

病人須知: HNNLAPRT

別名:同時使用順鉑和放射治療的療法概要——治療局部晚期鼻咽癌

For the Patient: HNNLAPRT

Other Names: Summary for Treatment of Locally Advanced Nasopharyngeal Cancer with Concurrent Cisplatin and Radiation

HN = Head and Neck (Tumour Group) 頭頸(腫瘤類別)

N = Nasopharyngeal(鼻咽)

LA = Locally Advanced(局部晚期)



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

關於這種藥物

ABOUT THIS MEDICATION

這些藥物有何用途？

What are these drugs used for?

- 順鉑是一種以靜脈注射的化療藥物，用作醫治多種癌症。根據這個治療大綱，放射治療是一種標準治療，而順鉑是一種「放射線增敏劑」，意思是順鉑能配合放射治療使用。
Cisplatin is an intravenous chemotherapy medication used for many types of cancer. In this protocol, radiation is the standard treatment and cisplatin is used as a radio-sensitizing agent which means it works along with radiation.

這藥物怎樣發揮效用？

How does this drug work?

順鉑干擾癌細胞的遺傳基因物料，並防止它們增加，從而發揮效用。放射治療毀滅癌細胞，並制止它們生長。

Cisplatin works by interfering with the genetic material of cancer cells and prevents their growth. The radiation kills cancer cells and stops them from growing.

擬獲得的效益

INTENDED BENEFITS

- 為您提供這種療法，旨在破壞及/或預防您體內癌細胞的生長。
This therapy is being given to destroy and/or prevent the growth of cancer cells in your body.
- 這項治療可能改善您現有的徵狀，以及延緩或防止出現新的徵狀。
This treatment may improve your current symptoms, and delay or prevent the onset of new symptoms.
- 這項治療旨在控制病情，全面提高您的存活率。
This treatment is meant to control the disease and improve your overall survival.

HNNLAPRT 治療概要

HNNLAPRT TREATMENT SUMMARY

如何服用這藥物？

How is this drug given?

- 順鉑是以靜脈注射，每星期注射一次，一共7星期。
Cisplatin is given intravenously (via the vein) once every week for a total of 7 weeks.



- 在治療期間，由星期一至星期五，每天接受放射治療一次，星期六、日和假日休息。
Radiation is given daily Monday to Friday, with weekends and holidays off, for the duration of the treatment.

在藥物治療期間，我將會怎樣？

What will happen when I get my drugs?

- 在治療開始前一個月之內要驗血。
A blood test is done within one month prior to starting treatment.
- 在每次接受順鉑治療之前，均需驗血一次。您會獲給予文件，要求化驗室為您驗血。
A blood test is done prior to each treatment of cisplatin. You will be given lab requisitions for these tests.
- 在接受順鉑治療之前，您會接受靜脈注射，成份包括氯化鉀和置於普通生理鹽水中的鎂。
You will be given hydration fluid intravenously consisting of potassium chloride and magnesium in Normal Saline prior to receiving your cisplatin.
- 您會獲給予止嘔藥的處方(請到普通藥房配藥)，在每次治療之前，請帶備您的止嘔藥，以便服食。您的護士會告訴您何時服食止嘔藥。預防總勝於治療。因此，請嚴格遵照指示。
You will have been given a prescription for anti-nausea medication (filled at your regular pharmacy) that you bring in each time for your treatment. Your nurse will tell you when to take the anti-nausea medication. It is easier to prevent nausea than to treat it once it has occurred, so follow directions closely.
- 為防止出現噁心情況，您身體需有充分水份，並且少吃多餐。請參閱《控制噁心的食物選擇》所載建議。
To prevent nausea, be well-hydrated and eat small meals frequently. Refer to the pamphlet on “Food Choices to Help Control Nausea”.

