



防癌互助通訊 第二十二期

Cancer Network News Issue No. 22

Washington State
Chinese Cancer Network
Association (WSCCNA)

Cancer Network

二零一一年一月

歲末溫馨聚會

黃銘銘 報導

12月18日 華州華人防癌互助協會在Lake Hill 圖書館舉辦癌友與義工的2010年歲末溫馨聚會。誠如會長梁費聖奇所說，癌友會每個月的讀書會與談心會，癌友們都是照自己時間許可而參加，唯有年節的聚會與夏日的戶外活動，大家才會一起共聚一堂。感恩大家珍惜這個彼此相聚的時刻，也藉此機會認識並感謝背後默默在付出的義工們。

華州華人防癌互助會成立至今已七年，服務的癌友達 47 位之多，今年更在中國城有了個小小的辦公室，很多有關防癌的健康資訊歡迎大家借閱，也歡迎更多的義工加入我們。

好久不見的癌友們，不管看起來是受病苦折磨有點憔悴，還是身體越來越好，一個緊緊的擁



抱道盡一切的思念與祝福！據統計，參加癌友會的癌友們比沒參加癌友會的癌友們更快樂，因為他知道他並不孤獨，他的心聲有人願意聽，他的脆弱有人了解，他有很多的支持者陪伴他，護著他，愛著他。

宜平的到來給大家很大的意外驚喜，因為我們知道她正在陪伴癌末的先生，很忙，很辛苦！沒想到她居然抽空來見大家，看她依然這麼漂亮有精神，笑聲依然這麼宏亮，真不愧是一位歷經兩次罹癌的抗癌勇士！祝福她！（下接第二頁）

WSCCNA 2010 Holiday Dessert Party

Min Min Wong
translated by Andre Do

On December 18, 2010, the WSCCNA held a heart-warming Year-end party for cancer survivors and volunteers at Lake Hill Library. As WSCCNA President Stella Leong remarked, cancer patients attending the monthly Book Study and Support Group meeting do so as their personal schedules allow; only the year-end holiday season reunions and the summer picnics are able to bring everyone together. Thank You all for making this get-together possible! This was also a great opportunity for getting to know the volunteers who quietly served us behind the scenes.

Seven years have gone by since the WSCCNA was established and it is now serving 47 cancer patients. This year, we opened our new office in the Bush Hotel building in Chinatown, with an abundance of cancer-prevention educational materials; and new volunteers are always welcome to join our ranks.

Some cancer patients had not seen one another in a while. There were those who looked a bit worn-down, while others showed signs of recovery; but they had one thing in common—they missed one another dearly, as testified by their tight mutual hugs. Statistics show that cancer patients who join support groups are more likely to be happier than those who don't. Those who do, know that they need not be alone, that there are people willing to listen to their voices, understand their weakness, accompany them and care about them.

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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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歲末溫馨聚會

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這次的聚會來了一位特別來賓，剛從台灣移民來美的培培女士，她與大家分享她在 12 年前罹患乳癌，沒想到治療後的第四年另一邊的乳房也沒逃過，再次接受治療。她說任何一種的治療方法她都經歷過，過程非常辛苦，但她感恩因為這場病讓她從此更加注意飲食，一切身心靈的健康資訊她都去學習。因此她馬上現場教大家簡單的”宇宙操”。

宇宙操：兩手高舉呈 V 字形，就這樣邁開步子走，也可以踮著腳尖走。因為兩手高舉，把筋拉開，對淋巴腺的暢通很好，因為手高舉，整個背部挺直了，小腹也跟著收縮了。

簡單的動作有這麼多的功效，讓大家馬上現場高舉雙手圍個圓圈走一圈！正向的，積極的氛圍蔓延著……感恩有培培的加入，每一位癌友都是互協助會的力量！

癌友會的理事們爲了這次的聚會準備了簡單水果點心並蒐集一些小禮物讓大家抽獎，慶祝會在人人有獎，個個高興的歡樂中結束，期待下次再相見。有”愛”就無”礙”，祝福每一位朋友在新的一年里每一步都走得踏實！



懷念老伴余浩熙

余李悅歡 口述 陳慕筠 整理

今天 (4/12/2010)我到癌友會的新辦公室參加談心會，在”懷念癌友”的牆報上我看到了老伴余浩熙的名字，我頓時一陣心酸，眼淚奪眶而出，整整五個年頭，除了我天天想到他，原來華州華人防癌互助協會也天天懷念他。

