



防癌互助通訊 第卅三期

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Washington State
Chinese Cancer Network
Association (WSCCNA)

Cancer Network News

二零一三年十月

參加【抗癌接力行】的收獲

潘潔玲

今年四月中，我有幸和癌友會的理事們，參加一年一度在華大體育館舉行的「抗癌接力行」。參加此活動的團隊，須 24 小時不停接力步行，目的是為癌友們加油打氣。活動開始時，一群癌友及癌症康復者，搶佔隊伍的最前面，他們精神抖擻，先在跑道上走第一圈。全體參與者都為他們熱烈鼓掌，為他們的頑強意志和抗癌取得勝利而祝賀！然後，參與活動者持續一晝夜接力步行。



在華州華人防癌互助協會的團隊中，我看到了牽著手走的母女倆，女兒才十多歲，剛接受完治療。她們走完第一圈後，義工人員送上獎牌和燦爛盛開的玫瑰花。我看到女孩眼光充滿自信和喜悅，實在讓人感動。我想這一切應離不開她媽媽無微不至的照顧和關懷。

由此我體會到抗癌需要堅強不屈的勇氣，才能應付諸多困難和挑戰。癌友們除了本身樂觀自信，更需要家人、朋友、社會的支持。他們不可能孤獨地與癌魔搏鬥，周圍的人應予以關懷和扶助，使能克服各種困難，堅定地接受那漫長而艱辛的治療。

Unforgettable “Relay for Life” Experience

Kit Ling Poon

My participation in the annual “Relay for Life” event, which took place at the University of Washington Stadium in April, gave me a special and unforgettable experience. “Relay for Life” is a 24-hour community fundraising walk. As an event opener, the Survivors Lap featured a group of cancer survivors walking for the first lap around the track to celebrate their success in overcoming the disease regardless of many difficulties. Proudly they received hearty cheers and applause from onlooking event participants, who then started their 24-hour fundraising walk.

A young girl partook the Survivors Lap in the Washington State Chinese Cancer Network Association team. After she and her mother, walking hand in hand, finished the lap, a volunteer went forward to give her a medal and a rose. I could see from her eyes that she was full of joy, confidence and hope. What a moving scene for all to witness! Indeed the mother’s great concern and dedicated care for this little girl has worked miracle and this is to be congratulated.

Fighting cancer is about meeting challenges and coping with difficulties. It demands courage and will power. Survivors have first to be optimistic and confident themselves. Then they should realize that they are not fighting cancer on their own. Their families, friends, volunteers are always there to offer support. Hopefully, with love, encouragement, concern, and support from all those around them, they will be more able to brace themselves up for the long and difficult journey in fighting cancer.

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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在西雅圖湖畔為生命乾杯

毛正妮

華州之夏冠北美，爽朗的氣候，爛漫的陽光照亮雪山、海岸、內湖、島嶼、瀑布、野徑。你簡直可以隨便指向一個方位說，我要去那！然後打開 Google 地圖，不難發現就近便可以找到一個既有景致又能健身的地方。

今年八月卅一日，我們來到了位於蘭頓市（Renton）的古倫公園（Coulon Park）。不僅是爲了美麗的天氣、美麗的環境，更重要的是爲了美麗的一群人！甫踏進滿放百家飯的涼亭，迎來的是許多親切的臉孔、燦爛的笑容。大家互相擁抱，緊緊握手！

是的，這是一個特殊的聚會，參加的每個人都非常振奮，非常慶幸。感謝上帝，我們又健康地、快樂地存活了整整一周年！瞥眼張貼著的標示牌，你就會明白，這是「華州華人癌友會」的夏日野餐活動。

是的，不是每個癌友的身影都出現在這裡。現在我們還能夠自由自在地走動，想說就說，想唱就唱，甚至想舞就舞。可卻有些癌友已安靜地歸於塵土；他們不再能走動了，哪怕只是如葉子在風中輕擺；他們不再能言語了，哪怕只是像蟲兒微弱的呢喃。

