

# 新加坡佛教施诊所

SINGAPORE  
BUDDHIST  
FREE CLINIC  
(SBFC)

新加坡佛教施诊所创办于1969年，秉承佛陀的教诲，以慈、悲、喜、舍的精神服务大众，44年来已经为超过2千万人次提供中医中药的义诊治疗。

施诊所不分种族、语言、与宗教，以病人的利益为依归，用药不论贵贱，只要能对病情有利，皆不吝采购，让公众的善心善款，真正落实到病黎身上。

目前获得完全免费的病人占总人数的 **65%**，至于有收费的人士，普通内科也只需日付 **1元**，是目前收费最廉宜的中医慈善机构。

更多详情，请浏览 [www.safc.org.sg](http://www.safc.org.sg)

Established since 1969, the Singapore Buddhist Free Clinic (SBFC) has upheld the Buddhist teachings of love, compassion, joy and equanimity in its service to the public. In the past 44 years, the Clinic has consistently provided affordable and holistic TCM treatment for 20 million patient visits, regardless of race, language or religion.

**65%** of its patients currently enjoy a full waiver of medical fees, while the cost of one day's medicine is kept low at only **\$1**, making SBFC the most affordable charity organization providing TCM treatment in Singapore.

For more information, please visit [www.safc.org.sg](http://www.safc.org.sg).

## 收费表 FEE STRUCTURE

类别 Type	看诊 Consultation	药费 或 针灸治疗 Medicine/Acupuncture	
		60岁以下 60 years below	60岁以上 60 years above
内科 Internal Medicine	免费 FREE	每日\$1 \$1 daily	免费 FREE
针灸科 Acupuncture	免费 FREE	每次 \$1 \$1 per time	免费 FREE
肿瘤科 Cancer Treatment	免费 FREE	每日 \$5 \$5 daily	每日 \$3 \$3 daily

## 分所 BRANCH 地址 LOCATIONS

### 总所 Main Clinic

地址 Add: 48 Lor 23 Geylang Singapore 388376  
电话 Tel: 6748 7292

### 针灸, 内科

看诊时间 Consultation Hours:  
8am – 12noon | 1.30pm – 4.30pm | 7pm – 9pm

### 肿瘤治疗中心 Cancer Treatment Centre

看诊时间 Consultation Hours:  
8am – 12noon | 1.30pm – 4.30pm

### 丹戎巴葛 Tanjong Pagar

地址 Add: 44 Craig Road Singapore 089682  
电话 Tel: 6221 6652

看诊时间 Consultation Hours:  
8am – 12noon | 1.30pm – 4.30pm

### 红山 Redhill

地址 Add: Blk 131 Clarence Lane #01-20 Singapore 140131  
电话 Tel: 6473 6638

看诊时间 Consultation Hours:  
8am – 12noon | 7pm – 9pm

### 宏茂桥 Ang Mo Kio

地址 Add: Blk 348 Ang Mo Kio Ave 3 #01-2096 Singapore 560348  
电话 Tel: 6453 9466

看诊时间 Consultation Hours:  
8am – 12noon | 7pm – 9pm

### 裕廊 Jurong

地址 Add: Blk 320 Jurong East St 31 #01-74 Singapore 600320  
电话 Tel: 6563 0063

看诊时间 Consultation Hours:  
8am – 12noon | 7pm – 9pm

### 康复中心 Rehabilitation Centre

地址 Add: Blk 77 Indus Rd #01-519 Singapore 160077  
电话 Tel: 6272 7711

看诊时间 Consultation Hours:  
8am – 12noon | 1.30pm – 4.30pm

(星期日及公共假期休息)  
(Closed on Sundays and Public Holidays)

## 《福田》的使命 The Mission of Merit Times

承担着与大众一起耕耘，共享福乐之使命的

**Merit Times -**  
The Field of Good Fortune has finally arrived.  
Its mission is to jointly cultivate good merits  
and share the resulting blessings.

