

## LGBTQ+ 人士與癌症

本資訊的對象為患有癌症的 LGBTQ+ 人士。

LGBTQ+ 指女同性戀、男同性戀、雙性戀、變性人和酷兒。它還包括其他戀愛取向或性愛取向以及性別認同。

如果您是 LGBTQ+，您可能有關於癌症和癌症治療的疑問。您可能需要針對 LGBTQ+ 癌症患者的特定支援。

若您對此資訊有任何疑問，請詢問您正在接受治療的醫院的醫生或護士。

您也可於每日上午 8 時至晚上 8 時，致電麥克米倫癌症援助機構（Macmillan Cancer Support）免費熱線：**0808 808 00 00**。我們有傳譯員，所以您可以使用您自己的母語與我們溝通。當您致電我們時，請以英文告訴我們您所需要的語言。

我們在 [macmillan.org.uk/translations](https://macmillan.org.uk/translations) 有更多關於癌症的繁體中文資訊

### 本資訊主要介紹：

- 與醫療團隊交談
- 公平待遇
- 癌症、性和生育能力
- 變性人和非二元性別人士的癌症治療
- 獲得合適的護理和援助
- 麥克米倫（Macmillan）能夠如何幫助您
- 更多繁體中文資訊
- 參考文獻與致謝

## 與醫療團隊交談

### 我的醫療團隊需要知道我是 LGBTQ+ 嗎？

您的醫療團隊是為您提供治療或健康建議的人。他們可能是您的全科醫生、癌症醫生和護士。

有時，醫療團隊中的某個人可能會向您詢問以下問題：

- 您的性別 -- 即是您是男人、女人還是任何其他性別身份
- 您的性關係或戀愛關係
- 您的性生活

您不必與他們談論此事，但這可以幫助您的醫療團隊為您提供支援。這將有助他們：

- 為您提供正確的資訊
- 為您提供個人化的治療方式
- 支援對您來說重要的人。

如果您不確定醫療團隊為何需要這些資訊，可以詢問他們。他們會告訴您為甚麼這些資訊對於為您提供支援或治療至關重要。

### 我可以告訴我的醫療團隊我是 LGBTQ+ 嗎？

如果您想讓您的醫療團隊知道，您可以告訴他們您是 LGBTQ+，即使他們沒有詢問您。

您可以選擇在第一次與團隊成員見面時告訴他們。或者，您也可以等到更瞭解對方之後才告訴他們。

有些專業醫護人員會佩戴 NHS 彩虹徽章。這些佩戴者是支持 LGBTQ+ 人士。您的醫療團隊的一些人可能會佩戴其他彩虹標誌。他們可能是 LGBTQ+ 或者他們想表明他們支持 LGBTQ+ 人士。

### 我還應該告訴我的醫療團隊甚麼？

您可以告訴醫療團隊任何對您來說重要的事情。可以包括：

- 您是否有支持您的家人、朋友或伴侶
- 您同意誰有權談論關於您的護理
- 您需要和不需要哪些資訊。

您可能想說明您是否已公開「出櫃」。即是其他人是否知道您是 **LGBTQ+** 或者您是否對此保密。您的團隊會對有關您的所有資訊保密。未經您的批准，他們不會告訴任何人您是 **LGBTQ+**。

## 獲得公平待遇

如果您是 **LGBTQ+**，您的癌症治療團隊必須對您一視同仁。因為某人是 **LGBTQ+** 而給予其不公平的待遇是違法的。如果發生這種情況，請告訴您信任的人。

如果您覺得自己受到了不公平的對待，您可以採取一些行動：

- 如果您覺得安全的話，您可以與醫療團隊的人交談。這可以幫助您的團隊糾正錯誤。這也有助於他們學習並提供更好的護理。
- 與您信任的人交談。這個人可以是您身邊的人，也可以是您熟悉的專業醫護人員。**LGBTQ+** 人士也可以向一些組織傾訴。
- 向 **NHS** 提供回饋意見或作出投訴。如果您想的話，您可以在不透露姓名的情況下提出回饋意見和作出投訴。

