

Radiation

放射治療

In order to treat your cancer your doctor has decided you need radiation. It is normal to have questions and concerns about your treatment. Learning what radiation therapy is and what to expect during your visits can help you get through your treatments.

醫生決定採用放射治療為你治療癌病。有疑問及關注這項治療是正常的。認識甚麼是放射治療及了解過程，可協助你渡過你的治療。

What is radiation therapy?

Radiation, also called radiotherapy, uses high energy x-rays to destroy cancer cells. It can be used as the only form of treatment or combined with other treatments, for example with chemotherapy or surgery.

Radiation can be given to:

- cure cancer
- control the growth of cancer
- relieve symptoms, such as pain
- reduce the risk of the cancer returning

甚麼是放射療法?

放射治療，又稱放射線療法。它採用高能量X光射線毀滅癌細胞。這項治療可單獨使用或與其他治療方法一同使用，例如：與化學療法或手術。

放射治療可以用作：

- 治癒癌病
- 控制癌細胞生長
- 舒緩病徵，例如：疼痛
- 減低癌病復發的機會

Radiation Treatment

External Beam Radiation Therapy (outside the body)

- One or more beams of radiation are directed at the area on your body where your cancer is or was removed from.
- The radiation beam comes from a treatment machine which moves around you, but does not touch you.

放射治療

外光柱放射療法(在體外)

- 一條或多條放射線光柱直射在癌細胞的位置或直射在已被切除癌細胞的部位。
- 放射線光柱由一部治療機器放射出來。這部機器會圍繞在你的身體四周轉動但不會碰觸你。

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- The radiation beam is “on” for a short time, a few seconds to a couple of minutes at a time.
- Each appointment is about 15 minutes.
- Most patients receiving external radiation therapy will have a “simulation” appointment.
 - ~ This planning appointment takes 20-60 minutes.
 - ~ You are placed in the treatment position and scans or X-rays are taken of the area to be treated.
 - ~ Felt pen markings or small permanent tattoos are placed on your skin to outline the treatment area. These marks are necessary for the radiation therapists to accurately position you for treatment.

Internal Radiation Therapy (inside the body)

- Also called Brachytherapy.
- A tube is inserted into the area of the body affected by cancer.
- A radiation source is placed inside the tube and stays in place for 10-20 minutes.
- Appointment times are usually two to three hours long.
- Only some patients receive internal radiation therapy.

- 射線光柱會持續開動短暫時間，每次由幾秒至幾分鐘。
- 每次治療約會需時大約十五分鐘。
- 大多數病人在接受外光柱放射治療前先有一個「模擬」放射治療約會。
 - 這個策劃約會需時二十分鐘至六十分鐘
 - 你會被安置於治療的位置及在接受治療的範圍做掃苗檢查或X光照射。
 - 放射治療師用不脫色的筆在**你的**皮膚上劃上記號或刺染一個細小永久性記號。他們需要用這些記號才能準確地決定你所接受治療的位置。

內光柱放射療法(在體內)

- 又稱近距放射治療(Brachytherapy).
- 將一條管子插入身體內受癌細胞影響的位置。
- 將放射線源體放入管子裏面及停留在管子內十分鐘至二十分鐘。
- 每次治療約會通常需時兩至三小時。
- 只有一部份病人接受內光柱放射療法。

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Side Effects of Radiation Therapy

Except for feeling tired, side effects occur only in the area of your body that is being treated with radiation. Everyone can experience side effects differently. Eating well and getting proper rest is important to help you manage them.

Possible short term side effects:

- | | |
|---------------------------|------------------------|
| -headaches | -hair loss |
| -skin irritation | -feeling tired |
| -sore mouth and/or throat | -difficulty swallowing |
| -loss of appetite | -nausea |
| -vomiting | -swelling |
| -productive cough | -diarrhea |
| -bladder irritation | |

When you start radiation your therapist will tell you how to take care of the treatment area and how to manage any side effects. It is important to tell your therapists, nurse and doctor about all side effects.

Radiation Therapy Facts

- All radiation treatments are given between Monday and Friday at CancerCare Manitoba, 675 McDermot Avenue in Winnipeg.
- Some patients may only receive one treatment; others receive as many as 35 or more treatments. This will be decided by your doctor.

放射療法的副作用

除了感覺疲勞/疲累之外，副作用只會出現在於身體接受放射治療的部位。每個人都會經歷不同的副作用。有良好的飲食及足夠休息很重要，可幫助你應付副作用。

也許會有的短期性副作用：

- | | |
|----------|-------|
| -頭痛 | -脫髮 |
| -皮膚容易發炎 | -感到疲倦 |
| -口腔及喉嚨疼痛 | -吞嚥困難 |
| -食慾不振 | -作嘔 |
| -嘔吐 | -腫脹 |
| -咳嗽痰多 | -腹瀉 |
| -膀胱容易發炎 | |

在開始接受放射治療時，你的治療師會告訴你如何護理治療的範圍及應付任何出現的副作用。你要將所有出現的副作用都告知你的治療師，護士及醫生，這是很重要的。

關於放射治療的事項

- 所有的放射治療於星期一至星期五在 CancerCare Manitoba 進行，地址：675 McDermot Avenue 位於溫尼辟市(Winnipeg)。
- 有些病人只需要接受一次的治療，另一些病人可能需要接受三十五次或更多的治療。這都是由你的醫生來決定。

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- Sometimes a shell or cast may be needed for your treatment. This will be placed over the part of your body that is receiving radiation. It will help you to stay in position during your treatment.
- Radiation therapists can be male or female. All are trained professionals who care about your well being.
- It is necessary to expose the area where you will be treated so that the therapists can see the marks or tattoos that help them place you in the treatment position each day. Every effort will be made to keep you comfortable and maintain your privacy.
- During the radiation treatment you are alone in the treatment room. The therapists can see and hear you. You are safe.
- You can breathe normally when you are being treated.
- You can not feel or see radiation.
- Radiation Therapy contact phone number: 787-2585 or toll free at 1-866-561-1026.

- 有時候在治療時，治療師可能把特製外罩或石膏模放置在你身體接受放射治療的部位。這樣可幫助你在治療時能固定位置。
- 放射治療師有男性或女性。所有治療師經專業訓練，他們關懷你的心身健康。
- 你需要將接受治療的身體部位露出。這樣治療師可以看見記号或刺紋才能每天放置你在準確的治療位置。他們會盡量使你感到舒服及不受干擾。
- 在進行放射治療時你會獨自留在治療室。治療師會聽見及看到你。你是安全的。
- 在進行治療時，你可用平常一樣地呼吸。
- 你不會感覺或看到放射線。
- 放射治療聯絡電話：787-2585 or 免費長途電話1-866-561-1026.