



BC Cancer Agency

CARE + RESEARCH

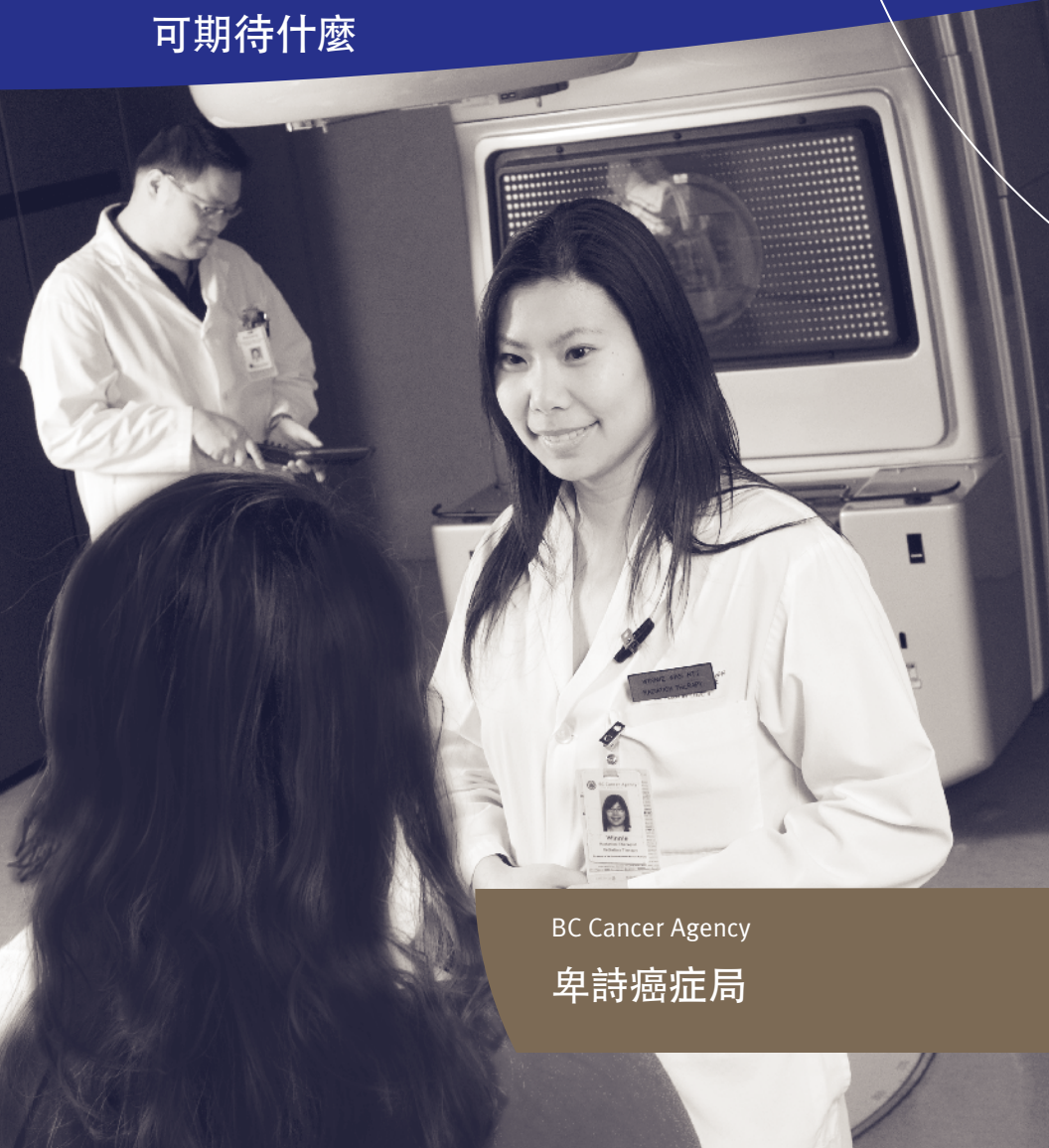
An agency of the Provincial Health Services Authority

Radiation Therapy

What to expect

放射治療

可期待什麼



BC Cancer Agency

卑詩癌症局



BC Cancer Foundation

Supporting research & care at BC Cancer Agency

This booklet was made possible in part through the generous support of donors to the BC Cancer Foundation, including a contribution from The Key to Giving™ - the national corporate citizenship program of Great-West Life, London Life and Canada Life. The BC Cancer Foundation raises funds to support research and enhancements to patient care at the BC Cancer Agency.

