

INTRODUCTION	介绍=
DR. RUGO	RUGO 医生
A generation ago, people rarely talked about cancer. Today, remarkable advances in treatment are allowing cancer patients to enjoy longer, more fulfilling lives.	上一代人几乎不谈论癌症。如今得益于医疗技术的显著提高，癌症患者的寿命变得更长、其生活也更加丰富多彩。
My name is Dr. Hope Rugo, and I'm an oncologist at the UCSF Helen Diller Family Comprehensive Cancer Center. I'm here to help you learn how to manage your life during chemotherapy treatment. I'll start by telling you about the UCSF Helen Diller Family Cancer Center and your health care team.	我叫 Hope Rugo，是 UCSF 海伦迪勒家庭综合癌症中心 (Helen Diller Family Comprehensive Cancer Center) 的一名肿瘤医生。我愿在此帮助您了解在化疗期间怎样规划自己的生活。我会先让您熟悉 UCSF 海伦迪勒家庭综合癌症中心以及您的医疗团队。
I'll introduce you to Cancer Center Physicians, Nurse Practitioners, and Nurses who are directly involved in educating patients prior to beginning treatment, and who will monitor your progress throughout the course of treatment.	我会向您介绍癌症中心的医生、护师和护士，她们会在治疗开始前直接参与对患者的解释沟通，并在整个治疗过程中监控治疗的进展。
They will answer some of the most frequently asked questions about cancer and chemotherapy treatment and will tell you about 7 strategies you can use to help manage your care.	她们还会回答有关癌症和化疗的最常见问题，并解释可用于帮助管理治疗的七个策略。
And most important: you'll learn that chemotherapy is only one part of the process of managing your own health and well-being.	最重要的是，您将了解到化疗仅仅是维系个人健康和实现康复的一部分。
Whether you receive all your treatments at the UCSF Helen Diller Family Comprehensive Cancer Center or receive some treatments at a center closer to your own home, the information in this program will be a good introduction to what your physician and nurses will also be explaining to you.	无论您是在 UCSF 海伦迪勒家庭综合癌症中心接受全部治疗，还是在离家更近的某个中心接受部分治疗，本项目包含的信息都是一个很好的内容介绍，医生和护士也会为您提供类似的解释。
There is a lot of information presented in this video program. You don't need to absorb it all in one viewing. We suggest you view it with a family member or friend who can help you identify issues specific to your situation. You can also view and print this material in a PowerPoint presentation that's included in your information package.	本视频项目包括大量的信息。您不必强求观看一次就能消化所有内容。我们建议您和家人或朋友一同观看，他们可帮助您确定符合自己情况的问题。您也可以使用 PowerPoint 的格式观看并打印本材料，这些都包含在信息包中。
The UCSF Helen Diller Family Comprehensive Cancer Center has been designated by the National Cancer Institute as a "Comprehensive Cancer Center," the highest-ranking designation offered. Our outstanding care, exceptional research, and innovative support programs have made the UCSF Comprehensive Cancer Center a model for similar programs around the country.	UCSF 海伦迪勒家庭综合癌症中心已被美国癌症协会认定为“综合癌症中心”，这是最高级别的认可。我们高超的治疗技术、独特的研究和创新性的支持计划使得 UCSF 综合癌症中心成为全美同类计划中的示范。

YOUR RESPONSIBILITIES AS A PATIENT	患者的责任
<u>JANET SABATINO, RN</u>	<u>JANET SABATINO, 注册护士</u>
As a Nurse, I help patients through the treatment process with education, advice, and care coordination support. In this first visit, I'll discuss a number of the same subjects that are introduced in this video – in more detail – to educate patients on their Chemotherapy Treatment Plan. In your visit, we'll cover:	作为一名护士，我为患者提供培训、建议和护理协调支持，以帮助其顺利完成全部治疗过程。在第一次来访时，我一般会讨论许多共性话题，这在本视频中都有介绍，具体说就是让患者了解化疗治疗计划。在您来访时，我们会谈及下列话题：
<ul style="list-style-type: none"> Your role and responsibilities as a Patient undergoing treatment and how to adapt and manage the intrusion into your life that cancer treatment may cause. 	<ul style="list-style-type: none"> 治疗时您作为患者的角色和责任，怎样适应并应对癌症治疗可能对您的生活造成的影响
<ul style="list-style-type: none"> How your treatments and follow-up visits will be scheduled along with any required diagnostic procedures and lab work 	<ul style="list-style-type: none"> 您的治疗和后续来访的时间安排，以及需要的诊断程序和化验工作
<ul style="list-style-type: none"> An in-depth discussion of the drugs your Provider has ordered 	<ul style="list-style-type: none"> 深度讨论您的医生所开具的药物
<ul style="list-style-type: none"> Side effects and symptoms of the disease you can anticipate, and how to deal with them 	<ul style="list-style-type: none"> 可预见的副作用和疾病症状及其处理方式
<ul style="list-style-type: none"> And how to prepare for your treatment visits to the Infusion Center 	<ul style="list-style-type: none"> 到达输液中心接受治疗之前应做的准备
Let me introduce you to some overall strategies that will help guide you through the course of your care.	让我向您介绍一些整体策略，这将帮助引导您完成整个治疗过程。
1. Understand Your Situation. Including your Diagnosis, treatment plan, goal of treatment and potential problems that may arise from your treatment plan. Use a folder or binder with tabs and pockets to collect this information.	1. 了解情况。包括您的诊断结果、治疗计划、治疗目标，以及治疗计划可能产生的潜在问题。利用文件夹、带标签的活页夹或收纳袋来收集此类信息。
2. Organize Your Information. Organize your medical and insurance information so you are able to track what is happening to you, and if needed, can direct others when you need help. This includes:	2. 整理信息。整理您的医疗和保险信息，以便跟踪了解自身近况，并在您需要帮助时给其他人提供相关指导。包括下列信息：
a. Lab and imaging reports	a. 化验和影像报告
b. Chemo drug and side effects handouts,	b. 化学药物和副作用相关资料
c. Authorizations received, and Benefits booklets.	c. 已有相关授权和福利手册。
3. Identify Your Personal Support Team	3. 确定个人支持团队
a. Try to identify and work collaboratively with one personal advocate, who will know everything and can be with you at most of your physician visits and treatments.	a. 尽量确定并与一位私人护理紧密配合，此人将了解您的所有状况，并在大部分医生探访和治疗中陪伴在您身边。
b. Several family members, friends, or neighbors, who are available to help when you just can't get it all done.	b. 几位家庭成员、朋友或邻居，以便您在有需要时能获得帮助。

<p>c. Ask to speak with a social worker if you need additional support.</p>	<p>c. 如需其它支持，请联系社工寻求帮助。</p>
<p>Determine Who Will be your Durable Power of Attorney for Healthcare:</p>	<p>确定您的法定医疗授权代理人：</p>
<p>Have you ever thought about who will make decisions if you are too ill? This can and does happen if you have a series of side effects that are life threatening.</p>	<p>您是否想过，谁在您病危之时为您做决定？有时候可能会发生一些会危及生命的副作用。</p>
<p>If you are too ill, someone must be able to give permission for continued treatment based on your wishes.</p>	<p>如果您病重，必须要有人能够基于您的意愿，授权我们为您继续提供治疗。</p>
<p>The Advanced Health Directive establishes both who is designated and what your wishes are for continued treatment.</p>	<p>“预先医疗指示”可以确定您的指定代理人，以及您关于是否继续治疗的意愿。</p>
<p>You may be asked if you have completed this process during registration. Brochures about advanced directives can be found in the waiting area of each floor.</p>	<p>在办理入院手续时我们会询问您是否已完成此程序。每个楼层的等候区都会提供有关预先指示的小册子。</p>
<p>To have a discussion about Advanced Health Directives ask your Practice Nurse or Social Worker.</p>	<p>如需讨论有关“预先医疗指示”的事宜，请咨询您的护士或社工。</p>
<p>4. Create a Directory. Your directory should list contact information for your personal team and medical team, including pharmacy and insurance representatives. Include current phone numbers and addresses, so you can find this information easily.</p>	<p>4. 建立一个电话簿。该电话簿应列出您的个人团队和医疗团队的联系人信息，包括医药和保险代表，其中应列出现在的电话号码和地址，以便能轻易找到这些信息。</p>
<p>5. Daily Self-Assessment. Work out a daily routine, take an inventory of how you feel and note changes in stamina, food and fluid intake, temperature, new or changing aches or pains.</p>	<p>5. 每日自我评测。制定每日活动计划，并记录自己的感觉、精力的变化、饮食情况、体温、新出现的痛处或疼痛的变化。</p>
<p>6. Journal Your Status. Keep notes as your treatments progress. You may have multiple problems arise, and you will need to advise your physician or nurse about what is happening and when it began.</p>	<p>6. 记录自己的状态。在治疗期间保持记录。您可能会遇到很多问题，因此需要告诉医生或护士发生了什么以及什么时间开始的。</p>
<p>7. Speak up and Ask Questions. If you do not understand the information you have been given or if this information does not match what you believe should occur:</p>	<p>7. 及时沟通和提问。如果您不理解收到的信息，或者信息与您认为应发生的情况不符：</p>
<p>a. Please call your Healthcare Provider's Practice and get the answers or advice you need.</p>	<p>a. 请致电提供治疗的医院的医护人员，以获得所需的答案或建议。</p>
<p>b. If you are at a Clinic or Infusion Center visit and you have questions, make sure to let the Medical Assistant know you have questions, problems, or issues, so the nurse or physician will be alerted to your need.</p>	<p>1. 如果您在诊所或输液中心时有问题，一定要让医疗助理知道您有疑问或出现了问题，以便护士或医生注意到您的需要。</p>

