



防癌互助通訊

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學習李豐教授與癌病共處卅年的寶貴經驗

陳慕筠整理

華州華人防癌互助協會的讀書會，在去年十二月初和今年一月初，用了兩次活動時間學習了“多賺30年！”這篇文章。文章介紹了台大病理科李豐副教授與癌共處三十年的成功經驗。李豐(女)，卅年前，在加拿大多倫多研究所進修時，患上淋巴瘤，老板得知後把她辭退了，男友疏離了，她覺得自己已被社會遺棄了！情緒極低落，想要自殺……。她的癌症經過手術、放療一年並沒有完全消失，最後要做化療。在“吃藥會出血致死，不吃藥又會病死”的狀況下，她決定不做化療，做個反叛的病人！她跑回台灣，回到自己熟悉的環境，重新獲得舊日友情的溫暖，並且恢復了工作，情緒轉為積極，學會了要和“癌”和平相處。可是以前治療的副作用却層出不窮，在十年中，她進出醫院，曾被診斷為第三期肺結核及中毒性肝炎，她看到了西醫的極限，於是她決定做第二次的叛徒，停止吃藥，不再靠藥物，開始尋找藥物以外的方法。最後她發現，健康要靠自己。而首先是要自己作觀念上的修正，同時作飲食、生活上的調整。她找到了自己得癌症的原因：她當時工作緊張，沒有朋友，生活單調而孤獨；天氣嚴寒；經濟負擔重，而為了要節衣縮食，吃了很多有害健康的食物。但她慶幸自己得了癌症，讓自己有了足夠的理由可以離開那裡。

李教授的經驗是：生病不是細胞叛逆，而是自己的無知！是我們對細胞的加壓已超過了細胞能容忍的限度，是細胞在喊救命！所以要改變觀念，承認生病該由自己負責，努力自我反省，並以感恩、喜悅的心情看待自己的改變，善待自己的身體，不讓它再受委屈。可以適當的配合醫藥治療，即使病況嚴重，仍有很大的痊癒空間。不只是癌症，得任何病即使治好了並不表示已經痊癒，若不善加

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Learning from Professor Li's 30-year Experience of Living with Cancer

Around December 2005 and January 2006, the book club of the Washington State Chinese Cancer Network Association read and discussed an article titled 'Live for 30 More Years'. This article introduces the successful experience of Li Fong, an associate professor in the Dept. of Pathology, at the Taiwan University, in her 30 years of living with cancer. Thirty years ago, she was diagnosed with lymphoma when she was doing graduate studies in Toronto, Canada. After learning of her diagnosis, her boss fired her, her boyfriend deserted her, and she felt that she had been totally given up on by the society. She was very depressed and was thinking about committing suicide. Even with surgery and one year of radiation therapy, her cancer was not completely gone. She had to do chemo therapy as well. Knowing that she could die from bleeding if taking medication or from cancer without taking any medicine, she decided to become a revolting patient by not doing any chemo therapies at all. She went back to Taiwan where she was familiar with the environment. She embraced the warmth of old friendships and went back to work again. She became optimistic emotionally and had learned to live with cancer peacefully. However, the side effects of prior treatments had appeared over and over again. In a period of 10 years, she had been in and out of hospitals, diagnosed with stage 3 tuberculosis as well as toxic hepatitis. She had experienced the limitation of western medicine and decided to become a person in revolt again: She stopped taking the medicine and would not rely on it any longer. She started looking for alternatives other than medication. Finally she concluded that health relies completely on ones self. And that the first step is to adjust your own opinions as well as to modify your diet and life style. She had found the causes of her cancer: stressful work with no friends and monotonous, lonely lives; the extremely cold weather; and eating lots of unhealthy foods to save money because of heavy financial burdens. Nevertheless, she felt lucky because getting cancer gave her a good reason to leave Toronto. Continue on page 3

Mission Statement

The Washington State Chinese Cancer Network Association (WSCCNA) is a non-profit organization dedicated to serve cancer survivors and their families in the Chinese community. The WSCCNA provides activities and programs to support and enhance the quality of life for cancer survivors and their family and friends.

