

香港乳癌基金會

「乳你同行」醫學講座 2026

Hong Kong Breast Cancer Foundation
Breast Health Symposium 2026

31.05.2026 (Sun)

2:00pm - 5:00pm

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Personalised Treatment for Breast Cancer:
From Pathology Report to Treatment Plan



曾頤欣醫生
Dr. TSANG Yvonne

外科專科醫生
香港乳癌基金會顧問理事會成員
Specialist in General Surgery
Member of Hong Kong Breast Cancer
Foundation Advisory Council

最新標靶與精準治療:乳癌醫學新方向

The Latest Targeted and Precision Therapies:
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盧穎嫻醫生
Dr. LO Anita

臨床腫瘤科專科醫生
Specialist in Clinical Oncology

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Lymphoedema Unlocked: Prevention and
Self-Care



梁舜欣女士
Ms. LEUNG Mandy

註冊物理治療師
國際認可淋巴水腫治療師 LANA®
Registered Physiotherapist
CLT-ALM-LANA®

問答環節

Q & A

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如何重建身心與家庭關係

Rebuilding Body, Mind & Family
Relationships



袁家慧博士
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輔導心理學家
中文大學榮譽副教授
Counselling Psychologist
Honorary Associate Professor of
The Chinese University of Hong Kong

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黃志榮先生
Mr. WONG Chi Wing

膳食及營養部主管
註冊營養師(美國)
Director of Food & Dietetic
Registered Dietitian (USA)

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Physical and Mental Recovery After
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歐國賢博士
Dr. AU Kwok Yin

高級中醫師
香港大學中醫藥學院
Senior Chinese Medicine Practitioner
School of Chinese Medicine, HKU

問答環節

Q & A

抱負與使命 Vision and Missions

香港乳癌基金會成立於2005年，
是本港首間專注乳健檢查及教育、
患者支援、研究及倡議的非牟利慈善
機構，致力減低乳癌在本地的威脅。

The Hong Kong Breast Cancer Foundation (HKBCF) was set up on 8 March 2005, as a non-profit charitable organisation dedicated to mitigating the threat of breast cancer to the local community through breast screening and breast health education, patient support, as well as research and advocacy.



提高公眾對乳癌的認識及推廣
乳房健康的重要性

Promotes public awareness of breast cancer
and the importance of breast health



支援乳癌患者踏上康復之路

Supports breast cancer patients on their
roads to recovery



倡議改善本港乳健及乳癌防控
和醫護方案

Advocates better breast health and breast
cancer care in Hong Kong

我們的服務 Our Services



專業的一站式乳癌篩查
和診斷服務

One-stop, professional breast
screening and diagnostic
services



全方位支援乳癌患者、康復者
及照顧者

Comprehensive patient support
services for breast cancer
patients, survivors and caretakers



研究更適合本地的乳癌治療
方案及醫療政策

Developing treatment options
and healthcare policies best
suited to the local breast cancer
situation

創會人的話



張淑儀醫生

香港乳癌基金會創會人

各位朋友：

乳癌，是香港女性的頭號癌症。根據香港癌症資料統計中心的數據，2023年共有5,585名女性及18名男性確診入侵性乳癌。乳癌已連續第二年超越大腸癌，成為本港第二位最常見的癌症。這些數字提醒我們，乳癌離我們並不遙遠。

自成立以來，香港乳癌基金會一直秉持「及早發現，治療關鍵」的信念。我們相信，提升公眾對乳癌的認知，鼓勵定期檢查，是改變結果最有效的方法。因此，基金會持續推動乳癌教育、篩查服務、患者支援、研究及倡議工作，為女性建立更完善的防護網。

隨着醫學科技進步，乳癌的診斷與治療日益精準。今年，基金會引入全新乳房X光造影系統，具備「真空輔助活組織檢查」及「顯影增強乳房X光造影」功能，進一步提升診斷效率與準確度。同時，我們新增「3D自動乳房超聲波系統」，為女性提供更全面的影像檢查選擇。這些提升，不僅代表技術進步，更代表我們對及早發現的堅持。

此外，「乳你同行」醫學講座今年匯聚多位不同專業領域的醫護與專家，從個人化治療、標靶與精準醫療，到身心靈健康及復元支援，為患者及公眾提供最新而全面的資訊。我們期望透過知識，減少恐懼；透過理解，建立信心。

基金會的工作從來不是單打獨鬥，而是社會共同努力的成果。我衷心感謝各界一直以來的支持，讓我們得以持續推動乳癌防治工作。

未來，我們會繼續肩負使命，為每一位女性爭取及早發現的機會，守護她們的健康與尊嚴。

謝謝大家。

Founder's Message

Dr. Polly Cheung

Founder, Hong Kong Breast Cancer Foundation

Dear friends:

Breast cancer is the leading cancer among women in Hong Kong. According to the latest data from the Hong Kong Cancer Registry, 5,585 females and 18 males were diagnosed with invasive breast cancer in 2023. For the second consecutive year, breast cancer has surpassed colorectal cancer to become the second most common cancer in Hong Kong. These figures remind us that breast cancer is not distant from any of us.

