



National Cancer
Centre Singapore

SingHealth

THE NPC JOURNEY

走过鼻咽癌的岁月

*For New Patients, Survivors
& Their Care-Givers*

献给新鼻咽癌患者、
康复者及其家人

*By Survivors &
Their Care-Givers*

由康复者和家人撰写



TREASURE each moment

give **LOVE** freely

find **COURAGE**

develop **STRENGTH**

(re)discover your **FAITH**

珍惜 光阴

给予 **关爱**

寻获 **勇气**

拓展 **力量**

重拾 **信心**

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GLOSSARY

CT	Chemotherapy	化学治疗, 简称化疗
ENT	Ear, Nose and Throat	耳鼻喉
NCCS	National Cancer Centre Singapore	新加坡国立癌症中心
NPC	Nasopharyngeal cancer commonly known as nose cancer	鼻咽癌
RT	Radiotherapy	放射治疗, 简称放疗
TCM	Traditional Chinese Medicine	中医

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Foreword

First and foremost, we wish to congratulate the NCCS NPC Support Group on the occasion of its 10th anniversary. Over the last 10 years, the group has grown from a few core members to more than 400 members today, and touched the lives of many more survivors, family members and friends.

The definition of a “cancer survivor” has been a subject of considerable debate among health professionals, people with a cancer history, and the public. However, we feel one becomes a cancer survivor from the moment of diagnosis of cancer because all these individuals are considered not only survivors of their disease, but also of their treatment. Regardless of how we define a cancer survivor, the journey for anyone diagnosed with cancer can be confusing, stressful and at times, lonely. During the initial phase, patients are often overwhelmed by medical jargon, an array of diagnostic tests and a wide variety of treatment options. Anxiety over how one can manage their cancer and treatment-related symptoms dominates during this time. In the longer term, patients are psychologically affected by fear of recurrence and may be physically affected due to the after-effects of treatments.

Although the medical team can deal with some of these issues, it is often incomplete. The support group thus plays an important role in supporting members and filling in gaps from the initial diagnosis and treatment through to long-term survivorship. Members of this group have benefited from the collective experience about cancer and its treatment from a patient’s perspective, a unique sense of community, and unconditional acceptance. Additionally, the monthly meetings are always interesting, with talks and discussions around topics ranging from managing hearing problems after treatment to the sharing of favourite recipes. We are sure that these activities give survivors an increased confidence and a sense of self-control, living with cancer, as well as facilitating positive relationships with family and friends by providing a safe space for the expression of emotion.

At the National Cancer Centre Singapore, we believe in empowering our survivors to live well. This philosophy is the reason for our relatively hands-off approach to the organisation and running of the support group. However, in order for this approach to succeed, a strong core team of members is required. In this regard, we would like to applaud the extremely dedicated and passionate team of support group committee members who has made the group the success that it is today.

In many ways, this book reflects that success and the maturity attained by the group. Much like how there are many different paths in life that one could take, this very aptly-named book contains a collection of very personal and touching account of how each survivor walked their own cancer journey. NPC is unique among cancers in its high cure rates and long survival. There has been technological advances over the past decade which saw improvements from 2-D, to 3-D to the IMRT (Intensity-modulated Radiation Therapy) in current use. Despite the availability of more advanced technology which can reduce the dose to the surrounding normal tissues, the dose distribution and side-effects is still determined by the extent of disease a patient presents with. Hence, long-term side effects are still common and the symptoms are often difficult to manage.

The frequent use of complementary and alternative remedies to manage these symptoms as well as for general well-being discussed in this book is consistent with literature reports. In this respect, while the medical field has not embraced it fully, we are confident that the future will give us a better understanding of the benefits of these alternative treatments.

Congratulations on this beautifully-written book and we wish the NPC Support Group many more years of helping patients gain meaningful life after diagnosis of NPC.

Dr Terence Tan

Dr Soong Yoke Lim

Medical Advisers, NCCS NPC Support Group

序言

首先，热烈祝贺新加坡国立癌症中心鼻咽癌互助组成立十周年！互助组在过去的十年里，从最初为数不多的几个主要成员发展至今，已经拥有了超过400名成员，并触及了许许多多康复者以及他们的家人和朋友的生活。

一直以来，健康专家、患有癌症病史的人和普通大众对“癌症康复者”的定义可以说是众说纷纭，莫衷一是。但是，我们觉得康复期应该从一个人被诊断为患上癌症的那一刻开始计时，因为治疗过程也是康复期的一部分。对每一位康复者来说，他/她不仅克服了癌症，也通过了治疗过程的考验。无论我们如何定义癌症康复者，每一位患上癌症的病人所走过的抗癌之路都充满了各种各样的困惑和压力，有的甚至还很孤独。最初的时候，病人往往会在晦涩难懂的医学术语、无休无止的诊断检查和各种各样的治疗方式的包围下喘不过气来，如何面对治疗和应对相关副作用的焦虑主宰了病人在这个时段的心情。过了最初的诊断和治疗期以后，病人在精神上有可能会因为害怕复发而惴惴不安，身体上也有可能因治疗产生的副作用而产生不适。

虽然医疗团队可以解决一些问题，但是往往不能面面俱到。互助组给康复者提供了非常近距离的支持，有效地填补了从最初的诊断到治疗的疗程再到长期的疗后生活的整个过程中的空白。互助组的成员从互相分享经验中受益，得以从一个全新和独特的角度——过来人的亲身经历——来了解癌症及其治疗方式，取得了很好的效果。而且，每月举办的讨论和分享集会涵盖范围广阔，从如何应对疗后听力受损到分享所喜爱的食谱，生动有趣，别开生面。我们坚信这些活动增强了康复者的自信程度和自我调控能力，加深了朋友和亲人之间的亲情互动，为他们提供了安全释放情绪的空间。

新加坡国立癌症中心竭诚引领康复者过上良好的生活。正是因为这个理念，我们放手让互助组在一个强有力的核心团队的带领下自主自发地组织各项活动。在此，我们为这个团队满怀热情的奉献精神而喝彩！没有他们长期的努力和无私的付出，互助组就不会有今天的成就。

《走过鼻咽癌的岁月》从多方面反映了互助组所取得的成果。诚如“人生道路千百条”的道理，这本文集记载了每位康复者在抗癌之旅的个人经历和肺腑之言。相对于其他癌症来说，鼻咽癌有着治愈率高和康复期长的特征。一方面，在过去十年里，放射治疗实现了从二维到三维再到适形调强的三级跳。另一方面，虽然高科技可以适度减低放疗时对周遭正常细胞的损伤，如何正确调整射线角度和强度仍然因人而异。因此，长期副作用依旧是一个普遍存在的现象，而且副作用对身体的影响通常很难控制。

文集中提到的用辅助治疗和替代疗法来减轻副作用和提高生活质量的方法和调查研究报告的方向是一致的。虽然医疗界暂时不能完全无条件地接受这些替代疗法，我们相信未来的研究成果可以让我们对它们的益处有更加充分的了解。

再次隆重庆祝荟萃了众多精彩篇章的《走过鼻咽癌的岁月》的问世！我们预祝互助组继续一如既往地鼻咽癌患者和康复者提供长期和真诚的帮助，让疗后的生活更富意义！

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宋毓霖医生

医疗顾问，鼻咽癌互助组



At Bright Hill Buddhist temple, 在光明山寺

A HELPING HAND YOU CAN HOLD

A personal story from Bernard Ng

Imagine a 59-year-old man who regularly engaged in very robust physical sports, with no visible symptom of any major medical or health disorder, staring down unbelievably at a positive biopsy report confirming that a malignant tumour was budding behind his nose. You need no imagination to understand the shock, denial, anxiety and trauma flooding the man's mind at that moment.

His wife, visibly shaken and unable to hold back her tears, wept quietly nearby. The attending physician urged him not to delay treatment. However, this clinically correct advice during that tense moment left him with the unintended consequence of adding more anxiety to his already traumatised mind. With mounting pressure, he was reduced to a complete emotional wreck as he felt his world, at that moment, was falling apart. Sadly, that man was me and the date was 23 August 2003.

During the ensuing days, I went frantically searching in vain for help I desperately needed, I felt like being lost hopelessly in the wilderness. All my attempts to solicit help were repeatedly unsuccessful. I had absolutely no help nor support from anyone except my family who, unfortunately, were just as helpless and traumatised as I was. As a retiree, I could ill afford the privilege of consulting expensive cancer experts and spending liberally on their expertise. Therefore, my last and only resort was to rely on just whatever medical assistance I was entitled to as a subsidised out-patient. Ultimately, cornered into frustration and despair, I had no option but to go forward alone. And I did, most reluctantly.

On hindsight, I have often a strong nagging feeling that had I been successful in getting help or someone to guide me on how to deal with my cancer in 2003, the outcome today could possibly be a different one. How fervently wishful I used to think that if there was a NPC Support Group in 2003 to guide and assist me, my story today would probably start and end on a joyful note. But sadly, this was not to be and I have to live my life constantly rectifying the setbacks and mistakes I had inadvertently made along my initial cancer journey.

My story is not exclusive to me. Some, like me, who were diagnosed with cancer before 2005, endured similar if not worse experiences. Due to nobody's fault, we were just plain unlucky then. Fortunately, things began to change for the better in early 2005, when a small group of visionary NPC survivors who were determined to help fellow victims and their families, voluntarily banded together and, with the blessings of NCCS, set in motion the formation of a self-help support group which later became known as NCCS NPC Support Group.

With the NCCS NPC Support Group successfully established, new NPC patients and caregivers were immediately given a platform to share experiences, acquire knowledge, access useful information, and receive psychological / emotional care and support. With this vast network of helpful resources available from the NCCS NPC Support Group, coupled with the advancement in medical science / technologies and enhanced cancer therapies, cancer patients today clearly have an added advantage over those of my era.

My initial cancer journey was arduous and bumpy due to what I ardently believed till today, the lack of assistance and not lack of efforts. Through this poignant experience, I have learned and understood how painful and traumatising it was to walk a cancer journey alone and unaided. During the decade of continual rapport with the NCCS NPC Support Group, I have witnessed the positive impact its benevolence has on cancer patients, survivors and caregivers in the fight against the dreadful disease.

Today, I am absolutely convinced that the NCCS NPC Support Group is truly an asset that has undeniably benefited many, especially new cancer patients and caregivers, in multiple ways.

Looking back, it has been a privilege for me to be associated with the NCCS NPC Support Group and stood, shoulder to shoulder with all the great and selfless survivors who have worked, some are still working,

tirelessly as volunteers to make this benevolent Support Group what it is today. The philosophy of the NCCS NPC Support Group is firmly anchored to the unwavering conviction that no one deserves to walk his or her cancer journey alone and unaided. So, come to the NCCS NPC Support Group any time you need help. There will be, more often than not, a helping hand extended out for you to hold.

紧握我们的援助之手吧！

由伍亚文分享的亲身经历

想象这样一个场面：有一个经常做强健体育运动的59岁男子，在没有任何明显的主要疾病或身体不适的征兆下，看到医生给他的阳性活体检查报告，证实他的鼻子里有一个恶性肿瘤。毋庸置疑，此时此刻的他异常震惊、抗拒现实、焦虑不安、深受挫折。一旁受到惊吓的妻子不禁地战栗，忍不住满眼泪水，继而默默地哭泣。主治医生敦促他不要延误接受治疗。但是，在那个紧张的时刻，这个在临床的角度看起来正确的建议却无端地在他本已受创的心里徒增了更多的焦虑。他感觉压力排山倒海扑面而来，情绪震惊之余，只觉得整个世界在崩溃。很遗憾，那个男子就是我，而那一天是2003年8月23日。

在随后的日子里，我迫切地四处求助，却无济于事。我感觉我好像迷失在荒野中，孤立无援。我试图寻求外界的协助以应对癌症和相关医疗讯息，却屡屡徒劳无功。除了和我一样无助和遭受重创的家人和朋友，我完全找不到任何外援。作为一名退休人士，我没有那个经济能力来请教癌症专家，花大笔的钱征询他们的专业诊断。最终，我毫无选择，只能以一个享有政府津贴的门诊病人可以得到的医疗援助，沮丧而又绝望地独自在黑暗中摸索。

事后，我常常想，如果在我那个年代能够得到他人的帮助或引导来面对癌症的挑战，那么今天的局面一定会有显著的差异。我多么希望当年有鼻咽癌互助组来辅助和携持我，为我指引方向，那么我的故事从头到尾都很可能会更令人欢欣鼓舞。可惜的是，事与愿违，我在早期的抗癌路上一直都是摸着石头过河，不停地靠自己在尝试和纠错的过程中摸爬滚打。

我的故事不只限于我自己。有些在2005年以前被诊断患上鼻咽癌的人也与我有相似的经历，甚至更不幸。我们无法怨天尤人，只能感叹生不逢时。庆幸的是，2005年初，情况出现了好转，一个支持鼻咽癌患者、康复者及其家人的互助小组由一群众志成城的抗癌战士在新加坡国立癌症中心的祝福下，自发地带着助人的良好愿景成立了。这个小组不断发展壮大，逐渐成为了如今颇有成效的鼻咽癌互助组。

鼻咽癌互助组成立后，新的患者和家人有了可以即刻求援的平台，从中吸取经验，学习知识，获取实用信息，并接受心理和情绪上的关照和支持。以今日先进的医疗科技和日臻成熟的治疗方式，再辅以互助组广阔、有效的资源和协助，现今的癌症患者显然已经今非昔比，比起我那个时代幸福得多了。

我早期抗癌的路上充满了艰辛和坎坷，不是因为缺乏努力，而是因为缺乏助力。历经创伤的我切身感受到孤独无助的抗癌之路是那么地痛苦和艰辛。但是，我很欣慰在过去的10年里亲眼见证了鼻咽癌互助组给患者、康复者和家属在抗癌之旅带来积极的影响。我毫无疑问地确信互助组是个为众多——尤其是新的病例和家属提供多重帮助的无可辩驳的宝贵资产。

回顾过去，我很荣幸能和鼻咽癌互助组这个有着崇高信念的组织结缘，也能和其他的志愿者肩并肩地通过辛勤和无私的努力让互助组迈入今日的成功境界。牢牢扎根在互助组的哲理是——没有患者理应孤独无助地踏上抗癌的旅程，这是所有互助组成员毫不动摇的信念。所以，只要你需要，请随时和鼻咽癌互助组联系，我们一定会竭尽所能地向你伸出援助之手！

About *The NPC Journey*

Contracting NPC or for that matter any other form of cancer can be devastating for the person and his or her family.

Often questions like the following ones will pop up:

- Why me?
- Will I survive this illness?
- What is going to happen to me when I undergo the treatment?
- How do I manage and cope?
- How do I take care of myself and my family during the ordeal?
- What do I need to do to recover after the treatment?

These and many more questions have all been asked by nose cancer patients. The NPC Journey attempts to share and answer many of these questions. It contains real authenticated personal experiences of nose cancer survivors from the NCCS NPC Support Group.

Founded in 2005, the NCCS NPC Support Group is a voluntary group formed by nose cancer survivors to reach out to new NPC patients or survivors and their care-givers. The Group is under the auspices of NCCS and works closely with health and medical professionals.

We are here to share our experiences with new patients as we have walked through the treatment journey before, lend a listening ear, offer words of comfort and hope, and help survivors with their post-recovery care through sharing and learning from one another. The Support Group also aims to demystify nose cancer as we believe no one needs to walk their cancer journey alone.

We hope you will benefit from the stories inside this book. Each is written by an NPC survivor or care-giver. For more stories and information on the Support Group, go to <http://www.healthxchange.com.sg/NPC/Pages/nose-cancer-support-group.aspx>

From the editorial team
(all are NPC survivors):

Lim Kok Kiong (since 1994)
Lim Wai Cheng (since 2005)
Lin Jiang (since 2010)
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Supported by

*Department of Patient Support & Psychosocial
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National Cancer Centre Singapore*

关于《走过鼻咽癌的岁月》

患上鼻咽癌或其他癌症会给患者和家人的生活带来始料未及的变化。

新患者往往会有以下疑问：

- 为什么会是我？
- 患了这种病，我还能生存下去吗？
- 治疗过程中会发生什么事？
- 我要如何应对？
- 我和家人该如何经受这个考验？
- 疗后我该做些什么来达到康复的目的？

为了给鼻咽癌患者解答上述疑问，我们根据新加坡国立癌症中心鼻咽癌互助组成员的个人经历编辑了《走过鼻咽癌的岁月》这本文集。

新加坡国立癌症中心鼻咽癌互助组成立于2005年，由一群鼻咽癌康复者自愿发起，目的是向新病患及其家属提供援助。互助组由新加坡国立癌症中心赞助，并与保健和医疗界的专业人士有着紧密的合作关系。

做为过来人，我们和新患者分享自己的亲身经历，也聆听他们的心声，给他们带来安慰和希望，并通过共享经验和互相学习的方法帮助康复者提高疗后的生活素质。互助组希望能解除人们对鼻咽癌的谜思，好让所有患者无需孤独无助地踏上抗癌的旅程。

我们希望您能从这本文集中所编录的由康复者或家属撰写的真实故事中受益。如需参阅互助组的更多文章和信息，请浏览以下网站：
<http://www.healthxchange.com.sg/NPC/Pages/nose-cancer-support-group.aspx>

在此，我们向新加坡国立癌症中心病患支助活动、社会心理服务部门及企业传信部的鼎力支持表示衷心的感谢。

《走过鼻咽癌的岁月》编辑工作组敬上

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林惠清（康复于2005年）

林江（康复于2010年）

张添才（康复于2003年）

Mission Statement

The NCCS NPC Support Group aims to share knowledge, psychological and emotional support to nose cancer patients and care-givers through organised activities, talks, care and the sharing of experiences and practices.

History: The NCCS NPC Support Group was formed in 2005 under the auspices of the NCCS. It has more than 450 members as at 31 August 2015.

Who we are: We are a voluntary Support Group formed to reach out and provide support to nose cancer patients and survivors, and their caregivers.

What we do: We organise talks and other fringe activities for nose cancer patients, survivors and their caregivers. This provides the opportunity for them to share experiences with each other and also to learn from medical and healthcare professionals on how to live and cope with nose cancer.

We Offer HOPE

H – Hand-holding new patients

O – Opportunity for Friendship and sharing

P – Power of Knowledge and Information

E – Encouragement and Emotional Support

For more information on the NCCS NPC Support Group, please visit www.healthxchange.com.sg/NPC/Pages/nose-cancer-support-group.aspx

使命宣言

鼻咽癌互助组的使命是通过举办有关讲座，组织各项活动以及互相分享经验，向鼻咽癌患者和家属提供知识和给予精神及心理上的支持。

我们的历史：鼻咽癌互助组在新加坡国立癌症中心的支持下于2005年正式成立。截至2015年8月底，该互助组已有超过450名会员。

我们是谁：我们是自发组织起来的互助组，致力于向鼻咽癌患者及其家人伸出援手。

我们的活动：我们为鼻咽癌患者，康复者和家人组织讲座和活动，并以此为会员提供一个平台来互相分享经验和向医疗人员及保健专家学习如何面对鼻咽癌治疗以及怎样克服治疗所带来的副作用。

我们给予**HOPE** - 希望

H - 与新病例进行近距离手把手的交流和接触

O - 提供交友和分享的机会

P - 见证知识和信息的力量

E - 提供精神鼓励和情绪援助

请浏览以下网站获取更多有关鼻咽癌互助组的资料

www.healthxchange.com.sg/NPC/Pages/nose-cancer-support-group.aspx

NCCS' Mission in Patient Support

Patient Education Programme at the National Cancer Centre Singapore was formed in July 2004. It changed its name to Patient Support Programme in 2008. It aims to provide a range of patient education and support programmes to help patients and their caregivers to 'live their best', no matter how trying and difficult their situations might be. Programmes include therapeutic support groups, psycho-educational talks, retreats for cancer patients, survivors, as well as their families, children's therapies programmes, ambassadorship service and self-help groups. Some of these programmes are conducted in English, Mandarin and Malay. Patient Support attempts to be holistic in approach, thus utilising a multi-disciplinary team to help patients cope better.

