



National
Cancer
Society
Malaysia

Giving Hope Celebrating Life



BRINGING EDUCATION AND UNDERSTANDING TO YOU



鼻咽癌

Bringing Education And Understanding To You

合作单位:



Asia
Cancer
Forum

支持单位:



astellas



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鼻咽癌

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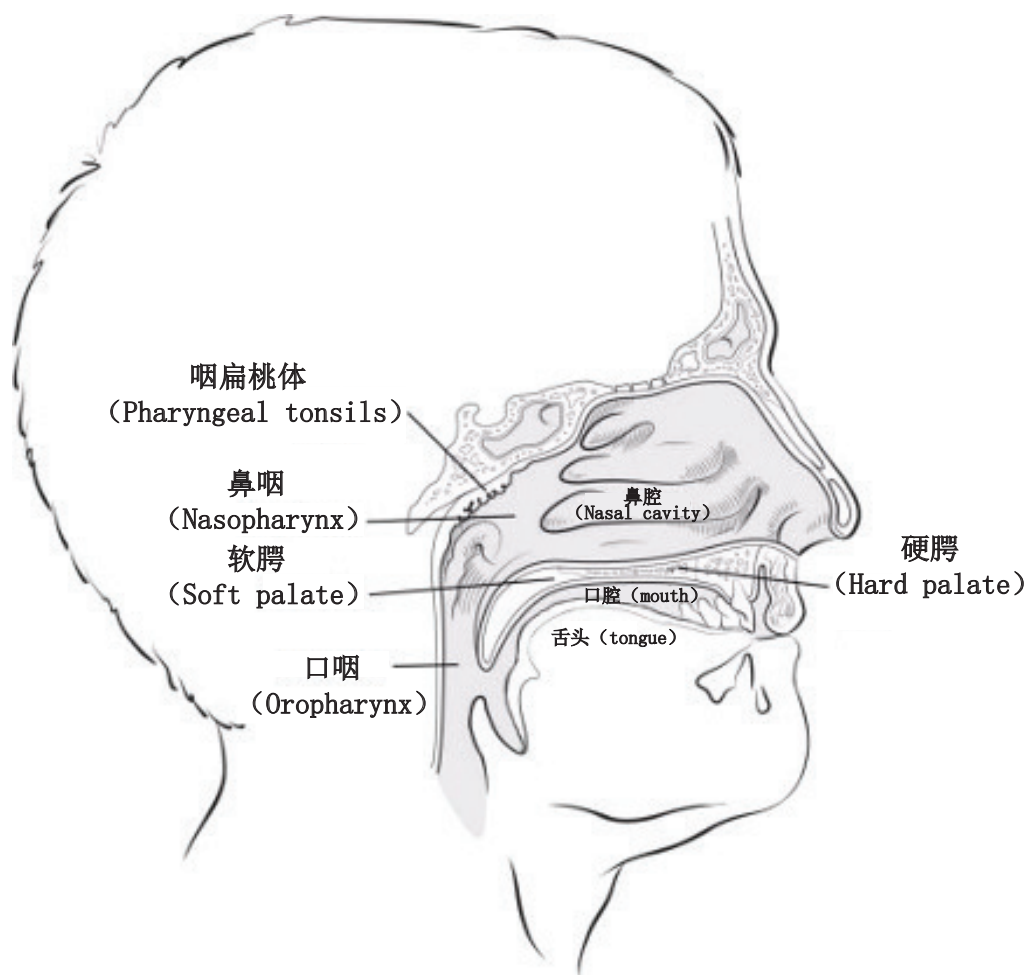
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我该如何预防自己患上癌症？

I 什么是鼻咽癌？

- 当鼻咽部的细胞发生异变，并不受控制地生长，即称为鼻咽癌。¹



- 鼻咽是喉咙（咽）的上部。它位于鼻腔后方，并在口腔软腭的正上方。¹



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I 鼻咽癌有多普遍？

鼻咽癌是马来西亚人
中排名第

5

最常见的癌症。²

在2012至2016年期间，

每 **10** 名患上鼻咽癌的患者中，就有

7

名被诊断上第3期或第4期鼻咽癌（即称为晚期鼻咽癌）。
这使癌症治疗变得困难。²



第 **1** 及第 **2** 期鼻咽癌患者 = **64%** 及 **59%**
五年存活率*³

第 **3** 及第 **4** 期鼻咽癌患者 = **50%** 及 **27%**
五年存活率*³

*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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I 谁有患上鼻咽癌的风险？



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I 鼻咽癌的体征与症状有哪些？

鼻咽癌的体征与症状^{7,8}



鼻塞



流鼻血



痰或唾液中带血



颈部出现不痛的肿块
(单边或双边)

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)⁸

若发现任何变化，请咨询您的医生

参考文献：

7. American Cancer Society. Signs and Symptoms of Nasopharyngeal Cancer [Internet]. 2022 Aug 1 [cited on 2022 Dec 30]. Available from: <https://www.cancer.org/cancer/nasopharyngeal-cancer/detection-diagnosis-staging/signs-and-symptoms.html>