DEFINITION OF CANCER	癌症定义
DR. RUGO	RUGO 医生
The American Cancer Society provides a definition of cancer: “Cancer is a group of diseases characterized by uncontrolled growth and spread of abnormal cells. If the spread is not controlled, it can result in death. What kind of cells and where they are in your body determines the type of cancer that is growing and what treatments are available.”	美国癌症协会提供了一份对癌症的定义：“癌症是一组疾病，特点是异常细胞不受控制的生长和扩散。如果不控制扩散，可能会导致死亡。异常细胞类型及其在身体中的位置决定了癌症的类型和治疗方式。”
As the definition states, cells in the body begin to grow in an abnormal fashion. Normally, most of the cells in your body replace themselves on a routine basis as old cells begin to fail. This replication of cells continues throughout your entire life, millions of cells being replaced to combat the wear and tear on the body.	正如定义陈述，身体里的细胞开始以异常方式生长。正常情况下，身体里的大部分细胞会在旧细胞开始衰退时进行常规的自我更替。这种细胞的复制将在整个生命过程中持续进行，数百万细胞会被替换，以保持身体的正常机能和活力。
As with any system, mistakes can occur and occasionally your body makes an error in this replication, and the cell produced will not work properly. Normally, your body’s defenses will remove these problem cells without difficulty.	与所有的系统相似，人体细胞在进行复制时偶尔也会出现错误，导致产生的细胞无法正常工作。正常情况下，身体的防御机制会成功清除这些问题细胞。
However, if this replication of abnormal cells grows rapidly unchecked by the body’s defenses, then a tumor will grow. At first, the number of cells is microscopic and may not cause any recognizable problems. It takes billions of cells before they can be seen by the naked eye or with imaging. Depending on the location, as the tumor grows it can begin to push other tissue or organs out of the way causing problems that become symptoms, such as pain, shortness of breath, fatigue, and others.	然而，如果这种异常细胞复制发生的很快，以至于身体防御机制未检测到，则肿瘤就会出现。起初，细胞数量仅在显微镜下才能看到，不会导致任何可见的问题。当细胞能被肉眼或影像检查观察到时，便已经数以十亿计了。根据肿瘤位置的不同，随着肿瘤的不断生长，它将逐渐开始压迫其它组织或器官，从而产生各种病症，如疼痛、气短、疲劳和其它症状。
Some cancers cause symptoms very early in their growth. This allows for early detection when the tumor is still small or contained. In addition, some tumors can be found by routine screening exams, which often results in better treatment outcomes. Other cancers are more problematic because the symptoms are not detectable until the tumor has done significant damage and treatment outcomes are less predictable.	某些癌症在出现早期就会出现症状，这样可以在肿瘤还很小或可以控制时及早检测到。另外，有些肿瘤可能在日常体检筛查中被发现，此时治疗效果通常会更好。有些癌症较为棘手，直至肿瘤已经造成很大后果时才能检查到病症，此时的治疗结果就很难预料。
Cancers are named based on where they originate, such as in organs like the Lung, Breast, and Prostate; while other cancers, such as leukemia, lymphoma and multiple myeloma, affect blood and other tissues in your body.	癌症按其原发部位而命名，如肺、乳房和前列腺等器官。有些癌症，如白血病、淋巴瘤和多发性骨髓瘤，则会影响到人体血液和其它组织。
Your Healthcare Providers will be discussing the details of	医护人员会与您讨论有关癌症诊断和后期方案的详细

your cancer diagnosis and what to expect to help set your treatment goals.	情况，以帮助确定治疗目标。
HOW IS CANCER TREATED	如何治疗癌症
<u>DR. RUGO</u>	<u>RUGO 医生</u>
Five Categories of Treatment	五类治疗方法
1. There are 5 general categories of Cancer treatment. Many of you may have already been treated with some of these before coming to UCSF.	1. 癌症大致有五类治疗方法。在来 UCSF 之前，很多人可能已经接受过其中某些方法的治疗。
2. Surgery: removes or causes the destruction of the tumor(s). This can be done before or after chemotherapy depending on the cancer type and location.	2. 外科手术：清除或杀死肿瘤。取决于癌症的类型和位置，手术可以在化疗之前或之后进行。
3. Chemotherapy: destroys the tumor cells through drug therapy.	3. 化疗：通过药物治疗破坏肿瘤细胞。
4. Radiation Therapy: treatment with high-energy rays to destroy the cancer cells.	4. 放疗：用高能射线破坏癌细胞。
5. Combination Therapy: destroys the tumor cells using a combination of these treatments. When chemotherapy is done in conjunction with surgery and/or radiation therapy, it can be done before, with, or after these treatments, depending on the cancer type and location.	5. 综合治疗：综合运用以上方法破坏肿瘤细胞。如果联合使用化疗与外科手术和/或放疗手段，根据癌症的类型和位置，化疗可以在后者之前、之后或同时进行。
Blood and Marrow Transplantation: Donor bone marrow replaces the patient's marrow that is diseased or has been wiped out by treatment, such as high dose chemotherapy or radiation.	血液和骨髓移植：使用捐献的骨髓替换患者的骨髓，后者已无法正常工作或在治疗中（如大剂量化疗或放疗）被完全破坏。
Our Focus is Chemotherapy	我们侧重于化疗
Chemotherapy is the use of chemical compounds, biological agents, and medications:	化疗是使用化学品、生物制剂和药物实现以下目的：
1. That kill cancer cells outright	1. 直接杀死癌细胞
2. Interrupt the cancer cell's ability to reproduce and	2. 干扰癌细胞的再生能力
3. Stimulate the body's own immune response to attack the cancer cells.	3. 刺激人体自身的免疫反应攻击癌细胞。
Chemotherapy can also cause problems with normal cells, resulting in a variety of side effects we will discuss later.	化疗也可能使正常细胞出现问题，并产生多种副作用，我们稍后会讨论。
The choice of which chemotherapy agents are best for your specific cancer diagnosis is a decision your Oncologist Provider will make based on a number of factors including:	选择何种化疗药物最适合您的癌症症状，这将由您的肿瘤治疗医生根据多种因素做出决定，包括：
• The type & location of the cancer	• 癌症的类型和位置
• Your health status (in other words, other conditions) and	• 您的健康状况（换言之，其它病症）
• The latest clinical findings on the drugs and agents	• 有关现有药物和制剂的最新临床发现。

available.	
<u>DR. CHEN</u>	<u>CHEN 医生</u>
I'm Dr. Lee-May Chen. I am a gynecologic oncologist here at the UCSF Helen Diller Family Comprehensive Cancer Center.	我叫 Lee-May Chen，是 UCSF 海伦迪勒家庭综合癌症中心的一名妇科肿瘤医生。
You have had a number of diagnostic tests and/or procedures already. Your Oncologist here at the Cancer Center will review any tests you may have had, such as x-rays, imaging films, pathology and surgical reports to assess your current clinical situation. Together, you and your Oncologist will create a Treatment Plan.	您已经做过了许多诊断检查和/或手术。癌症中心的肿瘤医生会查看您已有的所有检查结果，如 X 射线、影像图片、病理和手术报告，以了解您目前的临床状况。您的肿瘤医生会与您共同制定一个治疗计划。
We are going to answer some of the most frequently asked questions, so when you begin meeting with your Healthcare Provider team you have the necessary basic knowledge to be able to focus on your specific needs as the Plan is refined.	我们会回答一些常见的问题，因此当您与医疗团队见面时，已经掌握了一些必需的基本知识，在细化完善治疗计划时能够重点关注您的具体需要。
Unlike in the majority of community hospitals and clinics where the oncologists are generalists who treat many different types of cancers, the Healthcare Providers and Practice Nurses at the UCSF Helen Diller Family Comprehensive Cancer Center specialize in specific types of cancers.	大多数社区医院和诊所的肿瘤医生通常为全科大夫，可治疗多种不同类型的癌症。与之不同的是，UCSF 海伦迪勒家庭综合癌症中心的医生和护士都各自专攻特定类型的癌症。
You have been referred to the Physician who best fits your needs based on your current diagnosis.	根据您的目前的诊断结果，我们已将您推荐给最适合您的病情的医生。
1. We encourage all patients to maintain an active relationship with their primary care physicians.	1. 我们鼓励所有患者与主治医生保持积极联系。
2. Your oncologist will be in communication with your primary care physician to keep him or her aware of your treatment course.	2. 您的肿瘤医生会与主治医生保持联系，以便了解您的治疗进程。
3. Your primary care physician will need to manage your other conditions, such as Diabetes, Heart disease, or Kidney problems during your cancer treatment.	1. 在癌症治疗过程中，主治医生需要控制您的其它病症，如糖尿病，心脏病或肾病。
In the next section of this video, these are the questions we will answer:	在视频的下个部分，我们会回答这些问题：
1. How is Cancer Treated? 2. What are the Goals of Treatment? 3. How Do You Know Treatment is Working? 4. What Side Effects Might be Expected?	1. 怎样治疗癌症？ 2. 治疗目标是什么？ 3. 如何知道治疗效果？ 4. 可能会有什么副作用？
Goals of Chemotherapy Treatment	化疗的治疗目标

The Goals of your treatment are dependent on a number of factors:	您的治疗目标取决于多种因素：
<ul style="list-style-type: none"> The type and location of your cancer 	<ul style="list-style-type: none"> 癌症的类型和位置
<ul style="list-style-type: none"> The Stage of the cancer's growth: early stage is easier to treat--advance stage, more difficult to treat 	<ul style="list-style-type: none"> 癌症的发展阶段：初期容易治疗，后期则更难治疗
<ul style="list-style-type: none"> Whether the cancer has already spread to another location. That spread is called metastasis 	<ul style="list-style-type: none"> 癌症是否已扩散至其它部位。这种扩散称为转移
<ul style="list-style-type: none"> Your underlying health status: Age, other diseases being treated, and your performance status (a measure of how strong you are or how the cancer may be impacting your life)... 	<ul style="list-style-type: none"> 您的潜在健康状况：年龄、正在治疗的其它疾病、身体机能（衡量身体状况或癌症会对您造成的影响）...
Establishing treatment expectations is an individual process between you and your Healthcare Providers. Generally, treatment goals fall within three categories.	建立治疗的预期结果是在您和医生之间进行，具体因人而异。通常治疗目标分为三类。
<ul style="list-style-type: none"> Cure: Elimination of the cancer without recurrence. 	<ul style="list-style-type: none"> 治愈：消除癌症，不再复发。
<ul style="list-style-type: none"> Control: Keeping the cancer in a state of remission or prevention of its spread are goals when a cure is not possible. 	<ul style="list-style-type: none"> 控制：不可能治愈时，使癌症被控制住，不再扩散。
<ul style="list-style-type: none"> Palliation: Palliation seeks to treat your symptoms, for example, keeping you pain free, comfortable, and independent when a cure or control of cancer growth is not possible. 	<ul style="list-style-type: none"> 缓解：当肿瘤增长不可能治愈或控制时，尽量缓解症状，例如使您不再疼痛、感觉轻松、生活可以自理等。
HOW DO YOU KNOW THE TREATMENT IS WORKING	如何知道治疗效果
<u>DR. CHEN</u>	<u>CHEN 医生</u>
You will have a variety of: lab tests and types of imaging repeated at intervals determined by the type of cancer and the chemotherapy that you receive. These repeated tests and images are compared with the previous tests and images to determine what effect the treatment has had on the cancer. If the effect is good, your tumor is shrinking, and you tolerate the treatment, then the treatment continues until your next evaluation.	根据癌症类型和所接受的化疗的不同，治疗期间您会重复进行多次各种化验和影像检查。将这些重复进行的化验和影像检查结果与之前的结果相对比，便可知道治疗对癌症产生的效果。如果效果较好，肿瘤会逐渐缩小。如果您可以耐受该治疗方式，则将继续治疗直到下一次评估。
If the effect on your cancer is not adequate or the treatments are too hard on you, then your Healthcare Provider will be discussing how to alter your treatments to achieve your Goal. This may be a change in chemotherapy drug, a lowering of the dose of the current chemotherapy drug, the addition of another drug, or even the addition of another type of treatment, such as Radiation Therapy.	如果癌症治疗效果差强人意，或者治疗让您很痛苦，医生会讨论怎样改变治疗方法以达到目标。可能会变更化疗药物、降低目前化疗药物剂量、新增其它药物，或者尝试另一种治疗方法，如放疗。
It is extremely important that you make all your treatment appointments and that you get all the follow-up tests and images your Healthcare Provider orders. Please talk to your	最重要的是您做出所有的治疗预约，并进行医生开出的所有后续化验和影像检查。在您取消任何治疗预约之前，请首先与护士或医生商讨。

