



## 2022年8月 協會財政報告:

7月結存	£34,823.98
8月收入	£655.71
8月支出	£1,433.00
8月結存	£34,046.69

## 關懷癌症月會 (MCSG) 詳情請看背頁

### 病友園地

### 楊銀秀

我自小住在上海，很少求診醫生。我 36 歲才結婚，小兒子數個月大，丈夫便離世了。從此，我須要勤力工作，資助年長的母親和兩名年幼兒子。我睡眠欠佳，零晨兩三時便醒了。燒炭煮飯後，因返工廠的交通需時，早上 5 時我便出門。為了節儉，我經常吃隔夜餸菜和多吃豬肉。患癌症後，我不再吃隔夜餸，並提醒自己慢吃。除了晚上早睡我還午睡，以增強抵抗力。我晚餐吃不飽，便不能睡覺。

1996 年，我 55 歲，大兒子剛入大學。我排便時肚痛，大便暗紅色有黏液，驗大便隱血是 4+。工廠醫生檢查我肛門，轉介我到醫院照大腸，確診升結腸有腫瘤。如果是直腸癌，大便就須要改道。我服食了 12 日含豐富 Omega-3 的藥物，增強免疫力才做手術。手術後第二個月在小醫院，我開始每月一次的化療。當時的化療須住醫一星期，首日驗血，翌日化療。每次化療後，是嚴重嘔吐大約三小時，甚至嘔出黃膽水。若服用止嘔藥更難受，要吐又吐不出來，所以我堅持不服藥。十月國慶後，我在家洗風扇，突然時冷時熱。入院檢查，我的白血球很低，護士幫我擦酒精降體溫，靜脈輸入中藥以增加抵抗力，住院一週，化療更改為每三個月一次。堅持完成六次化療後，我的白血球只有 2300，發燒 40°C。此後，我每日兩次飯後飲中藥共五年，無副作用。所有手術和醫藥費由工作單位負責，我不用擔心。

2010 年，大兒子申請我來倫敦，幫助他照顧兒子。2012 年我 70 歲，獲 GP 安排我照大腸鏡，報告沒有異常，我只需要以後驗大便。2020 年我肚瀉三週，家庭醫生認為要繼續觀察。我後來嘔吐，大兒子陪我求診急症室。照大腸發現我直腸有兩粒瘰肉，由檢查的醫生即場切除。我知道後，非常擔心大腸癌復發要戴造口。覆診時，病歷報告確診是腺癌，切除了便不用再覆診，我真是虛驚一場。以我多年來的醫病經驗，覺得西醫的精準檢查和治療，令病人明明確確地知道死因；中醫講求固本培元的全面調理，令病人糊裏糊塗的活下去。

我樂意與人分享自己的癌症經驗，希望聽見的人留心

自己的身體症狀，因為及早確診癌症，治療和預後會更好；但好些中國人忌諱癌症，怕傳染和衰運。曾經某人聽見我的分享後，當場表示厭惡。後來他也確診癌症，真的沒有人有例外的。當我做了大腸癌手術，大哥前來照顧我。七、八年後，他也確診大腸癌擴散了，半年後便離世。我大姐的女兒 60 歲時，確診大腸癌，一年後離世。他們都很節儉，吃隔夜餸菜。聽說大腸癌是有遺傳性，但就算家族沒有大腸癌的病歷，也須減少進食加工食物。姐姐的媳婦 36 歲，經常肚痛以為是婦科病。後來確診大腸癌，兩年後便走了。為求方便又好味道，她喜歡吃即食麵，這種食物有很多防腐劑和添加劑的。

倫敦和上海都是現代城市，環境差不多。在上海我會看英文，但很少講英文。到了倫敦，我參加了教會的英文班。2017 年，我在英文班認識了癌症協會的義工 J。我到住家附近的公園和運動中心，參加運動班等活動，例如森巴舞，認識了許多西人朋友。我雖然講英文發音不好，但加上手勢，與西人溝通沒有困難，也從來沒有因為言語障礙受到歧視。在路上相遇，他們都會前來打招呼，非常友善。疫情兩年，我留在家中學用智能手機，參加網上聚會。做到老，學到老！微信以外，我也有 WhatsApp。回想 2003 年家母 100 歲，我娘家在上海為了媽媽派長壽麵慶祝，兩個月後她走了。2021 年我也 80 歲了，注射了四針疫苗副作用不大。倫敦解封後，生活慢慢恢復，太好了！翌年六月，我跟 J 參加癌症協會九周年聚會，節目豐富，只可惜我聽不懂廣東話。相比學英文，學習廣東話更困難。我希望有實體聚會，因為人是群體動物，需要社交生活，而且家中的 WiFi，常被兒孫佔用了。7 月，我跟義工參觀了菜園（請看後頁「原是美好」和照片），看見茂盛的蔬果，令人心曠神怡，生活充滿了光明和希望！





