

迎牛年健康餐點大聚匯

陳慕筠

二月七日中午，四十多位癌友、家屬、義工和朋友們歡聚在Gilda's癌友俱樂部，迎牛年歡聚一堂！有從Bellingham 清早就起程趕來的李先生；有從Bremerton 來的甄先生夫婦；從香港來探望妹妹的梅氏姐妹；從Lynnwood 來的李丹和她康復三年後生下的兒子“多多”；更多的人是從西雅圖市四面八方來的！大家各自帶來自製的菜餚、點心，擺滿一長桌。爲了提高癌友們對素食認知，協會理事們特別安排了四個健康素食的點心及飲品製作示範，讓大家品嚐：越南式素果菜米紙卷；綠色濃蔬果汁；堅果仁糊；醋泡葡萄干沙拉。陳阿姨還特別把所有作品的材料樣品展覽、介紹出來，並把這四個餐點材料名稱編成猜迷有獎遊戲，使到會者既能嚐到健康美食、增長了見識、又拿到獎品！我們協會中有不少癌友在康復過程中改變了自己的飲食，成爲素食者，但也苦於自己不會調製多種多樣的素食，通過這次活動，增強了對吃健康素食的信心和興趣！聯歡會上會長梁費聖奇向大家拜年，並介紹了七位理事，及今年的主要活動：談心會、讀書會因場地關係改爲合併在每月第一周周六下午1:30至3:30舉行，地點仍在Gilda's俱樂部；讀書會以“不一樣的自然養生法”及“中國健康調查報告”兩本書爲主。聯歡會上還有粵曲卡拉OK助慶、彩票抽獎等。這次迎牛年的聯歡聚會做到了使到會者都滿載而歸！



Chinese New Year (Year of Ox) Party

Mu Yun Chen
translated by Oliver Hsu

On February 7th, over forty cancer patients, their families, friends and volunteers gathered at Gilda's Club to welcome the year of the ox. Mr. Li started his journey early in the morning from Bellingham; Mr. & Mrs. Zhen came from Bremerton; the sisters of the Mei family came from distant Hong Kong to visit their sister. From Lynnwood came Mrs. Dan Li and her son Duo Duo after her recovery from cancer three years ago. Many people came from all parts of Seattle! Every one brought homemade dishes and desserts. The entire long table was filled with these delicious delicacies. In order for the cancer patients to get a better understanding of vegetarian foods, the board members of the association arranged a demonstration as well as tasting events, teaching cancer patients how to make four healthy vegetarian desserts and drinks. They are: Vietnamese fruit and vegetable rolls; green vegetable & fruit drink; nut paste; & salad with marinated raisins and vinegar dressing. Auntie Chen made an extra effort to introducing & showing the samples of the ingredients of these four demonstrations. From the ingredients, she also made riddles for prizes. (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爲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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**Relay For Life® 【為抗癌接力】**

One day. One night. One community. Your Relay For Life® is about celebration, remembrance, and hope. By participating, you honor cancer survivors, pay tribute to the lives we've lost to the disease, and raise money to help fight it – all right here in your community. You won't want to miss one moment of this life- and community-affirming event!

【為抗癌接力】是一項結合慶祝、紀念、和希望的社區全天活動。藉由參與這項活動，您不但可以向已克服癌症的親友獻上最誠摯的敬意，紀念因癌症凋逝的可貴生命，同時還可以募款幫助癌友抗癌，請千萬別錯過這項既有意義又能夠凝聚社區力量的活動。

University of Washington Relay for Life - May 9-10, 2009 Husky Stadium

華盛頓大學【為抗癌接力】活動 -- 2009年5月9-10日 華大Husky體育館

WSCCNA is planning on participating in this Event. This will be the 5th year our cancer survivors will walk the 'Survivor Lap' to celebrate for life. Cancer survivors, families and friends, please join us on May 9, 2009 at 1:00 pm at UW Husky Stadium. Please call 425-392-8233 Stella Leong for details

華盛頓州華人防癌互助協會計畫參加這次的活動。這將是本會已克服癌症的朋友們第五年參加“倖存者接力”的競走活動慶祝重生。請已克服癌症重拾健康的朋友及其親友們共襄盛舉。時間：2009年5月9日下午一點。地點：華盛頓大學 Husky體育館。請電 425-392-8233 Stella Leong 接洽

《癌友們的故事》編輯徵稿**王蓮麗**

2008年11月在我們的理事集訓會上作出了一個決定：編輯《癌友們的故事》小冊子。要把我們成立協會以來，癌友們的親身經歷、治療經驗以及康復的心路歷程寫下來，匯集成冊。這本小冊子將會使我們癌友互相交流、互相啓發、互相鼓勵；也是對當今人類社會的一個貢獻。回憶往事，也許是一件痛苦傷心的事，尤其對已故的親人，但是，如果別人能從你的故事中得到啓發，少走彎路，這就變成好事了！

