



## How to prepare for your check-ups



### 复查前需要准备什么

ENGLISH | 简体中文 (CHINESE SIMPLIFIED)

It is important you do not feel ‘alone’ or lost in the system after treatment. You may still have many questions. Here we have listed the kind of questions you may want to ask your doctor about living well after cancer treatment. You may want to make a note of your most important questions. If you think of any other questions to ask, write them at the bottom of the page.

It might help to take this sheet with you to any check-ups with your cancer specialist or with your GP. It may also help to speak to a cancer support nurse.

Call the Cancer Council 13 11 20 to speak to a cancer nurse or visit the Australian Cancer Survivorship Centre website [petermac.org/cancersurvivorship](http://petermac.org/cancersurvivorship)

治疗后患者可能感到“孤单”或有些不知所措,可能有许多问题想问。以下有许多您可能想咨询医生的问题,例如术后如何过上健康生活等。请将最想问的问题记录下来,如果有其他想问的问题,请在本页下方空白处填写。

去癌症专科或家庭医生做复查时带上本单页,可能会有帮助。即便是见癌症支持护士,也可能有帮助。

欲咨询癌症科护士,可致电癌症协会(Cancer Council),电话:13 11 20。也可浏览澳大利亚癌症康复中心网站(Australian Cancer Survivorship Centre) 网址:[petermac.org/cancersurvivorship](http://petermac.org/cancersurvivorship)

### Coping (Feelings)

- Is it normal to have confusing feelings after treatment?
- Is it normal to have good and bad moments after finishing treatment?
- Is it common to feel sad or down on some days?
- Is it normal to find it difficult to concentrate following treatment?
- What things can I do to manage my feelings better following treatment?
- How do I set short and long term goals?
- How do I know if I need counselling for my emotional concerns?
- Do I have to pay for counselling?

### 克服(情感)困扰

- 术后心情很乱,是否正常?
- 治疗结束后心情时好时坏,是否正常?
- 有些天会感到悲伤,情绪低落,是否正常?
- 术后很难集中注意力,正常吗?
- 术后有什么方法可以调整自己的心情?
- 如何为自己设定短期及长期目标?
- 自己怎么判断是否需要情绪方面的心理辅导?
- 心理辅导,要花钱吗?



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### Physical effects after treatment/ things I can do to remain well

- What physical effects might I have after finishing treatment?
- Who will monitor these effects?
- How long am I likely to feel tired (fatigued)?
- How can I best manage my fatigue?
- Will my sleeping be affected? (Will I lose sleep?)
- Is there an exercise programme I should follow?
- Is there a special diet I should follow to stay healthy after treatment?
- What is a safe amount of alcohol to consume?
- How can I stop smoking?
- Are there any complementary / alternative medicines I could take to stay well?
- Will my thinking or memory be affected?
- What else can I do to help me feel well?

### 术后身体反应以及 为了保持健康, 自己可以怎么做?

- 治疗结束后, 会有哪些身体反应?
- 有人监测这些身体反应吗?
- 这种疲惫感(疲劳), 会持续多久?
- 有什么方法可以治疗这种疲惫感?
- 会不会影响睡眠?(会失眠吗?)
- 是否有应该遵循的身体锻炼方案?
- 治疗结束后, 为了保持健康, 是否应该遵循特殊饮食方案?
- 酒喝多少为宜?
- 如何戒烟?
- 有没有辅助/替代药物, 可以帮助我保持健康?
- 会不会影响思考能力或记忆力?
- 还有什么方法可以让自己感觉更好?

### Long-term (that continue for some time) and late effects (that start after a long time) of treatment

- Am I at risk of getting any late or long-term health issues?
- What checks will I have?
- What symptoms should I be aware of?
- Who will manage any long-term side effects?
- Am I likely to have long term problems with pain?
- Are there treatments for any long-term side effects that I have or might develop?
- What can I do to prevent long-term or late effects?

### 治疗的(会持续一段时间的)长期反应 及(过了很久之后出现的)后遗症

- 是否有长期反应及后遗症的风险?
- 复查时会检查哪些项目?
- 应该留意哪些症状?
- 长期性副作用, 谁来帮我克服?
- 可能会有长期疼痛吗?
- 对于目前及可能出现的长期性副作用, 有治疗手段吗?
- 有什么方法可以避免出现长期性反应或后遗症?



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### Follow-up appointments (Check-ups)

- Why do I need check-ups?
- What happens during check-ups?
- How often do I need check-ups?
- Do check-ups work?
- What tests will I have?
- Who will be responsible for my follow-up care?
- Will my GP be involved?

