantage."

According to Dr. Chan, basically all patients respond well to capecitabine therapy. For example, a Hong Kong



Dr. Chan Tze Mun, Clinical Oncology Specialist
臨床腫瘤科專科醫生陳子敬

study of 29 patients with nasopharyngeal cancer demonstrated that 41% of them experienced a reduction in tumor size, while 7% became completely tumor-free after capecitabine therapy.

Side effects are mild and manageable

Patients receiving chemotherapy may experience unpleasant side effects, but these are usually less common with capecitabine than with intravenous agents.

"Hand-foot syndrome – redness, tenderness, dryness and peeling of the palms and soles – occurs quite often and can be uncomfortable," remarks Dr. Chan.

To prevent the development of hand-foot syndrome and to ease the symptoms, he advises patients to use moisturizers and emollients. "Frequent use may alleviate the discomfort," he says.

"Generally, patients need regular medical follow-up with blood tests, imaging and physical examination to monitor treatment success and side effects," emphasizes Dr. Chan.

癌腫激活藥物 使化療更輕鬆

雖然化療是治療多種癌症的主要方法，但化療往往會導致噁心、腹瀉、脫髮等副作用，令部分病人苦不堪言。由於化療一般是以靜脈注射的形式給藥，治療必須於診所進行，因此需時甚長，而且並不方便。而一種名為卡培他濱 (capecitabine) 的新一代抗癌藥物能幫助病人解決這些問題。

藥物如何發揮效用？

卡培他濱是一種口服藥物，經腸道吸收後，其無活性的形態會從肝臟被運送至癌腫發揮作用。直至到達癌腫後，卡培他濱才會轉化為活性成分5-氟尿嘧啶 (5-FU)，直接攻擊癌細胞。

臨床腫瘤科專科醫生陳子敬表示：「卡培他濱與傳統化療的分別是其活性成分直接集中在癌細胞內，因此對附近正常組織的影響較少，減少副作用。此外，病人都寧願選擇口服藥物來代替注射。」

卡培他濱的服用方法是每日一次，連服十四天，每三星期服用一個療程。而每日的劑量則視乎病人的身高和體重而定。

卡培他濱對多種癌症有效

卡培他濱可用於治療多種癌症：

- 乳癌
- 結直腸癌
- 上消化道癌
- 鼻咽癌

陳醫生指：「卡培他濱可以配合其他化療藥物一同使用，亦可以單獨使用，以治療不同階段的癌症。醫學界正嘗試利用卡培他濱取代5-FU輸注治療。」

臨床試驗證實口服卡培他濱治療有效。該試驗納入共1,987名曾接受結直腸癌手術治療的病人，結果發現以口服卡培他濱作為輔助治療，療效與梅約醫學中心 (Mayo Clinic) 採用之5-FU及leucovorin注射化療相同。服用卡培他濱的受試病人存活率高達81%，而其中64.2%的病人更最少三年沒有出現復發。

卡培他濱大大提升病人的生活質素，而且可於家居服用，非常方便。

據此，陳醫生表示：「卡培他濱與其他化療藥物同樣對病人有益，而腸胃的副作用及出現口腔炎 (口部潰瘍) 的機會更大為減少，大大提升病人的生活質素。而且卡培他濱可於家居服用，非常方便。」

根據陳醫生的經驗，卡培他濱基本上對所有病人有效。一項納入29名鼻咽癌病人的香港研究顯示，接受卡培他濱治療後，

41%受試病人的腫瘤縮小，7%的癌腫更完全消失。

副作用輕微 容易處理

化療可能會令病人出現副作用，而卡培他濱的副作用一般比靜脈注射藥物較少。

陳醫生指出：「手掌和腳跟發紅、疼痛、乾燥，甚至脫皮，都是常見的副作用。這些症狀統稱為手足綜合症，往往令病人感到不適。」

要預防手足綜合症，及紓緩一旦出現的症狀，陳醫生建議病人使用潤膚露和潤膚劑，陳醫生說：「頻密使用潤膚劑有助紓緩不適。」

陳醫生強調：「一般來說，癌症病人都需要定期覆診、驗血、接受造影檢查和身體檢查，以監察治療的成效和副作用。」

親友患癌， 我能伸出援手嗎？



當您的親友患上癌症

得悉您的親友患上癌症，難免會感到擔憂。這是可以理解的。可是，若不小心處理，你對他／她的態度就可能跟以往不同，為他／她增添壓力。您應嘗試克服恐懼，像以往一樣的他／她相處。雖然患病，但他／她仍然是同一個人，只是需要更多的關心而已。您可以幫助他／她在混亂和惶恐當中盡量取得平衡，減少患病對日常生活的影響。

接受親友患病的事實

知道自己患上癌症後，您的親友可能會感到恐懼、寂寞、憤怒或情緒低落，而您的反應對他／她如何面對癌症有很大的影響。對您來說，最困難的莫過於知道這件事後，第一次見面時該如何應對。別裝作若無其事，您應該接受事實。如果親友想談談自己的擔憂，那就讓他／她傾訴。若能對您親友所患的癌症及其治療方法有一點認識，會有助您更瞭解和體諒他／她的情況。

