



National
Cancer
Society
Malaysia

Giving Hope Celebrating Life



BRINGING EDUCATION AND UNDERSTANDING TO YOU



子 宫 颈 癌

Bringing Education And Understanding To You

合作单位:



Asia
Cancer
Forum

支持单位:



astellas



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宫颈癌

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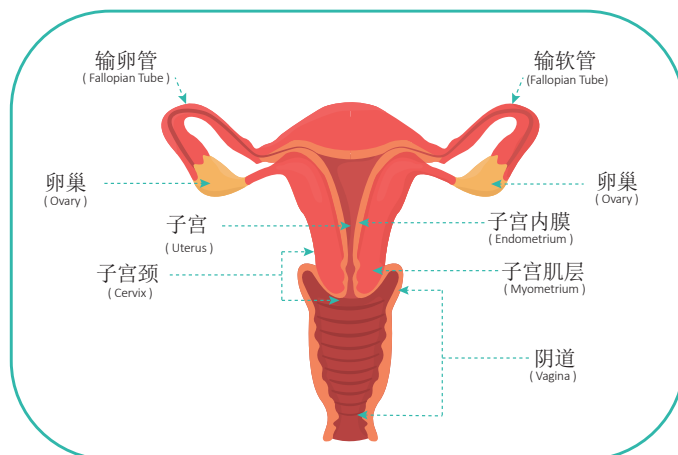
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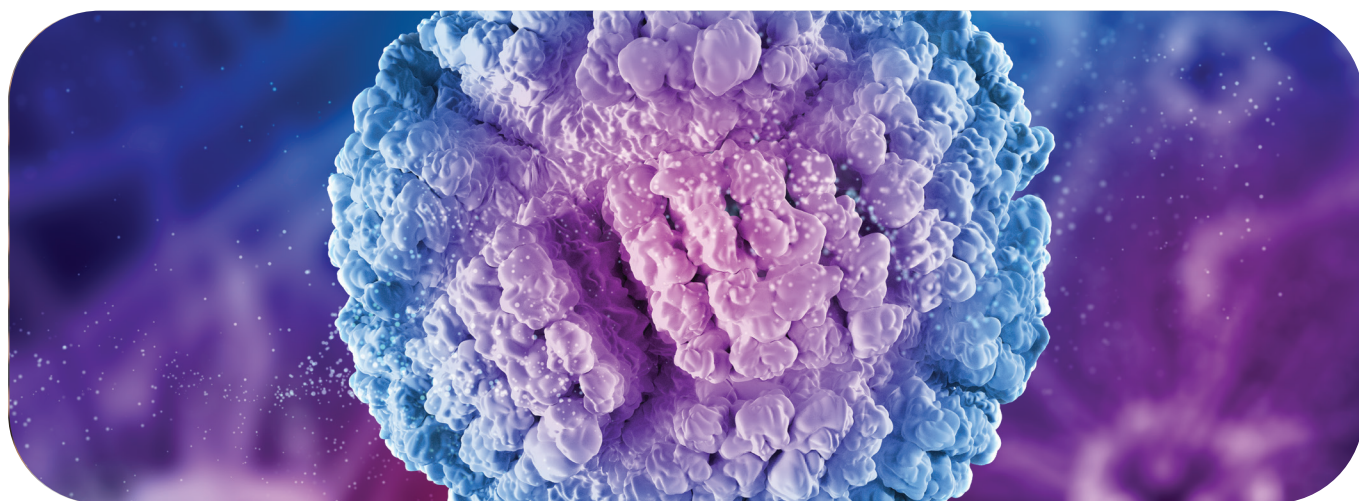
我该如何预防自己患上癌症？

I 什么是子宫颈癌？

- 当**子宫颈**的细胞发生异常，并不受控的生长，即称为**子宫颈癌**。¹



- 子宫颈（Cervix）是女性生殖器官的其中一部分。它是连接子宫（Uterus）下部和阴道（Vagina）的通道。¹
- 大约90%的子宫颈癌是由**人乳头瘤病毒（HPV）**（一种性传染的病毒）所引起的。²
- HPV 感染可通过亲密皮肤接触传播，尤其是通过**性行为**，如：阴道性交、肛交和口交。³
- 高风险型HPV可导致女性的子宫颈细胞发生变化, 从而导致子宫颈癌。其它低风险型HPV则可导致生殖器官或皮肤疣(Warts)。^{3, 4}