本小冊子的出版費用, 來自各界對卑詩癌症基金會的捐贈, 包括 Great-West, London Life 及Canada Life公司 The Key to Giving™ 的捐獻。卑詩癌症基金會為卑詩癌症局籌集善款, 致力支持癌症研究及增強護理病人服務。

How You Can Help:

Call the BC Cancer Foundation at:

604.877.6040 or
1.888.906.CURE/2873 (in BC)
or visit their website
www.bccancerfoundation.com

如您想幫助或捐獻:

請致電卑詩癌症基金會:

604.877.6040 or 或
1.888.906.CURE/2873 (in BC)
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Contents

- 4 Welcome
序言
- 5 Who is involved in your treatment?
誰有份參與您的放射治療?
- 8 What is radiation therapy?
放射治療是什麼?
- 10 What is the treatment process?
治療過程是怎樣的?
- 13 What side effects will I have?
我將會經歷什麼副作用?
- 14 Frequently asked questions
常見問題
- 18 How can I prepare for radiation therapy?
我該如何預備接受放射治療?
- 19 What if I am asked to take part in a research study?
如果我被邀請參與學術研究的話?
- 20 Questions for your health professionals
您或許想向醫護人員提出的問題
- 21 Glossary
詞彙表
- 23 Other resources
其他資源
- 26 Who do I call if I have questions?
如果我有其他問題可以找誰?
- 27 Notes
筆記

Welcome

序言

You are at the start of your radiation therapy and you probably have some questions. This guide will provide you with some important general information about radiation therapy and help you understand what to expect during your treatment.

您即將開始接受放射治療，期間您可能會有一些疑問；本指南為您提供一些關於放射治療的重要信息，並幫助您了解治療過程。

Remember that radiation treatment of cancer is unique to each person. You will receive more information about your specific treatment during your visits to the radiation therapy department, and you will have many chances to ask questions of different health professionals throughout your treatment.

放射治療是根據個別人士的具體情況來規劃。當您來到放射治療部門時，將會獲得更多有關您個人具體治療計劃的資訊，以及向您的專業醫護人員發問的機會。

If you are looking for information about the cancer centre that you are attending, please go to the main reception desk. The BC Cancer Agency's website www.bccancer.bc.ca can also provide you with additional information.

假如您需要就診癌症中心的資料，請前往該中心接待處查詢，或瀏覽卑詩癌症局的網頁。 www.bccancer.bc.ca

Who is involved in your treatment? 誰有份參與您的放射治療？

There will be a number of different health professionals caring for you while you are at the cancer centre getting your treatment. They will be happy to answer any questions you may have about your treatment or direct you to the best person to answer your question. They are described as follows:

在您接受治療的癌症護理中心，將有不同的專業人員為您服務。他們樂意回答您有關治療的問題，並可轉介您到其他適當部門解決您的疑問。他們包括：

Radiation Oncologists Radiation Oncologists are cancer doctors who are experts in radiation therapy and make the decision about radiation treatment. The radiation oncologist is responsible for managing your cancer care and works in a team with other health professionals. You will likely visit the radiation oncologist before your treatment begins and once a week while receiving treatment.

放射腫瘤科醫生 是放射治療癌症的專家，他們將決定您的放射治療方案，並聯同其他醫護人員提供您的癌症護理。醫生會在治療開始前接見您，並在您接受治療期間，每星期與您會面一次。

Radiation Therapists are trained in planning and giving radiation therapy and providing patient care. They will be present during the planning of your treatment and you will see them every day of your treatment. They will help you with problems you may have with side effects, and can answer questions you and your family may have about radiation therapy.

放射治療師 負責規劃和為您進行放射治療，以及提供護理服務。在您準備治療階段及接受治療的每一天，您都會遇見他們。他們可協助您克服副作用引起的問題，並解答您和家人所提出關於放射治療的疑問。

Oncology Nurses are trained in caring for patients with cancer. These nurses work with other health professionals to help you and your family manage any changes you may experience because of cancer and its treatment including assistance with physical care and managing side effects.