治療大綱

TREATMENT PROTOCOL

日期 (日/月/年) DATE (dd/mm/yr)	周期 CYCLE		治療 TREATMENT
	第1星期 Week 1	第1天 D 1	注射順鉑+放射治療 Cisplatin infusion + Radiation therapy
		第2-5天 D 2-5	放射治療 Radiation therapy
	第2星期 Week 2	第1天 D 1	注射順鉑+放射治療 Cisplatin infusion + Radiation therapy
		第2-5天 D 2-5	放射治療 Radiation therapy
	第3星期 Week 3	第1天 D 1	注射順鉑+放射治療 Cisplatin infusion + Radiation therapy
		第2-5天 D 2-5	放射治療 Radiation therapy
	第4星期 Week 4	第1天 D 1	注射順鉑+放射治療 Cisplatin infusion + Radiation therapy
		第2-5天 D 2-5	放射治療 Radiation therapy
	第5星期 Week 5	第1天 D 1	注射順鉑+放射治療 Cisplatin infusion + Radiation therapy
		第2-5天 D 2-5	放射治療 Radiation therapy
	第6星期 Week 6	第1天 D 1	注射順鉑+放射治療 Cisplatin infusion + Radiation therapy
		第2-5天 D 2-5	放射治療 Radiation therapy
	第7星期 Week 7	第1天 D 1	注射順鉑+放射治療 Cisplatin infusion + Radiation therapy
		第2-5天 D 2-5	放射治療 Radiation therapy

哪些其他藥物會與順鉑產生相互作用？

What other drugs can interact with CISPLATIN?

- 可以影響腎臟功能或受腎臟排斥的藥物(例如：Gentamicin、tobramycin、vancomycin、amphotericin B、furosemide (LASIX®))。
Drugs that can cause a decrease in kidney function or are eliminated by the kidneys (eg. Gentamicin, tobramycin, vancomycin, amphotericin B, furosemide (LASIX®))
- Phenytoin (DILANTIN®); 順鉑可降低苯妥英血濃度。
Phenytoin (DILANTIN®); cisplatin can cause a decrease in phenytoin blood levels
- Pyridoxine (vitamin B6) 可引致減低順鉑的效用。
Pyridoxine (vitamin B6) may cause a decrease in cisplatin's effectiveness

化療的副作用和控制方法

CHEMOTHERAPY SIDE EFFECTS AND MANAGEMENT

是否有任何風險？

Are there any risks?

- 不論以任何藥物治療，都會發生一些無可預料和不大可能產生的副作用。下表所列的副作用，對您尤其重要，您應加以留意。

Unexpected and unlikely side effects can occur with any drug treatment. The ones listed in the following tables are particularly important for you to be aware of.

嚴重的副作用 SERIOUS SIDE EFFECTS	常見程度 HOW COMMON IS IT?	控制方法 MANAGEMENT
<p>當白血球數目減少，您較容易感染疾病。白血球細胞抵禦引起感染的病菌，從而保護您的身體。</p> <p>When your white blood cells are low, you are at greater risk of having an infection. White blood cells protect your body by fighting bacteria (germs) that cause infection.</p>	<p>罕見 Rare</p>	<p>預防受到病菌感染，請注意以下各點： To help prevent infection:</p> <ul style="list-style-type: none">經常洗手，如廁後，緊記必須洗手。 Wash your hands often and always after using the bathroom護理您的皮膚和口腔。 Take care of your skin and mouth避免接觸大量群眾和病人。 Avoid crowds and people who are sick一旦出現染病徵象，例如發熱（口腔探熱器超過攝氏38°或華氏100°）、發冷、咳嗽，或在小便時感到灼熱，應立即致電醫生。 Call your doctor immediately at the first sign of infection such as fever (over 38°C or 100°F by an oral thermometer), chills, cough or burning when you pass urine.