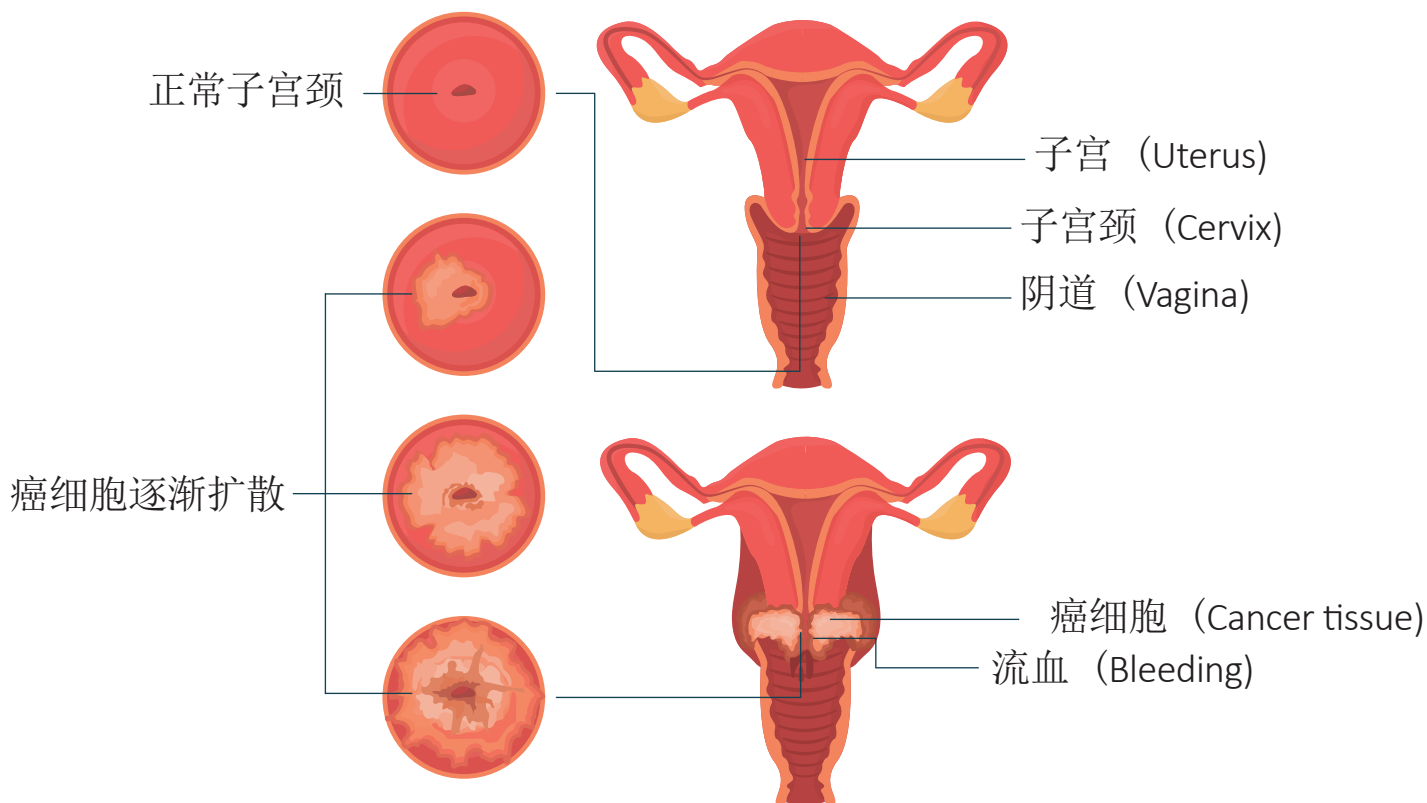
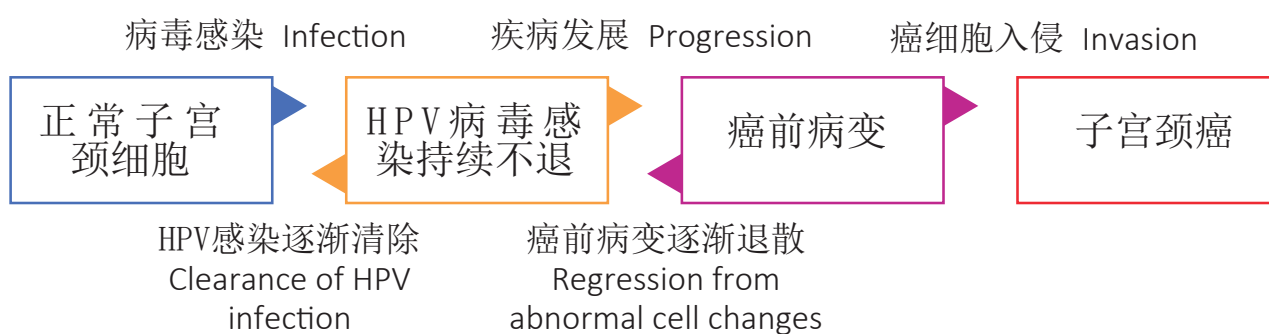