Since its establishment, the Hong Kong Breast Cancer Foundation (HKBCF) has always upheld its motto, "Early Detection Saves Lives". We believe that raising public awareness of breast health and encouraging regular screening are the most effective ways to change outcomes. Therefore, the HKBCF continues to promote breast health education, screening services, patient support, research, and advocacy, building a stronger and more comprehensive safety net for women.

With ongoing advances in medical technology, the diagnosis and treatment of breast cancer have become increasingly precise. This year, the HKBCF introduced a new mammography system equipped with "Vacuum Assisted Biopsy" and "Contrast Enhanced Mammography". These technologies further enhance diagnostic precision and efficiency. Additionally, 3D Automated Breast Ultrasound System was installed, enhancing the efficiency and accuracy of image analysis. These enhancements represent not only technological progress, but also our unwavering commitment to early detection.

In addition, this year's Breast Health Symposium brings together healthcare professionals and experts from various disciplines. Covering topics from personalised treatment, targeted and precision therapies to holistic well-being and rehabilitation support, the symposium offers patients and the public the latest and most comprehensive information. Through knowledge, we aim to reduce fear; and through understanding, we can build confidence.

The HKBCF's work has never been a solo effort, but a collective achievement made possible by the support of the community. I would like to express my heartfelt gratitude to all sectors for their continued support, which enables us to carry forward our mission in breast cancer prevention and care.

Looking ahead, we will continue to uphold our vision and missions, striving to secure opportunities for early detection for every woman, and to safeguard their health and dignity.

Thank you very much.

主席的話



霍何綺華博士

香港乳癌基金會主席

各位嘉賓：

每年五月，是香港乳癌基金會的「乳癌康復月」。這提醒我們，乳癌治療並不止於完成手術或療程，而是延續至康復階段的身心重建，以及重新擁抱生活的勇氣。

基金會深明，患者在復康路上面對的挑戰不僅是身體上的不適，還包括情緒調適與生活重整。因此，我們透過乳癌支援中心提供全方位患者支援服務，陪伴患者及家人同行，讓她們知道自己並不孤單。

為回應復康需要，基金會今年增設M6治療儀器，為術後患者提供深層軟組織治療，協助處理疤痕及水腫問題，減輕身體負擔，提升生活質素。這些服務體現了我們對「全面康復」的重視。

今年已是「乳你同行」醫學講座連續第七年舉行。除了醫學治療資訊外，我們特別加強情緒支援貼士及乳癌營養護理內容，讓參加者在治療之外，也獲得身心靈層面的支持。康復是一段長遠旅程，而專業知識與社區關懷同樣重要。

基金會與患者同行超過五分之一世紀。一路走來，我們見證了無數堅毅的故事，也深深感受到社會各界的支持與信任。在此，我衷心感謝所有贊助商、合作伙伴及參加者的支持，讓基金會的工作得以持續發展。

未來，我們會繼續與患者並肩前行，讓康復之路更有力量，讓希望得以延續。

謝謝大家。

Chairman's Message

Dr. Eliza Fok

Chairman, Hong Kong Breast Cancer Foundation

Dear guests,

Every May marks "Breast Cancer Survivorship Month" for the Hong Kong Breast Cancer Foundation (HKBCF). It reminds us that breast cancer treatment does not end with surgery or the completion of therapy but continues through the recovery phase—rebuilding both body and mind, and finding the courage to embrace life again.

The HKBCF understands that the challenges patients face during recovery go beyond physical discomfort, encompassing emotional adjustment and the reorganisation of daily life. Through our Breast Cancer Support Centre, we provide comprehensive patient support services, accompanying patients and their families on this journey and ensuring they know they are not alone.

To address rehabilitation needs, the HKBCF acquired an M6 medical device, offering endermotherapy for post-surgical patients. It helps manage scarring and lymphoedema, alleviates physical discomfort, and improves quality of life. These services reflect our commitment to holistic recovery.

