



癌症協會 3 月份財政報告

2 月份結存	£ 12 403.02
3 月份收入	£ 1 057.68
3 月份支出	£ 0.00
3 月份結存	£ 13 460.70

網上蘇豪關懷癌症月會 (MCSG Soho)

每月第二週六 • 上午 11:00 至下午 1:00 • Zoom 網上平台

癌友園地

林先生

2020 年 3 月中開始封城，我儘量留在家中。義工們主動提出為我購物，但為免代購的不適合我，我也需要適當運動，便堅持自己去買餸、取藥和交水電煤費等。首要的是自己戴口罩，保持兩米的社交距離，回家後馬上更衣沐浴。為了令生活充實，我開始執拾雜物，清理久存的寶貝，生活才輕省自在，環境也寬闊通爽了。我添置了新冰箱，方便儲存食物減少購物次數之外，我提早預備的食材又可存放保鮮，一舉兩得。

人是群體動物，需要彼此關心。我間中弄些食物送給朋友、義工和癌友，自己上落巴士也額外小心，不觸摸任何物品。在電話中，我認識了兩位新癌友，鼓勵他們接受治療。來自國內的肺癌病人接受放療和化療，很疲倦又無胃口。我煲了紅蘿蔔水，翌日義工陪我求診眼科後順道送給他。隨後收到回覆：「林生，湯很好喝，中國味，家的味！」真的是施比受更為有福，回家後好有生活充實的感覺！義工為我修理手機，又教我網上參加癌症月會，擴闊了我的社交層面。能夠上網靈活使用手機，令我緊貼時代脈搏，是意外收穫。記得當年手機店的職員，認為我這樣的年紀，是無可能使用智能手機的。

真的多謝英國政府繼續照顧我們這些弱勢社群，尤其是獨居長者（請看癌症月訊 10/2017, 1/2020, 5/2020）。房屋署多次聯絡我，為我的住屋安裝數字電錶，免去住客打電話報電錶的步驟。對於我這樣言語不通的老人，實在是好消息。找人維修實在不容易，經過義工多次打電話，終於有人前來修理我廚房的冷水喉，和睡房的暖板。一年後，廚房水喉再次維修了。2020 年終，眼科醫院來信，為免疫情令病人擔心去醫院，已改善步驟確保病人安全，邀請我放心前去覆診！真是對病人貼心的覆診預約信。市政府也多次來信，提醒我屬於高危人士，須嚴守防疫指引，又邀請我注射疫苗。2021 年，我先後在醫院接受兩劑疫苗注射，雖然有疲倦和針口痛等副作用，多飲水就是了。接種疫苗後，我安心再次與老朋友見面和飲茶，能夠如常生活已經很幸福。六個月後，義工為我預約在藥房接種加強劑。藥房職員並沒有查問我的病歷，原來三劑是同一款疫苗。

封城前，醫生懷疑我的長期咳嗽和吞燕困難，是胃酸倒流引致，兩年內先後安排兩次胃窺鏡。我必須三日乘的士到醫院檢查病毒，然後原車返回家中隔離。我言語不通，的士司機又找不到在醫院停車場毫不顯眼的檢測站，折騰了一小時多才到達和完成檢查，難免要付出額外車費。檢查當日，我又須要乘的士前往醫院，以免在公交上感染病毒。NHS 已付出很多，我也不介意付出少少，盡上病人的責任。兩次胃窺鏡均無異樣，是好消息。此外，我的壞牙由隱隱作痛變成大病，但封城兩年我沒有去牙醫覆診，戶口被取消了。由夏天到冬天，義工為我四處打電話找 NHS

的牙醫，六個月都無結果。我自己唯有勤用鹽水漱口或購買不同的漱口液來止痛。2021 年 11 月終，義工終於聯絡到一位退休的牙醫，是主內的弟兄，願意為我拔牙，又有姊妹奉獻我的牙醫費用。不再牙痛，太好了，感謝耶穌！