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2. Centers for Disease Control and Prevention. Cancers Associated With Human Papillomavirus (HPV) [Internet]. 2022 [cited on 2022 Nov 22]. Available from: https://www.cdc.gov/cancer/hpv/basic_info/index.htm
3. Centers for Disease Control and Prevention. What Are The Risk Factors for Cervical Cancer? [Internet]. 2022 [cited on 2022 Nov 22]. Available from: https://www.cdc.gov/cancer/cervical/basic_info/risk_factors.htm
4. World Health Organization. Cervical cancer [Internet]. 2022 [2022 Dec 21]. Available from: <https://www.who.int/news-room/fact-sheets/detail/cervical-cancer# 7>.

I 什么是子宫颈癌？（续篇）

- 在性活跃的人群中, HPV 感染非常常见。人体的免疫系统通常可以自行清除 HPV 感染。⁵
- 但若 HPV 感染持续多年, 会导致子宫颈细胞发生异常变化。如果不及及时治疗, 这会增加女性面临患上子宫颈癌的风险。⁵
- 下图为正常子宫颈细胞发展成为子宫颈癌的过程^{6,7}:



参考文献:

5. National Cancer Institute. Cervical Cancer Causes, Risk Factors, and Prevention [Internet]. 2022 Oct 13 [cited on 2022 Dec 29]. Available from: <https://www.cancer.gov/types/cervical/causes-risk-prevention>

6. Department of Health (The Government of the Hong Kong Special Administrative Region) Cervical Screening Programme. Cervical Cancer [Internet]. [cited on 2022 Nov 22]. Available from: <https://www.cervicalscreening.gov.hk/en/cervicalcancer.html>

7. Prof Andreas Obermair. Stages of Cervical Cancer [Internet]. 2020 [cited on 2022 Nov 22]. Available from: <https://www.obermair.info/latest-news/blog/stages-of-cervical-cancer/>

