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失而復得的乳房

培培

有一則大家都耳熟能詳的小故事，一位少女她總嫌自己的腿，長的不夠修長，不夠纖細而煩惱，她的最大苦惱就是嫌自己腿不夠美，直到她遇見一位樂觀開朗且討人喜歡的人，這人竟然根本沒有腿。用這則小故事來譬喻我自己，是再貼切不過了。我從前始終遺憾自己胸部不夠豐滿，哪知有一天我那被我嘆息不夠飽滿的小乳房都完全失去，我竟因乳癌而切除了整個乳房。

那是在十二年前當時我四十歲，還算是一枝花的年齡，我一向愛美愛打扮，怎經得起這晴天霹靂的告知，但就算我再怎麼難過哭泣，終究還是得面對切除右側乳房的事實。不僅乳房要全切除，更因腋下淋巴結也被癌細胞攻佔，以致腋下淋巴結也全切除，手術後體力尚未完全恢復，就快馬加鞭的立即施行化療，那化療可真厲害，只注射了一次就令我整頭烏黑秀髮全掉光了。

當化療進行到第三次時，我已經虛弱到幾乎撐不下去，當時好想好想作個逃兵，真的沒有勇氣再進去化療室，好不容易千辛萬苦的完成六次化療，回想起最後兩次化療所歷經的磨難，現在想來都直打哆嗦。凡做過化療的人，血管都不好找，要抽血或打點滴找靜脈，針頭都不易馬上找到皮下靜脈，有一次，護士在我手上和腿上到處找下針的血管，扎了十個針孔，終於在腳上找到一支血管，接上藥劑可以打化療了，竟因靜脈破裂而打漏針，藥水滲到皮下血管外，導致整個左腳腫了起來，醫生立刻搶救，為我打的針藥毒性非常強，若打漏到血管外，會損傷附近組織和細胞，且很難修復。

(下接第二頁)

The Breasts Regained

英譯：湯偉傑

It is a familiar story. A young girl always wonders if her legs are long or slender enough to be attractive. Her deepest worry is whether her legs are good-looking or not, until she met a cheerful and agreeable guy. This guy has no legs. This familiar story is an allegory relevant of my own story. I used to be unhappy with my "underdeveloped" chest. I did not realize that I lost my breasts completely one day. My breasts were virtually removed because of breast cancer.

It is twelve years ago when I was forty years old, still pretty as a flourished flower. I always love attractive fashion. How can I survive this bolt from the blue! No matter how hard and sad I cried days and nights I had no choice but had my right breast taken. Besides, the auxiliary lymph nodes under the right armpit were also removed too as they had become affected inflected. My body was not fully recovered after surgery yet. Then I had to go to the next treatment, chemotherapy immediately. Chemotherapy can be really noxious. Right after the first injection, all my silky and shiny black hairs fell out.

After the third injection, I became very weak and lost my strength to struggle further. I was really puzzled how I could survive the next three more injections. I wanted to become a deserter from the war field. I did not have the courage to go into the chemotherapy treatment ward. Finally, the chemotherapy came to an end after the sixth injection. It was a hellish hardship. When recalling the chemotherapy I am still trembling now. Chemotherapy is injurious to blood vessels and that makes intravenous drippings difficult. Once, my nurse thrived to do the injection only after making ten pinholes in my arms and legs. Finally, the dripping started on my left foot but chemotherapy agents went into a vascular leakage. It caused my entire left foot swollen. The leaked chemotherapy agents are venomous to adjacent tissues and cells. The doctor immediately operated an emergency treatment. It was risky.

(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。

目錄

失而復得的乳房	1
懷念我們永遠的朋友 Chuck Dickey	4
海帶食療	4
膀胱癌	6
2011 活動預告	10

Inside this issue:

The Breasts Regained	1
In Memory of Our Friend Chuck Dickey	5
The magical therapeutic efficacy of kelp	5
Bladder Cancer	7
Events in 2011	10



失而復得的乳房

(上接第一頁)



