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Introduction

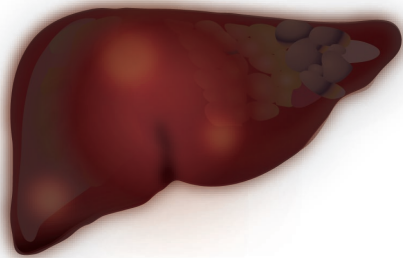
Liver cancer is not an incurable disease. Early detection and treatment of liver cancer can lead to better prognosis. According to the published data, for patients with a tumor less than 3 cm, the ten-year survival rate after resection is about 40%. The ten-year survival rate can reach 80% when the tumor size is less than 2 cm; however, the average survival time is 3-6 months if the patient does not receive treatment until the onset of symptoms. A better prognosis can be expected if the liver cancer is discovered and treated in the early stages of disease.

前言

肝癌非絕症，早期發現治療效果佳。根據統計，三公分以下的肝癌，手術切除後十年存活率約百分之四十，而兩公分以下的肝癌，十年存活率可達百分之八十，但如果等到症狀出現才就醫治療，平均只能存活三至六個月；事實上肝癌有早期晚期之分，如能早期發現、早期治療，治癒效果是很好的。

How does liver cancer occur?

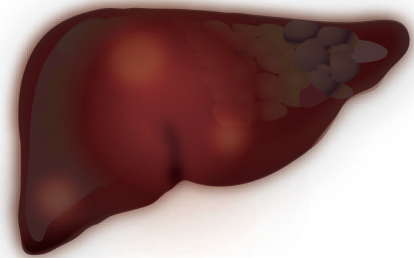
Cancer occurs when some liver cells mutate and transform into a state of non-stop proliferation. These abnormal cells gradually destroy the normal liver tissue and metastasize to other organs. Eventually, this is a life threatening condition.



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肝癌如何發生？

肝細胞突變，成為不停分裂狀態，逐漸破壞正常的肝組織，甚至轉移至其他器官，最後危及性命。



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Who is prone to liver cancer?

According to the available data from patients who succumb to liver cancer each year in Taiwan, approximately 4,000 per 5,000 people who died were hepatitis B carriers and an additional 500 people had hepatitis C. Therefore, regular follow-up examinations are essential for people with a family history of hepatitis B or C, liver sclerosis, or liver cancer.

那些人容易發生肝癌？

根據統計台灣每年死於肝癌的病人中，每五千人約有四千人為B型肝炎帶原者，另外五百人是C型肝炎患者；因此若本身有B型肝炎、C型肝炎、肝硬化或肝癌家族史，就一定要定期追蹤檢查。

Symptoms of liver cancer

1. Most patients have no symptoms or signs in the early stages of liver cancer.
2. Fever of unknown origin may be observed.
3. Rarely, the liver tumor can spontaneously rupture resulting in acute abdominal pain, abdominal bleeding, and shock.
4. Signs and symptoms in the terminal stage of liver cancer include: weight loss, fatigue, jaundice, abdominal pain, pain in particular parts of the body, etc.



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肝癌之症狀

1. 肝癌初期沒有症狀。
2. 有時會有不明原因的發燒。
3. 有時腫瘤突然破裂，會造成急性腹痛、腹腔內出血、休克。
4. 肝癌末期可能出現的症狀，包括：體重減輕、疲倦、黃疸、腹痛、特殊部位疼痛等。



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5. In some cases, patients show no signs or symptoms of liver disease itself. Tumor cells can metastasize to other organs and cause symptoms in those secondary locations. For instance, bone metastasis can cause bone fractures and pain and chest metastasis may result in cough or hardness of breath.

5. 有時肝臟本身無症狀，但會轉移至其他器官，例如：轉移到骨頭引起骨折、疼痛，轉移至胸部造成咳嗽或呼吸困難等。

Prevention of liver cancers

1. Prevent infection of hepatitis B and C.
2. Hepatitis B carriers and hepatitis C patients need to be examined and followed regularly according to their physician's instructions.
3. Eat a balanced diet, increase fruit and vegetable intake, and avoid expired or non- fresh foods such as moldy foods and leftovers.
4. Get enough sleep and avoid smoking, alcohol abuse, and overeating.
5. Periodic follow-up examination is necessary.
6. Maintain a relaxed mood.
7. Appropriate exercises everyday.

