

### 如何慰問生病的人

理事會綜合摘錄

在關心問候生病的親戚朋友時，很多人往往不知道該說些甚麼，特別是當對方罹患的是癌症。有鑑於此，癌友會特別自網頁綜合摘錄了以下幾點建議，提供大家參考。



#### 請不要說：

1. 請不要說「你看起來很好！」其實生病的人都知道他們看起來不是很好。可能是臉色蒼白、骨瘦如材，或是頭髮大把地脫落。談論到他們的形象只會提醒他們不好看的外表而已。
2. 請不要說「你會沒事的！」或是「你會好起來的！」當不確定該說甚麼時，很多人循老套使用讓人快樂的語句。除非你是醫療專業人員，請不要扮演預言家的角色。
3. 請不要問「我能幫你做些甚麼？」這樣含糊不清地提供幫助幾乎不會被接受。因為這反而是把責任加在生病的人身上，要他們來告訴你他們何時需要幫忙。生病的人已因需要處理與醫生、護士、保險公司等相關的每日例行工作而被壓得喘不過氣來，不需要再爲了找事情請你幫忙而增加他們的壓力。而且生病的人通常是不會告訴你的，因爲他們不願因此而覺得自己很脆弱。因此，當你想幫助生病的朋友時，不要問你可以幫他們甚麼忙，做就是了。而且你不需要做大事，很多時候小事才是最被需要的，如：替植物澆水、煮晚餐、清冰箱、換燈泡、換車子的機油，送他們的孩子上學，或是到超市去替他們買東西回來等等……。
4. 「我為你祈禱。」(I pray for you) 這句話具有實質意義，但「我的心意以及祈禱與你同在。」(my thoughts and prayers are with you) 這句話則只是一種空洞的表達。有人惦記著你是好事。知道其他人為你禱告相對地也很安慰。但大多數說寄送「心意與祈禱」的人，其實只是依賴性地用著慣用的老套而已。和大多數關愛的表態一樣，真誠的心意最重要，而且它還具有療癒作用。
5. 請不要問「你試了我建議的方法了嗎？」生病的人常會收到許多人介紹的各式秘方，如神奇的滋補品、中藥等等，往往因不知該如何選擇而困擾不已，備感壓力。
6. 請不要說「今天好不好啊？」(How are you today?) 不要像對小孩一樣對生病的人說話。身體上正遭遇疾病並不代表一個人的智能就會減低。

#### 請說：

1. 請說「不要給我回信。」社交網絡雖然能幫忙減輕些痛苦，但卻也常讓所有的病人因爲需要通知每位親朋好友自己的最新狀況及向對方表達感激而被壓得喘不過氣來。如果你好意寫封電郵給某人，請告訴對方你不期望他或她回電。如果你帶個水果蛋糕给对方或是幫忙溜狗，要堅持對方不要寫謝卡給你。雞湯不是結婚禮物，它不應該附帶有壓力。
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### Mission Statement

The Washington State Chinese Cancer Network Association (WSCCNA) is a non-profit organization dedicated to serve cancer survivors and their families in the Chinese community. The WSCCNA provides activities and programs to support and enhance the quality of life for cancer survivors and their family and friends.

### 本會宗旨

華州華人防癌互助協會是一個非營利組織。本會的宗旨是希望能爲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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## What to Say and not to Say to a Patient

Summarized by the Board

When our families, relatives, and friends are sick, many of us often do not know what to say to comfort them. This is especially the case if our loved one has cancer. Therefore, the Board summarized a few do's and don'ts from the internet to serve as a reference for our readers.

### *What not to say :*

#### **1. Please don't say: "You look great."**

In fact, sick people know they don't look good because of their pale skin, skeletal figure, and falling clumps of hair. Commending the appearance of a sick person at all just reminds them of how they look.

#### **2. Please don't say: "You will be OK" or "You are going to get better."**

When unsure of what to say, many people fall back on chirpy feel-goodisms. Unless you're a medical professional, resist playing Nostradamus.

#### **3. Please don't ask: "What can I do to help?"**

This vague offer of help will almost always go unaccepted because the burden then falls on the patient to tell you when they're in need. Sick people are already too overwhelmed with the minutiae of dealing with doctors, nurses and insurance companies to handle many day-to-day tasks. There is no need to put much more burden on them to come up with something you can do. And sick individuals will not tell you because they don't want to feel vulnerable. If you really want to help an ailing friend, don't ask what you can do — simply do it. You don't need to do a grand gesture. Sometimes it's the small gestures that are needed, like: watering plants, cooking dinner, cleaning out the refrigerator, replacing the light bulbs, changing the oil in their car, taking their kids to school, doing grocery shopping for them, etc.

