

## 若您被診斷患有癌症

本資訊關於當您發現自己患上癌症時預期會遇到的情況，以及可以從何處獲得幫助及支援。

診斷是指找出您是否患有某種疾病。被診斷出患有癌症可能是一個巨大的打擊。您可能會出現很多不同的情緒。許多人能夠得到成功的治療，或與癌症共存許多年。有很多人及服務可以為您提供支援。

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），電話：0808 808 0000。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。

如果您想以其他語言進一步瞭解癌症，請瀏覽 [macmillan.org.uk/translations](https://macmillan.org.uk/translations)

## 本資訊主要介紹：

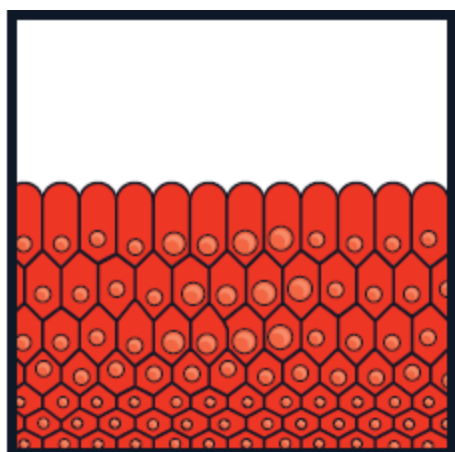
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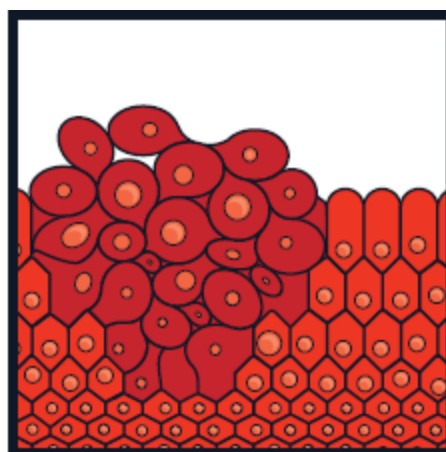
## 甚麼是癌症？

癌症從我們身體的細胞開始。細胞是構成我們身體器官及組織的微小組成部分。細胞接收來自身體的信號，告訴它們何時生長以及何時分裂形成新的細胞。我們的身體正是以這樣的方式發育及癒合。細胞可能會衰老、損壞或不再有用。當這種情況發生時，細胞會從身體收到信號，停止工作並死亡。

有時這些信號會出錯，細胞就會變得異常。異常細胞可能會繼續分裂，產生越來越多的異常細胞。這些異常細胞可能形成一個腫塊，稱為腫瘤。



正常細胞



形成腫瘤的細胞

並非所有腫瘤都是癌症。非癌症腫瘤（良性腫瘤）可能會生長，但不能擴散到身體的其他任何部位。它通常只會對附近被壓迫的器官造成問題。

癌症腫瘤稱為惡性腫瘤。它可以生長並擴大到附近的組織。如果癌細胞脫離並透過血液或淋巴系統傳播，它也可以擴散到全身。淋巴系統是遍佈全身的管子和腺體網絡。

在身體其他部位擴散並發展成腫瘤的癌細胞被稱為繼發性癌症或癌擴散。有些類型的癌症從血細胞開始。異常細胞會在血液中積聚，有時在骨髓中。骨髓是製造血細胞的地方。這些類型的癌症有時被稱為血癌。

## 確診後會發生甚麼？

確診癌症後，您會與癌症醫生或護士會面，討論您的治療計劃。他們會為您提供資訊，幫助您決定所需的治療。他們會以您能理解的語言和格式向您提供資訊。

醫生或護士也會解釋您的治療何時開始。他們會與您討論您需要的任何支援。您可能需要做更多的檢查或掃描，以瞭解更多關於癌症的情況。

## 如果您是 LGBTQ+

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。

您不必告訴您的癌症醫生或護士您是否 LGBTQ+。但這資訊可能是您的身份的重要部分。它還可以幫助您的癌症團隊為您和最親近的人提供合適的資訊和援助。

您可以告訴癌症團隊任何對您來說重要的事情。如果您感到擔心，請告訴他們，以便他們提供幫助。

您的團隊會對有關您的所有資訊保密。他們只會在您的護理需要時才與其他專業醫護人員分享資訊。未經您的批准，他們不應分享您的性取向或跨性別（變性）身份。

有關作為 LGBTQ+ 與患有癌症的更多資訊，請參閱我們以繁體中文編寫的「LGBTQ+ 群體與癌症」資料單張，網址為 [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

