

因癌得道

李丹



六年前我曾經是鼻咽癌患者，經歷了三十五次放射性治療，六次化療，醫生曾告訴我可能不能生育。可是三年後我的兒子降臨到我的家庭，他是那樣的聰明、健康、可愛，我同時也如願地完成了大學的學業。現在我很充實地過着每一天，作為一個半職的母親，我可以在家工作之餘，和兒子分享他快樂的童年！回想六年前所經歷的那七個月，艱難的治療過程，我有幾點心得：（一）治療前積極面對它—我有過兩次和鼻咽癌打交道的經歷，在我十八歲時，我母親得過鼻咽癌，讓我深知它對一個家庭的沉重打擊！那時母親用她的智慧和勇氣戰勝了它。當癌症第二次向我走來時，我比任何人更仇視它，我告訴自己，我不能怕！我和家人們一定要戰勝它，母親的經驗給了我最大的支持和信心，讓我順利地走完治療的全過程。（二）治療過程中要有堅定的信心面對病痛—頂住痛苦的治療，不能妥協。這裡我特別感謝癌友會的大力幫助，她們借給我很多勵志書籍和專家的錄影帶，我從其中的成功抗癌例子中獲得了精神力量，堅定了自己的信心。在治療中最難過的是每天每餐進食這一關，每天我要花 2-3 小時才吃完一頓飯，為此還要流下一身汗水。那七個月我把飯桌當成和癌症拼鬥的戰場，如果我不能吃飯，就像戰士上了戰場沒有了子彈一樣。我一直堅持，要用汗水換來飯食，只有這這樣我才有能量去完成治療的全過程；也只有這樣才能幫助我，讓藥物對身體的損傷降（下接第二頁）

Enlightenment from Fighting Cancer Translated by Daniel Chien

Six years ago, I was diagnosed with nasopharyngeal carcinoma (NPC). Since then, I have had thirty five radiation therapies, and six chemotherapies. My doctor told me that I might not be able to bear children. But three years later, my son came in to my family. He was so clever, healthy and lovely. I have also completed my university studies. Now I live each day fulfilling and the fullness; as a mother working part-time from home, I am able to enjoy my son's happy childhood with him! Thinking back to six years ago, those seven months filled with treatment hardships, I have some thoughts on the experience:

1. Have a positive attitude before the treatments

I have had two experiences of dealing with NPC. When I was eighteen years old, my mother had NPC too. It was a big blow to our family. Then my mother overcame the disease with her wisdom and courage. When I had cancer, I hated it more than anyone else. I told myself that I cannot be afraid. Together with my family, we would overcome cancer. My mother's experience gave me the greatest strength and confidence. This led me to successful and smooth treatments.

2. Stand up to the pain with confidence during treatments

Painful treatments must be endured without any compromise. I am particularly grateful for the help from WSSCNA. They lent me a lot of inspirational books and expert videos; I gained a lot of spiritual strength and unwavering confidence from the successful cancer fighting stories. The most difficult part of the treatments was finishing a meal. Every day I spent two to three hours just eating one meal. I was so tired and

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Mission Statement

The Washington State Chinese Cancer Network Association (WSSCNA) is a non-profit organization dedicated to serve cancer survivors and their families in the Chinese community. The WSSCNA 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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因癌得道

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到了最低限度。(三)自我反思—健康靠自己。生病前，我曾經是一個連感冒都很少的人；好好的，為什麼會得癌症？我開始反思，糾正自己的飲食和生活習慣，甚至對生活的態度！癌症是發生在長期受到污染、壓力煩惱、免疫力降低的時候；只有對自己過往的生活有一個充份的反思，在大澈大悟之後，才能正確地面對今後的生活。