#### **4. 'I pray for you' is meaningful, but the particular phrase 'my thoughts and prayers are with you' in most cases is a hollow expression.**

Some people think about you, which is nice. Others pray for you, which is equally comforting. But the majority of people who say they're sending "thoughts and prayers" are just falling back on a mindless cliché. Like most loving gestures, it really is the sincerity that counts and is healing.

#### **5. Please don't ask: "Did you try what I recommended?"**

Sick people would often be stunned by the number of friends and strangers alike who inundate them with tips for miracle tonics, Chinese herbs, etc. They are often being stressed out by not knowing which one to follow.

#### **6. Please don't say: "How are we today?"**

Do not treat ailing grown-ups like children. Being sick physically does not mean the person's intelligence will thus become infantilized.

### *What to say :*

#### **1. Do say, "Don't write me back."**

Social networking, while offering some relief, often makes patients feel very stressful as they get overwhelmed with the burden of keeping everyone informed and feeling appreciated. If you write someone a thoughtful email, say that you don't expect a reply. If you drop off a fruitcake or help take the dog for a walk, insist the patient not write a thank you note. Chicken soup is not a wedding gift; it should not carry stress with it.

#### **2. Do say, "I need to go now."**

Most sick people cannot handle long visits. Don't overstay your welcome. Try visiting for 20 minutes, even less if the patient is tired or in pain. And while you're there, wash a few dishes, clean the room, and take out the trash when you leave.

#### **3. Do say, "Would you like to hear some gossip?"**

A change of topic goes a long way. Patients are often sick of talking about their illness. Even someone recovering from surgery has an opinion about the starlet's affair, the underdog in the playoffs, or the big election around the corner.

#### **4. When all else fails, a simple, direct, honest, and human expression of emotion is the most powerful gift you can give a loved one going through pain.**

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## 如何慰問生病的人

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2. 請說「我該走了。」大多數生病的人無法承受長時間的會客。所以探訪時間不要太長。試著探訪 20 分鐘即止，如果病人累了或是正受著病痛的折磨，探訪時間要更短。探訪的同時，可以協助洗一下碗盤及清屋子，離開時一併將垃圾帶走。
3. 請說「你想聽一些八卦嗎？」改變談話的主題會很有幫助。病人對談論自己的病情常會感到厭煩。即使是一位手術後正在康復的人，對明星的私事、在最後決賽中處於劣勢的一方、或是即將到來的大選也會有意見。
4. 當其他的方法都失效時，簡單、直接、誠實、且有人性的情緒表達是你給正在受苦的所關愛的人最好的禮物。它不需要有華麗的修飾，只需要是誠摯的。例如：「我愛你。」「我很難過你正在經歷這個病痛。」「你對我而言很重要。」這些簡單的說詞能真正迴盪在病人的靈魂深處。正因為很少人會這麼做，讓它顯得更有意義。

以下的例句是一個網路社區上的朋友們建議可對生病的人使用的問候語：

- ◆ 我不知道該說些甚麼，但我很關心你。
- ◆ 你需要發洩一下嗎？我在這兒聽著。
- ◆ 我真的很佩服你的處理方式，我知道那很不容易。
- ◆ 我星期四會帶晚餐過來，你要烤寬麵條(lasagna)還是雞肉？
- ◆ 我的孩子們覺得很無聊，哪一天我可以讓他們和你的孩子們一起玩嗎？
- ◆ 我坐不住，有沒有洗好的衣服我可以幫忙摺疊的？
- ◆ 我看到這些花，想到它們或許能讓你今天愉快起來。
- ◆ 如果你需要我幫你處理事情或是帶你外出，我星期一有空。
- ◆ 你要不要我過來陪你等檢查結果？
- ◆ 你真是不簡單。

**結論：**我們需要為他人做的，就是將美好的事物帶進他們的生活中，並以此將他們帶離不幸的情境。

(此篇文章摘錄自下列網頁：<http://www.npr.org/2011/06/14/137176802/what-not-to-say-to-someone-whos-sick> ½ & <http://www.nytimes.com/2011/06/12/fashion/what-to-say-to-someone-whos-sick-this-life.html?pagewanted=all> & <http://ewhatsnext.com/20-things-to-say-to-a-sick-person/> on 12/29/2011)

## What to Say and not to Say to a Patient

Summarized by the Board (From Page 2)

It doesn't need to be ornamented. It just needs to be sincere. "I love you." "I'm sorry that you're going through this." "You mean a lot to me." These simple gestures really echo so deeply in the souls of the patient. The fact that so few of us do this makes it even more meaningful.