第一杯酒祭奠往者，爲了他們的勇氣，也爲了他們的友愛和給我們的感動。

第二杯酒敬給自己，我們要扛起逝友的理想，努力前行，最好地活出上帝賦予我們的美好人生。破除畏懼，堅持到底，做一個真正的強者！

第三杯酒奉敬癌友及癌友會，我們要相親相愛，彼此鼓勵，互通信息，貼心探訪，無私奉獻，讓癌友會辦得更好。

活動完結時，相約明年再聚的告別聲此起彼伏。步過公園的另一側，見到公園的標誌性雕塑群，就是一組行走的鐵人。此際陽光正美，園內草木青蔥，特拍照留念。

- 1) 我給雕塑群起名爲「邁向陽光」，象徵癌友們的精神和面貌。
- 2) 癌友李立敏在幫助備餐，他總是特別積極參加癌友會的活動，並熱心助人。
- 3) 希望大家都能昂首做人。
- 4) 最後，讓我們都煥發出生命的正能量！





Cheers to Life at Seattle Lakefront

Jenny Mao

Washington State has the best summer in North America. The weather is hearty; the brilliant sunshine lights up the snowcapped mountains, the shorelines, the lakes, the islands, the waterfalls and the wild trails. You can easily pick any direction and just decide to go that way. Open the Google map and you can find a scenic destination nearby that is a good exercise to visit.

On August 31st, we gathered at Gene Coulon Park in Renton. We came not only for the beautiful weather, beautiful surroundings, and more importantly, for a beautiful group of people! Stepping into the pavilion filled with delicious home cook meals, we were greeted by many friendly faces with big smiles. We hugged each other and warmly shook our hands!

Yes, this is a special gathering; everyone in attendance was inspired with excitement and felt blessed. Thank God, we are healthy and have lived happily for another whole year. Take a glance at the poster and you'll realize that this is the annual summer picnic of "Washington State Chinese Cancer Network Association".

Yes, not every one of our cancer friends were there. We were blessed enough that we could still walk around freely, talk about anything, sing a song or even dance a few steps. But some of our cancer friends had already quietly returned to dust. They no longer move; not even a little shivering like a leaf in the wind. They no longer speak; not even a little whisper like a tiny caterpillar.

Our first toast we paid homage to those who had left us, for their courage, their friendship and how they had moved us.

Our second toast was for ourselves. We will further the ideals of our lost friends, continue to strive forward, and live our lives that God has endowed us in the best possible way! Overcome our fear, persist to the end and be really strong.

Our third toast was a salute to our cancer friends and the Cancer Association. We will love each other, encourage each other, communicate with each other, visit each other, dedicate ourselves selflessly and live up to the mission of the Cancer Association.

At the close of the gathering, the farewells were echoed by the anticipation of next year's reunion. Walking by the other side of the park, I saw a set of iconic sculptures - a group of metallic walking statues. The sun was shining beautifully; the vegetation was green and lush. I cherished the moment and took these photos.

- 1) I named the sculpture "Towards the Sun"; a symbol of our cancer friends' spirit and their perspective of the future.
- 2) Cancer survivors Li Li-min was busy helping out meal preparation; he always participates in the Cancer Association's activities and is enthusiastic in helping others.
- 3) I wish all of us living happily and holding our heads high.
- 4) Finally, let us all radiate positive energy of life!





“有序”進食

北京協和醫院臨床營養科教授 于康

很多人很在意日常三餐的質和量，但往往忽視進食的“順序”。一些“老理兒”或習慣往往在悄悄“規範”著人們進食的“順序”；如餐後進食水果，餐前先喝口湯，邊吃飯邊喝飲料或飲茶等等。這些“順序”有其產生的“合理性”。然而，在現代營養學高度發達的今天，我們有必要也有能力對此作一分析。

水果：餐前？餐後？兩餐之間

- ⇒ 餐前：水果中含有大量的果糖或葡萄糖，它們都是單醣，在攝入後可直接進入小腸被迅速吸收和利用。因此，用水果補充糖份，特別是在低血糖狀態下作糖份和能量的補充，其作用迅速而有力。水果中還含有大量的膳食纖維，進食後可產生飽腹感，可緩解身體對食物的需求。因此，如果餐前進食水果，因為以上兩種成份的作用，在進餐後往往使食慾降低，使正餐的進食量減少，從而影響蛋白質，澱粉，脂肪等的攝入。
- ⇒ 餐後：很多人喜歡或習慣於餐後馬上進食水果。其實飯後馬上吃過多的水果，會做成血糖濃度迅速增高，增加胰腺的負擔，同時會阻礙甚至中斷體內的消化過程，增加腸額外負擔，減少某些營養素的吸收。
- ⇒ 兩餐之間：兩餐之間是進食水果的最佳時間。一般可以在上午 9-10 點，下午 3-4 點或睡前 2 小時進食，正常人每日進食 1-3 次水果均可。

