

乳癌

Breast Cancer

Cancer cells are abnormal cells. Cancer cells grow and divide more quickly than healthy cells. Some cancer cells may form growths called tumors. All tumors increase in size, but some tumors grow quickly, others slowly. Cancer cells can spread to other parts of the body through the blood and lymph systems. This is called metastasis.

Breast cancer is when cancer starts in the breast. Breast cancer can be found by mammogram, by a woman feeling a lump or by a doctor's exam. To find breast cancer, it is important to:

- Do monthly self breast exams.
- Have a yearly exam by your doctor if you are over 40. These are done less often for younger women.
- Have a mammogram each year after age 40.

Breast Tissue

A woman's breasts may feel more firm and lumpy before menopause. A woman has less estrogen after menopause, so the breasts feel much softer and less lumpy.

The firm, lumpy tissue can hide a small lump making it hard to feel. By checking your breasts each month, you become familiar with your breast tissue and notice changes. Small lumps can also be found by a mammogram or by a doctor during your exam. Some lumps are so small that only a mammogram can find them.

癌细胞是异常的细胞。癌细胞的生长和分裂比健康细胞快。有些癌细胞可能生长形成肿瘤。所有的肿瘤都会不断变大，但是生长速度有快有慢。癌细胞可能通过血液和淋巴系统扩散至身体的其它部位。这称为转移（metastasis）。

乳癌就是始发于乳房的癌。通过乳房摄影检查、女性的乳房自检或医生的检查，均可发现乳癌。要及时发现乳癌，必须遵守以下要求：

- 每月进行乳房自检。
- 年满40岁后，每年请医生检查一次乳房。未到此年龄的女性，可减少检查次数。
- 年满40岁后，每年作一次乳房摄影检查。

乳房组织

女性在停经之前，乳房可能更坚挺而多硬块。女性停经后，体内雌性素减少，乳房会变软很多，而且不象停经前有那么多硬块。

坚挺而多硬块的乳房组织可能使小肿块难以用手摸到。每月检查一次乳房，可以熟悉乳房组织，注意到乳房的变化。此外，通过乳房摄影检查或医生的检查，也可发现小的肿块。有些肿块非常小，必须通过乳房摄影检查才能发现。

Tests

If a lump is found, a mammogram or ultrasound will be done. A biopsy is often done to check if the lump is cancer and if so, what type. A biopsy is a procedure to remove tiny pieces of tissue. The samples are then checked by a doctor. If the biopsy finds cancer, more tests may be done to see if the cancer has spread to other parts of your body.

Types of Treatment

Based on your biopsy results and the type of cancer, you and your doctor will decide the best treatment for your breast cancer. Here are the treatments that may be done:

Surgery

Surgery is done to remove as much of the cancer as possible. Either the whole breast is removed, called **mastectomy**, or a part of the breast is removed, called **lumpectomy**. With either surgery, lymph nodes under the arm are checked for cancer. You and your doctor may also talk about **reconstruction surgery**. This surgery is done to create the look of a normal breast.

You may still need to have more treatment. Having a mastectomy or lumpectomy does not guarantee that the breast cancer is gone from the entire body. Small cancer cells that are too small to detect may remain in the body.

Radiation Therapy

When a lumpectomy is done, it is often followed by **radiation therapy**. Radiation therapy is done to treat the entire breast. Radiation therapy often begins 4 to 6 weeks after surgery.

测试

如果发现肿块，须作乳房摄影或超声波检查。医生经常会作切片检查，以判断肿块是否为癌症以及属于什么类型的癌症。切片检查是指切下一小片组织作为检查的样本，由医生进行检查。如果切片检查确定是癌症，则要通过进一步的测试确定癌症是否已扩散至身体的其它部位。

治疗的种类

依据切片检查的结果和癌的种类，由患者和医生共同确定乳癌的最佳治疗方案。下面介绍一些常见的治疗方法。

手术

通过手术，医生会尽量切除最多的癌组织。切除整只乳房的手术称为**全乳房切除术**（**mastectomy**），切除部分乳房的手术称为**肿瘤切除术**（**lumpectomy**）。无论是哪种手术，都要检查腋下的淋巴结是否有癌症。患者和医生也可商量是否进行**乳房重建手术**（**reconstruction surgery**）。乳房重建手术的目的是恢复正常的乳房外观。

此外，可能还需要接受其它治疗。全乳房切除术或肿瘤切除术不能保证根治乳癌。有些癌细胞非常小，难以发现，可能会留在体内。

放射治疗

肿瘤切除术后，往往要作**放射治疗**。放射治疗的目的是治疗整个乳房。放射治疗往往在手术4至6周后开始。

Hormone Therapy and Chemotherapy

Treatment may be needed to target cancer cells that may be remaining in the body. It may be done before surgery to shrink a tumor or after surgery to kill cancer cells that may have spread or that remain in the body.

- **Hormone therapy** is medicine in pill form taken to work against estrogen in the body. The most common side effect is signs of menopause.
- **Chemotherapy** is medicine given as a pill or in an IV (intravenous) tube in a vein. The medicine kills cancer cells. Common side effects include feeling tired, hair loss and nausea. These side effects are often temporary.

Talk to your doctor or nurse if you have any questions or concerns.

荷尔蒙治疗和化学治疗

荷尔蒙治疗和化学治疗的目的是专门杀灭残留在体内的癌细胞。可用于在手术前缩小肿瘤，也可用于在手术后杀灭可能已扩散或残留在体内的癌细胞。

- **荷尔蒙治疗**采取口服药物的方式，以减少体内雌性素的生成。最常见的副作用是出现停经症状。
- **化学治疗**采取口服药物或静脉注射药物的方式。药物可杀灭癌细胞。常见的副作用包括疲劳、掉头发和恶心。这些副作用往往是暂时性的。

如果有任何疑问或担心，请咨询医生或护士。