



## How to prepare for your check-ups



### 回診檢查前需要準備什麼

ENGLISH | 繁體中文 (CHINESE TRADITIONAL)

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)

治療後患者可能感到「孤單」或有些許不知所措，醫生的問題，例如術後如何過上健康生活等。請將最想問的問題記錄下來，如果有其他想問的問題，請在本頁下方空白處填寫。

去癌症專科或家庭醫生做回診檢查時帶上本單頁，可能會有幫助。即便是見癌症支援護士，也可能有幫助。

欲諮詢癌症科護士，可致電癌症協會 (Cancer Council)，電話：13 11 20。也可瀏覽澳洲癌症康復中心 (Australian Cancer Survivorship Centre) 網站網址：[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)困擾

- 術後心情很亂，是否正常？
- 治療結束後心情時好時壞，是否正常？
- 有些天會感到悲傷，情緒低落，是否正常？
- 術後很難集中注意力，正常嗎？
- 術後有什麼方法可以調整自己的心情？
- 如何為自己設定短期及長期目標？
- 自己怎麼判斷是否需要情緒方面的心理輔導？
- 心理輔導，要付費嗎？



## How to prepare for your check-ups



### 回診檢查前需要準備什麼

ENGLISH | 繁體中文 (CHINESE TRADITIONAL)

#### 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?

#### 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?

#### 術後身體反應以及 為了保持健康, 自己可以怎麼做?

- 治療結束後, 會有哪些身體反應?
- 有人監測這些身體反應嗎?
- 這種疲憊感(疲勞), 會持續多久?
- 有什麼方法可以治療這種疲憊感?
- 會不會影響睡眠?(會失眠嗎?)
- 是否有應該遵循的身體鍛煉方案?
- 治療結束後, 為了保持健康, 是否應該遵循特殊飲食方案?
- 酒喝多少為宜?
- 如何戒煙?
- 有沒有輔助/替代藥物, 可以幫助我保持健康?
- 會不會影響思考能力或記憶力?
- 還有什麼方法可以讓自己感覺更好?

#### 治療的長期(會持續一段時間的)反應及 (過了很久之後出現的)後遺症

- 是否有長期反應及後遺症的風險?
- 回診檢查時會檢查哪些項目?
- 應該留意哪些症狀?
- 長期性副作用, 誰來幫我克服?
- 可能會有長期疼痛嗎?
- 對於目前及可能出現的長期性副作用, 有治療手段嗎?
- 有什麼方法可以避免出現長期性反應或後遺症?



## How to prepare for your check-ups



### 回診檢查前需要準備什麼

ENGLISH | 繁體中文 (CHINESE TRADITIONAL)

#### 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?

#### 回診檢查 (體檢)

- 為什麼要回診檢查?
- 回診檢查時有什麼內容?
- 多久要回診檢查一次?
- 回診檢查有沒有用?
- 會做哪些檢查?
- 後續護理由誰負責?
- 會涉及到家庭醫生嗎?

#### 擔心癌症復發

- 有什麼方法可以降低癌症復發機率?
- 應該留意哪些症狀?
- 癌症復發可能性有多大?
- 如果又出現癌症, 應注意哪些徵兆?
- 如果擔心癌症復發, 應該聯繫誰?
- 如果擔心癌症復發, 有什麼方法可以調整心態?

#### 生育能力、懷孕、更年期停經

- 癌症及治療本身會影響生育能力嗎?
- 更年期停經會提前嗎?
- 會出現哪些變化?
- 如何應對這些情況?
- 有哪些治療手段?
- 有沒有可以起到幫助效果的輔助治療?



## How to prepare for your check-ups



### 回診檢查前需要準備什麼

ENGLISH | 繁體中文 (CHINESE TRADITIONAL)

#### 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?

#### 性生活及親密關係

- 如果性生活、與伴侶的親密上有問題, 可以諮詢誰?
- 無法勃起應怎麼辦?
- 針對陰道乾澀, 有什麼好建議?

#### 克服實際困難

- 財務如何走上正軌?(治療後的財務問題如何應對?)
- 如果出現財務問題, 可以諮詢誰?
- 返崗工作方面, 有什麼好建議?
- 癌症治療後返崗工作時如果感覺被區別對待, 可以怎麼辦?
- 有關保險的問題, 可以諮詢誰?
- 有關殘障/托兒福利的問題, 可以諮詢誰?
- 如果需要居家支援, 可以諮詢誰?

#### 對親朋好友的影響

- 如果身邊的人不懂我的感受, 應該怎麼做?
- 關於自己的需求和擔心, 應該如何跟親朋好友溝通?
- 治療結束後, 可以如何幫助孩子克服情感上的問題?
- 孩子有遺傳癌症的風險嗎?
- 是否需要轉介至家庭癌症診所?



# How to prepare for your check-ups

## 回診檢查前需要準備什麼

ENGLISH | 繁體中文 (CHINESE TRADITIONAL)

### 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?

### 獲得更多信息及支援

- 可否推薦一些癌症康復後生活相關的網站和資料?
- 在哪裡可以找到支援小組的信息?
- 如何加入支援小組?
- 從有相同經歷的人獲得電話支援怎麼樣?

### My other questions / 其他想問的問題

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Peter Mac DVD “癌症康復指南” (“Just Take it Day to Day – A Guide to Surviving Life After Cancer”) 以及癌症協會 (Cancer Council) “的康復之路” (“On the road to recovery”) 小冊子很有幫助, 裡面介紹了癌症治療結束後第一年患者的類似的心路歷程, 還介紹了克服一些困難的經驗和方法。

癌症協會 (Cancer Council) 歡迎您來電垂詢, 電話: 13 11 20。您也可以瀏覽澳洲癌症康復中心 (Australian Cancer Survivorship Centre) 網站: [petermac.org/cancersurvivorship](http://petermac.org/cancersurvivorship)

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

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



鳴謝: 本手冊由墨爾本中西區癌症綜合治療服務撥款贊助製作 (Western & Central Melbourne Integrated Cancer Service [WCMICS])