

胆囊癌基本信息

(中英对照, 来源: Cancer.Net)

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翻译: Spencer

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1 Introduction 简介

Gallbladder cancer occurs when healthy cells in the gallbladder change and grow out of control, forming a mass called a tumor. A tumor can be cancerous or benign. A cancerous tumor is malignant, meaning it can spread to other parts of the body. A benign tumor means the tumor will not spread. This section is about primary gallbladder cancer. Primary gallbladder cancer is cancer that starts in the gallbladder, as opposed to cancer that begins somewhere else in the body and spreads to the gallbladder.

当胆囊中的细胞发生变化并且生长失去控制时，形成一个称为肿瘤的肿块时，胆囊癌就会出现。一颗肿瘤可能是良性的也可能是恶性的。如果是恶性肿瘤，这意味着它可以向身体的其他部位转移；而良性的则不会。本节是关于原发性胆囊癌的。原发性胆囊癌是一种最初发生在胆囊的癌症，而不是由其他部位的癌细胞转移到胆囊。

About the gallbladder 关于胆囊

The gallbladder is a pear-shaped organ located just under the liver. It is part of the biliary tract, along with the liver and bile ducts. The gallbladder stores bile, a fluid made by the liver that helps to digest fats. Bile travels through the liver to the gallbladder through the intra-hepatic bile ducts for storage. It is released from the gallbladder through a tube, called the common bile duct, as food is broken down in the stomach and intestines.

胆囊是位于肝脏下方的梨形器官。它是胆道的一部分，连同肝脏和胆管。胆囊中储存着胆汁，一种由肝脏分泌的帮助消化脂肪的液体。胆汁通过肝内胆管从肝脏进入胆囊并在此储存，且通过胆总管从胆囊中流出，因为食物在胃和肠中被分解。

The gallbladder's wall is made up of 3 main layers of tissue:
胆囊壁由 3 层主要组织组成：

the mucosa, which is the innermost layer and covers the wall of the gallbladder
粘膜，最内层并包裹着胆囊壁

the muscularis, the middle layer of smooth muscle
肌层，平滑肌的中间层

the serosa, the outer layer
浆膜，外层

Primary gallbladder cancer begins in the inner layer and spreads into the outer layers as it grows.
原发性胆囊癌从最内层开始向外生长。

2 Statistics 数据统计

This year, an estimated 12,190 adults (5,450 men and 6,740 women) in the United States will be diagnosed with gallbladder and other biliary cancers. About 4 out of 10 are specifically gallbladder cancers. Incidence rates of gallbladder cancer are 66% higher in women than in men.

这一年，约有 12190 名美国成年人（5450 名男性，6740 名女性）被诊断为胆囊癌或者其他

胆系癌症。其中将近四成确定为胆囊癌。女性比男性的发病率高出 66%。

It is estimated that 3,790 deaths (1,530 men and 2,260 women) from gallbladder and other biliary cancers will occur this year.

据估计这一年将会有 3790 人（1530 名男性和 2260 名女性）死于胆囊癌或者其他胆系癌症

The 5-year survival rate tells you what percent of people live at least 5 years after the cancer is found. Percent means how many out of 100. The 5-year survival rate for people with gallbladder cancer is 19%. However, the survival rate depends on several factors, including the extent of cancer at the time of diagnosis (called the stage).

五年生存率可以告诉您诊断为癌症后存活超过 5 年的患者的百分比。胆囊癌的五年生存率为 19%。然而，生存率由几个因素决定，包括诊断时癌症的发展程度（称为分期）。

When the cancer has not spread but has the potential to be invasive, it is called in situ cancer or stage 0. The 5-year survival rate for people with stage 0 gallbladder cancer is 80%. Stage I cancer means it is found only in the gallbladder. The 5-year survival rate for stage I is 50%. About 1 out of 5 gallbladder cancers are diagnosed before spreading outside of the gallbladder. This is mainly because there is not a good screening method and the disease often grows without causing symptoms. 当癌症尚未扩散但有可能具有侵袭性时，称为原位癌或者 0 期，这一时期的五年生存率为 80%。I 期时癌细胞只在胆囊中，此时五年生存率为 50%。在扩散到胆囊外之前，大约有五分之一的胆囊癌被诊断出来。这主要是因为没有良好的筛查方法，并且通常这种疾病在发展时不会引起症状。

If the cancer has spread outside the gallbladder to the lymph nodes, the 5-year survival rate is between 7% and 8%. Gallbladder cancer that has spread to other parts of the body has a 5-year survival rate of 4% or less.

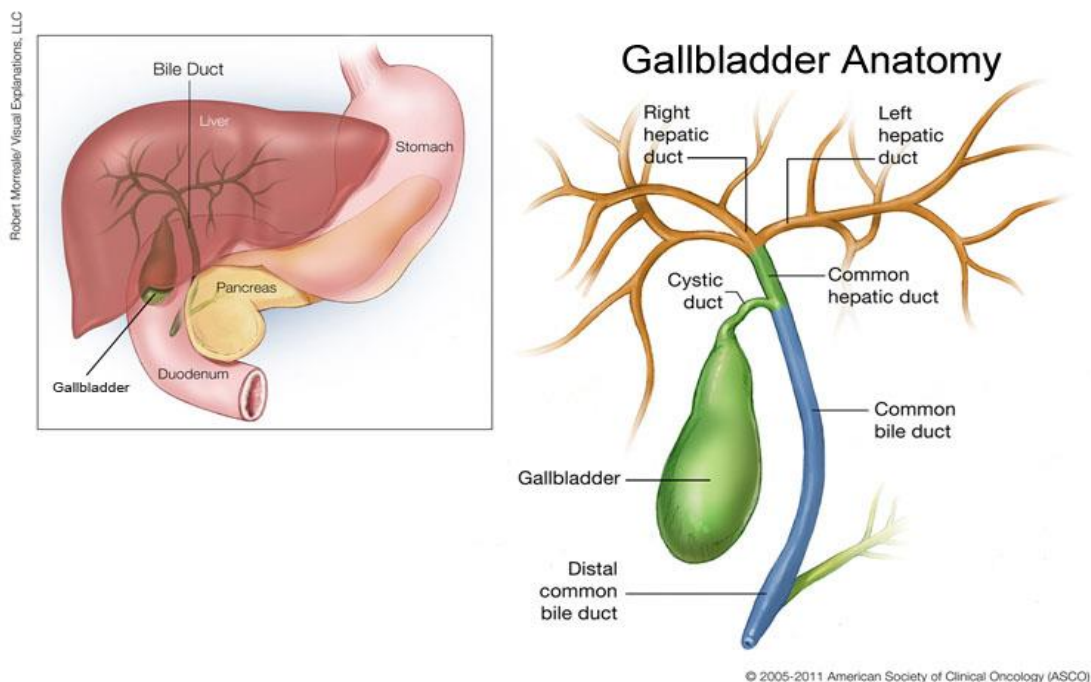
如果胆囊癌有淋巴结转移，那么五年生存率在 7%-8%。转移到身体其他部位，五年生存率为 4%或者更低。

It is important to remember that statistics on the survival rates for people with gallbladder cancer are an estimate. The estimate comes from annual data based on the number of people with this cancer in the United States. Also, experts measure the survival statistics every 5 years. So the estimate may not show the results of better diagnosis or treatment available for less than 5 years. People should talk with their doctor if they have any questions about this information.

请注意，有关胆囊癌患者生存率的统计数据是一个估计值。数据估计来自基于美国患癌症人数的年度数据。此外，专家每 5 年测量一次生存统计数据。因此，估计值可能不会显示不到 5 年的更好诊断或治疗结果。如果你对此信息有任何疑问，应与医生交谈。

数据来源： *Statistics adapted from the American Cancer Society's (ACS) publication, Cancer Facts & Figures 2017: Special Section – Rare Cancers in Adults, and the ACS website.*

3 Medical Illustrations 医学图解



This illustration shows the location and anatomy of the gallbladder and bile ducts. The gallbladder is a small pear-shaped organ, located under the liver. The right and left hepatic ducts branch out to connect to the liver, and come together to form the common hepatic duct, which connects to the gallbladder via the cystic duct. The common hepatic duct connects to the common bile duct, which continues to the distal common bile duct. The common bile duct branches out to connect to the pancreas, located in the curve of the duodenum under and behind the stomach.

此图显示了胆囊 (gallbladder) 和胆管 (bile ducts) 的位置和解剖结构。胆囊是一个小的梨形器官，位于肝脏 (liver) 下方。右肝管 (right hepatic duct) 和左肝管 (left hepatic duct) 分支连接到肝脏，并聚集在一起形成肝总管 (common hepatic duct)，通过胆囊管 (cystic duct) 连接到胆囊。肝总管连接到胆总管 (common bile duct)，胆总管继续到远端胆总管 (distal common duct)。胆总管分支连接到胰腺 (pancreas)，位于十二指肠 (duodenum) 的弯曲处和胃 (stomach) 后面。

4 Risk Factors 风险因素

A risk factor is anything that increases a person's chance of developing cancer. **Although risk factors often influence the development of cancer, most do not directly cause cancer. Some people with several risk factors never develop cancer, while others with no known risk factors do.** Knowing your risk factors and talking about them with your doctor **may help you make more informed lifestyle and health care choices.**

风险因素能增加一个人患癌症的几率。尽管风险因素通常影响癌症发展，大多数不会直接导致癌症。有些人同时有几个风险因素但并不会得癌症，另一些人没有任何风险因素却患了癌

症。了解您的风险因素并与您的医生讨论可能有助于您做出更明智的生活方式和健康护理选择。

The following factors can raise a person's risk of developing gallbladder cancer:

以下是几个胆囊癌的相关风险因素：

- **Gallstones.** Gallstones are the most common risk factor for gallbladder cancer. These are rock-like formations of cholesterol and bile salts that can occur in the gallbladder or bile duct. Gallstones are the most common digestive disease in the United States, and between 75% and 90% of people with gallbladder cancer have a history of gallstones. However, less than 1% of people with gallstones develop gallbladder cancer. It is unknown why some people develop cancer while most with gallstone disease do not.

