



2021年12月協會財政報告

11月結存	£ 12,548.72
12月收入	£ 1,930.00
12月支出	£ 579.00
12月結存	£ 13,899.72

網上蘇豪關懷癌症月會(MCSG Soho)

每月第二週六上午 **11AM-1PM** Zoom 網上平台

癌友園地

Winnie

2020年四月我感覺左右乳房均縮小，又摸到右乳房有腫塊，GP轉介我去醫院。同一日做三項檢查：X光乳房造影、超音波和取活組織。等待檢查結果是最辛苦的，總是患得患失，當然希望無患癌症，也希望是誤診。兩週後是五月初，我聽取活組織報告，確診乳癌反而令我內心定下來，告訴自己要面對事實。我信靠醫生和天父的安排，但手術後是否乳房重建令我有些掙扎。我無語言障礙，但不太明白醫學名詞，初期也需要醫院的翻譯。與醫護緊密地交往了年多時間，我自信心加強了，亦樂意為其他病人翻譯。

我的癌症沒有擴散到淋巴結，檢查遺傳性基因也沒有發現異常。因我的乳癌是第三級富攻擊性和多核心，醫生在七月為我安排先接受七個療程的化療以控制癌細胞，十一月才接受手術切除右乳。我決定不做乳房重建。隨後我接受十四次標靶治療。治療後有副作用，例如腳腫、靜脈輸入的手臂靜脈有紅腫、胸口痛、極度疲倦，但靠着耶穌基督的保守，我跨過一個又一個的難關。我也曾因不適求診急症室，醫護都耐心幫我檢查。我學會了多飲水和蔬果汁，靜心觀察症狀，真的非必要也不要急症室。因手腳麻痺、右肩關節疼痛和血小板低，醫生為我減低劑量，並轉介神經科和物理治療。我還須要接受荷爾蒙治療五年，不久已感受到其副作用：腰背痛、關節疼痛、手部麻痺，尤其早上起床的時候，或者保持一個姿勢久了，改換姿勢的時候就更加不適。

我一向健康良好，進食健康，但較少吃蔬菜。我注重身體健康，確診乳癌的兩年前照乳房造影，已發現右乳房有良性的鈣化腫塊。家族中有位阿姨十幾年前患乳癌，治療後生活至今天。我覺得自己患癌的原因，主要是壓力大。丈夫不在身邊，我在異地獨自照顧兩個孩子。患癌前後的生活改變不大，繼續做家庭主婦外，便經常出入醫院檢查和治療。我順其自然地向兩個孩子表達媽媽病了，他們從我的治療過程知道媽媽病得厲害，也感受到壓力。小兒子考 11+ 和大女兒考大學，我也要學習放手，無法像以往全面地支持他們了。他們分別考入理想的中學和大學，實在感謝耶穌。

在治療的過程中，我多了進食蔬菜，也真正學會了完全禱告交託，學會了時時認罪，學會了歌唱讚美主。依靠耶穌話語的大能大力，我得到莫大的安慰！確診初期，癌協的義工來關心我，陪伴我去醫院為我翻譯。遠在千里之外的家人和朋友也給予我很大支持和幫助。神派遣天使般的姊妹們來到我的身邊，無私地幫助我，無數次開車載我去醫院進行檢查和治療，每週用心地為我準備食物和營養品，悄悄地送到我的家門，更一直堅持每週網上聚會為我的病情和治療禱告！父神還把終日在香港奔波生計的丈夫派遣回家，由百分百的事業男，變為煮飯和全職做家務的住家男，盡心盡力地照顧和陪伴我。在封城期間，他也願意留下，我衷心多謝他有情有義。我們一家的簽證申請也獲批准，希望丈夫在英國也可以發展新事業，求主耶穌開路。我終於如願以償，丈夫與我在2021年11月6日一同受洗，是何等的福份！這是我們重生的日子！我的父親因為疫情滯留在英國，卻因此可以陪伴生病的女兒，成為我的助力。因為癌症，我有機會在網上認識很多遠在美國的癌友，大家無私地互通信息，互相關心和鼓勵！

我從無想過回香港治病，而我非常感謝NHS的醫護，對病人細心和盡責。我想告訴其他癌友切勿灰心，請相信醫生和積極合作參與治療。有信仰很重要，相信愛我們的耶穌，祂必有最好的安排，我度過的每一天便充滿感恩。我很少花時間和精神去抱怨：「為何是我？」當然有此疑問，但我反而不斷感謝耶穌對我的幫助，乳癌對我而言反而是恩典的記號。

