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肺癌指南

轉載自Web MD 網頁 湯偉傑 譯

譯自 WebMD 網頁, <http://www.webmd.com/lng-cancer/slideshow-lung-cancer-overview> on 12/13/2010

**肺癌概觀** — 肺癌是目前男女癌症死亡的首要原因。但之前並不是一直如此。在機械的滾筒香煙廣泛地使用之前，肺癌很少見。今日因肺癌而死的，十個當中有九個是由抽菸造成，而氫氣，空氣污染和其他的化學暴露則只扮演一個較小的角色。最新發展的藥物為今日那些被診斷者提供新的希望。

**抽菸如何引起肺癌** — 香煙不只富含致癌化學品 - 他們也傷害肺臟的自然武裝防衛系統。氣管內有成排的名為纖毛的細小毛髮。這些毛髮藉由掃除出毒素，細菌和病毒來保護肺臟。抽煙會麻痺纖毛，使他們不能做他們的工作。這就讓致癌物能在肺臟中堆積。

**肺癌症狀** — 肺癌在消聲無息中開始。在早期通常沒有任何症狀或警告的徵兆。在它進一

步發展時，症狀通常是非特殊性而且可能包括：

- ◆ 久咳不癒
- ◆ 胸部疼痛, 尤其在深呼吸時
- ◆ 發出氣喘聲或呼吸困難
- ◆ 咳出帶血的痰
- ◆ 疲倦

**肺癌檢查** — 肺癌能被早發現嗎? 一種稱為螺旋型電腦斷層攝影的掃描被發現能在一些人身上尋獲早期肺癌獲得成效，但是不清楚是否發現得夠早而能解救生命。美國國家癌症研究所正在評估此項測試的效用。一個不利點是此掃描會顯示許多肺內無害處的異常，導致不必要的切片檢查，擔憂和外科手術。

(下接第二頁)

A Guide to Lung Cancer

Adopted from WebMD

From website, <http://www.webmd.com/lung-cancer/slideshow-lung-cancer-overview> 12/13/2010

**Lung Cancer: The Big Picture**

Lung cancer is the top cause of cancer deaths in both men and women. But this wasn't always the case. Prior to the widespread use of mechanical cigarette rollers, lung cancer was rare. Today, smoking causes nearly nine out of 10 lung cancer deaths, while radon gas, pollution, and other chemical exposures play a smaller role. Newly-developed drugs provide new hope for those diagnosed today.

**How Smoking Causes Lung Cancer**

Cigarettes are not only packed with cancer-causing chemicals – they also disarm the lungs' natural defense system. The airways are lined with tiny hairs known as cilia. These hairs protect the lungs by sweeping out toxins, bacteria, and viruses. Tobacco smoke paralyzes the cilia so they can't do their job. This allows carcinogens to collect in the lungs.

**Lung Cancer Symptoms**

Lung cancer begins in stealth mode. There are usually no symptoms or warning signs in

the early stages. As it progresses, symptoms are typically non-specific and may include:

- ◆ A cough that won't go away.
- ◆ Chest pain, especially during deep breaths.
- ◆ Wheezing or shortness of breath.
- ◆ Coughing up bloody phlegm.
- ◆ Fatigue.

**Lung Cancer Screening**

Can lung cancer be found early? A type of scan called spiral CT has shown promise in picking up early lung cancers in some people, but it's not clear whether it finds them early enough to save lives. The National Cancer Institute is currently evaluating the test's usefulness. One drawback is that spiral CT reveals a lot of harmless abnormalities in the lungs, which can lead to unnecessary biopsies, worry, and surgeries.

(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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## 肺癌指南

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**診斷肺癌**—在大部份的情形下，除非有像慢性咳嗽或喘息的症狀，否則不會懷疑是肺癌。那時，你的醫生將很有可能安排一個胸部 X光及[或]其他的影像檢測。你也可能被要求咳出一些黏液做一個痰檢測。如果這些測試中任何一個意味著有癌症的出現，你很有可能需要作一個切片檢查。

**肺臟切片檢查**—如果在一個 x光上看見一個可疑的腫瘤，或有癌細胞在一個痰檢測中出現，切片檢查會被用來確定診斷。通常是以一個穿刺針取出可疑腫瘤的一小塊樣本，放在顯微鏡下檢查。藉由檢查此樣本，一位病理學家能決定此腫瘤是否是肺癌，如果是的話，又是什麼類型。