## 您可能會遇到的醫療及社會護理專業人員

在您患上癌症後，您可能會遇到很多不同的醫療及社會護理專業人員。

### 主要聯絡人

您的醫療團隊中應該有一名主要聯絡人。他們可能被稱為您的主要工作人員，通常是一名專科護士。您將獲得他們的姓名和聯絡方式。如果您有問題或需要建議，他們可以提供幫助。

## 在您當地

有專業人士可以在您家中幫助照顧您。他們將與您的醫院團隊取得聯絡。此類人員包括：

- **GP（全科醫生）** -- 您的全科醫生是治療一般健康狀況的醫生。全科醫生通常在當地中心工作。在英語中，這類中心有不同的名稱。可稱為 GP practice、GP surgery 或 medical centre。他們可以幫助您控制症狀及副作用，並根據需要安排您到任何專家處就診。他們可以安排服務、在家幫助您，並與您討論您需要做出的任何治療決定。
- **社區及地區護士** — 此類護士會到您家探視您，對您及任何照顧您的人提供照顧及支援。您的家庭醫生可以幫您聯絡他們。
- **執業護士** — 一些家庭醫生在執業時會有護士在旁一起工作。執業護士可能會幫助處理一些事情，比如驗血或給傷口上敷料。

## 醫院團隊

在醫院，一個多學科團隊（MDT）將負責管理您的治療及護理。這是由醫療及社會護理專業人員組成的團體。該團體可能包括以下部分或全部角色：

- **外科醫生** — 做手術的醫生。
- **腫瘤學家** — 癌症專科醫生。
- **血液學家** — 血液問題的專科醫生。
- **放射治療師** — 負責 X 光及掃描的醫生。
- **臨床專科護士（CNS）** — 在治療期間為您提供資訊和支援的護士。
- **紓緩護理醫生** — 幫助控制症狀和臨終護理的醫生。

取決於您患有的癌症類型，團隊中可能還包括其他人員。

## 社會服務及義工機構

若您在家裡需要幫助，例如洗衣、穿衣、打掃或購物，可以與您的全科醫生或主要聯絡人討論。他們可能會將您介紹給社工。社工可以幫助解決實際及經濟問題。您所在地區也可能有其他組織可以提供幫助。

## 如何規劃治療

您的多學科團隊（MDT）將討論他們認為最適合您的治療方案。他們會考慮：

- 癌症的類型
- 癌症的大小，以及是否已經擴散
- 您的整體健康狀況
- 任何治療指引
- 您的個人偏好以及對您來說重要的事情。

之後，您通常會與您的癌症醫生和護士會面，討論您的治療方案。未經您的批准或同意，不會對您進行任何治療。如果您使用其他語言，他們應該提供：

- **專業傳譯員** -- 傳譯員會翻譯您的醫生向您說的所有說話，以及您想說的所有說話。如果您需要傳譯員，請盡快告訴您的全科醫生診所或醫院。NHS 只會使用專業的傳譯員，而不是您的家人或朋友。這樣，您的家人就可以專注於在那裡陪伴您和協作您作出決定。這樣，也可以減少在獲得重要資訊時出現錯誤的風險。
- **健康資訊的譯文版本** - 您的醫療團隊應以您能理解的語言和格式向您提供有關健康和護理服務的書面資訊。

這些服務在 NHS 中是免費的。

您也可以列出您想在覆診時提出的問題。如果您認為有用，您可以將回答寫下來幫助您記憶。

### 有關治療的決策

您的團隊會為您提供資訊和支援，幫助您作出治療計劃的決定。在作出決定之前，您可能需要 1 次以上的會面。癌症治療可能很複雜，當您感到焦慮時是很難理解新資訊。若您不明白，請要求您的醫生或護士再次解釋。