## 癌症、性和生育能力

癌症和某些癌症治療方法會影響：

- 您的性生活 -- 取決於您喜歡的性愛類型，某些副作用可能會帶來問題
- 您的生育能力 -- 即是您的懷孕或令他人懷孕的能力。

您的癌症醫生或護士可以告訴您癌症治療是否會導致性副作用或生育問題。您可以在癌症治療前、治療期間或治療後詢問他們任何有關性或生育的問題。

## 變性人或非二元性別人士的癌症治療

癌症團隊需要知道我出生時的性別嗎？

您不必告訴您的團隊您出生時的性別或您是否是變性人。但有時讓您的團隊知道您出生時的性別是重要和有幫助的。

例如，不應在懷孕期間使用某些掃描，並且可能有害。如果您現在的身份是男性，但您可以懷孕，那麼掃描人員必須知道這一點。

您的團隊會始終對您的性別歷史資訊保密。他們可能會告訴其他專業醫護人員，但只會在您的治療需要時才會這樣做。

您可以告訴癌症治療團隊您想使用的姓名和代名詞。代名詞包括：

- 她和他
- 他
- 他們

### **性別確認治療與癌症**

這些性別確認治療可能會影響您需要的癌症治療和資訊：

- 使您的身體變得更像男性或女性的荷爾蒙藥物
- 為製造陰莖或陰道而進行的手術（生殖器手術）
- 乳房切除手術。即所謂的頂部手術或男性胸部重建。

如果您正在服用荷爾蒙藥物，請務必告訴癌症團隊。他們還需要知道您是否做過手術，或者您是否計劃將來做手術。

如果您的癌症治療團隊需要瞭解您的癌症治療會如何影響您的性別確認治療，他們可以從性別認同醫生獲得建議。他們應該會先徵求您的同意。

### **我將住在醫院的哪個地方？**

如果您需要住院，您的團隊應該會詢問您想住在哪裡。醫院的某些病房只供男性或女性入住。您住院的地方應能為您保障您的私隱並保證您的安全。告訴您的團隊您覺得舒適和合適的地方。

## **LGBTQ+、癌症和您的社區**

家庭和社區是重要的支援來源。但有時人們會因為自己是 LGBTQ+ 或身患癌症而受到社區的負面對待。如果發生這種情況，請嘗試與您信任的人交談。他可以是您的朋友、家人或同事。如果對您有幫助，您可以與心理輔導員傾訴。詢問您的全科醫生、

癌症醫生或護士是否可以為您安排。或者致電我們的免費支援熱線 **0808 808 00 00** 尋求更多資訊和支援。

## 獲得合適的護理和援助

如果您患有癌症並且不會說英語，您可能會擔心會影響您的癌症治療和護理。但是您的醫療團隊應該可以為您提供能滿足您需要的護理、援助和資訊。

我們知道，有時尋找合適的援助可能會面對額外的困難。例如，如果您有工作或家庭，可能很難抽出時間到醫院出席預約覆診。您可能還會擔心金錢和交通費。所有這些事情都會讓人感到壓力和難以應對。

但我們可以提供幫助。我們的免費援助熱線 **0808 808 00 00** 可以用您的語言就您的情況提供建議。您可以與護士、經濟援助顧問、福利權益顧問和工作援助顧問交談。

我們還向癌症患者提供麥克米倫（Macmillan）資助金。這是一次性的款項，可用於支付醫院停車費、交通費、托兒或暖氣費等費用。

## 麥克米倫（Macmillan）能夠如何幫助您

在麥克米倫（Macmillan），我們知道癌症確診後會如何影響您的各方面生活，我們隨時為您提供援助。

### 麥克米倫援助熱線（Macmillan Support Line）

我們有傳譯員，所以您可以使用您的語言與我們溝通。您只需用英語告訴我們您希望使用哪種語言即可。我們可以幫助您解決醫療問題，為您提供有關經濟援助的資訊，或者在您想要與人交談的時候聆聽您的意見。熱線服務時間為每星期七天，每日上午 8 時至晚上 8 時。您可致電 **0808 808 00 00** 聯絡我們。

### 網上對話

您可以向我們發送網上對話訊息，說明您需要口譯員。您只需用英語告訴我們您希望使用哪種語言，我們將安排工作人員與您聯絡。點擊在網站的各個頁面上出現的「與我們對話」按鈕。或者瀏覽 [macmillan.org.uk/talktous](https://macmillan.org.uk/talktous)

### 麥克米倫（Macmillan）網站

我們的網站有很多關於癌症的英文資訊。

該網站還有更多以其他語言編寫的資訊：[macmillan.org.uk/translations](https://macmillan.org.uk/translations)