人生無常，有風有雨也有陽光。今天我慶幸，我因得了癌症而學會寬容，不輕易發怒，我因得了癌症學會選擇和取捨，我因為得了癌症而更加珍惜熱愛生命！

本協會慈善籌款晚宴圓滿成功！

理事會綜合報導

癌友會經過六個月籌備的第一次籌款晚宴，於八月二十八日在華埠香港大酒家隆重舉行，有255位善長出席，籌得善款總額超過15,000美元。此次籌款的目的，除了援助我會繼續租用辦公室以提供癌友、家屬及社區人士各項活動外，還希望能讓更多人認識華人癌友會的工作和意義（癌友會自2003年正式註冊成立至今，已為超過47位癌友和約200個家庭提供服務）。晚會在熱烈的舞獅和鑼鼓聲中開場，會長梁費聖奇致詞，她介紹了協會的工作及成績，接着由癌症康復者鄭和恩與李丹各自講述她們的抗癌經歷。還有由REWA執行董事Someireh Amirfaiz和義工林玉屏(Wendy Chin)講述她們由懷念已故摯友Maggie Sung，從而投身支持癌友會的經過。這次晚宴還得到支持者李芬(Fan Lei)，梁淑姿(Rosa Leung)及林玉屏(Wendy Chin)獻唱，台北經文處廖東周處長的即興演唱，以及麥顯輝師傅親自表演拳腳功夫，使晚宴登上了另一高峯。

當晚嘉賓雲集—有健安社區療養院Sam Wan總裁；美華協會Kim



廖東周處長和麥顯輝師傅



Nguyen 主席；中華商會Millie Su 主席；明日中華教育基金會Dennis Su 主席；越棉寮華裔敬老會曹仁傑會長和健安社區療養院董事會Helen Kay主席，他們在百忙中也熱烈參與籌募善款盛舉。會長梁費聖奇再三表示，感謝各界大力支持WSCCNA！晚宴在抽獎的熱鬧氣氛中完滿結束。

梁淑姿(Rosa Leung)



林玉屏(Wendy Chin)



曹仁傑 贈送



李芬(Fan Lei)和鄭和恩



Enlightenment from Fighting Cancer

(Continued from Page 1)

sweated all over my body. For seven months, my dining table was my battlefield. If I couldn't eat, I would be like a soldier on the battlefield without any ammunition. So I kept pushing myself to finish every meal. This was the only way that I could have the energy to endure my treatments and minimize the side effect of the drugs.

3. Self-introspection - Health is up to you.

Before my cancer, I was a healthy person and rarely had a cold. Then, why did I get cancer? I began to reflect, changed my diet, adjusted my living habits, and rethought even my attitude towards life! Cancer occurs due to long term exposure to contamination, stress, anxiety or a weak immune system. Only by recognizing your past mistakes, with self-introspection, will you truly take hold of your future.

Life changes like the weather, it has wind, rain and sunshine. Today I am so grateful that because of my cancer, I have learned to be tolerant and not get angry easily. Because of my cancer, I learned to make better choices and decisions. And because of my cancer, I treasure and cherish life more profoundly.



Our Charity Fundraising Dinner Deemed a Success

The Board Report, translated by Wai-kit Au

After six months of planning and preparation, WSCCNA hosted the first ever fund-raising dinner on August 28 at the New Hong Kong Restaurant in Chinatown. There were 255 donors in attendance and over \$15,000 was raised. Other than raising fund for the continuous leasing of the office where various activities are provided to the cancer patients, their families and the community; another goal of this event was to let more people learn about the work and meaning of the association (since the incorporation in 2003, the association has provided services for over 47 cancer patients and about 200 families).

After the opening lion dance and drumbeats, association president Stella Leong spoke and presented the association's services and achievements. Then recover cancer patients Heen Zhang and Dan Li shared their personal battles with cancer while REWA Executive Director Someireh Amirfaiz and volunteer Wendy Chin recounted the memory of their passed friend Maggie Sung that led to their participation in WSCCNA's work. Our supporters - Fan Lei, Rosa Leung and Wendy Chin sang for us; so did Director General Daniel Liao from Taipei Economic and Cultural Office of Seattle. The kung-fu performance by Master Hin-fai Mak bought the dinner to yet another high point.



