

## 癌症康復的體驗

李惠芬

我在2008年3月患上乳癌。在決定用那一種治療方法來醫治自己的癌症之前，我花了兩個月的時間去搜集各方面的資料及見了十一位醫生；最終選擇了用營養、草本植物、陽光空氣、瑜珈和正面的思維來治癒自己。我有一個理論鞏託著這個決定，是造物主的創造原意。我在想：當天主創造人類的時候，祂還創造了甚麼東西給我們吃來鞏固我們的健康？當我們生病時，身體又怎樣回復健康？我一一找到答案。

天主的原意是要我們吃從樹上及地上長出來的食物，來維持健康的生命；所有加工過的食物，養份都已盡失，所以吃蔬果是最有效益的。在科學上發現 phytochemicals 或稱為 phytonutrients，只在蔬果裏找到，而這些養份是人類身體的必需要素。如果缺少它，身體的機能便不能運作正常，我們便會生病；例如像我一樣，生了癌病。如果我們把足夠的養份吃進體內，並避免不應吃的食物，所有的身體機能便會一一站起來，對抗疾病。缺乏陽光也是萬病之源的因素之一。有很多證據證明，每天少許的紫外光，會加速萬病的痊癒。很可惜的是，由於廣告給我們的影響，我們對陽光的功效，有太多的誤解。

確診有癌症已經四年了，選擇了用營養、草本植物、陽光空氣、瑜珈和正面的思維來治癒自己後，身體機能比以前強壯得多，腫瘤縮小了30%，現在仍然堅持這個自然療法。由於人類的智慧，把我們的生活方式跟大自然的距離拉得越來越遠；雖然發明了很多藥物來醫治疾病，但死亡率並不見降低。例如癌症的死亡率不見得用了手術、化療及電療後有好轉的趨勢。我有兩位朋友，他們都選擇了常規的治療方法，都在半年及一年內先後逝世。另外有兩位朋友的親戚，化療藥把他們的癌細胞殺掉，但人也一起同歸於盡，一同死亡。在醫學界中，提出了五年內復發的理論，但這個理論我都從生活裏的見證推翻了。我丈夫的媽媽和我的兩位鄰居都在十年後癌病復發。所以，若果我們不改變飲食及生活的模式，疾病始終會隨時出現。例如：人類自我體內修補的時間是晚上九時至零晨二時左右，當我們經常性地夜睡時，身體的機能便越來越糟糕了！

現在，我每天飲七至十杯的蔬菜汁，並大量吃蔬菜，生果要吃糖份低的種類等等。同時，也吃少量的穀類、豆類、堅果及種子，中西的草本藥也交替地飲用。我被診斷出患有癌症後沒多久，我的大腦運作遲緩，並有疼痛及呆滯的感覺。當我改變了我的飲食習慣和生活方式一年多後，我的大腦能力恢復，給了我極大的鼓舞，繼續我的自然療法之旅程。

直到今天，乳腺癌的診斷已四年了；雖然癌細胞沒有在我體內完全消失，但是其它的疾病已一一治好了。我以前，一年有兩三次眼睛過敏，需要看眼科醫生；幾乎每天有頭痛，常吃止痛藥。我也有體重增加、脫髮、牙齦出血、大便秘結和抑鬱症的問題。現在這些問題都不見了，大部分白頭髮變回黑色。我姐夫說，他從來沒有聽說過白頭髮可再次轉回它自然的色彩。那我要感謝含有維生素對氨基苯甲酸 (PABA) 的食物，它可以幫助恢復頭髮花白的顏色。



## 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

癌症康復的體驗	1
2012年春節聯歡	2
防癌明星—山藥	4
認識醫療決定文件	5
化療期間照顧你的皮膚、頭髮和指甲	6
為抗癌接力	8

## Inside this issue

2012 Chinese New Year Celebration	2
Experience of Cancer Recovery	3
Yam - Cancer Super Food	4
Understanding Health Care Decision Documents	5
Caring for Your Skin, Hair, and Nails During Chemotherapy	7
Relay For Life	8



