

香港乳癌基金會就全民乳癌篩查向行政長官呈交意見書

The HKBCF's submission to the Chief Executive on population-wide screening



目錄 CONTENTS

封面故事 COVER STORY

香港乳癌基金會就全民乳癌篩查向
行政長官呈交意見書 3

The HKBCF's submission to the Chief
Executive on population-wide screening

第十號報告的新啟示

New insights from the 10th annual research
report

特稿 FEATURE STORY

乳健同行 2018 7

Pink Walk for Breast Health 2018

葉袁玉卿教育會堂揭幕儀式

The unveiling ceremony of the Yip Yuen Yuk-
hing Education Hall

張淑儀醫生獲頒授榮譽大學院士 12

Dr Polly Cheung conferred Honorary
University Fellowship

張淑儀醫生出版新書

The launch of Dr Cheung's new book

香港乳癌基金會動態 14

HKBCF IN ACTION

粉紅絲帶夥伴 18

PINK PARTNERS

「乳健同行 2018」夥伴 22

PINK WALK ACKNOWLEDGEMENTS

鳴謝 23

ACKNOWLEDGEMENTS

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香港乳癌基金會於 2005 年 3 月 8 日成立，是本港首間專注**乳健教育、患者支援、研究及倡議**的非牟利慈善組織，致力減低乳癌在本地的威脅。

使命

- 提高公眾對乳癌的認識及推廣乳房健康的重要性
- 支援乳癌患者踏上康復之路
- 倡議改善本港乳癌防控和醫護方案

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 **education, patient support as well as research and advocacy.**

Mission

- Promote public awareness of breast cancer and the importance of breast health
- Support breast cancer patients on their road to recovery
- Advocate better breast cancer care in Hong Kong

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香港乳癌基金會就全民乳癌篩查向行政長官呈交意見書

The HKBCF's submission to the Chief Executive on population-wide screening

An initiative of the Breast Cancer Foundation
由香港乳癌基金會發起



香港乳癌基金會在行政長官林鄭月娥女士發表她今年施政報告之前，向她呈交意見書，促請政府在中長期分階段落實全民乳癌篩查。

在乳癌篩查政策方面，香港遠遠落後於其他國家／地方。現時全球最少有 34 個國家／地方已實行乳癌篩查計劃，香港特區政府則只建議高風險婦女進行乳癌篩查，但卻沒有為這些婦女提供任何乳癌篩查計劃，而令人更加擔憂的情況是，香港大部份的乳癌個案都不屬於高風險。

經科學實證，篩查可降低乳癌、子宮頸癌及大腸癌的死亡率，而香港早已推行子宮頸癌及大腸篩查，卻未有針對乳癌的相應篩查。

The Hong Kong Breast Cancer Foundation (HKBCF) made a submission to Mrs Carrie Lam, the Chief Executive, prior to her Policy Address this year, urging the Government to adopt a phased approach in implementing population-wide breast cancer screening in mid to long term.

Hong Kong is falling far behind other countries/ places when it comes to breast cancer screening policy. While at least 34 countries/ places have already implemented national/ provincial breast cancer screening programmes, the Hong Kong SAR Government has not put any screening programme in place even for high risk women, despite its recommendation that “women at high risk of breast cancer” should undergo mammography every year. What is even more worrying is that the majority of the breast cancer cases in Hong Kong do not fall into the high risk group.

It has been scientifically proven that screening can reduce the mortality of breast cancer, cervical cancer and colorectal cancer. Screening

經過多個月的研究，香港乳癌研究中心從其他國家及地方、包括台灣的經驗，搜集數據證明全民乳癌篩查有效降低乳癌死亡率及晚期乳癌個案比率。鑒於上述有力的証據，特區政府應儘快分階段落實全民乳癌篩查，以保障婦女的健康。

在建議書內，香港乳癌基金會促請政府分階段落實為本港婦女引入乳癌篩查計劃：首先，政府應儘快落實現行政策，為高風險婦女建立一個篩查計劃；第二步，政府應考慮為患乳癌一般風險的婦女，推行地區性的先導計劃，優先涵蓋有需要人士，例如在收入較低及錄得較高晚期乳癌比率和較低篩查率地區居住的婦女；第三步，政府應考慮採納全民篩查作為香港中長期乳癌防控策略。

若受限於現有資源，基金會建議政府可加強與私營醫療機構和非政府組織合作，為更多婦女提供乳房 X 光造影檢查服務。

今年的施政報告未有就全民乳癌篩查提出具體方案，但行政長官指政府會「檢視適用於不同（乳癌）風險概況婦女可採用的篩查措施」。基金會希望施政報告是一個開端，期望政府繼續關注乳癌議題，並與基金會等的非政府組織合作，改善本港公共衛生狀況。🌸

programmes have already been implemented for cervical cancer and colorectal cancer but not for breast cancer. After months of research, the HKBCF Breast Cancer Research Centre (BCRC) has consolidated data and research from the experience of other countries/ places, including Taiwan, to affirm that population-wide breast screening programmes are effective in reducing breast cancer mortality rates and advanced stage cases. Given such convincing evidence, the SAR Government should expedite actions to protect women's health through the implementation of a population-wide breast screening programme.

In its submission, the HKBCF urged the Government to consider launching population-wide screening in mid to long term by adopting the following phased approach: Firstly, the Government should put in place a screening programme for high risk women as soon as possible, in line with the current Government strategy; Secondly, the Government should implement a district-based pilot scheme for average risk women residing in low-income districts with low breast screening rate and high advance breast cancer incidence rate; Thirdly, the Government should consider population-wide screening in mid to long term.

As resources might be a concern, the HKBCF suggested the Government to consider greater collaboration with the private sector and non-governmental organisations (NGOs) to boost capacity for mammography screening.

In this year's Policy Address, while not setting out concrete plans for population-wide breast cancer screening in Hong Kong, the Chief Executive said that the Government would "review what type of screening is to be adopted for women of different (breast cancer) risk profiles". The HKBCF hopes that it would be the beginning of the long-overdue government attention and collaboration with the community through NGOs such as the HKBCF for better public health. 🌸

◀ 香港乳癌基金會一直提倡「及早發現、治療關鍵」。
The HKBCF has been advocating "Early Detection Saves Lives".

