

## 綜合腫瘤科中心

香港跑馬地山村道二號  
養和醫院中院四樓

### 辦公時間

星期一至五 : 上午九時至下午五時  
星期六 : 上午九時至下午一時  
(星期日及公眾假期休息)

如有查詢，歡迎聯絡我們

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網址 : www.hksh.com

Comprehensive Oncology Centre  
Hong Kong Sanatorium & Hospital

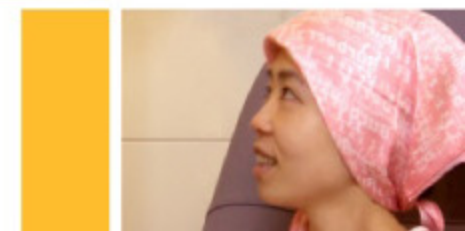
4/F, Central Block, 2 Village Road, Happy Valley, Hong Kong

### Service Hours:

Monday to Friday : 9:00 am - 5:00 pm  
Saturdays : 9:00 am - 1:00 pm  
(Closed on Sundays and Public Holidays)

For information and enquiries, please contact us at:

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# 綜合腫瘤科中心

# Comprehensive Oncology Centre



和您一起 · 戰勝癌症

*Winning Against Cancer*

# 認識癌症

## 甚麼是癌症?

我們的身體是由千千萬萬的細胞組成的。每個細胞內有二十三對染色體，是生命的藍圖。而每對染色體由兩條脫氧核糖核酸（DNA）分子配接而成，連成雙螺旋的結構。組成DNA的單位，就是無數的遺傳基因。

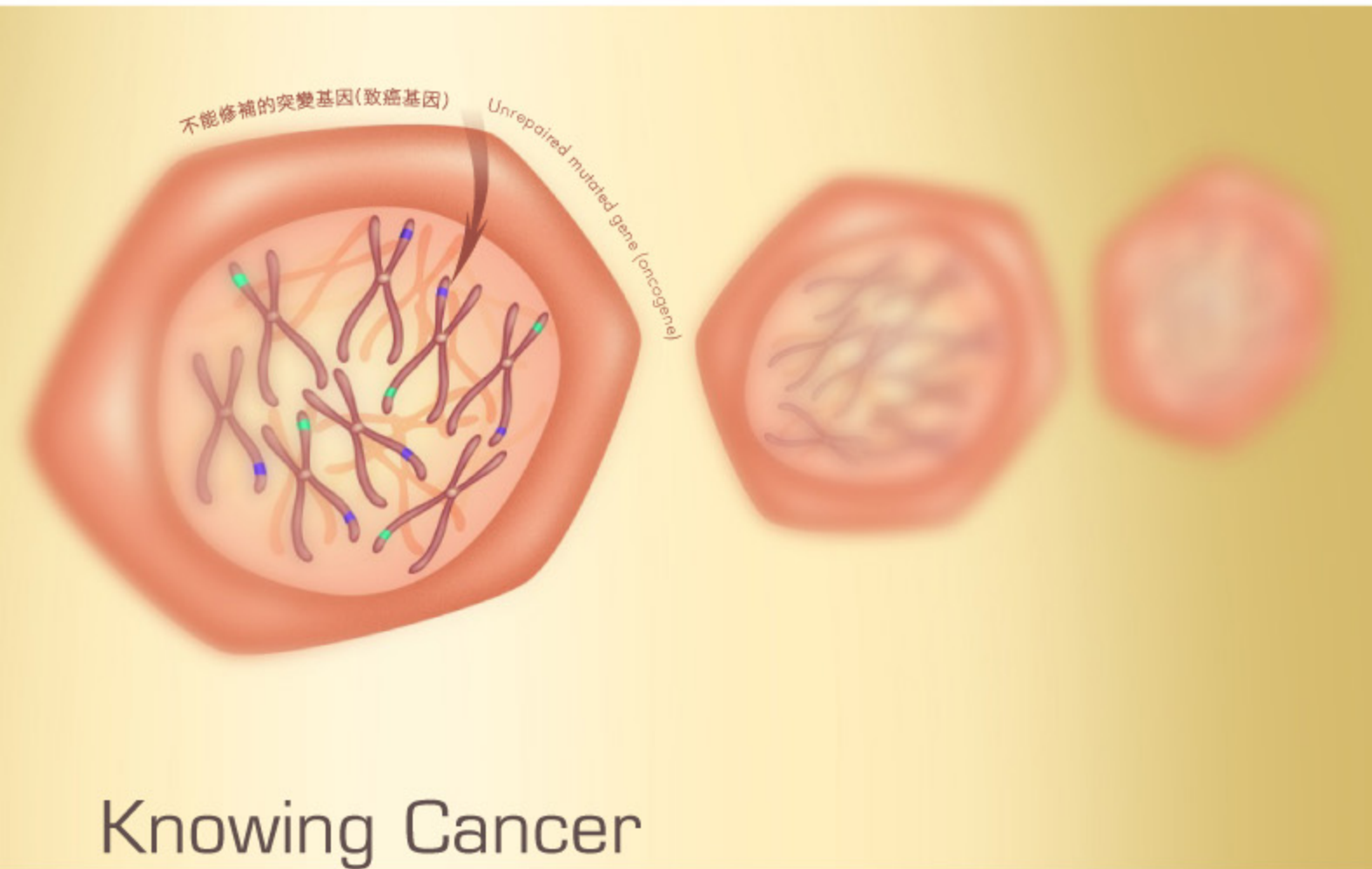
我們體內的細胞大多都需要定期更生。某些細胞數小時分裂一次，壽命只維持數天，有些卻長達數年之久。細胞分裂和增長的過程全部由基因控制，增長過程的開始和結束，都由基因決定。可是，當這些基因發生轉變（稱為

