



義



頤情

Enchanted

In this season of joy, We wish you and your family happiness and prosperity. We thank the volunteers who give us so much of your time and compassion, and look forward to seeing you in 2012.

在這充滿歡欣的節日裏，我們祝福為頤康盡心盡力的義工們！

Who keeps asking for more and more every year?

Dear Santa, we are the ones that keep asking for more and more, of ourselves.....

“volunteers” ! 😊



Close Encounter on an Interstate Highway 相逢何必曾相識

61-year-old Victor Giesbrecht from Winnipeg was driving his pick up truck on Interstate 94 in Wisconsin when he spotted two women - **Sara Berg** and her cousin - changing tire on the side of the highway. Without any formal introduction, Giesbrecht grabbed his tools and set to work, changing the front passenger tire on the stalled car. As he shook hands with the two women, he said something like “**Somebody up above put me in the right place at the right time.**”

Giesbrecht drove off, and the two women soon followed. Just a few kilometres down the road, the women sighted Giesbrecht’s pickup at the side of the highway. They pulled over as they saw Giesbrecht’s wife waving for help. Sensing a heart attack, **Berg**, a home care worker, immediately climbed in the truck and started CPR, while her cousin called for help.

Giesbrecht showed no vital signs when the paramedics arrived. A defibrillator was used to re-start his heart. A medical helicopter soon landed on the interstate to transport him to hospital. It was confirmed that he suffered from cardiac arrest. The attending physician remarked that Giesbrecht was extremely lucky to have survived the ordeal, as the survival rate in such cases was very slim.

While the CPR and the defibrillator were critical in saving Giesbrecht’s life, Berg insisted it was the collaborative effort that had saved Giesbrecht. “They were just really friendly, kind people,” she said. “And I was grateful.”

Source: Associated Press

61 歲的溫尼泊人 Victor Giesbrecht 在 94 號州際幹線上駕駛著小貨車，路過威斯康辛州時發現兩名婦人正在公路旁換輪胎。Giesbrecht 停下車來，匆匆問好後，就從車內取出工具箱，把洩氣的輪胎換走。婦人言謝握手時，聽到 Giesbrecht 說了句類似 “時也、命也。” 的話。

Giesbrecht 很快又在幹線上奔馳，兩名婦女 - Sara Berg 和表姊妹 - 亦隨之繼續旅程。只行了幾公里，她們看見 Giesbrecht 的小貨車停在路旁，她的妻子正向往來的車輛揮手，於是停下來看個究竟。任職家庭護理員的 Berg 看見 Giesbrecht 像是心臟病發，立刻跳上小貨車，為他做心肺復甦，而她的表姊妹則打電話求援。

急救人員趕到時，Giesbrecht 已沒有生命跡象，需要用自動體外電擊器再啟動心臟。很快，醫療直升機降落在公路上，把他運往醫院。醫院證實他的病情是心臟驟停，幸好搶救得來。主診醫生更稱這類情況的生存機會非常渺茫。

雖然心肺復甦和自動體外電擊器是挽回 Giesbrecht 生命的關鍵，但 Berg 堅持這是他們在陌路上互助的結果。她說：「他倆非常友善，是絕頂好人，能遇上他們，我感到榮幸。」

資料來源：美聯社



Can you Outsmart Your Own Brain - Neuroplasticity 101

On a vacation trip you encounter a construction or traffic jam, what do you do? Most people would take a detour or otherwise snake their way to bypass the gridlock. What is amazing is that your brain can pretty much do the same thing to get through blockages by re-routing the messages between brain cells.

For decades, it has been well established that the adult human brain is essentially hard-wired and immutable, especially after some critical points beyond which the acquisition of certain skills would be severely hampered. If your brain is not functioning well, for whatever reasons, it seems that you simply have to live with that for the rest of your life. The picture is pretty bleak for a person with brain malfunctioning, or a child who has unfortunately missed the critical point to learn a certain skill.

Neuroplasticity, a subject of intense interest among scientists and clinicians in recent years, has given people a glimpse of hope, particularly for those suffering from brain dysfunction. Researches have shown increased muscle use will cause the brain to re-organize the structure and functioning of the part of the brain to enhance those muscular movements. If you play golf frequently, the part of your brain that control your arm movements might be re-wired to facilitate the your golfing skills.