我們亦可以為您安排翻譯。請發電子郵件至：

**cancerinformationteam@macmillan.org.uk**，告訴我們您需要的資訊。

### 資訊中心

我們的資訊和援助中心設在醫院、圖書館和流動中心。您可以前往任何一個中心，獲取您需要的資訊並與工作人員面對面交談。您可以瀏覽

[macmillan.org.uk/informationcentres](http://macmillan.org.uk/informationcentres) 查找離您最近的中心或致電 **0808 808 00 00** 聯絡我們。

### 本地支援團體

您可以在支援團體中與其他受癌症影響的人交流。您可以瀏覽 [macmillan.org.uk/supportgroups](http://macmillan.org.uk/supportgroups) 查找離您最近的援助團體或致電 **0808 808 00 00** 聯絡我們。

### 麥克米倫 (Macmillan) 網上社群

您亦可以瀏覽 [macmillan.org.uk/community](http://macmillan.org.uk/community) 與其他受癌症影響的人士交流。不論是白天還是夜晚，您都可以隨時使用該服務。您可以分享您的經驗、提出問題，或者只是閱讀其他人的帖子。

## 更多繁體中文資訊

我們提供更多有關下列主題的繁體中文資訊：

癌症類型	應對癌症
<ul style="list-style-type: none"><li>• 乳癌</li><li>• 子宮頸癌</li><li>• 大腸癌</li><li>• 肺癌</li><li>• 前列腺癌</li></ul>	<ul style="list-style-type: none"><li>• 若您被診斷患有癌症 – 快速指南</li><li>• 飲食問題與癌症</li><li>• 生命的終結</li><li>• 經濟援助 – 福利救濟金</li><li>• 經濟援助 – 財務協助</li><li>• 健康飲食</li><li>• 疲倦（疲勞）與癌症</li><li>• 癌症治療的副作用</li><li>• 您可以做些甚麼事情來幫助自己</li></ul>
<b>治療</b> <ul style="list-style-type: none"><li>• 化療</li><li>• 放射治療</li><li>• 手術</li></ul>	

若想查看相關資訊，請瀏覽 [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

## 參考文獻與致謝

本資訊由麥克米倫癌症援助機構 (Macmillan Cancer Support) 癌症資訊開發團隊編寫和編輯。本資訊由翻譯公司提供繁體中文的翻譯版本。

所包含的信息基於麥克米倫 (Macmillan) 關於 LGBTQ+ 人群和癌症治療的信息 [www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/lgbtq-cancer](http://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/lgbtq-cancer)

本資訊是與 Live Through This 共同開發的，Live Through This 是一家針對 LGBTQ+ 社區的癌症支持和宣傳慈善機構 <http://www.livethroughthis.co.uk>

本資訊經有關專家審閱，並獲得蒂姆·艾弗森博士（醫學腫瘤學顧問及麥克米倫（Macmillan）首席醫療編輯）的批准。

我們所有資訊的依據都是來自最佳的證據。欲瞭解我們所用資源的更多資訊，請透過 [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk) 聯絡我們。

MAC18794\_Chinese (Hong Kong)

內容審閱日期：2022 年

計劃下次審閱日期：2025 年

我們盡一切努力確保我們提供的資訊是準確和最新的，但您不應該依賴這些資訊來替代針對您的情況的專業建議。在法律允許的範圍內，麥克米倫（Macmillan）不承擔與使用本出版物中的任何資訊或其中包含或提及的第三方資訊或網站相關的責任。

© 2022 麥克米倫癌症援助機構（Macmillan Cancer Support）。於英格蘭和威爾斯（261017）、蘇格蘭（SC039907）和馬恩島（604）註冊的慈善機構。註冊登記地址：89 Albert Embankment, London SE1 7UQ。



## LGBTQ+ people and cancer

This information is for LGBTQ+ people who have cancer.

LGBTQ+ means lesbian, gay, bisexual, transgender and queer people. It also includes other romantic or sexual attractions and gender identities.

If you are LGBTQ+, you may have questions about cancer and your cancer treatment. You may want specific support that is for LGBTQ+ people who have cancer.

If you have any questions about this information, ask your doctor or nurse at the hospital where you are having treatment.

You can also call Macmillan Cancer Support on freephone **0808 808 00 00**, 7 days a week, 8am to 8pm. We have interpreters, so you can speak to us in your own language. When you call us, please tell us in English which language you need.

