



癌症協會 10 月份財政報告

9 月份結存	£ 34 418.69
10 月份收入	£ 762.00
10 月份支出	£ 660.00
10 月份結存	£ 34 520.69

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

Z 女士

2017 年我排便時有小量的血，但沒有在意。翌年我去新加坡培訓，結束後回中國老家，往醫院檢查了血、尿及大便，沒有查出甚麼來，可能是縣城的醫院小、儀器不足。2019 年，我的大便變得很細小，但我無消瘦，只有疲倦。我感到有點不正常便求診 GP，但 GP 回應要三個月才有醫院的檢查。某日突然肚子劇痛，朋友幫我打 111，兩位救護員扶我上救護車去急症室後，我住院三天。每天早上八時多我便肚子劇痛，按鐘後護士給我飲嗎啡止痛又能排便了。我不痛便出院，再返工。經過兩個月的檢查，包括 C T、磁力共振和取活組織等。在 10 月，我首次覆診是在 S 醫院的腫瘤科。醫生告訴我，腫瘤是在直腸上端 4.7 cm 的腺癌，T4N2M0 表示大的腫瘤、有兩粒淋巴結受影響，屬於大腸癌第三期。病理報告顯示基因變異，是容易擴散的。聽見此噩耗，我真的難以接受，因為我一直健康良好，不吸煙不飲酒。我身邊的大兒子 14 歲，3 歲的小女兒在國內由親戚照顧，丈夫不理家，所以我正辦理離婚。

我唯有面對現實，照腫瘤科醫生的安排，在手臂安裝了「外週插入中央靜脈導管」PICC Line，進行了每週的混合化療，共六次。我掉下所有頭髮、噁心和非常疲倦。除了化療止嘔藥，醫生處方維他命 D 給我。完成化療後的 CT 和 MRI 顯示：沿著大腸的血管軟組織可能受影響，延伸至左卵巢。於是在 2020 年 4 月，我接受了放療和長程的化療。8 月覆診再次評估我的癌症，我的胃口好，體重穩定，間中便秘和有血。醫生臨床檢查探肛門，觸摸到一個縮細了的腫瘤，可安排剖腹手術切除腫瘤和安裝迴腸造口來排便。10 月底手術後，我獲轉往深切治療部，以防深層靜脈栓塞，身上插滿了喉管。第 4 日我轉回普通病房，學習自己處理造口排糞，先後住院 7 日。手術後兩週，我回病房拆除腹部鐵筴。11 月底手術後覆診，醫生告訴我：「腫瘤在會陰部外浸潤，已經完全切除。」我聽見了，大大放心。醫生又安排灌腸以確定我大腸切口的內部是復合，腹部的造口在將來可以放回體內的。真是大好消息！12 月，我再次化療 3 個月後，引發雙腳麻痺等周圍神經病變。我在肛門排出的棕色液體，醫生解釋這是直腸手術後的正常現象，又為我

排期等候將造口逆轉。因着疫情緣故，倫敦封城，醫院無法確定迴腸造口逆轉手術的日期。

2021 年 7 月底，我因肛門出血兩週，背痛一個月求診急症室。醫生為我進行乙狀結腸窺探，和照 CT 骨盆和腹部後，說：「大腸暫時沒有復發現象！」我很放心便返工了。不過，急症室將我緊急轉介往婦科，兩週內我接受了婦科超音波，發現左骨盆內接近子宮處有 5cm 的囊腫，可能是卵巢腫瘤，此腫瘤壓迫左腎，引致左側腎水腫和我的嚴重腰背痛，獲轉介往 N 醫院的婦科。我再度受打擊，無法接受癌症復發，因為我生活艱難。真的多謝專科護士轉介我到房屋署，申請較好的居住地方。我獲安排 10 月底在 R 醫院，在左邊輸尿管放入支架，以緩解左腎水腫。但我的嚴重腰背痛，實在等待不了預約的手術。終於在 10 月 6 日我再次求診急症室，在緊急情況下放入輸尿管的支架，同時檢查膀胱窺探，驗血顯示腎功能無異常。PET 和 CT 顯示在大腸的手術接駁位和左邊輸卵管，我的大腸癌復發，並且轉移到遠端主動脈旁的淋巴結。噩耗真的是沒完沒了！除了每日服食標靶藥外，六個月後我還需要更換輸尿道的支架。腰背痛是緩解了，但我每日排血尿，看見也心傷，須要服食長效抗生素來控制小便感染。標靶藥也令我的面皮膚紅腫，我須要長期服食另一種抗生素來控制皮膚感染。