回想我們夫婦倆共同走過的52年，從在廣州黃埔船廠打工，在香港寶華建築公司打工，移民來美仍要去做工……，嚐盡人世間的甜酸苦辣，好不容易把三個兒女撫養成人，等到了他們成家立室，兒孫滿堂時，正要在美國退休，安渡晚年，卻又在97年在香港做生意的小兒子突發心臟病，英年早逝，留下一對幼兒悄然離去。老余他經受不住這個打擊，鬱鬱寡歡，憂鬱成病，終於到了05年6月就發現得了食道癌，先後做了四次手術和化療都無法控制癌細胞，僅僅六個月就擴散到胃。腸整個腹腔。

癌友會的陳姨從得知他入院治療就經常來探望，給他帶來書報看，和他談心。開解他憂傷，直到他彌留之際還到華大醫院探望。他的後事陳姨也處處幫忙，找殯儀館，參加追悼會，甚至還陪伴我將他的骨灰跨過大洋，送回家鄉安葬，這不緊緊是因為我們是同鄉，更主要的是有愛心，癌友會不但在他病時來幫助，就在他離去後仍經常和我聯繫，組織很多活動，鼓勵我參加，讓我過得開心，不會寂寞，真的很多謝陳姨，多謝癌友會！



WSCCNA 2010 Holiday Dessert Party

(Continued from Page 1)

Angela's arrival was a big surprise for everyone! We all knew that she was burned out in caring for her husband in final-stage cancer, and no one had expected her to show up. She still looked good, her mood was lively and her laughter loud and full. What a brave two-time cancer fighter! May God bless her!

We had a special guest at the party, Pei Pei, who recently immigrated from Taiwan. She confided to us that she had breast cancer 12 years ago. Four years after completion of treatment, cancer unexpectedly spread to the other breast; and once more she went thru another round of treatment. Having endured all kinds of agonizing therapy, she was however grateful that her illness motivated her to care more about diet, and she has since tirelessly sought to educate herself on holistic healthcare. To show her enthusiasm, she immediately demonstrated a simple cancer-preventive exercise known as "Nature-inspired workout".

Here are the workout steps: with both arms extended V-shaped in the air, stride forward or tip toe walk. Raising both arms in the air has the effect of stretching the tendons—thus facilitating the circulation of lymph fluid, straightening the spine, and retracting the abdominal muscles.

This simple and yet highly effective workout motivated everyone to try it out on the spot. A positive and energetic ambience filled the air. Thank you, Pei Pei, for joining us! Each and every cancer survivor empowers the entire WSCCNA.

The WSCCNA board members provided fruits and snacks for the party. They also collected a number of small gift items for prize-drawing. Every attendee took home some prize that day, and the party concluded to everyone's delight. We are looking forward to seeing you again next year.

As loving care dissolves all obstacles, may all of you move forward with steady and sure-footed steps in the coming year!



In memory of my late husband Mr. Yu

Dictated by Mrs. Yu, recorded by Mu Yun Chen
and translated by Mr. Daniel Chien

Today (April 12, 2010), I went to the new office of the Washington State Chinese Cancer Network Association (WSCCNA) to attend a support group meeting. On the Cancer Memorial Wall, I saw my late husband's name and burst into tears. For five years, not only did I pay tribute to my lovely husband, but WSCCNA also did.

In our fifty two years together, we started hard labor jobs at the Guangzhou Huangpu Shipyard, then at Hong Kong's Paul Y Constructions. Finally, we immigrated to the United States. During these years, we have experienced all sorts of ups and downs, and struggled to raise our three children so that today, they have families of their own. We finally thought we could retire and enjoy our golden years. Another misfortune struck in 1997, when our youngest son in Hong Kong had heart attack and left two young children behind. My husband was devastated by the bad news and was unable to cope with it. He became miserable and depressed from then on. In June 2005, he was diagnosed with esophagus cancer. Even after four operations and chemotherapy, it had spread to his stomach, small intestine and whole abdominal cavity in six months.

