



香港乳癌基金會年報

Hong Kong Breast Cancer Foundation
Annual Report 2015/16

抱負及使命

Our Vision & Mission

抱負

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。該基金會由香港乳癌基金會有限公司營運。

Vision

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 and research & advocacy. The HKBCF is operated by Hong Kong Breast Cancer Foundation Limited.



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
- 倡議改善本港乳健及乳癌防控和醫護方案

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 health and cancer care in Hong Kong



香港乳癌基金會有限公司是向香港稅務局註冊的慈善機構。註冊號碼：91/7226

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前言

Foreword

過去20年，乳癌一直是本港女性頭號癌症。個案數目持續呈現升勢，單在2014年，就有4,398*名婦女新確診患上乳癌，較2013年上升8.8%。更令人憂慮的是本港女性患上乳癌的累計終生風險比率亦增加：由2000年每23人中有1人，上升至2014年每16人中有1人確診乳癌，反映乳癌對本港婦女的威脅。

自2005年成立以來，香港乳癌基金會一直埋首社區深耕細作，以回應市民及乳癌患者對乳健資訊和支援服務的實際需要，與填補本港相關醫療服務的縫隙，減低乳癌威脅。

我們以大眾化的價格，向婦女提供乳房X光造影檢查服務，並為過萬名低收入婦女提供免費乳健檢查。我們走入社區，透過各類具規模的乳健教育外展活動，向數萬計市民推廣乳健訊息；我們也為數萬人次的患者及其親友提供全面、照顧身心靈需要的支援服務。

本港近80%患者居於九龍或新界，而大部分居於入息偏低地區（例如觀塘、深水埗、葵青及北區）的患者乳健意識明顯較低，甚至從未做過乳房X光造影檢查，更有人延誤診治，以致確診時已屬晚期。這反映社會確有實際需要更大力地推動乳健教育。就此，基金會一直計劃擴展現時的服務覆蓋面，特別是為偏遠新市鎮的居民提供專業、便捷及全面的乳健教育和病友支援服務。

基金會在社區服務超過11年的經驗、專心一志，做出成績，獲得香港特區政府的肯定，於2015年獲政府批出一幅位於牛池灣的土地，興建眾人期待已久的香港乳癌基金會位於九龍的服務中心，並由香港賽馬會慈善信託基金資助建築費用。新服務中心將使我們的一站式乳健教育、檢查及乳癌支援服務惠及更多市民。

香港乳癌基金會賽馬會乳健中心（九龍）預計於2017年竣工，並正式投入服務。基金會感謝特區政府、香港賽馬會慈善信託基金及各方機構與人士的支持。你們無私和慷慨的付出，一定會轉化成基金會對抗乳癌的不懈工作，助本港逐漸遠離乳癌霧霾。

展望未來，我們將繼續提倡「及早發現，治療關鍵」，連結港島區、九龍區與新界區的乳癌防控陣線，繼續一步一腳印，壯大乳健力量，確保本港女性乳房健康。

* 根據醫院管理局香港癌症資料統計中心的資料，在2014年，共有4,398名女性新確診乳癌，包括有3,868名和530名女性分別確診入侵性乳癌及原位乳癌。



霍何綺華女士
主席

Mrs. Eliza FOK
Chairman

張淑儀醫生
創會人

Dr. Polly CHEUNG
Founder

Breast cancer has been the most common cancer among Hong Kong women in the past 20 years, and the number of cases is on the increase. In 2014, 4,398* women were newly diagnosed with breast cancer, an 8.8% increase compared to the number in 2013. The overall lifetime risk of breast cancer for local women is also on the rise, from 1 in 23 in 2000 to 1 in 16 in 2014. This is an alarming trend that must be taken seriously.

The Hong Kong Breast Cancer Foundation (HKBCF) was founded in 2005. Since then, it has dedicated its effort to addressing and meeting the need for information on breast health and patient support services through extensive work in the community. We also contributed to bridging the gap between the actual demands for breast health and the availability of relevant medical services in Hong Kong, with the aim of mitigating the threat of breast cancer.

The HKBCF has been providing affordable mammography screening, and more than 10,000 women from low-income families have received the service for free. Additionally, we actively promote breast health and raise public awareness through our community-based educational activities. We also offer holistic support to patients and their families. Over the years, tens of thousands of users have benefited from our patient support services.

Statistics show that nearly 80% of breast cancer patients reside in Kowloon and the New Territories. The majority of those from less affluent districts (such as Kwun Tong, Sham Shui Po, Kwai Tsing and North District) may have lower breast health awareness and have never received any mammography screening. Sadly, some patients did not seek medical consultation until it was too late, which underlines the importance of redoubling our efforts on breast health education. To this end, the HKBCF aims to expand access of our current scope of services to more women in need, particularly for those living in remote new town areas.

After more than 11 years of serving the Hong Kong community, we are proud that our services have been recognised by the Government of the Hong Kong Special Administrative Region which has granted us a modest piece of land in Ngau Chi Wan in 2015 for the establishment of the long-awaited service centre in Kowloon. The construction of the centre is funded by The Hong Kong Jockey Club Charities Trust. It is set to provide women with one-stop services ranging from breast health education, breast cancer risk assessments and screening services to patient support services, which will benefit a wider group of people in Hong Kong.

The HKBCF Jockey Club Breast Health Centre (Kowloon) is targeted to be completed in 2017. We are immensely grateful to the Government, The Hong Kong Jockey Club Charities Trust, organisations from various sectors and members of the public for their enthusiastic support. We are determined to convert your generous and selfless contribution into tireless effort in the fight against breast cancer, ultimately helping Hong Kong move towards a future when the threat of breast cancer will be remote.

