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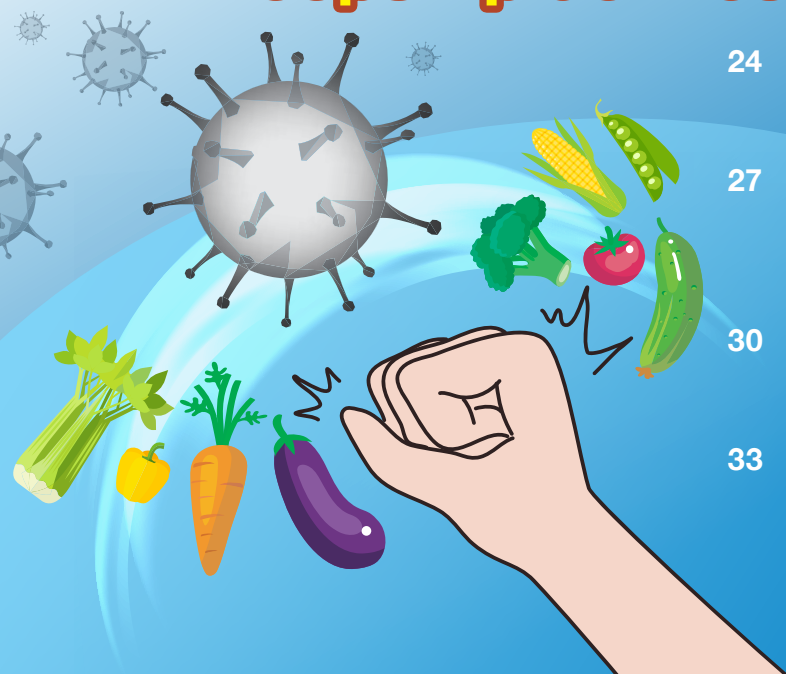
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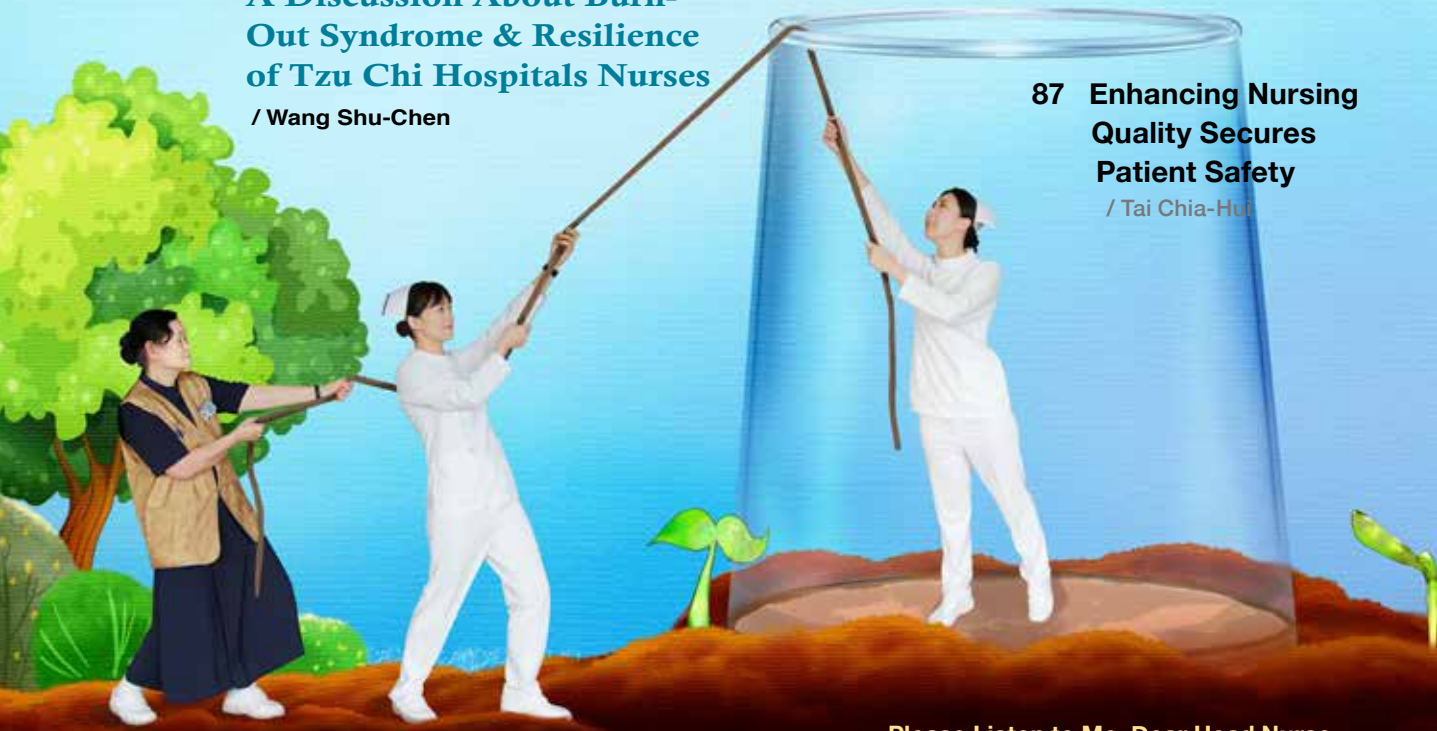
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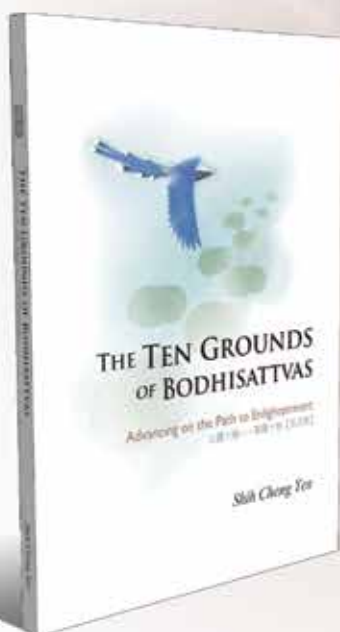


THE TEN GROUNDS OF BODHISATTVAS :

Advancing on the Path to Enlightenment

《心靈十境——菩薩十地》英文版

Using examples from both present-day life and Buddhist classics, Dharma Master Cheng Yen describes the ten grounds that bodhisattvas go through in their practice. Each ground builds on the previous, from the ground of joy all the way to the ground of the Dharma-cloud. By progressing through these grounds, ordinary beings can gradually proceed toward the stage of supreme, universal and perfect enlightenment.



Author: **Shih Cheng Yen**

Language: English



Book copies are available in Amazon and Jing Si Books & Café.



Prevention of Epidemics through Vegetarian Diets, Repentance, Prayers, and the Divine Power of Love

The COVID-19 pandemic is currently the issue of greatest concern to the whole world. The rapid spread of the virus has led to fear and panic and imposition of lockdowns by numerous countries worldwide. It is heart-wrenching to see people engage in panic buying in an atmosphere characterized by great tension and anxiety.

As stated in the Buddhist Scriptures, public repentance is the panacea for all epidemics. Over 70 billion terrestrial animals are sacrificed each year to satisfy our oral cravings. This is the collective karma of all sentient beings. Tzu Chi therefore promotes vegetarian diets and fasting to give every human a chance for repentance.

In the face of this pandemic, we are at a loss of words to express the pain and sorrow in our hearts. We can only constantly appeal to all citizens to adopt vegetarian diets which purify our bodies and minds. After eliminating our desires, we should increase our piety so we can live together in peace and calm our minds. As a result, we won't panic and turn pale in horror as the epidemic keeps spreading.

Numerous countries have announced bans to limit mobility and human interaction to control the epidemic. However, we can rely on online videoconferencing technologies to simultaneously communicate with Tzu Chi members in countries all over the world without obstacles, which is nothing short of amazing!



For instance, Chen Chiou-Hwa, a Buddhist layperson and Tzu Chi volunteer stationed in Jordan, has provided care and concern for refugees from Iraq and Syria over many years. Refugee camps only feature simple medical stations. If camp residents contract serious illnesses, local Tzu Chi members assist in the transport to a hospital for medical treatment and bear all surgery and medical expenses. Thousands of refugees have received such emergency aid within the past few years.

Among the special cases was a little boy named Osama, who suffered from Crohn's Disease, a chronic inflammatory bowel disease. Feces would leak through the skin if his leg was gently pressed. He was in pitiful condition since he was unable to walk and had been bedridden over many years. Free medical services provided by the Tzu Chi International Medical Association in Jordan were therefore a godsend. The volunteers took pity on this little boy who was tormented by this terrible disease and arranged surgery to relieve his pain.

We were deeply concerned about this poor little boy until we saw in a recently received image that he was recovering well. We were filled with joy and delight when we noticed that he had gained weight and was finally able to walk. The tenacity of life is truly miraculous. Despite the long distance between Taiwan and Jordan, love and compassion that transcends all boundaries have enabled this little boy to explore new realms and brought back vitality, happiness, and hope to his life. We will continue to watch him grow up.

If we are deeply devoted and seize every opportunity to spread love and compassion, all sentient beings are delivered through the divine power of love pervading infinite realms. We are profoundly grateful to all Tzu Chi members who grasp every opportunity to accomplish good deeds and great achievements irrespective of race and ethnicity.

This epidemic teaches us an important lesson. It reminds all of us of the importance of cultivating prudence, piety, and compassion and showing respect and love for all living creatures by adopting vegetarian diets and thereby restore our deep-rooted benevolent nature. We strive to motivate a rising number of people to join us in our prayers and fasting to ensure that this epidemic will subside soon so that we can resume our normal lives with restored vitality.

Vegetarianism Prevents Diseases

**Lin Shinn-Zong,
Superintendent, Hualien Tzu Chi Hospital**



The long awaited COVID-19 vaccines arrived and the first batch of vaccination was dispatched at the Hualien Tzu Chi Hospital near the end of March 2021. While COVID-19 is still threatening the health and lives of the global population, the arrival of vaccines fills peoples' heart with love, warmth, and hope. We are cautious and pious in fighting this pandemic which changes people's lifestyles and habits. Hands washing properly, wearing masks, and social distancing are now becoming routine. We look forward to take off the masks when we are rid of COVID-19.

This year 2021 marks the 55th anniversary of the Tzu Chi Foundation and the 35th anniversary of Hualien Tzu Chi Hospital. In light of a disaster-ridden planet, we all have a common ambition to uphold "Great lessons to benefit the people, and doing good deeds for peace

in the world." While safeguarding lives, we continue to promote healthy veggie habit and encourage colleagues to participate in study group. Through veggie, we pray for the suffering from disasters and epidemics. Through the study group, we immerse in dharma to cleanse our heart from greed and ignorance. We are steadfast in our duties to march forward hand-in-hand.

Since its establishment, Hualien Tzu Chi Hospital not only provides inpatients with healthy meals, but also a team of dietitians to offer assistance to colleagues within the hospital. Through weekly announcements from the dietary department, colleagues can easily follow tips and tricks on veggie nutrition. In recent years, we provide information for various seasons (Lantern Festival, Dragon Boat Festival, Mid-Autumn Festival, Lidong, Winter Solstice, and Dietitian's

Day). We also have publications like “The 24 Solar Terms (traditional Chinese lunisolar calendars) and Light Vegetables” and “Protecting Kidney with Three meals of healthy vegetarian diet”, and other healthy diet related books in the past 4 years as well as a new vegetarian book specially designed for the elderly to be released this summer.

A proper diet is the first principle to maintain a good balance in physical and mental health. Having a good diet daily with safe ingredients, especially seasonal fruits and vegetables, is invaluable. On the one hand, these are fresh and reasonably inexpensive, but more importantly healthy food leads to good health. This was our original intention when we published “The 24 Solar Terms and Light Vegetables”. This book is still loved by many readers. In the commercial market, more importantly, it is also deeply loved by vegetarians and among veggie circles on the Internet, which highly recommended it.

