

Community Connection



黃水仙的含意

水仙花是希望之花！它不畏嚴寒，衝出霜凍的土壤，堅強挺拔地傲視同儕，給予我們希望在人間的感覺！

每年的三、四月，加拿大防癌協會都會展開籌募研究癌症撥款、防癌工作及病人服務經費的活動。每年這個時候，大家都可以在各大商場見到笑意盈盈的義工們將一束束美麗的水仙花，送給捐款給本會的善長。同時我們希望大家能戴起水仙花__針，向正在與癌抗戰的病人表示敬意和支持。

To some the daffodil is just a flower. For us, it is a symbol of strength and courage. It says we will not give up. It says we will fight against cancer and we will win.

Throughout April, compassionate volunteers across Canada work together to raise funds for the Canadian Cancer Society. Your donation allows the Society to fund research, information and support services, help with advocacy and cancer prevention initiatives. Buy fresh-cut daffodils or a daffodil pin and show your support for people living with cancer.

「勇闖明天」電話籌款 Annual Telethon



加拿大防癌協會再次與新時代傳媒集團於4月12日、星期六攜手合辦「勇闖明天」電話籌款活動。當日加拿大中文電台將會播出一系列的癌症資訊及防癌貼士；新時代電視製作的「勇闖明天」電視籌款節目亦將於8時晚播出，當晚邀請到癌症康復者與大家分享戰勝癌症的感人故事，亦提供最新的癌症研究和防癌資訊，請各位留意。

The Canadian Cancer Society is partnering with Fairchild Media Group once again to present our annual Telethon on Saturday, April 12th. Fairchild Radio will be sharing cancer awareness and prevention tips throughout the day. The Telethon program will begin at 8pm on Fairchild Television - featuring cancer survivor's journeys and the most up-to-date cancer information. Be sure to watch our program!

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四月是水仙花月 April is Daffodil Month

四月是水仙花月，加拿大防癌協會的義工在4月5、6日分別於時代坊、百家店、華埠廣場及麗晶廣場義賣新鮮水仙花。並於4月26日及4月27日在各大食肆宣揚防癌信息並呼籲大家在整個水仙花月一起戴上水仙花襟針。到時候，請各位熱烈參與，以實際行動支持癌病患者「勇闖明天」。

若果各位有興趣作為水仙花月的義工，請聯絡 asian@bc.cancer.ca

April is Daffodil Month. Canadian Cancer Society volunteers will be selling fresh-cut daffodils at Aberdeen Centre, Parker Place, Chinatown Plaza and Crystal Mall on April 5-6th and going to various Chinese restaurants in the Lower Mainland to sell daffodil pins on April 26-27th.

If you are available to volunteer for the Daffodil Campaign, please contact us at asian@bc.cancer.ca.

加拿大防癌協會



DAFFODIL
MONTH

水仙花月
支持癌症病患者
購買水仙花襟針

Call for Volunteers

Asian Giving is recruiting Corporate Outreach Assistants, Asian Giving Ambassadors and Daffodil Campaign volunteers. If interested, please contact asian@bc.cancer.ca to apply or to request a position description.

Chinese Programs is recruiting volunteers to help with the cervical cancer awareness project in April and May. Please contact Bessie Wang at bwang@bc.cancer.ca for more information.

Are you interested in engaging your peers and community members about the risks of flavoured tobacco and advocating for a ban on these harmful products? For more information please contact Crystal Hoi at choi@bc.cancer.ca

每月捐款計劃

Monthly Giving Program

你有興趣參加加拿大防癌協會的每月捐贈計劃幫助癌症患者勇闖明天嗎？捐款方法既簡單又方便。您可透過信用卡進行定期捐款，每年即可收到退稅收據。若您需要更改捐款計劃的任何資料，可隨時通知我們。查詢詳情：604 708-8818 / 1 877 708-8818 / asian@bc.cancer.ca

Are you interested in participating in our Monthly Giving Program to support the Canadian Cancer Society? It is easy and simple. We will deduct the preauthorized amount from your credit card, and you are eligible to receive a tax receipt. If you would like to change your Monthly Giving plan, just give us a call or send us an email. Contact: 604 708-8818 / 1 877 708-8818 / asian@bc.cancer.ca

子宮頸癌宣傳活動 Cervical Cancer Awareness

子宮頸癌是癌症中最容易預防的一種，可以通過子宮頸抹片檢查(Pap Test)提早篩查出異常細胞。每兩年定期做子宮頸抹片檢查的女性可減低70%患上子宮頸癌的風險。可是從卑詩省過往的統計看來，華人社區婦女較少定期進行 Pap Test。

這個五月份加拿大防癌協會與卑詩癌症中心將合作舉辦預防子宮頸癌活動，提高華人社區對子宮頸癌的認識，並呼籲 21 至 69 歲的女性定期進行子宮頸抹片檢查。除了在家醫生門診派發宣傳小冊子，我們還希望透過本地的美容、美髮、美甲等店鋪，讓女仕們更方便地了解到這些重要的健康資訊。此外，通過與社區內的診所合作，延長開放時間和安排華語女性的醫務人員，希望有助華人婦女進行檢查。

在卑詩省，Pap Test 可由家庭醫生或護士等醫務人員免費為你提供，只需幾分鐘時間就能完成。若想獲取更多有關信息或尋找一間在你附近的診所作免費檢查，請瀏覽 www.screeningbc.ca。

Cervical cancer is one of the easiest cancers to prevent; a Pap test can find abnormal cells on your cervix before they become cancer. Women who have a Pap test every two years can reduce their risk of cervical cancer by 70%. Statistics show us that the Chinese community has significantly lower rates of cervical screening than the general population.