親切的關懷

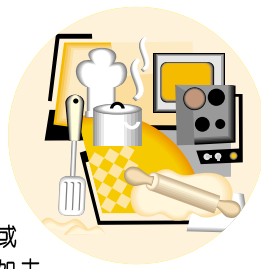
您可以不時致電或探訪患癌的親友。如情況許可，您亦不妨突然造訪。另一方面，您應明白他／她的需要，不要因為他／她不想您做某些事情而生氣。治療和身體對治療的反應可能會令患癌親友較難處理一些日常生活的事務，您可以盡量給予援助。如可以的話，不妨載他／她出外兜風或一起出外吃午餐。如果您居住的地方較遠，亦可以透過心意卡或信件來送上您的關懷。您寫的信有助患癌親友與外界保持聯繫，但寫信時必須顧及他／她的感受。癌症患者未必想知道您的旅行計劃，因為旅行對他們來說可能是遙不可及的事。



實際的幫助

患癌的親友在短期內可能無法上班或如常照顧自己和家人。您可以幫他／她處理日常事務。與其問：「我能幫助您嗎？」，不如實實在在的提議為他／她：

- 熨衣服
- 給草坪割草
- 照顧嬰兒，或帶小孩上學、做運動或參加課外活動
- 做飯
- 帶他／她去接受治療、買東西或去圖書館，以及日後陪他／她上班
- 如病情許可，不妨提議帶他／她去散步或兜風。若親友想繼續平時的餘暇活動，如去會所、做運動或參加夜間課程等，您應盡量給予援助。



情緒上的支持

癌症患者的情緒起伏很多時都會較大，影響他們的行為，因此您應有心理準備。他們的心情可能會一下子從快樂變成傷心、沮喪或憤怒，也可能會顯得非常疲倦。您的親友可能需要跟人談談近況，訴說他／她對未來的擔憂，您應儘量耐心聆聽。雖然這並不容易，但對癌症患者來說卻是非常重要的。鼓勵您的親友談談自己喜愛的活動，尤其是當他／她經常憂慮自己的病情時。



吃走結腸癌

謬誤與事實

- 謬誤** 癌症患者每天需進食3餐，才能維持體重和強健的體魄。
- 事實** 少吃多餐有助病人維持體重。由於食慾不振和噁心的問題，少吃多餐可能會令病人較為舒服。
- 謬誤** 卵巢癌具傳染性，因此卵巢癌患者應避免性行為。
- 事實** 卵巢癌不會經接觸而傳染，亦不會透過性行為或任何親密接觸而傳染。

多吃蔬果。每日最少進食3份蔬菜，便有可能減低患上結腸癌的風險。雖然箇中原因仍有待查證，但相信這是因為蔬菜裡所含的葉酸有助維持細胞健康有關。水果和蔬菜都含有大量維持身體所需的維生素和礦物質，更蘊含具抗癌功效的植物化學物質。

1份蔬菜大約等於半杯切好的蔬菜或
1杯綠葉蔬菜。

多吃麵包、豆類和香蕉。專家建議我們應多吃既飽肚，又含有豐富維生素、礦物質、複合碳水化合物及纖維素的食物。這些食物包括全麥麵包、麥片、粉麵及米飯；各種豆類；大蕉等蕉類，以及蕃薯等根莖類植物。

選擇最少加工的食物，例如全麥麵包比白麵包健康，而全穀麥片又比加有糖霜的麥片健康。



**要減低患上結腸癌的風險，
其中一個最有效的方法是奉行健康飲食。**

少吃紅肉。每日吃超過1份紅肉（包括牛肉、豬肉、羊肉）會增加患上結腸癌的風險，因為紅肉所含的某些物質可能會令正常細胞演變成癌細胞。要減少進食紅肉的分量，最好的辦法是用其他食物代替，如雞肉、魚、粉麵和蔬菜等。

用安全的方法烹調肉類。肉類的烹調方法對健康有很大的影響。肉類和魚直接接觸火焰或高熱後，會產生一些已知或懷疑會致癌的物質，因此燒、烤、炸等都不是健康的煮食方法。要減低患上胃癌和結腸癌的風險，就不要經常進食煮得太熟或燒焦的肉類，但偶爾吃一次並不會大幅增加您患上胃癌和結腸癌的機會。

您也可以透過其他方法來減低患癌風險：選擇瘦肉，或在烹調前去掉脂肪和外皮。要吃燒烤美食的話，烤菜會比烤肉健康。

少吃醃製的肉類或燻肉。經加工的冷盤肉類（午餐肉）、火腿和熱狗都是以亞硝酸鹽或硝酸鹽作為防腐劑。有研究指出進食大量醃製的肉類和燻肉有機會增加患上結直腸癌的風險，但亦有研究持不同的看法。

節制喝酒。喝酒會稍為增加患上結直腸癌的風險。