Master Hin-fai Mak

Our guests for the evening included - Mr. Sam Wan, CEO of Kin On Community Health Care; Ms. Kim Nguyen, President of The Organization of Chinese Americans Seattle Chapter; Mrs. Millie Su, President of Seattle Chinese Chamber of Commerce; Mr. Dennis Su, President of Seattle China Tomorrow Education Foundation;

Mr. Kenneth Tao, President of Indo China Chinese Elderly Association and Ms. Helen Kay, Board President of Kin On Community Health Care. Our president Stella Leong thanked the strong support from the attendants and the community for WSCCNA! With the lucky draw, the dinner party came to a joyous and successful end.



WSCCNA Fundraising committee and Board Members



男性癌症易忽略的15種症狀

譯自WebMD 網頁

有許多男人因為忙特別不想去看醫生。其實男人患癌的不在少數，如能早期發現，及早治療，可挽救大部分人的生命。有些癌症的症狀是有特異性的，有些卻是很一般的。例如疼痛，疼痛的原因很多，多數不是癌症，但這並不意味著不看醫生自己就能排除癌症。

現將和男性癌症有關的15種症狀列舉如下：

1. **乳房腫塊** 絕大多數男性不會想到患乳癌，往往認為這是女性的“專利”。其實它雖很少見，卻是有可能的。當男性發現乳房有腫塊時，尤其是局部皮膚凹陷有皺紋，乳頭內縮或有分泌物，乳房發紅或脫屑，一定要去就診。
2. **疼痛** 雖然絕大多數疼痛不是癌症，但局部持續疼痛，應該就診。即使醫生診斷不是癌症，其他疾患也都得到治療，是值得的。
3. **睪丸改變** 當睪丸有任何症狀時都應請醫生檢查。例如睪丸增大或萎縮，或者有塊，或者陰囊有沉重感等。有時睪丸腫瘤生長極快，所以早期發現是關鍵。
4. **淋巴結改變** 如果腋下、頸部或其他部位發現腫塊或淋巴結腫大，就應就診。尤其是淋巴結持續增大一個月以後，就一定要請醫生檢查。
5. **發熱** 如果有發熱而原因不明，就有可能是腫瘤。當然多數發熱是因感染或肺炎等也應請醫生診治。有些癌症在某一時期會引起發熱，如癌症擴散、轉移，或因血癌，如淋巴瘤或白血病。所以不能解釋的發熱一定要找醫生。
6. **體重減輕** 你並沒有節食及運動想減肥，但體重卻明顯下降。如在短期內(如幾周)減輕10%以上，就應就醫。
7. **腹部不斷的絞痛並有抑鬱** 如果腹痛並有抑鬱症，就應好好檢查，因胰腺癌與抑鬱症有關。其他症狀還可能有黃疸或大便顏色改變，如灰色便。
8. **疲乏** 疲乏也是極常見的症狀。每個人工作或活動久了都會乏力。如果常感極度疲乏而休息後並不消除，就應請醫生檢查，因為可能與癌症有關。例如白血病、某些結腸癌、胃癌等。
9. **持續咳嗽** 感冒、流感、過敏等都會咳嗽，某些藥的副作用也有咳嗽。但久咳(指咳三四周以上)，則不應忽略，尤其是吸煙者，應就醫。它可能是肺癌的症狀，也可能是慢性支管炎或酸反流。
10. **吞咽困難** 有些人感到吞咽困難，但不以為意，自己認為多吃些流質，多喝湯，就解決了問題。其實吞咽困難可能因消化道腫瘤，如食管癌，要請醫生檢查。
11. **皮膚改變** 皮膚上色素痣增大，大家都知道要警惕癌。但在皮膚上其他改變也應注意。如皮膚上突然出血或過度脫屑都應就醫。皮膚改變多久才可能有問題很難說，一般認為超過幾周就應注意。
12. **不應出血的地方出血** 例如咯血、吐血痰、胃腸出血、尿血等都應該看醫生。不要以為大便有血就因痔瘡，結直腸癌的表現也是大便出血。
13. **口腔改變** 如果你吸煙，應特別注意口腔內有無白斑或舌上白點，這些改變表示有血斑病。這是癌前病變，可能進展為口腔癌。應請醫生或牙醫診治。
14. **排尿問題** 男人年老多有排尿問題，如尿頻、尿急、排尿不盡等。但這些症狀嚴重時應看泌尿科醫生，以排除前列腺癌或者前列腺增生。
15. **消化不良** 許多人尤其是老年人，認為明顯的消化不良是心臟病發作的影響。但持續的消化不良可能是因食管癌、胃癌所致，應就醫。