Our WSCCNA friend Muyun Chen visited him very often. She brought him books and newspapers, and chatted with him to encourage and delight him. She made a great effort to come to the UW Medical Center to accompany with him through the end. Afterwards, she helped me to arrange his funeral service and accompanied me in taking his ashes back to his hometown in China. Ms. Chen did all these things not because of we were from the same home town, but because of *love*. Everyone in the WSCCNA has love. Not only did they visit us during his final months, but they have also kept in touch with me till today. They have encouraged me to attending WSCCNA activities to stay out of sadness and loneliness. This made my life more enjoyable. I sincerely appreciate Ms. Chen's and WSCCNA's love and caring.



卵巢癌

轉載自Web MD 網頁, Patricia Ng 翻譯

[From: http://www.webmd.com/ovarian-cancer/slideshow-ovarian-cancer-overview?ecd=wnl_wmh_121310]

甚麼是卵巢癌? - 卵巢癌是源自卵巢所生長的癌症腫瘤。卵巢是女性體內一對專責生產卵子的生殖器官，也是女性賀爾蒙雌激素及黃體激素的主要來源。近年來，卵巢癌的治療方法其療效愈漸提高。若能在癌症初期，及時發現和醫治，效果更好。

卵巢癌的徵兆:

- ◆ 腹脹或腹部感受壓力
- ◆ 腹部或骨盆感覺疼痛
- ◆ 進食時，很快就有飽脹感
- ◆ 頻尿

以上各種徵兆，可以由很多其它跟癌症無關的因素引起。若它們持續每天發生超過數星期的話，便需要跟妳的醫師報告。

各種可能引致卵巢癌的危險因素：

家族病史 一個女性，若家族中曾有近親患有卵巢、乳房或大腸癌症的病史，她患上卵巢癌的機會，便會增加。醫學研究員相信，遺傳基因的變異，大概佔卵巢癌患病率的百分之十。這些遺傳基因的變異，包括BRCA1 和BRCA2兩組基因的變異，都跟乳癌相關。若女性家族中有高度的癌症病史，便需要跟妳的醫師聯絡，看看較緊密的醫療追蹤是否有幫助。

年齡 年齡可能是引致卵巢癌的最大危機因素。卵巢癌通常病發在女性渡過絕經期以後。服用絕經後的激素治療法，會增加患上卵巢癌危機的可能性。對於那些曾經服用雌激素至少五至十年，但卻沒有同時服用黃體激素的婦女，這個關連最為顯著。此外，對於同時服用雌激素及黃體激素，會不會增加患上卵巢癌危險的可能性，醫師們還不能確定。

過胖症 過胖症的婦女，比其他一般的女性，有較高的機會患上卵巢癌。同時，過胖症婦女卵巢癌的死亡率，也較一般沒有過胖症的女性為高。而身體愈重的過胖婦女們，患上卵巢癌的機會也愈高。

卵巢癌的篩檢

在還沒有出現徵兆或在一般例行的婦科檢查中查出來前，有兩種方法可以偵測出卵巢癌。一個是血液測試一種名為CA-125的蛋白質水平有沒有增高。另一個就是進行卵巢的超聲波掃描。可惜的是，對於那些只有一般性危險的婦女們，這兩種方法都沒有特別顯示出有保命的效益。因此，只有對那些高危險羣的婦女們，才會建議作這些篩檢。

卵巢癌的診斷

一些如超聲波或電腦斷層掃描的成像測試，可以幫忙顯示出卵巢腫塊。但這些掃描不能確定腫塊是不是癌症。若懷疑是癌症，下一個步驟常是用手術切除可疑組織，然後將樣本寄往化驗室作化驗，這就是所謂的「活檢」。有時候，利用針刺方法所提取得到的樣本，也可用作診斷。

卵巢癌的分期

最初的卵巢癌手術可以幫助確定癌症擴散的程度，主要分為以下各期：

- 第一期：局限於一個或兩個卵巢。
- 第二期：擴散到子宮或附近的器官。
- 第三期：擴散到淋巴腺或腹膜。
- 第四期：擴散到較遠的器官，如肺或肝臟。

卵巢癌各種類型

大部份的卵巢癌是卵巢上皮細胞癌。這些是由卵巢表皮細胞形成的惡性腫瘤。有些上皮細胞腫瘤不一定是惡性的。它們被稱為「低惡性潛能」(LMP) 的腫瘤。這些低惡性潛能腫瘤生長較緩慢，比其它類型的卵巢癌，其危害程度也比較低。

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Ovarian Cancer

Adopted from WebMD

[From: http://www.webmd.com/ovarian-cancer/slideshow-ovarian-cancer-overview?ecd=wnl_wmh_121310]

What Is Ovarian Cancer?