更換銀行戶口

本協會在 HSBC 銀行的賬戶由 2021 年 11 月 1 日起正式停用，敬請將捐款存入以下 **新戶口**

Bank: NatWest

Sort code: 60-24-28

Acct no. 11727705

Account: Chinese Association for Cancer Care

歡迎聯絡總監岑偉鵬 (07508039775)

請戴口罩

學校與食市都重開，體育場賣票，機場邊境開放……注射了三針疫苗後，你看見超市裡不戴口罩的人，比戴口罩的人多，似乎疫情已過，一切回復正常！

許多感染，包括新冠病毒和流感，都是由受感染的人所呼出的微粒來傳播。不論我們是否察覺自己已受到感染，戴上口罩可以減低將感染傳給別人。

當你感冒，戴上口罩表示你為他人著想，阻止繼續傳播。各人戴上口罩，對高危病人或弱勢社群，特別有幫助。為己為人，請帶口罩，衷心多謝！

<https://patient.info/news-and-features/should-you-wear-a-face-mask-if-you-have-a-cold-this-winter?>



糖尿病與新冠病毒

1) 二型糖尿病人通常年齡大，可能有其他健康問題，所以感染病毒後，病情惡化和死亡率高。

2) 高血糖和新冠狀病毒都會引發炎症，所以糖尿病人感染病毒後的炎症就更嚴重。太多的炎症導致免疫系統進入超負荷運轉，不是對抗感染，而是攻擊健康部位和重要器官。



* 請糖尿病人密切留意：

- 1) 控制血糖
- 2) 接受疫苗注射
- 3) 經常檢測，以便及早確診和治療。
- 4) 防疫守則：勤洗手、戴口罩、保持社交距離

https://www.diabetes.org.uk/about_us/news/understanding-risk-coronavirus

活著就是祝福

余興國

2018年11月，我接受了開胸的心臟血管搭橋手術，此後須終身服用薄血藥以防血栓。如此經過半年時間，我的體力才逐漸恢復。適值新冠病毒爆發，我當然留在家中避免外出。2020年3月倫敦封城，我唯有用電話與親友們溝通，在極度困難之下學會了使用智能手機。2011年初倫敦解封，我重新再投入到醫院為朋友和癌友翻譯。我亦儘量小心勤洗手、戴口罩和保持社交距離。我不斷收到NHS的病毒指引信息，但我極之抗拒注射疫苗。因為疫苗的研發時間太短了，其副作用備受爭議。沒完沒了地打疫苗，何時了？

2021年8月22日我失去味覺和嗅覺，又有輕微發燒，更感到非常疲倦。故此我自行檢測快速測試 LFT，結果屬於陰性。但我仍不放心，自行前往檢測中心要求進行PCR 檢查。數小時內接到電話短訊通知，結果不出所料程陽性。NHS 檢疫職員來電話，要求我自行隔離。兩日後我極度疲倦，不知時日，所以致電 999。等了兩小時，救護車終於到達，即時送我前往診急症室。當時我的 PO2 只有 95，護士立即給我氧氣外，急症室醫生處方類固醇，和靜脈輸入抑制免疫系統的藥，即時見效整个人舒服多了。治療期間我與急症室醫生交流，獲益良多。他告知我有了病毒的天然抗體，不過此抗體不會長久，6至9個月便自動消失，類似疫苗的有效情況。他發現感染新冠病毒的死亡病案，都是原先有糖尿病的（請

看本頁右上角「糖尿病與新冠病毒」)。翌日出院，我獲處方兩星期的預防血栓藥物，因為新冠病毒的最嚴重併發症是血栓塞，死亡的病案通常發生在感染後第 9 至 11 日，尤其第 10 天極為關鍵。眾所週知，疫苗的副作用也是血栓塞。

我回家後儘量休息，定時量體溫 and 驗血氧，但不知道當血氧低過 96，深呼吸和適量站踎活動有助回升血氧，原來癌症月訊(2021年9月和10月)有此資訊，真是見一事長一智。我仍有 Long Covid 的疲倦症狀，維持了 5 週；第 6 週漸漸恢復味覺，但細微的嗅覺仍難以分辨。我注重個人衛生，避免去人多的地方。我也得知醫藥口罩的保護力只有 4 小時，為了自己更為別人，帶了 4 小時便需要更換新的。感染病毒後，我越來越善忘，總是不斷找手機、鎖匙等個人物件，但我不忘耶穌多年來賜給我的恩典。現在每一日，我都充滿感恩的心活在當下。我仍然如常去醫院，為朋友和癌友翻譯，我現在活著每天都是上帝的恩典。活著更是上帝的祝福，阿們！

* 牛津大學的報告 (4/2021)

