



2022 年 11 月 協會財政報告

10 月結存	£ 34,520.69
11 月收入	£1,263.25
11 月支出	£ 0.00
11 月結存	£35,783.94

網上聚會(國/粵語)

29/12 (週四) - 上午 11:00 至下午 1:00 - Zoom 網上平台

病友園地

夏令華

我 22 歲結婚後來英國，與丈夫先後經營外賣店和炸魚薯條店。2003 年我 50 歲，打麻雀後半夜回家，卻無法入睡，非常驚恐以為撞邪。GP 處方抗抑鬱藥，又轉介我去醫院，醫生帶同翻譯員來家訪。我曾數次自殺，飲滴露、服安眠藥等，被送往急症室。護士沒有洗胃，等待我好轉，便讓我出院。後來我住院兩週，出院後又再驚恐，服藥後有改善。丈夫帶我外出四處遊樂散心，半年後我以為自己好轉便停藥。2005 年我退休，生活多姿多彩，充滿精力，前後停抑鬱藥十年。2015 年，我到香港探訪家人，姐姐發現我四處放物件，熟悉地方也下錯車。我和朋友早已在八個月前預訂了遊輪，我不想錯過便如期上船兩週。回英國後，我再次失眠、精神恍惚和驚恐，唯有再次服食抑鬱藥，半年後好轉便自行停藥。豈料，我的抑鬱症再次復發，從此我便知道自己須要終生服食血清素，以平衡大腦內的化學物質。丈夫將炸魚薯條店租給別人，全時間照顧家庭。

2018 年我在香港，姐姐覺得我有異常，很無記性，便勸我去看醫生。我前後在兩所私家醫院用了十一萬港幣做了多項檢查，包括 CT、磁力共振、胃鏡和大腸鏡，最後確診我患了第四期的二級濾泡性淋巴瘤，病發在右肺頂部，左肺纖維化了，雙側主動脈旁高度代謝，左腎積水，懷疑十二指腸有幽門螺桿菌導致胃癌。主診醫生高度建議我儘快回英國治療，因為在香港的治療費用太貴。我父母和大姐也有腸癌，所以聽見自己確診癌症，也不意外。6 月我獨自乘飛機回英國，精神混沌，也不懂如何擔心。原本空姐答應送我下飛機，但我等候一小時也不見她縱影，便自行下機，在接機處久候的丈夫終於看見我了。GP 轉介我去醫院，接受每週化療。我同時如常服食我的三高藥物，包括糖尿藥、血壓高和膽固醇。8 月，妹妹遠道來探我，又介紹我認識牧師。我小時候在香港曾讀教會學校，當下我有末期癌症，便覺得是時候決志信耶穌。隨後，我感覺自己成為新造的人，頭腦清醒了，內心改變了，學習能力也增加，非常奇妙！

2019 年 4 月，我原本懷疑有的胃癌因化療也消失了，最後三個療程因有好轉便取消了。我前往加拿大探親一個月，

沒有任何不適症狀，半年不用覆診腫瘤科。後來因疫情緣故，改為電話問診。2020 年 3 月，我的右邊面突然下垂，我最初也不以為意。後來求診急症室，才從護士得知，我應該在黃金七小時內求醫。衆多檢查後，醫生確診我患了疱疹病毒引致的 Bell's Palsy，處方眼藥水和類固醇藥片十日。我兩三個月便好轉，記得媽媽也曾經患此病。

2021 年 7 月 4 日我受洗，又是我的生日，是雙重紀念日。不久大兒子感染病毒，須要隔離一週。他很疲倦，我全力照顧他，放食物在門外等他自己取用。後來我突然無法行去廁所，丈夫打電話 999 求助，但不獲准陪我坐十字車去腫瘤醫院。當時我是清醒的，用拐杖行路，到急症室後被推上病房。後來丈夫接到醫院電話通知，我昏迷了被送往 ICU。兩週後因為太多病人，我被轉院。丈夫探病，穿上全身的 PPE 在窗外，看見我面色發黑，醫生須要為我做氣管切開術來吸痰。我前後八週在 ICU，終於能自行呼吸，氣管造口也可以封閉，只留下傷口的疤痕。病毒檢測陰性，我便傳往普通單人房。我嘗試下床走路卻跌倒了，左邊身瘀腫，感恩素描顯示沒有骨折。隨後我被轉往八人病房以便護士觀察，以防我再次跌倒。由於臥床太久，全身軟弱無力，我開始了一個月的復康治療：學行路、除小便喉學排尿、進食正餐等。後來轉往護理院，我積極努力儘量自助，原定兩週的康復，十日便能行路可回家了。醫院送來輕巧的鋁質拐杖、鐵扶手高腳座椅和排便椅，又有免費照顧者每日三次前來照顧我。我儘量積極照顧自己，免得浪費政府資源。