As part of community responsibility, the Patient Support adopts a collaborative approach in the promotion and enhancement of patient education and support by networking with cancer-related agencies. It finds mutually beneficial ways to work together towards patient advancement, such as by conducting psychoeducational training at various community agencies.

The NPC Journey is an important milestone of the advancement of the well-being and interests of our patients and survivors. It clearly shows that the collaborative strategies of partnering patients and survivors and empowering them to organise interest groups, fringe activities among others is the right move forward.

Dr Gilbert Fan

Co-Chairperson, Patient Support Programme, NCCS

新加坡国立癌症中心对病患支助使命的回顾与展望

新加坡国立癌症中心病患教育活动部门创建于2004年7月，并于2008年改名为病患支助活动部门。该部门旨在为患者和家属提供一系列的教育和协助，从而让他们能在面临困境时把生活安排得最好。这些活动以多种语言形式（比如英文、中文和马来文）展开，包括组织创办治疗支持组、精神和心理教育讲座、癌症患者和家庭的拓展活动、儿童治疗课程、关怀大使服务和自助服务群体等。病患支助活动部门本着从整体出发的目的，采用多元化领域的方式来帮助患者更好地面对疾病的来袭。

为了更好地履行社会责任，病患支助活动部门和多个与癌症相关的机构紧密合作，以互助互利的方式来加强和提高病患教育和支助的程度和力度，比如在众多社区机构展开精神和心理教育讲座等。

《走过鼻咽癌的岁月》是提高我们的病人和康复者生活质量与利益的一个非常重要的里程碑，它的问世明确地体现了未来的战略发展趋势，即与病人及康复者通力合作，并授权他们筹办兴趣小组和组织额外活动等等。

范锦棠博士

联合主席，病患支助活动部门，新加坡国立癌症中心



Walking Hand In Hand 携手同行

A collection of sharing real experiences from nose cancer survivors and caregivers to **Inspire**, **Encourage** and **provide Hope** to help new patients and survivors in their journey with nose cancer.

本文集汇聚了鼻咽癌康复者和家属的亲身体验，旨在为新病患和康复者的抗癌之旅提供**启示**、**鼓励**、**希望**和**帮助**。

Disclaimer 声明

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我们希望你可以从作者分享的心得中受益。因为每个人的身体状况都不尽相同，个人的反应也会有所差异。请充分结合自己的实际情况慎重选择。所有文章都是作者个人的经验和体会，仅供参考，不代表新加坡国立癌症中心(NCCS)鼻咽癌互助组、互助组成员或NCCS的立场。因此，NCCS鼻咽癌互助组、互助组成员或NCCS不对文章内容承担任何义务和责任。

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AS IT HAPPENED
Survivors share their treatment experiences

当警钟敲响
康复者分享治疗的过程



“Listen to your body, follow your heart.”
“聆听身体的反应，跟随内心的意愿。”

Hiking in Taiwan 登顶台湾合欢山

Listen to Your Body, Follow Your Heart

Lim Wai Cheng

I was diagnosed with Stage 3 NPC in 2005; the planned treatment was 33 sessions of RT and six cycles of CT. At that time, other than the oncologist, there was no one to turn to for advice. Not knowing what to expect, I kept my spirit high by telling myself that this journey was like a trip up a mountain, tough and challenging.

Each treatment day, I prepared juice and porridge in the morning, packed them into a travel bag, and travelled by Mass Rapid Transit (MRT) to NCCS. While each RT session was quite brief, each CT session took six hours. I made good use of this time by reading books and doing stretching exercises every now and then to ward off boredom. The first two cycles of CT were bearable; the third was the toughest. I felt depressed and wanted to cry all the time. It was not only physically debilitating but also emotionally draining. My inner voice told me that it was too much for me.

In the NCCS NPC support group, I was often asked the following two questions. As a layman to medical science, my corresponding answers are based on listening to my body and following my heart.

Can TCM go hand-in-hand with CT?

My personal view is “yes”. Many of us have found that TCM has helped us to alleviate the side effects brought about by RT and CT. We do not aim to cancel out the effects of CT with TCM. I started TCM at the onset of my

treatment. It effectively helped to improve my appetite, relieve constipation, prevent nausea, counter cold feet and hands, heal those painful ulcers, improve quality of sleep, etc. There are many reputable TCM practitioners in Singapore, and some of them are well versed in western medicine too. What works for me may not work for everyone. My advice is to follow your heart and stay with something you feel comfortable with.

The last three CT cycles

Looking back at my own experience, my third CT cycle was completed towards the end of my RT treatment. By then, my body had weakened much; the brutal side effects of RT made things even more miserable. For three weeks, I was on nasal tube feeding. One day, the nasal tube got stuck and fluid could not flow through. So I pulled out the tube and ate through my throat, enduring the pain. One week later, the ulcers in the mouth were mostly healed, thanks to fresh wheatgrass juice. I began to eat normally and regained my energy. I was on the road to recovery. All I had in my mind was to get back to normal life.

On my visit to the oncologist three weeks after RT completion, he discussed with me the remaining three cycles of CT. I asked him the purpose of the three cycles of CT as the nasal scope showed that the tumour was cleared. I was told they were to kill the remaining cancer cells in the body and reduce the chances of recurrence. So I asked if there was any guarantee that all cancer cells would be killed and that there would be no recurrence. The reply to the twin questions was no. I asked about the ratio of those who did the last three cycles and still suffered a relapse to those who did not go through and still lived well. The answer was 50:50. At that point, I decided not to proceed with these last three cycles of CT. Even though my body was weak, I was already on my road to recovery. I did not want to go back to CT and be down again. There would always be cancer cells in my body. It was only when my immunity was low that I was overcome by cancer. I will take good care of myself – body, mind and spirit. I will eat well, exercise and manage my stress. I was glad the oncologist accepted and respected my decision.

I am glad that I followed my heart. The causes of cancer are complicated and there are no drugs to prevent them. I resolved to change my lifestyle, diet and mindset. I left cancer behind and started a new life, and have never looked back since.

聆听身体的反应，跟随内心的意愿

林惠清

我在2005年被诊断患上第3期鼻咽癌。治疗计划包括33次放疗和6轮化疗。那时候，除了医生，我也不知向谁征询有关应对治疗的讯息，唯有把它想象成是去登山，艰难但却有挑战性，以此为自已加油打气。治疗期间，我每天都自备果汁和粥，放入行李包，自己乘搭地铁到新加坡国立癌症中心。每次放疗在短时间就可做完，可是化疗需花上6个小时。我带些书本去阅读，也不时地做伸展运动来好好利用时间。头两轮的化疗还勉强熬过去了，第3轮的化疗最辛苦。我感到很忧郁，一直想哭。化疗不单摧残了我的身体，也耗尽了我的意志力。我的内心告诉我，身体已经承受不住了。

在鼻咽癌互助组，经常有人问我以下两个问题。我对医学一窍不通，所做的决定都是聆听身体的反应和跟随内心的意愿。

化疗期间能同时服用中药吗？

我个人对此的看法是肯定的，我们当中有很多康复者见证了中药如何减缓放疗与化疗产生的副作用。我们并不是打算以中药取代化疗。我本身打从治疗一开始便采用中药来调理，它能有效地改善食欲，消除便秘，防止呕吐，改善手脚冰冷，治愈口疮等症状，并改善睡眠质量。在新加坡有很多有信誉的中医师，当中也有些是贯通中西医的。适合我的未必适用于每个人。我建议大家跟随内心的意愿选择适合自己的疗程。

最后3轮的化疗

回顾自己的经历，第3轮的化疗是在放疗结束前完成的。那时候，我身体已经非常虚弱，再加上放疗引起的严重副作用，真是苦不堪言。我连续3个星期靠导管插进鼻孔进食。有一天，管子堵塞，液体不能流通，我只好把管子拔掉，忍痛用嘴和喉咙进食。用新鲜小麦草汁漱口一个星期后，我的口疮好了很多，开始能够正常进食并且恢复体力。我开始迈向康复的道路了，一心想着如何努力恢复正常生活。

放疗结束3个星期后，我回去复诊。医生和我讨论接下来3轮的化疗是否要继续。我问医生，“鼻咽窥视镜不是证实肿瘤已经消除了吗？为什么还要做化疗呢？”医生解释那是为了清除体内残存的癌细胞，并且减低复发的机率。那么，能不能保证所有癌细胞都会被清除，癌症不再复发呢？医生的回答是否定的。我接着问他选择做完剩余3轮化疗仍旧复发的机率，和那些选择放弃化疗却没有复发的机率。他的回答是50：50。我当即选择不再继续做化疗了。虽然我的身体有些虚弱，但是我已经开始迈向康复了。我不想回去做化疗，再次承受药物的折磨。每个人的体内都有癌细胞，只因为我的免疫力低，才让癌症有机可乘。今后，我要通过良好饮食，积极运动和疏解压力等方式，好好照顾自己的身心健康。很庆幸医生能接受并尊重我的决定。

我很欣慰能跟随内心的意愿做出决定。致癌的因素很复杂，也没有药物可预防癌症。我下定决心改变生活习惯、饮食和心态。我毫不犹豫地放下了癌症，义无反顾地开启了新的人生。



“The body, mind and soul must understand cancer does not mean death.”
“整个身心灵都要理解癌症并不等于死亡。”

How I Beat Cancer

Jimmy Lee

In July 2004, I was diagnosed with Stage 3B NPC that had metastasised to the lymph nodes. Surgery was out of the question because one of the lymph nodes was too close to my shoulder blade and near my heart artery.

My oncologist advised that I undergo 33 sessions of RT and 6 cycles of CT. I fear no death and was very positive that I could overcome the cancer. I asked very specific questions, including “What will happen if I don’t take up the offer?” The answer: live for six months to a year.

Treatment started in August 2004. After the first two RT sessions and the first cycle of CT, I was still feeling upbeat and smiling. As the number of RT sessions reached the fifteenth mark and the third CT cycle ended, I found the going very tough. Although I was very alert and steady and had TCM support alongside my treatments, my body could not take it. My weight dropped from 70 kg to 50 kg, I lost all appetite for any food or drink, and I could not swallow liquid anymore. My saliva was 90% gone. I was in extreme pain as the interior of my throat was so sore. The skin on my neck cracked. Swallowing food and liquid was a painful ordeal and I could survive only on juices and nutritious milk.

Two days after the third CT cycle, my stomach started to bloat and I had problems with urination and passing motion. These complications were due

to the side effects of RT and CT. That evening I got myself admitted to the hospital. Treatment was immediate and the bloating receded, providing much relief. I was also put on a drip as my minimal liquid intake had made me severely dehydrated.

At that point in time, friends who visited me started to circulate emails among themselves that I would not pull through. Friends from abroad also turned up to see me. This really jerked me up that I emailed my buddies not to circulate such messages anymore and to give me the support and pray for my speedy recovery. I promised them I would stand on my feet again and party with them.

While getting ready to be discharged, I prepared for the worst. Time was not really on my side – I had only 3-4 months to live if my situation did not improve. Looking up at the sky from the hospital bed, I made a request to Heaven: “If my time is up, please take me away as soon as possible for I am prepared. If not, please get me healed so I can guide other cancer patients.” It was a great relief and joy to totally unload my baggage and sincerely surrender my life without regret and tears.

After a day’s rest at home, I decided to search the Internet to learn more about cancer. After sifting through the plentiful information, I learned that there are many ways to treat cancer alongside conventional treatment. I gathered the best combination which was simple and available locally. For the past two months, I had been buying unnecessary and expensive supplements recommended by friends.

All did not work because there was no co-ordination as to what to take, when and in what amount for the supplements to be effective. In fact, very basic dietary changes alone can help a sick body. Brown rice, vegetables, fruits, fish, exercise under the sun, fresh air, clean water and lots of rest help to strengthen the body’s immune system. Herbs like lemongrass, turmeric, hei mian jiang jun, papaya leaf, long wei chao, etc. are a collective great source from Mother Nature. There also has to be a change in mindset, one that believes natural medicinal herbs can help to heal the body and boost immunity.

I followed this basic diet regimentally and after three days I was well enough to eat without pain relief from morphine. It took me another one month to go into remission. Altogether it took me 100 days to get healed, which is a miracle. Looking back, I must say the body, mind and soul must understand

cancer does not mean death. I only have myself to blame for not taking good care of my body. Be brave to accept it instead of asking “why me”? Be at peace with yourself. Learn to be more forgiving and love others, not forgetting to love yourself and your body too.

One should not panic when diagnosed with cancer. Consult your doctor and seek the opinions of close friends and family members. Search for answers on the Internet before deciding the next step. Once a decision is made, stay focused and observe how the body reacts to changes.

Family and friends can support you but you have the right to choose because, after all, it's your life. You also must have motivation. My biggest challenge came from my wife in the form of a simple statement: “If you wish to see your sons graduate from university and get married, then fight for it.” This statement pained me and drilled deeply into my mind. But, it worked as I had something to look forward to.

After about nine months in remission, friends started to refer their friends and relatives to me for “counselling” on cancer. For the past 10 years, I have been healthier than before I contracted cancer. My life changed for the better – healthy living with no bad habits. All these years, I relied on fresh herbs, diet and exercise to maintain a good immune system, always mindful that, in medical terms, I am healed but not cured.

Cancer can still rear up if I am complacent. The compassion to help cancer patients was so strong that a group of friends and I have teamed up to form another cancer support group called Brain Wave Quantum Healing in Hainan Hwee Kuan for the past four years.

To those who are still struggling, don't give up! As long as you have the will to live, you can create your own miracle by accepting, hoping, believing, changing your diet, sharing, being grateful, having a strong faith, and being kind to others. Join any support group you feel comfortable with. It's a good morale booster and you benefit from learning other survivors' cancer journey. Remember, mind over body. The mind and heart is a very powerful instrument as long as you stay positive and listen to the body. No one can understand you better than yourself.

我的抗癌之道

李荣基

2004年7月，我被诊断为鼻咽癌3B期，而且癌细胞已经转移到淋巴结了。手术治疗不在考虑之列，因为其中一个淋巴结太靠近我的肩胛骨和心脏动脉了。医生建议我进行33次放疗和6个疗程的化疗。我并不畏惧死亡，也对征服癌症非常有信心。我向医生咨询了很具体的问题，其中包括“如果我不接受这样的治疗会是什么结果？”答案是：我还剩下6个月到1年的时间。

治疗从2004年8月开始。最初的两次放疗和首轮化疗我还应付得来，依然能开朗地微笑。当放疗达到15次，第3轮化疗也结束时，我终于体会到治疗过程的艰辛。虽然我有心理准备，能沉着应对，也有中医的辅助治疗，但身体还是无法继续承受。我的体重从70公斤下降到50公斤，对任何食物和饮品都丧失了胃口，甚至连液体食物也咽不下去。我的唾液减少了90%，喉咙因灼伤而极度疼痛。我颈部的皮肤开裂了，吞咽食物成为严酷的折磨，只能依靠果汁和营养奶维持生命。

第3轮化疗结束的2天后，我开始感到腹胀，排尿和排便也出现了困难。这是放疗和化疗引起的并发症。那晚我住进了医院，经过立即治疗，腹胀问题减轻了，这给我减轻了很大的痛楚。由于摄取水分不足，我的身体严重脱水，需要打点滴补充水分。

当时，来看望过我的朋友开始通过电邮讨论我的病情，认为我撑不下去了，还有朋友从国外过来看我。这些都使我深感震惊。我发电邮给朋友们，让他们不要再传播这样负面的消息，而要给予支持并为我能尽快康复而祈祷。我向他们保证我一定会坚强地站起来，继续和他们一起聚会，享受人生。

在等待出院的时候，我已做了最坏的打算。如果时间真的无法由我自己掌控，病情得不到改善，我的生命就只剩下3-4个月时间了。在病床上遥望天空，我向上苍祈求：“如果我的大限已至，请立刻把我带走，越快越好，我已经准备好了。否则，请让我康复，让我能去帮助和引领其他的癌症病患。能够彻底卸下包袱，心怀坦荡，无怨无悔地离开这个世界，对我是种巨大的解脱。

在家休息了一天，我决定上网搜寻资料，了解更多关于癌症的知识。经过查看各种信息资料，我发现可以运用许多方法来辅助传统治疗而治愈癌症。我采用了本地能找到的既简单又有效的最佳组合。

在过去的两个月，我买了朋友介绍的昂贵又不必要的保健品，都收效甚微，因为在保健品的种类、服用时间和剂量上没有选配好来达到应有的疗效。事实上，很基本的饮食改变就可以对病情有所帮助。糙米、蔬菜、水果、鱼类、户外运动、新鲜空气、干净食水和充分休息都有助于增强身体的免疫系统。药草如香茅、黄姜、黑面将军、木瓜叶、龙尾草等都是大自然赋予的宝贵资源。我们的心态也需要改变，要相信天然药草能帮助治疗和增强免疫力。我严格地遵照这些食谱进餐，3天后就能够不依靠吗啡止痛来进食了。又过了一个月，我的症状减轻了。总共只用了100天我就痊愈了，这真是奇迹。

回顾过去，我必须强调我们的整个身心灵都要理解癌症并不等于死亡，我只能怪自己没有照顾好自己的身体。与其一直问“为什么会是我”，不如去勇敢地接受它。保持内心的平静，学会宽容和爱护别人，也别忘记珍爱自己和保重身体。

被诊断为癌症后，千万不要恐慌。向医生咨询，请教亲近的朋友和家人，上网查找信息，再决定如何迈向下一步。一旦做了决定，就要专心地去实行，仔细观察身体对病情变化的反应。家人和朋友会支持你，但你有权作出选择，因为毕竟，这是你的生命。

你必须要有动力。我最大的挑战来自于我太太的一句话：“如果你想亲自参加你儿子的大学毕业典礼和婚礼，就要与癌症抗争！”这句话触痛了我并深深地印在我的脑海里，但是它也时时激励着我，因为我的生命中还有许多重要的事情可以期盼。

在我迈入康复期9个月后，朋友们开始介绍他们的亲友来向我咨询有关癌症的问题。过去的10年来，我比患癌前更健康，因为我的生命变得更加美好了——健康生活，没有坏习惯。这些年来，我依靠新鲜药草，健康饮食和经常运动来维持良好的免疫系统，并谨记从医学角度来看，我的病只是被治愈而不是被根除。

如果我大意的话，癌症就有可能复发。在过去4年里，本着希望能帮助癌症病患的强烈愿望，我和一群朋友在海南会馆组建了另一个癌症互助组，叫作脑场意识健生法。

正在与癌抗争的朋友们，千万不要放弃！只要有强烈的生存愿望，通过接受事实、保持希望、充满信心、改变饮食、分享经验、心怀感恩、坚持信仰和与人为善，你能创造属于你自己的奇迹。加入你认为适合的互助组，你会从学习其他康复者的抗癌经验中受益并增强斗志。记住，意志可以战胜体力。保持积极的心态和聆听身体的反应，意志和信心会是很强大的工具。没有人比你更加了解你。



“I now appreciate life more and have decided to live in a more meaningful way with hopeful perspective.”

