

Cancer: Did you know?

# 癌症：您了解吗？

如果您或您所关心的人患有癌症，这可能会很可怕。这些信息旨在帮助您了解有关癌症的更多信息，尽早寻求帮助，并在您所在的社区中教育和支持他人。

## Getting cancer

Cancer can affect anyone. One in two Australian men and women will be diagnosed with cancer by the age of 85.

Cancer affects the cells in the body. Normally cells multiply and grow in a controlled way. If something causes a change to occur in the cells, they can start to grow out of control. It is called cancer when abnormal cells grow (and potentially spread) within the body.

Cancer is not contagious. This means it is not spread by hugging, shaking hands, sharing toilets, using the same dishes or kissing someone who has cancer, or from consuming food handled by someone with cancer.

Talk to your doctor about recognising the signs and symptoms of cancer and keep medical appointments to monitor your health.

## 患上癌症

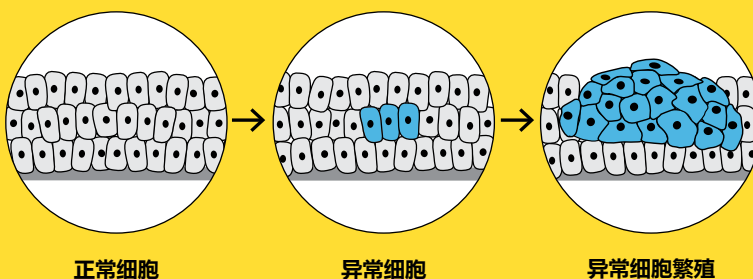
任何人都可能患癌。在澳大利亚，每两名男性和女性中就有一人会在 85 岁以前被诊断患有癌症。

癌症影响人体内的细胞。正常情况下，细胞会以受控的方式繁殖和生长。如果某些原因导致细胞发生变化，它们可能就会开始失控。当异常细胞在体内生长（并可能扩散）时，它被称为癌症。

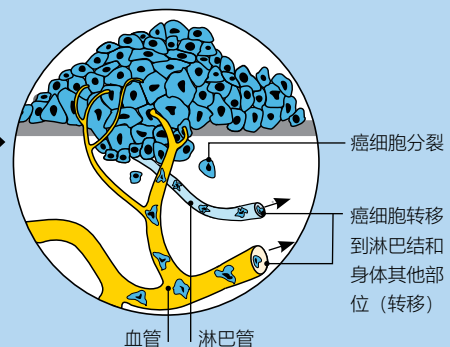
癌症不具传染性。这意味着它不会通过拥抱、握手、共用厕所、使用相同的餐具或亲吻患有癌症的人，或者食用由癌症患者处理的食物而传播。

向您的医生咨询，了解癌症的症状和体征，并定期就诊以监测您的健康状况。

### 癌症是如何形成的



### 癌症时如何扩散的



## How is it caused?

We do not know all of the risks and causes of cancer. Sometimes cancer can develop without any obvious causes.

However, scientific research shows that:

- cancer is not caused by injury or stress
- cancer is not caused by being a bad person
- cancer is not caused by bad spirits.

You should not feel afraid of people with cancer and avoid them – in fact, they need your support and understanding.

There is nothing to be ashamed of if you have cancer. Make sure shame and ignorance do not stop you from seeking help.

## Family cancers (genetics)

A small amount of certain cancers (up to 5%) are the result of inherited abnormal genes, which cause some family members to develop different cancers (e.g. breast, ovarian, prostate).

Cancer is not contagious – family cancers are not spread by spending time together or living together. Genetic tests are available for some hereditary cancers. If you are concerned that you have a family history of cancer, speak to your doctor.

## Age

Cancer can occur at any age. The incidence of cancer rises as people get older, but age alone does not cause cancer.

## Know your risk and change your future

There are some things that you can do to reduce your risk of developing cancer.

### Lifestyle choices

Living a healthy lifestyle can reduce your risk of developing cancer. We know that about one in three cases of cancer can be prevented by improving lifestyle choices.

