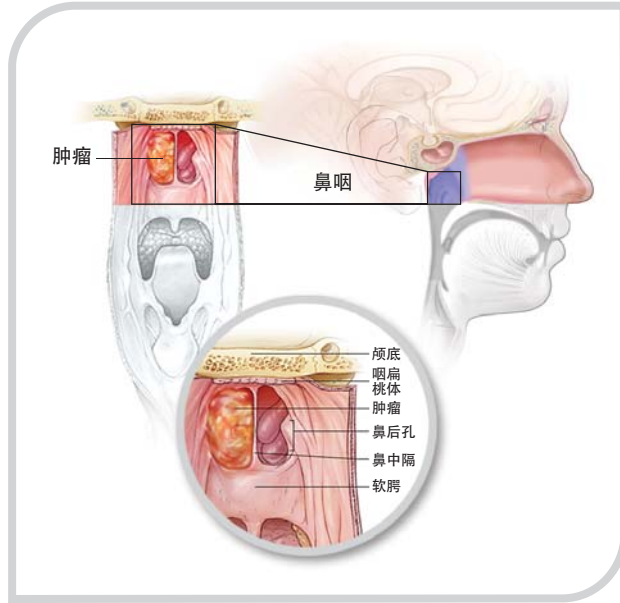


什么是鼻咽癌?

鼻咽是位于鼻子后方和脑部下方的空腔。它连接鼻子和气管。它的侧壁上有管道连接耳朵。当鼻咽内层的细胞不正常生长,就形成鼻咽癌(NPC)。所形成的肿瘤会从鼻咽侵袭脑部、耳朵和上颌,然后扩散到颈部两侧的淋巴结,也可能从血流扩散到肺部和骨骼。



有什么征兆和症状?

早期的鼻咽癌通常不显示任何症状。

- **肿块**: 最常见的症状(80%)是颈部出现肿块。淋巴结因癌细胞侵入而肿胀。
- **鼻子**: 出血、鼻孔堵塞、分泌过多粘液、唾液带血。
- **耳朵**: 失去听觉、疼痛、耳鸣、分泌物。

其它病症也可导致这些症状。但是,如果症状持续不退,请向您的医生咨询。



Bus No. / 巴士号码: 80, 145
MRT / 地铁站: Tanjong Pagar 'Exit A' / 丹戎巴葛“出口A”



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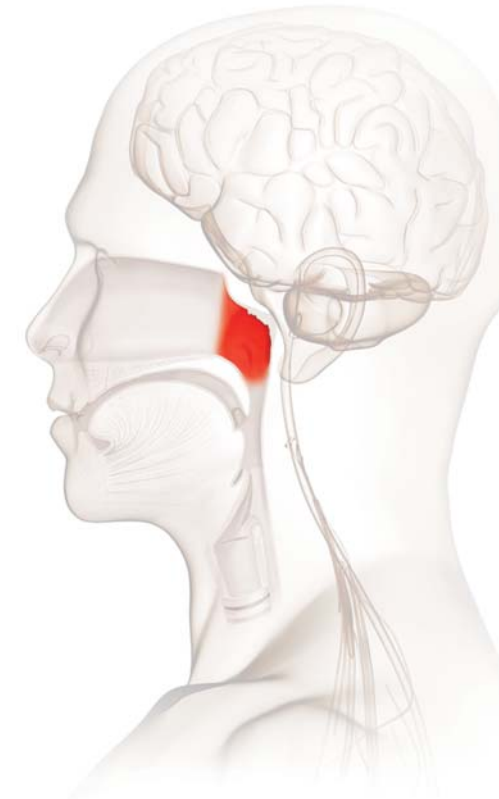
Website: www.singaporecancersociety.org.sg