“现在的我更懂得珍惜生命。我决定谱写一个更充满希望，更有意义的人生。”

Blessing from origami cranes 千纸鹤卧室

A Celebration of Hope and Faith

Eric Villaroman

My colourful journey is a tapestry of stories of loved ones and family showing that hope is present when faith arises.

Like many Filipinos, I work in Singapore to earn a living and provide financial support to our families in the Philippines. In early 2006, I met Christine, my first girlfriend. A few months later, my father was diagnosed with leukaemia, a cancer of the blood. He gave in to the illness and passed away in February 2007. Treatment costs were high and I used up a substantial part of my savings to pay for his treatment.

Come September 2007, I began to lose weight. I consulted a general practitioner and was diagnosed with diabetes Type 2. The passage of just a few months brought worse news. One early morning, I had torrential nose bleeding so I went to the Accident & Emergency Department of Tan Tock Seng Hospital. A lump was seen inside my nose and a biopsy was performed. A week passed and I got the results of the laboratory tests. It was NPC. Even worse, it was Stage 3. Moreover, the cancerous cells had spread to the lymph nodes on my neck.

Trials came one after the other. It was not just physical and financial challenges. More so, it was an emotional battle – a test of faith and hope. Through those trials, I have experienced how circumstances can turn into something meaningful and profound which could otherwise critically devastate a cancer patient's life.

Though it was a really tough time, I had many blessings and support from my family, loved ones, friends, colleagues and even people I didn't know offering prayers of healing and strength. Christine was very supportive during those difficult times.

Eventually, I was referred to the NCCS for treatment. During pre-treatment, I was introduced by my radiation oncologist to the NCCS NPC Support Group. I joined the group and have met new friends and found support from the members. Through the monthly talks and periodic activities in this group, I gained much helpful information and tips that I needed during the treatment. There were highly qualified guest speakers who shared their respective expertise in the various aspects of NPC, as well as members who imparted their own survival experience, inspirations and encouragements.

On the first day of treatment, I was accompanied and covered with a powerful and moving prayer by two pastors I barely knew. I had the opportunity to experience the caring hands and compassionate hearts of the doctors, nurses, radiologists, health workers and staffs at the Singapore General Hospital (SGH) and NCCS. I had intimate times with my mother and brother, who came to Singapore to be my care-givers. Concerned friends and colleagues visited, cooked and brought food, and provided cheerful stories.

I had great friends with their families who offered kind and inspiring acts such as the 1000 Folds Of Hope, a collaborative project that provided encouragement to me by folding 1000 origami cranes with encouraging notes on the wings of some of the cranes.

My NPC treatment, which combined RT and CT, lasted six months. At the end of the treatment I was 10kg lighter. There were also side effects that even now I still have but have learned to manage. Indeed, having cancer is life-changing. On the positive side, it could turn disheartening events in many different and encouraging ways. I now appreciate life more and have decided to live in a more meaningful way with hopeful perspective.

Two years after I was diagnosed with NPC, on January 8, 2010, I proposed to Christine. Of course, she said "Yes!" We got married in Manila a year after, on January 7, 2011. We had even used the origami cranes as the motif in our wedding to remind us of the new life that God has given us.

However, it is known that one of the side effects of CT is the possibility of infertility. In March 2008, before the start of my treatment for NPC, I had my sperm stored at a cryo-storage facility in SGH as a precautionary measure.



Wedding ceremony 千纸鹤婚礼



A few months before the wedding, I had my sperm checked in SGH to see if it was normal. The news was bad – laboratory tests showed the chance of having a baby was very low.

One month after the wedding, another event happened. This time it was a totally different episode. Christine was pregnant, naturally! Miracles really do happen! Today, we are blessed to have our three-year-old daughter, Anna Izabelle, a living testimony that there is hope and life after cancer.

Almost seven years have passed since I was treated for NPC. Like anyone's ordinary life, it is full of ups and downs. This journey is a celebration of hope and faith, not just for survivors but for care-givers and supporters as well!

希望与信念的颂歌

埃里克

我的抗癌旅途上充满着有信念就有希望的传奇故事。

和很多菲律宾人一样，我在新加坡工作，为远在家乡的亲人提供经济上的援助。2006年初，我和我的第一位女友克里斯汀相识了。

几个月以后，我父亲被诊断出患上了白血病。虽然我积蓄的一大部分都用来为父亲支付昂贵的医疗费用，他还是不幸地被病魔击倒了，于2007年2月病逝。

2007年9月，我的体重骤然下降。经过检查，医生说我患上了2型糖尿病。几个月以后，更坏的消息来袭了。一天早上，我的鼻子突然大出血，于是我去了陈笃生医院的急诊部。医生观察到我鼻内有一个肿块，就帮我做了活体检查。一个礼拜后，化验结果显示我患上了第3期鼻咽癌，癌细胞也已经扩散到了颈部淋巴里。

考验接踵而来。除了身体和经济上的困境，接连不断的打击也测试了我的心理承受能力——一个信念和希望与病魔之间的较量。经过这些洗礼，我对如何积极地在困境中发挥正能量的威力，重新赋予生活丰富的内涵有了切身的体验。虽然抗

癌过程很辛苦，我却觉得很温馨，因为我的家人、爱人、朋友、同事甚至一些陌生人一直都在为我早日康复而祈祷。克里斯汀在我面临如此困难的时期给了我强有力的支持。

几经辗转，我到了新加坡国立癌症中心接受治疗。通过放疗师的引荐，我参加了鼻咽癌互助组，并在这里遇到了很多新的朋友，也从中获得了许多帮助。在互助组每月举办的讲座和定期的活动中，有特邀的资深嘉宾给我们讲授各个与鼻咽癌相关的专题领域的知识，也有成员分享自己亲身的抗癌经历和心得体会。我从中汲取了很多治疗过程所需的宝贵信息和诀窍，以及精神上的鼓励和支持。

我第一天接受治疗的时候，两位热心的牧师为我主持了强大而感人的祈祷仪式。在整个疗程中，我受到了来自新加坡中央医院和新加坡国立癌症中心的医生、护士、放射医师和其他医务人员的无微不至的关怀和照顾，我的母亲和弟弟还特地来到新加坡照料我的饮食起居。朋友和同事们也常常来看望我，帮我烹制菜肴，还带来各种美食，并时不时地和我分享欢愉的故事。

令我非常感动和深受鼓舞的是，我的朋友和他们的家人一起为我折叠千纸鹤祈福，并在鹤的翅膀上写下深情的祝福。

结束为时6个月的放疗和化疗后，我的体重减轻了10公斤。直到今时今日，我还会受到副作用的干扰，但是我已经学会了如何去应对。

患上癌症的确是我生命中的转折点。从积极的方面来看，它可以把令人揪心的坏事通过各种不同的方式进行逆转，从而让人欢欣鼓舞。现在的我更懂得珍惜生命。我决定谱写一个更充满希望，更有意义的人生。

确诊患上鼻咽癌的两年以后，我于2010年元月8日郑重地向克里斯汀求婚了。当然，她很开心地回答：“我愿意！”一年后，即2011年元月7日，我们在马尼拉举行了婚礼。我们把千纸鹤作为婚礼的主题词，以感谢上帝赐予我们的重生。

但是，众所周知，化疗的副作用之一是它有可能引起不孕。2008年3月，在开始接受治疗之前，我把我的一部分精子冷冻在新加坡中央医院的精子库，以备不时之需。结婚的前几个月，我去检查冷冻的精子是否正常，测试结果却差强人意——我被告知靠它们受孕的几率很低。

婚后一个月，我们家又发生了另外一件大事。和上述那些触目惊心的坏消息不同，这次迎接我们的，却是让我们喜出望外的天大的喜事——克里斯汀怀孕了！而且是自然怀上的！奇迹真的发生了！现在，我们可爱的女儿安娜已经3岁了，她是我在患癌后仍能拥有喜悦和希望的见证！

我接受治疗已经7年有余了。和所有人一样，我的人生有起有落。我的抗癌历程是一首希望与信念的颂歌，不仅仅只是为我而奏响，也为我的家人和众多的支持者！



“Having cancer is not the end of the world. Be positive and brave enough to face it.”

“罹患癌症并不代表世界末日的来临。保持积极的心态，勇敢面对未来。”

At Gardens by the bay, 在滨海湾花园

My 7-Year Cancer Sojourn

Jovy Li

I was diagnosed with Stage 3B NPC four days before 2008 began. The odd thing was I did not experience any of the usual symptoms. While awaiting the results of the biopsy performed the week before, some thoughts and questions had floated around in my mind: “cannot be”, “may not be”, “why me”... There were no answers to be found.

Upon hearing the news of the diagnosis, I was sad. However, I wasn't scared as I strongly believed that I could recover with proper treatment; I received both RT and CT. Some people choose to conceal their sickness but I decided to open up to everyone. I kept on communicating with my friends, colleagues, relatives while undergoing treatment. They visited me very often and gave me a lot of encouragement, especially when I got depressed.

During the four-month treatment course, I experienced most of the side effects of RT and CT. I couldn't sleep almost every night because there were many tears in the skin on my neck from the fifth week of RT onwards – the blood from those tears stuck to my collar and pillow. I couldn't eat because the inside of my throat was burnt and the minimal food I could manage to eat somehow smelled like they had rotted. As for CT, it caused me to take two hours to drink just one cup of milk, and I almost vomited every time. In total, I lost 13kg during the four months.

Despite all the suffering I completed the whole cycle of RT and CT. One important factor was the NCCS NPC Support Group. I met one NPC patient who was a member and we encouraged each other to fight the cancer. I joined the support group and attended many of their talks, which provided a lot of positive and professional knowledge on how to fight cancer. Members also shared many practical experiences along their own treatment journeys.

After finishing CT and RT treatment, I had TCM treatment for three years. Toxins were retained in the body during CT and these needed to be cleared. TCM medication may be one of the best ways to do this.

Right now, I suffer from having a dry mouth, stiffness in the neck and a cough. Hoping to relieve these, I have consulted many specialists and tried different types of medication but in vain. Since it looks like I'll never be able to get rid of these after treatment effects, I have come to accept them and live with them.

At this point in my cancer journey, I can't say that I am a successful survivor. But at least I earned several thousand more days in my life. I earn one more day each time I wake up in the morning. For me, this is not a negative viewpoint, but an optimistic one as I am always looking forward to the future. Quality of life has become more important to me. I'll swim and play soccer every week as long as I can, and have reduced my workload by downgrading job-wise. I have also learned to keep calm, and travel to neighbouring countries for relaxation. Before I end this account of my treatment experience, let me say a special thank you to my wife. She gave me a lot of support, never cried or even appeared anxious in front of me. Ever so brave and independent, she looked after our four kids and managed the household during my treatment period.

Having cancer is not the end of the world. Be positive and brave enough to face it. Let your smile change the world, but don't let the world change your smile.

与癌共处，七年之旅

李永威

在还有4天就要迎来2008年的时候，我被诊断为鼻咽癌第3B期。奇怪的是，我并没有感觉到有什么不寻常的症状。在等待一星期前做的活体切片检查报告时，各种各样的疑问出现在我脑海：“肯定不会的”，“可能不会吧”，“为什么会是我”……我百思不得其解。

听到确诊的消息，我非常难过，但我并不害怕，因为我坚信通过适当的治疗一定会康复。我接受了放疗和化疗。有些人选择隐瞒病情，但我决定不这么做。在治疗的过程中，我和亲戚、朋友、同事都一直保持沟通。他们经常来看我，给我很多鼓励，尤其在我情绪低落的时候。

在那4个月的疗程中，放疗和化疗的副作用最为严重。从第5周的放疗开始，我颈部的皮肤出现了很多小裂痕，从中渗出的血迹沾在我的领子和枕头上，这使我几乎每晚都失眠。放疗后的咽喉灼烧痛导致我不能进食，勉强吃下去的一点东西闻起来也有腐烂的味道。而受到化疗副作用的影响，我连喝一杯牛奶都需要两小时，而且差不多每次都会呕吐。在这4个月里，我的体重足足减轻了13公斤。

然而，这些遭遇都没能阻止我坚持完成放疗和化疗。鼻咽癌互助组的帮助是我能坚持下去的重要因素之一。我遇到了一位也罹患鼻咽癌的互助组成员，我们互相鼓励，共同对抗癌症。我也加入了互助组，参加了很多讲座，从中获得大量正面和专业的抗癌知识。组员们也互相分享治疗的经历，交流实际经验。

化疗和放疗结束后，我接受了为期3年的中医调理。由于化疗产生的毒素还残存在身体里有待清除，我认为中医是清除毒素最好的方法之一。

目前，我还受到口干，颈部僵硬和咳嗽这些问题的困扰。为了缓解这些不适，我咨询了很多专家，也尝试过很多种药，但收效甚微。既然这些并发症看起来无法消除，我也就渐渐地接受它们成为我生活的一部分。

时至今日，我还不能算是一个成功的康复者，但至少我为生命额外赢得了好几千天的宝贵时光。每天清晨醒来，我就赢得了新的一天。对我来说，这不是负面的而是乐观的想法，因为我一直展望未来。生活质量对于我变得更重要。我尽量每星期都游泳和踢足球，也放缓和减轻了工作量。我学会了保持冷静，也经常去邻国旅行，放松心情。

在我的经验分享结束之前，我要特别感谢我太太。她给了我很多支持，从来没有在我面前哭泣，甚至完全没有表现出她内心的焦虑不安。在我患病治疗期间，她一直这么勇敢和独立，如常照顾我们的4个孩子并妥善料理家务。

罹患癌症并不代表世界末日的来临。保持积极的心态，勇敢面对未来。让你的微笑去改变世界，而不是让世界来改变你的微笑。



MANAGING SIDE EFFECTS

How to deal with the side effects of the treatment

应对副作用

应付治疗引起的副作用的方式



“Don’t just ask for advice. Act upon the advice and dare to try it out.”

“不要只是询问，听取建议后要勇于尝试。”

Family gathering, 家庭聚餐

If Others Can Do it, So Can I

Edmund Gao

I had Stage 2 NPC in May 2003 and was treated with RT. After treatment, I continued to work as a taxi driver without much rest.

In my case, the long-term side effects of treatment began to set in after 5 to 6 years. I had double vision as well as a swallowing problem. I could not chew solid food and had to eat food with some fluid added. Worse, a speech problem developed and I was unable to roll my tongue and speak properly. I also had problems with tinnitus and blockage in the ears.

By the end of November 2010, my swallowing problem had led to pneumonia and I was put on tube feeding. I was very depressed and even thought of committing suicide.

I am grateful to those NCCS NPC Support Group members who encouraged me to move on. I was motivated by the living example of so many survivors. If others can do it, I can too. I removed the feeding tube and was determined to make an effort to get back to normal life. I started with a soft diet, blending all food into semi-liquid form for easier consumption. Gradually, I put back some weight.

I continued with speech therapy in the hospital for a year in 2011 but there was little improvement. However, I remained open to advice and was keen to try other ways to help myself. I turned to meditation in 2011. As I stilled my mind, I was able to manage my swallowing and speech with the help of the meditation master.

In 2012, I started to practise Rejuvenate Exercise, a combination of Qigong and yoga; the programme is run by dedicated volunteers free of charge. I

practised every morning from 5:30am to 7:30am. Ever since I started this exercise, my speech has improved and I can talk more. I hardly fall sick and there has been no more incidence of pneumonia. Also, my hearing improved and I feel more energetic.

In addition, I also learned Brainwave Therapy, Chang Sheng Xue and Bodhi meditation. These classes are offered free of charge by kind volunteers with good intention to help people.

Looking back at my own NPC journey, I would like to share the following:

- We are our own best doctor. There is no medicine for side effects. We have to help ourselves.
- Often answers for side effects can be found in complementary remedies.
- Maintain the body well and the internal organs will work well too. Exercise is very important. Persevere everyday and do not stop just because the symptoms of side effects have subsided.
- Be eager to learn and practise. Don't just ask for advice. Act upon the advice and dare to try it out.
- Never compare yourself with normal healthy people. Compare with those who are worse off than you. Strive on and do better.
- Be realistic and do not expect a full recovery.
- Live happily. Don't worry about dying. We all die one day. I want to die in a happy way.
- The worst side effects of RT are swallowing and speech problems. Only exercise can help to maintain your current bodily capabilities and stop the deterioration.

别人能做到，我也能

高铭隆

2003年5月我患上鼻咽癌第2期，做了放疗。治疗过后，我继续以驾驶德士为生，没有充分休息。

以我的经历，后期副作用是在治疗的5、6年后开始出现的。我的视觉有双重影像，还有吞嚼困难，很难咀嚼固体食物，必须加些汤水才能进食。更糟的是，我讲话也出现问题，舌头不能转动，造成讲话口齿不清。我还受到耳鸣和耳塞的困扰。

直到2010年11月，我因吞嚼问题导致肺炎，必须在鼻孔套上管子进食。当时的我，感到非常忧郁沮丧，甚至有轻生的念头。

我非常感激鼻咽癌互助组的好朋友鼓励我继续走下去。看到那么多康复者的好榜样，我告诉自己，别人能做到，我也能。我拔掉管子，下定决心恢复正常生活。我把所有食物都搅烂成为流质食物，方便饮食。慢慢地，我的体重增加了。

2011年，我在医院接受语言障碍矫正。一年过去了，却毫无进展。但是，我还是很开通地接受他人给我的建议，积极地尝试其他方法帮助自己。那一年，我学习静思。当我把心沉静下来时，通过师父的协助，我就能够克服吞嚼和讲话的困难。

2012年，我开始练返老还童呼吸法。那是一套气功和瑜伽相结合的功法，由一群很有爱心的义工免费教导。每天早上5点半至7点半我都会去练功。自从练功以来，我的口齿更清楚了，并且能够多讲些话。我很少生病，也不再患有肺炎。而且，我的听觉进步了，人也感到精神好了很多。

除了练功，我还学习脑场，长生学和菩提禅修。这些课程都是善心人免费提供的。

回顾我的鼻咽癌路程，我希望和大家分享以下的心得：

- 我们是自己最好的医生，没有药物可以减缓副作用。我们得自己帮助自己。
- 尝试辅助治疗减轻副作用。
- 好好保养身体，五脏六腑也会跟你合作。运动很重要，持之以恒，不要因为副作用减缓了就怠懈。
- 积极学习并实践。不要只是询问，听取建议后要勇于尝试。
- 不要和一般健康的人相比，还有很多人比你糟糕。努力加油做得更好。
- 面对现实，不要强求完全复原。
- 开心地过日子，别担忧死亡。每个人都会走到生命的尽头，我要开心地走完我的人生。
- 放疗最糟糕的副作用是吞咽和讲话困难。只有靠运动才能维持身体机能和防止功能的退化。



“Better management minimises pain and discomfort during treatment.”

