



防癌互助通訊 第四十五期

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Washington State
Chinese Cancer Network
Association (WSCCNA)

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和癌症共存十四年

李清芬

一九九一年我從中國移民來美，定居在華州東部小鎮，經營著一間中式小餐館。我有個幸福的家庭，有兩個可愛的兒女和能幹又愛我的丈夫。

就在二零零一年九月十一日，這全美恐怖的一天，我家也發生了悲劇。七歲的兒子在下課後，由於學校教師的疏忽掉進了附近的水塘。我們全家也就失去了最疼愛的兒子。當時我真是痛不欲生，整天神不守捨，像掉了魂一樣！

為此我的丈夫關了餐館，陪我到西雅圖市的醫院看病，結果檢查出我有"乳腺癌"！這真是禍不單行，剛失去了兒子才幾個月，我又得了絕症，這不是給全家雪上加霜嗎？

那年我才卅六歲！我真是絕望了！可是我卻捨不得愛我的丈夫和九歲的女兒。

為了治我的病，我丈夫決定離開那傷心地，把原本經營得很好的餐館和住房都賣掉了！全家搬到西雅圖市區。



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。

14 years along with cancer

Vicky Hui

In 1991, I immigrated from China to United States and settled down in a small town in eastern Washington. We operated a small Chinese restaurant. I had a happy family with two lovely children and a capable husband who loved me dearly.

On September 11, 2001, a day that our nation experienced a terrorist attack in New York City. So did our family encountering an unbearable tragedy. Our 7 year old son drowned in the nearby pond after class, due to the negligence of the school teachers. Our family lost our beloved son. At that time I really did not want to live, acting like a skeleton without a soul!

For this reason my husband closed the restaurant. Accompany me to the hospital in Seattle to see a doctor. The results turned out to be that I had "breast cancer"! This was really a curse! We had just lost our son only a few months ago, now I had a terminal illness! A family nightmare could not be worse than that!

I was thirty six years old then! I was so desperate!

But I cannot leave my lovable husband and my 9 year old daughter. In order to cure my illness, my husband decided to leave that sad place. The original well-managed restaurant and the house were sold! The whole family moved to city of Seattle.



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狗年的慶典

寧凱蒂報導

2018年2月24日華州華人防癌協會(癌友會)在健安療養院的社區中心舉辦了一場成功的迎狗年新春聯歡會。癌友會在去年七月為了開源節流，省錢、省力，撤銷了在Bellevue的辦事處，但是癌友會的使命和活動並沒有停止，仍然繼續舉辦每月每年的活動為社區服務。今年的春節聯歡會就有約100人參加。大家都很開心聚在一起，共渡這個美好的時光！今年的聯歡會仍然用傳統的自備午餐方式，各自帶來精心製作的糕點、菜餚互相分享，交換食譜、甚至把剩下的帶回去和家人共享。午餐後，我們開始了遊藝節目。朱姑娘(Christine Tang)是大會節目的主持人，她的先生曾一鵬為我們設置了高級的音響，麥師傅帶領他的舞獅隊，像每年春節一樣為我們作精彩的舞獅表演，為大家祈求在新的一年里帶來好運氣！由癌友和朋友組成的漂亮的舞蹈隊，開始了精彩的表演。他們穿着中式的傳統服裝表演的古典舞，還有現代的排舞。儘管他們曾經歷過或正在接受與癌症治療的痛苦抗爭，但是她們今天還是帶着燦爛的笑容，把病痛放到一邊，在這裏和大家分享着節日的快樂，其中還有一個流行舞：Hip Hop是由國際流行舞社的組長編排的，他是專門為他的岳母和癌症的倖存者作特別的表

演！這時會場內歡樂的氣氛達到了高潮。今天碰巧見到當地的歌唱家羅莎來參加我們的聚會，我們請她即興表演了她的拿手歌曲「上海灘」這正是大家都最愛聽的一首流行歌曲。還有我們也邀請了一直支持我們的著名排舞老師Eloise和她的姐姐Evelyn到會，在最後的節目，帶領到會的朋友一起跳排舞！在聯歡會快要結束時，有位長者，推着自行車親切而又依依不捨地對我說：“今天我很高興，我曾經參加過許多的聯歡活動，但從來沒有過像今天這樣的精彩，每一分鐘都令人開心，謝謝你們！”他的真誠稱讚和感謝讓我很感動！我也真誠地地感謝各位協助籌備的理事、策劃人、義工和到會的各位朋友們，後會有期！我們將為大家繼續服務，華州華人防癌互助協會-多謝您們的共襄盛舉！





