



香港乳癌基金會年報

Hong Kong Breast Cancer Foundation

Annual Report 2014/15

及早發現 治療關鍵
Early Detection Saves Lives



抱負及使命

Our Vision and Mission



抱負

Vision

香港乳癌基金會於 2005 年 3 月 8 日成立，是本港首間專注於乳健教育、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。

The Hong Kong Breast Cancer Foundation 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, support and research & advocacy.



使命

Mission

- 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療方案
- 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

香港乳癌基金會是香港稅務局的註冊慈善機構。註冊號碼：91/7226

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創會人和主席的話

Foreword

香港乳癌基金會於 2005 年 3 月 8 日成立，是本港首間專注於減低乳癌在本地威脅的非牟利慈善組織。

香港乳癌基金會在公眾對乳癌的診斷、預防和治療缺乏認知的環境下成立。我們希望能集醫生、護士和乳癌康復者的力量，來幫助更多有需要支援的乳癌患者以及其家人面對此病。過去十年，我們分別在乳癌篩檢、公眾教育、患者支援，以及研究和倡議等範疇，努力履行減低乳癌在本地威脅的使命。

本年報在香港乳癌基金會邁進十周年的重要時刻編撰，在我們懷著自豪和感恩的心情回顧各項工作時，將乳癌變為主流公共健康話題，以及在本港塑造乳健教育文化是我們最引以為傲的兩項工作。我們感謝各界朋友、支持者和職員，多年來全心全意的貢獻和努力，使香港乳癌基金會能夠逐步向目標邁進。

我們在成立之初，沒有駐診護士，只有一隊既是護士、亦是乳癌康復者的盡心盡責義工，協助處理基金會的日常事務。從成立至 2011 年 5 月的一段漫漫長路，我們承蒙香港賽馬會慈善信託基金的資助，開設乳健中心，為本地社區提供專業、適時和收費相宜的乳癌篩檢服務，並宣傳乳房健康的重要性。乳健中心已服務接近 30,000 名人士，為當中超過 11,000 名有經濟困難的婦女提供免費乳房檢查 / 診斷。迄今，香港乳癌基金會乃是唯一為低收入婦女，提供定期免費乳癌篩檢的機構。

我們一直努力不懈地提昇大眾對乳癌的認識，教育公眾如何減低患乳癌的風險。在過去四年間，已有近 50,000 人參加我們的講座和資訊簡介會。我們也舉辦了一系列活動，引起社會對乳癌的關注。每年舉辦的「乳健同行」，正是表揚所有勇敢地跟乳癌搏鬥的患者和康復者之籌款活動。能夠成就這個在 2004 年只有 300 人參與至 2014 年有近 2,000 人參與的盛事，實在有賴基金會的一眾義工和職員的努力，同心讓「及早發現，治療關鍵」這訊息得以廣泛傳揚。

在香港乳癌基金會的眼中，看到乳癌患者離開中心時，能對將來重新抱有希望，便是讓我們感到最欣慰的事。在治療的路上，患者的身心和情緒均需適應許多改變。患者必須重拾自信，才能夠重投健康人生。為此，我們的乳癌患者支援中心，透過全方位的輔導和同路人計劃，為患者及其家人提供心理支援。過往十年，中心已提供逾 68,000 次服務。帶著沉重的心情走進支援中心的病人，經過參與支援小組聚會或與護士和社工傾訴之後，都能抱著充滿希望的心情離開我們的患者支援中心。

我們於 2007 年 11 月創立香港乳癌資料庫，以應對不斷增加的乳癌個案以及本地乳癌防控研究的需要。資料庫至今已收集超過 15,000 宗本地乳癌個案的資料，是目前香港最全面且最具代表性的乳癌資料庫。自 2014 年 5 月起，資料庫更推出「乳癌在線」網上平台，與醫療專業人員分享資料，讓他們有充分的乳癌資訊，以便作出更明智的治療決定。

乳癌是本港婦女的頭號癌症，新增個案過去十年來持續增長。這些數據正向我們警示乳癌威脅仍步步進迫，施行對策實在是刻不容緩。

我們在慶祝香港乳癌基金會十周年的同時，也正籌劃下個十年及往後的發展。基金會現正展開在牛池灣開設九龍中心的計劃。統計數據指出，九龍和新界確診晚期乳癌的婦女，個案比率較港島區的婦女為高。香港乳癌基金會致力收窄不同社會界別婦女得到乳癌防治服務的差異，故在九龍開設中心，將為患乳癌風險較高的婦女提供殷切的服務。

最後，我們在此衷心感謝這些年來，各界對我們工作的支持，我們朝著使香港免受乳癌威脅的夢想進發，期望令婦女們未來可揮別因乳癌而失去健康或生命的恐懼，在生活中盡展所長。感激大家並期待再與您們慶祝更多周年紀念和見證未來每個重要時刻。



張淑儀醫生
創會人
Dr. Polly CHEUNG
Founder

霍何綺華女士
主席
Mrs. Eliza FOK
Chairman

On 8 March 2005, Hong Kong Breast Cancer Foundation (HKBCF) came into being as the first not-for-profit organisation that is dedicated to mitigating the threat of breast cancer in Hong Kong.

HKBCF was founded against the backdrop of a lack of public awareness about breast cancer; from prevention and detection, to the treatment of the disease. We hoped that with everyone's efforts - doctors' and nurses' and breast cancer survivors' - we could help more patients and provide as much support to them and their families as possible. Over the past ten years, we have strived to advance our mission on several fronts: breast cancer screening, public education, patient support and research and advocacy.

Writing at the crucial moment as HKBCF reaches the ten-year mark, we look back on our work with pride and gratitude. We pride ourselves in bringing breast cancer into the mainstream discourse, and in helping to shape a breast health culture in Hong Kong. At the same time, we are grateful to friends, supporters and staff whose devotion and hard work has enabled HKBCF to move closer to its goal.

When we first started, we didn't have any in-house nurses. A team of committed volunteers including nurses who had recovered from breast cancer helped manage the day-to-day affairs of the organisation. We have come a long way since. In May 2011, we established the Breast Health Centre with a grant from The Hong Kong Jockey Club Charities Trust to provide professional, affordable and timely breast cancer screening services and promote the importance of breast health in the community. The clinic has served nearly **30,000** clients, providing free breast examination for more than **11,000** of them who had financial difficulties. HKBCF is the only organisation to date that provides free breast cancer screening to low-income women on a regular and continuing basis.

Meanwhile, we have worked tirelessly to build awareness of breast cancer and educate the public on how to lower their risk in this regard. Almost **50,000** people have attended our talks and information sessions over the past four years. We have also put in place a plethora of events and activities to draw attention. Among our signature events is Pink Walk for Breast Health, an annual fundraiser that celebrates the courage of women who are fighting breast cancer as well as those who have triumphed over it. Thanks to the efforts of our volunteers and staff, the high-profile event has attracted an increasing turnout over the years, from the initial 300 to more than 2,000 in 2014, spreading the message of "Early Detection Saves Lives" evermore clearly and loudly.

For all of us at HKBCF, one of the greatest sources of

satisfaction is to see our clients walk away in a renewed sense of hope for the future. While physical treatment is an integral part of recovery, patients need to be able to cope with the disease emotionally and regain self-confidence in order to lead a normal and healthy life. To this end, our Breast Cancer Support Centre offers psychological support to patients and their family through a range of counselling and mentorship programmes, and has provided more than **68,000** times of services in the past decade. Our patients may enter the support centre with a heavy heart, but they invariably walk away in a lighter and brighter spirit after attending one of our support group gatherings or having had a chat with our nurses or social workers.

In November 2007, we set up the Hong Kong Breast Cancer Registry in response to the rising number of breast cancer cases and a lack of local research into the prevention and treatment of the disease. The registry has so far collected the data of more than **15,000** local breast cancer cases, and is currently the most comprehensive and representative registry on breast cancer in Hong Kong. Since May 2014, the registry has opened its database to medical professionals in Hong Kong using a platform called "Breast Cancer HK Online", facilitating better-informed treatment decisions.

Breast cancer is the leading cancer among Hong Kong women. New cases have increased substantially and at a faster rate over the past ten years. The statistics alert us to the imminent threat of breast cancer and we must waste no time in tackling the crisis.

As we celebrate HKBCF's 10th anniversary, we are setting the stage for the next ten years and beyond. We are happy to report that plans to open a service centre in Ngau Chi Wan, Kowloon are underway. Compared with Hong Kong Island, Kowloon and the New Territories have a higher rate of advanced breast cancer diagnosis. HKBCF is committed to reducing the disparity in access to quality cancer care among women from different socio-economic groups. By opening a centre in Kowloon, we will provide much-needed services particularly to women who have a higher risk of breast cancer.

Last but not least, we would like to take this opportunity to express our heartfelt thanks to everyone who has helped and supported our work along the way: those who share our dream of living in a society free from the threat of breast cancer, where all women can fulfill their potentials without being inhibited by the fear of being impaired because of, or losing their lives to breast cancer. Thank you, and we look forward to celebrating more milestones and anniversaries with you!

服務摘要

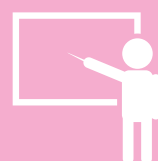
Service Highlights

2014年7月1日至2015年6月30日
From 1 July 2014 to 30 June 2015:



40

名合資格患者接受合共
港幣 564,208 元的藥物資助
eligible patients received
drug financial assistance
totalling HK\$564,208



10,582

人出席教育講座、工作坊及展覽
people attended educational
talks, workshops and
exhibitions



16,169

人次出席乳癌患者支援活動
attendances at breast
cancer support sessions



8,232

人在乳健中心接受乳癌篩檢
people attended screening
services for breast cancer
at Breast Health Centre