喝湯：餐前？餐後？

首先我們看看湯有幾種 …

- ⇒ 清湯：以瓜菜為主製作，如白菜湯、絲瓜湯、冬瓜湯等。材料可以選用時令蔬菜、瓜果、冬菇、豆腐、竹筴、菜乾等。飲用這類湯一般無禁忌。
- ⇒ 濃縮湯：以骨頭和去皮肉為主經長時間燉出的濃湯。也有以豬骨、雞腳、連皮家禽肥肉類煮成的飽和脂肪含量高的肥膩湯。應特別注意的是，這類湯含有大量嘌呤，痛風病人不宜。同時這類湯對胃腸道有一定刺激，故對胃腸功能虛弱，老年人、兒童、孕產婦等均不宜。
- ⇒ 其它湯：凡是加有果實類、藥材、根莖類或乾豆類湯水，入口甜味或粉質感重的，喝太多會升高血糖。因此血糖病患者，不宜一次性大量飲用。

餐前飲少量的湯，可以“喚醒”你的胃，還可以補充體內的水份，潤滑並保護口腔，食道腸胃，有利於溶解食物，促進對食物的消化與吸收。但餐前喝過多的湯，會稀釋消化液，影響對食物的消化吸收。此外，胃的體積是固定的，大量的湯會佔用胃部一定的體積，減少正餐的攝入量，降低攝入食物的豐富性和全面性。因此，對於清淡的湯和其他的湯可以在飯後適量飲用一碗。

飲用酒水：餐前？餐後？

- ⇒ 酒不宜空腹飲用。酒的主要成分是乙醇(酒精)，不經酶解就可被胃吸收，快速飲用 5 分鐘就可以進入血液，30-120 分鐘就會使血中酒精濃度達到最高值。對採用胰島素治療的糖尿病患者，如果空腹飲酒，還會產生嚴重的低血糖反應。因此，宜在喝酒前吃飯或少量的主食，以補充一定量的碳水化合物，蛋白質和脂肪，以減緩胃腸對酒精的吸收速度，減少因為飲酒過快造成酒精中毒的可能性。總的來看，飲酒弊大於利。如果一定要飲用，應限低度果酒，每日不超過一小杯。
- ⇒ 飲料應在兩餐之間少量飲用。應特別強調的是，不主張小孩以飲料代替水。飲料滲透壓高會增加腎臟負擔，小孩的腸胃不全，在飲用大量飲料後會腹脹、腹瀉。冰冷的軟性飲料遠低於攝氏 37 度，有時甚至接近攝氏零度，容易刺激胃部，造成胃痙攣、胃痛。因此從冰箱中取出的冷飲，宜在室溫下放置 10 分鐘後飲用，飲用後要漱口。

(下接第七頁)



Eating in "Proper Order"

Beijing Union Medical Hospital Clinical Nutrition Professor Yu Kang

Many people are obsessed with the quality and quantity of their daily meals, but often neglect the "proper order" of food intake. Some "old time wisdoms" or habits have quietly "dictated" our "proper order" of eating; such as eating fruits after a meal, having a little soup to start a meal, having beverages or tea over the course of a meal, etc. These "proper orders" may have their "rational" basis. However, with the benefit of today's highly developed nutriology, we ought to, and are able to, make a good analysis on this subject matter.

Fruits : Before meal? After meal? Between meals?

- ⇒ Before meal : Fruits contain a lot of fruit sugar or glucose, both of which are monosaccharides that enter directly into the small intestine upon ingestion and will be rapidly absorbed and utilized. Thus, eating fruits as a sugar and energy supplement, especially in low blood sugar condition, is both effective and powerful. Fruits also contain a lot of dietary fiber that will lead to satiety, thus easing our desire for food. Therefore, eating fruits before a meal tends to reduce appetite, lower the quantity of food eaten and impact the intake of protein, starch, fat, etc.
- ⇒ After meal : Many people like to or used to eat fruits immediately after a meal. In fact, eating too much fruit immediately after a meal can cause a rapid increase in blood glucose concentration and result in additional burden to the pancreas. It can also hinder or interrupt the body's digestive process, add extra load to the intestine and reduce the absorption of certain nutrients.
- ⇒ Between meals : The best time to eat fruits is between meals. In general, 9-10 in the morning, 3-4 in the afternoon or two hours before bedtime are good. A healthy person can have fruits 1-3 times daily.