嚴重的副作用 SERIOUS SIDE EFFECTS	常見程度 HOW COMMON IS IT?	控制方法 MANAGEMENT
<p>當血小板數目偏低，您可能會較平常更容易出現瘀斑或出血。</p> <p>When your platelets are low, you are at greater risk of bruising or bleeding more easily than usual.</p>	<p>罕見 Rare</p>	<p>預防發生出血問題，請注意以下各點： To help prevent bleeding problems:</p> <ul style="list-style-type: none"> ● 嘗試避免造成瘀傷、割傷或燙傷。 Try not to bruise, cut or burn yourself. ● 清潔鼻子時，輕柔地擤鼻子，切勿挑挖鼻孔。 Clean your nose by blowing gently. Do not pick your nose. ● 避免造成便秘。 Avoid constipation. ● 用柔軟牙刷輕柔地清潔牙齒，因為您的牙肉會較容易出血。保持口腔衛生。 Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene. <p>服食某些藥物，諸如乙醯水楊酸 [(ASA)，例如：阿司匹靈(ASPIRIN®)]或布洛芬[(ibuprofen)，(例如：艾德威(ADVIL®)]可能使您更容易出血。 Some medications such as ASA (e.g. Aspirin®) or ibuprofen (e.g. Advil®) may increase your risk of bleeding.</p> <ul style="list-style-type: none"> ● 不要停止您醫生處方給您的任何藥物。 Do not stop taking any medication prescribed by your doctor. ● 如有輕微痛楚，嘗試先服用乙醯氨酚 [acetaminophen，例如：撲熱息痛(TYLENOL®)]，但偶爾服用布洛芬(ibuprofen)亦可以接受。 For minor pain, try acetaminophen (Tylenol®) first, but occasional use of ibuprofen is acceptable.

嚴重的副作用 SERIOUS SIDE EFFECTS	常見程度 HOW COMMON IS IT?	控制方法 MANAGEMENT
可能罕有地出現胸痛或中風徵狀。 Chest pain or signs of a stroke may rarely occur	罕見 Rare	如果你感到胸痛或出現中風徵狀，請到最近的急症室。 Go to your nearest emergency department if you should experience any chest pain or signs of a stroke.
聽覺方面可能出現改變。 Changes in hearing may occur	不常見 Uncommon	如果您對您的聽覺有任何擔憂，請聯絡您的醫生。 Contact your doctor if you have any concerns in your hearing.

其他副作用 OTHER SIDE EFFECTS	常見程度 HOW COMMON IS IT?	控制方法 MANAGEMENT
當您接受治療後，可能出現噁心及嘔吐，並可能持續24小時。有些病人出現噁心情況可能較長。(例如：噁心及嘔吐較遲出現)。 Nausea and vomiting may occur after your treatment and may last for up to 24 hours. Nausea may last longer for some patients (ie. Delayed nausea and vomiting)	十分常見 Very common	您可能獲處方止嘔藥，並在接受化療之前及/或在家服用。預防總勝於治療。因此，請嚴格遵照指示。 You will be given a prescription for anti-nausea drug(s) to take before your chemotherapy treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely. <ul style="list-style-type: none"> ● 喝大量飲料。 Drink plenty of fluids ● 飲食方面，宜量小多餐。 Eat and drink often in small amounts ● 嘗試仿效《控制噁心的食物選擇》所載建議。 Try the ideas in Food Choices to Help Control Nausea 您的醫生可能以不同方法控制噁心和嘔吐較遲出現的情況。如果出現這情況，緊記告知醫生。 Your doctor may manage delayed nausea and vomiting differently. Be sure to let your doctor know if you experience this.

