

# 乳腺癌护理手册

## (英汉对照)

*Breast Cancer Nursing Manual (Bilingualism)*

主 审◎程 晶 刘义兰

主 编◎彭 昕 胡德英



华中科技大学出版社

<http://www.hustp.com>

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主 审 程 晶 刘义兰

主 编 彭 昕 胡德英

副主编 胡 洁 郭 潇

编 者 (按姓氏笔画排序)

代 艺 华中科技大学同济医学院附属协和医院

胡 洁 华中科技大学同济医学院附属协和医院

胡德英 华中科技大学同济医学院附属协和医院

郭 潇 华中科技大学同济医学院附属协和医院

黄 莉 华中科技大学同济医学院附属协和医院

黄 莎 华中科技大学同济医学院护理学院

梁 樊 华中科技大学同济医学院附属协和医院

彭 昕 华中科技大学同济医学院附属协和医院



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## 内 容 提 要

本书全面、系统地介绍了乳腺癌基础知识、乳腺癌诊断、乳腺癌治疗、乳腺癌护理(术后护理、药物护理、管理治疗副作用、淋巴水肿、延续护理和寻求支持小组)、乳腺癌复发和转移及乳腺癌相关术语等方面的知识。

目前尚没有乳腺癌护理的专科中英文教材,本书专为广大乳腺癌专科护士量身定做。

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Ruxian'ai Huli Shouce(Ying-Han Duizhao)

彭 昕 胡德英 主编

策划编辑:荣 静

责任校对:张会军

责任编辑:秦 翌

责任监印:周治超

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## 序

随着肿瘤发病率的增加,国内各大综合性医院也纷纷开设了肿瘤专科病房。在肿瘤漫长的治疗过程中,肿瘤患者对护士的专业要求逐渐增强,同时随着中国逐渐为世界所瞩目,医疗界的国际交流也逐年增多,中国护士渐渐走上国际舞台。现今临床护士普遍对专业英语有较高的需求,尤其是对专业英语的掌握与运用,将是每个护士的必备职业素养之一。

为了方便、更全面地学习和掌握乳腺癌专科护理的相关知识,华中科技大学同济医学院附属协和医院一批从事肿瘤临床、教学、科研的优秀护理团队,编写了这本《乳腺癌护理手册(英汉对照)》。本书全面、系统地介绍了乳腺癌基础知识、乳腺癌诊断、乳腺癌治疗、乳腺癌护理(术后护理、药物护理、管理治疗副作用、淋巴水肿、延续护理和寻求支持小组)、乳腺癌复发和转移及乳腺癌相关术语等方面的知识。

目前尚没有乳腺癌护理的专科中英文教材,本书专为广大乳腺癌专科护士量身定做。我们也期望通过对本书的学习,能提高临床护士的专业英语水平,加快我国护理的国际化进程,使我国与国外先进的护理理念和技术有更好的接轨。

我应邀审核本书并为本书作序,工作中难免存在疏漏之处,还



望广大同仁不吝赐教。

亚太医学生物免疫学会常务理事

亚太医学生物免疫学会肿瘤学分会常委

中国南方肿瘤临床研究协会乳腺癌专业委员会常委

中国生物医学工程学会肿瘤精确放疗专业委员会委员

华中科技大学同济医学院附属协和医院肿瘤医院

乳腺肿瘤放化疗科主任

程晶

# 前 言

目前乳腺癌已成为全球女性最常见的恶性肿瘤之一。乳腺癌治疗与护理进展突飞猛进,临床观念不断更新,亟须编写一本专业、全面的图书满足临床医护人员需求。乳腺癌术后并发症患者日益增多,在各层级医院均有收治,由于护理水平参差不齐,对患者的生存质量有很大影响,护理有待进一步规范。

本书从乳腺癌基础知识、乳腺癌诊断、乳腺癌治疗、乳腺癌护理(术后护理、药物护理、管理治疗副作用、淋巴水肿、延续护理和寻求支持小组)、乳腺癌复发和转移及乳腺癌相关术语等方面对乳腺癌进行了全面的阐述。本书参考最前沿的医疗护理知识,引用最新的国内外文献、书籍,介绍乳腺癌患者临床护理的新进展,以专科理论知识及临床实践经验为基础,兼顾知识层面的专业性和阅读过程的通俗性,便于读者理解和掌握。

由于编写时间有限和乳腺癌肿瘤治疗手段与理念的不断更新和提高,本书中难免有疏漏之处。我们真诚地希望得到护理界同仁和社会各界人士的批评指正,以帮助我们不断努力,更好地为乳腺癌临床护理实践服务。

彭 昕

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## Introduction 简介

Breast cancer refers to uncontrolled growth of breast cells. To treat breast cancer better, we should understand how the cancer develops.

