



2022年4月 協會財政報告:

3月結存	£13,510.70
4月收入	£0.00
4月支出	£1,459.00
4月結存	£14,969.70

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

李女士

在 2015 年，我患了宮頸癌。經過五週的每日放療和每週化療後，我定期覆診和宮頸檢查。(癌症月訊 2020 年 4 月)。2021 年 2 月，我被裁員後感到壓力。疫情似乎沒完沒了的，我經過數次網上面試，幸運地在 7 月找到了工作。然而，我的宮頸塗片又發現了 HPV 病毒和異常細胞。因此，我在 7 月做了陰道鏡和核磁共振檢查。我的宮頸在放療後受到了相當大的損傷，醫生用陰道鏡也看不出甚麼來，我和丈夫都感到焦慮。感謝我的教母 S 和癌症支持小組的祈禱，天父知道我可以忍受多少。9 月，我開始咳嗽，但 GP 在幾次電話問診後，沒有給我做任何檢查和治療。

2022 年 1 月，我在法國探親，因胸口劇痛和呼吸困難，不得不去求診當地醫生。初步診斷是肺結核和胸腔積液。住院一週後，在 2 月 7 日，醫生診斷我有肺癌，需要進一步檢查以確認是否與我以前的宮頸癌有關。對我來說這是一個很大的打擊，但我立即發電郵給倫敦的腫瘤科醫生，卻沒有回覆。因此，我打電給我的癌友 N。儘管是黃昏醫院即將關門，她立即趕去腫瘤醫院，我對她感激不盡。她及時趕到，詢問了 CNS 的電郵地址，隨即轉發我的電郵。第二天，N 不停地給腫瘤醫院打電話。最後，她得知腫瘤醫生的秘書一直打電話找我，因為我錯過了一月份的腫瘤科覆診。感謝耶穌，讓 N 再次幫我，但她又得了新的癌症。她說：

「每次我得了癌症或疾病，都是耶穌給我的進深課程，使我有能力去服侍別人。」感謝耶穌賜予她積極態度，在抗癌路上與我並肩而行。過去，我害怕別人知道我的癌症，因為我感到羞恥而經常哭泣。然而這一次，我不介意了，希望得到更多的支持。我仍然是我，儘管我又再患癌症；儘管我的卵巢在放療後不再有功能，我仍然是我。

除了止痛藥和安眠藥外，再沒有其他治療，於是我和丈夫在 2 月 9 日星期四回到倫敦。翌日，我將掃描報告和活組織交到腫瘤醫院。我的胸部和背部非常疼痛，咳嗽時更嚴重。晚上，我只能側身躺着。我的右肺又大又重，腫瘤壓住了我的氣管，令我無法呼吸。我的丈夫完全支持我，我們一起獲上帝賜福，除了我獲得簽證外，我們在 Help to Buy 的最後期限前買了房子。

我如坐針氈般等候 MDT 開會討論我的病情，一週後的週四便急不及待到急症室去，因為 N 可以陪我。坐在等候室裡，我想起了 2015 年的類似經歷。當 N 為我祈禱時，我的雙眼湧出了淚水。隨後，我感到安頓下來。在分流處，我的 P02 在正常值的範圍內。我獨自走進治療室接受進一步檢查，照完肺 X 光和 CT，我被收入院。醫生表示我的胸部感染和積水，相比兩週前在法國的情況已經惡化了。住院的一週內，我做了多項檢查，驗血、核磁共振和 PET。靜脈輸入抗生素和胸腔穿刺引出一公升帶血的液體後，我的呼吸改善了，但我仍然有疼痛和乾咳。S 探訪我，但由於 Omicron，我只能在走廊與她傾談。但有了社交生活，我感覺少了孤單感。幾天後，護士允許我和 S 在醫院外的花園散步幾小時。在陽光下呼吸新鮮空氣，令我感到精神爽利。最初，醫生提到放入支架可減少我氣管和食道的受壓程度。後來，醫生又覺得植入支架對我的病情太危險了。在出院前，我被 PET 報告嚇壞了，我的大腦和肝臟也有病變。為甚這麼長時間，還未能確認我肺癌的源頭，還未能開始化療？如果不是 N 按醫院的治療資料對我解釋，我也不知道住院期間的口服類固醇是治療腦瘤的。其副作用是胃口好，但我一直消瘦。後來，我看到咳出的痰有血，使我更加擔心。

