



防癌互助通訊 第四十七期

Cancer Network News Issue No.47

Washington State
Chinese Cancer Network
Association (WSCCNA)

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以舞會友 2019 年華州華人防癌互助協會舉辦排舞籌款晚會

程杜燕屏

2019 年四月 27 日是一個風和日麗的天氣，那天我那裏都不去，就在家裡養精蓄銳，等待下午和幾位姐妹們一同去參加排舞籌款晚會。這是自 2012 年以來第五次舉辦的盛會。因為有過去幾年的經驗，籌辦小組的原班人馬這次籌備起來得心應手。下午兩點工作人員全部到齊，很快就把會場佈置好了，那天來了 100 多人，把中華會館擠得水泄不通，大家都很有秩序的排隊登記進場，籌辦單位同時也預備了甜點義賣，大家都很有興趣地採買。在 Eloise 的帶領下，4:00 排舞準時開始，同時我們也請了三位老師 Mark, Denise 和 Linda 幫忙教舞，除了學一些新舞之外，每次跳舊舞的時候，Eloise 都會複習一遍，讓每個跳排舞的新舊朋友們幾乎沒有停過，這是大家事後津津樂道，非常成功的改進。程杜燕



屏代表癌症協會致詞 3 分鐘，把我們的理念告訴大家並和老師義工們合照。當中我們還有抽獎，送出了 25 份小禮物，讓出席者皆大歡喜。當天的晚餐也很豐富，每個人都吃的飽飽的，滿足的繼續跳舞。此次排舞籌款共籌得三千多元，承蒙幕前幕後理事們，許多義工和老師們的幫忙，才會辦得如此成功，在此向大家致謝。

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。

2019 WSCCNA Line Dance Fundraising Event

Translated by Elsa Tang

April 27, 2019, the weather was so beautiful. I didn't go anywhere for the afternoon in order to reserve my energy and waited for the sisters to attend the dance party. This was the fifth grand event since 2012. Because of the experience from the past few years, the original team of the organizer was very prepared at this time. 2 o'clock in the afternoon, all the staff members had arrived, and the decoration was quickly arranged. More than 100 people came to attend this occasion, and the room in Chong Wah Benevolent was filled. Everyone was very cooperated to attend this event. The organizers also prepared the desserts for the bake sale, all attendees gladly participated. Under the leadership of Eloise, 4:00 pm dance began on time, and we also invited three other teachers: Mark, Denise and Linda to help teach the dance. In addition to learning some new dances, Eloise reviewed the old dances every time. Once again, the old and new friends of each dance had barely stopped. This was a very successful improvement from everyone's recollection comments.

Yen Ching gave a speech on behalf of WSCCNA for 3 minutes, informing attendees about our mission and goal, then photos taking with the teachers and volunteers. We also had a raffle tickets drawing to give away 25 gifts, all participants were pleased. The dinner of the day was also delicious and abundant. Everyone was full and satisfied to continue dancing after dinner. This line dance fundraising raised a total of more than \$3,000. Thanks to all the behind-the-scenes board members, many volunteers and teachers who had helped to make it so successful. Appreciation to you all!!!!

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華州華人防癌協會主辦資產計劃講座

華州華人防癌協會 2019 年 1 月 19 號在樂斂之家舉行了一個講座，是關於如何分配及處理財產、遺產的問題，由高韻兒律師 (Stephanie Ko) 主持，那天出席的人數把小小的娛樂廳擠得水泄不通，雖然人數眾多，但是大家都非常安靜的專心聽講，高律師用簡單易懂的英文，由淺入深的講解，如何在生前就要好好的把自己該分配的財產處理好，省得在人走了之後，讓自己的家人、孩子、兒孫們造成困擾糾紛，有以下重要的主題：

遺產規劃策略、醫療指示。我覺得以上兩項對於我們所有在美國的人都非常實用和重要。當然，高律師在講座中只是提供大家一些主要的參考重點；至於細節會因人而異，每個人或家庭的情況不同；因此細節的安排必須由自己和高律師的深談才能做出合適自己的情況 量身訂做。每一次參加華州華人防癌協會舉辦的各種不同主題的講座，大家獲益良多。此次承蒙樂斂之家提供了優雅的環境及資源，服務社區，在此致謝。



Estate Planning Presentation

On January 19, 2019, WSCCNA held an Estate Planning Presentation at Aegis Gardens in Newcastle. It was conducted by Attorney Stephanie Ko. There was a large turnout, crowded the small theatre. However everyone was quiet & concentrated in learning. Attorney Ko used layman language and easy to understand in English format. The content was simply explained how to arrange the assets & savings while people still alive. How to avoid probate and the conflicts among children and family members.

Two Key points below are the most important and useful for people live in USA:
Estate Planning strategy
Medical Directive

Naturally, Attorney Ko only provided the general information and key references at the presentation. Due to every family has a different situation, therefore, for those who needs more details or require a tailored plan may contact Ms. Ko directly.