胆结石。胆结石是胆囊癌最常见的危险因素。胆结石由胆囊和胆管中的岩石状胆固醇和胆汁盐形成。胆结石是美国最常见的消化系统疾病，75%至90%的胆囊癌患者有胆结石病史。然而，胆结石患者中不到1%患有胆囊癌。目前尚不清楚为什么有些人会患上癌症，而大多数人患有胆结石则不会。

- **Gallbladder polyps.** This type of polyp is a growth that sometimes forms when small gallstones get embedded in the gallbladder wall. Gallbladder polyps bulge inward from the inner gallbladder wall. Some polyps may also be caused by inflammation. Doctors often recommend gallbladder removal for people who have polyps larger than 1 centimeter because these are more likely to be cancerous.

胆囊息肉。这种类型的息肉是一种生长性的息肉，有时在小胆结石嵌入胆囊壁时形成。胆囊息肉从内胆囊壁向内凸出。一些息肉也可能由炎症引起。对于息肉大于1厘米的患者，医生经常建议去除胆囊，因为它们更容易发生癌变。

- **Age.** Most people diagnosed with gallbladder cancer are older than 70.

年龄。大多数被诊断患有胆囊癌的人年龄超过70岁。

- **Gender.** Women are about twice as likely to develop gallbladder cancer as men.

性别。女性患胆囊癌的可能性是男性的两倍。

- **Ethnicity.** Mexican Americans and Native Americans, particularly in the southwestern United States, are more likely to develop gallbladder cancer than the general population.

种族。墨西哥裔美国人和美洲原住民，尤其是美国西南部的美国人，比一般人群更容易患上胆囊癌。

- **Smoking.** Tobacco use may increase the risk of gallbladder cancer.

抽烟。使用烟草可能会增加胆囊癌的风险。

- **Family history.** A family history of gallbladder cancer slightly increases a person's risk of developing gallbladder cancer.

家族病史。胆囊癌的家族病史略微增加了患胆囊癌的风险。

5 Symptoms and Signs 症状和体征

People with gallbladder cancer may experience the following symptoms or signs. Sometimes, people with gallbladder cancer do not have any of these changes. Or, the cause of a symptom may be a different medical condition that is not cancer, such as a stomach virus.

患有胆囊癌的人可能会出现以下症状或体征。有时，患有胆囊癌的人没有任何这些变化。或者，症状的原因可能是不是癌症的不同医学病症，例如胃病毒。

Gallbladder cancer is usually not found at an early stage because the gallbladder is located deep inside the body and sometimes there may be no symptoms at all. Therefore, gallbladder cancer can be difficult to detect during routine physical examinations. Sometimes, gallbladder cancer is found unexpectedly after removal of the gallbladder for another reason, such as gallstones or infection of the gallbladder. When symptoms do occur, they include the following:

胆囊癌通常不会在早期发现，因为胆囊位于体内深处，有时可能根本没有症状。因此，在常规体检中很难发现胆囊癌。有时，由于胆结石或胆囊感染等原因，在切除胆囊时意外发现胆囊癌。当症状确实发生时，包括以下：

- Jaundice (yellowing of the skin and whites of the eyes) 黄疸（皮肤和眼白发黄）
- Abdominal pain 腹痛
- Nausea and vomiting 恶心和呕吐
- Bloating 腹胀
- A lump in the abdomen 腹部肿块
- Fever 发烧

If you are concerned about any changes you experience, please talk with your doctor. Your doctor will ask how long and how often you've been experiencing the symptom(s), in addition to other questions. This is to figure out the cause of the problem, called a diagnosis.

如果您担心自己遇到的任何变化，请咨询您的医生。除了其他问题，您的医生会询问您出现症状的时间和频率。这是为了找出问题的原因，称为诊断。

If cancer is diagnosed, relieving symptoms remains an important part of cancer care and treatment. This may also be called symptom management, palliative care, or supportive care. Be sure to talk

with your health care team about the symptoms you experience, including any new symptoms or a change in symptoms.

如果确诊为癌症，缓解症状仍然是癌症护理和治疗的重要组成部分。这也可称为症状管理，姑息治疗或支持治疗。务必与您的医疗团队讨论您所经历的症状，包括任何新症状或症状改变。

6 Diagnosis 诊断

Doctors use many tests to find, or diagnose, cancer. They also do tests to learn if cancer has spread to another part of the body from where it started. If this happens, it is called metastasis. For example, imaging tests can show if the cancer has spread. Imaging tests show pictures of the inside of the body. Doctors may also do tests to learn which treatments could work best.

医生通过许多检测来发现或诊断癌症。他们还可以做检查来了解癌症是否已从其开始的地方扩散到身体的其他部分。如果发生这种情况，则称为转移。例如，成像测试可以显示癌症是否已经扩散。成像测试能够显示身体内部的情况。医生也可以做检查，以了解哪种治疗方法效果最好。

For most types of cancer, a biopsy is the only sure way for the doctor to know whether an area of the body has cancer. In a biopsy, the doctor takes a small sample of tissue for testing in a laboratory. If a biopsy is not possible, the doctor may suggest other tests that will help make a diagnosis.

对于大多数类型的癌症，活检是医生了解身体某个部位是否患有癌症的唯一可靠方法。在活组织检查中，医生在实验室中取一小块组织样本进行检测。如果无法进行活组织检查，医生可能会建议其他有助于诊断的检查。

This list describes options for diagnosing this type of cancer. Not all tests listed below will be used for every person. Your doctor may consider these factors when choosing a diagnostic test:

该列表描述了诊断此类癌症的选项。并非下面列出的所有检测都将用于每个人。选择诊断测试时，您的医生可能会考虑这些因素：

- The type of cancer suspected 疑似癌症类型
- Your signs and symptoms 体征和症状
- Your age and medical condition 年龄和健康状况
- The results of earlier medical tests 早先的体检结果

In addition to a physical examination, the following tests may be used to diagnose gallbladder cancer: 除了体检外，以下检测可用于诊断胆囊癌：

① **Biopsy.** A biopsy is the removal of a small amount of tissue for examination under a microscope. Other tests can suggest that cancer is present, but only a biopsy can make a definite diagnosis. A pathologist then analyzes the sample(s). A pathologist is a doctor who specializes in interpreting laboratory tests and evaluating cells, tissues, and organs to diagnose disease.

活检。活组织检查是在显微镜下移除少量组织进行检查。其他检测可能表明存在癌症，但只

有活组织检查才能明确诊断。病理学家然后分析样品（一个或多个）。病理学家是一名专门进行实验室检查和评估细胞，组织和器官以诊断疾病的医生。

The sample of tissue can be taken 1 of several ways:

样本的采取方式:

- during a surgery 在手术中
- with a minimally invasive surgical technique known as laparoscopy (see below)

使用称为腹腔镜的微创手术技术（见下文）

- with a fine needle or thick needle aspiration (a core biopsy), using a computed tomography (CT or CAT) scan or ultrasound to guide the needle placement.

使用细针或粗针抽吸（核心活组织检查），使用 CT 或 CAT 扫描或超声波引导针头放置。

In some cases, a biopsy is done by passing an endoscope (a thin, lighted, flexible tube) through the mouth, past the stomach, and into the first part of the intestine. A tool can be passed from the endoscope through the intestinal wall to remove a sample of tissue.

在一些情况下，通过使内窥镜（一种薄的、发光的柔性管）穿过口腔，经过胃并进入肠的第一部分来进行活组织检查。工具可以从内窥镜穿过肠壁以移除组织样本。

② **X-ray.** An x-ray is a way to create a picture of the structures inside of the body using a small amount of radiation. The patient may be asked to swallow barium, which coats the digestive tract, to enhance the image on the x-ray. This is called a barium swallow.

X 射线是一种使用少量辐射创建身体内部结构图像的方法。可能会要求患者吞下可覆盖消化道的钡，以增强 X 射线上的图像。这叫钡吞。

③ **Endoscopic retrograde cholangiopancreatography (ERCP).** An ERCP allows the doctor to see inside the body. The person is lightly sedated, and the doctor inserts an endoscope through the mouth, down the esophagus, and into the stomach and small bowel. A smaller tube or catheter is passed through the endoscope and into the bile ducts. Dye is injected into the ducts, and the doctor takes x-rays that can show whether a tumor is present in the area around the bile ducts. A plastic or metal stent can be placed across an obstructed bile duct during ERCP to help relieve jaundice if it is present. An experienced gastroenterologist should perform this procedure. A gastroenterologist is a doctor who specializes in the function and disorders of the gastrointestinal tract. This procedure is used more commonly to find cancer of the bile duct than to find gallbladder cancer, but it may also be used if the gallbladder cancer spreads and blocks the bile ducts.

内镜逆行胰胆管造影术 (ERCP)。ERCP 允许医生看到病人体内。病人轻度镇静，医生将内窥镜插入口腔，沿食道向下，进入胃和小肠。用较小的管或导管穿过内窥镜并进入胆管。将染料注入导管中，医生进行 X 射线检查，以显示胆管周围区域是否存在肿瘤。在 ERCP 期间，可以将塑料或金属支架放置在阻塞的胆管上，以帮助缓解黄疸（如果存在）。应该由一位经验丰富的胃肠病学家来执行此程序。胃肠病学家是专门研究胃肠道功能和紊乱的医生。这种方法更常用于发现胆管癌，而不是发现胆囊癌，但如果胆囊癌扩散并阻塞胆管，也可以使用它。

④ **Percutaneous cholangiography.** In this procedure, a thin needle is inserted through the skin and into the gallbladder area. A dye is injected through the needle so that a clear image will show up on x-rays. By looking at the x-rays, the doctor may be able to see whether there is a tumor in the gallbladder. More commonly, a cholangiography provides images of the bile ducts, and it may not show a tumor in the gallbladder. However, the procedure is excellent in detecting the site of a blocked bile duct.