At Tzu Chi, not only do we promote “vegetarianism”, but we also draw on people’s support from the perspective of good health and protect the environment. In fact, in the Western world, more and more people recognize vegetarian diet can save the earth. Jane Goodall, an internationally renowned conservationist, discovered that the choice of diet is

enough to affect changes in the earth’s environment. She stresses the food power and urges people to become vegetarians.

Dharma Master Cheng Yen worries about the frequent disasters and cannot bear to see its destruction. She urges everyone to promote vegetarianism and protect the environment in order to preserve this planet earth for all beings.

In fact, fruits and vegetables contain large amount of water and fibers. Many nutritionists and doctors have already recommended. Professor Wang Cheng-Yi, an expert of gastroenterology, once spoke for the large intestines (The Cries of the Large Intestine), telling us how to eat for intestines’ sake. Colorectal cancer has ranked first among all cancers in Taiwan for many years. In addition to recommend a colonoscopy for early cancer detection, we should call for a vegetarian diet because it is the simplest solution.

In addition, Taiwan’s dialysis population has exceeded 80,000. The nephrology department of Hualien Tzu Chi Hospital published “Healthy Vegetable Therapeutic Diet Three Meals a Day”, hoping to help individuals to easily enjoy the fun of cooking. This book can not only help the dialysis patients, but healthy people can use it to become healthier.

To avoid kidney diseases, the National

Health Agency recommends strict following of the principle - “Three more, Three less, Four no’s, and one not”. This translates to more fibers, more fruits and vegetables, more water, less salt, less sugar, less oil, and don’t smoke, don’t retain urine, don’t stay up late, don’t randomly take medicine, and keep the body fit without “tuna belly”. It is also important to maintain adequate sleep, develop a habit of moderate exercise, maintain moderate weight, and avoid alcohol.

To prevent kidney diseases, the most important thing is to control blood glucose, pressure and lipids in daily life, and stay away from the “Three High” diseases. How do we eat healthy to reduce risks? Clinical nutrition studies have shown that a plant-based diet can effectively improve the “Three High” problems and also improve inflammatory responses in the body. It can not only reduce cardiovascular and cerebrovascular diseases, but also help to improve chronic kidney diseases.

Nowadays, a vegetarian diet is a fashion. It is not only a belief to respect life, but also a way to slow global warming and reduce natural disasters to save the planet. Combined with exercise, it benefits health. There are many books or suggestions about exercise in the market

and on the Internet, and the medical profession has begun to have more precise prescription on the amount of exercise. Hualien Tzu Chi’s Kidney Care Team published this year’s “The Complete Book of the Strongest Rehabilitation Exercise with Scientific Evidence from Chronic Kidney Disease”, which is very helpful to nephrologists or people with weakness in physical strength. This is also the cover story of this issue. Exercise improves the health of empirical nephropathy.

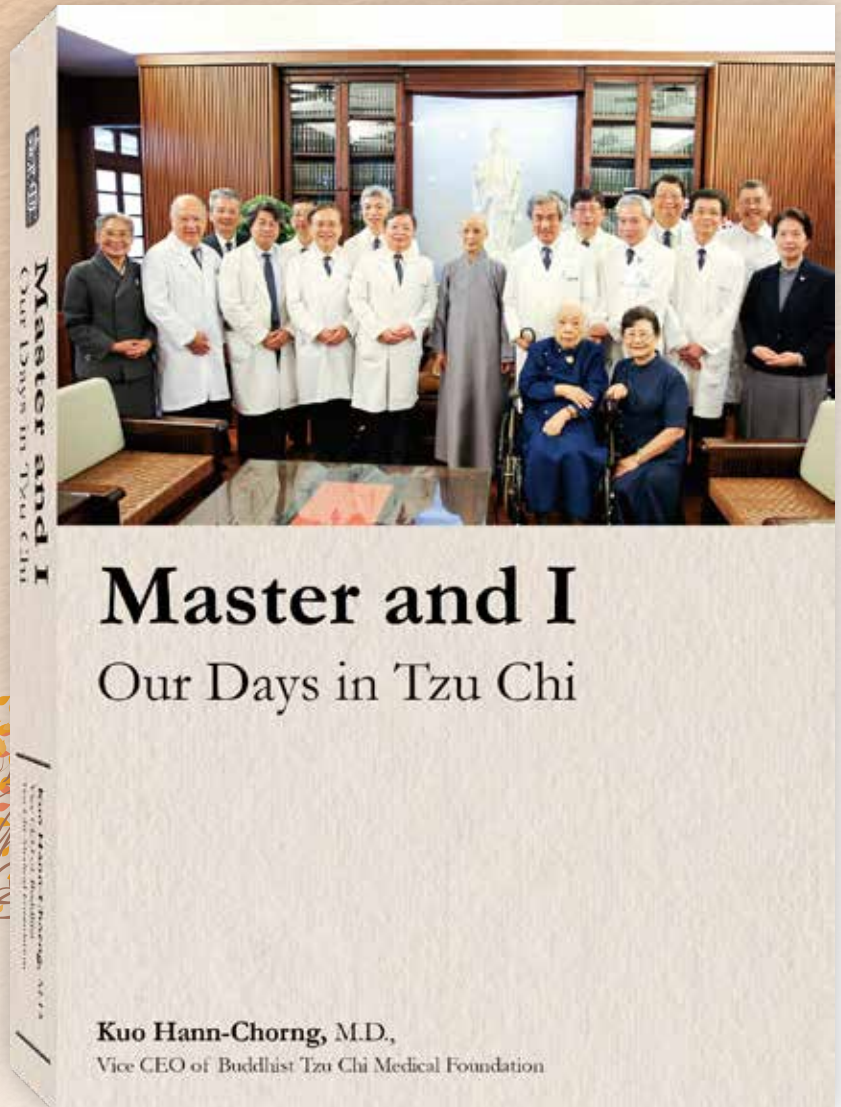
Don’t underestimate the power of vegetarianism. Dharma Master Cheng Yen once said that if only one person is vegetarian for one day, it may not make much difference; however, if one million people make the same choice, the world will be different. The power of vegetarianism implodes with more and more people joining. Each person becomes a “seed”, conveying the important message and spread vegetarianism. Three veggie meals a day is an opportunity to help the earth for sustainability. The future of planet earth and human beings needs everyone’s action now. Become a vegetarian daily to free us from the pandemics and protect the earth.

Master and I — Our Days in Tzu Chi



"Never forget the original intention, and always guard Tzu Chi",
Dr. Kuo Hann-Chorng, Vice CEO of Buddhist Tzu Chi Medical Foundation &
a global renowned urologist, had written down how he fulfilled his Tzu Chi
dream and flourished his medical career.

In those years, with
those medical partners,
in the remote Hualien
County in eastern
Taiwan, Tzu Chi Hospital
had created numerous
medical miracles.



Cure the Physical Heart and the Spiritual Self

Chang Heng-Chia,
Vice Superintendent of Taipei Tzu Chi Hospital

In the blink of an eye, the Taipei Tzu Chi Hospital is reaching its fifteenth anniversary. I still remember back in 2005 before its grand opening, my family and friends kept asking me, “Why do you want to go to Taipei Tzu Chi Hospital? Don’t you already have a successful career now?”

They were indeed right about my success at the time.

I Only Know How to Save a Heart

I am a cardiologist. Before the opening of the Taipei Tzu Chi Hospital, I had been a doctor for over twenty years. I was lucky enough that my residency training period in the 1990s was the time that the art of Percutaneous Coronary Intervention (PCI) was beginning to flourish. After I became an attending physician, I had opportunities to go abroad to learn cutting-edge medical treatments in cardiology. When I returned to the hospital, many patients were waiting for PCI procedures, and I



became sophisticated in the field and challenged myself with many difficult cases. I even established a “heart attack” group on standby year-round, 24 hours a day. I put all of my effort into interventional cardiology. With an endless amount of surgeries on hand and money coming in, it was hard for my family and friends to comprehend why I wanted to leave my job.

Back then, I was basked in the glory of success. My father told me, “Actually,

you only know how to save the heart.” I refused to listen at first, but I definitely had the feeling that some of the patients that I rescued from death were not happy at all.

Although a patient saved from a near-death experience is a blessing, his/her life may be full of suffering. I only know how to fix the heart but leave everything else to social workers and psychologists to follow-up. I do my job, and other members of the medical team do theirs. My job is to cure the disease! How do I treat not only the physical and the soul at the same time? I heard of it, but I did not know how

to do it.

In April of 2005, I went to work at the Taipei Tzu Chi Hospital. Through participation at the humanity camps, commissioner’s training, dharma study group, Sutra performances, winter distributions, disaster relief, and many other Tzu Chi events, I finally understand the narrow life I had. I finally understand the meaning of “feeling blessed after seeing the suffering.” This simple meaning is a lifelong learning process.

Participating in these activities outside of my medical profession helps me realize



In November 2013, as Typhoon Haiyan devastated the Philippines, Tzu Chi Medical Volunteers in Taiwan and the Philippines held a free clinic in Tacloban. The picture shows Dr. Chang Heng-Chia treating a disaster victim.

how many people do not even have food or shelter and that illness tends to coexist with poverty. Warren Buffett once said, “There’s no use to try hard if you’re on the wrong path.” Similarly, a doctor who only knows how to treat diseases without empathy for pain, sorrow, and suffering will never be able to help a patient achieve happiness. Dharma Master Cheng Yen once said, “One should not fear a long journey as long as one is on the right path.” I am filled with dharma joy, taking one step at a time.

The Taipei Tzu Chi Hospital is a safe and sound hospital filled with humanistic culture. It is Taiwan’s first earthquake-reinforced building, and the entire hospital is a green building. It has won a hospital architecture award from the American Institute of Architects for its advanced equipment, low carbon emission architecture, and an oriental garden design. Ever since its establishment, it has received a continuous support by medical volunteers and musical volunteers. As described in The Sutra of



April 2015: After the deadly earthquake in Nepal, the Tzu Chi disaster clinic group traveled to Chittapol to host a free clinic. The pictures shows Dr. Chang Heng-Chia (right) giving blessings to the citizens.

Infinite Meanings, “After relieving one from suffering, one must expound the Dharma for them to end all suffering.” This is not just a hospital but also a sanctuary for cultivation and practice.