乳腺癌是指乳腺细胞不受控制地增长。为了更好地治疗乳腺癌,我们需要了解乳腺癌是怎样发生的。

Cancer occurs as a result of mutations or abnormal changes in the genes which are responsible for regulating the growth of cells and keeping them healthy. The genes are in the nucleus, which acts as the “control room” of each cell. Normally, the cells in our bodies replace themselves through an orderly process of cell growth: healthy new cells take over as old ones die out. But over time, mutations can “turn on” certain genes and “turn off” others in a cell. That changed cell gains the ability to keep dividing without control or order, producing many cells similar to it and forming a tumor.

癌症是由基因突变或非正常的改变引起的,基因调控着细胞的生长,并保持着它们的健康。基因存在于每个细胞的细胞核中,而细胞核则作为一个控制中枢调节着每个细胞的生长。正常情况下,我们身体的细胞有序地更替着,新的健康的代替老的死亡的,但随着时间的推移,突变关闭了细胞的某些基因同时开启一些其他的基因,而发生突变的细胞获得了不受控制、不断分裂的能力,产生许多与其类似的细胞,形成肿瘤。

A tumor can be benign (not dangerous to health) or malignant (has the potential to be dangerous). Benign tumors are not considered cancerous; their cells are close to normal in



appearance, they grow slowly, and they do not invade nearby tissues or spread to other parts of the body. Malignant tumors are cancerous. Leaving it developing, malignant cells can eventually spread beyond the original tumor to other parts of the body.

肿瘤有良性和恶性之分。良性的对健康无害,恶性的则有可能很危险。良性肿瘤不考虑癌变:它们的细胞形态接近正常细胞,生长缓慢,未侵入邻近组织,也未发生转移。而恶性的肿瘤为癌变,任其发展,则会扩散到身体其他部位。

The term “breast cancer” refers to a malignant tumor that has developed from cells in the breast. Usually breast cancer occurs firstly in the cells of the lobules, which are the milk-producing glands, or the ducts, the passages that drain milk from the lobules to the nipple. Less commonly, breast cancer can begin in the stromal tissues, which include the fatty and fibrous connective tissues of the breast. Breast anatomy is shown in Fig. 1 at the end of the book.

乳腺癌是指乳腺细胞的恶性肿瘤,乳腺癌最常起始于分泌乳汁的乳腺小叶或引流乳汁的乳腺管,其次常见于乳腺富含脂肪和纤维等结缔组织的基质组织。乳腺的解剖见书后彩图 1。

Over time, cancer cells can invade nearby healthy breast tissue and make their way into the underarm lymph nodes, small organs that defend against foreign substances to protect the body. If cancer cells get into the lymph nodes, they then have a pathway into other parts of the body. The breast cancer's stage refers to how far the cancer cells have spread beyond the original tumor.

随着时间的推移,癌细胞可以侵入附近的健康的乳房组织,进入腋下淋巴结。这些淋巴结的主要作用是防御外来物质从而保护机体。如果癌细胞进入淋巴结,它们就可以通过这个渠道侵入到身体的其他部位。乳腺癌的阶段分级是根据癌细胞扩散的远近程度划分的。

Breast cancer is always caused by a genetic abnormality (a

“mistake” in the genetic material). However, only 5%-10% of cancers are due to an abnormality inherited from her mother or father. Instead, 90%-95% of breast cancers are due to genetic abnormalities that happen as a result of the aging process and the “wear and tear” of life in general.

乳腺癌是由于基因的异常导致的(遗传物质的“错误”),但其中只有5%~10%是遗传于父母,其余的90%~95%基因异常是由于机体的老化和岁月的磨损。

There are steps that everyone can take to keep their body as healthy as possible, such as eating a balanced diet, maintaining a healthy weight, not smoking, limiting alcohol, and exercising regularly (learn what one can do to manage breast cancer risk factors). While these may have some impact on the risk of getting breast cancer, they cannot eliminate the risk.

