

# 癌症治疗的副作用

## Cancer Treatment Side Effects

Cancer treatments, such as radiation and chemotherapy, are used to destroy cancer cells in the body. Cancer cells grow and divide more quickly than healthy cells. Cancer treatments are made to work on these fast growing cells. Radiation and chemotherapy can affect some healthy, fast growing cells causing side effects.

Most people do have some side effects. The side effects you have and how severe they are depend on your treatments and how your body reacts to them. Some of the most common include:

- Tiredness
- Diarrhea or constipation
- Mouth, gum, and throat discomfort or sores
- Nausea or vomiting
- Pain
- Hair loss called alopecia
- Skin and nail problems including rashes, redness, itching, peeling, dryness, acne and increased sensitivity to the sun
- Depression or feeling distressed

Common side effects in the blood include:

- Too few red blood cells called anemia. The body tissues do not get enough oxygen.
- Too few white blood cells called neutropenia. This makes it hard for the body to fight infections.
- Too few platelets. This makes the body prone to bruising and bleeding.

癌症治疗，如放疗和化疗，是用于破坏身体的癌细胞。癌细胞的生长和分裂比健康细胞快。癌症治疗是为了对这些快速生长的细胞进行作用。放疗和化疗能影响一些健康的快速生长细胞而引起副作用。

对大多数人确有一些副作用。您的副作用及其严重程度取决于您的治疗及您的身体如何对治疗产生反应。一些最常见的副作用包括：

- 疲劳
- 腹泻或便秘
- 口腔、牙龈和咽喉不适或有溃疡
- 恶心或呕吐
- 疼痛
- 称为秃发的毛发脱落
- 皮肤和指甲有毛病，包括皮疹、发红、瘙痒、起皮、干燥、痤疮及对阳光更加敏感
- 忧郁症或感觉忧伤

常见的血液方面的副作用包括：

- 称为贫血的极少量红血球。身体组织得不到充足的氧。
- 称为嗜中性白血球减少症的极少量白血球。这使身体很难应付感染。
- 极少量的血小板。这使身体易于受伤出血。

The staff will tell you the most common side effects for your type of treatment and ways to deal with them.

医疗人员将告诉您治疗带来最常见的副作用以及对付这些副作用的方法。

**Talk to your doctor or nurse to let them know how you feel throughout your cancer treatments and if you have any questions or concerns.**

若有任何问题或担心，请告知您的医生或护士并告知在您整个癌症治疗过程中的感觉。