什么是卵巢癌?

女性有两个卵巢，是女性生殖系统的一部分。每个卵巢大小有如核桃，位于子宫两侧的骨盆上。卵巢含有卵子，并制造女性激素，雌激素和黄体酮(孕激素)。卵巢由各种不同的细胞组成，各自执行不同的功能。当这些细胞不正常生长时，就形成癌症。卵巢癌有许多种，但是最常见的是称为上皮癌，是来自卵巢内壁的癌症。

卵巢癌的类型:

- 上皮性肿瘤
- 生殖细胞瘤 – 这种 瘤是发生在卵巢的卵子生成细胞。
- 间质瘤 – 它开发中的雌激素和孕激素生产组织，保存卵巢在一起。

在早期阶段，癌症停留在卵巢。但是当癌症生长得较大时，可以通过下列途径扩散:

- 在腹部以内，于肠壁，肝脏外膜和腹腔内层形成堆积。
- 骨盆和腹部的淋巴腺。
- 最后通过血液转移到肺和骨骼。

有什么征兆与症状?

早期的上皮卵巢癌通常没有迹象或征兆。卵巢癌也没有特有的症状。下列是常见的迹象:

- 腹部肿胀的感觉
- 腹部肿胀
- 腹部不适
- 背部或腿部疼痛
- 骨盆疼痛
- 肠胃习性改变
- 泌尿问题
- 异常阴道出血
- 体重下降
- 食欲不振

你有发病因素吗?

下列因素与患卵巢癌的风险有关:

- 高脂肪的饮食
- 不生育或高龄生育
- 月经初经早，迟绝经
- 家庭中曾有卵巢癌，乳癌或结直肠癌的病例
- 肥胖
- 妊娠晚期
- 遗传
- 年龄

如何诊断卵巢癌?

通过对骨盆进行全面检查，以及进行以下的测试能诊断卵巢癌:

- **骨盆检查。**医生对骨盆进行检查。出现下列情况可怀疑是卵巢癌:
  - 卵巢增大
  - 腹部有肿块
  - 腹部积水过多
- **超声波扫描。**通过腹部或阴道向骨盆进行超声波扫描。
- **CA-125。**卵巢癌患者血液的CA-125往往上升，CA-125是卵巢癌的肿瘤标记。其它原因也可能导致CA-125水平较高。
- **影像学检查。**电脑断层扫描和胸部X光，以确定癌症是否已经扩散到肺部。
- **电脑断层扫描。**对腹部和骨盆进行电脑断层扫描，可获得一系列详细的体内影像。在诊断卵巢癌和研究癌症扩散程度时，这项扫描很有用。
- **活组织切片检查。**在显微镜下查看细胞组织，并诊断癌症。通过腹腔手术获取组织切片。如果怀疑患上癌症，则进行全卵巢切除手术。

如何治疗卵巢癌?

治疗上皮卵巢癌的方法有外科手术(腹腔镜手术)，化疗和放射治疗。

- **腹腔镜手术。**这是对腹腔进行的手术。它收集组织样本，并送交进行显微镜检查。活组织切片检查的结果将显示癌症的种类和程度。一旦卵巢癌确诊，外科医生将切除卵巢，输卵管，子宫，子宫颈，网膜，淋巴结和所有可见的肿瘤。对于某些癌症种类，如果病患希望生育，或可以只切除受影响的卵巢和输卵管。对于较末期的癌症，会同时切除腹部的骨盆淋巴腺和继发性癌症(肿瘤减积手术)。
- **化疗。**医生通常推荐末期的卵巢癌病患进行化疗。经外科手术完全切除癌症之后的早期卵巢癌病人，也可进行化学疗法来防止癌症复发。医生通常是通过静脉点滴进行化疗。
- **放射线疗法。**如果肿瘤还停留在骨盆，医生有时会使用放射线疗法。这种治疗也用于消灭外科手术后遗留的癌细胞。