治療方法可能有不止一種。您的醫生可能會為您提供選擇。在決定什麼適合您之前，您需要了解：

- 每種治療所涉及的事宜
- 可能出現的副作用

- 每種治療方法的優點和缺點。

您可能需要考慮很多問題。您通常可以花一些時間考慮一下。如果您患有需要緊急治療的癌症，您可能無法慢慢考慮。

## 主要癌症治療方法

您的治療目的可能是治癒癌症，或控制癌症，或緩解任何症狀。

您的治療方案將取決於所患的癌症類型及您自身的情況。您可能接受多種治療方法。癌症治療可能包括：

- **手術** — 在手術中切除癌症
- **放射治療** — 使用高能 X 光摧毀身體某個部位的癌細胞
- **抗癌藥物** — 有各種不同類型的藥物可用於摧毀身體各部位的癌細胞。這些可能包括稱為化療、標靶治療或免疫治療的藥物。
- **荷爾蒙療法** — 此類藥物將改變您體內荷爾蒙的活性，用於減緩或阻止腫瘤的生長。

## 臨床試驗

臨床試驗是一種涉及人的醫學研究。這些試驗會顯示哪些治療方法最有效和最安全。一項臨床試驗可能涉及檢測一種新藥或測試一種新的治療方法。

若有您可以參加的任何試驗，您的醫生會與您討論相關情況。您可以選擇不參加臨床試驗。您仍然可以獲得針對您的情況的標準治療和護理。

## 副作用

癌症治療可能會產生副作用。例如，有些療可能導致脫髮、令人感到噁心或疲倦。通常都可以減少和管理各種副作用。您的癌症團隊將為您提供建議。大多數副作用會在治療結束後好轉。

## 與您的醫療團隊交談

您可能對治療有很多疑問。與您的癌症醫生、護士或醫療團隊中的其他人交談可以幫助您瞭解正在發生的事情和原因。您的醫療團隊包括照顧您的醫生、護士或其他專業醫護

人員。他們會幫助您找到所需的護理和支援。

與您的團隊交談的會面和其他機會可能很短。為了充分利用您的時間，您最好預先做好準備。在覆診前寫下您的問題可能會有幫助。

您可能會有難以提問或尷尬的問題。請記住，專業醫護人員已經習慣回答各種問題，並樂於提供幫助。

您可能覺得帶同某人一起前去會面有幫助，例如家人、朋友或照顧者。他們還可以做筆記並幫助您記住對話的內容。

如果您覺得很難讓您的醫療團隊瞭解您對治療的看法，其他人也許能夠代表您發言。代表您發言的人稱為病人代表。

您可以選擇讓朋友或家人以這種方式提供幫助。或者，取決於您在英國的居住地方，不同的機構可以提供有關病人代表的幫助和建議。

病人代表獨立於 NHS。他們可以幫助您：

- 談論您對治療的感受並作出決定
- 讓您的團隊瞭解您對治療的看法和願望。

以下機構可以提供有關醫療保健的資訊和援助。他們可能有您所在地區的病人代表服務的最新资讯：

- 病人協會。請瀏覽 [www.patients-association.org.uk](http://www.patients-association.org.uk) 或致電他們的服務熱線 0800 345 7115。
- 在英格蘭或威爾斯，病人諮詢與聯絡服務處（PALS）。請瀏覽 [www.nhs.uk/service-search/other-health-services/patient-advice-and-liaison-services-pals](http://www.nhs.uk/service-search/other-health-services/patient-advice-and-liaison-services-pals) 或向您的癌症團隊或全科醫生查詢，或致電 NHS 111，即可找到 PALS 辦公室。
- 在蘇格蘭，病人諮詢與支援服務。請瀏覽 [www.pass-scotland.org.uk](http://www.pass-scotland.org.uk) 或親臨當地公民諮詢局或致電 0800 917 2127 查找。
- 在北愛爾蘭，病人與客戶委員會。訪瀏覽 [www.pcc-ni.net](http://www.pcc-ni.net) 您可以親臨他們的當地辦事處或致電免費服務熱線 0800 917 0222。

