



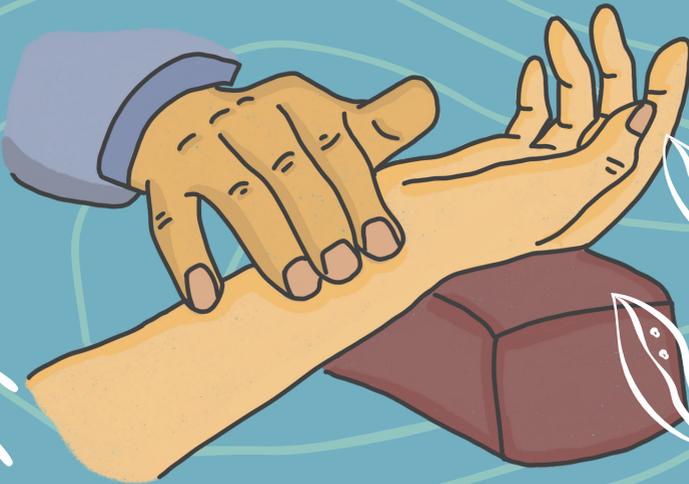
香港防癌會

HONG KONG ANTI-CANCER SOCIETY

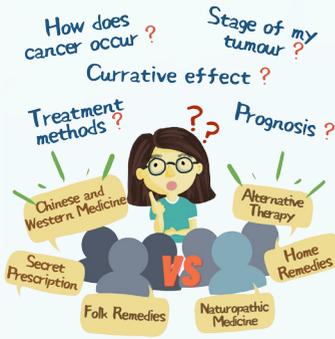
Since 1963

Chinese Medicine Practice

Chinese Medicinal Herbs and Cancer



The treatment and Chinese medicine described in this booklet is mainly for reference. Readers should consult your doctors or Chinese medicine practitioners as necessary. Self-administration of Chinese medicinal herbs is generally not recommended.



The Role of Chinese Medicine in Cancer Treatment in Hong Kong

In Hong Kong, Chinese & Western (mainstream) medicines are playing different roles in the management of cancer.

Chinese Medicine		Western Medicine
<ul style="list-style-type: none"> Regulate the human body's internal environment or to restore its systems back to an optimal functional status (homeostasis) Restore immunity of patients Enhance quality of life 	Pros	<ul style="list-style-type: none"> Surgical intervention, radiotherapy and chemotherapy are important treatment protocol Early cancers can mostly be cured while advanced cases may be contained with fairly satisfactory prognosis For late cancers, patients are usually supported by palliative care to improve their quality of life.
<ul style="list-style-type: none"> With milder side effects, can stabilize cancer cells and suppress their growth, yet may not shrink the tumours effectively 	Cons	<ul style="list-style-type: none"> Often bring about undesirable side effects, which adversely affect the body's immunity and thus compromise the patients' quality of life

Clinical observations demonstrate that integrated Chinese and Western medicine is able to potentiate the strengths of the two and make up for each other's inadequacies. It could improve the treatment effect, prolong the patients' survival and enhance quality of life.



In Hong Kong, Chinese medicine plays an active role in cancer management in the following areas:

- 1 Chinese medicine being used concurrently with radiotherapy and chemotherapy to increase curative effect and reduce the severity of toxic complications
- 2 For frail elderly patients or those in poor physical condition who cannot tolerate surgery, radiotherapy or chemotherapy; Chinese medicine provides a good alternative
- 3 For relapsed cases or those which are not responding to repeated Western medicine treatment, Chinese medicine can offer a kind of 'maintenance' therapy
- 4 For high cancer risk individuals or those with precancerous condition, Chinese medicine can be utilised prophylactically

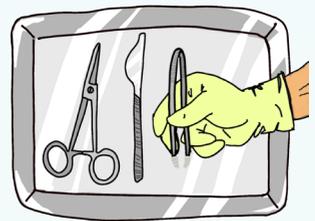
How Chinese Medicine Helps to Relieve Discomforts for Cancer Patients at Different Stages

Chinese medicine plays a complementary role to Western medicine or acts independently in cancer management.

1. Chinese Medicine Complementing Surgery, Radiotherapy and Chemotherapy

Complementing Surgery:

For early stage cases, surgery can quickly remove the tumour and thus efficiently reduce the systemic burden. However, it cannot totally prevent the cancer from recurring nor metastasis. According to Chinese medicine, surgery is not only traumatic to the human body and its internal environment; it also damages the energy flow ("Qi"), and thus disrupting the patient's vitality.



Chinese medicine can be used to reduce post-operative discomforts, speed up recovery and restore vitality. For example, patients having undergone lung cancer surgery, his/her lung and the spleen are both weakened and manifest signs such as coughing, chest pain, shortness of breath and general malaise. Chinese medicine is brought into use to restore the functions and vitality of the lung and the spleen, thus to reduce the discomfort and hasten the body's recovery. Another example is on patients following a stomach or colorectal cancer surgery. He/she usually feels bloated, loses appetite, and complains about abdominal pain constipation or diarrhea. Applying Chinese medicine for 2-4 weeks could alleviate these problems.

Furthermore, Chinese medicine helps to prepare one's physical condition for post-operative chemotherapy and/ or radiotherapy. For patients who do not need post-operative radiotherapy or chemotherapy, they are recommended to take Chinese medicine to reduce the risk of recurrence or metastasis. Chinese medicine works on regulating the mindset, physical ability and digestion. The mechanism has shown as below.

Triple Regulation:

Regulating Psychological/ Mental Status:

Meaning peace of mind, patients are encouraged to practice Qi-gong or Tai-chi for relaxation

Regulating Physical Ability

Chinese medicine practitioner would work out a Chinese herbal formula to strengthen his/her resilience against cancer

Regulating Digestion

Patients are advised to avoid certain foods but at the same time choose foods that are beneficial and anti-cancer



Complementing Radiotherapy:

Chinese medicine regards radiation as a kind of pathogenic heat toxin, which can consume “Qi(energy)” and damage “Yin”, as well as harm the spleen, stomach, liver and kidney. There are several ways that Chinese medicine can help to alleviate the side-effects seen on different parts of the body:

◆ For head area

Radiotherapy to the head could cause swelling and inflammation of brain tissues resulting in headache, dizziness and nausea. Chinese medicine believes that improving the kidney & liver function, activating the blood and inducing diuresis will benefit the patient. Chinese medicinal herbs frequently used for treating such conditions include: Barbary Wolfberry

Fruit, Processed Rehmannia Root, Szechwan Lovage Rhizome, Medicinal Cyathula Officinalis Root, Agaric, Sharpleaf Uncaria Stem with Hooks, Haliotidis Concha, etc.