经皮胆道造影。在该过程中，将细针穿过皮肤插入胆囊区域。通过针头注入染料，以便在 X 射线上显示清晰的图像。通过观察 X 射线，医生可能能够看到胆囊中是否有肿瘤。更常见的情况是，胆管造影提供了胆管的图像，但它可能不会显示在胆囊中的肿瘤。然而，该程序在检测胆管部位的阻塞是极好的。

⑤ **Laparoscopy.** Laparoscopy uses an endoscope to look at the gallbladder and other internal organs. The tube is inserted through a small incision in the abdomen.

腹腔镜检查。腹腔镜检查使用内窥镜观察胆囊和其他内脏器官。将管子插入腹部的小切口。

⑥ **Blood tests.** The doctor may take samples of the patient's blood to check for abnormal levels of bilirubin and other substances. Bilirubin is a chemical that may reach high levels in people with gallbladder cancer due to blockage of the common bile duct by a tumor.

血液测试。医生可以采集患者血液样本，检查胆红素和其他物质的异常水平。由于肿瘤阻塞了胆总管，胆红素是一种可能在胆囊癌患者中达到高水平的化学物质。

⑦ **Computed tomography (CT or CAT) scan.** A CT scan creates a 3-dimensional picture of the inside of the body using x-rays taken from different angles. A computer combines these images into a detailed, cross-sectional view that shows any abnormalities or tumors. A CT scan can be used to measure the tumor's size. Sometimes, a special dye called a contrast medium is given before the scan to provide better detail on the image. This dye can be injected into a patient's vein or given as a pill to swallow.

计算机断层扫描 (CT 或 CAT) 扫描。CT 扫描使用从不同角度拍摄的 X 射线创建身体内部的三维图像。计算机将这些图像组合成详细的横截面视图，显示任何异常或肿瘤。CT 扫描可用于测量肿瘤的大小。有时，在扫描之前会给出一种称为造影剂的特殊染料，以提供更好的图像细节。这种染料可以注入患者的静脉或作为吞咽药丸给予。

⑧ **Magnetic resonance imaging (MRI).** An MRI uses magnetic fields, not X-rays, to produce detailed images of the body and can be used to find out whether the cancer has spread outside the gallbladder. MRI can be used to measure the tumor's size. A special dye called a contrast medium is given before the scan to create a clearer picture. This dye can be injected into a patient's vein or given as a pill to swallow.

磁共振 (MRI)。MRI 使用磁场而不是 X 射线来产生身体的详细图像，并可用于确定癌症是

否已扩散到胆囊外。MRI 可用于测量肿瘤的大小。在扫描之前给出称为造影剂的特殊染料以产生更清晰的图像。这种染料可以注入患者的静脉或作为吞咽药丸给予。

⑨ **Ultrasound.** An ultrasound uses sound waves to create a picture of the internal organs. Tumors generate different echoes of the sound waves than normal tissue. This means that when the waves are bounced back to a computer, creating images, the doctor can locate a mass inside the body.

超声。 超声波使用声波来创建内部器官的图像。肿瘤与正常组织相比，会产生不同的声波回波。这意味着声波被弹回计算机并创建图像，医生可以在体内定位肿块。

⑩ **Endoscopic ultrasonography.** A special endoscope, which is a long flexible scope, is inserted through the mouth after sedation. It can reach the stomach and early intestine. It has an ultrasound probe at the end that can be used to look for tumors and guide biopsy with a small needle.

内镜超声检查。 一种特殊的内窥镜，长并且灵活，在病人镇静后通过口腔插入。它可以到达胃和肠部前段。它最后有一个超声探头，可用于寻找肿瘤并用小针引导活检。

⑪ **Positron emission tomography (PET) or PET-CT scan.** A PET scan is usually combined with a CT scan (see above), called a PET-CT scan. However, you may hear your doctor refer to this procedure just as a PET scan. A PET scan is a way to create pictures of organs and tissues inside the body. A small amount of a radioactive sugar substance is injected into the patient's body. This sugar substance is taken up by cells that use the most energy. Because cancer tends to use energy actively, it absorbs more of the radioactive substance. A scanner then detects this substance to produce images of the inside of the body.

正电子成像术(PET 或者 PET-CT 扫描)。 PET 扫描通常与 CT 扫描结合（见上文），称为 PET-CT 扫描。但是，您可能会听到医生将此过程称为 PET 扫描。PET 扫描是一种在身体内部创建器官和组织图像的方法。将少量放射性糖物质注入患者体内。这种糖物质可以被使用最多能量的细胞吸收。由于癌症倾向于活跃地使用能量，因此它会吸收更多的放射性物质。于是扫描仪检测到这种物质，以产生身体内部的图像。

After diagnostic tests are done, your doctor will review all of the results with you. If the diagnosis is cancer, these results also help the doctor describe the cancer. This is called staging.

完成诊断测试后，医生会与您一起回顾所有结果。如果诊断是癌症，这些结果也有助于医生描述癌症。这称为分期。

7 Stages 分期

Staging is a way of describing where the cancer is located, if or where it has spread, and whether it is affecting other parts of the body. Doctors use diagnostic tests to find out the cancer's stage, so staging may not be complete until all the tests are finished. Knowing the stage helps the doctor to decide what kind of treatment is best and can help predict a patient's prognosis, which is the chance of recovery. There are different stage descriptions for different types of cancer.

分期是一种描述癌症位置的方法，可以知道癌症是否有转移或者已经扩散到了哪里，并且能知道是否影响到身体的其他部分。医生会使用诊断测试来了解癌症的分期，所以不做完所有必要的检查，医生无法完整给出分期。了解分期可以帮助医生选择当前最好的治疗方式，预测病人的预后情况（康复的可能）。对于不同类型的癌症有不同的分期描述方法。

TNM staging system TNM 分期系统

One tool that doctors use to describe the stage is the TNM system. Doctors use the results from diagnostic tests and scans to answer these questions:

TNM 分期系统是医生用来描述癌症分期的工具之一。医生用诊断测试和扫描结果来回答以下问题。

Tumor (T): How large is the primary tumor? Where is it located?

肿瘤 (T): 原发肿瘤有多大？它在哪里？

Node (N): Has the tumor spread to the lymph nodes? If so, where and how many?

(淋巴) 结 (N): 肿瘤是否已经转移到淋巴结？如果是，转移到哪并且转移了多少？

Metastasis (M): Has the cancer metastasized to other parts of the body? If so, where and how much?

转移 (M): 癌症已经转移到身体其他部位了吗？如果是，转移到哪并且转移了多少？

The results are combined to determine the stage of cancer for each person. There are 5 stages: stage 0 (zero) and stages I through IV (1 through 4). The stage provides a common way of describing the cancer, so doctors can work together to plan the best treatments.

将这些结果结合起来就可以得到个人的具体分期。一共有五个分期：0 期以及 1 期到 4 期。分期是一种常用的描述癌症的方式，因此医生们可以一起计划最好的治疗方式。

Here are more details on each part of the TNM system for gallbladder cancer:

对于胆囊癌的 TNM 分期，这里有更多的细节。

Tumor (T)

Using the TNM system, the "T" plus a letter or number (0 to 4) is used to describe the amount of cancer found in the gallbladder. Some stages are also divided into smaller groups that help describe the tumor in even more detail. This helps the doctor develop the best treatment plan for each patient. Specific tumor stage information is listed below.

肿瘤 (T)

使用 TNM 系统，“T”加上字母或数字（0 到 4）用于描述胆囊中发现的癌症数量。一些分期也被分成更小的组别，有助于更详细地描述肿瘤。这可以帮助医生更好地为每位病人选择治疗方式。具体的肿瘤分期如下列所示。

TX: The primary tumor cannot be evaluated.

TX: 无法评估原发肿瘤。

T0 (T plus zero): No evidence of cancer was found in the gallbladder.

T0 (T 和 0): 没有证据表明胆囊中存在癌症

Tis: This refers to carcinoma (cancer) in situ, which means that the tumor remains in a pre-invasive state and its spread, if any, is very confined.

Tis: 这指的是原位癌（癌），这意味着肿瘤保持在侵入前状态，并且其扩散（如果有的话）非常局限。

T1: The tumor is only in the gallbladder and has only invaded the lamina propria (a type of connective tissue found under the thin layer of tissue covering a mucous membrane) or muscle layer.

T1: 肿瘤仅在胆囊中并且仅侵入固有层（一种在覆盖粘膜的薄层组织下发现的结缔组织）或肌肉层。

T1a: The tumor has invaded the lamina propria.

T1a: 肿瘤已侵入固有层。

T1b: The tumor has invaded the muscle layer.

T1b: 肿瘤已侵入肌层

T2: The tumor has invaded the perimuscular connective tissue (the layer between the muscle layer and the serosa) but has not extended beyond the serosa (the outer layer) or into the liver.

T2: 肿瘤侵入了肌肉周围的结缔组织（肌层和浆膜之间的层），但没有延伸到浆膜（外层）或肝脏之外。

T3: The tumor extends beyond the gallbladder and/or has invaded the liver and/or 1 other adjacent organ or structure, such as the stomach, duodenum (part of the small bowel), colon, or pancreas.

T3: 肿瘤发展超出胆囊和/或侵入肝脏和/或 1 个其他相邻器官或结构，例如胃，十二指肠（小肠的一部分），结肠或胰腺。

T4: The tumor has invaded the main portal vein or hepatic artery or has invaded more than 1 organ or structure beyond the liver.

T4: 肿瘤侵入主要门静脉或肝动脉或侵入肝脏以外的 1 个以上器官或结构。

Node (N)

The “N” in the TNM staging system stands for lymph nodes. These tiny, bean-shaped organs help fight infection. Lymph nodes near the gallbladder are called regional lymph nodes. Lymph nodes in other parts of the body are called distant lymph nodes.

(淋巴) 结 (N)

“N”在 TNM 分期中代表淋巴结。这些微小的豆形器官有助于抵抗感染。胆囊附近的淋巴结称为区域淋巴结。身体其他部位的淋巴结称为远端淋巴结。

NX: The regional lymph nodes cannot be evaluated.

