

癌症中西醫結合治療中醫角色
The role of Traditional Chinese Medicine
in Cancer Integrative Treatment

主讲：香港浸會大學中醫藥學院臨床部高級講師
劉宇龍博士

Speaker: Dr LIU Yu-long, Senior Lecturer, Clinical
Division, School of Chinese Medicine, HKBU

內容提要

- (1)中醫藥與手術放化療聯合應用以減毒增效;
- TCM can enhance the effect of chemotherapy/radiotherapy and reduce side-effect of chemotherapy/ radiotherapy/surgery。
- (2)老年人、體力狀態差不能耐受手術放化療的患者，以單純中醫藥治療;
- Those patients with poor body status, the elderly, can not tolerate surgical radiotherapy and chemotherapy should receive pure TCM treatment

- (3) 完成多次手術或放化療療程後，腫瘤仍然復發轉移，已經不能在再次手術放療化療中獲益的患者，可以採用中醫藥鞏固和維持治療
- After completed multiple surgery or radiotherapy and chemotherapy, if the tumor remains recurrence and metastasis, the patient should receive TCM as consolidation and maintenance therapy
- (4) 中醫藥減輕靶向藥物副反應。
- Chinese medicine can reduce the side-effect of targeted drug.

1.手術（Surgery）

- 1.1手術治療（Surgical treatment）
- 手術適應：早期和部份中期癌症，體質能耐受手術者。
- Surgical Adaptation: early and mid stage of cancer, body can tolerate surgery.
- 手術目的：切除腫瘤病灶降低癌瘤負荷。
- Surgery Objective: reduce tumor load because of resection of the tumor lesion.

- 手術不足：無法防止術後的復發和轉移。
- Shortcomings of surgery: Unable to prevent postoperative recurrence and metastasis.
- 手術副作用：創傷，出血，損傷臟腑經絡，耗傷氣血。
- Side effects of surgery: trauma, bleeding, damage organs and meridians, loss of Qi and blood.

- 1.2 術後中醫藥調理
- postoperative TCM conditioning
- (1) 可減少或消除術後各種不適 (1-2周) 。
- to reduce or eliminate postoperative discomfort (1-2 weeks).

- (2) 提升體質，為術後化療和/或放射治療創造條件（2-4周）。
- to enhance physical fitness and build the suitable body conditions for the postoperative chemotherapy and / or radiation therapy (2-4 weeks).
- (3) 降低術後復發轉風險（6-24月）。
- reduce the risk of recurrence and metastasis (6-24 months)

- 治法 (Treatment) :
- 肺癌術後：咳嗽，胸痛，氣喘，乏力。
- postoperative lung cancer: cough, chest pain, shortness of breath, fatigue.
- 補益肺脾，寬胸理氣，化瘀止痛。
- invigorate Lung and spleen Qi, relaxing the chest and regulating the flow of Qi /vital energy , activating blood circulation to dispel stasis,relieving pain.

- 胃腸腫瘤術後：腹脹，食慾差，腹痛，便秘或腹瀉。
- gastrointestinal tumor surgery: abdominal distension, poor appetite, abdominal pain, constipation or diarrhea.
- 健脾和胃，理氣化濕（手術後2-4周的中藥調理）。
- Invigorating spleen and Reconciling stomach ,regulating Qi and expelling dampness(2-4 weeks after surgery Herbal Treatment).

- 脾胃消化功能得到恢復，體力增強，手術引起的種種不適已得到大部份的緩解。為術後的進一步化療或放射治療創造條件。
- Stomach digestive function was restored, physical enhancement, discomfort caused by surgery has been most of the relief. to maintain suitable body condition for postoperative chemotherapy or radiation therapy.

2.放射治療 (Radiotherapy)

- 2.1放療適應癥：根治性放療（如鼻咽癌），輔助性放療（乳腺癌局部切除術後放療），姑息性放療（減症性放療，如止痛，止血等）。
- **Radiotherapy indications: radical radiotherapy (such as nasopharyngeal carcinoma), adjuvant radiotherapy (radiotherapy after local excision of breast cancer), palliative radiotherapy (radiation therapy reduced symptoms, such as pain, bleeding, etc.)**

- 2.2放療副反應：放射治療副反應程度，與照射部位、照射野面積及每次照射劑量以及總劑量有關。
- 2.2 side effects of radiotherapy : side effects of radiation therapy degree are Related with radiation sites, radiation field size and each radiation dose and the total dose

- 2.3放射副反應中醫病機：中醫認為放射線是一種“火熱毒邪”，會耗氣傷陰，損傷脾胃肝腎。
- TCM Pathogenesis of Radiation side effects:
TCM believes that radiation is a "heat and toxin evil", damage Qi and Yin, damage spleen, stomach, liver and kidney

- 2.4根據放射治療部位不同，引起的放射反應不同，中醫治法方藥有別。
- Based on different parts of radiation therapy, different radiation side-effects .treatment and formulas are different

- 腦部放療 腦部腫瘤放射治療，導致腦組織充血、水腫，出現頭痛、頭暈，嘔吐等。
- Brain radiotherapy brain tumor radiation therapy may lead to brain edema, headache, dizziness and vomiting.