Barbary Wolfberry Fruits enrich & supplement liver and kidney function.

◆ For nasopharynx and the throat (nasopharyngeal, larynx and oral cancers)

After radiotherapy, patients often suffer from inflammation of the soft tissue/ mucosa lining of the nasopharynx and the buccal cavity resulting in swelling, blistering, ulceration, severe pain and extreme dryness. The treatment should focus on “cooling”, nourishing “Yin”, engendering body fluid and rehydrating cells. Chinese medicine frequently used for these conditions include: Snakegourd Root (Trichosanthis Radix), Glehnia Root, Dwarf Lilyturf Root Tuber, Reed Rhizome and Raw Liquorice Radix Root.

Recommended food therapy recipe: Using 300 ml of water, add 10g of Honeysuckle Flower Bud (dried), 10g of Noble Dendrobium Stem Herb (dried) and a sliced Chinese pear (Pyrus nivalis) to boil then drink in place of tea throughout the day. Frequent sips during the day are suggested.

◆ For the chest (lung & post-operative breast cancers)

There are always risks of post- radiotherapy pneumonia and skin inflammation following radiation to the chest. Patients may feel nauseated, shortness of breath, dry coughs, etc. The treatment should focus on nourishing “Yin” and rehydrating the lung (at cellular level). Chinese medicinal herbs frequently used for treating such conditions include: Snakegourd Root, Glehnia Root, Dwarf Lilyturf Root Tuber, almonds, lily bulbs, etc.



Lily bulbs can nourish “Yin” and rehydrate lung.

◆ For oesophageal cancer

Oesophagitis commonly occurs after radiotherapy. Side effects include difficulties in swallowing and pain behind the sternum during swallowing. The treatment should focus on clearing away “heat” and to detoxicate, and relieving chest tightness by guiding the “Qi” downwards. Chinese medicinal herbs frequently used include: Snakegourd Root, Mongolian Dandelion Herb, Lotus Leaf Stem, Noble Dendrobium Stem Herb, Glehnia Root, Notoginseng Radix, etc.

◆ For upper abdomen

Loss of appetite and feeling nauseated are the common after radiotherapy. In order to fortify the spleen, harmonize the stomach and stop vomiting, Chinese medicinal herbs frequently used for treating such conditions include: Largehead Atractylodes Rhizome, Poria, Villous Amomum Fruit, Tangerine Peels, Bamboo Shavings, etc.

◆ For lower abdomen (colo-rectal cancer)

After radiotherapy, patients usually suffer from abdominal pain, diarrhea, tenesmus and hematochesia. Thus, clearing “heat” and removing “dampness”, cooling the blood to stop bleeding, and astringing the bowel to stop diarrhea are the principles of treatment. Chinese medicinal herbs frequently used include: Garden Burnet Root, Black Locust Flower, Purslane Herb, Patrinia, Rice Bean, etc.

◆ For pelvic area (cervical, prostate cancer)

Urethritis is one of the common side-effects after radiotherapy, presenting as urinary frequency, urgency and dysuria etc. Clearing the “heat” and to detoxicate, inducing diuresis to relieve stranguria, cooling the blood to stop bleeding are required. Chinese medicinal herbs frequently used include: Field Thistle, Adhesive Rehmannia Root, Lalang Grass Rhizome, Fringed Pink Herb, Common Knotgrass Herb, etc.



Coix seed can fortify the spleen to remove dampness.

Recommended food therapy recipe: 15g Lalang Grass Rhizome; 10g Rice Bean; 10g Kudzu Root; 15g Processed Coix Seed. Use all ingredients to cook as soup and have it once a day.



Complementing Chemotherapy:

Chemical drugs are meant to kill cancer cells but inevitably destroy normal cells at the same time and systemic damage is done to the circulatory, digestive and neurological systems. Chinese medicine is capable of rectifying these problems.

◆ For general adverse reaction

General malaise, dizziness, mental exhaustion, urinary and bowel disturbance are common problems. Chinese medicine can help to improve these conditions by boosting “Qi” and nourishing blood as well as enriching liver & kidney. Chinese medicinal herbs frequently used include: Pilose Asiabell Root, Astragalus, Suberect Spatholobus Stem, Barbary Wolfberry Fruit, etc.

◆ For gastro-intestinal tract reaction

After chemotherapy, majority of the patients would lose appetite, feel nauseated, abdominal pain, diarrhea and constipation. In order to fortify their spleen, harmonise the stomach and relieve undesirable side effects, the following Chinese medicinal herbs are frequently used: Largehead Atractylodes Rhizome, Poria, Villous Amomum Fruit, Tangerine Peel, Bamboo Shavings, etc.

Recommended food therapy recipe: add 5g Tangerine Peel, 5g Villous Amomum Fruit (Shelled), five Jujubes and 15g Chinese Yam into 100g Rice and cook into congee. Serve with a little shredded ginger.



Largehead Atractylodes Rhizome can fortify spleen, boost “Qi”, dry dampness and induce urination.

◆ For bone marrow function suppression problem

Most of the chemotherapy drugs cause different degree of bone marrow function suppression. For those with low hemoglobin level and short of vitality. Chinese medicine can boost “Qi” and nourish the blood. Frequently used medicinal herbs include Ginseng, Donkey-hide Gelatin, Processed Rehmannia Root, etc.

- For those with low white cell count, Chinese medicinal herbs such as Pilose Asiabell Root, Astragalus, Suberect Spatholobus Stem and Glossy Privet Fruit can be used to strengthen the spleen and supplement the “Qi” as well as supporting/ enhancing liver and kidney functions. For those with low platelet counts, treatment should focus on supplementing the “Qi” and cooling blood to stop bleeding. Chinese medicinal herbs such as Ginseng, Notoginseng Radix, Adhesive Rehmannia Root, and Peanut Seed Testa can be applied in this case.