The following is a sample of suggestions from the members of an internet community for what would be a good thing to say to a sick person:

- ◆ I don't know what to say, but I care about you.
- ◆ Do you just need to vent? I'm all ears!
- ◆ I really admire how you are handling this. I know it's difficult.
- ◆ I'm bringing dinner Thursday. Do you want lasagna or chicken?
- ◆ Can I get your kids for a play date? My kids are bored.
- ◆ I can't sit still. Got any laundry I can fold?
- ◆ I saw these flowers and thought they'd cheer you up today.
- ◆ I have Monday free if you need me to run some errands or take you somewhere.
- ◆ Do you want me to come over while you wait for test results?
- ◆ You are amazing.

**In conclusion:** What we need to do for others is to bring beauty into their lives, therefore lifting them out of misery.

## 某些零食..竟然可以抗癌



吃零食竟然可以抗癌?!? 接二連三傳出名人罹癌，要從生活各層面防癌抗癌變得更重要。這一次，不是戒菸，也不是運動，而是最享受的吃。

零食？不是會讓人發胖的惡魔，許多正在減肥的人正用超強意志力和它說不。

其實，好的零食可以幫助均衡的飲食成功；在飢餓來襲時，馴服飢餓，減少嘴饞，與心情不佳時的暴飲暴食。更棒的是，許多零食不僅可口，而且你從來沒發現它們這麼好，因為某些成分還可以抗癌。

### 1. 黑巧克力



最新的研究發現，巧克力竟能餓死癌細胞。

抗血管生成 (anti-angiogenesis) 是一種治療癌症的新方向，是指腫瘤若沒有血液供給，腫瘤就長不大。

透過藥物或食物截斷腫瘤的血液供應，達到殺死癌細胞的目的。血管生成基金會 (Angiogenesis Foundation) 發現，黑巧克力、葡萄、大豆、綠茶、大蒜等，都有這種功效。

而且，眾多科學研究早就發現，巧克力裡有多種抗氧化物，讓科學家對巧克力的抗癌潛力更有信心。黑巧克力的抗氧化活性，是紅酒的3倍，黑巧克力的多酚含量更是綠茶的4倍。

怎麼選？並非所有巧克力都有這些功效，這關乎可可的純度。選擇純度65%以上的黑巧克力，而且愈黑愈好。牛奶巧克力或巧克力醬的抗氧化活性，因為加工過程與內容稀釋等因素，已經非常稀少。

### 2. 毛豆

毛豆是抗癌的東方明星，逐漸走紅歐美；著有《地球上最健康的150種食材》作者包登 (Jonny Bowden) 說：如果在美國足球賽期間，觀賽人手捧的是毛豆取代洋芋片，球迷的健康就會提升許多。豆類的研究非常多，豆類裡的異黃酮可以預防乳癌。大部份的動物試驗也證實，可以抑制攝護腺腫瘤的擴散。

毛豆鮮嫩甜美，而且沒有經過可怕的加工過程，通常水煮後，加鹽、胡椒或辣椒，當成零食或開胃菜，現在在便利商店也買得到冷凍毛豆。

怎麼選？選擇鮮綠色、堅實、沒有挫傷的豆莢回家用水煮即可。新鮮毛豆約可保存三天，或是買冷凍毛豆則可保存數月之久。

### 3. 開心果

德州大學與德州女子大學於美國癌症研究協會發表的研究發現，開心果含有 $\gamma$ 生育酚 (維生素E的一種成分) 可以降低肺癌風險。

開心果含有大量的白藜蘆醇 (resveratrol)，含量僅次於紅酒，這種成分對抗癌與預防心血管疾病佔重要角色。開心果裡的植物固醇也是高居堅果中之冠，可以保護心血管健康。

