



癌症協會 7 月份財政報告

6 月份結存	£ 37 046.98
7 月份收入	£ 617.00
7 月份支出	£ 2 840.00
7 月份結存	£ 34 823.98

網上蘇豪關懷癌症月會 (MCSG Soho)

每月第二週六 • 上午 11:00 至下午 1:00 • Zoom 網上平台

癌友園地

鍾太

2015 年我患宮頸癌（請看癌症月訊 2018 年 1 月），腫瘤科醫生早已說明：電療後的大便習慣會改變，後遺症是間中便秘或肚瀉，首要是密切觀察，但我總是擔憂癌症復發。自從化療後，我的右耳一直嗡嗡地叫。兩年後回鄉探親時，我接受多方面的全身檢查，CT 顯示我的大腦可能有問題。返回倫敦後，我便求診 GP，講出我的憂慮，獲轉介去看腦神經專科，再照大腦 CT 等全面檢查後，確診無異常。可是我真的非常擔心癌症復發，便秘或稀糞等不正常排便，更令我非常憂慮。雖然家人朋友都安慰我，但這些身體不舒服和引發的擔心，唯有病人自己能明白，旁人真的難以理解。

2020 年封城期間，多謝癌症月會為我的健康祈禱，又邀請我參加「生死教育」，但我不習慣網上學習所以無參加。疫情嚴重，我也儘量避免去醫院覆診腫瘤科，而且我的癌症已經五年了，便請義工代我發電郵去醫院取消覆診的預約。10 月，我的丈夫突然感到非常腰痛，甚至出冷汗無法站立。我手足無措，唯有致電義工，請她打 111 求助。半小時內救護車到達，初步檢查丈夫可能是腎石引致劇痛，但家人不獲準陪同前往急症室。丈夫飲了七杯水後照 CT，原來是腎石穿過輸尿管引致劇痛。雖然當晚可以出院，但是全家已經深受困擾。疫情期間加上言語不通，總是需要義工電話翻譯，又幫我們傳電郵向 GP 要求跟進腎石問題，否則丈夫的病患真的求醫無門。GP 又傳來短訊：通知病人若需要不用處方的藥物，病人可以自行到藥房買藥。在英國看醫生真的不容易，但生活回歸平靜便是幸福！

2021 年我仍然間中便秘和排稀糞，令我非常擔心。GP 轉介我去照大腸。10 月底，護士懷疑我感染病毒而推遲了我的大腸鏡檢查。兩週後的週四早上，翻譯義工來我家陪我去做檢查前評估的病毒測試，但是預約了的 Uber 計程車沒有出現。翻譯義工祈禱請耶穌幫助後，我們便嘗試在路上找的士。在地盤外遇到了一位黑人工頭，是信耶穌的，他樂意用義工的手機叫了 Uber。我們終於上了的士，但司機講明 Uber 的預約守則：只可以按電話上的預約資料，送我們到達目的地，回程不在他的服務

範圍內。我們終於在眾多的醫院建築物下，在廣大的停車場內，準時到達不顯眼的檢查小亭。負責的職員建議我們向醫院投訴，因為前來檢查病毒的人，經常投訴檢查小亭不顯眼，又欠缺明確指示。完成檢查後，我們按預約信的指示，不可以乘坐公交回家以免感染病毒。我們唯有到醫院前台預約的士回家，並取了的士公司的電話卡。對我來說，每次往醫院都像一場冒險旅行，不知道會發生甚麼事。

