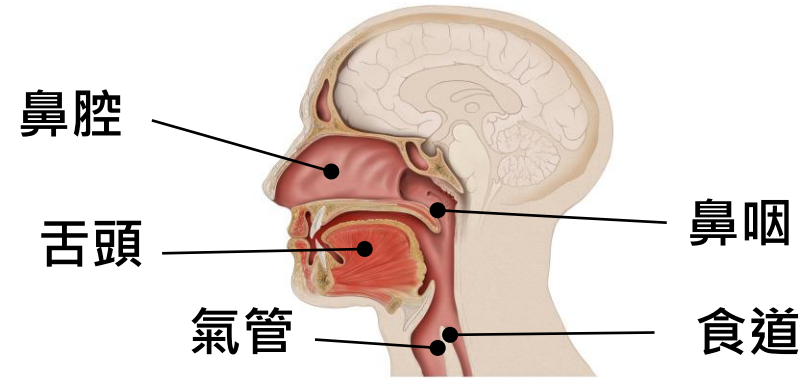


# 鼻咽癌

## 什麼是鼻咽癌？

鼻咽癌是一種頭部和頸部的癌症。它始於鼻咽，在喉嚨上端，鼻子後面及靠近顱骨底部。癌症的開始是由於細胞生長失控。人體幾乎任何部位的細胞都可能變成癌症，並有機會擴散到其他地方。



## 誰會受影響？

- 50%的鼻咽癌患者年齡是55歲以下
- 男性患鼻咽癌的可能性較女性高兩倍
- 亞太島民（尤其是華裔美國人）的診斷率是白人和西班牙裔的六倍
- 生活在高風險國家的人（例如：中國南方、新加坡、越南、馬來西亞和菲律賓）

## 鼻咽癌的風險因素

- 飲食: 過量食用鹽醃魚或肉
- 吸煙: 85%的頭頸部癌症是與吸煙有關
- 酒精: 經常及過量飲用
- 愛潑斯坦巴爾病毒: 可導致鼻咽細胞分裂並發展成癌細胞

## 病徵

- 頸部有腫塊
- 聽力損失
- 耳部感染
- 鼻塞
- 流鼻血
- 頭痛
- 面部疼痛或麻痺
- 張開嘴有困難
- 視力模糊或出現疊影

## 治療方法

- 放射治療
- 化療

**請到訪您的醫生進行治療或獲得預防的資訊！**



要了解我們的醫生集團，請致電會員服務部: (415) 590-7418

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# Nasopharyngeal Cancer

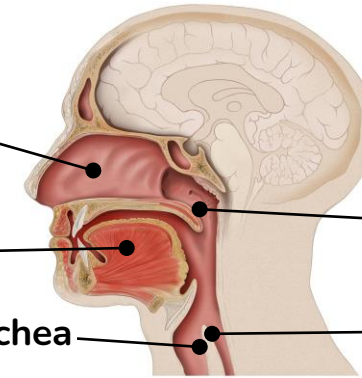
## What is nasopharyngeal cancer?

Nasopharyngeal cancer is a type of head and neck cancer. It starts in the nasopharynx, the upper part of the throat behind the nose and near the base of the skull. Cancer starts when cells begin to grow out of control. Cells in nearly any part of the body can become cancer, and can spread to other areas.

Nasal  
Cavity

Tongue

Trachea



Nasopharynx

Esophagus

## Who is affected?

- 50% of people with nasopharyngeal cancer are 55 or younger
- Men are twice as likely to develop nasopharyngeal cancer than women
- Asian/Pacific Islanders (especially Chinese Americans) are diagnosed six times more than Whites and Hispanics
- Individuals living in high-risk countries, such as southern China, Singapore, Vietnam, Malaysia, & the Philippines

## Risk factors of nasopharyngeal cancer

- **Diet:** over consumption of salt-cured fish and meats
- **Tobacco use:** 85% of head and neck cancers are linked to tobacco use
- **Alcohol:** Frequent and heavy consumption
- **Epstein–Barr virus (EBV):** may cause cells in the nasopharynx to divide and grow into cancerous cells

## Signs and symptoms

- Lump or mass in the neck
- Hearing loss
- Ear infection
- Nasal congestion
- Nosebleeds
- Headaches
- Facial pain or numbness
- Trouble opening mouth
- Blurred or double vision

## Treatment options

- Radiation therapy
- Chemotherapy

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