# 龍年新氣象 — 記 2012 年春節聯歡

理事會報導

在一片歡樂的鑼鼓聲中，麥顯輝師傅帶著兩頭活潑頑皮的醒獅，走進了亞州文化中心的門廳；我們的 2012 年春節聯歡會，在新遷的辦公室大廈開幕了！

今年的貴賓特別多：有遠道而來的錢揚明師傅，他是武當丹派的第十七代傳人，從江蘇省常州來，他表演了一套自編的養生太極拳；廖建農老師為客人即席寫揮春；八十三歲的癌友會員梁靜安表演功夫扇舞；從伯明翰市來的李慧芬癌友，帶來了她抗癌蔬果食物，現場表演示範；義工潘季全為大家表演魔術，並分享他做義工的心得和樂趣；理事陳亞姨準備了二十條有龍字的揮春、成語的謎語，現場猜謎及講解。

理事們為大家準備了很豐富的午餐及點心，也和大家分享各自帶來的美食。到會的會員、朋友、義工們都得到在抽獎或交換禮物中的禮物，人人都滿載而歸！



## The Year of the Dragon — 2012 Chinese New Year Celebration

Report by the Board

In the joyful sound of gongs and drums, Master Mak entered the lobby of the Asian Cultural Center with two lively and playful lions. Thus began our 2012 Chinese New Year celebration in WSCCNA's new office. We had many VIPs this year. Master Timing Qian came afar from Changzhou, Jiangsu Province; he is the 17th generation exponent of the

Dan School of Wudang. He performed a self choreographed set of health preserving Tai

Chi. Master Jiannong Liao demonstrated calligraphy by brush-writing "Spring Well-Wishes" on red papers for the guests. Ms. Jingan Leung, an eighty-three years old WSCCNA member, performed a Kung Fu Fan Dance. Ms. Huifen Lee, a former cancer patient from Birmingham, demonstrated preparation of anti-cancer fruits and vegetables. Mr. Jiquan Pan gave a magic show and shared his experience and joy in volunteer work. Board member Auntie Chen prepared twenty idiom based riddles which incorporate the Chinese character 'dragon'. She invited the guests to solve the riddles and then explained the correct answers.

Apart from the sumptuous lunch and snacks prepared by the Board, attendees also shared the many delicious foods they brought along. WSCCNA members, friends and volunteers attending this gathering all went home with presents of some sort, either from sweepstake prizes or through gift exchange. It was a very rewarding experience for all!





## Experience of Cancer Recovery

Yvonne Li

I was diagnosed breast cancer in March 2008. In deciding what kind of treatment to cure it, I spent two months to collect information on all aspects and met with eleven doctors. Finally I chose to use nutrition, herbs, sunlight, fresh air, yoga and positive thinking to cure myself; I have a theory supporting this decision: the original creation intent of the Creator. I was thinking: the day when God created mankind, what kind of food he had created for us to sustain our health? When we are sick, how the body can recover? I find the answer.

God's intention is for us to eat food from the tree and from the ground to maintain a healthy life. All nutrients in processed foods have been lost. Eat cook and uncooked fruits and vegetables are most effective in obtaining their nutrients for the body. Found in science, phytochemicals also known as phytonutrients only found in fruits and vegetables. These nutrients are essential elements for the human body. If lack of it, the body cannot be functioning properly. We will get sick, for example, like me, have cancer.

If we eat enough nutrients into the body and avoid foods that should not be eating, all the bodily functions will be stand up and fight against the disease.

Also, the lack of sunlight is one of the sources of all diseases. There is a lot of evidence that every day a little sunlight will accelerate the cure of diseases. Unfortunately, the effectiveness of sunlight is misled by many advertising. Beauty product commercials and the media continually exaggerate the threat of developing skin cancer from sunlight exposure. This misleading information is to the point some people are afraid of getting any at all. Scientific studies show, however, it may be chemicals in the sunscreen causing cancer, not the sun.