化療療程結束後又接受放射線治療，整個全套治療做完，用了十個月時間，我161公分的身高，體重掉到43公斤，心情也一直鬱悶不開朗，總覺得生命汲汲可危，且手術後前胸後背和手臂都酸麻，手也舉不起來，所幸我先生那時給我許多鼓勵和安慰，每天耐心幫我按摩手臂和腋下，又協助做復健，我自己也努力調養。以前的我，對癌症知識原本一無所知，當時雖然已經開過刀了，都還不清楚癌症到底是什麼成因，也不知往後該如何保養，對於自我養生的知識非常匱乏，現在想起來，還真是慚愧那時一點健康常識都不懂。為了知道以後該怎麼過日子才正確，我買了好多本養生書，又常聽演講和參加病友團體，吸取別人經驗，大約花了兩年時間，終於把身心都調整好了，可是每次洗澡時，看到自己右側胸口長長疤痕及皮下肋骨清晰可見，我除了難過自己樣貌有缺憾外，也因為配戴義乳不適，常常肋骨疼痛，幾經思考，決定重建乳房。做法是，把自己身上其他地方的皮膚和脂肪連同血管移植到胸部來。看了整形醫師後，我燃起的希望破滅了，我得到的回應是，我人太瘦，身上根本沒有多餘脂肪可移植，若不用脂肪改用水袋填入，那得先把胸部皮膚撐鼓起來，可是因我胸部皮膚已因放射治療而破壞彈性，所以應該也無法撐鼓胸部皮膚來置入水袋。

兩種治療方法我都不適用，我難過極了，不相信不能突破情況，一定會有辦法，又走訪一位乳房整形醫師，他說：“妳給自己三個月時間養胖，長出脂肪來，若能調動出300CC脂肪，我就幫妳做。”我開始像養豬一樣計劃增肥，長出小肚臍後做了自體脂肪移植的乳房重建手術，重建比切除要難上好幾倍，因為連血管都要移植，接上血管才能使那移過來的皮膚和脂肪活起來，這手術花了十二小時時間才完成。我用了兩個月來做復健，高興自己外觀又恢復了。

哪知才高興了三個月，另一側乳房又摸到腫塊了，又一次的打擊，這一次決定在切除的同時立即以水袋填入做重建，又進開刀房了，又要做復建了，當時心情著實沮喪到了極點，所幸這一回淋巴沒感染，只做化療即可。

第二次切除乳房住院時，病房裡播放著輕柔的英文老歌，歌名為”I started a joke.”我聽著這歌不住掉淚，我就像這歌詞中所述，我給自己開了個玩笑，才剛費力地把乳房給恢復做好，還沒高興完，就從雲端跌落。大哭一場後，想想用這樣低落的心情過日子不是辦法，開始重整心情，一邊做復健，一邊積極補充體力，盡量養生過健康生活，我的孩子都還沒成年，我一定要把自己身心都調理好，繼續陪伴孩子長大。

真是蒙老天眷顧，從第二次乳房切除至今九個年頭了，身體一天天愈來愈強健，可能因為飲食得當，所以皮膚也愈來愈光亮健康，許多比我年紀輕的朋友精神體力和抵抗力都比我差呢。大家總問我如何保養得那麼好，我遵守幾大要點：

- 一. 飲食三低一高，低油低糖低塩及高纖。
- 二. 常活動，因為想活，就得動，主要是走路和跳舞，跳舞是即運動又開心的事，隨著音樂律動，享受節拍樂不可支。
- 三. 生活中的情緒管理也重要，我以前小心眼，愛鑽牛角尖，這幾年常閱讀智慧書以提昇自己修為，常告誡自己心寬下，眼界看開。

雖然提醒自己看淡，但並不消極，仍活力充沛熱心學習新事物，新知識，每天適當休息不過於勞累，就這麼簡單的保養保健，使我這些年來的體能體力甚至連髮質都維持的很好。我總打趣說，我把癌症當益友，他提醒我生活和心情都該重整，所以他發出警告，否則，我大概至今仍不懂該怎麼過健康生活。得生病那年醫生說，做過化療或放療的人老化的比較快，因為那些藥毒性強，破壞力大，但為保命不得不做，而我經過這些年來的悉心保養，已經反證了醫生當時所言，我沒受到化療影響，反而比一般人更年輕亮麗且有活力，所以，別被疾病嚇倒，只要有信心，生活飲食規律，健健康康活到一百歲不是難事。



The Breasts Regained

(Continued from Page 1)

It took ten months to go through a full treatment of chemotherapy and radiotherapy I lost more than 10 lbs after the treatment. I was 161 cm high and weighted only 43 kg that time. I felt my life was precarious and was very depressed. My chest, back and arms were tingling. I could not lift up my hands. My husband was supportive with his patience, encouragement and comfort. He massaged my arms and armpit everyday and helped me in physical therapy. I worked hard to rest up.