第十號報告的新啟示

New insights from the 10th annual research report



香港乳癌資料庫在今年九月發布載於第十號報告內最新乳癌研究結果，以及一項探討婦女罹患乳癌風險因素的對照研究成果。

香港乳癌資料庫進行了一項對照研究，比較 5102 名乳癌患者或康復者及 5520 名沒有乳癌病歷的婦女，探討不同風險因素與乳癌病發的關係。結果顯示，部份因素或會增加患上乳癌的風險。此等因素包括感到高度精神壓力、多吃肉和奶類製品、肥胖和運動不足。有關研究提醒繁忙的香港婦女要多加注意生活習慣。研究亦反映政府現時只建議高風險婦女接受乳癌篩查的做法有所不足。

除了對照研究外，香港乳癌資料庫亦收集及分析了 17,099 名乳癌患者或康復者的資料。香港乳癌資料庫發現只有一個個案經由乳房 X 光造影發現，確診時屬第 III 及 IV 期的個案比率接近兩成。

基金會在 9 月 20 日舉行了一個新聞發布會，發表研究報告。在新聞發佈會上，基金會創會人張淑儀醫生強調，由政府主導

In September this year, the Hong Kong Breast Cancer Registry (HKBCR) announced its latest findings on breast cancer facts in its 10th research report and the outcome of an independent case control study.

The HKBCR conducted a case-control study on 5,102 patients/survivors and 5,520 breast cancer-free women to examine the connection between various risk factors and the incidence of breast cancer. The results suggested that certain factors might lead to higher risk of developing breast cancer. These factors included feeling high levels of stress, having a diet rich in meat/ dairy products, being overweight/ obese, and lack of exercise. The study reminded women in Hong Kong, who usually lead a busy life, to be aware of their lifestyle. It also underlined the inadequacy of the current policy that only women at high risk are recommended to undertake regular screening.

Apart from the case-control study, the HKBCR also collected and



▲ 基金會在九月發表第十號研究報告。

A breast cancer survivor shared her experience during the press conference.



◀ 一位乳癌康復者在新聞發報會上分享患病經歷。
A breast cancer survivor shared her experience during the press conference.

analysed the data of 17,099 breast cancer patients/ survivors. The HKBCF found that only 10 percent of the cases were detected through mammography screening while cases of stages III and IV cancer at diagnosis accounted for nearly 20 percent of the total cases.

的全民篩查對治療乳癌尤關重要。張醫生指出「其實所有乳癌都是由零期開始，若能在病徵出現前及早發現乳癌，乳癌病患者存活率超過 90%。」

在新聞發佈會上，基金會亦發表了一項電話調查的結果。調查訪問了約 800 名年滿十八歲的婦女，了解她們對乳癌的認知程度。結果顯示，受訪者對乳癌的認知不足：只有約半數受訪者知道乳癌是香港女性的頭號癌症；在 40 歲以上受訪者當中，有半數曾接受乳房 X 光造影檢查，但僅兩成有保持每兩年一次檢查。🌸

A press conference was held on 20 September to release the findings of the 10th report. Speaking at the press conference, Dr Polly Cheung, Founder of the HKBCF, stressed that a Government-led population-wide screening programme would be integral to championing breast cancer. Dr Cheung pointed out: "All breast cancer cases start out from stage 0; if detected at the asymptomatic stage, treatment for breast cancer will be easier and the survival rate can be over 90 percent."

The findings of a telephone survey conducted by the HKBCF were also released at the press conference. Some 800 women aged 18 or above were interviewed in the survey with regard to their awareness of breast cancer. The results showed that breast health awareness was low among respondents: only half of the respondents realised the fact that breast cancer was the most common cancer among women in Hong Kong; among those aged 40 or above, half of them had had mammography screening but only 20 percent received mammography screening every two years. 🌸



「乳健同行 2018」 二千名健兒踏出重要一步 提醒公眾關注乳癌 Pink Walk for Breast Health 2018 – 2,000 Pink Walkers stepped up for breast health awareness



第十四屆「乳健同行」在2018年10月21日於山頂順利舉行，接近2,000名健兒以粉紅裝束現身參與這項年度旗艦籌款活動，藉以喚起大眾對乳健的關注，並為香港乳癌基金會的工作籌款。

政務司司長張建宗先生擔任開幕禮的主禮嘉賓，並在致辭時表示，特區政府會定期檢視相關研究及科學證據以制訂預防及篩查乳癌的建議，並會要求食物及衛生局加快研究工

The 14th “Pink Walk for Breast Health” was held successfully at the Peak on 21 October 2018. Almost 2,000 Pink Walkers took part in the annual flagship fundraising event to promote breast health awareness and raise funds for HKBCF’s services.

Mr Matthew Cheung Kin-Chung, Chief Secretary for Administration, was the Guest of Honour of the event. Speaking at the opening ceremony, Mr Cheung said that the SAR Government would keep reviewing relevant research studies and scientific evidence aiming to work out appropriate measures of breast cancer prevention and screening. Mr Cheung also said that he would ask the Food and Health



▲ (由左至右) 基金會名譽會長范徐麗泰女士、基金會創會人張淑儀醫生、政務司司長張建宗先生及基金會主席霍何綺華女士一起主持起步儀式。

(From left to right) Mrs Rita Fan, Honorary President of the HKBCF, Dr Polly Cheung, Founder of the HKBCF, Mr Matthew Cheung Kin-Chung, Chief Secretary for Administration and Mrs Eliza Fok, the Chairman of the HKBCF officiated the kick-off ceremony.

作，緩急先後、優次有序地展開乳癌篩查工作。

香港乳癌基金會主席霍何綺華女士在開幕禮上致辭，重申海外經驗顯示全民乳癌篩查可大大減低乳癌死亡率，並強調及早發現乳癌，才是治療關鍵，基金會亦促請政府分階段落實全民乳癌篩查，保障香港婦女的健康。

Bureau to hasten the research process and work out the priorities for the implementation of breast cancer policies.