2020 年終，我獲肺腫瘤科轉介到呼吸科。首次電話問診，醫生指出三個原因令我長期咳嗽：(1) 以往長期吸煙，導致肺組織受損，形成慢性呼吸道阻塞疾病 COPD。(2) 肺癌手術留下的結痂。(3) 肺癌電療的後遺症。治療方案改用 COPD 專用的放鬆氣管吸入劑，我使用三個月後，晚上咳嗽有明顯改善。當年確診肺癌後，我即時戒了煙。我學會了與咳嗽這位老朋友終生相伴，做各種措施來保護自己氣管：常飲水和含喉糖來保持喉嚨濕潤、吸吸檸檬汁緩解喉嚨痕癢、保暖頸部避免喉嚨和氣管受寒、早晚使用噴霧器有助緩解痰涎的粘連。每逢咳嗽加重了，我求診 GP，獲處方抗生素，服藥後明顯改善。多年前義工曾建議我出外戴口罩，可避免污穢空氣刺激我的氣管，冬天更可以保暖喉嚨。不過，我覺得口罩可能令人抗拒與我相處，以為我有甚麼疾病。如今疫情之下，戴口罩是常態了。

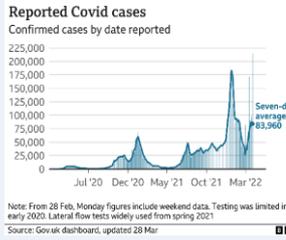
2021 年 3 月，我先後兩次跌倒後，每逢我深呼吸，左腋下會痛，需要服食止痛藥。我求診 GP，獲關注我的平衡和家居安全。後來接獲 GP 電話，因我的驗血報告有異樣，令我突然受驚，真是沒完沒了的健康問題，但我如常生活，不像一個病人。5 月，肺腫瘤科電話覆診，醫生相告：「若明年初的肺 CT 無異，你便不再需要覆診肺腫瘤科了。」真是好消息，豈料一週後，肝腫瘤科電話覆診，得知 CT 報告：「在肝右邊第 8 區有病變，是肝癌復發……導致驗血報告有異常。」癌症治療就是充滿高高低低，正於人生充滿晴天與陰天。協會義工得知我的肝癌復發，都紛紛為我祈禱，總監更前來家訪。教會傳道人也先後多次家訪，為我預備聖餐，幫我紀念耶穌為我死而復活，並等候耶穌再來，真是意義深遠。2022 年 3 月初，教會傳道人清早七時半到醫院正門外，站在寒風中為我祈禱。隨後在局部麻醉下，我接受在右大腿插入導管的「經動脈血管栓塞術」，令肝腫瘤失去血供給。在身旁的護士用手勢指導我用深呼吸和透氣，來配合醫生的多次注射藥物。我感受到一股暖流，由右腿上升至胸骨下。我全程聽不懂醫護在說甚麼，但感覺到談笑風生的語氣，令清醒的我毫無緊張，翌日便出院。得知以後再有腫瘤出現，也可以用這療法消除，令我不再有全身麻醉下未清醒時的恐懼。我躺下睡覺總會咳嗽數十分鐘，但每次躺下接受治療，以往的眼手術、拔牙和今次肝手術，都沒有咳嗽的困擾，我衷心感謝耶穌。

NHS 重啟 COVID 應用程式

政府正取消英格蘭的國內限制。但因感染個案增加(請看下圖)，您仍然可以採取一些措施來降低感染和傳播 COVID-19 的風險：

- * 接種疫苗
- * 如果在室內開會，請保持空氣流通，或在室外開會
- * 考慮在擁擠的封閉空間佩戴口罩
- * 如果您有 COVID-19 症狀，請接受檢測，如呈陽性，請留在家 5 天

