

## 2022年1月 協會財政報告:

|       |            |
|-------|------------|
| 12月結存 | £13,899.72 |
| 1月收入  | £1,748.30  |
| 1月支出  | £3,440.00  |
| 1月結存  | £12,208.02 |

## 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

### 病友園地

### 朱守華

2016年3月，我收到邀請信去接受乳癌普查，兩週後收到的報告有疑問。4月初的覆檢，在同一天接受三項檢查，包括乳房X光造影、超音波和取活織，確診左乳房下側約有1公分的二級腫瘤。我沒有任何不適的感覺或症狀，在醫生的訊問和臨床檢查的過程中，也屬正常。乳房外科安排我在6月份接受90分鐘的微創手術。因為是微創，對手部活動影響不大，兩週內不拿重物便可以了。我去上了一堂課有關手臂運動，由護士講解的。沒有做按摩，大約一個月後，我基本上已恢復正常。

手術後覆診，醫生告訴我手術成功，比原先預期要好。已切除0.7公分的腫瘤，附近的淋巴也沒有變異，傷口癒合佳。在整個治療過程期間，我丈夫和女兒都相陪。覆診腫瘤科時，我的弟婦也在百忙中抽空前來幫我翻譯，並和醫生討論。最後醫生確定方案，無須化療，但需電療共六次，每週一次，每次五分鐘。電療期間，我的食慾正常，也無任何反應，電療部位的皮膚稍變深色。腫瘤科醫生又定下長遠的治療方案：我須接受荷爾蒙的藥物治療五年，每年一次的乳房X光造影共五年。服食了荷爾蒙的藥物，有時晚上有盜汗，但是很輕微，不過經常腰酸背痛。服藥五年停藥後，症狀減輕了許多。患癌後，我沒有戒口，但注意營養，吃有機蔬菜水果，及高蛋白的食物，主要吃有機的雞和雞蛋、牛奶和芝士。到今天，我每天都飲女兒買的靈芝孢子粉和冬蟲夏草。在2021年的驗血顯示我的維他命D偏低，需要補充。後來疫情的關係，我補充了維他命C，希望提高免疫力。

考慮到親戚們都忙於工作，所以每次覆診都由我丈夫陪同。醫生們都很耐心，知道我們英文差，所以也講得比較簡單，使我們容易明白，實在不明白就通過電話翻譯。2018年覆診，醫生認為我的情況穩定，以後改由專科護士跟進。我在朋友的引導下去了教堂，在那裡我受到了主耶穌的召喚，我決志相信耶穌，內心有了平安。我又隨朋友參加了癌症月會，認識了義工們。由於疫情的關係，在2021年春天我沒有收到覆診信，心中無比的焦慮，因自己的英語不好也不知道應該怎樣去聯絡醫院。這時義工知道我的困難，熱心幫助我安排覆診，讓我順利地作了最後的一次的覆查，並且結果正常。義工還從我的覆診報告得知，因服食荷爾蒙藥，我還需要兩年一次檢查骨密度共三次，但我自己不懂得跟進，結

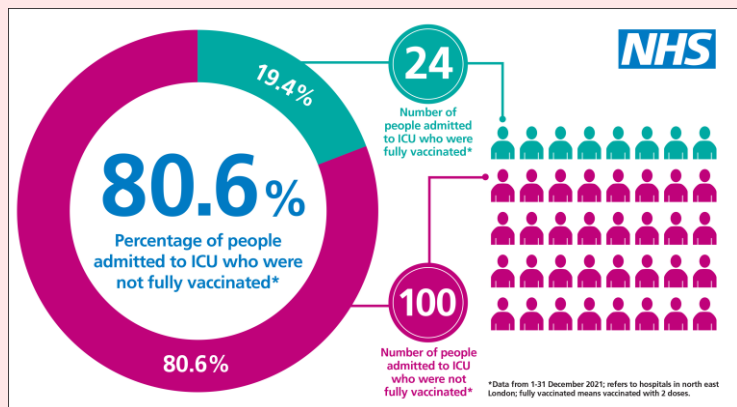
果一次也未檢查過。我有時候會覺得乳房脹痛，心裡就會很緊張，總是怕是否轉移，或者復發，但是自我檢查好像沒有任何症狀。問周圍的朋友，與我類似的情況也有發生，所以我又安心一點。聽了其他乳癌癌友的分享，例如按摩乳房、飲食及運動等各方面知識，令我獲益良多。還有，完成五年的覆診，若感覺乳房有異常，GP便會重新轉介病人去乳房科，知道這資訊令我大為放心。她們的坦誠，讓我這個醫盲學到了很多醫學護理的知識，這是耶穌給我的最大的恩賜，再次由衷的感謝。

