CHINESE ASSOCIATION FOR CANCER CARE
英國華人關懷癌症協會

雨後陽光•重整健康

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2024年1月

2023年12月 協會財政報告

11月結存	£38.402.61
12月收入	£477.10
12月支出	£105.88
12月結存	£38,733.83

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

胡小鵬

2015年我收到NHS的三年一次乳房篩檢邀請信，是一個月後的預約。不久在情人節，我突然感覺左乳很熱，便自行服食中藥和休息。雖然左胸降溫了，但在星期一摸到左乳下有硬塊，便立即按邀請信上的聯絡資料打電話。我說明自己的情況，便獲得提早在三日後檢查乳房造影。一週後接到腫瘤醫院的來信，約我幾天後前去做超音波和活檢。3月我確診左乳腺癌HR-2陽性，是易轉移的癌細胞。雖然早有心理準備，聽到確診我內心還是五味雜陳。身為中醫師，我治療過無數病人包括癌症，卻未想到自己也患癌。

我43歲停經後，沒有更年期的潮熱、盜汗、夜眠不安等症狀，所以沒有用任何西醫的荷爾蒙療法，只是間歇性地服中藥及西方補充劑來調理健康。我的家族沒有乳腺癌，雖然我停經較早應該無大碍。父母患糖尿病，我在52歲也患上了二型糖尿病。我在中醫診所一週工作六天，時常加班壓力大，吃飯就餐不規律，休息時間不足，也缺乏鍛練身體。漸漸地，我感覺身體出現了「虛、寒、濕、凝、瘀、堵」等症狀，也有了脂肪肝和肝大。在確診乳癌的前一年，我的指甲出現豎紋，多個指關節有病毒疣，我很怕冷常感疲乏。後來我加入健身會每週做運動，仍經常感覺力不從心。多年來我只顧埋頭工作，照顧他人的健康但忽略自己，最終患癌症是我人生需要接受的一大教訓！

腫瘤科的治療方案包括：化療12次、手術後賀爾蒙治療以防擴散、再放療15次。5月開始化療，副作用令我由便秘到嚴重腹瀉、胃灼燒般的難受、輕微的口腔炎症、脫髮、肚臍眼滲液、腹痛難忍等。除了醫院提供的三種抗化療反應西藥，我服用其他補充劑、營養素，和煲扶正升血茶，放入暖瓶當茶飲。我進食清淡和易消化食物，又用泡檸檬加鹽水洗漱口腔。化療造成體內陰虛火旺，我自配潤肺健脾養胃滋陰清熱的中藥湯。每週我請其他中醫師給我針灸以外，我用毫針在自己的肚臍及相關穴位扎幾針，還有遠紅外綫磁療燈、艾條薑灸等，來治療肚臍滲水。我又用小布袋放入花椒、海鹽、艾絨等混合物，晚上放在肚臍上用腰帶捆好，緩解了我的腹瀉和腹痛。這樣保存了我的體能，在漫長的治療階段我回診所上班，病人和其他醫療顧問都誇讚我狀態不錯。

化療結束，我的腫瘤由5厘米縮小至3.5厘米。為防止遺漏的隱藏癌細胞，我接受左乳全切除和腋下淋巴結清除術。手術後覆診，醫生說幸好我同意全切，病理報告發現其它部位也有癌細胞，14粒淋巴結有2粒已經變異。手術後的第六週，我開始每日的放療。右乳MRI有疑似部位，手術時同步取的活組織正常。可惜活組織的傷口受感染，流出膿血水，形成一個小洞。糖尿病延長了我的傷口癒合時間，醫生處方一週抗生素。我每日去GP護士洗傷口更換紗布兩週外，自行在外層抹中醫白藥粉和四環素眼膏，並用艾條炙發炎的部位。2019年11月，我的右乳造影檢查正常，終於結束了連續五年的追縱檢查治療。

腫瘤科處方預防乳腺癌擴散轉移的內分泌藥，原本叫我服用10年，但副作用造成骨質疏鬆症。放療結束後，我每週一次口服阻止骨質疏鬆藥。兩年後，醫生改為每半年由靜脈輸入效果較好。豈料三年後的掃描，還是發現在脊椎L3.4.5，和左側肋骨部位，有25%疏鬆症出現。腫瘤科顧問寫信告訴GP：我要繼續口服藥，每隔三年做一次骨掃描。使用了這些藥，如要脫牙就要轉介到牙科醫院處理牙患。近來我的眼睛出現閱讀視力模糊，正等待眼科醫院檢驗是否青光眼。內分泌藥物和阻止骨質疏鬆藥，均太多副作用了，我前後使用七年，便向GP表明停用。