本會宗旨

華州華人防癌互助協會是一個非營利組織。本會的宗旨是希望能為華人癌友和家庭提供必要的協助，有關治療、康復、身心靈的諮詢。

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學習李豐教授與癌病共處卅年的寶貴經驗

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調整觀念及生活、飲食，也都可能再得病。所以她認為：改善體內環境，讓癌細胞沒法生長，是一輩子的功課。調整飲食習慣是改善體質最直接而快速的方法。要保持飲食的均衡、不吃添加物、不吃腐敗食物、不吃肉類、多吃蔬菜水果。而運動又是改變體質的最根本辦法。運動可以促進血液循環，使全身細胞有充足的氧氣和營養，增強細胞活力、和免疫力。她做的運動是：爬山、走路、慢跑、做瑜伽、氣功、靜坐。她強調一定要持之以恆！她每天只睡六小時，清晨三、四點就起床，空腹練二個多小時瑜伽，再靜坐一小時。她認為每天運動四小時可換取剩下的二十小時的身體舒暢，是最明智的選擇。調理心態以正面和樂觀態度看一切事物：學會放鬆(必須放下世間的名、利、情等價值觀)、不生氣、笑口常開，凡事從正面思考，對生活、前途樹立信心、朝氣蓬勃、把消極情緒變為積極、要看到希望！這些對疾病的療效都有極大的影響。李教授說：活得超長及活得越有聲有色的人，往往是勇於自省及堅持修正自己的生活方式的人。



從李豐教授的成功經驗中可以看到：找出致病的根本原因，進而調理心態，是最重要的經驗。只有做到了這一步，才會有調整生活和飲食習慣的要求，以及堅持運動鍛煉改變體質的決心和行動。

身心靈健康讀書會每月進行一次，由陳慕筠女士主持，聯絡電話：206-328-5428。

癌友康復美食交流活動

陳慕筠整理

12/17/05是今年最後的一次癌友談心會活動。這次活動場地是在姬兒達癌友俱樂部Gilda's Club。美國的著名女諧星姬兒達瑞拿，在八十年代全美國的舞臺、電視台上用她諧趣、幽默的表演“開口笑”給人們帶來開懷大笑的歡樂，她因患上乳癌而逝世，她的丈夫為了紀念她，成立了一個，在全美好幾個大城市創辦了以她的名字命名的俱樂部，為癌友提供免費的聚會、社交、學習交流的活動場地。

癌友甘先生在康復期間，根據自己的情況，精心研究了許多製作簡便、美味、健康的食譜。他說以前忙於工作，對廚藝不講究，得了癌病以後受化療、放療的影響，體內的消化系統受到嚴重的傷害，虛弱的身體又急需補養，“吃”成了生活上的重要問題，卻不能馬虎應付，不但要用心，還需要很投入去做，更要用愉悅的心情去享受，吃下去的食物才有用，只有這樣才能真正的提高生活的品質。

這天的談心會就在俱樂部的光亮潔淨的廚房開始了，變成了美食交流示範活動。先由甘先生示範如何製作蔥油餅、菜盒子。他帶來了家庭用的電動揉麵機、趕麵皮機，不到半小時麵皮就一張一張送上來，大家趕快把各自帶來的餡料包成各種不同口味、不同樣色的菜盒子。陳阿姨不愧是做麵點的老手，她包的菜盒子有圓的、半圓的、三角形的，還捏上一條精細的邊，大家又忙著去跟她捏邊。在電爐那邊，甘先生已把油麵和白麵疊起來快速趕成的蔥油餅煎出來了，真是甘香酥脆，他的訣門是買現成的蘋果批酥油麵皮加進去，既省工、省料，製成的蔥油餅特別酥脆可口。大家邊做、邊學、邊吃開心極了！

針灸和養生

中醫師劉宇鈞醫師

互助協會於2005年9月24日特邀中醫師劉宇鈞醫師為癌友談針灸和養生。其實我們生活在這個環境裏，每個人或多或少都會接觸到致癌的因素。曾有醫學報導，有些人因為車禍意外死亡被送到醫院，而醫生卻無意中發現他們的身體裏有癌細胞，不過這些人在活著的時候完全沒有癌症的症狀，那是為什麼呢？從中醫的角度看，這是一個人的“衛氣”（保衛之氣）還沒有極度衰落。針灸對癌友有用之處就是可以有效的提升衛氣，以及調理體內五臟六腑的盛虛，特別是對脾胃、腎和肝而言：一方面增加衛氣的生成，另一方面增強衛氣在身體裏的循環。

