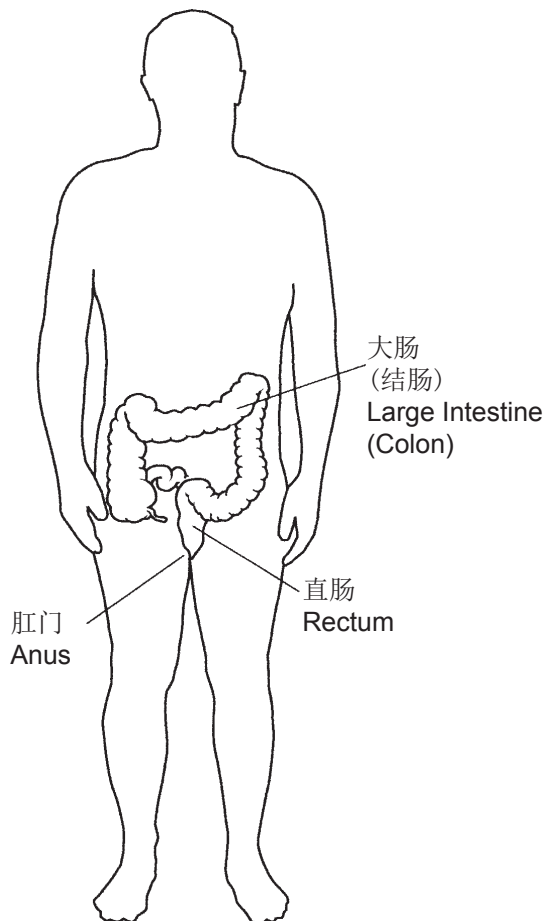


结肠癌和直肠癌

Cancer of the Colon and Rectum

The colon is also called the large bowel or large intestine. It is the lower 5 to 6 feet of the digestive system. The last 8 to 10 inches of the colon is the rectum. Colon cancer, sometimes called colorectal cancer, is cancer that starts in the large intestine or rectum.

Cancer cells are abnormal cells. Cancer cells grow and divide more quickly than healthy cells. Some cancer cells may form growths called tumors. All tumors increase in size, but some tumors grow quickly, others slowly. Some cancer cells spread to other parts of the body through the blood and lymph systems.



结肠也称大肠。结肠是消化系统的末端部分，长 5 至 6 英尺（1.5 至 1.8 米）。结肠末端的 8 至 10 英寸（20 至 25 厘米）称为直肠。结肠癌有时称为大肠直肠癌，是指原发于大肠或直肠的癌。

癌细胞是异常的细胞。癌细胞的生长和分裂比健康细胞快。有些癌细胞可能生长形成肿瘤。所有的肿瘤都会不断变大，但是增长速度有快有慢。有些癌细胞可以通过血液和淋巴系统扩散至身体的其他部位。

Signs

Cancer of the colon and rectum often has no signs. **See your doctor** if you have any of these signs:

- Dark or bright red blood in or on the stool
- Diarrhea or constipation that does not go away or other change in bowel habits
- Pain in the lower abdomen
- Loss of weight for no reason
- Feel tired or lack energy
- Stools are more narrow than usual for more than a few days. This may be from a tumor in the rectum.

症状

结肠癌和直肠癌往往没有症状。如果有以下任何症状，**应立即去看医生**：

- 大便表面或内部有暗红或鲜红的血
- 长期腹泻或便秘，或大便习惯发生其他变化
- 下腹部疼痛
- 体重无故降低
- 感到劳累或没有精力
- 大便比平时细，并且持续多日如此。这可能是由于直肠内有肿瘤所致。

Types of Tumors

Tumors found in the colon or rectum can be benign or malignant.

- **Benign tumors** do not spread to other parts of the body. They can be removed by surgery. Cysts are benign tumors that contain fluid.
- **Malignant tumors** may grow into the nearby tissues, organs or blood.

