

放射療法

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.

放射療法是用放射線來治療癌症的療法。治療的目的為：

- 消滅癌細胞以治癒癌症
- 避免癌細胞增長與擴散以控制癌症病情
- 減輕癌症症狀，如疼痛

放射療法有兩種類型：

外部放療是用機器將高能射線光束直接對準癌症部位。這是最常用的放療類型。用墨液在皮膚上標記治療位置，以便每次針對同一部位進行治療。療程通常為 2 到 7 週，每週 5 天。第一次預約治療可能需要數小時，但往後的每次治療只需要幾分鐘。

內部放療也稱為近距離**放射治療**或植入性治療，放射源被置入體內或癌症部位旁。放射源被封裝在一個稱為植入物的小型載具內。植入物可能是細金屬線、塑管、膠囊或種子。植入物會被置入數小時、數天或可能留在體內。您的醫生將決定植入物置入的時間長短。若是將植入物留在體內，它會在短時間內失去放射效力。與外部放療相比，內部放療可以讓醫生在短時間內給予較高的總放射劑量。

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.

內部放療也能以口服或注入體內的放射液進行。您的醫生將會告知您在家中或與其他人相處時的安全措施。這些措施僅可用於有限的時間。

您的醫生可能同時採取兩種放療類型。放射療法可能單獨採用或連同手術或化療等其他癌症治療方式同時進行。

放射療法會同時影響治療部位的癌細胞與正常細胞。對正常細胞的影響稱之為治療副作用。最常見的副作用是疲倦感與皮膚問題。視治療部位的不同，可能有其他副作用發生。通常，治療完成後這些副作用會隨之消失。若您有任何副作用產生，請諮詢您的醫生或護士。

若您有任何疑問或擔憂，請諮詢您的醫生或護士。