Drinking Soup : Before meal? After meal?

First we need to understand the different kinds of soup

- ⇒ Broth : Mainly made with vegetables; such as cabbage soup, gourd soup, and melon soup. Other components may include any seasonal vegetables, fruits, mushroom, tofu, bamboo fungus and dried vegetables. Drinking this type of soup in general presents no restriction.
- ⇒ Thick soup : Usually made with bones and skinless meat and cooked for long hours; also includes fatty soup with saturated fat from pork bones, chicken feet or poultry sections with skin. It must be noted that this type of soup contains a lot of purine and is not suitable for gout patients. Such soup stimulates the gastrointestinal tract and is not suitable for those with gastrointestinal weakness, the elderly, children, pregnant women etc.
- ⇒ Other soups : This group includes soups with nuts, herbs, roots or dried beans as ingredients; they tend to be sweet and starchy. Having too much of them will elevate our blood sugar level. Therefore, people with blood sugar problems should refrain from consuming them in large quantity.

Having a small amount of soup before a meal can "wake up" the stomach, supplement the fluid level in the body, lubricate and protect the mouth, esophagus and stomach, help dissolve food, promote digestion and absorption of food. However, having too much soup before a meal will dilute digestive fluid, hence affect the digestion and absorption of food. Furthermore, too much soup will occupy a certain volume of the stomach, reduce food intake and undercut the variety and completeness of food intake. Therefore, light soups and other soups can be consumed in moderation after a meal.

Drinking wine/beverage : Before meal? After meal?

- ⇒ Wine should not be consumed with an empty stomach. The main component in wine is ethanol (alcohol) that can be absorbed by the digestive system without going through enzymatic breakdown. Gulping of which can enter the bloodstream in 5 minutes and the blood alcohol concentration can peak in 30 to 120 minutes. For diabetic patients under insulin treatment, alcohol consumption with an empty stomach can result in severe hypoglycemia. Therefore, wine should only be imbibed after eating a small amount of staple food. The carbohydrates, protein and fat will slow down the gastrointestinal absorption of alcohol and reduce the chance of alcohol poisoning. Overall, drinking does more harm than good. If you must drink, take low-alcohol content fruit wines and no more than a small glass a day.

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我們的活動 Our Activities



UW “Relay for Life”



華大的【抗癌接力行】



04.27.2013



04.27.2013



Chinatown “Dragonfest”



華埠【龍舟節】



“有序”進食

上接第四頁

茶：餐前？餐後？中餐？

茶有興奮神經、解除疲勞、消食解膩、增加食慾、降暑止渴、調節體溫等多方面作用，因此茶可以在餐前或餐後飲用。但進餐時不宜大量飲茶，否則會影響很多常量元素（如鈣等）和微量元素（如鐵、鋅等）的吸收。應特別注意的是，在喝牛奶或其它奶類製品時不要同時飲茶。茶葉中的茶鹼和丹寧酸會和奶類製品中的鈣元素結合成不溶解於水的鈣鹽，並排出體外，使奶類製品的營養價值大為降低。飲茶以適量為佳，清淡為好，不宜過量飲用過濃的茶，不宜飲用隔夜茶。茶中含有咖啡因，會造成體內鈣的流失，同時對神經的刺激大，影響睡眠。這在飲用隔夜茶和濃茶時尤其明顯。

【原文載於『癌症康復』2012年春季版】



Eating in “Proper Order”

From Page 5

Drinking wine/beverage : Before meal? After meal?

⇒ Beverages should be consumed in moderation and between meals. Children are particularly not advised to drink beverages in lieu of water. Beverages with high osmotic pressure will increase the burden on the kidney. With a developing gastrointestinal system, children can easily suffer bloating and diarrhea from consuming too much beverages. Cold soft drinks usually have temperature way below 37 degree Celsius, and in extreme cases close to zero degree. They are prone to irritate the stomach, causing stomach cramps and stomach pain. Therefore we should let cold beverages from the refrigerator sit at room temperature for 10 minutes before consuming, and rinse our mouth afterward.

