

癌症

Cancer

Cancer is caused by abnormal cells that grow quickly. It is normal for your body to replace old cells with new ones, but cancer cells grow too fast.

Some cancer cells may form growths called tumors. All tumors increase in size, but some tumors grow quickly, others slowly.

Types of Tumors

- Sometimes tumors are not cancerous. These are called **benign** tumors. They are made up of cells much like those of healthy tissue. This kind of tumor stays in one area and does not spread to healthy tissues and organs.
- Cancer tumors are also called **malignant** tumors. Cancer from these tumors spread through the blood and lymph systems to other parts of the body.

When cancer spreads, it is called **metastasis**. Cancer cells travel through the blood or lymph system from the tumor, called the primary site, to other parts of the body.

癌症是由快速生长的异常细胞引起。您的身体以新细胞代替老细胞是正常的，但是癌细胞生长太快。

一些癌细胞的生长可能形成肿瘤。所有肿瘤的面积都会增大，但是有些肿瘤生长快，有些生长慢。

肿瘤的类型

- 有时肿瘤不是癌。这些肿瘤称为**良性**瘤。良性瘤由很象健康组织一样的细胞组成。这种肿瘤呆在一个部位，不会扩散到健康的组织和器官。
- 癌肿瘤也称为**恶性**瘤。这些肿瘤的癌细胞通过血液和淋巴系统扩散到身体其它部位。

当癌扩散时，这称为**转移**。肿瘤称为始发部位，癌细胞经血液或淋巴系统到达身体的其它部位。

Types of Cancer

There are many kinds of cancers.

- Carcinoma is the most common type of cancer. Lung, colon, breast and ovarian cancers are often this type of cancer.
- Sarcoma is found in bone, cartilage, fat and muscle.
- Lymphoma begins in the lymph nodes of the body's immune system. They include Hodgkin's and Non-Hodgkin's Lymphomas.
- Leukemia starts in the blood cells that grow in the bone marrow and are found in large numbers in the bloodstream.

Signs of Cancer

Signs of cancer depend on the type and location of the tumor. With some cancers, there may not be any signs until the tumor is large. Common signs include:

- Feeling very tired
- Weight loss that occurs without knowing why
- Fever, chills or night sweats
- Lack of hunger
- Physical discomfort or pain
- Coughing, shortness of breath or chest pain
- Diarrhea, constipation or blood in the stool

When cancer is found, tests will be done to see if the cancer has spread to other parts of your body. Scans, x-rays and blood tests may be needed.

癌的类型

癌有许多类型。

- 扩散性恶性肿瘤是最普通类型的癌。肺、结肠、乳房和卵巢癌经常是这一类型的癌症。
- 肉瘤发现于骨头、软骨、脂肪和肌肉中。
- 淋巴瘤生长于身体免疫系统的淋巴结中，包括霍奇金淋巴瘤（Hodgkin's Lymphomas）和非霍奇金淋巴瘤（Non-Hodgkin's Lymphomas）两种。
- 白血病始于血细胞，在骨髓中生长，大量存在于血流中。

癌症的征兆

癌症的征兆因肿瘤的类型和部位而异。有一些癌症可能直到肿瘤长大之前都没有任何征兆。普通征兆包括：

- 感觉非常疲惫
- 不明原因的体重减轻
- 发烧、发寒或晚间出汗
- 不觉得饥饿
- 身体不适或疼痛
- 咳嗽、呼吸急促或胸痛
- 腹泻、便秘或便血

当发现癌症时，将会做检测以发现癌症是否已扩散到身体的其它部位。可能需要做扫描、x光检查和血检。

Your Care

Your doctor will decide what care is needed based on:

- The type of cancer
- How fast the cancer is growing
- Whether the cancer has spread to other parts of your body
- Your age and overall health

The most common cancer treatments are:

- Surgery to remove the tumor and nearby tissue
- Radiation in controlled amounts to shrink or destroy the tumor and cancer cells
- Chemotherapy medicine to slow the growth or destroy cancer cells
- Other medicines to treat side effects and help you heal better

您的医疗

您的医生将根据以下情形决定需要何种医疗：

- 癌症的类型
- 癌症的生长速度
- 癌症是否已扩散到身体的其它部位
- 您的年龄和总的健康状况

最常见的癌症治疗是：

- 手术去除肿瘤和附近组织
- 控制剂量的辐射以缩小或杀死肿瘤和癌细胞
- 化疗药物以减慢癌细胞生长或杀死癌细胞
- 其它治疗副作用及帮助您复原更好的药物

Prevention

You can reduce your risk of cancer by:

- Not smoking or using tobacco.
- Using sunscreen, hats and clothing to protect your skin when outside.
- Limiting the amount of alcohol you drink.
- Limiting the amount of high fat foods you eat, especially from animal sources.
- Eating plenty of fruits, vegetables and high fiber foods.
- Being physically active.
- Seeing your doctor each year. Cancer screenings may help find cancers at their early, most treatable stages.

Talk to your doctor or nurse about your cancer risks.

预防

通过以下办法您能减少癌症方面的风险:

- 不抽烟或嗅用烟草
- 在外使用防晒霜、帽子和衣服以保护皮肤
- 限制酒量
- 限制高脂肪食物的摄取量, 尤其是动物肉类脂肪
- 多吃水果、蔬菜和高纤维食物
- 保持身体活跃
- 每年都去看医生。癌症筛检可能有助于发现处于早期也是最容易治疗阶段的癌症。

请和您的医生或护士讨论您的癌症风险。