### 向醫療團隊提出的問題

以下是一些您可能想問您醫療團隊的問題。



- 我的診斷是甚麼意思？
- 癌症有多嚴重？
- 我的治療將涉及哪些內容？
- 每次治療會帶來哪些益處、風險及副作用？
- 治療會對我的日常生活產生甚麼影響？
- 治療的目標是甚麼？
- 我可以與誰談論我的感受？
- 若我之後想到了一些問題，可以與誰交流？
- 我有文化、宗教或精神方面的願望 -- 我該如何讓我的團隊知道？

## 應對癌症

### 您的情緒

當您被告知患有癌症時，出現不同的情緒和憂慮是很常見的。這些情緒和憂慮可能很難應付。感受沒有對錯之分。說出您的感受往往會有所幫助。

在何處獲得支援：

- **Macmillan** — 請參閱下方的**Macmillan 如何給予協助**部分，瞭解我們能夠為您提供的一切幫助。
- **輔導員** — 輔導員可以在您覺得安全的空間內與您交流，幫助您找到應對情緒的方式。若您願意接受輔導，向您的癌症醫生或家庭醫生提出請求。
- **支援團體** — 與其他癌症患者交談可能會有所幫助。向您的醫生或護士詢問您所在地區的團體，或訪問 [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups)

### 經濟、工作及旅行

若癌症影響了您的工作或經濟狀況，麥克米倫（Macmillan）可以透過很多方式提供幫助。請致電 **0808 808 00 00** 聯絡我們，討論上述任何問題。

- 我們可以向您介紹您可能有的福利，並幫助您申請這些福利。福利是指政府向您提供資金來幫助您支付費用。
- 我們可以幫助您解答有關抵押貸款、養老金、保險、借款及儲蓄的問題。
- 我們提供補助金 — 幫助您應對因癌症造成的額外費用的款項。
- 若癌症影響了您的工作，我們可以為您提供資訊及建議。
- 若您患有癌症，我們可以為您提供旅行資訊。

### 身體的變化

有時候，癌症或癌症的治療會影響您身體的外觀或運作方式。您的醫生或護士可以為您提供相關建議及幫助。我們也可以為您提供資訊 — 請致電 **0808 808 00 00** 聯絡我們。

### 補充療法

其他可以幫助您更好地管理情緒的療法，比如冥想或放鬆。這些療法不能治療癌症。您應該始終告訴您的癌症醫生您想使用的任何其他療法。

### 宗教與靈性

很多人覺得在生病期間其信仰能為他們提供情感上的支援和力量。在確診癌症後，有

些人會對宗教信仰或精神感受有更深刻的瞭解。其他人則可能會質疑自己的信仰。

與您信任的人談論您的想法和感受可能會有幫助。即使您不信教，您也可以與牧師或宗教領袖交談。他們通常是很好的聆聽者，也許能夠對你的想法和感受提供幫助。他們已習慣處理不確定性，陪伴感到苦惱的人。您的全科醫生、專科護士或癌症醫生也可能可以幫助您找到非宗教的心理輔導員或精神關懷員與您交談。

## 為家人、朋友及照顧者提供的援助

您身邊的人可能也需要資訊或援助。我們的癌症支援專家將盡全力幫助每一位受癌症影響的人，包括您的親戚及朋友。他們可以致電 **0808 808 00 00** 聯絡我們。

照顧者是指對患有癌症的親戚或朋友提供無償支援的人，若沒有他們的幫助，癌症患者可能無法堅持下去。他們可能會幫助提供個人照顧，給予情感支援或幫忙做家務。若有人在幫助照顧您，給予他們支援也很重要。有很多可以給予他們的幫助。

他們應與您的醫生或護士討論這些問題，或者致電

**0808 808 00 00** 聯絡 Macmillan。

## 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。

我們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。

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。

## 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。

## 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://www.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](mailto: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、圖書館和社區中心。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](https://www.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](https://www.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](https://www.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：

### 應對癌症

- 癌症與新冠病毒
- 英國的癌症護理
- 如果您患有癌症，可申請的福利
- 飲食問題與癌症
- 生命的終結
- 難民和尋求庇護人士的醫療保健
- 健康飲食
- 患癌時獲得費用幫助
- 若您被診斷患有癌症
- LGBTQ+ 人士與癌症
- 敗血症和癌症