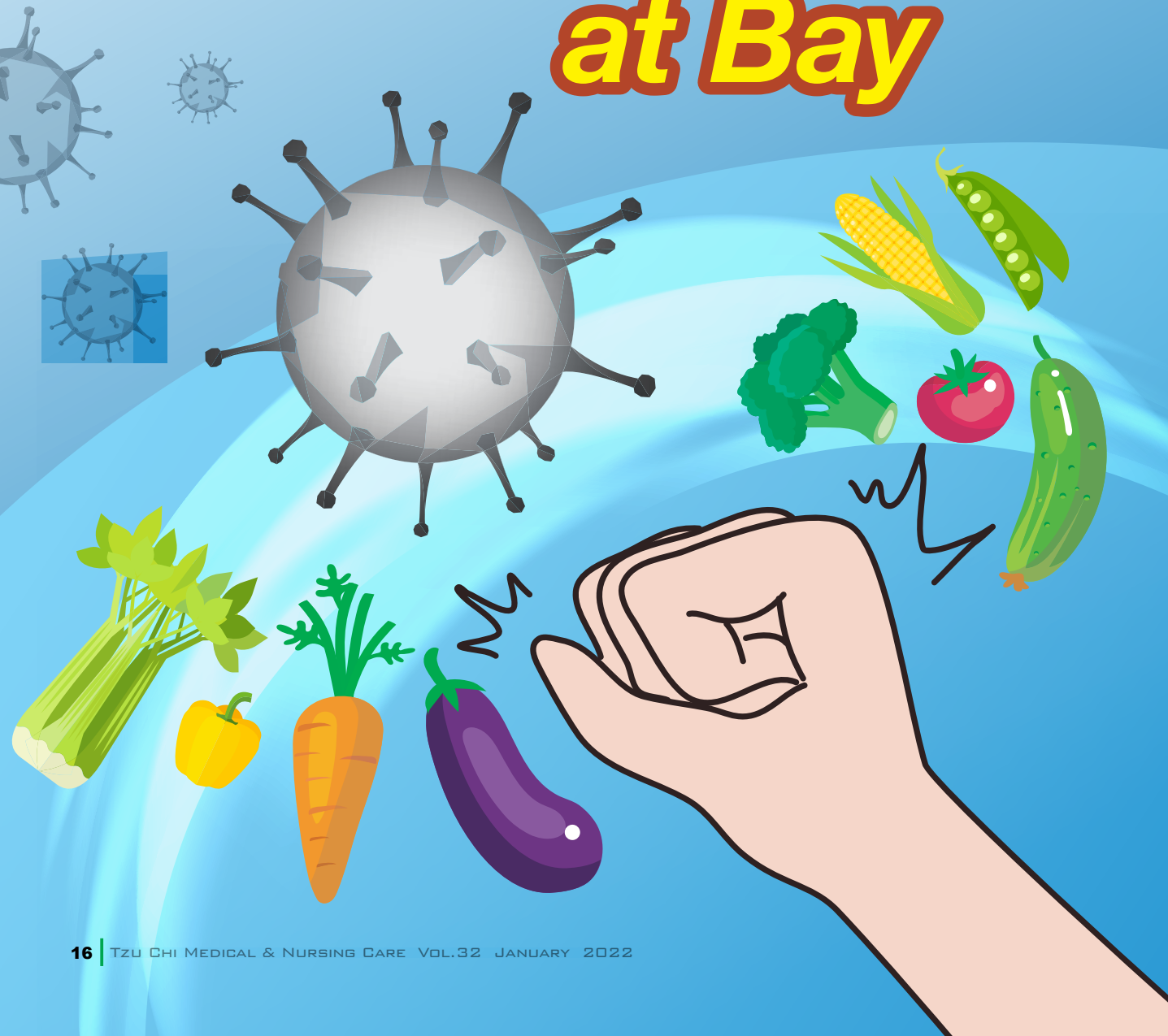
I have been in the Tzu Chi world for 15 years, which is quite a long period of time. I would like to thank Dharma Master Cheng Yen, her disciples at the Jing Si Abode, and the Tzu Chi volunteers all over the world for their love and support so we can continue to save lives and nurture our wisdom souls. Not only can I save

the heart, but learn the true meaning of healing the spiritual soul.



As a cardiologist, Dr. Chang Heng-Chia joined Tzu Chi and realized that he may have a chance to save a heart and in the meantime cure that soul.

Vegan Vogue ***Keeps Epidemics*** ***at Bay***





By Liao Wei-Ching

The COVID-19 pandemic in 2020 reminded all of us of the importance of cherishing our planet and all living creatures. Tzu Chi members all over the world successively launched activities to promote vegetarian diets. They made vows to fast, abstain from meat, and eliminate their oral cravings. They also prayed for an early end to this terrifying pandemic.

As of 2020, Taipei Tzu Chi Hospital prints and issues vegetarian meal vouchers to subcontractors and foreign caregivers to make a contribution to promoting vegetarian diets. Vegetarian dinners are provided to employees and their families to inspire them to join the ranks of plant-based diet and environmental protection promoters. In early 2021, clinicians set an example by taking an active part in promoting vegetarianism. The health benefits of plant-based diets are clarified with empirical data and bookmarks with cute illustrations and recipes are printed and issued to patients in cooperation with the medical care and nutrition departments, the public communication and humanities offices, and the Tzu Chi Foundation. The hospital strives to educate patients on the physical benefits of vegetarian diets and achieve the dual goal of health protection and valid contributions to guarding our planet.

The inspiration for the bookmarks can be traced back to January 2021. Superintendent Chao You-Chen still recalls how the idea emerged: “There is abundant scientific evidence showing the health promoting effects of vegetarian diets which can help prevent or alleviate numerous life-threatening diseases such as cancer and cardiovascular, kidney, and blood



Taipei Tzu Chi Hospital issues cute vegetarian bookmarks to patients – Superintendent Chao You-Chen takes the lead in promoting plant-based diets by explaining their health benefits to the public.



Vice Superintendent Chang Heng-Chia of the Cardiovascular Department explains the positive effects of vegetarian diets on the cardiovascular system.

diseases. The venerable master pointed out that patients in physical pain are particularly open to health advice from their doctors. With a view to ensuring that they will remember this advice, the master suggested that we print the messages and related images on bookmarks to imprint them in the minds of the patients and allow them to share valuable health advice with their family members.”

After the genesis of this concept, medical care departments provided empirically-based scientific data related to vegetarianism, while the nutrition departments offered vegetarian recipes and detailed information on the nutritional value of plant-based diets. The Public Communication Office is responsible for layout design and the Humanities Office enlisted senior disciple Ling Wan-Qi (pseudonym Ling Aban), a skilled illustrator in the Compilation Division of Tzu Chi Foundation, to assist in the creation of attractive illustrations. The ultimate goal was to manufacture a series of highly aesthetic and practical bookmarks. Upon several discussions and revisions, the following consensus was reached: The front side aims to describe the health benefits of vegetarian diets with the aid of empirical data and vivid and cute illustrations in an easily intelligible manner. The reverse side



The front side of the bookmarks features easily intelligible descriptions of the benefits of plant-based diets, while the reverse side explains unique characteristics and nutritional value of such diets, respectively. The reverse side also provides QR codes to vegetarian recipes which enable the public to craft their own delicious meals.

explains unique characteristics and nutritional value of such diets with the aid of relevant images. QR codes to recipes provide the public with a better understanding of relevant ingredients and enable them to craft their own delicious meals.

In a treatment room of the Department of Gastroenterology, Superintendent Chao handed over a bookmark to a 77-year-old lady and remarked with a smile: “You already eat vegetarian on the first and fifteenth of every lunar month, which is great. If you could turn this into a daily habit, your body would benefit even more. Here is a bookmark that you can share



Dr. Peng Ching-Hsiu shares with his patients how the right vegetarian diet can help reduce the burden on the kidneys.



The reverse side of the bookmarks features vegetarian recipes with nutritional values and calorie counts. The goal is to make people realize that vegetarian meals are easy to prepare, delicious, and healthy.





Dr. Yu Min-Chien of the Chinese Medicine Dept. utilizes expedient means to promote vegetarianism. He employs soft persuasion techniques to convince patients to happily embrace plant-based diets without unnecessarily upsetting them.

with younger members of your family.” She took the bookmark and agreed with a grin.

Physicians in all departments offer these bookmarks to their patients. Mr. Yang, a 45-year-old patient, who switched to a plant-based diet over ten years ago, returns to the hospital for follow-up appointments on a regular basis. He has followed the superintendent’s example by adopting an almost meat-free diet. He points out that vegetarian diets provide energy and vitality and reduce the physiological burden. When he



Dr. Kuo Ko-Lin of the Nephrology Department reports that the vegetarian diet bookmarks facilitate the promotion of vegetarianism due to their persuasiveness based on the quoting of medical research data, which ensures comparability. If patients can’t switch to vegetarian diets immediately, it is recommended that they gradually reduce their meat intake and adjust their diets in a step-be-step manner.

received his bookmark, he exclaimed delightedly: “Most people only have a very superficial understanding of vegetarian cuisine. These recipes are awesome! I will share them with my family members.” Ms. Wang, who is in her eighties, stated with a smile that she hasn’t touched meat in a long time because of her bad teeth, but she would give the bookmark to her daughter-in-law so they could learn more about the benefits of vegetarianism.

Currently available bookmarks describe the benefits of plant-based diets in the prevention of colon cancer, cardiovascular disease, and kidney disease. It is planned to successively add bookmarks for other diseases such as cataracts, diabetes, cognitive impairments, blood cholesterol, leukemia, breast cancer, and prostate cancer. Taipei Tzu Chi Hospital spares no effort in the promotion of vegetarianism. A new campaign launched in 2021 aims to achieve positive results through the distribution of beautifully designed bookmarks in an outpatient environment. It is explained to expand this campaign which serves as a vanguard for stylish vegetarianism to clinical units with the goal of improving the health of patients and convey the charm of vegetarian cuisine.



Through the cooperation and mutual assistance of all units, the bookmarks were successfully distributed in different stages. Physicians of all departments and divisions handed out these bookmarks to patients during outpatient hours and



Physicians of all departments of the Taipei Tzu Chi Hospital promote vegetarianism by relying on empirical research results. The ultimate goal is to popularize vegetarian diets and thereby achieve health promoting effects.

gained valuable insights over a period of several weeks. Mr. Yu Min-Chien, Director of the Chinese Medicine Dept., reveals that “I don’t tell my patients what will happen if they consume meat because this is upsetting for them. Instead, I encourage them, show empathy, and advocate the benefits of vegetarian diets with the aid of the bookmarks.” He points out that he utilizes expedient means to promote vegetarianism. He suggests that patients try a vegetarian diet for one week. Soft requests tend to increase the level of acceptance on the part of patients and help achieve the ultimate goal of promoting vegetarianism.

Low-protein and vegetarian diets are ideal for kidney disease patients. However, it is a daunting task to convince meat-eaters to immediately become vegetarians. Dr. Kuo Ko-Lin of the Nephrology Department reports that “if a patient asks me how to improve his poor kidney functions, I give him a vegetarian diet bookmark. Comparability based on research data serves as a confidence booster. I also recommend that they take their time if they find it hard to switch to vegetarian diets immediately. The first step is to reduce the intake of animal protein by 20%. Step-by-step adjustments can be achieved through dietary control. As the physical health improves, acceptance levels increase and plant-based diets are adopted spontaneously.”

Eat Vegetarian to Achieve Epidemic Prevention

By Mun Kun-Hong, Director of the Obstetrics and Gynecology Department, Hualien Tzu Chi Hospital

I am a vegetarian for the following three reasons: To cultivate compassion, to make a contribution to environmental protection, and for my own physical well-being.

I once accidentally came across a video clip of animals being slaughtered in a slaughterhouse, which I couldn't bear to watch. Sometimes I ask myself, are epidemics like avian influenza, SARS the revenge of animals and our planet against humanity? Vegetarianism and abstention from killing living beings are the key prerequisites for cultivating compassion. "Compassion has no enemies," if we accumulate good karma to deliver ourselves and others and live in complete harmony with our fellow human beings, the road of life will be wide upon. If we make enemies everywhere, we will stumble at every step.

Climate change has already turned into a climate crisis and the world has gone from occasional fevers to frequent



high fevers, which has resulted in a high frequency of severe natural disasters. Vegetarianism is the most effective way to reduce carbon emissions and cool down our planet. According to the latest statistics, abstention from meat results in a reduction of livestock related GHG emissions by 20 tons annually. Personally, I believe that a rising number of vegetarians will generate a climate of harmony in society, which is our only chance to solve the global climate crisis.

From a medical science

perspective, vegetarian diets lower the risk of cancer by 20%. They also greatly decrease the incidence of cardiovascular sclerosis, strokes, and diabetes. As long as we are not picky eaters and have a balanced intake of fruit, vegetables, and grains, we don't have to worry about malnutrition. A lot of Olympic athletes are vegetarians!

The most obvious difference I noticed after I became a vegetarian was the much lower frequency and severity of acne outbreaks on my face and body. I think this is closely related to the high quantity of anti-inflammatory substances or vitamins in vegetables. In addition, my bowel movements are perfectly smooth, I always feel vitalized and full of energy, and my brain is clearer than before. It is also much easier for me to maintain a balanced mood and I don't angry so easily or I notice quickly that I'm enraged. By subduing my emotions or changing my perspective, I can quickly break free from the vortex of temporary madness. My patience and endurance are also greatly improved.

If meat-eaters are unable to break their habit immediately, they can adopt a gradual approach to become vegetarians. My transition to vegetarianism can be divided into the following three stages:

1. Less meat more veggies: If you substitute bean for meat protein and



After Dr. Mun Kun-Hong made up his mind to embrace vegetarianism, he mastered the art of cooking which brings him joy and happiness.

fresh fruit for beverages or snacks, you will notice after one month that your bowel movements are much smoother.