我自小喜歡運動，是區少年體育學校的學生，曾獲得上海市青少年乒乓球比賽團體第三名，所以我一向健康良好。來英國後，我在飯店廚房工作，後來自己也開外賣店。在患癌症前我有血壓高，及血糖偏高，其他沒甚麼。在2012年，我大哥確診肺癌，於2016年病故。我想自己患癌的原因，可能與我的工作有關係吧。現在我也堅持鍛鍊，疫情期間每天基本上白天在家裡跑步40分鐘，晚飯後我和丈夫都會到戶外散步半小時左右。因疫情嚴重，我不敢去教堂敬拜，只參與線上主日崇拜。在聖誕節前夕，我收到了一份珍貴的禮物，就是感恩袋。感恩那些上帝派來的義工，在疫情如此嚴重下，他們不顧自己的安危，幫助癌症病人，解決求醫、翻譯和心理輔導等。我更感謝NHS的醫護，不畏疫情的風險，幫助病人重獲健康。

「癌症」這個詞彙是很多人忌諱的，因為每個人都怕這種病，病人好像離死亡不遠，所以很不願意讓人知道。有些華人不承認自己患癌，不想讓親人知道，怕大家擔心。我想應該是在不同的環境下，造成心理壓力，引起不同的想法，造成了華裔癌友不願透露自己的姓名吧！我有位朋友也患乳腺癌，她有份很好的職業。她害怕乳癌令自己失去工作，所以她的手術、化療和電療，都是取用年假。她化療後直接去上班，同事們都不知道她生病。義工告訴我，英國法例禁止歧視癌症病人，亦禁止公司以癌症為理由辭退患癌症的員工。我希望在英國的華裔癌友不必擔憂受歧視，因為心理壓力會減低人的免疫力，反而助長癌細胞的增生。我患癌症五年，沒有經歷被歧視，教會弟兄姊妹也很支持我的康復，感謝耶穌！

## 疫苗與重症 ❤️呼籲儘早接種疫苗

下圖是倫敦東北部重症監護病房在 2021 年 12 月的統計。



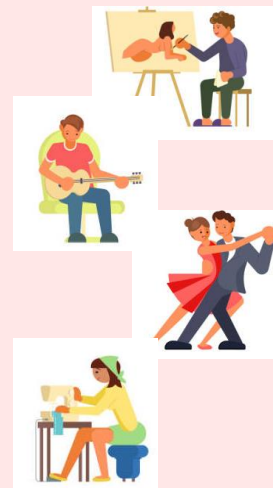
80%病人(紫紅色)是未完全接種疫苗  
20%病人(綠色)是完全接種疫苗

<https://northeastlondonccg.nhs.uk/news/almost-90-of-patients-admitted-to-intensive-care-units-in-north-east-london-are-not-fully-vaccinated/>

## 為什麼今年你應該培養一項創造性的嗜好

創造性的嗜好(例如:烹飪、園藝、音樂、舞蹈、縫紉……)可以改善您的大腦功能,並減少認知能力的下降,有益身心健康,並培養理想的技能。

創造力是對秩序和關係的新發現、理解、發展和表達。當您以享受樂趣來探索創造力時,您將獲得新的能力和技能,從而有益身心健康。



<https://patient.info/news-and-features/why-you-should-take-up-a-creative-hobby-this-year?>