In her welcoming speech, Mrs Eliza Fok, the Chairman of the HKBCF, said that from overseas experiences, population-wide breast cancer screening had been proved to reduce the mortality rate of breast cancer. Mrs Fok stressed that early detection of breast cancer would be the key to effective treatment of the disease. She urged the Government to consider the phased implementation of a population-wide breast cancer screening programme to improve women's health in Hong Kong.



▲ 一眾嘉賓帶領參加者在山頂起步。

Honorable guests led participants to kick-start the event at the Peak.



► 嘉賓在開幕禮上宣揚乳健訊息。
Guests spread breast health messages during the opening ceremony.



在開幕禮上，基金會名譽顧問陳婉嫻女士，聯同基金會大使陳寶珠小姐和薛家燕小姐大談全民乳癌篩查的好處，並謂自己也不時提醒身邊朋友定期進行乳健檢查。另外兩位基金會大使廖碧兒小姐及琦琦小姐亦談及保持良好生活習慣及經常運動對健乳的重要性。

其他出席活動的嘉賓包括基金會創會人張淑儀醫生、醫院管理局主席梁智仁教授、基金會名譽會長范徐麗泰女士及藝人嘉賓鄭融小姐、傅珮嘉小姐和鍾舒漫小姐。另外，由一班乳癌康復者組成的「Melody in Mind」亦在開幕禮上表演。

At the opening ceremony, Ms Chan Yuen-han, Honorary Advisor of the HKBCF, HKBCF Ambassadors Ms Connie Chan Po-chu and Ms Nancy Sit shared their views on the advantages of population-wide breast cancer screening and how they encouraged their friends to undertake regular breast health checks. Ms Bernice Liu and Ms Qi Qi, also HKBCGF Ambassadors, talked about the importance of a healthy lifestyle and regular exercise for breast health.

Other distinguished guests of the event included Dr Polly Cheung, Founder of the HKBCF, Prof John Leong Chi-yan, Chairman of the Hospital Authority, Mrs Rita Fan, Honorary President of the HKBCF and celebrities Stephanie Cheng, Maggie Fu and Sherman Chung. "Melody in Mind", a singing group formed by breast cancer survivors, also performed at the opening ceremony.

香港乳癌基金會賽馬會乳健中心（九龍）
葉袁玉卿教育會堂揭幕儀式

2018年12月5日

香港乳癌基金會賽馬會乳健中心（九龍）
葉袁玉卿教育會堂揭幕儀式*Unveiling Ceremony of the Yip Yuen Yuk-hing Education Hall at
HKBCF Jockey Club Breast Health Centre (Kowloon)*

香港乳癌基金會賽馬會乳健中心（九龍）的葉袁玉卿教育會堂在2018年12月5日舉行揭幕儀式，為基金會的乳健教育工作展開新一頁。

該教育會堂以本港著名工業家及慈善家葉傑全博士的妻子葉袁玉卿女士命名，以答謝葉博士捐款支持基金會的乳健教育工作及乳癌支援服務。

葉袁玉卿教育會堂揭幕儀式由葉傑全博士及葉袁玉卿女士、香港乳癌基金會名譽會長范徐麗泰女士、主席霍何綺華女士及創會人張淑儀醫生一起主持。葉博士在儀式上致辭時

The unveiling ceremony of the Yip Yuen Yuk-hing Education Hall at the HKBCF Jockey Club Breast Health Centre (Kowloon) took place on 5 December 2018, representing a new page of the breast health education work of the HKBCF.

The Education Hall is named after Mrs Yip Yuen Yuk-hing, the wife of renowned industrialist and philanthropist Dr Yip Kit Chuen, in recognition of his donation and generous support for the breast health education work and breast cancer support services of the HKBCF.

The unveiling ceremony was officiated by the Dr Yip Kit Chuen and Mrs Yip Yuen Yuk-hing, Mrs Rita Fan, Honorary President of the HKBCF, Mrs Eliza Fok, Chairman of the HKBCF, and Dr Polly Cheung, Founder of the HKBCF. Speaking at the unveiling ceremony, Dr Yip said that he would like to contribute towards HKBCF's breast health education work through his donation, "I believe that breast health education plays

香港乳癌基金會賽馬會乳健中心（九龍） 葉袁玉卿教育會堂揭幕儀式

2018年12月5日



▲ 在揭幕禮上，香港乳癌基金會名譽會長范徐麗泰女士代表基金會致送由乳癌康復者親手製作的禮物予葉博士伉儷。

At the unveiling ceremony, Mrs Rita Fan, Honorary President of the HKBCF, presented a gift hand-made by breast cancer survivors to Dr Yip and Mrs Yip on behalf of the HKBCF.



▲ 為乳癌患者和康復者而設的小組活動不時在葉袁玉卿教育會堂舉行。

Group activities for breast cancer patients and survivors are held at the Yip Yuen Yuk-hing Education Hall.



表示，希望透過捐款支持基金會的乳健教育工作：「我相信乳健教育可以令更多女士了解定期檢查的重要性，這是對抗乳癌和減低本港婦女免受乳癌威脅的不二法門。」

葉袁玉卿教育會堂位於香港乳癌基金會賽馬會乳健中心（九龍）的地下，為多用途活動室，乳健教育講座，為乳癌患者和康復者而設的小組活動，以及基金會其他活動不時在教育會堂舉辦，例如在九月二十日的《香港乳癌資料庫第十號報告》新聞發布會便是在此舉行。

a key role in the fight against breast cancer and reducing risks facing the women in Hong Kong. It is important to educate women about the importance of having regular breast examinations."

Located on the ground floor of HKBCF Jockey Club Breast Health Centre (Kowloon), the Yip Yuen Yuk-hing Education Hall is a multi-function room at which breast health education talks, group activities for breast cancer patients and survivors and other functions of the HKBCF are held. The press conference on the release of the 10th annual research report of the Hong Kong Breast Cancer Registry, for instance, was held at the Education Hall on 20 September.