We also have more cancer information in your language at [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

### This information is about:

- Talking to the healthcare team
- Fair treatment
- Cancer, sex and fertility
- Cancer treatment for transgender and non-binary people
- Getting the right care and support for you
- How Macmillan can help you
- More information in your language
- References and thanks

## Talking to the healthcare team

### Does my healthcare team need to know I am LGBTQ+?

Your healthcare team are the people who give you treatment or advice about your health. This could be your GP, cancer doctor and nurses.

Sometimes a person in your healthcare team may ask you about:

- your gender – this means if you are a man, a woman, or any other gender identity



- your sexual or romantic relationships
- your sex life.

You do not have to talk to them about this, but it can help your healthcare team support you. It helps them:

- give you the right information
- treat you in a way that is personal for you
- support the people who are important to you.

If you are not sure why your healthcare team need this information, you can ask them. They can tell you why this may be important to support or treat you.

### **Can I tell my healthcare team I am LGBTQ+?**

If you want your healthcare team to know, you can tell them you are LGBTQ+, even if they have not asked.

You may choose to do this when you first meet someone from your team. Or you may wait until you know the person better.

Some healthcare professionals wear an NHS Rainbow Badge. This means the person wearing it supports LGBTQ+ people. Some people in your healthcare team may wear other rainbow items instead. They may be LGBTQ+ or they may want to show they support LGBTQ+ people.

### **What else should I tell my healthcare team?**

You can tell your healthcare team anything that is important to you. This could include:

- if you have family, friends or a partner who support you
- who you give consent for them to talk to about your care
- what information you do and do not need.

You may want to explain whether you are out or not. This means whether other people know you are LGBTQ+ or whether you keep this secret. Your team should treat all information about you confidentially. They should not tell anyone that you are LGBTQ+ without your permission.

## Getting fair treatment

Your cancer team must treat you equally if you are LGBTQ+. Treating someone unfairly because they are LGBTQ+ is against the law. If this happens tell someone you trust.

If you feel like you are being treated unfairly, there are things you can do:

- Talk to someone from your healthcare team, if you feel safe to do this. This may help your team make things right. It also helps them learn and give better care.
- Talk to someone you trust. This may be someone close to you or a healthcare professional you know well. There are also organisations that LGBTQ+ people can talk to.
- Give feedback or make a complaint to the NHS. You can give feedback and complaints without giving your name if you want to.

## Cancer, sex and fertility

Cancer and some cancer treatments can affect:

- your sex life – some side effects may be more of a problem depending on the type of sex you prefer
- your fertility – this means your ability to get pregnant or make someone pregnant.

Your cancer doctor or nurse can tell you if your cancer treatment may cause sexual side effects or fertility problems. You can ask them any questions about sex or fertility before, during or after cancer treatment.

## Cancer treatment for transgender or non-binary people

### Does my cancer team need to know my gender at birth?

You do not have to tell your team the gender you were assigned at birth or if you are transgender. But it can be helpful and sometimes it is important that your team knows the gender you were assigned at birth.

For example, some scans should not be used during pregnancy and can be harmful. If you now identify as male but you can get pregnant, it is important that the person doing the scan knows this.

Your team should always treat information about your gender history confidentially. They may tell other healthcare professionals, but only when it is needed for your care.

You can tell your cancer team what name and pronouns you use. Pronouns are:

- she and her

- he and him
- they and them.

## **Gender-affirming treatments and cancer**

These gender-affirming treatments may affect the cancer treatment and information you need:

- hormone drugs that make your body more male or female
- surgery to make a penis or vagina (genital surgery)
- surgery to remove the breasts. This is called top surgery or male chest reconstruction.

It is important to tell your cancer team if you are taking hormone drugs. They also need to know if you have had surgery, or if you plan to have this in the future.

If your cancer team need advice about how your cancer care may affect your gender-affirming care, they can get advice from a gender identity doctor. They should ask your permission to do this.

## **Where will I stay in hospital?**

If you need to stay in hospital, your team should ask where you want to stay. Some wards in hospital are only for men or only for women. Where you stay should give you privacy and keep you safe. Tell your team what feels comfortable and right for you.

## **LGBTQ+, cancer and your community**

Family and community can be an important source of support. But sometimes people are treated negatively by their community because they are LGBTQ+ or because they have cancer. If this happens try to talk to someone you trust. This could be a friend, family member or someone you work with. You could speak to a counsellor if this would help. Ask your GP, cancer doctor or nurse if they can arrange this. Or call our free support line on 0808 808 00 00 for information and support.