香港乳癌基金會
Hong Kong
Breast Cancer
Foundation



經乳健中心發現

141

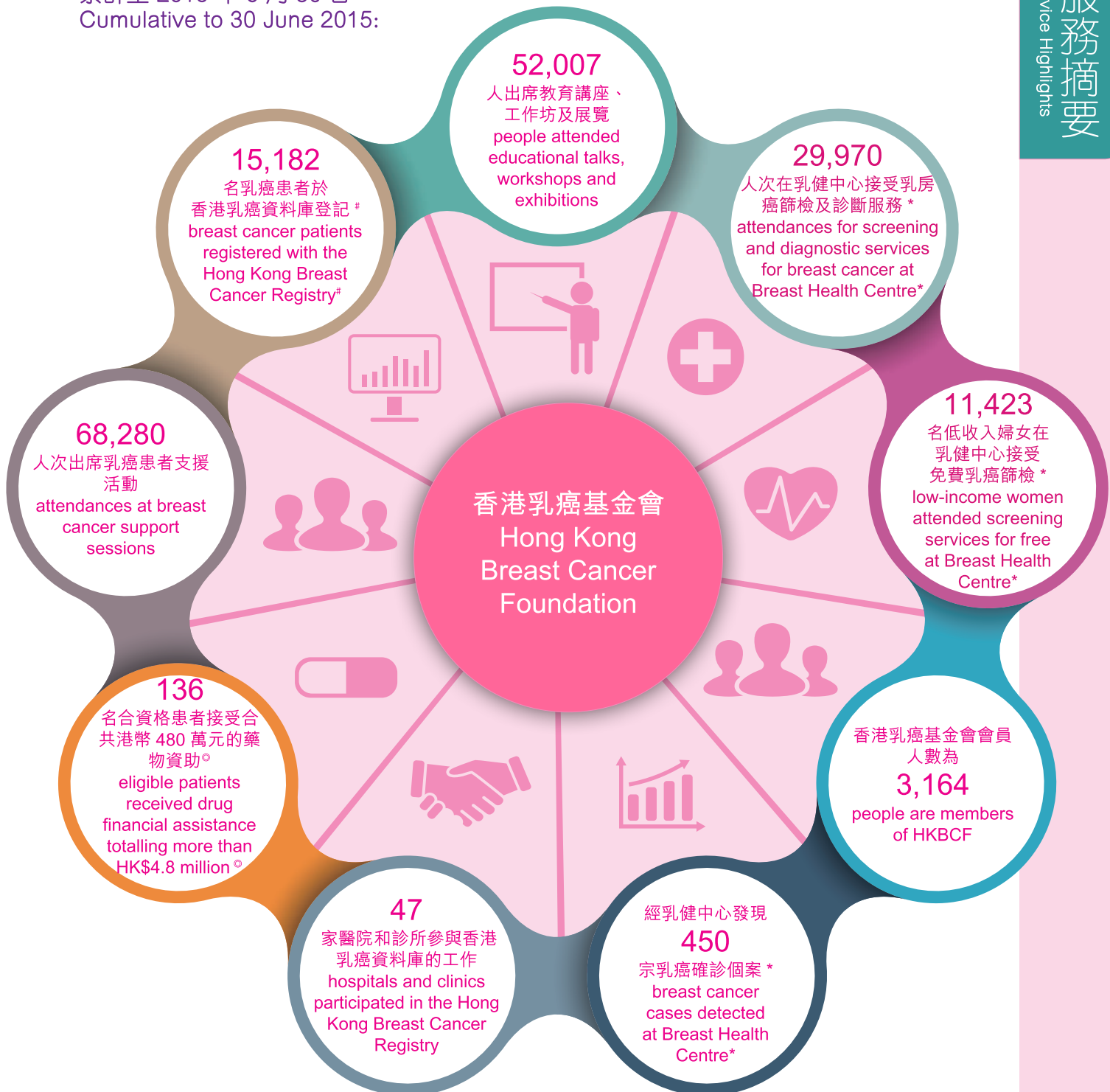
宗乳癌確診個案
breast cancer cases
detected at Breast Health
Centre



3,782

名低收入婦女在乳健中心接
受免費乳癌篩檢
low-income women
screened for free at Breast
Health Centre

累計至 2015 年 6 月 30 日
Cumulative to 30 June 2015:



* 乳健中心於 2011 年 5 月開幕

*Breast Health Centre opened in May 2011

香港乳癌資料庫於 2007 年開始

Hong Kong Breast Cancer Registry launched in 2007

© 乳癌藥物資助計劃於 2009 年推行

© Breast Cancer Drug Financial Assistance Programme started in 2009

本年大事紀要

Year in Review

第一季 (2014 年 7 月至 9 月) Q1 (July-September 2014)



7 月 17 日

香港乳癌基金會主席霍何綺華女士假香港會議展覽中心主持講座暨簽書會，介紹她在 2014 年 6 月出版的首部著作《乳癌 100 問》，場面盛大。

July 17

Mrs. Eliza Fok, Chairman of HKBCF, held a talk about her first book, *100 Questions about Breast Cancer* that was published in June 2014. The book signing event, which took place at the Hong Kong Convention and Exhibition Centre, received an enthusiastic response.

9 月 25 日

香港乳癌基金會舉行《香港乳癌資料庫第六號報告》記者招待會。該報告指出，約三分一乳癌患者在徵狀出現後逾三個月始求醫。延誤求醫的情況在從事基層工作者、喪偶患者，或曾經有良性乳房病歷的患者當中最常見。

September 25

Hong Kong Breast Cancer Registry Report No.6 was released at a press conference. According to the report, around a third of breast cancer patients consulted a doctor more than three months after the onset of symptoms. The delay was especially noticeable among low-skilled workers, widowed patients, or those with benign breast conditions.



第二季 (2014 年 10 月至 12 月) Q2 (October-December 2014)



10 月 19 日

香港乳癌基金會的年度籌款活動「乳健同行」圓滿結束，吸引近 2,000 名人士參與，為基金會籌得破記錄的善款總數超過港幣 350 萬元。

October 19

HKBCF's annual signature fundraising event, Pink Walk for Breast Health, completed with a resounding success, attracting close to 2,000 participants and raising a record-breaking HK\$3.5 million for the organisation.

12 月 1 日

香港乳癌基金會和香港中文大學合辦研討會，題為「乳癌資料庫在乳癌防控的角色及作用」，探討癌病資料庫的角色和未來。

December 1

HKBCF and The Chinese University of Hong Kong co-hosted "The Role of Breast Cancer Registries in Prevention and Control" Symposium to explore the role and future of cancer registries.

12 月 13 日

接近 70 位香港乳癌基金會義工出席義工嘉許禮，部份義工獲頒五年和三年服務獎，以及「2014 十大義工獎」。

December 13

Nearly 70 HKBCF volunteers attended the Volunteer Recognition Award ceremony, during which the "5-year" and "3-year" service awards, as well as the "2014 top ten's service award", were presented.





第三季 (2015 年 1 月至 3 月) Q3 (January-March 2015)

2 月 26 日

基金會獲政府批出一幅位於牛池灣、面積逾五千平方呎的社區用地，以興建香港乳癌基金會九龍中心。規劃中的九龍中心將提供一站式乳健服務，包括乳癌風險評估、臨床檢查和 X 光造影檢查服務。此外，中心亦會提供心理支援、淋巴水腫護理服務。

February 26

The government granted HKBCF a piece of land of more than 5,000 square feet in Ngau Chi Wan, where the HKBCF Kowloon Centre will be built. The "one-stop" service centre, which is in planning stage, will provide a range of breast health services including breast cancer risk assessment, clinical examination and mammography screening. Psychological support, lymphoedema care service will also be available.



3 月 28 日

香港乳癌基金會舉行周年會員聚餐，會員藉展現基金會歷史的輕鬆短劇及「龍舞」慶祝基金會十周年會慶。名譽會長范徐麗泰女士和香港公益金的楊傳亮先生亦撥冗出席為當晚榮譽嘉賓。

March 28

Participants of the Annual Members' Gathering celebrated HKBCF's 10th anniversary by putting on a skit about the history of HKBCF and performing a group dance, among other things. Mrs. Rita Fan Hsu Lai-tai, Honorary President of HKBCF, and Mr. Charles CL Yang from the Community Chest of Hong Kong were the guests of honour that evening.

第四季 (2015 年 4 月至 6 月) Q4 (April-June 2015)



4 月 24 日

Pink Sunset 郵輪夜吸引逾 400 名香港乳癌基金會的嘉賓和支持者登上藍寶石公主號與我們同慶基金會十年來服務社區的成果。活動由公主遊輪慷慨贊助，揭開基金會十周年慶典的序幕。

April 24

The "Pink Sunset" donors-recognition dinner drew more than 400 friends of HKBCF onboard the Sapphire Princess to celebrate our decade-long service to the community. Sponsored by Princess Cruises, the occasion raised the curtain of HKBCF's 10th Anniversary Campaign.

5 月 31 日

80 名乳癌康復者及家人參加「亮麗人生」日營，一起大跳尊巴舞和參與表達藝術治療工作。

May 31

The "Brighten Up Your Life" day camp was held with the participation of 80 breast cancer survivors and family members. Participants enjoyed activities including expressive art therapy and Zumba dancing.



乳健中心

Breast Health Centre



致力在社區推動乳癌普查及提倡乳健教育

Providing breast cancer screening services and breast health education to the community

乳健中心在 2011 年 5 月成立，目的是要在本港提升公眾的乳癌意識和提倡乳健教育。中心希望藉著適切的檢查服務，以減低乳癌風險和及早發現為主題的教育計劃，鼓勵本地婦女養成定期檢查乳房的習慣，增加及早發現和治療的機會。

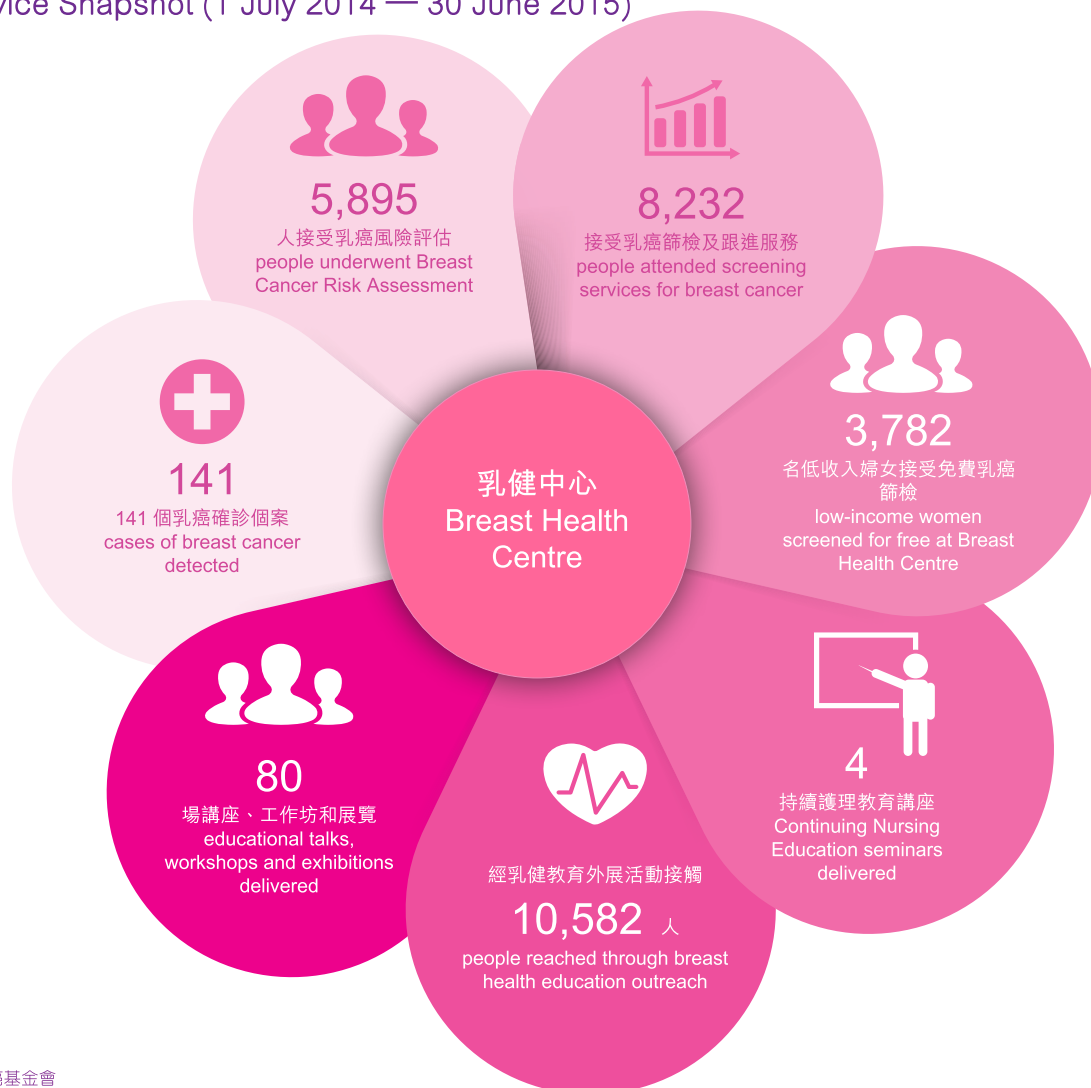
乳健中心自成立以來，承蒙香港賽馬會慈善信託基金的捐助，為低收入婦女提供乳房健康教育和乳癌篩檢服務，而香港賽馬會慈善信託基金亦於本年度再延續對乳健中心的支持。