「突變」）而不能發揮正常效用，細胞的分裂和增長就會變得不受控制。如情況輕微，過度增長的細胞可能會形成良性腫瘤。良性腫瘤擴散的可能性甚低，因此不會危害健康。然而，某些基因不但令細胞不受控制地增長，更令其擴散，入侵及破壞周圍的血管、神經、身體其他組織或「轉移」到其他身體部份。

## 癌細胞複製時間

癌病變由一個不正常的細胞而起。這個細胞一分为二，二分为四，如此類推。不同的癌細胞，分裂的速度也不一樣，這稱為「癌細胞複製時間」。增長速度快的癌細胞，複製時間只需一至四星期，而增長速度慢的癌細胞，複製時間可能需要兩至六個月。然而，病變初期是毫無症狀的。病人不會感覺到腫塊或硬塊。由於初期的癌腫體積太小，現時的診斷方法亦難以發現。經過幾個月，甚至數

年，癌細胞已複製三十次左右，其時腫塊可能已有一厘米大，可以感覺到，而X光等方法亦能將之顯示。醫療科技日新月異，某些新的造影技術及化驗方法有時亦能驗出體積較小的腫瘤。



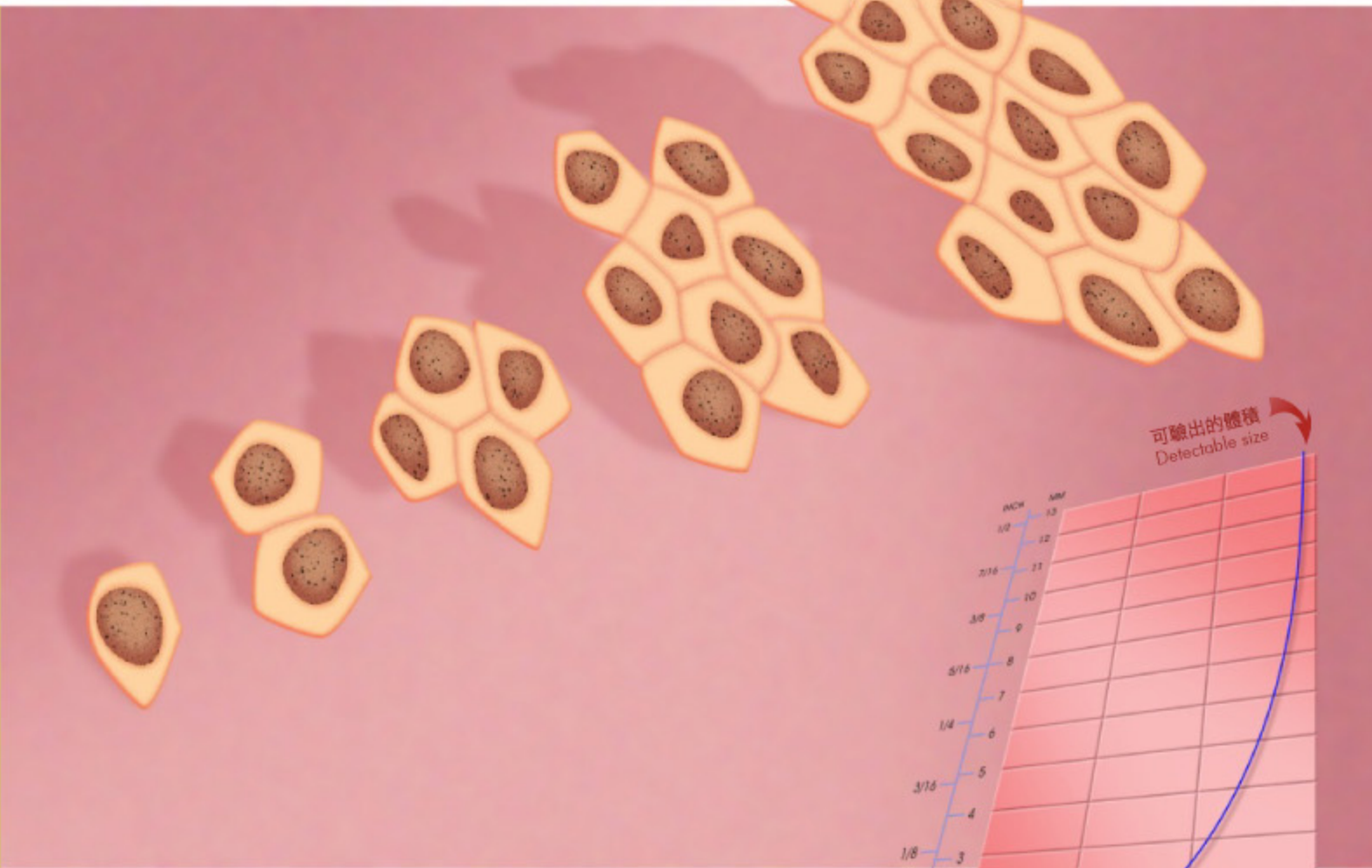
## Knowing Cancer

### What Is Cancer?

Our body is made up of a vast collection of cells and every cell contains 23 pairs of chromosomes. Winding through each pair is a double spiral of DNA molecules, the genetic blueprint for life. Each of these molecules contains numerous numbers of genes.

Almost all our cells need to be replaced regularly. Some cells divide every few hours and are shed after living for only a few days. Others live for years. The process of all divisions and growth are controlled by genes that start and stop the growth

process. Some of these growth-controlling genes may undergo changes (mutation) that cause them to malfunction and cell growth is then uncontrolled. Simple overgrowth may lead to harmless benign tumour (not likely to spread). However, some genes in a cell not only induce uncontrolled growth, but also cause the cell to invade and damage surrounding blood vessels, nerves, other body tissues or other parts of the body. The latter process is called metastasis.



### Doubling Times

Cancer starts with one abnormal cell. That cell divides and becomes two abnormal cells and then four abnormal cells and so on. Cells divide at various rates called doubling times. Fast growing cancer may double over one to four weeks, while slow growing cancer may double over two to six months. So there is a "silent" period after the cancer has started to grow. There is no lump or mass, and the tumour is too small to be detected by any means now known. After many months or years, the doubling process has occurred about 30 times or so. By then the lump may have reached the

size of about 1 cm that can be felt, seen on X-ray etc, although some new imaging techniques and laboratory tests may sometimes detect smaller tumours.