腫瘤科護士 曾接受特殊培訓，專門負責照顧癌症患者。這些護士與其他醫護人員將一起幫助您和您的家人應付因癌症和治療引起的任何變化，以及提供個人護理建議和控制副作用。

Medical Physicists are experts in the planning of radiation treatment. They are responsible for the radiation machines and computers used to plan and give radiation therapy. You may not meet these professionals or the specialized technical staff who assist them, but they are working to keep the machines working properly.

醫學物理學家 是規劃放射治療的專家，負責管理用來規劃和進行放射治療的儀器和電腦器材。您或許未曾與這些專業人員或專門技術人員會面，但他們都在幕後努力地維持儀器的正常運作。

Dentist and Dental Aides Aides help prepare patients for radiation treatment to the head and neck areas. Dentist and Dental Assistants are here to help you with any mouth problems you might experience as you go through your cancer treatment. Common problems are sore mouth, dry mouth, or dental cavities. Your cancer doctor can refer you to the dental department for an assessment.

牙醫和牙醫助理 能協助您處理治療引起的副作用。假如您的頭部和頸部需要接受放射治療，他們能幫助您應付常見的口腔問題，如口腔痛、口乾、蛀牙等。您的醫生可轉介你到牙科部門評估情況。

Nutritionists (or Registered Dietitians) are trained in the dietary needs of cancer patients. They can help make you more comfortable if you have symptoms such as constipation, diarrhea, nausea, loss of appetite, weight gain or loss, difficulty swallowing, sore throat, or sore mouth. They can also answer questions about your diet during your treatment. Your doctor, radiation therapist, or nurse can refer you to a nutritionist in your centre.

營養師/註冊營養師 是營養學專家。他們能為癌症患者的膳食需要提供建議。如果治療期間您有徵狀如便秘,腹瀉,噁心,食慾不振,體重增加或下降,吞嚥困難,喉嚨痛或口腔痛的徵狀, 他們都能提供支援令您感到較為舒適。您的醫生,放射治療師或護士都能為您轉介到營養師接受相關的輔助。

Social Workers & Counsellors are trained to deal with the emotional needs of patients and their families. If you are having difficulties with stress, anxiety, work, finances, multi-cultural issues, travel or relationships, please ask your doctor, radiation therapist, or nurse to refer you to a counsellor in your centre.

社會工作員及輔導員 負責處理病人及其家屬的情緒以及實質的生活需要。假如您感到壓力,焦慮,其他情緒困擾, 又或在經濟,工作,族裔文化或人際關係, 以至交通方面遇到困難, 可請您的醫生,放射治療師或護士轉介您到輔導部。您也可以自行到輔導部約見輔導員或社工。

Pharmacists are trained to give you advice and information about any medications you may be required to take while receiving radiation therapy. If you have questions about any medications or complementary therapy you are taking please ask your doctor, radiation therapist or nurse to refer you to a pharmacist in your Centre.

藥劑師 能為您提供有關藥物的資料及解答相關藥物的問題。假如您對藥物或其他輔助療法有任何疑問, 請向您的醫生,放射治療師或護士提出, 他們會為您轉介約見治療中心的藥劑師。

Students are here as a part of their training because we are a teaching facility. They are an important part of the cancer care team. Once in a while a student may accompany one of the above mentioned health professionals at your visit.

學生們會在這裡接受一部份課程的實習, 所以在您接受治療期間, 上述的醫護人員或會帶同他們的學生與您會面。他們是癌症護理隊伍一個重要部分。

What is radiation therapy?

放射治療是什麼？

- Radiation therapy is a very effective therapy used to kill cancer cells by directing high-energy X-rays and/or electron beams to a specific area or inserting radioactive isotopes into the body. This treatment either kills the cancer cells or stops them from growing and reproducing.

放射治療，俗稱電療，是一種能非常有效地殺死癌細胞的療法。一般的療法是由一部機器放出輻射線，照射到身體患癌部位；但有時醫生亦會把一些放射物質直接放置到病者患處。兩者都可用以殺死癌細胞，或阻止它們繼續生長和繁殖。

- The dose of radiation therapy used to treat the cancer is usually divided into fractions delivered each day so that normal tissues can recover.