Practice Nurse or Healthcare Provider before you cancel any treatment appointments.	
HOW IS CHEMOTHERAPY GIVEN?	如何进行化疗
<u>DR. MELISKO</u>	<u>MELISKO 医生</u>
My name is Dr. Michelle Melisko. I'm a Medical Oncologist, and I'm here to answer another frequently asked question.	我叫 Michelle Melisko, 是一名肿瘤内科医生。我在这里回答一个常见的问题。
Chemotherapy can be administered in several different ways, depending on the type of cancer:	根据癌症类型的不同, 化疗分成几种不同的方式:
<ul style="list-style-type: none"> • Intravenous. 	<ul style="list-style-type: none"> • 静脉注射。
<ul style="list-style-type: none"> ○ This means into a vein either by a small temporary intravenous catheter, or a more permanent central line which can be either a PORT or PICC line. Intravenous drugs can be given through a small catheter inserted into a vein in the arm for short-term use. 	<ul style="list-style-type: none"> ○ 即通过临时性的小静脉导管, 或可更长时间使用的中心导管 (PORT 或 PICC 导管) 注入静脉。静脉注射通过插入手臂静脉以短时使用的小导管给药。
<ul style="list-style-type: none"> ○ Alternatively, chemotherapy may be given through a device inserted into a large vein, such as a PORT or PICC line. Both of these require minor surgical procedures for placement. 	<ul style="list-style-type: none"> ○ 另外, 也可将装置插入大静脉来进行化疗, 如 PORT 或 PICC 导管, 这都需要通过小型外科手术完成放置。
<ul style="list-style-type: none"> ○ A PORT is placed in the chest area under the skin and provides a location for long-term access using a special needle inserted into the center of the port. This will be done when you arrive for your treatment. 	<ul style="list-style-type: none"> ○ PORT 导管放置在胸区皮肤下, 可提供一个长期使用的位置, 供特殊针插入输液港中心给药。这会在您前来接受治疗时完成。
<ul style="list-style-type: none"> ○ A PICC line is an IV that is placed in the arm and can be left in place for a longer period of time and provides similar access; however, the patient must manage the PICC line at home by cleaning the entry site and changing the dressings. The PICC line requires daily maintenance. 	<ul style="list-style-type: none"> ○ PICC 导管是一种静脉注射装置, 放置在手臂皮肤下, 可较长时间使用, 提供相似的给药方式; 但患者在家时要护理 PICC 导管, 清洁插入头并更换敷料。PICC 导管需要每日维护。
<ul style="list-style-type: none"> ○ Your Provider will help you decide which type of intravenous access is right for you. 	<ul style="list-style-type: none"> ○ 医生会帮您决定哪种静脉注射方式适合您。
<ul style="list-style-type: none"> ▪ TYPES OF INTRAVENOUS TREATMENT ADMINISTRATION 	<ul style="list-style-type: none"> ▪ 静脉注射治疗类型
<ul style="list-style-type: none"> • Depending on the drugs or agent being administered, the Chemotherapy is given either as: <ul style="list-style-type: none"> ○ A single push of medication from a syringe ○ A drip from a bag of medication over time (1-8 hours) ○ or by continuous infusion through a pump worn by the Patient over several days 	<ul style="list-style-type: none"> • 按照注射的药物或制剂的不同, 化疗给药的方法有: <ul style="list-style-type: none"> ○ 注射器一次性药物推注 ○ 药物包滴注 (1-8 小时) ○ 经由患者佩戴的化疗泵连续输注数日
<ul style="list-style-type: none"> • If you are receiving several different chemotherapy agents, you may experience all three types of administration during your treatment visit. 	<ul style="list-style-type: none"> • 如果您要接受多种不同的化疗制剂, 可能会在治疗过程中接受到全部三种给药方式。
<ul style="list-style-type: none"> • In addition to intravenous administration, other ways that chemotherapy can be delivered are by installation 	<ul style="list-style-type: none"> • 除静脉注射给药方式外, 其它化疗方法还包括灌注或口服用药。灌注是指通过泵或导管输注

<p>or by oral medication. Installation means that the drug is given directly to the tumor either by a pump or by flushing through a catheter.</p>	<p>的方式将药物直接送达肿瘤部位。</p>
<ul style="list-style-type: none"> • Instillation 	<ul style="list-style-type: none"> • 灌注
<ul style="list-style-type: none"> ○ During the process of Installation: A pump with a reservoir of medication is attached to a line that is placed into the body, and the chemotherapy is delivered directly to the tumor. The Pump delivers a measured dose over several days and is refilled as needed. 	<ul style="list-style-type: none"> ○ 在灌注期间：装有药物的化疗泵连着一根插入体内的导管，化疗药物直接送达肿瘤部位。化疗泵会在几天中输注一定的剂量，并根据需要会再次填充。
<ul style="list-style-type: none"> • Drugs can also be given into a confined area, such as the urinary bladder or abdomen (which we call intraperitoneal therapy). The medication is then left for a period of time (hours or days) so the tumor is bathed by the chemotherapy agent or medication. 	<ul style="list-style-type: none"> • 药物也可以送达一个封闭区域中，如膀胱或腹腔（我们称之为“腹腔内疗法”）。药物会保留一段时间（几小时或数天），使得肿瘤被化疗制剂或药物浸泡。
<ul style="list-style-type: none"> • Oral 	<ul style="list-style-type: none"> • 口服
<ul style="list-style-type: none"> ○ Some chemotherapy agents are now available in pill form. While this is easier for you to take, it may also cause side effects or interfere with other medications you may be taking. You will need to be monitored as with any other chemotherapy agent... 	<ul style="list-style-type: none"> ○ 某些化疗制剂现在提供药片型，服用更方便，但可能也会产生一些副作用，或者干扰正在服用的其它药物。如果与其它化疗制剂同时使用，则需要监测…
<ul style="list-style-type: none"> • Once the chemotherapy agent has been chosen and the method for administering the treatment is determined, you will begin the process of preparing for Chemotherapy treatment. Your Healthcare Provider and Practice Nurse will review how the specific drugs you receive will be delivered, and what you are likely to encounter throughout your treatment. 	<ul style="list-style-type: none"> • 确定化疗制剂和输注方法后，就要开始为化疗做准备了。医生和护士会讨论您接受的特定药物的输注方式，以及整个治疗中可能遇到的情况。
<p>PREPARING FOR CHEMOTHERAPY INTRO TO PRE CHEMOTHERAPY EVALUATIONS</p>	<p>准备化疗：化疗前评估介绍</p>
<p><u>DR. RUGO</u></p>	<p><u>RUGO 医生</u></p>
<p>Prior to beginning a Chemotherapy medication or agent, a Pre-Chemotherapy Evaluation is completed by your Healthcare Provider, an Order is written specifying the details of the treatment you will receive, and an appointment is scheduled in one of the Infusion Centers.</p>	<p>在开始使用化疗药物或制剂之前，医生会对您进行化疗前评估。以书面处方的形式详细说明您将接受的治疗，并为您安排预约一家输液中心。</p>
<p><u>DR. RYAN</u></p>	<p><u>RYAN 医生</u></p>
<p>Prior to each treatment, blood tests, and a review of any symptoms you might have are completed to help us decide if you should receive the planned treatment. You will also be asked to report any symptoms you have had since your last treatment. These can include:</p>	<p>每次治疗前，会进行血液化验并检查您的所有症状，以帮助我们决定您是否能够按计划接受治疗。另外您还需要陈述自上次治疗以后出现的所有症状，其中包括：</p>

<ul style="list-style-type: none"> • Fever, diarrhea, constipation, bleeding, 	<ul style="list-style-type: none"> • 感冒、腹泻、便秘、出血
<ul style="list-style-type: none"> • Uncontrolled nausea, vomiting, loss of appetite, mouth sores, weight loss or gain, 	<ul style="list-style-type: none"> • 不受控制的恶心、呕吐、食欲不振、嘴痛、体重下降或上升
<ul style="list-style-type: none"> • Changes in mental alertness, 	<ul style="list-style-type: none"> • 心里警觉性的变化
<ul style="list-style-type: none"> • Tingling in hands and feet and 	<ul style="list-style-type: none"> • 手脚刺痛
<ul style="list-style-type: none"> • Any other symptoms you have noticed. 	<ul style="list-style-type: none"> • 您注意到的其它症状
Usually the blood tests will include: Red and white blood cell counts, platelets, electrolytes, such as Sodium and Potassium, as well as Liver and Kidney function tests.	通常验血内容包括：红白血细胞数、血小板、电解质（如钠和钾）以及肺肾功能化验。
Where are Chemotherapy Treatments Given?	在哪里进行化疗治疗？
The Helen Diller Family Comprehensive Cancer Center currently provides adult outpatient chemotherapy treatment in two locations.	目前，海伦迪勒家庭综合癌症中心在两个地方提供成人门诊化疗。
One is the Ida Friend Infusion Center located on the 15th floor of the Cancer Center at Mt. Zion Hospital. Another location is the 2 Transfusion Center at the Parnassus Campus of the UCSF Medical Center. In some cases, chemotherapy is given on an inpatient basis. In all cases, your chemotherapy will be given by nurses specially trained to perform these treatments.	一处是位于 Mt. Zion 医院 15 层癌症中心的埃达友人输液中心 (Ida Friend Infusion Center)。另一处是位于 UCSF 医疗中心 Parnassus 院区的输液中心。有时也会让患者住院接受化疗。所有情况下，化疗都由受过特殊训练的护士进行。
Since both the Infusion and Transfusion Centers provide similar services, for simplicity, we will refer to them both as the Infusion Centers.	两个中心都提供类似的医疗服务，为简单起见，我们将其统称为“输液中心”。
Our Hematology Practices at the Parnassus Campus also use Chemotherapy to treat a variety of blood related cancers. This includes Blood or Bone Marrow Transplants. To more fully explain the differences in how Chemotherapy is used, and your role as a patient receiving treatment, we have asked Dr. Lloyd Damon to discuss the Bone and Marrow Transplant program.	Parnassus 院区的血液科医生也使用化疗方式医治多种与血液相关的癌症，包括血液或骨髓移植。为了更充分解释化疗方式之间的区别，以及您作为患者在接受治疗时的角色，我们请 Lloyd Damon 医生讲讲骨髓移植方案。
<u>DR. DAMON</u>	<u>DAMON 医生</u>
I'm Dr. Lloyd Damon. I'm a hematologist and the medical director of the UCSF adult hematology and blood and marrow transplant program.	我叫 Lloyd Damon，是一名血液科医生，目前担任 UCSF 成人血液以及血液和骨髓移植方案的医疗主任。
Hematology is the treatment of blood disorders of many types including cancers of the blood such as: Leukemia, Lymphoma, and Multiple Myeloma.	血液学主要是对多种血液疾病进行治疗，包括血癌，如白血病、淋巴瘤和多发性骨髓瘤。
Chemotherapy is a part of the treatment plan for blood related cancers.	化疗是血液相关癌症治疗方案的一部分。