One of the classic studies that triggered the interest in neuroplasticity is the phantom pain, in which a person with amputated limb stills feels the pain in the lost limb. Some amputees also suffer from unbeara-

ble itch but there is no limb for them to scratch. What scientists were able to do was to “trick” the brain so that a scratch on the cheek will release the prickling sense in the missing limb.

A number of other cases similarly suggest that the brain reorganizes itself to adapt to new reality:

- A woman born without functional left hemisphere of the brain – which controls language - was able to acquire limited speech ability.
- A blind person with his tongue wired to a camera via computer was able to see blurred images and reacted to a ball thrown toward the camera.
- A highly skilled surgeon who had lost his



finger movement to stroke regained finger dexterity after about two weeks of constraint-induced therapy in which the still-functioning hand was tied down so as to force him to use his disabled hand in incremental steps.

This is actually consistent with our logical thinking. Chinese parents used to tell their children, “Use your brain, or it will rust.” Westerners would say “Use it or lose it.” Both Eastern and Western wisdoms seem to have some scientific validity after all. The brain’s malleability goes much beyond that, and has limitless implications for education and clinical treatment, as is exemplified by a few scientific studies:

Harvard University:

Students that played simple five-finger piano piece showed increased activities in the motor cortex. This increase was also found in a control group of students who held their fingers still but mentally imagined their figures playing the same tune.

University of California, Los Angeles:

Eighteen patients with obsessive-compulsive disorder were asked to mentally ward off impending obsessive thoughts. After 10 weeks, 2/3 of them showed significant improvement. Scanning of the brain showed that the orbital frontal cortex activities had fallen dramatically, achieving the same effect produced by drug.

University of Toronto:

Fourteen depressed adults were treated with cognitive behavioral therapy to view a perpetual negative experience in an alternate way. A control group was given drug. Both groups showed comparable improvement but the effect on the brain was drastically different. While the therapy group muted over-activities in the reasoning and logic centre of the brain, and raised the activities in the emotional centre, the drug group did just the opposite.

In all these case, the brain is able to re-wire itself to adapt to

new activities or new environment, which we can consciously control. There is no doubt that neuroplasticity holds much promise for developing new skills, recuperating old skills, warding off disturbing thoughts, correcting undesirable behaviours, and other applications yet to be explored. Scientists however warn of “plastic paradox” in which unsolicited reorganization of the brain may result in behaviours that might be difficult to undo. As scientists continue to investigate in this new field, it is comforting to believe that whatever predicament you might be in, there is always light at the end of the tunnel, thank to the unfathomable potential of your brain.

Sources:

- *The Brain that Changes Itself*, Dr. Norman Doidge
- *Time Magazine*, January 19, 2007





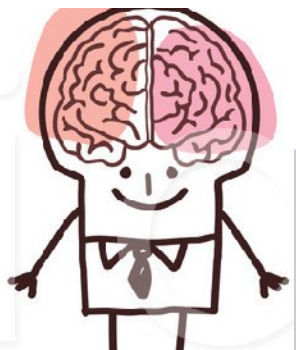
當你遇到修路施

工或塞車，你會怎麼做呢？大多數人都會按改道指示或自行迂迴尋路，繞過路障。令人詫異的是，你的大腦幾乎會做同樣的事情，把腦細胞之間傳遞消息的線佈重整，打通堵塞。

幾十年來，人們相信成人的大腦的線路基本上已定型，運作大致上無可改變。不論是什麼原因，如果你的大腦功能出問題，你只能接受現實，與不濟事的大腦共渡餘生。如果小孩錯過了學習技能的關鍵點，以後大腦要掌握該技能就幾乎無可能。對於大腦失靈的人，或幼年失去關鍵學習機會的孩子，這個理論實在令人沮喪。

大腦神經重塑是近年來科學家和醫護人員熱衷探索的課題，帶給許多人一線希望，尤其是腦功能有障礙的人。不少研究結果顯示，肌肉經過長期使用後，大腦內操控有關肌肉的神經結構會出現重整，可以加強有關肌肉的運作。

最經典的例子是研究「斷肢幻痛」。一個被截肢的人，仍然感到痛楚或無法忍受的發癢來自已失去之肢體。不可思議的是，科學家們想出了偷龍轉鳳的「騙局」，令大腦重整訊息接駁路線，只要在患者臉頰上搔癢，截肢的癢感便會消失。



