



# 生命小戰士會 通訊

第七期 ISSUE 7 Little Life Warrior Society Newsletter 11/2004

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## 敬醫、敬親、互關心 Respect, Love and Care

曾經患上癌症的小孩子最懂得感恩，今年本會的聯歡會為他們提供了一個寶貴的機會，除了跟新舊病友歡聚，更讓他們將寫上祝福字句的心意卡，親手送給曾經幫助他們渡過難關的人。

Childhood cancer patients are very grateful. This year's annual gathering allowed them, not only a chance to meet with their fellow cancer patients, but also an opportunity to express their gratitude on message cards which they presented to those who have helped them through the battle.

能夠親手送上謝卡，是很多病童和家長的心願。  
The patients and their parents want to send the thank you cards by hand.





## 家庭凝聚力的擴散 黃鄺芬妮

本會的週年聯歡會終於在300多位參加者的掌聲中完滿結束。參與這次聚會的籌備工作，最大的滿足感是來自家人的支持。每次開會後，我總會將一些新意念帶回家中討論，不知不覺間全家都很投入參與。丈夫很早便問是否要來當義工，聚會當天更提早下班趕來。雖然女兒不是病童，但她也有份參與演出；兒子更是「三棲」表演者，集合唱團團員、舞蹈員和話劇演員於一身。

我很享受這個聚會，更珍惜多個月來與籌委所建立的友誼。最令人鼓舞的是家庭的凝聚力經已蔓延開去，漸漸伸展至小戰士的大家庭。盼望明年你與家人也一起參與，定必有意想不到的收穫呢！



很多會員都跟司儀黃鄺芬妮一樣，全家總動員支持本會活動。  
Like Fanny Wong, the event's Master of Ceremonies, many members involved their family members in the gathering.

爸爸、媽媽：

你們常來病房探望我，甚至放棄吃飯的時間來照顧我。你們無私的愛，比世間任何東西還要偉大！

愛你的兒子  
軒

Dad & Mum,  
You always come to see me in the hospital. Sometimes you even miss your meals. Your selfless love is the greatest thing in the world.  
I love you.

Your son,  
Hin



沒有悶場的開幕禮——台上的孩子快樂地歌唱，台下的參加者熱烈地拍和。  
The opening ceremony is filled with joy—children sing on stage while the audience clap along.

阮醫生：

你全力以赴照顧患病的孩子，永不言倦，永不言休，令我們衷心感謝。

木林

Dr. Yuen,  
We would like to express our heartfelt gratitude for your care for the cancer children.

Mok Lam



你可知道這兩位打扮古怪的神秘人到底是誰？(謎底在下頁內找)

Who are the two people in such strange costume? (Answers can be found on P.3)

# The Spread of Family Spirit

Fanny Wong

When this year's annual gathering was closed, there was enthusiastic applause from the members of 300 participants. My greatest satisfaction came from the support of my family who had been very much involved. I often talked to them about the new ideas raised at the meetings with the organizing committee and my husband volunteered to help in the event at an early

stage. He even took some time off work on the day of the gathering to help out. My daughter, though she is not a cancer patient, also took part in the performance. My son participated in 3 programs, singing, acting and dancing.

I enjoyed the event very much, especially the friendship established in the past few months with the organizing committee members. It is most encouraging to see that the family spirit has spread from my own family to the big family of our Society. I sincerely hope that you and your families will join us again next year. You'll be surprised by what you can gain from the experience!



由醫護及病童主演的《CCC街之邊個夠我威》短劇，令人捧腹大笑。  
The drama, "CCC street — I am the best", performed by the medical staff and child patients is so hilarious that we could hardly stop laughing.



家長羅蘇細娟的分享觸動人心；如欲細讀病童馬慧欣的故事，請翻看第6頁。  
The sharing by parent Law So Sai Kuen touches our hearts. Turn to P. 7 to read about Lorraine Ma's story.

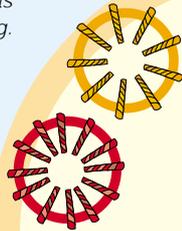
骨髓房姑娘：

感謝你們日以繼夜照顧兒子。

柏森媽咪

Nurses at the bone marrow ward,  
Thank you for your day- and-night care for my son.

Mother of Pak Sum



嚴姑娘：

多謝你的笑聲，  
令我在落藥期間，增添不少歡樂。

邢永豪

Nurse Yim,  
Your laughter made us feel happier during our medication.

Ying Wing Ho

CCC 所有檔檔：

多謝你們，有時走到腳軟，  
真不好意思！

慕德家長

Amahs at CCC,  
Thank you for your hard work. We are sorry to have to bother you all the time.

Parents of Mo Tak

黃姑娘：

你的悉心照顧令我很  
感動，見到鏡中的自己並  
不好看，你依然對我很  
好，謝謝你。

百厭星

Nurse Wong,  
I'm deeply touched by your kindness. Thank you for being so kind to me even though I looked horrible during the treatment.