3 月 15 日星期二，第二次腫瘤科覆診，醫生終於確認我的肺癌是繼發自宮頸癌，兩天後開始化療。我的抗癌路充滿坎坷，有時我真的不知道該如何祈禱，需要你們的祈禱。在他鄉病了，真的無精神也不知煮甚麼給自己補充營養。收到義工(請看背頁義工的文章)和癌友們送來的家庭式食物，不用愁三餐外，吃到合口味的中式食物，給我家的感覺和溫暖。衷心多謝之外，我也很想支持別的癌友。在腫瘤醫院遇到華裔癌友，我也主動為她翻譯。現在感覺身體健康最重要，不管是甚麼年齡。以往因學業、工作、婚姻的各種壓力，沒有好好照顧自己的身體，現在覺得一切都找來了。希望耶穌給我們充足的新力量，淨化的身心靈。



第五劑 / 春季加強劑

年滿 12 歲患有血癌或免疫系統受抑制的病人，在第一次新冠疫苗加強劑（第四劑）後 3 個月，將接受第二次加強劑（第五劑 / 春季加強劑）。對於血癌病人來說，這是他們總體上的第五劑新冠疫苗。任何 75 歲及以上的人仕，也會獲注射春季加強劑。

如果閣下符合條件，將會收到 NHS 邀請信，請與 GP 討論如何接種第五劑。通常在當地的醫院、GP 或 NHS 機構接種。

<https://bloodcancer.org.uk/news/why-are-people-with-blood-cancer-invited-for-5th-vaccine-dose-second-booster/>



默默地支持

陳蘊如

2013 年在教會崇拜，我初次聽見癌症事工的分享，後來我出席了癌症協會的音樂籌款會。我的兒女已長大自立，我便開始考慮參與義工行列。

在 2018 年，我獲介紹認識了住在我家附近的賴婆婆。她在檢查牙齒時，發現患了口水腺癌。手術之後進食困難，令 80 多歲活動能力減退的她，減少了進食的樂趣，更見孤單和情緒低落。我定期探訪她，給予陪伴和鼓勵，讓她的日子容易過一點。我也曾與教會傳道人一起探訪，分享福音後為賴婆婆祈禱，希望她好來好去不致太辛苦。

我感恩自己未有親友患癌症。事實上，不管是癌症病人，或身體有各種疾病的人，都很需要關心和鼓勵，幫助他們建立信心，走出困境。癌症協會的成立實在幫助很多癌症病人，不至孤單獨行，見到曙光。希望更多義工參與關懷工作，讓更多病人受惠。雖然疫情帶來很多不便之處，但相比一些人因疫情失去親人，或影響工作，我已經很感恩了。未能親身前往探訪，我也用電話關心賴婆婆。去年得知賴婆婆的女兒受洗，我真的很感恩。

如今社會漸漸回復正軌，感恩之餘，我繼續為耶穌而活，成為別人的好鄰居。送食物給癌友李女士（請看首頁），也是我能力範圍之內。我鼓勵她想吃甚麼不要怕不好意思，儘管提出。除了為她祈禱祝福，我樂意默默地支持！

非常感謝

自 2020 年 12 月以來，NHS 新冠疫苗接種計劃招募了 71,000 多人，他們協助向所有年齡組提供了超過 1.2 億劑疫苗，其中包括超過 3200 萬劑加強劑和超過 140 萬劑春季加強劑。此乃健康史上規模最大、最成功的疫苗接種計劃，超過五分之四符合條件的成年人獲得了額外的保護。

除了帶薪職員外，NHS 的疫苗接種計劃還受益於數千名義工的支持，記錄了超過 250 萬小時的義務工作。

<https://www.england.nhs.uk/2022/04/nhs-chief-praises-thousands-of-vaccination-staff-staying-in-the-health-service/>