Honorary University Fellowship
Conferment Ceremony

開學典禮暨香港浸會大學院士頒授

2019.4

張淑儀醫生榮獲浸會大學頒授榮譽大學院士

*Dr Polly Cheung conferred Honorary University Fellowship by
Baptist University*

恭喜香港乳癌基金會創會人張淑儀醫生榮獲香港浸會大學頒授榮譽大學院士，足證她在推動乳健教育、病人支援和相關研究方面的貢獻獲得認同！

張淑儀醫生是香港乳癌治療的權威和先驅，多年來致力推廣防治乳癌的工作：張醫生倡議乳房保留及乳房重建手術，並推動香港首個乳房普查計劃；張醫生於 2005 年創辦香港乳癌基金會，為公眾提供專業而全面的乳癌護理服務；在 2014 年，張醫生帶領基金會推出亞洲首個網上乳癌資料庫「香港乳癌在線」，讓註冊醫護人員獲取本地乳癌的最新數據及了解治療趨勢。

Congratulations to Dr Polly Cheung, Founder of the HHKBCF, for being conferred Honorary University Fellowship by the Hong Kong Baptist University in recognition of her contributions to the promotion of breast cancer education, patient support and research in Hong Kong!

As a leading breast cancer specialist who is highly respected in the field, Dr Cheung has been taking pioneering steps in promoting breast health awareness in Hong Kong: Dr Cheung initiated breast conserving surgery and breast reconstruction in Hong Kong, and launched the city's first breast-screening programme; in 2005, Dr Cheung founded the HKBCF to advocate holistic cancer care and provide professional services for patients; and in 2014, Dr Cheung took the leading role in launching Breast Cancer HK Online, Asia's first online local breast cancer database platform, for registered medical professionals to access the latest data and insights on local disease development and treatment trends.



▲ 香港乳癌基金會主席霍何綺華女士與多位基金會的管治委員會、顧問理事會成員及善長好友出席典禮，以示支持。

Mrs Eliza Fok, Chairman of the Hong Kong Breast Cancer Foundation and its Management Committee Members, Advisory Council Members, friends and supporters have shared the joy with Dr. Cheung in the conferment ceremony.

張醫生多年來屢獲殊榮，在推動本地乳癌防治工作上的貢獻備受外界肯定，但張醫生依然保持謙虛的態度，繼續致力向本港婦女推廣乳健教育。🌸

Having received numerous awards and fellowships throughout the years, Dr Cheung remains humble and determined to continue her work in promoting breast health for every woman in Hong Kong. 🌸

張淑儀醫生出版新書

香港乳癌基金會創會人張淑儀醫生在今年夏天出版了第三本著作《乳妳同行3》，新書輯錄了張醫生過去三年近 90 篇文章，分享有關乳癌的知識及乳癌治療的最新發展。張醫生於今年香港書展期間在香港會議展覽中心舉行新書簽名會，與讀者和其他同路人見面，互相交流心得。🌸

The launch of Dr Cheung's new book

Dr Cheung published her third book "乳妳同行 3" this summer. The book collected about 90 informative articles written by Dr Cheung in the last three years, sharing her expert knowledge on breast health and the latest development of breast cancer treatment. An autograph session was held at the Hong Kong Convention and Exhibition during the annual book fair to provide an opportunity for Dr Cheung to interact and share ideas with readers as well as patients and survivors. 🌸





ACTION 01

亮麗人生日營

“Brighten Up Your Life” Day Camp

每年一度的「亮麗人生日營」在 5 月 27 日舉行。作為乳癌復康月的其中一個重要環節，日營以「樂 • 型 • 營」為主題，透過各項有趣的活動，包括集體遊戲、表達藝術活動、椅子瑜珈工作坊及愛笑瑜珈工作坊，為 69 位參加者提供一個寶貴機會，尋找「樂」的真諦，認識「型」的方法，經「營」樂與型的人生。

The annual “Brighten Up Your Life” Day Camp was held on 27 May as part of the celebration programme during the Breast Cancer Survivorship Month. Themed “Joy – Cool – Engage”, the camp was packed with fun activities, including group games and workshops on expressive art, chair yoga and laughter yoga, and provided a valuable opportunity for 69 participants to explore the meaning of “joy” and learn how to stay “cool” so they will be able to “engage” in enjoyable lives.

ACTION 02

印尼駐港總領事館乳健教育培訓活動

Breast health training at the Indonesian Consulate

基金會連續第三年與印尼駐港總領事館合作，在 5 月至 7 月期間為在本港工作的印僑舉辦乳健教育工作坊。

今年的培訓計劃為期三天，超過 150 名 (TBC) 印尼學員穿上白色制服及戴上粉紅色頭巾，學習乳健及預防乳癌的知識，並將所學到的乳健知識用印尼文和手繪圖畫製作成教材，以及即席向基金會護士講解內容。通過考核後，學員接受領事館頒發證書，正式成為計劃大使。她們承諾會向朋友及其他女傭分享乳健知識。

其中一位計劃大使表示：「我希望可以學習多點知識，告訴更多朋友定期檢查的重要性。」

For the third consecutive year, the HKBCF joined hands with the Consulate General of the Republic of Indonesia in organising breast health education workshops for the Indonesian domestic helpers in Hong Kong from May to July.

In this year's three-day training programme, over 150 (TBC) Indonesian women, wearing white uniforms and pink head scarfs, acquired knowledge in breast health and breast cancer prevention. Based on what they had learned, the participants produced illustrations in Indonesian as teaching materials and explained the contents to the nurses at the HKBCF. After passing a test, the participants received their certificates of recognition from the Consulate and formally embarked on their journey as programme ambassadors. They pledged to share their breast health knowledge with their friends and other fellow domestic helpers.

“I hope I can learn more and tell more friends about the importance of undergoing regular checks,” said one of the programme ambassadors.