The Breast Health Centre (BHC) was established in May 2011 with the aim to raise awareness of breast cancer and promote breast health in Hong Kong. Through providing accessible screening services and delivering education programmes that focus on the importance of risk reduction and early detection, BHC hopes to encourage local women to develop a habit of regular breast examination, in an effort to ultimately improving the chances of early diagnosis of breast cancer.

Since its inception, BHC has received funding from The Hong Kong Jockey Club Charities Trust in the support of the provision of breast health education and breast cancer screening to low-income women. The Jockey Club Charities Trust renewed its support for the same programme in the year.

服務一覽 (2014 年 7 月 1 日至 2015 年 6 月 30 日)

Service Snapshot (1 July 2014 — 30 June 2015)





乳癌篩檢服務 Breast cancer screening services

乳健中心為香港所有婦女提供專業、適時和收費相宜的服務，包括：

- 乳癌風險評估：接受評估的婦女要先在乳健中心填寫問卷，內容涵蓋其家人的病歷，以及其飲食和運動等日常習慣。中心的護士會按問卷答案評估其患上乳癌的風險，並就如何減低乳癌風險給予專業意見和建議。
- 乳癌篩檢：臨床乳房檢查由醫生或護士負責，以觸檢方式檢查乳房及腋下部位是否出現不正常狀況。所有接受風險評估的婦女均會接受臨床檢查。
- 乳房診斷程序：即乳房 X 光造影檢查，使用低能量 X 光檢查乳房。乳健中心建議，年逾 40 的婦女每兩年進行一次乳房 X 光造影檢查。

在報告期間，中心加強部分服務如下：

The BHC provides professional, timely and affordable services to all women in Hong Kong, including:

- Breast cancer risk assessment: Upon arrival at the centre, the client fills in a questionnaire about her family medical history and daily habits such as the characteristics of her diet and exercise routine. BHC's nurses then evaluate the client's risk of breast cancer and offer advice and recommendations on how to lower the risk.
- Breast cancer screening: A doctor or a nurse at BHC conducts clinical breast examination for the client, which is a physical examination of the breasts and the underarm area to check for abnormalities. All clients who have had the breast cancer risk assessment will be screened.
- Breast diagnostic procedures: These refer to our mammogram screening services, or the use of low energy x-ray to examine the breasts. Women aged 40 or above are recommended to have mammogram screening every two years.

During the reporting period, BHC has stepped up the number of services it provides:

服務項目 Procedures	付款服務 Paid Services	免費服務 Free Services	合計 Total
乳癌風險評估及乳癌篩檢 (2013 年 12 月起) Breast Cancer Risk Assessment & Breast Cancer Screening (From Dec 2013)	3,252	2,643	5,895
乳房診斷程序 Breast Diagnostic procedures	1,198	1,139	2,337
發現乳癌個案 Cancer Cases Detected	81	60	141

乳健教育 Breast health education

乳健中心透過與公私營機構合作，更有效運用資源以提升公眾對乳健教育的認識。乳健中心的夥伴包括非政府組織、草根及社區組織、公司和學校。我們與各夥伴舉辦講座、研討會、展覽以及其他活動予不同團體，傳遞乳房健康的訊息。在報告期間，超過 10,500 人曾參與我們的外展乳健教育活動。

The BHC builds partnerships with both the public and private sectors in order to leverage resources and maximise the impact of its awareness and education initiatives. Among our partners are non-governmental organisations, grassroots and community groups, business corporations and schools. We hold talks and seminars for different groups of the population, put on exhibitions and organise a variety of activities with partner organisations to convey the importance of breast health. During the reporting year, more than 10,500 people came to our outreach and educational events.

「關懷乳癌流動教室」計劃 The "Mobile Breast Health Education Classroom" initiative

「關懷乳癌流動教室」是眾多推廣乳房健康的重要性的教育活動之一，由雅詩蘭黛香港 (Estee Lauder Hong Kong) 贊助。計劃安排一輛經特別設計的貨車，於 2014 年 10 月在全港街道行駛，傳揚乳健訊息。鮮艷的粉紅貨車載有護士和義工，他們為途人簡介關於乳癌的資訊，並解答登車參觀人士的任何有關乳癌的問題，活動期間共有 3,600 人登上流動課室參觀。

Among the many activities that we held to promote the importance of breast health was the "Mobile Breast Health Education Classroom" sponsored by Estee Lauder Hong Kong. The programme entailed a specially designed truck roaming the streets of Hong Kong during October 2014 on a mission to promote breast health. Onboard the bright, pink truck were nurses and volunteers who dished out quick facts about breast cancer and who would answer any questions a visitor might have about the disease. A total of 3,600 visitors went onboard the mobile classroom.



持續護理教育 Continuing Nursing Education

香港乳癌基金會認為持續護理教育在提供安全、優質和實證為本的護理服務，擔當十分重要的角色。中心是香港護士管理局指定的認可持續護理教育供應機構，為護士提供持續護理教育課程，香港乳癌基金會和其他機構工作的護士均可參加。

HKBCF attaches great importance to ongoing nursing education as an essential means to provide safe, quality and evidence-based nursing care. As an accredited Continuing Nursing Education (CNE) provider designated by the Nursing Council of Hong Kong, we offer continuing education to nurses. We welcome participation from nurses working for HKBCF and other organisations.

下表顯示乳健中心在報告期間主辦的持續護理教育專業講座：

Shown below are the CNE programmes that BHC delivered during the report period:

2014年7月9日 9 July 2014	診斷及治療乳癌的新資訊 Updates on Breast Cancer Management
2014年10月23日 23 October 2014	年輕乳癌患者心理支援 Updates on Psychological Support for Young Patients
2014年12月1日 1 December 2014	乳癌資料庫在乳癌防控的角色及作用 The Role of Breast Cancer Registries in Prevention and Control
2015年3月12日 12 March 2015	乳房造影技術的新資訊 Updates on Breast Imaging Technology

乳癌支援中心

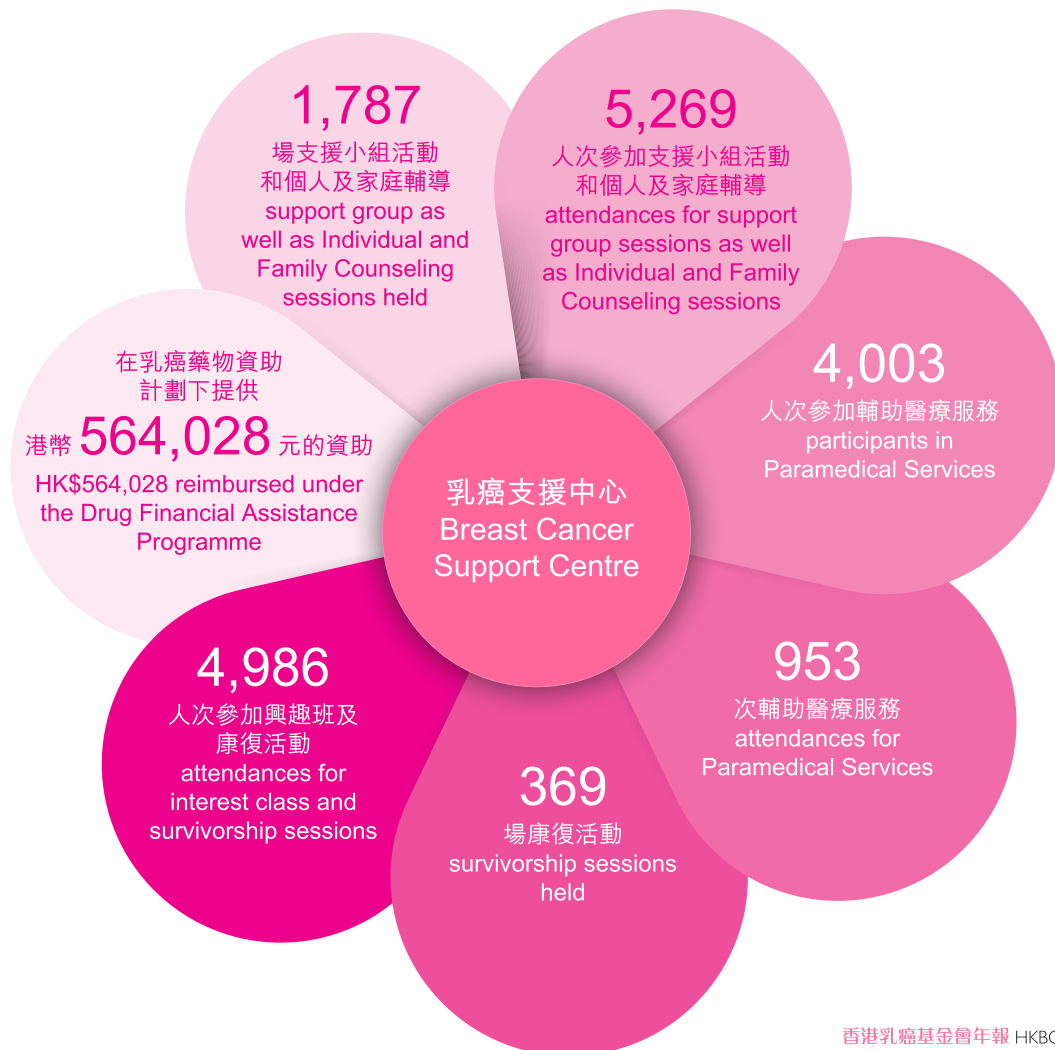
Breast Cancer Support Centre

致力為乳癌患者及其家人提供全面的支援和服務 Providing much-needed all-rounded support to patients and their family members

香港乳癌基金會深明情緒及心理支援對患者及其家人重拾勇氣面對未來相當重要。乳癌支援中心提供的服務廣泛，為受乳癌影響的人士提供資訊、支援以及面對和處理困難的技巧，另有心理輔導、治療性小組和興趣班等，本年度更引入尊巴舞蹈班。基金會亦為會員提供護理支援，如淋巴水腫指數測量、淋巴水腫護理、藥物資助計劃以及假髮送贈計劃，協助有需要的乳癌患者。義工隊亦經常組織乳癌康復者活動，鼓勵患者以積極態度面對病情。

HKBCF recognises the importance of emotional and psychological support in helping patients and their family members regain strength and embrace the future with hope. At Breast Cancer Support Centre (BCSC), we offer a wide range of services, including support groups to provide information, care and coping tools and mechanisms for those impacted by breast cancer, as well as counseling, therapeutic groups and interest classes such as new Zumba class this year. Paramedical services e.g lymphoedema measurement and management groups, drug financial assistance programme as well as Free Wig Programme for breast cancer patients in need are also offered to our members. Our volunteers also organised survivorship activities to encourage breast cancer patients to stay positive on their road to recovery.