I am regret that I knew nothing about cancer. Even after the surgery and when the treatment was on, I still did not understand what caused my breast cancer. What is worse I knew nothing how to take care of myself for the sake of recovery from the attack. I was very scarce, and ashamed. In order to learn more I started to read a lot, to attend seminars, speeches and discussion groups. I volunteered in cancer survivors supporting workshops, to learn experience from others. It took me more than two years to revise physically and mentally from the sorrow. Whenever I saw the long scar on my right chest during a shower I felt very sad. The disfigure on my subcutaneous ribs was clearly visible. The wound and the discomfort were hard to bear. I decided to rebuild my breast with cosmetic surgery. Cosmetic surgery for a breast needs good quality skin and fat so migration, together with the blood vessels, to the chest is possible. After visiting the plastic surgeon, my hopes were dashed apart. I was too thin; no adequate body fat for the transplant. Another alternative to body fat was liquid filled bag. But, my chest skin has been dented by radiation therapy and lost its flexibility. The skin was not as strong as necessary to support the liquid filled bag.

Both two approaches were not applicable to me. I was deadly sad. Deep inside my heart, I do believe there must be a breakthrough. I visited another plastic surgeon. He promised to do the surgery only under one condition. He said, "You give yourself three months to build up body fat, up to 300 cc, for the transplant. Then I will do it for you." I started to feed myself like feeding a pig. And, I succeeded at last. Autologous fat transplantation is an extremely difficult operation as it involves also transplant of blood vessels. The operation took twelve hours to complete. It is a long operation. Though it took two months to do rehabilitation I was very happy.

Three months after the operation, I found a lump on the other breast. It was another striking blow. This time, I decided immediately to remove the affected tissues and to do reconstruction at the same time right at the operating room. I was really depressed to the extreme. Anyway, I was lucky this time as there was no lymphatic infection. No chemotherapy is needed.

One day inside the ward, a gentle old English song named "I started a joke." played on the radio. I could not hold my tears anymore and busted into a heartfelt big cry. Yes, I gave myself a joke. I got a mastectomy of the other breast less than three months after I had done a cosmetic surgery on the first one. My sentiments were like riding on a roller-coaster. I felt very happy after the first cosmetic surgery. But, my joyfulness lasted too short and then I had to do another mastectomy and cosmetic surgery again. The worst has come and was over. I endeavored to restore my strength and ventured to a new healthy life. My two children were still young and have not grown up. I had to put myself back into a good sample and to accompany the children in their growth.

God is blessing. It has been nine years since the second mastectomy. My body is healthy, sound and tough as every people. I took only healthy food. I am in no doubt that even my complexion is young and gorgeous. My friends always wonder how I can look much younger than my age. They often ask me how I take care myself and survive cancer. I observe three aspects:

1. "Eat three low and one high" It means low fat, low sugar, low salt and high fiber.
2. Be active. I want to live well. Then, you have to be lively. I walk and dance regularly. Dancing is my favorite as it is a sport and fun too. The music and tempo are always pleasurable.
3. Sentiments management is also important. I used to hold grudges and was fond of prompt into extremes. Especially in the recent years, I read books on spiritual enlightenment and self-help so to cultivate wisdom. I realize that I have become more acceptable and tolerate to all ups and downs in the walk of life.

I try to be perceptive, observant and positive. I am also keen for new knowledge and for comprehension of new things. I lead a simple and undemanding living, rest a lot everyday. It really helps me to maintain a trouble-free and healthy verve. In reality, my vigor and even my hair quality are kept in its best all the time. I always jokingly say that cancer is a good friend of mine. She alerts me to be watchful of my body and soul and warns me to take good care of my diet and daily life. Without her, I might have had still naïve of a healthy life.

My doctor reminded me that chemotherapy or radiation therapy causes a side effect and it is fast aging, as the drugs are toxicant. I have been keeping in good physical shape all these years. My fitness disproves a doctor's hypothesis. I am a breast cancer survivor, bright, vibrant and I look much younger than most people of the same age. I won the fight against cancer. I am confident that I will enjoy a long, hale and hearty life.