“更好地克服治疗期间的副作用，尽量把疼痛和不适减至最低程度。”

At aloe vera garden, 在芦荟园

Aloe Vera & Manuka Honey for RT Relief

Teo Thiam Chye

RT invariably results in skin burns and ulcers of the mouth and throat, causing pain and discomfort to patients. Aloe vera and manuka honey can help provide protection against and relief for these burns and ulcers, respectively.

Aloe vera

The gel from the leaf of the aloe vera plant is known to heal burns and cuts, leaving no trace of scars. When applied regularly, the gel will prevent burns on the skin of the neck in those undergoing RT. Aloe vera leaf is readily available at wet markets, supermarkets and farms in Lim Chu Kang and Sungei Tengah. A word of caution: Avoid using commercial aloe vera products to prevent an allergic reaction on the skin which is already affected by the radiation.

How to prepare aloe vera gel:

1. Slice away all the skin of the leaf with a knife.
2. Put the pulp under running water for 20 seconds to wash away the yellow sap. The yellow sap will cause skin irritation when applied.
3. Put the pulp into a bowl and leave it for 5-10 minutes.
4. Remove the pulp from the bowl.
5. Drain off any excess water. The gel left behind is what you need. Should you need more gel, cut into the pulp.
6. Store the gel in a container and keep it in the refrigerator.

For daily use after each RT session, apply liberally at least 3-4 times on the neck and sides of the face, increasing the frequency to six times a day as the treatment course (typically 30+ sessions) progresses. There is no limit to the number of times one should apply the gel – the more times, the better. The gel dries on the skin within five minutes, leaves no stain or sticky feeling, and washes away easily during a shower (there's no need to use soap to remove it). If your skin starts to tear or burns appear despite the use of aloe vera gel, seek medical help.

Manuka honey

Manuka honey can prevent mouth and throat ulcers from occurring during RT treatment. It can also heal ulcers and a sore throat. Patients can avoid a very painful experience with mouth and throat ulcers when the manuka honey is taken correctly. This will allow patients to have a better quality of life whilst undergoing RT, allowing them to eat normally, thereby strengthening their body through the treatment period.

What is manuka honey and how is it different from other types of honey? Briefly, it is a special kind of honey brought about by bees and the manuka plant. The combination creates a special anti-bacteria property that heals ulcers and a sore throat. It is called the unique manuka factor (UMF). You need to purchase UMF +10 manuka honey for effectiveness. There is no need to purchase beyond UMF +12 as the higher level does not necessarily mean that it will be more effective. Manuka honey comes only from New Zealand and there are imitations so check for the country of origin and buy only reputable brands.

How to use it:

1. One week before the start of RT, place a teaspoon of manuka honey in your mouth.
2. The teaspoon should be plastic, ceramic or wooden. Do not use metal ones as metal affects the properties of the honey.
3. If possible, spread the honey around the mouth with your tongue and leave it to melt naturally over 5-10 minutes. If you are not able to spread it around the mouth, it is alright.
4. After the honey has dissolved and flowed down the throat, you may wish to drink a small glass of room temperature water. This is not to wash the honey down but to just wet the mouth and throat.

Taken regularly at least three times a day, manuka honey will help to protect the mouth and throat from the radiation burns that cause ulcers. If

necessary, take it five times per day, spread out over the day. Ulcers in the mouth and throat usually appear at night when you are asleep. Should you feel “heatiness”, please do take a teaspoon of honey just before you go to bed. Do not wash your mouth and follow Step 4. You are likely to feel better the next day. However, for those with sensitive teeth, please be aware of your oral hygiene.

Manuka honey can also be made into a drink for maintenance purposes. Take a teaspoon and stir in room temperature water. Pour the mixture into a tumbler and drink it throughout the day. It also serves as an energy drink and at the same time offers continuous protection to your mouth and throat against ulcers. If ulcers still appear in the mouth or throat despite taking the manuka honey, seek medical assistance.

芦荟和麦奴卡蜂蜜在放疗期间为您排忧解难

张添才

接受放射治疗不可避免地会产生皮肤灼热和口腔、喉部的溃疡(俗称口疮)的副作用,带来痛苦和不适。芦荟可以保护皮肤,麦奴卡蜂蜜可以有效地减缓口疮带来的困扰。

芦荟

从新鲜芦荟叶片中提取的汁液能治愈烧伤和割伤,而且不留疤痕。在放射治疗期间,如定期搽用,可以避免颈部皮肤遭到严重烧伤。湿巴刹,超市和坐落在林厝港及双溪登雅的农场都可以买到芦荟叶片。

温馨提示:请不要使用市面上的商业芦荟制成品以防止皮肤产生过敏反应。

如何做好准备工作

1. 用刀削去芦荟叶片表皮;
2. 把芦荟叶肉用清水冲洗20秒,洗掉黄色的黏液。黄色的黏液如果不去除,可能引起皮肤痒;
3. 把芦荟叶肉切成小块放在碗里,放置5-10分钟;
4. 适当挤压芦荟叶肉,取出残渣;
5. 碗内如存有过多的水分,需滤干。留下的汁液即可使用。如芦荟汁太少,可把叶肉残渣切得更碎,从中提取更多汁液;
6. 把芦荟汁放在适当的容器中,储存于冰箱内。

在接受放射治疗期间,每天疗后在颈部和脸部搽用3-4次,随着接受放疗时间的增加(尤其是疗程后期连续接受放疗超过30天之后),每天搽用的次数可增至6次。每天搽用的次数没有顶限,搽用次数越多,效果越佳。芦荟汁在5分钟内就会自然风干,皮肤不会有粘粘的感觉,也不会留下任何痕迹。搽用芦荟汁后,每天冲凉时用清水清洗即可(无需使用肥皂)。如果使用芦荟出现皮肤撕裂或烧痕的现象,请立刻就医。

麦奴卡蜂蜜

麦奴卡蜂蜜可以防止因为接受放疗而在口腔和喉道产生的溃疡，也可以治愈现有的口疮和喉咙痛。在治疗期间正确服用麦奴卡蜂蜜可以免受口腔和喉溃疡所带来的疼痛的侵袭，提高在此期间的生活质量，让病人可以正常饮食，加强体力，更好地接受治疗。

什么是麦奴卡蜂蜜，它和其他的蜂蜜有什么不同？简短地说，它是由蜜蜂从麦奴卡天然茶树上采摘的花蜜酿制而成的特制蜂蜜，内含一种叫做麦奴卡独特因子(UMF)的特别成分，可以治愈口腔和喉部的溃疡。你只需购买UMF+10 或UMF+12的麦奴卡蜂蜜，效用就非常好了。UMF指数高(超过12)的麦奴卡蜂蜜并不代表有更高的疗效。麦奴卡蜂蜜仅产于纽西兰，请谨防假冒。

如何使用

1. 开始放疗的前一周，每天服用一茶匙蜂蜜；
2. 茶匙必须是塑料、陶瓷或木质的，切记勿用铁匙，因为那会影响到蜂蜜的品质；
3. 尽可能地用舌头把蜂蜜舔送到整个口腔，让它自然融化，其过程大约需要5-10分钟。如果因舌头僵硬而不能把蜂蜜均匀涂抹在口腔内，也不要紧；
4. 蜂蜜溶化，从口腔顺势进入喉咙后，可以喝少许室温水。喝水的作用并不是把蜂蜜洗掉，而是让口腔保持湿润。

治疗期间，每天至少服用3次可以有效防止口疮的滋生。如有需要，每天可以服用5次，请适当保持每次服用的间隔期相对均衡。口腔和喉咙的溃疡通常会在晚上睡觉时长出来。如果有发热的感觉，您可以在睡前服用一茶匙，服用后无需洗漱口腔，只要遵从以上第4个步骤就好了。第二天，您通常就会觉得比较舒服。但是，如果您的牙齿比较敏感，请注意保持口腔卫生。

麦奴卡蜂蜜也可以制成饮用水。取一茶匙蜂蜜，放入室温水中搅拌，然后倒入平底杯，就可以整天饮用了。在提神的同时，它也可以对口腔和喉部提供全天候保护。如果服用麦奴卡蜂蜜仍被口疮所困，请及时就医。



“Keep looking for solutions.”

“坚持不懈地寻求解决方案。”

Dealing with Side Effects of RT

Adrian Ng

My name is Adrian, a 13-year NPC survivor. I was single when I was diagnosed (Stage 2) with nose cancer. Thankfully, everything went well after the RT treatment. For the first three years, I was running my own trading company. Then, my ex-supplier offered me a managerial job to run a representative office in Singapore. I took up the job and got married. In the fourth year, my wife and I had our first baby and she is now nine years old.

Unfortunately, side effects started to surface in the sixth or seventh year. I was having difficulty swallowing and was coughing quite often. The diagnosis: dysphagia. I decided to quit my job and become a maths tutor. The symptoms got worse over time and whenever I had normal food, I would cough. I did some research on the condition and learned that blending food makes it easier to swallow.

Blended cooked meals make a wonderful meal alternative that allows one to eat a wide range of cooked foods. They are also fairly easy to digest. I use a very simple blender and take what I consider the lazy approach: put all the foods (meat, vegetables, rice, etc.) into the blender and blend the whole lot! If you have the time, you may like to blend the food types separately so that you can still taste them and better enjoy your meal.

In the tenth year, I started to have a speech problem. I couldn't pronounce certain words and the speech therapist couldn't help much. Again, I hit the

keyboard. After finding out that the best therapy for speech problems is to speak more, I decided to continue as a tutor. After a few months, my health became more manageable and my tuition business got better, so we decided to have another baby. Yes, my wife was pregnant. Our second child, a boy, is now three years old.

Sometimes, my tongue becomes very stiff and for instant relief I will pull on my tongue using a hand towel and pull it back in using the tongue's muscles (feel the stretch while doing it). Repeat a few times until the stiffness is gone.

Last year, my parents learned from an acquaintance that taking beetroot helps in soothing the throat. Again, I did research and found that beetroot juice does help muscles work more efficiently. After a few months of drinking beetroot juice, I was able to switch back to normal food and speak better.

Another bothersome side effect was nose blockage. The conventional ways of clearing my nose didn't help a lot, so I tried and experimented many unconventional ways and found a method that worked. Fellow survivors may like to try it:



1. Bend forward and hold your breath,
2. Spray water into the mouth using either use a water hose or shower head which comes with massager
3. Move the stream of water around the throat area for a few seconds
4. Stop spraying
5. Blow the excess water out through the nose
6. Resume upright posture.



Like many of us, I also had dryness of the mouth – the lack of saliva hastens tooth decay and affects gum health. I bought a water-flosser to floss my teeth in the office. However, it's quite expensive so I didn't buy another for use at home, where I use an alternative – the shower head!

All in, the side effects affected my social life a lot; I didn't go out with my friends as often as I



used to. Sometimes, I felt that people around me didn't understand me and at times I became depressed. All that changed when I decided to tell my wife and my close friends about my feelings and they became more understanding of my behaviour.

This year, the thirteenth year, I am researching how to gain weight without spending too much. Hopefully, I can find the solution soon. Lastly, I must say that all my motivations come from my wife. A BIG thank you goes to Jennifer for all her patience, support, and for being by my side!

应对放疗的副作用

黄勇强

我是黄勇强，康复至今已有13年了。

我被确诊为第2期鼻咽癌的时候还是单身。值得庆幸的是，做完放射治疗后，我的情况良好。康复期的前3年，我自己经营了一间贸易公司。然后，一个前供应商想委派我管理它在新加坡的代表处。我接受了这份工作，也步入了婚姻的殿堂。第4年，我和太太有了第一个孩子，她现在已经9岁了。

美中不足的是吞咽障碍的副作用在第6、7年的时候开始出现。我吞咽困难，也经常咳嗽。于是我决定辞职，转而在补习中心教数学。吞咽障碍的症状不断加重，到后来，我只要一吃东西就会被呛着咳嗽。我查找了一些资料，了解到把多种食物混合搅拌在一起会比较易于吞咽。

烹煮混合流质食物可以让人在吞咽困难的情形下摄取多种食物，易于吸收。一个很简单的搅拌器就可以帮我省下许多精力：我只要把所有的食材（肉、蔬菜、米饭等）放在搅拌器里搅拌就可以了。如果你有时间，可以把不同种类的食物分开搅拌，这样你就可以尝到各种食物不同的味道，更好地享受用餐。

到了第10年，我开始出现语言障碍，有些字不能清晰地发音。因为语言治疗师也帮不上太多的忙，我就再次上网查找资料。当我知道最好的治疗方法就是多说话的时候，我决定继续教课。几个月以后，我的发音问题有所改善，补习中心的顾客也有所增加。于是，我们决定再要一个孩子。我太太再次怀孕了，产下一个男孩，现在他已经3岁了。

有时候，当我的舌头特别僵硬时，我就即刻用毛巾拉伸我的舌头，再用舌头肌肉本身的力量让它自己缩回去（在做的过程中我可以感到拉伸）。重复几次，僵硬的程度就会减轻，最后复原。

去年，我的父母从一个熟人那儿了解到甜菜根可以舒缓喉咙。我又一次去查询资

料，发现甜菜根汁确实可以帮助肌肉更有效地工作。吃了几个月的甜菜根榨汁，我恢复了正常进食，说话也比较清楚了。

另一个让我心烦的副作用是鼻子堵塞。用传统方法清洗鼻子对我不太奏效，所以我努力试用其他非传统的方式。功夫不负有心人，我找到了一个解决方法，现分享如下：

1. 向前弯腰（见图），屏住呼吸
2. 用有按摩功能的软管或淋浴器把水喷进嘴里
3. 把水流移到喉咙的部位，喷洒几秒钟
4. 停止喷洒
5. 鼻子用力吸气，让多余的水从鼻子里排出来
6. 回到直立的姿势。

此外，和许多人一样，我也面临口腔干燥的问题。唾液分泌的不足会加快蛀牙的形成，影响牙龈健康。我买了一个便携式水牙线在办公室清理牙齿。但是，因为它很昂贵，所以我没有买另一个家用，而是用淋浴喷头来代替！

总的来说，副作用严重影响了我的社交：我不能像以前一样经常和朋友出外聚会。有时候我觉得身边的人不了解我，也时常觉得很郁闷。这种情况在我尝试着与太太和好友分享后得以改善，他们现在能更深入地了解我的行为举止。

今年，是我进入癌后康复期的第13年。我目前正在探讨如何在不增加太多花费的情况下适当增加体重。希望我很快就可以找到解决办法。

最后，我必须强调，我所有的动力都来自于我的太太。我非常非常感谢你，林真真！谢谢你的耐心、支持和常伴我左右！



“Exercise has helped me to breathe better with my nose, hear better and become fitter.”

“运动促使我的呼吸更顺畅，听觉更敏锐，身体更健壮。”

In smart diving gear, 帅气潜水装

My Way of Damage Control and Recovery

Yip Kwan Guan

When my ENT doctor mentioned to his younger colleagues that my eardrums were retracted, I was very concerned. He told me it was a side effect of radiation. I could feel that after radiation treatment, there were noticeable changes in the bodily functions pertaining to hearing, breathing, tasting, smelling, seeing and even thinking. I couldn't just let things be and resolved to do some damage control and recovery.

While waiting to see a doctor one day, I met a fellow NPC patient, Mr Tan, who is more than 60 years old. My wife and I chatted with him and his care-giver and learned that he was very proactive in ensuring that he did a certain exercise every day for 45 minutes to help the area above the neck to recover. He also eats nutritional food and he is not stressed as he is retired. He rested well and ensured that he lived healthily. He looked brilliant as if he never had NPC. I was most lucky to have met this fellow NPC patient as I got to know more about how to do damage control and recover from the effects of radiation treatment.

I often wondered what kind of things I should proactively act on to eliminate, recover and strengthen the senses and the functions lost during treatment. I decided to work on REEL – Rest, Exercise, Eat and Live (Get REEL Well). This is the acronym to remind me that I must get back to normal as soon as possible. Each of the acronym can be profoundly explored, for instance, you will need to “Rest Real Well”.

Swimming and scuba diving

I was told by my audiologist that my ears have degenerated and there was a certain amount of hearing loss (I also had tinnitus). I couldn't hear certain sounds and syllables clearly and often had to ask those I was conversing with to repeat what they were saying. I refused to put on hearing aids and try to be the best that I can to cope with my hearing.

I told myself there should be a way to regenerate and recover my senses, nerves and functions surrounding my head region. I always bothered my doctors with this question: Can I swim or dive? My eardrums were alright and were able to withstand the water pressure. But the answer was "Not at the moment as the pressure could be too much for the ears."

A year after my radiation treatment the doctors allowed me to dive but only at shallower depths. I did my first-ever dive post-treatment in the lagoon at Pulau Ubin Celestial Resort. I was determined to get back to my diving passion as I am very much a water-based person.

Jaw & ENT workouts

Exercising the jaw not only stops the mouth from retracting but also helps exercise the facial area, the sinus, the mouth, the salivary glands, the nose, the eyes and ears, and the neck and throat. The focus is on the ears (including the eustachian tubes), the nose (including the sinus areas), and the throat (including the jaw and neck area). Always move the jaw to sensitise and motivate the other parts of the head.

- Gently apply pressure by covering the ears with the palms of your hands to activate your eardrums. This helps to clear the ears of water retention. It also sensitizes your balancers (ossicles) in your ear drums.
- Activate the "Valsalva Manoeuvre" (pinch the nose and gently blow your nose). It helps to regenerate and sensitise your sinus areas and your ears.
- Massage your sinus areas, facial bone, jaw bone, mouth, neck, head and shoulders by gently tapping all your fingers tips to those areas. Also, do likewise to your head area. This helps to clear the tingling effect on the tips of your fingers, too.

These actions help to drain out the fluid from my sinus and nose areas and help in clearing my ears. One must also learn how to clear phlegm from the throat to prevent coughing and hurting the lungs. Never cough unnecessarily!

Push-ups / sit-ups exercises

Doing push-ups helps to strengthen my neck muscles, my spinal muscles, and my arm and chest muscles. The ladies can do them with the knees rested on the ground. The gentlemen can start off that way too if they are not able to do them knees above ground. I also do sit-ups to strengthen my stomach muscles. As I am not so keen on going to the gym, I do push-ups and other exercises to strengthen muscles.

Jogging / running routines

I also jog on the spot and hop on the spot. This is good for strengthening leg muscles and improving circulation to your legs. I also run in the parks for about 30 minutes: run at a high speed for 100m, rest and repeat. This form of interval training will strengthen your heart and lungs, your endurance and your stamina. Look at C. Kunalan, our local sprint hero. Already a senior citizen, he still runs. I asked him whether he had problems with his knees and he replied he had none. I am really motivated by him.

Weekly reflexology

I see a reflexologist once a week for a good rubdown. This is to help massage the muscles and nerves of the feet, hands, the spine area and, most importantly, the neck and head regions. It helps to clear toxins, amino acids and improve circulation through activating the acupoints in the various parts of the body. This is a form of maintenance and wellness exercise that I do to improve my blood circulation and recover from muscle strain.

My exercise regime has helped to trigger the body to regenerate those bodily functions and senses that have been diminished by or lost to cancer treatment. It certainly has helped me to breath better with my nose, hear better

Get REEL Well

REST Rest well with sufficient sleep. During periods of sleep, your body is given a chance to clear the toxins from the digestive system. If not, you may disrupt the body function to clear waste. This may weaken your immune system to fight diseases. You will fall sick easily. Having sleep deprivation / sleep debt is certainly not wise.