- 癌症治療的副作用
- 疲倦（疲勞）與癌症

### 癌症類型

- 乳癌
- 子宮頸癌
- 大腸癌
- 肺癌
- 前列腺癌

### 治療

- 化療
- 放射治療
- 手術

若想查看相關資訊，請瀏覽 [macmillan.org.uk/translations](https://www.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。由翻譯公司提供繁體中文的翻譯版本。

所包含的資訊都是根據我們網站上以英文提供的治療決定內容。

本資訊已由相關專家審閱，並得到麥克米倫臨床專家中心成員的批准。

同時感謝審閱本資訊的癌症患者。

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。

**內容審閱日期：2023 年 預定下次審閱日期：2026 年**

MAC15916\_ Chinese (Hong Kong)

我們盡一切努力確保我們提供的資訊是準確和最新的，但請不要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，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。

我們希望這些資訊對您有幫助。若您有任何疑問，我們可使用中文在電話中提供資訊和支援。我們的服務是免費的。您只需致電：**0808 808 00 00**（週一至週五，上午 9 時至晚上 8 時），並以英語說出您選定的語言。

© 2023 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。同時也在北愛爾蘭經營。註冊登記地址：89 Albert Embankment, London SE1 7UQ。





## If you are diagnosed with cancer

This information is about what to expect when you find out you have cancer, and where to get help and support.

A diagnosis means finding out if you have an illness or not. Being diagnosed with cancer can be a huge shock. You may be feeling lots of different emotions. Many people are treated successfully or able to live with cancer for many years. There are lots of people and services that can support you.

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 **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.

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

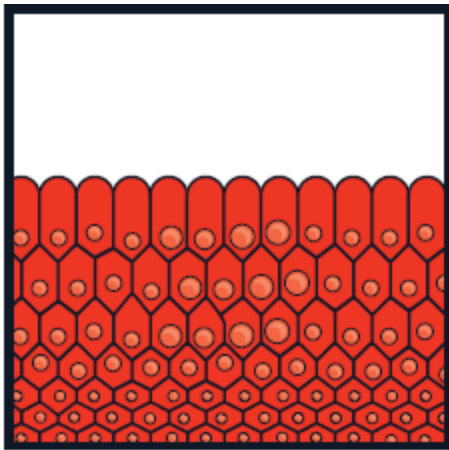
### This information is about:

- What is cancer?
- What happens after diagnosis?
- If you are LGBTQ+
- Health and social care professionals you might meet
- How treatment is planned
- The main cancer treatments
- Talking to your healthcare team
- Coping with cancer
- Getting the right care and support for you
- How Macmillan can help you
- More information in your language
- References and thanks

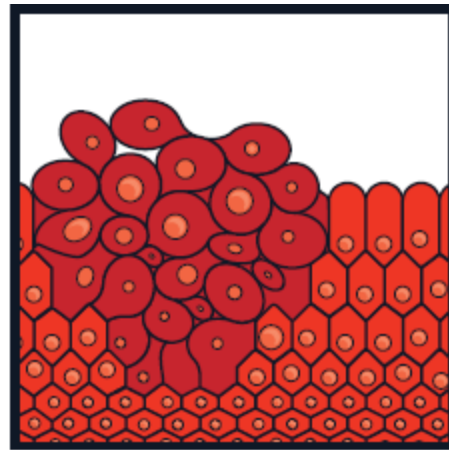
## What is cancer?

Cancer starts in the cells in our body. Cells are tiny building blocks that make up the body's organs and tissues. Cells receive signals from the body, telling them when to grow and when to divide to make new cells. This is how our bodies grow and heal. Cells can become old, damaged or no longer needed. When this happens, the cell gets a signal from the body to stop working and die.

Sometimes these signals can go wrong, and the cell becomes abnormal. The abnormal cell may keep dividing to make more and more abnormal cells. These can form a lump, called a tumour.



**Normal cells**



**Cells forming a tumour**

Not all tumours are cancer. A tumour that is not cancer (a benign tumour) may grow, but it cannot spread to anywhere else in the body. It usually only causes problems if it grows and presses on nearby organs.