為了讓正常細胞組織有足夠時間復原，放射療法的總劑量通常會被分為多份較少的每天劑量，分開數天或數週來治療。



External radiation therapy machine

體外放射治療機

- Radiation therapy can be used alone or with chemotherapy (the treatment of cancer with drugs), hormonal therapy and/or surgery.

放射療法可獨自用來治療癌症，也可連同化療

(藥物治療)，賀爾蒙（激素）治療及或手術共同使用。

- External radiation therapy uses large machines called linear accelerators (linac), Cobalt units, or low-energy x-ray machines.

進行體外放射治療需使用不同的大型儀器，當中包括直線加速器，鈷60機器，或低能量的X光機。

- Internal radiation therapy (brachytherapy) involves inserting radioactive materials into the tumor site and is used only for a few very specific cancers.

體內放射治療（近距離放射療法）是一種把含有放射性物質直接放到腫瘤部位的療法；這種療法只適用於某些類別的癌症。

- Additional information will be provided to patients receiving internal radiation therapy.

患者如需接受內部放射治療，專業醫護人員將於治療前提供更多資料。

What is the treatment process?

治療過程是怎樣的？

Your treatment process may include a planning visit, perhaps a trip to the simulator room and treatment.

您的治療過程可能包括到訪治療中心接受一次治療前規劃。屆時或會到模擬器室做模擬定位，並參觀治療室。

Your first visit to plan your treatment.

This may include a trip to the simulator room where the oncologist and radiation therapists use a machine to measure and map out the area that will be treated or you may go to the CT simulator. Your oncologist uses images from the CT scanner and a computer to outline areas for treatment. In some cases the radiation therapist will make an immobilization device to help position you and hold you in place during treatment. The radiation therapist may put marks on your skin where your radiation will be directed, and usually you will receive small tattoos that are hardly visible. You will likely not receive treatment on your first visit.



CT simulator
電腦斷層定位

第一次來放射治療部門為治療作準備時，您可能需要到模擬器室或電腦斷層素描（CT）模擬器室一趟。利用CT掃描儀的圖像和精確的電腦計算，您的放射腫瘤科醫生跟放射治療師會利用電腦勾畫接受治療的部位。在某些情況下，放射治療師將製造專用的設備來協助固定治療位置。他們也可能會在您的皮膚上紋上一小點作為確定位置的標記。您通常不會在當天接受第一次治療。

The time between your first visit to plan your treatment and the next visit to begin your treatment will vary. This is different for each person and allows your treatment team to plan your specific treatment.

每位病人的初次到訪至正式接受治療的相隔時間長短不一。這段時間乃是用來規劃、計算及準備您的治療。

Once treatment begins, in most cases you will visit every day of the week with the exception of weekends and holidays. Your appointment times may vary, but it is important you do not miss appointments. Please keep in mind that it is very difficult to reschedule and change appointment times.

在一般情況下，您將接受一週五天的治療（週末和假日休息）。每天治療的預約時間會有所不同，但請千萬不要缺席治療。因為重新安排或更改治療時間是非常困難的。

The length of your treatment appointments will vary between 15 minutes and 1 hour. However, the radiation is only directed at you for a few seconds or minutes. Plan to be at the centre for 1 hour. This allows time for your treatment.

你預約的治療時間會介乎十五分鐘至一小時之間，但輻射放送祇是僅僅幾秒鐘或一兩分鐘。每次治療，請您預算在中心逗留大約一小時，作出充裕的時間準備。

While the radiation is being given, the radiation therapists will not be in the room with you. They will be watching you on a video camera. There is a speaker and microphone in the room so you can talk with the radiation therapist at all times. The radiation therapists can interrupt the treatment beam if you need assistance. Most rooms are also equipped with music. Feel free to request your favorite type of music.

在接受治療時，雖然放射治療師不會與您同時逗留在治療室內，但您可以透過攝像機和對講機與他們溝通。如治療時您需要任何協助，輻射放送是可以暫停的。為幫助您鬆弛神經，大部分房間均可播放音樂，您可向有關人員要求播放您最喜歡的那種音樂。

You may see a doctor once a week during treatment. On the days you are scheduled to see an oncologist, plan to be at the cancer centre a little longer.

