

癌症：您瞭解嗎？

如果您或您所關心的人患有癌症，這可能會很可怕。這些資訊旨在幫助您瞭解有關癌症的更多資訊，儘早尋求幫助，並在您所在的社區中教育和支援他人。

Getting cancer

Cancer can affect anyone. One in two Australian men and women will be diagnosed with cancer by the age of 85.

Cancer affects the cells in the body. Normally cells multiply and grow in a controlled way. If something causes a change to occur in the cells, they can start to grow out of control. It is called cancer when abnormal cells grow (and potentially spread) within the body.

Cancer is not contagious. This means it is not spread by hugging, shaking hands, sharing toilets, using the same dishes or kissing someone who has cancer, or from consuming food handled by someone with cancer.

Talk to your doctor about recognising the signs and symptoms of cancer and keep medical appointments to monitor your health.

患上癌症

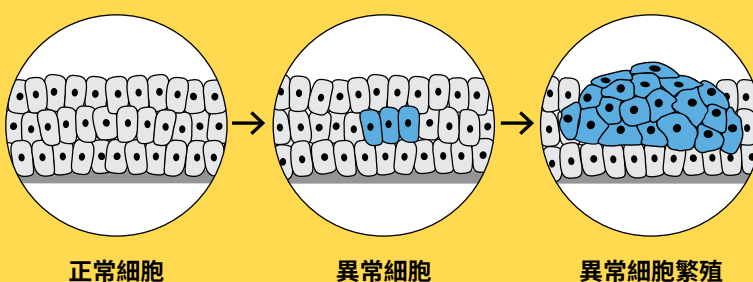
任何人都有患癌的機會。在澳洲，每兩名男性和女性中就有一人會在 85 歲以前被診斷患有癌症。

癌症影響人體內的細胞。正常情況下，細胞會以受控的方式繁殖和生長。如果某些原因導致細胞發生變化，它們可能就會開始失控。當異常細胞在體內生長（並可能擴散）時，它被稱為癌症。

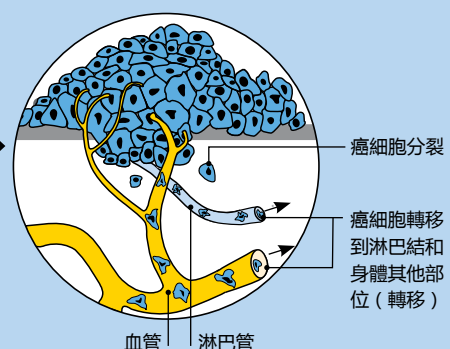
癌症不具傳染性。這意味著它不會透過擁抱、握手、共用廁所、使用相同的餐具或親吻患有癌症的人，或者食用由癌症患者處理的食物而傳播。

向您的醫生諮詢，瞭解癌症的症狀和體征，並定期就診以監測您的健康情況。

癌症是如何形成的



癌症時如何擴散的



How is it caused?

We do not know all of the risks and causes of cancer. Sometimes cancer can develop without any obvious causes.

However, scientific research shows that:

- cancer is not caused by injury or stress
- cancer is not caused by being a bad person
- cancer is not caused by bad spirits.

You should not feel afraid of people with cancer and avoid them – in fact, they need your support and understanding.

There is nothing to be ashamed of if you have cancer. Make sure shame and ignorance do not stop you from seeking help.

Family cancers (genetics)

A small amount of certain cancers (up to 5%) are the result of inherited abnormal genes, which cause some family members to develop different cancers (e.g. breast, ovarian, prostate).

Cancer is not contagious – family cancers are not spread by spending time together or living together. Genetic tests are available for some hereditary cancers. If you are concerned that you have a family history of cancer, speak to your doctor.

Age

Cancer can occur at any age. The incidence of cancer rises as people get older, but age alone does not cause cancer.

Know your risk and change your future

There are some things that you can do to reduce your risk of developing cancer.

Lifestyle choices

Living a healthy lifestyle can reduce your risk of developing cancer. We know that about one in three cases of cancer can be prevented by improving lifestyle choices.