網上蘇豪月會（逢每月第二週六 11am-1pm）14/5

9/4/2022 多謝 45 人參加勞子滔醫生 Dr. Toby 主講「家庭醫生的角色」。



網上美景月會（逢每月第三週四 11am-12N）19/5

21/4/2022 多謝 9 人參加，互相支持。

網上美倫月會（逢每月第四週四 11am-12N）26/5

28/4/2022 多謝 8 人參加，互相支持。





CACACA April 2022 Finance Report

March Balance	£13,510.70
April Income	£0.00
April Expenses	£1,459.00
April Balance	£14,969.70

Zoom Monthly Cancer Support Group (MCSG Soho) 2nd Saturday of each month 11AM-1PM Zoom

Patient's Story

Ms Li

In 2015, I had cervical cancer. After five weeks of daily radiotherapy and weekly chemo, I had regular follow-up and cervical screening. (See newsletter 4.2020). In Feb 2021, I was stressed about redundancy. I got a job in July after a few interviews, lucky for me in the pandemic. However, my smear test found the HPV virus and abnormal cells again. Therefore, I did a colposcopy and MRI in July 2021. The colposcopy doctor could not see anything particular since my cervix was quite damaged after the radiotherapy. Both my husband and I were anxious about it. Thank you for my godmother S and cancer support group's prayer that the Heavenly Father know how much I can endure. In Sept, I started coughing, but the GP did not give me any test or treatment, even after several online consultations.

In Jan 2022, visiting family in France, I had to consult a local doctor for my great chest pain and breathlessness. The initial diagnosis was TB and pleural effusion. On 7 Feb, after in-patient one week, I was diagnosed with lung cancer which needed further investigation to confirm the primary source related to my previous cervical cancer or not. It was a big shock to me, but I immediately emailed my original oncologist in London but no reply. Therefore, I WhatsApp my cancer friend N who immediately travelled to the oncology hospital even though it was the evening that the hospital closed soon. I could not thank her more. She arrived just on time to enquire about the CNS' email address and then forwarded my email. The next day, N kept on calling the oncology hospital. Finally, N found out that the oncologist's secretary had kept calling me because I missed my oncology appointment in January. Thank Jesus for bringing N to me again, but she got another cancer. N mentioned that every time she had cancer or illness, Jesus would put her into an intensive course to equip her to minister to others. Thanks to Jesus for her positive attitude and for walking alongside my cancer pathway. In the past, I cried a lot because I felt shame for fear that other people might know about my cancer. However, this time, I don't mind and want more support. I am who I am even though I have cancer again and my ovaries no longer worked after radiotherapy since 2015.

Since no treatment except painkillers and sleeping pills, my husband and I travelled back to London on Thurs 9 Feb. I gave my scan report and biopsy tissue to the oncology hospital the next day. I had much pain in my chest and back, even worse when I coughed. At night, I could only lay on my side. My right lung was so big and heavy that the tumour blocked my air pipe

I could not breathe. My husband was totally on my side, and we have experienced God's best gifts for my visa and buying the flat before the Help to Buy deadline. Waiting for the MDT meeting to discuss my condition, I could not wait but visit A&E the next Thursday since N was available to accompany me. Sitting in the waiting room recalled a similar experience in 2015. When N prayed for me, my eyes flooded with tears. Afterwards, I felt more settled. My PO2 was within the normal range at the triage. I walked alone into the cubical for further tests and was admitted after CT and chest X-ray. The doctor mentioned that my chest infection and fluid got worse two weeks ago in France. Within one week of in-patient, I had several tests, including blood tests, MRI, and PET. Taking the antibiotic and the chest tapping draining out one-litre blood-stained fluid, my breathing became better but I still had pain and dry coughing. During the pandemic, I could only talk to S in the corridor, but I felt much better to have a social life. A few days later, the nurse allowed me to walk outside the hospital for a few hours with S in the garden to have fresh air in the sunshine. I felt refreshed afterwards. Initially, the doctor mentioned that insertion of a stent would reduce the pressure on my airway and oesophagus. However, it turned out this procedure was too dangerous for my condition. Moreover, I was terrified by the PET report that my brain and liver also had lesions before discharge. Why does it take a long time to confirm the source of my lung cancer? If it was not N according to treatment information told me, I did not know that the steroid given during in-patient was for my brain tumour. The side-effect is a good appetite, but I kept on losing weight. Later, I saw blood in my sputum, making me more worried.