## 癌症的起因是甚麼？

癌腫的形成是一個複雜的過程，不能歸咎於任何單一的原因。目前為止，很多癌症都起因不明。而已知的致癌物質有以下四類：

### (1) 病毒

乙型肝炎病毒及人類乳頭狀瘤病毒兩種DNA病毒，分別引致肝癌及子宮頸癌。其他直接引起癌症的常見病毒包括鼻咽癌過濾性病毒（EBV）、人類疱疹病毒、後天免疫力缺乏症病毒及單純疱疹病毒。

### (2) 化學物質

亦是引致癌症的主要原因，而這與生活習慣有密切關係。比如吸煙，以及於生活或工作上接觸石棉或其他化學物質，會增加患上肺癌的風險；染料可導致膀胱癌；苯則可導致骨髓癌。

### (3) 輻射

破壞細胞內的物質，對DNA的損害尤其嚴重。放射性同位素、X光及核廢料都可引致癌症，尤其是某類的血癌。而陽光是主要的有害輻射來源，大部份皮膚癌都是由過度日曬所致。

### (4) 激素

某些癌症的形成受不同的激素及其相關的生長因子影響。這些癌症包括乳癌、子宮癌、前列腺癌、卵巢癌、甲狀腺癌、睪丸癌及骨癌，而它們受影響的程度各有不同。這些部位發生癌病變，是相關的目標細胞過度受激素刺激所致。

## What Causes Cancer?

For many cancers, no definite cause is known and there is no single cause. There are, however, 4 groups of aetiological factors we now know: -

### (1) Viral Carcinogenesis

Two DNA viruses, the hepatitis B and human papilloma viruses, are responsible for hepatocellular and cervical cancers respectively. Other common viruses directly linked to human tumours include Epstein Barr virus (EBV), Human Herpes virus, Human Immunodeficiency virus, Herpes Simplex virus.

### (2) Chemical Carcinogenesis

is an important cause of cancer and can be implicated by certain lifestyles. For example, cigarette smoking and exposure to chemicals in the community or workplace such as asbestos cause lung cancer, dye causes bladder cancer and benzene causes marrow tumours.

### (3) Radiation

damages cellular contents especially DNA. Radioactive isotopes, X-rays and nuclear waste can cause cancer especially some types of leukemia. The main radiation hazard is sunlight, which causes most of the skin cancers.

### (4) Hormones

Different hormones and their related growth factors play a variety of roles in carcinogenesis in a number of malignancies including cancer of the breast, endometrium, prostate, ovary, thyroid, testis and bone. In these sites, the cancer results from excessive hormonal stimulation of relevant target cells.

## 中心簡介

養和醫院的綜合腫瘤科中心乃與香港大學醫學院合作成立，致力提供優質的癌症護理服務，並推動癌症研究、教育及培訓。

本中心匯聚各專科所長，為病人提供周全的服務。



## Our Centre

The Comprehensive Oncology Centre is established in collaboration with the Faculty of Medicine, University of Hong Kong, to assure the standard of patient care and promote research, education and training.

Our Centre provides comprehensive and multi-disciplinary services for the management of cancer.



## 專業服務

轉介到本中心接受治療的病人，會由不同專科的醫生會診，包括外科、腫瘤醫學及放射腫瘤學。本中心會有設計完善、套餐式收費的治療服務計劃，可供病人選擇或查詢。

在本中心接受治療的病人，會由腫瘤科護士跟進病情進展，並提供適切的支援及輔導。

全面的服務包括：

1. 腫瘤普查
2. 腫瘤診斷
3. 外科手術
4. 化療
5. 放射治療
6. 痛楚處理
7. 疾病處理
8. 癌症基因分析
9. 支援及輔導
10. 教育及資料



## Our Services

Patients referred to our Centre will be seen by a team of specialists in surgery, medical oncology and radiation oncology. A treatment plan will be formulated at a package price for the patient to choose or refer to.