Your Care

Tests

If your doctor thinks you may be at risk for cancer, you may have some of these tests:

- **Physical exam** with a rectal exam where the doctor inserts a lubricated gloved finger into the rectum to feel for lumps.
- **Sigmoidoscopy** where a thin, flexible tube is put into the rectum to let the doctor see inside the lower part of the colon.
- **Colonoscopy** where a thin, flexible tube is put into the rectum to let the doctor see the entire length of the colon.
- Samples of tissue are removed for testing, called a **biopsy**.
- **Barium enema** where liquid barium and air is put into the rectum to see the colon on x-ray.
- **Blood tests** to check blood loss and how well the liver is working.

If tumors are found, your doctor may order x-rays, CT scans and other types of blood tests to see if the cancer has spread to other parts of the body.

肿瘤的种类

结肠或直肠内的肿瘤分为良性和恶性。

- **良性肿瘤**不会扩散至身体其他部位。并可手术切除。囊肿是包含液体的良性肿瘤。
- **恶性肿瘤**可能会蔓延至外围组织、器官或血液。

诊治

测试

如果医生认为您有患癌症的风险，您可以接受以下测试。

- **体检**时做直肠检查，医生带指套，抹润滑剂后，将手指伸入直肠检查是否有肿块。
- **乙状结肠内视镜检查**：用柔软的细管伸入直肠，让医生观察大肠末段的内部情况。
- **结肠镜检查**用柔软的细管伸入直肠，让医生观察整段大肠的情况。
- **切片检查**取组织样本进行测试。
- **钡灌肠检查**将钡化合物的溶液和空气灌入直肠，通过 X 光检查直肠。
- **血液测试**检查失血情况和肝脏的功能。

如果发现肿瘤，医生可能要求做 X 光检查、CT 扫描检查和其他血液检查，以确定癌症是否已扩散至身体其他部位。

Treatment

After all of your tests are done, your doctor will talk to you about treatments that are best for you. Treatment may include:

- **Surgery** to remove the tumor. The kind of surgery will depend on the location and size of the tumor. Often, the part of the colon with cancer is removed.
- **Radiation therapy** to stop or slow the growth of cancer. It is often used after surgery to destroy any cancer cells that may remain.
- **Chemotherapy** medicines to kill cancer cells. These medicines are given by mouth, by injection into a muscle or vein, or directly into the affected organ to treat cancer. These medicines help kill cancer cells.
- **Immunotherapy** may also be called biotherapy. This treatment uses natural substances made by the body's immune system. This kills cancer cells, slows their growth or helps the immune system fight the cancer in a better way.

You may have one or more cancer treatments. Some patients have surgery followed by radiation therapy or chemotherapy.

Follow-up Care

Regular visits to your doctor are important. Your care at these visits may include blood tests, CT scans, chest x-rays or other tests. Report any problems to your doctor between visits.

Talk to your doctor or nurse if you have any questions or concerns.

治疗

完成测试后，医生会与患者讨论最佳治疗方案。治疗方法可能包括：

- **手术** 摘除肿瘤。手术种类依肿瘤的位置和大小而定。手术往往要切除带癌细胞的部分结肠。
- **放射治疗** 目的是制止或延缓癌细胞的生长。放射治疗往往在手术后进行，以消灭可能残留的癌细胞。
- **化学治疗** 用药物杀灭癌细胞。化学治疗药物可口服、静脉或肌肉注射，或直接注入有关器官，以治疗癌症。这些药物有助于杀灭癌细胞。
- **免疫治疗** 也称为生物治疗。免疫治疗采用人体免疫系统产生的天然物质进行治疗。这些物质可杀灭癌细胞，降低癌细胞的生长速度或帮助免疫系统提高抗癌能力。

患者可采取一种或多种癌症治疗方法。有些患者在手术后接受放射治疗或化学治疗。

后续治疗

必须定期到医生处复诊。复诊时可能要做血液测试、CT 扫描检查、胸部 X 光或其他测试。复诊间隔期间如有问题，要向医生报告。

如果您有任何疑问或疑虑，请与您的医生或护士讨论。