**肺癌的類型**—肺癌有二種主要的類型，通常以顯微鏡下癌細胞的特徵來區分。小細胞肺癌(Small-cell lung cancer)是兩者中較具侵略性的，也就是說它在疾病早期時就能很快地蔓延到身體其他部位。它和香煙使用有很強的關聯性，而在不抽煙者身上很少見到。非小細胞肺癌(Non-small-cell lung cancer)生長較慢並且較普通，幾乎 90% 的肺癌都屬於此類。

**肺癌的分期**—分期是用來描述患者的癌症已擴散多遠。二個主要類型的肺癌有不同的分期系統。

小細胞肺癌分二個分期：

"局限性" 意謂癌細胞盤據一個肺臟並可能到附近的淋巴結。

"擴散期" 是指已經擴散到另一個肺臟或更超過。

非小細胞肺癌則是依它已擴散多廣而分為一到四期。

**肺癌的存活率**—肺癌的存活率可能被誤導。美國癌症協會最新的資料是以在 1998年 和 2000年之間被診斷的人為基礎。根據在診斷時的肺癌分期，患非小細胞肺癌的病人在診斷之後的五年存活率為1% 到 49%。但是在過去十年中治療方法已經進步，因此，對在今天被診斷的患者而言其存活率的遠景比較好。

**治療早期肺癌**—當非小細胞肺癌在擴散到另一個肺臟前被發現的話，外科手術有時候能治癒。外科醫生可能除去含有腫瘤的部份肺臟，或如果有需要，去除一整個肺臟。在外科手術之後，一些患者可能會給予放射線治療及[或]化學治療以殺死任何剩餘的癌細胞。對於患小細胞肺癌的患者，通常不使用外科手術，因為癌細胞在診斷的時候往往已經擴散了。

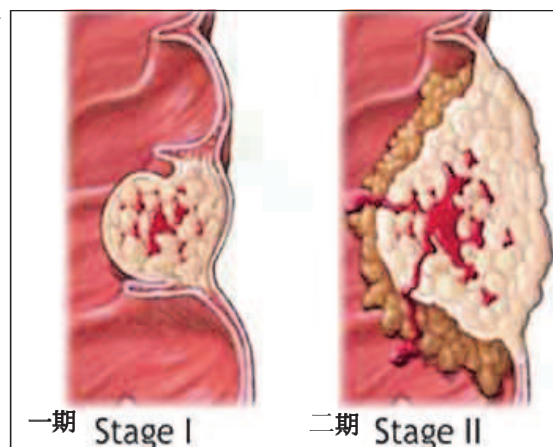
**治療晚期肺癌**—當肺癌已是晚期而無法治癒時，治療仍然能幫助患者活更久並且能維持一個較好的生活品質。放射線治療和化學治療能將腫瘤縮小及幫助控制症狀，像是骨疼

痛或氣道阻塞。化學治療通常是小細胞肺癌的主要治療方法。

**標靶治療**—標靶治療是一種較新式的癌症治療法，常與化學治療並用或是當其他的治療失敗時用。其中一種是用來阻止供給癌細胞營養的新血管的生成。當與化學治療並用時，此方法已顯示能幫助晚期肺癌患者活得較長久。其他的標靶治療法則是將導致肺癌細胞繁殖的信號切斷。

**肺癌的臨床試驗**—臨床試驗幫助醫生探究有希望的新的肺癌治療方法。而且這些臨床試驗幫助患者得到廣泛的照顧。想知道目前肺癌臨床試驗的資訊，可搜尋美國國家癌症研究院(National Cancer Institute)的網站。也可向你的醫生詢問，當地是否有適合你的臨床試驗。

**診斷後的生活**—被診斷為肺癌可能使人感到震驚，而且如果它與抽菸有關聯的話，你也可能因此而感到內疚。但是現在不是責備你自己的時候。相反的，專家建議應該向前看。現在對你的生活方式做健康性的改變還為時不晚。有證據顯示，知道患肺癌後戒菸的患者比那些繼續抽煙的人活得比較好



**肺癌與二手煙**—抽菸雖然是肺癌的主因，但是它不是唯一的因素。在家或在工作中吸二手煙也似乎會增加你的風險。和抽煙者結婚的人比起配偶是不抽煙者得肺癌的機會增加了20%到30%。

**肺癌和工作上的接觸**—某些特定職業會增加抽煙者和不抽煙者得肺癌的風險。在工作上會接觸到鈾，砷和其他工業化學品的人應該採取措施來限制他們的暴露量。曾經被廣泛地使用在絕緣材料上的石棉，是眾所週知導致肺癌的罪魁禍首。現在它很少被使用，但是數年前曾接觸過的工作人員仍具風險。



## A Guide to Lung Cancer

(Continued from Page 1)

**Diagnosing Lung Cancer**— In most cases, lung cancer is not suspected until it causes symptoms like a chronic cough or wheezing. At that point, your doctor will most likely order a chest X-ray and/or other imaging tests. You may also be asked to cough up phlegm for a sputum test. If either of these tests suggest the presence of cancer, you'll most likely undergo a biopsy.

