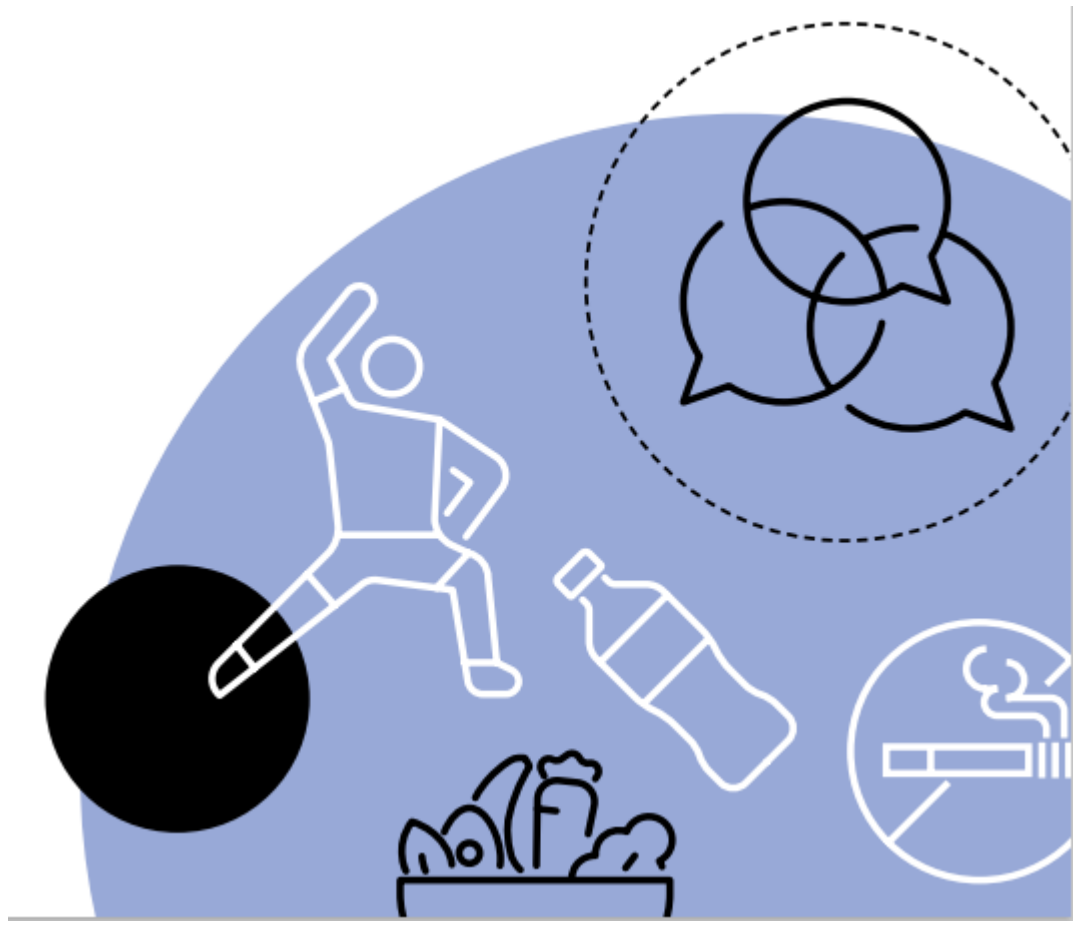


Preparing for Treatment / 治療準備

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.

準備開始治療的想法可能令人畏懼，但你可以做些準備來幫助自己，讓身體做好準備可以提高你對治療的耐受性，並幫助你更快恢復。這份小冊子包含了 10 個簡單的建議，可以在你開始治療前幫助改善你的健康狀況。





Keep active / 保持活動

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)

每週進行 150 分鐘 中等強度的體能活動 (如快步行、單車、游泳)

加上

每週 2 天 進行增強肌力的運動 (如健身、瑜伽、太極)

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

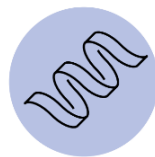
欲了解更多資訊請瀏覽 <https://www.nhs.uk/live-well/exercise> 或掃描 QR 碼。



Eat regularly throughout the day/ 定時進食

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

目標是 少量多餐，每 3-4 小時 進食一次小餐或小吃。



Include protein in your diet / 攝取足夠蛋白質

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.

蛋白質是人體的主要組成部分，對維持和增強肌肉以及傷口癒合至關重要。每餐都應包括：肉類、魚類、雞蛋、乳製品、植物性替代品、豆類或堅果。



Choose a wide range of foods / 多元化飲食

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.

避免完全排除某類食物，以免缺乏營養，並限制你的選擇。
建議攝取不同顏色的食物，以獲取更多維生素和礦物質。

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.

欲了解更多資訊請瀏覽 <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/> 或掃描 QR 碼。



Drink plenty of fluid / 補充足夠水分

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

建議每天飲用 6-8 杯液體，包括水、果汁、汽水或熱飲。



Limit alcohol intake / 限制酒精攝取

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.

每週 不超過 14 個單位（相當於 6 杯中等大小的葡萄酒或標準強度的啤酒）。
同時，請確保每週有無酒精日。



Reduce or try to quit smoking / 減少或戒煙

越早戒煙越好

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.

欲了解了解更多戒煙支援：<https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/> 或掃描 QR 碼。





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.

你可能會比平時更疲倦。請確保盡可能獲得充足睡眠，並妥善分配每週的活動時間。

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

欲了解更多：<https://www.rcot.co.uk/conserving-energy> 或掃描 QR 碼。



Make time for things you enjoy / 做自己喜歡的事情

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.

能讓你帶來成就感和快樂的活動，能幫助你在壓力或不安的時候保持積極心態。無論是參加運動課程、閱讀、手作，還是與朋友見面，請盡量保持你的興趣愛好。



Ask questions / 勇於發問

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.

您的醫療團隊隨時為您提供支持。如果您對健康或治療有任何疑慮，請隨時向他們諮詢。

如果有不明白的地方，請隨時詢問以獲取更多資訊。

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