

Wellness & Support

Discuss your cancer situation with your loved ones.

- Family and friends can help support your well-being.
- Share with your loved ones how they might be able to help.

Your cultural background may influence your cancer care.

- Tell your doctor about your needs, such as certain treatments or need for an interpreter.

Your Rights as a Patient

- To ask questions about your health, diagnosis, or treatment
- To ask for an interpreter
- To decide the right care for you
- For a list of patient rights visit: ama-assn.org/delivering-care/ethics

ABOUT US

The Patient COUNTS Program helps Asian American cancer patients through the use of patient navigators.

patientcounts.ucsf.edu

FOR MORE INFORMATION

American Cancer Society
cancer.org/cancer/liver-cancer

National Cancer Institute
cancer.gov/types/liver

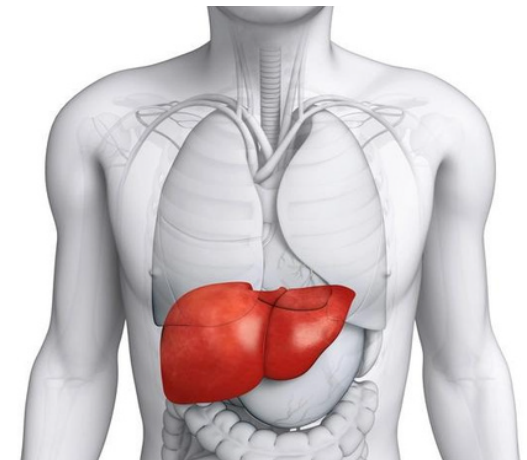
UCSF Helen Diller Family Comprehensive Cancer Center
cancer.ucsf.edu

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LIVER CANCER

Information & Resources



**PATIENT
COUNTS**

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Types of Liver Cancer

Hepatocellular carcinoma (HCC)

- Most common type of liver cancer, also called hepatoma.

Other types

- Bile duct cancer - cancer in the tubes that carry bile from the liver to the gallbladder
- Angiosarcoma - occurs in the blood vessels of the liver

Stages of Liver Cancer

Stage 1. Single tumor that has not spread to lymph nodes or beyond the liver.

Stage 2. One tumor larger than 2 cm that has grown into blood vessels.

Stage 3. Multiple tumors with at least one larger than 5 cm.

Stage 4. Any size tumor that has spread to lymph nodes or other parts of the body.

TREATMENT OPTIONS

- **Surgery** removes cancerous tissue.
- **Ablation** uses high energy, heat, or cold to destroy abnormal tissue
- **Emobilization therapy** puts radioactive beads into tumor blood vessels
- **Radiation** uses x-ray beams to kill cancer cells.
- **Chemotherapy** uses medicine to kill cancer cells.
- **Immunotherapy** helps the immune system better destroy cancer cells.
- **Symptom management** (palliative care) focuses on providing relief from symptoms of cancer or side effects of treatment
- **Clinical trials** may allow patients to try newly developed treatments (clinicaltrials.gov).

What Can I Do?

Diet & Exercise

Eating a healthy diet and exercising regularly can help your body fight cancer and feel better.

Hepatitis

Get tested for Hepatitis A, B, and C and get vaccinated against Hepatitis A and B.

Alcohol

Not drinking alcohol can be helpful for your liver cancer treatment.

Smoking

Quitting smoking will help your treatment work better, your body recover, and lower your risk of getting additional cancers.

Call the Asian Smokers' Quitline

English: 1-800-NO-BUTTS

Chinese: 1-800-838-8917

Vietnamese: 1-800-778-8440

www.asiansmokersquitline.org