**Lung Biopsy**— If a suspected tumor is visible on an X-ray, or cancer cells show up in a sputum test, a biopsy is used to confirm the diagnosis. A small sample of the suspicious mass is removed, usually with a needle, for examination under a microscope. By studying the sample, a pathologist can determine whether the tumor is lung cancer, and if so, what kind.

**Types of Lung Cancer**— There are two main types of lung cancer, distinguished by the appearance of the cancer cells under a microscope. Small-cell lung cancer is the more aggressive of the two, meaning it can spread quickly to other parts of the body early in the disease. It is strongly tied to cigarette use and rarely seen in nonsmokers. Non-small-cell lung cancer grows more slowly and is more common, accounting for almost 90% of all lung cancers.

**Lung Cancer Stages**— Staging is used to describe how far a patient's cancer has spread. There are different systems for the two main types of lung cancer.

Small-cell lung cancer is divided into two stages:

"Limited" means the cancer is confined to one lung and maybe nearby lymph nodes.

"Extensive" means the cancer has spread to the other lung or beyond.

Non-small-cell lung cancer is assigned a stage of one through four, depending on how far it has spread.

**Lung Cancer Survival Rates**— Survival rates for lung cancer can be misleading. The American Cancer Society's latest data is based on people who were diagnosed between 1998 and 2000. Depending on the stage at diagnosis, a patient's odds of living at least five years after diagnosis ranged from 1% to 49% for people with non-small cell lung cancer. But treatments have progressed over the past decade, so the outlook may be better for patients who are diagnosed today.

**Treating Early-Stage Lung Cancer**— When non-small-cell lung cancer is found before it spreads beyond one lung, surgery can sometimes offer a cure. The surgeon may remove the part of the lung that contains the tumor, or if necessary, an entire lung. Some patients are given radiation therapy and/or chemotherapy after surgery to kill any remaining cancer cells. Surgery is usually not an option for patients with small-cell lung cancer because it typically has already spread at the time of diagnosis.

**Treating Advanced Lung Cancer**— When lung cancer is too advanced to be cured, treatments can still help patients live longer and maintain a better quality of life. Radiation therapy and chemotherapy can shrink tumors and help control symptoms, such as bone pain or blocked airways. Chemotherapy is usually the main treatment for small-cell lung cancer.

**Targeted Therapies**— Targeted therapies are a newer form of cancer treatment that are often used in combination with chemotherapy or when other therapies fail. One type prevents the growth of new blood vessels that feed cancer cells. It has been shown to help people with advanced lung cancer live longer when given with chemotherapy. Other targeted therapies interrupt the signals that cause lung cancer cells to multiply, as shown in the highly magnified image here.

**Lung Cancer Clinical Trials**— Clinical trials help doctors explore promising new treatments for lung cancer. And they help patients get access to comprehensive care. To see the current list of lung cancer clinical trials, visit the [National Cancer Institute's](#) site. And be sure to ask your doctor if there's a local clinical trial that might be right for you.

**Life After Diagnosis**— Being diagnosed with lung cancer can be a shock, and if it's linked to smoking, you may suffer from guilt as well. But now is not the time to blame yourself. Instead, experts recommend looking forward. It's not too late to make healthy changes to your lifestyle. There's evidence that patients who quit smoking after learning they have lung cancer do better than those who keep smoking.

**Lung Cancer and Secondhand Smoke**— While smoking is the top cause of lung cancer, it is not the only risk factor. Breathing in secondhand smoke at home or at work also appears to raise your risk. People who are married to smokers are 20% to 30% more likely to develop lung cancer than the spouses of nonsmokers.

**Lung Cancer and Work Exposures**— Certain occupations can raise the risk of lung cancer in both smokers and nonsmokers. People who work with uranium, arsenic, and other industrial chemicals should take precautions to limit their exposure. Asbestos, which was once widely used in insulation materials, is a notorious cause of lung cancer. It is rarely used now, but workers who were exposed years ago are still at risk.