Each time WSCCNA sponsored a variety of presentation, public benefits the most. Special thanks to Aegis Gardens which provided the beautiful place and resources to host this presentation for the community.



癌症和新陳代謝概念

馮英才護士

杜宇亮博士講述癌症的原因，一半是遺傳基因，另一半是基因突變，這醫學名辭一般人聽得多，但百思不得其解，為何基因細胞突變？

要了解細胞有 DNA 和線粒體。線粒體是能量發電廠，保護 DNA，細節繁殖信號，激活細胞凋亡，保持細節電化完整性。

體細胞突變是線粒體通過使用缺氧發酵代替葡萄糖和谷氨酰胺的氧氣呼吸產生有害的自由基的代謝疾病。

在正常情況下，細胞葡萄糖代謝通過線粒體在氧氣下糖酵素產生 ATP 能量。

但細胞葡萄糖代謝通過線粒體在缺氧情況下產生乳酸循環，將葡萄糖儲存在肝臟，乳酸將受損的線粒體產生自由基，癌細胞在缺氧發酵，產生大量的乳酸。

癌細胞喜歡在缺氧代謝，癌細胞吸收更多營養和快速地生長，這樣加速氧含不足或脫水，不健康細胞無法修復 DNA 損傷和突變，促進組織壓力和炎症，便會削弱免疫系統，使癌症擴散。

溫馨提示

保護線粒體的方法

- 多吃抗氧化食物，深綠色蔬菜，綠茶
- 多吃健康油，魚，橄欖，牛油果
- 多吃筋類
- 補充維他命 B6, B12, D3, Omega 3, 香料
- 間歇性禁食
- 輕度運動

避免糖，白米

避免味精，谷氨酰胺

避免反式脂肪，加工肉類，菜油

避免殺蟲劑，揮發性有機物

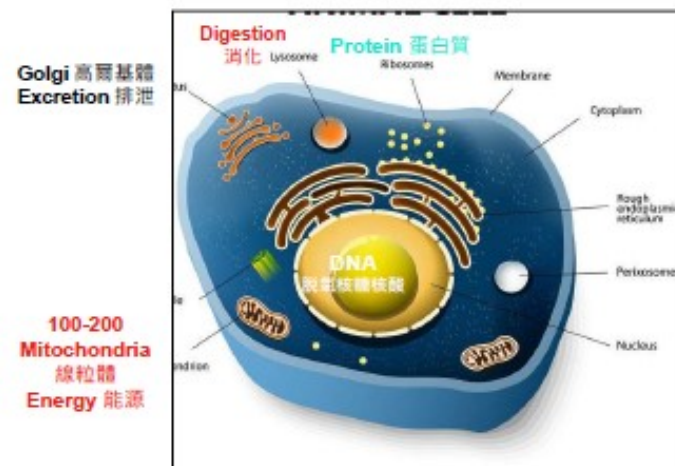
避免劇烈運動

多謝華盛頓華人防癌互助協會和健安療養院合辦講座，杜宇亮博士講授癌症和新陳代謝的關係，了解癌症的突變情況，癌症突變關鍵在於缺氧發酵產生有害物質自由基的新陳代謝疾病。

Brief Overview of Cancer and Metabolism

癌症和代謝 概述

Richard To, 2019



Cellular Structure 細胞結構

Cancer mutation and Metabolism

Reginald Fung Registered Nurse

Dr. Richard To is a retired professor of Fred Hutchinson Cancer Center, he had a speech on cancer.

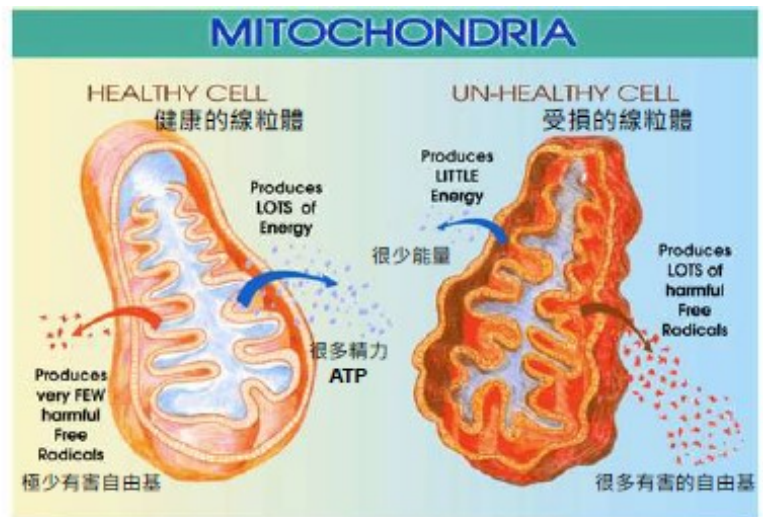
The causes of cancer were hereditary or genetic mutation, but lots of people did not know what mutation meant and how did mutation happen?