2022 年 3 月，我覆診腫瘤科時，認識了癌症協會的義工。後來她為我翻譯，又按藥物資料解釋，我才知道：服食皮膚抗生素是需要戴帽防曬的，以防面部皮膚受太陽光刺激。她又按我的覆診報告，寫下我的癌症故事，我才了解各種檢查結果，原來真的不是我當初所想像的那樣樂觀。多謝她總是為我祈禱，鼓勵我積極面對。9 月初覆診，我得知腫瘤再擴散，須轉用第三線的治療，是另一種口服標靶藥，可拆除 PICC Line 了。但腫瘤科預計我的生命只有六個月至一年，我真的無法接受。我要求醫生轉介我往別的醫院尋求第二意見，又要求獲得所有檢查報告和影像圖片等，希望回國治療。一個月內便收到 U 醫院預約，可以試新藥，但有待驗基因來確認。事實上，我想多也無謂，趁現在能吃能睡，如常生活過好每一天就是了！請大家為我的治療祈禱，我希望為了兒女，多活一天就一天！

藥物安全

有鋁箔泡罩包裝的藥物，可以防潮和防光。只要泡罩沒有破損，藥物在有效期前是有效的。

在通常情況下，液體藥物需要保存在冰箱里。如果放置在室溫下，即使未到有效期日，藥物的安全性或有效性可能會降低。液體藥物可能有兩個日期：「有效期」是指未開封前，「使用期」是指開封後，是較短的。請注意這兩個日期！

如果你有過期又未用的藥物，即使未開封，藥劑師也不能發給其他人使用，但可以安全地代為棄掉。

<https://patient.info/news-and-features/when-did-you-last-check-your-medicine-cabinet>



不枉此行

李忠

2020 年 3 月，倫敦開始封城，我留意到感染率不斷攀升，不大樂觀。9 月，我的 PCR 是陰性，獲准乘飛機往廣東探親。十多小時的直航飛行，我進食後儘快重新戴上口罩。到埗後我再驗 PCR 和隔離 14 日，當地的防控措施頗完善，大眾都配合。無人受感染，要去公眾地方只需戴口罩，因此我可以如常生活，類似以往每年回鄉的行程。2021 年 6 月，我返回倫敦後須在家隔離。NHS 疫情熱線職員與翻譯員，每日來電話核查我是否留在家中，如是者來電一週。我遵守防疫守則則留在家中，出外購物由同住的家人負責。完成 14 日隔離後，我每日出街散步，見巴士上只有一兩位乘客，街上只有一兩位清道夫和郵差，他們如常服務社區，值得表揚。我相信英國專家是向人民負責任的，所以沒有擔心疫苗副作用。首次注射後，只有右手的針口酸痛，當晚睡覺需要用左手扶著右手才能轉身。翌日黃昏，針口就徹底不痛了，不是漸漸的減痛，很神奇！第二次疫苗，只有針口少許不適。以往我從未注射感冒針，從健康資訊得知：若同時感染病毒和感冒，病人的症狀會非常嚴重。所以在 2021 年，我開始每年接受感冒針。當年 11 月，我選擇感冒針和第三次疫苗相距 15 日，均沒有甚麼不適。

我頭腦內的血管瘤超過十年，變化不大，感謝耶穌。雖然無頭痛但影響視力，日漸變差，現在需要配戴放大鏡才能閱讀。我儘量自己覆診，有需要才找兒子在電話中翻譯。當年在國內被誤診患癌症前後 3 次（請看癌症月訊 10.2014），所以我深深感受到癌友的心路歷程，樂意成為義工與他們同行。以往曾送食物給住院的癌友，但疫情期間不方便，我便按癌症月訊的內容為他們祈禱。此外，我參加網上崇拜和癌症協會的網上講座，保持與社會的聯繫。2022 年初，Omicron 肆虐，感染率高但死亡率低，市面逐漸重開。6 月我感染了病毒，正如疫苗資訊：每次疫苗的保護效用是半年。我只有少許喉嚨痛和口乾，無發燒。我服用連花清溫丸，喉嚨便舒服，三日後痊癒。此後，我開始外出活動，如常上英文課和教會崇拜、參加癌協成立九周年聚會、去看杜鵑花、帶癌友去摘菜，和最近的悠閒半日遊。以往每月第二週六的蘇豪月會不再舉行，真可惜。按照 GP 的建議，我在 10 月接種了第 4 次疫苗和流感疫苗，只有輕微不適。