Our Oncology Nurses will follow the progress of patients receiving treatment at our Centre and provide support and counselling as needed.

Our full range of services include:

1. Screening
2. Diagnosis
3. Surgery
4. Chemotherapy
5. Radiotherapy
6. Pain management
7. Disease management
8. Cancer genetics
9. Counselling
10. Education and information



## 腫瘤普查

愈早驗出癌症，愈能有效治療。腫瘤普查的作用，就是檢查是否已患有癌症，或在病徵出現之前，檢查是否有癌前狀況。本中心與體格健康檢查部緊密合作，為下列癌症的高危人士提供腫瘤普查服務計劃：

1. 肺癌
2. 結腸直腸癌
3. 肝癌
4. 鼻咽癌
5. 乳癌
6. 子宮頸癌
7. 前列腺癌

歡迎聯絡我們查詢詳情，或參閱有關的癌症小冊子。

## Screening

Cancer is best treated if detected early. Screening means checking for cancer or precancerous conditions before symptoms appear. In conjunction with the Hospital's Department of Health Assessment, our Centre provides screening packages for the following types of cancer to the high-risk group:

1. Lung cancer
2. Colorectal cancer
3. Liver cancer
4. Nasopharynx cancer
5. Breast cancer
6. Cervical cancer
7. Prostate cancer

For details, please contact us or refer to respective pamphlets.



## 腫瘤診斷

養和醫院齊備先進的造影儀器，包括最新型號的電腦掃描器、磁力共振掃描器、超聲波掃描器、正電子及電腦雙融合器。本院的放射學家經驗豐富，利用先進的儀器，能協助腫瘤科醫生有效診斷癌腫、判別癌症的階段、監察病人對

治療的反應以及腫瘤的復發情況。我們的臨床化驗服務利用最新的分子生物學技術，能快速準確地診斷癌症。



## Diagnosis

To help doctors make an accurate diagnosis, staging of cancer and monitoring of treatment response or tumour recurrence, the Comprehensive Oncology Centre is well-supported by the Hospital's advanced imaging equipment which consists of the

latest models of CT, MRI, Ultrasound and PET-CT scanners, and a team of specialist radiologists. Our clinical laboratory provides up-to-date molecular biological diagnostics.

## 外科手術

外科手術是癌症的主要治療方法。本中心匯聚不同腫瘤科的外科專家，為病人提供最佳的手術治療。

優質的外科手術對癌症的治療非常重要，因為：

- 手術可切除腫瘤組織（活組織），作進一步檢查之用，病理學家可透過特殊的測試，預測病情發展以及病人對不同療法可能產生的反應；
- 檢驗手術切除的組織，有助診斷病變部位的受影響程度，從而判斷是否須要接受進一步治療；



## Surgery

Surgery remains the mainstay of treatment for cancer. With a team of leading oncology surgeons of various disciplines, we provide the best surgical treatment available in Hong Kong.

High-quality cancer surgery is important for several reasons:

- Surgery provides diagnostic (biopsy) tumour tissue, which allows pathologists to conduct special tests that predict the future behaviour of the disease and its likely response to different treatments;
- Examination of the surgical specimens will also reveal the local extent of the disease in the body, which may in turn indicate the need for further treatments;
- The adequacy and thoroughness of the surgery can help to minimize the risk of the cancer recurring within the same area of the body, and may even cure the disease.

- 徹底切除腫瘤及周圍受影響的組織，能有效預防癌症在同一部位復發，甚至可能完全治癒癌症。

近年外科手術有很大的進步，而微創手術更是一項重大的發展。微創科技特別適用於進行婦科（盆骨腔）、腹腔及胸腔手術。由於創傷及出血較少，接受微創手術的病人可以較早康復及出院，也能把傷口痛楚、留下疤痕、需要輸血及感染的機會大大減少。

Surgical techniques have improved dramatically in recent years. A major step forward has been the development of minimally invasive surgery (MIS) which is particularly applicable to gynaecological (pelvic), abdominal and chest operations. Because of the reduced surgical trauma, MIS patients can undergo a quicker postoperative recovery and hence be discharged from hospital much earlier. There is also the benefit of less postoperative discomfort, smaller surgical scars, reduced need for blood transfusion, and reduced chance of infection.