<p>Chemotherapy is used in two different ways depending on the disease being treated.</p>	<p>根据所治疗疾病的不同，化疗有两种方式。</p>
<p>Chemotherapy is an important as part of the treatment plans of these cancers. Chemotherapy is used in two different ways depending on the disease being treated.</p>	<p>化疗是这些癌症治疗方案的重要组成部分。根据所治疗疾病的不同，化疗有两种方式。</p>
<p>First: The traditional use of chemotherapy as described by my colleagues at the Helen Diller Family Comprehensive Cancer Center; one or more chemotherapy drugs are often given intravenously in treatment cycles. Patients being treated at the Hematology Practice receive their treatments at the Parnassus Infusion Center. Both Infusion Centers operate with the same high quality nursing staff, appointment scheduling, and treatment authorization processes. Your Hematologist, Hematology Practice Nurse, and Hematology Infusion Nurse will provide education on the drugs being used, their side effects, and how to report any problems between treatments. Most patients receiving chemotherapy for blood cancers will need to be supported with transfusions of red blood cells and platelets.</p>	<p>第一：传统化疗方式，正如海伦迪勒家庭综合癌症中心的同事所介绍的。在治疗周期内，通过静脉输注一种或多种化疗药物。在血液科接受治疗的患者，会在 Parnassus 输液中心进行化疗。两家输液中心配有同样优秀的护士，预约流程和治疗授权程序也都相同。血液科医生、护士和血液输液护士会向您介绍所用的药物、副作用以及如何报告两次治疗之间出现的问题。大多数接受化疗的血癌患者需要输入红细胞和血小板。</p>
<p>Second: Blood and Marrow Transplants also use chemotherapy; however, the role of chemotherapy is very different. One of the side effects of many chemotherapy drugs is the suppression of the bone marrow and the resulting loss of red and white blood cell production, causing anemia and susceptibility to infection, as well as loss of platelet production. This may result in a risk of bleeding.</p>	<p>第二：血液和骨髓移植也使用化疗，但化疗的作用有很大不同。很多化疗药物的一个副作用就是骨髓抑制，使得产生的红白血细胞减少，导致贫血和容易感染。同时产生的血小板也会减少，这会伴随出血的危险。</p>
<p>High doses of chemotherapy are used in BMT. These *high doses destroy one's bone marrow, the site of blood production; however, *the transplanted cells will reseed the marrow space and begin growing new blood cells. *This process takes time – at least 2 weeks – and is confirmed with blood tests.</p>	<p>骨髓移植中会使用大剂量化疗疗法。这些*大剂量药物会破坏骨髓的造血组织；但*移植的细胞会补种骨髓，并开始产生新的血细胞。*这个过程需要至少两周时间，一般通过验血进行确定。</p>
<p>Some patients receive total body irradiation in addition to chemotherapy as part of a blood or marrow transplant. This radiation therapy is intended to destroy remaining cancer cells.</p>	<p>作为血液或骨髓移植的一部分，有些患者除了化疗外还要进行全身放疗。放疗的目的是破坏剩余的癌细胞。</p>
<p>Safely administering High Dose Chemotherapy (with or without TBI) requires that this procedure be done as an inpatient. The admission is long, often 4 to 6 weeks.</p>	<p>大剂量化疗（无论是否有全身放疗）需要住院进行，以确保安全。住院时间较长，通常为四到六周。</p>
<p>High Dose Chemotherapy is administered first. Precautions are taken to minimize the side effects and monitor your clinical status as the chemotherapy drugs are delivered. The</p>	<p>首先会进行大剂量化疗。注入化疗药物时会特别注意，以将副作用降到最低，并同时监控您的临床状况。实际移植过程类似于输血。在您上次使用化疗药</p>

<p>actual transplant procedure is similar to a blood transfusion. It is done 1 to 3 days after your last chemotherapy dose, and is given through the vein. The transplant takes about an hour and is done in your inpatient room.</p>	<p>剂一至三天后进行，通过静脉注入。移植过程大概需要一小时，要住院进行。</p>
<p>The new cells travel through the blood stream to the empty bone marrow space and rebuild the bone marrow. During this time when you have essentially no immune system, you will need antibiotics and other medications to prevent infections from bacteria, fungi, and viruses.</p>	<p>新细胞通过血流进入空骨髓隙，并重建骨髓。在此期间您没有免疫机能，需要依赖抗生素或其它药物来防止各类细菌和病毒感染。</p>
<p>You will feel the effects of the chemotherapy or radiation about a week after the Blood or Marrow Transplant. When the blood counts are low, you feel like you have the flu and may not want to do much. This will last for about two weeks and will decrease as your blood counts improve.</p>	<p>在血液或骨髓移植一周后，您就能感觉到化疗或放疗产生的效果。当血细胞量较低时，您会感觉像是得了感冒，不爱动。这种状态会持续大约两周，随着血细胞量的增多会逐渐缓解。</p>
<p>All patients undergoing a blood or marrow transplant are required to have an identified person who can assist them after they are discharged from the hospital. We call this person the "caregiver." In order to be approved for transplant, each patient must identify a person or persons who can fulfill the responsibilities of the caregiver.</p>	<p>所有进行血液或骨髓移植的患者都需要指定一个人在他们出院后进行帮助。我们称此人为“陪护人”。每名患者必须指定一个或多个可履行职责的陪护人，才能获得移植批准。</p>
<p>After your blood counts have recovered, you will be ready for discharge from the hospital. Just before discharge, you will receive detailed education about what to expect when you first go home.</p>	<p>血细胞量恢复正常后，即可以出院。在出院前，医护人员会告知您回家后可能发生的情况。</p>
<p>My goal is to provide you with the best understanding of the high dose chemotherapy given during a Blood or Marrow Transplant. My colleagues and I want to maximize your safety and comfort during the procedure, and to facilitate your recovery</p>	<p>我的目标是让您对血液或骨髓移植所用的大剂量化疗方式有更好的了解。我和我的同事会在治疗过程中尽最大可能，确保您的安全和舒适，帮助您尽快恢复健康。</p>
<p>Introduction to Infusion Center</p>	<p>输液中心介绍</p>
<p>The Infusion Centers are open Monday – Friday during regular business hours. Extended weekday hours and weekend service are generally available at one of the two campuses. Speak to your Healthcare Provider’s Practice Assistant or the Infusion Center Scheduler to make the necessary appointments. The Infusion Centers primarily use treatment chairs with some beds available for very long or complex treatments (some take up to 8 hours to complete). Chemotherapy appointments can be as short as 30 minutes for a simple injection or up to 8 hours for some infusions. Non-chemotherapy appointments are sometimes required for you to receive other medications, blood transfusions, to have your blood drawn through a</p>	<p>输液中心在周一到周五的正常营业时间开放。通常两个院区中总会有一家提供工作日延时和周末服务。请联系医生的助理或输液中心调配员进行预约。输液中心主要使用治疗椅，对于耗时久或复杂的治疗（有些需要八小时才能完成）也提供床位。化疗预约的最短时间是 30 分钟（简单注射），最长可达 8 小时（对于某些复杂输注）。对于接受其它药物输注、输血、通过 PORT 抽血或静脉输液以缓解化疗的副作用，有时也需要进行非化疗预约。</p>

PORT or to receive IV fluids that are required to offset the side effects of the chemotherapy.	
APPOINTMENTS AND WAIT TIMES	预约和等待时间
<u>DR. RUGO</u>	<u>RUGO 医生</u>
You must have an appointment scheduled and an order for treatment from your Healthcare Provider to receive services at the Infusion Centers. The Infusion Center staff strives to see all patients in a timely fashion. Delays can occur when patients experience medical problems during treatment and additional medical care needs to be given. When those problems arise, we try to work with the other patients who are waiting to keep them informed of how long of a delay to expect.	您必须预约并有医生的治疗处方，才能在输液中心接受服务。输液中心的员工会努力让所有患者都及时接受治疗。但如果患者在治疗时遇到医疗问题，并需要其它医疗治疗时，可能会导致延时。出现这些问题时，我们会及时通知在等待的其他患者，告知他们预计的延后时间。
If you cannot make your appointment at the scheduled time, please call to discuss scheduling options. If it is possible to reschedule you on the same day, we will. If it is not possible to do so, we will reschedule your appointment.	如果您在计划时间无法赴约，请致电安排其它时间。如果能安排在同一天，我们会尽力而为。如果不能在同一天，我们会为您重新预约。
OVERVIEW OF A TREATMENT SESSION	治疗期间概述
<u>DR. RUGO</u>	<u>RUGO 医生</u>
The Infusion Nurse will escort you to your assigned chair (or bed). Your vital signs including your blood pressure, pulse, respirations, temperature, and weight will be taken for your nurse to review prior to the treatment. The nurse will then ask you a number of questions. The questions she asks will depend on whether this is your first treatment or a return visit in a course of treatments.	输液护士会陪伴您到指定的座椅（或床位）。治疗前护士会查看您的生命体征，包括血压、脉搏、呼吸、体温和体重。然后护士会问您一些问题。具体的问题取决于您是否第一次接受治疗，还是一系列治疗的后续部分。
Your Healthcare Provider will have written specific orders regarding what chemotherapy medication you are to receive and some parameters (lab results, changes in vital signs, or specific symptoms that will tell the nurse if the prescribed treatment should be given. It is not uncommon for a treatment to be postponed because your body needs more time to recover; if that occurs your Healthcare Provider will be notified.	医生会出具一份书面特定处方，主要是您要接受的化疗药物和一些参数（化验结果、生命体征变化或特殊症状），这些可以帮助护士判断是否应按处方进行治疗。有时您的身体可能需要更长时间恢复，因此推迟治疗的情况并不少见。如果发生这种情况，会及时通知您的医生。
Once the Infusion Nurse has confirmed that it is safe for your treatment to proceed, the chemotherapy will be administered as ordered.	如果输液护士确定您可以安全接受治疗，则化疗会如期进行。
Patient safety is one of our primary concerns. When you visit the Infusion Center for your chemotherapy treatments, we will take a number of steps to ensure we are treating the correct patient with the correct drugs.	患者的安全是我们最主要的关注之一。您到输液中心接受化疗时，我们会采取一系列步骤以确保患者和所用药物正确无误。

