



# 防癌互助通訊 第卅八期

Washington State  
Chinese Cancer Network  
Association (WSCCNA)

JANUARY 2015  
二零一五年一月

## 走過死蔭的幽谷

程杜燕屏

我在一九九八年做身體例行檢查時發現得了乳癌，常常看到報章雜誌有這方面的報導，或者身邊的朋友罹患癌症，以為這只是人家的事，這種疾病絕對不會降臨到自己身上。當時覺得人生充滿了無奈，才覺悟到生命不是自己能掌握的。就如《雅各書》四章 14:15 節：「其實明天如何，你們還不知道，你們的生命是什麼呢？你們原來是一片雲霧，出現少時就不見了，你們只當說：主若願意，我們就可以活著，也可以做這事，或做那事。」當時只有靠著主賜給我從上頭來的力量，並且遵照醫生的指示，前後開了兩次刀，隨後做了七週電療，並在家人及弟兄姊妹的悉心照顧下身體漸有起色。正當體力恢復不久，先生因感冒久病不癒，輾轉檢查得悉，原來是患了末期肺癌，醫生說他只剩六個月的生命。這對我來說，真是晴天霹靂，比我自己得癌症還要難過千百倍。那時一直問神，為什麼？為什麼？一波未平一波又起，我們才結婚二十八年，就要從此分開了嗎？



這是二零零一年初的事，先生在開始做化療不久，三月中旬發現癌細胞已蔓延到淋巴腺和脊椎骨，醫生說外科手術對他的情況已起不了什麼作用，所以不建議做手術。到了五月，又突然發高燒數天不退，才知癌細胞已經擴散至腦部，於是化療及電療雙管齊下，但仍不見效應，醫生乃建議他留在家裏養病，好讓他能與家人渡過最後的日子。由於他對人生持積極的態度，及相信神的信實，我們送他到墨西哥接受另類療法。九月中旬回家後，全家人同心合意的天天一起禱告。在這期間，他的性格並沒有如醫生所說出現大改變或者不可理喻，反而比以前更加能為人設想。記得感恩節期間，他雖不良於行，還是堅持坐著輪椅和家人一同到教會和弟兄姊妹述說神的恩典，並且分享他生病的心路歷程。

(下接第四頁)

## 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。

## Walk through the Valley of the Shadow of Death

Yen-ping Ching

I was diagnosed with breast cancer during a regular annual physical exam in 1998. I was shocked. I had never imagined that it would happen to me. Up to that time, I had only known of breast cancer through the news or stories from friends. These were other people's medical problems. How could it happen to me? At that moment, I felt completely frustrated with life. But over time, I came to realize that our lives were not under our control. "Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, "If it is the Lord's will, we will live and do this or that." (James 4:14-15) Through the cancer experience, I learned to rely on God for my daily strength. I followed the doctor's instructions. After two operations and seven radiation treatments, with much care and support from family, my body began to make progress. During my recovery, my husband became ill to what we initially thought was the flu. To our surprise, the doctors diagnosed him with the late stage of lung cancer. The prognosis was that he would have only 6 months left to live. To me, this was the end of the world! It was a thousand times worse than my own cancer. I kept asking God "Why?" "Why?" One problem after another. Are we going to be separated after only 28 years of marriage?

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## 不吸煙者的肺癌風險

摘自 ACS 2014 年十一月通訊 王文毅中譯

要防止肺癌，我們所能做的主要是不抽煙，但這並非百分百保證。事實上，美國每年有一萬六千到兩萬四千名非吸煙者死于肺癌，如果把非吸煙者罹患肺癌作另項計算，肺癌將列居全美人口死因的前十名。

美國癌症協會煙草控制研究室主任威斯麻斯博士指出，肺癌患者往往要面對多重心理壓力，就是恐怕受到別人歧視，因為社會大眾普遍認為肺癌主要是由吸煙所致。即使肺癌患者本身並不吸煙，亦難免蒙上不白之冤。

威斯麻斯博士認為，指斥肺癌患者吸煙咎由自取，會增添他們的痛苦，甚至引發憂鬱症。因此，向這些癌病患者提供心理輔導和教育十分重要。至於吸煙的患者，亦應給予輔導，向他們解釋吸煙的為害，以及煙草公司廣告的欺騙性及其影響。