I have been diagnosed with breast cancer for four years. As I mentioned earlier, I chose to use nutrition, herbs, sunlight, air, yoga and positive thinking to cure myself. My bodily function is stronger than before. The tumor shrank thirty percent. I still adhere to this natural therapy. Because of human intelligence, it pulls us away from nature farther and farther. And again, because of human wisdom, the medical industry invented many drugs to cure diseases, but the death rate of diseases does not seem lower. For example, the cancer death rate has no improvement after surgery, chemotherapy and radiotherapy. I have two friends, they have chosen conventional treatment methods, they were dead within six months and one year respectively. Also, relatives of two friends, chemotherapy drug killed all their cancer cells, but the drug killed them in the same time.

Medical statistics use a five-year survival rate, meaning that if within five years of diagnosis a patient is cured of their disease, they are counted as a survivor. However, cancer recurrence often occurs following this five year period. My mother-in-law and my two neighbors, who have all had either a lumpectomy or mastectomy, have had their cancer recur in 10 to 11 years. So, if we do not change the pattern of eating and living, diseases will always appear at any time. For example, human self-body repair is from 9 p.m. to early morning 2 a.m. When we constantly sleep after ten, the body functions will get worse.

Now, I drink seven to ten cups of vegetable juice a day, and eat different types of cooked and uncooked vegetables and fruits. I also eat small amounts of grains, legumes, nuts and seeds. Every day, I make either Chinese or Western herbal tea to help the process of recovery.

Not long after I was diagnosed with cancer my brain was unable to function properly. It ached and was sluggish. A year or so after I changed my diet and lifestyle the ability of my brain recovered and it gave me tremendous encouragement to carry on my journey.

Until today, four years after my diagnosis with breast cancer and aligning myself with the laws of the universe, I struggled with several illnesses. I used to have eye allergies two to three times a year and needed to visit an ophthalmologist. I had headaches almost every day and needed to take painkillers desperately. I also had weight gain, hair loss, gum bleeding, constipation and depression issues. Now these problems are all gone. Most of my grey hair turned to black again. My brother in law said that he had never heard white hair could turn to its natural color again. Well, it happens to me and thanks to the food that I ate contained vitamin Para-Aminobenzoic Acid (PABA). It helps restore color to gray hair.

## 防癌明星 - 山藥

**山藥** 是一種薯科植物，它的根莖滾圓而修長，表皮粗糙呈淡土黃色，有細小密布的根須，削皮後，肉質潔白，會分泌一些透明的柔滑黏液(要戴上手套操作)。山藥營養豐富，口味清香，自古以來視為物美價廉的補虛佳品，既可作主食，又可作蔬菜、點心。故美其名為養生的鑽石。



### 山藥養生食譜

**清炒**：山藥切成片，和肉絲、紅辣椒絲、姜絲清炒。

**山藥素湯**：山藥去皮洗淨後刨成絲，放入用姜蔥起鍋的沸水中，加入青豆、玉米胡蘿蔔粒，煮沸後，加上調味料即可。

**炖山藥**：羊肉(或用鷄、瘦豬肉、排骨等)、山藥切片、油、鹽、花椒、姜末、香料等，加水用文火入砂鍋炖半小時。

**養生湯圓**：山藥削皮切塊，浸泡于鹽水3-5分鐘，入鍋蒸熟，取出壓成泥，加入適量糯米粉制成湯圓皮，可按各自喜好加入各種餡料，揉成湯圓。

**防癌膳**：天然維他命A煲：用鮮山藥、洋蔥、胡蘿蔔、蕃茄、青花菜、排骨(或鷄翅)等量。做法：排骨切塊洗淨放入沸水中燙過，洗去血腥味，再放入鍋中，鮮山藥去皮切塊泡過鹽水後再和洋蔥片、胡蘿蔔塊、蕃茄一同入炖鍋，加入兩杯水。炖30分鐘後再加入已用水燙熟之青花菜即成富含維他命A的防癌藥膳。

**手術後藥膳湯**：山藥5克、玉竹10克、麥冬10克、枸杞5克、鴿子一隻。做法：將鴿子肉用沸水燙過，放入鍋中煎炒，再加高湯或開水，煮沸後將肉撈起放至湯罐中，再把洗淨的藥料煮熟後連湯倒進湯罐內，文火煮9分鐘，

## Yam – Cancer Super Food

This yam is a potato plant with its roots rounded and slender, coarse pale brown skin, with small, dense root. Once peeled, its white meat is transparent with slimy texture (wear gloves). Yam is nutrient-rich and fragrance taste. Since ancient times it is regarded as inexpensive tonic to share, not only for the staple food, but also as a vegetable, snack. Therefore, it can be named as the Diamond for healthy aging.