Celebrating the arrival of the Year of the Dog

Written by Kathy Lin

On February 24th 2018, WSCCNA hosted another successful Chinese New Year celebration. We celebrated this special occasion at the Kin On Community Center in Seattle. WSCCNA moved out of its Bellevue location in 2017 and is currently in transition for a permanent office.

Even WSCCNA has no current physical office but our mission, our monthly and annual activities still continues. About 100 people attended our 2018 Chinese New Year celebration and everyone enjoyed the party and had a wonderful time.

This year, again we had so many delicious dishes for our potluck lunch; homemade hot and sour soup, fish congee, various stirred fry vegetables, noodles and rice dishes, and many varieties of homemade desserts. Not only people enjoyed the food together, they also were sharing their own recipes with each other. After our wonderful lunch, we started our New Year entertainment program. Our advisory board member, Christine was the MC and her husband Mr. Tang helped with the audio system. What a great team!

To open the celebration, Master Mak Fai led his team to perform the traditional Chinese lion dance. For the past few years, WSCCNA really appreciated and grateful to Master Mai Fai and his lion dance team, with their busy schedule, still showing up and helped with our New Year programs. Chinese culture loves to welcome the new year with a wonderful lion dance, people believe it will bring "good luck" for the entire year!

Many beautiful dancing and singing performances followed which were performed by our cancer survivors and friends. They wore their beautiful Chinese outfits and all had the happiest smiles while performing those awesome cultural dances and line dances. It seems at that moment, no matter how hard they have gone through or are still battling with cancer treatment, they were able to put everything aside and just enjoy all those precious moments. Seeing their happy and joyful smiles, I also had my priceless moment!

We also had a Hip Hop dance performed by the international Hip Hop dance group. The group leader dedicated those dances to his mother in-law who is a breast cancer survivor and to other cancer survivors as well. It was the highlight of the dancing shows. Everyone was all cheering them on!

In between performances, we also had some raffle drawings. We thank to those awesome supporters who generously donated many great gifts to give away. The gifts made the programs even more exciting and fun!

We were also very honored to have many wonderful singers came in to sing many beautiful songs. Another highlight was a local great singer Rosa Leung, who was present, to sing my favor song "Shanghai Beach". It was so delightful!

What followed was a group activity, led by our line dance master Eloise and her sister Evelyn, for the audience to get up and dance many line dances together.



People were so thrill and happy to see so many wonderful programs. Everyone left with a great smile on their faces. Towards the end, there was an older gentleman who was pushing his walker to walk next to me and said, "I am so happy to be here today because I have attended many events at other places but never had one as good as this one. I enjoyed every minutes of it! Thank you!" His comment was so sincere; it truly touched my heart!

As the current president for WSCCNA, I have to send my deepest appreciation to everyone; from Auntie Chen who designed and coordinated the programs for all the dancers and singers, to Christine the MC, and all the volunteers who made the event so successful!

WSCCNA will continue to provide our best service to the community and hopefully can bring more happiness and joyful moments like this to all!

Wish all a Happy Lunar New Year for 2018!!!

和癌症共存十四年

李清芬

(上接第一頁)

在我治病其間，丈夫一直陪伴左右，還有慈濟基金會的幾位師姐在我做化療期間，都一直關照著我，使我走過了那一段艱難的路！

經過了一年，我剛康復，開始去工作，卻又發現癌細胞轉移到膽囊，結果把膽切除了，跟著又是一次化療。我從此成了醫院的常客。

又過了兩年，在洗頭時發現頭上有一硬塊。經過了"MRI" 照射，原來腦內有癌細胞轉移，必須做開腦手術。可是就在同一位置只隔半年，又連續兩次開腦手術，術後化療。醫生也認為這是切除手術沒有做乾淨所致。而我在兩年中，術後化療，一而再，再而三，受著化療的折磨。頭髮脫了又再生長起來！