9 月當我仍在醫院進行復康治療，小兒子如期結婚。我雖然無法出席婚禮，也為他高興。頸前的傷口見證我感染新冠病毒，並死裏逃生。除了衷心多謝醫護的悉心照顧外，更要多謝我丈夫支撐整個家庭。他不能確定醫院有沒有泊車位，所以每週兩次探病，要用兩小時乘坐交通工具。他說我昏迷後竟然講起其他語言來。我自幼與父親說南京話，與母親講上海話。我還以為自己與醫護講英文，丈夫說我其實是講國語。醫護當然不明白我的意思，仍對我全力照顧。後來，丈夫更老遠弄來各種中式食物，幫助我的飲食營養。2022 年我 70 歲，除了我的三高藥物，我的癌症每日只須服食一種預防性的抗病毒藥。現在我主要是享受人生，每日都有各種活動保持自己活躍，直到回天家見耶穌。

帶狀疱疹是一種由水痘病毒引起的痛苦皮疹。你不會「感染」帶狀疱疹，乃是在你體內早已存在的水痘病毒重新激活了。當你的水痘康復後，病毒在你的神經細胞中處於休眠狀態。稍後當你的免疫系統減弱了，它可能重新激活。帶狀疱疹不僅非常疼痛和不舒服，某些在皮疹痊愈後的幾年裡，還會留下長期的疼痛，稱為帶狀疱疹後神經痛（PHN）。



約五分之一出過水痘的人（通常在兒童時期）會發展成帶狀疱疹。換言之，英格蘭和威爾斯每年有數萬人會患帶狀疱疹。70 至 79 歲的人在任何時間都可以接種一次性的帶狀疱疹疫苗，但 NHS 不向 80 歲或以上的人提供這種疫苗，因為對這年齡組的人不太有效。

<https://www.nhs.uk/conditions/shingles/>

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。



耶穌降世為要將全人的醫治帶給世人，包括身、心、社、靈。

「瞎子看見，瘸子行走，長大痲瘋的潔淨，聾子聽見，死人復活，窮人有福音傳給他們。」

聖經 (馬太福音 11:5)

我的祈禱

溫李桂蓮

我丈夫在晚年患前列腺癌，所以我親身體會了癌症的治療路程漫長而辛苦。我很感恩，在倫敦有華人成立了癌症協會，幫助願意求助的癌友。一班出心出力的義工，不為自己利益去幫助每位癌友，本著幫助任何一位弱小的，就是做在耶穌的身上。他們無私的服務，並不是偶然的，也不是必然的。我曾經是受患者，希望大家和我一起感恩。

人生一切的權柄、榮耀和國度都在耶穌的掌控之中，誰能為自己爭到多活一時片刻呢？無論你有何癌症，求助耶穌吧！通過信主耶穌做我們的橋樑，就可以將我們的心意傳達給天父上帝。成為上帝的兒女，你有尊貴榮耀的身分，每一天都有明天的盼望。無論你活在地上由家人和醫生照顧，還是回到天家，由耶穌接力照顧你，也可以歡歡喜喜的度日。退一萬步來說，你有了精神上的依靠，生活就輕鬆多了。我是這樣走出喪夫的痛苦！

我弟弟在癌症末期，也明白要認罪悔改，信靠主耶穌為他的救主，依靠着祂度過餘下的日子。他在電話和視頻中，輕鬆了，有笑容了。我為他日日感恩，直到他回天家。我深知將會在天家，我會與丈夫和弟弟重聚，好得無比。「求我主耶穌，一眾未信主的癌友，可以有機會信靠祢，成為上帝的兒女，將主權交托在上帝的手上，輕輕鬆鬆的過日子。以上的祈禱求上帝悅納，奉我主耶穌之名而求。阿們！」