Frisky





# 成功 有賴你的參與

成明光醫生  
生命小戰士會主席



2004 年的週年議會及聯歡會，在一片歡樂聲中結束。籌委會成員和表演者經過多月的籌備和採排，他們付出不少心思、精力和時間，結果讓所有參加者享受了一個難忘的下午。籌委會成員不分彼此，互相尊重、互相接納，目的是同心協力辦好聯歡會。他們又於會前一星期，召集了二十多位會員參與招待、場地佈置及收拾等工作。這正好發揮了本會的宗旨——「互相扶持及互相鼓勵」的精神。

本年度的週年議會，通過及接納了主席報告、明年新計劃，及選出新一屆委員。隨著新任委員的加入，盼望他們帶來新思維、新創意及新力量。我們計劃於明年贊助會員參加國際兒童癌症家長協會的週年會議，及加強與國內兒童癌症中心的家長及病童的交流，這意味著本會雖然植根香港，但仍不忘心懷祖國及面向世界。

聯歡會的各项表演，例如：小戰士合唱團的歌曲、《CCC 街之邊個夠我威》短劇、「跳出生命宣言」的舞蹈，家長及病童的分享，當中每一個片段都深深地勾起會員昔日病中的回憶及引起共鳴。我希望當日出席的新症病童及家人，可以從中得到支持和鼓勵。

我作為主席，本應逐一向各位籌備委員致謝，不過我相信大家為病童付出時間、心力和物力，並不是要得到別人的讚賞。此外，我知道有

很多會員默默地支持我們，他們從不計較工作是否尊貴或卑微，在此我衷心多謝他們！

生命小戰士會是一個由病童、家長、康復者及醫護人員組成的互助組織，它的支出主要來自孫志新慈善基金的捐助，及愛心童樂營過往四年對週年聯歡會的支持。雖然本會並不「富裕」，但我們最重要的資源，是本會八百多名會員及社會人士對本會工作的認同。因此我呼籲大家多參與本會活動，多向我們提出意見，監察本會是否能夠增進委員間的溝通，互相扶持和互相鼓勵，及令社會大眾關注及認識兒童癌症。最後，希望大家能團結一致，凝聚力量，繼續為癌症病童謀福利！

**成醫生：**  
你肯定的言語，堅定了我們的信心。  
感謝你成立生命小戰士會，讓大家結伴成長。

睿恒媽媽

**Dr. Shing,**

The confidence in your words helped to build our faith. Thank you for setting up the Little Life Warrior Society which allows us to support and grow nearer to each other.

Mother of Yui Hang

# All Because of You

Dr. Shing Ming Kong  
Chairman of the Little Life Warrior Society

to participate in exchange programs with the parents and child patients of China's children cancer centres. This indicates that even though our Society is rooted in Hong Kong, we are aware that we are a part of the worldwide movement. What's more, we fully recognize the need to forge stronger links with our counterparts in China.

The event's programs, including performances by our Choir, the drama "CCC Street — I'm the best" and "Dance of Life," touched many members' hearts and reminded them of the kindness they had received during the time when they were ill. I sincerely hope that the new patients and their family members who attended the gathering gained courage from the sharing.

As the Chairman of the Society, I especially wish to thank the members of the organizing committee in person. Of course, they did not spend their precious time and effort on child cancer patients just for compliments. I also understand that there are many other members working very hard for the Society and contributing in various areas. Here, I would like to express my appreciation to all of you for your faithful support.

Our Society is an organization of support. Among its members are patients, their parents, cured patients and the medical staff. Its funding comes mainly from the generous donation of Suen Chi Sun Charitable Foundation. The Camp Quality Hong Kong has supported our annual gathering in the past four years. We are trying our best to make the fullest use of our resources to ensure that our more than 800 members and members of the community recognize our mission. Therefore, we welcome your comments and participation. Please help us to maximize the Society's operation, its communications, its success in achieving the mission of promoting mutual support and its ability to raise the public's concern for childhood cancer.

Last but not least, I hope that we will work together heart and soul for the benefits of the child cancer patients.



成明光醫生（前排右二）衷心多謝所有義工（穿黃衣）和合唱團成員（穿紅衣）的無私付出。

*Dr. Shing Ming Kong (front row, 2nd from right), expresses his appreciation to all volunteers (in yellow) and Choir members (in red) of the annual gathering.*

The 2004 Annual Gathering and Conference ended in much laughter and merriment. More than 300 members enjoyed a marvellous afternoon, thanks to the hard work of the organizing committee and the performers. Preparation and rehearsals, which involved many hard-working people, had started months before. Finally, just one week before the event, the volunteers completed all the necessary arrangements, showing once more the mutual support of all those connected with our Society's mission.

At the Conference, the Chairman's report including the plans for the year ahead was passed and members of the executive committee were also elected. We look forward very much to having new ideas from them and in the year ahead, we hope to sponsor some members to the Annual Conference of the International Confederation of Childhood Cancer Parent Organizations (ICCCPO) and



# 我是如此開朗

馬慧欣

病向淺中醫，凡事向好處想，相信醫生的專業意見，一定可以打敗癌細胞。

慧欣

*Consult a doctor when you do not feel well, and always try to be positive. It will help you fight any illness, even cancer.*

Lorraine

## 難明母親的哀傷

去年九月，我患上骨癌。當時並不明白為什麼媽媽經常眼泛淚光，令我非常擔心。可是我卻不太傷心，也許不曉得病情有多嚴重，又或者與樂觀性格有關。

有一次，同學問我為什麼患上惡疾，仍能保持開朗。其實我並不是特別堅強，而是背後有很多人支持我，除了親友的愛護，所有醫護人員都很關心和照顧我。我覺得自己很幸福，十分多謝他們。

我以為自己跟其他骨癌孩子的治療方法一樣，先接受化療將腫瘤縮小，然後做外科手術，再接受化療。起初醫生認為我的腫瘤比較良性，毋須接受化療。可是手術後六星期，惡夢再次開始；因為有1%的癌細胞擴散至血管，所以必須接受化療。