### Yam healthy recipes

**Stir fry**: yam slices, pork thin stripes, red pepper or chili, and ginger .

**Vegetarian soup** : skin and grate the yam, add to boiling water with ginger and green onion, add green peas, corn, diced carrot. Bring to boil and season for taste.

**Stewed yam**: lamb (or chicken, pork, spareribs), sliced yam, oil, salt, pepper corn, ginger powder and spices, add water and stew on low medium heat for 30 minutes.

**Health glutinous rice balls**: skin and slice the yam and soak it in salt water for 3-5 minutes, then steam it till soft, mashed it and add some glutinous rice flour to make into the rice balls wrapper for your favorite filling for making the glutinous rice balls.

**Anti-cancer diet**: Natural vitamin A pot: fresh yam, onions, carrots, tomatoes, broccoli, pork ribs (or wings). Cut pork ribs , add to boiling water to wash away the smell of blood, and then add the cleaned pork ribs with sliced yam (soaked in salt water before ), onion slices, carrots and tomatoes together into the stew pot add two cups of water. Simmer for 30 minutes before adding the boiled broccoli and serve this rich in vitamin A, anti-cancer dish.

**Soup for after operation** : 5 grams of yam, 10 grams of Polygonatum, 10 grams of Ophiopogon , 5 grams of wolfberry, a pigeon. Boil the pigeon meat in water then pan fry it , add broth or water and bring to boil. Then put the meat and soup in the soup pot, add the rest of the ingredients into the soup and simmer for 9 minutes, add salt and seasonings to serve. Chinese medicine believes the pigeon meat cure body weakness due to the lack of kidney essence, yam and other ingredients to nourish the Yin of the effect, it is particularly suitable for post-operation patients.





## 認識醫療決定文件

理事會報導

二月十一日星期六早上，華州防癌互助協會與健安療養院聯合舉辦的「生理老化」系列研討會，在亞洲資源中心的辦公室舉行了第一次座談會。

首先由 Keller Rohrback 律師事務所的律師戴安娜素文女士，以「什麼是永久授權書」為題，詳細解釋了「永久授權書」各方面的運作和性質（什麼/誰/什麼時候/如果）；由防癌會 Joyce Chen 女士英語翻譯普通話。

接著由健安社工服務主任胡大明先生，介紹健安療養院的組織和服務，並簡單講解「老人照顧者評估公告」的倡議。華州防癌互助協會主席梁費聖奇女士，講述互助協會的宗旨和服務，邀請聽眾加入志願工作團隊。

研討會結束後，講員們都留下來，回答個人進一步的問題。超過卅位朋友和協會會員出席講座，一起享用飲料和小吃，賓主共歡。



## Understanding Health Care Decision Documents

Report by the Board

In corporation with Kin On Health Care Center, the first workshop of a seminar series on “Aging” was held in WSCCNA’s office at the Asian Resource Center on Saturday, February 11<sup>th</sup>.

Ms Diana Zottman, a lawyer from the law office of Keller Rohrback, gave a talk on “*What is a Durable Power of Attorney?*”. The various aspects (what/who/when/what if) of a “*Durable Power of Attorney*” were explained in detail. The speech was translated from English to Mandarin by WSCCNA volunteer Ms. Joyce Chen.

Mr. Michael Woo, Director of Social Services at Kin on Health Care Center, gave an introduction of his organization followed by a brief talk on the recent “*Caregiver Assessment Announcement*” initiative. Mrs. Stella Leong, our president, spoke about the Mission of WSCCNA and invited the guests to become WSCCNA volunteers.

At the end of the seminar, the speakers were on hand to answer further questions from individuals. Over thirty friends and members were in attendance and drinks and snacks were served to all.