During May, the Canadian Cancer Society will partner with the BC Cancer Agency to promote cervical cancer prevention and the benefits of regular Pap tests in the community of Richmond. Our goal is to motivate women aged 21-69 to schedule a Pap test. We will work with local clinics and salons to make the information and screening more culturally appropriate and accessible for the community.

Pap tests are free and can be done by your family physician or other healthcare professionals. It can save your life in a few minutes. Learn more or find a clinic in your area, visit www.screeningbc.ca.

面對
癌症？
我們能幫忙。

1 888 939-3333 | cancer.ca

經濟支援計劃 Financial Support Programs

加拿大防癌協會為癌症病人提供短期經濟補助，用於與癌症有關的交通和住宿開支。此外，我們還與卑詩癌症中心合作處理症狀處理藥物計劃 (Symptom Management Drug Program) 的申請資格。如想了解申請條件，可致電癌症資訊服務熱線 1 888 939-3333 查詢。

Besides cancer information and emotional support programs, the Canadian Cancer Society provides financial support to people living with cancers. The program aims to help people in financial need with cancer-related transportation and accommodation. We also coordinate access for patients who need symptom control medications at a subsidized rate through the BC Cancer Agency Financial Support Drug Program. For more information, please call 1 888-939-3333.



In the time it takes to *pick a hairstyle* you can book a Pap test.

在挑選髮型
所需要用的時間裏，您就可以預約做子宮頸抹片檢查。

www.screeningbc.ca/cervix

BC Cancer Agency
CARE + RESEARCH
An agency of the Provincial Health Services Authority

本會四、五月活動通訊 April/May Activities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30.	31.	1. April	2.	3.	4.	5. 水仙花商場義賣 Mall Sales
6. 水仙花商場義賣 Mall Sales	7.	8.	9.	10.	11.	12. 「勇闖明天」電話籌款 Telethon
13.	14.	15.	16.	17.	18.	19.
20. Week	21.	22.	23.	24.	25.	26. 水仙花酒樓義賣 Restaurant Blitz
27. 水仙花酒樓義賣 Restaurant Blitz	28.	29.	30.			

27.	28.	29.	30.	1. May 子宮頸癌宣傳 Cervical Cancer	2. 活動(五月) Awareness	3.
4.	5.	6.	7.	8.	9.	10.
11.	12.	13.	14.	15.	16.	17.
18.	19.	20.	21.	22.	23.	24.
25.	26.	27.	28.	29.	30.「勇闖明天」慈善晚宴 Gift of Hope Gala Dinner	31.

國語防癌專題講座 Colorectal Cancer Forum

加拿大防癌協會在三月舉辦的「結腸直腸癌預防與篩檢」講座完滿結束，由癌症研究中心主任 Dr. Carolyn Gotay 和卑詩癌症中心代表 Javis Lui 作為主講嘉賓，並設有國語翻譯。

此活動在宣傳期間和活動當日都受到大溫地區華人社區的熱烈關注。當天有超過 120 人出席，並早在報名期間就已超出預計的人數。參加者除了從講員的演講中得到重要信息，還利用問答環節和休息時間踴躍地向講員們提出了很多關於大腸癌的問題。

觀眾們異口同聲表示此活動讓他們獲益良多，並希望本會日後能舉辦更多有關除癌的活動。最後，此次活動之所以能得此成功，眾義工的努力也不能不提。

現僅將講座內容摘錄於下，以便未能出席的讀者。

在 BC 省，結腸直腸癌（亦稱大腸癌）是卑詩省第二號癌症殺手，而大部份的患者都是年過 50 歲。雖然大腸癌的發病率高，但預防的方法也極為容易。如果能在早期及時發現和治



療，成功痊癒率可高達 90%。

Dr. Gotay 強調了以改變生活方式的方法預防癌症，因為 47% 的大腸癌病例可以通過堅持每天運動，保持健康的體重和飲食來預防。在預防的同時，篩檢可以在息肉變成惡性腫瘤之前找到及除去，從而預防大腸癌。盡早發現癌症意味著可有更多治療選擇及更佳的治療成果。我們建議所有 50-74 歲的女士和男士都應定期接受大腸癌篩檢。



On Saturday, March 29th, 2014, the Canadian Cancer Society hosted a Chinese Cancer Prevention Forum. Dr. Carolyn Gotay and a representative from the BC Cancer Agency delivered presentations on colorectal cancer prevention and the BC Colon Screening Program.

The event has drawn a lot of attention from the Chinese community and was very well received. Over 120 people

attended. The participants were very engaged and did not hesitate to ask questions or voice their concerns about colorectal cancer. Feedback from the participants was positive. Many committing to change their lifestyle and incorporate regular screening into their lives. A big THANK to all our volunteers who put together this successful event!

Summary of the presentations:

Colorectal cancer is the 2nd leading cause of cancer death in BC. Most of the patients are above 50 years old. Although colorectal cancer has high incidence rates, it is also very easily prevented. Dr. Gotay's presentation emphasized on lifestyle changes - it is known that 47% of cases of colorectal cancer can be prevented through eating and drinking healthily, being physically active and maintaining a healthy weight. Furthermore, screening can prevent colon cancer by finding and removing polyps before they turn into cancer. It can also detect cancer at an early stage, which means more treatment options and better outcomes. Screening is recommended for men and women aged 50-74.