## 成因是什么？

我们并不知道导致癌症的所有风险及成因。有时可能会在没有任何明显原因的情况下发展为癌症。

但是，科学研究表明：

- 受伤或压力不会造成癌症
- 人品不良不会造成癌症
- 情绪差不会造成癌症。

您不应该害怕癌症患者，并躲避他们——事实上，他们需要您的支持和理解。

如果您患有癌症，不必感到羞愧。请确保您不会因感到羞耻和无知而不去寻求帮助。

### 家族癌症（遗传基因）

少数某些癌症（高达 5%）是遗传异常基因的结果，这些遗传异常基因会导致一些家族成员患上不同的癌症（如：乳腺癌、卵巢癌、前列腺癌）。

癌症不具传染性——家族癌症不会因为相处或共同生活而传播。针对某些遗传性癌症可以进行基因检测。如果您担心自己有家族癌症病史，请向医生咨询。

### 年龄

癌症可以发生在任何年龄段。随着年龄的增长，癌症的发病率会上升，但仅仅因为年龄增长本身不会导致癌症。

## 了解您的风险并改变您的未来

您可以采取一些措施来降低罹患癌症的风险。

### 生活方式的选择

健康的生活方式可以降低罹患癌症的风险。我们知道，三分之一的癌症病例可通过改善所选择的生活方式来预防。

Some good choices you can make include:

- not smoking or quitting smoking
- minimising time outside in the sun
- maintaining a healthy weight
- limiting alcohol consumption
- eating more fruits and vegetables
- eating less red meat and processed meat
- being physically active.

### Get checked

If you notice any changes in your body or have symptoms, like a persistent cough, you need to see your doctor immediately.

You may also have some cancer screening tests to check your health. Cancer screening can help protect your health through early detection.

Screening tests are done to look for particular changes and early signs of cancer, before it has developed or before symptoms occur. You should have cancer screening even if you are well, without any symptoms or family history of the disease.

There are three national screening programs. For more information and contact details, see page 11:

- **The National Bowel Cancer Screening Program** invites eligible people from age 50-74 (without symptoms) to screen for bowel cancer every two years using a free, simple test at home.
- **The National Cervical Screening Program** checks the health of a woman's cervix. The Pap test has been replaced with a new cervical screening test, done every five years. It feels the same as the Pap test, but tests for the Human Papillomavirus (HPV). For most women aged 25-74, their first cervical screening test is due two years after their last Pap test. If the result is normal, you will only need to have the test every five years.
- **Breast Screen Australia** is the national breast cancer screening program. It invites women aged between 50-74 for a free mammogram every two years.

一些对您有利的选择包括：

- 不吸烟或戒烟
- 尽量减少阳光曝晒
- 保持健康的体重
- 限制饮酒
- 多吃水果和蔬菜
- 少吃红肉和加工肉类制品
- 保持运动。

### 预约检查

如果您发现身体有任何变化或者出现症状，如持续性咳嗽，您需要立即去看医生。

您还可以进行一些癌症筛查测试来检查您的健康状况。癌症筛查可以帮助您通过早期检测来保障健康。

进行筛查测试是为了在病情发展成癌症之前或出现症状之前，寻找癌症的特殊变化和早期征兆。即使您身体健康，没有任何症状或家族病史，您也应该进行癌症筛查。

有三个国家筛查计划。想要了解更多信息和联系方式，请参阅第 11 页：

- **The National Bowel Cancer Screening Program (全国肠癌筛查计划)** 邀请 50 至 74 岁 (没有症状) 符合条件的人士每两年在家中免费又简单的肠癌筛查测试。
- **The National Cervical Screening Program (全国宫颈癌筛查计划)** 检查妇女子宫颈的健康状况。子宫颈抹片检查已被新的子宫颈癌筛查测试所取代，每五年进行一次。新测试的过程与子宫颈抹片检查相同，但测试的是人类乳头瘤病毒 (HPV)。对于大多数 25-74 岁的女性来说，她们的第一次子宫颈癌筛查测试应在她们最近一次接受子宫颈抹片检查的两年后进行。如果测试结果正常，之后只需要每五年进行一次测试。
- **Breast Screen Australia (澳大利亚乳腺癌筛查计划)** 是全国性的乳癌筛查计划。该计划邀请 50-74 岁的妇女每两年免费进行一次乳房 X 光检查。

## Ways to stay healthy and prevent cancer

There are things that you can do to stay well and look after your health.