## 推出秋季 COVID-19 加強劑

今年秋天，NHS 將成為世界上第一個使用新一代 COVID-19 疫苗的醫療系統，該疫苗針對不同的病毒變種。

從 9 月第 5 周開始，NHS 的職員將開始為護理院的居民和體弱居家人士接種疫苗。與以往一樣，最年長和最體弱的人群將首先被召集。只要距離上次注射疫苗已經三個月的人，可以在網上或致電 119 預約。根據政府的建議，全英格蘭約有 2600 萬人符合資格接受秋季的加強劑。

<https://www.england.nhs.uk/2022/08/nhs-to-roll-out-variant-busting-booster-jab-from-september-ahead-of-winter/>



## 9 月癌症月會 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。

9 月 1 日 (週四) 遊覽 King's Cross Granary Square

9 月 8 日 (週四) 蘇豪月會 (粵語) SOC, 166A  
Shaftsbury Avenue, London,  
WC2H 8JB

9 月 10 日 (週六) 月會講座 **網上** (粵語)

9 月 22 日 (週四) 美倫月會 **網上** (普通話)

9 月 27 日 (週二) 美琪月會 (粵語) Maggie Centre,  
Charing Cross Hospital, Fulham  
Palace Road, W6 8RF



## 原是美好

Sally

過去兩年，新冠肺炎病毒肆虐，我因免疫系統有問題，屬於容易受感染的體弱一族，須居家隔離，避免與人接觸，徹底地禁閉在屋內。這種長時間不能外出，不見人的生活，令人感到極其鬱悶：不知疫情發展如何，何時受控，何時結束，何時解禁，又或者會越來越糟糕？未來充滿未知之數，讓人感到十分焦慮。每天坐在窗前，望著外面燦爛的陽光，卻不敢踏出家門半步，只能「望陽輕嘆」！

2021 年，英國終於有了疫苗，終於疫情慢慢受控，終於逐步解封，終於逐漸得釋放。我注射了四針疫苗，副作用不大，我開始早上到公園散步。2022 年 6 月我出席了癌症協會的九周年聚會和聚餐，人人充滿感激之情。翌日是星期日，我參加了由政府部門、慈善團體、教會和社區中心等，在 Hendon Park 聯合舉辦香港人的「倫敦友誼節」。那日天清氣爽，偌大的草坪上排列著多個攤位，其中就有癌症協會的。踩在綠油油的草地上，沐浴著溫暖的陽光，和風撲面，好不舒暢！幾個久違了的朋友重聚，同三倆剛來英國的香港人聊聊，彷彿久別的生活又重回人間！

7 月 9 日，我們一行 4 人，參觀了 S 先生的菜地。那天也是風和日麗。一進閘門，滿眼都是蔬菜水果和花卉，清翠欲滴，色彩繽紛，讓人心曠神怡。S 先生熱情地帶我們參觀，介紹各種蔬果及種植知識，有的品種是市面見不到的，真是開了眼界。他對種植充滿熱忱，經驗豐富，精耕細作，使得田裡各樣植物都生長良好，收穫頗豐，還送給我們好些美味的蔬菜。遊走在生機勃勃的菜園裡，我想起聖經中描述的伊甸園，上帝的創造原是美好！



## 網上蘇豪月會 (逢每月第二週六 11am-1pm) 10/9

13/8/2022 31 人出席 黃鍾慧芬中醫師主講  
「大腸癌中醫治療」



大腸癌術後食療調理方，僅供參考

- 放療或化療後白細胞減少者，可用苡米、芡實、蓮子等煮粥佐餐，常食之。或多食香菇、黑木耳、銀耳等，能提升白細胞，增強機體免疫力。
- 大腸癌便下水者，可用黃花菜(金針菜)30g，黑木耳15g，血餘炭6g，將前兩種水煎取汁300ml，沖服血餘炭。亦可常服鮮無花果。
- 大腸癌並有明顯貧血者，可用黑木耳30g，紅棗30枚，做成食品為1日量，每日食之。

