Living with a life-threatening disease is a challenge. You can overcome many problems by having an open mind, a positive approach and The Bridge. The Bridge can help you better communicate your needs. Use it for your health!

Asians for Miracle Marrow Matches
1-888-ASIAN-HOPE (234-6473)
www.AsianMarrow.org
U.S. and Canada: 213-231-0471

The Bridge is funded in part by a grant from
Eful Entertainment

The Bridge helps you better communicate your needs. Use it for your health!
Asians for Miracle Marrow Matches (A3M) helps save lives by working to improve patient access to treatment options including bone marrow transplants.

A3M's Culturally Appropriate Patient Support Services (CAPSS) program helps to improve the health and wellness of patients by empowering them to advocate for themselves.

A3M's care management services enable patients to gather information they need to make important decisions to increase their access to healthcare and improve their quality of life.
The diagnosis of leukemia, lymphoma, myeloma or other hematological disorders can present many challenges beginning with understanding the disease and possible treatments.

- **Aplastic Anemia**: A condition where bone marrow makes too few white and red blood cells and platelets.
- **Leukemia**: A group of cancers of the white blood cells. Leukemias can occur in two forms: acute-fast forming chronic-slow progressing. There are two main types of leukemia: Lymphocytic and Myelogenous. Some leukemias are Acute Lymphocytic Leukemia (ALL), Acute Myelogenous Leukemia, Chronic Myelogenous Leukemia (CML).
- **Lymphoma**: Cancer of the lymph tissue. There are two types: Hodgkin's lymphoma and Non-Hodgkin's lymphoma
- **Myeloma**: Cancer of the plasma cells in the blood. In patients with myeloma, plasma cells often exist in unusually large numbers. Multiple Myeloma is a type of myeloma involving multiple sites.
- **Myelodysplastic Syndrome**: Also called pre-leukemia or smoldering leukemia. It is a disease of the bone marrow in which too few platelets, red blood cells and white blood cells are made.
- **Thalassemia**: A group of chronic, inherited anemias.
TREATMENT

Here are some common terms your physician may use when discussing your treatment.

- **Biopsy**: The removal of tissue from the body to be studied under a microscope
- **Bone Marrow Transplant (BMT)**: Giving healthy bone marrow (a spongy tissue of large bones where the body’s blood cells red cells, white cells, platelets are made) to patients whose marrow is damaged.
  - **Autologous**: A bone marrow/blood stem cell transplant in which the patient’s own cells are used.
  - **Allogeneic**: A bone marrow/blood stem cell transplant in which the cells come from another person. The donated cells can come from a related (sibling) or unrelated donor.
- **Chemotherapy**: Drugs that kill cancer cells
- **HLA Typing**: A person’s specific Human Leukocyte Antigens A,B,C and DR proteins
- **Radiation**: Treatments that eliminate/shrink cancer cells by using high-energy radiation
- **Relapse**: The return of the disease after treatment
- **Remission**: When cancer cells are gone after treatment
- **Transfusion**: Getting blood through infusion

治療

當醫生與您討論您的治療方式的時候，這裡的是一些常用的術語

- **活檢**: 從身體提取一些組織在顯微鏡下面研究
- **骨髓移植(BMT)**: 給骨髓受到損壞的病人輸入健康的骨髓（一種在大骨頭裏生長的海綿狀組織，用於製造紅細胞，白細胞和血小板）。
  - 自體同源移植- 營用病人自身的細胞進行的骨髓/血液幹細胞的移植。
  - 異體移植- 營用別人身上的細胞進行的骨髓/血液幹細胞的移植。捐贈的細胞可以來自相關的人（如兄弟姊妹）或不相關的人。
- **化療**: 用藥把癌細胞殺掉
- **HLA 類型**: 人體特殊的白血球抗原的類型 A,B, C 及 DR 蛋白
- **放射治療**: 使用高能輻射減少量或縮小癌細胞的治療方法
- **復發**: 治療後疾病再次出現
- **癌症消失期**: 治療後癌細胞消失的階段
- **輸血**: 通過傳輸得到血液的方式
How to prepare for appointments

- Write down questions before your visit
- Bring your medicines you’re taking including any alternative medicine (e.g. herbal products, Chinese medicine)
- Arrange interpretation service if needed (most hospitals have the ability to provide interpreters)

Tips for self advocacy

- Seek other opinions
- Know your health insurance coverage
- Discuss with your physician when to call him and how to communicate with him
- Consult with your physician before taking any alternative medicine
- Do not be shy about your questions. Just ask and ask.
- Talk to people who have a similar disease/treatment and situation.
- Pain can be managed. It is important to talk to your doctor.