术后康复

- 暂时节制性交6个星期，以便伤口正常愈合。
- 如果两个卵巢都已切除，病患会出现停经症状。可进行激素替代疗法减轻停经症状。
- 由肿瘤科医生安排，定期进行血液检查，如果有必要则进行X光检查。
- 治疗之后，病患应该恢复正常，健康的生活方式。

Singapore Cancer Society Multi-Service Centre
9 Bishan Place, Junction 8 Office Tower #06-05, Singapore 579837
6499 9133 6499 9140

Location 地点	Bus Numbers 巴士号码
Bishan Bus Interchange	52, 53, 54, 55, 56, 57, 58, 59, 410
In front of Bishan MRT Station	13, 52, 54, 55, 58, 88, 128, 156
Along Bishan St 11	52, 54, 55, 56, 57, 58, 59, 410

- Take Exit A at Bishan MRT Station.
- Walk through Junction 8 Shopping Centre in the direction of the Bus Interchange.
- Without crossing to the bus interchange at the traffic light, turn right and walk along the walkway to locate the Junction 8 Office Tower lobby.

- 在碧山地铁站走向A出口。
- 通过碧山第八站购物中心往巴士转换站方向行走。
- 在红绿灯路口之前右转，沿着走道向前走，就能到达碧山第八站办公大楼大厅。

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OVARIAN CANCER | 卵巢癌

What you need to know about **preventing**, **detecting** and **treating** Ovarian Cancer

你知道吗?

1 根据新加坡癌症注册局期中报告(2008-2012)，卵巢癌是新加坡妇女第5最常见的癌症。

2 它是新加坡最致命的妇科癌症之一。因此每个妇女都应该知道卵巢癌的症状。

3 及早发现可以治愈卵巢癌。直到有一个测试，意识是最好的。

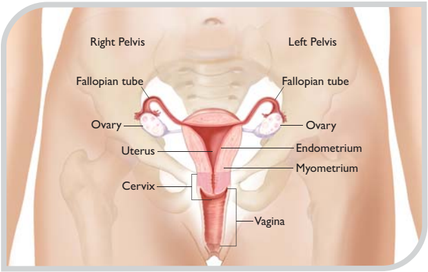
The information provided is for your general knowledge only. You should seek medical advice or treatment for your specific condition.

4K0514

SINGAPORE CANCER SOCIETY 新加坡防癌协会

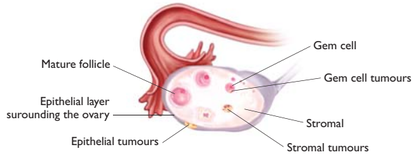
What is Ovarian Cancer?

A woman has two ovaries, which are part of the female reproductive system. Each is the size of a walnut and located at the pelvis on either side of the womb (uterus). The ovaries produce eggs and the female hormones, estrogen and progesterone. The ovary is made up of different cells, each performing its own function. When these cells grow abnormally, a cancer is formed. Most ovarian cancers arise from the surface epitheliam of the ovary and hence are called epithelial cancer.



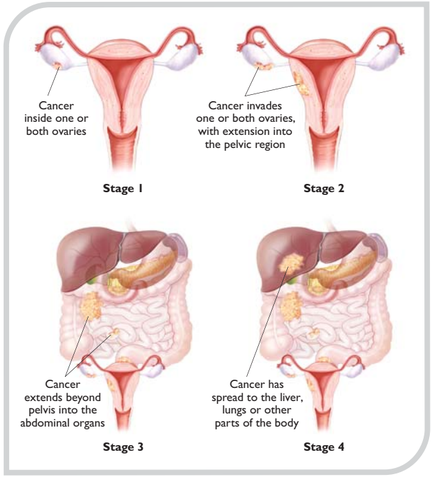
Types of ovarian cancer:

- **Epithelial tumours**
- **Germ cell tumours** – These tumours occur in egg producing cells of the ovary
- **Stromal tumours** – It develops in the oestrogen and progesterone producing tissue that holds the ovary together



In the initial stage, the cancer is confined to the ovary but as it grows bigger, it can spread via the following routes:

- Within the abdomen, forming deposits on the intestinal wall, liver capsule and lining of the abdominal cavity.
- Lymph glands in the pelvis and abdomen.
- Eventually via the blood stream to the lungs and bones.