其他副作用 OTHER SIDE EFFECTS	常見程度 HOW COMMON IS IT?	控制方法 MANAGEMENT
<p>可能在治療後出現腹瀉。腹瀉可以引致脫水。 Diarrhea may occur after your treatment. Diarrhea can lead to dehydration.</p>	<p>不常見 Uncommon</p>	<p>控制腹瀉問題，請注意以下各點： To help manage diarrhea:</p> <ul style="list-style-type: none"> • 喝大量飲料。 Drink plenty of fluids • 飲食方面，宜量小多餐。 Eat and drink often in small amounts • 避免進食《控制腹瀉的食物選擇》所概列的高纖維食物。 Avoid high fibre foods as outlined in Food Ideas to Help with Diarrhea

其他副作用 OTHER SIDE EFFECTS	常見程度 HOW COMMON IS IT?	控制方法 MANAGEMENT
<p>接受化療之後數天，可能出現口腔潰爛。在舌頭、口腔兩側、喉嚨會出現潰爛。口腔潰爛或牙肉出血，可以引致感染。</p> <p>Sore mouth may occur a few days after treatment. Mouth sores can occur on the tongue, the sides of the mouth or in the throat. Mouth sores or bleeding gums can lead to an infection.</p>	<p>較不常見 Less common</p>	<ul style="list-style-type: none"> ● 在進食後及睡覺前，使用非常柔軟的牙刷潔淨牙齒。如果您的牙肉出血，可使用紗布而不用牙刷，使用蘇打粉(baking soda)而不用牙膏。 Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste. ● 用半茶匙蘇打粉或鹽，加入一杯暖水，開成嗽口水，每日嗽口數次。 Make a mouthwash with ½ teaspoonful baking soda or salt in 1 cup warm water and rinse several times a day. ● 嘗試軟而清淡的食物，例如布丁、奶昔和忌廉湯。 Try soft bland foods like puddings, milkshakes and cream soups. ● 避免辛辣、爽脆或酸性食物，以及極熱或冰冷食品。 Avoid spicy, crunchy or acidic food and very hot or cold foods. <p>嘗試仿效《控制口腔疼痛的食物選擇》所載建議。 Try the ideas in Food Ideas to Help with Sore Mouth</p>

其他副作用 OTHER SIDE EFFECTS	常見程度 HOW COMMON IS IT?	控制方法 MANAGEMENT
<p>服用順鉑出現脫髮現象屬於罕見。如果您脫髮，當您停止療程，毛髮便會回復生長，但顏色及髮質可能會有所改變。</p> <p>Hair loss is rare with cisplatin. If there is hair loss your hair will grow back once you stop treatment with cisplatin. Colour and texture may change.</p>	<p>罕見 Rare</p>	<ul style="list-style-type: none"> • 使用溫和的洗髮液及柔軟髮刷。 Use a gentle shampoo and soft brush • 小心使用噴髮劑、漂髮劑、染髮劑和電髮劑。 Care should be taken with use of hair spray, bleaches, dyes and perms.

放射治療的副作用和控制方法：

RADIATION SIDE EFFECTS AND MANAGEMENT:

是否有任何風險？

Are there any risks?

- 只有接受放射治療的部位，才會產生副作用。
Radiation can only cause side effects in the part of the body where it is delivered.
- 不宜吸煙，因為這會引致一些副作用。
Smoking is not advisable because it tends to aggravate some side effects.
- 不論任何放射治療，都會發生一些無可預料和不大可能產生的副作用。下表所列的副作用，對您尤其重要，您應加以留意。
Unexpected and unlikely side effects can occur with any radiation treatment. The ones listed in the following table are particularly important for you to be aware of.
- 如果您出現其他嚴重的副作用，您的腫瘤科醫生會與您商討。
Your oncologist may discuss other serious side effects with you if they occur in your situation.