（註：衛氣在西醫中相對於免疫系統的一切。正確的施針並不會使癌細胞運行到全身——那是一個誤解。）關於養生方面，主要和生活方式、飲食和情志有關：生活方式要順應四時，有適當的運動，盡量不要工作過勞、睡眠晨昏顛倒、或者是連續幾天不睡覺；飲食盡量不要吃太多生冷和油膩的，要少量多餐，不過飢不過飽；情志要隨和，對外來的壓力要學會以柔制剛四兩撥千斤，同時嘗試重新了解自己、自己的理想和活著的目標，藉以減少已有的、或是將有的、無形的、也是不必要的壓力、擔心和憂慮；所謂“久思傷脾”，更重要的是在“思”過以後作出一個決定，然後照著去做。在講座中，劉醫師更教了大家一些特別調理脾胃和補腎的簡單氣功，希望各位癌友身心健康。（想從西醫的角度了解癌症，大家可以參考世界衛生組織的癌症網頁，網址是<http://www.who.int/mediacentre/factsheets/fs297/zh/>）



Learning from Professor Li's 30-year Experience of Living with Cancer (continued from Page 1)

The experience Professor Li has is: Becoming sick is not due to the rebellion of the cells but rather the ignorance of us ourselves! It is because the pressure that we have been adding to the cells has surpassed the cells' threshold of tolerance. In fact, it is the cells themselves calling out for help! So, we have to change our ideas, admit that we are responsible for our own sickness, try our best to do introspection, see our changes with appreciation and happiness, and treat our bodies nicely and never let them suffer again. With the assistance of the appropriate treatment, there is still a great chance to recover from even the most serious illnesses. It is the same with any other illness, not only cancer, that finishing treatment does not mean 'convalesces.' People can still become sick again if their ideas, lives, and diet were not well modified. Therefore, she believes that improving the environment of the inner body to prohibit the growth of cancerous cells is the homework of a life time. The most direct and fast way to improve the body constitution is to adjust the dietary habits. We have to maintain a balanced diet by not eating any artificial additives, decomposed food and meats, and by eating more vegetables and fruits. Exercise is first and foremost the fundamental way to improve our body's constitution. Exercise can improve the blood circulation, make every cell in your body full of oxygen and nutrition, and enhance the cells' vigor and immunity. The exercises she does are: mountain climbing, walking, jogging, yoga, qi gong, and meditation. She only has 6 hours of sleep per night; she gets up at 3 or 4 o'clock in the morning, does yoga with an empty stomach for more than 2 hours and then does an hour of meditation. She feels that spending 4 hours on exercise every day in exchange for 20 hours of body comfort is a good deal. To adjust mentally in order to treat everything with positive and optimistic attitudes, learn to relax (let go of the love for fame, money and love), to not be angry, laugh often, consider everything with a positive point of view, build confidence towards daily lives and the future, change the passive emotion into a positive one, and make sure you see the hope! All of these things can have a great impact on the effectiveness of the treatment of illness. Professor Li said: Those who live a long and dramatic life are often those people who dare to engage in introspection and persisting in revising his or her own life style.

From Prof. Li's successful experience we can see that finding out the fundamental causes of the illness and then further recuperating the point of view are the most important experiences. Only when this step has been achieved are there the request to adjust life and eating habits, as well as the determinant and action of insisting on doing exercises to change the body constitution.

Good Food to Restore Health – An Experience Shared among Cancer Survivors Mr. Gan

The last support group meeting in 2005 was a chefs gathering. It was held at Gilda's Club. Gilda Radner was an American Comedian and actress, best known for her five years as a part of the original cast of the NBC comedy series Saturday Night Live. Radner died at 42 of ovarian cancer. In tribute to Radner, the Gilda's Club was founded. It is a place where cancer patients and their families can go to be around other people in the same situation to share support, coping and wellness strategies. It grew to multiple locations across the country.

"Eating well," in fact, should be an important part of the general cancer recovery strategy for cancer patients who have underwent chemo, radiation, even stem cell transplant. Their digestive systems were damaged. On the other hand, their bodies need nutrition to rebuild and repair all the damage. Eating is the key for a successful recovery. Eating is a whole process: preparing all of the ingredients, cooking according to the recipe, and finally enjoying the dish which you made with all your efforts.

The chefs gathering was held in the Club's kitchen. Cancer survivor Mr. Gan gave us a demonstration of how to make simple, healthy and tasteful foods such as jumbo dumplings and green onion cakes. Mr. Gan brought the Kitchen Aid Mixing and pasta maker from his home. Within half an hour, five-inch round wraps were completed. All of us were busy trying to make jumbo dumplings with home-made ground meat and vegetables. Ms. Chen is a true expert. Her dumplings had all sorts of different shapes with very fine decorations. At the same time, Mr. Gan mixed the wraps with apple pie crust to make green onion cake. Everybody was making food, learning, and eating happily.