成因是什麼？

我們並不知道導致癌症的所有風險及成因。有時可能會在沒有任何明顯原因的情況下發展為癌症。

但是，科學研究表明：

- 受傷或壓力不會引致癌症
- 人品不良不會引致癌症
- 情緒差不會引致癌症。

您不應該害怕癌症患者而遠離他們——事實上，他們需要您的支援和理解。

如果您患有癌症，不必感到羞愧。請確保您不會因感到羞恥和無知而不去尋求幫助。

家族癌症(遺傳基因)

少數某些癌症（高達5%）是遺傳異常基因的結果，這些遺傳異常基因會導致一些家族成員患上不同的癌症（例如：乳癌、卵巢癌、前列腺癌）。

癌症不具傳染性——家族癌症不會因為相處或共同生活而傳播。

針對某些遺傳性癌症可以進行基因檢測。如果您擔心自己有家族癌症病史，請諮詢醫生。

年齡

癌症可以發生在任何年齡。隨著年齡的增長，癌症的發病率會上升，但僅僅因為年齡增長本身不會導致癌症。

瞭解您的風險並改變您的未來

您可以採取一些措施來降低罹患癌症的風險。

生活方式的選擇

健康的生活方式可以降低罹患癌症的風險。我們知道，三分之一的癌症病例可通過改善生活方式來預防。

Some good choices you can make include:

- not smoking or quitting smoking
- minimising time outside in the sun
- maintaining a healthy weight
- limiting alcohol consumption
- eating more fruits and vegetables
- eating less red meat and processed meat
- being physically active.

Get checked

If you notice any changes in your body or have symptoms, like a persistent cough, you need to see your doctor immediately.

You may also have some cancer screening tests to check your health. Cancer screening can help protect your health through early detection.

Screening tests are done to look for particular changes and early signs of cancer, before it has developed or before symptoms occur. You should have cancer screening even if you are well, without any symptoms or family history of the disease.

There are three national screening programs. For more information and contact details, see page 11:

- **The National Bowel Cancer Screening Program** invites eligible people from age 50-74 (without symptoms) to screen for bowel cancer every two years using a free, simple test at home.
- **The National Cervical Screening Program** checks the health of a woman's cervix. The Pap test has been replaced with a new cervical screening test, done every five years. It feels the same as the Pap test, but tests for the Human Papillomavirus (HPV). For most women aged 25-74, their first cervical screening test is due two years after their last Pap test. If the result is normal, you will only need to have the test every five years.
- **Breast Screen Australia** is the national breast cancer screening program. It invites women aged between 50-74 for a free mammogram every two years.

一些對您有利的選擇包括：

- 不吸煙或戒煙
- 儘量減少陽光曝曬
- 保持健康的體重
- 限制酒精飲用
- 多吃水果和蔬菜
- 少吃紅肉和加工肉類製品
- 保持運動。

預約檢查

如果您發現身體有任何變化或者出現症狀，如持續性咳嗽，您需要立即去看醫生。

您還可以進行一些癌症篩查測試來檢查您的健康情況。癌症篩查可以幫助您通過早期檢測來保障您的健康。

進行篩查測試是為了在病情發展成癌症之前或出現症狀之前，尋找癌症的特殊變化和早期徵兆。即使您健康良好，沒有任何症狀或家族病史，您也應該進行癌症篩查。

有三個國家篩查計畫。想要瞭解更多資訊和連絡方式，請參閱第 11 頁：

- **The National Bowel Cancer Screening Program (全國腸癌篩查計畫)** 邀請 50 至 74 歲 (沒有症狀) 合資格人士每兩年在家中進行免費而簡單的腸癌篩查測試。
- **The National Cervical Screening Program (全國子宮頸癌篩查計畫)** 檢查婦女子宮頸的健康情況。子宮頸抹片檢查已被新的子宮頸癌篩查測試所取代，每五年進行一次。新測試的過程與子宮頸抹片檢查相同，但測試的是人類乳頭瘤病毒 (HPV)。對於大多數 25-74 歲的女性來說，她們的第一次子宮頸癌篩查測試應在她們最近一次接受子宮頸抹片檢查的兩年後進行。如果測試結果正常，之後只需要每五年進行一次測試。
- **Breast Screen Australia (澳洲乳腺癌篩查計畫)** 是全國性的乳癌篩查計畫。該計畫邀請 50-74 歲的婦女每兩年免費進行一次乳房 X 光檢查。

Ways to stay healthy and prevent cancer

There are things that you can do to stay well and look after your health.