**Images are from the following sources:**

<http://www.lungcancersymptoms.350.com/>

<http://www.webmd.com/lung-cancer/guide/understanding-lung-cancer-basics>

<http://www.picturesdepot.com/medical/21045/lung+cancer.html>



## 肺癌指南

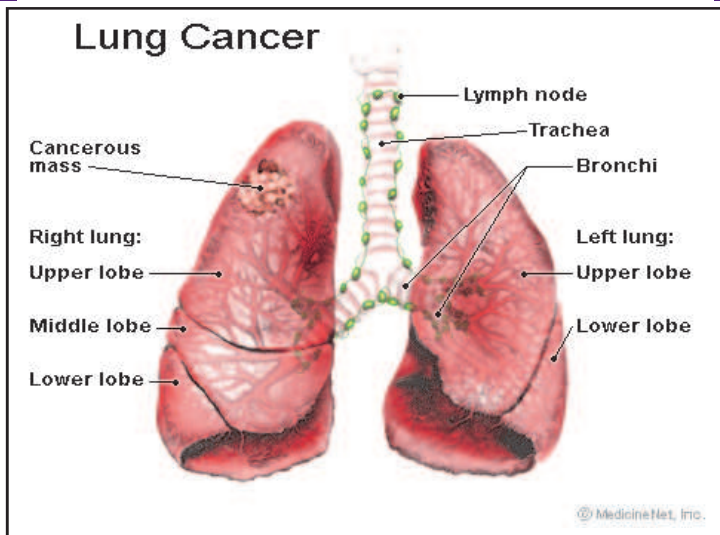
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**肺癌和氡氣**— 氡氣是一種天然的放射性氣體，在美國某些地區的產生會比正常值高。此氣體會在家中累積並增加得肺癌的風險，特別是對吸煙的人。在美國它是導致肺癌的第二大因素。大約 12% 的肺癌死亡與氡氣接觸有關。氡氣看不見也聞不到，但是能經由簡單的測試來發現。

**肺癌和空氣污染**— 空氣污染遠比抽菸更少引起肺癌，但是空氣污染可能會促成肺癌的發生。專家相信來自汽車，工廠和發電廠的污染，對肺臟的影響可能類似二手煙。在全世界，估計空氣污染造成大約 5% 的肺癌死亡。

**導致肺癌的其他危險因子**— 有肺癌的家族史，飲用水中有高量的砷，肺癌確實發生在不具已為人知的危險因子的人中 - 包括那些從不吸煙的人。研究人員還不清楚原因，但是不抽煙者得肺癌似乎女人比男人多。其中一種腺癌發生在不抽煙者中比抽煙者更普通。

**預防肺癌**— 肺癌可能是最致命的癌症之一，但是它也是最能預防的一種。答案在二個字中: 不要吸煙。如果你吸煙，去尋求你所需要的協助來戒煙。戒煙後的五年內，你因肺癌而死的風險將比一天吸一包煙的人降低到一半。而且戒煙 10 年之後，你因肺癌而死的風險幾乎就像你從未吸煙一樣。



## 怎樣種蕃薯苗 (地瓜葉)

### 1.用薯块育苗法:

把買回的紅薯連皮切成大塊(每塊需有一個以上的能生長出根的凹孔), 放入泥中蓋好, 淋水施氮肥, 等待它生了根. 發芽長出枝葉, 泥土最好要鬆軟並有一些碎砂石. 葉長多了, 可以摘下炒成菜來吃. 一般長到冬天, 根部會結出番薯.

### 2.用薯藤扦插法: 在市場上買回蕃薯藤, 一般人是摘葉當菜炒來吃, 但剩下的較老

的藤蔓, 可以栽種, 但先要泡在清水裏, 等根從節下長出後, 才可移到泥土裏栽種, 這樣生長的時間會快些.



地瓜葉



地瓜葉

把蕃薯葉用椒絲、蒜茸、腐乳炒成菜吃, 味道很像通心菜, 營養價高, 是很好的健康食品.





## A Guide to Lung Cancer

(Continued from Page 3)

**Lung Cancer and Radon Gas**—Radon is a natural radioactive gas that occurs at higher than normal levels in certain parts of the U.S. The gas can build up inside homes and raise the risk of lung cancer, especially in people who smoke. It is the second leading cause of lung cancer in the U.S. About 12% of lung cancer deaths are linked to radon exposure. The gas can't be seen or smelled, but can be detected with simple test kits.