### Quit smoking

Smoking tobacco, Shisha or Arghila is damaging to your body. Smoking increases your risk of developing 16 different types of cancer.

Inhaling smoke from other people also poses health risks for both smokers and non-smokers. One in five cancer deaths is due to smoking.

There are immediate health benefits as soon as you quit. For help to quit smoking, contact Quitline on 13 QUIT (13 78 48). Call the Translating and Interpreter Service (TIS) on 13 14 50 to speak to someone in your language and access an interpreter.

### Limit your alcohol consumption

Drinking alcohol increases your risk of developing seven different types of cancer.

Most alcohol is high in calories and can contribute to weight gain. If you choose to drink, limit your intake to no more than two standard drinks a day. For some people, alcohol is a problem or an addiction. If drinking is harming you or people you care about, talk to your family doctor and seek support.

#### One Standard Drink =

100ml wine (1 bottle = 7 standard drinks)

285ml (1 middy) of full strength beer

425ml (1 schooner) of low alcohol beer

30ml (1 nip) spirits

60ml (2 nips) of sherry

220-250ml alcoholic soda (2/3 bottle)

Cocktails may contain more than three standard drinks!

## 保持健康和预防癌症的方法

你可以采取一些措施来保持身体健康。

### 戒烟

吸食烟草或水烟对身体有害。吸烟会增加您罹患 16 种不同类型癌症的风险。

吸入二手烟也会对吸烟者和非吸烟者造成健康风险。五分之一的癌症死亡病例是由吸烟引起的。

只要您戒烟，就会即刻给健康带来好处。如要寻求戒烟帮助，请拨打 13 78 48 联络 Quitline。请致电 13 14 50 联系 Translating and Interpreter Service (TIS)，与说您的语言的人交谈并使用口译员服务。

### 限制饮酒

饮酒会增加您罹患七种不同类型的癌症的风险。

大多数酒类的热量含量很高，而且可能会导致体重增加。如果您选择饮酒，每天的饮酒量不得超过两个标准杯。对一些人来说，酒精是一个问题或已成瘾。如果饮酒对您或您关心的人造成了伤害，请和您的家庭医生谈谈，寻求帮助。

#### 一个标准饮用量 =

100 毫升葡萄酒 (1 瓶 = 7 个标准饮用量)

285 毫升 (1 middy) (1 中杯) 高浓度啤酒

425 毫升 (1 schooner) (1 大杯) 低度啤酒

30 毫升 (1 nip) (一小口) 烈性酒

60 毫升 (2 nips) (两小口) 雪利酒

220-250 毫升含酒精的苏打水 (2/3 瓶)

鸡尾酒可能包含超过三个标准饮用量的酒精!

## Eat for good health

You can lower your risk of cancer by enjoying a healthy diet. A diet rich in vegetables, fruits and high fiber foods reduces your risk of cancer. Try to have at least five servings of vegetables and two servings of fruit each day.

Choose foods low in salt and fat. Limit fried food; choose baked or steamed food.

It is recommended that you eat no more than 455 grams of lean cooked red meat per week.

Avoid processed meats that are high in fat and salt, such as bacon, sausages, basturma, ham and canned meats.

## Maintain a healthy weight

Being overweight or obese increases your risk of developing 13 different types of cancer.

A healthy body weight is important for overall wellbeing. A healthy diet combined with regular exercise can help maintain a healthy body weight.

Talk to your doctor if you are concerned about your weight. You can lose weight or maintain your weight by limiting or cutting back on foods high in fats and sugars, such as chocolates, fast food, sugary drinks or sweets.