- 滋腎平肝，活血利水。
- Nourishing Kidney and calming Liver, promote Blood circulation and induce diuresis
- 常用中藥：枸杞子、熟地、川芎、川牛膝，豬苓，鉤藤，石決明。
- Commonly used Chinese medicine: Wolfberry fruit, prepared rehmannia root, Rhizome, Achyranthes, Tuckahoe, Hooked uncaria, concha halioyidis

- 鼻咽及喉部（鼻咽癌，喉癌，口腔癌） 放療後，會出現口腔鼻腔粘膜充血、水腫，糜爛，出現咽喉疼痛，鼻咽幹痛，口乾。
- Nasopharyngeal and throat (nasopharyngeal cancer, laryngeal cancer, oral cancer) after radiotherapy, oral nasal mucosal congestion, edema, erosion, sore throat, dry nasopharyngeal pain, dry mouth.

- 清熱解毒，養陰生津潤燥。
- Clearing away heat and toxic material,nourishing Yin and promoting body fluid regenerating for moisturizing dryness.
- 常用中藥：天花粉、沙參、麥冬、蘆根，生甘草。
- Commonly used Chinese medicine:Snakegourd Root, Ladybell,Ophiopogon root,Reed rhizome,raw ciquorice root,platycodon root.

- 胸部（含肺癌，部份乳腺癌術後放療）放射治療後，可能會產生放射性肺炎，胸壁皮膚放射性皮炎。主要表現有胸悶、氣短、乾咳痰少，胸壁放射部位皮膚紅腫。
- Chest (lung cancer, part of breast cancer) after radiation therapy .radiation pneumonitis, chest wall radiation dermatitis skin. chest tightness, shortness of breath, dry cough less skin irritation and other parts of the chest wall radiation.

- 養陰潤肺。
- nourishing Yin and moistening lung
- 常用中藥：天花粉、沙參、麥冬、杏仁、百合。
- Commonly used Chinese medicine: Snakegourd Root Ladybell, Ophiopogon root, Bitter apricot seed, Bulbuslily.

- 食道癌 放射治療引起放射性食道炎，表現吞嚥困難、飲食過程中胸骨後疼痛。
- Esophageal cancer radiation esophagitis: dysphagia, chest pain during eating.

- 清熱解毒、寬胸順氣。
- Clearing away heat and toxic material, relaxing the chest and regulating flow Qi.
- 常用中藥：天花粉，蒲公英、荷葉梗、石斛，沙參、冬凌草、三七。
- Commonly used Chinese medicine: Snakegourd Root, dandelion herb, lotus stems, Dendrobium, ladybell, Herba Rabdosiae, Panax notoginseng .

- 上腹部 放療後，常有食慾不振、嘔吐。
- upper abdominal radiotherapy, often loss of appetite, vomiting.
- 健脾和胃，降逆止嘔。
- invigorating spleen and stomach, stop vomiting.

- 常用中藥：白術，茯苓，砂仁，陳皮，竹茹。
- Commonly used Chinese medicine: Atractylodes, Tuckahoe, Amomumfruit, Tangerine peel, Caulis Bambusae in Taeniam.

- 下腹部 (結腸、直腸) 放療後，常有腹痛、腹瀉，裡急後重或有便血。
- Lower abdomen (colon, rectum) abdominal pain, diarrhea, tenesmus or blood in the stool.
- 清熱利濕、涼血止血、澀腸止瀉。
- clearing away Heat and promoting diuresis, dispelling heat from blood to stop bleeding. relieving diarrhea with astringent.
- 常用中藥：地榆、槐花、白頭翁、馬齒莧、敗醬草、赤小豆。
- Commonly used Chinese medicine: Sanguisorba root, sophoraflower, pulsatilla root, portulaca herb, patrinia, red bean.

- 盆腔（宮頸癌、前列腺癌）放療後，會產生泌尿道炎症反應。出現尿頻，尿急，尿痛等。
- Pelvic (cervical cancer, prostate cancer) urinary tract inflammation: Frequent urination, urgency, dysuria.

- 清熱涼血、利尿通淋。
- Clearing away heat and cooling blood ,inducing diuretic for treating starguria.
- 常用中藥：小薊、生地、白茅根、瞿麥、篇蓄。
- Commonly used Chinese medicine:herba thistle,dried rehmannia root, Lalang Grass Rhizome , herba dianthi , Polygonum aviculare.