月會講座網上 (粵語) (每月第二星期六) 11am-1pm

12/11 – Zoom 38 人出席

Michelle Mok 主講

「扭轉負面情緒」



14/11 「關癌日」

岑總監在 Eastbourne 推廣



美倫月會 (普通話) 15/12 (星期四) 2pm – 4pm

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

17/11 3 人參加，互相支持

蘇豪月會 聖誕節慶祝活動 17/12 (星期六) 1pm-3pm

SOC, 166A Shaftesbury Avenue, London, WC2H 8JB

美景月會 (粵語) 20/12 (星期二) 2pm – 4pm

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



22/11 8 人出席互相支持。



CACACA Nov 2022 Finance report

Oct Balance	£ 34,520.69
Nov Income	£1,263.25
Nov Expenses	£ 0.00
Nov Balance	£35,783.94

Online Gathering

29/12 (Thursday) - From 11am to 1pm – Zoom Online Platform

Patient's story

Linda

I came to the UK at the age of 22 after getting married, and we ran a Chinese takeaway/fish & chip shop. In 2003, I had turned 50 when I came home at midnight after playing Mah-Jong. I couldn't sleep, terrified of being possessed by an evil spirit. My GP prescribed antidepressants and referred me to the hospital, then a doctor visited me with an interpreter. I attempted suicide several times by taking Dettol and sleeping pills. I recovered in A&E and was discharged without needing a stomach wash. Later, I was hospitalised for a fortnight, and my panic attacks improved with medication. My husband took me out to relax which helped me feel better, and half a year later I stopped the medicine. I enjoyed my life after retiring in 2005. While I was in HK in 2015, my sister noticed that I would misplace items and get lost in familiar places. My friend and I had booked a fortnight cruise 8 months before, which I didn't want to miss so I went as planned. Back in the UK, I again suffered from insomnia, confusion and panic attacks. I took antidepressants, which I stopped six months later. My depression recurred, so I realised it was necessary to take antidepressants for life. My husband rented out the fish & chip shop to look after the family.

In 2018 in HK, my sister noticed my memory loss and advised me to see a doctor. I spent HK\$110,000 in two private hospitals for CT, MRI, gastroscopy and colonoscopy. I was finally diagnosed with Stage 4 Grade 2 Follicular Lymphoma in my right hilum, fibrosis in my left lung, left Hydronephrosis, high metabolism in both sides of my aorta, and a suspected duodenum cancer caused by H. Pylori. The doctor highly recommended that I travelled back to the UK ASAP as the cost of treatment in HK was too expensive. I was not surprised to hear the cancer diagnosis, as my parents and elder sister also had bowel cancer. I flew back to the UK alone in June, confused and unsure how to worry. The steward had promised to help me get off the plane, so I waited for an hour. Eventually, I got off by myself and met my husband who was waiting at the pick-up point. My GP referred me to the hospital for weekly chemo. In August, my sister came from overseas and introduced the church pastor to me. When I was young, I studied at a church school in HK. I felt it was time to believe in Jesus during my terminal cancer. Afterwards, I felt like a new creation with a clear mind, a new heart and an increased learning ability. It was amazing!

In April 2019, my suspected duodenum cancer disappeared due to chemo, and 3 cycles of chemo were cancelled. I travelled to Canada for a month to visit my family and had no discomfort. I did not need an oncology appointment for six months. In March 2020, the right side of my face suddenly dropped, which I was initially unaware of. The A&E nurse mentioned I should come seven hours

which is the best time for treatment. After many tests, the doctor confirmed my Bell's Palsy was caused by the herpes virus and prescribed eye drops and steroid pills for 10 days. I recovered within 2-3 months, and recalled that my mother also had this condition.

In 2021, I was baptised on 4 July on my birthday, a double anniversary. Later my eldest son got Covid and was isolated for a week. I took care of him and left food outside his door. When I suddenly couldn't walk to the toilet, my husband called 999. He was not allowed to accompany me to the A&E of the oncology hospital. I walked with a stick but was wheeled to the ward. Later, my husband received a call that I was in a coma. 2 weeks later, I was transferred to another hospital because there were too many patients. Outside the window of the ICU and in full PPE, my husband saw I was cyanotic and the doctor had to perform a tracheotomy. I was in the ICU for eight weeks before I could breathe. My tracheostomy closed leaving only the scar. Finally, I tested Covid negative and was moved to an ordinary single room. I fell when I got out of bed, bruising my left side, but the X-ray showed no fractures. I was moved to an eight-person ward for close observation in case I fell again. As I had been bedridden, I was physically weak and started a month of rehabilitation: walking exercises, learning urination after the catheter was removed, eating a regular meal etc. Later, I was transferred to a nursing home where I helped myself as much as possible and was discharged home within 10 days rather than the scheduled two weeks. The hospital sent me a lightweight aluminium walking stick, a high chair with iron armrests and a commode chair. I had a free carer who came three times a day. I tried to take care of myself as much as possible so as not to waste government resources.