如何預防肝癌？

1. 避免感染到B型及C型肝炎。
2. B型肝炎帶原者或C型肝炎患者需依醫師指示定期追蹤檢查。
3. 均衡飲食，多吃蔬菜水果，避免過期或不新鮮食物，例如：易發霉食物、隔餐食物等。
4. 避免熬夜、抽菸、酗酒及暴飲暴食。
5. 定期接受追蹤檢查。
6. 保持輕鬆心情。
7. 每日做適量運動。

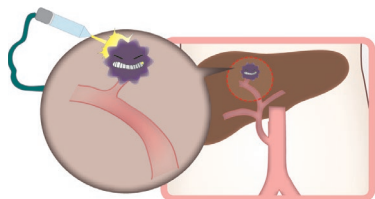
Treatments for liver cancer

1. Surgical resection: surgery can be applied for patients without cancer metastasis or when large blood vessels are invaded by the tumor.
2. Alcohol injection: When the tumor is less than 2 cm, when there is a maximum of three tumors, in patients without too much ascites, there are no metastases, the large blood vessels are not invaded and the patient has normal coagulation function.
3. Hepatic artery embolization: This can be applied when large blood vessels are not invaded, patients have normal coagulation function, and no serious cirrhosis or liver failure is noted.

肝癌之治療

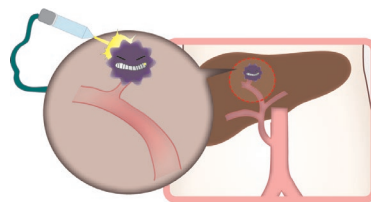
1. 開刀切除：在沒有轉移或侵犯大血管情形下進行手術。
2. 酒精注射：腫瘤小於 2 公分以下，最多 3 個，沒有太多腹水，沒有轉移或侵犯大血管，血液凝固功能正常。
3. 肝動脈栓塞：腫瘤沒有侵犯大血管，沒有嚴重肝硬化、肝衰竭，血液凝固正常。

4. Electrocautery: The effectiveness of this treatment is about 90% when the tumor size is less than 3 cm; however, this therapy is not suitable for patients with large tumors, too many tumors, in the presence of ascites, or when platelet levels are low.



5. Chemotherapy: Vascular catheter implanted in the body, then injecting chemotherapy drugs.
6. Liver transplantation: Liver transplantation can only be considered when there is no sign of metastasis or invasion of large blood vessels.
7. Other treatments: Cryotherapy, radiation therapy, and other treatments can be selected based on the size and location of tumors, and the liver function of the patient.

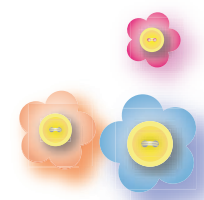
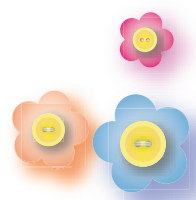
4. 電燒療法：腫瘤在 3 公分以下治療有效性約 90%，但腫瘤太大、數目太多或有腹水、血小板過低等，不適用此療法。

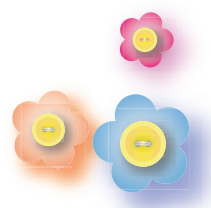


5. 化學治療：在體內植入血管導管，再注射化療藥物。
6. 肝臟移植：必須肝癌未侵犯血管且無肝臟以外的癌症轉移之下，可考慮做肝臟移植。
7. 其他：冷凍治療、放射療法等治療方法，需依肝癌的大小、位置及肝機能等，來決定適合的方法。



Memorandum







佛教大林慈濟醫院
Buddhist Dalin Tzu Chi Hospital

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身體健康 平安吉祥

Wish you

Healthy & Peaceful

佛教慈濟醫療財團法人

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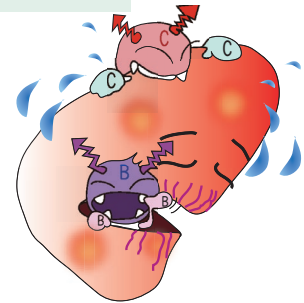
網址 Web site : <https://dalin.tzuchi-healthcare.org.tw/>

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肝癌簡介

A Brief Introduction to Liver Cancer



中英文