NX: 无法评估区域淋巴结。

N0 (N plus zero): There is no regional lymph node metastasis.

N0 (N 加上 0): 区域淋巴结未转移。

N1: There is regional lymph node metastasis.

N1: 区域淋巴结有转移。

N2: There is distant lymph node metastasis.

N2: 远端淋巴结有转移。

Metastasis (M)

The “M” in the TNM system indicates whether the cancer has spread to other parts of the body.

转移 (M)

“M”在 TNM 分期系统中表示癌症是否已经转移到身体其他部位。

M0 (M plus zero): There is no distant metastasis.

M0 (M 加上 0): 没有远处转移。

M1: There is metastasis to 1 or more other parts of the body.

M1: 已经转移到一个或者一个以上的其他身体器官。

Cancer stage grouping

Doctors assign the stage of the cancer by combining the T, N, and M classifications.

癌症分期组合

医生通过结合 T, N 和 M 分类来划分癌症阶段。

Stage 0: Describes cancer in situ (Tis, N0, M0).

0 期: 描述原位癌 (Tis, N0, M0)。

Stage I: A tumor is only in the gallbladder and has not spread (T1, N0, M0).

1 期: 肿瘤仅在胆囊中并且未发生转移 (T1, N0, M0)

Stage II: A tumor has extended to the perimuscular connective tissue but has not spread elsewhere (T2, N0, M0).

2 期: 肿瘤已延伸至肌肉周围结缔组织, 但未扩散至其他部位 (T2, N0, M0)。

Stage IIIA: A tumor has spread beyond the gallbladder but not to nearby arteries or veins. It has not spread to any lymph nodes or other parts of the body (T3, N0, M0).

3A 期: 肿瘤已经扩散到胆囊外但没有扩散到附近的动脉或静脉。它没有扩散到任何淋巴结或身体的其他部位 (T3, N0, M0)。

Stage IIIB: A tumor of any size has spread to nearby lymph nodes but not to nearby arteries and/or veins or to other parts of the body (T1, T2, T3; N1; M0).

3B 期: 任何大小的肿瘤已扩散到附近的淋巴结, 但不扩散到附近的动脉和/或静脉或身体的其他部位 (T1, T2, T3; N1; M0)。

Stage IVA: A tumor has spread to nearby arteries, veins, and/or nearby lymph nodes, but it has not spread to other parts of the body (T4, N0 or N1, M0).

4A 期: 肿瘤已扩散到附近的动脉, 静脉和/或附近的淋巴结, 但尚未扩散到身体的其他部位 (T4, N0 或 N1, M0)。

Stage IVB: Describes any tumor that has spread to other parts of the body (any T, any N, M1) or any tumor that has distant lymph node spread, even if it has not spread to distant organs (any T, N2, M0).

4B 期: 描述任何已扩散到身体其他部位 (任何 T, 任何 N, M1) 或任何具有远处淋巴结扩散的肿瘤, 即使它尚未扩散到远处器官 (任何 T, N2, M0)。

Recurrent: Recurrent gallbladder cancer is cancer that has come back after treatment. If there is a recurrence, the cancer may need to be staged again (called re-staging) using the system above. If the cancer does return, there will be another round of tests to learn about the extent of the recurrence. These tests and scans are often similar to those done at the time of the original diagnosis. Most recurrent disease is stage IV.

复发: 复发性胆囊癌是治疗后复发的癌症。如果复发, 可能需要使用上述系统再次进行癌症分期 (称为重新分期)。如果癌症确实复发, 将会有另一轮测试来了解复发的程度。这些测试和扫描通常与原始诊断时的测试和扫描类似。大多数复发性疾病是 IV 期。

8 Treatment Options 治疗方式选择

This section tells you the treatments that are the standard of care for this type of cancer. “Standard of care” means the best treatments known. When making treatment plan decisions, patients are encouraged to consider clinical trials as an option. A clinical trial is a research study that tests a new approach to treatment. Doctors want to learn whether the new treatment is safe, effective, and

possibly better than the standard treatment. Clinical trials can test a new drug, a new combination of standard treatments, or new doses of standard drugs or other treatments. Your doctor can help you consider all your treatment options. 本节将告诉您这种癌症的标准治疗方法。“护理标准”是指已知的最佳治疗方法。在制定治疗计划时，鼓励患者将临床试验视为一种选择。临床试验是一项探索新的治疗方法的研究。医生希望了解新疗法是否安全，有效，并且可能比标准疗法更好。临床试验可以测试新药，标准治疗的新组合，或新剂量的标准药物或其他治疗。您的医生可以帮助您考虑所有治疗方案。

Treatment overview 治疗方式总览

In cancer care, different types of doctors often work together to create a patient's overall treatment plan that combines different types of treatments. This is called a multidisciplinary team. For gallbladder cancer, the team of doctors may include a gastroenterologist, a surgeon, a medical oncologist, and a radiation oncologist. Cancer care teams include a variety of other health care professionals, such as physician assistants, oncology nurses, social workers, pharmacists, counselors, dietitians, and others.

在癌症护理中，不同类型的医生通常一起工作以创建患者的整体治疗计划，该计划结合了不同类型的治疗。这被称为多学科团队。对于胆囊癌，医生团队可能包括胃肠病学家，外科医生，肿瘤内科医生和放射肿瘤学家。癌症护理团队包括各种其他医疗保健专业人员，如医师助理，肿瘤护士，社会工作者，药剂师，辅导员，营养师等。

Descriptions of the most common treatment options for gallbladder cancer are listed below. Gallbladder cancer may be treated with 1 or more treatments, including surgery, chemotherapy, or radiation therapy. If detected at an early stage, gallbladder cancer has a much higher chance of being successfully treated.

下面列出了最常见的胆囊癌治疗方案的说明。胆囊癌可以用一种或多种治疗来治疗，包括手术，化学疗法或放射疗法。如果在早期检测到，胆囊癌的成功治疗机会要高得多。

Treatment options and recommendations depend on several factors, including the type and stage of cancer, possible side effects, and the patient's preferences and overall health. Your care plan may also include treatment for symptoms and side effects, an important part of cancer care. Take time to learn about all of your treatment options. **Be sure to ask questions about things that are unclear.** Talk with your doctor about the goals of each treatment and what you can expect while receiving the treatment. Learn more about making treatment decisions.

治疗方案和建议取决于几个因素，包括癌症的类型和分期，可能的副作用，以及患者的偏好和整体健康状况。您的护理计划还可能包括症状和副作用的治疗，这是癌症护理的重要组成部分。花点时间了解您的所有治疗方案。一定要问一些不清楚的问题。与您的医生讨论每种治疗的目标以及接受治疗时的预期。详细了解如何制定治疗决策。

Surgery 手术

Surgery is the removal of the tumor and some surrounding healthy tissue during an operation. A surgical oncologist is a doctor who specializes in treating cancer using surgery.

手术是在手术期间切除肿瘤和一些周围健康组织。外科肿瘤科医生是专门用手术治疗癌症的医生。

The following are types of surgery used in the treatment of gallbladder cancer:

以下是用于治疗胆囊癌的手术类型：

Cholecystectomy. Also called a simple cholecystectomy, this procedure involves the removal of the gallbladder. An extended cholecystectomy is the removal of the gallbladder, 1 inch or more of liver tissue located next to the gallbladder, and all of the lymph nodes in the region.

胆囊切除术。也称为简单的胆囊切除术，该手术涉及切除胆囊。扩大胆囊切除术是切除胆囊，以及胆囊周围 1 英寸或更大的肝组织，以及该区域的所有淋巴结。

Radical gallbladder resection. This procedure involves the removal of the gallbladder, a wedge-shaped section of the liver near the gallbladder, the common bile duct, part or all of the ligaments between the liver and intestines, and the lymph nodes around the pancreas and nearby blood vessels. This surgery may be recommended even if a simple cholecystectomy was already done.

根治性胆囊切除术。该手术包括切除胆囊，胆囊附近肝脏的楔形部分，胆总管，肝脏和肠道之间的部分或全部韧带，以及胰腺周围和附近血管周围的淋巴结。即使已经进行了简单的胆囊切除术，也可以推荐这种手术。

Palliative surgery. Surgery may sometimes help relieve symptoms caused by gallbladder cancer, even if the tumor cannot be removed completely. For example, surgery may relieve a blockage of the bile ducts or intestines, or relieve bleeding.

姑息性手术。手术有时可以帮助缓解胆囊癌引起的症状，即使肿瘤不能完全切除。例如，手术可以缓解胆管或肠道的阻塞，或缓解出血。

The side effects will depend on the specific type of surgery. Before surgery, talk with your health care team about the possible side effects from the specific surgery you will have.

副作用取决于具体的手术类型。在手术前，请与您的医疗团队讨论您将要进行的特定手术可能产生的副作用。

Radiation therapy 放疗

Radiation therapy is the use of high-energy x-rays or other particles to destroy cancer cells. A doctor who specializes in giving radiation therapy to treat cancer is called a radiation oncologist. The most common type of radiation treatment for gallbladder cancer is called external-beam radiation therapy, which is radiation therapy given from a machine outside the body. A radiation therapy regimen, or schedule, usually consists of a specific number of treatments given over a set period of time.

放射治疗是利用高能 X 射线或其他颗粒来破坏癌细胞。专门从事放疗以治疗癌症的医生被称为放射肿瘤学家。胆囊癌最常见的放射治疗方法称为外照射放疗，即从体外机器给予的放疗。放疗方案或时间表通常包括在设定的一段时间内给予的特定数量的治疗。

Radiation therapy may be used before surgery to shrink the size of the tumor or after surgery to destroy any remaining cancer cells. In some cases, radiation therapy is given during surgery to

directly target the area of the tumor and protect healthy organs from the effects of traditional radiation therapy. This procedure is called intra-operative radiation therapy, or IORT. Radiation therapy is not always used for gallbladder cancer, so your doctor may or may not recommend it.