2. Five pungent spices & ovo-lacto vegetarianism: Instead of setting the bar too high by forcing yourself to become a vegan immediately, you should try to eat vegetarian meals on a consistent basis. I joined a vegetarian club to find out where and when I can



Dr. Mun Kun-Hong has even learned how to handle jackfruit, which is a highly time-consuming process.

eat vegetarian meals whenever I want to ensure a sufficient variety of choices. If I can't find a vegetarian restaurant during a business trip, I choose meat-free or semi-vegetarian meals.

3. Gradually increased frequency: I recommend slowly raising the frequency from three days a week to five days a week to a daily vegetarian diet or from one vegetarian meal a day to two meals and finally three meals a day. Later on, I learned how to cook and craft delicious meals together with my kids and thereby build positive interactions with them. You'll find that self-prepared meals are nutritious and tasty!

As a matter of fact, my and my family's experience in the field of vegetarianism is by no means extensive. It has only been slightly over two years since we began our training. In view of the fact that the COVID-19 pandemic which broke out in 2019 is still raging, we should heed Master Cheng Yen's appeal to engage in pious prayers, fasting, and abstention from meat. This epidemic has opened our

eyes to the fragility, preciousness, and uncertainty of life. When the epidemic struck, the bodies of the deceased had to be isolated and cremated and buried within a short period of time. Maybe you didn't even get a chance to say goodbye to your loved ones. Due to the fact that 25% of the world population is self-isolating at home, our earth is enjoying a brief respite. The air and oceans in many countries are getting cleaner, which clearly shows us that we are not the masters of this planet. We must live in symbiosis with other living creatures on this planet. By adopting plant-based diets, we can avoid the killing of other living beings and save our mother earth.

Vegetarianism is also one of the best ways to rescue ourselves and maintain our physical well-being. Let's all cooperate and encourage each other in this grand undertaking.

Vegetarianism which is in vogue these days is highly beneficial for humans, society, and our planet. This is a perfect time to start your vegetarian diet!

Surgeon Strongly Recommends Vegetarianism to Cut off the Nutrient Supply for Cancer Cells

By Tseng Hsiu-Ying

As we approach the new year, the pandemic and food safety remain highly concerning issues. Dr. Yu Cheng-Chan, Director of the Department of General Surgery, Taichung Tzu Chi Hospital, shares his personal experiences with plant-based diets which can be summed up with the following statement “I couldn’t care less about pork or beef with ractopamine residues. Vegetarian diets ensure my own and my family’s gastrointestinal health. Vegetarianism guarantees physical well-being!” He also cites the example of Angiostatin, an important ingredient of anti-cancer drugs, to advocate a diet rich in vegetables and fruits which can cut off the nourishment for cancer cells.

Director Yu, who is an expert in the field of cancer surgery,



points out that this terrifying disease is the leading cause of death in Taiwan. A large number of cancer causes are associated with westernized diets and a rising intake of animal-based fats. The latest US healthcare concepts stress the benefits of daily diets rich in vegetables and fruits for hypertension, heart disease, stroke, and diabetes patients in addition to their weight

loss, anti-aging, and beauty enhancing effects.

Director Yu states that the latest medical research findings indicate that cancer cells start sending out signals to blood vessels in the vicinity to grow extensions when the cells reach the size of a ballpoint pen tip to ensure a constant supply of nutrients and continued growth before they can launch their attack and siege of the human body. Angiostatin has therefore turned into a key ingredient of new cancer drugs since it blocks the growth of new blood vessels (angiogenesis)

caused by cancer cells and therefore deprives these cells of their required nutrition, which causes them to wither.

As a matter of fact, many nutrients in fruits and vegetables have anti-angiogenesis properties. Director Yu gives the following examples: Isoflavone in soybeans, lycopene in tomatoes, and catechin in green tea. In addition, cellulose contained in fruits and vegetables is highly conducive to the growth of good bacteria in the human body. It also improves the gastrointestinal flora and has health promoting effects. A vegetable-rich diet



Dr. Yu Cheng-Chan, Director of the Dept. of General Surgery, Taichung Tzu Chi Hospital, who has been a vegetarian for over 30 years, is always full of energy and vitality and highly focused.

is the best anti-cancer drug because it cuts off the nutrient supply for cancer cells and strengthens the human immune system.

Director Yu further points out that many people voice the concern that vegetarian diets could result in a lack of physical strength since they are meat free. As a surgeon he acknowledges that operations performed in a standing position represent his daily routine. However, he has never experienced a lack of physical strength or concentration over the past 30+ years since he became a vegetarian. On the contrary, he is even more focused now.

In the past, it was generally believed that the gastrointestinal tract is only responsible for the digestion process, but this view is now obsolete. The latest medical research findings indicate that this tract features numerous nervous systems. It is therefore also known as the “Second Brain of the Body”. The gastrointestinal tract is also highly relevant for the metabolic and immune systems.

He explains that the gastrointestinal tract is the organ system which has most intensive interactions with the outside world. The surface area of this tract is roughly equivalent to that of a soccer field. Medical research shows that the selection of the right

ingredients can reinforce the treatment of numerous diseases. Weight loss results and curing of symptoms can be achieved through diets high in vegetables and fruits. Unhealthy diets, on the other hand, have a devastating impact on the human body. This clearly shows that dietary habits are of paramount importance.



Protect Your Health by Embracing Vegetarianism

By Hsieh Ming-Feng

Plant-based diets have been enjoying a rising popularity due to their contribution to environmental protection. Dr. Yeh Chang-Ming, Director of the Department of Occupational Medicine at Dalin Tzu

Chi Hospital, has been a vegetarian for almost 20 years, which has helped him maintain his LDL (low-density lipoprotein) at a constant level below 70, which is the threshold value for cardiovascular disease.



During outpatient hours, he always shares his experiences with the health promoting effects of plant-based diets. Some diabetes patients were able to reduce their dosage or even stop taking diabetes drugs altogether after changing their diets.

Dr. Yeh is a graduate of the third class of the School of Medicine, Tzu Chi University. Due to his engagement in Buddhism student clubs during his college years, he often ate vegetarian meals served by the college cafeteria. Due to the convenient location of this cafeteria, he ate meat dishes much less frequently. He first noticed the impact of vegetarian and meat diets on the human body through his participation in a 10 km road running event in his freshman and sophomore year. He successfully completed the course in his freshman year due to a mainly vegetarian diet combined with regular exercise. However, in his sophomore year he barely reached the prescribed target of completing the course within 1.5 hours due to his meat-based diet and lack of exercise.

Starting in his senior year, Dr. Yeh ate vegetarian meals at college exclusively, but he still ate meat dishes at home since he felt uncomfortable breaking the news to his parents. One day, while eating a chicken drumstick at home, he suddenly bit on a piece

with a weird texture, which made him wonder whether animals can get cancer just like humans. What happens to humans if they eat cancerous animals? Maybe they will just digest them? But he still had a creepy feeling and therefore decided to switch to vegetarianism and explain his decision to his parents.

After becoming a vegetarian, he realized that his physical and mental endurance improved considerably. He recalls that he was prone to tantrums as a child. After adopting a vegetarian diet, he has become much more mellow. He also realized that he is less susceptible to catching the common cold and tends to get over colds much faster with noticeable improvements in only one or two days. Even during his time as a resident doctor, he was able to maintain his physical strength despite the fact that he often had to stay up late or go sleepless for up to 32 hours while on duty.

After he was promoted to attending physician, he was inspired by Lin Chin-Lon, M.D., F.A.C.C., CEO of Buddhist Tzu Chi Medical Foundation and Practicing Cardiologist to promote vegetarianism to his patients during outpatient hours. He encourages them to increase their vegetable and fruit intake, decrease their animal protein and fat intake. Dr. Yeh tells the story

of one of his patients who is around 60 and has mild diabetes. However, due to a large number of business luncheons and dinners within a period of one to two years, he was unable to control his diet and blood sugar level and was therefore forced to take insulin injections. Since existing studies indicate that vegetarian diets are beneficial for diabetes patients, Dr. Yeh recommended that he become a vegetarian. After the patient changed his diet, his blood sugar level (Glycated Hemoglobin HbA1C) dropped successively to a level slightly above 6. The maximum dosage of three different medications was therefore gradually decreased to half a pill of compound medicine taken in the morning and evening.

Another young patient had a critical HbA1c value between 11 to 12. Dr. Yeh therefore recommended that he should eat more vegetables and less animal-based foods. Due to his lighter diet coupled with an exercise regimen, his dosage could be steadily increased and his diabetes improved dramatically to a point where he no longer needed medication.

Dr. Yeh points out that he has been able to maintain his LDL level at a normal value between 60 to slightly

above 70, which is below the threshold value of 70 for cardiovascular disease, over many years. The 2019 version of Canada's Food Guide provides the following daily dietary guidelines for Canadian citizens: 50% fruit and vegetables, 25% whole grains, and 25% protein (which should mainly be plant-based). There is scientific evidence that fruit and vegetable rich diets have significant health benefits.



A Diet Reinforced with Phytochemicals Stops the Deterioration of Severe Renal Disease

By Ma Shun-De

Robert J. Veach, whose wife is Taiwanese, almost succumbed to Uremia during a visit to Taiwan. His fate is closely tied to his relationship with Dr. Chen Yi-Shin, Director of the Department of Nephrology at Taichung Tzu Chi Hospital over the past ten years. Through the guidance provided by the CKD (chronic kidney disease) health education team, Robert has

been able to completely change his diet and thereby stabilize his kidney functions and prevent a further deterioration. Director Chen stresses the importance of selecting the right ingredients for vegetarian diets. CKD patients must choose suitable ingredients and cooking techniques and control their calorie intake when they adopt vegetarianism.

Stage	eGFR Glomerular Filtration Rate (mL/min/1.73m ²)	Symptoms
1	90 or greater	Normal kidney functions, protein or blood in urine
2	60-89	Mild renal dysfunction, protein or blood in urine
3	30-59	Medium renal dysfunction
4	15-29	Severe renal failure coupled with edema, hypertension, anemia, and fatigue
5	Less than 15	Renal functions of less than 15%, inability to discharge metabolic waste and moisture resulting in uremia

Created by Taichung Tzu Chi Hospital

When Robert met Director Chen for the first time, he was already at stage 5 CKD (end stage renal disease) and had to undergo dialysis to save his life. After the dialysis treatment in the hospital, his kidney stabilized and resumed its normal functions. His doctor therefore told him he could take a long-distance flight, whereupon Robert flew back to America with his wife. Little did they know that they would be back in Taiwan for medical treatment after only 6 months because his kidney functions had deteriorated again. In addition to providing treatment, Dr. Director Chen also asked the CKD health education team to intervene.

The team repeatedly analyzed Robert's diet and recommended that he cut down on the processed foods in his vegetarian diet, switch to boiling as the main cooking technique, and avoid deep-fried and pan-fried foods. They also asked Robert and his wife to keep a dietary journal which would be assessed by a nutritionist. Through a multipronged approach which involved dedicated efforts by the team and full cooperation by the patient and his wife, his kidneys which were close to failure recovered again and his renal functions improved to Stage 4. Dialysis treatment was not necessary provided that regular tracking in three-month intervals was implemented. Despite the fact that Robert's vegetarian diet was one of the key factors responsible for recovery of his kidney functions, Director Chen

reminded him that he shouldn't lull himself into believing that a vegetarian diet would guarantee his health. CKD patients must avoid processed foods, select seasonal vegetables from each of the five main color groups with rich phytochemical contents, adopt boiling as the main cooking technique, and stay away from potassium and phosphorous rich foods.

Director Chen points out that the bodies of CKD patients are prone to serious inflammatory responses. He



Group photo of Robert J. Veach, his wife, and Mr. Chen Yi-Shin (center), Director of the Department of Nephrology at Taichung Tzu Chi Hospital.