放射治療的副作用 RADIATION SIDE EFFECTS	控制方法 MANAGEMENT
<p>在接受治療約兩星期後，可能出現皮膚不適，接受治療的皮膚部位可能發紅和痕癢，好像受到曬傷一般。您必須小心護理皮膚。</p> <p>Skin irritation After about two weeks of treatment, the skin in the treated area may become red and itchy, much like a sunburn. It is very important to take good care of your skin.</p>	<ul style="list-style-type: none">• 用暖水及柔和無味的肥皂洗澡。用柔軟毛巾拍乾皮膚。 Bathe using lukewarm water and mild, unscented soap. Pat skin dry with a soft towel.• 穿著寬鬆、舒適衣物。 Wear loose, comfortable clothing.• 保護皮膚免受陽光直射、免受風吹。 Protect skin from direct sunlight and wind.• 慎勿把放射治療師劃在皮膚上的記號除去。 Be careful not to remove the skin markings placed by the Radiation Therapists.• 在治療時，不要在治療部位塗上任何乳霜、香水或香味劑。 Do not apply any creams, lotions, perfumes or deodorants to the treated areas during your treatment.• 放射治療師會給您有關皮膚護理的資訊。 The radiation therapists will give you information about skin care.• 如果您的皮膚開始脫皮或出現膿泡，請致電護士熱線，了解如何處理有關問題。 If your skin begins to peel or blister, call the nursing line to learn how to take care of this problem.

放射治療的副作用 RADIATION SIDE EFFECTS	控制方法 MANAGEMENT
<p>如果您的唾腺位於治療部位，您可能會出現口乾(口乾燥病)。這種乾澀情況可能持久。口乾可以引致口腔問題，因此請向您的牙醫查詢，以幫助您控制這些問題。</p> <p>Dry Mouth (xerostomia) If your salivary glands were in the treated area, you may develop a dry mouth. This dryness may be permanent. A dry mouth can lead to oral problems, so consult your dental team to help you manage these problems.</p>	<ul style="list-style-type: none"> ● 您可能需頻密地濕潤口腔，特別是在進食和說話時。 You may need to moisten your mouth often, especially when eating and talking. ● 避免酒精及含咖啡因的飲品，因為它們可能造成口乾。避免喝含糖的碳酸飲品。避免喝含磷酸的減肥飲品。 Avoid alcohol and caffeinated beverages which may cause dryness. Avoid carbonated beverages with sugar. Avoid diet drinks with phosphoric and citric acids.
<p>口腔潰爛，一般稱為鵝口瘡，它們可能變得疼痛，使人難以吃得足夠。</p> <p>Mouth Sores Commonly known as canker sores, these can become painful and may make it difficult to eat enough food.</p>	<ul style="list-style-type: none"> ● 及早察覺和醫治口腔感染，可以減少它帶來的口腔潰爛和疼痛。避免使用商戶銷售的嗽口水。因為它們含有的酒精量很高，會使口腔組織乾澀不適。 Early detection and treatment of oral infections will diminish the severity of mouth sores and pain associated with it. Avoid commercial mouthwashes because they have a high alcohol content and can dry and irritate the oral tissues. ● 如果出現口腔或喉嚨疼痛，請告訴您的腫瘤科醫生。 If you develop mouth or throat pain, please tell your oncologist. <p>請參閱《應付口腔乾澀問題》 Refer to <u>Coping with Dry Mouth</u>.</p>
<p>失去味覺 Loss of Taste</p>	<ul style="list-style-type: none"> ● 如果腫瘤涉及第5、第7、第9和第10節腦神經，則當在頭部及頸部進行放射治療，並且進行化療，會導致失去味覺。請參閱《應付味覺和嗅覺改變的食物建議》。 Tumours involving the 5th, 7th, 9th and 10th cranial nerves, radiation to the head and neck areas, and chemotherapy can all contribute to loss of taste sensation. Refer to <u>Food Ideas to Cope with Taste and Smell Changes</u>.

放射治療的副作用 RADIATION SIDE EFFECTS	控制方法 MANAGEMENT
<p>吞嚥問題。 如果您在喉嚨出現疤痕組織，可以引致吞嚥困難。</p> <p>Swallowing Problems If you develop scar tissue in the throat, this may cause difficulty with swallowing.</p>	<ul style="list-style-type: none"> 進行伸展運動可能對這問題有所幫助。 Stretching exercises may help with this problem. 詢問言語治療師，以進行評估和請教其意見。 Consult a speech pathologist for assessment and advice.
<p>疲乏。 這是許多人常見的副作用。在接受治療兩星期之內便開始有此情況，並會持續到其後數個星期。</p> <p>Fatigue This is a common side effect for many people. This can begin within two weeks into treatment and last for several weeks afterwards.</p>	<ul style="list-style-type: none"> 沒有藥物可醫治疲乏。 There is no medication to treat the fatigue. 均衡的休息、良好的營養和充足水份，有助您控制這情況 Balancing rest, good nutrition and fluid intake can help you manage this best.