## 兩次手術的遺憾

在短短七個月，我經歷了兩種不同的外科手術；不過仍毋須折肢，可以保存雙腳走路。第一次外科手術目的是為了保留膝蓋，將其中一條小腿骨拿來補上受感染的大腿骨。可是很不幸補上去的骨彎曲了，必須做第二次手術，以金屬骨替代膝蓋。

植入金屬骨的手術在外國已很普遍，但威爾斯親王醫院正剛剛起步，而我是首批接受這種手術的病人。這種手術的康復時間較短，成功率較高，醫生認為非常值得推薦。幸好這趟手術很成功，我終於可以如常進行各種活動。

接受化療期間，醫生非常小心，以確保藥物沒有影響內臟功能。護士和社工也很體諒，經常好

言安慰及安排活動，以減輕病人肉體和心靈的痛楚。住院期間，我學會了摺紙，這是其中一項意想不到的收穫。

## 沒有脫節的喜悅

當我在醫院接受治療，爸媽放工後，都會來探望我。以前爸爸工作繁忙，很少時間與我共聚，所以起初並不習慣他每天陪伴和慰問我。打化療針的時候，媽媽白天要上班，但整個晚上都會陪伴我。哥哥的性情也改變了，不但很關心和遷就我，還時常問候我。

由於我很喜歡讀書，所以懇求媽媽不要讓我停學，待身體狀況好一點便如常上課。我並不介意將病情告訴同學：其實癌症只是一種疾病，只是它比較嚴重和需要較長的治療時間。能夠上課和跟同學見面，我覺得很快樂；一方面可以避免脫節，另一方面，令我有生活目標。這個學年缺了不少課仍可以順利升級，我覺得很幸運。當然，如果我不需要做兩次手術，住院時夜更護士不要吵醒我，讓我可以好好睡一覺，就更為完美了。



剛知道患上骨癌的壞消息，與哥哥合照。

*This photo was taken when Lorraine's brother (right) had just heard about the bad news about his sister's cancer.*

# Cheerful Me

Lorraine Ma

## My Mother's Sorrow

I was diagnosed with bone cancer in September, 2003. At that time, I was so worry about my mother because she always cried about it. I did not get why she cried and tears would not help anyway. Maybe I did not know how serious my illness was, or maybe it was because of my optimistic nature.

My classmate once asked me why I could be so cheerful despite having such serious illness. Actually, I am not a very tough person, but my happy nature is rooted in the support and love around me. Medical staff supported me at all times, and I would like to thank them from the bottom of my heart for their unselfish love. I was so touched by all the supports everyone gave me.

I thought that I would have to receive the same treatment as other bone cancer patients. Reducing the size of the tumor by chemotherapy at first, then followed by surgery and chemotherapy again. At the beginning, my doctor said that I did not need to go through chemotherapy as my tumor was not as aggressive as others. However, my nightmare began 6 weeks after my surgery. I was told that 1% of the cancer cells had spread to the veins and it was aggressive. Because of all the 1%, I had to receive chemotherapy as prevention.

## My Two Surgeries

I had two surgeries in just seven months. Fortunately, the operations did not lead to amputation. My first operation was to replace the infected bone of my thigh with a bone from my lower leg in order to save my knee. However, the bone was arched and another operation was needed to replace the knee with a metal prosthesis. This means sacrificing the bone from the lower leg was wasted.

Metal prosthesis implantation is very common in western countries. For the Prince of Wales Hospital,

however, it was a new practice and I was among the first batch of patients to undergo the operation. Doctors generally recommend metal prosthesis as it results in a shorter recovery and a higher success rate. Thanks to the surgery, now I can walk, and exercise, like a normal person.

The doctors always tried to make sure that the medication prescribed during chemotherapy did not have side-effects on the internal organs. Nurses and social workers were also very kind. They would comfort the patients and organize activities for them to help relieve both the physical and mental pain brought by chemotherapy. During my stay at hospital, I unexpectedly gained a lot, learning origami, for example.

## The Encouragement During the Battle

My parents visited me every day after work when I was receiving treatment in hospital. In the past, my dad was always busy and could not spend a lot of time with me. So, I felt a bit strange to see him visiting me everyday. My mother, who worked in the daytime, usually spent the evening with me when I had my chemotherapy. Even my brother changed. He became very gentle and showed great concern about my condition.

Since I liked school very much, I asked my mother to keep my place at school so that I could go to school when my condition improved during chemotherapy. I did not mind telling my classmates about my cancer as it is only another kind of body disorder. Cancer is only more serious. It takes a longer time to treat and to recover compare to other illnesses. I was glad to go back to school and meet my classmates again. Not only does going to school let me catch up with my school work, my friends at school were also the medication to me psychologically. I am very fortunate to be able to move up a grade even though I had missed many lessons. Of course, everything would have been better if I had not had to have two surgeries.





# 不一樣的童年

國俊的童年跟別的孩子絕對不一樣。自兩歲起，他便與白血病搏鬥，曾經歷兩次癌症復發，三次化療和一次骨髓移植。十年來，家人的不離不棄，醫護人員的悉心照顧和病友之間的互相扶持，都是支持他忍受肉體痛苦的精神力量。



第一次化療後精神奕奕  
Kwok Chun feels great after  
his first chemotherapy.