可以在手术前使用放射疗法来缩小肿瘤的大小，或者在手术后使用放射疗法来破坏任何剩余的癌细胞。在一些情况下，在手术期间给予放射疗法以直接靶向肿瘤区域并保护健康器官免受传统放射疗法的影响。该过程称为术中放射治疗或 IORT。放射治疗并不总是用于胆囊癌，因此您的医生可能推荐也可能不推荐。

Side effects of radiation therapy may include fatigue, mild skin reactions, upset stomach, loose bowel movements, and damage to nearby structures such as the liver or intestines. Most side effects go away soon after treatment is finished.

放射治疗的副作用可能包括疲劳，轻度皮肤反应，胃部不适，排便松动以及对附近结构（如肝脏或肠道）的损害。治疗结束后，大多数副作用很快消失。

Chemotherapy 化疗

Chemotherapy is the use of drugs to destroy cancer cells, usually by ending the cancer cells' ability to grow and divide. Chemotherapy is given by a medical oncologist, a doctor who specializes in treating cancer with medication. A chemotherapy regimen, or schedule, usually consists of a specific number of cycles given over a set period of time. A patient may receive 1 drug at a time or combinations of different drugs given at the same time.

化疗是利用药物来破坏癌细胞，通常是通过终止癌细胞的生长和分裂能力。化学疗法由一位医学肿瘤学家提供，他是一位专门用药物治疗癌症的医生。化疗方案通常包括在一段时间内给出的特定数量的周期。患者可以同时接受 1 种药物或同时给予不同药物的组合。

Systemic chemotherapy gets into the bloodstream to reach cancer cells throughout the body. Common ways to give chemotherapy include an intravenous (IV) tube placed into a vein using a needle, by injection, or in a pill or capsule that is swallowed (orally). Chemotherapy may be given before surgery to shrink the tumor or after surgery to destroy any remaining cancer cells. It also may be combined with radiation therapy.

全身化疗进入血液以到达全身的癌细胞。给予化学疗法的常用方法包括使用针，注射或吞咽（口服）的药丸或胶囊将静脉内（IV）管置于静脉中。可以在手术前给予化疗以缩小肿瘤或在手术后进行化疗以破坏任何剩余的癌细胞。它也可以与放射疗法结合使用。

The drugs that are commonly recommended include gemcitabine (Gemzar), fluorouracil (5-FU), cisplatin (Platinol), and oxaliplatin (Eloxatin). The side effects of chemotherapy depend on the individual and the dose used, but they can include fatigue, risk of infection, nausea and vomiting, hair loss, loss of appetite, and diarrhea. These side effects usually go away after treatment is finished. 通常推荐的药物包括吉西他滨（Gemzar），氟尿嘧啶（5-FU），顺铂（Platinol）和奥沙利铂（Eloxatin）。化疗的副作用取决于个体情况和使用的剂量，但它们可能包括疲劳，感染风险，恶心和呕吐，脱发，食欲不振和腹泻。治疗结束后，这些副作用通常会消失。

Chemotherapy is usually used as a palliative care treatment for gallbladder cancer. It may be recommended after the tumor has been removed surgically. Chemotherapy used as an additional

therapy after surgery is called adjuvant chemotherapy.

化疗通常用作胆囊癌的姑息治疗。手术切除肿瘤后可推荐使用。手术后用作额外疗法的化学疗法称为辅助化疗。

The medications used to treat cancer are continually being evaluated. Talking with your doctor is often the best way to learn about the medications prescribed for you, their purpose, and their potential side effects or interactions with other medications.

用于治疗癌症的药物正在不断进行评估。与您的医生交谈通常是了解为您开的药物，其目的，以及潜在的副作用或与其他药物的相互作用的最佳方式。

Getting care for symptoms and side effects 处理症状和副作用

Cancer and its treatment often cause side effects. In addition to treatments intended to slow, stop, or eliminate the cancer, an important part of cancer care is relieving a person's symptoms and side effects. This approach is called palliative or supportive care, and it includes supporting the patient with his or her physical, emotional, and social needs.

癌症及其治疗经常引起副作用。除了旨在减缓，停止或消除癌症的治疗外，癌症护理的一个重要部分是缓解病人的症状和副作用。这种方法被称为姑息治疗或支持治疗，它包括支持患者的身体，情感和社会需求。

Palliative care is any treatment that focuses on reducing symptoms, improving quality of life, and supporting patients and their families. Any person, regardless of age or type and stage of cancer, may receive palliative care. It works best when palliative care is started as early as needed in the cancer treatment process. People often receive treatment for the cancer and treatment at the same time that they receive treatment to ease side effects. In fact, patients who receive both at the same time often have less severe symptoms, better quality of life, and report they are more satisfied with treatment.

姑息治疗是指任何旨在减轻症状，改善生活质量以及支持患者及其家人的治疗方法。任何人，无论年龄，类型和癌症的阶段，都可能接受姑息治疗。在癌症治疗过程中尽早开始姑息治疗时最有效。人们经常接受癌症治疗，同时接受治疗以缓解副作用。事实上，同时接受两者的患者通常症状较轻，生活质量较好，并且认为他们对治疗更满意。

Palliative treatments vary widely and often include medication, nutritional changes, relaxation techniques, emotional support and other therapies. You may also receive palliative treatments similar to those meant to eliminate the cancer, such as chemotherapy, surgery, or radiation therapy. Talk with your doctor about the goals of each treatment in your treatment plan.

姑息治疗差异很大，通常包括药物治疗，营养改变，放松技巧，情感支持和其他治疗。您也可能接受类似于消除癌症的姑息治疗，如化疗，手术或放射治疗。与您的医生讨论治疗计划中每种治疗的目标。

Before treatment begins, talk with your health care team about the possible side effects of your specific treatment plan and palliative care options. During and after treatment, be sure to tell your doctor or another health care team member if you are experiencing a problem so it can be addressed as quickly as possible.

在治疗开始之前,请与您的医疗团队讨论您的特定治疗计划和姑息治疗方案可能产生的副作用。治疗期间和治疗后,如果您遇到问题,请务必告诉您的医生或其他医疗保健团队成员,以便尽快解决。

Metastatic gallbladder cancer 转移性胆囊癌

If cancer spreads to another part in the body from where it started, doctors call it metastatic cancer. If this happens, it is a good idea to talk with doctors who have experience in treating it, given that this is an uncommon cancer. Doctors can have different opinions about the best standard treatment plan. **Also, clinical trials might be an option.**

如果癌症从其开始之处转移到身体的另一部分,医生称其为转移性癌症。如果发生这种情况,最好与有治疗经验的医生交谈,因为这是一种不常见的癌症。医生可能对最佳标准治疗方案有不同的看法。此外,临床试验可能是一种选择。

Your treatment plan may include a combination of surgery, chemotherapy, or radiation therapy. Palliative care will also be important to help relieve symptoms and side effects.

您的治疗计划可能包括手术,化疗或放射治疗的组合。姑息治疗对缓解症状和副作用也很重要。

For most patients, a diagnosis of metastatic cancer is very stressful and, at times, difficult to bear. Patients and their families are encouraged to talk about the way they are feeling with doctors, nurses, social workers, or other members of the health care team. It may also be helpful to talk with other patients, including through a support group.

对于大多数患者而言,转移性癌症的诊断非常令人紧张,有时难以承受。鼓励患者及其家人与医生,护士,社会工作者或医疗团队的其他成员讨论他们的感受。与其他患者交谈也可能有所帮助,包括通过支持团体。

Remission and the chance of recurrence 缓解以及复发几率

A remission is when cancer cannot be detected in the body and there are no symptoms. This may also be called having “no evidence of disease” or NED.

缓解是指在体内无法检测到癌症并且没有任何症状。这也可称为“无疾病证据”或NED。

A remission may be temporary or permanent. This uncertainty causes many people to worry that the cancer will come back. While many remissions are permanent, it’s important to talk with your doctor about the possibility of the cancer returning. Understanding your risk of recurrence and the treatment options may help you feel more prepared if the cancer does return.

缓解可能是暂时的或永久性的。这种不确定性导致许多人担心癌症会复发。虽然许多缓解是永久性的,但与医生讨论癌症复发的可能性非常重要。了解您的复发风险和治疗方案可能有助于您在癌症复发时做好准备。

If the cancer does return after the original treatment, it is called recurrent cancer. It may come back in the same place (called a local recurrence), nearby (regional recurrence), or in another place

(distant recurrence).

如果癌症确实在初始治疗后回来，则称为复发性癌症。它可能会回到同一个地方（称为局部复发），附近（区域复发）或其他地方（远距离复发）。

When this occurs, a new cycle of testing will begin again to learn as much as possible about the recurrence. After this testing is done, you and your doctor will talk about your treatment options. Often the treatment plan will include the treatments described above such as surgery, chemotherapy, and radiation therapy but they may be used in a different combination or given at a different pace. Your doctor may suggest clinical trials that are studying new ways to treat this type of recurrent cancer. Whichever treatment plan you choose, palliative care will be important for relieving symptoms and side effects.

当发生这种情况时，将再次开始新的测试循环，以尽可能多地了解复发情况。完成此测试后，您和您的医生将讨论您的治疗方案。治疗计划通常包括上述治疗，例如手术，化学疗法和放射疗法，但它们可以以不同的组合使用或以不同的速度给予。您的医生可能会建议正在研究治疗这种类型复发性癌症的新方法的临床试验。无论您选择哪种治疗方案，姑息治疗对于缓解症状和副作用都很重要。

People with recurrent cancer often experience emotions such as disbelief or fear. Patients are encouraged to talk with their health care team about these feelings and ask about support services to help them cope.

患有复发性癌症的人经常会经历诸如怀疑或恐惧之类的情绪。鼓励患者与他们的医疗团队讨论这些感受，并询问支持服务，以帮助他们应对。

If treatment doesn't work 如果治疗不起作用

Recovery from cancer is not always possible. If the cancer cannot be cured or controlled, the disease may be called advanced or terminal.

从癌症中恢复并非总是可行。如果癌症无法治愈或控制，该疾病可称为晚期或终末期。

This diagnosis is stressful, and for many people, advanced cancer is difficult to discuss. However, it is important to have open and honest conversations with your doctor and health care team to express your feelings, preferences, and concerns. The health care team is there to help, and many team members have special skills, experience, and knowledge to support patients and their families. Making sure a person is physically comfortable and free from pain is extremely important.