Quit smoking

Smoking tobacco, Shisha or Arghila is damaging to your body. Smoking increases your risk of developing 16 different types of cancer.

Inhaling smoke from other people also poses health risks for both smokers and non-smokers. One in five cancer deaths is due to smoking.

There are immediate health benefits as soon as you quit. For help to quit smoking, contact Quitline on 13 QUIT (13 78 48). Call the Translating and Interpreter Service (TIS) on 13 14 50 to speak to someone in your language and access an interpreter.

Limit how much alcohol you drink

Drinking alcohol increases your risk of developing some cancers including cancers of the bowel, breast, mouth, throat, oesophagus and liver. Even drinking small amounts of alcohol increases your cancer risk and the more you drink the greater the risk.

Alcohol is also high in energy (calories or kilojoules) and can contribute to weight gain. Being above a healthy weight is a risk factor for a number of types of cancer. If you choose to drink alcohol, limit your intake to no more than 10 standard drinks a week and no more than 4 standard drinks on any one day. Speak to your family doctor for more information about alcohol use and your health.

One Standard Drink =

100ml wine (1 bottle = 7 standard drinks)

285ml (1 middy) of full strength beer

425ml (1 schooner) of low alcohol beer

30ml (1 nip) spirits

60ml (2 nips) of sherry

220-250ml alcoholic soda (2/3 bottle)

Cocktails may contain more than three standard drinks!

保持健康和預防癌症的方法

你可以採取一些措施來保持身體健康。

戒煙

吸食煙草或水煙會損害身體。吸煙會增加您罹患 16 種不同類型癌症的風險。

吸入二手煙也會對吸煙者和非吸煙者造成健康風險。五分之一的癌症死亡個案是由吸煙引起的。

只要您戒煙，它將對健康帶來即時的好處。如要尋求戒煙幫助，請撥打 13 QUIT (13 78 48) 聯絡 Quitline。如需要語言協助和傳譯員服務，請致電 13 14 50 聯繫 Translating and Interpreter Service (TIS)。

限制飲酒量

飲酒會增加罹患某些癌症的風險，包括腸癌、乳腺癌、口腔癌、喉癌、食道癌和肝癌。即使少量飲酒都會增加罹患癌症的風險，而且你飲得越多，患癌症的風險就越大。

酒精的能量（卡路里或千焦）都很高，會導致體重增加。超過健康體重可增加罹患多種癌症的風險。如果您選擇飲酒，請把您的攝入量限制為每周不超過 10 個標準杯，並且任何一日內都不得超過 4 個標準杯。向您的家庭醫生諮詢有關飲酒和健康的更多信息。

一個標準飲用量 =

100 毫升葡萄酒（1 瓶 = 7 個標準飲用量）

285 毫升（1 middy）（1 中杯）高濃度啤酒

425 毫升（1 schooner）（1 大杯）低度啤酒

30 毫升（1 nip）（一小口）烈性酒

60 毫升（2 nips）（兩小口）雪利酒

220-250 毫升含酒精的蘇打水（2/3 瓶）

雞尾酒可能包含超過三個標準飲用量的酒精！

Eat for good health

You can lower your risk of cancer by enjoying a healthy diet. A diet rich in vegetables, fruits and high fiber foods reduces your risk of cancer. Try to have at least five servings of vegetables and two servings of fruit each day.

Choose foods low in salt and fat. Limit fried food; choose baked or steamed food.

It is recommended that you eat no more than 455 grams of lean cooked red meat per week.

Avoid processed meats that are high in fat and salt, such as bacon, sausages, basturma, ham and canned meats.

Maintain a healthy weight

Being overweight or obese increases your risk of developing 13 different types of cancer.

A healthy body weight is important for overall wellbeing. A healthy diet combined with regular exercise can help maintain a healthy body weight.