Donkey-hide Gelatin can supplement and stanching blood as well as moistening yin and dryness.

◆ For liver damage

Some of the chemotherapy drugs may weaken the liver function and patients will suffer from liver discomfort and jaundice. So, the treatment focuses on soothing the liver, clearing heat and removing dampness. Chinese medicinal herbs frequently used include Capillary Wormwood Herb, Linearstripe Radosia Herb, Stringy Stonecrop Herb, etc.

◆ For alopecia

Chinese medicine treats this condition by tonifying blood to restore hair, strengthening kidney function, nourishing “Yin”, cooling blood and promoting blood circulation. Chinese medicinal herbs frequently used include Processed Rehmannia Root, Fleeceflower Root, Glossy Privet Fruit, etc.



Beautiful Sweetgum Fruit can dispel wind and improve collateral circulation as well as promote urination and unblock the meridians.

◆ For urological system toxicity

Patients undergoing chemotherapy may suffer from urinary frequency, urgency and dysuria. Chinese medicine focuses on inducing diuresis to percolate “dampness” as well as “cooling” the blood to stop bleeding. Chinese medicinal herbs frequently used include Plantain, Lalang Grass Rhizome and Lophatherum Herb, etc.

◆ For neurological toxicity

Some chemotherapy drugs cause numbness in finger tips and decrease reflex in Achilles. The aims of Chinese medicine treatment are not only to dispel “wind” and promoting blood circulation, but also unblocking the meridians and collateral circulation. Chinese medicinal herbs frequently used include Beautiful Sweetgum Fruit, Suberect Spatholobus Stem, Mulberry Twig and Twotoothed Achyranthes Root, etc.



Suberect Spatholobus Stem helps to tonify the blood and promote its circulation as well as unblock the collateral circulation and relax the muscles.

Recommended prescription for external bathing: Boil 20g Suberect Spatholobus Stem, 8g Safflower and 10g Argy Wormwood Leaf in 2500ml water and reduce to 1000ml. Soak your hands and legs in the warm potion for 20 minutes once a day.



Using Chinese Medicine Treatment Solely:

Chinese medicine as Independent treatment for frail elderly patients or those in poor physical condition who could not tolerate radiotherapy or chemotherapy.

These patients usually suffer from other chronic illnesses as well and their decreased organ functions make it difficult for them to undergo aggressive cancer treatment. Therefore, Chinese medicine treatment would be tailored to enhance their individual condition holistically. Their treatment plans should be different from those to young cancer patients or patients with fair physical condition or with solely chronic illnesses. Instead, Chinese medicine is a systemic treatment of the whole body but not just the disease. It would differentiate both the syndrome and disease for determining the treatment. For the syndrome differentiation, it focuses more on supporting the healthy energy and reinforcing primary “Qi”. Whereas, for the disease differentiation, it aims to dissipate the tumour and detoxification.

Characteristics of Chinese Medicine and Precautions in Its Application

Although most of the Chinese medicines originated from natural plants, animals or minerals, they are not totally free from side effects as the public believes. It has been observed that patients sometimes suffer from toxic or severe side effects after taking some over the counter Chinese medicines without first consulting a Chinese medicine practitioner. Moreover, long-term consumption of the same Chinese medicine is believed to induce drug resistance and would lower its efficacy.

Chinese medicines (mostly herbs) have different characteristics, including four natures and five tastes, some are for “lifting” while some are for “lowering” effects, and some are “exterior releasers” while some are “astringent (to be kept within) medicine”. Some act mildly while some act strongly.

Five Tastes	Acrid	Four Natures	Cold
	Sweet		Hot
	Sour		Warm
	Bitter		Cool
	Salty		



The application of Chinese medicine emphasizes on symptom-oriented, combination and contraindication.

Illness occurs when there is deviation on the individual's “Yin”, “Yang”, “Zang Fu (internal organs)”, “channel (meridians)”, “Qi” and blooda. Therefore, Chinese medicine applies the theory of using different characteristics of medicine to correct the pathological deviation and restore the balance. Syndrome differentiation, formula composition and medication contraindication are also vital in the application of Chinese medicine. Chinese medicine can help increase treatment efficacy and lower side effects when it is applied carefully with sound principles.

Use of Medicines Based on “Symptom-Orientation (diagnosis)”:	Misuse of certain medicines will lead to the imbalance of “yin”, “yang” and deterioration of the illness.
Appropriate Formulation with Various Medicines:	According to the organizing principle in the use of Chinese medicine, it is beneficial to choose drugs that can potentiate each other rather than restricting each other's efficacy. In a Chinese medicine formula, these are usually the “lead component”, “2 nd lead component(s)”, “assisting component(s)” and “catalytic component(s)”.
Dosage Adjustment:	Practitioners would adjust the dosage of medicine (usually in dried weight of herbs/ components) according to patients' illness and physical condition. Long term use of the same medicine may cause toxic side-effects or even worsen the condition.
Dietary Guidelines/ Contraindications:	Chinese Medicine also has established principles regarding one's diet and whether certain food items are not compatible with certain medicines and thus may affect their benefits/ efficacy. For example, patients taking “yang” or “warm” medicine(s) should avoid food with “cool” nature; patients taking medicine(s) for regulating the spleen and the stomach should avoid oily food with strong flavour. Beans are prohibited for those taking medicine for reducing swelling and rectifying “qi”; those taking medicines for calming panting and suppressing coughing should avoid seafood.
Standardized and Proper Preparation:	Some Chinese medicines need specific way of preparation. Medicine such as Red Ginseng should be decocted first so as to release its active ingredients optimally while medicine such as Prepared Common Monkshood Daughter Root should also be decocted first to reduce its toxicity. Some medicines with strong volatility should be added at the end and some need to be wrapped by cloth to decoct. These specific ways of decoction can ensure the efficacy and safety of Chinese Medicine.



Fully automated Chinese medicine preparation machine.

How Chinese Medicine Restores Normal Body Functions and Enhance Vitality to Reduce Risk of Relapse

Relapse occurs when residual cancer cells remain in the body after the first line treatments may it be surgery, chemotherapy or radiotherapy. They may thrive again when conditions become favourable. These residual cancer cells will spread to other parts of the body through the circulatory or lymphatic system.