癌症月會 MCSG

您，並不孤單！

我們是您抗癌路上的同行者，
歡迎癌症病友、家屬、照顧者和朋友。

大家分享近況，
互相關懷，
祝禱支持。



不吃明天的藥
不受明天的苦
不憂明天的慮
活在當下
過好今天



英女皇離世，我陪同 80 歲的癌友前往悼念，家人幫我們上網找起步點。9 月 17 日星期六 8am 我們離家，出了地鐵站便跟着穿黑衣的路人前往。我們只帶備麵包和兩瓶水，沿途不斷收到義工們派發的水、茶、生果和硬果，真是三步一站、五步一哨地提供照顧。市政府提供臨時廁所和洗手液外，沿途的公司也開放廁所讓出席者使用。大家自發守秩序又有傾有講，有的是從伯明翰遠道而來，只有我倆是華人面孔。我們有時坐在路旁小休，不經不覺地行了十小時，我便向現場的義工提出：「同行的友人是 80 歲又患癌症。」義工便馬上帶我們穿過「快道」來到西敏寺禮堂。進入悼念堂後，四周突然非常寧靜，就是針掉在地上也可以聽見。各人在靈柩前，有數十秒的時間，用自己的方式表達對女皇的悼念，例如：鞠躬、寂立、單膝下跪、雙膝微跪、合起雙手祈禱等。剛好是守衛靈柩的 12 位御林軍換班，我們得以停留較長的時間。離開後，我們重回燦爛的夜空和繁華的鬧市。環境上的前後對比是如此強烈，加上無數的義工自願投入為出席者打氣，凸顯了人民對英女皇的敬愛。我們 8pm 回到家，真的不枉此行，有幸見證英女皇對英國的貢獻，她真的不枉此生！

網上月會講座（粵語）12/11（週六）11am - 1pm

8/10 21 人出席 Jason Tong 主講：
「介紹英國的癌症聯盟」



美倫月會（普通話）17/11（週四）2pm - 4pm

King's Cross Methodist Church
58 Birkenhead St.
London WC1H 8BB

20/10 4 人參加，互相支持。



美景月會（粵語）22/11（週二）2pm - 4pm

Maggie's Centre
Charing Cross Hospital
Fulham Palace Road
London W6 8RF

25/10 11 人參加，互相支持。





CACACA Oct 2022 Finance report

Sep Balance	£ 34 418.69
Oct Income	£ 762.00
Oct Expenses	£ 660.00
Oct Balance	£ 34 520.69

Online Monthly Cancer Support Group (MCSG Soho)

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

Patient's Story

Ms. Z

In 2017, I had little blood in my stool but I didn't care. Next year after training in Singapore, I had tests for blood, urine, and stool in China but NAD, probably the county hospital was not well equipped. In 2019, my stool became very thin, but I did not lose weight and only experienced fatigue. I felt something wrong but my GP told me that there was a three month wait for a hospital check-up. One day I had serious tummy pain. A friend called 111 and two ambulance men helped me to the A&E. I was an in-patient for 3 days. Every morning 8am, I rang the bell for serious tummy pain, the nurse gave me morphine then I could open my bowel. After two months of tests, including CT, MRI and biopsy, my first follow-up was in Oct at S Hospital Oncology. The doctor told me that the tumour was a 4.7 cm adenocarcinoma in the upper rectum, T4N2M0 signifying a large tumour and 2 lymph nodes involved, stage 3 colorectal cancer. The pathology report showed a genetic variation that might spread easily. It was hard to accept the diagnosis because I was healthy, a non-smoker and a non-drinker. I was in the process of divorce and lived with my eldest son who was 14 years old. My youngest daughter was 3 years old, being looked after by relatives in China.