EXERCISE Exercise progressively to become physically and medically fit. Exercise to recover from loss muscle mass, maintain core muscles, build strength and acquire psycho motor skills. Hit the gym and learn to use the machines there. Walk or jog in the park. Swim on the surface and underwater. A word of caution: do not overtrain / overstrain.

EAT Eat healthy, nutritional food. Take vitamins and supplements. Eat wholemeal bread, oats, brown rice and lots of vegetables / fruits. Eat more fish and chicken, less red meat. Drink green tea and filtered water. Cut down on the following: deep fried, processed food, preserved food, smoking and too much alcohol. Maintain your BMI (Body Mass Index) to within good range.

LIVE Live wisely and indulge in an active, healthy lifestyle. My motto: "Live

to move, move to live; live to dive, dive to live". Enjoy sports and be passionate about the sport you engage in. This will help you to cope with all the challenges in life.

We can all learn from the 5 Cs of coping with stress: Confidence, Composure, Cohesion, Concentration and Challenges. You may want to use it this way: "I should be a **Confident** and **Composed** cancer survivor, working **Cohesively** with my caregiver, to **Concentrate** on my strategic plan towards full recovery and cope with the **Challenges** of the cancer treatment / long term side effects."

"Get REEL Well" will help you in the road to recovery, strengthen your immune system, enhance your well-being, and be a happy, positive survivor. Make it a point to remember "a positive outlook of life makes each moment of life a celebration".

and become fitter. To quote Dennis W Felty, a leading American proponent of good health, "a positive outlook of life makes each moment of life a celebration". I sincerely hope that my sharing will help you in some way.

我防控损伤和恢复健康的秘诀

叶均源

当耳鼻喉科医生告诉他的年轻同事们我的耳膜已经收缩时，我非常担心。医生接着对我说那是放疗的后遗症。对放疗造成的各项身体机能（包括听力、呼吸、味觉、嗅觉、视觉甚至思考能力）的伤害，我记忆犹新。于是我决定不能坐视不理，而要采取行动遏制身体功能退化，恢复健康。

一天我看医生的时候遇到了一位同样患上鼻咽癌的陈先生，他已经60多岁了。我与我太太在和陈先生与他的家人一起聊天时了解到，他每天都特地拨出45分钟来做一些特定的运动，以帮助脖子以上的部位恢复功能。平常，陈先生吃各种富含营养的食物，也没有什么压力（因为他已经退休了），还很注意休息，确保自己生活健康。他看起来棒极了，根本就没有留下曾经患过鼻咽癌的痕迹。我很庆幸能遇见他，并对如何抑制放疗给身体带来的伤害、恢复健康有了更深入的了解。

我经常想，应该怎么做才能积极主动地减轻在治疗过程中受到的损伤，恢复和加强身体感官和功能。我决定靠REEL（真正康复），即休息、运动、饮食和生活来实现。REEL这个首字母缩写时时提醒我要尽快回到正常的生活轨道上去，而且在每一个字母上都可以更进一步地探究具体方法，比如，你需要“真正很好地休息”。

游泳和潜水

听力检测师告诉我，我耳朵的功能已经退化，局部丧失听力（我也受到耳鸣的困扰）。有些声音和音节我听不清，经常要让和我交谈的人再说一次。我想尽量靠自己，而不愿依赖于助听器外物来应对听力的问题。

我告诉自己，一定会有办法恢复我头部器官的感官、神经和功能。我每次都会问医生：我可以游泳

或潜水吗？我的耳膜没事，应该可以承受水压。但是医生却回答：“目前还不行，因为你的耳朵还不能承担太大的压力。”

终于，我结束放疗一年以后，医生允许我潜水，但是只能去浅水区。于是，我在乌敏岛上的Celestial度假村里首次圆了疗后潜水的梦。潜水始终是我生活中不可或缺的重要组成部分之一，因为我十分酷爱水中运动。

下颚和耳鼻喉部的运动

运动下巴不仅能防止口腔回缩，也能带动脸部、鼻窦、嘴、唾液腺、鼻子、眼睛、耳朵、脖子和喉咙一起运动。它的主要焦点是耳朵（包括咽鼓管），鼻子（包括鼻窦部位）和喉咙（包括下巴和脖子）。让下颚不停地运动，可以保持它的敏感度，激活头部的其他部位。

- 把手轻轻按在耳朵上，慢慢加压，牵动耳膜，这有助于清除耳内的积水，也可以保持听小骨的敏感度。
- 用激活咽鼓管充气法（先捏住鼻子，再慢慢把气流从用鼻子里排出来），这能维持鼻窦周围和耳朵的功能和敏感度。
- 用指尖轻轻敲击的方式来按摩鼻窦、面骨、颌骨、口腔、脖子、肩膀以及整个头部，这也可以帮助消除指尖的刺痛感。

上述动作可以协助清除鼻窦和鼻子周围的水分，清洗耳朵。我们也要学会怎样从喉咙里化除痰水，以防止过度咳嗽而伤到肺部。没有必要时请千万不要随便咳嗽！

俯卧撑/仰卧起坐

俯卧撑有助于加强颈部、脊椎、手臂和胸部等各处肌肉群的力量。女士们可以把膝盖放在地上做俯卧撑，男士们如果做俯卧撑时不能双膝离地，也可以先用这样的方式开始练习。我还通过做仰卧起坐来加强腹肌力量。因为不喜欢去健身房，我就用做俯卧撑的方式来强化肌肉。

定期跑步

原地跑跳对加强腿部力量和促进腿部血液循环有利。我经常在公园里进行为时半个钟头的跑步运动：快速跑完100米，休息一下，再重复。这种间

真正康复 (REEL)

R: 休息 - 保持充足的睡眠，让身体在睡眠状态下对消化系统自行排毒。缺乏休息会影响身体排毒的功能，削弱抵抗疾病的免疫系统，使人很容易受到病菌的感染。让身体长期处于睡眠不足的状态是很不明智的。

E: 运动 - 循序渐进的运动促进身心健康。运动恢复受损的肌肉，保养核心肌群，加强体力，获得心理运动技能。去健身房，学会使用里面的仪器；在公园里走路或跑步；在深水或浅水区游泳等等——这里要提醒大家注意的是，请不要过度运动。

E: 饮食 - 摄取健康、有营养的食物，包括维他命，保健品，全麦面包，麦片，糙米和大量的蔬菜和水果等；多吃鱼肉、鸡肉等白肉，少吃红肉；多喝绿茶和过滤水；少吃经过油炸、加工和腌制的食品；少抽烟；不要酗酒；保持良好的身高体重指数。

L: 生活 - 明智地生活，享受积极、健康的生活方式。我的座右铭：“生命要运动，运动促进健康的生命；生活要潜水，潜水促进丰富的生活。”享受运动过程、对所做的运动充满激情，有助于应付生命中的各种挑战。我们可以通过学习5C之道来减压：自信，沉着，

凝聚、专心和挑战 ——

“我是一个**自信、沉着**的癌症康复者，和家人**凝聚**在一起**专心**地为全面康复的战略计划而努力，接受来自治疗过程和长期副作用的**挑战**”。

“真正康复”（REEL）能够加强免疫系统，提高身体素质，让康复者保持开心和积极的心态。记住：“积极展望生活，让生命中的每时每刻都值得庆贺。”

歇式的训练可以增强心肺功能，提高耐力和体力。看看C. Kunalan，我们本土的短跑英雄，虽然已经步入乐龄，却仍然老当益壮。当我好奇地问他膝盖有没有问题时，他给我的答复是：一切正常。他持之以恒的精神深深地激励着我。

脚底按摩

我每周都会让足疗师给我做足底推拿，按摩腿部、手上、脊椎、以及头颈部位的肌肉和神经中枢，以排除毒素和氨基酸，并通过激活全身的穴位来加强血液循环。这是我促进血液循环、消除肌肉劳损、保养身体的方式。

我的上述秘诀——锻炼养生法促进了我在治疗过程中受损或丧失的感官和功能的再生。毫无疑问地，运动促使我的呼吸更顺畅，听觉更敏锐，身体更健壮。引用Dennis W Felty，美国著名的健康倡导者的话来说，“积极展望生活，让生命中的每时每刻都值得庆贺。”我衷心地希望我分享的经历可以在某种程度上对大家提供协助。



“What is important to me is that I will live life as fully as I can.”

“对我来说，最重要的是把生活安排得丰富多彩。”

My Experiences with Hearing Loss after NPC Treatment

David Lim

I underwent radiation treatment for NPC in 2003, with 33 sessions of facial / neck irradiation and two special sessions of brachytherapy treatment. After the completion of the treatments and for the past 12 years, follow-up reviews by ENT specialists and the oncologist did not reveal any recurrence of NPC. I am truly thankful for this.

However, notwithstanding the above, the side effects of RT have been a series of troubling experiences. It has been said that the side effects would only get more serious as the NPC patient gets older. They also vary from person to person and affect various parts of the body, in particular, those related to the facial features: eyes, ears, nose, throat, neck, swallowing and dental functions, etc.

Here, I would like to share my experiences with hearing loss as a result of RT. Throughout the past 12 years, there were times when my hearing loss got better and then worse. One should take these seesaw occurrences in stride and strive to lead as normal a life as possible and remain positive in facing this and other possible side effects.

The first inkling of problems with my hearing came just a few months after treatment ended. Initially, it was my right ear that seemed to have something blocking the sound it received. Then, one year after treatment, the same mild hearing loss affected the left ear as well. Eventually, hearing in my right

significantly diminished but, fortunately, the hearing loss in the left ear was not as severe. Since then, I have been depending mostly on my left ear for hearing.

The hearing loss in my left ear comes on and off through the years. There were times when the hearing loss was really bad. Combined with the significant hearing loss in the right ear, I could not hear clearly what someone was saying even when he is standing face to face with me. In a roomful of people, sometimes I could only hear faintly the people speaking in the back or at the sides. However, somehow or other, because of various methods that I tried, hearing did improve in the left ear and, to some extent, the right ear as well. But after some time the hearing in the left ear may deteriorate again.

When my hearing loss in the right ear became significant, my ENT doctor said that I have a 'glue ear', that is, my hearing has been affected by the radiation and there was retained fluid in my right ear. The suggested solution was surgery on my right ear drum to drain out the liquid. However, there was no guarantee that liquid would not accumulate again and cause hearing loss again. I turned down the surgery option and chose to live with the significant hearing loss in the right ear, so long as I can hear with my left ear.

When the hearing loss in my left ear became significant for the first time, consultation with the ENT doctor resulted in a suggestion to use a hearing aid. A check by the audiologist revealed that there could be blockage by dried hardened wax in the left ear, resulting in hearing loss. I went back to the ENT doctor who then did a cleansing of the left ear and miraculously, hearing in the left ear improved. In each subsequent half-yearly follow-up with the ENT doctor a similar cleansing of the left ear would result in some improvement. As a result, I managed to live life normally with some level of hearing loss without the need for a hearing aid.

However, in early 2013, the hearing in my left ear really deteriorated. I could hardly hear what other people were saying, even when face to face. Still, I resisted the option to use a hearing aid. I then tried TCM acupuncture in an attempt to regain my hearing after a support group presentation by some TCM practitioners. I had acupuncture treatment over a period of more than six months, at least once or twice a week. This led to some improvement in my left ear and, to some extent, in my right ear. But hearing was still problematic. More than 10 years after radiation treatment, I finally accepted and went ahead with the use of a hearing aid for my right ear.

In early 2015, I started weekly Tai Chi exercise for one and a half hours each time. Miraculously, combined with the acupuncture treatment, the hearing in both ears seemed to improve vastly. I could even hear the sound of the dripping water from the soft-boiled eggs container on those mornings when I ate eggs for breakfast. I was really happy. Subsequently, an audio test showed that the hearing in my left ear had improved, but not so much for the right ear. I even stopped the use of the hearing aid for my right ear for some time as my overall hearing had improved to the extent that I was able to hear normally. I cut down and eventually stopped my acupuncture treatments. Tai Chi exercises continue to date.

Of course, life would be ideal if such nice and rosy improvements in our health could continue on and on. But, as mentioned earlier, the side effects of radiation will only get more serious as time passes. In the recent three months, hearing in my left ear seemed to have started to deteriorate again. I will have to seek continued acupuncture treatment with the hope of regaining better hearing again.

My hearing loss experiences have been a series of ups and downs with some frustrating and some happy moments. In coping with the various side effects of radiation, I can only do whatever I could and to try various methods to relieve or seek improvement in the bodily functions that get affected. I will have to accept the side effects, their impairments to body functions and even the eventual deterioration of health. What is important to me is that I will live life as fully as I can, notwithstanding the inconveniences that the side effects of radiation bring to daily living.

如何应对鼻咽癌治疗后的听力损伤

林宝龙

2003年我接受了33次脸部和颈部的常规放疗及2次短距离放疗。我很庆幸为期12年的疗后跟踪复诊并没有发现任何复发的迹象。

尽管如此，放疗带来的副作用还是给我的生活带来了诸多不便。有这样一种说法：随着鼻咽癌康复者年龄的增长，副作用会越来越严重。这些副作用因人而异，影响身体的许多部位，特别是面部的器官（眼睛、鼻子、喉咙、脖子）以及吞咽和牙齿的功能。

在此，我想分享一下我疗后如何应对听力受损的经验和过程。在这12年期间，我的听力时好时坏。我觉得我们应该从容地面对反复来袭的听力问题，尽量让自己恢复到正常生活中去，以积极的心态来对待听力受损和其他副作用。

治疗结束后的几个月后，我就开始有了听力受损的迹象。刚开始是右耳时有阻塞，让我听不清声音。接着，疗后一年，我的左耳也开始轻微地有了同样的现象。到头来，我右耳出现严重的听力障碍。所幸的是左耳的情况还不算太严重。从那个时候开始，我就基本上靠左耳在听。

这些年，我左耳的听力时好时坏，有时候特别糟糕，加上右耳的失聪，我连和别人面对面交谈的内容都听不清。在人多的房间里，我往往只能依稀听见别人在后面或旁边说话。但是，不管怎样，由于一直在尝试使用不同的改善方法，我的听力虽然时有反复，总的来说还算是有所提高，尤其是左耳。

当我右耳听力显著下降时，耳鼻喉科医生说那是因为耳朵受到放疗的损伤，被耳内的积水“胶”住了。医生建议帮我开刀，清洗耳鼓，并把积水排出来。因为手术并不能保证耳内不会再次积水而引起听力丧失，我决定不动手术，而选择忍受右耳失聪的生活方式，依靠左耳来聆听。

我第一次左耳听力丧失很严重的时候，医生建议我用助听器。听力检测师通过测试，发觉我听力丧失可能是缘于干燥和僵硬的耳垢。耳鼻喉科医生复诊时帮我清洗了耳朵后，我左耳的听力奇迹般地改善了！接下来每半年我去耳鼻喉科医生那儿复诊的时候，他都会帮我清洗一次，而我的听力每次在清洗后都有所进步。因此，我可以在听力有所损伤的情况下无需使用助听器，照常生活。

2013年初，我左耳的听力问题变得非常严重，几乎听不到别人说的话，哪怕是面对面的交谈。但是，我还是坚持不戴助听器。听了由互助组安排的一个中医师的讲座后，我尝试用中医的针灸疗法来恢复听力。我前后坚持做了半年多的针灸，每周一到两次。这让我左耳的听力有所改善，右耳也稍有起色。但是因为听觉问题始终困扰着我，我终于还是在放疗结束10年后，给右耳戴上了助听器。

2015年初，我每周开始练习一个钟头到一个半钟头的太极。很神奇地，在针灸治疗的配合下，我双耳的听力有了突飞猛进的改善。有时候我早餐吃半熟的鸡蛋时，甚至可以听到从盛蛋的容器上掉下来的水珠的声音。我别提有多高兴了！接下来的听力测试显示我左耳有所进步。虽然右耳的进展比不上左耳，但是我的听力总体上来说有所提高，有时甚至还接近正常水平，可以取下右耳的助听器。于是，我逐渐减少了针灸治疗的密度，最终不再需要治疗，而是继续练习太极。

当然，如果这么称心如意的健康改善状况一直持续下去，生活就会无比完美。但是，诚如上述，放疗的副作用只会随着时日的推移而加重。最近这3个月，我左耳的听力好像又开始变差了。我想恢复针灸治疗来改善听力。

随着听力的好坏像坐过山车一样，我的心情也跟着上下起伏。为了应对放疗带来的各种副作用，我只能尽量试着用多种方法减轻症状，改善在放疗过程中受到影响的身体机能。我必须接受这些副作用及它们给身体器官带来的障碍甚至是对健康的损害。对我来说，最重要的是把生活安排得丰富多彩，哪怕放疗的副作用会给日常生活带来不便。



MIND OVER BODY

The role of complementary treatments in recovery

**意志战胜体力
与常规治疗相辅相成**



***“If one has prepared for the worst,
one can live with little fear in mind.”***

“只要做好了最坏的打算，就无所畏惧了。”

Loving couple at West Lake, China
情深伉俪于杭州西子湖畔

My Encounter with Guo Lin Qigong

Chan Kok Wai

I was diagnosed with Stage 2 NPC in April 2011 at the age of 65. I had 33 sessions of RT. I had underestimated the severity of the side effects of RT, despite advice and warnings given by friends and medical personnel. After about 12 days of RT, I was totally unable to swallow solid food. Even drinking liquid was a great challenge. Meanwhile, RT continued. For the next 10 days or so, there was little intake of food. My physical condition deteriorated rapidly due to lack of food and supplements.

Since I could not eat or drink, the doctor put me on tube feeding for about two months. By then, my weight had gone down to 47 kg from 65 kg. Regaining the ability to eat using my mouth was not as simple as I thought. The main obstacles were not being able to swallow, plus the excruciating pain in the mouth and the throat. I wished I could go on with liquid supplementation for a much longer period but the doctor advised otherwise. His concern was that I might not be able to eat through my mouth anymore. So, the tube was removed and the process of relearning to eat using my mouth began.

Life after RT was even more challenging when the full scale of side effects set in. I turned to TCM and Qigong to mitigate my physical conditions. I took up Guo Lin Qigong.

Guo Lin Qigong was created by Master Guo Lin (1909-1984), who was born into a Qigong family in China. At the age of six, she began learning

Qigong from her grandfather. In 1949, she was diagnosed with womb cancer and had her womb removed. In 1959, the cancer spread to the bladder. Altogether she went through six rounds of surgery; they did not stop the metastasis. Lying in bed awaiting her last surgery, Master Guo Lin resolved to, if she could leave the operating theater alive, change the 'old' Qigong she had learnt into a 'new' form of Qigong to deal with her cancer.

Owing to Master Guo Lin and her students' devotion and dedication, Guo Lin Qigong flourished not only in China but is widely practiced by millions of cancer patients in the USA, Australia, Canada, Japan, Singapore, Malaysia, Indonesia, Hong Kong, Taiwan and Macau. I have been very fortunate to have had the opportunities to learn Guo Lin Qigong from three of Master Guo Lin's first-generation students between 2001 and 2008 (except 2003, the SARS year). I also underwent the instructors' course. While the knowhow is simple to learn, practice is another matter altogether.

