

10年前に小児甲状腺がんになった少女の闘病体験記

The story about a girl who battled with Thyroid cancer 10 years ago.

小児甲状腺がんをわずらった少女の親戚のかたから、闘病について語っていただきました。

A relative of the girl who suffered from thyroid cancer told us her story.

- 1、14歳女兒、疲れがひどく受診するもなかなか甲状腺癌だということに医師も気が付かず、転院を繰り返したが、15歳のとき、甲状腺専門病院にて診断がつき即座に手術をすることになった。

Since this 14 years old girl had terrible fatigue, she visited several hospitals but none of the doctors could find out what was wrong with her. Then she was diagnosed as thyroid cancer at the specialized hospital when she was 15 years old and had a surgery right away.

- 2、首には横に大きな傷が残り思春期の女子には心にも負担が大きかった。

This surgery left her a huge scar on her neck which became a psychological burden for her as an adolescent girl.

- 3、手術後は毎日投薬。(詳しい名前は忘れましたが)一日も飲むのを忘れることができないので負担だと言っていました。

She had to start taking medication every day after the surgery. She said it was burden because she had to remind herself to take medicine every single day.

- 4、定期的に甲状腺癌や転移がないか検査。

She had regular checkups often to see if there is any recurrence, spread of cancer on thyroid gland or metastatic cancer.

- 5、検査もアイソトープを使っての為、高額、体への負担が大きい

Radioisotope examination in the regular checkups costs a lot of money and puts strain on her body.

- ※ 甲状腺は、一度に全摘出だったが、細かいものが残っているということだったのでアイソトープでということになった。転移は肺に細かいものの疑いがありました。これも19歳の時。

- ※ Although her thyroid gland has been removed, she still needed radioisotope exam because some small tumors still remained. Small metastatic cancer in the lung was suspected when she was 19 years old.

- 6、大学病院で検査をした際は、遠いので当時病院の近くの親戚の家に滞在し、ヨード除去食を1週間行った。

She tried radioiodine removal meals for a week when she had regular checkups in University Hospital. She had to stay at her relative's house near the hospital (it was far from her home).

- 7、ヨード除去食はかなり厳しく、ダシ、魚、アクエリ阿斯など、海藻はもちろん食べられる物のほうが少ないと言ってもよいくらい大変だった。

It was so hard for her to do the Radioiodine diet because she was allowed to eat only few things for this treatment. She is not allowed to eat anything which has iodine such as Dashi (Japanese broth made from fish and kelp), a refreshing drink, fish and seaweed etc.

- 8、検査の結果、放射性ヨウ素カプセルを飲んで、甲状腺自体すべてを不機能にする必要があり、それを飲み、1週間だったと思うが大学病院の特別な病室に入院。

Result of the test showed that she had to take Radioiodine capsule to destroy her thyroid gland function and she was placed in a special room at the University hospital for about a week.

- 9、その病室は放射能漏れを防ぐために設備されており、看護師、医師さえも入室できない。

The room is designed to prevent radiation leak, so no one can enter the room including nurse and doctor during this procedure.

- 10、食事はまるで囚人のように小窓から渡されるようだ。

Each meal was delivered through a small window like a prison.

- 11、その病室で使ったものは着衣、CD,DVD,ケータイ本体、あらゆるものを処分される。観葉植物を差し入れたがそれももちろん。

Any belongings used in the room such as clothes, CDs, DVDs and a cell phone were disposed. Her relatives gave her a foliage plant, but of course, it was disposed as well.

- 12、本人は吐き気や頭痛がひどく、しかも隔離されているので大変苦しかったと言っている。この時20歳

She said she was terribly nauseous and had a horrible headache and also felt lonely because of the isolation. She was 20 years old at that time.

- 13、現在結婚し別の大学病院で管理してもらっている。

She is married and is under the care of another University Hospital now.

14、出産も無事できたがやはり大学病院で。

She was able to give birth to her baby also at the University Hospital.

今も彼女は子育てをしながら転移の心配をし、家業を休んで大学病院まで行かなければならないことも、お姑さんなどに気を遣うそうです。本当に、予後がいいなんて簡単に言ってほしくないです。

She worries about the possibility of metastatic cancer while she raises her child. And she cares about her mother in law and other people when she goes to the hospital because it means being absent from the family business. Honestly, I don't want anybody to say that you have a good prognosis of thyroid cancer.