在治療期間, 您的放射腫瘤科醫生會每星期與您會面一次。那天請您預留多一點時間逗留在中心。

The number of weeks your treatment will last depends on your treatment plan. Each person is different and each treatment plan is different; therefore, the number of weeks of your treatment may be different from someone else with a similar diagnosis. Many treatment plans are four to six weeks long, but some are shorter.

由於每個人不同, 每個人的治療方案都會不同; 即使有相同診斷的病人也會有不同長短的療程。大部分的療程將需要四至六個星期, 但也有些療程是短一點的。

What side effects will I have?

我將會經歷什麼副作用？

The number and types of side effects patients have is different for everyone. It usually depends on the type of cancer and treatment and what part of your body is being treated. In fact, some people do not have any side effects.

每位患者會經歷不同程度和類型的副作用；這視乎癌症和治療的類別，以及是身體哪一部分需要接受治療。有些患者甚至沒有感覺到任何副作用。

- Common side effects of radiation therapy may include nausea, diarrhea, constipation, hair loss, tiredness or fatigue, loss of appetite, skin reactions.

一般由放射治療引起的副作用包括噁心、腹瀉、便秘，毛髮脫落、疲勞、食慾不振、和皮膚反應。

- Hair loss only occurs in the path of the radiation beam.

毛髮脫落只會發生在輻射線接觸到的地方。

- Side effects may not show up until after two weeks into treatment and can last two to four weeks after treatment is finished.

副作用有可能在開始治療兩週後才出現，也可持續到治療結束後的二至四週。

- If you experience any side effects, tell your oncologist, radiation therapist or nurse. They will give you information to help you deal with them and make you more comfortable.

如果您遇到任何副作用，請隨時告知您的放射腫瘤科醫生、放射治療師或護士。他們能提供更多資料來助您解決這些問題，讓您感到較舒適。

- Before you receive your first treatment you will be told more about specific side effects. You will also receive pamphlets that describe your individual side effects.

在您接受第一次治療前，放射治療師將會跟您解釋更多個別相關的副作用。您也會收到一些資料小冊，描述您個人可能遇到的副作用。

Frequently asked questions

常見問題

Do radiation treatments hurt?

No, you will not feel any pain during the radiation treatments.

放射治療會使我疼痛嗎？

不會，在治療過程中您不會感覺任何痛楚的。

Am I radioactive?

No, you are not radioactive. You can be around others at anytime during your treatments. If you have internal radiation therapy (brachytherapy), check with your oncologist or radiation therapist.

我的身體會帶放射性嗎？

不會，在治療期間你隨時可以與其他人接觸。如果你有接受內部的放射治療（近距離放射療法），請向您的腫瘤科醫生或放射治療師查詢。

How do I know if the treatment is working?

Once your treatments are complete, the effects of the radiation continue. The effects of radiation are cumulative and it is difficult to tell how well the therapy is working until after all treatments are complete and reactions and swelling have stopped. When you see your oncologist at the first follow-up after your treatment, he/she will be able to discuss how effectively your treatment worked.

我怎麼知道治療是否有效？

當您的治療完成時，輻射仍會在身體內繼續發揮作用。由於輻射的果效是累積性的，直到所有治療完成及副作用都已減退後，您的腫瘤科醫生會在您第一次覆診時，跟您討論治療的成效。

What do I do when treatments are over?

Often a follow-up visit is scheduled with your oncologist four to eight weeks after your last treatment. If you experience any problems or have any questions in the meantime, please call your family physician or the cancer centre.

治療結束後我需要做什麼？

在整個治療結束後的四至八週，您的放射腫瘤科醫生會約見您。在此期間，假如您遇到任何問題或有任何疑問，請聯絡您的家庭醫生或致電癌症中心查詢。

Do I need to change my diet?

You do not need to change your diet unless directed by a health professional. It is important to eat a well-balanced diet. Some side effects require a special diet. Please see a nutritionist if you have any questions about your diet or experience any trouble eating due to the following symptoms: diarrhea, constipation, loss of appetite, weight gain or loss, sore throat, sore mouth, trouble swallowing.