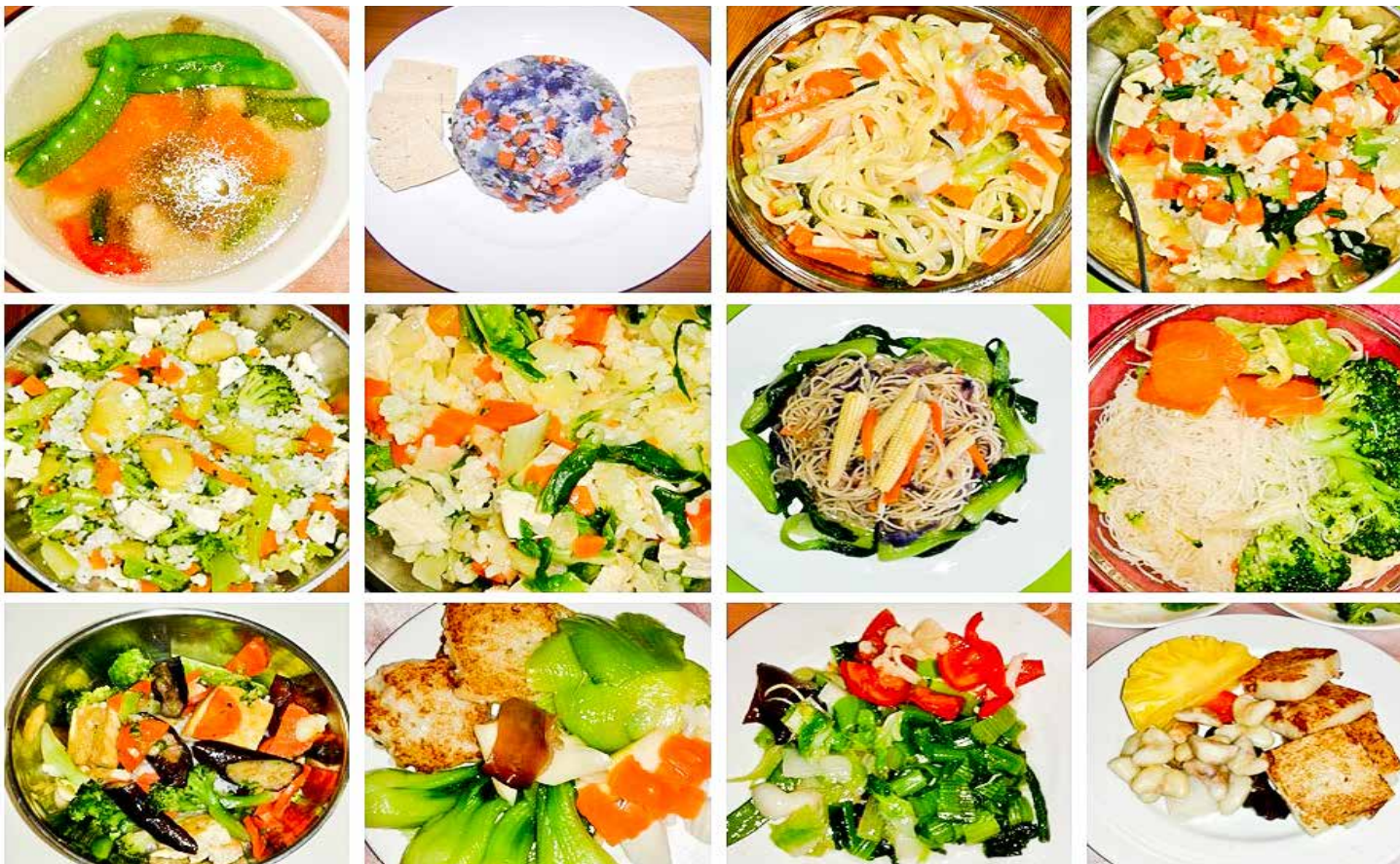


CKD case manager Yan Pei-Shi (right) provides health education for renal patients.

found in his research that fruit and vegetables in each of the five color groups have powerful antioxidation and inflammation inhibiting functions due to their high phytochemical content. He demonstrates the significant beneficial effects of phytochemical rich ingredients such as carrots, white radish, bitter melon, and red cabbage for CKD patients with the aid of Robert's dietary journal. CKD patients should therefore increase their intake of such fruits and vegetables. A positive daily routine with a regular exercise regimen coupled with abstinence from smoking and alcohol also greatly contributes to the maintenance of kidney functions.

Director Chen praises the 84-year-old Robert as a model patient. His improving renal functions can be

attributed to his strict dietary controls, regular medication intake, sustained exercise routine, and ultimately his perseverance and determination to preserve his health. Robert, who has been a vegetarian for 30 years by following the example of his wife, is deeply grateful to Director Chen and the CKD health education team for their detailed guidance in the fields of medication intake, dietary habits, and lifestyle adjustments. He points out that it is not difficult to adopt vegetarianism, but vegetarian diets that promote renal health require a certain level of perseverance. The elderly couple sincerely hopes that their experiences with such vegetarian diets will serve as an example for other CKD patients in their efforts to maintain or improve their renal functions.



Affinity of Marrow Stem Cells Donation

Seeing Light through the Dust,

Love Turns Life around

BY Liu Chen-Chen

Cai Feng-Can is one of the victims of the dust explosion at Formosa Fun Coast Water Park in 2015. At the time of the accident, the skin of his limbs was burnt and the flesh could be seen, especially his feet were so badly burned that the skin on the soles of his feet peeled off on the spot. After being admitted to the hospital, he underwent multiple skin grafts, with the medical team taking skin from his back, buttocks, and thighs for transplantation. He stayed in the hospital for over two months, surviving the unbearable pain followed by itching that is experienced by every recovering burn victim, and working hard to recover without losing heart. He is now back to normal, except for the scars left by the burns.

At the end of 2020, the Buddhist Tzu Chi Stem Cells Center notified him of his successful match, and he immediately agreed to donate and fully cooperated with all the preparations and examinations before, during, and after the procedure. Previously, it was difficult to apply needles due to his severely burned skin, but during the donation process, he still smiled lightly in the face of needles and was not afraid at all. He has come out of the abyss of his life, a purgatory of pain and suffering. Every step he took was once so difficult. Now, with his feet firmly planted on the road to recovery, he doesn't miss a single opportunity to help others. Using his hard-won health to save the lives of others, he gives himself and others a chance to restart a new life. Turning lives around with love, he has also made his own life rich and splendid, just as his name, Feng-Can, implies.

In January 2021, it was freezing cold in Taiwan due to the cold air mass that enveloped the country, but the donor in the hematopoietic stem cell collection room, Cai Feng-Can, still wore summer clothes - short sleeves and shorts. It turns out that the cold temperatures are just right for him because of the many years of physical training he received from his early days in the military, and because he enjoys climbing mountains. On the other hand, it is also due to the slow heat dissipation from the burned

skin, which makes the low temperature comfortable for him. Sitting on the donor chair, his feet were covered with melanin deposits and scars, and the marks left by the fire were striking. Burn scars were also evident on the hands that were injected with needles to collect blood stem cells. However, he still had a warm and friendly smile on his face, not minding the curious inquiries of others. He answered casually that the wounds were caused by the dust explosion accident at Formosa Fun Coast water park. He recounted the experience in a light-hearted manner, but those who heard it were shocked because it was a world-shattering accident that brought tragic casualties.



Although his hands and feet have been tattooed with fire, leaving tight, dark scars, Cai Feng-Can is still smiling while enthusiastically extending his hands to donate blood stem cells to save lives.

A World of Fun Turned into a Living Purgatory

On June 27, 2015, a “colorful” party was held at the Formosa Fun Coast water park. It was supposed to be a fun party for youngsters at the water park, where colored cornstarch was sprayed to add to the fun. Unexpectedly, at 8:32 p.m., a cloud of cornstarch was ignited by the heat from the stage lights, and the instantaneous dust explosion caused a fire. In just forty seconds, 499 people were burned, 41 with over 80% burns on their bodies and 240 with between 40% and 80% burns on their bodies. Cai Feng-Can went to the party with four friends, and all five of them were hospitalized with burns after the fire. His burns were mainly on his feet and hands, with 22% of his body area burned. Although his burns were mild compared to others who were seriously injured, he

still spent more than two months in the hospital and suffered a lot.

“When the fire started, I think most people thought it was just a special effect, and the time difference between visual perception and physical sensation increased a million times at that moment!” Feng-Can, wearing flip-flops at the time, walked out in pain to escape the fire. As he was walking, the skin on the bottom of his feet separated. Fortunately, a friend who was with him at the time found a cart and a swimming ring to transport him to the plaza near the outer perimeter. While waiting for the ambulance, a girl cried out in pain, “What have I done wrong?” Those words stuck in his mind. It started as a happy party for everyone to have a good time, but how on earth could they have imagined that it would turn into a fire scene in an instant? The wailing everywhere, the fear in the heart, and the great pain in the body made it seem as if they were all



On June 27, 2015, Cai Feng-Can goes to a colorful party with his friends in a happy mood. He wears flip-flops to the party, not realizing that disaster is creeping up on him.

thrown into a living purgatory of pain.

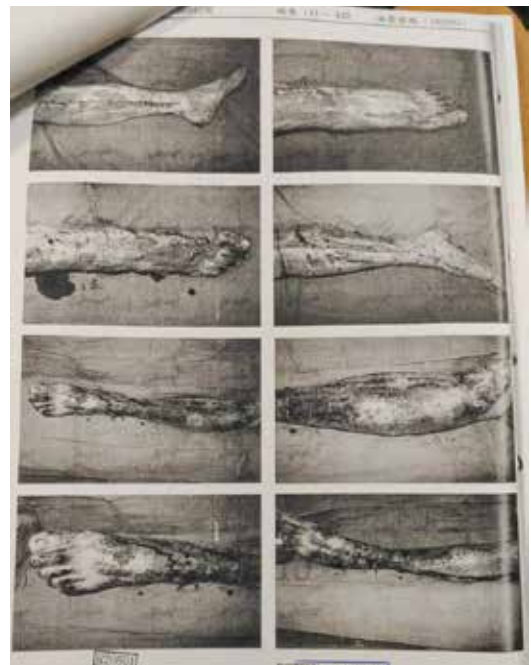
“The dressing change time in the morning was usually chaotic, there was always screaming, and the pain medication never seemed to work. I was always a little nervous waiting for the dressing change cart to come in. Each doctor has a different style when

changing dressings. The day you feel less painful from the dressing change or the dressing is changed quickly, you will feel blessed and especially lucky.”

“During hyperbaric oxygen therapy, I had to wear an oxygen mask like a pilot. I freaked myself out thinking I wouldn’t be able to breathe if I took my mask off.



His feet are covered with melanin deposits and scars. The marks left by the fire are striking.



When he escapes from the fire scene of the dust explosion, his feet are burned, severely damaging his skin and tissues. He subsequently undergoes multiple skin graft surgeries.

The pressure chamber could not be re-opened immediately, and had to wait for the pressure to be released. Lying in it created intense, claustrophobic psychological pressure, but I was unable to sleep, so I kept counting the minutes. It was worse than being dead.”

“I had several surgeries during my hospitalization. The night before the surgery, I had to start fasting, but the surgery might start early or late the next day. So, I always set an alarm to wake up at 23:30 the night before the surgery to eat and drink until the last minute. Skin grafts were taken from my back, buttocks, and thighs to treat my burned hands and feet. There were times when I needed a blood transfusion after surgery and I felt that the phrase ‘I don’t know you, but thank you!’ in the blood donation advertisement truly expressed my feelings.”

Post-burn sequelae include the discomfort caused by scar growth and joint shrinkage. In order to maintain normal joint mobility, it is necessary to stretch the scar tissue with various rehabilitation methods to avoid scar contracture and joint sclerosis.

Compression gloves and socks had to be worn for more than 20 hours a day and were only removed for bathing and dressing changes. As the skin was recovering, the pain turned into a stifling itch. Every time the itch got up, it was like an army of ants crawling through, and

the agony of not being able to scratch was even worse than pain. During Cai Feng-Can’s hospital stay, every second was an excruciating challenge.

