

# 認識子宮內膜癌 Endometrial Cancer



## 病徵 Symptoms



子宮內膜癌是發生在子宮內膜的惡性腫瘤，大部分患者都有症狀，並可及早診斷。

Endometrial cancer is a malignant tumor that originates in the endometrium. Most patients present with symptoms, allowing for an early diagnosis.



早期子宮內膜癌的症狀包括月經紊亂、經血過多和停經後出血。

Early-stage symptoms of endometrial cancer include irregular menstruation, heavy menstrual bleeding (menorrhagia), and post-menopausal bleeding.



晚期的症狀包括盆腔或下腹疼痛、腹部腫瘤、腹部積水、食慾不振、體重下降及呼吸困難等。

Late-stage symptoms include pelvic or lower abdominal pain, abdominal mass, ascites (abdominal fluid accumulation), loss of appetite, weight loss, and difficulty breathing.

## 高風險族群 High-Risk Groups

- 1 45歲以上的女性  
Women aged 45 or above
- 2 服用抗雌激素藥物的女士（如：三苯氧胺）  
Women taking anti-estrogen drugs (eg. Tamoxifen)
- 3 患有卵巢多囊腫症  
Individuals with Polycystic Ovary Syndrome (PCOS)
- 4 家族病史或基因遺傳  
Family history or genetic factors
- 5 肥胖  
Obesity

## 診斷方法 Diagnosis

若懷疑患病，醫生會建議進行以下檢查：  
If a condition is suspected, the doctor will recommend the following examinations:



步驟一 Step 1



步驟二 Step 2



步驟三 Step 3

步驟一  
Step 1

醫生會先詳細詢問病歷及進行盆腔檢查，並常以陰道超聲波評估子宮內膜厚度、子宮及卵巢情況。

Doctors take a detailed history, perform a pelvic exam, and commonly use vaginal ultrasound to assess endometrial thickness, the uterus and ovaries.

步驟二  
Step 2

確診通常需要子宮內膜活檢，經陰道及子宮頸用細管抽取內膜組織，或在宮腔鏡檢查下直接取樣，送化驗室在顯微鏡下檢查是否癌變。

Definitive diagnosis usually requires endometrial sampling/biopsy, using a thin tube through the cervix or under hysteroscopy to collect tissue for microscopic examination.

步驟三  
Step 3

一旦證實是子宮內膜癌，醫生或會安排額外影像檢查（例如電腦掃描CT、磁力共振MRI）以及正電子掃描PET去估計癌症分期及有沒有擴散至淋巴結或其他器官。

If cancer is confirmed, further imaging such as CT, MRI or PET scan may be arranged to estimate the stage and check for spread to lymph nodes or other organs.

# 預防子宮內膜癌

## Preventing Endometrial Cancer

保持良好的生活習慣是防癌關鍵：多做運動，少吃高糖分及油膩的食物，避免煙酒等等，都能有效降低患上子宮內膜癌及其他癌症的風險。

Maintaining a healthy lifestyle is key to cancer prevention: regular exercise, reducing the intake of high-sugar and greasy foods, avoiding tobacco and alcohol can all effectively lower the risk of endometrial cancer and other malignancies.

如閣下對子宮內膜癌有疑問，或已到期進行覆檢，請即向我們的醫護人員諮詢。

If you have any questions or are due for a follow-up examination, please consult our medical staff immediately.

## 聯絡我們

### Contact Us

#### 尖沙咀 Tsim Sha Tsui

九龍尖沙咀河內道5號普基商業中心2樓及3樓A室  
2/F & 3A, Podium Plaza, No.5 Hanoi Road, Tsim Sha Tsui, Kowloon

2157 3840 (專科中心 Specialist Centre)

3619 0835 (普通科醫務中心 General Practice Clinic)

#### 中環 Central

香港中環皇后大道中9號26樓2601-04 & 06-08室  
Room 2601-04 & 06-08, 26/F, 9 Queen's Road Central, Central, Hong Kong

2530 0006 (專科中心 Specialist Centre)

2155 2355 (普通科醫務中心 General Practice Clinic)



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## 治療

### Treatment

醫生會根據癌症的期數、擴散範圍及患者身體狀況，建議治療方案。

The doctor will tailor a treatment plan based on the cancer stage, extent of spread, and the patient's overall health.

#### 早期至中期患者治療

##### Early-to-Mid Stage Treatment



**全子宮切除手術**：子宮內膜癌最常用的外科手術治療方式，切除範圍包括子宮、子宮頸，大部分情況會同時切除輸卵管及卵巢。切取後，組織將會送往化驗，以確定癌細胞的類別及擴散範圍。

**Total Hysterectomy**: The most common surgery for endometrial cancer, typically involving the removal of the uterus, cervix, fallopian tubes, and ovaries. The excised tissues are sent for histological examination to determine the cancer type and extent of spread.



**放射治療（電療）**：視乎個別情況，術後或需配合體外或體內放射治療，以清除未能切除的微小殘留癌細胞。

**Radiotherapy**: Depending on individual cases, external or internal radiotherapy may be used post-surgery to eliminate any remaining cancer cells.

#### 晚期或復發患者治療

##### Late Stage or Recurrent Treatment



**化學治療**：主要用於後期及復發個案，透過常用藥物組合（如 carboplatin 與 paclitaxel）來縮小腫瘤、減慢增生及紓緩症狀。療程歷時數月，化療亦常作為手術或放射治療的輔助治療，以徹底清除體內微小殘餘癌細胞，減低復發風險。

**Chemotherapy**: Mainly used for advanced and recurrent cases to shrink tumors, slow growth, and relieve symptoms using common drug combinations (eg. carboplatin with paclitaxel). Chemotherapy is also frequently used as an "adjuvant therapy" following surgery or radiotherapy to eliminate microscopic residual cancer cells and reduce the risk of recurrence.



**荷爾蒙治療**：若腫瘤帶有黃體素受體，可服用人工合成的黃體素來減慢癌細胞增生，此療法的副作用相對溫和，通常用作舒緩性質。

**Hormone Therapy**: For tumors with progesterone receptors, synthetic progesterone can be taken to slow cancer cell growth, with generally milder side effects, usually serves as palliative intent.



**免疫治療**：約三成晚期階段患者具有基因變異 dMMR (Mismatch repair deficient)，免疫治療能提高此類病友存活率，為抗癌路上帶來新希望。

**Immunotherapy**: Around 30 % of late stage of patients has dMMR (Mismatch repair deficient), in which immunotherapy can increase their survival rate and brings new hope in the disease journey



**標靶藥物**：標靶藥物可針對多個靶點，從多角度抑制腫瘤細胞生長和血管生成；聯合免疫治療方案有助延長存活期。

**Targeted therapy**: Targeted therapy can attack multiple targets and inhibit tumor cell growth and blood vessel growth from multiple directions ; combined with immunotherapy regimen can help to prolong survival.