## 國俊：感受有喜有悲

國俊認為「有喜有悲」這四個字，最能表達十年來他與癌病搏鬥的感受。

兩歲的國俊既健康又活潑，沒有人會料到持續三個多月的發燒、出疹是白血病的早期病徵。父母帶他看了幾個兒科醫生，病情仍然非常反覆。直至一位醫生驗出他的白血球數量過低，才立刻將他轉介至威爾斯親王醫院就醫。

第一次化療的過程很順利，國俊和家人都非常樂觀。可是五歲時停藥不久，體內的白血球數量再次不正常，只好接受第二次化療。國俊仍然非常勇敢面對艱苦的療程，並且沒有影響學業；只是母親為怕他壓力太大，才要求留級一年。

國俊十歲時突然感到雙腳酸痛，經檢查證實白血病第二次復發。知道這個壞消息後，全家都感到很氣餒。當進行第三次化療時，醫生建議進行骨髓或臍帶血移植。為求一線生機，在醫院找到合適的骨髓後，家人決定讓他接受骨髓移植手術。

手術尚算順利，但希克文導管三次受到細菌感染並引致敗血病，情況曾經頗為危急，幸好注射抗生素及除去導管後，可以慢慢康復過來。由於進行移植手術及康復需時，迫使他停學兩年。這個學年能夠再次健康地返學校上課，令他感到很高興。

## 父母：學會自我開解

兒子多年來受病魔纏繞，父母一定感到非常傷



接受骨髓移植後一年，與骨髓捐贈者王小姐共聚。  
One year after the transplant, Kwok Chun meets with the bone marrow donor, Ms. Wong.

痛。可是國俊的母親並不怨天尤人，反倒非常積極樂觀。究竟他們一家怎麼渡過這十個艱辛的年頭？

回想國俊初次發病，家人心情非常混亂和驚慌，幸好得到親屬在經濟和精神上的支持，讓他們收拾心情，盡力做到最好，期望他可以早日康復。可是停藥後再次復發令人最沮喪，母親曾為此與有相同經歷的家長抱頭痛哭；她認為同路人最明白大家的苦況，最能發揮彼此扶持的作用。

經歷幾許風雨，國俊的母親學會接受現實，經常叫自己和家人保持樂觀。看見兒子開開心心地成長、一家人快快樂樂地在一起，她已感到心滿意足，不希望再為明天憂慮。

衷心多謝所有醫護人員及我的「再生父母」  
非親屬骨髓捐贈者王小姐

國俊

# A Different Childhood

The childhood of Kwok Chun was different from that of other children. At the age of 2, Kwok Chun was diagnosed with leukemia. He has now been fighting against the illness for 10 years. During that time, he has experienced 2 relapses and undergone 3 chemotherapy treatments and a bone marrow transplant. However, the support of his family and fellow cancer patients, and the care of the medical staff, has given him the strength to endure the tremendous pain.



癌症復發後正接受化療  
Kwok Chun receives chemotherapy treatment after a relapse.

## Kwok Chun, "There have been happy & bad times..."

Kwok Chun has experienced both ups and downs in his battle against cancer.

Kwok Chun was a healthy and cheerful child when he was 2 years old. Nobody would have expected that the history of fever and rash for 3 months he developed were early symptoms of leukemia. His parents took him to several doctors for treatment. But his condition did not improve. On closer examination, a doctor found out that Kwok Chun's white blood cell count was lower than normal. He was then referred to the Prince of Wales Hospital for treatment.

The first cause of chemotherapy treatment went very well. Kwok Chun and his family were optimistic about the outcome. Unfortunately, Kwok Chun's white blood cell count dropped again when he was five, shortly after he had stopped taking his medicine. Kwok Chun was very brave. Whilst he was receiving his second chemotherapy treatment, he was trying to catch up with his school work. His mother worried that there would be too much pressure on him, and she asked him to take a year off school.

At the age of 10, Kwok Chun was again troubled by a persistent pain in one of his legs. Examination showed that he had had a second relapse. Upon hearing the bad news, his family felt dispirited. While Kwok Chun was having his third chemotherapy treatment, his doctor suggested a transplant of bone marrow or umbilical cord blood to treat the disease. His family readily agreed and the operation was performed as soon as matched bone marrow was found.

After the operation, the Hickman's catheter inside Kwok Chun's body became infected on three occasions with the bacteria leading to septicaemia and his situation was critical. Fortunately, Kwok Chun responded well to the antibiotics and recovered after the removal the catheter from his body. However, he was unable to go to school

for a long period of time while he was recuperating from the operation. He was very happy when he could finally return to school in a healthy condition this year.

## Kwok Chun's parents learned to stay positive and optimistic

Having a son suffering from a chronic illness, Kwok Chun's parents must have deeply felt the pain in their hearts and the stress on their minds. Yet Kwok Chun's mother has never tried to blame anyone or anything for her son's misfortune. On the contrary, she has remained positive and optimistic throughout the ordeal. How did the family cope throughout those difficult ten years?

The family was in panic when Kwok Chun was first diagnosed with leukemia. The financial and spiritual support from their relatives and friends helped to strengthen their resolve to fight the disease. The news of a relapse, however, struck the whole family with dismay. Kwok Chun's mother broke down into tears during a meeting with parents of other cancer patients. However, she found comfort in the knowledge that they were all sharing similar past experience and could understand what she was going through. Kwok Chun's mother believes that it is important that parents of child cancer patients support each other.

Having experienced bouts of hope and despair, Kwok Chun's mother has learned to cope with her son's illness. She constantly reminds herself and her family members that it is necessary to stay optimistic. As she now watches her son growing up happily, Kwok Chun's mother is hopeful that her family will not have to worry about the future anymore.