我是否需要改變飲食習慣？

除非專業醫護人員建議，否則您不需要改變您的飲食習慣。營養均衡的飲食習慣是很重要的；某一些副作用或許需要借助特別的飲食舒緩。假如您有任何疑問，例如您的飲食遇到任何問題，或有下列徵狀：腹瀉、便秘、食慾不振、體重增加或下降、口腔痛、喉嚨痛、或吞嚥困難，請約見營養師查詢。

Can I keep doing my usual activities?

It depends how you feel. Some people continue working, while others prefer to take the time off. It may depend on the side effects you experience. Contact someone in Patient and Family Counselling if you have issues related to work. Remember that taking care of yourself comes first.

我可以繼續我的日常活動嗎？

這視乎您本身的情況而定。有些人可以繼續工作，這需看看您經歷甚麼副作用。如果您有與工作相關的問題，請聯繫病人及家庭輔導中心。請記住，您需先照顧好自己。

What about smoking?

It is a good idea to try to stop smoking. Tobacco products can make your side effects worse. Ask your doctor, radiation therapist or nurse for more information; or visit www.bcdssp.com.

我需要戒煙嗎？

戒煙會是一個好主意。煙草產品可使您的副作用變得更嚴重。您可向您的醫生、放射治療師或護士詢問有關戒煙的資料，或瀏覽網頁 www.bcdssp.com 獲取更多詳情。

Can I drink alcohol?

Alcohol can make your side effects worse, depending on the area being treated by radiation. Ask your doctor, radiation therapist or nurse.

我可以喝酒嗎？

視乎你接受放射治療的部位在哪裏，酒精可使您有更嚴重的副作用。您可向您的醫生、放射治療師或護士詢問詳情。

Should I be careful in the sun?

You will need to protect the area being treated from the sun. Your chances of sunburn on the area treated will be greater from now on. It is best to keep the treated area out of direct sunlight. Cover the area or use a sunscreen with a Sun Protection Factor (SPF) of at least 30, after the radiation reaction has subsided.

在陽光下我應該注意什麼？

您需要保護曾接受治療的部位。這部位受太陽曬傷的機會經已增加。您最好避免讓陽光直接照射和遮蓋這部位，或在放射治療的反應減退後，使用防曬值（SPF）高於30的防曬霜。

What about my pills and medications?

Please let your oncologist know about any medications, vitamins, or herbal remedies you are taking.

那我的藥丸和藥物呢？

您需告知您的醫生，您正在服用甚麼藥物、維生素或草藥。

How do I deal with the stresses on my life and how I'm feeling?

Feelings of stress and anxiety are natural. If you have issues related to stress, anxiety, work, finances, travel or relationships, you can contact Patient and Family Counselling at any time before, during or after your treatment. They are here to help you and your family. .

我該如何處理我的生活壓力及情緒？

感到壓力和焦慮是自然的。如果您感到緊張,焦慮, 或受工作, 經濟,交通或情緒問題感到困擾, 可以在治療前至完成後的任何時間聯絡病人及家庭輔導中心。他們會幫助您和您的家人。

How can I prepare for radiation therapy?

我該如何預備接受放射治療？

- Drink lots of fluids, especially water. This helps keep you from becoming dehydrated and may help lessen side effects such as fatigue.
喝大量的液體，特別是水。這有助於減低脫水的機會，更能助您減輕某些如疲累的副作用。
- Bring a friend or family member along for support and to write down information given to you by the health professionals.
攜同朋友或家人一起到訪中心，讓他們給予您支持；以及寫下專業人員給您的意見。
- Follow any special instructions given to you by your oncologist, radiation therapist or nurse.
遵循醫生、放射治療師或護士給您的特別指示。
- Try using relaxation techniques to reduce anxiety, such as deep breathing, music, reading, and visual imagery.
嘗試使用放鬆技巧，以減少焦慮：例如作深呼吸、聽音樂、閱讀和視覺圖像。

What if I am asked to take part in a research study?

如果我被邀請參與學術研究的話?

Staff at the BC Cancer Agency are always trying to add to their knowledge and expertise in cancer care. This means that you may be asked to participate in a research study. Participation in a research study is voluntary. You will be given information about the study, standard treatments for your condition and your rights as a research participant. Research studies have led to many improvements in cancer treatment but if you do not feel comfortable participating, you may say so.