## 化療

癌症可用化療根治，而不能治癒的癌症，則可用化療控制癌腫的體積。某些病人接受外科手術後，仍須進行化療作為輔助治療，以減低癌細胞轉移或癌病復發的可能性。化療亦會於手術前施行，目的是先將癌腫縮小，再將之切除。本中心的化療主要為門診形式，病人可於同日出院。

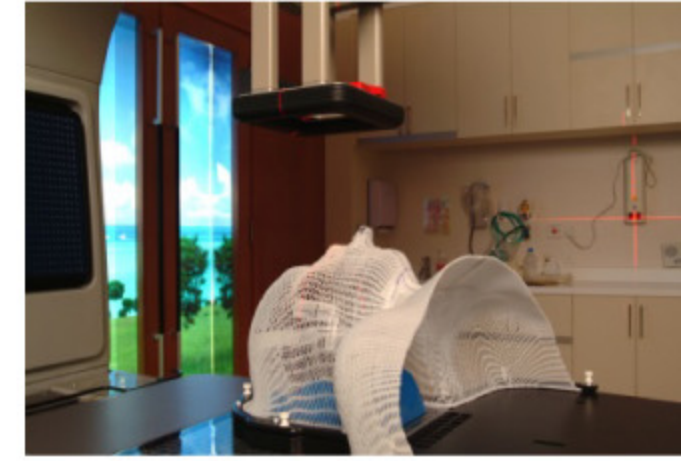
全新的化療日間護理中心環境寬敞舒適，確保患者及家人的私隱得到保障，更配備最先進的儀器及設備，提供優質

的化療服務。本中心的專科護士經驗豐富，除細心護理接受化療的患者，提供高效的治療外，更悉心輔導，講解化療可能引起的副作用。我們使用的新藥療效更佳，副作用較少，可更準確地針對癌腫發揮效用，而不影響健康的組織，因此對日常生活的影響比傳統化療為低。



## 放射治療

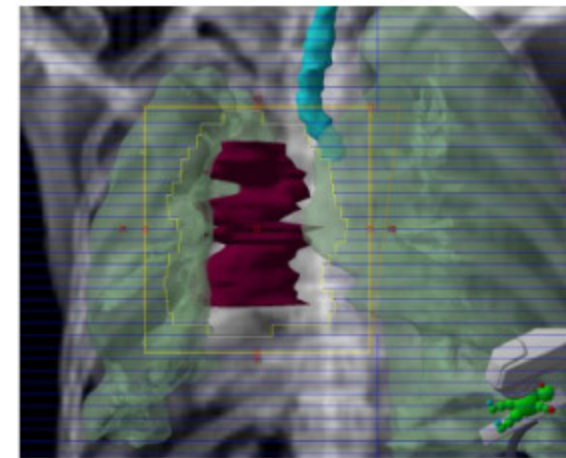
養和醫院放射治療部配備最先進的儀器，治療癌症效果顯著。全新的直線加速器，利用強度調控放射治療（IMRT）及三維適體放射治療（3DCRT）兩種尖端技術，為患者進行安全有效的放射治療。部門更配備進行立體定位X光刀治療所需的設備。這些儀器及設備能精確地將放射線照射到腫瘤靶區，儘量減低正常器官的放射劑量，因此療效最高，副作用最少。



## Chemotherapy

Chemotherapy is given to cure a specific cancer or to control tumour growth when cure is not possible. It is also recommended for some cancer patients as an adjuvant treatment after surgery to reduce the risk of metastases or tumor recurrences, or before surgery to reduce the size of the tumour to render it operable. At the Comprehensive Oncology Centre, chemotherapy is mainly given as outpatients and patients can be discharged on the same day.

