

## 中医中药 让我们增强了重生的信心！

文：北雁

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与开朗、积极的林亚玉（单身，67岁）倾谈，我一时间在她身上根本就找不到她曾经中风的迹象！

据知，林女士中风之前是名活跃的义工，经常在联络所为大众服务。2012年7月20日，她下班回家后，突感身体虚脱，费尽力气也站立不起来！她下意识到自己中风，于是立即打电话向姐姐求救。然而，由于心感事态严重，在姐姐未到来之前便当机立断，挣扎地爬着电召救护车，把自己送去亚力山大医院。结果，发现脑血管爆裂，证明她的想法一点也没错。

经过半年的医治，仍然没有一点起色。当时，她开始颓丧！幸好遇着了现代诊所的尤医师，在后者的协助下，免费为她针灸。6个月后，病情有了明确的进展，这才使她不放弃接受医治的念头。但为了不加重尤医师的负担，她转向佛教施诊所红山分所求助，并在王玉兰与王友良两位中医师的细心照顾下，获得“重生”——一切行动逐渐回复自如。

目前，她仍然每星期到红山分所接受两回针灸治疗。除了感谢中医师，她也感激家人和菲籍女佣给予她的护持。同时，更肯定了中医的功用以及中药和针灸的疗效。

林女士还说：“没有什么病是医治不了的，就看你是否持有正确的心态。”

另一位育有3个孩子，现年63岁的陈增寿，在太太丁永华的陪同下也接受了访问。病前，他是从事罗里驾驶工作的。2010年4月中旬，就在他要出国到北京旅游的前几个小时，忽然无端端晕倒，并跌进水沟！幸好被路人发现，才把他送到中央医院去。结果，他非但半边身体不能移动，甚至还认不得人，也说不了话！

据说，他中风的主因很可能与胆固醇过高有关！就这样，他在医院也住上了30多天！出院后，曾到体障人士协会接受物理治疗，每回1小时。之后的半年里，他每星期还得接受两次推拿和一次针灸，并需定时到中央医院进行体检，服用薄血药！

2012年6月，在病情稍为稳定后，他尝试靠拐杖行走，并乘搭巴士到佛教施诊所求诊。这期间，除了薄血药，他还得服用保胃药、抗忧郁和降胆固醇的药丸！

他说，是两位施诊所的王姓中医师（王玉兰与王友良医师）给了他信心！是他们的用心，让他病情恢复得特别快！他现在说话，已经正常，且不再含糊。他坚信是中医、中药给他带来了希望。

## The TCM has enhanced our confidence

by Bei-Yan (May 2014)

Though suffering from stroke, the 67 year old Ms. Lim Yuyu (single) remains cheerful and positive.

Before the stroke, she was an active volunteer and frequently helped to serve the public at a Community Centre. It was on July 20, 2012, she suddenly felt uneasy and faced difficulty in standing up! She sensed that she might have a stroke and hence, sought her sister's assistance immediately. However, before the arrival of the sister, she crawled and grabbed a phone and to call for ambulance. To no surprise, she was later diagnosed with stroke by the doctor of Alexandra Hospital.

After six months of treatment at the hospital, Ms. Lim saw no significant progress. She then started to feel hopeless and depressed. Fortunately, she met her close friend Ms. You, an acupuncturist, who later provided her with free treatment. Another six months passed, but this round Ms. Lim realised that her condition has significantly improved. This brought her hopes to live on. She then decided to continue receiving TCM treatment. She wishes to express her sincere thanks to both practitioners Ong Quee Lan and Wong Yew Liong of the Singapore Buddhist Free Clinic for taking good care of her. To Ms. Lim, the Wangs are her life savers.

Though almost fully recovered, Ms. Lim continues to receive acupuncture treatment twice each week at the SBFC. She is grateful to all the practitioners and staff of the clinic. Besides affirming the utility of TCM and therapeutic effect of the Chinese medicine and acupuncture, she is also thankful to her Pilipino maid and family members who have given her all the supports physically and mentally.

To Ms. Lim, all sicknesses can be cured provided one holds the right state of mind.

Mr. Chen Zengshou, 63, who worked as a lorry driver before, is also a stroke patient. In mid-April 2010, just a few hours before boarding a plane to Beijing for holidays, he suddenly fainted and fell into a drain. Luckily, he was discovered by passers-by and sent to the SGH

timely. By then, half of his body became not moveable. Besides, he can' t even talk nor recognize the people around him!

It is said that the cause of his stroke relates to high cholesterol! He was then hospitalized for more than 30 days! After discharging from SGH, he received physical therapy at the Society for the Physically Disabled. He also undergone massages and acupuncture treatments after that.

It was June 2012, he then seek medication assistance from the SBFC when his conditions were more stabilized. With the help of crutches, Mr. Chen took a bus to the clinic for treatment regularly. Other than taking the medicine that helps to thin his blood, he is also prescribed for anti-depressants and cholesterol-lowering pills!

He claimed that the practitioners namely Wong Yew Liong, Ong Quee Lan have given gave him faith and confidence! With their helps, he has recovered quicker than expected! He can now talk normally. He strongly believes that the TCM have made him well and given him hopes. He too, thanks the SBFC for all assistance extended to him.