總之，一些看似最常見的症狀，如疲勞、發熱、疼痛等，如果持續較久，千萬不要以為我自己是“最好的醫生”而忽略不顧，還是應請正規醫院的醫生檢查為宜。

[譯自網頁, <http://healthinfoshare.wordpress.com/2011/07/04/%E7%94%B7%E6%80%A7%E7%99%8C%E7%97%87%E6%98%93%E5%BF%BD%E7%95%A5%E7%9A%8415%E7%A8%AE%E7%97%87%E7%8B%80/>



15 Cancer Symptoms Men Ignore

Adopted from WebMD

Some men are notorious foot-draggers, especially when it comes to scheduling doctor visits. That's unfortunate. Routine preventive care can find cancer in men and other diseases in the early stages, when there are more options for treatment and better chances of a cure. Some men, though, would never go to the doctor except for the women in their life. Experts say that men could benefit greatly by being alert to certain cancer symptoms that indicate a trip to the doctor's office sooner rather than later. Some of those cancer symptoms in men are specific. They involve certain body parts and may even point directly to the possibility of cancer. Other symptoms are more vague. For instance, pain that affects many body parts could have dozens of explanations and may not be cancer. But that doesn't mean you can rule out cancer without seeing a doctor. The following explain 15 symptoms and possible clues to finding cancer early. Unfortunately, many men ignore these symptoms with the result of sometimes discovering a cancer that might have been more easily treated if the cancer had been detected at an earlier date in its development.

1. **Breast Mass**—If you're like most men, you've probably never considered the possibility of having breast cancer. Although it's not common, it is possible. "Any new mass in the breast area of a man needs to be checked out by a physician," Lichtenfeld says. In addition, the American Cancer Society identifies several other worrisome signs involving the breast that men as well as women should take note of. They include: Skin dimpling or puckering, Nipple retraction, Nipple discharge, and Redness or scaling of the nipple or breast skin. When you consult your physician about any of these signs, expect him to take a careful history and do a physical exam. Then, depending on the findings, the doctor may order a mammogram, a biopsy, or other tests.
2. **Pain**—As they age, people often complain of more aches and pains. But pain, as vague as it may be, can be an early symptom of some cancers although most pain complaints are not from cancer. Any pain that persists, according to the American Cancer Society, should be checked out by your physician. The doctor can take a careful history, get more details, and then decide whether further testing is necessary, and if so what kind. If it's not cancer, you will still benefit from the visit to the office. That's because the doctor can work with you to find out what's causing the pain and help you know what to do about it.
3. **Changes in the Testicles**— Testicular cancer occurs most often in men aged 20 to 39. The American Cancer Society recommends that men get a testicular exam by a doctor as part of a routine cancer-related checkup. And some doctors suggest a monthly self-exam. Yu tells WebMD that being aware of troublesome testicular symptoms between exams is wise. "Any change in the size of the testicles, such as growth or shrinkage," Yu says, "should be a concern." In addition, swelling or a lump should not be ignored. Nor should a feeling of heaviness in the scrotum. Some testicular cancers occur very quickly. So early detection is especially crucial. Yu recalls a young man who waited until his testicle was the size of a grapefruit before coming in for help. "If you feel a hard lump of coal [in your testicle], get it checked right away," Yu says. Your doctor will do a testicular exam and an overall assessment of your health. If cancer is suspected, blood tests may be ordered. You may undergo an ultrasound examination of your scrotum. Your doctor may also decide to do a biopsy, taking a tiny sample of testicular tissue to examine it for cancer.
4. **Changes in the Lymph Nodes**—If you notice a lump or swelling in the lymph nodes under your armpit or in your neck -- or anywhere else -- it could be a reason for concern. If you have a lymph node that gets progressively larger, and it's been longer than a month, see a doctor," she says. Your doctor will examine you and figure out any associated issues that could explain the lymph node enlargement, such as infection. If there is no infection, a doctor will typically order a biopsy.
5. **Fever**—If you've got an unexplained fever, it may indicate cancer. It could also be a sign of pneumonia or some other illness that needs treatment. Most cancers will cause fever at some point. Often, fever occurs after the cancer has spread from its original site and invaded another part of the body. But it can also be caused by blood cancers such as lymphoma or leukemia, according to the American Cancer Society. It's best not to ignore a fever that can't be explained. Check with your doctor to find out what might be causing it and if anything needs to be done.
6. **Weight Loss Without Trying**—Unexpected weight loss is a concern, Lichtenfeld says. "Most of us don't lose weight easily." He's talking about more than simply a few pounds from a stepped up exercise program or to eating less because of a busy schedule. If a man loses more than 10% of his body weight in a short time period such as a matter of weeks, it's time to see the doctor, he says. Your doctor will do a general physical, ask you questions about your diet and exercise, and ask about other symptoms. Based on that information, the doctor will decide what other tests are needed.
7. **Gnawing Abdominal Pain and Depression**—"Any guy who's got a pain in the abdomen and is feeling depressed needs a checkup," says Lichtenfeld. Experts have found a link between depression and pancreatic cancer. Other symptoms can include jaundice or a change in the stool color, often a gray color. Expect your doctor to do a careful physical exam and take a history. The doctor may then order tests such as a chest X-ray, CT scan, MRI, and, possibly, other scans and tests.