## 感恩

## 宋有妹

封城期間,我儘量避免外出就是了,電話和電腦成為唯一的社交途徑。2021年,我先後注射了兩劑疫苗,副作用不大,於是放心出外見朋友。5月某個週六下午,我突然嘔、嘔和肚痛。自幼我的腸胃較為敏感,吃了不習慣的食物,常有嘔嘔症狀。我與家人都不以為意,鼓勵我飲水以防缺水。我認為是午餐吃了朋友所贈的自製糕點引致不適,丈夫與女兒和我同進午餐,卻沒有任何不適症狀。我的肚痛漸加劇,每半小時去廁所。我曾經暈倒,丈夫拍醒我給我飲水。半夜三時半,我發現自己排出鮮血。為免打擾家人,我坐在廁所直至早上七時許,才告訴丈夫有事相告。他知道後便叫女兒為我致電 111 求助。接線員問了我的症狀,須轉介由醫生作回覆。數分鐘後醫生來電,並安排救護員家訪。我還未換好出街衣服,救護車已到達。救護員說:「因疫情緩減,我們才可這樣快到達府上。」他們為我檢查期間,我又要去廁所。他們見坐廁內滿佈鮮血,我的血壓略高,便要立即送我去急症室。抵達後,我獲安排在單人房休息,真的感謝耶穌。我馬上接受靜脈輸入以防休克,但照 X 光、超音波和探肚門,均找不出病因和出血點。我再無大便可供化驗,驗血報告中只有白血球略高,診斷我急性腸胃炎。醫生安排我出院,須戒口奶類及油利食物一週,但多吃香蕉等食物,以助大便成形。

出院後翌日,我已有大便樣本送去 GP 化驗。過兩天我已沒有肚痛肚痾了,便恢復正餐進食。豈料又再肚瀉,我真的要照醫生吩咐戒口一週。大便報告正常,醫生便為我驗血。首次驗血報告不理想,醫生要我再驗血,報告顯示我缺乏鐵質,可能有癌癥須要第三次驗血。我在癌症協會做義工,聽見「癌癥」二字特別敏感,但我的內心有平安,家人與我一起祈禱交託就是了。最後的驗血報告正常,感恩!出院後一個月做大腸鏡檢查,在螢幕上看見自己的大腸,感覺到大腸鏡的管子在我體內移動,整個過程經歷到神與我同在,滿有平安。離開醫院前,醫生遞來報告,一切正常,不用再做任何檢測。感恩!我原先有便秘,可能照大腸前要放大便,檢查後反而腸胃通順,不再便秘了。能如常生活照顧家人和關心癌友,實在幸福!

詩篇 107:15「願他們因上主的大愛頌讚祂,因祂為他們所做的奇事讚美祂。」感謝主耶穌。

## 網上蘇豪月會(逢每月第二週六 11am-1pm) 12/2

8/1/2022 多謝 75 人參加林順達先生的講座  
「處理痛症的中西看法」

### 中醫角度看痛症

### 腰痛治療

4. 各類物理治療(拉腰頸、電療、手力治療、水療等)



## 網上美景月會(逢每月第三週四 11am-12N) 17/2

20/1/2022 多謝 10 位參加,分享近況。

## 網上美倫月會(逢每月第四週四 11am-12N) 24/2

27/1/2022 多謝 8 位參加,分享近況。



## CACACA January 2022 Finance Report

|                  |            |
|------------------|------------|
| December Balance | £13,899.72 |
| January Income   | £1,748.30  |
| January Expenses | £3,400.00  |
| January Balance  | £12,208.02 |

## **Zoom Monthly Cancer Support Group (MCSG Soho)** **2<sup>nd</sup> Saturday of each month 11AM-1PM Zoom**

### Patient's Story

### Susan

In March 2016, I had routine breast cancer screening. Two weeks later, I received a review appointment in April for a mammogram, an ultrasound and a biopsy, which confirmed my left breast cancer 1 cm grade 2. Although I had prepared, I didn't want to believe that I had cancer. I had to face the fact. I did not feel any discomfort or symptoms, nothing wrong at clinical examination. I had 90-min microsurgery in June. As minimally invasive, my hand movement has no problem afterwards, only no heavy lifting for a fortnight. I did the arms exercise learnt at a nurse class. Without massage, I was back to normal after a month.

