



2023年9月 協會財政報告

8月結存	£37,874.45
9月收入	£3,548.44
9月支出	£3,523.37
9月結存	£37,849.38

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

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

病友園地

Zou

2020年底，因新冠病毒，全英國封城。我左胸痛，GP電話問診後，只安排驗血，沒有任何跟進。我唯有在左胸痛的位置針灸，效果好。針灸師認為是胸膜炎，我很多廚房同事都有此病。兩個月後，左胸痛再出現，和多了胸骨痛。照肺X光後，GP面對面覆診使用電話翻譯，診斷為輕微肺積水，但無任何治療或轉去醫院。我求診中醫和貼膏藥，忍着痛繼續工作。2022年初，Omicron 肆虐，我左胸痛很難受，而且呼吸困難，唯有求診B醫院的急症室。住了急症室兩三日，抽取肺積水和照CT後，我拿止痛藥出院。一週後，朋友代我收到CF醫院的電話。4月，太太陪我覆診，醫生宣告我是肺癌末期，無法相告我還有多少日子，但因我年輕答應盡全力醫治，鼓勵我不要放棄。

二十多年前，我坐車到中國邊境，步行橫度歐洲，半年後最終進入英國。我馬上申請難民身份，十年後獲永居。像其他中國人，我從事廚房工作，吸煙廿多年。廚房工作是爐頭枕頭，很苦悶的，吸煙、飲酒和賭錢是唯一娛樂。肺癌末期當然是惡耗，但我積極面對治療，因為正申請兩名兒女來英定居。五月疫情漸緩和，我在R醫院接受治療前，仍需要檢測病毒和隔離。前後住院三四日，抽肺積水和胸膜固定術後，我精神好轉又能行路，太太很開心。兩週後的六月在B醫院的腫瘤科覆診，知道癌細胞已擴散和有肺積水。醫院已檢查基因，處方標靶治療，但講明幾個月後可能會有耐藥性，到時才改治療方案。服藥後，我右肺放鬆舒服了許多。每三個月覆診，驗血和檢查CT，情況穩定。朋友介紹我認識癌症協會的義工，她為我的覆診提供電話翻譯。因確診慢性肝炎，我在7月覆診肝炎科，須要終身服食肝炎藥，此藥有助腫瘤的治療。家母早已信耶穌，我也追求信仰，好叫內心有平安。參加網上的「啟發課程」後，我在8月受洗。10月，我與太太返中國，探望母親和接兩名孩子來英國。不久，我發熱、左肺和左肩背很痛，無法睡眠。中國疫情放緩剛重開，我退燒後馬上買四張機票，11月全家飛回英國。12月覆診，腫瘤科認為我的標靶藥仍有效，叫我觀察有無脊椎受壓症狀，例如晚上背痛、四肢沉重麻痺、咳嗽時背痛等。

2023年2月，我因吞嚥困難入院，翌日取止嘔藥出院，檢查鋇吞嚥顯示無阻塞。我持續右胸痛擴散到後背、體重減、肚痛和便秘。6月覆診，CT顯示我有輕微腹水，此乃罕有的肺癌擴散至腹膜。取腹水做化驗後，獲處方消炎消腫藥和胃藥。7月中，我因肺炎入院，獲處方抗生素和嗎

啡止痛藥，兩日後出院，有待我的肺炎康復後在8月初化療。隨後，癌症協會義工幫我聯絡專科護士，便先後有舒緩護士、社區護士、舒緩科醫生等來家訪，評估我的健康和止痛止嘔藥的療效(請看後頁)。豈料醫護發現我吃錯藥，原定8月初化療前三日才服食的類固醇，我出院後便開始服食。我解釋因為出院時，線上的翻譯員聲音細小，聽不懂她的中文。如今義工每次翻譯完，都傳來翻譯報告，真的大大減低混亂。她教我申請「藥物免費卡」，否則我取藥仍須付款。社工在網上評估我的經濟和住屋情況，行動不便的教會牧者遠道而來家訪，令我深受感動。舒緩護士轉介食物銀行每週送食物，又徵召專業攝影師為我們拍攝婚紗相，成就我妻子的心願。雖然醫生增加了我的嗎啡片和嗎啡水的劑量，在晚上我持續的右胸痛擴散到後背尤其難當，而且進食時總是感覺阻塞。我自行服食以往出院時所取的消腫消炎藥，便較為舒服睡覺三數小時。當我期待化療之際，因嘔吐和發熱，在7月30日星期日再次入院；驗血顯示細菌感染，化療再次押後。舒緩科醫護巡房，在我手臂安裝推進器，定時輸入嗎啡來止痛，但我仍然背痛難當。後來護士在我肚皮注射相同劑量的嗎啡，又處方口服神經止痛藥，我總算可以舒服地入睡。醫生也難以解釋，為何相同劑量的嗎啡注射在我手臂，止痛效果欠佳。六日後的週六，我突然呼吸困難又十分痛，肺內有煲水聲便非常驚恐，感覺死亡逼近。醫生懷疑我血栓塞，但CT顯示無栓塞。翌日8月7日聽診後，醫生說：「右肺沒有空氣進入，左肺有肺積水所以有喘氣聲，症狀無法逆轉。」又要求義工到醫院為家屬會議翻譯。我和妻子也察覺病情惡化，告訴醫生決定不急救，也不入深切治療部插氣管喉接駁呼吸機，選擇在護理院離世。下午，牧師前來讀聖經和祈禱後，我內心滿有平安。我告訴妻子我不再恐懼死亡，有耶穌在我心中同行最後一程回天家。強效嗎啡的副作用令我思睡，我也可以舒服地睡了。我的聽覺仍然很好，聽見牧師的祈禱和親友的慰問，也可以自己進食、去廁所和更換衣服。有賴醫院床的先進設計，我可以轉換臥式來緩解背痛，太好了。8月10日我被轉往善終護理院。