## 如何在化療期間照顧你的皮膚、頭髮和指甲

Translated by Sarah Yao

【此文出自於WebMD】

以化療方式治療癌症雖然可殺死癌細胞，但不幸的是，它也帶給許多患者有害的副作用，如脫髮，皮膚乾燥，及指甲變脆。看著自己的頭髮大量脫落真令人痛心。

美國癌症協會的主任Terri Ades說，“外表對大部分的人來說是很重要的。很多人想到會掉頭髮，就感到十分恐慌。”其實癌症患者有許多方式來適應這些改變，像是把頭髮剪得很短，或是做好皮膚保濕。Mario Lacouture醫師說：“知道如何預防這些副作用是很重要的。”他是Sloan-Kettering紀念癌症中心皮膚科醫師，專治癌症治療對皮膚、頭髮和指甲產生的副作用。

### 如何在化療期間照顧你的皮膚

化療往往會導致皮膚乾燥，發炎。與其等到化療開始後才來處理這些症狀，患者可以在化療開始前一個星期，採取一些措施，將皮膚問題降到最低。然後，他們可以在化療過程中繼續同樣的措施。Lacouture醫師說，“有很多方式可以防止皮膚乾燥。很多人以為皮膚乾燥只是個表面的問題，但如果皮膚過度乾燥，會變得紅腫，並且容易受到感染。”

#### 在化療期間，Lacouture 醫師建議一些防止皮膚問題的技巧：

- ◆ 避免太久或太熱的淋浴或泡澡。
- ◆ 使用溫和、無香味的肥皂和洗衣精。
- ◆ 使用保濕霜。最好是面霜或軟膏，而不是乳液，因為厚一點稠度更可以防止皮膚脫水。在淋浴後15分鐘內使用面霜或軟膏。
- ◆ 在夜間或每次洗手完後再涂抹保濕霜。
- ◆ 如果你的皮膚很乾燥，可用乳酸銨霜增強保濕。這些藥膏可由醫生開處方或在一般藥房取得。
- ◆ 一些化療藥物會使皮膚更容易曬傷。需使用至少SPF 30，並能阻隔UVA和UVB的防曬霜。氧化鋅，二氧化鈦，或阿伏苯宗等成分都能阻隔UVA。

化療患者不見得需要避免日光。只是做好防曬的準備，像是帶寬邊帽，穿防曬衣物，並且每兩個小時重新涂抹SPF 30的防曬霜。

瘙癢也很常見，可能源於多種原因：化療藥物，患者本身乾燥的膚質（特別是在50歲以上的人），或是癌症本身的症狀。

Lacouture醫師說：“許多患者用一般藥房買得到氫化可的松藥膏來止癢，可是這些藥膏往往藥效不夠。”與其用藥膏，醫生可將類固醇或麻醉藥物塗抹於患者皮膚上來止癢。如果瘙癢干擾睡眠，口服藥物可能會有幫助。

Lacouture醫師又說：“化療期間，皮膚顏色也可能產生變化，特別是乳腺癌或結腸癌的治療。有時候，手或臉會受到影響，造成患者的困擾。如果發生這種情況，可試用漂白霜和含有水楊酸的去角質霜。據美國癌症協會的主任Ades說，較新的化療藥物也可能引起皮疹。

Lacouture醫師說：“向你的醫生詢問，但只要你的皮膚上沒有開放性潰瘍，化療病人是可以游泳的。然而，熱水澡不是一個好主意。它們可能會導致更多的血流向皮膚，從而導致更大量的血流向發炎處。”他說：“雖然目前有沒有研究證明熱水浴有害，但我們寧可小心謹慎一點。”



## Caring for Your Skin, Hair, and Nails During Chemotherapy

【Article from WebMD】

Treating cancer with chemotherapy kills cancer cells, but unfortunately, many patients also have unwanted side effects, such as hair loss, dry skin, and brittle nails. Watching your hair fall out can be especially distressing.

“Generally, how we look is really important to most all of us. The thought of losing hair can be especially devastating to some people,” says Terri Ades, DNP, FNP-BC, AOCN, director of cancer information for the American Cancer Society.