每个人都可以采取一些措施来帮助身体保持健康,如均衡饮食、控制体重、戒烟限酒和定期锻炼(学会这些人们就可以管理乳腺癌的危险因素)。虽然这些可能对患癌风险有一定影响,但它们不能消除该风险。

Developing breast cancer is not the patient's or anyone else's fault. Feeling guilty, or telling herself that breast cancer happened because of something she or anyone else did, is not reasonable nor helpful.

患乳腺癌不是患者或其他人的错。患者感到内疚,或告诉自己患有乳腺癌是由自身或其他人导致的,这是毫无依据或帮助的。

U. S. breast cancer statistics are as follows.

美国乳腺癌的统计数据如下。

① About 1 in 8 U. S. women (about 12%) will develop invasive breast cancer over the course of their lifetime.

① 约有 1/8 (即 12% 左右) 的美国女性在其一生中 will 发生浸润性乳腺癌。



②Breast cancer incidence rates in the U. S. began decreasing in the year 2000, after increasing for the previous two decades. They dropped by 7% from 2002 to 2003 alone. One theory is that this decrease was partially due to the reduced use of hormone replacement therapy (HRT) by women after the results of a large study called the Women's Health Initiative were published in 2002. These results suggested a connection between HRT and increased breast cancer risk.

②2000年,在最初20年的增长之后,美国乳腺癌患病率开始下降。单就2002年到2003年,其患病率就下降了7%。某一理论认为该患病率的下降从某种程度上归功于2002年公布的一项叫作“女性健康倡议”的大型研究的结果后,激素替代疗法使用的减少。这些结果表明激素替代疗法与乳腺癌患病风险升高有关联。

③For women in the U. S., breast cancer death rates are higher than those of any other cancer, besides lung cancer.

③在美国女性中,除了肺癌,就属乳腺癌的病死率最高了。

④In women under 45, breast cancer is more common in African-American women than white women. Overall, African-American women are more likely to die of breast cancer. For Asian, Hispanic, and native-American women, the risk of developing and dying from breast cancer is lower.

④在45岁以下的女性中,非裔美国女性的患病率高于白人女性,并且其病死率也偏高。亚裔、拉美裔及土著美国女性的乳腺癌的患病率和病死率相对非裔来说是偏低的。

⑤In 2016, there are more than 2.8 million women with a history of breast cancer in the U. S., which include women currently being treated and women who have finished treatment.

⑤2016年,超过280万美国女性有乳腺癌的患病史,其中包括现在刚开始治疗和已经结束治疗的女性。

⑥A woman's risk of breast cancer nearly doubles if she has a first-degree relative (mother, sister, daughter) who has been

diagnosed with breast cancer. But less than 15% of women who get breast cancer have a family history.

⑥如果有一级亲属(即妈妈、姐妹或女儿)曾患有乳腺癌,该女性乳腺癌患病率将增加近一倍,然而仅仅有不足 15% 的乳腺癌女性患者具有家族史。

⑦5%-10% of breast cancers can be linked to gene mutations (abnormal changes) inherited from one's mother or father. Mutations of the *BRCA1* and *BRCA2* genes are the most common. On average, women with a *BRCA1* mutation have a 55%-65% lifetime risk of developing breast cancer. For women with a *BRCA2* mutation, the risk is 45%. Breast cancer that is positive for the *BRCA1* or *BRCA2* mutations tends to develop more often in younger women. An increased ovarian cancer risk is also associated with these genetic mutations. In men, *BRCA2* mutations are associated with a lifetime breast cancer risk of about 6.8%; *BRCA1* mutations are a less frequent cause of breast cancer in men.

⑦有 5%~10% 的乳腺癌与遗传于父母的基因突变(异常改变)有关,其中 *BRCA1* 和 *BRCA2* 基因的突变最为常见。总体上来说,携带有 *BRCA1* 突变基因的女性终生乳腺癌患病率为 55%~65%,对携带有 *BRCA2* 突变基因的女性,该患病率为 45%。携带有 *BRCA1* 和 *BRCA2* 突变基因的乳腺癌患者更倾向于为年轻女性。同时卵巢癌的发病风险增加也与此基因突变有关。携带有 *BRCA2* 突变基因的男性终生乳腺癌患病率约为 6.8%,而 *BRCA1* 的突变基因却很少导致男性的患病。

⑧About 85% of breast cancers occur in women who have no family history of breast cancer. They occur due to genetic mutations that happen as a result of the aging process and life in general, rather than inherited mutations.