## 健康饮食

您可以通过健康饮食来降低罹患癌症的风险。摄入含丰富的蔬菜、水果和高纤维食物的饮食可降低罹患癌症的风险。尽量每天至少吃五份蔬菜和两份水果。

选择盐分和脂肪含量低的食物。少吃油炸食品；选择烤或蒸的食物。

建议您每周食用的熟瘦红肉不要超过 455 克。

避免食用含有高脂肪和高盐的加工肉类，如培根、香肠、肉干、火腿和罐头肉。

## 保持健康体重

超重或肥胖会增加您罹患 13 种不同类型的癌症的风险。

健康的体重对整体健康非常重要。健康饮食结合定期运动可以帮助维持健康的体重。

如果您担心自己的体重，请向您的医生咨询。通过限制或减少脂肪和糖类含量高的食物，如巧克力、快餐、含糖饮料或糖果，可以减轻或保持体重。

### What is a serve?

#### Vegetables



½ cup cooked vegetables or cooked legumes

=



½ medium potato or other starchy vegetables

=



1 cup salad of green leafy or raw vegetables

#### Fruits



1 medium piece (eg. apple, banana)

=



2 small pieces (eg. apricots, kiwi)

=



1 cup diced or canned fruit

### 一份是多少?

#### 蔬菜



½ 杯煮熟的蔬菜或煮熟的豆类

=



½ 个中等大小的马铃薯或其他淀粉类蔬菜

=



1 杯绿叶蔬菜或生菜沙拉

#### 水果



中等大小 1 个 (例如: 苹果、香蕉)

=



2 小个 (例如: 杏子、猕猴桃)

=



1 杯水果丁或罐头水果

## Get moving

Regular physical activity will reduce your chance of developing cancer. It can also give you extra energy and make you feel better.

Thirty minutes of moderate daily exercise improves your health, while more exercise helps reduce your cancer risk.

If you have concerns or questions about daily exercise, please contact your doctor.

## 适量运动

定期进行体育活动会减少您罹患癌症的机会。它也可以给您更多能量，让您感觉更好。

每天三十分钟的适度运动可以改善您的健康，而更多的运动会有助于降低您患癌的风险。

如果您对日常运动有疑虑或疑问，请联系您的医生。

### Exercise

Exercise can be anything you enjoy that makes your heart beat faster and helps you breathe deeply, such as a brisk walk, swimming, dancing, climbing stairs, yoga or tai chi.



### 运动

您可以选择任何您喜欢的、能够让心跳加速并帮助您深呼吸的运动，如快步走、游泳、跳舞、爬楼梯、瑜伽或太极。

## Reduce your risk of infections

Some types of viruses or infections, such as human papillomavirus (HPV) and Hepatitis B and C, can increase your chance of developing cancer.

Infections can be transferred from one person to another through sexual contact such as intercourse (vaginal and anal), oral sex and skin-to-skin contact. They are called sexually transmitted infections (STIs). Both men and women can get STIs.

Practising safe sex by using barrier methods like condoms will reduce your risk of contracting STIs. But barrier methods will not protect you completely.

Having regular sexual health check-ups is an important part of looking after your health. Your doctor can give you information about STIs.

**Human Papillomavirus (HPV)** – HPV is a common STI that is spread through contact with genital skin during sexual activity. The virus can go away by itself, but sometimes it can persist and lead to genital diseases including cancer.

## 降低传染病风险

某些类型的病毒或感染，例如人乳头瘤病毒 (HPV) 和乙型及丙型肝炎，可能会增加您罹患癌症的几率。

感染可以通过性接触，例如性交（阴道和肛门）、口交和皮肤接触的方式从一个人传播到另一个人身上。它们被称为性传播感染 (STIs)。男性和女性都可发生性传播感染。

通过使用安全套等阻隔性手段进行安全性行为可以降低发生性传播感染的风险。但阻隔性手段不会完全保护您。

定期进行性健康检查是保障您健康的重要部分。您的医生可以给您提供性传播感染的相关信息。

**人类乳突病毒 (HPV)** – HPV 是一种常见的性传播感染，在性活动期间通过生殖器皮肤接触传播。病毒本身可能会消失，但有时它会持续存活并导致包括癌症在内的生殖器疾病。患有 HPV 的人通常没有症状。

People who have HPV usually don't have symptoms.

There is no treatment for HPV, but there is a vaccine that protects against getting nine types of HPV. It is provided free to school-aged girls and boys, and other people can pay to have the vaccine.

