

放射疗法

Radiation Therapy

Radiation therapy is the use of radiation to treat cancer. This treatment is used to:

- Cure cancer by destroying cancer cells
- Control cancer by keeping cancer cells from growing and spreading
- Reduce cancer symptoms such as pain

There are two types of radiation therapy:

With **external radiation therapy**, a machine directs high-energy rays at the cancer. This is the most common type used. The skin is marked with ink so that the treatment is done at the same spot each time. The treatment is often done 5 days a week for 2 to 7 weeks. The first appointment may take a few hours but after that, treatments only take a few minutes.

With **internal radiation therapy**, also called **brachytherapy** or implant therapy, the radiation source is put in the body in or near the cancer. It is sealed in a small holder called an implant. The implant may be thin wires, plastic tubes, capsules or seeds. The implant is placed for a few hours, a few days, or it may be left in place. Your doctor will decide the amount of time that the implant will be in place. If it is to be left in your body, the implant will lose its radioactivity in a short time. Internal radiation allows the doctor to give a higher total dose of radiation in a shorter time than can be done with external treatment.

放射疗法是使用放射线治疗癌症的方法。用此疗法是为了:

- 通过消灭癌细胞以治疗癌症
- 通过限制癌细胞生长和扩散以控制癌症
- 减轻癌症症状, 如疼痛

放疗有两类。

外部放疗是机器将高能射线对准癌症。这是最常用的类型。皮肤用墨水标以记号, 以便每次治疗都对准同一部位。治疗经常是一星期做5天, 共做2-7个星期。第一次约诊可能要花几个小时, 但此后, 每次治疗只花几分钟。

内部放疗也称为**短距离放射疗法**或**植入物疗法**, 放射源被放入身体癌症部位或放在靠近癌症的部位。放射源被封在一个称为植入物的小固定物内。植入物可能是细金属线、塑料管、胶囊或种子。植入物的放置会是几个小时、几天或可能留在体内。您的医生会决定植入物的放置时间。如果植入物要留在体内, 它会在短小时后失去放射性。与外部放疗相比, 内部放疗可让医生在更短时间内用更高的总放射量进行治疗。

Internal radiation therapy may also be done using radioactive liquid that is taken by mouth or put into the body. Your doctor will talk about safety measures to take at home and around other people. These measures will be for a limited time.

Your doctor may order both types of radiation therapy. Radiation may be used alone or with other cancer treatments such as surgery or chemotherapy.

Radiation therapy affects both cancer cells and normal cells that are in the treatment site. The effects on normal cells are called treatment side effects. The most common side effects are feeling tired and skin problems. Other side effects may occur depending on the treatment site. The side effects often go away after treatment. Talk to your doctor or nurse if you have any side effects.

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

内部放疗也可能是口服或往身体内注入放射性液体。您的医生将告知您在家里以及和其他人相处时要采取的安全措施。这些措施只用于一段时限。

您的医生可能要求进行两类放疗。放疗可单独使用，也可结合其他癌症疗法，如手术或化疗。

放疗影响治疗部位的癌细胞以及正常细胞。对正常细胞的影响称为治疗副作用。最常见的副作用是疲惫和皮肤问题。根据不同治疗部位，也有可能发生其他副作用。在治疗以后副作用通常随即消失。如有任何副作用，请告知您的医生或护士。

若有任何疑问或担心，请告知您的医生或护士。