Chinese medicine named this condition as "latent pathogen". Extreme emotions, tiredness or exhaustion may cause further weakening of one's immune system and consequently hasten the proliferation of these residual cancer cells. Therefore, prevention and treatment of cancer recurrence and metastasis should be done in two aspects. On one hand, we should reinforce the healthy energy and primary "Qi". On the other hand, we have to "resolve the evil" which is the cause of the disease. It is crucial to assess each patient's condition thoroughly in terms of his/her stage of disease, pathological type, physical condition, etc. in order to target the root causes of the problem. Integrated Western and Chinese medicine may be helpful in the process.

"Triple regulations" is the key of Chinese medicine to support healthy energy and regulate individual physical condition.

Regulating Psychological/ Mental Status:

Promotes the individual's emotional well-being. For cancer patients, the objective is to alleviate their anxiety, worries, fears, as well as avoiding negative thinking and depression so they could confront cancer with a positive mindset and promote their recovery process.

Adjusting and Supplementing One's Physical Well-being:

Raising one's immune function and the ability to fight against disease. There are Chinese medicines which can help promote the above. In Chinese medicine, kidney is regarded as the foundation of one's innate constitute. There are formulae which supplement primary "qi" and kidney -"qi" gently. Acupuncture based on a meridians theory, is another way to attain the equilibrium of "qi" and blood, and strengthen one's immune function.

Regulating Stomach-"Qi"

Stomach-"Qi"

Spleen and stomach are regarded as the foundation of one's acquired immunity. "Vital qi" is developed from "stomach-qi" which is essential in maintaining the normal metabolism after ingested food/ nutrients are being absorbed through stomach (and the spleen) Chinese medicine advocates that both medicines and food have therapeutic effects on human diseases. Some medicines can be prepared and assimilated into one's diet according to the individual's constitute.

In Chinese medicine, these are some delicious medicinal food which can help to increase patients' appetite. At the same time, normalisation of excretion is also important. Diarrhea and constipation should be treated appropriately. Only when excretion is normal, the patients will then be able to absorb adequate nutrients to fight against cancer.

Cancer treatment targets at specific areas but the "Triple-regulation" aims to enhance



Medicinal food is taken to suit individual conditions.

the well-being of the whole person. The principle of application is to reinforce the cancer treatment according to the presentation of the cancer by resolving stasis, detoxification or dissipating mass (the tumour). The overall objective is to maintain quality of life and achieve long-term survival.

Food to Avoid for Certain Body Conditions

There has always been controversy over the dietary restrictions among cancer patients. Some people believe that their lives would be meaningless with strict dietary restrictions. Therefore, they advocate the principle of “all taboos are off” and continue to smoke and drink. On the contrary, some people are exceedingly cautious on their diet resulting in sub-optimal nutrition which affects their recovery.

There has always been controversy over the dietary restrictions among cancer patients. Some people believe that their lives would be meaningless with strict dietary restrictions. Therefore, they advocate the principle of “all taboos are off” and continue to smoke and drink. On the contrary, some people are exceedingly cautious on their diet resulting in sub-optimal nutrition which affects their recovery.

Patients with Different Cancer	Dietary Restriction
Esophageal Cancer Patients	Avoid extremely hot food and alcohol
Lung Cancer Patients	Avoid smoking and alcohol
Gastric Cancer Patients	Avoid smoked and spicy food
Liver Cancer Patients	Avoid extremely hard, deep fried food and alcohol
Breast Cancer Patients	Avoid strongly-flavoured spicy food, animal fat and Hasma. Eat less papaya and Kudzu Root
Colorectal Cancer Patients	Avoid alcohol, processed meat and animal fat
Kidney Cancer Patients	Avoid smoking and alcohol Eat less lamb, salty and spicy food
Prostate Cancer Patients	Avoid food that contains androgen such as sea horses, antlers and leeks
Patients with Weak and Cold Spleen and Stomach (suffer from abdominal pain and diarrhea)	Avoid seafood, raw or cold food, gourds and fruits such as water-melon, seaweed, bitter gourd and pear
Patients with Hot and Weak “Yin”	Avoid spicy and hot food such as chili, Chinese Angelica and lamb
Patients with Decreased “Yang” and Edema	Avoid raw, cold and salty food

Recommended Herbal Medicine Food Therapy Recipes

“Dietary therapy” is specifically targeted to treat or prevent illness by taking into account of individual illness and physical condition. Some common recipes are as follows:

Pilose Asiabell Root, Astragalus and Crucian Carp Soup

- 【Ingredients:】** 20g Pilose Asiabell Root; 20g Astragalus; 15g Chinese Yam; 250g Crucian Carp; ten Dried Mushrooms; two slices of Ginger
- 【Method:】** Fry the Crucian Carp first; add all other ingredients and appropriate amount of water into a pot. Bring to a boil over high heat, and then simmer for around 30 minutes. Enjoy the fish and the soup
- 【Efficacy:】** For supplementing lung and spleen “Qi”, suitable for individuals with suboptimal “Qi” and weak physique



Pilose Asiabell Root can supplement and boost lung and spleen.

Glehnia Root Soup for Nourishing the Lung

- 【Ingredients:】** 10g Lily Bulbs; 10g Glehnia Root; 15g Fragrant Solomonseal Rhizome; 10g White Fungus; 100g Pig’s Lung
- 【Method:】** Wrap the Lily Bulbs, Glehnia Root and Fragrant Solomonseal Rhizome in a thin cloth, put them into a pot to cook with the thoroughly cleaned pig’s lung, white fungus, chopped green onion and appropriate amount of water. Bring to a boil over high heat, and then simmer for around 1 hour. The pig’s lung should be well-cooked. Then season the soup with salt and enjoy
- 【Efficacy:】** For nourishing “Yin” and “moistening” lung, suitable for lung cancer patient with suboptimal “Yin” status

Walnut, Chinese Yam and Gordon Euryale Seed Congee

- 【Ingredients:】 100g Chinese Yam; 50g Gordon Euryale Seed; 30g Walnut; 100g Japonica Rice; six Jujubes
- 【Method:】 Put all the ingredients into a pot, add water and cook till it turns into congee. Serve warm
- 【Efficacy:】 For warming “Yang” and reinforcing kidney function, suitable for patients with insufficient kidney “Yang” and suffering from frequent nocturia



Walnut can warm “Yang”, strengthen kidney, promotes “Qi” absorption & relieve asthma.