<p>The staff in the Infusion Center will confirm your identity with two identifiers: your full name (regardless of how often you come and even if the staff know you) and your date of birth. Your vital signs will be taken, and then you are taken to your treatment chair.</p>	<p>输液中心的医护人员会通过两项特征确定您的身份：您的全名（无论您来过几次，或者甚至医护人员已经认识您）和出生日期。医护人员会记录您的生命体征，然后将您带到治疗椅。</p>
<p><u>JANET SABATINO</u></p>	<p><u>JANET SABATINO</u></p>
<p>Your Provider and Practice Nurse will give you pertinent information about your specific medication during your consultation, and the Infusion Nurse will review that information with you at your treatment visit.</p>	<p>在您咨询时，医生和护士会告诉您所用药物的相关信息，而输液护士会在您治疗时与您一同确认该信息。</p>
<p>In order to ensure your safety when receiving treatment in the Infusion Center, we always have two nurses check that the drug and dose being administered is what your physician's order states and what the pharmacy prepared.</p>	<p>为了确保您在输液中心治疗时的安全，我们会有两名护士检查要使用的药物及其剂量，是否与您的医生处方以及药房所准备的药物和剂量相同。</p>
<p><u>MIKE BULJAN, RN</u></p>	<p><u>MIKE BULJAN, 护师</u></p>
<p>At the first visit, I'll start by confirming that this is the first time you've been to our infusion center. I'll ask if you have brought anyone with you while you're having treatment. If you need additional help, our Social Workers can discuss the resources that are available.</p>	<p>第一次治疗时，我会先确认您是首次到我们输液中心。我会询问您在治疗时是否有人陪伴。如果您需要其它帮助，我们的社工会与您讨论相关的帮助资源。</p>
<p>Then I'll review your vital signs and do a quick assessment. I check to make sure your lab values are within the parameters set by your Provider. I'll review the medications that you will be receiving during your treatment, as well as how to manage potential side effects. I'll verify that you have brought your prescriptions for anti-nausea medications, and answer any questions you may have.</p>	<p>然后我会检查您的生命体征，并做一个快速评估。我要检查您的化验指标是否都在您的医生所设定的参数范围内。在治疗期间，我会检查您要接受的药物，以及如何控制可能出现的副作用。我会核实您是否携带了开具止吐药的处方，并回答您所有的问题。</p>
<p><u>DR. RUGO</u></p>	<p><u>RUGO 医生</u></p>
<p>At the end of your treatment session, the nurse may again review your vital signs and give you discharge instructions about symptoms or side effects that you may experience, how to manage these symptoms and how to notify your Healthcare Provider if there are problems.</p>	<p>治疗结束时，护士可能会再次检查您的生命体征，并告诉您在离开医院后可能出现的症状或副作用、如何控制这些症状以及出现问题时如何通知您的医生。</p>
<p>You may bring someone (one person only) with you during your treatment in most cases. Space is limited, so please minimize the number of personal belongings you bring. Children under 12 years old are not allowed in the infusion center. Cell Phones are not permitted; however, you may bring your laptop computer. We provide free wireless access. Please bring your own earphones for television viewing. The Cancer Center is fragrance-free for the comfort of all—please refrain from wearing any scented products, such as perfume, on the day of your</p>	<p>大多数情况下，在治疗时您可以有一人（限一人）陪同。由于空间有限，因此请尽量减少您携带的个人物品。输液中心不允许 12 岁以下儿童进入。不允许带手机。但您可以携带笔记本电脑。我们提供免费的无线网络。请带上自己的耳机以便观看电视。为了所有人的舒适，癌症中心不允许使用香水。在预约当天请不要使用任何产生气味的物品，如香水。</p>

appointment.	
Required Authorizations from your insurance company for Services or treatment will be obtained by your Healthcare Provider's Practice Assistant. You will be kept informed of any issues that arise regarding treatment authorizations.	您的医生的助理会从您的保险公司获得所需的服务或治疗授权。如果治疗授权存在任何问题，我们会及时通知您。
Before you start your treatment, your Healthcare Provider and Practice Nurse will provide one-on-one education and printed information regarding the specific Chemotherapy medications you will be receiving. On the day of your infusion, the Infusion Nurse will provide an overview of the medication being administered and answer your questions. Printouts describing potential side effects are available for you to take home.	在开始治疗前，医生和护士会对您要接受的化疗药物进行一对一的单独解释，并提供相应的书面材料。在输液当日，输液护士会介绍要使用的药物并回答您的问题，同时还有说明可能副作用的书面材料供您带回家参考。
Dealing with the potential side effects from Chemotherapy requires understanding what to expect so that you can take the proper actions. There's a difference between symptoms and side effects. Some days, you may not feel well, and the discomfort could be from the cancer, or a side effect of the chemotherapy.	为了应对化疗可能产生的副作用，您需要了解化疗后可能发生的状况，以便采取适当的措施。症状和副作用是有区别的。您有时可能会感觉不太好，这种不适感可能是癌症造成的，也可能是化疗的副作用。
<u>DR. VENOOK</u>	<u>VENOOK 医生</u>
We use the word "symptoms" generally to refer to problems caused by the disease itself. "Side effects" refers to the specific reaction by your body to a drug, agent or substance used to treat disease. This can be confusing because sometimes the symptoms of the disease and the side effects of the drug can be the same. Anemia can be caused by disease, but it could also be caused by the chemotherapy agent suppressing the bone marrow that replaces red blood cells.	通常我们用“症状”来指代那些由疾病本身产生的问题。而“副作用”是指身体对用于治疗疾病的某种药物、制剂或成分产生的特定反应。两者很难分清，因为有时疾病的症状和药物的副作用相同。贫血可能是由疾病引起的，也可能是由于化疗制剂抑制产生红细胞的骨髓。
Regardless of the cause, both symptoms and side effects need to be assessed and treated. This will be done at each of your Clinic or Infusion Center visits. You will learn how to recognize which problems require immediate action and what can wait.	无论何种原因引起，都需要对症状和副作用进行评估和治疗。这在每次到门诊或输液中心接受治疗时进行。您会了解如何确定哪些问题需要立即采取行动，哪些可以等待。
<u>DR. RUGO</u>	<u>RUGO 医生</u>
Specific information about your treatment drugs will be given to you by your Healthcare Provider and nursing staff. Following treatment, different drugs have specific timeframes during which you can expect to experience side effects. In addition, these side effects can occur immediately after the first treatment, or it may take several treatments before the side effects begin.	医生和护士会告诉您有关治疗药物的特定信息。治疗后，不同药物副作用开始显现的时间也不尽相同。并且，这些副作用可能会在第一次治疗后立即出现，也可能在几次治疗后才会产生。
<u>DR. RYAN</u>	<u>RYAN 医生</u>

<p>On average, 1 7-10 days but sometimes as long as 20 days after each treatment, some patients will experience low blood counts called “the nadir” as a result of the effects of the chemotherapy. 2Some patients might need to be hospitalized because of the severity of the side effects. 3 Others will need additional medications and fluids in the Infusion Center; while 4 many can manage at home with rest and medication support.</p>	<p>平均而言，每次治疗后 7 至 10 日出现这些副作用，但有时会长达 20 日。有些患者会出现血细胞数量低的情况，这被称为“最低点”，是由化疗造成的。有些患者由于副作用严重需要就医。有些人需要在输液中心增加其它药物和输液；很多人可以在家自行处理，只需休息和特定药物。</p>
<p>Following the nadir, your body will begin to recover. If your side effects are too severe, your Physician may need to:</p>	<p>最低点过后，您的身体会开始恢复。如果副作用非常严重，您的医生可能需要：</p>
<p>(1) Discuss using an alternate or lower dose treatment or</p>	<p>(1) 讨论换一种治疗方式或降低药物剂量</p>
<p>(2) Allow you to rest for a longer time between treatments.</p>	<p>(2) 延长治疗间隔期以更长时间休息。</p>
<p><u>DR. VENOOK</u></p>	<p><u>VENOOK 医生</u></p>
<p>Side effects are identified by a variety of symptoms that you might experience or by the changes in blood test results that we will monitor. These symptoms may occur alone, making diagnosis and treatment simple, or they can come in multiple combinations that change as you progress through your treatment plan.</p>	<p>根据您可能出现的各种症状或我们监测的血液化验结果的变化，来确定副作用。这些症状可能单独出现，此时的诊断和治疗较为简单，也可能随着治疗计划的推进多种症状同时出现。</p>
<p>Identifying and reporting your symptoms allows your physicians and nurses to assess the problem and offer changes in the regimen or strategies to manage the symptoms until treatment is complete.</p>	<p>通过确定和报告您的症状，医生和护士就可以评估出现的问题并更改治疗方案或策略，以控制症状直至治疗结束。</p>
<p>It's very important to know the difference between serious symptoms, which must be treated quickly, and experiences of discomfort that are normal when undergoing chemotherapy, and that are not as serious or potentially life threatening.</p>	<p>重要的是能够区分各种严重症状之间的不同，哪些必须尽快处理，哪些发生在化疗期间的不适是正常的，或者说不会特别严重，不会有生命危险。</p>
<p><u>DR. RYAN</u></p>	<p><u>RYAN 医生</u></p>
<p>Serious conditions requiring immediate intervention include:</p>	<p>需要立即处理的严重情况包括：</p>
<ul style="list-style-type: none"> • Bleeding: Increased bruising or bleeding needs to be evaluated immediately because chemotherapy drugs can disrupt the ability of your blood to coagulate (or clot). Unseen or hidden bleeding that can cause anemia is found by monitoring blood test results. 	<ul style="list-style-type: none"> • 出血：如出现擦伤或出血增多的情况，则需要立即评估，因为化疗药物会破坏血液凝固（或凝结）的能力。监控血液化验结果可发现看不见或隐蔽的出血，后者可能导致贫血。
<ul style="list-style-type: none"> • Fever: Can be caused by an infection or low white blood cell count, a condition call neutropenia. Only your physician can determine the cause and treat accordingly. 	<ul style="list-style-type: none"> • 发烧：可能由感染或白细胞数低而引起，被称为“嗜中性白血球减少症”。只有您的医生能确定原因并采取相应的治疗手段。
<ul style="list-style-type: none"> • Nausea, Vomiting, or Diarrhea: If you experience these symptoms for prolonged periods, you will 	<ul style="list-style-type: none"> • 恶心、呕吐或腹泻：如果您出现这些症状的时间过长，则需要接受治疗，包括充分补液。

receive treatment, including adequate replacement fluids.	
<u>DR. VENOOK</u>	<u>VENOOK 医生</u>
There are several other symptoms that you may or may not encounter that you need to be aware of that we will monitor at your follow-up visits. These are side effects that can be a chronic problem during the course of chemotherapy, and which we can treat in a variety of ways that don't require major interventions or hospitalization.	还有一些其它症状，无论是否出现，您都需要注意。我们会在您之后的到访中进行监控。这些副作用可能是化疗期间出现的慢性问题，我们会用多种方法进行治理，不需要重点干预或住院。
<u>DR. RYAN</u>	<u>RYAN 医生</u>
Anemia: Anemia is monitored by a blood test. You might require a blood transfusion if the red blood cell count is very low and is not responsive to other medication. Anemia can be caused by the failure to produce enough red blood cells or the loss of red blood cells through bleeding.	贫血：贫血通过血液化验进行监控。如果血中红细胞数偏低，且对其它药物没有反应，则可能需要输血。如果无法产生足够的血红细胞或者红细胞因出血流失过多，就会产生贫血。
Pain: Whether caused by the cancer or the chemotherapy, pain needs to be treated. There are many ways to alleviate this symptom effectively. How severe is the pain? Rate your pain, keep a journal, and take all prescribed pain medication. Pain contributes to fatigue, weight loss and feelings of depression.	疼痛：由癌症或者化疗引起的疼痛都需要治理。有许多方法可以有效缓解此症状。疼痛有多严重？衡量疼痛程度、保持记录并服用处方开具的所有止痛药。疼痛会使人疲乏、体重下降，并且萎靡不振。
Fatigue: Stay active and involved, but manage your choices of what you can do each day.	疲乏：保持活动，但注意每天安排的活动内容。
Weight Loss: Weight loss can be difficult to control, especially if you have a group of symptoms such as Nausea, Vomiting, Mouth Sores, Diarrhea, and Fever. Our nutritionist can offer dietary help in addition to the medications used to control the other symptoms. Some patients can also experience weight gain from certain treatments. Consult your Practice Nurse or Healthcare Provider for more information.	体重下降：体重下降很难控制，尤其是当出现多种症状时，如恶心、呕吐、嘴痛、腹泻和发烧。除了用药物控制其它症状外，我们的营养师还会提供饮食帮助。有些患者通过一定的治疗后，体重也会上升。请咨询您的护士或医生以了解详情。
Constipation: Constipation is usually a side effect of medications and/or low fluid and food intake. A decrease in activity can also contribute. Stool softeners and increasing fiber in your diet can help. Laxatives are often necessary if the other options aren't effective. Make sure to drink plenty of fluids during treatment.	便秘：便秘通常是药物副作用和/或液体和食物摄入太少而导致。活动减少也是一个原因。使用大便软化剂或增加饮食中的纤维量可起到帮助。如果其它方法都无效，通常会需要使用泻药。在治疗期间，一定要大量饮水。
Hair Loss: The loss of hair is temporary, and after you complete the chemotherapy treatments your hair will grow back. While there is no significant physical discomfort associated with hair loss, coping with the change in your personal image needs to be addressed. Take the time to research options at the Cancer Resource Center and our	脱发：脱发是暂时的。当化疗结束时，您的头发还会长出来。脱发并不会给身体带来明显的不适，您仅需应对个人形象出现的变化。抽出些时间在癌症资源中心及我们的礼品店可找到解决办法。一些患者发现剪短头发甚至剃光头可以缓解这种常见症状的影响。