Tea : Before meal? After meal?

Tea can excite the nerves, relieve fatigue, help digestion, ease fatty sensation, increase appetite, reduce heat and thirst, regulate body temperature, and many other effects. You can drink tea before or after a meal, but not excessively during the meal. Otherwise it will affect the absorption of many major elements (such as calcium) and minor elements (such as iron, zinc, etc.). One must note in particular that tea should not be consumed at the same time with milk or other dairy products. Theophylline and tannic acids in the tea leaves when combined with the calcium in dairy products will form an insoluble calcium salt that will only be excreted out of our body, thus reducing significantly the nutritional value of the dairy product consumed. Tea should be consumed in moderation, and preferably the light varieties. It is not advisable to drink strong tea excessively or tea that is left overnight. Tea contains caffeine that will deplete calcium in our body, stimulate our nerves and affect our sleep. These symptoms are particularly evident when drinking tea left overnight or those of the strong varieties.

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諮詢委員會 Advisory Board

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華州華人防癌互助協會

Washington State Chinese Cancer Network Association

Line Dance 排舞

Mondays 11:00am-12:30pm 星期一 上午十一時至中午十二時半

Handcraft Class 手工班

Wednesdays 10:00am-12:00pm 星期三 上午十時至中午十二時

Yuan Chi Dance 元極舞

Wednesdays 11:00am-12:00pm 星期三 上午十一時至中午十二時

Calligraphy Class 書法班

Wednesdays 12:30pm-1:30pm 星期三 下午十二時半至一時半

Folk Dance 民族舞

Fridays 10:00am-11:30am 星期五 上午十時至十一時半

Bingo Game 賓果字卡遊戲

Fridays 11:00am-12:30pm 星期五 上午十一時至中午十二時半

2nd & 4th Week of Month 每月第二及第四周

Qi Gong Class 氣功班

Sundays 9:30am-11:00am 星期日 上午九時半至十一時

Origami Class 摺紙藝術班

Sundays 2:30pm-4:00pm 星期日 下午二時半至四時



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.wscnna.org

Come Join Us 歡迎您來參加

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我們的活動 Our Activities



Community Health Fair



社區健康展覽會

癌友會辦公室開放時間 Office Hours

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、周三及周四 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、經絡鍛練法等語音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



Washington State Chinese Cancer Network Association (WSCCNA)

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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 -12:00pm
周三及周四 Wed & Thursday
1:00pm -3:00pm

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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 2013 2013 年精彩活動預告

- 11/14/2013 10:00-11:30am Book Study and Support Group at **NBCC**
Thu 星期四 健康衛生防癌交談會在 **NBCC** 舉行
- 11/16/2013 1:30-3:30pm Support Group
Sat 星期六 癌友談心會
- 12/12/2013 10:00-11:30am Book Study and Support Group at **NBCC**
Thu 星期四 健康衛生防癌交談會在 **NBCC** 舉行
- 12/21/2013 1:30-3:30pm Support Group
Sat 星期六 癌友談心會

Exciting Events in 2014 2014 年精彩活動預告

- 1/9/2014 10:00-11:30am Book Study and Support Group at **NBCC**
Thu 星期四 健康衛生防癌交談會在 **NBCC** 舉行
- 1/18/2014 1:30-3:30pm Support Group
Sat 星期六 癌友談心會
- 2/13/2014 10:00-11:30am Book Study and Support Group at **NBCC**
Thu 星期四 健康衛生防癌交談會在 **NBCC** 舉行
- 2/15/2014 1:30-3:30pm Support Group
Sat 星期六 癌友談心會
- 3/13/2014 10:00-11:30am Book Study and Support Group at **NBCC**
Thu 星期四 健康衛生防癌交談會在 **NBCC** 舉行

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

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4063 148th Avenue NE Bellevue WA 98007-3118

WSCCNA 董事會成員 2013-14 Board members	
President	Kathy Lin
Vice-President	Min Min Wong
Secretary	Hueifang Chen
Secretary (Chinese)	Muyun Chen
Treasurer	Stella Leong
Volunteers Coordinator	Maggie Cheng
Board Member	Kit Ling Poon