## 美景月會 (逢每月第三週四 11am-12N) 15/9

18/8/2022 因場地問題暫停一次

## 網上美倫月會 (逢每月第四週四 11am-12N) 22/9

25/8/2022 9 人參加，互相支持



11/8/2022 (星期四) 20 人遊覽

Queen Elizabeth's Walk 濕地公園





### CACACA August 2022 Finance Report

July Balance	£34,823.98
August Income	£655.71
August Expenses	£1,433.00
August Balance	£34,046.69

### Monthly Cancer Support Group (MCSG) PTO for the details

#### Patient's Story

Yang

I have lived in Shanghai and rarely saw a doctor. I married when I was 36. My husband passed away when my youngest son was just a few months old. Since then, I worked hard to support my elderly mother and two young sons. I often slept poorly and woke up early. After cooking breakfast with charcoal, I left home at 5am, starting a long trip to the factory. To be frugal, I ate overnight leftover and lots of pork. After I got cancer, I eat slowly and don't eat leftovers, sleep early and take naps to promote my well-being. If I don't eat enough, I can't sleep.

In 1996, I was 55 years old when my eldest son had just started university. I had painful bowel movement, dark red stools with mucus and a faecal occult blood test result of 4+. The factory doctor did PR and referred me to a colonoscopy which diagnosed my ascending colon cancer. I took 12 days of an Omega-3 rich supplement to boost my immunity before the operation. 2 months after surgery, I was in-patient 1 week for monthly chemo, with blood tests on the first day and chemo the next. The side effect was severe vomiting for about three hours, even vomiting yellow bile. Taking anti-sickness medicine, I would feel even worse because I could not throw up, so I refused it. After National Day in Oct, I suddenly felt cold and hot. I was admitted because of my very low WBC. The nurse rubbed alcohol on me to reduce fever and gave IV Chinese herbs to boost my immunity. The chemo was rearranged to every 3 months. After 6 chemos, my WBC was only 2300 and I had a 40°C fever. Since then, I have taken Chinese herbs twice a day after meals with no side effects for 5 years. I had no worries because my workplace covered all the medical expenses.

In 2010, my eldest son applied for me to live in London to look after his son. In 2012, I was 70 and my GP arranged a colonoscopy which was NAD, so I only needed stools tested. In 2020, I had diarrhoea for 3 weeks but the GP only advised observation. I then vomited and my eldest son took me to A&E. A colonoscopy reviewed two polyps in my rectum, which the doctor removed on the spot. I was worried about bowel cancer recurrence and having to wear a stoma. At the follow-up, the pathology confirmed adenocarcinoma and I didn't need follow-up. From my years of patient experience, the precise exam and treatment in Western medicine certifies the cause of death correctly. The holistic approach of TCM that consolidates the essence and cultivates the body's vitality leaves the patient living in confusion.

I am willing to share my cancer experience to raise cancer

awareness, as early diagnosis will lead to better treatment and prognosis. However, some Chinese people are scared of cancer, fearing contagion and bad luck. Once a person expressed his disgust on the spot after hearing my story, but he was later diagnosed with cancer. My elder brother took care of me after my operation. 7 or 8 years later, he also had bowel cancer which spread out. He died 6 months later. My elder sister's daughter had bowel cancer at 60 and died a year later. They were both very frugal and ate overnight food. I heard that bowel cancer is hereditary, but even if you don't have a family history, you should be careful to avoid processed food. My sister's daughter-in-law, aged 36, had frequent belly pains and considered it a gynaecology problem. She was later diagnosed with bowel cancer and died 2 years later. For convenience and good taste, she liked instant noodles that contain many preservatives and additives.

London and Shanghai are both modern cities with similar environments. Originally, I could read English but rarely speak it. When I arrived in UK, I attended English classes at a church where I met a CACACA volunteer, Ms J, in 2017. I joined exercise classes, e.g. Zumba, at a park and a sports centre nearby where I met many Western friends. Although my pronunciation is not good, with the help of body language, I have no difficulty communicating and have never been discriminated against because of my language barrier. When I meet people on the street, they always greet me warmly. During the pandemic, I stayed at home and learned to use my smartphone and attend online meetings. I learn as I go! In 2003, my family celebrated my mother 100 years old by sharing longevity noodles in Shanghai, and 2 months later she passed away. In 2021, I was 80 and had four vaccines with mild side effects. It was great that London was unblocked and life slowly resumed. In June 2022, J and I attended the CACACA's 9th anniversary but unfortunately, I couldn't understand Cantonese. It was more difficult to learn Cantonese than English. I wish there were physical gatherings because we are social animals and need a social life. The WiFi at home is often used up by my grandson. In July, I visited S's allotment with 3 other people (see 'Created beautiful' on the back page) and was delighted to see the lush plants. Life is full of brightness and hope!