What are the Signs and Symptoms?

The symptoms of ovarian cancer in the early stages are non-specific and resembles the symptoms of bladders and digestive disorders. The following are the common complaints:

- Bloated feeling in the abdomen
- Abdominal distension/indigestion
- Abdominal discomfort
- Backache or ache in the legs
- Pelvic pain
- Change in bladder habits – frequent urination
- Urinary complaints
- Abnormal vaginal bleeding
- Unexplained loss of weight
- Loss of appetite

Are You at Risk?

The following are associated with a high risk of ovarian cancer:

- High fat diet
- Obesity
- Late pregnancy
- Infertility or not having children until late in life
- Early menarche and late menopause
- Family history of ovarian, breast or colorectal cancer
- Hereditary
- Age

How is Ovarian Cancer Diagnosed?

Diagnosis is based on the physical examination of the pelvis and tests such as:

- **Pelvis examination** by the doctor. An ovarian cancer is suspected if:
  - The ovary is enlarged
  - There is an abdominal lump
  - There is excessive fluid in the abdomen (ascites)
- **Ultrasound scan** of the pelvis. The scan is either performed on the abdomen or via the vagina (transvaginal ultrasound).
- **CA-125 blood test** is a tumour marker that is often raised in the blood of women with ovarian cancer. However, high CA-125 levels may be due to other causes.

- **Imaging tests** – CT scans, MRI and chest X-ray to determine if the cancer has spcread to the lungs.
- **CT scans** of the abdomen and pelvis are a series of detailed pictures of areas inside the body generated by X-rays. This scan is useful in diagnosing ovarian cancer and studying the extent of the spread of cancer.
- **Biopsy** is the removal of tissue for microscopic examination in order to make a diagnosis of the cancer. To obtain the tissue, a laparatomy (abdomen operation) is performed. If cancer is suspected, the entire ovary is removed (oophorectomy).

How is Ovarian Cancer Treated?

The treatment for epithelial ovarian cancer are surgery (laparotomy), chemotherapy and radiation therapy.

- **Laparotomy** is an operation on the abdomen. Tissue samples are removed and sent for microscopic examination. The results of these biopsies will show the type and extent of the cancer. If the diagnosis of cancer of the ovary is confirmed, the surgeons will remove the ovaries, fallopian tubes, the uterus, cervix, omentum (thin tissue covering the stomach and intestines), lymph nodes and all visible tumours. In certain cancer types, if the patient desires to have children, it is sometimes possible to remove only the affected ovary and the fallopian tubes. In more advanced cancer, the pelvic lymph glands and secondary cancers in the abdomen are also removed (cytoreductive surgery).
- **Chemotherapy** is usually recommended for ovarian cancer in the advanced stage. For patients with early cancer of ovary, chemotherapy can also be given after complete surgical removal of cancer, in order to prevent recurrence. It is usually given via an intravenous drip.
- **Radiotherapy** is occasionally used, especially if the tumour is confined to the pelvis. It is also used to destroy cancer cells that remain after surgery.

After Treatment

- Temporary abstinence from sexual intercourse for 6 weeks to allow for normal healing.
- If both ovaries are removed, the patient will experience the symptoms of menopause. Hormone replacement therapy (HRT) may be prescribed to relieve the menopausal symptoms.
- Regular check up with blood tests and if necessary, X-rays should be kept with the oncologist.
- Patients should resume normal, healthy lifestyles after treatment.

Do You Know?

1 The latest Singapore Cancer Registry interim report (2008-2012) indicates that ovarian cancer is the 5th most common cancer among Singaporean women.

2 It is one of the deadliest gynaecologic cancer among women in Singapore. Every woman needs to know the symptoms of Ovarian Cancer.

3 Early detection can cure Ovarian Cancer. Until there is a test, awareness is best.

SINGAPORE CANCER SOCIETY