Indian Buead Tuckahoe Congee

- 【Ingredients:】 10g Indian Buead Tuckahoe; 15g Processed Coix Seed; 100g Japonica Rice; little White Pepper and Salt
- 【Method:】 Put rice together with the Indian Buead Tuckahoe and Processed Coix Seeds into a pot. Add appropriate amount of water and bring to a boil over high heat. Then simmer till it turns into porridge. Season with salt and white pepper.
- 【Efficacy:】 For fortifying spleen and resolving phlegm, suitable for patients with spleen vacuity and phlegm persistent “dampness”



Indian Buead Tuckahoe can fortify spleen, relieve mental stress, induce diuresis to drain “dampness”.

Ginseng Root, Notoginseng Radix and Silky Fowl Soup

- 【Ingredients:】 5g Ginseng; 6g Notoginseng Radix; 250g Silky Fowl; 3 slices of Ginger
- 【Method:】 Put the Ginseng Root, Notoginseng Radix and Silky Fowl into a stewpot and add appropriate amount of water. Place the stewpot into a pan of hot water for 2 hours. Then season with salt
- 【Efficacy:】 For supplementing “Qi” and activating the blood which is suitable for patients with “Qi” vacuity and blood stasis



Ginseng root can greatly supplement original “Qi”



Notoginseng Radix can stop bleeding, eliminate blood stasis, swelling and relieve pain.

Dietary Therapy for Alleviating Treatment Side Effects

1.) Poor Appetite:

Appetising Congee with Spleen Nourishment

- 【Ingredients:】 5g Tangerine Peel (chopped); 5g Villous Amomum Fruit (Shelled); 10g Hawthorn Fruit; five Jujubes (stoned); 20g Chinese Yam; 100g Japonica Rice; little sliced Ginger
- 【Method:】 Put all ingredients in a pot with appropriate amount of water to cook into congee
- 【Efficacy:】 For improving appetite and nourishing the spleen



Tangerine Peel can adjust “Qi” and nourish the spleen.

Finger Citron Fruit Congee

- 【Ingredients:】 10g Dried Finger Citron Fruit; 100g Japonica Rice; appropriate amount of Rock Sugar and Green Onion
- 【Method:】 Cook the dried Finger Citron Fruit with water and reserve the extracted liquid. Add the rice and extracted liquid to 1000ml of water and cook into congee. Season with rock sugar and green onion to taste
- 【Application:】 Once or twice a day
- 【Efficacy:】 For harmonizing the stomach and adjusting the “Qi”



Finger Citron Fruit can soothe the liver, adjust “Qi” and harmonize the stomach.

2.) Post Chemotherapy Nausea and Vomiting:

Lotus Root Ginger Juice Congee

【 Ingredients: 】 500g Lotus Root (removed the head); 10g Ginger Juice; 100g Japonica Rice

【 Method: 】 Add the Lotus Root and rice to 1000ml of water, simmer for around an hour and cook into congee. Serve with ginger juice

【 Application: 】 Once a day

【 Efficacy: 】 For harmonizing and nourishing the spleen and stomach



Cooked Lotus Roots can supplement and boost spleen and stomach functions.

Carrot Congee

【 Ingredients: 】 50g Carrots; 100g Japonica Rice; appropriate amount of Ginger Power and Hawthorn Power

【 Method: 】 Slice the carrots and cook with the rice in 1000ml of water. Cook for around one hour to make it into congee. Add in Ginger Powder and Hawthorn Powder when it is done

【 Application: 】 Once a day

【 Efficacy: 】 For soothing the stomach and channeling the “Qi”, suitable for patients with poor appetite and abdominal distension during the chemotherapy



Carrots can sooth the stomach.

3.) Post Chemotherapy Spleen Vacuity and Diarrhea:

Largehead Atractylodes Rhizome, Pig's Tripe Congee

- 【Ingredients:】 Pig's Tripe (half); 50g Fried Largehead Atractylodes Rhizome; 30g White Hyacinth Bean; little Ginger; 100g Japonica Rice
- 【Method:】 Wash the Pig's tripe, cut it into small pieces, and decoct the pig's tripe with Largehead Atractylodes Rhizome, White Hyacinth Bean and ginger. Remove the dregs. Cook the decoction with rice to make congee
- 【Application:】 Once a day for breakfast
- 【Efficacy:】 For fortifying the spleen and boosting "Qi" as well as decreasing "dampness" and stopping diarrhea



Largehead Atractylodes Rhizome can decrease "dampness".

Lotus Seed & Chinese Yam Congee

- 【Ingredients:】 30g Lotus Seed Powder; 20g Fried Chinese Yam Powder; 100g Japonica Rice
- 【Method:】 Put the Lotus Seed Powder, fried Chinese Yam Powder, washed Japonica rice and water into a pot, cook on high heat and bring to a boil. Then further cook on low heat and simmer for 20-30 minutes and until it turns to congee
- 【Application:】 Twice a day for breakfast and dinner
- 【Efficacy:】 For fortifying the spleen and stopping diarrhea



Chinese Yam can fortify function of the spleen.