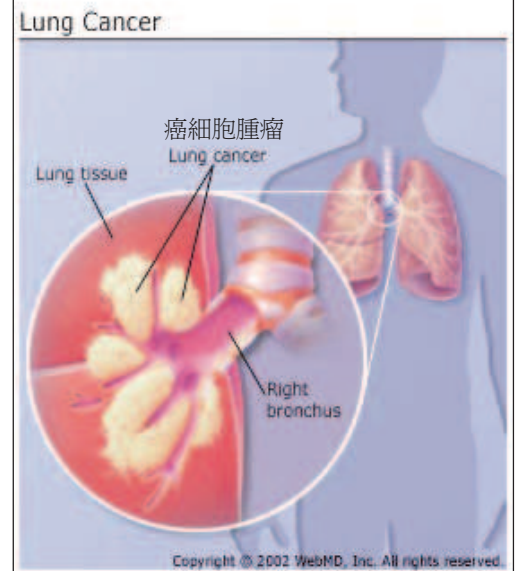
**Lung Cancer and Air Pollution**—While it causes far fewer cases than smoking, air pollution may contribute to the development of lung cancer. Experts believe pollution from cars, factories, and power plants may affect the lungs in a way similar to secondhand smoke. Worldwide, air pollution is estimated to cause about 5% of lung cancer deaths.

**Other Risk Factors for Lung Cancer**—A family history of lung cancer.

Drinking water that's high in arsenic.

Lung cancer does occur in people with no well-known risk factors – including those who've never smoked. Researchers don't know the cause yet, but lung cancer in nonsmokers appears to affect more women than men. And one type, adenocarcinoma, is more common in nonsmokers than smokers.

**Lung Cancer Prevention**—Lung cancer may be one of the deadliest forms of cancer, but it's also one of the most preventable. In two words: don't smoke. And if you do, get the help you need to quit. Within five years of quitting, your risk of dying from lung cancer will drop to half that of someone who smokes a pack a day. And 10 years after quitting, your odds of dying from lung cancer will be virtually the same as if you had never smoked.



## How to plant sweet potatoe leaves

英譯:湯偉傑

### Cube method

Cut sweet potatoes into big cubes, (each cube needs to have a least one cavity for sprouting)

Place cube in ground, covered with dirt, and apply nitro fertilizer. Wait until it sprouts and rooted in ground

Its better to plant in sandy soil. Leaves of sweet potatoes can be harvest and serve as vegetable, good for stir-fry. In

winter, there can be sweet potatoes grown in the roots



### Vines method.

Buy sweet potato vines from the grocery store. It's usually for stir-fry vegetable.

Soak vines (pick the older and tough ones) in water until it grows roots. Plant roots in dirt and over with soil.

The leaves of sweet potatoes are very nutritious and considered as healthy and nutritious.



## 以感恩面對乳癌

黃銘銘

1995年5月,我動了左乳切除手術,因為醫生宣布我得了乳癌,從檢查到證實到開刀,一路走來心情五味雜陳,但現在細細的回想,卻只有感恩二個字。

當年我四十三歲,照理婦女在四十歲以後,最好每兩年做一次乳房X光檢查,我是在每年例行子宮頸抹片檢查時,醫生問我做過乳房X光檢查沒有?被連問三年,不好意思之下才去檢查,誰知一檢查便查出問題,所以我是在毫無預警之下,被宣判“死刑”,想到孩子還小,我恐怕無法參加他們的畢業典禮,婚禮,...我的眼淚止不住的一直往下落。

在驚嚇悲傷之餘,我想到我的師父常說:“人生沒有所有權,只有使用權。”我常問我自己:我要怎樣使用我的人生?直到此刻我得到答案,我知道這是使用我的人生的時候,我應該站起來,以我自己的例子,來警惕中年婦女對乳癌的認識。我搜集有關乳癌的資料,並輾轉聯絡一些同病相憐的朋友,感謝他們給予我最詳盡的切身資料,更感謝他們的勇敢堅強帶給我不少信心。我與YWCA聯絡,請他們到中國社團為大家講解有關乳癌的基本常識,乳癌雖然是現代婦女的惡夢,但只要及早發現,它的治癒率高居第二位僅次於皮膚癌。我希望所有的婦女朋友們能提高警覺,不要經歷我所經歷的痛苦與驚慌。

轉眼16年過去了,想陪伴癌友的初衷不變,更可貴的是認識一群同樣理念的朋友,大家都願意陪伴癌友們走過他們人生最艱難的時光,因此我們於2002年成立了”華盛頓州華人防癌互助會”。於是我從以前不敢與人分享自己內心感受,到可以與癌友坦誠相談,可以勇敢的面對癌友潰爛的傷口,甚至可以接受生命的逝去。我發現因著互相學習,互相扶持,互相關懷,苦難不再會是那麼難以承受了。於是我終於深刻體會,真的!一切都是好因緣。(Everything happen has a good reason)