"I am grateful to all the medical staff and my unrelated bone marrow donor, Ms. Wong."

Kwok Chun





# 骨癌佳音 神奇的金屬骨

根據古明達教授的經驗，以金屬骨保留肢體效果較佳，不但康復時間加速，而且令行動更為自如。金屬骨最神奇的地方是可隨著病童高度增加而作出調校，究竟箇中有什麼奧妙之處？



古明達教授  
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Professor SM Kumta  
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病人眼中神奇的金屬骨  
The magical metal prosthesis



## 骨癌治療進步神速

醫治骨癌的科技可謂一日千里，以前病人若要保存肢體，必須接受骨移植。外科醫生可從病人自體或骨庫找尋合適的骨骼進行接駁手術，以螺絲釘接駁到被切去的部分。

由於磨損的關係，接受骨移植的病人，可能須於五年後再次接受手術；亦有部分病人對捐贈的骨骼產生排斥，需要較長時間康復。此外，病童日後無論站立或坐下，都不能將腳部屈曲。

目前金屬骨移植手術於外地已經非常普遍，但因費用高昂（每塊金屬骨價錢約為港幣十萬元），所以香港還未普遍使用。2003年威爾斯親王醫院才開始為骨癌病童進行這項手術，令他們的生活質素得到進一步的提升。

## 靈活金屬造福病童

金屬骨廣受歡迎，是因為手術後無論病人的步行能力、膝蓋的彎曲程度、肌肉的力量、傷口愈合時間和情況，都遠比使用人骨優勝。此外，它絕少出現排斥問題，病人通常可於手術後數天開始行走。由於它的壽命較長，通常於十至十五年後，才可能需要更換。

金屬骨還有一項非常神奇的功能，就是可以隨著病童增高而加長。首先，醫生會預先計算病童成年後的身高，以決定金屬骨的長度。目前曾接受這項手術的都是少年人，醫生所花的功夫相對地減少。例如，少年人的右腳要接受手術，由於他現在的身高與成年人的身高差距不大；外科醫生只須將植入右腳的金屬骨略為加長，再在左腳放置有厚度的鞋墊便行。日後他除去鞋墊，雙腳的長度便會一樣。

如果病童年紀較小，醫生便會為他植入可以調校長短的金屬骨。由於在體外以磁力加長金屬骨的技术仍在試驗階段，威院醫生寧願選用較有把握的外科手術——就是每隔幾個月開一個小傷口（視乎情況而定），鬆開金屬骨的螺絲釘，增加體內金屬骨的長度。

接受金屬骨移植的康復者，除了不可以做太劇烈的運動（如踢球、跳躍），他可以游泳、踏單車和步行，生活跟普通人分別不大。因此，金屬骨的確是骨癌病童的佳音。

# Metal Prosthesis

## The Good News for Bone Cancer Patients

According to Prof. Kumta, limb-sparing can be effectively carried out by the use of a metal prosthesis, which helps speed up recovery, as well as allowing normal mobility. What's more, the length of the prosthesis can be adjusted according to the height of the patient. Let us take a closer look at the procedures involved.

### The Advancement of Bone Cancer Treatment

In the past, a patient had to receive bone transplantation to save his limb. Surgeons would replace the amputated part with a bone transplant, which could either come from the patient himself or the bone bank. The transplanted bone was usually connected to the body by plates and screws or some other internal metal device.

The patient might need to undergo additional surgery after a few years because of absorption of the transplanted bone. Rejection of the donor bone could also happen, prolonging the time needed for recovery. Besides, the function of the joint deteriorates progressively and patients often find difficulty in bending the joints after a few years. With the advancement of prosthetic designs, patients can now receive a metal prosthesis implant. However, the treatment is still uncommon in Hong Kong because of the high cost (around HK\$100,000 a piece).

In 2003, the Prince of Wales Hospital began to conduct metal prosthesis implants for bone cancer child patients. The treatment has greatly improved the lives of many of these children.

### Adjustable Metal Prosthesis

Using a metal prosthesis for limb-sparing may be better than using donor bone in many ways. The benefits include the patient's mobility, knee joint flexibility, muscle strength, and faster recovery. Rejection is not an issue and patients can usually walk a few days after surgery. Moreover, a metal prosthesis does not wear as easily, and it may be 10 to 15 years before a replacement is required.

One extraordinary property of some metal prostheses enables them to be extended as the child

grows in height. Doctors would first estimate the child's height in adulthood prior to fixing the length of the prosthesis. However, the accuracy of such estimates has been tested only on adolescents because no child patient has yet received this kind of treatment up till now. For example, an adolescent patient is having a metal prosthesis implant in her right leg. As there will not be a big difference in the patient's present height and her future height in adulthood, doctors will simply implant a slightly longer metal prosthesis into her right leg. Shoe pads will be used under the left foot to make up for the imbalance. When the patient grows taller in the future, she can just adjust the shoe pad.

For younger patients, doctors may use an extendable metal prosthesis. A special electromagnetic device that allows doctors to lengthen the metal prosthesis in the patient's leg by remote control without surgery is now available. However, since the device is still in the testing stage, and has been used on only a few patients in UK, doctors at the Prince of Wales Hospital prefer the more reliable procedure—a minor surgical procedure to turn a screw in the prosthesis every few months, in order to extend the implant.