<p>Gift Shop. Some patients find cutting their hair short or even shaving the head, lessens the impact of this common symptom.</p>	
<p>Lymphedema: Swelling of the arms or legs can develop after some surgeries or radiation therapy. You will be taught prevention strategies and referred for treatment should this condition develop. Treatment may include daily pressure dressing wraps or garments, as well as elevation, helping gravity to move the fluid back into the system.</p>	<p>淋巴水肿：在一些手术或放射治疗后手臂或腿可能会肿胀。您会了解到相应的预防策略。如果这种症状继续发展，则需要进行治疗，包括每日穿戴加压衣物或进行高举，以借用重力使液体流回系统。</p>
<p>Sexuality and Fertility Issues: It is not unusual for patients to experience lowered sexual interest or decreased sex drive while undergoing chemotherapy treatment. Additionally, if you are of child-bearing age, your ability to have a child may be affected by your treatment. Please be sure to bring up any concerns or questions you may have with your Provider. In addition, a fertility expert is available on request to provide you with more detailed information about your possible options for fertility preservation.</p>	<p>性欲和生育问题：患者通常在化疗期间会出现性欲减退或性冲动降低的情况。此外，如果您处于生育年龄，生育能力会受到治疗的影响。请将您的担忧或问题告知医护人员。另外如有需要，我们还有生育专家可为您提供有关保护生育能力的可能选择的详细信息。</p>
<p>Depression: Is a very frequent response to both the cancer diagnosis and the challenges of treatment. Recognizing that depression is a real side effect of the disease and its treatment and that there are effective ways to deal with this problem is important.</p>	<p>抑郁：这是癌症诊断和治疗遇到困难时的常见反应。认识到抑郁其实是疾病本身及其治疗方式导致的副作用，明白存在有效的治疗方法，这很重要。</p>
<p>Your Healthcare Providers will give you detailed information about what you can expect based on your treatment plan, along with guidance about how to report problems.</p>	<p>医生会根据您的治疗计划，详细告诉您可能发生的状况，以及如何报告出现的问题。</p>
<p><u>DR. SHUMAY</u></p>	<p><u>SHUMAY 医生</u></p>
<p>Depression can be a real problem when you're undergoing chemotherapy.</p>	<p>在接受化疗时，出现抑郁确实是一个问题。</p>
<p>The first thing to remember is that feeling sad or depressed is a normal response to serious illness. However, if those feelings continue over time, seeing our Social Worker, Psychologist or Psychiatrist can be helpful. In addition to feeling sad, you may also experience feelings of anxiety, loss, and anger.</p>	<p>首先记住，感到悲伤或压抑是严重疾病所导致的正常反应。但如果这种感觉持续很久，请咨询我们的社工、心理医生或精神科医生，可能会非常有帮助。除了感觉悲伤外，您可能还会感到焦虑、失落和易怒。</p>
<p>There are a number of things you can do including taking prescribed medications to help give you back feelings of well-being. Treating depression will also improve your ability to continue your cancer treatment effectively.</p>	<p>您可以有很多应对措施，包括服用处方药，以帮助您恢复良好的感觉。医治抑郁也会帮助您继续有效地进行癌症治疗。</p>
<p>Let your Practice Nurse or your doctor know if you're having concerns about depression.</p>	<p>如果您对抑郁有任何疑问，请告知护士或医生。</p>

There are several things you can do to feel better. Include these in your daily routine:	您可以做许多事情以让自己感觉更好。每天可以：
<ul style="list-style-type: none"> Pay attention to sleep: make sure that you're sleeping 8 or 9 hours a night. Lack of sleep and the resulting fatigue can cause significant problems physically and emotionally. 	<ul style="list-style-type: none"> 注意睡眠，保证每晚 8 至 9 个小时的睡眠。睡眠缺乏及其引起的疲倦会使身体和精神出现严重问题。
<ul style="list-style-type: none"> Stay mobile and move: change your environment throughout the day. 	<ul style="list-style-type: none"> 多走多逛：避免在同一环境中度过一整天。
<ul style="list-style-type: none"> Spend time in different areas of your home including being outside in natural light and fresh air. 	<ul style="list-style-type: none"> 在家中的不同地方活动，包括待在有自然光和新鲜空气的户外。
<ul style="list-style-type: none"> Keep a structure in your day: Develop a routine that has you participating in different activities. Find something else to focus on besides your chemotherapy treatment; something fun, sports, pets, art, or anything that boosts your mood. 	<ul style="list-style-type: none"> 做好日常安排：制定一个日程表，多参加不同的活动。找到化疗以外值得关注的东西，比如娱乐、运动、宠物、艺术或能让您心情愉快的任何事情。
<ul style="list-style-type: none"> And most important, use your social network to get the emotional uplifts you need. 	<ul style="list-style-type: none"> 最重要的是，多利用人际网络以提高自己的情绪。
Let friends and family know what you need, they will be happy to help.	让朋友和家人知道您的需要，他们会非常乐于帮忙。
CHEMOTHERAPY EDUCATION	化疗知识
<u>DR. RUGO</u>	<u>RUGO 医生</u>
Now that we have covered the major issues in dealing with the challenges of Chemotherapy, we'll learn more about how patients go through the treatment process.	我们已经讨论了应对化疗挑战的主要内容。接下来我们将会了解更多有关患者如何进行整个治疗过程的信息。
Patients finalize their treatment plans with an Oncologist, and then meet with a Practice Nurse for the First Chemotherapy Education.	患者会与肿瘤医生最终确定治疗计划，然后会与护士沟通第一次化疗的相关内容。
Depending on your Provider, these two appointments may be done at the same time or at two separate appointments, and the education is sometimes done by a nurse practitioner or your physician.	根据医生的具体安排，这两次沟通可能会同时进行，也可能分成两次预约进行。相关知识的沟通有时也会由护师或医生完成。
<u>DR. RYAN</u>	<u>RYAN 医生</u>
In these meetings, we cover the proposed treatment plan for our patients and discuss the drugs to be used. When they start chemo, we need to see how well they tolerate the medication. If there are problems, we will make appropriate alterations in the drugs or the length of the rest periods between treatments.	在这些沟通中，我们会介绍为患者推荐的治疗计划，并讨论要使用的药物。当患者开始接受化疗时，我们需要了解他们对药物的耐受度。如果有问题，我们会相应变更药物，或延长两次治疗之间的休息时间。

After the meeting with an Oncologist, the Practice Nurse gives the patient more details about treatment. The Oncologist will see the patients again to review the patient's symptoms after the first treatment.	在与肿瘤医生沟通后，护士会向患者讲解有关治疗的详情。第一次治疗后，肿瘤医生会再次与患者会面，以评估患者出现的症状。
DR. RUGO	RUGO 医生
Remember, sessions with your Healthcare Provider's Practice Nurse may be scheduled at a separate visit.	请记住，也可能为您安排其它时间与医院护士进行沟通。
YOUR RESPONSIBILITIES AS A PATIENT	患者责任
Scheduling Your Infusion Visits	计划输液时间
MIKE BULJAN, RN	MIKE BULJAN, 护师
I'm Mike Buljan, a nurse at UCSF. I'll give my patients contact information for their doctor's Practice Assistant. The Practice Assistant makes the first Infusion Center appointment for the patient, and patients make all subsequent Infusion Center appointments with the Infusion Center scheduler prior to leaving at the end of each treatment. All treatment plans tend to be a little different. Patients undergo varying treatment schedules in the Infusion Center, and those visits may be as simple as an injection or as long as 4 or more hours.	我叫 Mike Buljan，是 UCSF 的一名护士。我会向患者提供其医生的助理的联系信息。助理会为患者预约第一次到输液中心的治疗，患者在每次治疗完成离开前，与输液中心进行下一次预约。所有治疗计划都不尽相同。在输液中心，患者的治疗时间也不一样，有些可能只是简单的注射，有些可能需要四个小时甚至更长时间。
Blood work prior to each treatment should be done on the day of treatment here at UCSF. Labs can be done the day prior, at a lab near where patients live. In that case, we will need to know the Lab name and phone number so we can get the lab test results in time for treatment. Patients are given a Lab slip defining what tests need to be done.	在患者前来 UCSF 治疗的当天，应在治疗前首先进行血液化验工作。可以在前来接受治疗的前一天，在患者住所附近的化验室进行化验。在这种情况下，我们需要知道化验室的名称和电话号码，以便能及时拿到治疗所需的化验结果。我们会给患者开具一张化验单，说明要进行何种化验。
We schedule follow-up visits after the first treatment, then routinely if there are no problems.	第一次治疗之后，我们会为以后的诊疗排出时间表，如果没有问题，则会按时间表进行。
DR. RUGO	RUGO 医生
Patients receive different chemotherapy drugs, so it's best for your Provider and Practice Nurse to give you that information directly. You will have a general discussion of the drugs and learn how they work individually or in combination. You will also receive written material about the drugs for future reference. Keep this information with your other medical information in your binder.	不同患者会接受不同的化疗药物，所以最好让您的医生和护士直接告知此信息。我们会与您讨论有关药物的常规问题，让您了解这些药物如何单独或综合作用。您也会收到有关药物的书面材料供以后参考。请将此材料与其它医疗信息一并置于活页夹中。
DEALING WITH SIDE EFFECTS	应对副作用
MIKE BULJAN, NP	MIKE BULJAN, 护师