服務一覽 (2014 年 7 月 1 日至 2015 年 6 月 30 日) Service Snapshot (1 July 2014 — 30 June 2015)



患者支援小組 Support groups



基金會獨有的三向支援小組，即病友支援、家屬支援和治療前準備小組。患者支援小組由護士和社工等專業人士帶領，參加的患者亦會跟康復者交談，聽取康復者的抗病歷程，藉這類分享小組而生的友誼，往往能在困難時刻給予患者重要的支援。

參加者按年齡和患癌階段來分組，學習如何更好的護理身體、處理沮喪情緒，以及適應現實生活，例如怎樣向朋友透露病情和照顧子女的安排等。

我們也邀請患者的家人參加家人支援小組，在小組內家人可以進一步了解如何幫助患者處理起伏的情緒和壓力亦可認識到怎樣以合適的方法與患者溝通。同時，患者亦可從治療前準備小組得知合適的護理資訊，協助她們為化療、放射治療和荷爾蒙治療等治療程序作出更好的準備。

The BCSC has adopted a unique, three-pronged support approach comprising patient support, family support and treatment support. The patient support groups are professionally led by nurses and social workers in which our patients also talk to breast cancer survivors about the latter's cancer recovery experience. The sharing and the friendships formed in these groups have helped buoy our patients through difficult times.

Participants of our patient support groups are assigned according to their age and stage of cancer. They learn how to take better care of their body, deal with frustrations and cope with the practicalities of everyday life, such as how to break the news of the illness to friends and matters concerning childcare.

We also invite the family members of our patients to join our family support groups where they learn about how to help their loved ones manage emotions, ease stress and how to communicate with the patients in an appropriate way. In our treatment preparation groups, patients receive appropriate nursing tips to help them be better prepared for treatment such as chemotherapy, radiotherapy and hormone therapy.

淋巴水腫護理服務 Lymphoedema care services

乳癌支援中心提供手術後上肢運動班和淋巴水腫護理等輔助醫療服務。上臂淋巴水腫是康復中的乳癌患者常見的現象。為減輕淋巴水腫的徵狀，中心推出下列服務：

- 淋巴水腫基礎護理班：乳癌患者學習如何以定期運動和改變生活習慣來改善淋巴水腫情況及預防水腫出現。
- 淋巴水腫指數測量：有助及早發現淋巴水腫並監測淋巴水腫治療的進展。測量方法是將低頻率的電流傳送至手腳，再加以分析數據。
- 淋巴水腫護理支援小組：在小組內，淋巴水腫患者學習淋巴引流，佩戴壓力袖套的技巧，以減輕不適並提供心理輔導服務。
- 個別淋巴水腫處理：提供個別淋巴水腫處理的服務及指導。

The BCSC provides paramedical services such as post-operative upper limb exercise classes and lymphoedema care services. Lymphoedema, or swelling, in the upper arm is common among patients recovering from breast cancer. To help alleviate the symptoms, BCSC has introduced a series of services that include:

- Basic lymphoedema care classes: Breast cancer patients learn how to prevent and improve lymphoedema by exercising regularly and changing their lifestyle.
- Measurement of the lymphoedema index: It helps in early detection and monitoring the progress of the treatment of lymphoedema. The process involves passing small amounts of electrical current through the limb and measuring the resistance of the flow.
- Lymphoedema management groups: In small groups, patients with lymphoedema learn how to perform Manual Lymphatic Drainage, in addition to wearing the compression garment to lessen the discomfort arising from lymphoedema. Counselling is also provided in groups.
- Individual sessions for lymphoedema management: Provide lymphoedema management and advice individually.



義工服務支援 Support from volunteers

近 600 名義工在報告期間為香港乳癌基金會提供 4,000 小時的義工服務，其中 9 成義工工時用於為患者籌備多姿多彩的活動，如編織班和歌唱班，以及尊巴舞班和戶外活動。約 95% 義工是乳癌康復者，而乳癌支援中心今年舉辦了三場「義工起動日」歡迎新義工。

我們在 2014 年 12 月 13 日舉行義工嘉許禮，表揚一眾義工對我們的支持，在香港乳癌基金會主席霍何綺華女士和副主席王天鳳女士的帶領下，頒發了三個重要獎項：向連續五年和連續三年期間，每年工作逾 20 小時的義工分別頒發「五年獎」和「三年獎」，並向 2014 年度服務 98 至 291 小時的十位義工，頒發「2014 年度十大服務獎」。

Almost 600 volunteers contributed 4,000 hours of service to HKBCF during the reporting period, 90% of which contributed to a colourful array of survivorship activities at HKBCF, ranging from knitting and singing classes to Zumba dancing and outings. Around 95% of our volunteers are breast cancer survivors. Each year, BCSC welcomes new members on our Volunteer Initiation Day. Three such events were held in the year.

At the Volunteer Recognition Award ceremony, hosted by HKBCF's Chairman, Mrs. Eliza Fok, and Vice-Chairman Mrs. Mary Hemrajani on 13 December 2014, 5-year and 3-year service awards commending volunteers who contributed more than 20 hours each year for five and three consecutive years respectively, and the "2014 Top Ten's Service Award" for the ten volunteers who served 98-291 hours that year were presented.



下表顯示在報告期間參加乳癌支援中心舉辦活動的人數：

The table below shows the number of participants taking part in BCSC activities during the reporting period:

計劃 / 活動 Programme/Initiative	次數 No. of sessions	參加人數 Number of participants
支援小組 Support Groups	498	3,358
個人及家庭輔導 Individual and family counselling	1,289	1,911
輔助醫療服務 Paramedical services	953	4,003
- 淋巴水腫基礎護理班 Basic lymphoedema care class	50	681
- 淋巴水腫指數測量 Lymphoedema Index Measurement	536	2,293
- 淋巴水腫護理支援小組 Lymphoedema management group	296	695
- 手術後上臂運動練習班 Post-operative upper limb exercise class	71	334
康復活動 Survivorship activities	369	4,986
- 興趣班 Interest classes	306	2,672
- 其他活動 Other activities	63	2,314

乳癌支援中心在報告期間推展的其他主要計劃包括：

Other major BCSC programmes during the reporting period included:

乳癌藥物資助計劃

The Breast Cancer Drug Financial Assistance Programme

此計劃在 2009 年推出，為合資格乳癌患者提供財政援助，以優惠價購買療程所需的特定藥物，好讓她們得到治療必須的藥物。

Launched in 2009, the programme provides financial assistance to eligible breast cancer patients to purchase the specific drugs required for their treatment at a reduced price, giving them access to medication that may be crucial for their treatment.

藥物名稱 Name of drug	計劃的補貼款額 Reimbursement made under the programme	獲計劃認許的患者數目 Number of patients accepted into the programme
- Denosumab (Xgeva) - Eribulin (Halaven) - Everolimus (Afinitor) - Lapatinib (Tykerb)	港幣 HK\$564,028	40



周年會員聚餐 Annual Members' Gathering

超過 450 名香港乳癌基金會的好友和支持者於 2015 年 3 月 28 日聚首九龍灣宏天廣場百樂門宴會廳，參與我們的周年會員聚餐。基金會亦於當晚慶祝我們十年來對社會作出的貢獻，並以義賣十周年紀念版圍巾籌募善款。

當晚的重點節目，是一齣關於基金會歷史和發展的輕鬆短劇，由創會人張淑儀醫生和主席霍何綺華女士帶領一眾乳癌康復者和基金會職員粉墨登場。接著亦有精彩的「龍舞」在嘉賓和觀眾席間穿梭。聚餐承蒙名譽會長范徐麗泰女士和香港公益金的楊傳亮先生光臨並擔任榮譽嘉賓，令活動生色不少。

More than 450 friends and supporters of HKBCF attended our Annual Members' Gathering (AMG) on 28 March 2015 at the Paramount International Banquet Hall of Skyline Tower in Kowloon Bay. We celebrated HKBCF's ten years of service to the community and raised funds through the sales of the pink ribbon scarf. One of the highlights of the event was a skit put together by breast cancer survivors and HKBCF staff, led by Dr. Polly Cheung and Mrs. Eliza Fok, Founder and Chairman of HKBCF respectively. The performance, which documented the major developments of HKBCF, was followed by a group dance among the guests and the audience. The AMG invited Mrs. Rita Fan Hsu Lai-tai, Honorary President of HKBCF, and Mr. Charles C L Yang from the Community Chest of Hong Kong as guests of honour.



「亮麗人生康復者」日營 The "Brighten Up Your Life" day camp

自 2013 年起，香港乳癌基金會把五月指定為乳癌康復月，鼓勵康復者及其家人在抵抗癌病的恐懼和威脅的時候，保持正面心態。每年的「亮麗人生康復者」日營是乳癌康復月一連串活動之一，透過手工藝、音樂及遊戲為患者提供互相分享感受和經驗的機會。

今年的日營在 2015 年 5 月 31 日舉行，主題是「變出生命力」。乳癌支援中心的職員和義工組織不同活動，例如表達藝術治療、自我探索活動，以及大跳慶祝康復的尊巴舞，一心要讓 80 名參加者盡情表達及釋放情緒，並學會欣賞光明的一面。

Since 2013 HBKCF has dedicated the month of May as Breast Cancer Survivorship Month to encourage breast cancer survivors and their families to be positive in their fight against the fear and threat of breast cancer. As one of the integral components of the month, the annual "Brighten Up Your Life" day camp offers patients the opportunity to express their feelings and experiences through arts and crafts, music and games.