感染新冠病毒後，發生腦靜脈血栓 (CVT) 的風險，比正常情況下大 100 倍，比接種疫苗後和流感後，高出數倍。

<https://www.ox.ac.uk/news/2021-04-15-risk-rare-blood-clotting-higher-covid-19-vaccines>

網上美景月會 (逢每月第三週四 11am-12N) **20/1/2022**
16/12 多謝 11 位參加，分享近況。

網上美倫月會 (逢每月第四週四 11am-12N) **27/1/2022**
12 月暫停

網上蘇豪月會 (逢每月第二週六 11am-1pm) **8/1/2022**
11/12 多謝 24 人參加實體聖誕慶祝，久違再見，歡聚唱詩、遊戲、抽獎等





CACACA December 2021 Finance report

November Balance	£ 12,548.72
December Income	£ 1,930.00
December Expenses	£ 579.00
December Balance	£ 13,899.72

Zoom Monthly Cancer Support Group (MCSG Soho)

2nd Saturday of each month 11am–1pm Zoom

Patient's Story

Winnie

In April 2020, I felt a shrinkage in both my breasts and a lump in my right breast. GP referred me to the hospital for three tests on the same day: mammogram, ultrasound and biopsy. Waiting for the results was the hardest, full of uncertainties. Hopefully, I would not have cancer but a misdiagnosis. Two weeks later, in early May, I was settled down to face the facts when my breast cancer was confirmed. I trusted in the doctors and the provision of my Heavenly Father. However, I struggled with whether to have reconstruction. I have no language barrier but needed an interpreter for medical terms. After more than a year of intensive interaction with medical staff, I became confident interpreting for other patients.

For my grade 3 breast cancer with multifocal, no genetic abnormalities and no lymph nodes involved, I was given 7 cycles of chemo in July before right mastectomy in November without reconstruction, then 14 cycles of target therapies afterwards. By the grace of Jesus, I overcame the side effects, e.g. swollen feet, red and swollen veins, chest pains and extreme fatigue. I have attended A&E where the doctors patiently examined me. I learnt to drink plenty of water and vegetable juices, observed my symptoms and tried not going to the A&E unless absolutely necessary. The oncologist reduced the dosage for my limb numbness, right shoulder pain and low blood platelets and referred me to neurology and physiotherapy. I have been taking hormone therapy for 5 years and have already felt the side effects — back and joint pain, and numbness in my hands, especially in the morning when I wake up or when I change positions after being in a gesture for a long time.

I was in good health, ate a healthy diet but fewer vegetables. Two years ago, before the breast cancer, the mammogram had revealed a benign calcified lump. Ten years ago, my aunt had breast cancer and is living with it after treatment until today. I think the main reason for my cancer is stress. My husband was away, and I was the only person to look after my two children in a foreign country. My life before and after cancer has been no different as a housewife. Of course, I went to the hospital frequently for check-ups and treatment. I naturally told my children that their mother was ill, and they knew from my treatment that their mother was very unwell that made them feel the pressure. I had to learn to let go of my son's 11+ exams and my daughter's university entrance exams, so I could not support them as much as I used to. I am thankful to Jesus that they have entered their desired secondary school and university.

During the treatment, I ate more vegetables. I have learnt to pray and fully surrender, confess my sins, sing and praise the Lord. Jesus' word greatly comforted me! In the early days of my cancer, a CACACA volunteer interpreted for me at the hospital. My family and friends, who were thousands of miles away, also gave me great support and help. Jesus sent sisters like angels to help me selflessly, driving me countless times for check-ups and treatment, preparing food and delivering to my door quietly every week, as well as insisting on weekly online meetings to pray for me! God also sent my husband, who had been working all day in HK, taking care of me as much as he could, changing from being a 100% career man to cooking and full-time housekeeper. I thank him for staying during the lockdown. Our visa application was also approved, and I hope that my husband will develop a new career in the UK. I finally got my wish that my husband and I were baptised on the same day, 6 November 2021. What a blessing! It was the day we were born again! My father was stranded and stayed by my side because of the pandemic. Due to cancer, I met online so many friends in the US who were also cancer patients, and we selflessly exchanged information, care and encouragement!

I have never thought of going back to HK for treatment, and I am very grateful to the NHS for their care and attention. I would advise other cancer patients not to be discouraged, trust the doctors and actively participate in the treatment. It is crucial to have faith and trust in Jesus, who loves us and prepare the best for us. I am grateful for every day and spend so little time and energy complaining "Why me?" Of course, I do, but I am constantly thankful for what Jesus has done for me. Breast cancer is a sign of grace to me.

