



2022年2月協會財政報告

1月結存	£ 12,208.02
2月收入	£ 200.00
2月支出	£ 5.00
2月結存	£ 12,403.02

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

癌友園地

Isabella

2020年，我獲IT公司派到倫敦工作。2021年8月，公司定期身體檢查時，醫生發現我的左乳房有異樣，乳頭凹陷和有腫塊，便立刻轉介我去乳房科，我同時要求GP轉介。一星期後，我已接到預約信去醫院，同一日做了三項檢查：乳房X光造影、超音波和取活組織。當時醫生認為七八成是癌症。我當時不大相信自己有癌症，因為我年輕、生活如常、毫無不適。一星期後覆診，醫生確診是生長速度三級的乳腺癌DCIS，有4cm。我知道唯一最有效治療是切除手術，也問了香港的醫生和英國的私家醫生，意見都是一樣。起初有想過應否回港醫治，但我計算過香港公立醫院的輪候時間會比英國NHS更長，而且感覺在英國治療更好。最後，我決定在英國的私家醫生做手術，公司的醫療保險可以支付費用。

我上網找了CACACA，想認識同路人。數天內便有義工主動聯絡我，跟我分享了很多乳癌的事和英國醫療機構的運作。看醫生初期，我很多醫療詞彙都不懂，有時要叫醫生多加解釋。後來我慢慢上網學了不少醫療詞彙，又有身為GP的姊妹陪我覆診，我可以更好與醫生溝通。

因為MRI顯示右邊乳房有些點異樣，起初懷疑也是癌症，但首次超音波照不到，重驗超音波後，在MRI下取活組織。這樣，便推遲了治療，也令我擔心。有別於一般的MRI，當日我躺在檢查床上，被多次推出推入震耳欲聾的圓筒檢查機，醫生才完成取活組織的步驟。一週後，報告顯示右乳房不是癌症，我鬆了一口氣。手術前，我還有另一樣掙扎。私家醫生在首次覆診，已提議做重建。我考慮應該做異物植入implant還是取自身的腹肌flap來重建。最後不想身體多個疤痕，所以我決定做implant。

終於在10月中，我在私家醫院接受了左乳切除術和重建。單人的私家病房環境清幽，但一日三餐的西餐再好味，我也感厭倦，很想食得清淡。前後住院五日，出院前拆除引流喉，護士給我抗生素，胸前開扣的承托胸圍，還有預防靜脈栓塞的壓力襪。照顧者方面是相當頭痛，我在英國沒人很多親人，而且擔心如果要

化療，可能照顧不到自己。感謝耶穌，我妹妹一年前到了英國，全家三口暫時搬來我家，照顧我手術後的飲食起居。我真的很想吃餐蛋麵，十歲未到的姨甥仔竟然當場教訓我要戒口了。我也知道要戒口，儘量減少食加工食物。義工也教我檢視食物包裝的標籤，分辨添加劑和防腐劑。手術後一個月，我已可以回復正常生活及上班了。當然儘量保持每日出外散步，呼吸新鮮空氣和帶氧運動非常重要。

手術後的病理報告驗出我的腫瘤有8cm，覆蓋整個左乳房，手術醫生本人都感到十分驚訝。我的乳癌生長速度是最快的三級，能及早確診，真的要感謝耶穌；而且沒有擴散，荷爾蒙接收體是陰性，換言之我不用化療、電療和長期服食荷爾蒙治療的藥物。太好了！醫生醫治我的身體，我的心靈是靠祈禱和詩歌來安靜，除了全部交給耶穌，我真的沒有甚麼可以做。

我自幼因再生障礙性貧血，經常出入醫院接受輸血，所以醫院環境對我來說毫不陌生。廿年前，我在香港做了骨髓移植後便康復，此後我在醫院做義工支持其他病友。我確診乳癌前，身體狀況良好，家人也沒有患癌症。我完全沒想過自己會有癌症，到現在都不知道為甚麼有乳癌。我來英國工作，到埗一星期便封城，每天都是在家工作。減少了運動，亦沒有家人在身邊，我想這可能是患癌的原因。所以定期身體檢查非常重要，可以及早確診及醫治。早期的癌症生存率高，可達90%以上。我覺得最重要是樂觀面對癌症，保持心情開朗。

