

癌症治疗造成的口腔痛或咽喉痛

Sore Mouth or Throat with Cancer Treatment

Cancer treatments can cause a sore mouth, sores in the mouth, tender gums or a sore throat. This makes it hard to chew or swallow. Ask your doctor to give you medicine that will help your mouth and throat pain. There are things you can do to ease and prevent a sore mouth or throat such as:

- **Eat soft foods.**
 - › Milkshakes
 - › Bananas, applesauce, or other soft fruit
 - › Cottage cheese or yogurt
 - › Mashed potatoes or noodles
 - › Macaroni and cheese
 - › Custards, puddings or gelatin
 - › Scrambled eggs
 - › Oatmeal or cooked cereal
 - › Pureed or mashed vegetables
- **Avoid foods that can hurt your mouth.**
 - › Oranges, grapefruits, lemons, other citrus fruits and juices
 - › Tomato sauce or juice
 - › Spicy foods
 - › Pickled foods
 - › Raw vegetables, granola, toast, crackers or other rough coarse foods
 - › Hot foods or liquids

癌症治疗可引起口腔痛、口腔溃疡、牙龈痛或喉咙痛。这使咀嚼和吞咽变得困难。要求您的医生给您用药以减轻口腔痛和咽喉痛。下列方式有助于减轻和防止口腔或喉咙疼痛：

- **吃软食物。**
 - › 奶昔
 - › 香蕉、苹果酱或其他软水果
 - › 松软奶酪或酸奶
 - › 土豆泥或面条
 - › 通心粉和奶酪
 - › 蛋奶冻、布丁或果冻
 - › 炒鸡蛋
 - › 燕麦片或煮食燕麦
 - › 蔬菜泥或蔬菜糊
- **避免使口腔疼痛的食物。**
 - › 橙子、葡萄柚、柠檬、其他柑橘类水果和果汁
 - › 蕃茄酱或蕃茄汁
 - › 辛辣食物
 - › 腌渍食品
 - › 生蔬菜、硬燕麦早餐、土司面包、饼干或其他粗糙食物
 - › 热食物或液体

- **Follow these tips:**

- Cook food until it is soft and tender.
- Cut food into small pieces.
- Use a straw to drink liquids.
- Use a small spoon.
- Eat food that is cold or at room temperature.
- Drink warm bouillon or salty broth for a sore throat.
- Rinse your mouth often with water to remove food and bacteria and to promote healing.

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

- **遵循以下方法:**

- 烹饪食物直至软烂。
- 将食物切成小块。
- 用吸管喝液体。
- 用小匙进食。
- 吃冷食或是室温的食物。
- 喉咙痛时喝温热的肉汤或咸汤。
- 常用水漱口以清除食物残渣和细菌，促进痊愈。

若有任何疑问或担心，请告知您的医生或护士。