This cancer begins in the ovaries, the twin organs that produce a woman's eggs and the main source of the female hormones estrogen and progesterone. Treatments for ovarian cancer have become more effective in recent years, with the best results seen when the disease is found early.

Ovarian Cancer Symptoms:

- ◆ Bloating or pressure in the belly.
- ◆ Pain in the abdomen or pelvis
- ◆ Feeling full too quickly during meals.
- ◆ Urinating more frequently.

These symptoms can be caused by many conditions that are not cancer. If they occur daily for more than a few weeks, report them to your health care professional.

Risk Factor: Family History

A woman's odds of developing ovarian cancer are higher if a close relative has had cancer of the ovaries, breast, or colon. Researchers believe that inherited genetic changes account for 10% of ovarian cancers. This includes the BRCA1 and BRCA2 gene mutations, which are linked to breast cancer. Women with a strong family history should talk with a doctor to see whether closer medical follow-up could be helpful.

Risk Factor: Age

The strongest risk factor for ovarian cancer is age. It's most likely to develop after a woman goes through menopause. Using postmenopausal hormone therapy may increase the risk. The link seems strongest in women who take estrogen without progesterone for at least 5 to 10 years. Doctors are not certain whether taking a combination of estrogen and progesterone boosts the risk as well.

Risk Factor: Obesity

Obese women have a higher risk of getting ovarian cancer than other women. And the death rates for ovarian cancer are higher for obese women too, compared with non-obese women. The heaviest women appear to have the greatest risk.

Ovarian Cancer Screening Tests

There are two ways to screen for ovarian cancer before it causes symptoms or shows up during a routine gynecologic exam. One is a blood test for elevated levels of a protein called CA-125. The other is an ultrasound of the ovaries. Unfortunately, neither technique has been shown to save lives when used in women of average risk. For this reason, screening is only recommended for women with strong risk factors.

Diagnosing Ovarian Cancer

Imaging tests, such as ultrasound or CT scans (seen here), can help reveal an ovarian mass. But these scans can't determine whether the abnormality is cancer. If cancer is suspected, the next step is usually surgery to remove suspicious tissues. A sample is then sent to the lab for further examination. This is called a biopsy. Sometimes a sample taken with a needle can also be used for diagnosis.

Stages of Ovarian Cancer

The initial surgery for ovarian cancer also helps determine how far the cancer has spread, described by the following stages:

- Stage I:** Confined to one or both ovaries.
- Stage II:** Spread to the uterus or other nearby organs.
- Stage III:** Spread to the lymph nodes or abdominal lining.
- Stage IV:** Spread to distant organs, such as the lungs or liver.

Types of Ovarian Cancer

The vast majority of ovarian cancers are epithelial ovarian carcinomas. These are malignant tumors that form from cells on the surface of the ovary. Some epithelial tumors are not clearly cancerous. These are known as tumors of low malignant potential (LMP.) LMP tumors grow more slowly and are less dangerous than other forms of ovarian cancer.



卵巢癌

(上接第四頁)

卵巢癌的生存機率

卵巢癌可以是一個令人聽而生畏的診斷。根據癌症被發現時的分期，如果是卵巢上皮細胞癌，五年的相對存活率，大概是百分之十八至八十九。但請謹記，這些存活率，是根據從1988年到2001年間，被診斷患有卵巢癌的女性病患所得的資料。對在今日被診斷患有卵巢癌的病患而言，她們的治療效果和未來展望可能會比較好。若是患有低惡性潛能腫瘤的患者，她們的五年相對存活率，大概是百分之七十七至九十九。

