

### 什么是消融治疗? What is ablative therapy?

**消融治疗**是一种去除病变组织（**肿瘤**）的治疗方法，这种病变组织（**肿瘤**）较小或无法通过常规手术去除。对于那些因免疫系统减弱而无法进行手术的人，或者那些因其他疾病使手术风险过高的人来说，这是一个不错的选择。

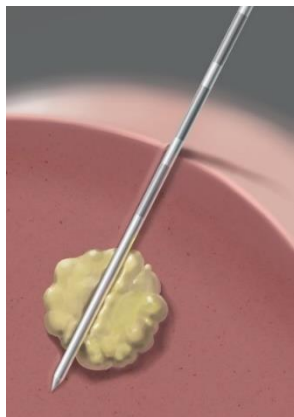
**Ablative therapy** is a treatment to get rid of diseased tissue (**tumor**) that is small or cannot be removed through regular surgery. It is a good option for people who can't have surgery because of a weakened immune system, or for those who have other medical conditions that would make surgery too risky.

**消融术**是通过皮肤将治疗针插入肿瘤。治疗针与发生器连接，该发生器将治疗能量（热或冷）直接传输到病变组织。这种能量从针尖释放出来，以摧毁或**消融**该组织。被摧毁的组织不会被移除，但会随着时间的推移而萎缩，并被瘢痕组织取代。根据肿瘤的大小、数量和位置，您可能需要多次重复此操作。

**Ablation** involves inserting a treatment needle through the skin into the tumor. The treatment needle is attached to a generator which delivers therapeutic energy (hot or cold) directly to the diseased tissue. This energy comes out at the needle tip to destroy, or **ablate**, the tissue. The destroyed tissue is not removed, but it shrinks and is replaced by scar tissue over time. Depending on the size, number, and location of tumors, you may have to repeat this process more than once.

### 准备消融: Preparing for ablation:

在治疗针就位后, 医生将使用治疗能量消融肿瘤。With the treatment needle in place, the doctor will ablate the tumor using therapeutic energy.



### 消融后: After ablation:

消融后的肿瘤将留在体内, 随着时间的推移会缩小。您的医生将继续检查肿瘤消融后的区域。The ablated tumor will stay in the body, where it will shrink over time. Your doctor will continue to check on the area where the tumor was ablated.



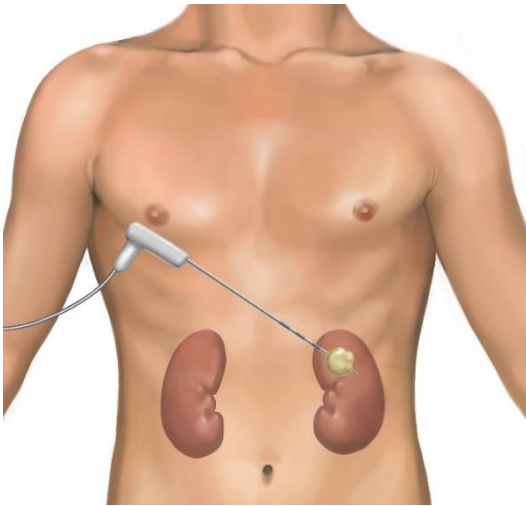
### 消融治疗的优点是什么? What are the advantages of ablative therapy?

- 它是**微创疗法** (即不需要在身体上开那么多刀或切那么大的刀口)。消融治疗使用**小切口** (刀口), 刚好足够让我们通过切口插入治疗针以治疗病变组织。
- It is **minimally invasive** (meaning that it doesn't not require as many cuts or large cuts into the body). Ablative therapy uses small **incisions** (cuts), just large enough so we can insert the treatment needle through the incision to treat the diseased tissue.
- 与手术相比, 风险更小, 并且并发症 (医疗问题) 更少。
- It is less risky and has fewer complications (medical issues) when compared to surgery.
- 我们可以将消融治疗作为门诊程序进行, 因此不需要住院或只需短暂住院。
- We can do ablation therapy as an outpatient procedure, so it requires no hospital stay or only a short hospital stay.

- 消融治疗是一种局部治疗，这意味着它可以在不伤害周围健康组织的情况下摧毁病变组织。
- Ablation therapy is a localized treatment, meaning it destroys diseased tissue without harming the surrounding healthy tissue.
- 消融治疗可以与其他治疗结合运用。
- Ablative therapy may be combined with other treatments.
- 消融治疗的恢复时间比手术要短。
- Your recovery time is shorter for ablation therapy than surgery.

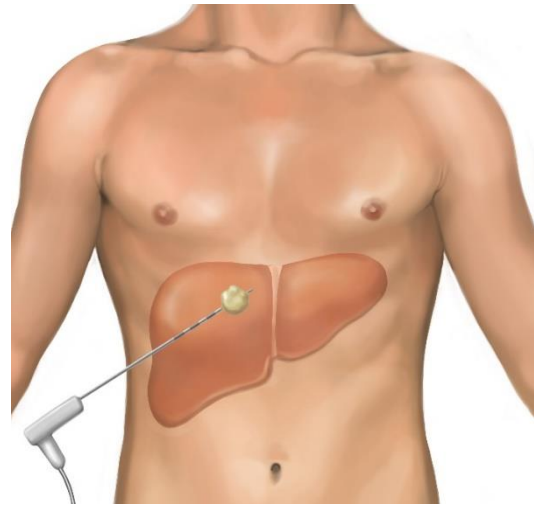
治疗针直接插入肾脏肿瘤。

Treatment needle is inserted directly into the kidney tumor.



治疗针直接插入肝肿瘤。

Treatment needle is inserted directly into the liver tumor.



### 准备接受消融治疗时有哪些注意事项？

#### What are my instructions for preparing for ablative therapy?

- 在消融术前一晚凌晨12点后请勿进食或饮水。
- On the day before your procedure, do not eat or drink anything after 12 AM (midnight).
- 按照医生的指示，在消融术前停止服用血液稀释剂。
- Stop taking blood thinners before your scheduled appointment as directed by your doctor.

- 前往消融术时请带一名司机。
- Bring a driver with you to the appointment.
  - 请注意，术后需要5个小时的恢复期。您的司机不必全程留在诊所，但他们需要随时准备接送您。
  - Please note that there will be a 5-hour recovery period after your procedure. Your driver does not have to stay in the clinic for this entire time, but they will need to be available to drive you to and from your appointment.
- 前往消融术时请携带您目前正在服用的所有药物。
- Bring all medications that you are currently taking with you to your appointment.

## 消融治疗后还需要哪些后续治疗？

### What follow-up can I expect after ablative therapy?

我们会要求您在术后6-8周来医院进行CT电脑断层或MRI核磁共振扫描复查。

We will ask you to come in for a follow-up CT or MRI scan 6-8 weeks after your procedure.

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