



# 患癌后仍 幸福 的生活

每年有众多癌症患者成功接受治疗。很多癌症患者能在治疗后长久生存。有些人甚至可被治愈。本资料面向已接受完放疗等癌症治疗的患者。他们被称作“癌症幸存者”。

澳洲有超过700,000人曾患癌症。随着确诊时间的提前和治疗水平的发展，这一数字还在不断增长。

## 治疗结束后

癌症治疗过程中，您可能感到生活停滞了。治疗结束后，您可能希望生活回归正常。但是，重新回到您从前的生活可能会较为困难。您的心态和外表可能已经不同。

随着时间推移，幸存者通常会找到新的生活方式。很多人将其称作“新常态”。

## 您的感受

治疗结束后，很多人会感到百感交集。在您展望未来之前，您可能需要花些时间停顿一下，回顾之前发生的一切。

常见感受有：

- 因治疗结束而感到宽慰
- 孤独或与世隔绝的感觉
- 想起曾经的生活，感到失落、悲伤
- 因不开心而感到内疚
- 对回到正常生活感到焦虑
- 疲惫或筋疲力尽
- 积极、开心的尝试新事物和新的生活方式
- 担心癌症复发。

您的感受取决于癌症类型、您接受的治疗类型、以及您获得的其他支持。治疗的副作用对您的心情也会有巨大影响。

一些人感到他们的家人和朋友不理解他们的感受。您所爱的人希望您能远离癌症带来的沮丧，他们可能未意识到即便治疗结束，患癌的阴影可能仍然存在。

您应给自己一些时间以适应这些改变，向您的朋友和家人解释您需要他们的支持。作为一名癌症幸存者，您应知道这样的感受十分正常，应懂得如何应对这些感受。

## 诀窍

- 专注每一天，做好心理准备迎接顺利或不顺利的每一天。
- 按自己的节奏做事。请勿立即作决定或开始新的活动，避免承受压力。请在不同活动之间安排好休息时间。

- 如果您对第一次外出感到不安，请让您的爱人或信任的人陪伴左右。
- 如果别人不知如何应对，请不要生气。有些人避免与您接触是因为癌症会让他们感到难过。
- 将您的感受和担忧告诉家人和朋友。
- 如果您有抑郁症的担忧，请与您的医生联系。
- 从事放松心情的活动，如冥想、瑜伽或深呼吸。一些人喜欢通过做其他事来放松自己，比如园艺、读书、烹饪或听音乐。
- 写日记，记录您的感受。
- 阅读其他幸存者的事迹。了解他们如何看待患癌症，这对您可能有帮助。

有些人在治疗结束后的几个星期、几个月、或几年内，会回顾人生。他们会重新评估什么是重要的、充实的，或改变自己的生活方式。

## 担心癌症复发

对癌症复发感到焦虑和恐惧是癌症幸存者最常见的感受，治疗后第一年尤其明显。对某些人来说，恐惧使他们无法愉快的生活，影响他们对未来的规划。生活在这样的恐惧中犹如生活在阴影之下。

与您的医生讨论复发的风险可能会有帮助。但每个人情况不同。这取决于多种因素，包括癌症类型、诊断阶段、治疗和治疗后时长。通常，治疗后时间越长，癌症复发的可能性越小。一些幸存者说，恐惧会随着时间推移而减少。

## 随访

治疗结束后，您可能需要定期体检，以便医生了解您的身心健康情况。

不同类型癌症的体检频率不同。有些人在治疗后的前几年需每3-6个月体检一次，之后几年的体检频率会降低。您需向医生咨询政府对于治疗后随访具有怎样的标准和推荐。

很多人担心疼痛是癌症复发的迹象。这种可能性很小，但如果您仍旧担心，或您出现了新的不同症状，请与您的医生联系。不要等到下次与医生的定期预约。

## 我从哪里可以获得可靠的信息？

新南威尔士州癌症协会(Cancer Council NSW)13 11 20 – 无论您在澳洲何处，只需花本地电话的费用，即可为您或您的家人获得信息和支持。

网站 – [www.languages.cancercouncil.com.au](http://www.languages.cancercouncil.com.au)