The Breast Health Symposium has been held for seven consecutive years. In addition to medical treatment information, we have especially strengthened the content on emotional support tips and breast cancer nutrition care, so that participants can receive support not only for treatment, but also for their mind, body, and spirit. Recovery is a long-term journey, and professional knowledge and community care are equally important.

The HKBCF has walked alongside patients for more than a quarter of a century. Along the way, we have witnessed countless stories of resilience, and we have come to deeply appreciate the support and trust from all sectors of society. I would like to express my heartfelt gratitude to all sponsors, partners, and participants for their unwavering support, which enables the HKBCF's work to continue and grow.

In the future, we will keep moving forward side by side with patients—making the road to recovery stronger and ensuring that hope endures.
Thank you all.

乳癌個人化治療：從病理報告到治療方案

曾頤欣醫生

外科專科醫生
香港乳癌基金會顧問理事會成員



講題摘要

乳癌為香港婦女頭號癌症，其發病率在近年持續上升。過去的乳癌治療大多遵循單一固定的模式，但隨著醫學進步，治療方案亦出現變化。乳癌並非單一疾病。除了根據腫瘤大小與淋巴結狀況「分期」外，現代醫學更利用病理報告中的四大指標——雌激素受體 (ER)、黃體酮受體 (PR)、第二型人類上皮生長素受體 (HER2) 以及細胞增殖指數 (Ki-67) ——來組合「分型」，從而精準評估癌細胞對哪些藥物最敏感。

本講座將探討醫療團隊如何依據這些個人化的腫瘤特性，從手術、化療、電療、荷爾蒙治療、標靶治療以至免疫治療中，為患者量身訂製最適合的治療方案。同時，本講座亦會講述「術前輔助治療」的優勢，解釋何時需要於手術前接受輔助治療。精準醫療的真正意義，是讓每位患者都能在最準確的時機，獲得最合適的個人化治療。

Personalised Treatment for Breast Cancer: From Pathology Report to Treatment Plan

Dr. TSANG Yvonne

*Specialist in General Surgery
Member of Hong Kong Breast Cancer Foundation Advisory Council*

Abstract

Breast cancer is the most common cancer among women in Hong Kong, and the incidence rate is continuously increasing in recent years. In the past, breast cancer treatment largely followed a single, fixed protocol; however, with medical advancements, treatment approaches have undergone changes. Breast cancer is known to be a heterogeneous disease. In addition to "staging" based on tumour size and lymph node status, modern medicine utilizes four key biomarkers from the pathology report, namely estrogen receptor (ER), progesterone receptor (PR), human epidermal growth factor receptor 2 (HER2), and Ki-67 index, to determine the breast cancer "subtype," precisely assessing which medications the cancer cells will be most sensitive to.

This lecture will explore how multidisciplinary teams leverage these personalized tumour characteristics to tailor the most suitable treatment plan for patients, selecting from options including surgery, chemotherapy, radiotherapy, hormonal therapy, targeted therapy, and immunotherapy. Also, this lecture will talk about the advantages of "neoadjuvant (pre-operative) treatment," explaining when patients need to undergo treatment prior to surgery. The true essence of precision medicine is to ensure that every patient receives the most appropriate personalised care at the right time.

最新標靶與精準治療：乳癌醫學新方向

盧穎嬋醫生

臨床腫瘤科專科醫生



講題摘要

醫學講座聚焦乳癌最新標靶與精準治療的發展方向，反映國際創新成果及本地流行病學趨勢。根據醫院管理局癌症資料統計中心，2023年香港女性乳癌新症達5,585宗，每13位女性中便有一位有機會患病，包括男性個案在內，再次超越大腸癌成為本地第二大常見癌症。此數據凸顯乳癌防治與精準治療策略的重要性。講座深入探討乳癌的新分類，包括HER2低表達與超低表達，並強調治療需同時考慮腫瘤生物學特性與患者個人因素。

本講座將探討不同癌症期數的治療策略，重點闡述荷爾蒙陽性乳癌的治療目標與方案，涵蓋荷爾蒙治療和CDK4/6抑制劑的整合應用，以及基因檢測在轉移性乳癌中的應用。

另外，本講座亦針對PIK3CA、AKT1、PTEN等基因異變的標靶治療，以及mTOR抑制劑，討論其在克服抗藥性、改善臨床預後方面的潛力。對於BRCA1/2遺傳性乳癌，PARP抑制劑的臨床應用亦被介紹，涵蓋早期與晚期病人。

此外，本講座亦回顧抗體藥物複合體(ADC)在HER2陽性及HER2低表達乳癌的最新FDA核准，標誌著治療模式在早期與晚期階段的重大突破。免疫治療亦被提出作為未來方向，與精準醫學相輔相成。

