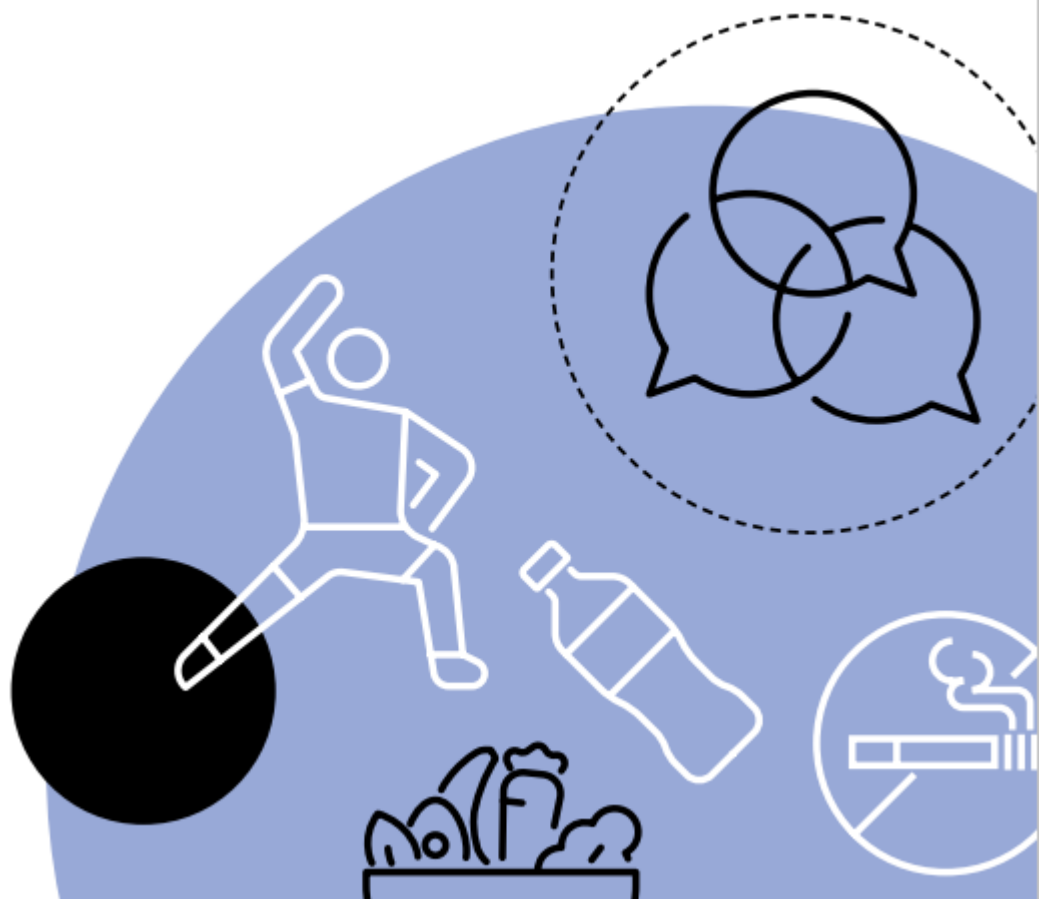


Preparing for Treatment / 治疗准备

The thought of starting treatment can be daunting, but there are things you can do to help you get ready. Preparing your body can improve your tolerance to treatment and help you recover faster. This leaflet contains 10 simple tips that can help improve your health in the run-up to starting your treatment.