During my hospitalisation in Sept, I could not attend my younger son's wedding but I was happy for him. The tracheostomy scar marked my survival from Covid. I would like to thank not only the medical staff but also my husband for supporting the family. He was unsure of the parking spaces at the hospital, so he took 2 hours to travel for my biweekly visits. I grew up speaking Nanjing with my father and Shanghai with my mother. I thought I was speaking English with the nurses, but my husband said I spoke Mandarin during my coma. Of course, the nurses did not understand what I said but they still took care of me. Later, my husband brought all kinds of Chinese food from far away to improve my diet and nutrition. In 2022, I turned 70 years old. Apart from my medication for high cholesterol, HT and DM, I only take daily one preventive antiviral for my cancer. Now, I mostly enjoy my life with a schedule of daily activities until I return home to Jesus.

Shingles (Herpes Zoster) a painful skin rash caused by the chickenpox virus. You do not "catch" shingles – it comes on when there's a reactivation of chickenpox virus that's already in your body. After you've recovered, the chickenpox virus lies dormant in your nerve cells and can reactivate at a later stage when your immune system is weakened. Not only can shingles be very painful and uncomfortable, some people are left with long-lasting pain called post-herpetic neuralgia (PHN) for years after the initial rash has healed.



Around 1 in 5 people who have had chickenpox (usually in childhood) go on to develop shingles i.e. 10s of thousands of people in England & Wales will get shingles each year. NHS Shingles vaccination in one off is available to aged 70 to 79 at any time but not available to aged 80 or over because it seems to be less effective in this age group.

<https://www.nhs.uk/conditions/shingles/>

My Prayer

Mrs Wan

My husband suffered from prostate cancer in his later years, so I have personally experienced the long and arduous journey of cancer treatment. I am thankful that CACACA is in London helping cancer patients who are in need. Their volunteers commit to helping each patient, not for self-benefit, but in the spirit of serving any weak and vulnerable people for Jesus. Their selfless service is not accidental, nor a guarantee. I have been a recipient and hope you will join me in giving thanks.

All of life's power, glory and kingdom are in Jesus' hands, and who can fight for a moment more of life for themselves? Whatever your cancer, turn to Jesus! By believing in Jesus as our mediator, we can reach out to the Heavenly Father with our hearts. As a child of God, you have the honour and glory of being a child of God and have the hope of tomorrow. Whether you live on earth under the care of your family and doctors, or you return to your heavenly home where Jesus will take over your cares, you can live your days with joy. If you have spiritual support, your life will be much easier. This is how I recovered from the pain of losing my husband!

During his terminal cancer, my brother confessed his sins, believed in Jesus as his Saviour and relied on Him for the rest of his days. He was relaxed and smiling on the phone and in the video call. I was thankful for him day by day until he went back to his heavenly home. I know my husband and I will reunite with my brother in heaven. 'I pray to Jesus that all the unbelieving cancer friends will have the opportunity to trust you and become God's children, to put their ownership in God's hands, and to live their lives with ease. May God accept the above prayer, in the name of our Lord Jesus. Amen!'

Monthly Cancer Support Group

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!



Jesus came into the world to bring holistic healing, including physical, social, psychological and spiritual.

The blind receive sight, the lame walk, those who have leprosy are cleansed, the deaf hear, the dead are raised, and the good news is proclaimed to the poor. Bible (Matthew 11:5)

MCSG Talk Zoom (Every 2nd Sat) 11am-1pm

12/11 38 people attended
Michelle Mok's talk on
'Reverse negative emotions'



14/11 Cancer Awareness Day

CE Mr Sham promoted at Eastbourne



MCSG Macmillan 15/12 (Thurs) 2pm – 4pm

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

17/11 3 people joined and supported each other

MCSG Soho 17/12 (Sat) 1pm-3pm

Christmas Celebration

SOC, 166A Shaftesbury Avenue, London, WC2H 8JB

MCSG Maggie 20/12 (Tue) 2pm – 4pm

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



22/11 8 people joined and supported each other