以下類似的個案同樣顯示大腦有重組的機能，去適應新現實：

- 一個天生沒有左腦控制語言功能的婦女可以培練出有限度的語言能力。
- 科學家把攝像機通過電腦連接到一名失明人士的舌頭，令他看到模糊的影像，並對拋過來的球作出迴避。
- 一個老練的外科醫生因中風而致手指不能動彈，經過約兩個星期的約束誘導治療 **constraint-induced therapy** 而回復手指靈巧。方法是把能健全的手綁著，失靈的手指漸進地運用起來。

以上例子符合一般的邏輯思維。中國的父母常常對子女說：「腦子不用就會生鏽。」西方人也說：

「不使用的東西早晚會失去。」看來東方和西方的智慧都有科學根基。其實神經重塑有著更深遠的意義，從以下列舉的科學研究可見一斑：

哈佛大學：

- 一組學生用單手彈奏簡單的樂章後，腦內的運動皮層的電波明顯上昇。另一組學生則把手指按著不動，只是想像用單手在琴鍵上彈奏。結果顯示兩組學生的大腦掃描大致相同。

資料來源：

磯分校：

- 18 名強迫症患者用思想去抵擋不斷打擾之強迫性的思想，10 週後，2/3 的病者有明顯的改善，大腦掃描亦顯示眶額葉皮層的活動大幅下降，效果與服藥者相近。

多倫多大學：

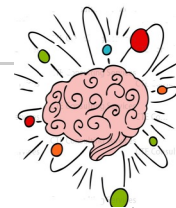
- 14 名患憂鬱症的成人參加認知行為治療，用新的想法去取代持續的負面思維。另一組組員則以藥物處理。結果兩組均有改善，但對大腦的改變就截然不同。認知行為治療抑壓了腦部推理和邏輯部份的過份活躍，卻提昇了情緒中心的活動，而藥物組的效應就剛好相反。

所有這些案例中，大腦都能夠重整線路，以適應新活動或新環境，而這些都可由我們的意識控制。毫無疑問，神經重塑之研究對人類有深遠的影響，無論是培養新技能、重拾舊技能、抵擋憂鬱的思想、糾正不良的行為、以及目前尚未經探索過的大腦課題。然而，科學家提醒我們留心“重塑兩面性”，因為在神經重塑的過程中，非預期的路線重組可能發生，會導致出現一些難以逆轉的陋習。在科學家悉心在這領域探索期間，我們可以釋懷和欣慰，因為知道我們的腦子潛力深不可測，有能力帶領我們步出逆境，令人生充滿希望。

資料來源：

- *The Brain that Changes Itself*, Dr. Norman Doidge
- 時代週刊 2007 年 9 月 17 日

加州大學洛杉





QUIZ 考考你

In each issue, **Enchanted** gives away gifts / coupons to lucky readers who are **registered** Yee Hong volunteers and who have correctly answered the question posted. Just give your answer slip below to your centre's volunteer co-ordination worker in person or email the answer before the deadline to enter for the lucky draw for our gift coupon. Each volunteer is entitled to one entry. The winners will be announced in the next issue.

本刊定期舉辦問答抽獎遊戲，只要答中每期問題即有機會抽獎贏得禮券，參加者只限已登記之頤康義工。請將下列答案回條交回義工統籌職員，電郵亦可。

QUESTION FOR THIS ISSUE 本期問題

What is "Phantom Pain"?

甚麼是「斷肢幻痛」？

Over 30 entries to the Enchanted Quiz were received in the last issue, hitting a record high. The three lucky winners below please contact your volunteer coordinator for the gift coupons:

上期「考考你」有獎問答有超過 30 名義工參加，創歷來新高。下列三位被抽中之幸運兒請聯繫義工部領取獎券：

Ted Cheung (Vol. # 6133)

Janet Yu (Vol. # 6646)

Ching Lun (Vol. # 6752)



Answer 答案 _____

Name 姓名 _____

Volunteer ID # 義工號碼 _____

Contact 聯絡電話 _____

Deadline: January 30, 2012

截止日期：二零一二年一月三十日

E-mail: pinky.man@yeehong.com



To make a difference in our service, please join our volunteer team!

令我們的長者更開心，快來加入頤康義工隊吧！



如對義工工作有興趣，請與以下職員聯絡或報名參加每月舉辦之義工簡介例會。

To start your volunteering, please come to our monthly orientation. Contact one of us:

Finch Centre (芬治中心)

Emily Lip 聶姑娘

416-321-3000 ext. 5641

McNicoll / Markham Centre (麥瀝高 / 萬錦中心)

David Lee 李先生

416-321-3666 ext. 2611

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