《福田》，终于面世了。

梵网经说：“若佛子，见一切疾病人，常应供养，如佛无异；八福田中，看病福田，是第一福田。”

“福田”，是以田地比喻培植福德之所。如佛寺中的功德箱即称“福田箱”，所以在佛法中，做功德，也可称为“种福田”。

八福田是哪八种呢？出于恭敬心，供养佛、圣人、僧伽、属于三种“敬田”；出于感恩想，供养和尚、阿阇梨(即教授师)、父、母，属于四种“恩田”；慈悲救济受到疾病煎熬的病人，则称为“悲田”。因为在八种福田中，能以无缘大慈，同体大悲的精神，救济与自己毫无关系的病人，所以功德最为殊胜！

佛教施诊所就如一亩良田，乐善好施的您犹如农夫，我们至诚欢迎您在这里播下幸福快乐的种籽，将来一定得到无上的福报！

**The Fan Wang Jing (梵网经) says that a Buddhist should regard all sick people as if they are Buddhas, and provide them with proper support. In the Eight Fields of Good Fortune, the Treatment Field is the foremost field.**

The Field of Good Fortune uses the field as the metaphor for a platform to generate merits. In Buddhism, performing meritorious acts is like planting in the Field of Good Fortune. For example, in Buddhist temples, the donation box is often called the Field of Good Fortune Box.

What do the Eight Fields of Good Fortune refer to? To give offerings to the Buddha, noble men and the Sangha out of reverence; these are the three types of Reverence Field. To give offerings to monks, Acharya (teachers), one's father and mother out of gratitude; these are the four types of Gratitude Field. To treat those tormented by diseases out of compassion is the Compassion Field. As one is willing to show compassion to those not related, the Compassion Field generates the foremost merit.

The Buddhist Free Clinic is like an acre of fertile field; and you are like the farmer. We sincerely welcome you to sow the seeds of happiness with us and enjoy the good fortune that will certainly come your way.

释广声  
Venerable Kwang Sheng

新加坡佛教施诊所主席  
President, Singapore Buddhist Free Clinic

## 最新消息 LATEST NEWS

**NEW! CLINIC**  
**三巴旺**  
**Sembawang**  
2014年中投入服务  
Opening in mid-2014

### 三巴旺分所将于明年中投入服务

为更好地服务我国北部的民众，我们已获得建屋发展局批准在坎贝拉连路503A座组屋底层设立第七间分所－三巴旺分所，预计装修费用将耗资80万元。新分所位于交通要道，距离三巴旺地铁站仅150米之遥。目前测绘与装修工程已在积极筹划中，如果一切顺利，可望于明年中启用。

感谢您一路来对本所的支持，以下是您表达爱心的多种管道：

- 直接到各所柜台以现金捐款；或
- 使用总所最新安装的NETS 终端机捐款；或
- 上 **SG GIVES** ([www.sggives.org](http://www.sggives.org)) 的网站以信用卡捐献；或
- 通过邮寄支票到总所 (抬头请写明：新加坡佛教施诊所)

注：本所为我国公益机构，如果您希望捐款可以豁免所得税，请告诉我们您的身份证号码公司注册号码。询问电话：67487292。  
总所地址：48 Lorong 23 Geylang Singapore 388376



### New clinic at Sembawang to open mid-2014

To meet the healthcare needs of Singaporeans living in the north, we will be setting up our seventh clinic at Sembawang. Costing \$800,000 to renovate, the clinic will be located at the void deck of Block 503A Canberra Link, which is 150 metres away from Sembawang MRT station. Renovation is currently underway and the clinic is slated to open mid-2014.

**Your support has made it possible for Singapore Buddhist Free Clinic to serve more than 20 million patient visits in the last 44 years. You may continue to give us your support in these convenient ways:**

- Donate cash at our clinics islandwide
- Use NETS to donate at our Headquarters
- Visit the **SG GIVES** ([www.sggives.org](http://www.sggives.org)) website to donate using credit card
- Send a cheque to our Headquarters, made payable to "Singapore Buddhist Free Clinic"

All donations are tax deductible. Please specify your NRIC or company registration number when making donations. Hotline: 67487292. Headquarters address: 48 Lorong 23 Geylang Singapore 388376