卵巢癌의各種診斷和治療方法：

- 手術** 手術是用作診斷和判定卵巢癌的分期，但它也是第一期的治療方法。目的是將癌細胞儘可能切除，這可能包括第一期時的單個卵巢和附近的組織。在比第一期較晚的癌症，便可能需要切除兩個卵巢以及子宮和其附近的組織。
- 化學治療 (化療)** 在所有卵巢癌的各個分期中，通常在進行手術後，都會施行化療。這階段的治療目的，是針對體內殘存的癌細胞，利用藥物將它們殺死。這些藥物，可以口服、或通過靜脈注射、或直接注射入腹腔內(腹腔化療)。患有低惡性潛能腫瘤的女性患者通常不需要化療，除非是手術後癌細胞再復發。
- 標靶治療** 研究人員正在研發針對卵巢癌生長方式的治療方法。其中有一項名為「血管新生」的過程，是經由剛形成的新血管，提供養分去滋養癌細胞。一種稱為「阿瓦斯丁」(Avastin)的藥物，可以阻止這一過程的發生，讓癌細胞縮小或停止生長。「阿瓦斯丁」(Avastin)被認可用來治療其它癌症，但是研究人員仍在測試用「阿瓦斯丁」(Avastin)治療卵巢癌，因為此治療可能有嚴重的副作用。

治療後：更年期提早

當婦女的兩個卵巢被切除後，她們便沒法再製造自己的雌激素。無論她們是多年輕，這都會引發更年期。身體內賀爾蒙水平下降，也會增加某些健康情況的危險性，包括骨質疏鬆症。所以，婦女在接受卵巢癌的治療後，必需定期作身體檢查。

治療後：持續活動

在治療完畢後，婦女可能會發覺她們需要花一段長時間來恢復體力。倦怠是癌症治療後，一個很普遍的問題。通常開始做一些比較柔和的運動，是恢復體力和改善情緒的最有效方法之一。請詢問妳的醫護人員，以便決定哪一種活動較適合妳。

各種可能降低罹患卵巢癌的方法：

- 懷孕** — 曾懷孕生子的女性比從沒有生育過的女性較少患卵巢癌。罹患卵巢癌的危險性似乎隨著每一次懷孕而降低，而以母乳哺養嬰兒也可能提供額外的保障。
- 避孕藥** — 在那些曾服用避孕藥的婦女當中，卵巢癌也比較不普遍。曾服用避孕藥至少五年的婦女，她們患上卵巢癌的機會，只有那些未曾服用過避孕藥的婦女的一半。就和懷孕一樣，避孕藥會抑制排卵。一些研究人員認為，少排卵可能可以預防卵巢癌的發生。
- 輸卵管結紮手術** — 將妳的輸卵管打結，即所謂的輸卵管結紮手術，可能可以保障婦女免於患上卵巢癌。子宮切除手術 — 把子宮切除但保留卵巢 — 有同樣的保護作用。
- 切除卵巢** — 對於那些因擁有基因變異，屬於卵巢癌高危險羣的婦女，切除卵巢是一個選擇。對四十歲以上進行子宮切除術的婦女，這也可以作為考慮。
- 低脂飲食** — 雖然還沒有任何一種飲食方法，可以確保防止卵巢癌的發生，但是有證據顯示，你所吃的東西有決定性的影響。最近有一個研究報告指出，攝取低脂飲食至少四年的婦女，比較不會得卵巢癌。一些研究人員指出，在攝取大量蔬菜的婦女當中，卵巢癌也比較不普遍，但是還需要更多的研究來證實。



Ovarian Cancer

(Continued from Page 5)

Ovarian Cancer Survival Rates

Ovarian cancer can be a frightening diagnosis, with 5-year relative survival rates that range from 89% to 18% for epithelial ovarian cancer, depending on the stage when the cancer was found. But keep in mind that these odds are based on women diagnosed from 1988 to 2001. The treatments and outlook may be better for people diagnosed today. For LMP tumors, the five-year relative survival rates range from 99% to 77%.

Ovarian Cancer Surgery

Surgery is used to diagnose ovarian cancer and determine its stage, but it is also the first phase of treatment. The goal is to remove as much of the cancer as possible. This may include a single ovary and nearby tissue in stage I. In more advanced stages, it may be necessary to remove both ovaries, along with the uterus and surrounding tissues.

Chemotherapy

In all stages of ovarian cancer, chemotherapy is usually given after surgery. This phase of treatment uses drugs to target and kill any remaining cancer in the body. The drugs may be given by mouth, through an IV, or directly into the belly (intraperitoneal chemotherapy.) Women with LMP tumors usually don't need chemo unless the tumors grow back after surgery.