“I slowly started doing rehabilitation exercises in bed. When I saw that some patients were already in wheelchairs or moving around out of bed, I felt envious and was motivated to catch up. I was very excited to get around the ward in



Compression stockings must be worn 23 hours a day and removed only for bathing and dressing changes. As the skin recovers, physical therapy devices are used to help relieve pain at the burn site, enhance circulation to reduce edema, and improve the flexibility of muscles and scar tissue.

a wheelchair for the first time. When I stepped on the floor for the first time and stood up again, it was almost a miracle of life.” Cai Feng-Can does not mind re-living the past. These difficult days have later become the nourishment for his life. Nothing is difficult for him anymore because he has gotten through the toughest times. What he is most grateful for is the care and encouragement he received from friends and family during his hospitalization. “When I was hospitalized, many friends and relatives came to see me or sent me messages of concern, many of which I had not expected. I believe there are two aspects to visiting a patient: the patient gets attention and the visitor gets peace of mind, so a qualified patient must be cheerful and upbeat in order to present positive energy. I was very good at that. It’s not difficult for an optimist like me.”

Saving Lives without Hesitation

When he was a student, Cai Feng-Can identified with the idea of “Marrow donation saves lives with no harm to oneself”, so he put the bone marrow registration on his to-do list. However, because he did not have time to attend the blood test and registration event, he

After many rounds of treatments and rehabilitation, Cai Feng-Can is able to stand on his feet for the first time, feeling that it is a miracle of life.



waited until he graduated and completed his military service. He registered in 2008, when he had more control over his schedule. He was working at a Japanese restaurant in Douliu. After finding a suitable venue, he went to the event, took a blood test, and registered. Feng-Can believes that it will be a good thing if he can help those who need help with whatever little help he can, so he participates in the bone marrow database registry without hesitation.

He was notified of the match 13 years after he registered. When the Tzu Chi volunteer contacted him, Feng-Can was surprised that he was a match among so many people. Although he knew his family would be concerned

and worried, he bravely told his parents, addressed their concerns, and asked for their approval and support. As for his friends around him, some supported him, while others discouraged him due to their lack of understanding. During this period, the volunteers accompanied and explained with all their hearts, hoping that Cai Feng-Can's example of bone marrow donation would make his friends and colleagues around him understand that donating bone marrow can save lives without harming themselves.

As his medical checkup and donation date approached, he didn't change anything in his life particularly for the donation. The only difference was that he paid more attention to his health



In order to save one person's life, Cai Feng-Can is not afraid to walk into the hospital to receive the injection again because he knows this time it will change another person's life.

and sleep, because he knew that only by maintaining a good lifestyle and diet could he have good quality stem cells to offer to the recipient. He also sincerely wished the recipient a speedy recovery.

He was once so badly burned and it was difficult to find a place on his body to administer needles. He suffered a great deal in order to be treated. “The intravenous site had to be changed from the groin all the way to the neck or alternated between the left and right hand. The groin had to be shaved before inserting the IV line. I received a crazy number of antibiotic injections. I think I probably got phlebitis as my arm was swollen for about 10 days.” The injections were a nightmare during the two-month-long skin grafting and burn treatment. However, after receiving the notification of a successful match, Cai Feng-Can immediately agreed to actively cooperate without hesitation, despite knowing that continuous injections of leukocyte growth hormone would be required before donation. When the needle was inserted again, Feng-Can knew very well that he would not be in the hospital for himself, but to save another person.

Although the fire has left clinging black scars on his hands and feet, Cai Feng-Can is able to get out of the abyss of his life and escape from the purgatory of pain and suffering with his optimism and positive attitude. Once, every step

he took was so difficult, but now that the light has emerged through the dust, he is firmly on the road to recovery, not missing a single opportunity to help others. He uses his hard-won health to save the lives of others, giving himself and others a chance to start over, turning lives around with love to become rich and bright, just like his name “Feng Chan”.



After recovering from the injury caused by the dust explosion, Cai Feng-Can has been actively participating in various marathon events, and at one time insisted on participating even in pressure pants. Photo taken at the Sanchih Marathon in 2017.

A Humble but Great Medical Scholar

Tseng Wen-Pin

Honorary Superintendent
of Hualien Tzu Chi Hospital

By Hana You & Chiang Chia-Yu



**One of the World's Career-Long
Top 2% Scientists 2020**



Honorary Superintendent Tseng Wen-Pin of Hualien Tzu Chi Hospital, winner of the 15th Medical Contribution Award in 2005, passes away peacefully at home on November 22, 2020, at the age of 98.



In 1958, Tseng Wen-Pin(far left) joins the blackfoot disease research group of the National Taiwan University School of Medicine. The picture shows the research group traveling along the southwest coast on a bamboo raft, taking off their muddy shoes on the shore and all becoming “barefoot doctors”.

While blackfoot patients feel inferior because of mobility problems or amputation, Tseng Wen-Pin opens their hearts with sincerity.

A Good Doctor Met a Good Teacher for Life

In 1980s, Dharma Master Cheng Yen was looking for talents for the establishment of Hualien Tzu Chi Hospital. Introduced by a Tzu Chi commissioner, the Master came to the home of Tseng Wen-Pin, then Executive Vice President of the National Taiwan University Hospital, and listened to his

story about his research on the “blackfoot disease” when he was young. After learning how Dr. Tseng went to the homes of blackfoot patients, carried them outside, washed their feet, and then treated them during his research, and that he stayed with them for years in order to find the cause of the disease, the Master decided, “He is really a good doctor and exactly the person I am looking for.”

In September 1981, Tseng Wen-



Professor Tseng Wen-Pin along with Dharma Master Cheng Yen, volunteers, and other volunteer doctors pose for a group photo in front of the free clinic on Ren-Ai Street in Hualien City in 1983.



The first board of directors meeting of Tzu Chi Hospital in 1984 elects Prof. Tu Shih-Mien(right), Administrative Vice President of NTU Hospital at the time, as the founding superintendent of Tzu Chi Hospital, and Prof. Tseng Wen-Pin as the vice superintendent.

Pin joined the “Buddhist Tzu Chi General Hospital Preparatory Committee”. He spent one Sunday morning a month at the Buddhist Compassion Relief Tzu Chi Foundation’s Free Clinic for the Poor on Ren-Ai Street in Hualien City, and in the afternoon, he accompanied the Master to inspect the site for the hospital. The process of finding land before building the hospital was very difficult, and had to go through land changes, two groundbreaking ceremonies, building plan reviews, design changes, and so on. Whenever the Master traveled to

Taipei, Superintendent Tseng was sure to attend the meetings and together they reviewed every design drawing, often until midnight.

In her teachings, the Master often pointed out, “No one believed in me at that time, but Superintendent Tseng believed in me. He was not afraid that I might not have money or people, or that I might not succeed. From the first design drawing, Superintendent Tseng was always there with me on the path of building the hospital.”

An Expert in Blackfoot Disease, He Examined the Feet of 40,000 People

Superintendent Tseng Wen-Pin is a model of Taiwan's medical profession and a model of benevolent medicine. In 1958, he was a part-time attending physician in the Department of Internal Medicine at National Taiwan University Hospital and joined the blackfoot disease research group at the National Taiwan University School of Medicine, where three professors, Chen Kung-Pei, Chen Wan-Yu, and Yeh Shu, from the Departments of Public Health, Clinical Medicine, and Pathology, all requested him to work with them on this research.

In those days, a strange disease appeared in the coastal area of Chia-Nan area of Taiwan, which local residents called the "black dry snake". Like a snake crawling up from the bottom of a patient's foot, the black gangrene extends upward from the ends of the limbs. The ulcers do not bleed, but are so painful that they can only be treated by amputation.

Superintendent Tseng Wen-Pin once saw a child with an ulcerated finger at age three, an affected foot at age four, and another foot with lesions at age five. After having both feet amputated, the patient still died of pneumonia,

ending a tragic and immature life. He described the disease as "like a murderer 'dismembering' a living human body!" This strengthened his determination to find the cause of the disease and relieve the patients' suffering.

Epidemiologist and former Vice President Chen Chien-Jen also wrote a tribute to Professor Tseng Wen-Pin, mentioning that back then "it was very difficult to investigate and study the blackfoot disease in Taiwan because the patient's feet were already necrotic, the smell was very unpleasant, and the patient was in great pain. Yet, Prof. Tseng Wen-Pin was able to examine 40,000 people one by one. Even with a large team effort today, I am afraid it is not easy to do as well as he did."

The Arsenic Poisoning Prevention Standards Followed by Countries around the World

Former Vice President Chen Chien-Jen also wrote that in 1968, Professor Tseng published an article in the international journal *Environmental Health Perspectives* on the relationship between arsenic levels in drinking water and the incidence of blackfoot disease. He found that the higher the arsenic level, the higher the incidence of blackfoot disease. This article has been cited more than a thousand times. Consequently, based on such data, the U.S. Environmental Protection Agency and the World Health

Organization both lowered the standard for arsenic in drinking water to 50 ppb (less than 0.05 ppm).

Superintendent Shinn-Zong Lin pointed out that as Superintendent Tseng Wen-Pin and the Taiwan Blackfoot Disease Research Group found that the blackfoot disease was

related to the high arsenic content of the deep well water used by residents, the government allocated 800 million NT dollars to complete the installation of water pipes in endemic areas to increase the penetration of tap water in order to prevent and control the blackfoot disease. It is estimated that



Passing the torch from Superintendent Tseng Wen-Pin (second from the right of Dharma Master Cheng Yen) to President Chen Ing-Ho (first from the right of the Master) and Superintendent Lin Shinn-Zong (left of the Master). Photo taken at the celebration of Tzu Chi Hospital Medical Center accreditation in 2002.

about 150,000 people in four townships benefited from this at that time.

Since 1990, chronic arsenic poisoning epidemics have been increasing in more than a dozen countries and regions worldwide, including Xinjiang, Inner Mongolia, the Philippines, and Poland. This groundbreaking study by Superintendent Tseng Wen-Pin not only contributes to global control efforts, but also enhances Taiwan's international academic status.

A Pioneer in Promoting the Control of Hypertension and Coronary Heart Disease

In addition to his research on the blackfoot disease, Superintendent Tseng Wen-Pin also went to the United States in 1966 to study at Harvard University and was deeply influenced by Dr. Paul Dudley White, the “Father of American Cardiology” and a pioneer

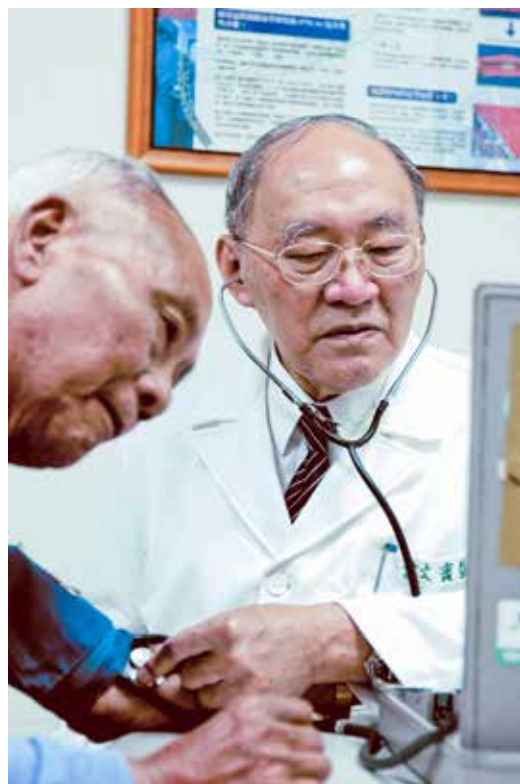


Group photo of the cardiology team of Hualien Tzu Chi Hospital in August 2011. Honorary Superintendent Tseng Wen-Pin (front row, center), Buddhist Tzu Chi Medical Foundation CEO Lin Chin-Lon (front row, first from left), and Vice Superintendent Wang Ji-Hung of Cardiology (back row, third from left). The legacy of benevolent medicine is continued and passed on to future generations.

in epidemiology. After returning to Taiwan, Superintendent Tseng raised the importance of preventing hypertension and coronary heart disease in middle and old age adults in Taiwan in 1969 and 1970, and conducted epidemiological surveys of cardiovascular disease in the Taipei City, the Sanzhi Township in Taipei County, and the aboriginal communities of Wufeng Township in Hsinchu County; the relevant reports have become the most original data on the incidence of cardiovascular disease in Taiwan.