Except for vigorous sports such as soccer and jumping sports, patients with prosthesis implants can walk, swim and cycle like ordinary people. Metal prosthetic implants are really good news to children with bone cancer.



彥兒 (右) 及雪誼 (左) 是首批接受金屬骨移植的病人，她們對手術都感到非常滿意。

*Yin Yi (right) and Suet Yi (left) are among the first batch of patients to have received metal prosthesis implant. They are happy with the surgery.*



# 揭開X光的神秘面紗

朱昭穎醫生知道很多癌症小孩都害怕接受X光檢查，為了減輕大家的不安情緒，便向我們簡單介紹各種X光檢查的功能。

朱昭穎醫生  
香港中文大學放射診斷學系  
Dr. Winnie Chu  
Dept. of Diagnostic Radiology and Organ Imaging  
The Chinese University of Hong Kong



## 普通X光

X光是一種帶有能量的電磁波或輻射，擁有能穿透物質的特性。因為人體



普通X光 (X-ray)

器官及骨骼的不同的密度，當X光投射及穿透人體某個部位後，便能在X光片上造成深淺不同的影像，幫助醫生診斷病症。X光檢查好像拍照一樣簡單，只須1至2秒便可完成，常用於照肺或骨骼等檢查。

## 電腦掃描

電腦掃描是以X光從不同的角度拍攝檢查部分的橫切面，常用於腦部檢查，卻不適用於腹部各種器官。每次掃描只須10秒，但檢查時不可移動。這項檢查事前要注射造影劑，有兩種情況需要注意。第一，病人若有哮喘，或對某些食物或藥物敏感，需預先服食抗敏感藥，減少或避免過敏反應。第二，癌症病童的血管比較脆弱，醫護人員注射劑藥時會特別小心。

## 磁共振掃描

磁共振掃描是利用無線電波和強力的磁場，將體內器官的影像清晰地顯示出來。因事前要注射造影劑，及機器發出的聲浪太大，必須佩帶耳塞；所以令人感到有點不舒服。整項檢查需時約30分鐘卻不准移動，年紀小的病人需要服食鎮靜劑，但多數癌症病童都能聽從指示，順利完成檢查。這種檢查對骨骼及腦部檢查非常有用，且沒有輻射，很適合小孩子使用。

## 超聲波掃描

超聲波是使用耳朵聽不到的高頻率的聲波，透過放置在病人身體的傳送器，將影像傳送到電腦螢光幕，讓醫生即時可以知道骨骼或腹部器官是否正常。由於毋須靜止不動，即時知道結果，又沒有輻射，是最輕鬆的檢查。

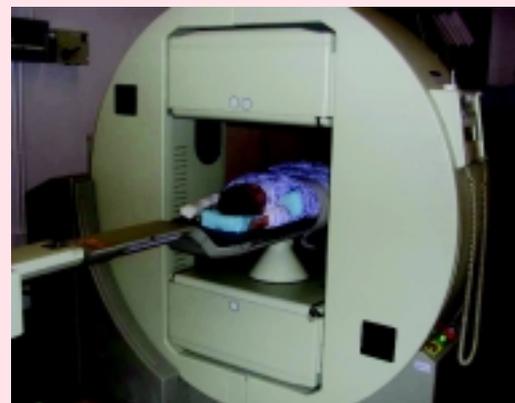


超聲波掃描 (Ultrasound)

## 核子掃描

事前要先注射放射原素，才可接受需時約30分鐘的檢查。這種檢查可知道癌細胞有沒有擴散至骨骼部分。由於接受的輻射劑量極之微少，對身體造成傷害的機會很低，毋須過分擔心。

當X光部門的醫生知道結果，會致電或於每星期的例會與兒童癌症中心的醫生討論，以便跟進病情。



核子掃描 (NM)

# Medical Imaging Procedures

Dr. Winnie Chu understands that many childhood cancer patients are anxious about many of the procedures used in the diagnosis of their illness. In the following article, she tries to explain the processes involved with the hope of dispelling some of the misconceptions about the methods used.

## X-ray

X-rays are electromagnetic waves that carry energy. They are part of the same family of waves as Light and Radio waves. X-rays are capable of penetrating objects. Because of the varying density of human organs and bones, an image can be created on X-ray film for diagnostic purposes. Effectively, when a patient has an X-ray, a photograph is taken of the internal structures of the body. It takes only 1 to 2 seconds and is usually used to take images of the lungs and bones.

## Computed Tomography (CT Scan)

The CT scan involves taking a series of X-ray images from different angles. CT scan can be used in imaging any parts of the body, commonly in the examination of the brain, neck, thorax and abdomen. These images are then processed by a computer in such a way that the doctor can see a detailed cross-sectional image of the scan area. The process takes only 10 seconds for each scan. During the process, the patient needs to keep as still as possible.



電腦掃描 (CT scan)

During the scan, the patient will be injected with a substance that helps improve the contrast of the image. This is always done with great care and causes a minimum of discomfort. The doctor will check beforehand to be sure that the patient does not

have an allergic reaction to the contrast medium.

## Magnetic Resonance Imaging (MRI)

MRI imaging uses radio waves together with a powerful magnetic field to produce extremely detailed images of internal structures of the body. It is particularly effective in the imaging of soft tissues. A contrast medium is injected to enhance the image. This can cause some discomfort, but



磁共振掃描 (MRI)

the majority of patients cope well with this. The machinery is also very noisy — but earplugs will be provided! However, if a patient becomes distressed, a mild sedative can be given which relieves the discomfort and allows the patient to sleep. During the process, a number of images will be taken and while a scan is in progress, the patient needs to lie still. Each scan last for a few minutes — although a series of scans is normally taken, so the whole process can take up to half an hour.

