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# 癌症患者 常见问题 治疗与护理

## Medical Care of Cancer Patients

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# 癌症患者

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# 译者序

自 20 世纪中期肿瘤学创立以来,肿瘤的诊断和治疗方法一直处于不断发展和完善中。可弯曲式和硬质内镜、激光、自体荧光镜的使用,便于我们早期发现癌症;治疗方法的发展如介入治疗学、氩血浆凝固、冰冻等技术的使用,大大降低了癌细胞对患者身体组织的危害性;生物治疗包括小分子靶点物、各种生物单克隆抗体、细胞因子、基因治疗等取得了显著的进展;而放射治疗学从近距离放疗到外照射的发展、治疗设备的改进和技术的进步,如束流调强适形放疗,在保证肿瘤组织接收足够放射剂量的同时,显著降低了周围正常组织所接收的放射剂量,因而大大降低了患者并发症的发生率,改善了患者的预后。化疗药物和其他治疗方法的联合应用,使癌症患者的生存率有了显著的提高,从而也对医生提出了新的挑战。

癌症患者生存期的延长,使癌症成为一种慢性病,很多患者最终不是死于癌症,而是死于其他疾病,如心脑血管疾病等。癌症发病率及生存率的提高,使癌症生存者群体日益壮大。相对于一般群体,他们既有相似的地方,即癌症患者有可能发生普通人群罹患的疾病,另一方面,他们之间也有不同之处。癌症和癌症治疗给患者带来一系列改变,如生活质量的下降、免疫状态的降低。对他们的管理,超出了普通内科医生的知识范畴,也不是肿瘤科医生的工作范围,这方面知识的缺乏使得癌症患者的管理成为难题。

本书的出现不仅给临床医生提供了治疗的依据,也给癌症患者带来了福音,它包括了癌症有关的多方面的内容。本书有如下几个特点:①范围广泛,包括身体所有系统的肿瘤,如头颈部、腹部、眼科、妇科、儿科的肿瘤,涉及诊断和治疗的各种方法;②整体原则,既包括癌症患者的生理改变,也包括对其心理方面的影响研究;③权威性强,作者均是肿瘤学科的专家,内容涵盖相关方面的最新进展;④立足点不同,这本书既不是一般内科书,也不是肿瘤学科的教科书,而是它们的补充。由于我们研究的对象是癌症生存者,所以内容也主要关注癌症生存者出现的各种医疗问题及其处理原则,填补了这方面的欠缺。

本书分为 18 模块,共 88 章。前 6 章为总论部分,全面介绍了恶性肿瘤及其治疗的并发症、发生机制、生物免疫的后遗症以及有关癌症患者的伦理和法律问题。后 82 章分别介绍了癌症患者的共同问题、诊断检查以及各种常见肿瘤的临床表现和治疗,对老年患者、儿科患者也有专门的描述,并且介绍了整体医学,包括中国的传统医学和印度草医学等。

参与本书编译工作的人员多数为具有丰富临床和教学经验的医学院在职教师,此外还有长期从事临床、教学和科研工作的医护人员,硕士、博士研究生也积极参与其中。大家怀着极大的热忱,付出了辛勤的劳动,在短时间内完成了编译工作,本书的编译是青岛大学医学院护理学院集体智慧和劳动的结晶。当然,受时间、能力和专业水平的限制,难免存在错误和不足之处,敬请专家、同行和广大读者原谅,并给予批评和指导意见。

最后,衷心感谢人民卫生出版社对我们的信任、支持和帮助,在本书翻译过程中,也得到了青岛大学附属医院眼科专家王大博教授和神经外科专家孙鹏教授的大力支持和帮助,在此一并表示诚挚的感谢和敬意。

杨秀玲 刘翠萍  
2015 年春于青岛

# 前言

在过去的十年里,众多癌症患者的预后得到显著改善。既往二十多年,科学家对癌症的病因不断进行全面探索,促进了靶向治疗的进展,而靶向治疗可谓之癌症治疗史上的一项彻底变革。二十年来,人们绘制了遗传图谱,对人类基因组进行了测序,并研究分子识别机制,以明确癌症的发病机制。通过运用这些原理进行靶向治疗引发了一系列变革,不仅影响癌症的预后,而且影响了治疗模式和方法。

这些改变使癌症患者的治疗需求发生了深刻变化。首先,越来越多的癌症患者的生存期正在延长。以前的癌症患者经治疗后存活率也通常较低,而现在这些“生存者”的生存时间更长,许多患者正在接受慢性治疗。重要的是,他们仍继续活着。除此之外,癌症患者还承受着癌症相关疾病以及短期和长期治疗产生的副作用。例如,以往骨髓瘤患者生存期较短,通常仅为5年。近两三年来,蛋白酶抑制剂和沙利度胺衍生物的联合应用,使相当一部分骨髓瘤患者的病情得到良好控制,接受慢性治疗。然而,除了药物治疗带来的好处外,患者还承受着治疗引起的一系列不良影响,包括疲乏、血栓栓塞、外周神经病、骨骼心脏疾病等。

本书目标在于关注与癌症及其治疗相关的现存以及新近出现的内科问题。这些问题不仅包括以往化疗药物相关的疾病,而且包括新药的部分,比如,单克隆抗体、信号通路-特定的小分子。此外,本书还包括一些癌症合并症的治疗措施,以供参考。

本文旨在将癌症生存者复杂和快速发展的内科问题进行系统分类并描述。尽管癌症的治疗手段正在飞速发展,任何书在出版时其内容可能已经过时,但我们依然坚信,本书可以为您提供独到的视角和框架,帮您更有效地组织日益更新的信息。

我们的箴言是:“疾有所医,病善其终”。