The Establishment of Tzu Chi Medical Foundation and the Passing of the Torch

Hualien Tzu Chi Hospital was opened in August 1986, with Tu Shih-Mien, who had also served as a Vice President of NTU Hospital, as the Superintendent. Tseng Wen-Pin was appointed Vice Superintendent and soon afterwards moved to Hualien with his wife, Chou Tsui-Wei. He became the Superintendent of Tzu Chi Hospital in 1989. During his tenure he constantly set new goals for the Hospital and completed the planning of Tzu Chi Nursing College and the opening of Tzu Chi Hospitals in Yuli, Kuanshan, Dalin, Taipei, and Taichung. In 1999, he handed over the baton to the young Superintendent Chen Ing-Ho and served as an Honorary Superintendent



Retired and in his 90s, Dr. Tseng Wen-Pin continues to care for his old patients in the outpatient clinic.

since then.

Looking back at the development of the hospital from preparation, establishment, to growth, Superintendent Tseng and his wife could be seen everywhere. They have been affectionately referred to as “Papa Tseng and Mama Tseng” by colleagues at the hospital. In 2005, Superintendent Tseng Wen-Pin, who had been practicing medicine for 52 years, was awarded the Special Contribution Award of the 15th Medical Contribution Award for his

achievements from long-term devotion to epidemiological research.

Superintendent Lin Shinn-Zong recalled that after receiving the award that day, Superintendent Tseng Wen-Pin returned to Hualien Hospital to see patients as usual. When colleagues, patients, and family members congratulated him, he simply said, "Sorry, I haven't done much." In fact, his achievements have not only benefited Taiwan, but have also impacted the world.

A Half-century-long Medical Practice, a Legacy Carried On by Students

Of Honorary Superintendent Tseng Wen-Pin's four children, only his son, Tseng Han-Min, is in Taiwan, and his three siblings live in the United States. In response to the COVID-19 outbreak, those returning to Taiwan from abroad must comply with Ministry of Health and Welfare regulations and undergo a 14-day home quarantine. Therefore, a memorial service is scheduled for Dec. 20, 2020. Dr. Tseng Han-Min has expressed his wish to send his father on the final journey with the sisters. After discussing with his family, it has also been decided that the grandchildren, who are still abroad, will pay tribute to their grandfather through video

conferencing.

Dr. Tseng Han-Min said that when Hualien Tzu Chi Hospital first opened, there were not many doctors, and his father had a good relationship with all of them. His mother would invite the doctors home for a reunion dinner on Chinese New Year's Eve. This was not only because the doctors were his father's students, but also out of gratitude for their willingness to come east to take care of the health of people in the region.

Honorary Superintendent Chen Ing-Ho was one of the students at that time. He said that he was taught by Superintendent Tseng when he was a student at National Taiwan University. When he was a first-year resident, he admired Professor Tseng's tireless efforts in conducting epidemiological research. Later, when he entered clinical practice, the hypertension section was taught by Prof. Tseng Wen-Pin. He will always remember how he was inspired by the professor.

Superintendent Chen Ing-Ho noted that Superintendent Tseng was the "forerunner" of domestic hypertension research in Taiwan, and through his efforts, Taiwan began to have its own hypertension data. In addition to raising public awareness of this national disease and its prevention, Superintendent Tseng was also a role model in teaching,



In January, 2020, Superintendent Lin Shinn-Zong (first from left) leads the team to celebrate the birthday of Superintendent Tseng Wen-Pin. Dr. Tseng Han-Min (first from right) expresses gratitude on behalf of his father.

research, and service. What is most important is Superintendent Tseng's contribution to the country, society, and people. "He was a great medical scholar in my heart," said Superintendent Chen Ing-Ho. Although Superintendent Tseng took his work very seriously in the workplace, he was very kind and friendly in private. Once at the Mid-Autumn Festival Party at the annual convention of the Tzu Chi International Medical Association, he mingled with medical volunteers from all over the world,

dancing and having fun, without any stance, as it is said, "A gentleman looks solemn from afar, but gentle up close".

In the evening of November 22nd, 2020, Dr. Tseng Wen-Pin passed away in his sleep at the age of 98. In the morning of the 23rd, Jing Si Abode dharma masters, hospital colleagues, and Tzu Chi volunteers came to the morgue to pay their respects and to remember the contribution of Superintendent Tseng to the Taiwan medical professionals and the Tzu Chi Medical Foundation.



Taipei

A Stroke Lady Regained Body Movement Function with Acupuncture

February 24, 2021

Mrs. Hwang suffered a stroke for four years. After a rigorous rehabilitation, she survived the critical phase of rehabilitation. Her left limbs remain paralyzed. She could not walk freely on her own. Her left hand suffered convulsion, unable to lift or hold small objects. The quality of life had been drastically reduced since the affliction. It had passed the golden rehabilitation period of two years following a stroke. Still, Mrs. Hwang came to Taipei Tzu Chi Hospital to seek treatments. She was hoping for a smooth recovery with the help of traditional Chinese medicine and treatments. Dr. Lee Chang-Ti of Traditional Chinese medicine Dept. treated her by acupuncture twice a week for two years. Now Mrs. Hwang could walk slowly with the help of a cane, raise her left hand over the shoulder. As a result, she was able to resume her normal life.

Stroke is one of the major causes of death and disability in the world. It severely affects the quality of life of victims as well as caregivers.



Taipei Tzu Chi Hospital Dr. Lee Chang-Ti explains his treating methods for the stroke patient Mrs. Hwang.

Consequently, rehabilitation period is crucial for stroke patients. Once stroke patients passed the initial phases, they would show different symptoms. Common symptoms include sudden weakness or numbness in the limbs, soreness in the shoulder and neck, difficulty in mobility, speech and indigestion, etc. Although these symptoms may not necessarily be the causes of the stroke per se.

Dr. Lee Chang-Ti explains that stroke patients have different degrees of damage to the brain. For example, a

damage in the sensory and coordination section of the cerebellum would result in weakness of the limbs and mobility difficulty. On the other hand, the side effects caused by stroke include tense muscle and soreness, it surely hinders the effectiveness of rehabilitation. Dr. Lee points out that the path to recovery for stroke victims is long and no guarantee for a full recovery. The advantage of the traditional Chinese medicine is that it amends and improves the vicinity (peripheral) of the affected areas. If a stroke patient can be treated with acupuncture simultaneously, it can ease and sooth the pain (discomfort) in the affected areas. This surely boosts effectiveness as well as the level of confidence in patient's recuperation. In the long run, the odds are favorable that core symptoms will be alleviated.

As a case of reference, two years ago before Mrs. Hwang came to Taipei

Tzu Chi Hospital , not only did she have difficulty moving, she also had headache, difficult bowel movement and numbness in the limbs. Dr. Lee successfully treated her with acupuncture. First, he started by improving Mrs. Hwang's quality of living. Before treatment, she could not raise and extend her left hand; and her legs were not strong enough to stand up on her own. Dr. Lee applied acupuncture and concentrated on her exercise and sensory sections of her scalp. To shore up her legs and tranquillize her tension, he also treated different acupuncture points: Da-bai on the hands, San-guan, Four-Limbs and Foot-three-mile on the legs. Mrs. Hwang felt that her distress was reduced after each acupuncture session. She was proactive on her rehabilitation efforts when she received two sessions per week uninterrupted for two years. Now she can raise her arm, hold objects with her hand and walk



Research indicates an overall 60% reduction of re-occurrence if combined with Eastern and Western medicine.

with a cane. Her quality of life has been improved tremendously.

Research indicates that the chance of relapse can be reduced by 58% for stroke victims if they are treated by only modern western medicine. On the other hand, if they are treated by Chinese medicine alone, then the chance of relapse can be reduced by 50%. The rate increases to 61% if combined with Eastern and Western medicine.

Dr. Lee indicates that neither acupuncture nor rehabilitation can be substituted for the other. However, combining both treatments simultaneously can produce a more

desirable result. If a stroke patient has already passed the first three months of golden rehabilitation period, the odds are good they can be treated and improved if they seek therapy and rehabilitation. Stroke patients should never give up easily.

In addition, he reminds us that it is vital to have strict diets and manage unexpected factors in order to prevent stroke and to reduce the chance of relapse if already a stroke patient. Preparation and management techniques followed by acupuncture treatments should produce a more positive result in rehabilitation.



Dr. Lee Chang-Ti emphasizes the importance of diet in connection to acupuncture treatment for stroke patients.



Douliou

Persistent Coughing Caused by Sympathetic Type of Cervical Spondylosis

October 27, 2020

Because of the COVID-19 pandemic, wearing a face mask becomes a habit for the general public. Furthermore, people are extremely sensitive with coughing.

For the 38 year-old Ms. Chiu, who has been suffering persistent symptoms of dizziness, stuffy nose and coughing for many years. It is extremely embarrassing to be in public with these COVID like symptoms during the pandemic. To avoid those suspicious eyes from the crowd, Chiu visited many medical centers and hospitals. But no doctor could pinpoint the source of her problems. Until one day, Superintendent Chien Jui-Teng of the Douliou Tzu Chi Hospital diagnosed her problem as Sympathetic type of Cervical Spondylosis. Her years of suffering was then relieved through surgery.

Chiu stated that over three years ago she was involved in a motor cycle accident. Shortly after that, she was bothered by frequent headaches, dizziness, scapular soreness, indigestion, chest tightness and short of breath. However, tests after tests in major



Ms. Chiu suffered for many years and visited many hospitals without identifying the culprit of her symptoms, until Superintendent Chien Jui-Teng of Douliou Tzu Chi Hospital (first from left) solved her problems.

hospitals, the source of her problems was still unknown. She even consulted psychiatrist without any success. As time goes on, her problem became more persistent. In addition to headaches, her blood pressure elevated, feeling palpitations, difficult to breath, tearing

pain on her neck and shoulder. Yet, the most threatening symptoms were the persistent stuffy nose and coughing. These problems were getting worse. The sound of coughing scared friends and family members, even her children. Some of her friends told her to just relax and let the problem go away with time.

Determined to identify the cause of her illness, Chiu continued to visit different specialists. She even took a full body MRI test, paid out of her own pocket. The only thing they discovered was degeneration of intervertebral discs, between the fourth and fifth, and between the fifth and sixth disks of her cervical spine. The specialists told her that the degeneration was mild and had nothing to do with her symptoms. Her problems such as headaches, dizziness and blood pressure should be cured with proper medications.

With her positive attitude, Chiu did not give up. During one visit to her ENT clinic in March of 2020, Chiu read an article in the “Tzu Chi Medical and Nursing Care” Journal (Chinese version). The article described a case of Sympathetic Nerve Problem of the Cervical Spine. The symptoms discussed in the article were similar to what she had for many years. Chiu saw the light of hope at the end of a tunnel.

With the help of the Google map, Chiu went from Taipei to Douliou to

find Dr. Chien who confirmed she had Sympathetic Cervical Spondylosis. On September 30, 2020, Dr. Chien conducted an intervertebral discs removal and fusion surgery. After the surgery, all of her problems such as headaches, dizziness, chest tightness, and short of breath, were significantly improved. Even the most threatening stuffy nose and coughing were getting much better instantly.