Talk to your doctor about protecting yourself from HPV, including the vaccine and regular cervical screening.

**Hepatitis B (Hep B)** – Hepatitis B is a virus that can cause liver damage and liver cancer.

Hep B can be transmitted through unprotected sex with infected person, and also from mother to baby at birth or blood to blood contact.

Hep B cannot be passed on through breastfeeding, sharing eating utensils, kissing, hugging, holding hands, sneezing, coughing, hugging, eating contaminated food or water, or by eating food prepared by a person with Hep B.

Vaccination is the best protection against Hep B infection.

Although most people who become infected with Hep B clear the infection, some people do not. People with long-term Hep B infection can have treatment to reduce liver damage.

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For more information about Hepatitis B and C, please visit [www.hepatitisaustralia.com](http://www.hepatitisaustralia.com)

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**Hepatitis C (Hep C)** – Hepatitis C is an infection that can be treated and cured.

Hep C is spread through blood-to-blood contact. The most common ways for it to spread occur when people inject drugs, share needles or use tattooing or body piercing equipment that has not been properly disinfected.

目前尚无针对 HPV 的治疗方法，但有一种疫苗可以防止感染上 9 种类型的 HPV。该疫苗免费提供给学龄女童和男童，其他人可以自费购买疫苗。

和您的医生谈谈如何保护自己不受 HPV 感染，包括接种疫苗和进行定期宫颈癌筛查。

**乙型肝炎 (Hep B)** – 乙型肝炎是一种可导致肝损伤和肝癌的病毒。

乙型肝炎可以通过与受感染者进行不安全性行为传播，也可以在生产时从母亲传染给婴儿，或者通过血液与血液接触传播。

乙型肝炎不会通过母乳喂养、共用餐具、亲吻、拥抱、牵手、打喷嚏、咳嗽、拥抱、进食受污染的食物或水、或食用由乙型肝炎患者准备的食物等方式传播。

接种疫苗是预防感染乙肝的最好方法。

尽管大多数感染乙肝病毒的人都能清除感染，但有的人却无法清除。长期感染乙肝的人可以接受治疗以降低对肝脏的损害。

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欲了解更多有关乙型和丙型肝炎的信息，请浏览 [www.hepatitisaustralia.com](http://www.hepatitisaustralia.com)

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**丙型肝炎 (Hep C)** – 丙型肝炎是一种可治疗和治愈的感染。

丙型肝炎通过血液与血液的接触传播。这通常发生在人们注射毒品、共用针头或使用未经正确消毒的纹身或打孔设备时。

Hep C is not usually passed on through sex, unless there are cuts or open wounds around the genital area of both people during sex.

Hep C is not passed on through touching, kissing, hugging, sneezing or coughing. There is no need for separate crockery, cutlery, towels, or other household items, or to wash your clothes separately.

There is no vaccination against Hep C. However there are treatments available that can cure more than 90% of people with chronic Hep C.

### Protect your skin

Exposure to UV radiation from the sun is the leading cause of skin cancer. Sunburn causes 95% of melanomas, the deadliest form of skin cancer.

Your skin is exposed to UV radiation even on cooler or cloudy days, when many people mistakenly believe UV radiation is not as strong. Sunburn is bad for your skin, but sun exposure that doesn't result in burning can also damage skin cells and increase your risk of developing skin cancer.

丙型肝炎通常不会通过性行为传播，除非在进行性行为时双方的性器官周围都有割伤或创口。

丙型肝炎不会通过触摸、亲吻、拥抱、打喷嚏或咳嗽传播。病人无需使用单独的饮食器皿、餐具、毛巾或其他家居用品，也不需要分开清洗衣物。

目前没有针对丙肝的疫苗，但是有一些治疗方法可以治愈 90% 以上的慢性丙肝患者。

### 保护您的皮肤

暴露于太阳的紫外线辐射之下是导致皮肤癌的主要原因。95% 的黑色素瘤——最致命的皮肤癌——是由晒伤产生的。

即使在较冷或阴天的日子里，当许多人错误地认为紫外线辐射并不强烈时，您的皮肤仍会受到紫外线辐射。晒伤对您的皮肤有害，但没有导致晒伤的阳光照射也会损害皮肤细胞并增加罹患皮肤癌的风险。