Talk to your doctor if you are concerned about your weight. You can lose weight or maintain your weight by limiting or cutting back on foods high in fats and sugars, such as chocolates, fast food, sugary drinks or sweets.

健康飲食

您可以通過健康飲食來降低罹患癌症的風險。攝入含豐富蔬菜、水果和高纖維食物的飲食可降低罹患癌症的風險。儘量每天至少吃五份蔬菜和兩份水果。

選擇鹽分和脂肪含量低的食物。少吃油炸食物；選擇焗或蒸的食物。

建議您每週食用的熟瘦紅肉不要超過 455 克。

避免食用含有高脂肪和高鹽的加工肉類，如煙肉、香腸、肉乾、火腿和罐頭肉。

保持健康體重

過重或癡肥會增加您罹患 13 種不同類型的癌症的風險。

健康的體重對整體健康非常重要。健康飲食配合運動可以幫助維持健康的體重。

如果您擔心自己的體重，請諮詢您的醫生。通過限制或減少脂肪和糖類含量高的食物，如朱古力、快餐、含糖飲料或糖果，可以減輕或保持體重。

What is a serve?

Vegetables



½ cup cooked vegetables or cooked legumes

=



½ medium potato or other starchy vegetables

=



1 cup salad of green leafy or raw vegetables

Fruits



1 medium piece (eg. apple, banana)

=



2 small pieces (eg. apricots, kiwi)

=



1 cup diced or canned fruit

一份是多少？

蔬菜



½ 杯煮熟的蔬菜或煮熟的豆類

=



½ 個中等大小的馬鈴薯或其他澱粉類蔬菜

=



1 杯綠葉蔬菜或生蔬菜沙拉



中等大小 1 個 (例如：蘋果、香蕉)

=



2 小個 (例如：杏子、獼猴桃)

=



1 杯水果丁或罐頭水果

Get moving

Regular physical activity will reduce your chance of developing cancer. It can also give you extra energy and make you feel better.

Thirty minutes of moderate daily exercise improves your health, while more exercise helps reduce your cancer risk.

If you have concerns or questions about daily exercise, please contact your doctor.

適量運動

保持適量運動會減少您罹患癌症的機會。它也可以給您更多能量，讓您感覺更好。

每天三十分鐘的適度運動可以改善您的健康，而更多的運動會有助降低您患癌的風險。

如果您對日常運動有疑慮或疑問，請聯繫您的醫生。

Exercise

Exercise can be anything you enjoy that makes your heart beat faster and helps you breathe deeply, such as a brisk walk, swimming, dancing, climbing stairs, yoga or tai chi.



運動

您可以選擇任何喜歡的、能夠讓心跳加速並幫助您深呼吸的運動，如緩步跑、游泳、跳舞、行樓梯、瑜伽或太極。

Reduce your risk of infections

Some types of viruses or infections, such as human papillomavirus (HPV) and Hepatitis B and C, can increase your chance of developing cancer.

Infections can be transferred from one person to another through sexual contact such as intercourse (vaginal and anal), oral sex and skin-to-skin contact. They are called sexually transmitted infections (STIs). Both men and women can get STIs.

Practising safe sex by using barrier methods like condoms will reduce your risk of contracting STIs. But barrier methods will not protect you completely.

Having regular sexual health check-ups is an important part of looking after your health. Your doctor can give you information about STIs.

Human Papillomavirus (HPV) – HPV is a common STI that is spread through contact with genital skin during sexual activity. The virus can go away by itself, but sometimes it can persist and lead to genital diseases including cancer.

降低傳染病風險

某些類型的病毒或感染，例如人乳頭瘤病毒（HPV）和乙型及丙型肝炎，可能會增加您罹患癌症的機會。

感染可以通過性接觸，如性交（陰道和肛門）、口交和皮膚接觸的方式從一個人傳播到另一個人身上。它們被稱為性傳播感染（STIs）。男性和女性都可發生性傳播感染。

通過使用安全套等阻隔性方法進行安全性行為可以降低染上性傳播感染的風險。但阻隔性方法不會完全保護您。

定期進行性健康檢查是保障您健康的重要部分。您的醫生可以給您提供性傳播感染的相關資訊。

人類乳突病毒(HPV) – HPV 是一種常見的性傳播感染，在性活動期間通過生殖器皮膚接觸傳播。病毒本身可能會消失，但有時它會持續存活並導致包括癌症在內的生殖器疾病。

People who have HPV usually don't have symptoms.