路必須去走方能抵達,事必須去做才會完成,而苦也必須去受才會消除,吃苦了苦,苦盡甘來,因為有人陪著受這一份苦,有人一起分擔,擔子會輕多了,路也會好走多了。

節錄自”墨瑞的最後一課”的一段話:“接受生病的事實,妥善處理挫折感,有時感傷一下也無妨,但要藉由感傷來生起對生命的敬意,然後更進一步的對所擁有的一切心懷感恩。”

如果以感恩心來面對,困境也就不再會是困境了。我願成為癌友會的終身義工。

## August upcoming Events

## 八月份 活動預告





**癌友會夏日野餐**  
*Cancer Network Picnic*

**Date 日期:** August 20, 2011 (Saturday)  
二〇一一年 八月 二十日 星期六

**Time 時間:** 11:00 am to 4:00 pm

**Place 地點:** Gene Coulon Park North Shelter (near Ivar)  
1201 Lake Washington Blvd N, Renton

**Activities 活動:** Potluck, games, dance, singing...etc.  
自備餐、遊戲、排舞、唱歌

*For all cancer survivors and their families and friends.*  
歡迎癌友、家屬、義工及有興趣的朋友參加



**Contact: 425-392 8233 請電 梁費聖奇 接洽**





## Facing Breast Cancer with a Grateful Heart

MinMin Wong

On a fateful day in May 1995, I underwent mastectomy of my cancerous left breast. It all started from a doctor's diagnosis statement. Since then, I experienced complex feelings throughout every stage of the process, from medical tests to cancer

confirmation to surgery. In retrospect, I can see that those feelings have gradually evolved into what can be summed up in a single phrase—being grateful.

I was then 43 years old. Ideally, women over 40 should have mammograms every two years; too bad this was not the case for me! At my yearly Pap test, my doctor used to inquire whether I had a mammogram for the year. After three years in a roll being asked the same question, I finally got one done out of embarrassment. Shockingly, this belated screening revealed signs of cancer. Hearing the devastating news, I felt like being sentenced to death without the slightest warning. Considering my children's young ages, I feared being unable to attend their future graduation ceremonies and weddings. At this thought, I could no longer hold back my tears.

While wrestling with fear and grief, I came across an aphorism by Master Cheng Yen: "We don't really own our body, only the right to use it." This thought-provoking concept led to my frequent reflection upon "what's my purpose in life?" However, it was not until this dark period of my life that I seemed to hear the call.

I knew the time had come for me to add more meaning to life.

I had an idea. I ought to stand up and use my own story to promote breast cancer awareness for middle-age women. I started collecting information about breast cancer and networking with other cancer patients. I was thankful that they shared with me

the most intimate details about their health. I was equally grateful that their courage and determination instilled hope in me.

I also got in touch with YWCA, requesting outreach lectures on breast cancer basics for the Chinese community. Although a women's nightmare nowadays, breast cancer if detected early has the second highest survival rate after skin cancer. It was my hope that all women be aware of this devastating disease so that they would not have to walk through the same fear and anguish on my journey.

Sixteen years swiftly flew by. My original purpose of helping cancer patients remains unchanged. Along the way, what I value most is the opportunity for connecting with others who share the cause of supporting cancer patients through the darkest moments of their lives. To this end, we eagerly joined hands in establishing the "Washington State Chinese Cancer Network Association" (WSCCNA) in 2002.

Through my illness, I have grown emotionally from not daring to share my intimate feelings—to being candid in my conversations with fellow cancer patients, to bravely facing others' festering cancer wounds, and even accepting the withering away of life. I have since learned that mutual learning, support and care render adversity more bearable. I have finally come to grips and accepted that "everything happens for a good reason."

You can only reach a destination by moving forward. A task will not get accomplished without effort. Pain must be faced before healing occurs. After the rain comes sunshine. Having someone to share the anguish with will alleviate suffering, making the ordeal less painful to bear.

A few quotes from Morrie Schwartz in *Letting Go: Morrie's Reflections on Living While Dying*: "Come to terms with illness. Deal with frustration appropriately. It's o.k. to grieve occasionally, but through this process learn to respect life and cherish the gift of life."

Embrace the challenges of life with a thankful heart, and problems tend to resolve themselves! I am committing myself to serving WSCCNA as a lifelong volunteer.