卑詩癌症局的工作人員致力增長他們的知識,專長,和改進癌症護理。這意味著, 您可能會被邀請參加研究。參與學術研究乃是自願性的;作為一項研究的參與者, 您會獲提供有關研究的資料,適合您的標準治療,以及作為參與者的權利。成功的研究工作曾幫助許多癌症治療的改進, 但要是您不希望參與任何研究的話, 請儘管向相關人士提出。



Clinical research in radiation therapy

放射治療的臨床研究

Questions for your health professionals: 您或許想向醫護人員提出的問題:

Why is radiation the best treatment for me?

為什麼放射治療是對我最好的治療方法?

What are the benefits and risks of radiation for me?

放射治療對我有什麼好處和風險?

How will we know if the radiation worked?

我將如何知道治療的功效?

Can I keep doing things that I used to do?

我可以繼續做日常工作嗎?

Will radiation affect whether or not I can have children?

輻射會否影響到我未來的生育能力?

Can I travel or take a vacation when I'm having radiation?

我可以在治療期間旅行嗎?

What happens when the radiation ends?

放射治療結束後的跟進是怎樣的?

Glossary

詞彙表

The following are terms or words you may run into when reading about radiation therapy.

當閱讀有關放射治療的資料時，您有機會接觸到以下的詞彙。

Brachytherapy (Brak-ee-ther-ah-pee)- internal radiation therapy using an implant of radioactive material placed directly into or near the tumour; also called “internal radiation therapy”.

體內使用的放射治療 - 近距離植入放射性物質進入或接近腫瘤，又稱為「內部放射治療」。

Cancer - a general term for more than 100 diseases. It is the uncontrolled, abnormal growth of cells that can invade and destroy healthy tissues.

癌症 - 是百多種癌病的統稱。它是一種不受控制，不正常生長的細胞，可入侵和破壞健康組織。

Chemotherapy - the treatment of cancer with drugs.

化療 - 使用藥物的癌症療法。

Cobalt 60 - a radioactive substance used as a radiation source to treat cancer.

鈷60 - 放射性物質，用以治療癌症。

External Radiation - the use of radiation from a machine located outside the body to aim high energy X-rays at cancer cells.

體外放射療法 - 利用體外儀器發放高能量的X射線來瞄射癌細胞。

Implant - a small container of radioactive material that is placed in, or near, a cancerous tumour. It is used in internal radiation therapy.

植入物 - 放射性材料放置在一個小容器，植入癌腫瘤或接近部位。這是用在內部的放射治療。

Linear Accelerator - a machine that creates and uses high-energy X-rays to deliver external radiation to a cancer tumour.

直線加速器 - 製造和運用高能量X射線，以提供外部輻射到癌腫瘤的儀器。

Radioactive Isotope - a different form of a common element. It has a less stable nuclear structure and undergoes radioactive decay.

放射性同位素 - 不同形式的一個共同元素。它有一個不太穩定的核結構和經歷放射性衰變。

Radiation Therapy - the use of high-energy penetrating rays (such as X-rays) to kill cancer cells. Sources of radiation include X-ray, cobalt and isotopes.

放射治療 - 使用高能量的穿透性射線來殺死癌細胞。輻射來源包括X射線，鈷60和同位素。

Simulation - the process used to plan radiation therapy so that the precise area for treatment is located and marked.

模擬進程 - 用於規劃放射治療，及確認和標記治療部位。

X-rays - a type of radiation that can be used at low levels to diagnose disease. In their high-energy form they are used to treat cancer.

X射線 - 可用低能量來診斷疾病的一種射線。高能量形式的X射線則可用來治療癌症。

Other resources

其他資源

The following are a few more resources available to provide you with more information and make sure you are comfortable during your radiation therapy.

以下資源能為您提供更多資訊，以確保你能在舒適的環境接受放射治療及得到更多資料。

Nutrition - There are Registered Dietitians in every centre. To make an appointment with a Registered Dietitian, please ask your doctor, radiation therapist or nurse for a referral or visit the reception desk at your centre.