这种诊断是有压力的，对于许多人来说，晚期癌症很难讨论。但是，与您的医生和医疗团队进行公开诚实的对话以表达您的感受，偏好和关注点非常重要。医疗健康团队随时为您提供帮助，许多团队成员拥有支持患者及其家人的技能，经验和知识。确保一个人身体舒适，没有疼痛是非常重要的。

Patients who have advanced cancer and who are expected to live less than 6 months may want to consider a type of palliative care called hospice care. Hospice care is designed to provide the best possible quality of life for people who are near the end of life. You and your family are encouraged to talk with the health care team about hospice care options, which include hospice care at home, a special hospice center, or other health care locations. Nursing care and special equipment can make staying at home a workable option for many families.

患有晚期癌症且预计活不到 6 个月的患者可能需要考虑一种称为临终关怀的姑息治疗。临终关怀旨在为接近临终的人提供最佳的生活质量。我们鼓励您和您的家人与医疗健康团队讨论临终关怀护理方案，包括家庭临终关怀护理，特殊临终关怀中心或其他医疗保健场所。护理和特殊设备可以使住在家里成为许多家庭的可行选择。

9 About Clinical Trials 关于临床试验

What are clinical trials? 什么是临床试验?

Doctors and scientists are always looking for better ways to care for patients with gallbladder cancer. To make scientific advances, doctors create research studies involving volunteers, called clinical trials. In fact, every drug that is now approved by the U.S. Food and Drug Administration (FDA) was tested in clinical trials.

医生和科学家一直在寻找更好的方法来照顾患有胆囊癌的患者。为了科学进步，医生开展了涉及志愿者的研究，称为临床试验。事实上，现在经美国食品和药物管理局（FDA）批准的每种药物都在临床试验中进行了测试。

Many clinical trials focus on new treatments. Researcher want to learn if a new treatment is safe, effective, and possibly better than the treatment doctors use now. These types of studies evaluate new drugs, different combinations of existing treatments, new approaches to radiation therapy or surgery, and new methods of treatment. Patients who participate in clinical trials can be some of the first to get a treatment before it is available to the public. However, there are some risks with a clinical trial, including possible side effects and that the new treatment may not work. People are encouraged to talk with their health care team about the pros and cons of joining a specific study.

许多临床试验都集中在新疗法上。研究人员希望了解新治疗方法是否安全，有效，并且可能比医生现在使用的治疗方法更好。这些研究的类型包括评估新药，现有治疗的不同组合，放射治疗或手术的新方法，以及新的治疗方法。参与临床试验的患者可以首先获得某种治疗方式，然后这种治疗方式才能向公众开放。然而，临床试验存在一些风险，包括可能的副作用，并且新的治疗方法可能无效。鼓励患者与他们的医疗团队讨论加入特定研究的利弊。

Some clinical trials study new ways to relieve symptoms and side effects during treatment. Others study ways to manage the late effects that may happen a long time after treatment. Talk with your doctor about clinical trials for symptoms and side effects. There are also clinical trials studying ways to prevent cancer.

一些临床试验研究了治疗期间缓解症状和副作用的新方法。其他人研究如何管理治疗后很长一段时间可能发生的晚期效应。与您的医生讨论症状和副作用的临床试验。还有一些临床试验研究预防癌症的方法。

Deciding to join a clinical trial 决定参加临床试验

Patients decide to participate in clinical trials for many reasons. For some patients, a clinical trial is the best treatment option available. Because standard treatments are not perfect, patients are often

willing to face the added uncertainty of a clinical trial in the hope of a better result. Other patients volunteer for clinical trials because they know that these studies are a way to contribute to the progress in treating gallbladder cancer. Even if they do not benefit directly from the clinical trial, their participation may benefit future patients with gallbladder cancer.

由于多种原因，患者决定参加临床试验。对于一些患者，临床试验是最佳治疗选择。由于标准治疗方法并不完美，患者往往愿意面对临床试验增加的不确定性，希望获得更好的结果。其他患者自愿参加临床试验，因为他们知道这些研究是促进胆囊癌治疗进展的一种方式。即使他们没有直接受益于临床试验，他们的参与也可能使未来的胆囊癌患者受益。

Insurance coverage of clinical trials costs differs by location and by study. In some programs, some of the patient's expenses from participating in the clinical trial are reimbursed. In others, they are not. It is important to talk with the research team and your insurance company first to learn if and how your treatment in a clinical trial will be covered.

临床试验费用的保险范围因地点和研究而异。在某些计划中，参与临床试验的患者的一些费用将得到报销。有一些人则不是。重要的是首先与研究团队和您的保险公司交谈，以了解您的临床试验中的治疗是否以及如何被涵盖。

Sometimes people have concerns that, in a clinical trial, they may receive no treatment by being given a placebo or a “sugar pill.” Placebos are usually combined with standard treatment in most cancer clinical trials. When a placebo is used in a study, it is done with the full knowledge of the participants.

有时人们担心，在临床试验中，他们可能不会接受安慰剂或“糖丸”治疗。在大多数癌症临床试验中，安慰剂通常与标准治疗相结合。当安慰剂用于研究时，它是在参与者的全部了解的基础上完成的。

Patient safety and informed consent 患者安全和知情同意

To join a clinical trial, patients must participate in a process known as informed consent. During informed consent, the doctor should:

要参加临床试验，患者必须参与称为知情同意的过程。在知情同意期间，医生应：

Describe all of the patient's options so that the person understands how the new treatment differs from the standard treatment.

说明患者的所有选择，以便患者了解新治疗方法与标准治疗方法的不同之处。

List all of the risks of the new treatment, which may or may not be different from the risks of standard treatment.

列出新治疗的所有风险，这些风险可能与标准治疗的风险不同。

Explain what will be required of each patient in order to participate in the clinical trial, including the number of doctor visits, tests, and the schedule of treatment.

解释每位患者参加临床试验所需的内容，包括就诊次数，检查次数和治疗时间表。

Clinical trials also have certain rules called “eligibility criteria” that help structure the research and

keep patients safe. You and the research team will carefully review these criteria together. 临床试验也有一些称为“资格标准”的规则，有助于构建研究并保证患者安全。您和研究团队将一起仔细审查这些标准。

Patients who participate in a clinical trial may stop participating at any time for any personal or medical reason. This may include that the new treatment is not working or there are serious side effects. Clinical trials are also closely monitored by experts who watch for any problems with each study. It is important that patients participating in a clinical trial talk with their doctor and researchers about who will be providing their treatment and care during the clinical trial, after the clinical trial ends, and/or if the patient chooses to leave the clinical trial before it ends.

参加临床试验的患者可能出于任何个人或医学原因随时停止参加。这可能包括新治疗无效或有严重的副作用。临床试验也由专家密切监测，他们观察每项研究的任何问题。重要的是参与临床试验的患者应该与他们的医生和研究人员讨论在临床试验期间，在临床试验结束后谁将提供治疗和护理，和/或如果患者选择在临床试验结束之前离开。

10 Latest Research 最新研究

Doctors are working to learn more about gallbladder cancer, ways to prevent it, how to best treat it, and how to provide the best care to people diagnosed with this disease. The following areas of research may include new options for patients through clinical trials. Always talk with your doctor about the best diagnostic and treatment options for you.

医生们正在努力学习更多关于胆囊癌的问题，预防胆囊癌的方法，如何最好地治疗胆囊癌，以及如何为被诊断患有这种疾病的人提供最好的护理。以下研究领域可能包括通过临床试验为患者提供的新选择。始终与您的医生讨论最适合您的诊断和治疗方案。

Immunotherapy. Immunotherapy, also called biologic therapy, is designed to boost the body's natural defenses to fight the cancer. It uses materials made either by the body or in a laboratory to improve, target, or restore immune system function. Current clinical trials are testing immunotherapy as a way to treat gallbladder cancer.

免疫治疗。免疫疗法，也称为生物疗法，旨在提高身体的自然防御能力，以对抗癌症。它使用由身体或实验室制造的材料来改善，瞄准或恢复免疫系统功能。目前的临床试验正在测试免疫疗法作为治疗胆囊癌的方法。

Medication and radiation therapy improvements. Currently, the effectiveness of chemotherapy and radiation therapy for the treatment of gallbladder cancer is limited. Clinical trials are evaluating new drugs for gallbladder cancer and trying to increase the effectiveness of radiation therapy. Drugs that target features specific to an individual cancer, such as certain genes or proteins, are called targeted therapies. The side effects of these drugs often differ from chemotherapy drugs.

药物治疗和放射治疗的改进。目前，化疗和放疗治疗胆囊癌的有效性是有限的。临床试验正在评估新的胆囊癌药物，并试图提高放射治疗的有效性。针对个体癌症特异性特征的药物，例如某些基因或蛋白质，被称为**靶向疗法**。这些药物的副作用通常不同于化疗药物。

Palliative care. Clinical trials are underway to find better ways of reducing symptoms and side effects of current gallbladder cancer treatments to improve patients' comfort and quality of life.

姑息治疗。临床试验正在寻找更好的方法来减少当前胆囊癌治疗的症状和副作用，以改善患者的舒适度和生活质量。

11 Coping with Treatment 应对治疗

Every cancer treatment can cause side effects or changes to your body and how you feel. For many reasons, people don't experience the same side effects even when they are given the same treatment for the same type of cancer. This can make it hard to predict how you will feel during treatment. 每次癌症治疗都会引起副作用或改变您的身体和感受。由于许多原因，即使对相同类型的癌症给予相同的治疗，人们也不会经历相同的副作用。这可能使您很难预测治疗期间的感受。

As you prepare to start cancer treatment, it is normal to fear treatment-related side effects. It may help to know that your health care team will work to prevent and relieve side effects. Doctors call this part of cancer treatment "palliative care." It is an important part of your treatment plan, regardless of your age or the stage of disease.