Targeted Therapies

Researchers are working on therapies that target the way ovarian cancer grows. A process called angiogenesis involves the formation of new blood vessels to feed tumors. A drug called Avastin blocks this process, causing tumors to shrink or stop growing. Avastin is approved for other cancers, but ovarian cancer researchers are still testing this therapy, which can have serious side effects.

After Treatment: Early Menopause

When women have both ovaries removed, they can no longer produce their own estrogen. This triggers menopause, no matter how young the patient. The drop in hormone levels can also raise the risk for certain medical conditions, including osteoporosis. It's vital that women have regular follow-up care after being treated for ovarian cancer.

After Treatment: Moving On

Women may find that it takes a long time for their energy to return after treatments end. Fatigue is a very common problem after treatment for cancer. Beginning a gentle exercise program is one of the most effective ways to restore energy and improve emotional well-being. Check with your health care team to determine which activities are right for you.

Risk Reducer: Pregnancy

Women who have biological children are less likely to get ovarian cancer than women who have never given birth. The risk appears to decrease with every pregnancy, and breastfeeding may offer added protection.

Risk Reducer: 'The Pill'

Ovarian cancer is also less common in women who have taken birth control pills. Women who have used the pill for at least five years have about half the risk of women who never took the pill. Like pregnancy, birth control pills prevent ovulation. Some researchers think ovulating less often may protect against ovarian cancer.

Risk Reducer: Tubal Ligation

Getting your tubes tied, formally known as tubal ligation, may offer some protection against ovarian cancer. The same goes for having a hysterectomy – removing the uterus while leaving the ovaries intact.

Risk Reducer: Removing the Ovaries

For women with genetic mutations that put them at high risk for ovarian cancer, removing the ovaries is an option. This can also be considered in women over 40 getting a hysterectomy.

Risk Reducer: Low-Fat Diet

While there is no definitive diet to prevent ovarian cancer, there is evidence that what you eat can make a difference. In one recent study, women who stuck to a low-fat diet for at least four years were less likely to develop ovarian cancer. Some researchers report the cancer is also less common in women who eat a lot of vegetables, but more studies are needed.

**華州華人防癌互助協會 2011年 讀書會計劃**

陳慕筠

讀書會內容： <癌症預防的建議>手冊

世界癌症基金會 (WCRF)2007 年出版 於卉譯

登載于<癌症康復雜誌>2010 年季刊第1.2.3.4 期。

這是多位全球一類專家綜合了各種有肯定結論的研究結果撰寫而成，因此具有權威性。

學習形式： 分段研讀，聯系實際座談討論。**時間：** 每月第一周周六下午1:30—3:30。**地點：** 協會辦公室(409Maynard Ave S,#P2 Seattle, WA98104)**學習內容安排：**

第一次：前言---讓癌症阻斷于初發之前

1. 什麼是癌症
2. 什麼會導致癌症
3. 癌症預防的建議

第二次：建議一：保持健康的體重

1. 什麼是健康的體重，超重、肥胖與癌症的關係
2. 保持體重的幾點建議
3. 測量健康體重的公式、測量腰圍。

第三次：建議二：每天至少30分鐘的運動

1. 什麼是適度的運動
2. 運動與癌症的關係
3. 改變生活方式的有關信息

第四次：建議三：避免含糖飲料，限制高熱量食物的攝入

1. 什麼是高熱量食物
2. 高熱量食物及飲料與癌症預防的証據
3. 關於快餐的事實

第五次：建議四：多食用各種蔬菜、水果、全麥穀類及豆類

1. 植物類食物與預防癌症的証據
2. 每天至少要包含5種蔬果食物
3. 含澱粉食物與全麥穀類

第六次：建議五：限制食用”紅肉”及避免加工類肉食

1. 什麼是紅肉及加工肉食
2. 紅肉和加工肉類與癌症的關係

第七次：建議六：飲酒的限量

1. 酒精與癌症預防的証據
2. 酒精、卡路里與體重增加

第八次：建議七：限制食用鹹的食物及經過鹽或鈉加工的食物

1. 我們需要多少鹽？鹽與鈉有什今不同
2. 鹽與癌症預防的關係
3. 五步降低鹽的攝入量

**2011 Book Study and Discussion Agenda**

translated by Amy Yang

2011 Book Study Contents: "Cancer Prevention Recommendations" Manual

Published by the World Cancer Research Fund International (WCRF) in 2007. Chinese translation by Yu Hui in volumes 1, 2, 3, and 4 of 2010's "Cancer Recovery" magazine.