整體而言，本講座展示了乳癌治療正逐步邁向個人化、分子導向的嶄新時代。這些進展不僅為患者帶來更多選擇與希望，更切實改善了香港及其他地區乳癌患者的生存率與生活品質。

The Latest Targeted and Precision Therapies: New Directions in Breast Cancer Medicine

Dr. LO Anita

Specialist in Clinical Oncology

Abstract

Today's presentation focuses on the latest advances in targeted and precision therapies for breast cancer, reflecting both global innovation and local epidemiological trends. Recent data showed that there were 5,585 new female breast cancer cases reported in 2023 with a lifetime risk of one in thirteen women. Breast cancer (including male cases) has, again, surpassed colorectal cancer as the second most common malignancy in Hong Kong. Against this backdrop, the symposium emphasised the urgent need for refined treatment strategies that address tumour biology, patient-specific factors, and evolving classifications such as HER2-low and HER2-ultralow disease.

The talk explored therapeutic approaches across disease stages, highlighting hormone receptor-positive breast cancer management, integration of CDK4/6 inhibitors, and the role of genetic profiling in guiding treatment for metastatic disease. Novel targeted agents—including PIK3CA, AKT1, and PTEN inhibitors, PARP inhibitors for BRCA-mutated cancers, and mTOR inhibitors—were discussed as key tools to overcome resistance and improve outcomes.

The talk also reviewed the latest FDA approvals of antibody-drug conjugates (ADCs) for HER2-positive and HER2-low breast cancers, underscoring their transformative potential in both early and advanced settings. Immunotherapy was introduced as an emerging frontier, complementing precision medicine in reshaping the therapeutic landscape.

By integrating epidemiological insights, molecular biology, and clinical innovation, the talk underscored a paradigm shift toward individualised care. These advances not only expand treatment options but also strengthen the foundation for improved survival and quality of life for breast cancer patients in Hong Kong and beyond.

淋巴水腫解密：預防與自我照護

梁舜欣女士

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香港淋巴水腫協會創辦人
香港物理治療學會婦女健康專研組副主席



講題摘要

什麼是淋巴水腫？

淋巴水腫是由於淋巴系統受損或阻塞，導致淋巴液無法正常循環，導致腫脹。乳癌相關淋巴水腫的主要風險包括淋巴結切除、傷口感染、化療、放射治療、老化及肥胖。

預防方法

- **身體活動**：透過規律運動維持手臂的完整關節活動度。
- **健康生活方式**：保持健康的體重。
- **避免受傷**：盡量避免患側手臂受傷。
- **預防感染**：適當且及時的傷口管理，以防止感染。
- **避免過度壓迫**：避免穿著緊身衣服、首飾或太緊有鐵線的胸圍。
- **航空旅行**：長途飛行時佩戴壓力手袖和手套、保持患側手臂活動，並保持皮膚濕潤。
- **極端溫度**：避免長時間暴露於高溫環境。

治療

整合性淋巴退腫治療 (CDT)：臨床公認的金標準治療方式，包括：

- **徒手淋巴引流 (MLD)**：一種獨特的溫和手法治療，將淋巴液重新導入淋巴管，並且改善淋巴循環。
- **壓力治療**：夜間使用繃帶包紮來改善淋巴循環，白天使用壓力手袖和手套來進行保養，維持淋巴循環，以保持治療效果。
- **消腫運動**：針對改善淋巴循環所設計的系統化運動方案。
- **皮膚護理**：保持皮膚清潔和濕潤，防止感染。

建議

及早發現：定期測量手臂，如果發現腫脹，應立即尋求醫療協助。早期治療能顯著改善病情，避免演變為慢性問題。

Lymphoedema Unlocked: Prevention and Self-Care

Ms. LEUNG Mandy

Registered Physiotherapist
CLT-ALM-LANA®
ACOLS Lymphoedema Instructor
Founder of HK Lymphoedema Association
Vice-chairlady of HKPA WHSG

Abstract

What is lymphoedema?

Lymphoedema is caused by damage or blockage of the lymphatic system, preventing lymph fluid from draining properly and leading to swelling. For breast cancer-related lymphoedema, the major risk factors include lymph nodes removal, wound infection, chemotherapy, radiotherapy, ageing and obesity.

Prevention

- **Physical activity**: Maintain a full range of motion in the arm with regular exercise.
- **Healthy lifestyle**: Maintain a healthy body weight.
- **Avoid injury**: Try to avoid injury at affected arm.
- **Prevent infection**: Proper and timely wound management to prevent infection.
- **Avoid over-compression**: Avoid wearing tight-fitting clothing, jewellery or tight bras with wire.
- **Air Travel**: During long flights, wear compression sleeves and gloves, move the affected arm and keep the skin adequately moisturised.
- **Temperature Extremes**: Avoid prolonged exposure to extreme heat.