Daily, cancer patients have to devote 3.5 to 4 hours in order to complete all the exercises, mainly walking exercises. One can do it in a single session or in two or more sessions during a day. There is no rest day throughout the year. One needs to observe and follow this routine for many years. Experience shows that for those who can follow this routine, the rate of survival is likely to be significantly higher as compared to those who do not.

A couple of months after RT, I began full-fledged Guo Lin Qigong practice. It is approaching five years. So far, my condition is considered as stable and satisfactory. Besides cancer, it may be noteworthy to mention that just a few months before the diagnosis of NPC, I had hernia. The urologist had already arranged for me to have it removed by surgery. But, because of NPC, the surgery was withheld. After about half of a year of Qigong practice, I was pleased to find that the hernia had disappeared without any treatment. The doctor was both surprised by and curious at the outcome. I attributed the recovery to Qigong practice. When the qi was no longer stagnated, the protrusion disappeared.

The utmost important factor for attaining my present condition is that I am blessed with a caring wife who is my caregiver. Her selfless and tireless support both physically and mentally kept me going. Without her, Qigong and TCM might not have worked the way they did.

All the three teachers from whom I learned 'Guo Lin Qigong' had cancer before. The first outlived his colon cancer by more than 30 years before succumbing to pneumonia. The second (breast cancer) is now in her 80s

and living happily in Canada with her family. My third teacher was diagnosed with womb cancer (choriocarcinoma) in 1982. The cancer later spread to her lungs. She was treated with surgery and CT but both were ineffective. On the advice of friends, she turned to Guo Lin Qigong as her last resort and regained her health gradually. She is now 78 years old and living very well in Shanghai with her family.

Besides those that I have mentioned, there are many other successful cases that gave me the impetus to adopt Guo Lin Qigong as my lifelong exercise to deal with my cancer. My family and I are fully aware that lurking beneath the illness of cancer, there are uncertainties and unpredictable consequences. I also believe that the future always has a nasty way of turning out worse than expected. But, if one has prepared for the worst, one can live with little fear in mind.

我和郭林气功的渊源

陈国辉

我65岁那年，即2011年4月被诊断出患有第2期鼻咽癌。接着，我接受了为期33次的放射治疗。虽然我的朋友和医护人员已经提前告知及警示我相关的副作用，我却仍然小看了它，并扎扎实实地承受了不堪的痛苦。大概在放疗进行到第12次的时候，我已经完全不能吞咽固体食物了，就算喝流质食物也非常困难。在接下来的10天里，放疗疗程继续，我却几乎没有进食。我的体质由于没有足够的食物和营养迅速地下滑。

因为不能吃喝，医生给我插置了进食导管。这种情形持续了两个月左右，我的体重也从65公斤直线下跌到47公斤。恢复正常进食的经历可没有我想象的那么容易，其主要障碍是我不能吞咽，以及口腔和喉咙里的溃疡带来的极大痛楚。我本来希望能靠流质营养品维持相当长的一段时间，但是我的医生却提出了异议，认为那可能会导致我终身都不能再用嘴进食。接着，医生帮我拿掉了导管，我则开始了重新学习用嘴吃东西的过程。

疗后，我的生活状况由于其他副作用的到来而更具挑战性。于是，我便借助中医和气功来调养身体，因此重拾郭林气功，并与它结下了不解之缘。

顾名思义，郭林气功是由郭林老师(1909-1984)创始的。郭老师出生于中国的一个气功世家，她6岁的时候就和祖父一起学气功。1949年，她因患子宫癌而做了切除手术。1959年，癌细胞扩散到了膀胱。虽然她先后动过6次手术，癌细胞却没有停止转移。最后一次躺在手术台上时，她做出了一个重大决定：如果这次术后可以侥幸存活，她就要改变以前学过的古气功，创立一个新形式的气功来对抗癌症。

在郭老师和她的弟子们的不懈努力下，郭林气功不仅在中国内陆蓬勃发展，也广泛流传到了海外，在美国、澳大利亚，加拿大、日本、新加坡、马来西亚、印度

尼西亚、香港、台湾和澳门等地上百万的癌症病患也因练习郭林气功受益非浅。我非常荣幸地能向郭老师第一批弟子中的三位老师于2001年到2008年(2003年因萨斯疫情而暂停)期间学习郭林气功,同时也参加了数次辅导员培训班。学会郭林气功是不难的,但是如何坚持练习,却另有一番乾坤。

癌症患者每天要花3.5到4个小时做完整套功法,其中最主要的是行功。练功时,可以一次完成全部的功法,也可以分几次完成。每年365天,天天都不能间断,而且要年复一年地坚持下去。以往的经验证明,那些长期坚持练习郭林气功的学员的存活率比没有长期练功的明显要高出许多。

放疗结束的一两个月以后,我就全面启动了郭林气功的练习。迄今为止,快要5年了,我很满意目前还算稳定的身体状况。值得一提的是,被诊断出鼻咽癌的前几个月,我还患上了疝气。泌尿科的医生已经为我排期动手术了,但是因为接踵而来的鼻咽癌诊断书,手术暂缓。练习气功半年左右,我很欣慰地发现我的疝气已经不治而愈了!连医生都觉得很惊异,对检查结果很好奇。我把这一切归功于郭林气功。气通了以后,肿块就消失了。

承蒙上苍的眷顾,我的康复旅途上有一个最大功臣伴随着我,她就是无微不至地关爱我的妻子。她在物质和精神上无怨无悔和孜孜不倦的支持让我勇往直前,没有后顾之忧。没有她,气功和中医未必会有这么好的疗效。

我的三位郭林气功老师都曾经罹患癌症。第一位在战胜直肠癌30多年后卒于肺炎。第二位(乳腺癌患者)目前已经八十多岁了,和家人一起幸福地在加拿大生活。第三位于1982年被诊断为子宫绒毛膜癌双肺转移。因为手术和化疗都没有起到很好的疗效,她经过朋友的介绍转而练习郭林气功。这根救命稻草奇迹般地帮她逐渐恢复了健康。她现在已78岁高龄,全家人在上海生活得很惬意。

除了上面所列举的人物,还有很多其他抗癌成功的人士激励着我终身练习郭林气功。我和我的家人清楚地知道,隐藏在癌症下的可能是不确定和无法预知的后果,我也相信世事难料。但是,只要做好了最坏的打算,就无所畏惧了。



“I believe in our innate healing power and take a holistic approach.”

“我相信人体与生俱来的治愈力，所以采用整体自然疗法。”

Yoga by the sea, 在海边练瑜伽

Blocked Ear? Here's a Natural Remedy

Lim Wai Cheng

In my case, the side effects of treatment set in soon after completion of RT. There were occasions when I blew my nose after a nose flush and the mucus went into my ear even though I did not blow too hard. My left ear was blocked and I was in pain. The ringing in my ear continued and my hearing was affected. I could not tell which phone was ringing in my office and I always had to ask my colleagues to repeat themselves. My concentration level fell and I felt a bit defeated.

I tried flushing my nose and gargling to get rid of the phlegm in the throat. I consulted a TCM practitioner and took Chinese herbs to loosen the phlegm in the ENT area. At the same time, I had acupuncture for the numbness I was experiencing in my left arm. When the needle got through my skin to the acupoint, my left ear felt warm. However, after the 30-minute session, I did not feel particularly relieved of the ringing in my ear.

There were times when I could hear what sounded like gushes of flowing water when I walked past heavy traffic. Everything seemed so noisy! I could even hear my own heartbeat. I tried not to get into heavy traffic or crowded areas. Staying indoors did not mean better hearing. The ringing became intense when I was near the fridge or heavy office equipment. Electromagnetic waves from TV, mobile phones and computers do have a negative impact on our health. There is no instant cure, and I know medication does not help. I always believe that Nature has great healing power.

I also believe in our innate healing power. So I take a holistic approach to cope with this side effect of treatment.

Jaw opening and swallowing

Jaw stretching is part of daily maintenance for NPC survivors. Stretch a count of 7 times, and hold jaws wide open for 7 seconds. The change in air pressure somehow adjusts and resolves the blockage in the middle ear. This is to be followed by swallowing 7 times; the actions create a suction effect on the Eustachian tube and throat that dislodges whatever is causing blockage. When I stretch my jaws and stick out my tongue, I could feel the pressure in my left ear ease slightly. Big wide yawning helps too.

Qigong and yoga

Deep breathing and holding of breath in Qigong and yoga helps qi energy to flow through the body, thereby clearing the blockages in the ENT area.

Ear candling

Ear candling is part of natural healing in ancient India. I may not be able to explain how it actually works, but my ears and nose are clear after doing it. It is a relaxing experience. However, ear candling is not suitable for those who have had surgery performed on their ear drums.

Avoid sugar in diet

Foods that are high in sugar content tend to promote the production and build-up of phlegm, thereby causing mucus to get into the middle ear.

Clearing a Severely Blocked Nose

For severe nose blockage, perform the following breathing exercises:

1. Use finger to close nostril on side without blockage.
2. Breathe in through nostril on side with blockage. Air flows down into the lungs, creating a suction effect on whatever is lodged in the blocked eustachian tube.
3. Close nostril with finger on side with blockage.
Breathe out through nostril on side without blockage. This creates a reinforcing suction effect on dried mucus and debris in the blocked eustachian tube.
4. Repeat, always breathing in on blocked side and out through unblocked side.

After doing these breathing exercises for some time, whatever is blocking the nose and causing discomfort should be loose enough to be expelled.

耳塞？试用整体自然疗法！

林惠清

我在放疗结束后不久，副作用就出现了。有好几次在用水冲洗鼻腔时，即使不是很用力地擤鼻子，粘液还是回流入耳内，造成我的左耳阻塞，还伴有疼痛感，并且耳鸣不断，干扰到听力，以致我难以分辨办公室的哪一个电话在响，也时常要同事们重复他们讲的话。注意力不能很好地集中，令我感到有点沮丧。

我尝试用冲洗鼻腔和盥漱喉咙的方法来去除喉咙内的痰。中医师开处方化开卡在耳鼻喉间的粘液，同时，也为我针灸时有麻痹的左臂。当银针穿进皮肤接触到穴道时，左耳会感到温热。可惜这30分钟的疗程并没有减缓耳鸣。

有时候当我走在交通繁忙的路上，会感觉到周遭很吵闹，仿佛听到有如洪水涌出般的声音，甚至听到自己的心跳。因此，我尽量避开拥挤的人潮。可是就算身在室内也有听觉困扰：当我靠近冰箱或重型办公室电器时，耳鸣的情况会更严重；来自电视，手机和电脑的电磁波也的确对身体有不利的影晌。这些问题都没有立竿见影的解药，我也了解到药物帮不上忙。我深信大自然有神奇的治愈力，也相信人体与生俱来的治愈力。所以，我采用以下整体自然疗法来克服这些副作用：

张口和吞咽

张口运动是鼻咽癌康复者的每日必行之课。张口7次，每次维持7秒。耳鼻喉内的气压变化似乎会自然地吧中耳的阻塞打通。接着吞咽7次，这个动作能够产生抽吸效应，清除咽鼓管和喉咙间的阻塞。每当我张开大口并伸出舌头，都可以感到左耳的阻塞稍微有所疏通。另外，张口打哈欠也有帮助。

气功和瑜伽

练气功和瑜伽时的深呼吸和憋气有助于体内的元气流通，从而消除耳鼻喉间的阻塞。

耳烛

耳烛是古印度采用的自然疗法之一。虽然我不会解释它是如何发挥作用的，但是做了耳烛后，耳内和鼻腔都感到比较顺畅。耳烛是很舒服的体验，但是如果耳膜动过手术钻过洞的话，就不宜做耳烛。

少糖饮食

含糖量高的食物容易生痰，从而造成粘液回流入中耳。

疏通严重鼻塞

有严重鼻塞的人，可以做以下的呼吸运动：

1. 用手指按住没有阻塞的鼻孔。
2. 用有鼻塞的鼻孔吸气。当气体流入肺部时，会产生抽吸效应，从而疏通咽鼓管阻塞。
3. 用手指按住阻塞的鼻孔。
4. 用另一边没有阻塞的鼻孔呼气。这个动作可以加强气体的流通，同样产生抽吸效应清除阻塞在咽鼓管内的干燥粘液和残渣。
5. 重复动作。记得吸气时用阻塞的鼻孔，呼气时用没有阻塞的鼻孔。

坚持做呼吸运动，积滞在耳内浓稠的粘液和耳垢应该会有所松动，可以被排出体外。



“If I had given up hope, I would have lost this battle!”

“如果一放弃生存下去的斗志, 那就会打输这场仗了.”

Happy holiday in Taiwan, 开心台湾游

Beads of Joy

Joy Ng

Following what seemed like a flu episode with nosebleed in March 1995, the ENT doctor diagnosed me as having NPC. That split moment turned my bright world into a total disaster. The anxiety caused by the treatment that followed and the disordered pace of life almost made me collapse. Looking back, I could not have made it through the dreadful 35-session RT without the care and concern from my temple master, family members, friends and relatives. I also kept on telling myself to be strong. If I had given up hope, I would have lost the battle! I could not afford to imagine parting from my three lovely kids and my husband.

How quickly time flies! Twenty years have passed in the blink of an eye since my 1995 crisis. My NPC journey has not been an easy one. I thought I was out of the woods when things slowly got back on track. However, eight years ago, I was admitted to hospital several times because of pneumonia caused by persistent high fever. My doctor told me that the underlying reason was due to the side effect of RT. The muscles of my throat and gullet were atrophied and caused swallowing difficulty. Some food went straight into my lungs, eventually causing pneumonia. It was a close shave to finally get it over with but I might not always be that lucky. Between being able to eat and living my life, the doctor gave me two options: 1) continue to eat and put my life at constant risk, or 2) make a hole in my stomach to feed myself with milk for survival. Well, even though I am fond of delicious foods, did I really have a choice?

The answer was no and I had to take the second option. It felt like being sentenced to death. I became depressed and irritable and this disturbed the peaceful atmosphere at home. Over time, with help from my good friends, I learnt to face my challenges calmly. I tried to fill my life with joy and happiness and, at the same time, strengthen my family ties.

I had to forgo many hobbies along the journey of fighting against the disease, including enjoying delicious food. To reduce my exposure to food so I wouldn't be tempted, my husband hired a maid to assist me to cope with the change.

With the maid taking over the household chores I used to perform, I soon felt very lonely and bored. I idled and grumbled most of the time. One day a friend brought me to a care centre in Toa Payoh which organises many activities such as singing, various parties, beading class, etc. I got to know the aunties and young ladies there and attended the beading workshop together with them. From then on, I was engrossed with the art of stringing beads. With keen interest, I also learnt many beading techniques from books. My happiness index soared rapidly with spiritual sustenance in life! Introducing me as a bead stringing expert, my friends linked me with the resident's committee in my neighbourhood to conduct beading workshop. I also serve as a volunteer in Family Service Centre to share the joyfulness of bead handcrafting. I joined the NCCS NPC support group in 2009, attended talks organised by the group, and got to know many friends. My lifestyle is very much enriched now.

Throughout the NPC journey, I learnt to bravely face reality. I may or may not be around eight or ten years from now but I am very grateful to be able to appreciate the importance of having a positive spirit in life, no matter how frustrating the situation may be.

串出精彩人生

黄钻香

1995年3月，一场伤风流鼻血，耳鼻喉专科医生证实我有鼻癌。当我被诊出患鼻癌后，生命中的一切，一瞬间从晴天丽日，变成乌天暗地。治疗过程的不安，生活的步伐颠簸紊乱，让我的精神几乎崩溃。那段艰辛困难的35次电疗恐怖日子，在佛堂师父，家人，朋友和亲戚的关怀照顾下度过了。我一直告诉自己，一定要坚强，如果一放弃生存下去的斗志，那就会打输这场仗了。因为我舍不得离开我那三个可爱的孩子，和爱我的老公。

时间过得真快，转眼间，距离1995年的生死关头已经过了20年。患癌心路不好走，一路走来坎坷不平。我以为可以平安无事，让生活慢慢稳定下来。谁知8年

前，我因高烧不退染上肺炎而连续入院好几次。医生告诉我发烧的原因是放疗副作用的影响。喉咙、食道肌肉退化萎缩，形成吞咽困难，使食物落入肺部而感染肺炎。不是每一次都能幸运地逃过鬼门关，如今我只有两条路可走：1) 要吃不要命；2) 要命不要吃，在肚子开洞倒牛奶过日子。在毫无选择下，我选择了第2条路。当时我有如被判死刑一样，情绪很低落，乱发脾气，把家里闹得不得安宁。在好友一直劝导下，我逐渐学会坦然面对一切，改变生活，让自己活得充实和快乐，也多为家人着想。

面对病魔的折磨和摧残，我的人生乐趣丧失了很多，包括享用各种山珍海味美食。先生为了要重新调整我的生活，请了个女佣来帮我，以免让我看到山珍海味而落泪。

有了女佣后，我觉得很寂寞和无聊，每天无所事事而发牢骚。在一个机缘巧合下，一位朋友带我到大巴窰一所关怀中心。那里有很多活动，如唱歌，派对，串珠手工班。在那里我认识了一群老安娣和小姐们，一起学做手工。从那一刻起，我渐渐爱上了串珠手工，自己还找了书本摸索，学了好多各种各样款式的串珠手工艺。生活有了寄托后，我的心情也慢慢开朗起来。朋友得知我会串珠手工艺，就介绍我到组屋的居民委员会教手工，我也参加了一间家庭服务中心做义工教手工，一起分享做手工的乐趣。2009年，我参加了新加坡国立癌症中心的鼻咽癌互助组，出席讲座，认识了很多朋友，生活充实多了。

事隔8年，我已接受了命运的安排。我现在不敢奢望再活上十年八年，但是我非常庆幸我能够成功地面对生命坎坷的折磨，重新领悟到生命积极的一面。



LIFE POST-NPC
Towards a new beginning

疗后生活一览
开启人生新的篇章



“Life is for living, live it to the fullest.”
“充实幸福生活，演绎精彩人生。”

At Queenstown, New Zealand, 在新西兰女皇镇

Living a Healthy Life after Nose Cancer

Teo Thiam Chye

Post-treatment care for nose cancer is vital for our well-being, so that we continue to have a good quality of life. This is what the NCCS NPC Support Group calls COPE, where members learn from each other and share their experiences in returning to as normal a life as possible. Here, I share with you my own experience on living a healthy life after nose cancer.

Living a healthy life

My concept for living a healthy life started with some wise words from a TCM speaker, who spoke at one of our monthly talks in 2009. They are:

- Rest well
- Eat well and exercise
- Remove stress

The concept embodied in these words had been playing in my mind for some time. It sounds so simple and easy to do. But what transformed the concept into reality for me was the living example of my 92-year-old father-in-law, whom I have observed leading the life prescribed above.

My wife Margaret's father is a picture of health. He does not look his age. He is radiant and youthful, does not have any illness and does not need to take medication. He rests well, eats at specific times each day, exercises daily (including an hour-long walk), and stands in the morning sun to absorb its glow for his daily dose of natural vitamins.

A man of few words, he does not have any stress. Appended below is a description of the three concepts.