此外，要教育社會大眾，使認識各種足以誘發肺癌的因素。過去十年，研究人員在非吸煙者罹患肺癌的研究方面取得很大進展。



- ◆ **氡氣** 根據美國環保局，氡氣是令非吸煙者罹患肺癌的首因，它每年導致兩萬人死於肺癌。氡氣存於自然界中，在室外它對人體無害；但若房子建在有鈾的土地上，室內的氡氣會累積至濃度超標，住在這種房子的人罹患肺癌的機率就會大幅提高。由於氡氣無色無味，其濃度是否超標只能經測試確定。美國環保局編印了書刊，指導我們如何容易且耗費不多地作室內氡氣測試，以及測定氡氣濃度過高時該如何處理。
- ◆ **二手煙** 每年估計有三千四百名非吸煙者因吸入二手煙而死於肺癌。公共場所禁煙的法例，有助降低二手煙的危害。美國癌症協會屬下的美國癌症行動聯盟，致力推動及加強有關的立法，以保護非吸煙者和吸煙者，使免受二手煙之害。
- ◆ **工作環境中的致癌物** 某些行業的工作環境，存在致癌物質如石棉、柴油引擎廢氣等。近年來經過政府及產業界的努力，工人在工作中接觸致癌物的風險是降低了，但是危險仍然存在。如果你在有致癌物的地方工作，務必小心採取措施將風險降到最低。
- ◆ **空氣污染** 美國呼吸系統研究機構早就有研究報告指出，無論是室內或室外空氣的污染，尤其是微粒污染的增加，即使其量甚少，亦足以增加非吸煙者罹患肺癌的機率。
- ◆ **基因突變** 醫學研究者對於細胞為何出現癌變，以及吸煙者與非吸煙者的肺癌細胞有何不同所知漸多。例如刊於《臨床癌症研究》報告的一篇論文指出，非吸煙肺癌患者比吸煙肺癌患者更多有某種細胞上的基因突變。突變觸動了那些正常協助細胞生長和分裂的基因，令其不停地催動細胞分裂，導致肺癌細胞快速生長。對細胞基因及其變化的瞭解，有助於標靶治癌藥物的研發。

(下接第五頁)



## Lung Cancer Risks for Non-smokers

adopted from ACS website November 2014

Staying away from tobacco is the most important thing any of us can do to avoid getting lung cancer. But it's not a guarantee. Every year, about 16,000 to 24,000 Americans die of lung cancer, even though they have never smoked. In fact, if lung cancer in non-smokers had its own separate category, it would rank among the top 10 fatal cancers in the United States.

According to Lee Westmaas, PhD, American Cancer Society director of tobacco control research, people with lung cancer often face an additional burden – the fear that they'll be judged negatively because smoking is so strongly linked to lung cancer. In an **Expert Voices blog**, he says even people with lung cancer who never smoked feel this stigma.

Westmaas says blaming people for their disease may make it harder for them to cope, and possibly even lead to depression. In addition, he says it's important for cancer patients to address these feelings through counseling and education. Westmaas says counseling for patients who did smoke may include talking about the addictiveness of tobacco and the deception of the tobacco industry and the role that plays in smoking.

Another approach is to educate the general public about the many factors that can raise the risk for lung cancer. Researchers have made a lot of progress over the past decade in understanding what causes lung cancer in non-smokers.

- ◆ **Radon gas.** The leading cause of lung cancer in non-smokers is exposure to radon gas, according to the US Environmental Protection Agency (EPA). It accounts for about 20,000 deaths from lung cancer each year. Radon occurs naturally outdoors in harmless amounts, but sometimes becomes concentrated in homes built on soil with natural uranium deposits. Studies have found that the risk of lung cancer is higher in those who have lived for many years in a radon-contaminated house. Because radon gas can't be seen or smelled, the only way to know whether it's a problem in your home is to test for it. A *Citizen's Guide to Radon*, produced by the EPA, explains how to test your home for radon easily and inexpensively, as well as what to do if your levels are too high.
- ◆ **Secondhand smoke.** Each year, an estimated 3,400 non-smoking adults die of lung cancer as a result of breathing secondhand smoke. Laws that ban smoking in public places have helped to reduce this danger. The American Cancer Society Cancer Action Network<sup>SM</sup> (ACS CAN), the nonprofit, nonpartisan advocacy affiliate of the American Cancer Society, is working to expand and strengthen these laws to further protect both smokers and non-smokers from the dangers of secondhand smoke.
- ◆ **Cancer-causing agents at work.** For some people, the workplace is a source of exposure to carcinogens like asbestos and diesel exhaust. Work-related exposure to such cancer-causing materials has decreased in recent years, as the government and industry have taken steps to help protect workers. But the dangers are still present, and if you work around these agents, you should be careful to limit your exposure whenever possible.
- ◆ **Air pollution.** While it's long been known that both indoor and outdoor air pollution contribute to lung cancer, a study published in the *American Journal of Respiratory and Critical Care Medicine* measured the fine particulate matter that contributes to lung cancer deaths in non-smokers. Using data from a large American Cancer Society study, the researchers concluded that even tiny amounts of increased carcinogens in air pollution significantly increased the risk.