翻譯義工打電話給 P 姊妹，她是癌友的遺孀，樂意照顧其他癌友。她與我住同區，願意三天後開車送我去醫院檢查大腸。當日是星期日早上，P 姊妹非常友好，往醫院途中給我打氣，令我恢復笑容。上次照大腸，因為我不想注射安眠藥，在完全清醒的情況下，我感覺非常辛苦，所以拒絕醫生做深入檢查。今次義工答應陪我回家，我便接受注射安眠藥。當我睡醒時，即場知道大腸鏡報告，顯示無腫瘤，我很高興也感謝耶穌。我們按檢查後的出院指示，必須乘坐的士回家，但翻譯義工不斷打電話給兩間計程車公司，仍然無車來接載我們。最後，P 姊妹在教會崇拜後收到義工的電話，開車前來接我們到她的家共進午膳。義工再次告訴我，這些事情都不是偶然的，是耶穌為我的好處一步步地引導，我也很高興認識多一位朋友。近日聽聞 P 姊妹也須要照大腸，後來確診大腸癌。她很積極，在電話中回答我一切安好，我也為她祈禱。

疫情前後兩年，呆在家的日子還歷歷在目。2021 年 1 月前，義工代我接收 GP 不斷的短訊，通知我打感冒針以提高免疫力，但我想可免則免，因為未知副作用將會如何。GP 也多次來短信，邀請我打病毒的疫苗。幾經掙扎後，我終於前後注射了兩針，幸好副作用不大。雖然有疫苗的保護，我返工路上都特別小心，戴手套、常用酒精梘液洗手、帶口罩等。2022 年 3 月後，倫敦逐漸解封，但我返工路上和地鐵中仍然戴口罩，以免自己受感染。癌症協會的癌友 M 太記得我，相約我飲茶閒談，朋友相聚真難得。如常生活就是幸福了。

知道兩者的區別

熱衰竭

熱衰竭的症狀包括：

- 1) 頭痛、頭暈目眩
- 2) 食慾不振、噁心、非常口渴
- 3) 出汗過多、蒼白、濕冷的皮膚
- 4) 手臂、腿和胃痙攣
- 5) 呼吸急、脈搏快、體溫達 38°C 或以上

* 成人和兒童的症狀相同，兒童會變得軟弱無力和困倦。



為熱衰竭的人降溫：

- 1) 移到涼爽的地方。
- 2) 躺下並稍微抬起腳。
- 3) 多喝水、運動或補液飲料都可以。
- 4) 冷卻皮膚(用風扇、噴灑冷水、冷敷腋窩或頸部)

* 和熱衰竭的人待在一起，直到他們好轉。

* 必要時撥打 111 尋求幫助

* 熱衰竭的人在 30 分鐘內降溫便不會變成熱中暑，否則須緊急處理。(請看右上角)

熱中暑

熱中暑的症狀包括：

- 1) 呼吸急促或呼吸困難
- 2) 抽搐（癲癇發作）
- 3) 失去知覺或沒有反應
- 4) 體溫 39.5°C 或以上

預防熱中暑



搶救熱中暑的病人：

- * 降溫(請看左上角)，立即撥打 999 求助
- * 將失去知覺者置於復甦位置。



<https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>

遺愛人間

吳李佩雲

2019 年 7 月，我丈夫確診大腸癌四期。(癌症月訊 3.2020 和 12.2020) 他努力面對治療，過程有高有低，每一天都不容易過，因為實在太多不確定，連醫生也無法掌握。整個過程，家人沒有經驗，更不知道如何處理、醫治、面對，如何平靜心境，甚至如何難過也不懂！因為我知道，有一天，離別至愛至親的一天，必會臨到我家。

親愛的朋友，我想起也難以承受，聽見也痛在心中。看到救護車經過，腦海中馬上呈現很多畫面……以上種種，不是個人或家庭能經歷得起、承受得了的。我人生的路，約行了三份二，如果可以讓我重新再選擇，多麼好呢！大家有沒有這樣想過？我曾經想過，但很快就不再想了，因為我做了一個非常重要的選擇，就是決定成為天父的女兒，由耶穌帶領我的人生。2020 年 12 月，當醫生和我再無能力照顧丈夫的時候，主耶穌接力照顧他，直到永遠。(癌症月訊 4.2021) 縱然我仍然掛念他，但知道他已安息了，不再有病痛與無奈。耶穌掌管我的明天，為了兩個女兒，我活在當下。