Health Seminar

Dr. Hugo Lau

Chinese medicine practitioner and licensed acupuncturist Hugo Lau was invited to speak at the WSCNA's public seminar on September 24, 2005 about acupuncture and optimal health. Living in our present environment, each of us is bound to come into contact with some cancer causing factors. It has been reported that doctors had found cancer cells in people who died of car accidents even though they did not exhibit any cancer symptoms while they were living. How come? From the perspective of Chinese medicine, it was because the "defensive qi (energy)" of those people was not yet depleted. Acupuncture is useful to cancer patients because it can promote their defensive energy and regulate their internal organ systems, especially to the digestive, kidney, and liver systems. While it enhances the formation of defensive energy, it also enhances the circulation of such to all parts of the body. (Note: Defensive energy in Chinese medicine corresponds to the immune system in western medicine. Acupuncture when done correctly will promote defensive energy and not metastasis of cancer cells.) Regarding optimal health, there are mainly three aspects: lifestyle, diet, and mentality. Optimal lifestyle is to live according to the seasonal changes, have appropriate amounts of exercises, and to try not to overwork or have irregular sleeping patterns. Optimal diet is to not eat too much raw, cold, or oily foods, try to eat frequent but small meals, not over-eat or starve one self. Optimal mentality is to be easy-going and calm, learn to be flowing and flexible to deflect external stresses, also try to re-evaluate and understand one self, the reasons of one's hopes and goals of staying alive, so as to reduce any existing or potential, invisible and unnecessary stress, worries and anxiety. According to Chinese medicine, "thinking too much hampers the digestive system." What's more important is to make a decision and a plan and follow through with it. At the workshop, Dr. Lau also taught the group a couple of easy and simple Qi Gong exercises designed to strengthen the digestive system and kidneys. (For more information and understanding from a western medicine perspective, please refer to the Cancer Website by World Health Organization <http://www.who.int/mediacentre/factsheets/fs297/zh/>)



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WSCCNA is a 501(c)(3) non-profit organization
本會是一個政府批准非牟利團體

Exciting Events in 2006 今年的精彩活動預告

- Mar 4 1:30 pm - Book Study at Gilda's Club 1400 Broadway, Seattle
3:30pm Contact 206-328-5428 Chen Muyun for direction
身心靈健康讀書會 Gilda's Club 會議室 請電 206-328-5428 陳慕筠接洽
- Mar 18 1:30 pm - Monthly Support Group meeting at Gilda's Club 1400 Broadway, Seattle
3:30 pm 癌友談心會 Gilda's Club 會議室 請電 206-328-5428 陳慕筠接洽
- Apr 1 1:30 pm - Book Study at Gilda's Club 1400 Broadway, Seattle
3:30pm Contact 206-328-5428 Chen Muyun for direction
身心靈健康讀書會 Gilda's Club 會議室 請電 206-328-5428 陳慕筠接洽
- Apr 15 1:30 pm - Health Seminar on Nutrition at Gilda's Club 1400 Broadway, Seattle
3:30 pm 健康講座: 營養 Gilda's Club 會議室 請電 206-328-5428 陳慕筠接洽
- May 6 1:30 pm - Book Study at Gilda's Club 1400 Broadway, Seattle
3:30pm Contact 206-328-5428 Chen Muyun for direction
身心靈健康讀書會 Gilda's Club 會議室 請電 206-328-5428 陳慕筠接洽
- May 13 1:30 pm - American Cancer Society—Relay for Life at University of Washington
3:30pm 美國防癌協會 華大主持 抗癌接力
- May 20 1:30 pm - Monthly Support Group meeting at Gilda's Club 1400 Broadway, Seattle
3:30 pm 癌友談心會 Gilda's Club 會議室 請電 206-328-5428 陳慕筠接洽
- June 3 1:30 pm - Book Study at Gilda's Club 1400 Broadway, Seattle
3:30pm Contact 206-328-5428 Chen Muyun for direction
身心靈健康讀書會 Gilda's Club 會議室 請電 206-328-5428 陳慕筠接洽
- June 17 8:00am - Susan Komen Race for Cure at Qwest Field
12:00pm
- Aug 12 10:00am- Summer Potluck Picnic at Coulon Park in Renton
2:00 pm 連頓市古倫公園野餐



WSCCNA
Board members