Our brand-new Day Care Centre for chemotherapy is furnished with the latest equipment, fittings, decorations and fixtures, and is designed to ensure the privacy and comfort of our patients and their families. A key function of our experienced Oncology Nurses in the Centre is to counsel and educate our patients about the possible side effects of their treatment, in addition to delivering these therapies with care and efficiency. Many of the newer drugs that we now use are better tolerated and/or more targeted at the cancer and spare the healthy tissues, which makes the experience of treatment more acceptable than in the past.



## Radiotherapy

The Hospital's Department of Radiotherapy is equipped with the most advanced machines for cancer treatment. Our state-of-the-art linear accelerator enables delivery of the latest radiotherapeutic techniques, including intensity modulated radiation treatment (IMRT) and 3-dimensional conformal radiotherapy (3DCRT). Stereotactic X-knife facility is also available. These technological advances enable precise irradiation of the tumour target with maximal sparing of normal organs, thus achieving maximum efficacy with minimum side effects.

## 痛楚處理

末期癌症病人飽受痛楚煎熬。為幫助患者減輕痛楚，改善生活質素，本中心特設痛楚處理組，由麻醉科醫生專責主管，對控制痛楚（如神經隔斷、以持續性灌注法控制遊走性痛楚等）具有豐富的臨床經驗，致力透過不同形式的痛楚控制方法，幫助患者舒緩不適。



## Pain Management

Pain is a common symptom in advanced cancer patients. Our Pain Management Team consists of anesthesiologists who have extensive experience in pain control such as nerve block and ambulatory pain control by continuous infusion pumps. They are dedicated to providing multimodal types of pain management so as to improve patients' quality of life.



## 疾病處理

為求達到最佳的治療效果，本院的疾病處理組每周舉行一次癌症治療專家會議，討論在本院接受治療的癌症病人的治療計劃，從而制定最佳的方案。小組成員包括外科醫生、腫瘤醫學家、放射腫瘤學家、放射學家及病理學家等。會議中，病人的身份絕對保密，而建議的方案會由主診醫生向病人解釋。

癌症治療專家會議亦促進持續醫學教育及發展。



## Disease Management

Experts in the field of surgery, medical and radiation oncology, radiology and pathology meet every week at the Tumour Board Meeting to discuss the management plan of patients who have undergone treatment in our Hospital. This ensures the provision of the best management to cancer patients treated in our Hospital. However, patient's identity is always