This year's day camp took place on 31 May 2015 and came under the theme "Change for Better Life". BCSC staff and volunteers organised a range of activities including expressive art therapy, self-exploring activities and Zumba dance celebration of survivorship, all aimed to give the 80 participants an avenue to reflect and release their feelings and look at the bright side of life.



香港乳癌資料庫

Hong Kong Breast Cancer Registry

研究乳癌的成因、預防與治療，並提倡改善患者護理

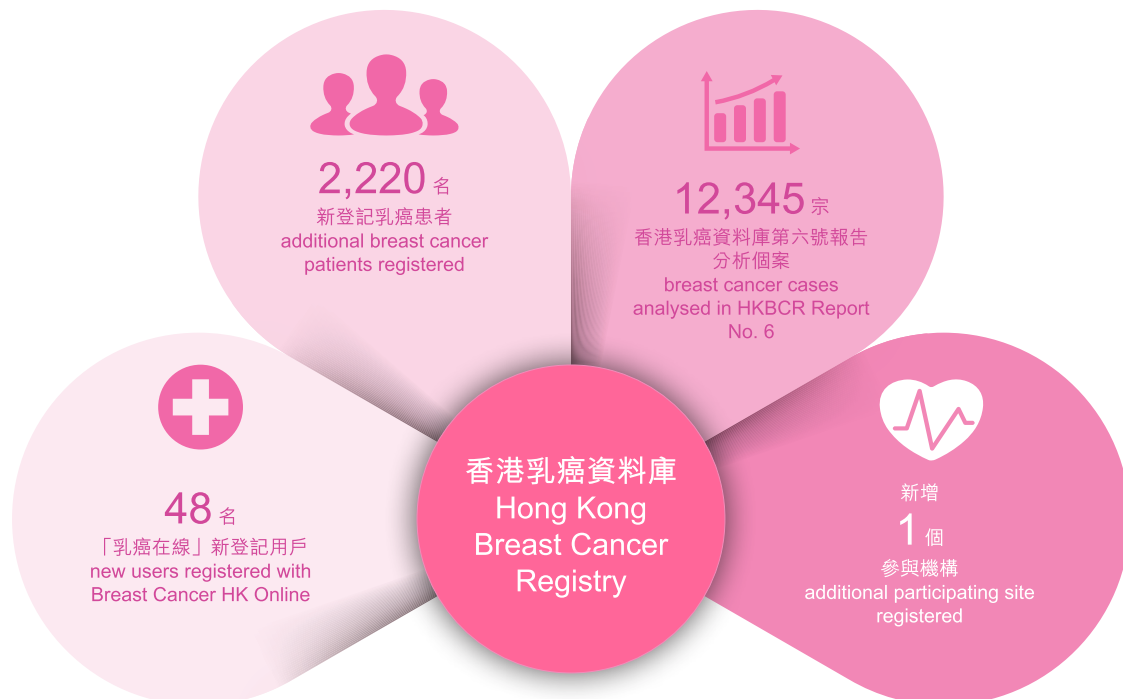
Researching into the causes, prevention and treatment of breast cancer and advocating for better patient care

香港乳癌資料庫在 2007 年成立，為香港現時最全面和最具代表性的乳癌資料庫。資料庫收集本地每宗乳癌個案的數據逾 300 項，包括面對的風險、治療方案、臨床結果和存活率。這些分析可讓患者、醫護人員和政府更清楚了解本地的乳癌實況，並有助改善針對乳癌的預防、診斷和治療，以及提升病人得到的照顧水平。直到現時，有超過 15,000 名乳癌患者登記加入資料庫。

Established in November 2007, the Hong Kong Breast Cancer Registry (HKBCR) is currently the most comprehensive and representative registry on breast cancer in Hong Kong. It collects more than 300 data items from each local breast cancer case, including risk exposures, treatment options, clinical outcomes and survival rates. The analyses give patients, medical professionals and policy makers a better understanding of breast cancer in Hong Kong and aim to help improve the prevention, detection and treatment of the disease as well as care for patients. To date, more than 15,000 breast cancer patients have registered with HKBCR.

服務一覽 (2014 年 7 月 1 日至 2015 年 6 月 30 日)

Service Snapshot (1 July 2014 — 30 June 2015)





《香港乳癌資料庫第六號報告》 Hong Kong Breast Cancer Registry Report No. 6

香港乳癌資料庫自 2008 年出版的報告，覆蓋的重要主題包括乳癌患者的統計資料、治療趨勢，以及乳癌對生理和心理方面帶來的影響。

《香港乳癌資料庫第六號報告書》於 2014 年 9 月出版，分析超過 12,300 名香港乳癌患者的資料和數據，顯示約三分之一的乳癌患者（32.5%）在徵狀出現後逾 3 個月方始求醫。

從事基層工作、喪偶或有良性乳腺病歷的患者，較多在乳癌徵狀出現後仍延誤求醫及接受治療，不盡快求診有重大的負面影響；延誤診斷和求醫的患者確診時大多已為晚期乳癌。

The HKBCR has since 2008 published reports covering important topics from the demographics of breast cancer and disease patterns, to treatment trends and the physical and psychological impact of breast cancer:

The Hong Kong Breast Cancer Registry Report No.6 was published in September 2014. Analysing the information and data of more than 12,300 breast cancer patients in Hong Kong, the report shows that around one third of breast cancer patients (32.5%) consulted a doctor more than three months after the onset of symptoms.

In particular, low-skilled workers, widowed patients and those with a history of benign breast conditions tend to delay seeking medical diagnosis and treatment for breast cancer. Not seeking immediate medical attention has significant negative impact; patients who wait too long to see a doctor are more likely to be diagnosed at advanced disease stages.

「乳癌資料庫在乳癌防控的角色及作用」研討會 “The Role of Breast Cancer Registries in Prevention and Control” Symposium

乳癌資料庫日漸被認為有效的監察系統，資料庫的數據可用於進行乳癌風險的研究和分析以及評估治療成效，藉此倡議更有效的公共衛生政策，應付乳癌在本地社區的威脅。香港乳癌資料庫由於深明資料庫的重要性，於是與香港中文大學賽馬會公共衛生及基層醫療學院於2014年12月1日合辦研討會，啟發醫療及公共衛生界人士討論癌病資料庫的角色及未來。

香港乳癌基金會創辦人張淑儀醫生和瑞典卡羅林斯卡醫學院的 Kerstin Sandelin 教授在會上各自分享她們管理及發展香港乳癌資料庫和瑞典國家乳癌質量資料庫的經驗。她們比較兩個資料庫的運作，從中比較異同，並討論未來數年如何改善資料庫。

與會者包括食物及衛生局副局長陳肇始教授、醫院管理局代表、立法會議員和區議會議員。另外，多個香港乳癌資料庫的捐籌單位、香港乳癌基金會理事會成員、香港乳癌資料庫督導委員會成員和資料庫的調查人員、非政府組織代表，以及其他醫生和護士也出席是次研討會。

Breast cancer registries are increasingly accepted as an effective surveillance tool. The data from breast cancer registries can be used to enable studies and analyses to identify risk factors and evaluate the effectiveness of treatment options for entire populations. In due course, the Registry will hopefully contribute to advising the best public health policy to deal with breast cancer in Hong Kong. On 1 December 2014, HKBCR co-hosted a major conference with the Jockey Club School of Public Health and Primary Care at The Chinese University of Hong Kong (CUHK) to inspire discussions within the medical and public health community about the role and future of cancer registries.

At the symposium, Dr. Polly Cheung, Founder of HKBCF, and Professor Kerstin Sandelin of Karolinska Institutet in Sweden spoke about their experiences of managing and developing the Hong Kong Breast Cancer Registry and the Swedish National Breast Cancer Quality Register respectively. They compared the similarities and differences between the two registries, shared the lessons learned from each case, and discussed how best to grow the organisations in the years to come.

Among the symposium participants were Under Secretary for Food and Health Professor Sophia Chan, representatives from Hospital Authority, legislators and district councilors. Also attending the event were donors of HKBCR, HKBCF's council members, HKBCR's steering committee members, as well as HKBCR's investigators, representatives from non-governmental organisations, and other doctors and nurses.



傳訊

Communications

發佈乳健教育資訊並建立香港乳癌基金會的公眾形象 Disseminating facts and information on breast health and building

香港乳癌基金會的傳訊隊伍，全年奮力為社區發放最新及正確的乳癌和乳健教育資訊，讓各界能即時掌握相關熱門話題和與乳癌有關的研究。

The Communications team at HKBCF works tirelessly throughout the year to publish relevant and timely information on breast cancer and breast health, and to keep the community abreast of topical issues and latest findings.



與香港乳癌基金會主席 霍何綺華女士一席話 A dialogue with HKBCF's Chairman

在 2014 年 6 月發行首本著作《乳癌 100 問》後，香港乳癌基金會主席霍何綺華女士於 2014 年 7 月 17 日，假座香港會議及展覽中心向乳癌患者、康復者和基金會的好友在簽書會上演講。她的著作記錄近 100 名康復者（包括她本人）在抗癌期間生理、情緒和精神方面的心得。是次新書發佈會座無虛席，給予讀者及支持者機會去了解霍太的乳癌治療和康復經歷。

在嘉賓分享的環節，立法會議員陳婉嫻女士（她本身亦為乳癌康復者），鼓勵患者及家人以勇氣和樂觀態度面對乳癌。香港乳癌基金會名譽贊助人梁唐青儀女士和基金會創辦人張淑儀醫生，亦撥冗出席。

《香港乳癌資料庫第六號報告書》新聞發布會 Hong Kong Breast Cancer Registry Report No. 6 press conference

2014 年 9 月 25 日，香港乳癌基金會舉行新聞發布會，發表《香港乳癌資料庫第六號報告書》。報告書分析超過 12,300 宗本地乳癌個案，揭示近三分之一的乳癌患者延誤求醫。新聞發布會由香港乳癌資料庫督導委員會主席張淑儀醫生、香港乳癌基金會主席霍何綺華女士以及香港乳癌資料庫督導委員會成員游子覺醫生主持。



Following the launch of her first book, 100 Questions about Breast Cancer, in June 2014, Mrs. Eliza Fok, Chairman of HKBCF, spoke to a full house of breast cancer patients, survivors, and friends at the Hong Kong Convention and Exhibition Centre on 17 July 2014. Mrs. Fok's book offers insights into the physical, emotional and spiritual aspects of patients recovering from breast cancer, shared by close to 100 survivors including Mrs. Fok herself. The event gave readers and supporters an opportunity to find out more about Mrs. Fok's journey to recovery from breast cancer.

Among the guest speakers at the event was legislative councilor Ms. Chan Yuen-han, a breast cancer survivor herself, who encouraged patients and their families to face the disease with courage and optimism. Mrs. Regina Leung and Dr. Polly Cheung, HKBCF's Honorary Patron and Founder respectively, were also in the audience.