I 子宫颈癌有多普遍？

子宫颈癌是马来西亚女性排名第

3

最常见的癌症。⁸

在2012至2016年期间，

每 **5** 名患上子宫颈癌的女性中，就有 **2** 名被诊断上第3期或第4期子宫颈癌（即称为晚期子宫颈癌）。这使癌症治疗变得困难。⁸



第 **1** 及第 **2** 期子宫颈癌患者 = **75%** 及 **52%**
五年存活率⁹

第 **3** 及第 **4** 期子宫颈癌患者 = **32%** 及 **23%**
五年存活率⁹

*五年存活率：病患在癌症确诊的5年后依然存活的机率

当癌症的诊断时机越早，康复和存活的机率越大。

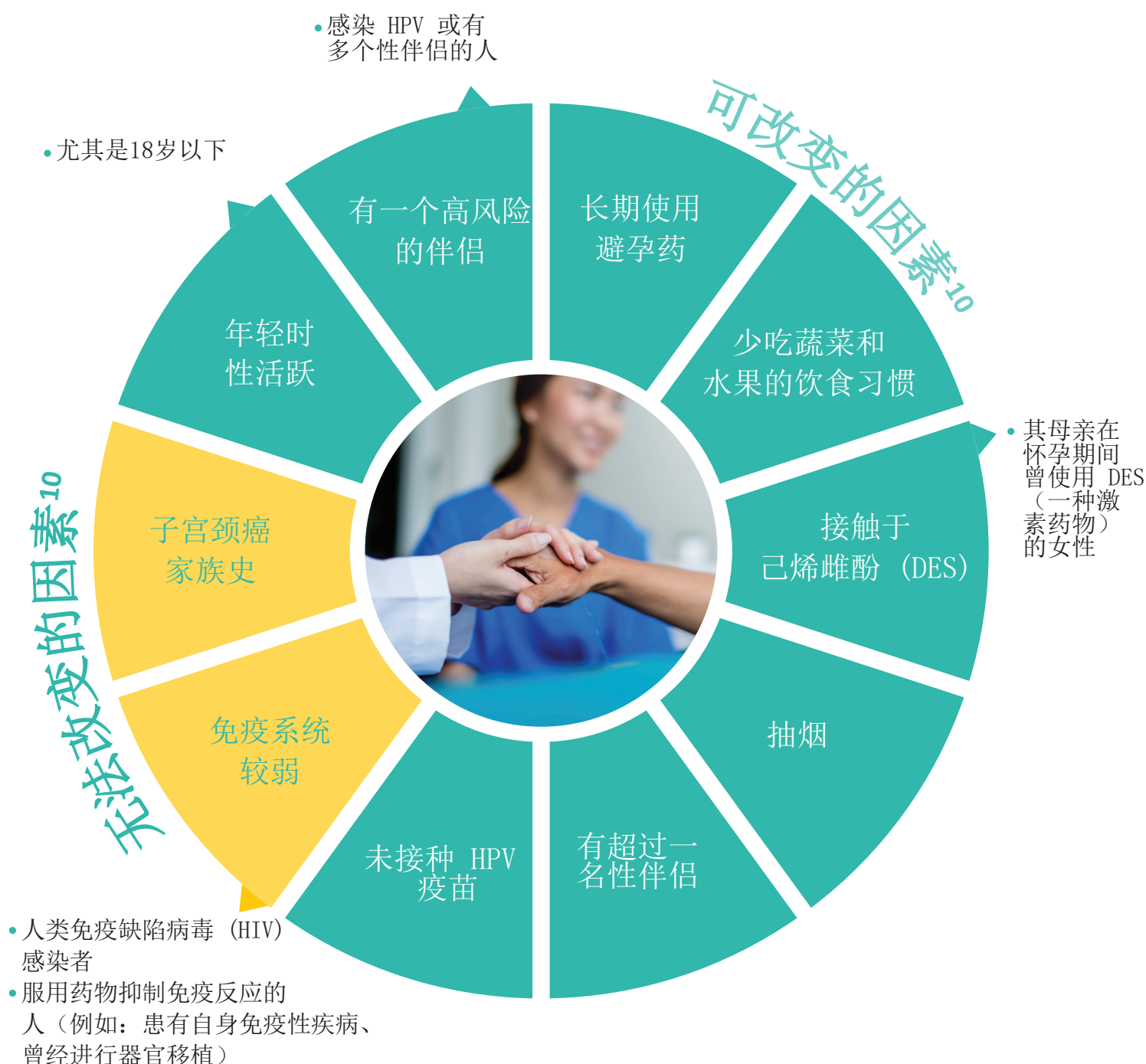
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9. National Cancer Registry, National Cancer Institute, Ministry of Health Malaysia (2018). Malaysian Study on Cancer Survival (MySCan).

I 谁有患上子宫颈癌的风险？

- 如果您持续面对HPV 病毒感染，或有着其他如下所列出的因素，这会提高您患上子宫颈癌的风险^{10, 11}：



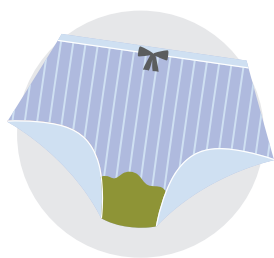
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10. American Cancer Society. Risk Factors for Cervical Cancer [Internet]. 2020 [cited on 2022 Dec 29]. Available from: <https://www.cancer.org/cancer/types/cervical-cancer/causes-risks-prevention/risk-factors.html>

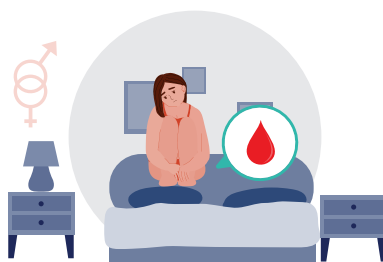
11. Cancer Research UK. Risks and causes [Internet]. 2020 [cited on 2022 Nov 22]. Available from: <https://www.cancerresearchuk.org/about-cancer/cervical-cancer/risks-causes>