### Concerns about cancer returning

- What can I do to reduce the chance of my cancer returning?
- What symptoms should I look out for?
- How likely is it that my cancer will come back?
- How can I check myself for signs of a new cancer?
- Who do I contact if I have worries about cancer returning?
- How can I best manage my worries about cancer returning?

### Fertility, pregnancy and menopause

- Did my cancer and treatment affect my fertility (ability to have children)?
- Is early menopause likely?
- What changes can happen?
- How will I deal with these?
- What treatments are available?
- Are there complementary therapies that I may find helpful?

### 复查 (体检)

- 为什么要复查?
- 复查时有什么内容?
- 多久要复查一次?
- 复查有没有用?
- 会做哪些检查?
- 后续护理由谁负责?
- 会涉及到家庭医生吗?

### 担心癌症复发

- 有什么方法可以降低癌症复发几率?
- 应该留意哪些症状?
- 癌症复发可能性有多大?
- 如果又出现癌症, 应注意哪些征兆?
- 如果担心癌症复发, 应该联系谁?
- 如果担心癌症复发, 有什么方法可以调整心态?

### 生育能力、怀孕、更年期停经

- 癌症及治疗本身会影响生育能力吗?
- 更年期停经会提前吗?
- 会出现哪些变化?
- 如何应对这些情况?
- 有哪些治疗手段?
- 有没有可以起到帮助效果的辅助治疗?



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### Sex and intimacy

- Who can I speak to about any issues with sex and feeling close to my partner?
- What can I do if I can't get an erection?
- I have vaginal dryness. What would you recommend?

### Dealing with practical issues

- How can I get my finances back on track? (How can I deal with my financial issues after my treatment?)
- Who can I speak to about my financial issues?
- What advice do you have about returning to work?
- What do I do if I feel I am treated differently at work after cancer?
- Who can I speak to about insurance issues?
- Who can I talk to about benefits for disability / childcare?
- Who can I talk to about home help?

### Impact on family and friends

- What should I do if the people around me do not understand the way I am feeling?
- How do I talk to family and friends about my needs and concerns?
- How do I help my children cope with their feelings after completing my treatment?
- Are my children at risk of inheriting my cancer?
- Do I need referral to a family cancer clinic?

### 性生活及亲密关系

- 如果性生活、与伴侣的亲密上有问题, 可以咨询谁?
- 无法勃起应怎么办?
- 针对阴道干涩, 有什么好建议?

### 克服实际困难

- 财务如何走上正轨?(治疗后的财务问题如何应对?)
- 如果出现财务问题, 可以咨询谁?
- 返岗工作方面, 有什么好建议?
- 癌症治疗后返岗工作时如果感觉被区别对待, 可以怎么办?
- 有关保险的问题, 可以咨询谁?
- 有关残障/托儿福利的问题, 可以咨询谁?
- 如果需要居家支持, 可以咨询谁?

### 对亲朋好友的影响

- 如果身边的人不懂我的感受, 应该怎么做?
- 关于自己的需求和担心, 应该如何跟亲朋好友沟通?
- 治疗结束后, 可以如何帮助孩子克服情感上的问题?
- 孩子有遗传癌症的风险吗?
- 是否需要转介至家庭癌症诊所?



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### Getting more information and support

- Can you recommend websites / further reading about life after cancer?
- Where can I find information about support groups?
- How can I join a support group?
- How about telephone support from someone who has had a similar experience?

### 获得更多信息及支持

- 可否推荐一些癌症康复后生活相关的网站和资料?
- 在哪里可以找到互助支持圈子的信息?
- 如何加入互助支持圈子?
- 从有相同经历的人获得电话支持怎么样?

### My other questions / 其他想问的问题

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Peter Mac DVD “癌症康复指南” (“Just Take it Day to Day – A Guide to Surviving Life After Cancer”) 以及癌症协会 (Cancer Council) “的康复之路” (“On the road to recovery”) 小册子很有帮助, 里面介绍了癌症治疗结束后第一年患者的类似的心路历程, 还介绍了克服一些困难的经验和方法。

癌症协会 (Cancer Council) 欢迎您来电垂询, 电话:13 11 20。您也可以浏览澳大利亚癌症康复中心 (Australian Cancer Survivorship Centre) 网站: [petermac.org/cancersurvivorship](http://petermac.org/cancersurvivorship)

Australian Cancer Survivorship Centre,  
Locked Bag 1, A' Beckett Street  
Melbourne VIC 8006  
电子邮件: [contactacsc@petermac.org](mailto:contactacsc@petermac.org)

[petermac.org/cancersurvivorship](http://petermac.org/cancersurvivorship)



鸣谢: 本信息册由墨尔本中西区癌症综合治疗服务拨款赞助制作 (Western & Central Melbourne Integrated Cancer Service [WCMICS])