怎麼選？選擇無調味開心果，不需把鈉吃下肚，並且一天不要超過一把，以免肥胖上身。

### 4. 蔓越莓乾

400年前，蔓越莓就出現在印地安人的餐桌上，後來被大量研究。因為蔓越莓是個治療泌尿道感染的祖傳秘方，後經研究證實，蔓越莓對泌尿道感染的確有效。因為它有獨特的抗黏與抗菌的成分，可以阻斷有些有害人體的細菌附著在身體細胞上。

除此之外，蔓越莓的新發現更令人驚喜。美國康乃爾大學研究發現，蔓越莓能抑制乳癌細胞的增殖。而且，蔓越莓不僅能保護女人，也保護男人。發表在《英格蘭營養期刊》的研究也發現，蔓越莓可以改善攝護腺癌徵狀的指數PSA (攝護腺特異抗原)。

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## Some Snacks are Actually Anti-cancer

Eating snacks can actually help fight cancer?! As news of celebrities getting cancer continues to break, the need to prevent and fight cancer in all facets of life has drawn greater attention. This time around the key is, however, not quit smoking, not exercise, but eat to your own satisfaction.

Snacks? Aren't they the demon of obesity that people on diet all try to resist with exceptional willpower?

In fact, good snacks can contribute to a balanced diet. They can soothe hunger when stomach growls, and reduce excessive munching and eating when you are moody. Even better, a lot of snacks are not only delicious, but also have anti-cancer ingredients that you are not aware of.

### 1. *Dark Chocolate*

Latest studies have found that chocolate can starve cancer cells.

Anti-angiogenesis is a new way of cancer treatment – the strategy is to stop cancer growth and kill cancer cells by depriving them of blood supply. This can be done by using drugs or consuming certain food. The Angiogenesis Foundation found that dark chocolate, grapes, soybean, green tea, garlic, etc., can produce such effect.

Moreover, a number of scientific researches have long discovered that chocolate features a variety of antioxidants, giving scientists more confidence in its anti-cancer potential. Dark chocolate in particular has antioxidant effect three times that of red wine and polyphenol content four times that of green tea.

How to choose? Not all chocolate can claim these effects, much depends on the purity of its cocoa content. Select dark chocolate with 65% or above cocoa purity, and the darker the better. Milk chocolate and chocolate sauce have very little antioxidant effect due to processing, dilution and other factors.

### 2. *Soybean*

Soybean, the Oriental anti-cancer star, is gradually gaining popularity in Europe and the United States. Jonny Bowden, author of *The 150 Healthiest Foods on Earth*, points out that if American football fans crunch soybean instead of potato chips while watching the games, their health will be much better off.

Researches on soybean abound and it is known that soybean contains isoflavones that can prevent breast cancer. The majority of tests on animals also confirmed that soybean can inhibit the spread of prostate tumors.

Fresh soybean which has not gone through undesirable processing tastes very good. Boil briefly and then add salt, pepper or spice, soybean becomes a wonderful snack or an appetizer. Today, frozen soybean can also be purchased at convenience stores.

How to choose? Select pods that are fresh green, firm, undamaged. Simply boil them in water. Fresh soybean can be stored for up to three days, frozen ones several months.

### 3. *Pistachio*

A study conducted by University of Texas and Texas Women's University and published by the American Association for Cancer Research has found that pistachios contain gamma tocopherol (a component of vitamin E) that can reduce lung cancer risks.

Pistachios contain large amounts of resveratrol, second only to red wine; this ingredient plays an important role in cancer and cardiovascular disease prevention. Also, pistachio has the highest content of plant sterols among nuts, which can support cardiovascular health.

How to choose? Select unseasoned pistachio, thus avoid sodium intake. Also, do not eat more than a handful a day to prevent building up fats.

### 4. *Dried Cranberry*

Cranberry appeared on the Indians' dining table as early as 400 years ago. It has been studied extensively for its use as a traditional remedy for urinary tract infections. Studies have confirmed that cranberry is indeed effective in curing urinary tract infection. With its unique anti-adherence and anti-bacteria ingredients, cranberry can block some harmful bacteria from attaching to the body cells.

New discoveries on cranberry are even more amazing. A Cornell University study has found that cranberry can contain the proliferation of breast cancer cells. Cranberry not only protects women, but also men. A study published in the *British Journal of Nutrition* also found that cranberry can improve the PSA (prostate specific antigen) value, an index for monitoring prostate cancer.