Types of Questions to ask

- What is my disease?
- What is the standard treatment for my disease?
- How does chemotherapy work?
- What can I expect during chemotherapy?
- Are there any side effects? How would I manage the side effects?
- How many treatments will I be given?
- What about clinical trials?
- Which drugs are given?
- Is care covered by my insurance plan?
- Where would I receive my treatment?
- What about bone marrow transplantation?
- If pain becomes a problem, how would we manage it?
- How long would I usually have to wait for appointments or returning of phone calls?

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Cancer imposes a heavy financial strain on both patients and their families. For many, some medical expenses are covered by health insurance. For those who may need financial assistance, resources are available. Patients and their families should discuss concerns and questions about health care costs with their physician and social worker.

**Understanding your financial situation:**

1. Organize your records
2. Understand the type of plan that you have to know your benefits.
   - Types of plans include:
     - Group plans offered by your employer
     - Individual policy
     - Medicare-Federal health insurance program for those who receive Social Security benefits (65 and older).
     - Medicaid (Medical Assistance) – Federal/state health care program which provides health insurance for low-income individuals.
     - Disability Programs
     - High-Risk Insurance
3. Develop a financial plan
4. Look for resources
5. Fundraising

**Resources:**

- **National Marrow Donor Program**
  - Office of Patient Advocacy
  - www.marrow.org
  - 888-999-6743

- **CancerCare**
  - www.cancercare.org
  - 800-813-4673

- **Social Security Administration**
  - www.ssa.gov
  - 800-772-1213

- **Medicare**
  - www.medicare.gov
  - 800-633-4227

- **Medicaid**
  - www.cms.hhs.gov/madicaid
  - 877-267-2323

- **The Bone Marrow Foundation**
  - www.bonemarrow.org
  - 800-365-1336

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了解您的经济情况

1. 整理您的医疗纪录
2. 了解您的医疗计划和您的福利。保险计划的类型包括：
   - 雇主提供的团体保险
   - 个人保险计划
   - 联邦政府为享受社会安全福利（65 岁及以上）的人士提供的医疗保险计划
   - 联邦政府或州政府为低收入人士提供的医疗保险计划
   - 残疾人计划
   - 高风险保险计划
3. 制定一个经济计划
4. 寻找可以利用的资源
5. 筹款

**资源：**

- 全国骨髓捐赠计划
  - 病人支持办公室
  - www.marrows.org
  - 888-999-6743

- 联邦给老人的医疗保险计划
  - www.medicare.gov
  - 800-633-4227

- 癌症关怀
  - www.cancercare.org
  - 800-813-4673

- 联邦或州政府为低收入人士的医疗保险计划
  - www.cms.hhs.gov/madicaid
  - 877-267-2323

- 社会安全管理
  - www.ssa.gov
  - 800-772-1213

- 骨髓基金会
  - www.bonemarrow.org
  - 800-365-1336
HOSPITAL STAY

While hospitalized, a patient may need to have a caregiver present.

Who's Who
It is important for the patient and the family to get familiar with the hospital medical team.
- Primary oncologist/hematologist
- Attending Physician
- Discharge Nurse
- Social Worker
- Bone Marrow Transplant Coordinator
- Nutritionist
- Nurse

Asking Questions
Ask all the questions that you can. Do not wait until your doctor’s next visit. Report everything. It is important to report any and all pains, discomforts, and changes in your body.

Common Questions that your Doctor may ask
- How do you feel?
- Do you have diarrhea?
- Do you have a rash?
- Did you have a bowel movement?
- Do you have a fever?