At the follow-up, I knew that the surgery was successful, better than expected. The 0.7cm tumour was removed, the nearby lymph nodes were not affected, and the wound healed well. My husband and daughter were with me throughout the treatment. My sister-in-law rescheduled to interpret at the oncology appointment, no chemo but radiotherapy. During the six fractions of five minutes each time once a week, I had a normal appetite and only slight darkening of the breast skin.

Afterwards, I needed annual mammograms and five years of hormone therapy which induced night sweats and back pain but subsided after the treatment was completed. I take care of my nutrition, eating organic vegetables and fruits and high protein foods, mainly organic chicken and eggs, milk and cheese, Lingzhi spore powder, and Cordyceps bought by my daughter. In 2021, I started a Vit D supplement due to my Vit D Deficiency. For the pandemic, I took vitamin C to boost my immune system.

My husband accompanies me to every appointment as my relatives are busy. Knowing our English was poor, the doctors patiently spoke in simple terms with interpretation on the phone if necessary. In 2018, a CNS followed me up due to my good condition. I went with my friend to her church, and I put my trust in Jesus and have had peace in my heart ever since. I also attended MCSG and met the volunteers. In 2021, I was very anxious because no appointment letter arrived. The volunteer contacted the hospital to arrange my last follow-up, and it

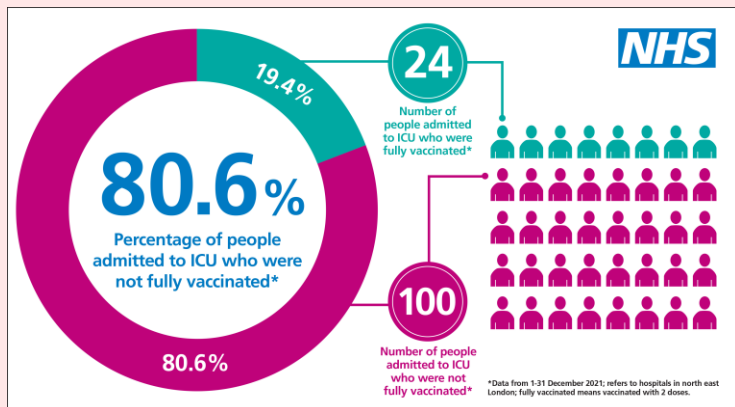
was normal. The volunteer also found out from my clinical letter that I needed bone density every other year three times due to hormone therapy. I didn't know how to have this, and as a result, I didn't have it checked once. Sometimes, my breast felt swelling and pain, and I was worried about metastasis or recurrence, but nothing was abnormal on self-exam. I learnt from other patients about breast massage, diet and exercise. They reassured me if patients felt anything wrong, the GP would refer them to the breast clinic again. Thank Jesus for their sharing.

I was fit and healthy and won third place in the Shanghai Youth Table Tennis Competition. Moving to the UK, I worked in the kitchen and later opened my shop. Before cancer, I had high blood pressure and high blood sugar. In 2012, my elder brother was diagnosed with lung cancer and died in 2016. I think my cancer is probably related to my work. During the pandemic, I jog for 40 minutes at home. After dinner, my husband and I would walk outdoor for half an hour. On Christmas Eve, I received a precious gift of a grateful bag. I am thankful to Jesus for the medical staff and volunteers helping cancer patients during the pandemic.

The term cancer is taboo because everyone is afraid as if the patients are close to death. Some Chinese patients don't admit their cancers and refuse to disclose to avoid causing worry. This psychological issue causes Chinese patients to be reluctant to reveal their names. My friend has breast cancer and was afraid of losing her job. She took annual leave for surgery, chemo and radiotherapy. She went to work straight after the chemo, and her colleagues didn't know she was ill. The volunteer told me that UK laws forbid discrimination against cancer patients and that companies cannot dismiss employees because of their cancer. I hope that we Chinese cancer patients in the UK do not have this unnecessary fear of being discriminated against, as psychological stress can reduce our immunity and proactive cancer. During my five years cancer pathway, I have not experienced any discrimination, and my church members support my recovery, thanks to Jesus!