ACTION 03

走進社區 推廣乳健教育 Community-Based Breast Health Education

乳健中心積極在社區推廣乳房健康和乳健檢查的重要性。在 2018 年 5 月至 2018 年 10 月期間，乳健中心團隊在各區與不同的商業機構、社區組織和領事館（見下表）合辦 29 次活動，向超過 2,400 人介紹有關乳癌及乳健教育的資訊，並鼓勵女性到乳健中心開始定期乳健檢查計劃。

The Breast Health Centre (BHC) proactively promotes the importance of breast health and breast screening in local communities. From May to October 2018, the BHC team organized 29 (TBC) activities/ events in partnership with companies, community groups and consulates (see table) and introduced breast cancer-related and breast health information over 2,400 (TBC) people. Participants were advised to start their routine breast screening programme at the BHC.

展覽 / 活動 Exhibition/ Events

第十二屆健康博覽 12th Health Expo 2018

AIA Vitality Wellness Event

「乳」眾同樂嘉年華 Breast Cancer Campaign Carnival

Woman Rugby Day

學校 Schools

香港國際學校 Hong Kong International School

企業 Companies

花旗銀行 Citi Bank

Mary Kay (Hong Kong) Limited

新世界建築有限公司 New World Construction Company Limited

安森美半導體 ON Semiconductor

潘多拉珠寶亞太有限公司 PANDORA Jewelry Asia-Pacific Limited

Deacons

美銀美林集團 Bank of American Merrill Lynch

瑞銀集團 UBS

啟勝管理服務有限公司 Kai Shing Management Services Limited

IPG

Pure Yoga

樂柔美健服有限公司 Comfort Me

團體 Organisations

印尼駐港總領事館合作 - 關懷健康小組 Indonesian Consulate - Women Health Care Group

香港聖公會福利協會康恩園 Hong Kong Sheng Kung Hui Welfare Council Limited -

The Providence Garden for Rehab

救世軍—婦女健康部門 The Salvation Army - Women's Health Ministry

胡志偉、周浩鼎議員辦事處 Wu Chi Wai, Holden Chow Ho Ting Council Member Office

吳錦雄議員辦事處 Ng Kam Hung's District Council Member Office

扶康會 康晴天地 Sunrise Centre, Fu Hong Society

保協 The Life Underwriters Association of Hong Kong

新生精神康復會 - 安泰軒 The Wellness Centre, New Life Psychiatric Rehabilitation Association

菲律賓駐香港總領事館 Philippine Consulate

ACTION 04

5 周年乳癌大會 2018： 從試驗到臨床實踐 5th Annual Updates on Breast Cancer 2018: from Trial to Clinical Practice

由香港乳癌基金會主辦、Amgen Asia Holding Limited 贊助、香港乳癌研究組、香港腫瘤治療學會、香港乳房外科學會、香港臨床腫瘤科學會支持的 5 周年乳癌大會在 6 月 26 日順利舉行。講者包括香港中文大學名譽臨床副教授謝文杰醫生、私人執業的臨床腫瘤科專家梁廣泉

醫生、香港大學臨床腫瘤學系臨床教授顏繼昌教授及香港大學醫學院名譽臨床助理教授梁澄宇醫生，他們透過演講及個案分享，講解有關乳癌護理的最新發展及治療方法，並有多位醫學專家獲邀在各個講座後作小組分享，延伸討論。最後由香港大學臨床副教授邱宗祥醫生以美國臨床腫瘤學會發表的最新資訊為每節討論作結。



The 5th Annual Scientific Meeting, hosted by the HKBCF, sponsored by Amgen Asia Holding Limited and supported by Hong Kong Breast Oncology Group, Hong Kong Cancer Therapy Society, Hong Kong Society of Breast Surgeons and Hong Kong Society of Clinical Oncology, was held on 26 June. Speakers including Dr Gary Tse, Honorary Clinical Associate Professor of The Chinese University of Hong Kong, Dr Angus Leung, Clinical Oncology Specialist, Prof Roger Ngan, Clinical Professor in the Department of Clinical Oncology of The University of Hong Kong (HKU), and Dr Roland Leung, Honorary Clinical Assistant Professor of the Department of Medicine of HKU, talked about the latest updates in breast cancer care and treatment through presentations and case sharing. For more fruitful discussion, a panel meeting was held after each lecture for invited medical specialists to exchange their views on the topic. As Commentator, Dr Thomas Yau, Clinical Associate Professor of the Department of Medicine of HKU, wrapped up each discussion session with highlights of updates from the American Society of Clinical Oncology.

ACTION 05

Hong Kong – Taiwan HR + Advanced Breast Cancer Scientific Meeting



由香港乳癌基金會主辦、諾華製藥贊助的 Hong Kong – Taiwan HR + Advanced Breast Cancer Scientific Meeting 在 8 月 3 日舉行，旨在透過跨地區交流，讓本地醫護人員獲取新的資訊。盧彥伸醫生和趙穎欣醫生擔任會議的講者，分享了 HR+ 晚期乳癌的新治療方法和合適的療程次序。

Hosted by the HKBCF and sponsored by Novartis Pharmaceuticals (Hong Kong Limited), the Hong Kong – Taiwan HR + Advanced Breast Cancer Scientific Meeting was held on 3 August with the aim of inspiring local medical practitioners through cross-regional sharing. Dr Lu Yen-Shen and Dr Joanna Chiu, speakers of the meeting, talked about the new treatment strategies and optimal treatment sequence for HR+ advanced breast cancer.



ACTION 06

第 12 屆健康博覽 12th Health Expo

基金會在 6 月 8 日至 11 日舉行的「健康博覽」內設置攤位及遊戲，介紹基金會的服務及乳健資訊，提高公眾對乳健的關注

The HKBCF participated in the 12th Health Expo from 8 to 11 June to promote breast health awareness. The services of the HKBCF and breast health information were introduced to visitors of the Expo through staging an educational booth and fun games.

ACTION 07

義工起動日 Volunteer Initiation Day

23 位熱心的義工於 8 月 11 日在香港乳癌基金會賽馬會乳健中心（九龍）參與義工起動日，了解基金會的服務和義工計劃，以及參與培訓工作坊，學習溝通技巧。

Twenty three enthusiastic individuals attended the Volunteer Initiation Day on 11 August at the HKBCF Jockey Club Breast Health Centre (Kowloon) to learn about the work of the HKBCF and its volunteer programme. They also attended a training workshop to polish their communications skills.