感激NHS醫護人員救了我的生命！雨後陽光，重整健康。這些年，我積極參加癌症協會的月會和戶外活動，一起旅游擴闊視野，結交大家庭裡的兄弟姐妹，享受陽光鍛練身體。我也參加教會活動，每週聽長者主講查經，感受耶穌的恩賜大愛。我還學彈琴、練唱歌、做八段錦，繼續服用各種健康營養品及中藥，還有針灸和按摩。退休後，我的生活更是豐富多彩，如今有幸走進了癌症治後的第八個年頭。這次與癌友們分享我的抗癌經歷，就是為了讓大家能正視人生的每一個挫折，汲取每一場失敗教訓。人生難免有艱難，生活總會多波折，路再長也是會有終點。人生幾何，總有些坎坷需要跨越，總有些責任需要担當，不斷的跌倒，才會有頑强與信心的建立。風雨中的磨練，讓我們變得更堅強與美麗。

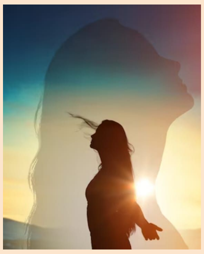
多謝胡女士在10月的蘇豪月會「淺談中西合璧調理患癌體質」

為了公眾利益改善癌症治療，國家癌症登記處 (NCRS) 獲得政府許可,收集和使用癌症病人的資料。

任何人在18個月前，被確診癌症、或可能患癌症、或接受相關檢查，將會收到邀請信 - 參與癌症生活質素的調查，在線或紙張式問卷均有不同語言。無論您選擇參加與否，您的醫療護理都以同樣的方式繼續進行，不會受影響。請瀏覽www.CQoL.uk

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！



***癌症沒甚麼了不起！
癌症破壞我的身體，但不能破壞我的心靈。***

默默地

黃月歡

十年前在香港，我弟弟的女兒五六歲時，在學校突然暈倒，確診腦瘤和白血病。不久他的妻子確診胃癌，接受化療非常辛苦。五年前這位弟弟患皮膚黑色素瘤，前往廣州接受中西合璧的治療。可惜他的皮膚潰爛感染肉毒桿菌，必須進行右腳的切肢手術。這個家庭真的多災多難，一家六口三人患癌症。癌症帶給病人和家屬沒完沒了的掙扎，實在需要社會和朋友的支援。2020年一月香港封關前，我回港照顧弟弟的家庭。雖然只有兩星期，我每日幫忙做家務，盡一點能力就是了。

我出席第一次的蘇豪月會，至今已經十年了。每個月會有運動時間，講座內容充實，又為病人祈禱，各項安排都非常有意思。看見癌症病人和家屬獲得具體支援，有義工為覆診翻譯和協助申請資助，我深受安慰。因為要照顧弟妹，我八歲便停學，讀寫能力有限。後來工友帶我返教會，我決志信耶穌後，很享受讀聖經和唱聖詩。作為年長的義工，我可以貢獻的真的很有限，而且要照顧家庭，上有八十多歲的丈夫，下有十多歲的孫兒。若有可能我一定出席癌症月會，收到每次的癌症月訊，我都會為癌症故事的主角禱告，只有耶穌可以給他們屬天的平安。

在英國我有位朋友，總是不尋常地支吾以對，後來她說：「患那D嘢！」她連「癌症」兩個字也不敢講出口，可見她不單身體受痛苦，心理上也承受着不必要的羞恥感和錯誤觀念。她也沒有參加癌症月會，因為不想別人知道自己患癌症。沒有癌症協會正式安排我關心這位癌症病人，我自發地煮一點飯餸送上我的愛心，有機會我就向她分享聖經的話開導她。我會默默地為她祈禱，希望她早日明白救恩。正如我坦白問丈夫：「你幾位老朋友已經走了，你如何呢？只要相信耶穌，將來便會在天家再見！」