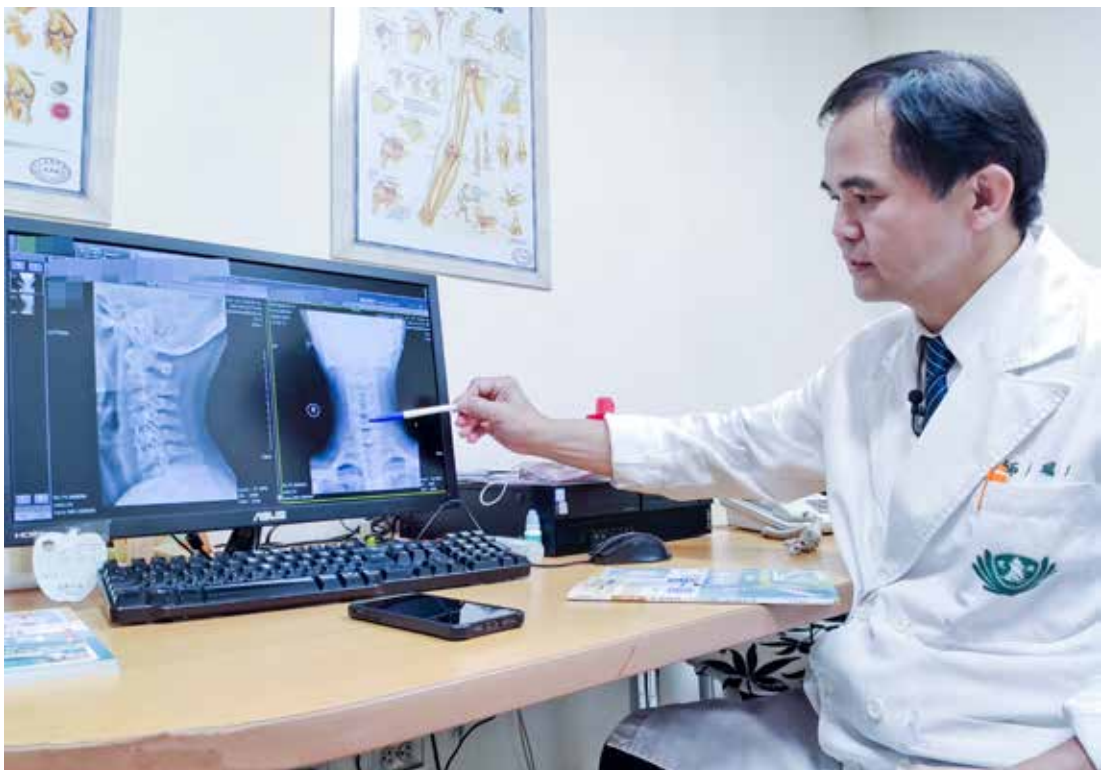
Superintendent Chien indicates that the sensory and motor nerves control the activities of our arms and legs. Similarly, the sympathetic nerves integrate and regulate the activities of our important organs. Our brain circulation, cardiovascular, gastrointestinal tract, skin glands, urinary system, as well as our five senses (i.e. ears, nose, eyes, mouth and tongue) are all controlled by these nerves. When degeneration intervertebral disk of our cervical spine occurs, it “irritates” the surrounding sympathetic nerves. The confused nerves trigger many discomfort of our body. That could be headaches, dizziness, tinnitus, stuffy nose, dry cough, blurred vision, palpitations, chest tightness, stomach upset, difficulty urinating, and many more problems.

Dr. Chien also states that unfortunately, most physicians only correlate cervical spine degeneration with ‘typical’ sensory and motor nerves

disorder symptoms, such as: numbness in foot and/or hand, weakness of limbs, walking unbalanced. They usually fail to correlate the cervical spine degeneration with the ‘atypical symptoms’, even though MRI or X-ray images clearly indicate degeneration or dislocation of the cervical spine degeneration. Therefore, the proper treatment is delayed and causes unnecessary frustration of the patient.

Not knowing where to seek medical advice is a dilemma of patients with similar symptoms. Dr. Chien suggests

that after all specialists were visited and the possibility of all major diseases were excluded, cervical spine disorder should be considered as the cause of the problem. Dr. Chien also thinks that because cervical spine disorder requires timely and proper treatments, the patient should not only rely on Google search and messages from friends. Dr. Chien even made a resolution to conduct seminars and to publish research results in academic journals to educate the general public and for the benefits of more patients.



Superintendent Chien Jui-Teng indicates that after all specialists were visited and the possibility of all major diseases were excluded and yet the “culprit” is not identified, cervical spine disorder should be considered.



Hualien

Taiwan Palliative Care Conference
Improving the quality of end-of-
life care

December 23, 2020

The dignity of life is not only about “life” but also about “death”; we may not be able to choose how to come into this world, but we can choose how to leave. On December 19, 2020, the palliative care teams from Taipei Veterans General Hospital, Taipei City United Hospital, Changhua Christian Hospital, Tainan National Cheng Kung University Hospital, and Hualien Tzu Chi Hospital met to share the results and experiences of the Palliative Care Outcomes Collaboration (PCOC), a quality monitoring program initiated from Australia for palliative care, over the past year.

Under the guidance of the National Health Administration of the Ministry of Health and Welfare, the “2020 Taiwan Hospice Palliative Care Quality Monitoring Program Conference”, jointly organized by Hualien Tzu Chi Hospital, Taiwan Association of Hospice Palliative Nursing, and Taiwan Academy of Hospice Palliative Medicine, was held on December 19 at the Xie Li Building of Hualien Tzu Chi Hospital. It was attended by nearly 120 participants

from 32 medical institutions throughout Taiwan. The conference invited nurses from five hospitals participating in the Palliative Care Outcomes Collaboration (PCOC), including Taipei Veterans General Hospital, Taipei United Hospital, Changhua Christian Hospital, Tainan National Cheng Kung University Hospital, and Hualien Tzu Chi Hospital, to share their experiences in promoting PCOC. Participants exchanged ideas, learned about the concept of “person-centered” care, which is based on respect for individual values, preferences, and needs, improved communication skills, and took part in the process of group exercises.

Wang Ying-Wei, Director of the Health Promotion Administration, Ministry of Health and Welfare, briefed participants via video conference in the morning on the current status of the Taiwan Hospice and Palliative Care Quality Program, emphasizing the three most important levels of hospice quality: national evaluation at the macro level, institutional evaluation at the meso level, and clinical review at the micro level. In order to establish a proper benchmark for judging quality, all three levels must be taken into account. Hsieh Jyg-Gang, Chief of the Division of Palliative Medicine at Hualien Tzu Chi Hospital, introduced the strategies of quality indicators for hospice and palliative care in countries

around the world. He mentioned that the existing forms of hospice palliative care and clinical practice are basically in line with international quality standards, but the identification of terminally ill patients, attention to cultural issues, and ethical and legal discussions can be further strengthened in the hope that more progress can be made.

Regarding the future outlook of PCOC, Deputy Director of the Department of Nursing, Wang Shu-Chen,

expressed her hope for the development of a sound PCOC system in Taiwan and the establishment of a Taiwan hospice and palliative care platform to promote the participation of hospice and palliative care in major hospitals in Taiwan, so that any patients, families, and caregivers can also participate, making PCOC the common language of hospice and palliative care. It is hoped that the use of objective data to assess care needs and provide appropriate care plans



Director Wang Ying-Wei of the Health Promotion Administration (fifth from right), who joined the meeting via video conference in the morning, arrives in the afternoon to participate in the general discussion.

will promote the quality of hospice and palliative care and improve the ability of caregivers to meet the care needs of patients.

This conference and the presentation of results from the pilot hospitals will not only improve the science-based nursing indicators, but also allow participants to effectively understand and learn about the PCOC implementation model with a view to the continual implementation of quality monitored care in Taiwan in

the future. Perhaps not all diseases can be cured by medicine, but through the efforts of healthcare professionals, patients at the end of their lives can complete their final journey in the most comfortable way possible. Director Wang Ying-Wei said that PCOC began with a demonstration at five hospitals this year, and will be implemented at 37 hospitals next year in order to further improve the quality improvement program more comprehensively in the future.



Deputy Director Wang Shu-Chen of the Department of Nursing expresses her hope for the development of a sound PCOC system in Taiwan and that PCOC will become the common language of hospice and palliative care.



Taichung

**Gastric Contraction Surgery by
Weight Reduction Team
Save Life and Regain Health**

December 8, 2020

An overweight patient Ms. Yeh with diabetes and sleep apnea was scheduled for weight reduction surgery. Prior to surgery, her weight was a record high at 145 kg due to stress and over-eating. What's worse is that Yeh fell asleep during a pre-surgery examination and was rushed to the ICU. Taichung Tzu Chi Hospital Metabolism and Weight Loss Center medical team respected her family's desire to keep Yeh for a week for evaluation. Finally, surgery was successful and postoperative treatment reduced the patient Yeh's weight by 40 kg.

Dr. Lee Ming-Hsien, Director of the Metabolism and Weight Loss Center at Taichung Tzu Chi Hospital, pointed out that 35 year-old and 160 cm tall patient Yeh was a case of congenital disorder and obesity. Congenital disorder causes ringworm (fungi infection), and the use of steroids results in obesity and eventually diabetes. The acquired dysfunction is caused by over-eating, bad eating and drinking habits as a result of stress, but also the respiratory dysfunction,



Accompanied by her father, Yeh returned to the clinic to thank Director Lee Ming-Hsien for helping her to lose weight successfully and a full recovery from the weight loss surgery.

sleep apnea and other serious obesity sequelae. Her parents were worried and hope to save her life through a weight reduction surgery.

Unexpectedly, Yeh increased eating before the operation, gained another 10 kg, and reached a new high of 145 kg in just two weeks. During the Weight Reduction Center team's preoperative visit, she fell into deep drowsiness, and was rushed to ICU for an intubation treatment. For the sake of their daughter, the family decided to proceed with a weight reduction operation.

Director Lee said Yeh spent seven days in the ICU and her condition was primed for surgery, but her waistline was still more than 55 inches. The laparoscopic surgery resected three small holes in the patient's abdomen



Director Lee Ming-Hsien led the team in performing the gastric contraction surgery on Yeh.

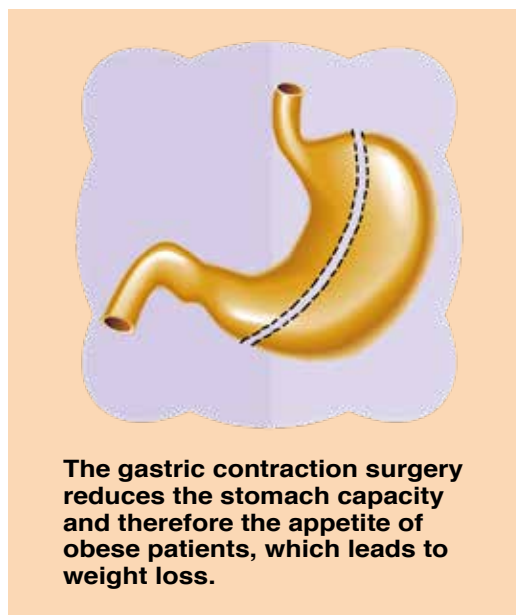
through which a stent was inserted through nearly 20 millimeters thick muscle and fat layers. After more than an hour of operation, patient was transferred to the ICU for close observation and soon followed by a successful discharge.

After the gastric contraction surgery, Yeh's stomach was reduced by about two-third. With dietary adjustment, she successfully lost 40 kg in three months. Her regular clothing became baggy and had to be replaced. "I feel sober and also have a goal for life," Yeh said cheerfully.

Director Lee explained that the gastric surgery reduced the stomach capacity. Therefore, a little food can achieve stomach fullness and enough to sustain a day's need of calories. The surgery reduces food intake by lowering

the appetite to achieve weight loss.

Obesity is increasing worldwide. Last year, at the Taichung Tzu Chi Hospital Metabolism and Weight Loss Center, over 300 weight-loss operations were successful to restore health and beauty to patients - a record high with zero mortality, zero complications, and zero leakage and infection rates. On December 12, 2020, Director Lee held the first Weight Loss Surgery Conference – a joint session at the four Tzu Chi Hospitals. Lee shared guidelines for precision and safety treatment with physicians from all regions of Taiwan in the field of weight loss. The goal is to exchange professional knowledge, enhance medical clinical research capabilities, and create better treatment and care.



The gastric contraction surgery reduces the stomach capacity and therefore the appetite of obese patients, which leads to weight loss.