人生總有風浪，有耶穌在心中就不用害怕。妻子體諒我體力欠佳，決定不拍照結婚相了。希望我的故事能鼓勵其他癌友，積極面對治療。我的心願是家人有安居之所，只期望我的孩子聽媽媽話，積極生活回饋英國社會。

14/10/2023(週六)蘇豪月會

題目	從中醫角度調理癌病
講者	胡小鵬中醫師

癌症打擊我的家庭，
但不能打擊我的親情；
癌症奪去我的社交，
但不能奪去我的友誼。



同路人

Linda

2022年4月當我聽見丈夫患肺癌末期(請看首頁)，同時內政部拒絕我們的申請，兩名兒女不能來英國定居，我真的很徬徨又抑鬱。GP為我轉介精神科，先後兩次覆診輔導，所處方的抑鬱藥令我體重大大增加。朋友們的聆聽和支持令我稍為舒服，我唯有繼續在壽司店積極工作擔起全家的經濟、再次入紙申請，和支持丈夫接受治療。後來我才知道在八月他已經在教會受洗了，知道耶穌對他非常重要。

2023年7月底舒緩護士家訪，問我們的最後心願。面對丈夫日漸惡化的痛楚和呼吸困難，我很想有結婚相，丈夫好想家人有安居之所，和捐贈有用的器官遺愛人間。護士離去後半小時，來電話告知已征召了專業攝影師隨時候命。面對丈夫日漸惡化的痛楚和呼吸困難，我對自己的心願有保留。8月10日丈夫轉到善終院，當晚我收到義工傳來護士的急電，便開車與兩名兒女趕快前往。只見丈夫面色蒼白氣若如絲，我們非常難過。牧者前來祈禱後，他便平靜下來。一小時後，他咳出濃痰後漸漸恢復面色。四日後，在牧者帶領下我祈禱決志信耶穌。若不是教會弟兄姊妹的積極關心和支助，我是不會信主的。翌日，他原本昏睡在床，聽見牧師的聲音：「Zou，我來探你了！」便張開眼和立即坐起來，他伸出右手掌不斷上下晃動。我明白他的意思，叫兩名兒女將手放上在爸爸的右手上。我拿起他的左手放在全家的四隻手上，說：「你是一家之主，如今帶領全家信靠耶穌。你要永遠看顧全家！」他將我們三隻手交在牧師手裏，我看見他釋然躺下，比結婚相更有意義。他口唇很乾，我經常給他喝水，但他已經兩日無排尿。牧師離去後，他叫我扶他去廁所，果然排出很多小便。他返回床上躺下，我在旁邊坐下不到一秒，他更安詳離世。我兩次用手為他蓋起雙眼，說：「你放心離去，提早為我們預備適當的地方。」他終於放鬆合起雙眼，我痛哭因為他不再有痛苦了。翌日，快將十歲的兒子拿著爸爸的聖經，他自己要看聖經。

自從丈夫離世，我很失落和瀕臨崩潰倒下。雖然肚餓但看見食物便噁心，吃了幾口便無法再吞下，我甚至需要用手指扣喉嚨嘔吐出來才舒服。社工為我們申請的臨時居所在酒店，無煮食無洗衣服。十七歲的大女說：「媽媽，看見你拿衣服去別處洗，我知你辛苦……」我不再想向朋友傾訴，求診GP，獲處方止嘔藥和安眠藥，兩名兒女是我生活下來的支柱。義工介紹其他癌友的遺孀給我認識，在這條喪親的路上，我有同路人彼此鼓勵。