There is no treatment for HPV, but there is a vaccine that protects against getting nine types of HPV. It is provided free to school-aged girls and boys, and other people can pay to have the vaccine.

Talk to your doctor about protecting yourself from HPV, including the vaccine and regular cervical screening.

Hepatitis B (Hep B) – Hepatitis B is a virus that can cause liver damage and liver cancer.

Hep B can be transmitted through unprotected sex with infected person, and also from mother to baby at birth or blood to blood contact.

Hep B cannot be passed on through breastfeeding, sharing eating utensils, kissing, hugging, holding hands, sneezing, coughing, hugging, eating contaminated food or water, or by eating food prepared by a person with Hep B.

Vaccination is the best protection against Hep B infection.

Although most people who become infected with Hep B clear the infection, some people do not. People with long-term Hep B infection can have treatment to reduce liver damage.

For more information about Hepatitis B and C, please visit www.hepatitisaustralia.com

Hepatitis C (Hep C) – Hepatitis C is an infection that can be treated and cured.

Hep C is spread through blood-to-blood contact. The most common ways for it to spread occur when people inject drugs, share needles or use tattooing or body piercing equipment that has not been properly disinfected.

患有 HPV 的人通常沒有症狀。

目前尚無針對 HPV 的治療方法，但有一種疫苗可以防止感染上 9 種類型的 HPV。該疫苗免費提供給學齡女童和男童的，其他人可以自行付費購買疫苗。

和您的醫生談談如何保護自己不受 HPV 感染，包括接種疫苗和進行定期子宮頸癌篩查。

乙型肝炎 (Hep B) – 乙型肝炎是一種可引致肝損傷和肝癌的病毒。

乙型肝炎可以通過與受感染者進行不安全性行為傳播，也可以在生產時從母親傳染給嬰兒，或者通過血液與血液接觸傳播。

乙型肝炎不會通過母乳餵哺、共用餐具、親吻、擁抱、牽手、打噴嚏、咳嗽、擁抱、進食受污染的食物或水、或食用由乙型肝炎患者準備的食物等方式傳播。

接種疫苗是預防感染乙肝的最好方法。

儘管大多數感染乙肝病毒的人都能清除感染，但有的人卻無法清除。長期感染乙肝的人可以接受治療以減低對肝臟的損害。

欲瞭解更多有關乙型和丙型肝炎的資訊，請瀏覽 www.hepatitisaustralia.com

丙型肝炎 (Hep C) – 丙型肝炎是一種可治療和痊癒的感染。

丙型肝炎通過血液與血液的接觸傳播。這通常發生在人們注射毒品、共用針筒或使用未經正確消毒的紋身或穿孔設備時。

Hep C is not usually passed on through sex, unless there are cuts or open wounds around the genital area of both people during sex.

Hep C is not passed on through touching, kissing, hugging, sneezing or coughing. There is no need for separate crockery, cutlery, towels, or other household items, or to wash your clothes separately.

There is no vaccination against Hep C. However there are treatments available that can cure more than 90% of people with chronic Hep C.

Protect your skin

Exposure to UV radiation from the sun is the leading cause of skin cancer. Sunburn causes 95% of melanomas, the deadliest form of skin cancer.

Your skin is exposed to UV radiation even on cooler or cloudy days, when many people mistakenly believe UV radiation is not as strong. Sunburn is bad for your skin, but sun exposure that doesn't result in burning can also damage skin cells and increase your risk of developing skin cancer.