(Continued on Page 7)

**治療癌症的最新妙方：檸檬水！**

陳慕筠 整理

這個驚人的信息來自一個最大的藥品製造商，美國馬里蘭州的健康科學研究所，再經過十多個實驗室測試。自1970年以來發現，檸檬這個提取物它能破壞十二種惡性細胞腫瘤，包括結腸癌、乳腺癌、前列腺癌、肺癌、胰腺癌等。這種樹合劑顯示優於阿黴素一萬倍，化療的藥物通常用於減緩癌細胞的生長，而檸檬提取物能破壞惡性癌細胞，它不會影響健康細胞。真是諱莫如深！我們為什麼不知道？因為實驗室製造的人工合成藥物會為大公司帶來豐厚的利潤！而這個簡單妙方却會危及那些大藥廠的利益。

檸檬（柑橘類）屬於酸橙品種，它可以吃果肉飲果汁，還可加工成各種糕點。它含有豐富的維生素C，檸檬汁是高度鹼性食物，是很好的天然抗氧化劑。最有趣的是它產生消除囊腫和腫脹的效果，並能針對所有變種癌症，而沒有副作用--如那些可怕的化療反應。它也被認為是作為抗微生物譜，專門對付細菌感染和真菌及寄生蟲、內部蠕蟲；它還可降血壓、抗抑鬱、減精神壓力等。

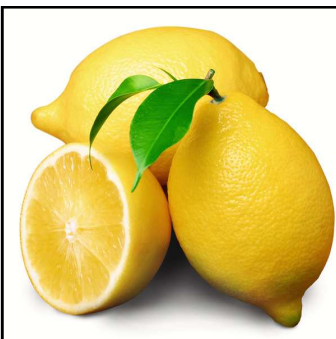
檸檬水的簡易製作法：用2-3片薄檸檬片加一杯水，可作為日常飲用水。

有人曾用檸檬片磨擦腳癬，每天2-3次，不但止癢消炎，不再脫皮，幾天就痊癒。

**The latest cancer treatment recipe: Lemonade!**

Translated by Wai Kit Au

This amazing news comes from one of the largest pharmaceutical manufacturers, Maryland's Health Sciences Institute, and was tested by over twenty laboratories. Since 1970, it was discovered that lemon extract can destroy twelve kinds of malignant cell tumors: including colon, breast, prostate, lung, pancreas, etc. This compound is ten thousand times better than doxorubicin. Chemotherapy drugs are commonly used to slow the growth of cancer cells, but lemon extract can destroy malignant cancer cells and does not affect healthy cells. Really a closely guarded secret! Why don't we know? Because laboratory-made synthetic drugs from large companies bring in huge profits! And this simple recipe endangers the interests of big pharmaceutical companies.