## Vaccination vs ICU Admitted Please get your vaccination

Below diagram is vaccine and patients admitted to Intensive Care Unit in northeast London in December



80% of patients were not fully vaccinated

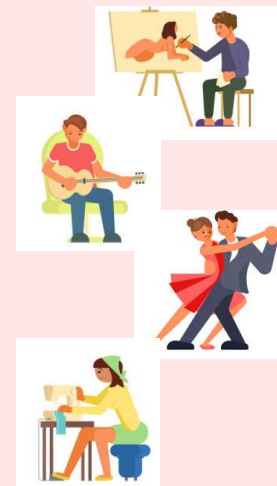
20% of patients were fully vaccinated

<https://northeastlondonccg.nhs.uk/news/almost-90-of-patients-admitted-to-intensive-care-units-in-north-east-london-are-not-fully-vaccinated/>

## Why you should take up a creative hobby this year

Creative hobbies (e.g. cooking, gardening, music, dancing, sewing...) can improve your brain function and reduce cognitive decline, benefit your mental and physical health, also develop desirable skills.

Creativity involves the new discovery, understanding, development and expression of orderly and meaningful relationships. Creative hobbies give you enjoyment, new abilities and skills to benefit your mental health.



<https://patient.info/news-and-features/why-you-should-take-up-a-creative-hobby-this-year?>

## Thankful

## Tammy

During the lockdown, I avoided going out. The phone and computer were the only ways to socialise. After receiving two vaccines with few side effects, I could go out and meet friends without any worries. In May 2021, one Saturday afternoon, I suddenly had tummy pain, diarrhoea and vomiting. The homemade cake from my friend might cause these problems, although my husband and daughter had lunch with me without any discomfort. Since I was a child, I have had a sensitive stomach and would often pass gas and vomit if I ate food I was not used to. I drank plenty of water to avoid dehydration. My bowel movements worsened, and I needed the toilet every half hour. I once fainted, and my husband woke me up to give me water. At 3:30 am, I found myself passing blood. To avoid disturbing my family, I sat in the toilet until 7 am to notify my husband. He asked our daughter to call 111. The operator asked about my symptoms then a doctor called back a few minutes later. Before I could get changed, the ambulance arrived. The paramedic said, 'We can get to the house so quickly because the pandemic has abated.' I had to go to the toilet again. When they saw blood in the toilet bowl and considered my blood pressure high, they had to take me to the A&E immediately. The nurse gave me IV fluid quickly to prevent collapse. X-rays, ultrasound and rectal exam could not find any cause or bleeding point. I had no more stools to test and only a slightly high white blood count, diagnosing me with acute gastroenteritis. I was discharged and asked to abstain from dairy and oily foods for one week but eat more bananas etc to help stool form.

I had a stool sample sent to the GP the day after discharge. Two days later, I had no more stomach pain or diarrhoea and resumed eating regular meals. I had diarrhoea again. I should avoid eating certain foods for a week as instructed by the doctor. The stool report had no abnormalities. My GP took a blood test which was not good. GP asked me to repeat the blood test that showed my iron deficiency and the possibility of cancer. I have volunteered at CACACA and was very sensitive to the word "cancer", but I had peace in my heart, and my family prayed with me. I was thankful that the final blood report was back to normal. One month after discharge, during colonoscopy. I saw my colon on the screen and felt the tubes moving inside my body. Finally, nothing abnormal was detected. I had constipation originally. The colonoscopy probably enlarged my bowels, and they moved smoothly afterwards. I am so happy my life resumes normal, to take care of my family and cancer friends!

Psalm 107:15 'Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind...' Thank Jesus.

## Zoom MCSG Soho (Every 2nd Sat 11am-1pm) 12/2

8/1/2022 75 people joined Mr Rayson Lam's talk 'Pain control'

**中醫角度看痛症**



**腰頸痛治療**

4. 各類物理治療 (拉頸、電療、手力治療、水療等)





## Zoom MCSG Maggie (Every 3rd Thurs 11am-12N) 17/2

20/1/2022 10 people joined and shared

## Zoom MCSG Macmillan (Every 4th Thurs 11am-12N) 24/2

27/1/2022 8 people joined and shared

