

# 結腸癌和直腸癌

## Cancer of the Colon and Rectum

The colon is also called the large bowel or large intestine. It is the lower 5 to 6 feet of the digestive system. The last 8 to 10 inches of the colon is the rectum. Colon cancer, sometimes called colorectal cancer, is cancer that starts in the large intestine or rectum.

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. Some cancer cells spread to other parts of the body through the blood and lymph systems.



結腸也稱為大腸。結腸是消化系統的末端部分，長 5 至 6 英尺 (1.5 至 1.8 米)。結腸末端的 8 至 10 英寸 (20 至 25 釐米) 稱為直腸。結腸癌有時稱為大腸直腸癌，是指原發於大腸或直腸的癌。

癌細胞是異常的細胞。癌細胞的生長和分裂比健康細胞快。有些癌細胞可能生長形成腫瘤。所有的腫瘤都會不斷變大，但是生長速度有快有慢。有些癌細胞可以透過血液和淋巴系統擴散至身體的其他部位。

### Signs

Cancer of the colon and rectum often has no signs. **See your doctor** if you have any of these signs:

- Dark or bright red blood in or on the stool
- Diarrhea or constipation that does not go away or other changes in bowel habits
- Pain in the lower abdomen
- Frequent gas pains, pressure, fullness or cramps in abdomen
- Loss of weight for no reason

### 症狀

結腸癌和直腸癌往往沒有症狀。如有以下任何症狀，應立即**前往就醫**：

- 大便表面或內部有暗紅或鮮紅的血
- 長期腹瀉或便秘，或大便習慣發生其他變化
- 下腹部疼痛
- 頻繁感到腹部脹痛、壓迫、腹脹或絞痛
- 體重無故降低

- Feel tired or lack energy
- Stools are more narrow than usual for more than a few days. This may be from a tumor in the rectum.

## Types of tumors

Tumors found in the colon or rectum can be benign or malignant.

- **Benign tumors are not cancer.** They do not spread to other parts of the body. They can be removed by surgery. **Cysts** are benign tumors that contain fluid.
- **Malignant tumors** are cancer. Cancer from these tumors may grow into the nearby tissues, organs or blood.

## Tests

If your doctor thinks you may be at risk for cancer, you may have some of these tests:

- **Medical history** where your doctor will ask you questions about your signs and risk factors
- **Physical exam with a rectal exam** where the doctor inserts a gloved finger into your rectum to feel for lumps.
- **Sigmoidoscopy** where a thin, flexible tube is put into your rectum to let the doctor see inside the lower part of your colon.
- **Colonoscopy** where a thin, flexible tube is put into your rectum to let the doctor see the entire length of the colon.
- **Biopsy** where samples of tissue are removed for testing in a lab to check for cancer cells.
- **Blood tests** to check blood loss and how well the liver is working.

- 感到勞累或沒有精力
- 大便比平時細，並且持續多日如此。這可能是因為直腸內有腫瘤所致。

## 腫瘤的種類

結腸或直腸內的腫瘤分為良性和惡性。

- **良性腫瘤不是癌症。**良性腫瘤不會擴散至身體其他部位。並可手術切除。**囊腫**是包含液體的良好性腫瘤。
- **惡性腫瘤才是癌症。**惡性腫瘤產生的癌症可能蔓延至週邊組織、器官或血液。

## 檢測

如果醫生認為您有患癌症的風險，您可能要接受以下測試：

- **手術摘除腫瘤。**
- **體檢(含直腸檢查)**時醫生戴手套，抹潤滑劑後，將手指伸入直腸檢查是否有腫塊。
- **乙狀直腸內視鏡檢查：**用柔軟的細管伸入直腸，讓醫生觀察大腸末段的內部情況。
- **結腸鏡檢查：**用柔軟的細管伸入直腸，讓醫生觀察整段大腸的情況。
- **活檢**時將從組織上提取樣本，用於實驗室檢驗是否有癌細胞。
- **血液測試：**檢查失血情況和肝臟的功能。

If a tumor is found, your doctor may order other tests to see if the cancer has spread to other parts of the body.

## Treatment

After all of your tests are done, your doctor will talk with you about the results. If your tests show cancer, your doctor will talk to you about treatments that are best for you.

The most common treatments:

- **Surgery is done** to remove the tumor. The kind of surgery will depend on the location and size of the tumor. Often, the part of the colon with cancer is removed.
- **Radiation therapy** is used to stop or slow the growth of cancer. It is often used after surgery to destroy any cancer cells that may remain.
- **Chemotherapy** uses medicines to kill cancer cells. These medicines are given by mouth, by injection into a muscle or vein, or directly into the affected organ to help kill cancer cells.

You may have one or more cancer treatments. Some patients have surgery followed by radiation therapy or chemotherapy.

Other drug treatments that may be used in certain cases include:

- **Immunotherapy**, also called biotherapy, uses natural substances made by the body's immune system. These may kill cancer cells, slow their growth, or help your immune system fight the cancer in a better way.
- **Targeted therapy** uses drugs to find and attack cancer cells without harming normal cells.

如果發現腫瘤，醫生可能要求做做其它檢查，以確定癌症是否已擴散至身體其他部位。

## 治療

完成測試後，醫生會與患者討論結果。如果檢查顯示有癌症存在，醫生會與患者討論最佳治療方案。

最常見的治療包括：

- **手術**：摘除腫瘤。手術種類依腫瘤的位置和大小而定。手術往往要切除帶癌細胞的部分結腸。
- **放射治療**：用於制止或延緩癌細胞的生長。放射治療往往在手術後進行，以消滅可能殘留的癌細胞。
- **化學治療**：用藥物殺滅癌細胞。化學治療藥物可口服、靜脈或肌肉注射，或直接注入有關器官，以幫助殺滅癌細胞。

患者可採取一種或多種癌症治療方法。有些患者在手術後接受放射治療或化學治療。

其它可能用於特定病例的藥物治療方法包括：

- **免疫治療**也稱為生物療法，採用人體免疫系統產生的天然物質進行治療。這些物質可殺滅癌細胞，降低癌細胞的生長速度或幫助免疫系統提高抗癌能力。
- **靶向治療**使用的藥物能夠尋找並攻擊癌細胞，同時不會傷害正常細胞。

## Follow up care

Regular visits with your doctor are important.

During your treatment, your visits may include blood tests, x-rays and other tests. Report any problems to your doctor between visits.

After your cancer treatment, your visits may include other tests to watch for changes in your health.

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

## 後續護理

必須定期到醫生處複診。

在您治療期間，複診可能包括血液檢查、X光和其它檢查。複診間隔期間如有問題，要向醫生報告。

在癌症治療結束後，複診內容可能包括其它測試以監測健康狀況的變化。

**若您有任何疑問或擔憂，請諮詢您的醫生或護士。**