Lemon (citrus) is a variety of lime; it can be eaten as a fruit, drunk as a juice or used to make a variety of pastries. Lemon is rich in vitamin C, its juice is a highly alkaline food and a good natural anti-oxidant. The most interesting fact is that it produces the effect of eliminating cysts and neoplasms. It works against all cancer variants, with no side effects - such as the terrible response to chemotherapy. It is also considered as an anti-microbial agent against bacteria, fungi, parasites and internal worms. It can also lower blood pressure, act as an antidepressant and reduce mental stress.

Simple way to make lemonade: use 2-3 slices of lemon and a glass of water as a daily beverage.

Some people tried to rub their athlete's feet with lemon slice, 2-3 times a day. Not only was it anti-inflammatory, anti-itching, stop peeling, the malady was healed in a few days.

癌友會辦公室開放

癌友會地址：409 Maynard Ave S., #P2, Seattle, WA 98104 (由喜慶公園布殊旅館最底層樓側門進入)。

辦公時間： 周一至周五 每天上午 10:00 至 12:00；下午 1:00 至 3:00

每月單周的周六 下午 1:30 至 3:30 為讀書會及癌友談心會活動時間。

目前辦公室內存放有大量防癌抗癌的資料供閱讀，部份還可借出一有醫療類、防癌抗癌類、食療類、養生保健類、心理健康類、運動類等各種簡體繁體書近40種，及健康講座、心理建設、太極氣功教授、有氧運動、經絡鍛煉法等語音CD 和錄像DVD，另有簡體的癌症康復雜誌及其他中英文癌症資訊供借閱。書、CD 及DVD 借期為四個星期，到期後可續借一次。歡迎大家參觀並多多利用。

有興趣擔任義工的朋友，請與我們聯繫：**(206) 850-5914**。E-mail: info@wscna.org



15 Cancer Symptoms Men Ignore

(Continued from Page 5)