I had to face the fact and had a PICC line inserted for six cycles of weekly chemo. Later, I lost all my hair, was nauseous and very tired. Apart from the anti-sickness, the doctor prescribed vitamin D. Afterwards, a CT and MRI showed that the soft tissues along the blood vessels of the large bowel might have been affected, extending to the left ovary. So, in April 2020, I had R/T and more chemo. In August, the oncologist reassessed my cancer as a rare residual cancer. My appetite was good and my weight was stable, with occasional constipation with blood. A PR revealed a shrunken tumour and the surgeon scheduled a colon resection. At the end of Oct, post-op, I stayed in the ICU for 4 days to prevent DVT and had tubes all over my body. Later, I was moved to the general ward for 3 more days and learned to manage my stoma before discharge. Two weeks later, I was back in the ward to have the metal clips removed. At the follow-up in Nov the surgeon mentioned that the tumour which infiltrated the perineum had been removed completely. I was very relieved to hear this. I had an enema to confirm the incision wound healed well. In Dec, after 3 months of chemo again, I had peripheral neuropathy such as foot numbness. The doctor explained my brownish discharge from the anus was

normal after rectal surgery and scheduled me for a colostomy reversal. So far, the hospital could not confirm the operation date due to the pandemic.

In late July 2021, I attended A&E after anal bleeding for a fortnight and back pain for a month. The doctor examined me with a sigmoidoscopy and arranged a CT scan of my pelvis and abdomen. He said, 'There is no sign of recurrence in the colon at this time!' I was relieved and went back to work. However, within two weeks, I had an urgent gynaecological ultrasound which revealed a 5cm cyst in my left pelvis near my uterus, probably an ovarian tumour. I was devastated again and could not accept the recurrence of my cancer. I was scheduled for a ureteral stent at R Hospital to relieve my left Hydronephrosis in late Oct. However, I had severe back pain and could not wait. On 6 Oct, I attended A&E again and had an emergency insertion of a stent. PET and CT showed my colon cancer had metastasised to the anastomosis and the left fallopian tube. The bad news was endless. In addition to having oral targeted therapy, I also had to change the stent in 6 months. Thanks again to the CNS who referred me to apply for benefits. My back pain was relieved, but I had haematuria every day and needed long-term antibiotics to control the urine infection. The targeted therapy also caused my face to become red and swollen and I needed another long-term antibiotic to control the skin infection.

In March 2022 at the follow-up, I met a CACACA volunteer who interpreted for me later. She reminded me to wear a hat to protect my face from the sunshine because I was taking skin antibiotics. She also wrote my cancer story according to my clinical report, then I realised that the results of the various tests were not as optimistic as I had initially thought. I thank her for her encouragement. In early Sept, the oncologist confirmed that my cancer had spread again and prescribed a third line of treatment - a new oral targeted therapy, and predicted a six-month to one-year life expectancy. I could not accept such bad news and requested a second opinion and asked for all the test reports, images, etc. I wanted to seek treatment in China. Within a month, I received an appointment at U Hospital to try a new medication, pending genetic testing to confirm. Honestly, it doesn't matter how much I think about it. I only want to live my life as usual while I can eat and sleep! Please pray for my treatment because I hope to live one more day for the sake of my children!

Medication Safety

Medicines in foil blister packs keep moisture and light out. As long as the blister has not broken, the medicines will still be effective up to the expiry date.

Usually, liquid medicines need to be kept in the fridge. If you leave them in room temperature, they may be less safe or effective even before their expiry date. Liquids may have two dates - an expiry date if unopened and a shorter time-frame for use once opened. Pay attention to both!

If you have unused medicine that has expired, your pharmacist cannot re-issue them to other people even if the packet is unopened. However, they can safely dispose of it.

<https://patient.info/news-and-features/when-did-you-last-check-your-medicine-cabinet>



MCSG

MCSG is open to individuals touched by cancers.

It aims to give support and strength to patients, survivors, family, friends and carers.

Let us move forward together.

It is important to know that none of us is alone!