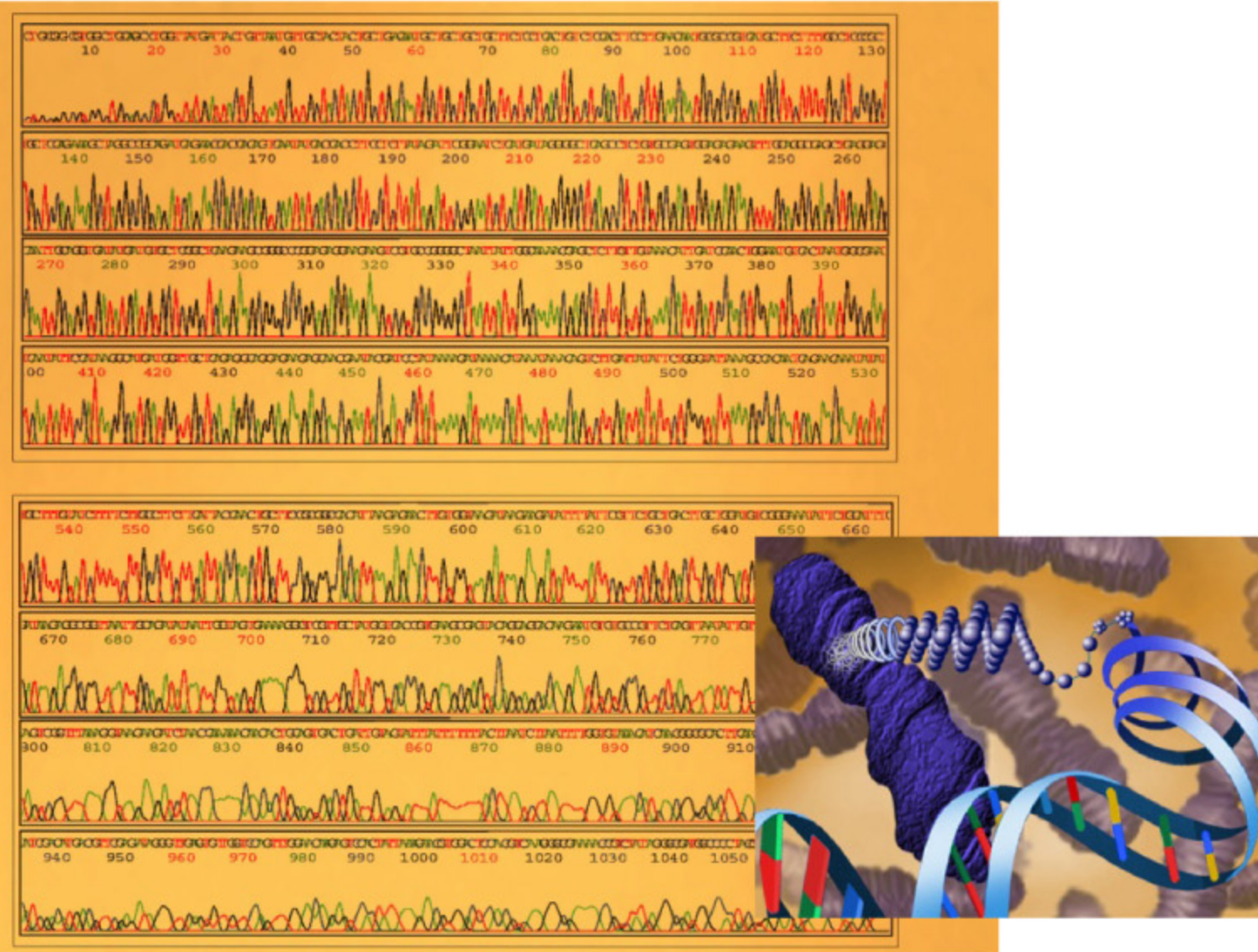
kept confidential, and the recommendation will be related to the patient through his/her own doctor.

The Tumor Board Meeting also ensures continued medical education and development.



## 癌症基因分析

癌症基因分析是本港一項重要和嶄新的醫療服務。除癌症基因分析服務外，本中心更為可能會患上遺傳性癌症，如乳癌、卵巢癌及結腸直腸癌的家庭成員提供諮詢。



## Cancer Genetics

Cancer genetics is an important and relatively new service in Hong Kong. Our Centre offers such genetics service and counselling to families who have possible hereditary cancers, such as breast, ovarian and colorectal cancers.

## 支援及輔導

腫瘤科護士會約見或致電病人及家屬，提供治療前後的支援及輔導。

本中心亦備有不同種類的錄影帶，供有需要者觀看，包括：

- 手術後的護理
- 化療輔助治療
- 如何面對癌症
- 飲食營養建議

此外，本院於2000年成立乳癌病友支援小組，定期舉辦聚會，讓病友共聚一堂，互相分享經驗，面對人生新一頁。



## Counselling

Oncology Nurses provide pre- and post-treatment psychological support to cancer patients and their family members, both directly and over the telephone.

Videotapes are available on different topics such as:

- Post-operative care
- Adjuvant chemotherapy
- Coping with cancer
- Dietary advice

A Breast Cancer Patient Support Group has been formed since 2000. These patients meet regularly to share their experience in coping with the new challenge in their life.

## 教育及資料

本中心定期舉辦研討會及工作坊，並邀請海外專家參加，討論治理各類癌症的最新發展。

我們亦定期舉辦不同主題的癌症講座，務求提高公眾人士對癌症的認識。講座完全免費，歡迎有興趣者參加。



## Education and Information

Regular seminars and workshops are held, often with the participation of overseas experts, to discuss the advances in the management of various cancers.

Patient education seminars on various cancer topics are held regularly so as to raise cancer awareness of the general public. These seminars are free and open to all.