以下資料非常重要

THE FOLLOWING INFORMATION IS VERY IMPORTANT

如果您有以下症狀，請向醫生求診或立即緊急求救：

SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- 出現**感染**徵象，例如發熱（口腔探熱器超過攝氏38°或華氏100°）、發冷顫、嚴重喉嚨痛、咳吐（咳出濃厚或綠色痰）、小便時疼痛或感到灼熱。
Signs of an **infection** such as fever (over 38°C or 100°F by oral thermometer), shaking chills, severe sore throat, productive cough (coughing up thick or green sputum), pain or burning when you pass urine.
- 當您接受治療之後，迅即出現**過敏反應**(罕見情況)，包括暈眩、心跳急促、面部腫脹或呼吸問題。
Signs of an **allergic reaction** (rare) soon after a treatment including dizziness, fast heartbeat, face swelling or breathing problems.
- 出現**血凝塊**的徵象，例如靜脈觸痛或硬化、小腿腫脹及觸痛、突然咳嗽、胸痛或氣促。
Signs of a **blood clot** such as tenderness or hardness over a vein, calf swelling and tenderness, sudden onset of cough, chest pain or shortness of breath.
- 出現**出血問題**徵象，例如黑色糞便、尿中帶血、皮膚出現小紅點及多處出現瘀斑。
Signs of **bleeding problems** such as black, tarry stools, blood in urine, pinpoint red spots on skin, extensive bruising.
- 出現**中風**徵象，例如突然感到頭部劇痛、視力變化、言語不清、失去協調能力、手臂或腿部無力或麻痺。
Signs of a **stroke** such as sudden onset of severe headache, eyesight changes, slurred speech, loss of coordination, weakness or numbness in arm or leg.
- 抽筋(癲癇) 或失去知覺。**
Seizures or loss of consciousness

如果您有以下症狀，請盡快(在辦公時間)向醫生求診：

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- 肌肉軟弱無力。
Muscle weakness
- 出現腎病問題徵象，例如腰部或側身疼痛、雙腳或小腿腫脹。
Signs of kidney problems such as lower back pain or side pain, swelling of feet or lower legs
- 噁心、嘔吐或腹瀉情況不受控制。
Uncontrolled nausea, vomiting or diarrhea

如果持續有任何以下症狀或使您感到不適，請向醫生求診：

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- 容易出現瘀斑或出血。
Easy bruising or bleeding
- 在施針的部位出現紅腫、疼痛或潰爛。
Redness, swelling, pain or sores where the needle was placed
- 在嘴唇、舌頭、口腔或喉嚨發紅、腫脹、疼痛或潰爛。
Redness, swelling, pain or sores on your lips, tongue, mouth or throat
- 耳鳴或聽力有問題。
Ringing in your ears or hearing problems
- 出現貧血徵象，例如異常的疲倦或虛弱。
Signs of anemia such as unusual tiredness or weakness
- 皮膚紅疹或痕癢。
Skin rash or itching
- 手腳麻痺或刺痛、或腿部抽搐疼痛。
Numbness or tingling in feet or hands or painful leg cramps

如果您身體出現一些徵狀或變化，是上文沒有提及的，而您有所憂慮，或者您出現任何嚴重的徵狀，請聯絡：_____電話：_____。

If you experience symptoms or changes in your body that have not been described above but worry you, or in any symptoms are severe, contact:
_____ at telephone number:_____.