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## 走過死蔭的幽谷

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作為妻子的我，聽了心如刀割，但也感到安慰，知道他已經準備好，勇敢的面對死亡，迎見主面。二零零一年的聖誕夜，他息了地上的勞苦，返回天家。「那美好的仗我已經打過了，當跑的路我已經跑盡了，所信的道我已經守住了。」《提太後書》四章 7 節。

在他生病期間，我並不敢在他面前流半滴眼淚，只有在上下班開車時默默的流淚並一面禱告、唱詩，當時雖然身體及感情都十分的軟弱，根本沒有時間去照顧自己。每天一起來就先求神賜給我這一天所需用的精神及體力，去應付種種未知的變數，賜我力量，能夠好好的陪伴他走完在世上的日子。這一段刻骨銘心的經歷，在我人生是一個極大的轉變及啓示。

神的帶領，並非盡是平坦大道，反而讓我知道我們進入神的國，必須經歷許多艱難（《使徒行傳》十四章 22 節）。所以我遇見憂患，並不怨天尤人，知道這是必有的事，就如大衛說：「我雖然行過死蔭的幽谷，也不怕遭害，因為你與我同在；你的杖，你的竿，都安慰我。」《詩篇》廿三篇 4 節。因我知道引導我的是耶和華，並且神與我同在，苦難縮短我與神的距離，故此更能體會神的同在，只要有神的伴隨，雖苦亦樂，心中也有屬靈的平安。求主再次剛強我，為祂所用，直到見主面。



## Walk through the Valley of the Shadow of Death

From Page 1

This happened at the beginning of 2001. My husband began his chemotherapy. By mid-March, his cancer cells had spread to his spine and lymph nodes. The oncologist told us that surgery was no longer an option as it would not help him. In May, he started to run high fevers from the cancer. It had spread to his brain. Radiation and chemotherapy treatments failed. The doctor then suggested for him to be cared at home and let him spend the final days with his love ones. My husband continued to believe in God's faithfulness and always had a positive attitude. During the last stage, we took him to Mexico for naturopathic treatments. Upon returning home in mid-September, our family members conducted our daily prayers in unity. It was during this time that my husband became very thoughtful for others. It was a surprise since his doctors have suggested that his behavior would change dramatically for the worse. Then on Thanksgiving weekend, my husband determined to attend church service. We brought him there on a wheelchair. He shared with everyone at church about how he dealt with cancer and how God's grace was upon him. Being his wife, I was comforted by his statement even though my heart was broken. I knew he was ready. He was ready to face death. He was ready to see God. Finally on Christmas of 2001, he went home to be with the Lord. "I have fought the good fight, I have finished the race, I have kept the faith." (II Timothy 4:7)

During my husband's illness, I never shed a tear in his presence. I would cry privately and only during my travel to and from work. I prayed and sang worship songs which brought me great comfort. Even though my own physical and mental health was weak, I had no time to care for myself. Every morning when I woke up, I would ask God to provide me enough strength for the day. I asked Him to be with us when my husband and I walked the last part of his journey on earth. This memorable experience changed me in a way that only God can do.

God did not give me a smooth sailing. But He let me know "we must go through many hardships to enter the kingdom of God". (Acts 14:22) I learned not to complain through life's trials because I know that God has a purpose for every hurt. Like King David said in Psalm 23:4 "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." For I know God is my guidance and He is always with me. My suffering drew me closer with God and I grew in Him. I now have peace because I walk with Him. May He continue to keep this servant strong until the day I see Him.



## 不吸煙者的肺癌風險

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### 改變生活習慣以降低癌症風險

- ⇒ 不抽煙本身就已消除了肺癌的一大風險因素，男性吸煙者得肺癌率是一般人的二十三倍，女性吸煙者得肺癌率是一般人的十三倍。非吸煙者可借著改變生活方式，進一步降低肺癌風險。
- ⇒ 為住所作氡氣檢測、避免吸入二手煙、減少在工作中接觸致癌物；這些都可以降低非吸煙者罹患肺癌的風險。
- ⇒ 蔬果豐富的健康飲食，可降低肺癌風險。有證據顯示，飲食中若有大量蔬果，可降低吸煙者與非吸煙者罹患肺癌的機率，但這種益處會被吸煙大大的抵消。

## Lung Cancer Risks for Non-smokers

From Page 3

- ◆ **Gene mutations.** Researchers are learning more and more about what causes cells to become cancerous, and how lung cancer cells differ between non-smokers and smokers. For example, an article published in *Clinical Cancer Research* explains that a particular kind of gene mutation is much more common in lung cancer in non-smokers than smokers. This mutation activates a gene that normally helps cells grow and divide. The mutation causes the gene to be turned on constantly, so the lung cancer cells grow faster. Knowing what causes the cell changes has helped researchers develop targeted therapies, drugs that specifically target these mutations.