MRI is very useful for bone and brain examinations. The non-radioactive nature of MRI makes it most suitable for child patients.

## Ultrasound Scan (Ultrasound)

Ultrasound uses sound waves which are so high-pitched that we cannot hear them. The transmitter is placed on the patient's skin and, as the ultrasound reflects from within the patient, a receiver collects the echoes.

The signals are processed by a computer to give a "live" image for rapid diagnosis. Ultrasound rarely causes any discomfort to patients. In addition, patients are not required to lie still during the scan. Ultrasound does not produce any harmful radiation and is a very effective tool for the diagnosis of certain conditions.

## Nuclear Medicine Scan (NM)

Patients are injected with a small amount of a radioactive agent before undergoing the 30-minute scan. The radioactive emissions pass out of the patient's body and are detected by a special camera. The results enable the doctors to observe the spread of cancer cells in bones. The radioactive agent only stays within the patient for a short time and is very unlikely to produce any serious side effects.

Whichever of the above diagnostic methods is employed, doctors in Radiology and Organ Imaging Department will carefully analyse the results as soon as possible. The findings will be discussed with the CCC doctors by phone or in the weekly conference.



# 全國之最—— 北京兒童醫院血液中心

適逢馬曉莉和楊菁兩位北京兒童醫院血液中心的主治醫師來港交流，我們可以藉此認識這個全國病人量最大、病種最多、病歷最齊全、資源最多的血液中心。

## 歷史最悠久

北京兒童醫院是首都醫科大學的附屬醫院，1955年在胡亞美教授的領導下創立了血液專業；1998年血液專業被評為北京市重點學科；1999年成立了集臨床、科研、教學及培訓為一體的全國最大的兒童血液病中心。

血液病中心共設四個病區，130張床位，包括幹細胞移植病房（4張床位），2000年開始，骨髓移植病房投入服務，共有20位病人接受移植手術。另設有血液實驗室、專業治療室、觀察室，主要醫治的病種：兒童白血病、淋巴瘤、各種貧血、溶血、出血性疾病、郎格罕組織細胞增生症、高雪氏病等；為北京乃至全國血液病兒童提供高水平的醫療服務。

## 水準最優秀

中心自1976年率先在國內開展小兒白血病臨床科研工作，吸取國內外先進經驗，制訂了適合中國兒童體質的化療方案，治療數千名白血病病童，其中長期（5年）存活達673人，8年達505人，他們重新開始正常生活學習；有20餘人結婚和生育。



馬曉莉醫師（左）和楊菁醫師於香港  
Doctors, Ma Xiaoli (left) and Yang Jing, during their visit in Hong Kong.

在八十年代兒童急淋白血病五年持續完全緩解率已達50.6%，九十年代兒童急淋白血病五年無病存活率達74.4%，急性髓性白血病的10年無病生存率達27.88%，代表了各時期國內最高水平。2003年參考國際上最先進治療組BFM經驗制定2003年急淋治療方案，在診斷及治療上與國際接軌。

中心除了有具有實力雄厚的血檢室，現正建立兒童白血病DNA庫，搜集了每個白血病患兒在治療的不同階段骨髓細胞組織DNA，為今後科研工作奠定了扎實基礎。

## 病人支援剛起步

中國的醫療保險還未普及，病人家屬要負擔昂貴的醫療費用非常吃力，只有部分人可由保險或所屬單位代付部分支出。由於社會贊助少，個別經濟上有困難的病人，只能在電台及報紙作出呼籲，希望可以獲得各界的經濟援助。

此外，國內醫院暫時只能專心為病人治病，對病人的醫療教育、心理輔導還在起步階段。北京兒童醫院的血液中心設有白血病聯誼會，不定期舉辦一次會議，以加強病人與醫生的交流。



白血病康復兒童聯歡會  
Party for cured leukemia children

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# The Nation's Best

## Haematological Centre of Beijing Children's Hospital

*Two doctors, Ma Xiaoli and Yang Jing, of Beijing Children's Hospital Haematological Centre, recently visited Hong Kong. We learnt from them much more about China's most resourceful haematological centre, which has treated the largest number of patients with blood diseases, and keeps the most detailed medical records.*



名譽院長胡亞美院士與病童  
Honorable President, Prof. Hu Yamei,  
and child patients

### The First in China

Beijing Children's Hospital is affiliated with the Capital University of Medical Science.

In 1955, Professor Hu Yamei founded the hospital's haematology division. In 1998, haematology became one of the key academic subjects at medical facilities in Beijing. Established in 1999, the Haematological Centre has become the nation's most advanced facility for the research and treatment of blood diseases in children.

The Centre is divided into 4 sections and can hold 130 beds, including four beds in the stem cell transplant ward. The bone marrow transplant ward was built in 2000. Since then, a total of 20 patients have received bone marrow transplant operations. The facilities also include haematology laboratories, treatment rooms and observation rooms.

The Centre specializes in the treatment of haemolytic and bleeding disorders, such as child leukemia, lymphoma, various kind of anemia, Langerhan's cell histiocytosis and Gaucher's disease. It provides the best medical services in the nation for the care of children with blood diseases.