4.) Low White Cell Counts

Chinese Red Dates and Peanuts Congee

- 【Ingredients:】 30g Peanuts; 30g Chinese Red Dates; 10g Dried Longan Pulp; 50g Japonica Rice
- 【Method:】 Put the peanuts, Chinese Red Dates, dried Longan Pulp and Japonica rice in a pot, add 500ml of water and make it as congee
- 【Application:】 For boosting “Qi” and nourishing the blood
- 【Efficacy:】 For boosting “Qi” and nourishing the blood

Peanut Pork Bone Soup

- 【Ingredients:】 100g Red Peanuts with skin on; 15g Pilose Asiabell Root; 30g Chinese Red Dates; 25g Brown Sugar; 600g Pork Backbone and Pork Shoulder Blade
- 【Method:】 Put the peanuts, Pilose Asiabell Root, Chinese Red Dates, pork backbone and pork shoulder into a pot and add 1000ml of water, stew it on low heat for around 2 hours. Then add in brown sugar and bring to a boil
- 【Application:】 Have the soup together with the peanuts and meat, once or twice a week
- 【Efficacy:】 For nourishing the blood and supplementing the bone marrow, suitable for patients with anaemia and low white cell counts after chemotherapy

Astragalus, Suberect Spatholobus Stem and Hen Soup

- 【Ingredients:】 One Hen; 30g Astragalus; 30g Suberect Spatholobus Stem
- 【Method:】 Remove the internal organs of the hen, then mix the chicken blood with Astragalus and Suberect Spatholobus Stem evenly, put the mixture inside the hen, add appropriate amount of water to stew it on a low heat, season with little salt
- 【Application:】 Have the soup with the meat once or twice a week
- 【Efficacy:】 For supplementing and boosting the “Qi” and blood

Chinese Red Dates, Barbary Wolfberry Fruit and Pig's Heart Soup

- 【 Ingredients: 】 One pig's heart; 30g Chinese Red Dates; 20g Barbary Wolfberry Fruit
- 【 Method: 】 Cut open the pig's heart, put the Red Dates and Wolfberry inside the pig's heart. Stew it on a low heat for an hour with some water
- 【 Application: 】 Once or twice a week
- 【 Efficacy: 】 For boosting "Qi" and nourishing blood, suitable for patients with insufficient "Qi" (physical weakness) and low white cell counts after chemotherapy



Chinese Red Dates nourish blood.

Sea Cucumber and Poria Thickened Soup

- 【 Ingredients: 】 20g Barbary Wolfberry Fruit; 10g Poria; 250g Sea Cucumber (fresh)
- 【 Method: 】 Decoct the Wolfberry and Poria with water, cook the decoction with the sea cucumber till soften. Season with salt
- 【 Application: 】 Once a day
- 【 Efficacy: 】 For supplementation and enrichment of the spleen and kidney, also nourishing "Yin" and engendering blood, suitable for patients with "Yin" vacuity, low white cell counts, vertigo or palpitations after chemotherapy



Sea Cucumber can supplement the kidney.

5.) Alopecia:

Fleeceflower Root and Egg Soup

- 【 Ingredients: 】 30g Prepared Fleeceflower Root; one Egg
- 【 Method: 】 Use 250ml of water to boil the Fleeceflower Root for 30 minutes. Use the reduced soup to cook the egg.
- 【 Application: 】 Once a day
- 【 Efficacy: 】 For nourishing blood and reinforcing hair growth, suitable for patients with alopecia due to vacuity of blood, liver and kidney



Fleeceflower can promote hair growth

Walnut and Sesame Congee

- 【 Ingredients: 】 30g Walnut; 30g Black Sesame; 100g Japonica Rice
- 【 Method: 】 Grind walnut and black sesame to powder. Boil the Japonica rice with water to make it into congee. Serve with walnut and black sesame powder
- 【 Application: 】 Once or twice a day
- 【 Efficacy: 】 For supplementation of kidney, nourishing blood and hair growth, suitable for patients with alopecia due to vacuity of kidney



Walnut can supplement the kidney

6.) Toxicity After Radiotherapy:

Five Juice Beverages

- 【Ingredients:】 One Chinese Pear (skinned); One section of Lotus Root (washed); little Leeks; 100ml Fresh Coconut Water; 100ml Milk; 5ml Ginger Juice
- 【Method:】 Extract 50ml juice from the Chinese pear and Lotus Root and 10ml juice from the leeks. Mix them with 100ml coconut water and 100ml milk. Then cook on a low heat and bring to a boil. Add ginger juice to serve
- 【Application:】 Sip frequently during the day. One to two doses a day for a course of 5-7 day
- 【Efficacy:】 For nourishing the spleen, harmonising the stomach and controlling nausea, mainly for esophageal cancer patients with nausea and poor appetite after chemotherapy and radiotherapy



Milk can supplement & boost lung & stomach.

Heartleaf Houttuynia Herb & Mung Bean Beverage

- 【Ingredients:】 50g Heartleaf Houttuynia Herb (dried); 50g Mung Bean
- 【Method:】 Wash the Heartleaf Houttuynia Herb and let it dry, mince it and put it into a casserole pot, add appropriate amount of water and cook for 30 minutes. Then filter and reserve the juice. Wash the Mung Beans and cook them with water for 30 minutes until tender. Then cook on a low heat until it becomes a concentrated lotion. Mix it with the extracted Heartleaf Houttuynia Herb juice and serve
- 【Application:】 Take it in the morning and the evening
- 【Efficacy:】 For clearing the lung and detoxifying, discharging heat and acting against cancer, mainly for esophageal cancer patients suffer from post radiotherapy complications such as pneumonia and esophagitis. These patients usually have dry cough, chest pain and swallowing difficulty



Mung Bean can discharge heat & detoxify.

Frequently Asked Questions

Q: Do those so-called “anti-cancer products” in the market work? Will they bring any adverse effects?

A: Majority of those products is the extract of natural plants or animals but their anti-cancer effect was not yet proven by scientific studies. Since the cause of cancer is complex, it is unwise for the public to rely on these products to prevent cancer. Instead, people should lead a healthy lifestyle, take a balanced diet, have adequate exercise and carry out regular physical check-up.

Furthermore, Chinese medicine practitioners believe that different plants have their

own characteristics, some are “cold” and some are “hot”. Thus, we have to be aware of our physical condition before choosing these products. For example, if “hot” persons take red ginseng which is considered “hot”, they might experience excessive internal heat and develop boil or sore throat. Conversely, for “cold” persons, they might have diarrhea after drinking green tea because of its “cold” nature. It is recommended to consult Chinese medicine practitioner or dietitian when in doubt.

Q: Can patients take Chinese medicine while undergoing chemotherapy and/ or radiotherapy?

A: Most oncologists in Hong Kong do not recommend patients taking Chinese medicine during chemotherapy because they are not sure if this would compromise the treatment efficacy or increase the toxic side effects of chemotherapy drugs. Therefore, oncologists and patients alike normally agree that patients may take Chinese medicine after completing chemotherapy with the purpose of consolidating the chemotherapy’s efficacy. It is increasing popular in the mainland China to use Chinese medicine concurrently with chemotherapy, aiming to increase the efficacy and lower the side effects of chemotherapy.