丙型肝炎通常不會通過性行為傳播，除非在進行性行時雙方的性器官周圍都有割傷或創口。

丙型肝炎不會通過觸摸、親吻、擁抱、打噴嚏或咳嗽傳播。患者無需使用單獨的飲食器皿、餐具、毛巾或其他家居用品，也不需要分開清洗衣物。

目前沒有針對丙肝的疫苗，但是有一些治療方法可以治癒 90% 以上的慢性丙肝患者。

保護您的皮膚

暴露於太陽的紫外線輻射之下是導致皮膚癌的主要原因。95% 的黑色素瘤——最致命的皮膚癌——是由曬傷產生的。

即使在較冷或陰天的日子裡，當許多人錯誤地認為紫外線輻射並不強烈時，您的皮膚仍會受到紫外線輻射。曬傷對您的皮膚有害，但沒有導致曬傷的陽光照射也會損害皮膚細胞並增加罹患皮膚癌的風險。

Sun protection

It is important to protect your skin from sun's UV radiation to reduce the risk of developing skin cancer. Be extra cautious in the middle of the day when UV levels are most intense. You can protect your skin in five ways:

1

Long sleeve clothing



穿著長袖衣物

2

Wear sunglasses



佩戴太陽眼鏡

3

Wear a hat



佩戴帽子

4

Use sunscreen



使用防曬霜

5

Seek shade



尋找遮蔭處

防曬

保護您的皮膚免受太陽紫外線輻射的傷害是很重要的，這樣可以降低罹患皮膚癌的風險。您可以通過以下五種方式保護您的皮膚：

“Speak the truth about cancer but do not criticise or blame others. Get accurate information about cancer. Inaccurate information can create fear and shame.”

Health professional

「說出有關癌症的真相，但不要批評或責怪別人。獲取有關癌症的準確資訊。不準確的資訊可造成恐懼和恥辱。」

醫療保健專業人士

Occupational cancer

Some cancers are known as occupational cancers, because they are related to the workplace.

Occupational cancer can be related to exposure to carcinogenic (cancer-causing) agents, such as industrial chemicals, dusts, metals and combustion products (e.g. asbestos or diesel engine exhaust), or radiation (e.g. ultraviolet or ionising radiation).

Working in certain professions, such as working as a painter or in aluminium production, can increase your risk of cancer.

There is also some evidence that patterns of behaviour (such as shift-working overnight) increases the risk of cancer.

Putting in place control measures for carcinogenic hazards reduces your cancer risk. You should always follow the outlined safe work practices, such as wearing masks and gloves, and taking the time to review safety information.

If you are concerned about occupational cancer, speak to your employer about safety and monitoring. You can also speak to your doctor or contact Cancer Council on 13 11 20.

For more information about ways to stay healthy and prevent cancer, please visit www.cancer.org.au/preventing-cancer

職業性癌症

有些癌症被稱為職業性癌症，因為它們與工作場所有關。

職業性癌症可能與接觸致癌（引發癌症的）物質有關，例如：工業化學品、灰塵、金屬和易燃物品（如石棉或柴油機廢氣）或輻射（如紫外線或電離輻射）。

某些行業的工作，如油漆或製鋁，可能會增加人們患癌的風險。

還有一些證據表明，行為模式（比如通宵夜班工作）會增加患癌風險。

對致癌危害採取控制措施可降低罹患癌症的風險。您應該保持遵守安全工作指引，比如戴口罩和手套，並花點時間閱讀工作安全資訊。

如果您對職業性癌症感到關心，請諮詢您的醫生或致電 13 11 20 與 Cancer Council 聯絡。

瞭解更多有關如何保持健康和預防癌症的資訊，請瀏覽 www.cancer.org.au/preventing-cancer

Getting treatment

Cancer is not always fatal. If you are diagnosed with cancer, talk to your doctor about starting treatment as soon as possible. You may have treatment choices.

Once you have discussed treatment options with your doctor, you may want to talk them over with your family or friends, community members, social worker or spiritual advisor. Talking it over can help you to find out what course of action is right for you.

Getting treated for cancer early improves your health and may increase your chance of living longer.

“It’s vital to tell a person with cancer that they can have a chance to survive and get back to normal.”

Community member

Get informed

Every conversation you have with your health professional about cancer helps eliminate the fear and shame that is often associated with cancer. These conversations can happen in person but they can also be over the phone, online or in groups.

Listen to what health professionals are saying.

You can help in your community by correct myths about cancer and sharing facts. Avoid words or phrases that bring shame and fear to people affected by cancer.