Email: education@singaporecancersociety.org.sg

<https://www.facebook.com/sgcancersociety>



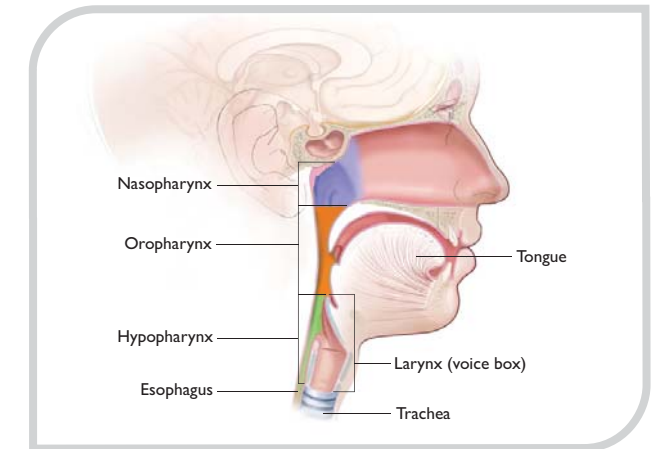
NASOPHARYNGEAL CANCER | 鼻咽癌



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

What is Nasopharyngeal Cancer?

The nasopharynx is the space situated behind the nose and below the brain. It connects the nose to the windpipe. On its sidewall, a tube connects it to the ear. Nasopharyngeal cancer (NPC) develops when cells of the lining of the nasopharynx behave abnormally. A cancerous lump is formed which then invades out of the nasopharynx into the brain, ear and the jaw. It can spread the lymph glands on one or both sides of the neck. It can also spread via the bloodstream to the lungs, liver and bones.



What are the Signs and Symptoms?

NPC often does not show any symptoms in the early stages.

- **Lump** Its most common presentation (80%) is a painless lump in the neck. That is a swollen lymph node infiltrated by cancer cells.
- **Nose** Bleeding, blocked nostrils, excessive mucus secretion, blood in saliva.
- **Ear** Loss of hearing, pain, buzzing noise, discharge.

These symptoms may be due to other medical conditions. However, if they persist, consult a doctor.



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



Are You at Risk?

- **Diet** Consumption of salted food such as vegetables, fish and meat is associated with NPC. Studies showed salted soy beans, canned pickled vegetables, szechuan vegetables and other salted vegetables are high risk food.
- **Epstein Barr Virus (EB virus)** This virus has been found to be associated with NPC.
- **Genetic factors** may play an important role in NPC. Blood tests can identify certain people at risk from NPC. Family history of Nasopharyngeal cancer increases the risks by four to ten-fold.

How to Prevent?

- Eat plenty of fresh fruit, green vegetables and other sources of vitamin C to lower your cancer risk.
- Avoid taking excessive amounts of salted fish and other preserved foodstuff.
- Avoid active and secondary tobacco smoke exposure.

How is Nasopharyngeal Cancer Diagnosed?

The following tests are important:

- **Endoscopic examination** A flexible fibre-optic tube with a light at its tip is introduced via the nose. The nasopharynx is examined visually and any suspicious lump is biopsied i.e. a small piece of the lump is removed and examined under the microscope.
- **CT scan of head and neck** This is a special X-ray which can show the cancer and the extent of its spread. This test is also used in planning the treatment.
- **Blood test** to determine the level of antibodies against EB virus. If the level of antibodies is high, a diagnosis of NPC is suspected.
- **Chest and abdominal CT scans, bone scans** are performed to determine whether the cancer has spread to other parts of the body.
- **MRI head and neck and PET-CT scan** have been increasingly used as alternatives in replacement of CT scans.

How is Nasopharyngeal Cancer Treated?

- **Radiotherapy** is the use of high energy x-rays to kill cancer cells. NPC responds well to radiotherapy, hence it is used as the main treatment for NPC. Radiotherapy is given on a daily basis for 6 weeks. Temporary side effects include redness of skin of the neck, reduced saliva production causing dryness of the mouth and throat, mouth ulcers, loss of sense of taste and appetite. The lymph nodes in the neck are also treated by radiotherapy. Newer radiotherapy technique called Intensity Modulated Radiotherapy (IMRT) are now in frequent use to reduce the late side effects of radiotherapy while maintaining a high chance of cancer control and cure. Late side effects include skin hardening, hearing impairment, reduced saliva production and reduced thyroid hormone levels.
- **Chemotherapy** is the use of toxic drugs to kill cancer cells. Its role in NPC treatment is limited and is used in 2 situations:
 1. Advanced NPC which had spread to bones, liver and lungs.
 2. In combination with radiotherapy to improve the effectiveness of chemotherapy.
- **Surgery** The role of surgery is limited in NPC treatment because it is very difficult to remove an NPC without injuring vital neighbouring organs. If NPC recurs in an area which had received radiotherapy before, surgery can be used to remove the recurrence.