### Sun protection

It is important to protect your skin from sun's UV radiation to reduce the risk of developing skin cancer. Be extra cautious in the middle of the day when UV levels are most intense. You can protect your skin in five ways:

1

Long sleeve clothing



穿着长袖衣物

2

Wear sunglasses



佩戴太阳眼镜

3

Wear a hat



佩戴帽子

4

Use sunscreen



使用防晒霜

5

Seek shade



寻找遮阴处

### 防晒

保护您的皮肤免受太阳紫外线辐射的伤害是很重要的，这样可以降低罹患皮肤癌的风险。在一天当中紫外线强度最高的时候要格外小心。您可以通过以下五种方式保护您的皮肤：



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*“Speak the truth about cancer but do not criticise or blame others. Get accurate information about cancer. Inaccurate information can create fear and shame.”*

Health professional

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### Occupational cancer

Some cancers are known as occupational cancers, because they are related to the workplace.

Occupational cancer can be related to exposure to carcinogenic (cancer-causing) agents, such as industrial chemicals, dusts, metals and combustion products (e.g. asbestos or diesel engine exhaust), or radiation (e.g. ultraviolet or ionising radiation).

Working in certain professions, such as working as a painter or in aluminium production, can increase your risk of cancer.

There is also some evidence that patterns of behaviour (such as shift-working overnight) increases the risk of cancer.

Putting in place control measures for carcinogenic hazards reduces your cancer risk. You should always follow the outlined safe work practices, such as wearing masks and gloves, and taking the time to review safety information.

If you are concerned about occupational cancer, speak to your employer about safety and monitoring. You can also speak to your doctor or contact Cancer Council on 13 11 20.

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For more information about ways to stay healthy and prevent cancer, please visit [www.cancer.org.au/preventing-cancer](http://www.cancer.org.au/preventing-cancer)

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*“说出有关癌症的真相，但不要批评或责怪别人。获取有关癌症的准确信息。不准确的信息会造成恐惧和耻辱。”*

医疗保健专业人士

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### 职业性癌症

有些癌症被称为职业性癌症，因为它们与工作场所有关。

职业癌症可能与接触致癌（引发癌症的）物质有关，例如：工业化学品、粉尘、金属和易燃物品（如石棉或柴油机废气）或辐射（如紫外线或电离辐射）。

某些行业的工作，如油漆或制铝，可能会增加人们患癌的风险。

还有一些证据表明，行为模式（如通宵夜班工作）会增加患癌风险。

对致癌危害采取控制措施可降低罹患癌症的风险。您应该始终遵守安全操作规范，比如戴口罩和手套，并花点时间熟悉安全信息。

如果您关注职业性癌症方面的问题，请向您的医生咨询或致电 13 11 20 与 Cancer Council 联系。

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了解更多有关如何保持健康和预防癌症的信息，请浏览 [www.cancer.org.au/preventing-cancer](http://www.cancer.org.au/preventing-cancer)

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## Getting treatment

Cancer is not always fatal. If you are diagnosed with cancer, talk to your doctor about starting treatment as soon as possible. You may have treatment choices.

Once you have discussed treatment options with your doctor, you may want to talk them over with your family or friends, community members, social worker or spiritual advisor. Talking it over can help you to find out what course of action is right for you.

Getting treated for cancer early improves your health and may increase your chance of living longer.

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*“It’s vital to tell a person with cancer that they can have a chance to survive and get back to normal.”*

Community member

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## Get informed

Every conversation you have with your health professional about cancer helps eliminate the fear and shame that is often associated with cancer. These conversations can happen in person but they can also be over the phone, online or in groups.

Listen to what health professionals are saying.

You can help in your community by correct myths about cancer and sharing facts. Avoid words or phrases that bring shame and fear to people affected by cancer.

### Cancer information and support

Cancer Council 13 11 20 is a free, confidential telephone information and support service available in each state and territory.