Chemotherapy causes several side effects. Patients need to be prepared for:	化疗会产生多种副作用。患者需要对下列副作用做好准备：
<ul style="list-style-type: none"> • Nausea and possible vomiting 	<ul style="list-style-type: none"> • 恶心和可能的呕吐
<ul style="list-style-type: none"> • Severe flu-like symptoms, body aches and pains, including a mild fever below 101 degrees 	<ul style="list-style-type: none"> • 类似重感冒的症状、身体疼痛，包括低烧（低于 38.5 摄氏度）
<ul style="list-style-type: none"> • Fatigue 	<ul style="list-style-type: none"> • 疲乏
<ul style="list-style-type: none"> • Hair Loss is possible in the future 	<ul style="list-style-type: none"> • 今后可能脱发
JANET SABATINO, RN	JANET SABATINO, 注册护士
You will likely receive pre-treatment medications while in the Infusion Center that help to prevent possible nausea or vomiting, and sometimes an antihistamine medication to reduce the potential for an allergic reaction.	在输液中心您可能会接受治疗前药物，用于帮助防止可能出现的恶心或呕吐，有时也会接受抗组胺药，用于降低出现过敏反应的可能性。
You may also receive prescriptions to manage potential side effects that you may experience after you go home. We recommend having prescriptions filled before the first day of treatment, so they're ready if they're needed. Be sure to have a working thermometer at home to monitor temperature for fever after your treatment	您可能也会拿到处方，以应对回家后可能会出现副作用。我们推荐在第一次治疗前开好处方，以备日后之需。另外要确保家里有温度计，在治疗后可以检查是否发烧。
MIKE BULJAN, NP	MIKE BULJAN, 护师
Notify your Provider of any changes in your medicines, over-the-counter medication, and herbal or vitamin supplements you are taking. Patients should be sure to have a working thermometer at home to monitor temperature for fever after treatment.	如果服用的药物、药房购买的药物，草药或者补充维生素出现任何变化，请告知您的医生。患者应确保家里有温度计，在治疗后可以检查是否发烧。
We advise taking medications if you have even mild nausea. Don't wait till you're sick, because the medication will be harder to keep down. When the nausea fades, start with bland simple meals such as soup, crackers, toast.	即使只有轻微的反胃，我们也建议您服用药物。不要等到恶心严重，因为那时会更难吞下药物。当恶心感减轻时，可以开始吃些味道温和的清淡食物，如汤、饼干、面包等。
The more treatment cycles are completed, the greater the potential for other side effects that can cause problems with red or white blood cells and/or platelets. These side effects may require reducing the dose or frequency of treatment, and may also require additional medications. The side effects that involve blood cells will be monitored by the blood tests done prior to each treatment.	完成的治疗周期越多，出现其它副作用的可能性会更大，这些副作用会使红白细胞和/或血小板出现问题。伴随这些副作用的出现，您可能需要降低治疗的剂量或频率，也可能需要添加其它药物。每次治疗之前，会通过血液化验监控对血细胞有影响的副作用。
CALLING TO REPORT A PROBLEM	致电告知问题
DR. RUGO	RUGO 医生
Although not all practices use the same call system... When you call, you will need to be ready to provide the Practice with the necessary information for them to best respond to your concerns.	虽然不是所有护士都使用相同的呼叫系统流程，但在您来电时，需要准备好必需的信息，以便护士能更好地回答您的疑问。

Examples of information you need to provide are:	您需要提供的信息包括：
<ul style="list-style-type: none"> Your full name and date of birth 	<ul style="list-style-type: none"> 您的全名和出生日期
<ul style="list-style-type: none"> The name of your Healthcare Provider 	<ul style="list-style-type: none"> 您的医生的姓名
<ul style="list-style-type: none"> The date of your last treatment 	<ul style="list-style-type: none"> 上次治疗的日期
<ul style="list-style-type: none"> The reason for your call 	<ul style="list-style-type: none"> 来电的原因
<ul style="list-style-type: none"> And the best number to reach you. 	<ul style="list-style-type: none"> 能联系到您的电话
<u>JANET SABATINO, RN</u>	<u>JANET SABATINO, 注册护士</u>
If you are calling to report symptoms, you will want to include 1when they began, 2 the severity of the symptoms, and 3anything you may have tried to treat them.	如果您来电告知出现的症状，则需要提供下列信息： 1) 症状开始时间；2) 症状的严重程度；3) 已采用任何医治方法。
<u>DR. RUGO</u>	<u>RUGO 医生</u>
Let's see how this works. Ms. Lopez awoke in the early morning with fever and chills. Chemotherapy was given 4 days ago, and it was the Patient's 5th treatment. As instructed, the Patient took her temperature and it was 101.9 degrees F. As instructed by the Practice and Infusion Nurses, she placed a call to the Practice.	让我们看看实际是怎么进行的。Lopez 女士早上发烧，并感觉发冷。她四天前做过化疗，这是她的第五次治疗。按照指示，她量了体温，是 101.9 华氏度。按照负责护士和输液护士的要求，她给负责护士打了个电话。
<u>AAKRITI SHARMA</u>	<u>AAKRITI SHARMA</u>
This is Ms. Lopez. My date of birth is May 5th, 1975. I see Dr. Chen. My last treatment was Friday and today I woke up with fever of 101.9 and chills. I tried to lower my temperature by taking Tylenol two hours ago, but my temperature is still 101.7. I can be reached at 415-555-7022. Please call me back.	我是 Lopez。我的出生日期是 1975 年 5 月 5 日。我看的是 Chen 医生。上次治疗日期是星期五，今天我醒来发烧到 101.9 华氏度，并且感觉到发冷。我在两小时前服用了 Tylenol 以降低体温，但是现在我的体温仍仍然是 101.7 华氏度。我的电话是 415-555-7022。请给我回电。
<u>JANET SABATINO</u>	<u>JANET SABATINO</u>
The Practice Nurse reviews the patient's message, recent clinical history, and the Healthcare Provider's Orders to have a clear understanding of the Patient's status. The Practice Nurse will then call the Patient to help address the patient's concerns.	护士查看了患者的信息、最近的诊疗记录和医生的处方，以清楚了解患者的状况。之后，护士致电给患者以帮助解决患者的问题。
<u>MIKE BULJAN</u>	<u>MIKE BULJAN</u>
Ms. Lopez, this is Mike. I received your message and understand you have a fever, and it has been 1 week since your chemotherapy.	Lopez 女士，您好，我是 Mike。我收到了您的信息，知道您出现了发烧情况，您在一周之前做了化疗。
<u>AAKRITI SHARMA</u>	<u>AAKRITI SHARMA</u>
Yes, I woke up early this morning with chills and a fever. My temp then was 101.9. I took some Tylenol, but my temperature is still almost the same. Let's see – that was about four hours ago. I didn't call until 8 because I was hoping the Tylenol would work.	是的，我今天早上醒来有些发烧，并且身体感觉发冷。我的体温当时是 101.9 华氏度。我服用了 Tylenol，但体温几乎没有变化。让我想想，这大概是四小时前的事。我直到 8 点才打的电话，因为我希望 Tylenol 能有效果。

<u>MIKE BULJAN</u>	<u>MIKE BULJAN</u>
Given that you have a central line in place and have had chemo treatment cycles, we need to thoroughly assess you for a possible infection. Dr. A may want you to receive IV antibiotics after blood cultures. How long will it take you to get to the Infusion Center?	考虑到您体内放置有一根中心管，并且仍在化疗周期中，我们需要彻底检查您是否有感染。A 医生想让您在血培后进行静脉输注抗生素。您到输液中心需要多长时间？
<u>AAKRITI SHARMA</u>	<u>AAKRITI SHARMA</u>
It takes about an hour. My husband is working from home today, so he can bring me. Should we leave now?	需要大约一小时。我丈夫今天在家工作，所以他可以带我去。我们现在就去吗？
<u>MIKE BULJAN, NP</u>	<u>MIKE BULJAN, 护师</u>
No, I need to confirm with Dr. Chen this is what we need to do and check with the Infusion Center for a time that is available. I will call you back in about 30 minutes. Are you having any other problems, pain at your line site, cough, or diarrhea?	不，我需要与 Chen 医生确认，这是我们必须要做的。另外还要与输液中心预约一个时间。我会在 30 分钟内给您回电。您是否还有其它问题，比如导管放置位置是否有痛感、咳嗽或腹泻？
<u>AAKRITI SHARMA</u>	<u>AAKRITI SHARMA</u>
No. Other than the fatigue and nausea just after treatment. I felt OK yesterday, but I woke up like this.	没有，只是在治疗后有些疲乏和恶心。我昨天感觉很好，只是今天醒来就这样了。
<u>MIKE BULJAN, NP</u>	<u>MIKE BULJAN, 护师</u>
I will let you go and call you back in about 30 minutes.	您现在先休息一下，我会在大约 30 分钟内给您回电。
<u>JANET SABATINO, RN</u>	<u>JANET SABATINO, 注册护士</u>
The Practice Nurse confers with the Doctor and confirms that blood cultures and Labs will be drawn. An antibiotic will be administered in the Infusion Center.	护士与医生商谈，确定可以进行血培和化验。输液中心将准备输注抗生素。
The Practice nurse obtains the necessary written Orders and calls the Infusion Center to discuss the emergent add-on visit for this patient. If there is a delay in arranging the infusion center visit or treatment the Practice Nurse will call and check in with the patient and let the patient know what is going on.	护士拿到了必需的书面处方，致电输液中心讨论为这名患者增加急诊。如果输液中心就诊治疗安排会延迟，护士会致电患者，让患者知道相关的进展。
<u>MIKE BULJAN, NP</u>	<u>MIKE BULJAN, 护师</u>
Ms. Lopez, I have an appointment for you at the Infusion Center for 1:30 PM. It's a little after 10:00 now, so you have time to get here. Go directly to the Infusion Center and check in. The Infusion Nurse will do the blood draws necessary and then administer the IV antibiotic. I need the name of your Pharmacy and the phone number in case we need to call in prescriptions.	Lopez 女士，我在输液中心为您安排了预约，时间是在下午 1 点 30。现在刚刚过 10 点，您应该来得及赶到这里。请直接到输液中心挂号。输液护士会进行必要的抽血，然后为您进行静脉输注抗生素。我需要知道您购买药物的药房名称以及电话号码，以便需要致电告知处方事宜。
<u>AAKRITI SHARMA</u>	<u>AAKRITI SHARMA</u>
OK, 1:30 is fine. I use the Berkeley pharmacy and their number is 510-432-1200. Thanks for setting up my	好的，下午 1 点 30 没问题。我用的药来自 Berkeley 药房，电话号码是 510-432-1200。谢谢您帮我预约。

appointment.	
<u>MIKE BULJAN, NP</u>	<u>MIKE BULJAN, 护师</u>
Glad you called promptly so we can get this cleared up. Call again any time. Thanks.	非常高兴您能及时来电，所以我们才能及时进行处理。如需要帮助，欢迎随时来电。谢谢。
COMPREHENSIVE CANCER CENTER RESOURCES	综合癌症中心资源
<u>DR. RUGO</u>	<u>RUGO 医生</u>
Managing chemotherapy is a team effort, and includes your personal support team, as well as your clinical team. At the Cancer Center, your Clinical Team includes some or all of the following team members:	进行化疗需要全体人员的共同努力，包括您的个人支持团队以及诊疗团队。在癌症中心的诊疗团队包括下列部分或全部成员：
Attending Physicians, Consulting Physicians, and Nurse Practitioners manage your care from diagnosis through treatment. These practitioners are also referred to as Healthcare Providers.	主治医师、顾问医师和护师负责从诊断到治疗整个过程。这些人员也被统称为“医生”。
Practice Nurses provide procedure support, education and care management advice.	护士提供过程支持、知识沟通和护理管理建议。
Infusion Nurses administer chemotherapy and if ordered by your physician will administer antibiotics, blood transfusions, or hydration (fluids) to support you therapy.	输液护士进行化疗，如果医生开具处方，还会输注抗生素、输血或水合物质（液体）以支持您的治疗。
Pharmacists review your medications for possible interactions and prepare chemotherapy in the Infusion and Transfusion Center.	药剂师会检查您的药物之间是否存在相互影响，并在输液中心做化疗准备。
Clinical Research Coordinators (CRC) provides information on clinical research protocols recommended by your physician, and assist with data collection during the protocol.	临床研究协调员 (CRC) 会提供医生推荐的临床研究计划相关信息，并在计划期间帮助收集数据。
Medical Assistants assist you and your Healthcare Provider and Nurse during your clinic or Infusion Center visit.	医疗助理会在您到诊所或输液中心时，为您和医生以及护士提供帮助。
Practice Assistants schedule your visits and coordinate any insurance authorization needs.	执业助理会安排您的看诊时间，并协调处理所有保险授权事宜。
Front Office Staff greet you and assist you with checking you in for your visit.	前台人员负责接待，并帮您在就诊时挂号。
Nutritionists assess your nutritional needs, weight loss, and dietary management.	营养师会评估您的营养需求、体重下降和饮食管理。
Social Workers assist with financial and service applications	社工除了提供情感支持外，还会帮助进行财务和服务