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

I 鼻咽癌的体征与症状有哪些？（续篇）

鼻咽癌的体征与症状^{7,8}



耳聋、耳疼、或耳鸣
（单边或双边）



头痛



复视



脸部麻痹或疼痛

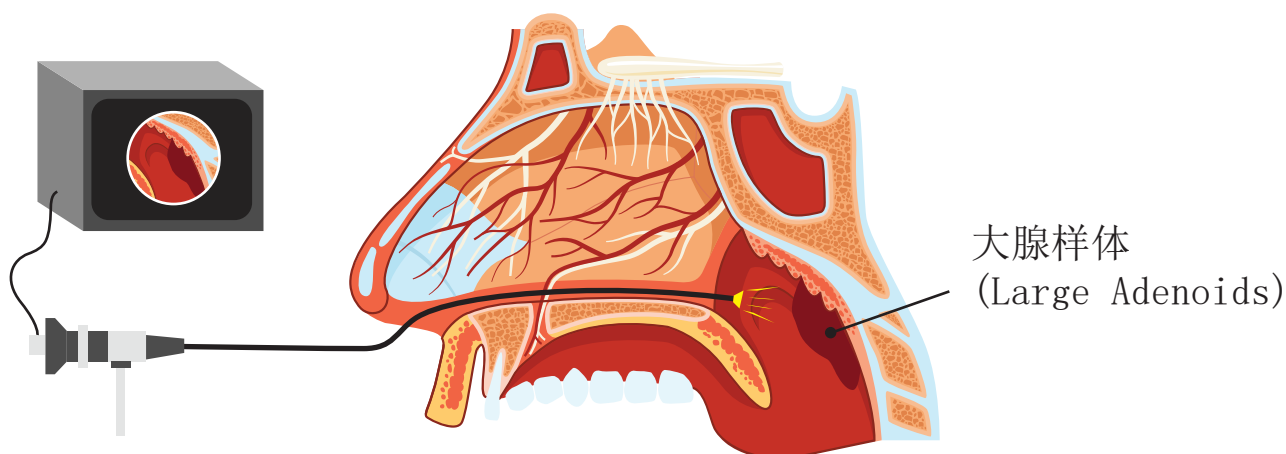
体征与症状的区别：

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I 我该进行什么检测以了解自己是否患上鼻咽癌？

- 您可以通过以下鼻咽癌的检测方法，及早发现身体是否有任何的异常变化：



1. 鼻内窥镜检查 (Nasendoscopy)

- 医生会使用**鼻内窥镜检查** (Nasendoscopy) 来扫描鼻腔、鼻窦通道、咽部和喉咙的整个内部。⁹
- 这个装备装有一个**摄像头**和**灯**。医生会把窥镜从您的鼻子插入，以观察鼻腔通道内部结构是否有任何异常情况。

2. 活检 (Biopsy)

- 如果鼻内窥镜检查发现异常变化，医生将进行活组织检查，也简称活检。¹⁰
- 活检：**医生会将针头插入增生物中，并从中取出一些组织样本。该样本随后将被送往实验室进行检验。通过这个程序，医生可以确认鼻咽癌的诊断。

医生会根据您的检测结果，提出医疗建议。

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9. Cancer Research UK. Nasendoscopy for nasopharyngeal cancer [Internet]. 2021 Oct 13 [cited on 2022 Oct 31]. Available from: <https://www.cancerresearchuk.org/about-cancer/nasopharyngeal-cancer/getting-diagnosed/tests/nasoendoscopy>

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I 我该如何预防自己患上鼻咽癌？



减少食用腌制食品¹¹
经常吃高盐分腌制鱼和肉的人患鼻咽癌的风险更高



接种人乳头瘤病毒（HPV）疫苗¹¹
HPV疫苗可保护您免受可导致鼻咽癌的HPV病毒侵害



不抽烟¹¹
远离香烟和二手烟



不喝酒¹¹
远离含酒精饮品

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11. American Cancer Society. Can Nasopharyngeal Cancer Be Prevented? [Internet]. 2021 Aug [cited on 2022 Oct 31]. Available from: <https://www.cancer.org/cancer/nasopharyngeal-cancer/causes-risks-prevention/prevention.html>

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¹²



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 ¹³		每日两份水果和三份蔬菜 ¹³	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 ¹³		含糖饮料	不建议饮用 ¹³
	每日多过两份的全谷物食品 ¹³	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 ¹³

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I 我该如何预防自己患上癌症？（续篇）

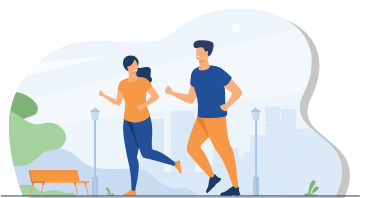
保持活跃的生活方式



每周至少进行150分钟适度运动强度
(Moderate-intensity exercise) *
的有氧运动¹⁴

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¹⁴

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¹⁴

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¹⁵

**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¹⁵

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