

A Diet Recommendation 飲食注意事項

- + Keep up a daily fluid intake of 8 to 12 glasses (unless contraindicated) to help keep oral mucosa moist (e.g. water, sports drinks, clear broth, etc.)
- + Eating soft, moist, and bland foods can help prevent dry mouth (e.g. sauces, broth, congee, etc.)
- + Sour food or beverages can also help stimulate saliva secretion, but they may lead to dental caries and an upset stomach as well. Balance their benefits by consuming in moderation.
- + Sugarless gum and hard candy help stimulate the production of saliva.
- + Keep a bottle of water with you at all times and sip frequently.
- + 除非病人有限水建議，否則應保持每天飲用8至12杯開水或飲料（如電解質飲品、清湯），以保持口腔濕潤。
- + 選擇濕軟、多汁的食物，例如肉湯、稀飯、餛飩。
- + 鼓勵多喝可刺激唾液分泌的飲品，例如：淡檸檬汁、西柚汁。但要留意，太酸的飲品可引致蛀牙和胃部不適。
- + 嚼食無糖份的硬糖或香口膠可增加唾液分泌。
- + 隨身帶備少量開水，以及時舒緩口乾。

A Prior to Chemotherapy / Head and Neck Radiotherapy 化療或頭頸部放射治療前

- + Patients should receive a thorough dental examination before starting their treatment.
- + A prosthodontic evaluation is also recommended if needed.
- + Avoid smoking.
- + 化療前，宜接受詳細檢查口腔。
- + 如有需要，應進行假牙或植牙評估。
- + 盡早戒煙。

A Emergency Situation 緊急情況

Seek immediate medical attention if the following conditions develop:

- + Temperature $\geq 38^{\circ}\text{C}$, with presence of white patches, redness, or foul odor in the mouth
- + Difficulty in breathing
- + Bleeding of the gums lasting longer than two minutes
- + Unable to eat or drink fluids for more than 24 hours
- + Increased difficulty in swallowing
- + Uncontrolled pain

一旦遇到以下情況，請即時通知醫護人員：

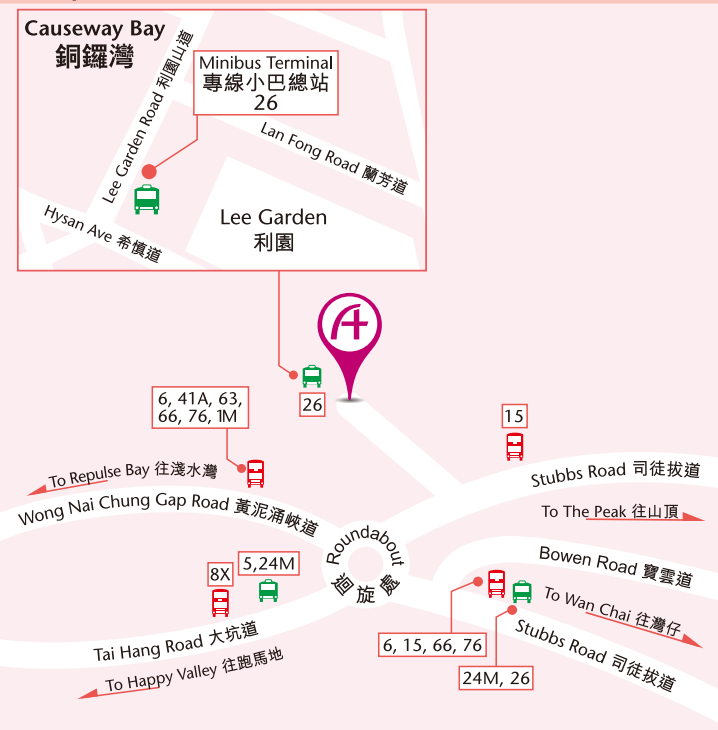
- + 體溫高過攝氏38度，並出現口腔紅腫、白斑、口臭等癥狀。
- + 呼吸困難。
- + 牙齦流血超過2分鐘。
- + 無法進食超過24小時。
- + 吞嚥困難。
- + 口腔持續痛楚。

Reference 參考資料：www.bccancer.bc.ca

Important Note: Information in this leaflet is for reference only. Treatment strategy is based on individual conditions. To achieve optimal therapeutic results, patients need to adhere to the specific instructions given by their physicians and pharmacists.