懷念我們永遠的朋友 Chuck Dickey

翻譯: 蔡慈玟

Chuck Dickey 是華州華人防癌互助協會的長期支持者。他於2011年二月二十日因胰臟癌往生。臨終時他的妻子 Angela 在身旁陪伴，Angela 是防癌協會的前任理事之一。在Chuck 癌症末期的最後幾個月中，Angela 不分日夜的細心照顧他。我剛認識 Chuck 的時候他正在與 Angela 交往，他給人的印象是他臉上永遠都是大大的笑容。Chuck 第一次參加防癌協會在Coulon Park 的聚餐活動後，他認為我們的活動需要更大的場地，所以主動提議幫我們找更好的場地供來年使用。Coulon Park 是一個很受歡迎的公園，所以相當不容易預約。但因為有Chuck 的助力，我們得以預約到Coulon Park 內的 North Shelter。事後得知，Chuck 在一月的第一個工作天早上六點就到Renton City Hall 排隊，一切只為了讓我們有更好的活動地點，他不只犧牲個人的時間與體力幫忙排隊，甚至更幫我們付了場地租金。接下來幾年他都這樣幫我們直到他的體力無法負荷。然而，我們還是保留這個傳統，固定在 Coulon Park 舉辦每年的活動。我們永遠會記得他的慷慨與支持。Chuck，請安詳的離開吧。我們會深深的想念您也感恩您的護持和啟發，更想念你的笑容與眼裡的光彩。



海帶食療 - 海帶的神奇食療功效

海帶是長在海里的藻類植物，在市場中很容易買到，營養豐富，烹調多樣。海帶含有豐富的蛋白質、氨基酸、維生素：B1、C、D，還有尼克酸、胡蘿蔔素、核黃素、甘露素、碘、鈣、磷、氧化鉀、纖維素和褐藻氨酸等，常吃海帶可預防血管硬化、冠心病、肥胖、眼底出血、白內障等疾病。

在《本草綱目》和《藥性本草》中記載：海帶主水腫、癭瘤(甲狀腺腫瘤)瘰癧，破積聚、利水道、去面腫、治惡瘡鼠瘻，治噎症(指食道癌及胃賁門癌)，海藻類食物有抗癌、防癌的功效其中對大腸癌、乳腺癌的防沾作用已被肯定。據有關專家統計，長年食用海帶的老年人患病率平均低5%-8%，壽命平均提高4-8歲。

海帶食膳方：

海帶生麥飲 - 海帶40克，生小麥1000克，加水同煮服湯液，一日分4-5次喝完。是各種癌症病人的理想保健食譜，可常服，有輔助治療作用。

海帶醋 - 干海帶30克，洗淨，曬干後碾成粉末。每日3克以布包好，放在米醋中浸泡，即成海帶醋。适用于甲狀腺腫大、腫瘤、及淋巴腫瘤。

海帶木耳羹 - 干海帶15克，黑木耳15克，瘦豬肉絲60克。將海帶、木耳洗淨泡透後，切成絲，與肉絲同煮，再調味勾芡即可食。適用於消化道腫瘤，還可防治高血壓、冠心病、甲狀腺腫大。

海帶三絲 - 干海帶30克，浸泡後切絲，與黃花菜15克，筍絲20克共煮。適用於糖尿病肥胖病患者。

海帶煮豆腐 - 干海帶60克，用水浸洗后切成長條，與水豆腐250克共煮，用油、鹽調味。



研究証實，日本某些高齡老人眼不花、背不駝、頭腦清晰，其原因之一是他們常以豆腐私海帶等海藻類食物合吃的結果。(資料摘錄自《癌症康復》雜誌)。



In Memory of Our Friend Chuck Dickey

Stella Leong

Chuck Dickey, a WSCCNA supporter and donor, passed away on February 20, 2011 after a battle of pancreatic cancer. His wife Angela, past WSCCNA Board member, was at his bedside when he died. She worked day and night as the caregiver for Chuck during his final months. I met Chuck when he was dating Angela. He always had a big smile on his face. He came to our first WSCCNA picnic at Coulon Park and saw that we needed a bigger place to do our programs for the picnic. He told me that he can get us a better place for the picnic and offered to help us the following year. With his magic touch, we were able to book the North Shelter at Coulon Park on the day we wanted. Knowing that Coulon Park is a very popular place and is high demand, I later found out that Chuck went to Renton City Hall at 6:00am in the morning on the first work day in January and stood in line to get us that reservation. Not only he went out of his way, early in the morning, stood in line, he even paid for the park reservation and donated that to WSCCNA so that we can have a good location for our picnic. For the following few years he did the same for us every year till he was too old and too weak to do that. However we keep the tradition and have the annual picnic at Coulon Park. His generosity and support for us will always be remembered. Rest in peace Chuck. We will miss you dearly and thank you for all your support and your inspirations. I missed your smile and the sparkles in your eyes.