# 病友心声

新加坡佛教施诊所  
肿瘤治疗中心  
Singapore Buddhist Free Clinic  
Cancer Treatment Centre

## 对症下药 减少疼痛 改善生活素质 A holistic approach to pain relief and better quality of life

“我要感谢新加坡佛教施诊所对我的治疗，方便的话，可以帮我写进去吗？”72岁的黄盛发先生在电话那头客气的问。他数小时前在施诊所的芽笼总部接受访问后，发现忘了提到这点，便留下联络号码嘱咐柜台的职员，叫我打给他。原来如此。

黄先生五年前退休，脸色红润，看不出是结肠癌患者。今年1月开始在肿瘤治疗中心接受治疗，现在每十天复诊一次。他也继续到医院做定期检查，西医帮他切除息肉后，最近回去照内窥镜，没有发现新的息肉，他认为这是中医的功效。

65岁的颜恒先生(化名)也对施诊所的中医疗法赞许有加。“我在两年半前患上鼻咽癌，做了33次电疗与8次化疗，瘦了三公斤，颈部与胸部的皮肉都被电得焦黑，还有灼烧的感觉。”

“许慕贞医师用中药来增加我的血红素与血红蛋白，也帮我增强免疫力。原本西医探测出我体内的EBV病毒指数很高，经过3个月的中医治疗，病毒指数竟然猛跌，我真的很感谢许医师帮我控制病情，让我的心定下来，我鼓励其他患癌的朋友也来这里接受复原调理。”

除了调理，患者本身的心境也有助于复原。50岁的林喜贵先生就是一个很好的例子。两年前患上大肠癌，切除后的第八个月，癌细胞扩散到肝和肺，因为新药还没开发完成，医生对林先生说，他只剩下三个月寿命。当时，他太太哭了。他反而劝太太要坚强，他说：“人总会百年归老，我以平常心去面对，每天睡醒都觉得是赚了一天！”

自从在施诊所看了中医后，他的疼痛减少了，也睡得更好。乐观开朗的林先生借助中医的调理，现在与常人一般生活。“我能吃能走，跟朋友唱卡拉OK也觉得自己中气十足。”

他的主诊医师林珍珠说：“在医治肿瘤方面，中医的功用在于排毒、增强免疫力、改善体质，是一种整体性的治疗。”

虽然癌细胞扩散到林先生的三个脏腑，看似希望渺茫，可是他却 not 把自己当病人，凭着积极乐观的心态扭转了病情。更重要的是，他与黄先生、颜恒先生一样，都没有向病魔低头，放弃寻医，在缘分的牵引下，他们来到了新加坡佛教施诊所，获得完善、价格低廉的中医调理，可以如同常人一般生活。

文 by 傅容慧 Poh Yong Hui

“在医治肿瘤方面，中医的功用在于排毒、增强免疫力、改善体质，是一种整体性的治疗。”

“In the treatment of cancer, the role of TCM is to detoxify, enhance immunity, and improve the patient's constitution in a holistic way.”

“I wish to thank the Singapore Buddhist Free Clinic for treating me. Could you help to include this in my story?” The 72-year-old Mr Eng Sing Huat asked cordially. It occurred to him that he forgot to express his gratitude during our interview at the Clinic's Geylang headquarters earlier on, and so he left his number with the receptionist, bidding me to call him.

Mr Eng appeared to be in the pink of health, not in the least resembling a colon cancer patient. He came to SBFC because he believed Traditional Chinese Medicine (TCM) treatment would boost his weakened immunity.

“Physician Lim Chin Choo prescribed TCM herbs to help me regain my strength, and she even taught me simple exercises when I complained of tightness in the chest. It worked after three days!”

Mr Eng has been returning to the hospital for regular checkups, benefiting from both Western and TCM. He shared, “A colon polyp was discovered and removed by my doctor last year. After I started TCM treatment, no new polyps were found when I went for my latest endoscopy – I credit TCM for keeping my illness in control.”