英國的醫護普遍都很友善，而且來自不同國家。我遇到一些亞裔醫護時，她們都特別跟我多談幾句，甚有他鄉遇故知的感覺。我也貢獻自己的IT專長，為「癌症月訊」做電腦排版。希望我的癌症故事，也成為其他癌友的鼓勵。

誰需要注射第四劑疫苗？

- 1) 患有血癌，例如：如白血病或淋巴瘤
- 2) 因治療減弱了免疫系統，例如：類固醇、生物治療、化療或電療
- 3) 器官或骨髓移植
- 4) 你的病情意味着受感染的風險很高
你將會收到邀請信，請你在第三針後的3個月（91天）內，注射第四針。

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine-people-with-severely-weakened-immune-system/>



新冠長期病症

根據NHS，新冠長期病症包括：
持續的新冠病症 — 症狀持續了4週以上。
後新冠綜合症 — 症狀持續超過12週，不能用任何其他疾病來解釋。

據病人報告，新冠長期症狀有200多種，可隨時間變化。根據國家統計，截至2021年8月1日的四週內，英國有近一百萬人報告新冠長期症狀。你並不孤單，歡迎加入在綫「新冠支援社區」以獲得支持。

<https://covidaidcharity.org/advice-and-information/long-covid>



假新聞和互聯網安全

Ada Ng

如今，互聯網上充斥着越來越多的假新聞，例如失實跨大的健康知識。它可能是一個帶有誤導性標題的YouTube視頻、你的Facebook頁面中的一個新聞鏈，或在你手機上新聞提要中的一篇文章。傳播假新聞的原因有很多，例如：

- 1) 由於YouTube視頻更多人觀看，視頻擁有者會獲得更多報酬，例如賺取廣告費。因此，吸引眼球的標題很重要，內容卻未必有事實的依據。
- 2) 網站擁有者可以通過你互聯網瀏覽器的嵌入"cookies"，來獲取用戶信息(通常是非敏感信息)。然後，將這些信息賣給營銷公司以獲取利潤。這樣，營銷公司就可以向你的瀏覽器推送相關廣告。
- 3) 意圖傳播錯誤信息或陰謀論，誤導普羅大眾。

多數情況下，閱讀假新聞只會浪費時間，或者令你相信一些根本不真實的東西。然而，有可能會引入安全威脅給你帶來傷害。在你用電腦或智能手機瀏覽互聯網時，應牢記以下要點：

- 1) 不要在不同的網站或電子郵件帳戶中，使用相同的密碼。如果一個網站被黑客入侵，你的帳戶密碼被竊，那麼你所有其他帳戶也很容易出事。使用密碼管理器，如“lastpass”，幫助你管理密碼。
- 2) 不要點擊任何可疑的、或你不認識的發件人電郵，即使其主題看起來合法或有趣。這些電郵通常會建議你點擊一個鏈接，然後將你帶到一個網站，要求你提供進一步的個人資料。切勿在任何看來不可靠的網站，輸入任何個人資料，例如出生日期、銀行帳戶資料。
- 3) 如果你需要使用公共Wifi，通常Wifi 供應商會要求你用姓名和電郵地址來登錄。你沒有必要提供真實姓名或有效的電郵地址。其實可使用假名和虛構的電郵地址來使用公共Wifi，更不要瀏覽敏感網站，例如你的銀行帳戶，因為Wifi供應商有可能追蹤你發送的信息。如果你