The magical therapeutic efficacy of kelp

英譯:湯偉傑

Kelp is a long-algae in the sea, is readily available in the market, nutritious, and diverse cooking. Kelp is rich in protein, amino acids, vitamins: B1, C, D, there is nicotinic acid, carotene, riboflavin, mannose element, iodine, calcium, phosphorus, potassium, cellulose and alginic acid and etc. Eat kelp can prevent hardening of the arteries, coronary heart disease, obesity, retinal hemorrhage, cataract and other diseases.

In the "Compendium of Materia Medica" and "Herbal Materia Medica", kelp cures edema, gall tumors (thyroid gland tumors side), atrophy sores, broken accumulation, skin surface swollen, malignant sore, atrophygovernance, choke disease (mean Esophagus and gastric cardia). Seaweed has anti-cancer elements, including anti-cancer effect on colorectal cancer. Its anti-stick effect to breast cancer has been affirmed.

According to statistics by experts, the elderly who consume kelp for many years get sick by 5% -8% below average, an increase of life expectancy to an average of 4-8 years.

Kelp recipe:

Kelp rye drink - Kelp 40 grams, raw wheat 1,000 grams, cook with water. Serve 4-5 times a day. Ideal health recipe for a variety of cancer patients. Can serve regularly as a supplementary and adjuvant therapy.

Kelp vinegar - 30 grams of dried kelp seaweed, washed, dried and ground into powder. Put 3 grams into a tiny bag and soak it into rice vinegar. Serve daily, good for monitoring goiter, tumors, and lymphatic cancer.

Kelp fungus soup - 15 grams of dried seaweed, black fungus 15 grams, 60 grams of lean sliced pork. Soak through the seaweed and fungus after wash. Carve into pieces and cook with pork, then seasoned with creamy serving. Good for monitoring gastrointestinal cancer, and also for prevention of hypertension, coronary heart disease, and goiter.

Sliced Kelp - Dried kelp 30 grams, soak and shred, lily 15 grams, 20 grams of shredded bamboo shoots. Cook together. Good for diabetic obese patients.

Kelp and tofu - Dried kelp 60 grams, soak and cut into strips, 250 grams of tofu Cook with water and season with oil and salt.



Studies confirm that some senior citizens in Japan do not have sleepless problem, nor a bended back and have a clear mind. One of the reasons is that they often eat kelp, other seaweed and tofu jointly.

(Information extracted from the "Cancer Rehabilitation" magazine).



膀胱癌

轉載自Web MD 網頁, Faye Lu 翻譯

[譯自網頁 <http://www.webmd.com/cancer/bladder-cancer/bladder-cancer-topic-overview>, 02/01/2011]

什麼是膀胱癌？

生長在人體內的異常細胞通稱為癌症。這些額外的細胞成長後所形成的塊，稱為腫瘤。當這些異常細胞生長在膀胱內就形成膀胱癌。

膀胱是泌尿道的一部分，它存儲尿液直到您準備好將它解出。膀胱癌如果早期發現及治療通常是可以治癒的。而且大多數的膀胱癌都是在早期即被發現。

導致膀胱癌的起因？

我們不知道是什麼引起膀胱癌。但是接觸某些化學物品或香煙煙霧將提高您的風險。就像其他癌症一樣，您細胞裡DNA的改變似乎也是原因之一。此外，當膀胱內膜遭受長久刺激，也會因細胞的變化而致癌。會造成此現象的包括放射線治療，導尿管留置很長一段時間，或是導致住血吸蟲病的寄生蟲。

膀胱癌的症狀？

膀胱癌的主要症狀為尿裡有血。其他症狀包括必須經常小便或是小便時有疼痛的感覺。

這些症狀也可能由其他問題造成，包括泌尿道感染。如果您看到您的尿液裡有血，請務必聯絡您的醫生。

如何診斷膀胱癌？

診斷膀胱癌時，您的醫生將：

- 詢問您的病史，並且做身體檢查，包括陰道或直腸檢查。
- 測試您的尿液尋找血液或異常細胞。
- 做一個膀胱鏡檢查。這測試可以讓您的醫生經由一個細薄發亮的窺視器來檢查您的膀胱。小的組織樣本（活檢）將被採取並且利用顯微鏡察看是否有癌細胞。

