

Speaking from Experience Ovarian Cancer

Transcript for Chapter 3 of 6: Side Effect

Deborah -

Side effects from the treatment of course from the surgery because it was such a big wound that I had that it took me about a week before I could really be mobile again, so I was kind of bed bound for a few days.

治疗的副作用...手术过后，我的身上有一条很长的伤口，一个星期左右，我才可以走动。我在床上躺了几天。

Karen -

After the chemo treatment, I actually have numbness for the whole body, and then I have this. I cannot sleep. I cannot eat. Everything doesn't seem to be right, and then there is numbness on the leg. It was cold you know.

化疗过后，我感觉全身麻痹。失眠，没胃口，一切似乎感觉不大对劲。双脚麻痹，我还感觉有点冷。

Patricia -

After the very first session of the 1st cycle, nothing really happened. And when I asked the nurses there and everything. Apparently your hair does not drop until usually after the second session. True enough after the second session after a few days later, I looked into the mirror I noticed that my hairline was parting.

第一次的化疗，一切都很正常。我就去问护士，果然她们跟我说头发不会掉落。接下来的化疗，头发会开始掉落。果然，第二次的化疗后，过了不久，我看着镜子，我发觉到我的发际线开始显现出来。

Deborah -

The side effects commonly for ovarian cancer for chemotherapy would be hair loss, constipation, and some sores around the mouth or the hand area. But thank fully I didn't have that, so the only major thing is the hair loss.

卵巢癌化疗的副作用通常是，脱发，便秘还有嘴和手的周围会生疮。还好我没有那些副作用。我只是有脱发问题。

Adeline -

I asked my maid whether my hair drop or not. She said, "Your hair don't drop." I said, "How can it doesn't drop?" The doctor said it will drop a little bit. So I am happy my hair don't drop. But only my hair feels scanty little bit only.

我问我的奴用，我有没有脱发？她说你没有脱发。我说不可能。医生说会脱发。我很高兴我没脱发的问题。我觉得我的头发有点散而已。

Deborah -

Once the hair started dropping, I actually get my hair shaved. So I don't see that kind of mental effect of my hair dropping. So that help a lot and then, you can always go and buy a wig to cover the baldness or scarf or hat so that wasn't such a major thing. The constipation on the other hand, I have never experience something so painful before because normally as what Colin mentioned I lived a very active lifestyle so I've never had that kind of excruciating pain before so. When it 1st hit I was a bit worried where did this pain come from? Is it because of the drug or is it because of anything else so when I realized it was constipation, you can easily remedy it with the drugs that are available, that went away pretty easily as well.

一旦头发开始脱落，我便去剃光头。这样我不会觉得心里不舒服。这帮助我很多。你可以买一个假发，围巾或帽子来带。便秘...便秘的经验是非常痛苦的。因为我一向来有一个积极的生活方式，我从来没有这样的剧痛。一开始有这个痛的时候，我很担心，这种痛苦来自哪里？是不是服用了那些药物或是其他的东西引起的？一旦知道是便秘，可以服用药物来舒缓它。很容易就把便秘治好。

Grace -

Because chemo drug actually shrink your veins, and if you put it at the master hand, at the end of chemotherapy session, after the 4th or 5th, you won't be able to find any veins on the right hand, which was what happened to me, as the chemo sessions went along it got increasingly difficult for the nurses to find a vein to pass the chemo drugs through.

所有化疗药物会收缩静脉。在化疗的程序结束后，大概在第四或第五的化疗程序，你很难找到你的右手的静脉。这就发生在我的身上。化疗的过程中，医疗人员很难找出静脉为我注射药物。

Adeline -

So after I went back, I couldn't eat, I got no appetite, and I don't feel strong, I feel weak. I got no appetite to eat so my doctor asked me to eat, and my maid said you must eat a lot. I said, "I can't eat don't force me, I can't eat, I can't swallow." After the second day, I can eat a little bit more.

回到家后，不能吃，我没胃口。我感觉很弱。我没胃口吃。我的女儿叫我吃东西。我的奴用叫我吃多一点。我真的吃不下。不要强迫我吃。不知道为什么吃不下。我根本不能吞。第二天后，我开始可以吃一点了。