### The Highest Standard of Medical Service

The Centre has been at the forefront in the country's clinical research on child leukemia since 1976. A chemotherapy protocol, designed specifically for the physique of Chinese children, was developed using the most up-to-date medical science. Thousands of child leukemia patients have been treated with this treatment protocol. Among them, 673 have lived for 5 years since the treatment and another 505 have lived for 8 years. More than 20 patients



北京兒童醫院血液中心病房  
Beijing Children's Hospital Haematological Centre

who have received the treatment have subsequently married and are now raising families.

In the 1980s, the five-year leukemia free survival rate of child acute lymphoblastic leukemia was 50.6%. While in the 1990s, the five-year leukemia free survival rate was 74.4% and 10-year acute myeloid leukemia free survival rate was 27.88%. All these rates were the highest in the nation. Based on the experience of the world's most advanced therapy unit, BFM, the Centre developed a new acute lymphoblastic leukemia treatment protocol which was introduced in 2003. It has raised the diagnosis and treatment of the disease to the highest international standards.

In addition to the well-established haematology laboratories, the Centre is building a child leukemia DNA pool. The pool will collect the DNA of the bone marrow tissue at different stages of the treatment of each child with leukemia. Such data will establish a strong foundation for future research.

### Patients' Support

As medical insurance is not common in China, many families of child patients have to bear the high medical cost. Only a few are fortunate enough to receive financial help from their parents' employers or companies, to which they belong. The only form of public support is the result of fund raising from the patients' families on radio or television. So far, local hospitals have largely concentrated on the treatment. But some of them have begun organizing such supporting activities as medical education and patient counseling. For example, the Hematological Centre of Beijing Children's Hospital has established a mutual help society to organize meetings aimed at strengthening the support between doctors and their leukemia patients.



1 本年度的聯歡會暨週年議會得以順利進行，全賴下列機構及人士全力支持：  
孫志新慈善基金、愛心童樂營、通利琴行、宏天廣告製作有限公司、威爾斯親王醫院健康支援中心、鄧藹霖女士、雷慧樺女士、黃懷德先生、利雅詩小姐、鄭志旋先生及台前幕後的義工。

2 第二屆週年議會已順利選出2004 - 2006 年度執委會成員，名單如下：  
阮文賓教授(名譽會長)、成明光醫生(主席)、李志光醫生、李偉生醫生、卜桂麗護士、張瑞心護士、梁美寶護士、曾越珊護士、鮑杜鳳珠女士、李寶蓮小姐、盧謝慕清女士、馬陳嘉賢女士、梁盧婉玲女士、鄭謝惠君女士、童琬芸女士



部分離任委員與阮文賓教授合照  
Professor Patrick Yuen Man Pan and some of the previous committee members

3 上屆執委會成員戚其威教授、劉慶華護士、張惠玲護士、馮范佩華女士、張黃希鸞女士、葉樊靜儀女士、鄧周美潤女士、黃鄭芬妮女士剛已離任，在此謹向他們致以萬二分謝意。

4 聯歡會 VCD 經已製作完成，歡迎會員於覆診時向醫護人員索取。

1 We would like to express our gratitude for the support of this year's annual gathering to the following people and organizations:  
Suen Chi Sun Charitable Foundation, Camp Quality Hong Kong, Tom Lee Music, World Sky Advertising & Production Co. Ltd, Health Support Centre of the Prince of Wales Hospital, Ms. Blanche Tang, Ms. Elaine Louie Wai Wah, Mr. Walter Wong, Ms. Natalie Lee, Mr. Cheng Chi Suen, and all volunteers.



新一屆執委會部分成員  
Some new members of the Executive Committee

2 The Executive Committee for 2004 - 2006 was elected during the 2nd annual conference. The list of members is as follows:  
Professor Patrick Yuen Man Pan (Honorary Chairman), Dr. Shing Ming Kong (Chairman), Dr. Li Chi Kong, Dr. Vincent Lee, Nurse Salina Puk, Nurse Jeanny Cheung Sui Sum, Nurse Leung Mei Po, Nurse Tsang Yuet Shan, Mrs. Pau To Fung Chu, Mrs. Lo Tse Mo Ching, Miss Pauline Lee Po Lin, Mrs. Stephanie Ma, Mrs. Leung Lo Yuen Ling, Mrs. Cheng Tse Wai Kwan, Mrs. Doris Davis.

3 We would also like to thank the previous committee members listed below, for their contributions:  
Professor Chik Ki Wai, Nurse Lau Hing Wah, Nurse Cheung Wai Ling, Mrs. Queenie Fung, Ms. Candice Cheung, Mrs. Yip Fan Ching Yee, Mrs. Elaine Tang, Mrs. Fanny Wong.

4 The VCD of the annual gathering is ready for collection. Members may ask for copies of the VCD from the medical staff when they visit the hospital.

## 編輯委員會

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翻譯：梁宏福、區兆卉 設計及製作：林惠儀

編委：黃鳳儀、羅春霞、鮑杜鳳珠、林啟彥、程志廣、Sue & Ian Leatham、Christine Duggan

鳴謝：孫志新慈善基金對本會通訊出版工作的支持  
吳光正先生、夫人對興建包黃秀英兒童癌症中心的慷慨捐贈

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Acknowledgement: Suen Chi Sun Charitable Foundation for their support in publishing the newsletter  
Mr. & Mrs. Peter Woo for their generous donation to set up the Lady Pao Children's Cancer Centre

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本會為國際兒童癌症家長會協會會員  
Our Society is a full member of the International Confederation of Childhood Cancer Parent Organisations (ICCCPO)  
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