3.化療(Chemotherapy)

- 3.1 化療副反應：化療藥物缺乏選擇性，化學藥物在抑制或殺傷癌細胞地同時，也損害組織器官，導致造血系統、消化系統、神經系統等毒副作用。
- Side effects of chemotherapy: because of lack of selectivity of most chemotherapy drugs, chemical drugs inhibit or kill cancer cells, but also to damage normal human tissues and organs, leading to the hematopoietic system, digestive system, nervous system side effects.

- 3.2中醫辨證論治，可以提高機體的免疫功能，防治化療毒副作用。
- Traditional Chinese medicine can improve the body's immune function, prevention of chemotherapy side effects

- 3.3化療毒副反應具體治療方法如下：
- Specific toxicity of chemotherapy treatment methods are as follows:
 - (1)化療全身反應
 - chemotherapy systemic reactions
 - 神倦、頭暈、疲乏、大小便失調。
 - Listlessness, dizziness, fatigue, stool and urine disorders.

- 益氣養血，滋補肝腎。
- replenishing Qi and blood, nourishing the liver and kidney.

- 常用中藥：黨參，黃耆，雞血藤，枸杞子。
- Commonly used Chinese medicine: pilose asiabell root, moxa-prepared milkvetch root, spatholobus stem, wolfberry fruit.

- (2) 消化道反應 (gastrointestinal reactions)
- 化療後患者常有食慾減退、噁心、嘔吐、腹痛、腹瀉，便秘。
- loss of appetite, nausea, vomiting, abdominal pain, diarrhea, constipation.

- 健脾和胃、降逆止嘔。
- strengthening Spleen and stomach, down bear counter flow and stop vomiting.
- 常用中藥：白術，茯苓，砂仁，陳皮，焦山楂。
- Commonly used Chinese medicine: Atractylodes, Tuckahoe, Amomumfruit, Tangerine peel, prepared hawthorn fruit.

- (3)骨髓抑制
- bone marrow suppression.

- 紅細胞減少：益氣養血。
- Erythropenia: invigorating Qi and nourishing the blood

- 常用藥如：人參，阿膠，熟地。
- Commonly used drugs such as: ginseng, donkey-hide gelatin, prepared rehmannia root.

- 白細胞減少：補氣健脾、滋補肝腎。黨參，黃耆，雞血藤。
- Leukopenia: invigorating Qi and strengthening spleen, nourishing the liver and kidney. pilose asiabell root, moxa-prepared milkvetch root, spatholobus stem
- 血小板減少：補氣攝血、涼血止血。人參，三七，生地。
- .Thrombocytopenia: reinforcing Qi and arresting blood to stop bleeding conditioning. Ginseng, Panax, dried rehmannia root.

- (4)肝損害(liver damage)
- 一些化療藥物對肝功能有損害。患者表現肝區不適、黃疸。
- Some chemotherapy drugs may damage liver function . Patients may have liver discomfort, jaundice.

- 疏肝清熱利濕。
- dispersing stagnated liver and clearing heat and dampness.
- 常用藥如：茵陳，溪黃草，垂盆草。
- Commonly used drugs such as: oriental wormwood, Linearstripe Rabdosia Herb, sarment osum.

- (5)化療脫髮(alopecia)
- 補血生髮、補腎養陰、涼血活血。
- enriching blood to promote hair growth, nourishing kidney and Yin, dispel heat from blood and improve blood circulation.
- 常用藥如：熟地，何首烏，女貞子。
- Commonly used drugs such as: prepared Rehmannia root, prepared multiflower knotweed root., fructus ligustri lucidi.

- (6)泌尿系毒性(urinary toxicity)
- 化療導致泌尿系毒性反應，表現尿頻、尿急、尿痛。
- urinary frequency, urgency, dysuria.
- 利尿滲濕、涼血止血。
- Inducing Diuresis and eliminate the dampness-evil, cooling blood to stop bleeding.
- 常用藥物：車前草，白茅根，淡竹葉。
- Commonly used drugs: plantain herb, cogongrass rhizome, light bamboo

- (7)神經毒性(neurotoxicity)
- 某些化學藥物會造成周圍神經損害而出現指(趾)端麻木、跟腱反射減退。
- peripheral nerve damage occurs: finger (toe) side numbness, tendon reflexes.

- 祛風活血、通經活絡。
- expelling wind and activating blood flows, dredging the obstructed channels and collateral.
- 常用藥如：路路通，雞血藤，桑枝，牛膝。
- Commonly used drugs: Passepartout, spa tholobus stem, mulberry twig, Achyranthes root.