癌症的成因至今仍是一個謎！癌細胞本來也是人體內的細胞，什麼原因使它變壞？使它變惡？侵害了身體內的正常細胞，破壞了完好的內臟，最後甚至奪去了人的生命！可是癌症並非絕症，許多絕處逢生的事實就在我們周圍發生：經過治療，改變生活習慣，調整好心態卻可以康復過來，再活上五年、十年、四十年……！

《癌友們的故事》(中英文)能出版，要靠我們的每一位癌友投稿。以真人真事為基礎，可以自我敘述，可以口述請人代筆，篇幅以一千字以內較好，能中英文同時寫稿最好，否則可請人翻譯。故事形式可參考在我們簡訊中曾刊登過的稿件，例如：

第十一期第一頁“同甘共苦齊抗癌”李金城寫；

第十三期第一頁“我的抗癌經歷”李丹寫；

第十四期第四頁“忘記背後、努力向前”黃燕玲寫；

稿件請交今年副會長王蓮麗女士。PO Box 15425, Seattle, WA 98115



Chinese New Year (Year of Ox) Party

(continue from Page 1)



The participants not only could taste the healthy delicious foods, but also gained knowledge and won prizes! Many of the cancer patients in our association have tried to change their eating habits to become vegetarians during their healing, but they have had difficulties making a variety of vegetarian food. With this activity, they gained confidence and interests in eating healthy vegetarian foods!

During the gathering, our president Stella Leong greeted guests for a happy Chinese New Year. She also introduced the seven board members and the main activities of this year. The main activities are: cancer support group and book study group.

Due to the availability of the location, the two groups have been combined to make one meeting. The date and time are 1:30PM – 3:30PM, on the first Saturday of each month. The location is still at the Gilda's Club; The book study group will be based on the following two books, "A Different Way of Living Naturally" and "China Study."

After the lunch, some participants sang Cantonese karaoke and had the raffle Drawing and prizes. This new year (Year of the Ox) event provided every participant with joy, knowledge and prizes!



Staff of Gilda's Club celebrated the Year of OX with WSCCNA

WSCCNA Newsletter Seeks Cancer Survivor Stories

Written by Lillian Wang, translated by Andre Do

At the November 2008 Board Retreat, we passed the plan to publish a booklet entitled "Cancer Survivor Stories". We will collect written articles of cancer survivors' personal experiences, their treatment and rehabilitation journeys, going back in time to the beginning of WSCCNA. We will then bind our collection into booklet form. This booklet will allow our cancer survivors to exchange ideas, inspiration and encouragement and will also serve our society at large. Revisiting the past may be painful, especially for relatives of the deceased, but this booklet will be worthwhile if the stories can inspire others to travel smoother paths!

The causes of cancer are still mind-boggling! Cancerous cells are also human cells; so why do they become malignant and evil? What causes them to harm normal cells, damage healthy organs and eventually claim life itself? But cancer is not incurable. Incredible cancer survival stories are all around us. With medical treatment, changes in life-style and attitude adjustment, cancer patients may recover and then continue to live on for 5, 10, 40 years!

The successful publishing of "Cancer Survivor Stories", in a Chinese-English bilingual edition, will depend upon the contribution of each and every WSCCNA cancer friend. Articles submitted should be true life stories. You can write your stories yourself or have someone else ghost-write. Articles within 1,000 words, in Chinese and English, are preferred; otherwise, have someone translate for you.

For the contents and writing style, you may refer to the stories published in the past issues of our newsletter, such as :

"Fighting Cancer with Shared Joy and Sorrow" by Jin-Cheng Li (Issue 11, page 1),

"My Cancer Experience" by Tan Li (Issue 13, page 1), and

"Faith Gained through Illness - Let go of the past, rebuild a Life -" by Stephanie Wong (Issue 14, page 4)

Please send your manuscripts to our Vice-President Lillian Wang at PO Box 15425, Seattle WA 98115.