Anyone can call Cancer Council 13 11 20, including people with cancer, their families, carers, friends, teachers, students and healthcare professionals.

## 接受治疗

癌症并不总是致命的。如果您被诊断患有癌症，请尽快与您的医生讨论开始治疗。您可能可以选择多种治疗方法。

一旦您与您的医生谈论了治疗方案，您可能想和您的家人或朋友、社区成员、社工或心灵顾问详细讨论一下。与人谈论可以帮助您找到适合您的方案。

及早治疗癌症可以改善您的健康，并可能增加您延长寿命的机会。

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*“告诉患有癌症的人他们有机会生存下来并恢复正常是至关重要的。”*

社区成员

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## 获取消息

每次您与医疗保健专业人员就癌症进行的交谈都有助于消除与癌症相关的常见的恐惧和羞耻。这些对话可以面对面进行，也可以通过电话、网络或小组进行。

听听医疗保健专业人员说些什么。

您可以通过纠正关于癌症的误解和分享事实来帮助您的社区。避免使用会给癌症患者带来羞辱和恐惧的词语或语句。

### 癌症信息和支持

在各个州和领地均可使用 Cancer Council 13 11 20 热线的免费保密电话信息和支持服务。

任何人都可致电 Cancer Council 13 11 20，包括癌症患者、他们的家人、护理人员、朋友、老师、学生和医疗保健专业人士。

Cancer Council also provides online support (<https://onlinecommunity.cancercouncil.com.au>) where you can ask questions and participate in groups, forums and blogs.

### Information about screening

If you need more information about the national screening programs, talk to your doctor, visit [www.cancerscreening.gov.au](http://www.cancerscreening.gov.au), or call for more information:

- **National Bowel Cancer Screening Program – 1800 118 868**
- **National Cervical Screening Program – 13 15 56**
- **Breast Screen Australia – 13 20 50.**

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**If you need language assistance, please call Translating and Interpreting Service (TIS) 13 14 50.**

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Cancer Council 还通过 <https://onlinecommunity.cancercouncil.com.au> 提供在线支持，您可以在这里提问并参与小组、论坛和博客。

### 有关筛查的信息

如果您需要获取更多关于全国筛查计划的信息，请浏览 [www.cancerscreening.gov.au](http://www.cancerscreening.gov.au)，与您的医生交谈或者致电咨询更多信息：

- **National Bowel Cancer Screening Program (全国肠癌筛查计划) – 1800 118 868**
- **National Cervical Screening Program (全国宫颈癌筛查计划) – 13 15 56**
- **Breast Screen Australia (澳大利亚乳腺癌筛查计划) – 13 20 50.**

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**如果您需要语言帮助，请致电翻译和口译服务处 (TIS) 13 14 50。**

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#### Note to reader

Always consult your doctor about matters that affect your health. This fact sheet is intended as a general introduction and is not a substitute for professional medical advice. Information about cancer is constantly being updated and revised by the medical and research communities. While all care is taken to ensure accuracy at the time of publication, Cancer Council Australia and its members exclude all liability for any injury, loss or damage incurred by use of or reliance on the information provided in this fact sheet.

Cancer Council Australia is Australia's peak non-government cancer control organisation. Through the eight state and territory Cancer Councils, we provide a broad range of programs and services to help improve the quality of life of people living with cancer, their families and friends. Cancer Councils also invest heavily in research and prevention.



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#### 读者提示

任何与您健康有关的问题请务必咨询您的医生。本资料单仅作为一般性介绍，不能代替专业医疗建议。医学和科研界不断更新和修正有关癌症的信息。虽然已尽一切努力确保本文发布时信息准确无误，但 Cancer Council Australia (澳大利亚癌症协会) 及其成员不对因使用或依赖本资料单中提供的信息而导致的任何伤害、损失或损坏承担任何责任。

Cancer Council Australia 是澳大利亚最大的非政府癌症控制组织。通过位于八个州和领地的 Cancer Council，我们提供广泛的计划和服务，帮助改善癌症患者及其家人和朋友的生活质量。Cancer Council 在研究和预防方面投入了大量资源。

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