Cancer information and support

Cancer Council 13 11 20 is a free, confidential telephone information and support service available in each state and territory.

Anyone can call Cancer Council 13 11 20, including people with cancer, their families, carers, friends, teachers, students and healthcare professionals.

接受治療

癌症並不總是致命的。如果您被診斷患有癌症，請儘快與您的醫生討論開始治療。您可能可以選擇多種治療方法。

一旦您與您的醫生談論了治療方案，您可能想和您的家人或朋友、社區成員、社工或心靈顧問詳細討論一下。與人談論可以幫助您找出適合您的方案。

及早治療癌症可以改善您的健康，並可能增加您延長壽命的機會。

「告訴患有癌症的人他們有機會活著並回復正常生活是很重要的。」

社區成員

索取資訊

每次您與醫療保健專業人員就癌症進行的交談都有助消除與癌症相關的常見的恐懼和羞恥。這些對話可以面對面進行，也可以通過電話、網上或小組進行。

聆聽醫療保健專業人員說些什麼。

您可以通過糾正關於癌症的誤解和分享資訊來幫助您的社區。避免使用會給癌症患者帶來羞辱和恐懼的詞彙或短語。

癌症資訊和支援

在各個州和領地都能使用 Cancer Council 13 11 20 熱線的免費保密電話資訊和支援服務。

任何人均可致電 Cancer Council 13 11 20，包括癌症患者、他們的家人、照顧者、朋友、老師、學生和醫療保健專業人士。

Cancer Council also provides online support (<https://onlinecommunity.cancercouncil.com.au>) where you can ask questions and participate in groups, forums and blogs.

Information about screening

If you need more information about the national screening programs, talk to your doctor, visit www.cancerscreening.gov.au, or call for more information:

- **National Bowel Cancer Screening Program – 1800 118 868**
- **National Cervical Screening Program – 13 15 56**
- **Breast Screen Australia – 13 20 50.**

If you need language assistance, please call Translating and Interpreting Service (TIS) 13 14 50.

Cancer Council 還通過 <https://onlinecommunity.cancercouncil.com.au> 提供線上支援，您可以在這裡提問並參與小組、論壇和博客。

有關篩查的資訊

如果您需要獲取更多關於全國性篩查計劃的資訊，請瀏覽 www.cancerscreening.gov.au，與您的醫生聯絡或者致電諮詢更多資訊：

- **National Bowel Cancer Screening Program (全國腸癌篩查計劃) – 1800 118 868**
- **National Cervical Screening Program (全國宮頸癌篩查計劃) – 13 15 56**
- **Breast Screen Australia (澳洲乳腺癌篩查計劃) – 13 20 50.**

如果您需要語言幫助，請致電翻譯和口譯服務處 (TIS) 13 14 50。

Note to reader

Always consult your doctor about matters that affect your health. This fact sheet is intended as a general introduction and is not a substitute for professional medical advice. Information about cancer is constantly being updated and revised by the medical and research communities. While all care is taken to ensure accuracy at the time of publication, Cancer Council Australia and its members exclude all liability for any injury, loss or damage incurred by use of or reliance on the information provided in this fact sheet.

Cancer Council Australia is Australia's peak non-government cancer control organisation. Through the eight state and territory Cancer Councils, we provide a broad range of programs and services to help improve the quality of life of people living with cancer, their families and friends. Cancer Councils also invest heavily in research and prevention.



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讀者提示

任何與您健康相關的問題請務必諮詢您的醫生。本資料僅作為一般資料介紹，不能代替專業醫療建議。醫學和科研界不斷更新和修正有關癌症的資訊。雖然已盡一切努力以確保本文發佈時資訊準確無誤，但 Cancer Council Australia (澳大利亞癌症協會) 及其成員不對因使用或依賴本資料單中提供的資訊而導致的任何損傷、損失或損壞承擔任何責任。

Cancer Council Australia 是澳洲最大的非政府癌症控制組織。通過位於八個州和領地的 Cancer Council，我們提供廣泛的計劃和服務，幫助改善癌症患者及其家人和朋友的生活質素。Cancer Council 在研究和預防方面投入大量資源。

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