

American Expat Savors

Lingzhi and Locally Grown Fruits at Ningbo Village

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On a sunny day in early October, Noah Kartha visited a lingzhi cultivation base in Wangjiaba village of Cicheng (Ji-angbei District, Ningbo) and learned about the traditional Chinese medicine of lingzhi under the invitation of Ningbo Evening News. He picked tangerines, kiwis and sampled locally grown fruits, including pitaya, pineapple, and late-maturing peach. Local cultivation technologies were further introduced in this publicity initiative to boost rural tourism and common prosperity.

Noah came to China three years ago and is currently working as a guidance counselor for students at Georgia School Ningbo (GSN). He has been fascinated by Chinese traditional culture and has enjoyed interacting with local people to probe the local cuisine, customs, and history. He is also engaged in recording his encounters and experiences in China through short films and sharing them with the rest of the world.

This was Noah's first trip to Cicheng town and the local lingzhi cultivation base which is spread over almost 7 hectares. Greeted by Luo Youjun (owner of the base), Noah was ushered to the surrounding cultivation gardens. As they strolled into the base, Noah was curious about a bag-packed fruit hanging on the trees. It was, according to Luo, a new species of late-maturing peach that could be



Luo Youjun is introducing lingzhi to Noah. Photo by Cai Ke

harvested in October and November with a longer storage time of about one week compared to the juicy peaches harvested in summer. Noah was further shown how to pick and choose peaches of better quality: "It has a strong aroma and it's very fresh. Quite pleasant." Meanwhile, Noah tried a fresh-picked pineapple (high in Vitamin C, A, B1, and B2) and learned how to cut it carefully into slices. Gloves prevented tiny stings from the pineapple's leaves as Noah firmly held the top of the pineapple and began cutting. With fresh and fruity aroma lingering around, Noah savored this locally grown pineapple, finding its pleasant taste somehow different from the ones eaten in his hometown.

"It's much fresher and juicier and didn't have that overloaded sweetness." Those lovely fruit gardens also reminded Noah of the organic-grape garden established at GSN.

Along their walk, a huge black "blanket" covered greenhouse leaped out at Noah. This turned out to be a lingzhi greenhouse and those "blankets" on its roof helped to keep the temperature, as Luo revealed. It was the first time Noah got so close to the oddly-shaped plant of lingzhi. This "tree-like mushroom" is a genus of Ganoderma and has been used in traditional Chinese medicine for thousands of years. Symbolically, lingzhi represents endless life, wisdom and majesty,

making it a leading figure in traditional Chinese art. In recent years, the local pharmaceutical industry has been using lingzhi in large quantities, significantly boosting the village's revenue. Lingzhi spore powder is typically used to enhance the immune system or as a prophylactic anti-inflammatory drug. According to Luo, it is supposed to be brewed with water at 50-60°C, otherwise the health efficacy might be decreased. "It has an earthy taste but not too strong. More like root vegetables." Noah had a small sip of the lingzhi drink and shared it with Luo.

As part of a rural tourism initiative, the lingzhi cultivation base in Cicheng town of Ningbo has been offering visitors the pleasant hands-on experience of rural fruit planting and plucking. By growing luscious fruits and producing healthy lingzhi products, the locals enjoy an increased income and more opportunities of employment. As the director of the local rural development office – Jin Jing – summarized, the adoption of advanced agricultural technologies has led to a new eco-friendly cultivation base that prioritizes green development in increasing yields and achieving agricultural modernization.

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宁大附院
优势学科群

皮肤整形修复中心

几十年的烫伤疤痕
痛痒不已

最后确诊是癌

疤痕也会
变成癌
这不是
危言耸听

因为一些意外伤害,我们的身体上常常会有大大小小的疤痕,但疤痕也可能癌变,这你知道吗?近日,宁大附院皮肤科许素玲教授在门诊遇到了几位疤痕癌变的患者,他们的疤痕都已经有了几十年了。

今年79岁的王奶奶就是其中的一位。70多年前,当王奶奶还是小姑娘的时候,她的左侧前臂不慎被开水烫伤,在手臂上留下一块大大的疤痕,疤痕最长的地方有十几厘米,最宽的地方有四五厘米。因为当时医疗条件不好,王奶奶手上的疤痕好了之后也没有继续做修复手术。尽管疤痕导致手臂弯曲困难,老人也就这么将就着过了几十年。

半年多前,王奶奶感觉自己手上的疤痕有点变化,刚开始是痛痒,到后来又发红,甚至破溃出水,十分痛苦,用了不少消炎药膏都没有用。在门诊,许素玲教授为王奶奶做了详细的检查,发现王

奶奶手上的疤痕发生了癌变,最后被确诊为疤痕鳞癌。

王奶奶被收入宁大附院进行治疗,医生为她切除了手上的癌症病灶和疤痕,并通过植皮的方式为她重塑手臂的皮肤。所幸老人的鳞癌尚未转移,手术后可以不用继续接受放疗等治疗。

什么是疤痕癌?许素玲教授介绍,疤痕癌是皮肤疤痕中的纤维结缔组织细胞经过反复刺激,发生基因突变或癌基因激活而产生的皮肤细胞无序增值导致的。疤痕癌形成后,最常见的病理类型是鳞状细胞癌,少部分为基底细胞癌。

为什么疤痕会演变成癌变?“当我们的皮肤不小心受伤了,刚受伤时一般会出现局部发红的症状,这时的皮肤会进入炎症期;炎症期过后,创伤部位的血管增生就会比较严重,受伤部位红色会更加明显,这时的皮肤就进入疤痕血管形成期;之后会出

现胶原增生,然后受伤部位的红色变淡,但不会消失,这一阶段称之为胶原增生阶段;之后红色的疤痕逐渐变成白色,这就是所谓的疤痕成熟期。”宁大附院皮肤整复中心朱小霞主任介绍,一般来说,这种疤痕在伤口愈合后并不会高于皮肤表面,这就是正常疤痕。但如果伤口在愈合过程中出现异常情况,愈合伤口的成纤维细胞过度增生,而且大量分泌胶原和其他细胞外基质,使伤口的皮肤增厚、红肿,并出现各种症状,甚至造成畸形,就会形成病理性疤痕或异性疤痕。如果疤痕因为抓挠、摩擦、炎症等外部刺激,导致破损、糜烂、感染等,就容易形成溃疡,短则几年,长则几十年,经久不愈的溃疡就可能恶变成疤痕癌。

专家提醒,如果身体上的疤痕出现不明原因的痛痒或破溃,要尽早就医,排除癌变。

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