誠邀出席《關懷癌症月會》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。感謝義工齊心侍奉，出席者預備愛心美食，一同分享分擔，為抗癌勇士打氣！

蘇豪月會 14/10 (週六) 11am-1pm

SOC, 166A Shaftsbury Ave, SOC WC2H 8JB

9/9 26 人出席霍玉蓮女士的講座「你的慈愛比生命更好」



美倫月會 (普通話) 19/10 (週四) 11am-1pm Zoom

美景月會 (粵語) 24/10 (週二) 2pm-4pm

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

25/7 9人參加，
互相支持。





CACACA Sep 2023 Finance report

Aug Balance	£37,874.45
Sep Income	£3,548.44
Sep Expenses	£3,523.37
Sep Balance	£37,849.38

Monthly Cancer Support Group (MCSG Soho)

Second Saturday of each month - 11am - 1pm

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

Patient's story

Zou

In late 2020, the UK was in lockdown due to C-19. I had Lt chest pain & GP only arranged a blood test without call back. I had acupuncture for pain relief. The practitioner thought it was pleurisy, common among my kitchen colleagues. 2 months later, the Lt chest pain recurred with sternum pain. GP diagnosed it as mild pleural effusion after an X-ray, without any prescriptions or referrals. I relied on TCM patches, enduring the pain while continuing work. In early 2022, the Omicron variants spread while my chest pain became unbearable with SOB. I went to the B Hospital ER. Having my lung fluid drained & a CT scan, I was discharged after 3 days with painkillers. My friend got a call a week later from CF Hospital, then my wife & I attended an appointment in April. The doctor diagnosed me with terminal lung cancer, could not predict my life expectancy, but encouraged me not to give up since I was quite young.

Over 20 years ago, I crossed the Chinese border then Europe, & finally arrived the UK half a year later. I applied for asylum & obtained permanent residency after 10 years. Like other Chinese people, I worked in kitchens & smoked for over 20 years. It was physically & mentally draining; smoking, drinking & gambling were the only entertainments. Having terminal lung cancer was devastating but I faced treatment positively because I was applying for my 2 children to settle in the UK. As C-19 eased in May, after a virus test & quarantine, I had a chest drain with pleurodesis at R Hospital. My wife was relieved as I could walk again. 2 weeks later at the Hospital B Oncology, I learned my cancer cells had spread causing pleural effusion. I was given target therapy according to the DHA test, noting that resistance may develop in a few months. After starting this, my Rt lung felt much better. With blood tests & CT scans every 3 months, my condition remained stable. A friend introduced CACACA whose volunteer provided tele-interpretation. I also had chronic hepatitis & needed lifelong medication. My mother was already a Christian & I pursued faith for inner peace. After joining an online Alpha course, I was baptised in August. In Oct, my wife & I returned to China to visit my mother & bring our children to the UK. Shortly after, I developed a fever, severe Lt lung & shoulder pain that impeded my sleep. I bought 4 plane tickets back to UK as soon as my fever subsided. In Dec, the oncologist commented that targeted therapy was still effective and asked about any symptoms of spinal compression.

In Feb 2023, I was hospitalised for dysphagia & discharged with an antiemetic the next day, as the Barium Swallow was NAD. I continued having spreading back pain, weight loss, stomach pain & constipation. In June, a CT revealed mild ascites caused by the lung cancer. After ascitic tap, I was given NSAID. In mid-July, I attended

ER again due to pneumonia. Having antibiotics & morphine, I was discharged 2 days later. I had to recover before chemo in Aug. The volunteer contacted the palliative team who visited me for symptom control (please see page 1). They discovered I had already taken the steroids that were meant to be started 3 days before the chemo. I explained that the online interpreter's voice was too faint. I had less confusion after receiving interpretation reports from the volunteer who also taught me to apply for Medicine Exempt Certificate to save money on my medicine. A social worker assessed my financial & housing situation, & a church pastor visited me with a crutch which deeply moved me. The palliative team also referred me to a food bank for weekly food delivery & recruited a professional photographer to take wedding photos to fulfil my wife's wish. Despite the doctor increasing my morphine doses, my serious back pain remained, especially at night. I also found it hard to swallow. I took the NSAID then I could sleep for 3 hours. While eagerly awaiting chemo, I was hospitalized again due to a fever & vomit on 30 July. Blood tests showed a bacterial infection, causing my chemo to be delayed. The doctors inserted a pump on my arm for regular morphine but I still felt serious Rt chest pain spreading to the back. Nurses then injected the same dose of morphine into my abdomen, which finally took effect. They did not know why the same dose of morphine injected into my arm provided less relief. A week later on Sat, I suddenly had severe SOB & pain with gurgling in my lungs; I was afraid death is approaching. The doctor suspected a blood clot, but a CT showed no blockage. The next day, on 7 Aug, after a check-up, the doctor said, "There is no air entry in the Rt lung & pleural effusion in the Lt lung causing the wheezing, both irreversible." Then he asked the volunteer to visit the hospital to interpret for a family meeting. Recognising my deteriorating condition, we opted for DNR, not on a ventilator in ICU, but for end-of-life care in a hospice. In the afternoon, the pastor came to read the Bible & pray for me. I felt inner peace then told my wife that I was no longer afraid of death, as Jesus was with me on the final journey home. The side effects of morphine made me drowsy & I could finally sleep comfortably. My hearing remained sharp that I heard the pastor's prayers & the comfort words from visitors. I could still eat, go to the bathroom & change clothes by myself. Thanks to the advanced hospital bed design, I could adjust my position to relieve back pain, which was a great relief. On 10 Aug, I was transferred to a hospice.