<p>in addition to providing emotional support.</p>	<p>申请。</p>
<p>Psychologist and Psychiatrists who are part of our Psycho-Oncology Services are available to help you deal with the stresses and depression associated with cancer and its treatment</p>	<p>心理医生和精神科医生是我们的精神肿瘤学服务的一部分，可帮助您处理与癌症及其治疗相关的压力和抑郁。</p>
<p>Chaplains and Spiritual Care: Dealing with illness and uncertainty can be an extremely challenging time. Many people find that talking with a chaplain can help during this period. Chaplains representing many faiths are available around-the-clock to be a caring presence, offer spiritual and emotional support, and listen with openness and understanding. Patients, families, and staff are encouraged to call a chaplain when experiencing feelings of fear, anger, loneliness, helplessness, anxiety, grief or loss, or when they just need someone to talk to. Chaplains are also available for times of celebration, prayer, and rituals. Meditation Rooms are available at both the Mt. Zion and Parnassus Campus on the 1st floor. To contact a Chaplain call (415) 353-1941.</p> <p>In addition to your health care team, we have a variety of services to assist you.</p> <p>The Ida & Joseph Friend Cancer Resource Center, located on the first floor of the Mt. Zion Campus, is part of the UCSF Helen Diller Family Comprehensive Cancer Center and supports wellness and healing by providing patients, families and others with information about cancer treatments, emotional support, and community resources. The center maintains a library of books and other media; provides access to the Web and health databases; and offers personalized research assistance. The Cancer Resource Center hosts activities including support groups, exercise classes, and workshops such as the Peer Support Program that connects new patients with cancer survivors who have had a similar diagnosis or treatment experience. Hours are 9 a.m. to 5 p.m., Monday to Friday. To contact the Cancer Resource Center call (415) 885-3693, visit the website, or e-mail CancerResourceCenter@ucsfmedctr.org</p>	<p>牧师和心灵关怀：患者应对疾病及其不确定性是非常艰难的一段时间。很多人发现在这段时间与牧师沟通会非常有帮助。不同的信仰均有各自的“牧师”，他们可随时陪伴在您身边，悉心倾听，为您提供精神和情感上的抚慰。</p> <p>无论是患者、家人还是其他人员，在感到恐惧、愤怒、孤独、无助、焦虑、悲伤、失落或者只是需要找个人倾诉时，我们鼓励其电话联系一名牧师。如果在庆祝、祈祷和典礼仪式上需要，也可以联系牧师。Mt. Zion 和 Parnassus 院区 1 楼都有冥想室。如要联系牧师请致电 (415) 353-1941。</p> <p>除医疗护理团队外，我们还提供各种服务可以帮助您。</p> <p>位于 Mt. Zion 院区 1 楼的 Ida & Joseph 友人癌症资源中心 (Ida & Joseph Friend Cancer Resource Center) 是 UCSF 海伦迪勒家庭综合癌症中心的一部分，向患者及其家人和其他人提供有关癌症治疗、情感支援和社区资源的信息，以此帮助患者的治愈和康复。该中心配有一个收藏书籍和其它媒体的图书室，并可访问网络和健康数据库，同时提供个性化的研究协助。癌症资源中心主办各种活动，包括支持小组、锻炼班和研讨班，比如在新患者与具有相似症状或治疗经历的癌症存活者之间建立联系的抗癌互助计划。中心开放时间为周一至周五的上午 9 点到下午 5 点。要联系癌症资源中心，请致电 (415) 885-3693、访问我们的网站或发电子邮件至 CancerResourceCenter@ucsfmedctr.org</p>
<p>Art for Recovery, located on the first floor of the Mt. Zion Campus, is dedicated to enabling patients and caregivers to express what they are feeling through their own creativity as part of a healing process. Family members, partners and</p>	<p>位于 Mt. Zion 院区 1 楼的康复艺术 (Art for Recovery) 中心，旨在让患者和陪护人通过自己的创意来表达他们内心的感受，这也是治疗过程的一部分。患者的家庭成员、伴侣或者朋友均可参与，创作出以其所爱之人</p>

<p>friends of patients may participate, as well as create their own art relating to a loved one's illness. The art created by our cancer patients is exhibited throughout the Cancer Center. Hours are 9 a.m. to 5 p.m., Monday to Friday. To find out more about Art for Recovery, call 415-885-7221 or visit the office at Mt. Zion. You can also view the scheduled activities on the website. http://cancer.ucsf.edu/afr</p>	<p>疾病为主题的艺术作品。癌症患者创作的艺术作品会在癌症中心展出。开放时间是周一至周五的上午9点到下午5点。要了解有关康复艺术中心的更多信息,请致电 415-885-7221 或者亲自造访位于 Mt. Zion 院区的中心活动地点。您也可以通过网站查看活动安排,网址为 http://cancer.ucsf.edu/afr</p>
<p>Osher Center for Integrative Medicine, located across the street from the Mt Zion Cancer Center offers both Patient Education & Treatment services including Complementary and Integrative care that combine the best of alternative therapies such as acupuncture, massage, meditation, herbs and nutrition with conventional medicine to promote good health and treat illness. Specific programs for cancer patients & their caregivers are available in addition to Traditional Chinese Medicine.</p>	<p>位于 Mt Zion 癌症中心对面的 Osher 综合医药中心可提供患者知识沟通和治疗服务,包括补充和综合性护理,可将针灸、按摩、冥想、草药和营养补充等替代性治疗方法与传统医药有机结合,以提高患者体质并帮助治疗疾病。除传统中医外,中心还为癌症患者及其陪护人员提供特定的方案。</p>
<p>If you participate in complementary therapies, it is important to talk with your doctor or nurse about your interest and how this can be integrated into your care. If you have an interest in exploring complementary therapies, an Integrative Medicine Consultation at the Osher Center can help you find the best therapies for your personal situation.</p>	<p>如果您要参加补充性治疗,请务必告诉医生或护士,并讨论如何将其结合到您的治疗中。如果您有兴趣要研究补充性治疗, Osher 中心的综合医药顾问可帮助您找到最适合自己的治疗方法。</p>
<p>UCSF Patient Health Library is located on the first floor of the Mt Zion campus within the H.M. Fishbon Memorial Library. This library has medical books and journals, health newsletters, and more, plus access to Internet resources. More importantly, a professional medical librarian is available to help you research your health information questions. Hours are 9 a.m. to 5 p.m., Monday to Friday; to contact the library call (415) 885-7285, stop by the library, or send an email to patientlibrary@ucsfmedctr.org.</p>	<p>UCSF 患者健康图书室位于 Mt. Zion 院区 1 楼的 H.M. Fishbon 纪念图书馆内。该图书室收藏有各类医疗书籍和刊物、健康通讯等资料,并提供网络访问。更重要的是,图书室还有一位专业医疗图书管理员可帮助查找相关的健康信息以解答您内心的疑问。图书室开放时间为周一至周五的上午9点到下午5点。要联系图书室,请致电 (415) 885-7285、亲自造访或发送电子邮件至 Patientlibrary@ucsfmedctr.org。</p>
<p>The self-care management strategies we've discussed in this video will help you to evaluate how you are doing and to take appropriate action. If you have already adopted these strategies, you are well on your way to being in control of your own healing process.</p>	<p>我们在本视频中讨论的自我护理管理策略,可以帮助您评估自己的健康状况,并采取合适的行动。如果您已经采用了这些策略,则表示您在正确有效地管理自己的治疗过程。</p>
<p>Let's review the seven steps in managing the complexities of chemotherapy treatment.</p>	<p>我们回顾一下降低化疗治疗复杂性的七个步骤。</p>
<p>1. Understand Your Situation: Understanding your diagnosis, treatment plan, goal of treatment and potential problems will help you to feel more confident. Your Healthcare Provider and their Nursing staff will help you to understand the particular issues you will be</p>	<p>1. 了解情况: 了解您的诊断结果、治疗计划、治疗目标和潜在问题,这会帮助您更加自信。医生和护士会帮助您了解将面对的特定问题。</p>

facing.	
2. Organize Medical and Insurance Information: Use your binder and carry it with you to your visits. This will help you track your treatment, response to treatment, and insurance coverage.	2. 整理医疗保险信息：使用文件夹存放，并在每次来访时随身携带。这会帮助您跟踪记录治疗进程、对治疗的反应和保险赔偿等。
3. Identify Your Personal Support Team: Choose a personal advocate to help you from your family or friends and work on completing your Advance Directives.	3. 确定个人支持团队：在家人或朋友中选择一名成员作为自己的代表，告知其您的“预先指示”。
4. Create a Directory a list of your personal and medical team members with contact information.	4. 建立一个电话簿，列出您的个人和医疗团队成员的联系信息。
5. Daily Self-Assessment: This is particularly important during your Chemotherapy treatments, and helps us to know how you are doing.	5. 每日自我评测：这在化疗治疗过程中非常重要，可帮助我们了解您的状况。
6. Journal Your Status: This helps you or your advocate to deal with questions or problems.	6. 记录自己的状态：这帮助您或您的代表能够及时处理相关问题。
7. Speak up and Ask Questions. Asking questions is an important way to communicate your needs. It's also the best way for us to help you understand the goals of your treatment.	7. 及时沟通和提问。提出问题是一种表达自我需要的重要方式，对我们而言，也是帮助您了解治疗目标的最佳方式。
CONCLUSION	结语
<u>DR. RUGO</u>	<u>RUGO 医生</u>
We are now at the end of this education program. You have had an opportunity to get a brief look at the services and staff here at the UCSF Helen Diller Family Comprehensive Cancer Center.	信息沟通计划到此结束。您应该已经大致了解 UCSF 海伦迪勒家庭综合癌症中心的医护人员及其提供的服务。
We encourage you to share your questions and concerns with your Providers.	如果您有任何问题或疑虑，我们鼓励您向医生提出。
Thank you for choosing UCSF.	非常感谢您选择 UCSF !