整整十四年和癌病作生死之戰。到現在總算安定下來了！朋友們都說我是幸運兒！可是我最感激的是我的丈夫，十四年來他不離不棄，全心全意照顧著我！還有防癌協會的朋友，慈濟基金會的師姐們對我的關愛！

我決志要向他們學習，也要在有生之年，盡力去幫助需要幫助的人！



14 years along with cancer

Vicky Hui

(Continued from Page 1)

During treatments, my husband accompanied me all the times. There were several sisters from Tzu Chi Foundation had also provided cares during my chemotherapy while I walked through that difficult journey!

After a year, I recovered and began to work. Another discovery that the cancer cells spread out to my gallbladder. That resulted of the gallbladder removed, followed by another chemotherapy. Then I became a regular visitor to the hospital.

Another two years went by, during my hair shampooing I had found a lump on my head. According to "MRI", the cancer cells again spread out to my brain. In the same area, two consecutive brain surgeries were performed in only half year. Chemotherapies followed. Doctors agreed that the past surgeries did not clear all the cancer cells that's why it caused the re-occurrences. During those two years, I went through chemotherapies again and again. Due to suffering from chemotherapies, my hair fell off and grew back up!



Battling a life & death for a full fourteen years on cancer. And now I finally settled down! My friends said that I'm lucky, but I am most grateful to my husband.

For fourteen years he never stopped but wholeheartedly provided the best tender loving care of me! There were also WSCCNA friends and sisters from Tzu Chi Foundation who continuously shared their best kindness with me.

I had decided to learn from all of them. During my lifetime, I will try my best to help those who are in need as well!



針對性治療癌

馮英才

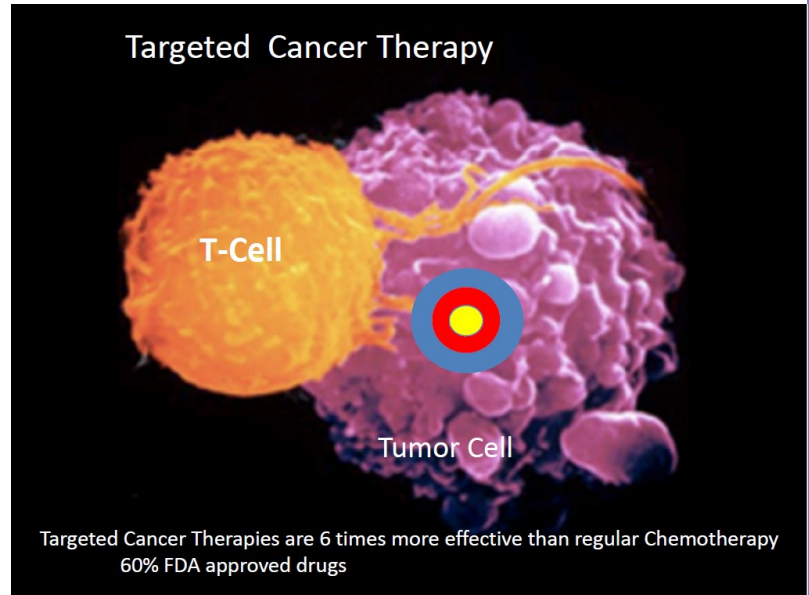
華州華人防癌互助協會和健安合辦，在於 2018 年 4 月 28 日免費公開講座。

主題是針對性治療癌症，由杜宇亮博士主講。本人馮英才護士獲知這個講座，是防癌的突破，對癌症病人和家屬是一種教育知識。

講座內容包括免疫系統互相作用，當免疫系統互動失敗時，癌細胞會擴散。免疫監察點作生物分子識別，找出病原，身體產生抗原和抗體，T 細胞鑑定癌細胞，就把它殺傷，不幸是腫瘤反抗，使免疫檢查點抑制，腫瘤抵抗而復發。

針對性治療代替方法有嵌合抗原受體 T 細胞，其他有復合 T 細胞移植，疫苗接種，單克隆抗體與有毒化學物質結合，抗體藥物結合物，最新有精準醫學的應用，使癌症病人得益。

多謝杜宇亮博士用深入淺出的方法表達，令到普通市民可以明白癌症的探索及最新的科學研究的進程。



Target therapy of Cancer

Reginald Fung

Washington State Chinese Cancer Network Association and Kin On Health Care Center ran a free seminar on 4-28-2018.