<https://www.gov.uk/coronavirus>



積極生活

黎偉業

感謝耶穌有機會跟大家分享一些與癌症患者相處的體會。隨著年齡越來越大，我所認識的患癌者也越來越多，他們大多是跟我年齡相約者。去年，當我在某教會任職傳道，我認識了林弟兄。起初，我並不知道他患了癌症，只是在《會友名冊》看過他的名字。幸得一位教友引路，我與他見面。在交談中，我得知他的人生經歷，好佩服他的堅強意志，勇毅的隻身來到英國生活；當時他確認自己曾是患癌者，已經治療好了，但再次出現復發症狀。

從林弟兄分享的過程中，我得知一位來英國約半世紀的華僑苦況。首先是沒有親人在身邊支援。沒有病患時，單獨的生活還可以，但病患纏身，且是重症，則叫人惶恐不安。第二是語言障礙。林弟兄在香港所受的教育不多，年輕時來到英國闖天下，多年來身體健康，生活於唐人街一帶，所以在語言溝通上沒有甚麼大問題。當患上重病，則難以向醫療人員描述身體問題，也無法與他們直接溝通，真是有口難言。幸得「英國華人關懷協會」(癌協)義工們的同行與幫助，使他在生活和治療上獲得支援，大大減少他的惶恐，較為平安渡過難關。義工們還引領林弟兄返教會，與耶穌基督相遇。在聖靈感動下，林弟兄在數年前洗禮，加入教會，這使他的心境越趨平和、安穩。

林弟兄面對即將的治療，我感到他的神情安靜平穩，儘管知道將再次面臨生命危險，他仍能平靜地娓娓道來他數十年的經歷，侃侃而談他在治療中的不適，讓我感到他有真平安。得到了癌協的幫助，林弟兄面對突然而來的噩耗，也有信心渡過，有平穩的心面對隨時降臨的死亡。在英國生活的華人有癌協同行，我為此感恩，義工們身體力行協助癌友面對生活困擾，且成為他們的同行者，也引導他們獲得生命中的平安。林弟兄也積極生活，鼓勵其他癌友接受治療，助己助人的活下去。

網上美景月會 (逢每月第三週四 11am-12N) 21/4

17/3 10 人參加，閒談和交流煮蛋心得

網上美倫月會 (逢每月第四週四 11am-12N) 28/4

24/3 9 人參加，互相支持

111 與 999

英國有兩個醫療電話號碼：999 用於緊急情況，111 用於非緊急情況。如果您不確定該怎麼做，NHS 111 在線服務會提供幫助。111 提供緊急醫療保健評估，並為您提供最適合病情的護理，例如自我護理、您的全科醫生 GP、當地藥房、步入式中心、急診室、或如有必要的救護車。

112 的運作方式與 999 完全相同，將您連接去完全相同的緊急呼救中心。不同之處在於，在世界任何地方的任何手機，都可以使用 112。



網上蘇豪月會 (逢每月第二週六 11am-1pm) 9/4

12/3 50 人參加 Dr Marco Leung 主講「英國的急症服務」

Imperial College London

Self-care for common conditions

Ample stock of medicines for urgent use 備有充足的急用藥品:

- Paracetamol 必理痛
- Cough and cold remedies 咳嗽和感冒藥 (Lemsips)
- A thermometer 溫度計
- Antihistamines (Piriton, nasal sprays)
- Rehydration mixture 補充
- Anti-diarrhoea medicine 止瀉藥 (Imodium/Loperamide)
- Indigestion remedy (Gaviscon/Peppermint)

Imperial College London

Investigations 檢查

Urine/Faeces/sputum 尿液/大便/痰	ECG 心電圖	Imaging 影像	Stools 糞便
Infection/blood 感染/血	electrical activity of heart 心臟電活動	X-ray X-光	CT/MRI 電腦掃描
Medicines 藥物 (口服)	Fluorescence 螢光	N. Cores 胃鏡	Flu 流行性感冒

Imperial College London

Self-care

Minor symptoms (headaches, sore throats, stomach upsets etc.) can be treated with off-the-shelf medicines - available from your local pharmacy, convenience store or supermarket.