Change of Bank Account

CACACA's HSBC account has officially deactivated from 1 Nov 2021. Please send your donation to the **new account** below

Bank: NatWest
 Sort code: 60-24-28
 Acct no. 11727705
 Acct name: Chinese Association for Cancer Care
 Feel free to contact CE Mr. Sham (07508039775)

Wearing a mask

Schools and restaurants have reopened, stadiums are selling tickets, the airport border is open. After three doses of vaccine, you see more people in the supermarket without masks than with masks, as if the epidemic has passed and everything is back to normal!

Many infections, including the Covid and influenza, are spread by particles exhaled by infected people. Whether we are aware of being infected or not, wearing a mask can reduce the risk of passing on the infection.

When you have a cold, wearing a mask means you are thinking of others and stopping the spread of the infection, particularly helping people at risk or vulnerable groups. Please wear a mask for yourself and others. Thank you!

<https://patient.info/news-and-features/should-you-wear-a-face-mask-if-you-have-a-cold-this-winter?>



Diabetes and Covid

- 1) Type 2 diabetic patients are usually elderly who may have other health problems. Thus, they have a higher rate of deterioration and mortality when infected with the Covid.
- 2) High blood sugar causes inflammation, as does the Covid. The inflammation in diabetics may be worse when infected with the Covid. Too much inflammation can cause the immune system into overdrive, i.e. instead of fighting the infection, it attacks healthy parts and vital organs.

* Diabetic patients, please pay close attention:

- 1) Control your blood sugar
- 2) Get vaccinated
- 3) Get tested frequently for early diagnosis and treatment.
- 4) Precautions: wash hands regularly, wear masks and keep social distance



https://www.diabetes.org.uk/about_us/news/understanding-risk-coronavirus

Living is blessing

James Yu

In November 2018, I underwent an open-heart bypass, being on blood-thin medicine for the rest of my life to prevent blood clots. It took six months for my strength to return. When the Covid broke out, I stayed home. When London was lockdown in March 2020, I could only communicate with friends and family by phone and learnt to use my smartphone with lots of difficulties. I also washed my hands carefully and regularly, wore a mask and kept a social distance. I kept receiving the NHS Covid letters, but I extremely resisted getting the vaccine. It was developed too soon with controversial side effects. When will the endless vaccinations end?

On 22 August 2021, I lost my sense of taste and smell, had a slight fever and felt very tired. I took a quick LFT test with a negative result. However, I was still unsure and asked for a PCR test at the walk-in centre. Within a few hours, the Covid staff informed me the result was positive and asked me to quarantine. Two days later, I was so tired and did not know what time it would be, so I called 999. Finally, after two hours, an ambulance arrived and took me to A&E immediately. My PO2 was only 95. The nurse immediately gave me oxygen while the A&E doctor prescribed steroids and IV medicine to suppress my immune system with immediate effect. I had a very informative conversation with the A&E doctor. He told me that I had a natural antibody to the virus, but it would disappear in six to nine months, similar to the effect of a vaccine. He figured out that the fatalities of the Covid were all patients with pre-existing diabetes (Please see the top right

corner 'Diabetes and Covid'). The next day, I was discharged with a two-week prescription for thromboprophylaxis because thrombosis is the most severe complication. The death usually occurs between the ninth and eleventh day after infection, especially on the tenth day that is critical. The side effect of the vaccine is also known to be thrombosis.

I went back home, took my temperature and checked my oxygen regularly. I did not know when my PO2 was lower than 96, deep breathing and squatting exercises would help to raise it. This information was originally in the MCSG newsletters (Sep & Oct 2021). I still had Long Covid's fatigue for five weeks; my taste gradually returned by week six, but it was still difficult to distinguish the subtle sense of smell. I pay attention to my hygiene and avoid going to crowded places. I also learnt that medical masks only protect for four hours. I had to replace them after four hours for myself and for others. After catching the Covid, I became more forgetful and kept looking for my mobile phone, keys and other personal belongings, but I never forgot the grace that Jesus had given me over the years. Now I live each day with a grateful heart. As usual, I interpret for friends and cancer patients at hospitals. By God's grace, I am living every day. Living is a blessing from Jesus, amen!

* Oxford University report (4/2021)

The risk of cerebral venous thrombosis (CVT) following COVID-19 infection is around 100 times greater than normal, several times higher than after vaccination or influenza.

<https://www.ox.ac.uk/news/2021-04-15-risk-rare-blood-clotting-higher-covid-19-vaccines>

Zoom MCSG Maggie (Every 3rd Thurs 11am-12N) 20/1/22
16/12 11 people joined and shared

Zoom MCSG Macmillan (Every 4th Thurs 11am-12N) 27/1/22
December gathering paused

Zoom MCSG Soho (Every 2nd Sat 11am-1pm) 8/1/2022
11/12 24 people joined Christmas celebration with singing, game, present etc