I 子宫颈癌的体征与症状有哪些？

子宫颈癌的体征与症状¹²



阴道异常出血或分泌物



性交后出血



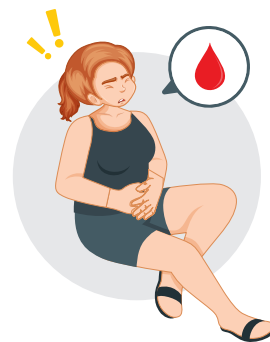
体重下降、疲劳、食欲不振



持续的背部、腿部或骨盆疼痛



单腿或双腿肿胀



更年期后出血

体征与症状的区别：

体征（Signs）是别人可看见的（例如：肿胀和流血），
症状（Symptoms）是只有您可感觉得到的（例如：头痛、疼痛）¹³

若发现任何变化，请咨询您的医生

参考文献：

12. Centers for Disease Control and Prevention. What Are The Symptoms of Cervical Cancer? [Internet]. 2022 [cited on 2022 Nov 22]. Available from: https://www.cdc.gov/cancer/cervical/basic_info/symptoms.htm

13. American Cancer Society. Signs and symptoms of cancer [Internet]. 2020 Nov 6 [cited on 2022 Dec 28]. Available from: <https://www.cancer.org/cancer/diagnosis-staging/signs-and-symptoms-of-cancer.html>

I 我该进行什么检测以了解自己是 否可能患上子宫颈癌？

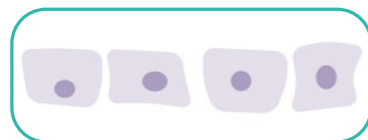
- 子宫颈癌的进展十分缓慢。因此，能够在细胞癌变之前或是在癌症的早期检测出病变。
- 这种检测方法称为“筛查”（Screening）。子宫颈癌有两种主要的筛查方法¹⁴：

HPV DNA 病毒检测



可检查是否感染了可引起子宫颈细胞癌前病变的HPV DNA病毒。¹⁴

子宫颈抹片检查（PAP SMEAR）



用于检测子宫颈的细胞是否有癌前病变。¹⁴

如何操作？

可通过以下方式进行：

- 医生进行检测（他将使用类似于子宫颈抹片检查的程序来收集样本¹⁴；
或

- 自行检测（使用自行采样套件）

如何操作？

- 医生使用一种叫做“窥器”（Speculum）的仪器来伸展大阴道，然后用塑料刷从子宫颈采集一些细胞样本。^{14, 15}

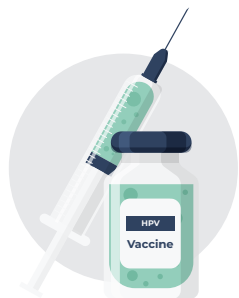
医生会根据您的检测结果，提出医疗建议。

参考文献：

14. Centers for Disease Control and Prevention. What should I know about screening? [Internet]. 2022 [cited on 2022 Nov 22]. Available from: https://www.cdc.gov/cancer/cervical/basic_info/screening.htm

15. National Cancer Institute. Pap smear [Internet]. 2022 [cited on 2022 Nov 22]. Available from: <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/pap-smear>

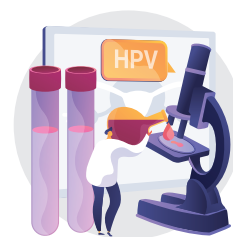
I 我该如何预防自己患上子宫颈癌？



HPV疫苗

- 接种疫苗以预防HPV感染（子宫颈癌的主要原因）¹⁶

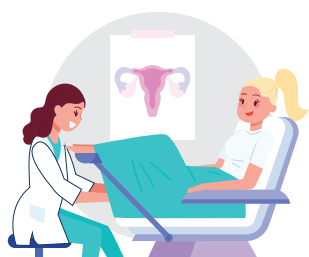
- 建议年龄9 至45岁的人群接种HPV疫苗。
- 征求医生的建议以确定是否需要接种疫苗。