ACTION 08

「一家親」音樂紓壓工作坊 “Fun Together” Music Relaxation Workshop

基金會於 8 月 25 日舉辦了一個以「家庭同樂」為主題的音樂紓壓工作坊，讓參加者學習如何透過音樂治療表達情緒，加強與家人之間的聯繫。

Themed “Fun Together”, a music relaxation workshop was organized on 25 August by the HKBCF for participants to learn how to express their emotions and enhance the bonding with their family members through music therapy.



香港乳癌基金會的「粉紅夥伴計劃」是為期一年的企業協作計劃，為企業 / 機構參與我們的工作提供合作平台，同時為創新的市場計劃創造機會。

The Pink Partner initiative is a year-round programme that serves as a platform for corporations and organisations to engage in our initiative as well as to create new and creative marketing campaigns.

加入「粉紅夥伴計劃」，企業或機構可獲以下專享項目：

By joining the Pink Partner Programme, your company/ organization will be entitled to the following benefits/ enjoy the following entitlements:

	粉紅鑽石夥伴 Pink Diamond Partner	粉紅寶石夥伴 Pink Sapphire Partner	粉紅珍珠夥伴 Pink Pearl Partner	粉紅水晶夥伴 Pink Crystal Partner	粉紅絲帶夥伴 Pink Ribbon Partner
捐款總額 (港幣) Amount of Donation (HKD)	500,001 +	200,001 - 500,000	100,001 - 200,000	50,001 - 100,000	20,000 - 50,000
獲稱為香港乳癌基金會的「粉紅夥伴」 ¹ Entitled "HKBCF Pink Partner" ¹	✓	✓	✓	✓	✓
使用香港乳癌基金會標誌作推廣 ² Use of HKBCF logo in promotion ²	✓	✓	✓	✓	✓
於香港乳癌基金會網站、通訊及年報鳴謝 Acknowledgement in the HKBCF's newsletter, annual report and website	✓	✓	✓	✓	✓
提名參與「商界展關懷」計劃 ³ Caring Company nomination ³	✓	✓	✓	✓	✓
乳健教育講座 ⁴ Breast health talks ⁴	3+	3	2	1	

1 只限於合約年度內 Limited only to the respective contractual year

2 刊登之前須徵得香港乳癌基金會同意 Subject to HKBCF's approval prior to publication

3 相關企業 / 機構必須符合「商界展關懷」計劃的其他申請條件 The organisation/company must fulfill other requirements of the Caring Company Scheme

4 粉紅鑽石夥伴的講座數目待議 Further number of talks for Pink Diamond Partner subject to agreement

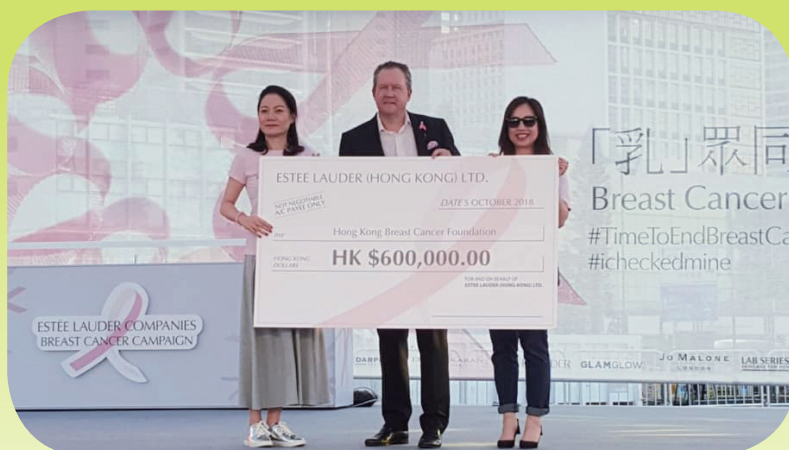


全年捐款額 Annual donation: \$500,001 或以上 or above

雅詩蘭黛集團 Estee Lauder

Estee Lauder Hong Kong 在 10 月舉行了全港首個粉紅「乳」眾同樂嘉年華，提醒大眾檢查乳房健康的重要性。活動上設有介紹乳癌資訊的攤位遊戲，以及全天候的現場表演。

Estee Lauder Hong Kong held the first Breast Cancer Campaign Carnival in Hong Kong in October to raise public awareness on the importance of undergoing regular breast checks. Games booths were staged to introduce breast cancer information and a day-long live show was organized.





粉紅寶石夥伴

Pink Sapphire Partner

全年捐款額 Annual donation: HK\$200,001-500,000



瑞銀集團 UBS AG

為支持香港乳癌基金會及提高員工對乳癌資訊的關注，瑞銀集團在 10 月份舉行了一連串活動，包括獎券義賣、慈善拍賣及在 10 月 26 日舉行的 Pink Day。

In order to raise breast cancer awareness among staff members and support the HKBCF, UBS AG organized a series of activities in October, including a raffle sales campaign, a charity auction and a Pink Day on 26th October.



粉紅水晶夥伴

Pink Crystal Partners

全年捐款額 Annual donation: HK\$50,001-100,000



chesterton
CONSULTING

衍柏顧問有限公司 Chesterton Consulting Co. Ltd

為了鼓勵客戶關注乳癌議題，衍柏顧問有限公司主動向客戶派發宣傳單張，宣揚乳健訊息。

In order to raise breast cancer awareness, Chesterton Consulting Co. Ltd took the initiative to distribute leaflets to their clients to promote breast health messages.

Gap Inc.

GAP Inc. 的 Global Sourcing Team 於 10 月為旗下品牌 Gap, Banana Republic, Old Navy, Athleta 和 Hill City 的同事，舉辦了一個粉紅甜點義賣活動，宣揚關注乳健的訊息。

The Global Sourcing team at Gap Inc. held a bake sale fundraiser in October for their teams under the Gap, Banana Republic, Old Navy, Athleta and Hill City brands to promote breast cancer awareness.