Treatment

Complete decongestive therapy (CDT): The clinically recognised gold-standard treatment, consisting of:

- **Manual lymphatic drainage (MLD)**: A type of gentle manual therapy to redirect and improve lymphatic drainage.
- **Compression therapy**: Compression bandages at night for improving lymph circulation. Compression garments (sleeves, gauntlets) during daytime for maintenance and prevention of rebound swelling.
- **Remedial Exercise**: A structured exercise programme designed to improve lymphatic drainage.
- **Skin care**: Keep the skin clean and moisturised to prevent infection.

Advice

Early detection: Regularly measure the arm and seek medical help immediately if swelling is observed. Early intervention improves prognosis and helps prevent the condition from becoming chronic.

如何重建身心健康與家庭關係

袁家慧博士

輔導心理學家
香港乳癌基金會名譽顧問
中文大學榮譽副教授



講題摘要

為了在患上乳癌後順利康復，並在往後的復原期中維持健康的生活方式，培養積極的心態和正向行為至關重要。本節講座將會示範「正向心理行為技巧 1, 2, 3」。

正向心理行為技巧 #1： 「身心放鬆」 正念練習

許多乳癌康復者往往會陷入對癌症復發的恐懼中。他們對身體感官的正常變化變得過度警覺；在心理上，他們為了要時刻保持戒備，思維容易變得消極或掉進無休止的擔憂中。

訓練自己去覺察身體各部位在放鬆狀態下的感覺，並學會放下干擾性的念頭，這一點非常重要。屆時我們將進行一次簡單的正念（靜觀）練習，透過全身掃描來達到身體放鬆和思緒清晰的狀態。

正向心理行為技巧#2：感恩練習

感恩的心情是對抗壞情緒的有效良方。每個人都能輕鬆在生活中養成常懷感恩的習慣。一個簡單的方法，是回想最近發生的一件令你對他人或自己心存感激的經歷，並在當下再次用心感受那份「感恩」的感覺。

正向心理行為技巧 #3：自我表達

學習有效的技巧來表達自己的感受和需求，是達到自我了解和調節情緒的直接方法。同時，適切地溝通自己的想法、感受和需要，對於幫助別人準確理解自己，好讓與至親維持互賴互愛的關係至關重要。

Rebuilding Body, Mind & Family Relationships

Dr. YUEN Rhoda

*Counselling Psychologist
Honorary Advisor of Hong Kong Breast Cancer Foundation
Honorary Associate Professor of The Chinese University of Hong Kong*

Abstract

In order to survive breast cancer occurrence and to thrive with a healthy lifestyle in long-term recovery, it is essential to nurture positivity in mind-set and behaviours. POSITIVITY SKILLS 1,2,3 (PS 123) will be demonstrated in the session.

PS #1 Mind Body Relaxation

Many breast cancer survivors tend to be preoccupied with the fear of recurrence. They become hyper vigilant to normal changes in body sensations. Mentally they keep their guard up by harbouring negative thoughts and unrelenting worries.

It's important to train oneself to gain awareness of the sensations of one's body parts when relaxed and to let go of interfering negative thoughts. A simple mindfulness practice with a full body scan toward physical relaxation and mental clarity will be conducted.

PS #2 Gratitude Practices

The feeling of gratitude provides an effective antidote against foul moods. One could easily develop the habit of fostering gratefulness in one's life. One simple way is to recall a recent episode in which one feels grateful toward others or self and to experience heart-felt gratefulness in the moment.

PS #3 Self Expression

Learning effective skills to express one's feelings and needs will serve as a direct means to achieve self-understanding and to regulate one's emotions. At the same time, tactful communication of one's thoughts and feelings is essential in helping others to accurately understand the person and in maintaining meaningful relationships with significant others.