Pharmacy

Expert advice and treatment for minor symptoms and conditions. Some are open late and on weekends - no appointment necessary. Find your nearest pharmacy via www.nhs.uk

GP Practice

For more significant illnesses and long-term medical problems, make an appointment with your GP. When your practice is closed, call 111 to access urgent GP services. Don't forget - order your repeat prescriptions in good time before weekends and bank holidays.

Minor injuries

Your GP may be able to treat minor injuries, call the practice to check. There is also a Minor Injuries Unit at Ripon Community Hospital, Friby Lane, Ripon, HG4 2PR. Open 7 days a week, 8am to 10pm. Offers a nurse-led service to treat minor injuries like cuts, burns and fractures. No appointment is necessary.

NHS 111 - the new free phone service

Not sure which service you need? NHS 111 is a fast and easy whatever the time. Call 111 when you need medical help fast! The 111 service is available 24 hours a day, 365 days a year. Calls are free from any mobile phone.

A&E or 999

For serious injuries and emergencies only. There is an A&E department at Harrogate District Hospital, Leicester Park Road, Harrogate, HG2 7SA. There are also A&E departments at The Foregate Hospital in Northallerton and at York Hospital.



CACACA March 2022 Finance report

Feb Balance	£ 12 403.02
Mar Income	£ 1 057.68
Mar Expenses	£ 0.00
Mar Balance	£ 13 460.70

Online Monthly Cancer Support Group (MCSG Soho)

Second Saturday of Each Month • 11:00 am – 1:00 pm • Zoom Online Platform

Patient's Story

Mr. Lam

Since the lockdown in March 2020, I stayed at home as much as possible. The volunteers offered to do the shopping for me, in case the shopping was unsuitable for me and I needed exercise, I insisted on doing my groceries, picking up my medicines and paying my bills. I wore a mask, kept a social distance of two metres, and changed and showered as soon as I arrived home. To make the most of my life, I picked up the clutter, cleared out the treasures and bought a new fridge to store food and reduce the shopping trips.

I needed social life and occasionally cooked food for friends, volunteers and cancer friends. I took extra care not to touch anything when I travelled. On the phone, I encouraged two new cancer friends to receive treatment. Mr P from China lost his appetite after R/T and chemo. Driven by a volunteer, I delivered my carrot soup after my eye appointment. P replied, 'Tasty, home feeling.' I felt full of life! The volunteers repaired my mobile phone and taught me to join MCSG online, which widened my social life. Access to the internet helped me to keep up with the times and is an unexpected bonus. Once at the mobile shop, the staff commented, 'You couldn't use a smartphone at your age.'

Thank you to the UK government took care of us disadvantaged people, especially the elderly who live alone (see MCSG newsletter 10/2017, 1/2020, 5/2020). The management company encouraged me to install a digital meter that I don't need to read the meter anymore. After many calls by volunteers, someone fixed the cold-water pipe and the radiator. At the end of 2020, the eye hospital appointment letter was so thoughtful, declaring the procedures improved to ensure patient safety. I received several letters from the council reminding me of the sheltering guidelines and inviting me for vaccination. In 2021, I received two vaccines at the hospital with only fatigue and sore injection site. I recovered quickly after drinking plenty of water. I was happy to meet with my old friends again and resumed my life as usual. Six months later, I received a booster at a pharmacy. The pharmacy staff did not ask about my medical history and it turned out that the 3 doses were the same vaccine.

The doctors suspected reflux caused my chronic cough and swallowing difficulties and arranged two gastroscopies in two years. I had to take a taxi to the hospital 3 days before to have the Covid swab, and then isolation. The taxi driver could not find the inconspicuous testing kiosk, so it took more than an hour to arrive and complete the test, which inevitably cost me extra. I had to take a taxi to the hospital

for the test to avoid catching the virus on the bus. The NHS had paid a lot and I didn't mind paying a little to do my duty as a patient. Both gastroscopies were NAD, good news. My bad tooth got worse, but the dentist removed my account due to my absence within two years. From summer to winter, volunteers called around for me to find an NHS dentist. In Nov 2021, she finally contacted a retired dentist, a brother in Christ, to extract my tooth and a sister donated the expenses. No more toothache, thank Jesus!