全年捐款額 Annual donation: HK\$50,001-100,000



Livingston

由斗室主辦、Brooks Running 全力支持的「Crafftholic 10週年跑 HK 2018」於 9 月 9 日在沙田科學園舉行，並將香港乳癌基金會列為受惠機構。活動設有 5 公里跑、繽紛跑個人組及家庭組，現場更設有「宇宙人大玩特玩遊戲區」、「抱抱宇宙人 10 週年見面會」及「宇宙最萌放閃區」等精彩活動。

The Crafftholic 10th Anniversary Run HK 2018, organised by Rapee -Living and fully supported by Brooks Running, was held on 9 September 2018 at the Hong Kong Science & Technology Park. HKBCF was the beneficiary organisation of the event, which included a 5KM Run, a Fun Run for both individuals and family groups, and a wonderful carnival with a Playful Crafftholic X Game Zone, Crafftholic Studio and Crafftholic Fans Meeting.

Mary Kay

為支持香港乳癌基金會的乳健教育、患者支援及研究和倡議工作，並傳承 Mary Kay Ash 女士的粉紅使命，Mary Kay 在 5 月 4 日至 6 月 30 日期間舉辦了一項慈善義賣活動，每售出一支慈善限量版「絕色緞光--桃紅唇膏」，Mary Kay 都捐出 \$1 美元予香港乳癌基金會。

Let us be aware
You are cordially invited to join our Charity Walk

Beneficiary: 香港乳癌基金會 HK Breast Cancer Foundation

NOV 16 (Friday)
1:30 pm to 5 pm

The Peak
Peak Circle Walk
Duration 1-1.5 hours
3.5km

Refreshment is provided after Charity Walk at The Peak Lookout

Round Trip is included (Harbour City ↔ The Peak)

Donation is always welcome to support the event

Please sign up **10535** on or before Oct 26

Pandora

Pandora 於 11 月在山頂舉辦了一個慈善步行活動，提高員工對乳健的關注，並為香港乳癌基金會籌款。

Pandora organized a charity walk for their staff members at The Peak in November to enhance breast health awareness and raise funds for the HKBCF.

MARY KAY 2018 年 5 月 May

PINK CHANGING LIVES
MARY KAY

COLOR YOUR WORLD PINK
改變生命的力量

於 2018 年 5 月 4 日至 6 月 30 日期間，每售出一支慈善限量版「絕色緞光--桃紅粉唇膏」，Mary Kay 將會捐出一美元予香港乳癌基金會，支持推廣預防乳癌、患者支援服務，以及研究及倡議工作，造福本地女性，傳承 Mary Kay Ash 女士的粉紅使命。

Limited Edition 慈善版
Gel Semi-Shine Lipstick -
Plum Pink
絕色緞光唇膏-桃紅粉
\$298 / 114g
數量有限 售完即止

香港乳癌基金會
HK Breast Cancer Foundation

Breeze Bar

Breeze Bar 在九月底邀請了五屆美式桌球世界冠軍荷曼 (Thorsten Hohmann) 與球迷進行近五個小時馬拉松式賽事，並同時舉行桌球用品義賣，為香港乳癌基金會籌款。

In late September, Breeze Bar invited five-time World Straight pool champion Mr. Thorsten Hohmann to play with pool fans for almost 5 hours and organized a charity sale to raise funds for the HKBCF.



德善醫療集團

Chinese Essence Medical Group Limited

在旗下各門市擺放捐款箱，籌集善款支持香港乳癌基金會的工作。

Chinese Essence Medical Group Limited has placed donation boxes at their outlets to collect donations to support the HKBCF's work.

SOGO

香港崇光百貨今年再次在國際乳癌關注月為香港乳癌基金會籌款及舉行慈善義賣。在 3/10 至 30/10 期間，每次顧客在崇光銅鑼灣店及尖沙咀店指定品牌單一購物滿淨值 \$500，崇光百貨及參與品牌會分別捐出 \$1 予香港乳癌基金會，支持本港防治乳癌的工作。此外，於 17/10 至 30/10 期間，顧客在崇光銅鑼灣店 Paradeisos 推廣專櫃購買指定的手鏈或耳環，Paradeisos 都會捐出部分收益予香港乳癌基金會。

From 3/10 to 30/10, Sogo Hong Kong, like last year, held a fundraising and charity sale campaign to support the HKBCF in promoting breast health education in Hong Kong during the Breast Cancer Awareness Month. For every single net purchase of \$500 at designated brands in SOGO CWB and SOGO TST, SOGO and participating brands donated \$1 respectively to the HKBCF. Besides, from 17/10 to 30/10, for every purchase of designated bracelets or earrings at the Paradeisos pop-up counter at SOGO CWB, Paradeisos donated part of the proceeds to the HKBCF.



富臨月餅

Forum Restaurant (1977) Limited

富臨飯店在九月捐出了 100 盒雙黃白蓮蓉月餅作慈善義賣，並將部份收益捐給香港乳癌基金會，支持推動社區關注乳癌的工作。

To support the ongoing efforts of raising breast cancer awareness in the community, Forum Restaurant donated 100 boxes of White Lotus Seed Paste Mooncake for charity sale in September. Part of the proceeds were donated to the HKBCF.



富臨飯店月餅粉紅義賣 HK\$580

PINK PARTNER

香港乳癌基金會
HK Breast Cancer Foundation

西島中學 West Island School

西島中學在 11 月舉辦了 Pink Week，透過慈善義賣及乳健講座等活動宣揚乳健訊息，在 Pink Week 期間，粉紅色的佈置更遍佈整個校園。

West Island School put up pink decoration all around the campus during their Pink Week in November and organized a charity sale and a breast health talk to raise breast health awareness.