## Rollout of COVID-19 booster jab

This autumn, the NHS will become the first healthcare system in the world to use the next generation COVID-19 vaccine, which targets different variants of the virus.

From the 5th week of September, NHS staff will begin vaccinating care home residents and people who are housebound. As in previous campaigns, the oldest and most vulnerable will be called first, with people able to book online or by phoning 119, as long as it has been three months since their last dose. Around 26 million people across England will be eligible for an autumn booster in line with government advice.

<https://www.england.nhs.uk/2022/08/nhs-to-roll-out-variant-busting-booster-jab-from-september-ahead-of-winter/>



## September MCSG

**MCSG is open to individuals touched by cancers.  
It aims to give support and strength to  
patients, survivors, family, friends and carers  
so they can move forward together.  
It is important to know that none of us is alone!**

- 1/9 (Thu) Visit King's Cross Granary Square  
8/9 (Thu) MCSG Soho  
SOC, 166A Shaftsbury Avenue, London, WC2H 8JB  
10/9 (Sat) MCSG Talk **Zoom**  
22/9 (Thu) MCSG Macmillan **Zoom**  
27/9 (Tue) MCSG Maggie  
Maggie Centre, Charing Cross Hospital,  
Fulham Palace Road, W6 8



## Created beautiful

Sally

Over the past two years, Covid has been rampant. I am susceptible to infection due to my weak immunity. It is extremely sad not going out for such a long period, and without seeing anyone. I do not know how the pandemic would develop, when it would be under control, when it would end, when the lockdown would be lifted, or when it would get worse. The future was full of uncertainties, making people feel anxious. Every day, I sat in front of the window, looking at the bright sunshine, but I dared not step outside, so I could only look at the sun and sigh.

In 2022, the vaccine was finally available in the UK, and the pandemic was finally under control; we were finally released. I had four vaccines with mild side effects. I started walking in the park in the morning. In June 2022, I attended CACACA's 9th-anniversary celebration and meal, everyone was full of gratitude. The next Sunday noon, I joined the London Friendship Festival at Hendon Park, which was co-organised by government, charities, churches and community centres. It was a beautiful day and many stalls lined the large lawn, including one from the CACACA. It was so good to step on the lush green grass, soaking up the warm sunshine and the breeze. We reunited with a few of our long-lost friends and chatted with three new HKers as if life had returned to us after a long absence!

On 9 July, four of us visited Mr S's allotment. It was also a beautiful day. As soon as we entered the gate, plants in a wide variety of colours greeted us. Mr S showed us around and introduced us to all kinds of vegetables and fruits, some of which were not in the market, a real eye-opener. He was enthusiastic and experienced in gardening, and worked very hard so that all the plants grew well. He had good harvests and gave us some delicious vegetables. Walking through the vibrant allotment, I was reminded of the Garden of Eden described in the Bible. God's creation is indeed beautiful!



## **Zoom MCSG Soho (Every 2nd Sat 11am-1pm) 10/9**

13/8/2022 31 people attended Dr Cecilia Wong's talk  
'TCM for bowel cancer'



大腸癌術後食療調理方, 僅供參考

- 放療或化療後白細胞減少者, 可用苡米、芡實、蓮子等煮粥佐餐, 常食之。或多食香菇、黑木耳、銀耳等, 能提升白細胞, 增強機體免疫力。
- 大腸癌便下血水者, 可用黃花菜(金針菜)30g, 黑木耳15g, 血餘炭6g, 將前兩種水煎取汁300ml, 沖服血餘炭。亦可常服鮮無花果。
- 大腸癌並有明顯貧血者, 可用黑木耳30g、紅棗30枚, 做成食品為1日量, 每日食之。

## **MCSG Maggie (Every 3rd Thurs 11am-12N) 15/9**

18/8/2022 Suspended once due to venue issues

## **Zoom MCSG Macmillan (Every 4th Thurs 11am-12N) 22/9**

25/8/2022 29 people supported each other



11/8/2022 (Thu) 20 people visited  
Queen Elizabeth's Walk