Rest well

Allowing one's body to rest well gives it the time and the opportunity to refresh and recover itself. Going to bed and sleeping by 10pm and waking at 6am daily are good habits. In the hectic life that is Singapore, this is often neglected. During the day, have a shut-eye for a few minutes if necessary. Listen to and obey the signals of your body. It will tell you when you are tired. You will feel it. Don't resist, go to sleep and allow the body to do its recovery and refresh work.

Eat well

Have a good spread of food as your body needs the nutrition to replenish and re-build itself. If necessary eat smaller portions spread out over five meals, otherwise the usual three meals a day will do. A doctor recently told me that my tummy was showing but he quickly added that I should not go on a diet. This is because for cancer survivors weight gain means that we are recovering well from our treatment ordeal.

Many survivors go on a diet after their treatment. They tend to restrict their diet and shun certain types of food. My wife Margaret also put me on a diet and told me to avoid red meat, sugar and dairy products after I completed my treatment in 2003. Personally, I don't believe that food is the cause of cancer. If so, then everyone in the world will at one time or another contract the illness. But I do believe that certain types of food like BBQ food and the like are not good for the body, so I avoid them.

My doctor also suggested that I fulfil my protein intake with chicken and fish instead of red meat. Remember, eating well is vital to our well-being. Our body needs the nutrition in order for us to put on weight. Putting on weight is a good sign of recovery.

Exercise

Exercise is good, especially early morning walks in the park or the seaside when the air is still fresh. Take in the fresh air by breathing deeply into your stomach and slowly releasing the air through your mouth. Stand on the grass barefooted and allow the negative energies to be discharged from your body into Mother Earth. If you are up to it, ride a bicycle. The endorphin rush from the oxygen intake will be a good defence against cancer cells. Cancer cells cannot survive in an oxygen-rich environment. There are many other forms of exercise, like Qigong, yoga and, for the more athletic, long-

distance running and even swimming. To each his own as long as one takes on some form of exercise.

Remove stress

Removing stress is easier said than done as we are always faced with plenty of it in our daily life. But making a conscious attempt to remove or lower stress should be a priority. Many of us cancer survivors believe that stress is probably one of the main trigger points for our cancer. So, do prioritise your work and life and find a balance.

With cancer, we should look at how best to live our life to the fullest instead of going back to the daily grind. Don't get me wrong. We still have to work for a living but work should not dominate our life. Spend more time on walks, eating out with family and friends, laugh more, travel and take overseas vacations if you can. These are some of the ways of releasing your daily stress.

Looking good from the inside

Finally, I believe that if the inside of your body is good, your outside will radiate and look good naturally. People around you will be able to see it and they will say you look good because it is all natural coming from inside your body. You can then say surely, and with confidence, that you are a picture of health.

鼻咽癌疗后健康生活

张添才

鼻咽癌的疗后调养对健康非常重要。疗后继续拥有高品质的生活，我们称之为COPE——调整和适应。我们鼻咽癌互助组的成员经常相互学习交流，分享如何恢复正常的生活。在这里，我分享一下自己在患病后如何重获健康生活的经历。

健康的生活

我的健康生活理念始于2009年互助组中医座谈会上演讲者的妙语，就是：

- 好好休息
- 注重饮食，积极运动
- 消除焦虑

这些深入我脑海的简便易行的理念陪伴了我许久。但是把观念转化成现实的，是我的榜样——92岁的岳父。他一直遵循着这样的生活方式。我妻子玛格丽特的父亲本身就是一个健康生活的写照。从容貌上根本无法分辨出实际年龄的他容光焕发，活泼年轻，没有任何疾病也不需要吃药。他注意休息，吃饭定时，每天运动（包括一个小时的长距离步行），早上晒太阳吸收自然的维他命，平时寡言少语也没有任何烦恼。以下是上述3个生活法则的详述。

好好休息

充足的休息能让身体充电和进行自我恢复。每天晚上10点钟睡觉，早上6点钟起床是个好习惯。在新加坡这样繁忙的社会环境中，这点很容易被忽略。白天的时候如果需要时可以闭目养神。聆听和服从你的身体信号，它会告诉你什么时候累了。感觉到身体传递的信息后，不要和它对抗，直接上床睡觉，让身体自我调节，恢复元气。

注重饮食

吃多样化的食物，因为增强你的身体需要营养。吃好一日三餐，如有必要，可以减少食多餐，每次少吃，每天吃5顿。最近一个医生说我的肚子开始有点显山露水了，但是又立刻接着告诉我不节食。这是因为癌症康复者增肥是在经历痛苦的治疗过程后恢复良好的征兆。很多人在治疗后改变饮食习惯，比如控制饮食和戒口。我的妻子玛格丽特也让我在2003年结束治疗后控制饮食，让我避免进食红肉、糖和奶制品。以我个人来说，我不觉得食物会致癌。果真如此，世界上任何人都有可能在任何时候患上癌症。但是，我相信像烧烤之类的食物对身体无益，所以我避免吃。我的医生也建议我吃鸡肉和鱼肉补充蛋白质而不是红肉。记住，吃得好对健康非常重要。我们的身体需要营养增肥，而增肥是恢复的好迹象。

积极运动

运动对身体很有好处，特别是早晨在空气清新的公园或海边散步。呼吸新鲜空气的方法是深呼吸到腹部，然后慢慢从口中吐出。你也可以赤脚站在草地上把体内的负能量释入大地。如果你有精力，可以去骑单车。吸氧后急速产生的内啡肽可以很好地抵御癌细胞，因此癌细胞在氧气丰富的体内环境不能生存。运动还有很多不同方式，比如气功、瑜伽、长跑及游泳。每个人都可以找到合适自己的运动方式。

消除焦虑

消除焦虑说起来容易做起来难，因为在生活中我们会面对很多困难，但有意识地消除或减轻焦虑应当排在首位。许多癌症康复者都相信压力是癌症的唯一触发点。所以，请重新为你的工作和生活排序，找到合适的平衡点。患癌后，我们应该尽量充实自己的生活，不要钻牛角尖。不要误解我，我们依然要工作维持生计，但是工作不应该主宰我们的生活。我们应花更多时间去散散步，和家人朋友聚聚餐，多笑笑，如果可以的话，安排出国旅游和度假。这些都是减轻日常生活压力的方法。

发自内心的美丽

最后，我相信，如果内在的你是美丽的，外表也会自然容光焕发。你身边的人看到了，会夸赞你的神采，因为这是由内向外散发的。你也能坚定而自信地说：你是健康的写照！



“Hypothyroidism symptoms either diminish or go away with the right dosages of the right medication and supplements.”

“服用正确的药物和保健品，施以适当的剂量，甲状腺功能减退的症状就会减轻或消除。”

On Franz Josef Glacier, 在法兰士 • 约瑟夫冰川上

Living with an Underactive Thyroid

Lim Kok Kiong

I am now into the twenty-second year of my cancer survivorship. I was diagnosed with late Stage 3 NPC in 1994 and received radiation treatment for eight weeks. While state-of-the-art at that time, RT treatment then was more unsparring of healthy cells than current technology. A lymph node on the left side of my neck was also irradiated, and I guess that further damaged my then fully functioning thyroid, causing its function to progressively diminish over the years.

Thyroid hormones act on every cell in the human body and an underactive thyroid manifests itself through a range of symptoms. I had a number of these for several years before I was diagnosed as hypothyroid but had thought they were just part of getting older (I am in my mid 50s). The most obvious one was fatigue, especially in the late afternoon - I would come back from a post-lunch meeting and crash at the desk in my home office afterwards. This feeling of tiredness got progressively worse, and I had to take an evening nap most days. Some days, I even fell asleep while watching a movie or soccer match on TV! Weight gain was also a problem, one that I attributed to being middle-aged, along with thinning hair, and a low tolerance for exercise.

It was only in late 2011 that it became obvious something wasn't quite right with my body. I was on holiday with my wife and son in Taiwan and we had gone to Alishan National Scenic Area up in the mountains. After breakfast

the first morning there, we started the day by walking up a 50-meter stretch of road with an upward gradient of about 40 degrees. At the end of that very short walk, I was breathless – it was as if I had just completed a marathon. I had thought my breathing problem was due to the thin air so high up but my wife, who isn't much younger than me and has only one transplanted kidney, was alright.

Blood tests in the third quarter of 2012 confirmed I was hypothyroid. By then, my thyroid had become swollen and there were the several nodules adjacent to or near my thyroid (the biggest was an inch in diameter). Hormone replacement therapy began shortly after tests showed the nodules were not cancerous. At that time, the list of symptoms I was experiencing had grown longer. I had heart palpitations (a neighbourhood general practitioner dismissed them as muscle strain), shortness of breath, more loss of head hair, dry and frizzy hair, thinning eyebrows, a stiff neck, dry skin, hives, acne, constipation, poor appetite, dizziness, pain in the joints (including knees, hip and wrists) and in fingertips and soles, leg cramps, ringing in the ears, night sweats, insomnia, and feet and hands swollen from water retention.

These are just some of the physical symptoms caused by poor thyroid function. There are mental / cognitive and emotional ones as well. The most common in the first group is what is called brain fog, a mix of confusion, forgetfulness, a lack of focus and motivation, and reduced mental clarity. I remember (now) doing things like leaving the tap running and the air-conditioner on in an unoccupied room, eating a pie and putting the ceramic plate and metal fork in the trash, and opening the fridge door and not remembering what I wanted to remove from it. I also became disinterested in everyday things and my hobbies to the extent that some of my pet birds died from starvation. Emotions also get a whacking from an underactive thyroid. Here, common symptoms are depression, feeling inadequate, withdrawal from family and social interaction, irritability, and crying spells.

Thankfully, these various symptoms either diminish or go away with the right dosages of the right medication and supplements, though some do creep back from time to time, especially when the stress level is high (stress is bad for the thyroid). Treatment is lifelong and the longer a person has been hypothyroid and untreated (like myself pre-treatment), the longer it takes to titrate the correct dosages.

Hypothyroidism is, in many ways, 'invisible' to everyone but the sufferer. An underactive thyroid can turn one afflicted by it into a different person,

one who is less fun to live with and be with. Here, thyroid patient advocate Mary Shomon offers very sound advice in her *Open Letter to the Family and Friends of Thyroid Patients*: “Be the person who opens mind and heart to the thyroid patients in your life. Be the person who listens, and learns about the struggles and challenges. Be the person who empowers the thyroid patient in your life, by helping him or her do as much as possible to improve health. Be the person to help find doctors and practitioners who do not view your friend or relative as a cookie-cutter patient on a thyroid assembly line. Be the person who helps the thyroid patient in your life to maintain balance – to help find time for rest, for exercise, for stress reduction, for self-care, for proper nutrition, for fun!”

应对甲状腺功能减退

林国强

我现在已经步入了癌后康复期的第22个年头。1994年，我被确诊为第3期鼻咽癌并接受了为期8个星期的放射治疗。受到当年医疗水平的限制，放射治疗过程中癌细胞周边正常的细胞也一起接受高能量放射线的照射。因此，我左边颈项里的淋巴结受到了辐射的伤害，甲状腺的正常功能受到重创，并逐年递减。

甲状腺激素影响我们体内的每个细胞。甲状腺功能减退，身体就会自然地表现出各种症状。早在确诊我患上甲状腺功能减退的几年前，就已经有一系列的征兆浮现出来，但是我以为那是自然衰老的现象（我已经50多岁了）。最明显的是容易疲劳，尤其是在下午稍晚的时段——用完午餐后，在外开会回来，我往往会趴在家里的办公桌上呼呼大睡。我的疲劳感随着岁月的流逝而日益加重，以致每天傍晚我都要小睡一会儿，有时候我甚至会在看电影或球赛电视转播时睡着！除此以外，其他症状还包括体重增加（我认为是人到中年），脱发以及运动时的力不从心。

Foods and drinks that inhibit thyroid function

Caffeinated and alcoholic drinks

Anything made of or containing soya

Dairy products except yoghurt

Gluten (noodles, pasta, things made with white flour)

Undercooked broccoli, cauliflower, Brussels sprouts, kale

Corn, tapioca, turnip, radish

Strawberry, pear, peach, grape, nectarine

Peanut, almond, pine nut, pumpkin seed, cashew nut, flaxseed

对甲状腺功能有抑制作用的食物和饮料

含有咖啡因和酒精的饮料

任何含有黄豆的食物

奶制品（酸奶除外）

谷麸质（面条、意大利面和白面粉制品）

没有煮熟的西兰花、包菜花、甘蓝菜、芥蓝菜

玉米、木薯、白萝卜、小红萝卜

草莓、梨、桃、葡萄、油桃

花生、杏仁、松子、南瓜子、腰豆、亚麻籽

直到2011年底，我身体机能的退变才明朗化。当时我和妻儿在台湾阿里山风景区旅游，第一天用完早餐后，我们开始登山。才刚刚在一条大概有40°斜度的坡道上走了50米，我就感觉喘不过气来，像刚跑完马拉松一样。我还以为是高山上空气稀薄的缘故，但是同行的太太却没事——要知道，她并不比我年轻很多，而且还做过肾脏移植。

2012年第3季度的验血报告证实了我甲状腺功能的减退。当时我的甲状腺已经肿大，而且周围还有好几个结节（最大那个的直径有一寸）。当证实这些结节没有癌变后，医生就采用激素代替疗法来帮我进行治疗。彼时，更多其它的症状也出现了，如心悸（临近诊所的医生把它视为肌肉紧绷），呼吸困难，头发大量掉落，干燥蜷缩的发质，眉毛变淡，脖颈僵硬，干燥的皮肤，风疹，粉刺，便秘，没有食欲，头昏眼花，关节（包括膝盖、髌部和手腕）、指尖和脚掌疼痛，腿部抽筋，耳鸣，盗汗，失眠，手脚水肿等。

这些只是甲状腺功能不足造成的一些身体上的不适。除此以外，还有精神/认知和情绪上的不适。最常见的是精神模糊，包括意识模糊、健忘，无法集中精神，以及思维清晰度的下降。我记得我曾经忘记关水龙头，离开房间后忘了关空调，吃完馅饼后把陶瓷的碟子和钢叉扔进垃圾堆，打开冰箱却忘了我要取什么东西出来。我对日常事务和爱好都提不起兴致，连我养的宠物鸟也因为我忘记喂食而饿死。甲状腺分泌不足也会让情绪受到重创，常见的症状是抑郁症，信心不足，抑郁寡言，不想参与家人和朋友的社交聚会，容易发怒，无缘无故想哭。

所幸只要服用正确的药物和保健品，施以适当的剂量，甲状腺功能减退的症状就会减轻或消除。甲状腺功能减退需要终身治疗，而且时有反复，尤其是压力大的时候（压力对甲状腺很不利）。当一个人患病的时间越长，发现的时间越晚（像我在治疗前的情形一样），就得花更长的时间来对症下药，找准药物剂量。

甲状腺功能减退的痛苦，从很多方面来说，只有身在其中的人才能体会到，别人是无法感受的。它可以把人变得没有情趣，难以和他人相处。甲状腺病人大使 Mary Shomon 在她《给甲状腺疾病患者的朋友和家人的公开信》中给予了非常中肯的忠告：“向甲状腺病患敞开心胸；聆听和了解甲状腺病患面临的挑战；尽力帮助甲状腺病患改善健康而让他们振作起来；寻找不把你的甲状腺病患亲友当成甲状腺流水线上千篇一律的病人的医生；帮助甲状腺病患维持平衡，让他们休息、运动、减压、自己照顾自己，摄入适当营养，开开心心！”



“Happy juicing!”
“愉快地享用蔬菜汁吧!”

At Apple Farm in Tasmania, Australia, 在澳洲塔斯马尼亚苹果园

The ABC's of Vegetable Juice

Margaret Teo Lee

Following the relapse of my husband's (Teo Thiam Chye, TC) nose cancer in 2008, I decided to start him on a daily dose of vegetable juice. After more than a year of the juice, TC recovered well and also looked much healthier. I believe the vegetable juice played a vital role in his recovery.

Daily dose of goodness

Why vegetable juice, you may ask. In an article in The Straits Times – Mind Your Body (19 Nov 2009), it was reported that of all the different types of juices, vegetable juice was the best choice. I quote the article: “Vegetable juice, because it has less sugar and fewer calories than fruit juice, is loaded with fibre so you feel full”.

What are the vegetables that are most suitable for making juice? From my juicing experience, there are many types of vegetables that lend themselves to juicing. The most common is what is known as ABC: A for Green Apple, B for Beetroot and C for Carrot. Separately, I also juice the following:

Baby cucumber | Big stalk of kai lan | Baby bitter melon
Carrot | Celery | Capsicum (red, green or yellow) | Potatoes

Juicing application

I make two types of juice for TC on alternate days.

The first type is the ABC juice, which comprises:



- 3 green apples • 1 beetroot
- 3 medium-sized carrots

On the next day, I make a juice from:

- 3 medium-sized carrots • 1 small potato
- 2 baby cucumbers • 1 baby bitter gourd
- 2 or 3 celery stalks • 1 capsicum



Each blend is enough to produce two large cups of juice, one for TC and one for myself. The juice is made first thing in the morning when we awake. It is taken on an empty stomach before breakfast. Remember to wash the vegetables to remove any pesticide remnants before juicing.

Type of juicer

There has been some discussion on the correct type of juicer for making vegetable juice. Some say it has to have a slow speed so that it doesn't "burn" up the enzymes contained within the vegetables. Others use a conventional juicer. Unfortunately, I don't have an answer to this question. To me, as long as it works for TC it is good enough. I myself use a conventional fruit juicer, one big enough to take in a whole apple and carrot.

Benefits of juices

TC feels that the juices have benefitted his body. I must caution that the juices he takes may not necessarily conform to or measure up to a nutritionist's standards but as long as his body is able to accept and adapt to the juice and the juice is benefiting him, then it is acceptable to both of us. The benefits include:

- Regular daily bowel movement. Each day, TC does his toilet 2-3 times, with one visit within 30 minutes of drinking the juice. As a result, he does not have any constipation.
- Improved appetite. He is now eating very well and has regained all his lost weight; now weighs the same as his pre-cancer days.
- General wellness. TC perceives that the antioxidants, minerals and other benefits contained in the juices have helped to overcome the cancer cells in his body

有关蔬菜汁的点点滴滴

张李玛格丽特

2008年，我先生（张添才）的鼻咽癌复发了，从那时开始，我决定让他每天都喝蔬菜汁。喝了一年多后，添才康复得很不错，人看上去也更健康，更有精神了。我相信蔬菜汁对他的康复起到了至关重要的作用。

日常的营养需求

你也许会问为什么蔬菜汁是最好的。在2009年11月19日《海峡时报》的保健栏目里发表的一篇文章中说，在各种不同的饮料中，蔬菜汁是最佳的选择。文章写道：蔬菜汁比果汁含有较少量的糖分和较低的路里，并富含植物纤维，使人有饱足感。什么蔬菜最适合用来榨汁呢？根据我的经验，有很多种蔬菜都适合于榨汁。最常见的以ABC著称：A代表青苹果，B代表甜菜根，C代表胡萝卜。另外，我也用以下蔬菜榨汁：

胡萝卜 | 芹菜 | 小黄瓜 | 灯笼椒（红色、青色或黄色） | 小苦瓜
大芥蓝茎 | 马铃薯

蔬菜汁的配方

我准备了两种蔬菜汁给添才隔天轮流饮用。第一种是ABC蔬菜汁，食材有：

- 3个青苹果
- 1个甜菜根
- 3个中等大小的胡萝卜

在第二天，我用以下蔬菜榨汁：

- 3个中等大小的胡萝卜
- 2根小黄瓜
- 1个小苦瓜
- 1个小马铃薯
- 2或3根芹菜茎
- 1个灯笼椒

每一种组合都能够榨出两大杯的蔬菜汁，供我和添才各饮一杯。我早晨醒来后第一件事情就是榨蔬菜汁，以备早饭前空腹饮用。榨汁前要将蔬菜上的残余杀虫剂洗干净。

榨汁机的种类

关于榨蔬菜汁应该用哪种榨汁机，有些不同的说法。有人说要用慢速的榨汁机，才不会破坏蔬菜里含有的酶。还有些人就是用传统的榨汁机。遗憾的是，我对此也没有确切答案。对我来说，只要榨出的蔬菜汁能对添才的健康有益就行。我自己用的是大小足够放入一整个苹果和一根胡萝卜的传统榨汁机。

蔬菜汁的益处

添才感觉蔬菜汁对他的身体很有好处。我必须强调他饮用的蔬菜汁未必完全达到营养师的标准，但只要对他有益，他的身体也能接受和适应，这就足够了。蔬菜汁的益处包括：

- 促使肠蠕动更有规律：添才每天大解2-3次，其中一次是在饮用蔬菜汁的30分钟内。他从来没有便秘的问题。
- 改善胃口：他现在能够很好地进食，体重也上升了，并且已经恢复到他患癌以前的水平。
- 全面健康：添才认为蔬菜汁中含有的抗氧化物，矿物质和其他有益成分帮助他征服了体内的癌细胞。



“Tai Chi –Let’s enjoy being slow and steady!”