当您准备开始癌症治疗时，担心治疗可能产生的相关副作用是正常的。了解您的医疗团队将努力预防和缓解副作用可能会有所帮助。医生将这部分癌症治疗称为“姑息治疗”。无论您的年龄或疾病阶段如何，它都是您治疗计划的重要组成部分。

Coping with physical side effects 应对身体上的副作用

Common physical side effects from each treatment option for gallbladder cancer are described within the Treatment Options section. Learn more about side effects of cancer and its treatment, along with ways to prevent or control them. Changes to your physical health depend on several factors, including the cancer's stage, the length and dose of treatment, and your general health.

治疗选项部分描述了胆囊癌的每种治疗选择的常见物理副作用。了解有关癌症及其治疗副作用的更多信息，以及预防或控制癌症的方法。身体健康的变化取决于几个因素，包括癌症的阶段，治疗的长度和剂量，以及您的一般健康状况。

Sometimes, physical side effects can last after treatment ends. Doctors call these long-term side effects. They call side effects that occur months or years after treatment late effects. Treating long-term side effects and late effects is an important part of survivorship care. Learn more by reading the Follow-up Care section of this guide or talking with your doctor.

有时，身体上的副作用可在治疗结束后持续。医生称之为长期副作用。他们称为长期副作用，即治疗后期数月或数年后发生的副作用。治疗长期副作用和晚期效应是生存关怀的重要组成部分。通过阅读本指南的“后续护理”部分或与您的医生交谈，了解更多信息。

Coping with emotional and social effects 应对情绪和社交压力

You can have emotional and social effects as well as physical effects after a cancer diagnosis. This may include dealing with difficult emotions, such as sadness, anxiety, or anger, or managing your stress level. Sometimes, patients have problems expressing how they feel to their loved ones, or people don't know what to say in response.

在癌症诊断后，除了影响身体，您可能会产生情感和社交方面的压力。这可能包括处理困难的情绪，如悲伤，焦虑或愤怒，或管理你的压力状态。有时，患者在向亲人表达他们的感受方面存在问题，或者人们不知道该如何回应。

Patients and their families are encouraged to share their feelings with a member of their health care team.

鼓励患者及其家人与他们的医疗团队成员分享他们的感受。

Coping with financial effects 应对财务压力

Cancer treatment can be expensive. It is often a big source of stress and anxiety for people with cancer and their families. In addition to treatment costs, many people find they have extra, unplanned expenses related to their care. For some people, the high cost stops them from following or completing their cancer treatment plan. This can put their health at risk and may lead to higher costs in the future. Patients and their families are encouraged to talk about financial concerns with a member of their health care team.

癌症治疗可能很昂贵。它往往是癌症患者及其家人的压力和焦虑的重要来源。除了治疗费用之外，许多人发现他们有与他们的护理相关的额外的，无计划的费用。对于某些人来说，高昂的成本阻止他们遵循或完成他们的癌症治疗计划。这会使他们的健康面临风险，并可能导致未来更高的成本。鼓励患者及其家属与其医疗团队成员讨论经济问题。

Caring for a loved one with cancer 照顾患有癌症的亲人

Family members and friends often play an important role in taking care of a person with gallbladder cancer. This is called being a caregiver. Caregivers can provide physical, practical, and emotional support to the patient, even if they live far away.

家庭成员和朋友经常在照顾患有胆囊癌的人中发挥重要作用。这被称为护理人员。护理人员可以为患者提供身体，实际和情感支持，即使他们住在远方。

Caregivers may have a range of responsibilities on a daily or as-needed basis. Below are some of the responsibilities caregivers take care of:

护理人员可以每天或根据需要承担一系列责任。以下是护理人员负责的一些责任：

Providing support and encouragement 提供支持和鼓励

Giving medications 给药

Helping manage symptoms and side effects 帮助处理症状和副作用

Coordinating medical appointments 协调医疗预约

Providing a ride to appointments 提供预约

Assisting with meals 协助用餐

Helping with household chores 处理家务

Handling insurance and billing issues 处理保险和账单问题

Talking with your health care team about side effects 与您的医疗团队讨论副作用

Before starting treatment, talk with your doctor about possible side effects. Ask:
在治疗前，与您的医生讨论可能产生的副作用。询问：

Which side effects are most likely? 最有可能产生的副作用有哪些？

When are they likely to happen? 这些副作用最有可能在什么时候产生？

What can we do to prevent or relieve them? 有什么办法可以避免或减轻这些副作用吗？

Be sure to tell your health care team about any side effects that happen during treatment and afterward, too. Tell them even if you don't think the side effects are serious. This discussion should include physical, emotional, and social effects of cancer.

一定要告诉您的医疗团队治疗期间及之后发生的任何副作用。即使你认为副作用不严重，也请告诉他们。这个讨论应该包括癌症所产生的对您的身体，情感和社交负担。

Also, ask how much care you may need at home and with daily tasks during and after treatment. This can help you make a caregiving plan.

并且，询问您在家中以及治疗期间和之后的日常任务可能需要多少护理。这可以帮助您制定护理计划。

12 Follow-Up Care 后续护理

Care for people diagnosed with gallbladder cancer doesn't end when active treatment has finished. Your health care team will continue to check to make sure the cancer has not returned, manage any side effects, and monitor your overall health. This is called follow-up care.

当积极治疗结束时，对被诊断患有胆囊癌的人的护理不会结束。您的医疗团队将继续检查以

确保癌症未返回，管理任何副作用，并监控您的整体健康状况。这称为后续护理。

Your follow-up care may include regular physical examinations, medical tests, or both. Doctors want to keep track of your recovery in the months and years ahead. In addition to physical examinations, blood tests and imaging tests (such as CT scans) may be done.

您的后续护理可能包括定期体检，医学检查或两者兼而有之。医生希望在未来几个月和几年内跟踪您的康复情况。除了体检外，还可以进行血液检查和成像检查（如 CT 扫描）。

Watching for recurrence 密切关注可能的复发

One goal of follow-up care is to check for a recurrence. Cancer recurs because small areas of cancer cells may remain undetected in the body. Over time, these cells may increase in number until they show up on test results or cause signs or symptoms. During follow-up care, a doctor familiar with your medical history can give you personalized information about your risk of recurrence. Your doctor will ask specific questions about your health. Some people may have blood tests or imaging tests done as part of regular follow-up care, but testing recommendations depend on several factors including the type and stage of cancer originally diagnosed and the types of treatment given.

后续护理的一个目标是检查是否复发。癌症复发，是因为小部分癌细胞可能在体内未被发现。随着时间的推移，这些细胞的数量可能会增加，直到它们出现在测试结果上或引起体征或症状。在后续护理期间，熟悉您的病史的医生可以为您提供有关您复发风险的个性化信息。您的医生会询问有关您健康的具体问题。有些人可能会作为定期随访护理的一部分进行血液检查或影像学检查，但检测建议取决于几个因素，包括最初诊断的癌症的类型和阶段以及给予的治疗类型。

The anticipation before having a follow-up test or waiting for test results can add stress to you or a family member. This is sometimes called “scan-anxiety.”在进行后续测试或等待测试结果之前的预期会给您或家庭成员带来压力。这有时被称为“检查焦虑”。

Managing long-term and late side effects 处理长期副作用

Most people expect to experience side effects when receiving treatment. However, it is often surprising to survivors that some side effects may linger beyond the treatment period. These are called long-term side effects. Other side effects called late effects may develop months or even years afterwards. Long-term and late effects can include both physical and emotional changes.

大多数人认为在接受治疗时会出现副作用。然而，幸存者经常会感到惊讶的是，一些副作用可能会延续到治疗期之后。这些被称为长期副作用。其他副作用称为晚期效应可能会持续数月甚至数年。长期和晚期影响可包括身体和情绪的变化。

Talk with your doctor about your risk of developing such side effects based on the type of cancer, your individual treatment plan, and your overall health. If you had a treatment known to cause specific late effects, you may have certain physical examinations, scans, or blood tests to help find

and manage them.

根据癌症类型，个人治疗计划和整体健康状况，与您的医生讨论您发生此类副作用的风险。如果您的治疗已知导致特定的晚期效应，您可能需要进行某些体检，扫描或血液检查以帮助查找和管理它们。

Keeping personal health records 保存您的医疗记录

You and your doctor should work together to develop a personalized follow-up care plan. Be sure to discuss any concerns you have about your future physical or emotional health.

您和您的医生应该共同制定个性化的后续护理计划。务必讨论您对未来身体或情绪健康的任何疑虑。

This is also a good time to decide who will lead your follow-up care. Some survivors continue to see their oncologist, while others transition back to the care of their family doctor or another health care professional. This decision depends on several factors, including the type and stage of cancer, side effects, health insurance rules, and your personal preferences.

这也是决定谁将主持您的后续护理的好时机。一些幸存者继续看他们的肿瘤科医生，而其他幸存者则转回到他们的家庭医生或其他医疗保健专业人员的照顾。这一决定取决于几个因素，包括癌症的类型和阶段，副作用，健康保险规则和您的个人偏好。

If a doctor who was not directly involved in your cancer care will lead your follow-up care, be sure to share your cancer treatment summary and survivorship care plan forms with him or her, and with all future health care providers. Details about your cancer treatment are very valuable to the health care professionals who will care for you throughout your lifetime.

如果是没有直接参与您的癌症治疗的医生将主持您的后续护理，请务必与他或她以及所有未来的医疗保健提供者分享您的癌症治疗摘要和生存护理计划表。有关您的癌症治疗的详细信息对于在您的一生中将照顾您的医疗保健专业人员非常有价值。

13 Survivorship 幸存

What is survivorship? 什么是幸存?

The word “survivorship” means different things to different people. Common definitions include:
“幸存”这个词对不同的人来说意味着不同的东西。常见定义包括：

Having no signs of cancer after finishing treatment.
完成治疗后没有癌症的迹象。

Living with, through, and beyond cancer. According to this definition, cancer survivorship begins at diagnosis and includes people who continue to have treatment over the long term, either to reduce the risk of recurrence or to manage chronic disease.