只要我能做的，我定必會盡全力去協助其他癌友，例如開車接送 Z 太往返醫院、煮新鮮食物給 L 姊妹、打電話關懷 A 太，雖然微不足道，卻承傳我曾經接受過的愛。我知道自己力量不多，但天父無難成的事。我微少的付出，加上天父的祝福，就能滋潤人心。我就是這樣延續我對丈夫的愛和思念，轉化為正能量，藉此遺愛人間！

網上蘇豪月會 (逢每月第二週六 11am-1pm) 13/8

9/7 28 人出席 Dr Jackie Sham 主講
「甚麼是免疫治療」

美景月會 (逢每月第三週四 11am-12N) 18/8

蘇豪佈道中心
Soho Outreach Centre (SOC),
166A Shaftesbury Avenue,
WC2H 8JB

21/7 7 人參加，互相支持。

網上美倫月會 (逢每月第四週四 11am-12N) 25/8

28/7 11 人參加，互相支持。





CACACA July 2022 Finance report

Jun Balance	£ 37 046.98
Jul Income	£ 617.00
Jul Expenses	£ 2 840.00
Jul Balance	£ 34 823.98

Online Monthly Cancer Support Group (MCSG Soho)

Second Saturday of Each Month • 11:00 am – 1:00 pm • Zoom Online Platform

Patient's Story

Mrs. Zhong

I had cervical cancer in 2015 (see MCSG Newsletter 1.2018). The oncologist explained that after R/T my bowel habits would change, with occasional constipation or diarrhoea. Since chemo, I have ringing in my right ear. Two years later in China, I had a full body check and a CT showed problems in my brain. Back in London, my GP referred me to a neurologist for a thorough exam and CT scan. I was confirmed to be fine. However, I was so worried about cancer recurrence. Although my family and friends comforted me, there are discomforts and worries that only patients can recognize but are difficult for others to understand.

During the 2020 lockdown, I thanked the online MCSG for praying and inviting me to join the "Life and Death Education" course. I am not used to learning online so I did not join. In Oct, my husband suddenly had severe back pain with cold sweats. I had no choice but to call a volunteer who called 111. The paramedic arrived in half an hour and figured the pain was probably caused by kidney stones. No one was allowed to accompany my husband to A&E. After drinking seven glasses of water, an ultrasound confirmed that a kidney stone had passed into the bladder. Although he went home that night, we were in great distress. The volunteer also received a GP text for us that medicines without a prescription are available OTC. It's not easy to see a doctor especially during the pandemic, but to have a quiet life is a blessing!

At the end of Oct 2021, the nurse postponed my colonoscopy as she suspected I had Covid. Two weeks later, the volunteer came with me to the Covid test but the Uber taxi did not turn up. After praying for Jesus' help, we tried to find a taxi on the road. We met a black man outside a building site, a believer in Jesus, who used the volunteer's mobile to call an Uber. We finally got in but the driver explained that the return journey was not included according to the booking policy. We finally found the inconspicuous kiosk in the vast car park among the many hospital buildings on time. The staff there suggested we complain to the hospital as many people coming for Covid swabs had the same struggle of not having clear

directions. Following the appointment letter, we could not take public transport home to avoid contracting the virus. The hospital receptionist booked a taxi for us and we got a taxi phone card. Every hospital trip is like an adventure to me that I never know what will happen next.

The volunteer phoned Mrs Ng, whose husband had died of cancer and was happy to support cancer patients. (see the back page 'Bequeath love to others') She lived in my area and offered to drive us to the colonoscopy three days later. On the way there on Sunday morning, Ms Ng was very friendly, cheering me up and making me smile again. At my previous colonoscopy, I refused to have an in-depth exam because I wasn't put on sleeping. This time, the volunteer promised to accompany me home and I received sedation. When I woke up, I was so happy to know the colonoscopy revealed no tumours, thanks to Jesus. We had to take a taxi home according to the discharge instructions, but no taxis from two taxi companies were available. Finally, Ms Ng received the volunteer's call after her church service and drove us to her home for lunch. The volunteer told me again that all these things did not happen by chance, but that Jesus had guided me step by step for my good. Recently, I heard that a colonoscopy diagnosed Ms Ng with terminal colorectal cancer. She was very positive on the phone that everything was fine and I prayed for her too.