Nowadays, more evidence showing that Chinese medicine can help patients with

digestive disorder, anaemia, low white cell counts and thrombocytopenia after chemotherapy. Yet, more evidence is needed to support the effect of Chinese medicine on increasing the efficacy of chemotherapy drugs.

If Chinese medicine is used inappropriately, the toxic side effects of chemotherapy may be intensified and the efficacy of chemotherapy may be compromised. Thus, it is essential to seek advice from the Chinese medicine practitioners who process good understanding about chemotherapy and the principle of Chinese medicine in order to maximise the treatment effect. Apart from Chinese herbs, acupuncture can also help to relieve chemotherapy-induced digestive disorder.

Q: Can Ganoderma help to prevent cancer recurrence?

A: Even though Ganoderma may help raise one's immune function, there is no strong evidence to prove that Ganoderma can help to prevent cancer recurrence. Thus, it is not recommended to use it for this purpose. The causes for cancer recurrence are complicated and the risk differs from patient to patient. For those with higher cancer recurrence risk, they are suggested to seek advice from experienced Chinese medicine practitioners.



Ganoderma

Q: When should the patient seek help from the Chinese medicine practitioners? How can they find an appropriate practitioner?

- Frail elderly or people in poor physical condition who are not responsive to surgery, chemotherapy or radiotherapy, should seek advice from Chinese medicine practitioners.
- For patients undergoing chemotherapy or radiotherapy, they can consider taking Chinese medicines in-between cycles. This will help lower the toxicity of the side effects and improve the patients' physical wellness.
- Taking Chinese medicine after treatment could help consolidate the treatment effect as well.

Due to the advancement in internet and mass media, people could easily obtain information on Chinese medicine. People could look for a practitioner who is experienced in cancer treatment from the list of registered Chinese medicine practitioners under the HK Government website.





香港防癌會

HONG KONG ANTI-CANCER SOCIETY
Since 1963

香港防癌會是香港歷史最悠久的非牟利抗癌機構，一直致力推動各項抗癌工作，竭力為香港市民提供相關的多元化服務。除了香港防癌會賽馬會癌症康復中心為癌症病人提供一站式的護理及康復服務外，我們更不斷透過各項癌症教育活動、研究和制定防癌指引等提升大眾對癌症的認識。更為有經濟困難的癌症病人提供直接資助。我們的專業團隊及同路人義工外展支援癌症家庭。義工團隊更定期協助舉辦康樂活動，為癌症病人送上愛心和關懷。

我們的工作 Our Work



香港防癌會賽馬會癌症康復中心



香港防癌會麥紹堅伉儷中西醫結合治療中心
主要臨床合作機構：香港浸會大學中醫藥學院



癌症教育



癌症研究



義工服務



癌症探測及預防



籌款活動



「改善癌病人生活」基金





香港防癌會賽馬會癌症康復中心

香港防癌會賽馬會癌症康復中心承蒙香港賽馬會慈善信託基金資助改建工程，以自負盈虧但非牟利的方式運作，為不同階段的癌症患者、長期病患者及體弱長者提供高質素的私營護養服務，照顧不同程度的護理需要。

本院的住宿環境舒適寧靜，我們的駐院醫生、富經驗的護理團隊、物理治療師、以及其他專職人員共同提供一個「家以外之家」給入住院友，讓他們得到全面的護養服務及身、心、社、靈支援。



服務特色

- 24小時駐院醫生
- 駐院中醫服務 (由浸會大學中醫藥學院主理)
- 護士及專業護理團隊
- 物理治療及復康服務
- 駐院藥劑師及藥房
- 營養師諮詢服務
- 康樂活動
- 心靈關顧

香港防癌會慈善愛心病床計劃

本院推行「慈善愛心病床計劃」，為經濟有困難的癌症病人支付其入住本中心期間的住宿、膳食、醫療護理、藥物及雜項等費用，讓一些手術及治療後需接受康復護理、或是需要短期照顧的癌症病人接受到優質的護養服務。計劃亦讓走到生命最後階段的晚期病患者，得到專業的舒緩護理及寧養照顧服務，讓他們在恬靜的環境下，有尊嚴地渡過餘生。



香港防癌會賽馬會癌症康復中心
The Hong Kong Anti-Cancer Society
Jockey Club Cancer Rehabilitation Centre



www.jccrc.org.hk

查詢

3921 3888

地址 香港黃竹坑南朗山道30號



主辦機構

捐助機構

夥伴機構



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心 同步 同進 RIDING HIGH TOGETHER



基督教家庭服務中心
Christian Family Service Centre



雅麗氏何妙齡那打素慈善基金會
ALICE HO MIU LING NETHERSOLE CHARITY FOUNDATION

3921 3777 [☎] 攜手抗癌 一對一

我們為癌患者及其照顧者提供
個人化的全方位支援
並由 **同一社工或護士** 全程跟進



香港防癌會·賽馬會
攜手同行
癌症家庭支援計劃

香港防癌會·賽馬會 攜手同行癌症家庭支援計劃



服務費用全免
專業支援任何階段的癌患者及家屬
請即致電 3921 3777
whh.cancersupport.org.hk

大學研究證實「攜手同行」計劃有效協助癌患者及家屬
舒緩癌症帶來的困擾，重新主導生活。

計劃由專業團隊領導，強調以人為本的全面照顧，
擴展社區支援以填補服務空隙，以能力賦強為基礎，
鞏固癌患者家庭的應變能力，改善生活質素。

癌症資訊

- 個人化護理及營養貼士
- 身心社靈自強課程
- 專家主講癌症講座
- 互聯網提供最新資訊
- 康復者/照顧者互助分享

情緒紓緩

- 電話輔導及外展家訪
- 同路人對談及互助
- 臨床心理學家諮詢
- 地區支援寄放
- 家庭聯活動



全程

提供由確診、治療、以至
康復各階段的支援



全方位

提供癌症資訊、情緒紓緩
及實務支援



個人化

度身提供適時適切服務，
包括家訪及醫院外展支援



實務支援

- 醫院外展支援/聯繫社區關照
- 專業諮詢
(中藥藥、營養、物理治療等)
- 轉介社區資源或慈善項目
- 法律及營養品
- 轉介陪診、家居清潔、交通輔助
等服務