笔译与口译服务(TIS)13 14 50



# Living well after cancer

**Each year, many people with cancer are successfully treated. It's common for people who have cancer to live a long time after treatment. Some people are cured. This fact sheet is for people who have finished cancer treatment, such as chemotherapy or radiotherapy. These people may be called 'cancer survivors'.**

**There are more than 700,000 people in Australia who have had cancer. This number is growing due to earlier detection and better treatment.**

## When treatment finishes

During cancer treatment, you might have felt that your life was on hold. Now that treatment has ended, you might expect life to return to normal. However, it can be hard to get back to your daily activities. You might feel and look different.

With time, survivors often find a new way of living. Many people call this a 'new normal'.

## Your feelings

It's common for people to have mixed feelings when treatment ends. You might need time to stop and look back on what has happened before you can think about the future.

Common feelings include:

- relief that treatment has finished
- loneliness or isolation
- a sense of loss and grief for how life used to be
- guilt that you don't feel happy
- anxiety about returning to normal life
- tired or run down
- happy or motivated to try new things or make lifestyle changes
- scared about the cancer coming back.

How you feel will depend on the type of cancer and treatment you had and what other support you have. Any side effects from your treatment will also play a big part.

Some people find their family and friends don't understand their feelings. Your loved ones want the distress of cancer to be behind you, and they may not realise that the cancer experience doesn't necessarily stop when treatment ends.

It may be helpful to allow yourself time to adjust to these changes, and to explain to your friends and family that you need their support. Knowing that these feelings are natural, and how to manage them, is an important part of being a cancer survivor.

## Tips

- Focus on each day and expect both good and bad days.
- Do things at your own pace. Avoid pressure to make decisions or start new activities right away. Plan rest time between activities.

- If you feel apprehensive about going out for the first time, ask someone you love and trust to come along.
- If people don't know how to react, try not to get upset. Some people avoid contact because cancer brings up difficult emotions.
- Share your feelings and worries with family and friends.
- Talk to your doctor if you are concerned about depression.
- Practise some form of relaxation, such as meditation, yoga or deep breathing. Some people like to relax by doing other things, such as gardening, reading, cooking or listening to music.
- Keep a journal to write down your feelings.
- Read other survivors' stories. Learning how other people have understood a cancer diagnosis may help.

Some people find that the weeks, months and years after treatment finishes is a time to look back on their lives. They may reassess what is important and fulfilling, or make changes to their lifestyle.

## Fear of the cancer coming back

Feeling anxious and frightened about the cancer coming back (recurrence) is the most common fear for cancer survivors, especially in the first year after treatment. For some people, this fear may affect their ability to enjoy life and make plans for the future. Living with this fear has been described as a shadow on your life.

It may help to talk to your doctor about your risk of recurrence. This is different for each person. It depends on many factors including the type of cancer, stage at diagnosis, treatment and time since treatment. Generally, the more time that goes by, the less likely it is that the cancer will come back. Some survivors say that their fears lessen with time.

## Follow-up care

After your treatment has finished, you may need regular check-ups. These will allow your doctor to monitor your health and wellbeing.

The frequency of check-ups varies depending on the type of cancer you had. Some people have check-ups every 3–6 months for the first few years after treatment, then less frequently thereafter. You may want to ask your doctor about what the government's standards and recommendations are on follow-up treatment periods.

**Many people worry that every ache or pain is a sign that cancer has come back. This is unlikely, but if you are worried, or if you experience new or different symptoms, contact your doctor. Don't wait until your next scheduled appointment.**

## Where can I get reliable information?

**Cancer Council NSW 13 11 20** – Information and support for you and your family for the cost of a local call anywhere in Australia.

**Website** – [www.languages.cancerCouncil.com.au](http://www.languages.cancerCouncil.com.au)

**Translating and Interpreting Service (TIS) 13 14 50**