On 25 September 2014, a press conference was held to release Hong Kong Breast Cancer Registry Report No. 6. Analysing more than 12,300 local breast cancer cases, the report revealed that nearly one third of patients of breast cancer delayed seeking medical help. Hosting the press conference were Dr. Polly Cheung, Chairman of the HKBCR Steering Committee, HKBCF's Chairman Mrs. Eliza Fok and Dr. Yau Tsz-kok, a member of the HKBCR Steering Committee.

公佈獲批地興建九龍中心

Announcement of land grant for Kowloon centre

我們在2015年4月17日舉行媒體聚會，公佈基金會獲政府批地興建九龍中心。當日共有八家媒體出席，其後幾天連續刊登11篇關於九龍中心的報導。大部分報導傳達的一項主要訊息，是這「一站式」中心將提供一系列乳健服務，為居於九龍和新界、患乳癌風險較高的婦女提供支援。

定期專欄

Regular columns

香港乳癌基金會創辦人張淑儀醫生和基金會主席霍何綺華女士，持續在本地報章撰稿，利用專欄為平台，分享她們在推動本港乳癌防控方面的經驗和專業知識。張淑儀醫生的專欄《乳你同行》逢星期於蘋果日報刊登，而霍何綺華女士的專欄《乳過天晴》則逢星期二於晴報刊登。

We hosted a media gathering on 17 April, 2015 to announce the government's land grant to HKBCF for our new Kowloon Centre. 8 media were present and 11 articles about the centre were published the next few days. Most of them conveyed the key message that the "one-stop" center will provide a range of breast health services, including support for women who are at a higher risk of breast cancer living in Kowloon and the New Territories.

Dr. Polly Cheung and Mrs. Eliza Fok, HKBCF's Founder and Chairman respectively, continued to contribute to local newspapers, using their columns as a platform for sharing insights and expertise on breast cancer in Hong Kong. Dr. Cheung's column, 乳你同行, appeared in Apple Daily every Sunday, while Mrs. Fok's piece, 乳過天晴 was published in Sky Post on Tuesdays.

愛在社區

香港乳癌基金會重視地區工作，作為非牟利機構，我們着重每個層面的朋友。基金會植根香港，但絕不止提供服務予香港人，香港每天都有不同國籍的人出入，乳癌威脅並不會因你的膚色、血液或出生地而有異，故基金會轄下的乳健中心常到社區接觸不同社群，教大家自我檢查。「面對少數族裔，乳健中心的護士也許語言不通，如何教她們自我檢查呢？」曾有人這樣問我。

護士對我說：「我們每次跟不同族裔的朋友上講座都十分開心，由於語言不遜，她們會更用心聽講，我們以不同語言、身體語言令對方更易明白，增加互動。」護士又指，這些團體中有一兩位懂英語的姊妹作代表，跟護士一同製作教學工具如畫畫、勞作，以她們的母語寫上說明字句，方便解說。代表又會以模擬學習檢查法，護士確保代表的方法無誤後，代表會幫忙向其他同族人示範，減低溝通障礙。

此外，基金會也會和其他非牟利機構合作，把健康資訊帶給不同機構，例如一些關注女性健康或注家庭事務的機構。基金會護士每次到這些機構講解，最大的成功感和快樂就是看到很多婦女踴躍發問，沒有傳統忌諱，反而認真地查詢正確的自我檢查方法、臨床和X光造影檢查的詳細情形，因為她們知道要愛護家人先要愛護自己。以我所知，基金會有不少義工，本來都是其他機構的義工或會員，從講座中認識基金會後都想為這更有意義的工作出一分力。

為報答善心人士，基金會必定善用獲得之善款，包括提供免費的乳健檢查、藥物支援或加強宣傳乳健信息，讓更多人知道「及早發現，治療關鍵」。其實患病可能是一種祝福，若我不是乳癌過來人，也許不會當上基金會主席，未必有幸能遇上許多好人好事。

願大家學會以感恩和樂觀的心面對一切，你會發現到處都是愛。（本欄逢周二刊登）

乳過天晴

香港乳癌基金會主席 霍何綺華
info@hkbcf.org



十載關愛郵輪夜

今年是香港乳癌基金會十周年，適逢公主郵輪50周年，因此他們與基金會同慶生辰。破天荒於停泊在啟德郵輪碼頭的藍寶石公主號，為基金會舉行Pink Sunset郵輪夜，讓四百名嘉賓齊齊慶祝。

通過移民局登岸郵輪後，看到設計典雅的三層樓轉梯樓梯氣派非凡，郵輪沒有開動，已叫人恍如置身外國度假，悠閒輕鬆。前一點點是由香檳杯碰成的香檳瀑布，超過兩米高，郵輪公司更細心地安排了粉紅色香檳，幫整層香檳瀑布祝福儀式更切合基金會的活動。國際名模琦琦小姐正式成為香港乳癌基金會大使，協力宣傳乳健信息。

儀式後，一眾賓客隨郵輪職員參觀船上設施，包括房間及餐廳。船上畫廊展示不少獨特畫作，充滿藝術氣息。不少人到甲板吹海風，欣賞維港美景，又可回到船內享受雞尾酒會，有數位音樂家在演奏不同樂器及演出四重唱，樂聲柔和悅耳。

郵輪更別出心裁地為當晚晚宴安排五道菜，是他們50周年家宴，由60年代數起，每道菜都是每個年代中最受賓客歡迎的佳餚，當中令我印象最深刻的是那朵粉紅色的心形甜品，配合郵輪公司的五星級服務，令人難忘。

郵輪夜除了慈善晚宴還有演唱會，基金會邀請了著名歌星葉倩文、陳奕迅、林德信、梅艷芳同台獻唱。當晚氣氛最高漲的是，葉倩文即席要求台下男觀眾跟她合唱，以推高善款，結果由平機會主席原一顯醫生為大家高歌一曲，全場反應熱烈，掌聲不斷。

每位敬呈也指基金會的工作很有意思，呼籲大家支持，陳奕迅更穿粉紅色上衣表演，葉倩文也提醒台下女性愛護自己，愛家人，定期做乳健檢查。

也感謝一位年僅15歲的藝術家，為基金會十周年設計一條粉紅絲巾，圖案由絲帶、心形單片及蝴蝶組成，設計新潮，我為香港年輕一代的才華感到驕傲。為慶祝十周年，在「10」這設計上，「0」字變成救生水泡代表十載關愛及支援，也像乳癌線復者扶持後來者之意，令她們振起勇氣面對乳癌挑戰。生生不息，懂得珍惜生命。（本欄逢周二刊登）

乳過天晴

香港乳癌基金會主席 霍何綺華
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如何偵測摸不到的乳癌(2)

而未能更早發現，而且更倚靠操作者的經驗，難有客觀標準。當然，要偵測摸不到的乳癌，超聲波會適用手觸檢。

磁力共振檢查乳房技術上已經十分成熟，亦能補充偵測到X光看不到位置，所以對於有遺傳基因變異的女士，普查除了照乳房X光及超聲波外，還會加上磁力共振。

不過在未收經的女士，週期性的乳房變化，會產生太多類似影像，減低它的準確性，因此照磁力共振的時間，最好是經期後一個星期進行。

既然乳房X光會受乳腺密度影響，醫學界就發展了三維X光，等於將乳房進行斷層掃描，去偵測隱藏的乳癌。醫學研究亦發現，它能偵測乳癌，比二維X光多兩成，只可惜它的輻射量是兩倍，而且看鈣化點就稍遜。能否改良到代替二維X光，成為乳房普查工具，還要進一步的科研。

醫學發展又產生了新的工具，例如用儀器去偵測乳房氣份的高低，或採用核子微粒注射，去找出活躍的癌細胞，這些我們還是拭目以俟。

香港乳癌基金會網址：
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香港乳癌基金會電話：2525 6033



籌款

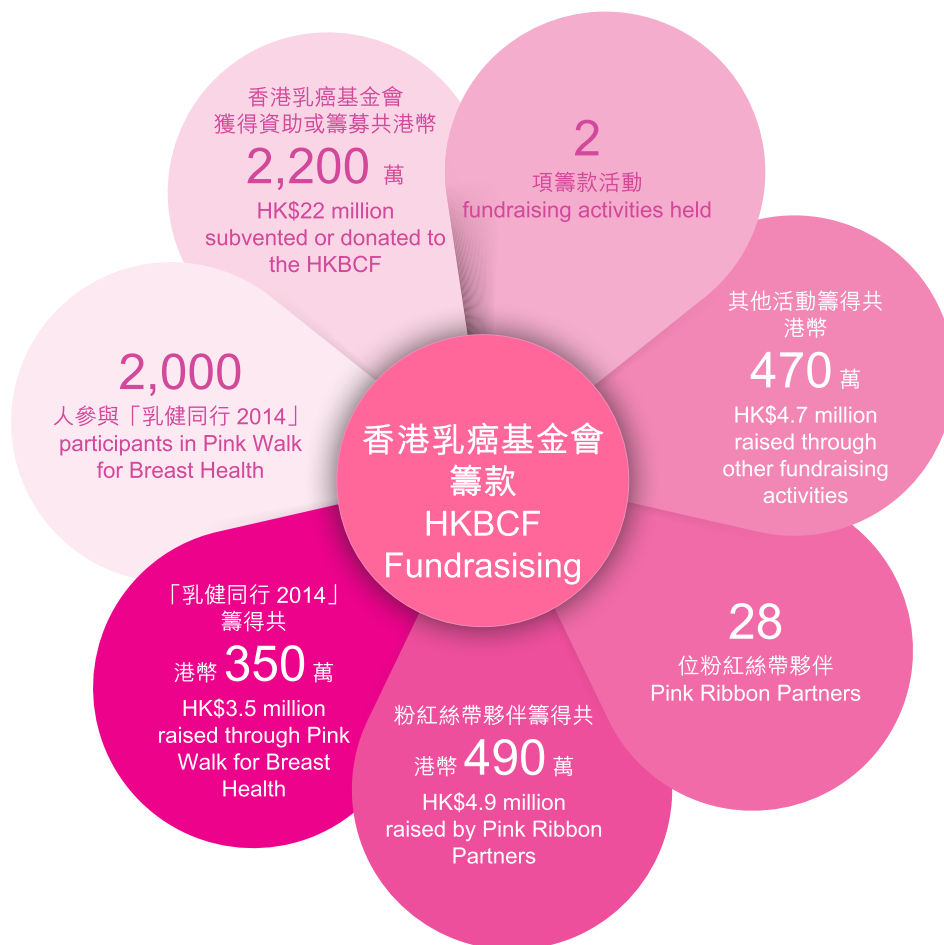
Fundraising

凝聚各界支持，建立夥伴關係，齊抗乳癌

Garnering support and resources and building partnerships in the fight against breast cancer

香港乳癌基金會的公關傳訊隊伍亦負責基金會的籌款活動，同時管理基金會與粉紅絲帶夥伴、企業及個人捐贈者的關係。我們不斷擴大網絡並善用資源，務求令籌款活動達到最大成效，以增加香港乳癌基金會的影響力。

HKBCF's Public Relations and Communications team manages the fundraising activities of the organisation, as well as the relationships with our Pink Ribbon partners, corporate sponsors and individual donors. We seek to maximise collaboration, leverage resources and increase the impact of HKBCF's programmes and initiatives.