蘇豪月會 13/01/2024（週六）11am-1pm

SOC,
166A Shaftsbury Ave,
WC2H 8JB

12/12 25人參加聖誕慶祝

美景月會 23/1/2024 (Tue) 2pm-4pm
Maggie Centre, Charing Cross Hospital, Fulham Palace Road,
W6 8RF

26/12 聖誕假期暫停

CHINESE ASSOCIATION FOR CANCER CARE
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Website www.cacaca.org.uk
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Facebook Chinese Association for Cancer


January 2024

CACACA Dec 2023 Finance report

Nov Balance	£38.402.61
Dec Income	£477.10
Dec Expenses	£105.88
Dec Balance	£38,733.83

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

Judy Wu

In 2015, I received a letter for a breast screening a month later. Later on, Valentine's Day, I suddenly felt heat in my Lt breast. I took Chinese herbal medicine & rested. The heat subsided but I found a lump on Monday. I immediately called the hospital & was given an early imaging 3 days later. After a week, I received the oncology hospital's letter for a U/S & biopsy in a few days. In March, I was diagnosed with Lt breast cancer, HR-2+, a high risk of metastasis. Despite being mentally prepared, the confirmation was still emotionally overwhelming. As a TCM practitioner, I had treated many patients, including for cancer, but never expected to have cancer myself.

At 43, post-menopause, I didn't have hot flashes, night sweats, or sleep problems, so I didn't take any Western hormone therapy. Instead, I took Chinese herbs & Western supplements to regulate my health. Without a family history of breast cancer, I thought I was not at risk. My parents had diabetes & at 52, I had type 2 diabetes too. Working 6 days a week at a TCM clinic was often stressful, with irregular meals, inadequate rest & lack of exercise, I gradually felt "deficiency, cold, dampness, stagnation, stasis & blockage." I also developed a fatty & enlarged liver. A year before, I noticed vertical lines on my nails, viral warts on several finger joints & constant fatigue. Later, I joined a fitness club, exercised weekly, but still felt tired. I focused on work, caring for others' health but neglecting my own, ultimately leading to a significant lesson in my life – facing cancer.

The oncologist recommended 12 cycles of chemo, hormone therapy after operation & 15 frictions of RT. Chemo started in May & caused constipation & severe diarrhoea, stomach burning, mouth sores, hair loss, leakage from the navel, & tummy pain. Apart from the 3 hospital medicines, I took supplements, nutrients & a blood-nourishing tea. I had a light diet & gargled salty lemon water. Chemo caused internal deficiency & excessive heat, so I took a TCM soup to moisten the lungs, invigorate the spleen & nourish the stomach. Every week, apart from treatment from other acupuncturists, I used fine needles on my navel & related acupoints, as well as far-infrared magnetic lamps and moxibustion to treat my navel leakage. At night, I tied a small bag around my tummy filled with peppercorns, sea salt & moxa to relieve my diarrhoea & tummy pain. This helped preserve my energy to work at the clinic during the lengthy treatment. Both patients & other practitioners applauded my good condition.

Chemo shrank the tumour from 5 cm to 3.5 cm. To remove the hidden cancer cells, I underwent Lt Mastectomy & Clearance. At the follow-up, the surgeon said it was fortune I had agreed to the surgery, since the pathology revealed cancer cells outside the tumour & 2/14 LN were affected. 6 weeks later, I began daily RT. The MRI of my Rt breast showed a suspicious area so a biopsy was taken during the OT. The biopsy was NAD but the biopsy wound was infected, oozing pus & forming a small hole. Diabetes prolonged the healing & the doctor prescribed antibiotics. I visited the GP daily to change dressings for 2 weeks. I also applied TCM white powder & tetracycline eye ointment on the outer layer & moxibustion on the infected area. In Nov 2019, my Rt breast screening was NAD, finally completing 5 years of tracking & treatment.

To prevent metastasis, the oncologist recommended hormonal therapy for 10 years, but this caused osteoporosis. After RT, I orally took a weekly medicine for osteoporosis prevention. 2 years later, the doctor switched to semi-annual IV injections of a more effective drug. Unexpectedly, 3 years later, scans still revealed 25% osteoporosis in the spine (L3-L5) & my Lt rib. The oncologist wrote to the GP, stating that I should continue oral medicine, have a bone scan every 3 years, & be referred to a dental hospital for any tooth extraction. Recently, my vision has been blurry while reading & I am waiting for the eye hospital to check for glaucoma. After 7 years, I informed my GP that I stopped the hormonal therapy & osteoporosis drugs which had given me too many side effects.