⑧约有 85% 的乳腺癌女性患者没有家族史,她们主要是由衰老和日常生活中的基因突变导致发病,而不是遗传所致的突变。



⑨ The most significant risk factors for breast cancer are gender (being a woman) and age (growing older).

⑨ 乳腺癌最主要的危险因素是性别(女性)和年龄(衰老)。

(胡德英)

## Chapter 1 Breast Cancer Basics

### 第一章 乳腺癌基础知识

The breast is mostly made up of fatty tissue. Within this tissue there is a network of lobes, which are made up of small, tube-like structures called lobules. Lobules contain glands that can produce milk. Tiny ducts connect the glands, lobules, and lobes, carrying the milk from the lobes to the nipple. Blood and lymph vessels also run throughout the breast. Blood nourishes the cells, and the lymphatic system takes away waste products from the body. The lymph vessels connect to lymph nodes, which are tiny, bean-shaped organs that help fight against infection (Fig. 2 at the end of the book).

乳房大部分都是由脂肪组织构成。脂肪组织中有许多网状乳腺叶,这些乳腺叶是由很小、像管道似的乳腺小叶构成。乳腺小叶中有能分泌乳汁的腺体。细小的导管连接着腺体、乳腺小叶和乳腺叶,将乳汁从乳腺叶运输到乳头。血管和淋巴管也遍及乳房。血液滋养着细胞,淋巴系统带走身体废物。淋巴管与淋巴结相连,淋巴结是一种豆子一样的细小器官,帮助机体对抗感染(书后彩图 2)。

## Part 1 Breast Cancer Development

### 第一部分 乳腺癌的发展

In the U. S., breast cancer is the most common cancer diagnosed in women, other than skin cancer. Men may also develop breast cancer, but less than 1% are men. Breast cancer begins when healthy cells in the breast change and grow uncontrollably,





forming a mass called a tumor. A tumor can be cancerous or benign. A cancerous tumor is malignant, which can spread to other parts of the body. A benign tumor does not spread to other parts of the body, and it is rarely life-threatening.

在美国,除了皮肤癌,乳腺癌是在女性患癌群体中最常见的癌症。男性也会有乳腺癌,但总人数却不足整体患乳腺癌群体的1%。当乳房细胞发生突变,不受控制地成团生长时,就形成了肿瘤。肿瘤有良恶性之分。癌性肿瘤是一种恶性肿瘤,会转移到身体其他部位,而良性肿瘤不发生扩散,所以很少致命。

Most breast cancers start in the ducts, but some begin in the lobules. Almost 75% of all breast cancers begin in the epithelial cells of the ducts and are called ductal carcinomas. Cancer that begins in the lobules is called lobular carcinoma. Through biopsy, a pathologist determines whether a tumor should be removed depending on whether the cancer is ductal or lobular. A pathologist is a doctor who specializes in interpreting laboratory tests and evaluating cells, tissues, and organs to diagnose disease.

乳腺癌大多起源于乳腺管,但也有些起源于乳腺小叶的。起源于乳腺管上皮细胞的乳腺癌称为乳腺导管癌,占乳腺癌总量的75%,起源于乳腺小叶的则叫乳腺小叶癌。通过活检,根据其是导管型还是小叶型,病理医生决定该乳腺肿瘤是否需要被切除。病理医生是指专门从事解释实验室检验,评估细胞、组织和器官从而诊断疾病的医生。

If the breast cancer cells have spread outside the duct or lobule and into the surrounding tissue, it is called invasive ductal or lobular carcinoma. Cancer that is located only in the duct or lobule is called *in situ*, meaning "in place", which doesn't spread. Most *in situ* breast cancers are ductal carcinoma *in situ* (DCIS). Currently, oncologists recommend surgery to remove DCIS to help prevent the development of an invasive breast cancer that can spread to other parts of the breast or the body. Radiation therapy