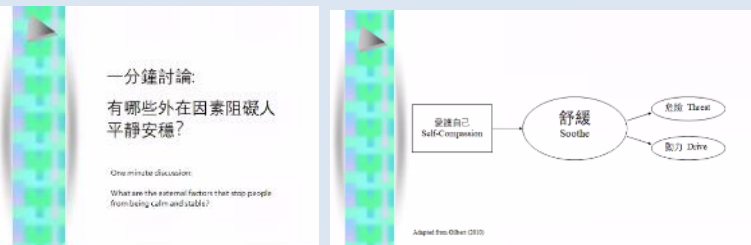
覺得事情不大對勁，請關閉瀏覽器或立即刪除該電郵，以確保安全。

*作者多年來從事 IT 信息技術，並協助「癌症月訊」的電腦排版。謹此致謝！

網上美景月會 (逢每月第三週四 11am-12N) **17/3/2022**
17/2 11 人參加，溫太分享照顧溫生的經驗

網上美倫月會 (逢每月第四週四 11am-12N) **24/3/2022**
24/2 12 人參加，Judy 與大家討論「湯水與營養」

網上蘇豪月會 (逢每月第二週六 11am-1pm) **12/3/2022**
12/2 24 人參加，Rebecca Tang 主講「平安的心」





CACACA February 2022 Finance report

January Balance	£ 12,208.02
February Income	£ 200.00
February Expenses	£ 5.00
February Balance	£ 12,403.02

Zoom Monthly Cancer Support Group (MCSG Soho)

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

Patient's Story

Isabella

At my annual check-up in August 2021, the doctor noticed a sunken nipple and a lump on my left breast. He immediately referred me to the Breast Unit and I also asked for a referral from GP. A week later, I had three tests done on the same day: mammogram, ultrasound and biopsy, and the doctor commented it was 70-80% cancer. I could not accept I had cancer because I was young, lived my life as usual and had no discomfort. One week later, the doctor confirmed that it was a Grade 3 breast cancer, DCIS, 4cm in size, and I knew that the only effective treatment was surgery. Initially, I considered having my treatment in Hong Kong, but the waiting time would be longer than the better service of the NHS. Finally, I preferred the private setting in the UK, paid for by my company's medical insurance.

I searched online to meet people in the same boat. Within a few days, a volunteer from CACACA contacted me and shared about her breast cancer experience and the NHS services. In the beginning, I did not understand a lot of medical terms and sometimes needed more explanation during appointments. Therefore, I learned online about medical terms and my sister-in-Christ, a GP, supported me to have better communication at the appointments.

The MRI showed some suspected cancerous images in the right breast that the ultrasound could not detect. So, I needed an MRI biopsy at an NHS hospital. The delayed treatment made me worried. I lay on a patient table and was pushed into a deafening cylinder several times before the procedure was completed. A week later, I was relieved that the report confirmed my right breast was not cancerous. Before the operation, I struggled with what type of reconstruction. Finally, I chose the implant, not the abdominal flap, as I did not want my body to have more scars.

In mid-October, I underwent a mastectomy and reconstruction in a private hospital, a single room with a secluded environment. I was given antibiotics, a support bra with a front opening and compression socks to prevent DVT. I was bored with the western food and wanted to eat lightly. Thank Jesus for my sister who

arrived in the UK a year ago moved in temporarily before my operation. After discharge, I wanted to eat noodles with egg and lunch meat, but my nephew, not yet 10, stopped me for unhealthy eating. I knew I had to cut down on processed food. The volunteer taught me to check the ingredients on food packages to avoid additives and preservatives. One month later, I resumed life and work as usual. Of course, it is important to keep walking every day to get some fresh air and oxygen.

The pathology report revealed that my tumour was 8cm in size and covered my entire left breast, to the surprise of the surgeon himself. My breast cancer is the fastest-growing Grade 3 that I thank Jesus for early diagnosis. It has not spread with negative hormone receptors. Therefore, chemo and radiotherapy and long-term hormone therapy are unnecessary. Great! While the doctors healed my body, my mind calmed down by prayer and song, and there was nothing I can do but give all my worries to Jesus.