We should understand the anatomy and physiology of a cell. A cell have DNA and mitochondria, the role of mitochondria is an energy power, protect DNA, signals cell reproduction and maintains cell electro-chemical integrity.

Somatic cell mutation is metabolic disease by using non-oxygen fermentation instead of oxygen respiration of glucose and glutamine that produces harmful free radicals.

The cellular glucose breaks down with oxygen respiration to produce energy in TPA under a normal condition.

However, thy cellular metabolism of glucose under the non-oxygen fermentation produces lactic acid, the glucose storing the glucagon in the liver becomes a cycle, the lactic acid will damage the mitochondria by releasing free radicals.



The harmful products from unhealthy mitochondria eventually causes aging
Which leads to cancer cells getting out of control
來自不健康線粒體有害產物最終會導致衰老
這導致癌細胞失去控制

The cancer cells absorb a lot of nutrients and proliferate a rapid growth. The cells become more non-oxygenated and dehydrated, the damage DNA and mitochondrial mutation could not recover, it speeds up the tissue stress and inflammation which weakened the immune system allowing metastasis.

Friendly reminder to protect mitochondria

- Eat rainbow food, pigments are anti-oxidants, carrots, beets;
- Eat more flavonoids, dark green vegetables, green tea;
- Healthy oil produces more ATP, fish, olive, avocado;
- Bone, tendons are for L-lysine;
- Supplements, vitamin B6, B12, D3, Omega 3, herbs, turmeric, ginger, cinnamon, cilantro, cloves;
- Intermittent fasting for 12 hours helped to use-up storage glycogen;
- Mild exercise produces more oxygen in blood and reduces accumulated lactic acid;
- Melatonin is hormone produced in sleep, melatonin inhibit cancer cells grow by involving in adhesion, migration, invasion and apoptosis of cells;
- Avoid sugar and refined grains, excess carbohydrate metabolites turn into free radicals;
- Avoid glutamate in MSG;
- Avoid glutamate in bone soup;
- Avoid trans fats, processed meat, artificial oil;
- Avoid pesticides;
- Avoid radiation;
- Avoid strenuous exercises to reduce lactic acid accumulation.

Thanks to Washington State Chinese Cancer Network Association and Kin On Health Care to invite Professor Richard To discussed the Oxygenated or Non-oxygenated fermentation that caused the release of free radicals resulting the cancer.



2019 夏季野餐

Summer Picnic

一年一度的郊外聚餐定於八月二十四日上午十一時半至下午三時半舉行。

歡迎癌友,家人,義工及有興趣的朋友參加。希望帶來您親手做的點心食物與大家分享。*

Cancer survivors, families, volunteers, and friends who are interested are welcome to participate and share your homemade food.

餘興節目Program：排舞 Line Dance

查詢電話 Enquiries: 206-850-5914

活動地點 Address: Gene Coulon Memorial Beach Park,
1201 Lake Washington Blvd N, Renton

日期和時間：2019年8月24日, 上午11:30至下午3:30

Date and Time : 24th August 2019, 11:30am—3:30pm



2019 活動 Activities



Line Dance Fundraising 以舞會友



UW Relay for Life 華大步行- survivor celebration



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



Komen Race for the Cure

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

2019-2020 Advisory Board

Louisa Au

Angela Lu

Eppie Ng

Christine Tang

Susan Lo

Sanna Wong



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： \$ _____ 附件是一份我的雇主的等額捐贈表。
 Enclosed is my check 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

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@wscena.org

Web site 網址 www.wscena.org

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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 2019 年精彩活動預告

8/24/2019	11:30-3:30pm	Summer Potluck Picnic @ Coulon Park, Renton
	Sat 星期六	夏日野餐 自備餐
9/14/2019	9:00-2:00pm	Kin On Senior Day—Health Workshop at Bahai Center, Bellevue
	Sat 星期六	健康講座
9/21/2019	9:00-2:00pm	Komen Holland America Luncheon for Breast Cancer
	Sat 星期六	蘇珊基可嫂乳癌基金會
10/19/2019	1:30-3:30pm	癌友談心會 Support Group
	Sat 星期六	Address 活動地點
11/16/2019	1:30-3:30pm	癌友談心會 Support Group
	Sat 星期六	Address 活動地點
12/14/2019	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

2019-2020 Board members

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Vice-Presidents	Kit-Ling Poon
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Treasurer	Stella Leong
Volunteers Coordinator	June Tat Maggie Cheng
Board Member	Kathy Lin Hueifang Chen Regina Leung Reginald Fung Howard Chou

Contact 聯絡	WSCCNA 華州華人防癌互助協會
Phone 電話	206-850-5914