住院治療

住院治療的時候，病人可能需要陪同照顧的人。

了解誰是誰

病人和家屬了解和熟悉醫院的醫療人員非常重要。他們包括：
- 主診的腫瘤學醫生和化療醫生
- 主診醫生
- 主理護士
- 社工
- 骨髓移植的協調人
- 營養學家
- 護士

提問

要盡量提問。不要等待下一次看病的機會。向醫生及時匯報一切症狀，如疼痛，不適和任何身體的變化。

醫生常問的問題
- 您覺得怎樣？
- 您有腹瀉嗎？
- 您有皮疹嗎？
- 您有腸瀉嗎？
- 您有發燒嗎？
住院治療 (HOSPITAL STAY)

常用的問題和句子 - 講的時候應指向物體

1. I need an interpreter.
   我需要翻譯。
2. I need some water.
   我需要喝水。
3. I need to go to the bathroom.
   我需要去洗手間。
4. What medication is that? What is it for?
   那是什麼藥？這種藥是治什麼的？
5. I want to see the doctor.
   我要看醫生。
6. Where are you taking me and for what?
   您帶我去哪？去幹什麼？
7. I have pain.
   我有點痛。
8. I have a headache.
   我頭疼。
9. It is hard to breathe.
   我覺得難以呼吸。
10. I have a rash.
    我有皮疹。
11. I have trouble swallowing.
    我感到吞食有困難。
12. I have diarrhea.
    我有腹瀉。
13. I have constipation.
    我有便秘。
14. I have cramps.
    我有腹絞痛。
15. I have swelling.
    我腫了。
16. I feel cold/hot.
    我感到冷/熱。
17. I feel nauseous.
    我想吐。
18. I feel numb.
    我覺得四肢麻木。
19. I feel tired/I have no energy.
    我覺得累/沒有精力。
20. What is going on with me?
    我怎麼了？
21. Am I alright?
    我還好嗎？
22. Is the chemotherapy working?
    這次化療有效嗎？
23. Can I bring food from home and eat?
    我能從家裡帶東西來吃嗎？
24. What is the next step?
    下一步是什麼？
25. When can I go home?
    我什麼時候能回家？
26. When I go home, what should I be careful with: diet, visitors, pets, environment, work, sex?
    我回家後要在飲食，訪客，寵物，環境，工作和性生活方面注意點什麼？
You could play a role in your healthcare.
Most patients are benefited by:
1. Asking Questions
2. Gathering more information (knowing more about your disease)
3. Attending support groups (groups in language may be available)
4. Speaking with other patients with the same disease/treatments
5. Eating Healthy (Consult your physician and/or nutritionist regarding your ethnic foods)
6. Seeking other medical opinions

Resource Directory:
American Cancer Society
www.cancer.org - 800-227-2345

Leukemia and Lymphoma Society
www.leukemia-lymphoma.org - 800-955-4572

National Marrow Donor Program
Office of Patient Advocacy
www.marrow.org - 888-999-6743

National Cancer Institute
www.cancer.gov - 800-422-6237

Culturally Appropriate Patient Support Services (CAPSS)
Asians for Miracle Marrow Matches
www.AsianMarrow.org - 888-236-4673

尋求幫助
您可以在您的醫療過程中起到重要的作用。

大多數的病人都能得益於：

1. 提問
2. 了解更多的關於您的病情的資訊
3. 參與一些支持組織的活動（有些組織是講同一語言的）
4. 與患有同種疾病的病友溝通病情和治療的信息
5. 注意飲食健康（向您的醫生和營養師查詢關於您的家鄉食物）
6. 尋求其他的醫療建議

有關的資訊

美國癌症學會
www.cancer.org – 800-227-2345

白血病和淋巴瘤學會
www.leukemia-lymphoma.org – 800-955-4572

國家骨髓捐贈計劃
病人支持辦公室
www.marrow.org – 888-999-6743

國家癌症研究院
www.cancer.gov – 800-422-6237

相應文化的病人支持服務（CAPSS）
亞裔奇跡骨髓配型協會
www.AsianMarrow.org – 888-236-4673