But cancer patients have many ways to cope with such changes from cutting their hair short to moisturizing their skin regularly. “It is important for people to know that there are many things that they can do to prevent these side effects,” says Mario Lacouture, MD, a dermatologist at Memorial Sloan-Kettering Cancer Center who focuses on treating cancer therapy’s side effects to the skin, hair and nails.

### Skin Care During Chemotherapy

Chemotherapy often causes dry, irritated skin. Rather than waiting to deal with symptoms after treatment starts, patients can take steps to minimize skin problems about one week before beginning chemo. Then, they can continue the regimen during treatment. “There are many things that you can do to prevent that dry skin,” says Lacouture. “People tend to think of dry skin as just a cosmetic problem, but ... dry skin can get so severely dry that it becomes inflamed and more susceptible to infections.”

#### Lacouture’s offers these tips to prevent skin problems during chemotherapy:

- ◆ Avoid long, hot showers or baths.
- ◆ Use gentle, fragrance-free soaps and laundry detergent.
- ◆ Use moisturizers, preferably creams or ointments rather than lotions because the thicker consistency is better at preventing skin dehydration. Apply the cream or ointment within 15 minutes of showering.
- ◆ Reapply moisturizer at night, and moisturize your hands every time after you wash them.
- ◆ If your skin is very dry and flaky, ammonium lactate cream can increase moisture. These creams are available by prescription and over-the-counter.
- ◆ Some chemotherapy drugs make skin more susceptible to sunburn. Use a sunblock with at least an SPF 30, and make sure that it protects against both UVA and UVB rays. Protection against UVA requires ingredients such as zinc oxide, titanium dioxide, or avobenzone.

Chemotherapy patients don’t need to avoid the sun. Just be smart about sun exposure. Use a broad-brimmed hat, sun-protective clothing, and an SPF of 30 reapplied every two hours if you’re outside, for example.

Itching is also common and can stem from multiple causes: the chemotherapy drug, a patient’s naturally dry skin (particularly in people over 50), or as a symptom of the cancer itself.

While many patients aim for itch relief with over-the-counter hydrocortisone creams, they’re often too weak to be effective, says Lacouture. Instead, doctors can treat itching with steroids or anesthetic medications applied to the skin. If itching interferes with sleep, oral medications might work.

Skin can also go through color changes during chemotherapy, particularly with breast or colon cancer treatment. Sometimes, the hands or face are affected, which can make a patient feel self-conscious. If this happens there are bleaching creams and exfoliants containing salicylic acid that can be tried, Lacouture says. According to Ades, newer chemo drugs can also cause rashes.

Check with your doctor but, as long as there are no open sores on your skin, swimming is fine for chemo patients, Lacouture says. However, hot tubs aren’t a good idea. They can cause more blood flow to the skin, which can lead to greater blood flow to areas of inflammation. “There’s no study that a hot tub will make it worse, but we tend to err on the cautious side,” he says.



## 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 12, 2012 Husky Stadium

華盛頓大學【為抗癌接力】活動 -- 2012年5月12日 華大Husky體育館 時間：下午二點。

地點：華盛頓大學 Husky 體育館。3800 Montlake Blvd, Seattle, WA 98105

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 12, 2012 at 2:00 pm at UW Husky Stadium. Please call 206 850 5914 WSCCNA office 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。請電 206 850 5914 防癌互助協會 接洽

\*\*\*\*\*



## 19th 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SeattleCenter舉行。為治癒的乳癌康復者而競走的募捐活動。“為治癒而競走”這個活動，已經歷了十九年。每年參加的人有癌友、家屬、支持者上萬人。

WSCCNA is planning on participating in this Event. This will be the 8th 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 3, 2012 Sunday at 8:00 am at Seattle Center. WSCCNA 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八年參加“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 2012年6月3日上午八點**

**Place 地點 Seattle Center**

**Registration 報名 \$35 online**

Please register online at <http://www.pugetsoundraceforthecure.org> to join our team 'WA State Chinese Cancer Network Association or you can call 206 850 5914 WSCCNA office for details.