I have been attending the hospital since I was young due to aplastic anaemia. The hospital environment is nothing new to me. I recovered from a bone marrow transplant in Hong Kong 20 years ago and have been volunteering in the hospital since then to support other patients. My family does not have cancer, and I was in good health before my breast cancer. I never thought I would have cancer. I still do not know why I have it. One week after I arrived in London, I had to work from home due to the lockdown. Having not much exercise and no family around may be the cause of my cancer. Regular medical check-ups are essential for early diagnosis and treatment. Early-stage cancer has a high survival rate of over 90%. The most important thing is to be optimistic about cancer and to stay happy.

The medical staff in the UK are generally friendly and international. Some Asian nurses talking to me made me feel at home. After recovery, I contributed my IT skills to the layout of the MCSG Newsletter. I hope my cancer story will be an encouragement to other cancer patients.

Who needs the 4th vaccine?

- 1) has blood cancer e.g. leukaemia, lymphoma
- 2) has a weakened immune system due to treatment e.g. on steroid, biological therapy, chemo or radiotherapy
- 3) has an organ or bone marrow transplant
- 4) your condition means a very high risk of getting infections

You will be invited by a letter for a booster (4th dose) from 3 months (91 days) after your 3rd dose.

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine-people-with-severely-weakened-immune-system/>



Long Covid

According to the NHS, Long Covid includes:

Ongoing symptomatic COVID – symptoms continue for more than 4 weeks.

Post-COVID Syndrome – ongoing symptoms continue for longer than 12 weeks and cannot be explained by any other condition.

As reported by patients, Long Covid symptoms are more than 200 and can change over time. National Statistics figured that almost a million people in the UK reported Long Covid symptoms in the 4 weeks to 1st Aug 2021. You're not alone. Welcome to join online 'Covid-19 Support Community' for support.

<https://covidaidcharity.org/advice-and-information/long-covid>



Fake News and Internet Security

Ada Ng

The internet is filled with more and more fake news these days, e.g. inaccurate health information. It could be a YouTube video with a misleading title, a newlink in your Facebook page or an article in the newsfeed on your phone. There are many reasons why someone would like to spread fake news, such as:

- 1) Video owners get paid more as their YouTube videos are viewed by more people (by embedding advertisements within the video). Hence having a catchy title is essential even though the content could be untrue or irrelevant.
- 2) Website owners can obtain user information (usually non-sensitive) via embedding "cookies" in your internet browser. They can then sell this information to a marketing company for a profit, so the marketing company can push the relevant ads to your browser.
- 3) Intention to spread wrong information or conspiracy theory to misguide the general public.

Most of the time, reading fake news will just be a waste of your time or may make you believe in something that is simply not true. However, sometimes this could introduce some security threat that cause you harm. There are some tips you should keep in mind as you browse the internet on your computer or smartphone:

- 1) Do not use the same password for different sites or email accounts. If one site is hacked and your user account and passwords are stolen, it is then very easy for all your other accounts be hacked as well. Use password manager like "lastpass" to help manage your passwords.
- 2) Do not click on any emails that looks suspicious or from a sender you do not recognise, even if the subject seems legitimate or interesting. Often these emails will advise you to click on a link that will then take you to a website that will ask you to provide some further personal information. DO NOT enter any personal information e.g. date of birth, bank account details, on any site that does not look reliable.
- 3) If you need to access public Wifi, often the Wifi provider will ask you to sign in with your name and email address. It is not necessary to provide your real name nor a valid email address. Always use a fake name and a make-up email address when signing in to public Wifi. Do not access sensitive sites such as your bank account when using public Wifi as it is possible for the Wifi provider to track the information you send through. If you feel something is not quite

right, close the browser or delete the email immediately to be on the safe side.

*The author is an IT worker for many years, and help the IT layout of MCSG newsletter. We would like to thank you!

Zoom MCSG Maggie (Every 3rd Thurs 11am-12N) 17/3/22

17/2 11 people joined, Mrs Wan shared about looking after her husband

Zoom MCSG Macmillan (Every 4th Thurs 11am-12N) 24/3/22

24/2 12 people joined, Judy shared about 'Soup and

Zoom MCSG Soho (Every 2nd Sat 11am-1pm) 12/3/2022

12/2 24 people attended Rebecca Tang's talk on 'Peaceful heart'