A tumour that is cancer is called a malignant tumour. It can grow into nearby tissue. It can also spread around the body if cancer cells break away and travel through the blood or lymphatic system. The lymphatic system is network of tubes and glands throughout the body.

Cancer cells that spread and develop into a tumour somewhere else in the body are called a secondary cancer or a metastasis. Some types of cancer start from blood cells. Abnormal cells can build up in the blood, and sometimes the bone marrow. The bone marrow is where blood cells are made. These types of cancer are sometimes called blood cancers.

## What happens after diagnosis?

After a cancer diagnosis, you meet a cancer doctor or nurse to talk about your treatment plan. They will give you information to help you make a decision about the treatment you want. You should be given the information in a language and format that you can understand.

The doctor or nurse will also explain when your treatment may start. They can talk to you about any support you need. You may need to have some more tests or scans to find out more about the cancer.

## If you are LGBTQ+

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

You do not have to tell your cancer doctor or nurse if you are LGBTQ+. But it may be an important part of who you are. It may help your cancer team give the right information and support to you and the people close to you.

You can tell your cancer team anything that is important to you. If there is something you are worried about, tell them so they can help.

Your team should treat all information about you confidentially. They may only share information with other healthcare professionals when it is needed for your care. They should not share your sexual orientation or transgender (trans) status without your permission.

For more information about being LGBTQ+ and having cancer, please see our 'LGBTQ+ people and cancer' fact sheet in your language at [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

## Health and social care professionals you might meet

When you have cancer, you may meet lots of different health and social care professionals.

### Your main contact

You should have a main contact person in your healthcare team. They may be called your key worker and they are usually a specialist nurse. You will be given their name and contact details. If you have questions or need advice, they can help.

### In your local area

There are professionals who can help look after you while you are at home. They will be in contact with your hospital team. They include:

- **GP (General Practitioner)** – Your GP is a doctor who treats general health conditions. GPs usually work in a local centre. In English, this type of centre can have different names. It may be called a [GP practice], [GP surgery] or [medical centre]. They can help you manage symptoms and side effects and arrange for you to see specialists if needed. They can arrange services to help you at home and talk to you about any treatment decisions you need to make.
- **Community and district nurses** – These nurses can visit you at home and give care and support to you and anyone looking after you. Your GP can contact them for you.
- **Practice nurse** – Some GP practices have nurses who work alongside the GP. A practice nurse can help explain things to you and might do things like take blood tests or put dressings on wounds.

### Hospital team

At hospital, a multidisciplinary team (MDT) will manage your treatment and care. This is a group of health and social care professionals. The group might include some or all of these people:

- **Surgeon** – a doctor who does operations.
- **Oncologist** – a doctor who treats cancer.
- **Haematologist** – a doctor who treats blood problems.
- **Radiologist** – a doctor who looks at x-rays and scans.
- **Clinical nurse specialist (CNS)** – a nurse who gives information and support during treatment.
- **Palliative care doctor** – a doctor who helps with symptom control and end-of-life care.

There may be other people in the team depending on the type of cancer you have.

### Social services and voluntary organisations

If you need help at home, for example with washing, dressing, cleaning or shopping, speak to your GP or main contact. They may refer you to a social worker. A social worker can help with practical and financial problems. There may also be other organisations in your area that could help.

## How treatment is planned

Your multidisciplinary team (MDT) will discuss the treatment options they think are best for you. They will think about:

- the type of cancer
- the size of the cancer and whether it has spread
- your general health
- any treatment guidelines
- your preferences and what is important to you.

After this, you usually meet your cancer doctor and nurse to talk about your treatment options. No medical treatment can be given without your permission or consent. If you use another language, they should offer:

- **Professional interpreter** - Interpreters translate everything your doctor says to you, and everything you want to say back. If you would like an interpreter, tell your GP practice or hospital as soon as possible. The NHS should always use professional interpreters, rather than your family or friends. This means your family can focus on being there to support you to make a decision. It also means there is less risk of getting important information wrong.
- **Translated health information** - Your healthcare team should give you written information about health and care services in a language and format that you understand.