## 預防乙型(B型)肝炎

朱姑娘

華盛頓州華人防癌互助協會于2011年4月9日在西雅圖舉辦了一次了解慢性乙型肝炎的講座。目的是教育在美國的亞洲太平洋島民社區僑民，了解在美國，慢性乙肝是導致肝癌的主要原因之一。慢性乙型肝炎社區輔導員朱姑娘提到一些有關如何保護自己和親人應該採取的步驟。

這次講座內容包括如下：

1. 在美國，估計有2億人感染了慢性乙型肝炎。它是一種由B型肝炎感染所引起的嚴重的肝臟疾病。由於在疾病早期缺乏症狀，大約 80% 的人不知道他們有這種疾病。慢性乙型肝炎可進展為肝功能損害。在患有慢性B型肝炎的人當中，大約每 4 個病人有 1 人可能死於肝功能衰竭或肝癌。這就是為什麼早期診斷和適當的護理可能有助於降低嚴重肝損害的風險。
2. 慢性乙型肝炎是可以預防的。慢性乙肝病毒通過血液接觸傳播，而其中最常見的傳染方式是乙肝病毒在分娩過程中母親傳染給孩子。您可以通過完成乙肝疫苗的 3 針系列受到保護。有一個簡單的血液測試可以普查慢性乙肝。家庭成員或朋友如患有慢性乙型肝炎，即使他們認為健康也需要篩選。請告訴你的家人和朋友做檢查和接種疫苗。
3. 如果你是慢性乙型肝炎帶菌者，定期監測可能有助於減少肝病的嚴重並發症，如肝硬化和肝癌。有藥物可以治療慢性乙肝，如果你正在接受治療，非常重要的一點是，你要跟您的醫生商量過，然後才停止服用你的藥物。及早發現疾病可得一生平安。

為自己和親人從慢性乙型肝炎中得到保護，你可以採取以下步驟：

**篩選測試， 接種疫苗， 及時治療。**

## Hepatitis B Prevention

Christine Tang

A Hepatitis B awareness presentation took place on 4/9/2011 at the Washington State Chinese Cancer Network Association office in Seattle this year. The purpose of the presentation is to educate the American Asian Pacific Islanders community that chronic hepatitis B is the leading cause of liver cancer in the United State. Christine Tang, a chronic hepatitis B community educator talk about steps you could take to protect yourself and the loved ones.

The presentation included below:

1. An estimated 2 million people in the United States are living with CHRONIC HEPATITIS B, it is a serious liver disease caused by a hepatitis B infection. Due to the lack of symptoms early in the disease, approximately 80% do not know they have the disease. Chronic hepatitis B can progress to liver damage, 1 out of 4 people with chronic hepatitis B may die from liver failure or liver cancer. That is why early detection and appropriate care may help reduce the risk of serious liver damage.
2. Chronic hepatitis B is preventable. Chronic hepatitis B virus is spread through blood contact, and one of the most common ways the hepatitis B virus is spread is during the birthing process, mother-to-child transmission. You could be protected by completing the 3 series of hepatitis B vaccines. There is a simple blood test could screen chronic hepatitis B, Family and household members of people with chronic hepatitis B need screening, even if they feel healthy. Tell your family and friends to get tested, vaccinated.
3. If you are a chronic hepatitis B carrier, regular monitoring may help reduce serious complications of liver disease such as liver cirrhosis and liver cancer. There are medication could treat chronic hepatitis B, and if you are on treatment, it is very important that you talk with your doctor before you stop taking your medicine. Early detection could safe life.

The steps you could take to protect yourself and the loved ones from chronic hepatitis B:

**Test it, Vaccinate it, Treat it.**





## 專為已患病人士而設的新健保選擇

Andre Do 譯

沒有誰願意聽到「您得了癌症」的宣判，可是華盛頓州每年皆有數以千計的人被診斷罹患癌症。病人僅與癌症搏鬥已身心俱疲，倘若又缺乏醫療保障，後果更不堪設想！

無數的人在發覺患病後方想購買醫療保險，卻為時已晚，投保無門。癌症治療費用極之昂貴，醫療保險福利在此時刻更顯重要，被迫在存活與耗盡畢生積蓄之間作一抉擇是很不合理的！

為及時緩解病人被拒保的困境，聯邦政府通過「低收費健保法案」推行過渡性的「高風險健保方案」；藉此方案的經費，華盛頓州開展「先存病例健保計畫」(PCIP-WA)。這項新醫療保險選擇並無需福利等待期，符合條件的人士為已經患病者(包括癌症在內)，而至少六個月沒參與醫療保險。

### 投保資格

合格透過**高風險健保方案**購買醫療保險的病人必須具備以下的法定條件：

- ◆ **公民身份**：必須同時具有華州居民 及 美國公民 或 國民、或合法居留美國的身份。
- ◆ **沒醫療保險**：必須在申請前六個月以上沒有參與醫療保險。
- ◆ **先存病例**：必須已經患病、或 能出示保險公司拒保、或降低受保額、或排除對該病症受保的書面證明