如有興趣參加，請電 206 850 5914 防癌互助協會接洽報名





## 2012年身心靈健康讀書會計劃

陳慕筠整理

	專題	內容
一	健康防癌食物	閱讀討論印度傳統醫學「阿育吠陀」－ 莫妮卡.甘地訪問記。
二	牛奶替代品	牛奶是健康營養品還是毒藥？五種健康的牛奶替代品！
三	抗癌變的維他命B17	那些食物含有維他命B17？
四	素食與癌症	改變飲食習慣預防癌症；肉類中的致癌物質；素食的好處。

## 2012 Study Plan of Body and Mind Health Book Club

Muyun Chen

	Topic	Detail
1	Healthy Anti-cancer Foods	Reading and discussion of India's traditional medicine "ayurveda" – an interview with Maneka Gandhi.
2	Milk Substitutes	Is milk a healthy food or poison? Five kinds of healthy milk substitute!
3	Anti-cancer Vitamin B17	What kind of food contains vitamin B17?
4	Vegetarian and Cancer	Change eating habits to prevent cancer; cancer causing material in meat; benefits being a vegetarian.

## 癌友會辦公室開放時間

地 址：亞裔資源中心 Asian Resource Center - 1025 South King Street, Seattle, WA 98104

時 間：每星期一至周五 上午 10:00－12:00、下午 1:00－3:00

每月第一、三周周六 下午 1:30－3:30 為讀書會及癌友談心會活動時間。

每月第二周周四 上午 10:00－11:30 為健康衛生防癌交談會活動時間。

地點 **NBCC** — North Bellevue Community Center  
4063 148th Avenue NE Bellevue WA 98007-3118

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—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，請與我們聯絡：(206) 850-5914 或 電郵 [info@wscna.org](mailto:info@wscna.org)



# Washington State Chinese Cancer Network Association (WSCCNA)

Mailbox 地址 P.O. Box 15425  
Seattle WA 98115

Phone 電話 206-850-5914

E-mail 電郵 info@wscna.org

Web site 網址 www.wscna.org

Office 辦公室 1025 South King Street  
Seattle WA 98104

Hours 時間 周一至周五 Monday-Friday  
10:00am -12:00 1:00-3:00pm

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 2012 2012年精彩活動預告

- |           |               |   |
|-----------|---------------|---|
| 5/05/2012 | 1:30-3:30pm   | Book Study                                    |
|           | Sat 星期六       | 身心靈健康讀書會                                      |
|           |               | Book Study and Support Group at <b>NBCC</b>   |
| 5/10/2012 | 10:00-11:30am | <b>NBCC</b> — North Bellevue Community Center |
|           | Thu 星期四       | 4063 148th Avenue NE Bellevue WA 98007-3118   |
|           |               | 健康衛生防癌交談會                                     |
| 5/12/2012 | 1:30-4:30pm   | UW Relay for Life                             |
|           | Sat 星期六       | UW Huskie Stadium                             |
| 5/19/2012 | 1:30-3:30pm   | Support Group                                 |
|           | Sat 星期六       | 癌友談心會   |
| 6/02/2012 | 1:30-3:30pm   | Book Study                                    |
|           | Sat 星期六       | 身心靈健康讀書會                                      |
| 6/03/2012 | 8:00-12:00pm  | Komen Race for the Cure                       |
|           | Sun 星期        | Seattle Center                                |
| 6/14/2012 | 10:00-11:30am | Book Study and Support Group at <b>NBCC</b>   |
|           | Thu 星期四       | 健康衛生防癌交談會                                     |
| 6/16/2012 | 1:30-3:30pm   | Support Group                                 |
|           | Sat 星期六       | 癌友談心會   |
| 7/07/2012 | 1:30-3:30pm   | Book Study                                    |
|           | Sat 星期六       | 身心靈健康讀書會                                      |

Address 活動地點	Asian Resource Center 亞裔資源中心 1025 South King Street
Contact 聯絡	WSCCNA 華州華人防癌互助協會
Phone 電話	206-850-5914

WSCCNA 董事會成員 2012-13 Board members	
President	Stella Leong
Vice-President	Kathy Lin
Treasurer	Min Min Wong
Secretary	Muyun Chen
Secretary	Hueifang Chen
Volunteers Coordinator	Maggie Cheng