重要事項：本小冊子內資訊僅供參考。治療方案因應病人的個別情況擬訂。病人應遵照醫生及藥劑師的指引，以達至最佳的治療效果。

Map 路線圖



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Oral Care in Cancer Patients 癌症病人的口腔護理

- Know your medicine
認識你的藥物



Healing
with Compassion
關愛治療每一步

4 Chemotherapy, Head and Neck Radiotherapy, and Oral Care 癌症病人常見的口腔問題

Patients undergoing chemotherapy and radiotherapy for the head and neck have a higher chance of experiencing mucositis (inflammation of the mucous membranes). Symptoms of mucositis include red and swollen mouth and gums, soreness, mild burning or pain when eating, xerostomia (dry mouth), etc. Mucositis happens because:

- + Mucous membranes are composed of rapidly dividing cells and their job is to form a barrier against infections. During chemotherapy, these tissues do not replenish as quickly as they should, so patients have a higher chance of suffering from opportunistic bacterial, yeast, and fungal infections.
- + Radiation to head and neck, or salivary glands often cause damage to mucous membranes.
- + Chemotherapy leads to a decrease in neutrophils, resulting in a weak immune system which may be unable to fight against infections.
- + Chemotherapy also affects the ability to salivate, causing plaque to build up rapidly, as well as dry mouth, thus increasing the incidence of gum infections and cavities.
- + Chemotherapy causes low platelet counts, which means that brushing and flossing may cause bleeding.
- + Some anti-nausea and anti-histamine medications may also lead to dry mouth.

化學治療（化療）及頭頸部放射治療期間，癌症病人較易患上口腔黏膜炎。常見症狀包括口腔牙齦紅腫、進食時感到灼熱疼痛及口乾。原因包括：

- + 口腔細胞繁殖及復元能力被化療破壞，較容易受感染。
- + 受放射線影響，治療範圍內的正常組織會受到一定程度的傷害。
- + 化療令白血球數目減少，免疫力下降，難以抵抗細菌入侵。
- + 化療令唾液分泌減少，引致口乾，口腔黏膜及牙齦亦較易滋生細菌，甚至蛀牙。
- + 血小板數量因接受化療而下跌，血液凝結能力降低。刷牙或用牙線時較易引起牙齦出血。
- + 部份舒緩噁心感覺及過敏的藥物或會導致口乾。

4 Oral Care Tips 口腔護理小貼士

+ Flossing 使用牙線

- + Floss once daily, at bedtime, before brushing.
- + Do not floss if it is painful to do so, or if gums bleed for over two minutes.
- + 建議每晚刷牙前，用牙線清潔牙縫。
- + 如果牙齦疼痛，或出血超過2分鐘，請即停止使用牙線。

+ Lip Care 唇部護理

- + Use a water-based or aloe-based lubricant to protect and maintain moisture to the lips.
- + 使用水溶性或含有蘆薈成份的潤唇膏，以保持嘴唇滋潤。

+ Brushing Regularly 定時刷牙

- + Use a small, extra soft nylon-bristled toothbrush.
- + Rinsing or soaking your toothbrush in warm water for about 30 seconds prior to brushing can soften the bristles.
- + Do not use electric toothbrushes as they may increase risk of gum injury and bleeding.
- + Use mild toothpaste. Avoid toothpastes with strong flavors (such as mint or cinnamon) or whitening properties as they may be more irritating.
- + Change your toothbrush frequently (at least monthly).

- + 選用刷毛纖細柔軟的牙刷。
- + 每次刷牙前，用溫水浸泡刷頭約30秒，令刷毛軟化。
- + 電動牙刷有可能令牙齦受損出血，宜避免使用。
- + 避免使用刺激性味道（如薄荷味）的牙膏或美白牙膏。
- + 定期更換牙刷（最少每月一次）。



+ Oral Rinses 定時漱口

- + Oral rinses help keep the mouth moist and clean by removing debris.
- + Recommended oral rinses:
 - Salt gargle:**
 - 1/2 teaspoon (2.5ml) salt
 - 8oz (240ml) water
 - Sodium Bicarbonate gargle:**
 - 1 teaspoon (5ml) baking soda
 - 8oz (240ml) water
 - Salt and Soda gargle:**
 - 1/2 teaspoon (2.5ml) salt
 - 1 teaspoon (5ml) baking soda
 - 8oz (240ml) water
- + A soda gargle can help neutralize acids and provide a soothing effect after vomiting.
- + Avoid commercial mouthwashes which contain alcohol as they have a drying effect on the mouth.
- + Rinse your mouth every four hours or after every meal.
- + Prepare mouth rinse solution daily to avoid risk of contamination.

- + 漱口可保持口腔清潔和濕潤。
- + 建議用鹽或梳打粉混和開水漱口。製作比例如下：

食鹽漱口水：

- 1/2茶匙食鹽
- 240毫升冷開水

梳打漱口水：

- 1茶匙梳打粉
- 240毫升冷開水

梳打鹽水：

- 1/2茶匙食鹽
- 1茶匙梳打粉
- 240毫升冷開水

- + 梳打漱口水可舒緩癌症治療後出現的嘔吐反應。
- + 避免使用含酒精的漱口水，以免令口腔更乾涸。
- + 建議每次用膳後或每隔四小時漱口一次。
- + 為避免漱口水受到污染，當天使用的梳打漱口水或食鹽漱口水應於當天準備。

+ Dentures 假牙護理

- + Brush and rinse dentures after every meal and at bedtime.
- + Soak dentures in oral rinse solution, and rinse with water before use.
- + Avoid wearing dentures for at least eight hours a day.
- + 應於每次餐後及每晚睡前清洗假牙。
- + 以假牙片溶液浸泡假牙，佩戴前再用清水洗淨。
- + 確保口腔每天最少有8小時的休息，例如睡前應將牙托除下。