I am grateful to the NHS who saved my life! After the rain, there is sunshine & I have rebuilt my health. Over the years, I actively join the CACACA's outings & monthly meetings, expanding my horizons, making friends, & enjoying sunlight while exercising. I also joined church activities, listening to elders preach weekly & experiencing Jesus' great love. I learned piano, practiced singing, performed the Eight Pieces of Brocade, took supplements & Chinese medicine, & received acupunctures & massages. After retiring, my life became even more colourful. I am now in the 8th year of the cancer pathway. I share my cancer journey to encourage everyone to face every setback in life, learning from each failure. Life is inevitably challenging, full of twists & turns. No matter how long the road is, there is always an end, although it is full of obstacles to overcome & responsibilities to bear. The trials in the storms make us stronger & more beautiful.

Thank Ms. Wu for her talk at MCSG Soho "TCM & Cancer" in Oct 2023.

For public interest to improve the cancer pathway, the National Cancer Registration Service (NCRS) has the government's permission to collect & use information about people with cancer.

NDRS
NATIONAL DISEASE REGISTRATION SERVICE

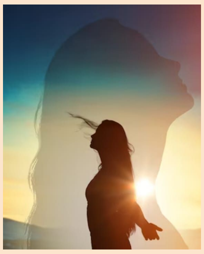
Cancer Registration
Why it matters and what you need to know

People having a diagnosis of cancer, or a condition that may lead to cancer, or related investigations, around 18 months ago are invited to take part in the Cancer Quality of Life Survey via online or a paper questionnaire in different languages. Your medical care will continue in the same way whether you choose to take part or not. Please visit www.CQoL.uk

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!

Cancer is not the final winner!
Cancer invades my organs but cannot invade my soul.



Silently

YueFoon Wong

10 years ago in HK, when my niece was 5 or 6, she suddenly fainted at school & was diagnosed with a brain tumour & leukaemia. Her mother was diagnosed with stomach cancer & underwent very difficult chemo. 5 years ago, her father, my younger brother, was diagnosed with melanoma. He was treated in Guangzhou with a combination of Chinese & Western medicines. Unfortunately, his skin was infected with Clostridium Botulinum, requiring amputation of his Rt leg. This family has truly faced many difficulties, with 3 out of 6 members suffering from cancer. Cancer brings endless struggles to patients & their families. They need the support of society & friends. In Jan 2020, before HK's lockdown, I returned to take care of my brother's family. Although it was only 2 weeks, I helped with household chores every day to the best of my ability.

It has been a decade since I attended the MCSG Soho for the first time 10 years ago. Every month, there is exercise, health talk, prayers for patients, & interesting arrangements. Seeing cancer patients & their families receiving concrete support with volunteers providing interpretation & helping with benefit applications brings me comfort. Since I had to take care of my siblings, I dropped out of school at 8 & my literacy is limited. Later, a colleague brought me to church. After accepting Jesus, I enjoyed reading the Bible & singing hymns. As an elderly volunteer, my contribution is really limited, & I have to take care of my family, with an elderly husband over 80 & a grandson in his teens. If possible, I will attend the MCSGs. Every time I receive the newsletters, I will pray about the cancer stories. Only Jesus can give them heavenly peace.

In the UK, I have a friend who was unusually evasive then finally said, 'I have that thing!' She doesn't even dare to say the word 'cancer,' showing that she is not only suffering physically but also enduring unnecessary shame & misconceptions. She doesn't attend the MCSGs because she doesn't want others to know about her cancer. Without CACACA's formal arrangement for me to care for her I proactively cook some dishes to convey my love. Occasionally, I share Bible words with her. I also silently pray for her, hoping she will understand salvation soon. Just as I openly asked my husband, 'Several old friends have already left. How about you? As long as you believe in Jesus, we will meet again in the heavenly home!'

MCSG Soho 13/01/2024 (Sat) 11am-1pm
SOC,
166A Shaftsbury Ave,
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12/12 25 people joined Christmas celebration

MCSG Maggie 23/01/2024 (Tue) 2pm-4pm
Maggie Centre, Charing Cross Hospital, Fulham Palace Road, W6 8RF

26/12 Paused for Christmas Holiday