「乳健同行 2018」

Pink Walk for Breast Health 2018

贊助機構 Sponsors:

鑽石贊助商
Diamond Sponsor

Katie Chan



白金贊助商
Platinum Sponsor

Betty Chan



SUCCESS UNIVERSE GROUP
黃德環球集團

金贊助商
Gold Sponsors



銀贊助商
Silver Sponsors



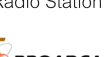
Barbara Shiu



Dr George Lam
Mrs Kathy Lam



支持機構
Supporting Organisations



「乳健同行 2018」各獎項得獎名單

List of Awardees at Pink Walk for Breast Health 2018

個人最高籌款獎 - 冠軍 Individual Top Fundraiser Award - Champion	麥黃小珍 Mrs Sandra Mak	最踴躍參與團體獎 (機構) Highest Participation Award (Corporate)	Watsons
個人最高籌款獎 - 亞軍 Individual Top Fundraiser Award - 1st Runner-up	陳姚慧兒 Mrs April Chan	最踴躍參與團體獎 (學校) Highest Participation Award (School)	ISF
個人最高籌款獎 - 季軍 Individual Top Fundraiser Award - 2nd Runner-up	Aegean Chan Nga	「粉」式設計獎 (帽子) Best Pink Hat Design	Connie Wong
個人最高籌款獎 (團隊) Individual Top Fundraiser Award (Team)	Iris Yu	「粉」墨登場獎 (個人) Best Dressed PINK Award - Individual	Vanessa Lai
個人最高籌款獎 (機構) Individual Top Fundraiser Award (Corporate)	Mavis Chow	「粉」墨登場獎 (最佳拍檔) Best Dressed PINK Award - Partners	Victor Chan
最高籌款獎 (團隊) Top Fundraiser Award (Team)	Let's Pink	「粉」墨登場獎 (小童) (10 歲或以下)	Gabriella Chan
最高籌款獎 (機構) Top Fundraiser Award (Corporate)	HKSH	Best Dressed PINK Award - Kid (aged 10 or below)	
最高籌款獎 (學校) Top Fundraiser Award (School)	ISF	最高籌款獎 (機構) Top Fundraiser Award (Corporate)	HKSH
最踴躍參與團體獎 (團隊) Highest Participation Award (Team)	Let's Pink	「粉」墨登場獎 (寵物) Best Dressed PINK Award - Pet	Angela Yiu
		「粉」墨登場獎 (團隊) Best Dressed PINK Award - Team	Let's Pink

大會指定電台
Official Radio Station



義工 Volunteers:

俊和發展集團有限公司
Chun Wo Development Holdings Ltd
中國太平保險控股有限公司
China Taiping Insurance(HK) Company Limited
香港特許秘書公會
The Hong Kong Institute of Chartered Secretaries
香港醫療及保健器材行業協會
Hong Kong Medical & Healthcare Device Industries Association
香港少年領袖團
Hong Kong Adventure Corps
香港懲教署義工 Hong Kong Correctional Services Volunteer Team
社職 Social Career
乳癌支援中心義工
Breast Cancer Support Centre Volunteers
葆露絲 (亞洲) 有限公司
Bonlux (Asia) Limited

* 篇幅所限，未能在此詳列個人義工名單。香港乳癌基金會衷心感謝所有義工的支持。
* Owing to limited space, we cannot possibly fit all names of the individual volunteers into the list. The HKBCF would like to extend its heartfelt gratitude to all volunteers for their support.

鳴謝 Acknowledgements

在 2018 年 5 月至 10 月捐款港幣 20,000 元或
以上的機構及個人（按英文字母次序排列）

Organisations and individuals donating HK\$20,000 or above from
May to October 2018 (in alphabetical order)



A World Consulting Limited	Heidrick & Struggles	Pandora Jewelry Asia-Pacific Limited
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本會衷心感謝各捐款者 / 贊助單位、義工、機構及公司對本會之慷慨捐款和協助。由於篇幅所限，致謝名單不能盡錄，如有遺漏，謹此致歉。

We are most grateful to all the individuals, volunteers, organisations and companies for their kind donations and assistance. Owing to limited space, we regret for not being able to print all their names.

捐款表格 Donation Form

捐款給香港乳癌基金會，幫助本地婦女接受適切的服務，免受乳癌威脅

Donate to the HKBCF to free women in Hong Kong from the threat of breast cancer

☐ 我樂意參加月捐計劃 I would like to make a monthly donation

☐ 我樂意作單次捐款 I would like to make a one-off donation

月捐 / 一次捐款金額 Monthly/ One-off Donation Amount

☐ HK\$800 ☐ HK\$500 ☐ HK\$300 ☐ HK\$200 ☐ HK\$_____

捐款者資料 PERSONAL PARTICULARS

中文姓名 _____ (先生 Mr./ 女士 Ms.)

Surname _____ First Name _____ Middle Name _____

電話 Tel _____ 傳真 Fax _____

地址 Address _____

電郵 Email _____

如收據抬頭與上述姓名不同，請註明：

If the name on the receipt is different from the above, please state:

捐款方法 DONATION METHOD

1. ☐ 劃線支票 Crossed Cheque

支票抬頭請寫「香港乳癌基金會有限公司」Payable to "Hong Kong Breast Cancer Foundation Limited"

2. ☐ 銀行入數 Bank Deposit

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。請連同存款收據正本 / 自動櫃員機單據正本寄回。捐款者請保留收據副本。Please make a deposit into the Hong Kong Breast Cancer Foundation's bank account HSBC A/C: 094-793650-838, and send us the original bank payment slip/ ATM slip with this form. Please keep a photocopy of the slip for your own record.

3. ☐ 信用卡 Credit Card

☐ Visa Card ☐ Master Card

持卡人姓名 Cardholder's Name: _____

持卡人簽名 Cardholder's signature: _____

信用卡號碼 Credit Card No.: _____

有效期至 Expiry Date: _____ 月 MM _____ 年 YY

多謝 Thank You!

捐款港幣 100 元以上可獲發免稅收據（稅局檔號：91/7226）。

Donation receipt will be issued for a donation of HK\$100 or above (IRD File No.: 91/7226).



香港乳癌基金會
HK Breast Cancer
Foundation

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22/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong.
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