“太极——让我们充分享受放慢节奏的乐趣吧！”

Practise Tai Chi Sword at Mount Faber, 花芭山练剑

Tai Chi – Slow, Steady, Beneficial

Lin Jiang

Time flies. It has been a good four to five years since I first acquainted with Tai Chi in December 2010. The journey began with a trial, followed by slowly getting used to it; now, I enjoy it to the fullest.

I started learning Tai Chi by chance. Before being diagnosed with NPC, I exercised through playing squash, swimming, going to the gym and occasionally bowling. After the RT and CT, I tried to look for a new exercise combination according to my own physical condition and preference.

- First, as my left knee suffered from anterior cruciate ligament (ACL) injury, rigorous exercises such as squash are no longer suitable for me.
- Besides, my doctor had inserted a tube in my left ear as a counter-measure to middle-ear infection. Therefore, swimming is out of the question as I have to always keep my ear and the tube dry (the tube does drop off on its own after some time).
- Thirdly, I am not so keen on running and aerobics.

When Changi Airport Recreation Club introduced Tai Chi, my friend invited me to join her to watch the master’s demonstration. The results of the first three-month trial turned out to be interesting: my friend quit after the initial term whilst I continued to rollover quarter by quarter till to date. If you are also looking for a suitable exercise style and are open to Tai Chi, you may want to give it a try.



Tai Chi is a prestigious traditional Chinese martial art and has a rich history. Founded by Master Zhang Sanfeng, It advocates being soft inside and strong outside. It produces a magic effect akin to the proverbial David and Goliath – strike only after the opponent attacks. Tai Chi focuses on internal strength and control over switching between “Yin” and “Yang”. By cohesive consciousness, breathing and movement, it can promote physical fitness and lead to longevity. This is the iconic Tai Chi Yin and Yang Diagram with “Yang” on the left and “Yin” on its right. Tai Chi movements are rounded, gentle and coherent, which are akin to floating clouds and smooth water flow, seamless and constant. Its wellness regimens are slow and relaxing, which make their practice very enjoyable.

So how does Tai Chi benefit me? When practicing Tai Chi, I am completely relaxed both mentally and physically. It also relieves my stress, keeps me fit, and enhances my strength and endurance over time. Most importantly, it boosts my self-confidence! One of my classmates asked me if I learnt Tai Chi previously. When I told her it was my first attempt, she boldly concluded that I have talent on this front! I was weak in physical education (PE) when young so her positive comments greatly encouraged me and I have been motivated to continue practicing Tai Chi.

One thing good about Tai Chi is that it can be tailored to everybody. It matters little that one person can bend his or her legs till a very low level, while the other can bend just slightly to keep the body’s position high. As long as one can find a suitable way, he / she can follow a unique comfortable style to practise. I am by no measure a professional athlete. My poses and movements are currently far from perfect as my posture remains in a high standing position. However, I am still happy as my master had commented that I am able to produce standard moves without much mistakes.

I am delighted to have regular exercises that I am fond of, such as Tai Chi, walking, going to the gym, etc and I am very sure that I will continue to pursue them enthusiastically!

太极 —— 缓慢、沉着、健身

林江

岁月如梭，自从2010年底接触到太极，我从最初的尝试，到慢慢适应并逐渐喜欢上这项运动，至今已经有4、5年了。

我和太极的渊源实属偶然。以前，我的运动方式主要有打壁球、游泳，也经常去健身房，偶尔打打保龄球。在疗程结束后，我下意识地根据身体状况和个人喜好去寻找新的运动组合。

- 首先，我的左膝有一条十字韧带曾经受过伤，不宜做太过剧烈的活动。
- 还有，因为中耳炎，医生在我的左耳里面安装了一个小管子，不能进水。虽然那个小管子后来自行脱落了，我也必须随时保持耳部的干爽。所以，我也不方便游泳。
- 而且，我本身不喜欢跑步、健美操之类的运动。

我们机场俱乐部推出太极初学者课程时，我的一个朋友约我一起去观摩太极教练的演示。结果第一期3个月试学下来，我的朋友退出了，而我则不停地从上一个3个月续延到下一个3个月，直到现在。如果你也正在寻找合适的运动方式，又不排斥太极的话，不妨一试。

太极是一种传统的武术，有着悠久的历史。它由张三丰开创，讲求内柔外刚、以柔克刚、后发制人。太极注重内功和阴阳变化，通过意识、呼吸与动作的紧密结合，达到强身健体、延年益寿的目的。这个是太极阴阳图，左边是“阳”，另外一边是“阴”。太极的动作圆柔连贯，处处有“圆”，有如“行云流水，连绵不断”。太极养生运动舒缓、轻松，让人在享受的过程中健身。

那么，太极如何让我受益呢？这几年下来，我觉得我的身心得以全面放松，压力得以减轻，在体力和耐力得以增进的同时让我保持良好的身体健康。最重要的一点是，通过学习太极，我对自己的自信心加强了：有个师姐朋友曾经问我以前有没有学过太极，当我告诉她我是初学者时，她的结论是——我有这方面的天赋。我想这主要是我的动作看起来比较协调吧！其实从小我的体育就一直是弱项，师姐对我正面的评价让我信心大增，非常开心。

太极有一个好处，就是可以因人而异：每个人都可以根据自己的能力来运动——脚可以蹲得很低，也可以微微弯曲——只要找到让自己舒适的方式，就可以按照那个感觉去练习。我不是专业运动员，而是属于运动能力不强的那一类人，所以做动作不能堪称完美，而且姿势的重心偏高。我的教练对我的评价是：我的动作比较规范，没什么大的差错。他的肯定让我这个从零起步的太极学员觉得很自豪。

我很开心能定期做一些我喜欢的运动，包括太极、散步、去健身房等，并长时间坚持下去。



“Prevention is the best cure!”
“预防胜于治疗!”

Happy yachting, 游艇出海乐

Dental Care and Mouth Exercises

Lin Jiang

The radiation treatment that nose cancer patients receive almost always causes damage to salivary glands as well as to tissue (muscles, nerves, blood vessels) in or near the mouth. This damage shows up as dry mouth from reduced saliva production, difficulty opening the mouth wide, and jaw stiffness. Proper dental care and mouth exercises can help relieve these conditions.

Dental care

NPC patients suffer not just from having less saliva than a normal person – the saliva is also more acidic. This acid eats away at the layer of enamel that protects each tooth, making our teeth more prone to decay. Saliva also contains ‘good’ bacteria and minerals that help to keep teeth healthy so not having enough saliva puts our teeth at further risk of decay.

Dental care after treatment is guided by the principle of “prevention is better than cure”. Preventative measures include:

- Brushing your teeth and gum lines properly.
- Using dental floss and interdental brushes to remove food and waste between teeth.
- Using alcohol-free, oral mouthwash.
- Visiting the dentist regularly.

Using the right toothpaste is also important, with the ideal one containing ingredients that protect, reinforce and remineralise tooth enamel, prevent the buildup of dental plaque, guard against gum problems, as well as enzymes that help to relieve dry mouth. Dental gel can help keep teeth and gums in good condition too.



Mouth exercises

I would like to share two types of mouth exercises that I do.

The first one is mouth-opening exercise.

This is a common exercise during RT. The dentists request us to do mouth-opening exercise everyday and make sure that two or three fingers can be inserted into the opened mouth. However, many of us stop doing this exercise after treatment. My dentist always reminds me not to stop doing the mouth-opening exercise even after treatment. This is because our jaw is affected by the RT and usually has malfunctions, which can cause difficulty in mouth opening. The mouth-opening exercise stretches the muscles around our jaw to defer the side effects of RT and to prevent the muscles and joints from becoming stiff.

How to do mouth opening exercise? Open the mouth as big as possible. The bigger, the better. We can also use fingers to pinch out and stretch the jaw and face muscles thoroughly. Hold the widest opening position for seven seconds then close the mouth. Repeat for seven times as one group. Perform three groups of mouth-opening exercise a day.



The second mouth exercise is swallowing exercise.

It is really simple to do – just swallow air or saliva. Repeat for 15 times as one group and perform two groups per day. After completing the Intensity Modulated Radiotherapy (IMRT) courses for a year, I happened to pick up swallowing exercise and felt the effectiveness within just two months! My “sleeping” salivary glands “woke up” and slowly started to function. Currently, my saliva is about 70-80% of the normal level prior treatment. The swallowing exercise has similar effects as the chewing exercise and the tongue-stretching exercise introduced by our fellow NPC survivors.

These mouth exercises are simple and effective and you need not spend even a single cent on them. What's more, these exercises can be done in many flexible ways. Sometimes I combine the two exercises into one: open mouth, swallow and close for seven times followed by eight times swallowing exercise. By doing so, I can complete one group of both exercises at one go. We can also adjust according to our own condition, for example, reduce the time in each group and increase the exercise frequency.

Prevention is the best cure! Do not regret only when the jaw muscles are severely degenerated. Some negative effect to our health is irreversible. When the joints have serious problem, the functions will be lost for good. No one can ever buy it back no matter how rich he or she is. When the muscles are so stiff that the mouth cannot even open easily, there are only two possibilities: 1) spend much more money and time to maintain the poor mouth condition to prevent it from further deterioration; or 2) helplessly witness the situation getting worse day by day. There is a price to pay for negligence of oral health care over time! So start (or restart) doing these simple mouth exercises to keep our oral functions in good health and in working condition.

牙齿护理和口腔练习

林江

鼻咽癌患者所受的放射治疗会损伤唾液腺及口腔内或靠近口腔的多个组织（例如肌肉、神经、血管等），造成唾液分泌减少，口腔干燥，张口困难，下颌僵硬等后果。恰当的口腔保健可以有效地减轻这些症状。

口腔保健

鼻咽癌患者不仅只是遭受唾液少于常人的困扰，而且，其唾液更有呈酸性化的趋势。这些酸性液体腐蚀护牙的珐琅质，使我们的牙齿比常人更容易被龋蚀（俗称长蛀牙）。唾液中所含的有益细菌和矿物质起着保健牙齿的作用，唾液分泌的不足进一步扩大了蛀牙的风险。

疗后的牙齿护理，运用的是“预防胜于治疗”的道理。这些预防措施包括：

- 使用正确的方法刷牙。
- 用牙线和牙间隙牙刷清除齿间的食物残渣。
- 使用不含酒精的漱口水。
- 定期看牙医。

使用正确的牙膏也很重要。理想的牙膏应含有能保护和加固珐琅质的矿物质，生化酶等成分，防止牙菌斑的滋生，保护牙龈，缓解因为口腔干燥而引起的不适。护牙胶也可以帮助口腔和牙龈保持良好的状态。

口腔练习

在此，我向大家介绍我所做的两种口腔练习。

第一种是张口练习。

大家对它应该不会觉得陌生。放疗过程中牙医会要求我们每天都做张口练习，看看口张开后能不能放入两个或者三个手指。但是，很多人一做完疗程就停止张口练习了。牙医时常提醒我：因为受放射线影响，我们的下颌关节会出现不同程度的功能障碍，会感觉活动受限、张口困难。虽然治疗阶段沉重的那一页已经翻过去了，但是张口练习还是需要长期地坚持下去——它主要是通过拉伸两颊的肌肉群来延缓放疗的副作用，让这一带的肌肉和关节不至于变得很僵硬。

下面我介绍一下怎么做张口练习：把嘴尽量张开，可以张多大就张多大，越大越好。也可以用手指把嘴撑开，让面部和下颌肌肉充分拉伸。口张得最大的时候，维持7秒钟，把嘴合上。然后重复7次，这就是一组。每天做3组。

第二种是吞咽练习。

简单地说，就是吞空气或吞口水。每组做15次，每天2次。做完了三维适形调强放射治疗的一年多以后，我偶然自发地开始做吞咽练习，在一、两个月以内就取得了明显的效果，感觉到沉睡的唾液腺被唤醒了，逐渐开始恢复功能。现在，我的唾液分泌水平已经到了正常的70-80%左右。其他互助组成员分享过的咀嚼运动（就是好像在吃东西一样活动下颚），以及舌头拉伸练习等等，都和我所介绍的吞咽练习有着异曲同工之妙。

这些口腔练习简便易行，又无需任何花费，不妨一试。况且，我们还可以灵活地调控练习方法。有时候我会把两种口腔练习合二为一，即张口、闭口、吞咽7次再加8次吞咽，这样就同时完成了一组张口练习和一组吞咽练习。我们也可以根据自己的情况进行调整，比如减少每组数量而增加每天练习的次数。

所谓预防胜于治疗，早早预防才不会在两颊的肌肉严重老化以后才悔不当初。有些对健康的负面影响是不可逆转的：一旦下颌关节出现严重问题，它的功能就可能永远失去了，不管用多少钱也买不回来。如果已经到了不能像常人一样张口吃东西的时候才拼命地想尽办法挽回，那么就为时已晚了：有可能你到时候需要花费大量的时间、金钱和精力才能勉强维持整张口只能很艰难地张开一点点的状况；又或者你只能眼睁睁地看着情况继续恶化。这就是平时忽视口腔保健的代价。在我们可以毫不费力的时候经常做一些有效的口腔运动来激活并保持身体机能，又何乐而不为呢？！

A-Z of Nose Cancer

鼻咽癌英文首字母大全

Lim Kok Kiong 林国强

- A** *anti-oxidants* help prevent free radical damage linked to cancer
抗氧化剂 - 有助于祛除自由基对人体的损害
- B** *better* what you become after treatment
好转 - 疗后的情况会有所好转
- C** *camaraderie* what you get from support groups
友情 - 参与互助组的活动, 获取关爱和友情
- D** *dysphagia* difficulty in swallowing
吞咽困难 - 放疗产生的副作用之一
- E** *Epstein-Barr virus* an NPC marker
爱普斯坦-巴尔病毒 - 鼻咽癌标志之一
- F** *faith* sustains you, especially in difficult moments
信念 - 在困难的时刻支撑着你
- G** *gumption* the confidence and courage needed to fight NPC
勇气 - 与鼻咽癌作斗争的信心和勇气
- H** *hand-holding* helps you meet difficulties head-on
扶持 - 手把手的扶持帮助你面对困难, 勇往直前
- I** *indomitable* what you need to be the whole way
顽强 - 你自始至终都必须顽强地坚持
- J** *journey* starts at diagnosis, never ends
心路历程 - 从确诊的那一刻开始, 永无止息
- K** *knowledge* helps you better manage NPC
知识 - 有助于更好地应对鼻咽癌
- L** *lease* you get a new one after treatment
新生 - 治疗后重获新生
- M** *motivation* keeps you going after diagnosis
激励 - 患病后支持你继续前进的力量
- N** *nasopharynx* the part of the throat that connects to the nose
鼻咽 - 咽喉与鼻腔相连的部分
- O** *oncologist* the cancer doctors caring for you
肿瘤专家 - 治疗和照顾肿瘤病患的医生
- P** *patience* needed for senses lost during RT to return
耐心 - 等待放射治疗后恢复味觉, 必须有耐心
- Q** *Qigong* helps relieve / recover bodily functions impaired by treatment
气功 - 有助于恢复治疗时受损的身体机能
- R** *rest* an important ingredient in the recovery process
休息 - 恢复过程中的重要环节
- S** *support* especially vital during treatment and recovery
支持 - 治疗和恢复过程中尤为重要
- T** *Traditional Chinese Medicine (TCM)* helps lessen / alleviate side effects of treatment
中医 - 有助于减轻治疗的副作用
- U** *ulcers* occur during RT but go away eventually
口疮 - 在放射治疗中会出现, 但最终会消失
- V** *vigour* what you should aim to achieve post-treatment
活力 - 治疗后要保持活力
- W** *weight* drops during treatment, regained during recovery
体重 - 在治疗过程中体重下降, 康复后逐渐回升
- X** *xerostomia* dry mouth resulting from reduced or nil saliva flow
口干 - 由放疗造成唾液分泌的损伤或停止而引起口腔干燥
- Y** *years* what you hope to have many more of
岁月 - 你希望拥有更多更美好的岁月
- Z** *zest* something you should never be short of
激情 - 永葆激情, 无论何时何地

Note: Inspired by *A is for Allah* by Yusuf Islam (formerly Cat Stevens), who had written the song to teach his young daughter the Arabic alphabet.

注: 我编排上述与鼻咽癌相关的英文首字母大全是受到了 Yusuf Islam (原名 Cat Stevens) 的歌曲 “A is for Allah (A代表真主阿拉)” 的启发。他当年创作这首歌来教导年幼的女儿学习阿拉伯字母。

Resources & Helpline

For more information on the NCCS NPC Support Group, please contact:

- **Department of Patient Support**
mss@nccs.com.sg
6436 8743/8117
- **NCCS NPC Support Group**
Teo Thiam Chye (Programme Leader)
teothiamchye@yahoo.com.sg | 9631 7887
www.healthxchange.com.sg/NPC/Pages/nose-cancer-support-group.aspx

信息资源及服务热线

如需参阅更多鼻咽癌互助组的信息，请联络：

- **病患支助活动部门**
mss@nccs.com.sg
6436 8743/8117
- **新加坡国立癌症中心鼻咽癌互助组**
张添才先生（互助组组长）
teothiamchye@yahoo.com.sg | 9631 7887
www.healthxchange.com.sg/NPC/Pages/nose-cancer-support-group.aspx

"Having cancer is not the end of the world"

“充实
幸福生活，
演绎
精彩人生”

"Listen to your body, follow your heart"

“整个身
心灵都要
理解癌症并不
等于死亡”

“不要只是
询问，听取
建议后要
勇于尝试”

"If I had given up hope, I would have lost the battle"

"What is important to me is that I will live life as fully as I can"

“只要
做好了最
坏的打算，
就无所
畏惧了”