## **Getting the right care and support for you**

If you have cancer and do not speak English, you may be worried that this will affect your cancer treatment and care. But your healthcare team should offer you care, support and information that meets your needs.

We know that sometimes people may face extra challenges in getting the right support. For example, if you work or have a family it can be hard to find time to go to hospital appointments. You might also have worries about money and transport costs. All of this can be stressful and hard to cope with.

But help is available. Our free support line **0808 808 00 00** can offer advice, in your language, about your situation. You can speak to nurses, financial guides, welfare

rights advisers and work support advisers.

We also offer Macmillan Grants to people with cancer. These are one-off payments that can be used for things like hospital parking, travel costs, childcare or heating bills.

## How Macmillan can help you

At Macmillan, we know how a cancer diagnosis can affect everything, and we are here to support you.

### Macmillan Support Line

We have interpreters, so you can speak to us in your language. Just tell us, in English, the language you want to use. We can help with medical questions, give you information about financial support, or be there to listen if you need someone to talk to. The free, confidential phone line is open 7 days a week, 8am to 8pm. Call us on **0808 808 00 00**.

### Web chat

You can send us a web chat message saying you would like an interpreter. Tell us, in English, the language you need, and we will arrange for someone to contact you. Click on the 'Chat to us' button, which appears on pages across the website. Or go to [macmillan.org.uk/talktous](https://macmillan.org.uk/talktous)

### Macmillan website

Our website has lots of information in English about cancer.

There is also more information in other languages at [macmillan.org.uk/translations](https://macmillan.org.uk/translations)

We can also arrange translations just for you. Email us at [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk) to tell us what you need.

### Information centres

Our information and support centres are based in hospitals, libraries and mobile centres. Visit one to get the information you need and speak with someone face to face. Find your nearest centre at [macmillan.org.uk/informationcentres](https://macmillan.org.uk/informationcentres) or call us on **0808 808 00 00**.

### Local support groups

At a support group, you can talk to other people affected by cancer. Find out about support groups in your area at [macmillan.org.uk/supportgroups](https://macmillan.org.uk/supportgroups) or call us on **0808 808 00 00**.

### Macmillan Online Community

You can also talk to other people affected by cancer online at [macmillan.org.uk/community](https://macmillan.org.uk/community) You can access it at any time of day or night. You can share your experiences, ask questions, or just read through people's posts.

## More information in your language

We have information in your language about these topics:

<p><b>Types of cancer</b></p> <ul style="list-style-type: none"><li>• Breast cancer</li><li>• Cervical cancer</li><li>• Large bowel cancer</li><li>• Lung cancer</li><li>• Prostate cancer</li></ul> <p><b>Treatments</b></p> <ul style="list-style-type: none"><li>• Chemotherapy</li><li>• Radiotherapy</li><li>• Surgery</li></ul>	<p><b>Coping with cancer</b></p> <ul style="list-style-type: none"><li>• If you are diagnosed with cancer – a quick guide</li><li>• Eating problems and cancer</li><li>• End of life</li><li>• Financial support – benefits</li><li>• Financial support – help with costs</li><li>• Healthy eating</li><li>• Tiredness (fatigue) and cancer</li><li>• Side effects of cancer treatment</li><li>• What you can do to help yourself</li></ul>
---	---

To see this information, go to [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

## References and thanks

This information has been written and edited by Macmillan Cancer Support's Cancer Information Development team. It has been translated by a translation company.

The information included is based on Macmillan's information about LGBTQ+ people and cancer treatment at [www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/lgbtq-cancer](https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/lgbtq-cancer)

This information was developed with Live Through This – a cancer support and advocacy charity for the LGBTIQ+ community <http://www.livethroughthis.co.uk>

It has been reviewed by relevant experts and approved by Dr Tim Iveson, Consultant Medical Oncologist and Macmillan Chief Medical Editor.

All our information is based on the best evidence available. For more information about the sources we use, please contact us at [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)

MAC18794\_Chinese (Hong Kong)

Content reviewed: 2022

Next planned review: 2025

We make every effort to ensure that the information we provide is accurate and up-to-date but it should not be relied upon as a substitute for specialist professional advice tailored to your situation. So far as is permitted by law, Macmillan does not accept liability in relation to the use of any information contained in this publication or third party information or websites included or referred to in it.

© Macmillan Cancer Support 2022. Registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Registered office 89 Albert Embankment, London SE1 7UQ.



*Patient Information Forum*