- 单纯中医治疗
- TCM treatment alone.
- 適應癥：老年人、體力狀態差不能耐受手術放化療的患者。
- Indications: the elderly, or people with poor physical condition can not tolerate surgery chemotherapy/radiotherapy.

- 这类患者：多種慢性疾病，存在多臟器功能的減退甚至衰竭。
- The elderly or patients with poor physical condition: a variety of chronic disease, the presence of multiple organs dysfunction or failure.
- 應該以中醫治療為主。
- these patients should receive traditional Chinese medicine treatment.

- 中醫治療策略：不同於體質狀況好或年輕腫瘤患者的治療。不同於一般內科慢性疾病的治療。
- TCM treatment strategy: the treatment of these patients is different from the well-being or physical condition of young cancer patient, but also from general medical treatment of chronic disease.

- 辯證論治，扶正培元以“治人治本”
- Treatment based on syndrome differentiation and the principle of reinforcing the vital energy and consolidating the constitution will improve body condition.
- 辨病論治，軟堅解毒以“治癌治病”。
- Treatment based on differentiation of disease and dissipating hard mass and remove toxic evil may control cancer.

- 5.復發轉移患者維持與鞏固治療
- Recurrence and metastasis in patients with maintenance and consolidation therapy
- 適應症：病人經過多次手術，放射治療，多療程化療后仍然出現復發轉移，患者體質狀況尚可者。
- Indications: Patients after multiple courses of repeated surgeries, radiation therapies, chemotherapies. recurrences and metastasis of cancer still occurs in patients with fair physical condition.

- 治 則：扶正固本，攻癌解毒
- Therapeutic: strengthening body resistance to consolidate constitution ,attack cancer and detoxification

- 治 法：
- 扶正固本，調理體質重在“三調”：
- Therapeutic principle::
strengthening body resistance to consolidate constitution, physical conditioning focuses on "three ways":

- 其一，調心：中醫講“心者，君主之官，神明出焉”，意思是強調精神意志，情緒對人體生理病理的重要性。
- First, Psychological adjustment: Chinese medicine stresses "heart who is like monarch of our body, control our consciousness state of mind", emphasizes the spiritual will, and emotions is important on human physiological and pathological importance.

- “調心”目的:是消除恐懼焦慮，消除悲觀抑鬱情緒，積極面對腫瘤診治與康復。
- The purpose of Cancer patients ' self-aligning " is to eliminate fear, anxiety, depression eliminate pessimism, patient took a positive attitude on tumor diagnosis, treatment and rehabilitation

- 其二，調補體質：湯藥內服調理陰陽臟腑，針灸平衡經絡氣血,可提升免疫功能和抗病能力。
- Secondly,Physical conditioning: decoction taken orally can regulate yin and yang organs, acupuncture /moxibustion can balance Qi,blood of meridians and enhance immune function and disease resistance.

- 其三，調理胃氣：脾胃為後天之本，“有胃氣則生”，即有胃氣才有生氣，有胃氣才能維持正常的新陳代謝，因為脾胃消化是人體能量和動力的源泉。
- Third, maintaining good functioning of stomach vital energy:stomach is the acquired foundation.there is a saying “when ther is Qi of stomach,there is chance of lving” fungction of stomach is to maintain digested is the source of energy and power of human-being.

- 調胃首重飲食調理。要重視患者大便的調理：要治理好便秘及腹瀉。
- to maintain good function of stomach,the first we have to do is having a balanced diet.
Patients should pay attention to the stool conditioning: To treat constipation and diarrhea。 .

- 攻癌解毒：活血化癥，清熱解毒，或軟堅散結。
- Attack cancer: promoting blood circulation for removing blood stasis , or clearing heat and removing toxicity . softening and resolving hard mass

- 中醫整體與局部結合的治療，使病人能與腫瘤和平共處，獲得滿意生活質素和長期生存。
- Combination of holistic and local Chinese medicine treatment, patients can coexist peacefully with the tumor, to obtain a satisfied quality of life and long-term survival

- 6.中醫藥減輕靶向藥物副作用。
- Chinese medicine reduce targeted drug side effects.
- 靶向藥物：抑制腫瘤血管生成或控制腫瘤代謝（熱毒之邪）。
- targeted drugs: inhibition of tumor angiogenesis or tumor metabolic control (hot -toxic evil).
- 靶向藥物毒副反應：暗瘡，皮疹，出血，血管栓塞。
- targeted drug toxicity: acne, rashes, bleeding, blood clots.

- 病機：熱毒，血熱，血瘀。
- pathogenesis: toxic heat, blood heat, blood stasis
- 治法：清熱解毒，涼血活血。
- treatment: clearing away heat to remove toxin, cooling blood, promote blood circulation.
- 忌破血。
- Avoid over-expelling and bleeding.

谢 谢

Thank you