On Tue 15 March, the 2nd Oncology appointment confirmed my lung cancer was secondary to cervical cancer and I started chemo two days later. My cancer pathway is full of ups and downs and needs your prayers. Sometimes, I do not know how to pray. I felt warm and supported by the volunteers and cancer patients who sent me food. Having Chinese food in the UK gives me a sense of home, thank you so much. I would also like to support other cancer patients. When I met a Chinese cancer patient at the Chemo Unit, I volunteered to interpret for her. Now I feel that health is the most important thing, no matter what age you are. In the past, I didn't take care of my body due to the pressure of school, work and marriage, but now I feel that I have found everything. I hope that Jesus would give us enough new strength and purify our bodies and minds.

5th Vaccine / Spring Booster

If you're aged 12 or over and have blood cancer or immunosuppression, you can have a second covid booster (5th vaccine/Spring booster), 3 months after your first booster (4th dose). 5th covid vaccine dose is overall for blood cancer patients. Anyone aged 75 and over is offered a Spring booster.

If you're eligible, you may get an NHS letter. Your GP will tell you where to get your vaccine, usually at your local hospital or a local NHS service such as a GP.

<https://bloodcancer.org.uk/news/why-are-people-with-blood-cancer-invited-for-5th-vaccine-dose-second-booster/>



Many thanks

Since December 2020, the NHS has recruited over 71,000 people for the NHS COVID-19 vaccination programme who have helped deliver more than 120 million doses to all age groups, including more than 32 million boosters and over 1.4 million spring boosters. This is the biggest and most successful vaccination programme in health history with more than four in five eligible adults having a top up in protection

Alongside paid roles, the NHS vaccination programme has also benefited from the support of thousands of volunteers, with more than two and a half million volunteer hours registered.

<https://www.england.nhs.uk/2022/04/nhs-chief-praises-thousands-of-vaccination-staff-staying-in-the-health-service/>



My silent support

Joyce Chan

At church service in 2013, I firstly heard about the cancer ministry, and later I attended the CACACA concert fundraising. As my children grew up and became independent, I considered volunteering.

In 2018, I was introduced to Granny L, who lives near my home. During her dental check-up, she was found to have salivary cancer. After surgery, she had difficulty eating, and in her 80s, she was less active, less happy to eat, lonelier and more depressed. I visited her regularly to provide companionship and encouragement to make her life easier. I also visited with the church minister, shared the gospel with her, and prayed that she would get better and not have to suffer too much.

I am thankful that I do not have a friend or relative with cancer. Cancer patients or sick people need care and encouragement to help them build up their confidence and get out of trouble. CACACA has walked alongside many cancer patients to seeing the dawn. We hope that more volunteers will participate to benefit more patients. Although the pandemic has caused a lot of inconveniences, I am very thankful in comparison to those who have lost their loved ones or lost their jobs. When physically visiting Granny L was not allowed, I cared for her by phone. Last year, I was very grateful to learn of her daughter's baptism.

UK society is getting back on track. I am thankful that I continue to live for Jesus as a good neighbour to others. Giving food to a cancer friend Ms Li (see first page) is also within my means. I encouraged her not to be embarrassed to ask for whatever she wanted to eat. In addition to praying for her, I am happy to offer my silent support!

Zoom MCSG Soho (Every 2nd Sat 11am-1pm) **14/5**
9/4 45 people attended Dr Toby's talk on 'GP service'



Zoom MCSG Maggie (Every 3rd Thurs 11am-12N) **19/5**
21/4 9 people joined and supported each other

Zoom MCSG Macmillan (Every 4th Thurs 11am-12N) **26/5**
28/4 8 people joined and supported each other