What is the Outcome After Treatment?

Stage	Treatment
Early stage	When the NPC is small and located only in the nasopharynx, the survival rate is very good (90%) after radiotherapy.
Intermediate stage	When the NPC has invaded the neighbouring organs or the lymph glands in the neck, the survival rate drops (50 to 75%).
Late stage	When the NPC has spread elsewhere in the body, the survival rate is poor (less than 10% of patients survived 5 years).

你有发病因素吗?

- **饮食**。鼻咽癌和食用腌制的蔬菜、鱼类和肉类有关。研究显示，高风险食物包括腌制大豆、灌装泡菜、四川菜和腌菜。
- **人类疱疹病毒第四型(简称EB病毒)**。据发现，鼻咽癌和这种病毒有关。
- **遗传因素**是鼻咽癌发病的一个重要因素。血液检验可以验出自己是否属于鼻咽癌高风险群。若您有鼻咽癌家族病史，您患鼻咽癌的风险增加了4至10倍。



如何预防鼻咽癌?

- 多吃新鲜蔬菜水果以及多摄取维生素C降低您患癌症的风险。
- 避免食用过量的腌制食品。
- 避免吸入一手或二手烟。

如何诊断鼻咽癌?

下列检测非常重要:

- **内窥镜检查**。将一端带有光源的光纤管伸入鼻子，进行鼻咽镜检查。检查时也可切除一小部分的肿块进行活组织切片检查。
- **头部和颈部的电脑断层扫描**。这种特别的X光检验可以显示癌细胞扩散的程度，也在规划疗程时使用。
- **确定EB病毒抗体水平的血液检验**。如果抗体水平高，诊断出鼻咽癌的可能性相对增加。
- **进行胸部和腹部的电脑断层扫描和骨骼扫描**，确定癌症是否扩散到身体其它部位。
- **MRI头部与颈部的扫描和PET-CT扫描**已渐渐地替代CT扫描。

如何治疗鼻咽癌?

- **放射治疗**采用高能射线消灭癌细胞。放射治疗对鼻咽癌的治疗有显著作用，因此被用为鼻咽癌的主要疗法。放射治疗需要每天进行，治疗过程长达6星期。短暂的副作用包括颈部皮肤发红、口腔和喉咙干涸、口腔溃疡、失去味觉和食欲。
较新的强调治疗技术在提高癌症的控制和治愈率之余，也能减少放射治疗的后期副作用，因此成为较常选用的鼻咽癌疗法。
- **化疗**使用有毒的药物消灭癌细胞，在鼻咽癌治疗过程中的作用有限，并且在以下情况使用：
 1. 晚期鼻咽癌已扩散到骨骼、肝脏和肺部。
 2. 与放射治疗结合以提高放射治疗的效用。
- **外科手术**。外科手术在鼻咽癌治疗中功能有限，因为切除鼻咽癌而不伤害周围的重要器官是非常困难的。如果鼻咽癌在曾接受放射治疗的部位复发，可以使用外科手术切除复发部位。



治疗后的结果如何?

阶段	扩散程度
早期	如果鼻咽癌很小并停留在鼻咽，放射治疗后的存活率很高(90%)。
中期	如果鼻咽癌已经入侵邻近器官或颈部的淋巴腺，存活率就降低(40至50%)。
晚期	如果鼻咽癌已经扩散到身体其他部位，存活率很低(少过10%病患能存活5年)。



1 The latest Singapore Cancer Registry interim report (2006-2010) indicates that Nasopharyngeal is the 8th most common cancer in Singaporean men.

2 Epstein Bar Virus is associated with Nasopharyngeal cancer.

3 Nasopharyngeal cancer is mainly treated with radiotherapy.



1 根据新加坡癌症注册局中期报告(2006-2010)，鼻咽癌是新加坡男性第8最常见的癌症。

2 EB病毒与鼻咽癌有关。

3 放射治疗是鼻咽癌的主要疗法。