与癌症共存，曾患过癌症和超越癌症。根据这一定义，癌症存活率从诊断开始，包括长期接

受治疗的人，以降低复发风险或控制慢性病。

Survivorship is one of the most complicated parts of having cancer. This is because it is different for everyone.

幸存者是癌症处理中最复杂的部分之一。这是因为每个人的情况都不相同。

Survivors may experience a mixture of strong feelings, including joy, concern, relief, guilt, and fear. Some people say they appreciate life more after a cancer diagnosis and have gained a greater acceptance of themselves. Others become very anxious about their health and uncertain about coping with everyday life.

幸存者可能会感受到强烈的感情，包括快乐，关心，宽慰，内疚和恐惧。有些人说他们在癌症诊断后更加感激生命，并且更加接受自己。其他人对自己的健康非常焦虑，对应对日常生活不确定。

Survivors may feel some stress when their frequent visits to the health care team end after completing treatment. Often, relationships built with the cancer care team provide a sense of security during treatment, and people miss this source of support. This may be especially true when new worries and challenges surface over time, such as any late effects of treatment, emotional challenges including fear of recurrence, sexuality and fertility concerns, and financial and workplace issues.

幸存者在完成治疗后经常访问医疗团队时可能会感到有些压力。通常，与癌症护理团队建立的关系在治疗期间提供了安全感，人们会想念这种感觉。当新的担忧和挑战随着时间的推移浮出水面时尤其如此，例如治疗的任何后期影响，情绪挑战，包括害怕复发，性和生育问题，以及财务和工作场所问题。

Every survivor has individual concerns and challenges. With any challenge, a good first step is being able to recognize your fears and talk about them. Effective coping requires:

每个幸存者都有个人关注和挑战。面对任何挑战，良好的第一步是能够认识到你的恐惧并谈论它们。有效应对需要：

Understanding the challenge you are facing

了解您目前面对的挑战

Thinking through solutions

考虑解决方式

Asking for and allowing the support of others

要求并允许他人的支持

Feeling comfortable with the course of action you choose

在选择过程中不要有压力

Many survivors find it helpful to join an in-person support group or an online community of survivors. This allows you to talk with people who have had similar first-hand experiences. Other options for finding support include talking with a friend or member of your health care team,

individual counseling, or asking for assistance at the learning resource center of the place where you received treatment.

许多幸存者发现加入面对面支持小组或幸存者在线社区很有帮助。这使您可以与具有类似经验的人交谈。寻求支持的其他选择包括与您的医疗团队的朋友或成员交谈，个人咨询，或在您接受治疗的地方的学习资源中心寻求帮助。

Changing role of caregivers 改变照护人员的角色

Family members and friends may also go through periods of transition. A caregiver plays a very important role in supporting a person diagnosed with cancer, providing physical, emotional, and practical care on a daily or as-needed basis. Many caregivers become focused on providing this support, especially if the treatment period lasts for many months or longer.

家人和朋友也可能经历过渡时期。护理人员在日常或根据需要为癌症患者提供身体、情感和实际护理方面起着非常重要的作用。许多护理人员专注于提供这种支持，特别是如果治疗期持续数月或更长时间。

However, as treatment is completed, the caregiver's role often changes. Eventually, the need for caregiving related to the cancer diagnosis will become much less or come to an end. Caregivers can learn more about adjusting to life after caregiving in this article.

然而，随着治疗的完成，护理人员的角色经常发生变化。最终，与癌症诊断相关的护理需求将变得更少或者结束。

A new perspective on your health 个人健康的新视角

For many people, survivorship serves as a strong motivator to make positive lifestyle changes.

对许多人来说，从癌症中幸存采取积极生活方式的强大动力。

People recovering from gallbladder cancer are encouraged to follow established guidelines for good health, such as not smoking, limiting alcohol, eating well, and managing stress. Regular physical activity can help rebuild your strength and energy level. Your health care team can help you create an appropriate exercise plan based upon your needs, physical abilities, and fitness level. Learn more about making healthy lifestyle choices.

鼓励从胆囊癌中康复的人遵循既定的健康指南，例如不吸烟，限制饮酒，饮食良好和控制压力。定期进行身体活动有助于重建您的力量和能量水平。您的医疗团队可以根据您的需求，身体能力和健康水平帮助您制定适当的锻炼计划。

It is important to have recommended medical checkups and tests (see Follow-up Care) to take care of your health. Cancer rehabilitation may be recommended, and this could mean any of a wide range of services such as physical therapy, career counseling, pain management, nutritional planning, and/or emotional counseling. The goal of rehabilitation is to help people regain control over many aspects of their lives and remain as independent and productive as possible.

重要的是建议进行体检和检查（见后续护理）以照顾您的健康。推荐癌症康复，这可能意味

着任何广泛的服务，例如物理治疗，职业咨询，疼痛管理，营养计划和/或情绪咨询。康复的目标是帮助人们重新掌控自己生活的许多方面，并尽可能保持独立和富有成效。

Talk with your doctor to develop a survivorship care plan that is best for your needs.
与您的医生讨论制定最符合您需求的生存护理计划。

14 Questions to Ask the Health Care Team 询问医疗团队的建议问题

Talking often with your health care team is important to make informed decisions about your health care. These suggested questions are a starting point to help you learn more about your cancer care and treatment. You are also encouraged to ask additional questions that are important to you. 经常与您的医疗团队交谈对于做出有关您的医疗保健的明智决策非常重要。这些建议的问题是帮助您了解癌症护理和治疗方法的起点。我们也鼓励您提出对您来说很重要的其他问题。

Questions to ask after getting a diagnosis 在得到诊断后的问题

What type of cancer do I have?
我所患的癌症是什么类型？

What is the stage of the cancer? What does this mean?
所患癌症的分期是什么？这意味着？

Can you explain my pathology (laboratory test results) report to me?
您能解释一下我的病理学（实验室检测结果）报告吗？

Are other tests needed to confirm this diagnosis?
是否需要其他测试来确认此诊断？

Questions to ask about choosing a treatment and managing side effects 有关治疗选择和管理副作用的问题

What are my treatment options?
我有哪些治疗方式可以选择？

What clinical trials are available for me? Where are they located, and how do I find out more about them?
有哪些我可以参加的临床试验吗？他们在哪里以及如何获取更多的相关信息？

What treatment plan do you recommend? Why?
您推荐哪种治疗方式？为什么？

What is the goal of each treatment? Is it to eliminate the cancer, help me feel better, or both?
每种治疗方式的目标是什么？是消除癌症，帮助我感觉更好，还是两者兼而有之？

Who will be part of my health care team, and what does each member do?
谁将成为我的医疗团队的一员，每个成员都会做什么？

Who will be leading my overall treatment?
谁将主持我的整体治疗？

What are the possible side effects of each treatment, both in the short term and the long term?
无论是短期还是长期，每种治疗可能产生的副作用是什么？

How will this treatment affect my daily life? Will I be able to work, exercise, or perform my usual activities?
这种治疗将如何影响我的日常生活？我能够工作，锻炼或进行常规活动吗？

Could this treatment affect my sex life? If so, how and for how long?
这种治疗会影响我的性生活吗？如果是这样，如何以及持续多久？

Could this treatment affect my ability to become pregnant or have children? If so, should I talk with a fertility specialist before cancer treatment begins?
这种治疗会影响我怀孕或生孩子的能力吗？如果是这样，我应该在癌症治疗开始前与生育专家交谈吗？

If I'm worried about managing the costs of cancer care, who can help me?
如果我担心管理癌症治疗的费用，谁能帮助我？

What support services are available to me? To my family?
我可以获得哪些支持服务？以及我的家人？

Whom should I call with questions or problems?
如果我有疑问或麻烦应该联系谁？

Questions to ask about having surgery 有关手术的问题

What is the purpose of the surgery?
这次手术的目的是什么？

What are the side effects of the surgery I'm having? How will these be managed?
手术产生的副作用可能有哪些？如何处理呢？

Will I need to stay in the hospital for this surgery? If so, for how long?
我需要住院接受手术吗？如果是，要住院多久？

How long will recovery from the surgery take?

从这个手术恢复需要花多长时间？

How experienced is the surgeon? What types of surgery does he/she typically perform?

（进行手术的）外科医生经验丰富吗？他/她通常会进行哪些类型的手术？

Questions to ask about having radiation therapy 有关放射治疗的问题

What type of radiation therapy is recommended?

推荐什么类型的放疗？

What is the purpose of the radiation therapy?

这种放疗的目的是什么？

How long will each treatment be? How often will I need these treatments?

每种治疗方案需要花多长时间？以及这些治疗的频率是是什么？

What side effects can I expect from this treatment?

这种治疗可能会带来什么副作用？

What can be done to help relieve the side effects?

谁可以帮我减轻这些副作用？

Questions to ask about having chemotherapy 关于化疗的问题

What type of chemotherapy is recommended?

推荐那种化疗方案？

What is the purpose of the chemotherapy?

这种化疗方案的目的是什么？

How long will each chemotherapy treatment be? How often will I need these treatments?

每种化疗方案需要多长时间？以及这些方案的频率？

What side effects can I expect from this treatment?

这种化疗方案可能产生的副作用是？

What can be done to help relieve the side effects?

如何减轻这些副作用？

Questions to ask about planning follow-up care 有关后续护理的问题

What is the chance that the cancer will come back? Should I watch for specific signs or symptoms?
癌症复发的可能性有多大？我应该注意特定的体征或症状吗？

What long-term side effects or late effects are possible based on the cancer treatment I received?
基于我接受的癌症治疗，可能产生长期副作用或晚期效应？

What follow-up tests will I need, and how often will I need them?
我需要进行哪些后续测试，以及多久一次？

How do I get a treatment summary and survivorship care plan to keep in my personal records?
如何获得治疗摘要和生存护理计划以保存在我的个人记录中？

Who will be leading my follow-up care?
谁将主持我的后续护理？

What survivorship support services are available to me? To my family?
我可以获得哪些生存支持服务？以及给我的家人？