如何治療？

膀胱癌的治療選擇包括：

- 手術摘除任何癌症。有時，雷射或其它方法也可以用來去除腫瘤。
- 化學治療，使用藥物來破壞癌細胞。
- 免疫治療，導致身體的天然防禦系統攻擊膀胱癌細胞。
- 放射性治療，使用高劑量的X射線來殺死癌細胞。

治療取決於癌症已長多大。大多數膀胱癌的治療，不需取出膀胱。

有時醫生必須取出膀胱。對於一些人來說，這意味著尿液必須流到身體外的一個袋子裡。但在大多數的情況下，醫生可以使用其他人體組織來製造一個新的膀胱，功能跟舊的差不多一樣。

膀胱癌常會復發。新發現的腫瘤如果發現得早通常很容易治療。所以治療結束後定期的複診非常的重要。

當患者發現自己患有膀胱癌時，害怕，悲傷，或憤怒的情緒是很常見的。與其他患者談論及交流有可能助於穩定情緒。請向你的醫生詢問在您的地區的支援團體。

什麼會提高您得膀胱癌的機率？

任何會增加您得病機會的被稱為危險因素。膀胱癌的主要危險因素包括：

- 吸煙。吸煙者比其他人更容易得膀胱癌。
- 年齡大於40歲，男性，或白種人。
- 暴露於致癌的化學物質中，比如那些用於木材，橡膠，紡織等工業。
- 您所吃的東西。油炸肉類多及高脂肪的飲食會提高您得膀胱癌的風險。
- 寄生蟲- 有一種引起住血吸蟲病的寄生蟲，它可以增加你的風險。這種情況有時是發生在發展中國家，很少發生在北美。



Bladder Cancer

Adopted from WebMD

[from <http://www.webmd.com/cancer/bladder-cancer/bladder-cancer-topic-overview> on 02/01/2011]

What is bladder cancer?

Cancer is the growth of abnormal cells in the body. These extra cells grow together and form masses, called tumors. In bladder cancer, these growths happen in the bladder.

The bladder is the part of your urinary tract that stores your urine until you are ready to let it out. Bladder cancer can usually be cured if it is found and treated early. And most bladder cancer is found early.

What causes bladder cancer?

We don't know what causes bladder cancer. But being exposed to certain chemicals or cigarette smoking raises your risk. And like other cancers, changes in the DNA of your cells seem to play a role. Also, when the lining of the bladder is irritated for a long time, cell changes that lead to cancer may occur. Some things that cause this are radiation treatment, having catheters in place for a long time, or having the parasite that causes schistosomiasis.

What are the symptoms?

Blood in the urine is the main symptom. Other symptoms may include having to urinate often or feeling pain when you urinate.

These symptoms can be caused by other problems, including a urinary tract infection. Always call your doctor if you see blood in your urine.

How is bladder cancer diagnosed?

To diagnose bladder cancer, your doctor will:

- Ask about your medical history and do a physical exam, including a vaginal or rectal exam.
- Test your urine to look for blood or abnormal cells.

Do a [cystoscopy](#), a test that lets your doctor look into your bladder with a thin, lighted viewing tool. Small tissue samples (biopsies) are taken and looked at under a microscope to find out if there are cancer cells.

How is it treated?

Treatment choices for bladder cancer include:

- Surgery to remove any cancer. Sometimes lasers or other methods can be used to get rid of tumors.
- Chemotherapy, which uses medicine to destroy cancer cells.
- Immunotherapy, which causes your body's natural defense system to attack bladder cancer cells.
- Radiation therapy, which uses high-dose X-rays to kill cancer cells.

The treatment depends a lot on how much the cancer has grown. Most bladder cancers are treated without having to remove the bladder.

Sometimes doctors do have to remove the bladder. For some people, this means having urine flow into a bag outside of the body. But in many cases, doctors can make a new bladder-using other body tissue-that works very much like the old one.

Bladder cancer often comes back. The new tumors can often be treated easily if they are caught early. So it's very important to have regular checkups after your treatment is done.

It's common to feel scared, sad, or angry after finding out that you have bladder cancer. Talking to others who have had the disease may help you feel better. Ask your doctor about support groups in your area.

What increases your chances of getting bladder cancer?