營養 - 每個癌症中心都有註冊營養師。如要預約註冊營養師，可請您的醫生、放射治療師或護士轉介，或到你的中心的接待處查詢。

Patient and Family Counselling Services - There are counsellors and social workers in every centre. Please ask your doctor, radiation therapist or nurse for a referral or visit the reception desk at your centre to make an appointment with a counsellor. They can help you with any difficulties you are experiencing with stress, anxiety, work, finances, multi-cultural issues, travel, interpretation services or relationships. They offer both individual and group sessions, including support groups.

病人及家庭輔導服務 - 每個癌症中心都有輔導員和社會工作者工作。請向您的醫生、放射治療師或護士要求轉介；您亦可直接往接待處預約時間。他們可以幫助您應付遇到的困難，如壓力、焦慮、工作、經濟、交通、族裔文化、語言障礙或人際關係的問題。他們提供個人輔導和小組會議，當中包括癌症互助小組、家庭諮詢服務等。

Cancer Support Groups - Each of the cancer centres offers a variety of support groups for patients and their families. Contact the front desk at your cancer centre or Patient and Family Counselling Services for more information.

癌症互助小組 - 每個癌症中心都有為病人及其家屬提供各種支援活動。請向病人及家庭輔導服務查詢，以獲取更多資料。

Library - Each centre has information available about cancer such as pamphlets, books, and videos. Ask at the reception desk of your local cancer centre where this information is located. The main library at the Vancouver Centre is available to everyone and can be contacted at 604-675-8003 or toll free at 1-888-675-8001 ext. 8003.

圖書館 - 每個癌症中心都有圖書館，以小冊子、書籍和DVD/錄影帶等提供各種癌症資料，如讓公眾取用或借閱。圖書館總館位於溫哥華癌症中心，您可致電604-675-8003，或撥打免費長途1-888-675-8001內線8003 聯絡。



Librarians can help find information

書管理員可助您查找信息

Spiritual and Religious Care - Chaplains and Chaplain Residents are available to help you through this difficult time. They have resources available for all religions. You can ask for information at your local cancer centre.

靈性護理 - 神職人員可以幫助您渡過這個艱難的時刻。他們有所有宗教的資源。您可以在您的癌症中心查詢。

Internet site - For more information visit the BC Cancer Agency website www.bccancer.bc.ca and the BC Cancer Foundation website www.bccancerfoundation.com.

瀏覽網頁 - 卑詩癌症局 www.bccancer.bc.ca 及 卑詩癌症基金會 www.bccancerfoundation.com

Interpreters - If you require interpretation services, please contact your health care provider at your cancer centre.

傳譯 - 如果您需要傳譯（口頭翻譯）服務，請向醫護人員提出。

Who do I call if I have questions? 如果我有其他問題可以找誰?

If you have questions, please call one of the following health professionals:

如果您有任何疑問, 請致電以下護理專業人員:

Radiation Oncologist 放射治療

Name 名字: _____

Phone 電話號碼: _____

Radiation Therapist 放射治療師

Name 名字: _____

Phone 電話號碼: _____

Oncology Nurse 腫瘤科護士

Name 名字: _____

Phone 電話號碼: _____

Other contacts 其他聯繫

Name 名字: _____

Phone 電話號碼: _____

Name 名字: _____

Phone 電話號碼: _____

Notes 筆記

[illegible]

Abbotsford Centre
32900 Marshall Road
Abbotsford, B.C. V2S 0C2
Phone: 604.851.4710
Toll-free: 1.877.547.3777

Centre for the Southern Interior
399 Royal Avenue
Kelowna, B.C. V1Y 5L3
Phone: (250) 712.3900
Toll-free: 1.888.563.7773

Fraser Valley Centre
13750 96th Avenue
Surrey, B.C. V3V 1Z2
Phone: 604.930.2098
Toll-free: 1.523.2885

Prince George Centre
(to open in 2012)

Vancouver Centre
600 West 10th Avenue
Vancouver, B.C. V5Z 4E6
Phone: 604.877.6000
Toll-free: 1.800.663.3333

Vancouver Island Centre
2410 Lee Avenue
Victoria, B.C. V8R 6V5
Phone: (250) 519.5500
Toll-free: 1.800.670.3322

BC Cancer Foundation
600 - 686 W. Broadway
Vancouver, BC V5Z 1G1
604.877.6040
1-888-906-CURE/2873 (in BC)

www.bccancer.bc.ca
www.bccancerfoundation.com



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