Staying at home during the two year pandemic was still fresh in my mind. Before Jan 2021, volunteers received many text reminders from my GP but I refused to have a flu jab because I was unsure of the side effects. After struggling a lot, I finally had two Covid vaccines, but fortunately, the side effects were minor. However, I was still careful when I went back to work, wearing gloves, washing my hands with alcohol gel and wearing a mask even after March 2022 when London gradually resumed its usual routine. My cancer friend M remembered me and invited me to have lunch at a Chinese restaurant. Catching up with old friends is a rare pleasure. Life as usual is a blessing.

Know The Difference

HEAT EXHAUSTION

Signs of heat exhaustion:

- 1) headache, dizziness and confusion
- 2) very thirsty, loss of appetite and feeling sick
- 3) excessive sweating and pale, clammy skin
- 4) cramps in the arms, legs and stomach
- 5) fast breathing or pulse, body temperature 38°C or above

* Adults and children have the same symptoms. Children may become floppy and sleepy.



To cool someone down:

- 1) Move to a cool place.
- 2) Lie down and raise their feet slightly.
- 3) Drink plenty of water, sports or rehydration drinks
- 4) Cool their skin – use a fan, spray or sponge with cool water, cold packs around the armpits or neck.

* Stay with them until they're better.

* Call 111 for help if necessary

* Heat exhaustion is not usually serious if you can cool down within 30 minutes. If it turns into heatstroke, treat as an emergency. (Please see top right corner)

HEAT STROKE

Signs of heatstroke:

- 1) fast breathing or shortness of breath
- 2) a fit (seizure)
- 3) loss of consciousness or unresponsive
- 4) body temperature 39.5°C or above

Heat Stroke Prevention



Rescue the heatstroke patient:

- * Cool the patient (please see the top left corner) and call 999 immediately
- * Put the unconscious person in the recovery position



<https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>

Bequeath love to others!

Mrs. Ng

In July 2019, my husband had stage 4 bowel cancer. His treatment was full of highs and lows and so much uncertainty that even the doctors could not grasp. My family had no experience and no idea how to deal with it, how to calm down or even how to be sad! Because I knew that one day I would leave my loved one.

I can't bear to think about it and am hurt to hear it. When I see an ambulance pass by, I see many images in my mind. All the above is not what anyone or a family can go through or endure. I have travelled about two-thirds of my life's journey, and it would be great if I could go back and choose again! Have you ever thought about it? I did, but I soon stopped because I have decided to let Jesus lead my life. In Dec 2020, when the doctors and I couldn't care for my husband anymore, Jesus took over his care forever. Even though I still miss him, I know he is at peace, no longer sick and helpless. Jesus is in charge of my tomorrow. I live in the present for the sake of my two daughters.

I will do whatever I can to help others with cancer, such as driving Mrs Z to and from the hospital (see the front page of Cancer Story), cooking fresh food for Sister L and calling Mrs A. It is a small way to pass on the love I have received. I know I have little power, but nothing is too hard for my Heavenly Father. My small contribution and the Father's blessing can nourish hearts. I carry on my love and thoughts for my husband and turn them into positive energy to bequeath love to others!

Zoom MCSG Soho (Every 2nd Sat 11am-1pm) 13/8

9/7 28 people joined Dr Jackie Sham's talk 'Immunotherapy'

MCSG Maggie (Every 3rd Thurs 11am-12N) 18/8

Soho Outreach Centre (SOC),
166A Shaftesbury Avenue,
WC2H 8JB

21/7 7 people supported each other.

Zoom MCSG Macmillan (Every 4th Thurs 11am-12N) 25/8

28/7 11 people supported each other.