乳癌營養護理：素食、蛋白質與營養平衡

黃志榮先生

註冊營養師 (美國)
膳食及營養部主管



講題摘要

早期營養介入對癌症護理至關重要。充足的營養有助促進身體復原、提升治療耐受性、預防營養不良，並優化整體療效。營養攝取不足會導致營養不良，這在癌症患者中十分常見，並可進一步發展為惡病質，顯著增加死亡率。

乳癌患者的飲食建議會因應不同治療階段而調整。治療前應補充營養，提升身體的營養儲備，為治療作好準備；在治療期間，增加熱量及蛋白質攝取為首要任務，以促進組織修復、增強免疫力、維持體力、應對治療相關副作用，並防止體重減輕和肌肉流失。完成治療後，則建議奉行均衡飲食，以維持健康體重。脂肪組織過多會刺激雌激素分泌，提高復發風險，故體重管理在康復期仍然非常重要。

妥善規劃的素食飲食可為身體提供足夠的營養，應以全穀類、豆腐、豆類、蔬果、堅果和種子類為基礎。這些食物富含抗氧化物和植化素，有助於降低乳癌風險。然而，需注意補充鐵、奧米加3脂肪酸、鋅、鈣、維他命B12及維他命D。此外，穀物、果仁及種籽本身未能提供人體必需的氨基酸，應配搭大豆製品和藜麥，以確保營養充足。

本講座將分享乳癌治療階段至康復期的飲食管理，並提供實用建議，協助素食患者滿足營養所需。

Breast Cancer Nutritional Care: Vegetarian Diet, Protein, and Nutritional Balance

Mr. WONG Chi Wing

Registered Dietitian (USA)
Director of Food & Dietetic

Abstract

Early nutritional intervention is a critical component of oncology care. Adequate nutrition supports recovery, enhances treatment tolerance, prevents malnutrition, and optimises overall clinical outcomes. Inadequate nutritional intake can lead to malnutrition, a condition that is highly prevalent among cancer patients and may progress to cachexia, significantly increasing mortality.

Dietary recommendations for breast cancer patients differ depending on the stage of treatment. Before treatment, the emphasis is on building adequate nutritional reserves to prepare the body for therapy. During treatment, increased energy and protein intake is a priority to promote tissue repair, strengthen immunity, maintain strength, manage treatment-related complications, and prevent weight and muscle loss. After completing treatment, a balanced diet is advised to maintain a healthy body weight. Excess adipose tissue can

stimulate estrogen production and increase recurrence risk, weight management remains crucial in survivorship.

A well-planned vegetarian diet can provide all nutrients and should be based on whole grains, tofu, beans, vegetables, fruits, nuts, and seeds. These foods are abundant in antioxidants and phytochemicals that help lower breast cancer risk. However, attention should be given to iron, omega-3 fatty acids, zinc, calcium, vitamin B12, and vitamin D. As grains, nuts, and seeds alone do not provide a complete amino acid profile, they should be combined with soy products and quinoa to ensure nutritional adequacy.

This session will share dietary management of breast cancer, from treatment to survivorship, with practical guidance to help vegetarian patients meet their nutritional requirements.

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歐國賢博士

高級中醫師
香港大學中醫藥學院



講題摘要

乳癌患者經歷手術、化療、電療、標靶或荷爾蒙治療後，往往仍持續面對疲倦、疼痛、食慾欠佳、消化不適、潮熱汗出、關節痠痛、周邊神經病變症狀、上肢水腫、體重波動、髮枯、貧血、睡眠障礙、情緒起伏等問題。這些表現不僅是治療副作用的延續，更常涉及氣血耗損、臟腑功能失衡、情志受擾與作息節律紊亂所致的複雜身心症狀，反映患者尚未由「治療狀態」真正過渡至「生活狀態」。

本講題將從中醫「治未病」、「整體觀念」及臟腑經絡理論出發，簡要說明中醫如何透過辨病、辨證與辨症，依據每位患者的康復進程與個人體質，提供分階段及個體化的綜合調治支援。內容涵蓋針灸、中藥、穴位按壓、養生功法及居家調養要點，並為日常起居、睡眠、飲食、情志養生、體重控制、運動保健及復工準備提供實用建議。講題亦會強調中西醫結合的安全性，突顯兩者互補角色的靈活性，並配合臨床經驗及科研資料，探討中醫如何在整合照顧中協助患者逐步恢復健康，提升生活質素，走向身體及心理的同步復元。

Traditional Chinese Medicine Support for Physical and Mental Recovery After Treatment

Dr. AU Kwok Yin

Senior Chinese Medicine Practitioner
School of Chinese Medicine, HKU

Abstract

After undergoing surgery, chemotherapy, radiotherapy, targeted therapy, or endocrine therapy, many breast cancer survivors continue to experience fatigue, pain, poor appetite, digestive discomfort, hot flushes, sweating, joint pain, peripheral neuropathy, upper limb lymphoedema, weight fluctuation, dry hair, anaemia, sleep disturbance, and emotional changes. These problems are not merely lingering side effects of treatment; they often reflect a complex psychosomatic condition of depleted qi and blood, functional imbalance of the internal organs, emotional strain, and disruption of daily rhythms. This suggests that patients may have completed treatment, but have not yet fully transitioned from a “treatment state” to a “living state.”