Life has its storms, but with Jesus in my heart, I have no fear. My wife, understanding my physical condition, decided not to take wedding photos. I hope my story can encourage other cancer patients to face treatment positively. My wish is for my family to have a peaceful home. I only hope that my children will listen to their mother & actively contribute to British society.

14/10/2023 MCSG Soho

Talk Topic	TCM Cancer treatment
Speaker	Judy Wu

*Cancer attacks my family
but cannot attack my kinship;
Cancer snatches at my social life
but cannot snatch at my
friendship.*



Monthly Cancer Support Group

MCSG is open to individuals touched by cancers, patients, survivors, family, friends & carers.

We move forward together.

None of us is alone!

Big "thank you" to participations' dedication & wholesome food.

Let us stand together to fight cancer!

Fellow traveler

Linda

In April 2022, when I heard that my husband had terminal lung cancer (please see page 1), & the Home Office rejected our application such that our children could not settle in the UK, I felt lost & depressed. My GP referred me to a psychiatrist for 2 counselling sessions. The antidepressants led to significant weight gain. The support of friends provided some relief, but I had to continue working at the restaurant to support my family financially, reapply for visas & support my husband's treatment. Later, I learned that he had been baptized in August & realized how important Jesus was to him.

In late July 2023, a palliative nurse asked about our final wishes. I wished for a wedding photo. My husband longed for a settled home & a donation of his good organs to benefit others. Afterwards, I received a call that a professional photographer was on standby. However, I was unsure about my wish, given my husband's deteriorating condition. On 10 Aug, he was moved to the hospice; I received the nurse's urgent call via the volunteer & quickly drove our 2 children to see him at night. He appeared pale & frail & we were deeply saddened. After the pastor came to pray, he became calm. An hour later, he coughed up thick phlegm & gradually regained some color. 4 days later, guided by the pastor, I prayed & accepted Jesus. Without the care & support from the church family, I would not have come to faith. The next day, as he lay semi-conscious in bed, he heard the pastor's voice: "Zou, I've come to visit you!". He opened his eyes & immediately sat up, extending his right hand, which he shook up & down repeatedly. I understood his meaning & asked our 2 children to place their hands on his. I held his left hand & placed it over all 4 of ours, saying, "You are the head of our family & lead us to trust in Jesus. May you always watch over us!" He entrusted our 3 hands to the pastor & I saw him lay down in peace, more meaningful than a wedding photo. His lips were dry so I often gave him water, but he had not urinated for 2 days. After the pastor left, he asked me to help him to the bathroom, & urinated a lot. When he returned to bed, I sat down beside him for less than a second, he peacefully passed away. I reached out to close his eyes twice, saying, "Rest in peace & prepare a suitable place for us in advance." Finally, he relaxed & closed his eyes. I cried because he was no longer in pain. The next day, our 10-year-old son held his dad's Bible & wanted to read it himself.

Since my husband's passing, I've been feeling lost & on the brink of collapse. Even though I was hungry, I felt nauseated when I saw food & could only take a few bites. I even had to induce vomiting by fingers to feel better. The temporary

accommodation arranged by the social worker was in a hotel without cooking or laundry facilities. My 17-year-old daughter said, "Mom, I see you taking clothes elsewhere to wash; I know you're struggling..." I no longer wanted to confide in friends, so I consulted my GP & was given anti-emetic & sleeping pills. My 2 children have been my support in life. After the volunteer introduced other cancer widows, I have fellow travelers on this path of loss.

MCSG Soho 14/10 (Sat) 11am-1pm

SOC, 166A Shaftsbury Ave, WC2H 8JB

9/9 26 people attended

Ms Anita Fok's talk
'God's love is better than
life'



MCSG Macmillan 19/10 (Thurs) 11am-1pm Zoom

MCSG Maggie 24/10 (Tue) 2pm-4pm

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

25/7 9 people supported
each other.