With the compilation of proven research results from a multitude of medical experts around the world, the information provided by this manual can be trusted as a reliable source of information.

Lesson Format: Reading by sections and discussing how to realistically practice cancer prevention

Time: First Saturday of every month, 1:30PM to 3:30 PM.

Location: WSCCNA Office (409 Maynard Ave S, #P2 Seattle, WA 98104)

Lesson Contents:

First Meeting: Introductory Speech –How to prevent cancer before its onset

1. What is cancer
2. What causes cancer
3. Suggestions for cancer prevention

Second Meeting: Prevention Suggestion #1 –Maintaining a healthy body weight

1. What defines the difference between healthy, overweight, and obese and what is the correlation between body weight and cancer
2. Suggestions to maintain a healthy weight
3. Equation for calculating healthy weight and waist circumference

Third Meeting: Prevention Suggestion #2 –Exercise at least 30 minutes each day

1. What defines an appropriate intensity of exercise
2. Correlation between exercise and cancer prevention
3. Information about improving lifestyle

Fourth Meeting: Prevention Suggestion #3 –Avoid sugary drinks and limit consumption of high calorie foods

1. What are high calorie foods
2. Relationship between high calorie foods, sugary drinks, and cancer
3. The truth behind fast food

Fifth Meeting: Prevention Suggestion #4 –Consume more veggies, fruits, whole grains, and beans

1. Evidence on the relationship between veggies and cancer prevention
2. Consume 5 fruit and veggie containing foods daily
3. Carbohydrates and whole grains

Sixth Meeting: Prevention Suggestion #5 –Avoid red meats and processed meats

1. What are red meats and processed meats
2. Relationship between reds meats, processed meats, and cancer

Seventh Meeting: Prevention Suggestion #6 –Limit alcohol intake

1. Evidence of the effect of alcohol on cancer
2. Relationship between alcohol, calories, and weight gain

Eighth Meeting: Prevention Suggestion #7 –Limit consumption of salty foods, or foods processed with salt or sodium

1. How much salt does our body need? What is the difference between salt and sodium
2. Relationship between salt and cancer
3. Five steps to reducing salt intake



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2010 Recap





Washington State Chinese Cancer Network Association (WSCCNA)

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Seattle, WA 98115
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
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Exciting Events in 2011

2011年的精彩活動預告

- Feb 19 1:30 pm— Book Study and Support Group
3:30 pm 癌友談心會 請電 425-836-3289 陳慕筠接洽
癌友會新辦公室, 409 Maynard Ave. S., #P2, Seattle, WA 98104
- Mar 5 1:30 pm— Book Study and Support Group
3:30 pm 身心靈健康讀書會 請電 425-836-3289 陳慕筠接洽
癌友會新辦公室, 409 Maynard Ave. S., #P2, Seattle, WA 98104
- Mar 19 1:30 pm— Book Study and Support Group
3:30 pm 癌友談心會 請電 425-836-3289 陳慕筠接洽
癌友會新辦公室, 409 Maynard Ave. S., #P2, Seattle, WA 98104
- Apr 2 1:30 pm— Book Study and Support Group
3:30 pm 身心靈健康讀書會 請電 425-836-3289 陳慕筠接洽
癌友會新辦公室, 409 Maynard Ave. S., #P2, Seattle, WA 98104
- Apr 16 1:30 pm— Book Study and Support Group
3:30 pm 癌友談心會 請電 425-836-3289 陳慕筠接洽
癌友會新辦公室, 409 Maynard Ave. S., #P2, Seattle, WA 98104
- May 7 1:30 pm— Book Study and Support Group
3:30 pm 身心靈健康讀書會 請電 425-836-3289 陳慕筠接洽
癌友會新辦公室, 409 Maynard Ave. S., #P2, Seattle, WA 98104
- May 21 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 4 1:30 pm— Book Study and Support Group
3:30 pm 身心靈健康讀書會 請電 425-836-3289 陳慕筠接洽
癌友會新辦公室, 409 Maynard Ave. S., #P2, Seattle, WA 98104
- June 5 8:00 am— Susan Komen Race for Cure at Seattle Center
12:00 pm 蘇珊基可嫻乳癌基金會 “為治癒而競走” Seattle Center



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