This talk will introduce how Chinese medicine, guided by the principles of preventive care, holism, and zang-fu and meridian theory, can provide staged and individualised support according to each patient's recovery phase and constitution through disease differentiation, syndrome differentiation, and symptom differentiation. Topics include acupuncture, Chinese herbal medicine, acupressure, therapeutic exercises, and home-based self-care, with practical advice on daily routine, sleep, diet, emotional well-being, weight management, exercise, and return-to-work preparation. The talk will also emphasise the safe integration of Chinese and Western medicine, highlighting their flexibility of complementary roles, and will draw on clinical experience and research evidence to explore how Chinese medicine can support gradual physical and psychological recovery and improve quality of life.



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For cumulative donations of HK\$5,000 or above within the fiscal year*, acknowledgements will be included in the HKBCF quarterly E newsletter and/or Annual Report. Acknowledgements may also appear on our other communications platforms.

請在下方註明您的意願。如未有填寫，將以善長名稱作鳴謝之用。
Please indicate your preference below. If left blank, the donor's name will be used for acknowledgement.

鳴謝名稱 Name for Acknowledgement _____

毋須鳴謝 Acknowledgement is Not Required.

*本會財政年度為每年7月至翌年6月。Our fiscal year runs from July to June of the following year.

捐款方法 Donation Method

信用卡 Credit Card (適用於每月捐款及單次捐款 Suitable for Monthly and One-Off Donation)

Visa Mastercard 持卡人姓名 Cardholder's Name _____

簽發銀行 Card Issuing Bank _____ 信用卡號碼 Credit Card No. _____

有效日期 Expiry Date _____ 月 Month _____ 年 Year 持卡人簽署 Cardholder's Signature _____

銀行存款或轉賬 Bank Deposit or Transfer (適用於單次捐款 Suitable for One-Off Donation)

請把善款直接存入香港乳癌基金會之匯豐銀行戶口：094-793650-838，並在存款收據正本/自動櫃員機單據背面寫上姓名及聯絡電話，連同此表格寄回。
Please make a deposit into the Hong Kong Breast Cancer Foundation's bank account (HSBC A/C : 094-793650-838). Kindly write your name and contact number on the back of the bank/ATM slip, and return it to us together with this form.

劃線支票 Crossed Cheque (適用於單次捐款 Suitable for One-Off Donation)

請於支票抬頭請寫上「香港乳癌基金會有限公司」，連同此表格寄回。
Please make the cheque payable to "Hong Kong Breast Cancer Foundation Limited" and return to us together with this form.
支票號碼 Cheque no. _____

現金 Cash (適用於單次捐款 Suitable for One-Off Donation)

必須連同本表格親身遞交到香港乳癌基金會，切勿郵寄現金。
By hand only, together with this form to Hong Kong Breast Cancer Foundation. Please DO NOT send cash by post.

自動轉賬 Autopay (適用於每月捐款 Suitable for Monthly Donation)

收款的一方(受益人) Name of party to be credited (The Beneficiary)

香港乳癌基金會有限公司
Hong Kong Breast Cancer Foundation Limited

銀行編號Bank No. 分行編號Branch No. 收款賬戶號碼Account no. to be credited

0 0 4 0 9 4 7 9 3 6 5 0 8 3 8

本人(等)的銀行及分行名稱My/Our Bank Name and Branch _____

銀行編號Bank No. 分行編號Branch No. 本人(等)的戶口號碼本人(等)的戶口號碼My/Our Account No.

本人(等)在結單/存摺上所紀錄的名稱
My/Our Name(s) as recorded on Statement/Passbook
(請以英文正楷填寫 / In BLOCK LETTERS)

本人(等)在結單/存摺上所紀錄的地址My/Our Address as
recorded on Statement/Passbook

付款人名稱 (如非戶口持有人，請填寫)
Debtor Name (Please specify if other than Account Holder)
(請以英文正楷填寫 / In BLOCK LETTERS)

付款人編號 (由香港乳癌基金會填寫)
Debtor Reference (To be filled by HKBCF)
(實賬戶與收款一方的編號 Reference between yourself and the party to be credited)

每月付款之限額 本人(等)銀行戶口簽署 日期(日/月/年)
Payment Limit per Month My/Our Bank Account Signature(s) Date (day/month/year)