Anything that increases your chances of getting a disease is called a risk factor. The main risk factors for bladder cancer include:

- Smoking. Cigarette smokers are much more likely than other people to get bladder cancer.
- Being older than 40, being male, or being white (Caucasian).
- Being exposed to cancer-causing chemicals, such as those used in the wood, rubber, and textile industries.
- What you eat. A diet high in fried meats and fats increases your risk for bladder cancer.
- Parasites. There is a parasite that causes schistosomiasis, which can increase your risk. This condition is sometimes found in developing countries and rarely occurs in North America.



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!

Celebrate - The Survivors Lap

Relay starts with a Survivors Lap an inspirational time when survivors are invited to circle the track together and help everyone celebrate the victories we've achieved over cancer. The Survivors Lap is an emotional example of how Relay participants are creating a world with more birthdays like those of each individual on the track.

【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 21-22, 2011 Husky Stadium
3800 Montlake Blvd, Seattle, WA 98105**

華盛頓大學【為抗癌接力】活動 -- 2011年5月21-22日 華大Husky體育館

WSCCNA is planning on participating in this Event for the Cancer Survivor Lap (All Survivors walk around the first lap of the Stadium running track). This will be the 7th year our cancer survivors will walk the 'Survivor Lap' to celebrate for life. Cancer survivors, families and friends, please join us on May 21, 2011 at 2:00 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七年參加“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：2011年5月21日下午二點。

地點：華盛頓大學 Husky 體育館。

請電 206 669-8260 or 425 408-850 Maggie Cheng 接洽



**18th 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。今年六月五日改在市中心的 Seattle Center 舉行。

蘇珊基可嫻基金會

“為治癒而競走” 這個活動，已經歷了十八年。每年參加的人有癌友、家屬、支持者上萬人。

WSSCNA is planning on participating in this Event. This will be the 7th 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 5, 2011 Sunday at 8:00 am at Seattle Center. WSSCNA team will do the one mile walk.

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七年參加“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：2011 年 6 月 5 日上午八點。

Place 地點：Seattle Center。

Registration 報名：\$30 online

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 or 425 652 7045 Stella Leong for details

如有興趣參加，請電 206 669-8260 or 425 408-850 Maggie Cheng 接洽報名



Washington State Chinese Cancer Network Association (WCCNA)

P.O.Box 15425
Seattle, WA 98115
Phone: 206-850-5914
E-mail: info@wccna.org

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

Enrich Lives... Sharing and Living

互助...互愛...關懷



WCCNA 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 2011

2011年的精彩活動預告

- 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
- June 18 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
- July 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
- July 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
- Aug 6 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
- Aug 20 11:00 am—Summer Potluck Picnic at Coulon Park in Renton
3:00 pm 連頓市古倫公園野餐



WCCNA

2010-2011 Board members

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



PO Box 15425
Seattle, WA 98115
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捐 贈 表

我願意支持華州華人防癌互助協會：

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| <input type="checkbox"/> | \$10 | <input type="checkbox"/> | \$100 |
| <input type="checkbox"/> | \$20 | <input type="checkbox"/> | \$200 |
| <input type="checkbox"/> | \$30 | <input type="checkbox"/> | \$500 |
| <input type="checkbox"/> | \$50 | <input type="checkbox"/> | \$1000 |
| <input type="checkbox"/> | \$75 | <input type="checkbox"/> | 其他 \$ _____ |

姓名：

地址：

市/州/郵區號碼：

住家電話：

工作電話：

電子郵箱：

內附支票：\$ _____

附件是一份我的雇主的等額捐贈表。

請記錄並印我的姓名如下：_____

(例如：約翰和瑪莉史密斯)

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！



PO Box 15425
Seattle, WA 98115
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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:

- | | | | |
|--------------------------|------|--------------------------|-----------------|
| <input type="checkbox"/> | \$10 | <input type="checkbox"/> | \$100 |
| <input type="checkbox"/> | \$20 | <input type="checkbox"/> | \$200 |
| <input type="checkbox"/> | \$30 | <input type="checkbox"/> | \$500 |
| <input type="checkbox"/> | \$50 | <input type="checkbox"/> | \$1000 |
| <input type="checkbox"/> | \$75 | <input type="checkbox"/> | Others \$ _____ |

Name(s):

Address:

City/State/Zip:

Home Phone;

Work Phone:

E-Mail:

Enclosed is my check for \$ _____

Enclosed is a Matching Gift form from my employer.

Please record and print my name as: _____

Example: John and Mary Smith

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