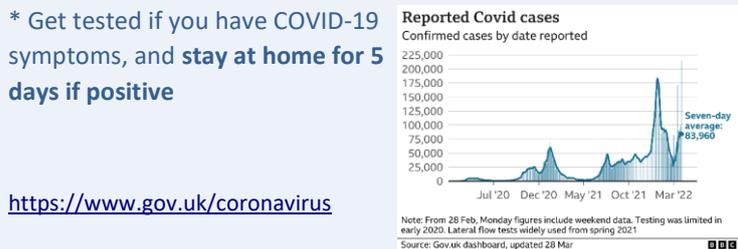
At the end of 2020, the Respiratory Clinic pointed out 3 reasons for my chronic cough: (1) the past smoking caused my COPD; (2) Crusts from lung cancer surgery. (3) The after-effects of R/T. He changed my inhaler for COPD, my night cough improved significantly after 3 months. I quit smoking immediately after the diagnosis of lung cancer and I learned to live with my cough for the rest of my life. I drink water and have throat lozenges regularly to keep my throat moist. To relieve my itchy throat, I sip lemon juice. To avoid chilling my throat and trachea, I cover my neck. To relieve the stickiness of sputum, I use a nebulizer in the morning and evening. Years ago, the volunteer suggested I wear a mask to avoid pollution and to keep my throat warm in winter. However, the mask might make people think that I had some disease, it might discourage me from social life. With the pandemic, wearing a mask is now the norm.

After two falls in March 2021, I needed painkillers. GP was concerned about my balance and home safety. In May, at teleconsultation, the lung oncologist said, 'If your lung CT is clean early next year, you will be discharged.' That was great news, but a week later, the liver oncologist called, 'The CT showed a lesion on the zone 8, a recurrence of liver cancer.' Knowing my recurrence, most volunteers prayed for me. The CE even visited me. In early March 2022, in the cold at 7:30 am, the church preacher prayed for me outside the main entrance. Afterwards, under LA, I underwent a Transarterial Embolization. The nurse instructed me to take deep breaths by sign language to complement the many injections. I felt a warm current rising from my right leg to under my sternum. I could not understand what they were saying the whole time, but I could feel the laughter in their voice, which calmed me down. I was discharged the next day. Knowing that the tumours could be removed in this way removes my fear. I always cough whenever I sleep. However, every time I lay down for treatment, I have no coughing with my previous eye surgery, tooth extraction and this liver surgery. Thank Jesus!

NHS reopens COVID app

The government is removing the remaining domestic restrictions in England. But due to an increase in infections (please see chart below), there are still steps you can take to reduce the risk of catching and spreading COVID-19:

- * Get vaccinated
- * Let fresh air in if meeting indoors, or meet outside
- * Consider wearing a face-covering in crowded, enclosed spaces
- * Get tested if you have COVID-19 symptoms, and **stay at home for 5 days if positive**

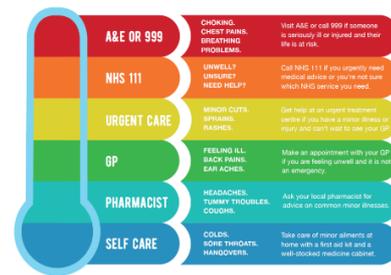


<https://www.gov.uk/coronavirus>

111 vs 999

In the UK, there are two medical care telephone numbers. 999 is for emergencies and 111 is for non-emergencies. NHS 111 online service offers urgent health care assessment and can signpost you to the most appropriate care for your condition such as self-care, your GP, a local pharmacy, walk-in centre, the emergency department or an emergency ambulance if necessary.