These services are free in the NHS.

You can also take a list of questions that you want to ask to your appointment. If it is helpful, you can write down the answers so you remember them.

## Making decisions about treatment

Your team give you information and support to help you make a decision about your treatment plan. You may need more than 1 meeting before you decide. Cancer treatments can be complex, and it is hard to understand new information when you are anxious. If you do not understand, ask your doctor or nurse to explain it again.

There might be more than one possible treatment. Your doctor may offer you a choice. Before you decide what is right for you, it is important to understand:

- what each treatment involves
- the possible side effects
- the benefits and disadvantages of each treatment.

This can be a lot to think about. You can usually take some time to think things over. This may not be possible if you have a cancer that needs to be treated urgently.

## The main cancer treatments

The aim of your treatment may be to cure the cancer, or to control it or to relieve its symptoms.

The type of treatment you have will depend on the cancer and your situation. You may have more than one treatment. Cancer treatments can include:

- **surgery** – the cancer is removed in an operation
- **radiotherapy** – high-energy x-rays are used to destroy cancer cells in an area of the body
- **cancer drugs** – different types of drugs are used to destroy cancer cells throughout the body. These may include drugs called chemotherapy, targeted therapy or immunotherapy.
- **hormonal therapies** – drugs that change the activity of hormones in the body are used to slow down or stop the cancer from growing.

### **Clinical trials**

Clinical trials are a type of medical research involving people. They show which treatments are most effective and safe. A trial might involve testing a new drug or testing a new way of giving treatment.

If there are any trials that you can take part in, your doctor will talk to you about them. You can choose not to take part in a trial. You will still be offered the standard treatment and care for your situation.

### **Side effects**

Cancer treatments can cause side effects. For example, some treatments may cause hair loss, feeling sick or tiredness. Side effects can often be reduced and managed. Your cancer team will give you advice. Most side effects get better after treatment finishes.

## **Talking to your healthcare team**

You may have lots of questions about your treatment. Talking to your cancer doctor, nurse or someone else in your healthcare team can help you understand what is happening and why. Your healthcare team includes any doctors, nurses or other healthcare professionals that look after you. They are there to help you find the care and support you need.

Appointments and other chances to speak with your team can be short. To make the best use of your time, it is good to be prepared. It may help to write down your questions before your appointment.

You may have questions that feel difficult or embarrassing to ask. Remember healthcare professionals are used to all kinds of questions and are happy to help.

You may find it helpful to bring someone with you to appointments, such as a family member, friend or carer. They may also be able to take notes and help you to remember what is said.

If you find it hard to get your healthcare team to understand your views on treatment, someone might be able to speak on your behalf. A person who speaks on your behalf is called an advocate.

You may choose to have a friend or family member to help in this way. Or, depending on where you live in the UK, different organisations can give help and advice about advocacy.

Advocates are independent of the NHS. They can help you to:

- talk about how you feel about your treatment and to make decisions
- get your views and wishes about treatment understood by your team.

The following organisations can offer information and support about healthcare. They may have up to date information about advocacy services in your area:

- The Patients Association. Visit [www.patients-association.org.uk](http://www.patients-association.org.uk) or call their helpline free on 0800 345 7115.
- In England or Wales, the Patient Advice and Liaison Service (PALS). Visit [www.nhs.uk/service-search/other-health-services/patient-advice-and-liaison-services-pals](http://www.nhs.uk/service-search/other-health-services/patient-advice-and-liaison-services-pals) Or you can find a PALS office by asking your cancer team or GP or by phoning NHS 111.
- In Scotland, the Patient Advice and Support Service. Visit [www.pass-scotland.org.uk](http://www.pass-scotland.org.uk) Or you can find them by visiting your local Citizens Advice Bureau or by phoning 0800 917 2127
- In Northern Ireland, the Patient and Client Council. Visit [www.pcc-ni.net](http://www.pcc-ni.net) You can visit one of their local offices or call their helpline free on 0800 917 0222.

### Questions to ask your healthcare team

Here are some questions you may want to ask your healthcare team.