The 65-year-old Mr Yan Heng (not his real name) was similarly thankful to the TCM treatment at SBFC for alleviating the effects of radiotherapy on his body: “After I was diagnosed with nose cancer two-and-a-half years ago, I went through 33 sessions of radiotherapy and 8 sessions of chemotherapy. I lost 3kg, and the skin around my nose, neck, and chest was all “charred” from the treatment.”

“I am grateful to SBFC. Physician Koh Moh Cheng helped me to rebuild my immune system and increase my haemoglobin level. Earlier on, high levels of the EBV virus were detected in my body,

which might cause my cancer to relapse. The virus index plunged after three months of TCM treatment, and now my illness is under control. I am very thankful to Physician Koh not just for treating me, but also for listening to my woes and allaying my worries. I strongly encourage fellow cancer patients to seek rehabilitative treatment here.”

Apart from treatment, the patient's state of mind contributes to a smooth recovery as well, as exemplified by the 50-year-old Mr Lim Hee Kwee. Two years ago, cancer cells were found in his large intestine which spread to his liver and lungs. Mr Lim remembered that his wife cried when his doctor grimly announced that he had only three months to live. In contrast, he was calm and could even advise her to be strong. “We all will pass away one day. I regard each living day as a bonus, which helps me to face my illness squarely.”

After six months of TCM treatment, the bodily pain he used to feel subsided considerably. As a result, his sleep improved and he enjoyed a better quality of life.

“I can walk and eat normally, and I even sing karaoke with my friends. My friend, on the other hand, also had cancer but was kept from going outside for fear of infection. He could only mope at home. His cancer spread quickly and he passed away in less than three months.”

Physician Lim Chin Choo explained, “In the treatment of cancer, the role of TCM is to detoxify, enhance immunity, and improve the patient's constitution in a holistic way.”

Mr Eng Sing Huat, Mr Yan Heng and Mr Lim Hee Kwee were all led to the Clinic in a serendipitous way, where they could benefit from holistic and inexpensive TCM treatment, providing them a better quality of life even in the face of cancer.

新加坡佛教施诊所的肿瘤治疗中心设在芽笼总所三楼，自2012年10月成立至今一年，求诊人数已达**4884**，人次高达**44,211**。

诊症时间：  
早上8时至中午12时，下午1时30分至4时30分  
(星期日及公共假期休息)

收费：一日药量5元，60岁或以上3元。  
(经济拮据者可申请豁免医药费。)

The Singapore Buddhist Free Clinic's Cancer Treatment Centre is located on the third floor of its Geylang Clinic. Since its inception in October 2012, it has treated **4884 patients** who made a total of **44,211 visits**.

Consultation Hours:  
8am – 12noon, 1.30pm – 4.30pm  
(closed on Sundays and Public Holidays)

Fee for one day's worth of medicine: \$5  
(\$3 for patients 60 years and above)

Patients with financial difficulty may apply for a waiver of fees.

## 问问 ASK THE PHYSICIAN 中医

### 我们该如何预防癌症?

How can we lower the risk of getting cancer?

许慕贞医师解答：要多吃碱性的食物，如蔬菜水果；避免吃酸性的食物，如肉类、高糖分与高盐分的食物，尤其是动物脂肪。

早期的人有个做法：在鸡血里加盐，不一会儿一碗鸡血就凝固成鸡血糕。盐在我们体内，也会造成相同的效应，助长肿瘤的形成，这就是引发癌症的原因之一。

有防癌功效的食物包括：花椰菜、茄子、羊角豆、奇异果、草莓、苦瓜、樱桃番茄；绿茶尤其有效抗辐射，对患癌的病人也有帮助。

Physician Koh Moh Cheng: Consume more alkali-forming foods, like fruits and vegetables, and avoid the acid-forming foods, such as meat, animal fat, and anything with high sugar or salt content.

In the early days, people had this practice of adding salt into chicken's blood. The blood would coagulate in a few minutes, forming a jelly. This is exactly what salt does inside our bodies—it contributes to the formation of tumours, causing cancer.

Foods that help to prevent cancer include: Broccoli, brinjal, lady's fingers, kiwi fruit, strawberry, bitter gourd, and cherry tomato. Green tea is especially powerful in fighting the effects of radiation, and this helps cancer patients greatly.