### Lifestyle changes to lower risk

- ◆ Non-smokers have already eliminated their greatest risk factor for lung cancer. Male smokers are about 23 times more likely and female smokers are about 13 times more likely to get lung cancer. But non-smokers can make some lifestyle changes to help reduce their risk even more.
- ◆ Testing your home for radon, avoiding secondhand smoke, and limiting exposures at work can help you avoid the leading causes of lung cancer in non-smokers.
- ◆ A healthy diet with lots of fruits and vegetables may also help reduce your risk of lung cancer. Some evidence suggests that a diet high in fruits and vegetables may help protect against lung cancer in both smokers and non-smokers. But any positive effect of fruits and vegetables on lung cancer risk would be much less than the increased risk from smoking.



Line Dance at New Bellevue Office 排舞班在新址



Bellevue Office Open House 新址開放日



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

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Line Dance 排舞

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Address 活動地點	435 108th Avenue NE Bellevue WA 98004
Phone電話	206-850-5914 <a href="http://www.wscena.org">www.wscena.org</a>

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 \$20  
 \$30  
 \$50

### 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:

- \$75  
 \$100  
 \$200  
 \$500
- \$700  
 \$1000  
 其他 Other \$

PO Box 14606  
 Seattle, WA 98104  
 Phone: (206) 850-5914

姓名 Name \_\_\_\_\_  
 地址 Address \_\_\_\_\_  
 市/州/郵區 City/State/Zip \_\_\_\_\_  
 住家電話 Home Phone \_\_\_\_\_  
 工作電話 Work/Mobile \_\_\_\_\_  
 電子郵箱 E-Mail \_\_\_\_\_

- 內附支票： \$ \_\_\_\_\_ Enclosed is my check  
 附件是一份我的雇主的等額捐贈表。 Enclosed is a Matching Gift form from my employer.

請記錄並印我的姓名如下 Please record and print my name as : \_\_\_\_\_

請將此表郵寄到 Please mail this form to P.O. Box 14606, Seattle WA 98104

如有任何疑問可直接電話詢問 Questions and inquiries can be directed to (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

Washington State Chinese Cancer Network Association(WSCCNA), is a 501 ( c ) (3) non-profit organization

**謝謝您的繼續支持! THANK YOU FOR YOUR CONTINUING SUPPORT**



## 癌友會辦公室開放時間 Office Hours

地 址：435 108th Avenue NE, Bellevue, WA 98004

時 間：每星期一至周四 上午 10:00 – 下午 2:00 Monday to Thursday 10 am to 2 pm  
 每星期五 上午 10:00 – 12:00 Friday 10 am to 12 pm  
 每月第三周周六 下午 1:30 – 3:30 為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—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 14606  
Seattle WA 98104

Phone 電話 206-850-5914

E-mail 電郵 info@wscana.org

Web site 網址 www.wscana.org

Office 辦公室 435 108th Ave NE  
Bellevue WA 98004

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

**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 2015* 年精彩活動預告

- |           |              |  |
|-----------|--------------|--|
| 1/5/2015  | Mon 星期一      | 癌友會辦公室在新址開始開放 Office reopen                              |
| 1/17/2015 | 1:30-3:30pm  | Support Group  |
|           | Sat 星期六      | 癌友談心會  |
| 2/21/2015 | 1:30-3:30pm  | Support Group  |
|           | Sat 星期六      | 癌友談心會  |
| 2/28/2015 | 11:30-3:30pm | 同慶新歲 Chinese New Year Celebration                        |
|           | Sat 星期六      | 新年自備餐 Potluck Lunch                                      |
| 3/7/2015  | 1:30-3:30pm  | 公開講座 Public Seminar by Mr. Richard To                    |
|           | Sat 星期六      | 主題 - 癌細胞的科學知識 What are Cancer cells?                     |
| 3/21/2015 | 1:30-3:30pm  | Support Group  |
|           | Sat 星期六      | 癌友談心會  |
| 4/18/2015 | 1:30-3:30pm  | Support Group  |
|           | Sat 星期六      | 癌友談心會  |
| 5/16/2015 | 1:30-3:30pm  | Support Group  |
|           | Sat 星期六      | 癌友談心會  |
| 5/30/2015 | 1:00—4:00pm  | 華大 生命接力 UW Relay for Life                                |
|           | Sat 星期六      | 華大 <b>UW Husky Stadium</b>                               |
| 6/7/2015  | 8:00-12:00pm | Susan Komen "Race for the Cure" at <b>Seattle Center</b> |
|           | Sun 星期日      | 蘇珊基可嫻乳癌基金會 "為治癒而競走" 活動                                   |

Address 活動地點	435 108th Ave NE Bellevue, WA 98004
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 2015-2016 Board members	
President	Kathy Lin
Vice-President	Angela Dickey Muyun Chen
Secretary	Kit-Ling Poon
Treasurer	Stella Leong
Volunteers Coordinator	Maggie Cheng
Board Member	MinMin Wong Hueifang Chen