HK\$ _____

聲明 Declaration

- 本人(等)現授權本人(等)之上述銀行(根據受益人不時給予本人/吾等銀行之指示)，由本人(等)之賬戶內轉賬予上述受益人。惟轉賬金額不得超過以上指定每月付款之限額。I/We hereby authorize my/our above named Bank to effect transfers from my/our account to that of the above named beneficiary in accordance with such instructions. The amount of the transfer shall not exceed the payment limit per month.
- 本人(等)同意本人(等)之銀行無須證實該等轉賬通知是否已交予本人(等)。I/We agree that my/our Bank shall not be obliged to ascertain whether or not notice of any such transfer has been given to me/us.
- 如因該轉賬而令本人(等)之賬戶出現透支(或令現時之透支增加)，本人(等)願共同及個別承擔全部責任。I/We jointly and severally accept full responsibility for any overdraft (or increase in existing overdraft) on my/our account which may arise as a result of any such transfer(s).
- 本人(等)同意本人(等)之賬戶並無足夠款項支付該等授權轉賬，本人(等)之銀行有權不予轉賬，且銀行可收取慣常之費用。I/We agree that should there be insufficient funds in my/our account to meet any transfer hereby authorized, my/our Bank shall be entitled, in its discretion, not to affect such transfer in which event the Bank may make the usual charge.
- 本人(等)同意，本人(等)取消或更改本授權書之任何通知，須於每月20日前交予本人(等)之銀行，並同時通知上述受益人。I/We agree that any notice of cancellation or variation of this authorization which I/We may give to my/our Bank shall be given on 20th of each month and at the same time such notice shall be given to the beneficiary.
- 本人(等)確認本人(等)在此表格上的簽署與本人(等)用以轉賬的戶口的簽署相同。本直接付款授權書將繼續生效直至通知為止。或會通知香港乳癌基金會任何銀行戶口的變更或取消交易方式。We confirm my/our signature(s) on this form is/are the same as the signature(s) of my/our Bank account given above. Until further notice, I/We hereby authorize Hong Kong Breast Cancer Foundation to initiate, and the Bank named above to process debits to my/our account from time to time.

此欄由本會職員填寫 For Official Use Only

供銀行專用 For Bank Use

捐款人編號 Donor/Debtor's Reference No.

分行印章 Branch Chop

職員編號 Staff ID

香港乳癌基金會遵循《個人資料(私隱)條例》的規定處理及儲存您的個人資料，絕不會向第三方出售您的個人資料。您所提供的個人資料將絕對保密，並只會用作捐款處理，及日後聯絡、機構通訊、宣傳活動或收集意見等推廣用途。若閣下不願應接收以上資訊，請在此加上“✓”號。如日後欲查詢或更新個人資料，請致電3143 7371與籌募及傳訊部聯絡。The Hong Kong Breast Cancer Foundation (HKBCF) shall comply with the Personal Data (Privacy) Ordinance in handling and keeping your personal data. HKBCF will not sell your personal data to any third party. The personal data you provide will be kept strictly confidential and will only be used for donation administration, and promotional purposes including future correspondences, corporate communications, activity promotion or conducting surveys. If you do not wish to receive these materials, please put a “✓” here. If you wish to update your personal information in the future, please contact our Fundraising & Communications Department at 3143 7371.

感謝您的慷慨捐助! Thanks for your support and generosity!

聯絡我們 Contact Us

香港乳癌基金會

Hong Kong Breast Cancer Foundation

一般查詢 General Enquiry

T: (852) 2525 6033

F: (852) 2525 6233

E: info@hkbcf.org

香港乳癌資料庫電郵查詢

Hong Kong Breast Cancer Registry Enquiry:

hkbcf@hkbcf.org



香港乳癌基金會 (香港中心)

Hong Kong Breast Cancer Foundation (Hong Kong Centre)

香港北角木星街9號永昇中心21-22樓 (炮台山港鐵站A出口)

21-22/F, Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong (Exit A, Fortress Hill MTR Station)

乳健檢查熱線 Breast Screening Hotline:

T: (852) 3143 7333

 6219 4106

乳癌患者支援熱線 Patient Support Hotline:

T: (852) 2525 6033

 6214 5947

香港乳癌基金會賽馬會乳健中心 (九龍)

Hong Kong Breast Cancer Foundation

Jockey Club Breast Health Centre (Kowloon)

香港九龍牛池灣龍翔道28號 (彩虹港鐵站C2出口)

28 Lung Cheung Road, Ngau Chi Wan, Kowloon (Exit C2, Choi Hung MTR Station)

乳健檢查熱線 Breast Screening Hotline:

T: (852) 2597 3200

乳癌患者支援熱線 Patient Support Hotline:

T: (852) 2597 3251