**專題演講：癌症的形成與最新治療趨勢**

李典銀醫師主講 陳慧芳記錄

(1) 為何會得癌症？

癌症不是一種器官退化的疾病，也不是外來物質造成的炎症，它是人體細胞核染色體內的基因產生突變，使得致癌基因(造成細胞突變)或抑癌基因(保護細胞免於突變)的功能失常，而引起人體細胞無限制的不正常增生。如果沒有很多的基因變異，大多數的癌症是不會產生的。

(2) 癌症為何會到處蔓延？為何會那麼難治療？

第一，失去正常的細胞接觸抑制作用，造成細胞無限制生長。

第二，因為基因突變造成細胞分裂控制機轉的缺失。

第三，正常人體的細胞在受損後無法自我修復時，會自我凋零，此為細胞的自殺機轉。此機轉缺失時，無法修復的細胞就會繼續增生而變成癌細胞。

第四，癌細胞能躲過人體免疫細胞的攻擊。

第五，癌細胞會分泌物質，造成其附近的血管增生，大量供給癌細胞生長所需的養分。

第六，癌細胞會隨著血液轉移至身體其他部位。

(3) 如何治療癌症？

目前最常見的癌症治療方法有手術、放射線治療及化學治療。化學治療是二次世界大戰期間，因發現芥子氣體的毒性可摧毀淋巴和骨髓，而開始研發成化學治療的藥物。一般化學治療的藥物，自研發到正式上市通常需十幾、二十年的時間。化學治療的藥物主要是在殺死長得快的癌細胞，但相對的也會殺死人體內其他長得快的細胞，如血球等。

(4) 癌症最新治療趨勢

標靶治療 (Targeted Therapy) 是目前最新的治療趨勢。它的原理是找出識別癌細胞的方法及各種癌細胞的生長弱點，再根據其弱點來予以個別攻擊、殺死它們。如目前一些已發展成功的單株免疫球蛋白(又叫單株抗體)及口服小分子藥物，可用來辨別並攻擊特定的癌細胞，如某些乳癌、大腸癌、肺癌及慢性骨髓性白血病等。

(5) 各期臨床試驗的目的

任何一種新發展出的藥物，在經過動物實驗後，需經過三期的人體臨床試驗，來確任其療效及治療劑量。

第一期 臨床試驗是3人一組，先給予1/10的動物致死劑量，每次加1/3來治療，依此找出人體所能容忍的最大劑量。此期病人的付出是在造福後面的人。

第二期 臨床試驗是要找出此藥對哪種癌症最有效及其有效劑量。在第二期臨床試驗中有40%以上療效的藥物才能進行第三期臨床試驗。

第三期 臨床試驗是將新藥與現有的標準治療做比較，來最後確定其療效及治療劑量。

(6) 坊間所謂防癌抗癌產品的實效

只有獲得食品藥物監管局認可並給予藥字許可證的產品才有科學證明的療效，其它的很多都是各廠商的宣傳。

(7) 手術後何時需開始化療？化療期間能同時服用其它中草藥或防癌保健品嗎？

傷口通常在1-2週後即可癒合，故應在術後一個月內開始化療。化療期間能否同時服用其它中草藥或防癌保健品，醫師們的看法不盡相同，最好是詢問自己的化療醫師。最重要的是要告訴醫師自己另外吃了什麼東西，醫師才能做適當的追蹤檢查及各種身體狀況的判斷與處理。

[編者按：李典銀醫師是台灣慈濟大林醫院血液腫瘤科的專科醫師，目前正在西雅圖費哈金森癌症研究中心擔任訪問學者。]



Public Seminar: The Causes of Cancer and the Latest Development of Cancer Treatment

Presented by Dr. Dian-Kun Li, recorded by Hueifang Chen

Cancer is caused by the mutation of human genes. The malfunction of oncogene and/or tumor suppressor gene results in an abnormal cell proliferation. The majority of cancer occurs only when many genes are mutated.

Cancer has the following characteristics:

- 1) Lack of contact inhibition among cells to stop cell growth,
- 2) can inhibit the mechanism of cell cycle control,
- 3) can escape the mechanism of apoptosis,
- 4) can escape the attack of the immune system,
- 5) angiogenesis, and
- 6) distant metastasis.

The latest development of cancer treatment is targeted therapy. It is to find the paths and weakness of the growth of cancer cells and attack them accordingly. Currently there are some monoclonal antibodies that have been developed to use in identifying and attacking specific cancer cells.

Any newly developed chemotherapy medication will take 10 to 20 years to appear on the market. After lab tests with animals, a new medicine has to go through 3 stages of clinical trials to determine its effectiveness and appropriate dosage for human beings. Only the medication with FDA approval has scientific evidence of its effectiveness. Other health products that claim to prevent or treat cancer can only be seen as the advertisement created by the manufacturers.

Chemotherapy should start within a month after surgery, as a wound often heals in 1 to 2 weeks. Doctors often hold different opinions with regard to patients' use of other herbal medicine or health products concurrent with chemotherapy. It is for the best interest of a patient to inform his or her oncologist with this information so that the doctor can monitor and manage any medical situations well.

[Note: Dr. Dian-Kun Li is a hemato-oncology attending physician at the Buddhist Dalin Tzu Chi General Hospital in Taiwan. He is currently a visiting fellow at the Fred Hutchinson Cancer Research Center in Seattle.]