The speaker was Prof. Richard To who retired from Fred Hutchinson Cancer Research Center. The topic was Target therapy of Cancer. I am Reginald Fung Registered Nurse got the flier from WSCCNA about this workshop. Fred Hutch did a remarkable breakthrough on scientific research on cancer treatments. This workshop was beneficial to cancer patients and families about the latest findings on the treatments of cancer.

The target therapy of cancer included the immune system interaction. Cancer develops when immune system interaction fails. The immune checkpoint detects cancer antigen by macrophage, the response activates cytotoxic T-cell to fight cancer. Unfortunately, the cancer has formidable immune-suppressing defenses which cause mutation, the cancer can relapse.

Monoclonal antibody targets immune checkpoints inhibitors (ICI), the ICI drugs block the binding of immune checkpoints protein.

Alternatives to ICI treatment were chimeric antigen receptor (CAR) T-cells, tumor directed monoclonal antibodies (mAbs), conjugated monoclonal antibodies (mAbs). The current research at Fred Hutch is Precision Medicine to determine efficiency of drug before application. The cancer patients are beneficial to the current research studies.

Prof. Richard To used simple terms to express the complicated scientific research, the cancer patients and families understood the current progress and findings to cancer. This is a valuable educational information to the public.



2018 活動 Activities



Ronald McDonald House - prepared meals for the families of cancer patients.

UW Relay for Life - survivor celebration
華大步行



Ryan 's selfie !!!
He is well and graduating. Congratulations to Ryan.

華州華人防癌互助協會聯絡：

辦公電話：(206) 850-5914。

電郵：info@wscna.org

網址：www.wscna.org

郵箱：PO BOX 14606, Seattle, WA 98104

2018-2019 Advisory Board

Louisa Au

Angela Lu

Eppie Ng

Daisy Lau

Christine Tang

Reginald Fung

Regina Leung

Sanna Wong

Susan Lo

Fred Yee



捐贈表

我願意支持華州華人防癌互助協會

- \$10
 \$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



癌友會圖書查詢

癌友會圖書查詢外借改在健安東區銀髮族社區中心

地址：15921 NE 8Th ST, Bellevue, WA 98008

辦公室內存放有防癌及抗癌的資料供閱讀，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；歡迎大家參觀及借用。

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

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Web site 網址 www.wscna.org

Enrich Lives ... Sharing and Living

互助... 互愛... 關懷



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本會是一個政府批准非牟利團體

Exciting Events in 2018 年精彩活動預告

- | | | |
|------------|--------------|---|
| 8/18/2018 | 11:30-3:30pm | Summer Potluck Picnic @ Coulon Park, Renton |
| | Sat 星期六 | 夏日野餐 自備餐 |
| 9/15/2018 | 9:00-2:00pm | Kin On Senior Day—Health Workshop at Bahai Center, Bellevue |
| | Sat 星期六 | 健康講座 |
| 9/22/2018 | 9:00-2:00pm | Komen Holland America Luncheon for Breast Cancer |
| | Sat 星期六 | 蘇珊基可嫻乳癌基金會 |
| 10/20/2018 | 1:30-3:30pm | American Cancer Society—Making Strides |
| | Sat 星期六 | 美國防癌會 — 乳癌步行 |
| 11/17/2018 | 1:30-3:30pm | 癌友談心會 Support Group |
| | Sat 星期六 | Address 活動地點 |
| 12/15/2018 | 11:30-3:30pm | 癌友談心會 Support Group |
| | Sat 星期六 | Address 活動地點 |

WSCCNA 董事會成員

2018-2019 Board members

President	Kathy Lin
Vice-Presidents	Muyun Chen Yenping Ching
Secretary	Kit-Ling Poon
Treasurer	Stella Leong
Volunteers Coordinator	June Tat Maggie Cheng
Board Member	Hueifang Chen

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