(請上網查閱符合條件的病症。)

### 保險價格

聯邦法律規定保費不得高於本地市場的個人健保費平均價格。\$2500扣除額的每月保費由 \$177 至 \$769，\$500 扣除額由 \$371 至 \$1,577；例如，45 至49 歲的非吸煙者的 \$2500 扣除額 保費為 \$328，\$500 扣除額為 \$671。另者，法律允許保費 可由第三方支付。

(請上網參閱保費價目表。)

### 經費來源

**高風險健保方案**為過渡性措施，只適用至新的醫療保險改革開始生效及運作；屆時保險公司將不能再以先存病例為由而拒對病人承保。

聯邦政府為 **高風險健保方案** 注資 \$50億，應用期由 2010 年7月1日 至 2014 年 1月1日，而分配給華盛頓州的四年經費為 \$1.02 億。

欲想獲取更多相關資料，包括申請表格，請瀏覽 **華州-先存病例健保計畫** 的網頁：

[https://www.wship.org/PCIP-WA/about\\_us.htm](https://www.wship.org/PCIP-WA/about_us.htm)，或致電 1-877-505-0514，亦可從網頁打印 一份資料手冊。

本資料為美國防癌協會華州分會--癌友行動網絡 (WA ACS CAN) 所提供。

### 受益/受保項目

華州 **先存病例健保計畫** 提供兩種 PPO (Preferred Provider Organization) 福利計劃讓您選擇 \$2500 或 \$500 扣除額，兩者皆包括以下的福利項目：

- ◆ 綜合保險，包括防病措施、基本保健、專科醫療、住院療養、及處方配藥
- ◆ 疾病處理方案
- ◆ 病人個案管理

此計畫不設藥品扣除額、不設終身最高受益限額、也不設先存病例等待期。

(請上網進一步查閱受保項目及福利概述。)

### 申請程序

您可從 **華州-先存病例健保計畫 (CIP-WA)** 網頁章節 **Applications/Forms section of PCIP-WA** 直接下載申請表格，或致電 1-877-505-0514 索取。

美國防癌協會 “為抗癌接力” - May 2011

American Cancer Society—Relay for Life at University of Washington



蘇珊基可嫻乳癌基金會 “為治癒而競走”

June 2011 Susan Komen Race for Cure at Seattle Center





# Fundraising

# Dinner 募款晚宴

新香港酒家

900 South Jackson, Seattle

屆時請務必光臨支持我們

Enrich Lives... Sharing and Living

互助...互愛...關懷

Date: Aug 28 2011

Sunday 星期日

下午五點半: 入席

下午六點半: 晚宴

華盛頓州華人防癌互助協會(簡稱癌友會)是本地的一個

501(c)(3) 非營利社區組織，專門在華人社區提供語言上及

文化上適切的資訊及援助，並迎合經濟有困境者的需求。我們

的目標是要拓展到華人社區，來破解大家對癌症的迷思，分享談心會在恢復健康上的助益，以及在預防癌症上所需做的生活習慣及營養上的改變。

**Ticket—\$60.00 票價：六十元**

請與我們共襄盛舉，一起慶祝、分享及支持癌友會以及華人社區的癌症朋友及家屬。

**聯絡人:**

Clara Cheung (206) 852-7824  
email : sikyee2005@gmail.com

售票及贊助委員會主席

Tina Chan (206) 619 - 4082  
email : tinalaw@aol.com

募款委員會主席

Or RSVP to info@WSCCNA.org

# 華州華人防癌互助協會



## Washington State Chinese Cancer Network Association (WSCCNA)

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

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

Enrich Lives... Sharing and Living  
互助...互愛...關懷



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 2011

### 2011年的精彩活動預告

- 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 North shelter  
4:00 pm 連頓市 古倫公園野餐
- Aug 28 5:30 pm— WSCCNA Fundraising Dinner at New Hong Kong Restaurant  
癌友會募款晚宴 新香港酒家 下午五點半: 入席 下午六點半: 晚宴
- Sept 3 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
- Sept 17 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
- Oct 1 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
- Oct 15 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
- Nov 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
- Nov 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

#### WSCCNA

#### 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



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

## 捐 贈 表

我願意支持華州華人防癌互助協會：

- |                          |      |                          |             |
|--------------------------|------|--------------------------|-------------|
| <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



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:

- |                          |      |                          |                 |
|--------------------------|------|--------------------------|-----------------|
| <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](mailto: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***