癌症教育

香港防癌會致力為社會各階層，包括普羅大眾至專業人士，提供最新的癌症資訊和實用的教育計劃。除了有強大的專業團隊包括醫護專家、癌症康復者及資深義工，走入社區與不同群體接觸外，本會亦透過跟世界各地癌症機構交流，了解癌症的趨勢，不斷更新、加強本地癌症的教育工作。希望從以下各種渠道，推廣大眾關注預防和及早察覺癌症的知識：

- 專題講座和展覽
- 癌症教育資源
- 處理公眾查詢
- 支持癌症研究
- 專業人員癌症課程
- 國際研討會
- 與機構或院校合辦活動
- 媒體合作



如閣下欲收取本會舉辦之課程、活動資訊或索取癌症教育小冊子，歡迎致電 3921 3831 查詢或於以下連結留下聯絡資料以便本會職員跟進。 <https://forms.gle/qesC2WH3k4ooBk6k6>

大腸癌



乳癌多面睇



肺癌



抗癌新女性



前列腺癌



皮膚癌



胃癌



鼻咽癌



肝癌



淋巴瘤



子宮頸癌



卵巢癌



甲狀腺癌



腦腫瘤



化學治療



放射治療



淋巴水腫



中醫藥與癌症
(中文版)



中醫藥與癌症
(英文版)



控制疼痛



在家照顧
癌症病人



癌症的預防
探測及普查



飲食與癌症



中醫防癌養生
四季湯水



低糖飲食



從中西醫角度
指導病人飲食



穴來越健康



掃描二維碼以閱讀網上版小冊子



康樂治療服務

本會為轄下癌症康復中心的住院病人及家屬，以及社區癌症患者及其照顧者提供廣泛而多元化的康樂活動及社交支援服務，例如節日派對、戶外活動、治療小組、各類興趣班及義工探訪等。以達至保持患者及其照顧者的心理健康，並促進患者與社會之間的連繫。



成為義工

本會服務得以順利及有效地推行，一直有賴一眾義工積極的協助和參與。義工團隊由專職工作人員培訓、督導及帶領，服務範圍廣泛，讓成員能各展所長。



心願計劃

「心願計劃」旨在實現癌症患者的晚程心願。透過註冊社工協調和動員資源，讓患者得到完滿的舒懷，充實享受珍貴時刻。



“ 快來加入成為
香港防癌會義工吧！ ”

查詢請聯絡3921-3833 /
recreation@hkacs.org.hk



癌症預防與 及早探測輔導服務

本計劃自2008年起由香港公益金資助並展開服務。本服務旨在透過宣傳及癌症教育以提昇公眾對癌症預防的關注。透過一系列的活動，針對大眾的癌症風險，提供個人化的健康指導，鼓勵高風險的市民定期檢測，有助及早探出患癌風險。

我們提供以下服務：

- 舉辦健康講座及展覽
- 護士輔導與諮詢
- 健康問卷調查，跟進及評估報告



如閣下欲有意填寫問卷並收取癌症風險評估報告，請掃描QR code

如有任何查詢，歡迎與我們聯絡

電話：3921 3826

電郵：screening@hkacs.org.hk

網址：<https://www.hkacs.org.hk>



香港公益金

THE COMMUNITY CHEST

會員機構 MEMBER AGENCY

特別鳴謝香港公益金資助，
讓我們能提供免費服務給予香港大眾市民。

是！我願意為推動抗癌工作出一分力！

捐款選項 (請在適當方格內加)

每月捐款

\$100 \$500 \$1,000 其他金額\$ _____

單次捐款

\$100 \$500 \$1,000 其他金額\$ _____

捐款人資料

姓名 (先生/女士) _____

聯絡電話 _____ 傳真 _____

電郵 _____

地址 _____

凡捐款港幣一百元或以上，可獲發正式收據。如收據抬頭與上述姓名不同，請註明：

捐款方法

劃線支票 (單次捐款)

支票抬頭請填寫「香港防癌會」，並連同此捐款表格郵寄至香港防癌會

直接存款 (單次捐款)

「香港防癌會」香港上海匯豐銀行戶口賬號:002-1-141585

並連同此捐款表格傳真或郵寄至香港防癌會

信用卡 (單次及每月捐款) VISA  MASTER 

信用卡號碼 _____ 有效日期 _____ (月 / 年)

持卡人姓名 _____ 持卡人簽署 _____

日期 _____

* 簽署必須與上述信用卡戶口簽名式樣相同，以上資料如有任何修改，請在旁簽署。

* 本人授權香港防癌會由本人之信用卡戶口轉賬上述指定金額作每月捐款。此授權在本人之信用卡有效期過後及獲發新卡後仍繼續生效，直至另行通知。有效日期最少兩個月內有效。(只適用於每月捐款)

注意事項

您所提供的個人資料只供本會與您聯絡，包括發出捐款收據、會員服務及通訊、募捐、意見收集、健康講座及相關的活動，並向您提供最新的癌症資訊等用途。本會不會將您的個人資料提供與任何第三者作與非本會相關的用途，亦不會售賣或轉移您的個人資料予任何第三者。

本人不同意香港防癌會使用我的個人資料作上述用途

Acknowledgement

This English booklet is based on the Chinese version written by Prof. Liu Yulong

Reviewed by

Prof. Liu Yulong

Professor of Practice, Clinical Department, School of Chinese Medicine, Hong Kong Baptist University

Management Committee Member and Center Head (Oncology), The Hong Kong Anti-Cancer Society-Hong Kong Baptist University Chinese Medicine Centre

Mr. Ling Wai Man

Nurse Consultant (Oncology), PYNEH

Registered Chinese Medicine Practitioner

Member of Cancer Education Subcommittee, HKACS



Scan the QR code and view the e-version

February 2022



Address: 30 Nam Long Shan Road,
Wong Chuk Hang, Hong Kong

Tel: (852) 3921 3821

Fax: (852) 3921 3822

Email: public@hkacs.org.hk

Website: www.hkacs.org.hk

Not for Sale. All Rights Reserved