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## 某些零食..竟然可以抗癌

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怎麼選？選擇使用天然糖分如鳳梨汁或少糖的蔓越莓乾。因為多數的食品業者會使用高果糖糖漿降低蔓越莓的酸味，高糖對正在血糖控制的人不利，高果糖糖漿也會傷肝、腎。

### 5. 全麥餅乾

全麥的營養價值高，甚至比蔬果都好。

不只是膳食纖維高，具飽足感，更是當紅植化素如谷維素、木酚素的最佳來源，這些植化素可以降低和荷爾蒙相關的癌症如乳癌、攝護腺癌的發生。

怎麼選？要看營養標示。雜糧、多穀、五穀、高纖、穀物等字樣，其實都與全麥無關，營養成分的前三項是全麥麵粉的，才是全麥餅乾。

### 6. 蜜棗乾

皺皺的蜜棗乾因為高纖而聞名，對排便極有益處，在大腸癌高居癌症榜首的台灣，有其助益。

但蜜棗最令人期待的是，它多量的抗氧化成分如β胡蘿蔔素、花青素等，可以保護身體不受自由基傷害。最近也有研究發現，蜜棗因為可以改變身體雌激素的代謝，因此有可能預防乳癌。

怎麼選？蜜棗本身甜度高，選擇天然不加糖、人工色素的蜜棗乾。而且糖尿病患者或正在控制體重的人不宜。

這個吃對零食的抗癌法，不僅簡單，還真享受，只要聰明選、正確吃，現在就能享受抗癌。

## Some snacks are actually anti-cancer

(From Page 5)

How to choose? Select low sugar dried cranberry or those sweetened with natural sugars such as pineapple juice. The food industry widely uses high fructose corn syrup to mask the sour taste of cranberry. High fructose sugar is detrimental to those who need to control and monitor their glucose levels. It is harmful to the liver and kidney.

### 5. Whole Wheat Cracker

The nutritional value of whole wheat is high, even higher than that of fruits and vegetables.

Other than providing rich dietary fiber that gives a sense of satiety, whole wheat is also the best source of popular phytochemicals such as oryzanol and lignan. Phytochemicals can reduce the occurrence of hormone related cancers such as breast and prostate cancer.

How to choose? Read the nutrition label. Words like grains, multigrain, high fiber, cereals, etc., in fact, have nothing to do with whole wheat. Only when whole wheat flour is among the top three of its nutritional ingredients, then the cracker is considered whole wheat.

### 6. Dried Honey Date

Dried honey date is known for its high fiber content that helps keep one's bowels open. Given that colon cancer tops the cancer list in Taiwan, dried honey date has its special appeal there.

Honey date contains large amounts of antioxidants such as β-carotene and anthocyanins. They can protect the body from harms done by free radicals. Recent studies have found that honey date can alter estrogen metabolism of the body and hence may prevent breast cancer.

How to choose? Honey date is sweet by itself, so select naturally prepared ones without sugar or artificial coloring. However, dates are not suitable for those with diabetes or on diet.

Eating snacks to fight cancer is simple and enjoyable. By choosing smartly and eating correctly, the fight against cancer can be quite pleasing.



## 平安蔬菜的抑癌效應

國內外科學家在研究開發抗癌蔬菜方面不斷取得新突破、新成果。通過對 40 多種蔬菜抗癌成分的分析與實驗性抑癌的實驗結果，從高到低排列出 20 種對癌有顯著抑制效應的蔬菜，供大家參考。其順序是：



科學的實驗分析證明，在蔬菜王國裏，熟、生甘薯的抗癌性，高居於蔬菜抗癌之首，超過了人參的抗癌功效。在人們常吃的蔬菜中，番茄所含的茄紅素，是一種抗氧化劑，能夠抑制某些致癌的氧游離基。菠菜、芹菜等深綠色的蔬菜，含有豐富的抗氧化劑，且綠色越深，抗癌效果越強。蔥、大蒜等刺激性蔬菜，含有大量抑制癌生長的化學物質。只要聰明選、正確吃，現在就能享受抗癌。