- What does my diagnosis mean?
- How advanced is the cancer?
- What will my treatment involve?
- What are the benefits, risks and side effects of each treatment?
- How will the treatment affect my daily life?
- What is the aim of the treatment?
- Who can I talk to about how I am feeling?
- Who can I speak to if I think of questions later?
- I have cultural, religious or spiritual wishes – how do I let my team know?

## Coping with cancer

### Your emotions

It is common to have many different emotions and worries when you are told you have cancer. These can be difficult to cope with. There is no right or wrong way to feel. Talking about how you feel can often help.

Where to get support:

- **Macmillan** – See the **How Macmillan can help you** section below for all the ways we can help.
- **Counsellors** – A counsellor can help you talk about and find ways to deal with your feelings in a place where you feel safe. Ask your cancer doctor or GP if you would like counselling.
- **Support groups** – Talking to other people who have cancer may help. Ask your doctor or nurse about groups in your area, or visit [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups)

### **Money, work and travel**

There are many ways Macmillan can help if cancer has affected your job or finances. Call us on **0808 808 00 00** to talk about any of these issues.

- We can tell you about benefits you might be entitled to and help you apply for them. Benefits are when money is paid to you by the government to help you with costs.
- We can help you with questions about mortgages, pensions, insurance, borrowing and savings.
- We provide grants – payments to help you cope with extra costs caused by cancer.
- We can give you information and advice if cancer has affected your work.
- We can give you information about travelling if you have cancer.

### **Physical changes**

Sometimes, cancer or cancer treatments can affect the way your body looks or works. Your doctor or nurse can give you advice about this and what can help. We can also give you information – call us on **0808 808 00 00**.

### **Complementary therapies**

These are other therapies that may help you feel better, such as meditation or relaxation. These therapies do not treat cancer. You should always tell your cancer doctor about any other therapies you want to use.

### **Religion and spirituality**

Many people find their faith offers them emotional support and strength during an illness. After a cancer diagnosis, some people become more aware of religious or spiritual feelings. Other people may question their faith.

You may find it helpful to talk through your thoughts and feelings with someone you trust. You can speak to a chaplain or religious leader even if you are not religious. They are usually good listeners and may be able to help you work out your thoughts and feelings. They are used to dealing with uncertainty and being with people who are distressed. Your GP, specialist nurse or cancer doctor may also be able to help you find a non-religious counsellor or pastoral carer to talk to.



## **Support for family, friends and carers**

People close to you may also need information or support. Our cancer support specialists are here to help everyone affected by cancer, including your relatives and friends. They can call us on **0808 808 00 00**.

A carer is someone who gives unpaid support to a relative or friend with cancer who could not manage without this help. They might help with personal care, give emotional support or help with housework. If someone is helping to look after you, it is important they get support too. There is lots of help available for them. They should talk to your doctor or nurse about this or call Macmillan on **0808 808 00 00**.

## **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.

We 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.

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.

## **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**.

### **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://www.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 community 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://www.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://www.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://www.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:

#### **Coping with cancer**

- Cancer and coronavirus
- Cancer care in the UK
- Claiming benefits when you have cancer
- Eating problems and cancer
- End of life
- Healthcare for refugees and people seeking asylum
- Healthy eating
- Help with costs when you have cancer
- If you are diagnosed with cancer
- LGBTQ+ people and cancer
- Sepsis and cancer

- Side effects of cancer treatment
- Tiredness (fatigue) and cancer

#### **Types of cancer**

- Breast cancer
- Cervical cancer
- Large bowel cancer
- Lung cancer
- Prostate cancer

#### **Treatments**

- Chemotherapy
- Radiotherapy
- Surgery

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 into this language by a translation company.

The information included is based on our treatment decisions content available in English on our website.

This information has been reviewed by relevant experts and approved by members of Macmillan's Centre of Clinical Expertise.

Thanks also to the people affected by cancer who reviewed this information.

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)

**Content reviewed: 2023 Next planned review: 2026**

MAC15916\_ **Chinese (Hong Kong)**

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. As 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.

We hope you find this information helpful. If you have any questions, we can give you information and support by telephone in your language. Our services are free. Just call us on **0808 808 00 00** (Monday-Friday, 9am to 8pm) and ask in English for your preferred language.

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