筛查（HPV DNA 病毒检测）

- 进行筛查以及早检测HPV DNA病毒 ^{17, 18}

30岁或以上：每五年一次



筛查（子宫颈抹片检查Pap Smear）

- 进行筛查以及早检测可引起癌变的细胞 ^{17, 18}

20 至 65 岁：前两年，每年一次

- 如果结果**正常**：每三年检查一次
- 如果结果**异常**：您的医生会为您进行其他的检查，以进一步了解您的状况



不抽烟

- 烟雾中的毒物将破坏子宫颈细胞的 DNA，从而提高患癌的风险 ¹⁷

远离香烟和二手烟

参考文献：

16. National Cancer Institute. Human Papillomavirus (HPV) Vaccines [Internet]. 2021 [cited on 8 Nov 2023]. Available from: <https://www.cancer.gov/about-cancer/causes-prevention/risk/infectious-agents/hpv-vaccine-fact-sheet#what-are-hpv-vaccines>
17. Centers for Disease Control and Prevention. What Can I Do to Reduce My Risk of Cervical Cancer? [Internet]. 2022 [cited on 22 Nov 2022]. Available from: https://www.cdc.gov/cancer/cervical/basic_info/prevention.htm
18. Nor Filzatun B. Cervical Cancer: What is Cervical Cancer? [Internet]. Putrajaya, MY: Ministry of Health, Malaysia; 2020 [Reviewed on 28 Aug 2020; cited on 3 Dec 2022]. Available from: <http://www.myhealth.gov.my/en/cervical-cancer>

I 我该如何预防自己患上癌症？

保持健康的饮食方式

这是马来西亚“四分之一、四分之一、一半”
的健康饮食餐盘概念：
请使用此图片作为均衡饮食的指南¹⁹



以下食品的建议份量：

	红肉	每周吃少过五百克或三个手掌大小的份量 ²⁰		每日两份水果和三份蔬菜 ²⁰	例如：每天吃一粒苹果 + 一片西瓜 + 十二汤匙煮熟的叶类蔬菜
	加工肉类	不建议食用 ²⁰		含糖饮料	不建议饮用 ²⁰
	每日多过两份的全谷物食品 ²⁰	例如：每天至少吃两片全麦面包+半杯煮熟的糙米饭		加工食品	每周吃少过一次或完全不食用 ²⁰

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19. Panduan Pinggan Sihat Malaysia. Putrajaya (MY). Ministry of Health Malaysia; 2016. 50 p. Report No.: 1.

20. World Cancer Research Fund/American Institute for Cancer Research. "Continuous Update Project Expert Report 2018.

Recommendations and public health and policy implications." [Internet]. [cited on 2022 Nov 17]. Available from: dietandcancerreport.org

I 我该如何预防自己患上癌症？（续篇）

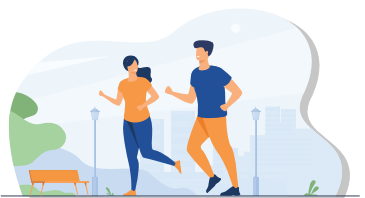
保持活跃的生活方式



每周至少进行150分钟适度运动强度
(Moderate-intensity exercise) *
的有氧运动²¹

快步走、慢跑、游泳、网球（双人）、
骑自行车、远足、排舞

或



每周至少进行75分钟剧烈运动强度
(Vigorous-intensity exercise) **
的有氧运动²¹

跑步、游泳（泳道内来回）、
网球（单打）、跳绳、有氧舞蹈、拳击

和



每周至少两天中等或更高强度的肌
肉强化活动，并涉及所有主要肌群²¹

使用健身带、举重机或手持式举重器；
俯卧撑、引体向上、平板支撑、深蹲、
弓步、瑜伽、太极拳

我该如何测量运动强度？

使用‘谈话测试’

*适度运动强度 (Moderate-intensity exercise)	这类型的运动需要适度的力气。您的呼吸会变得稍微急促，身体会开始出汗；运动时，您说话的速度也会比平时慢 ²²
**剧烈运动强度 (Vigorous-intensity exercise)	这类型的运动需要更大的力气。您的呼吸会变得更加急促，身体会大汗淋漓；并且说话时，必须要停下来 ²²

参考文献：

21. World Health Organization. Physical Activity [Internet]. [cited on 2022 Nov 17]. Available from:

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>

22. Cancer Council Australia. "Exercise for people living with cancer" [Internet]. 2019. [cited on 2022 Nov 17].

Available from: <https://www.cancer.org.au/assets/pdf/exercise-for-people-living-with-cancer>

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