准备开始治疗的想法可能让人令人畏惧，但你可以做一些准备来帮助自己。让身体做好准备可以提高你对治疗的耐受性，并帮助你更快恢复。这份小册子包含了 10 个简单的建议，可以在你开始治疗前帮助改善你的健康状况。可以帮助你**在开始治疗前改善健康状况。**





Keep active / 保持活跃

Aim to do:

150 mins of moderate intensity physical activity per week (e.g., brisk walking, cycling, swimming)

PLUS

2 days/week do activities that build strength (e.g., gym, yoga, tai chi)

每周进行 150 分钟 中等强度的身体活动（例如 快走、骑自行车、游泳）

加上

每周 2 天 进行增强肌肉力量的运动（例如 健身、瑜伽、太极）

Find out more by visiting <https://www.nhs.uk/live-well/exercise> or scan the QR code

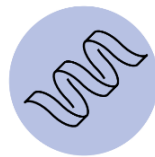
欲了解更多详情，请浏览 <https://www.nhs.uk/live-well/exercise> 或扫描二维码。



Eat regularly throughout the day/ 规律饮食

Aim for smaller portions, more often. Try having a small meal or snack every 3-4 hours.

建议 少量多餐，尝试每 3-4 小时 吃一次小餐或零食。



Include protein in your diet / 摄取足够蛋白质

Protein is the body's main building block and is needed to maintain and build muscle and help with wound healing. Include a portion of meat, fish, eggs, dairy products, plant-based alternatives, pulses, or nuts with every meal.

蛋白质是人的主要组成部分，对于**维持和增强肌肉** 以及 **促进伤口愈合** 至关重要。

每餐应包含 **肉类、鱼类、鸡蛋、乳制品、植物性替代品、豆类或坚果**。



Choose a wide range of foods / 均衡饮食

Diets that cut out whole food groups can deny your body of nutrients and limit your choice. Aim to eat foods of all different colors to get more vitamins and minerals.

完全排除某些食物类别的饮食方式可能会导致营养缺乏，并限制你的选择。
建议摄取不同颜色的食物，以获取更多维生素和矿物质。

Find out more about the different food groups by visiting: <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide> or by scanning the QR code.



欲了解更多关于不同食物类别的信息，请了解更多详情，请浏览 <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/> 或扫描二维码。



Drink plenty of fluid / 补充足够水分

Aim to drink 6-8 glasses of fluid a day. Fluids include water, squash, fruit juices, soft drinks, or hot drinks.

每天用 **6-8** 杯液体，液体包括水、果汁、软性饮料或热饮。



Limit alcohol intake / 限制酒精摄入

Aim for no more than 14 units per week. 14 units are equal to 6 medium glasses of wine or standard strength pints of lager. Make sure you also take some alcohol-free days.

建议每周饮酒量不超过 **14** 个单位（相当于 **6** 杯中等大小的葡萄酒或标准强度的啤酒）。
同时，请确保每周有无酒精日



Reduce or try to quit smoking / 减少或戒烟

The sooner you stop smoking before your treatment, the better.

在治疗前越早戒烟越好！

Find out what support is available by visiting <https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/> or scanning the QR code.



欲了解更多戒烟支持：<https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/> 或扫描二维码。



Manage your energy levels / 管理精力水平

You may feel more tired than usual. Make sure you are getting the best sleep possible and pace your activities throughout the week.

你可能会比平常感到更疲倦，请确保获得充足的睡眠，并妥善分配每周的活动。

Find out more by visiting <https://www.rcot.co.uk/conserving-energy> or by scanning the QR code.

欲了解更多详情：<https://www.rcot.co.uk/conserving-energy> 或扫描二维码。



Make time for things you enjoy / 做自己喜欢的事情

Things that give you a sense of success and enjoyment can help you feel more like yourself in times of stress or uncertainty. Try to keep up with your hobbies, whether that's an exercise class, reading, crafts, or meeting up with friends.

能带给你成就感与愉悦感的事物，可以帮助你**在压力或不安的时候帮助你找回自我。**

无论是参加运动课程、阅读、手作，还是与朋友见面，请尽量保持你的兴趣爱好



Ask questions / 勇于提问

Your healthcare team is there to support you. Let them know if you have any worries about your health or treatment. Always ask for more information if something doesn't make sense to you.

您的医疗团队随时会为您提供支持！如果你**对健康或治疗有任何疑虑**，请告知他们。

如果有不明白的地方，请随时**寻求更多信息！**