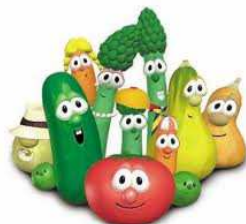
1	熟甘薯	98.70%
2	生甘薯	94.40%
3	蘆筍	93.70%
4	花椰菜	92.80%
5	捲心菜	91.40%
6	菜花	90.80%
7	歐芹	83.70%
8	茄子皮	74.00%
9	甜椒	55.50%
10	胡蘿蔔	46.50%
11	金花菜	37.60%
12	苜蓿	34.70%
13	芥菜	32.40%
14	芥菜	32.40%
15	雪裏紅	29.80%
16	番茄	23.80%
17	大蔥	16.30%
18	大蒜	15.90%
19	黃瓜	14.30%
20	大白菜	7.40%

## Vegetables with Cancer Suppressing Effect

1	Sweet Potato (cooked)	98.70%
2	Sweet Potato (raw)	94.40%
3	Asparagus	93.70%
4	Broccoli	92.80%
5	Cabbage	91.40%
6	Cauliflower	90.80%
7	Parsley	83.70%
8	Eggplant	74.00%
9	Pepper	55.50%
10	Carrot	46.50%
11	Golden Cauliflower	37.60%
12	Kohlrabi	34.70%
13	Capsella	32.40%
14	Mustard	32.40%
15	Xue Lihong	29.80%
16	Tomato	23.80%
17	Onion	16.30%
18	Garlic	15.90%
19	Cucumber	14.30%
20	Bok Choy (Chinese Cabbage)	7.40%

Breakthroughs and new discoveries have continuously been made by local and overseas scientists in their research of anti-cancer vegetables. Following a study on forty plus kinds of vegetables regarding their anti-cancer properties, a list of the top twenty cancer inhibiting vegetables is shown here for your ready reference.

Scientific experiments show that, in the vegetable kingdom, cooked and raw sweet potato top the anti-cancer list. They are more effective in suppressing cancer than ginseng. Amongst common vegetables, tomato contains lycopene, an antioxidant that can inhibit certain cancer-causing oxygen radicals. Spinach, celery and other dark green vegetables are rich in antioxidants, and the deeper their green, the stronger their anti-cancer effect. Onion, garlic and other pungent vegetables contain a large number of chemicals that can inhibit cancer growth. Choose smartly and eat correctly, you can make cancer-fighting enjoyable.





## 華州華人防癌互助協會 Washington State Chinese Cancer Network Association



### Line Dance 行列舞

星期一 上午十一時至中午十二時半 教師 寧凱蒂  
Mondays 11:00am-12:30pm Instructor Kathy Lin

### Yuan Chi Dance 元極舞

星期三 上午十一時至中午十二時 教師 張女士  
Wednesdays 11:00am-12:00pm Instructor Clara Cheung



### Tai Chi Class 太極班

星期日 上午十時至十一時半 教師 陳師傅  
Sundays 10:00am-11:30am Instructor Paul Chen

Address 活動地點	西雅圖 中國城 亞裔資源中心 Asian Resource Center 1025 South King Street Seattle WA 98104
Phone 電話	206-850-5914 www.wscna.org

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## 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

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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

- |            |               |  |
|------------|---------------|--|
| 8/04/2012  | 1:30-3:30pm   | How to be the best caregiver you can be Workshop   |
|            | Sat 星期六       | 身心靈健康讀書會   |
| 8/09/2012  | 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  |
|            |               | <b>NBCC</b> — North Bellevue Community Center<br>4063 148th Avenue NE Bellevue WA 98007-3118 |
| 8/18/2012  | 1:30-3:30pm   | Support Group  |
|            | Sat 星期六       | 癌友談心會  |
| 8/19/2012  | 11:00-4:00pm  | Summer Picnic @ Coulon Park, Renton  |
|            | Sun 星期日       | 夏日郊遊   |
| 9/01/2012  | 1:30-3:30pm   | Book Study   |
|            | Sat 星期六       | 身心靈健康讀書會   |
| 9/13/2012  | 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  |
| 9/15/2012  | 1:30-3:30pm   | Support Group  |
|            | Sat 星期六       | 癌友談心會  |
| 10/06/2012 | 1:30-3:30pm   | Book Study   |
|            | Sat 星期六       | 身心靈健康讀書會   |
| 10/11/2012 | 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  |
| 10/20/2012 | 1:30-3:30pm   | Support Group  |
|            | Sat 星期六       | 癌友談心會  |

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
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Secretary	Hueifang Chen
Volunteers Coordinator	Maggie Cheng