8. **Fatigue**—Fatigue is another vague symptom that could point to cancer in men. But a host of other problems could cause it as well. Like fever, fatigue can set in after the cancer has grown. But it may also happen early in cancers such as leukemia or with some colon or stomach cancers, according to the American Cancer Society. If you often feel extremely tired and it doesn't get better with rest, check with your doctor. The doctor will evaluate it along with any other symptoms in order to determine what's causing it and what can be done about it.
9. **Persistent Cough**—Coughs are expected, of course, with colds, the flu, and allergies. They are also sometimes a side effect of a medication. But a very prolonged cough -- defined as lasting more than three or four weeks -- should not be ignored, says Ranit Mishori, MD, assistant professor and director of the family medicine clerkship at Georgetown University School of Medicine in Washington, D.C. That kind of cough warrants a visit to the doctor. It could be a symptom of cancer, or it could indicate some other problem such as chronic bronchitis or acid reflux. Your doctor will take a careful history, examine your throat, check how your lungs are functioning, and, especially if you are a smoker, perhaps order X-rays. Once the reason for the coughing is identified, the doctor will work with you to determine a treatment plan.
10. **Difficulty Swallowing**—Some men may report trouble swallowing but then learn to live with it, Lichtenfeld says. "Over time, they change their diet to a more liquid diet. They start to drink more soup." But swallowing difficulties, he says, could be a sign of a GI cancer, such as cancer of the esophagus. Let your doctor know if you are having trouble swallowing. Your doctor will take a careful history and possibly order a chest X-ray. The doctor may also send you to a specialist for an upper endoscopy to examine your esophagus and upper GI tract.
11. **Changes in the Skin**—You should be alert to not only changes in moles -- a well-known sign of potential skin cancer -- but also changes in skin pigmentation, says Mary Daly, MD. Daly is an oncologist and head of the department of clinical genetics at the Fox Chase Cancer Center in Philadelphia. She also says that suddenly developing bleeding on your skin or excessive scaling are reasons to check with your doctor. It's difficult to say how long is too long to observe skin changes, but most experts say not to wait longer than several weeks. To find out what's causing the changes, your doctor will take a careful history and perform a careful physical exam. The doctor may also order a biopsy to rule out cancer.
12. **Blood Where It Shouldn't Be**—"Anytime you see blood coming from a body part where you've never seen it before, see a doctor," Lichtenfeld says. "If you start coughing or spitting up blood, have blood in the bowel, or blood in the urine, it's time for a doctor visit." Mishori says it's a mistake to assume blood in the stool is simply from a hemorrhoid. "It could be colon cancer," he says. Your doctor will ask you questions about your symptoms. The doctor may also order tests such as a colonoscopy, which is an examination of the colon using a long flexible tube with a camera on one end. The purpose of a colonoscopy is to identify any signs of cancer or precancer or to identify what else might be causing the bleeding.
13. **Mouth Changes**—If you smoke or chew tobacco, you need to be especially alert for any white patches inside your mouth or white spots on your tongue. Those changes may indicate leukoplakia, a precancerous area that can occur with ongoing irritation. The condition can progress to oral cancer. You should report the changes to your doctor or dentist. The dentist or doctor will take a careful history, examine the changes, and then decide what other tests might be needed.
14. **Urinary Problems**—As men age, urinary problems become more frequent, says Yu. He's talking about the urge to urinate more often, a sense of urgency, and a feeling of not completely emptying the bladder. "Every man will develop these problems as he gets older," he says. "But if you notice it and it concerns you, you should seek attention." That's especially true if the symptoms get worse. Your doctor will do a digital rectal exam, which will tell him whether the prostate gland is enlarged. The gland often enlarges as a man ages. It's typically caused by a noncancerous condition called benign prostatic hyperplasia or BPH. Your doctor may also order a blood test to check the level of prostate-specific antigen or PSA. PSA is a protein produced by the prostate gland, and the test is used to help determine the possibility of prostate cancer. If the doctor notices abnormalities in the prostate or if the PSA is higher than it should be, your doctor may refer you to a urologist and perhaps order a biopsy.
15. **Indigestion**—A lot of guys, especially as they get older, think "heart attack" when they get bad indigestion, even if they've just eaten and drunk their way through a marathon Super Bowl viewing. But persistent indigestion could point to cancer of the esophagus, throat, or stomach and should be reported to your doctor.

Your doctor will take a careful history and ask questions about the indigestion episodes. Based on the history and your answers to the questions, the doctor will decide what tests are needed.



Washington State Chinese Cancer Network Association (WCCNA)

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辦公時間: 周一至周五

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Exciting Events in 2011

2011年的精彩活動預告

- 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
癌友會辦公室, 409 Maynard Ave. S., #P2, Seattle, WA 98104
- Dec 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
癌友會辦公室, 409 Maynard Ave. S., #P2, Seattle, WA 98104
- Dec 17 1:30 pm— Cancer Survivors and Volunteers Holiday Celebration
3:30 pm 癌友聖誕節慶祝會 請電 425-836-3289 陳慕筠接洽
癌友會辦公室, 409 Maynard Ave. S., #P2, Seattle, WA 98104

WCCNA

2010-2011 Board members

Exciting Events in 2012

2012年的精彩活動預告

- Jan 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
癌友會辦公室, 409 Maynard Ave. S., #P2, Seattle, WA 98104
- Jan 21 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
癌友會辦公室, 409 Maynard Ave. S., #P2, Seattle, WA 98104
- Feb 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
癌友會辦公室, 409 Maynard Ave. S., #P2, Seattle, WA 98104

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