**Don't take tomorrow's medicine
Don't bear tomorrow's pain
Don't worry about tomorrow's anxiety
Live in the present moment
Enjoy today**



A worthwhile trip

Jodie Li

In March 2020, London was locked down. I was not optimistic as the C-19 infection rate rose. My PCR was negative so I went back to China. During the 10-hour direct flight, I put on my mask after each meal. After arrival, I had a PCR test and was quarantined 14 days. No one was infected and all I had to do was wear a mask in any public area. My daily life was like my previous annual trips to my hometown. In June 2021, I returned to London and quarantined at home. The NHS C-19 staff and interpreter called daily to check if I had stayed at home for a week. I complied with the 14 days of quarantine and my family members did the shopping. Afterwards, I went out for my daily walk and saw only one or two passengers on the bus, a street cleaner and a postman on the street, serving the community as usual, which is commendable. I trust the British experts and was not worried about the vaccine's side effects. After the 1st dose, only the injection site on my right hand was sore and I used my left hand to support my right hand in order to turn around on the bed. The next day at dusk, the pain was completely gone, not gradually decreasing. On the 2nd dose, I only felt a little discomfort. I had never had a flu jab before. Learning that if you get C-19 and a cold simultaneously, your symptoms may be very severe. So, in Nov 2021, I opted for the flu jab and the 3rd vaccine, taken 15 days apart with no discomfort.

I have had a haemangioma in my brain for over 10 years which has not changed much, thanks to Jesus. Although I have no headaches, my eyesight has deteriorated and I now need magnifying glasses to read. I only ask my son to interpret over the phone for my appointment if necessary. Having been misdiagnosed with cancer three times in China (MCSG newsletter 10.2014) I empathise with my cancer friends and provide voluntary support. I sent food to them in the hospitals, but during the pandemic, I could only pray for them according to the MCSG newsletters. In early 2022, Omicron was rampant with a high infection rate but a low mortality rate, and businesses gradually reopened. In June, I caught the virus and as the information states: each vaccine has a protection period of six months. I only had a slight sore throat and dry mouth, with no fever. I took Lianhua Qing Wen Pills and my throat felt better. I recovered after 3 days. Since then, I have attended English classes and church services as usual, joined CACACA's 9th anniversary, visited the rhododendron garden and allotment etc. I miss the MCSG Soho meetings that have been discontinued. Following the GP's advice, I have had the 4th vaccine and flu jab with only mild discomfort in October.

In Sept, I accompanied my 80-year-old friend to pay respects to the Queen. My family found online for us the starting point of the

queue. On 17th Sept, we left home at 8 am and followed the black-clad passers-by outside the tube station. We only brought bread and two bottles of water but received water, tea, fruit and nuts from the volunteers who took care of us along the way. Apart from the temporary toilets and hand sanitiser provided by the council, companies along the route also opened their toilets for attendees. People were spontaneous, orderly and talkative, some coming from as far away as Birmingham, and only two of us were Chinese faces. We sometimes sat on the roadside for a break and before we knew it, we had been walking for ten hours. When I mentioned to a volunteer on site, "My friend is 80 years old and has cancer". she immediately led us through the 'fast track' to Westminster Hall. As we entered the hall, there was a sudden silence, so quiet that we could hear a pin drop. In front of the casket, everyone had a few dozen seconds to express their condolences to the Queen in their own way: bowing, standing in silence, kneeling on one knee, kneeling slightly on both knees, praying with their hands together, and so on. We were able to stay longer as the 12 royal guards changed shifts. After leaving, we returned to the bright night sky and the crowded city. The contrast in the environment was so striking, and the countless volunteers cheering on the attendees underlined how much the people loved the Queen. We arrived home at 8 pm, having had the privilege of witnessing the Queen's contribution to the UK live up to her name!

Zoom MCSG Talk 12/11 (Sat) 11am – 1pm

8/10 21 people attended Jason Tong's talk:
'Introduction of Cancer Alliance'



MCSG Macmillan 17/11 (Thurs) 2pm – 4pm

King's Cross Methodist Church
58 Birkenhead St.
London WC1H 8BB



20/10 4 people joined and supported each other

MCSG Maggie 22/11 (Tue) 2pm – 4pm

Maggie's Centre
Charing Cross Hospital
Fulham Palace Road
London W6 8RF



25/10 11 people joined and supported each other