「乳健同行 2014」 Pink Walk for Breast Health

我們於 2014 年 10 月 19 日在山頂舉辦年度重點籌款活動，支持乳癌患者和康復者，並為基金會籌款；基金會名譽贊助人梁唐青儀女士更應邀擔任活動的主禮嘉賓，啟動開步禮。踏入第十個年頭，「乳健同行 2014」破紀錄地吸引近 2,000 人參加，籌得善款逾港幣 350 萬元，以支持基金會持續為本港社會提供並發展乳健教育、篩檢及患者支援等活動。

We organized our annual signature walkathon on 19 October 2014 at the Peak in support of breast cancer patients and survivors as well as to raise funds for HKBCF. Our Honorary Patron, Mrs. Regina Leung, was the event's officiating guest to start the walk. In its 10th year, the Pink Walk for Breast Health 2014 attracted a record breaking number of participants at close to 2,000, bringing donations of over HK\$3.5 million in support of the ongoing provision and development of breast health, screening and patient support activities to the local community.



籌款
Fundraising

「Pink Sunset」郵輪夜 “Pink Sunset” donors-recognition dinner

2015年4月24日，超過400名香港乳癌基金會的嘉賓和支持者在香港啟德郵輪碼頭登上藍寶石公主號，揭開基金會服務社區十年紀念的序幕。「Pink Sunset」郵輪夜由公主郵輪贊助，是首次有停泊郵輪為舉辦慈善晚宴而特別開放。

晚宴之後的表演歌手包括葉倩文小姐、陳奐仁先生、林德信先生，以及特別嘉賓——前民政事務局常任秘書楊立門先生，而平等機會委員會主席周一嶽醫生亦上台表演，觀眾反應熱烈。是次活動亦義賣了十周年紀念版頸巾。

More than 400 friends of HKBCF gathered onboard the Sapphire Princess, docked at the Hong Kong Kai Tak Cruise Terminal, on 24 April 2015 to celebrate our 10 years of service to the community. Sponsored by Princess Cruises, the “Pink Sunset” donors-recognition dinner marked the first time a stationing cruise ship opened exclusively for a charity dinner.

The dinner was followed by performances by singers including Ms. Sally Yeh, Mr. Hanjin Tan, Mr. Alex Lam, and a special guest, Mr. Raymond Young, former Permanent Secretary for Home Affairs. Dr. York Chow, chairperson of the Equal Opportunities Commission, also took the stage and was met with an enthusiastic response. The event included a charity scarf sale.



粉紅絲帶夥伴 Pink Ribbon Partners

香港乳癌基金會的粉紅絲帶夥伴計劃於2008年推出，歡迎企業和組織籌辦活動，提升對乳癌的關注，不但能為香港乳癌基金會籌款，亦對社區作出貢獻。與過往數年一樣，我們的夥伴引進多個具啟發性和富創意的企業籌款活動，為香港乳癌基金會籌得合共港幣490萬元。

Launched in 2008, HKBCF's Pink Ribbon Partners Programme welcomes business corporations and organisations to create activities to arouse awareness of breast cancer, raise funds for HKBCF and contribute to the greater good of the community. As in previous years, our partners came up with a plethora of inspiring and meaningful initiatives, raising a total of HK\$4.9 million for HKBCF.

我們的粉紅絲帶夥伴 (2014年7月1日至2015年6月30日 — 按英文字母次序排列) : Our Pink Ribbon Partners (1 July 2014 – 30 June 2015 in alphabetical order):

Agnès b. Hong Kong Limited	Olympus
Able Fame Corporation Limited (Mag Store)	The Peninsula Boutique
CLP Power Hong Kong Limited	Pure International
Cosmoprof Asia	Ralph Lauren Asia Pacific Limited
DFS Group Limited	Rosebelle Paris
Estee Lauder (HK) Limited	Sai Kung Pink Ladies
Hard Rock Hotel Macau	Skechers Hong Kong Limited
Hong Kong Amateur Orchestra	Swipe (HK) Ltd
KICKZ-LAB Sports Promotion Company	The Landmark Mandarin Oriental
KS Sze & Sons Ltd.	The Antithesis (Think Pink)
Ladies' Recreation Club	The Landmark Mandarin Oriental
LOCA Productions (Zumba Fitness)	UBS AG
Mary Kay Hong Kong	
MetLife Hong Kong	
Moiselle	
Movement Improvement Ltd.	

籌建中的九龍中心

Kowloon Centre Development

為居住在九龍和新界區的婦女提供殷切的服務及支援

Providing much-needed services and support to women living in Kowloon and the New Territories

香港乳癌基金會致力令香港不同社群獲得乳癌篩檢服務，而各患者都可得到適切的支援。根據香港乳癌資料庫的調查，近80%的乳癌患者在九龍和新界區居住，不少人更居住於深水埗、黃大仙、觀塘和屯門等草根社區。我們更發現大約70%居於九龍及新界的婦女從未接受乳房X光造影檢查。

為滿足九龍和新界區對服務的殷切需求，香港乳癌基金會欣然獲政府批出位於牛池灣面積約5,000平方呎的土地作為新中心的選址。

香港乳癌基金會將申請香港賽馬會慈善信託基金資助，九龍中心預計於2017年年初啟用，將提供以下支援及服務：

- 教育項目：將落實進行廣泛的即場和外展公眾教育活動，提升對乳癌的防控意識和推廣乳健教育的重要性。
- 為風險較高的婦女提供乳房造影檢查：為配合現行的政府政策，向患乳癌風險較高的婦女提供乳房檢查服務包括乳房造影檢查、醫生會診及其他診斷檢查。
- 患者支援中心將為乳癌患者和家屬提供心理支援服務。
- 淋巴水腫護理服務：透過課堂學習和不同輔助活動，為淋巴水腫患者減輕徵狀。

HKBCF is committed to reducing the disparity in access to breast cancer screening and patient support among different socio-economic groups in Hong Kong. According to research by HKBCR, nearly 80% of breast cancer patients live in Kowloon and the New Territories in grassroots communities such as Sham Shui Po, Wong Tai Sin, Kwun Tong and Tuen Mun. Meanwhile, as many as 70% of women residing in Kowloon and the New Territories have never had a mammogram.

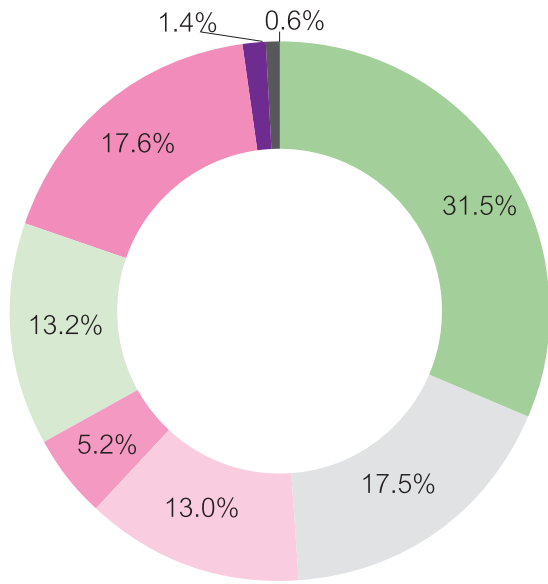
In order to meet the urgent demand for services in Kowloon and the New Territories, HKBCF has decided to set up a new centre in Kowloon. Thanks to the support of the HKSAR Government, we are pleased to have been granted a piece of land of about 5,000 square feet in Ngau Chi Wan, where we plan to build our Kowloon Service Centre.

HKBCF will apply funding from the Hong Kong Jockey Club Charities Trust. The Kowloon Centre is expected to open in early 2017. It will offer the following support and services:

- Educational programmes: Extensive on-site and outreach public education initiatives will be offered to raise awareness of breast cancer and promote the importance of breast health.
- Mammogram (MMG) screening for "high risk" women: In line with the prevailing government policy, breast cancer screening services will be made available for women who have a high risk of breast cancer. On-site MMG screening, doctor's consultation and other diagnostic procedures are planned to be provided.
- Patient support: Psychological support will be offered to patients and their family members.
- Lymphoedema care service: Classes and a range of assistance will be available to help patients ease the symptoms of lymphoedema in their arms.

財務摘要

Financial Highlights

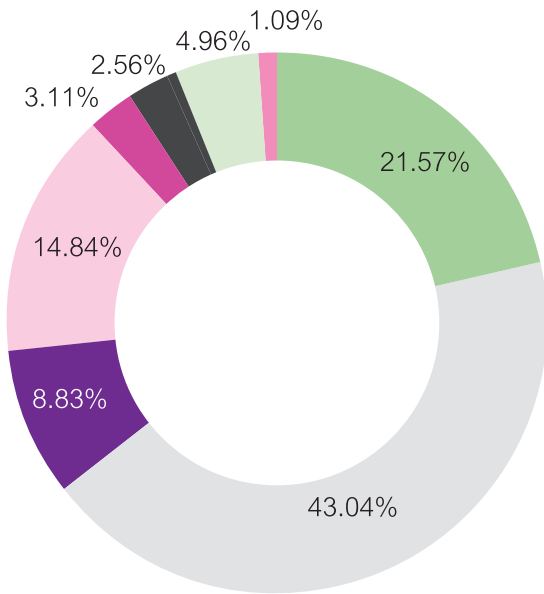


收入 Income

		HK\$'000
捐款	Donation	8,547(31.5%)
十周年活動	10th Anniversary Campaign ¹	4,731(17.5%)
籌款活動	Fundraising Events ²	3,536(13.0%)
公益金撥款	Community Chest	1,410(5.2%)
香港賽馬會慈善信託基金撥款	The Hong Kong Jockey Club Charities Trust ³	3,589(13.2%)
服務收入	Service Income ⁴	4,787(17.6%)
利息收入	Interest Income	372(1.4%)
其他收入	Other Income ⁵	172(0.6%)

總收入
Total Income

27,144



支出 Expenditures

		HK\$'000
乳癌支援中心	Breast Cancer Support Centre	4,555(21.57%)
乳健中心	Breast Health Centre	9,087(43.04%)
教育與傳訊	Education & Communication	1,865(8.83%)
乳癌資料庫及研究	Breast Cancer Registry and Research	3,134(14.84%)
十周年活動	10th Anniversary Campaign	658(3.11%)
籌款成本	Fundraising Costs	541(2.56%)
行政成本	Administrative Costs	1,046(4.96%)
九龍中心	Kowloon Centre	229(1.09%)

總支出
Total Expenditure

21,115

本年度盈餘⁶
Surplus for the year

6,029

備註 Notes:

- 十周年活動所得捐款包括 (1) 個人 / 企業捐款; (2) 十周年紀念版頭巾義賣; (3) Pink Sunset 郵輪夜
Donation from 10th Anniversary campaign including (1) Donation from individuals/corporations; (2) Sales of 10th Anniversary scarf; and (3) "Pink Sunset" donor-recognition dinner
- 舉辦一項主要活動: 乳健同行 2014
One major event held, Pink Walk for Breast Health 2014.
- 從 2014 年 7 月開始, 香港乳癌基金會獲香港賽馬會慈善信託基金分期三年撥款港幣 1,262 萬元, 以推行乳健教育並為低收入婦女提供乳癌篩檢。
From July 2014, Hong Kong Breast Cancer Foundation received \$12.62 million funding from the Hong Kong Jockey Club Charities Trust over 3 years. The funding is for implementing the breast health education and screening programme for underprivileged women.
- 淋巴水腫測量服務費: 港幣 422,340 元; 乳房健康檢查費及診斷服務費: 港幣 4,364,231 元
Lymphoedema Assessment Fees: \$422,340 & Breast Screening Fees & Assessment Fee: \$4,364,231.
- 其他收入包括: 雜項收入、活動登記費及會員費等
Other income including sundry income, programme registration fee and membership fee, etc.
- 盈餘將用於機構的策劃 / 服務發展
Surplus is for the HKBCF's strategic organizational and service developments.