16th Annual Komen Puget Sound Race for the Cure™

蘇珊基可嫻乳癌基金會 “為治癒而競走” 活動

每年六月份的第一周周末蘇珊基可嫻乳癌基金會都在市中心的 Qwest Field 大球場舉行為治癒的乳癌康復者而競走的募捐活動。蘇珊基可嫻基金會

“為治癒而競走” 這個活動，已經歷了十六年。每年參加的人有癌友、家屬、支持者上萬人。

WSCCNA is planning on participating in this Event. This will be the 5th year our breast cancer survivors, families and friends will participate in the Race for the Cure to celebrate life. Breast cancer survivors, families and friends, please join us on June 7, 2009 at 8:00 am at Qwest Field.

華盛頓州華人防癌互助協會計畫參加這次的活動。這將是本會已克服乳癌的朋友第五年參加“為治癒而競走”活動慶祝重生。請已克服乳癌重拾健康的朋友及其親友們共襄盛舉。

Date/Time 時間：2009年6月7日上午八點。

Place 地點：Qwest Field 大球場。

Registration 報名：\$30 online \$35 mail in

Please register online at <http://www.pugetsoundraceforthecure.org> to join our team WA State Chinese Cancer Network Association or you can call 425-392-8233 Stella Leong for details

如有興趣參加，請電 425-392-8233 Stella Leong 接洽報名



Washington State Chinese Cancer Network Association (WSCCNA)

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Phone: 206-850-5914
E-mail: info@wscna.org

Web address 網址: <http://www.wscna.org>

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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 2009 2009年的精彩活動預告

- May 2 1:30 pm— Book Study and Support Group at Gilda's Club 1400 Broadway, Seattle
3:30 pm 身心靈健康讀書會 Gilda's Club 會議室 請電 425-836-3289 陳慕筠接洽
- May 9 1:30 pm - American Cancer Society—Relay for Life at University of Washington
3:30pm 美國防癌協會 “為抗癌接力” 華盛頓大學Husky體育館
- June 6 1:30 pm— Book Study and Support Group at Gilda's Club 1400 Broadway, Seattle
3:30 pm 身心靈健康讀書會 Gilda's Club 會議室 請電 425-836-3289 陳慕筠接洽
- June 7 8:00 am— Susan Komen Race for Cure at Qwest Field
12:00 pm 蘇珊基可嫻乳癌基金會 “為治癒而競走” Qwest Field 大球場
- Aug 1 1:30 pm— Book Study and Support Group at Gilda's Club 1400 Broadway, Seattle
3:30 pm 身心靈健康讀書會 Gilda's Club 會議室 請電 425-836-3289 陳慕筠接洽
- Aug 22 10:00 am—Summer Potluck Picnic at Coulon Park in Renton
2:00 pm 連頓市古倫公園野餐
- Sep 5 1:30 pm— Book Study and Support Group at Gilda's Club 1400 Broadway, Seattle
3:30 pm 身心靈健康讀書會 Gilda's Club 會議室 請電 425-836-3289 陳慕筠接洽
- Oct 3 1:30 pm— Book Study and Support Group at Gilda's Club 1400 Broadway, Seattle
3:30 pm 身心靈健康讀書會 Gilda's Club 會議室 請電 425-836-3289 陳慕筠接洽
- Nov 7 1:30 pm— Book Study and Support Group at Gilda's Club 1400 Broadway, Seattle
3:30 pm 身心靈健康讀書會 Gilda's Club 會議室 請電 425-836-3289 陳慕筠接洽



WSCCNA

2008-2009 Board members

President	Stella Leong
Vice-President	Lillian Wang
Treasurer	Hueifang Chen
Secretary	Muyun Chen
Secretary	Kathy Lin
Volunteers Coordinator	Min Min Wong
Board Member	Yen Ping Ching



PO Box 15425
Seattle, WA 98115
Phone (206) 850-5914

DONATION FORM

Yes! I'd like to support the mission of the Washington State Chinese Cancer Network Association with a donation at the following level:

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Please mail this form to P.O. Box 15425, Seattle WA 98115. Membership questions can be directed to (206)850-5914 or email info@wscna.org. The Washington State Chinese Cancer Network Association (WSCCNA), is a 501 (c) (3) non-profit organization

THANK YOU FOR YOUR CONTINUING SUPPORT



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請將此表郵寄到P.O. Box 15425, Seattle WA 98115，如有任何疑問可直接電話詢問 (206) 850-5914。
華州華人防癌互助協會，簡稱 **WSCCNA**，是一個 501(c)(3)非營利組織

謝謝您的繼續支持！