112 operates exactly the same as 999 and directs you to exactly the same emergency call centre. The difference is that 112 works from any mobile phone from ANYWHERE in the world.



Living Positively

Paul Lai

Thank Jesus for this opportunity to share my experiences with cancer patients. As I get older, I know more and more people with cancer and around my age. Last year, when I worked at a church, I knew Brother L in the Register of Members. Led by a church member, I met him then learnt about his life story of coming alone to England with his recurrent liver cancer.

From his sharing, I learnt about the plight of a Chinese man without family support. He was scared when seriously ill. Moreover, he could not present his health problems to the medical staff due to the language barrier. Fortunately, with the help of CACAC volunteers, he received support for his daily life and treatment, which reduced his fears and helped him go through a difficult time. The volunteers also guided Brother Lam to the church for an encounter with Jesus Christ. Inspired by the Holy Spirit, he was baptised a few years ago. Joining the church helped him to become more peaceful and stable.

Despite knowing that his life was in danger again, he calmly recounted his decades of experience and discomfort with his true peace. With the help of the volunteers, Brother Lam faced the sudden and devastating news with confidence and peace of mind that he would face death at any time. I am thankful that the Chinese cancer people in the UK have volunteers walking alongside them. Brother Lam also lives an active life, encouraging other cancer patients to receive treatment. He helps others to live positively.

Zoom MCSG Soho (Every 2nd Sat 11am-1pm) 9/4

12/3 50 people attended Dr Marco Leung's talk on 'A&E service'

Imperial College London

Self-care for common conditions

Ample stock of medicines for urgent use 備有充足的急用藥品:

- Paracetamol 必理痛
- Cough and cold remedies 咳嗽和感冒藥 (Lemsips)
- A thermometer 溫度計
- Antihistamines (Piriton, nasal sprays)
- Rehydration mixture 補充
- Anti-diarrhoea medicine 止瀉藥 (Imodium/Loperamide)
- Indigestion remedy (Gaviscon/Peppermint)

Imperial College London

A&E Investigations

Investigations 檢查

Urine/Faeces/sputum 尿液/糞便/痰	ECG 心電圖	Imaging 影像	Bloods 血液
Infection/blood 感染/血	rectical activity of heart 心臟活動	X-ray X光	CT/scan 掃描/電腦斷層
Multitests 多種 (DNA)	Microbiology 微生物學	Genetics 遺傳學	Pathology 病理學

Imperial College London

Self-care
Minor symptoms (headaches, sore throats, stomach upsets etc.) can be treated with off-the-shelf medicines - available from your local pharmacy, convenience store or supermarket.

Pharmacy
Expert advice and treatment for minor symptoms and conditions. Some are open late and on weekends - no appointment necessary. Find your nearest pharmacy via www.nhs.uk

GP Practice
For more significant illnesses and long-term medical problems, make an appointment with your GP. When your practice is closed, call 111 to access urgent GP services. Don't forget - order your repeat prescriptions in good time before weekends and bank holidays.

Minor injuries
Your GP may be able to treat minor injuries, call the practice to check. There is also a Minor Injuries Unit at Ripon Community Hospital. Offers a nurse-led service to treat minor injuries like cuts, burns and fractures. No appointment is necessary.

NHS 111 - the new free phone service
Not sure which service you need? NHS 111 is a fast and easy way to get help. Call 111 whenever the time. Call 111 when you need medical help fast to service is available 24 hours a day, 365 days a year. Calls are free from any landline or mobile phone.

A&E or 999
For serious injuries and emergencies only. There is an A&E department at Hamgate District Hospital, Lancaster Park Road, Hamgate, HGG 7SA. There are also A&E departments at The Friarage Hospital in Northallerton and at York Hospital.

Zoom MCSG Maggie (Every 3rd Thurs 11am-12N) 21/4

17/3 10 people joined, chatted about egg cooking

Zoom MCSG Macmillan (Every 4th Thurs 11am-12N) 28/4

24/3 9 people joined and supported each other