香港乳癌基金會里程碑

HKBCF's Milestones

2005 年
3 月創會

March 2005:
Inauguration of the
Hong Kong Breast
Cancer Foundation

10 月：舉行首屆「乳妳同行」慈善步行籌款活動
October 2005: The first annual Pink Walk for Breast Health

8 月：推出個人面談輔導服務
August 2005: Launch of face-to-face individual counselling

2006

9 月：發表有關香港婦女對乳癌檢查的意識及習慣調查結果
September 2006: Release of survey results on Hong Kong women's perception and awareness of breast cancer examination

2008

9 月：推出免費乳房 X 光造影檢查計劃，為低收入婦女提供免費乳房檢查服務

September 2008: Launch of the Mammography Screening Financial Assistance Programme providing free breast screening to low-income women

2007

11 月：成立香港乳癌資料庫—香港首個最全面且具代表性的本地乳癌資料庫

November 2007: Establishment of the Hong Kong Breast Cancer Registry – Hong Kong's first and the most comprehensive and representative local breast cancer registry

2009

2 月：成立三向支援小組模式
February 2009: Setting up of 3-pronged support group model

6 月：推出乳癌藥物資助計劃，提供口服標靶藥物資助

June 2009: Launch of the Breast Cancer Drug Financial Assistance Programme providing financial support to breast cancer patients on targeted therapy

7 月：成立同路人支援
July 2009: Setting up of Peer Volunteer Support

9 月：出版首份《香港乳癌實況報告》，發表香港乳癌資料庫的研究結果

September 2009: Publication of the first Breast Cancer Facts in Hong Kong Report by the Hong Kong Breast Cancer Registry

2010

7 月：成立年輕病友支援小組及輔助醫療支援

July 2010: Establishment of Young Patient Support Group and Paramedical support

適逢我們慶祝 10 周年，讓我們回顧香港乳癌基金會的重要發展
As we celebrate our 10th anniversary, let's review the major
developments of HKBCF over the past decade

2013

5 月：推動「乳癌康復月」，鼓勵乳癌康復者及其家人慶生、感恩和回饋
May 2013: Launch of Breast Cancer Survivorship Month encouraging breast cancer survivors and their families to celebrate, appreciate and requite

12 月：推出「乳癌風險評估」服務，幫助婦女鑑定她們患上乳癌的風險並參與相關的檢查項目

December 2013: Launch of Breast Cancer Risk Assessment service helping women identify their breast cancer risks and enroll in corresponding screening programmes

2012

10 月：「乳癌檢測，三缺一不可」推廣計劃獲 HKMA / TVB 頒發「傑出市場策劃獎」銀獎和小預算市場策劃獎

October 2012: "Three Steps to Breast Health" advertising campaign received the Silver Award and Citations for Outstanding Small Budget Campaign in the HKMA/TVB Award for Marketing Excellence

2014

5 月：推出「乳癌在線」，亞洲首個乳癌網上資料庫，供醫護專業人員取得香港乳癌資料庫的數據，以協助他們作出有根據的醫療決定

May 2014: Launch of Breast Cancer HK Online, Asia's first breast cancer online database, giving medical professionals access to the data collected by the Hong Kong Breast Cancer Registry in order to facilitate informed treatment decisions

2011

5 月：獲香港賽馬會慈善信託基金資助的乳健中心投入服務，提供專業、價格相宜和及時的乳房 X 光造影檢查服務

May 2011: Inauguration of the Breast Health Centre, sponsored by the Hong Kong Jockey Club Charities Trust, providing professional, affordable and timely breast cancer screening services

2015

2 月：政府向香港乳癌基金會撥出牛池灣的一幅土地，供設立九龍中心，為有較高風險患上乳癌的婦女提供乳房健康教育和服務

February 2015: Government granted HKBCF a piece of land in Ngau Chi Wan (for short term tenancy), Kowloon Centre will be set up to provide breast health education and serve women who are at a higher breast cancer risk

機構管治

Corporate Governance

作為基金會的主要監管組織，管理委員會主要負責制定策略方向、通過每年度的財政預算，以及規管基金會的運作。管理委員會的成員是在每兩年舉行一次的理事會周年大會中選舉產生。理事會每年舉行四次會議，所有職務均屬義務性質。

The Management Committee is the main governing body and is responsible for setting strategic direction, approving the annual budget and regularly reviewing the operations of the organisation. Management Committee members are elected from the Council every two years at the Annual General Meeting. The Council meets four times per year. All members serve on a voluntary basis.

名譽贊助人

梁唐青儀女士
高永文醫生

贊助人

梁紹鴻先生

名譽會長

范徐麗泰女士 GBM, GBS, JP

創會人 Founder

張淑儀醫生

理事會 Council

張淑儀醫生 (創會人)*
霍何綺華女士 (主席)*
何何月明女士 (副主席)*
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麥黃小珍女士 (副主席)*
黃浪詩女士 (副主席)*
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陳黃怡女士
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鄭茜女士
左倩儀醫生
周錦華女士
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黃振權醫生

香港乳癌基金會大使

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琦琦女士
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Dr. Polly CHEUNG

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* 管理委員會成員 Management Committee Members

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高靜芝女士, SBS, JP
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香港乳癌基金會職員

29 (截至 30.6.2014)

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Hong Kong Breast Cancer Foundation STAFF

29 (as of 30.6.2014)

全賴有您

Acknowledgements

全賴有您的慷慨捐助，讓我們能夠繼續努力不懈地透過乳健教育、患者支援、研究及倡議的三大工作範疇，減低乳癌在本地的威脅。

篇幅所限，未能詳列所有捐款者的名字，敬請見諒。不論捐款的多寡我們同樣感激，因為這心意都能讓我們的服務推動得更更全面。我們再次衷心感謝每一位支持者！

It is with the generous contributions of supporters that we are able to pursue our vision and mission to mitigate the threat of breast cancer to the local community through education, support, research and advocacy. Due to space limitation, we are unable to list all names but we extend our heartfelt thanks and appreciation to everyone who has supported and contributed to our cause. We are grateful for any amount of donation, as together, it truly makes a huge impact. Thank you.

撥款機構 Funding Entities

香港公益金 The Community Chest of Hong Kong

香港賽馬會慈善信託基金 Hong Kong Jockey Club Charities Trust

團體及個人捐贈額達 20,000 港元或以上

Organisations and individuals having made donations of HK\$20,000 or more in cash:

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Associated International Hotels Limited
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The Pan Pacific Radiology Group Ltd.
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Mr. Chan Ming
Dr. Chan Po King Betty
Mr. Chan Yuk Kwan
Mrs. Chan Wong Yau Lai
Mr. Chan Yuk Kwan & Dr. Cheung Suk Yee Polly
Ms. Chen Shu Ling Cindy
Dr. Cheung Hing Chuen Henry
Dr. Cheung Suk Yee Polly
Dr. Choi Lai Yin Catherine
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Mrs. Fung Chan Mi Ha Rose
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Mrs. Kwan Hui Kin Heung Virginia
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Mr. Ng Tai Joo
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Mrs. Fok Ho Yi Wah Eliza
Mrs. Kwan Hui Kin Heung Virginia
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Hong Kong Federation of Women Limited

Hong Kong Sanatorium & Hospital Ltd.
In Express Limited
iRad Medical Diagnostic Centre
JG Hong Kong Limited
Kao Corporation
Ladies' Recreation Club
Mandarin Oriental Hong Kong Limited
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Pfizer Corporation Hong Kong Limited
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Pure International (HK) Ltd.
Ralph Lauren Asia Pacific Limited
Richemont Asia Pacific Ltd.
Roche Hong Kong Limited
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The Jewish Women's Association of Hong Kong Limited
Wacoal Hong Kong Co Ltd.
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Dr. Chan Po King Betty
Ms. Chen Shu Ling Cindy
Dr. Cheung Suk Yee Polly
Dr. Choi Lai Yin Catherine
Mrs. Fok Ho Yi Wah Eliza

Mrs. Kwan Hui Kin Heung Virginia
Dr. Wong Chun Kuen
Miss Yeung Kit Man & Mr. Ng Ho Ho

名單按英文字母次序排列

所有捐款均用作發展本會服務及對抗乳癌的項目。香港乳癌基金會運作獨立自主，按我們的專業判斷及嚴格操守為準則營運，沒有也不會受贊助機構左右。

Names are listed in alphabetical order.

All donations received are for the purpose of delivering our services and projects against breast cancer. The HKBCF has sole governance and our decisions are independent based on our professional judgments and integrity. No decision has been or will be affected by the sponsoring companies.



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust

**香港乳癌基金會
Hong Kong Breast Cancer Foundation**

香港北角木星街 9 號永昇中心 22 樓 (炮台山港鐵站 A 出口)
22/F, Jupiter Tower, 9, Jupiter Street, North Point (Fortress Hill Station Exit A)
T + 852 2525 6033 F +852 2525 6233 info@hkbcf.org www.hkbcf.org

**香港乳癌基金會乳健中心
HKBCF Breast Health Centre**

香港北角木星街 9 號永昇中心 21 樓
21/F, Jupiter Tower, 9, Jupiter Street, North Point
T + 852 3143 7333 F +852 2578 2725 info@hkbcf.org www.hkbhc.org

**香港乳癌資料庫
Hong Kong Breast Cancer Registry**

香港北角木星街 9 號永昇中心 22 樓
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