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哥伦比亚：癌症早期检测的重要性

玛利亚·夏帕罗：

“Cancer is an awful word but I made up my mind to stay positive, because what kills you is over thinking it and getting depressed.” (9)

癌症是一个令人厌恶的词

但是我仍要保持积极的形态

因为真正打败你的是过度担心和焦虑

解说：

In Colombia, some 30,000 people lost their lives to cancer in 2010. Thirty-nine year old Maria Antonia Chaparro has thyroid cancer. (10)

2010 年，哥伦比亚大约有三万人因癌症而失去生命。

39 岁的玛利亚·安东尼娅·夏帕罗患有甲状腺癌。

Here in Colombia cancer rates continue to soar. But this may be partially due to the fact that patients have more access to advanced technology and nuclear medicine pharmaceuticals to detect the cancer early, and that people are living longer. (14)

在哥伦比亚，癌症的发病率呈上升趋势。

但部分原因是由于病人有更多的途径来接触到发达技术，

通过核医疗在早期检测出癌症，

使人们的寿命更长久

克里斯蒂娜医生：

“Since cancer is an illness more frequently present in older people, the increase in life expectancy also affects the cancer count.” (15)

通常，年长人群是癌症主要发病群体。

随着寿命的延长，也影响到癌症病患的数量。

解说：

Over the last 50 years, the population in Colombia has tripled. Now 16 percent of all deaths are cancer related. Helping people to develop life saving habits to prevent the disease is vital. (14)

过去五十多年来，哥伦比亚的人口总数翻了三倍。

现在，大约有 16%的死亡原因与癌症有关。

促进人体保健习惯，也是预防疾病的关键因素。

克里斯蒂娜医生：

“30% of cancers are preventable. How could we achieve this? First, promoting healthy lifestyles, promoting programmes that discourage alcohol and cigarette consumption. Including more fruits and vegetables in peoples’ diets...and the government should create policies for early diagnosis and screening for uterine and breast cancer.” (36)

30%的癌症是可预防的。

但究竟如何实现？

首先，推广健康生活方式。

鼓励戒除饮酒和吸烟。

引导人们在日常饮食中多食用水果和蔬菜。

政府还应该推行早期诊断筛查子宫癌和乳腺癌的政策

解说：

To assist Colombia, the International Atomic Energy Agency, the IAEA, is providing advice and training on how to use nuclear medicine to treat and diagnose cancer. (12)

为协助哥伦比亚，

国际原子能机构提出建议和培训支持

指导他们正确使用核医疗技术来诊断和治疗癌症

Hundreds of patients, including Maria Chaparro, come to this hospital for medical check-ups. (6)

像玛利亚·夏帕罗一样，数以百计的病人来到医院进行医疗检查。

解说：

It's a place where specialists use sophisticated robotic technology to produce nuclear medicine pharmaceuticals while protecting laboratory staff. (11)

在这个地方

专家们会操控精密的机器人

来制造核医疗药物

这样是为了保护实验室的工作人员

妮地亚·德尔加多

"There are some radioactive isotopes that radiate very intensely. One of those is the positron emitting radionuclides. They have a very high energy. Manual manufacture and usage would highly radiate the person who makes it." (24)

有很多放射性的质子都具有强放射性。

他们其中有位于放射性核素中的正电子，蕴含大量能量。

手工作业会对操作者产生高度辐射。

解说：

Now this institution is producing more than enough nuclear medicine, allowing it to transport and sell to other facilities in the country. (8)

现在，这家机构已经可以制造出充足的核医疗药品，
并将成品运输并出售到该国的其他机构。

解说：

But timing is critical since most medicines expire within minutes, others within days. (7)

但是，时效确是个难题。因为很多药品的保质期只有数分钟，有的能坚持数天。

妮地亚·德尔加多

“The radioactive isotope has a very short lifespan, the ones used in diagnosis and treatment of diseases can range between 2 to 3 minutes and 8 to 10 days. // When that time expires, the medicine must be allowed to decay completely and then it must be thrown away.” (30)

放射性质子有着极短的生命周期。

我们用来检测和治疗疾病的这种有着两三分钟到八天或十天的保质期。

如果一旦过期，药品会完全失效，然后只能被扔掉。

解说：

The institute is also producing its own radioactive iodine treatment, which is vital to treat Maria's thyroid cancer. (7)

该机构还可自行制造碘放射治疗，

该方法对治疗玛利亚的甲状腺癌十分重要。

卡洛斯·格兰纳多斯·戈麦斯

“Generally, the initial treatment is surgery which consists of removing the tumours, the

thyroid glands and other lymph nodes. Depending on the risk they are facing, patients can also get complimentary treatment, which is the radioactive iodine treatment.” (25)

通常，一些初期的治疗方法是通过手术来摘除肿瘤，甲状腺和其它淋巴腺体。基于病人们面对的风险不同，人们可以选择接受免费治疗，也就是碘放射治疗。

解说：

Patients must remain in isolation for 24 hours after taking the iodine treatment due to radioactive elements still present in the body. (10)

病人们必须要在服用碘化物后 24 小时保持隔离，
因为放射性元素会残留在病人体内。

玛利亚·夏帕罗：

“One would normally want to vomit during the first two hours, so I had to make an effort not to because then the capsule would be wasted.” (7)

通常在前两个小时内产生呕吐的症状，
必须要努力控制呕吐不然会降低药效。

解说：

While nuclear medicine is highly radioactive, patients make their decision to use it based on the benefit it brings.

由于核医疗具有高度放射性，是否采取该手段还是要病人们视病情而定。

克里斯蒂娜医生：

“The benefits outweigh the risks by far.” (6)

就当前形势来看

还是利大于弊

解说：

According to the World Health Organization, WHO, over the next two decades, cancer cases will rise to 22 million worldwide. (10)

据世界卫生组织统计，在接下来的二十年中

全球癌症病例将升至两千两百万。

Maria is determined to do what she must to survive. (5)

为了求生，玛利亚下决心接受治疗。

玛利亚·夏帕罗：

“...I live day to day and do the most that can be done to get healthy.” (5)

我会每一天都尽最大努力，

让自己变得健康。

This report was produced by Mary Ferreira for the United Nations.

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