Looking ahead, we remain committed to our motto: "Early Detection Saves Lives", and we shall continue to align our efforts on breast cancer control across the community, strengthening the breast health and wellness for all women in Hong Kong.

** According to figures from Hong Kong Cancer Registry, Hospital Authority, in 2014, a total of 4,398 women were newly diagnosed with breast cancer, including 3,868 invasive cancer and 530 in situ cancer.*

全年大事紀要 A Year in Review

第1季 (2015年7月至9月) Q1 (July – September 2015)

7月15日
15 July



香港乳癌基金會創會人張淑儀醫生推出第二本個人作品《乳妳同行2》。

Dr. Polly Cheung, Founder of the HKBCF, published her second book “Breast Cancer Risk Factors BINGO”.

9月4日
4 September

香港乳癌基金會推出「乳癌風險BINGO——乳健教育社區推廣」活動，唱作歌手王菀之小姐擔任乳健教育大使，參與拍攝和推廣活動。

The HKBCF launched a community-based campaign, “Breast Cancer Risk Factors BINGO”, to promote breast health, in which Ms. Ivana Wong, singer-song writer as well as our Breast Health Ambassador, starred in an advertisement and attended our promotional events.



9月23日
23 September

香港乳癌基金會舉辦《香港乳癌資料庫第七報號告》記者招待會。該報告的專題研究指出，早期乳癌患者可透過前哨淋巴結檢查方法代替腋下淋巴切除手術，降低手術創傷引致的不良反應，大大提升患者的生活質素。

The HKBCF hosted a press conference to release “Hong Kong Breast Cancer Registry Report No.7”. According to a thematic study of the Report, the use of sentinel lymph node biopsy in early-stage breast cancer patients would help reduce post-operative side effects such as lymphoedema, and significantly improve the patients’ quality of life.

第2季 (2015年10月至12月) Q2 (October – December 2015)

10月8日
8 October

香港乳癌基金會於山頂舉行年度重點籌款活動「乳健同行」，吸引2,000人參與並籌得善款共港幣190萬元。

The HKBCF’s annual signature fundraising event, “Pink Walk for Breast Health”, was held at The Peak. The walkathon attracted 2,000 participants and raised HK\$1.9 million.



11月5至6日
5-6 November

香港乳癌基金會與香港乳癌研究組聯合舉辦「第二屆亞洲晚期乳癌交流會」，逾50位權威專家出席並交流經驗。

The HKBCF and Hong Kong Breast Oncology Group co-hosted the “2nd Asian Breast Cancer Symposium”. Over 50 experts attended the event and exchanged their experience.

11月7至8日
7-8 November

香港乳癌基金會與香港中文大學醫學院臨床腫瘤學系合辦「乳癌醫學研討會2015」，逾200人出席。

The HKBCF and The Chinese University of Hong Kong’s Department of Oncology jointly organised the “Breast Cancer Medical Seminar 2015”, attended by 200 participants.

12月5日
5 December

香港乳癌基金會舉行義工嘉許禮表揚過去一年支持我們的義工，並頒發四大獎項：「十年義工服務獎」、「五年義工服務獎」、「三年義工服務獎」及「2015年十大義工獎」。

The HKBCF held the Volunteer Recognition Award to recognise our volunteers' keen support. We presented awards to volunteers who gave "10 years", "5 years" and "3 years" service, and the "2015 Top Ten Volunteer Award".



第3季 (2016年1月至3月) Q3 (January – March 2016)

3月8日
8 March



為感謝香港乳癌基金會贊助人梁紹鴻博士多年來的慷慨支持，基金會於會慶之日把「乳健教育活動室」命名為「梁紹鴻博士禮堂」。

The HKBCF named the Breast Health Centre's Education Hall as "Dr. Edwin Leong Education Hall" on our anniversary in recognition of the generous support from Dr. Edwin Leong, Patron of the HKBCF, over the years.

3月19日
19 March

香港乳癌基金會的大家庭聚首一堂，舉行周年會員聚餐。大會安排了康復者分享、唱歌和舞蹈表演、集體遊戲及抽獎等節目。

Members of the HKBCF celebrated at the Annual Members' Gathering together. A range of programmes, such as survivors' sharing, singing and dancing performances, games and lucky draw, were arranged in the evening.



第4季 (2016年4月至6月) Q4 (April – June 2016)

5月22日
22 May



約70位康復者參與以「愛自己」為主題的「亮麗人生」日營，齊齊做個健康快活人。

Around 70 survivors took part in the "Brighten Up Your Life" Day Camp which is themed "Taking Good Care of Yourself".

6月24日
24 June

香港乳癌基金會請得國際殿堂級歌星Paul Anka先生於香港科學園舉行慈善演唱會，為基金會九龍中心籌得港幣440萬元。

The HKBCF invited internationally renowned singer Mr. Paul Anka to hold a charity concert in the Hong Kong Science Park. The concert raised HK\$4.4 million for HKBCF's Kowloon Centre Fundraising Campaign.



工作成果

Our Achievement in Numbers

2015年7月1日至2016年6月30日
From 1 July 2015 to 30 June 2016



34名合資格患者接受合共
港幣**601,600**元
的藥物資助
34 eligible patients received
drug financial assistance
totaling HK\$601,600



10,178人
出席教育講座、
工作坊及展覽
10,178 people
attended educational
talks, workshops and
exhibitions



7,562人次
在乳健中心接受乳健檢查
7,562 attendances received
breast cancer screening
services at Breast Health
Centre



5,380人次
參與支援小組活動和
個人 / 家庭輔導
5,380 attendances for
support group sessions as
well as Individual and Family
Counseling sessions



經乳健中心發現
124宗
乳癌確診個案
124 diagnosed cases at
Breast Health Centre



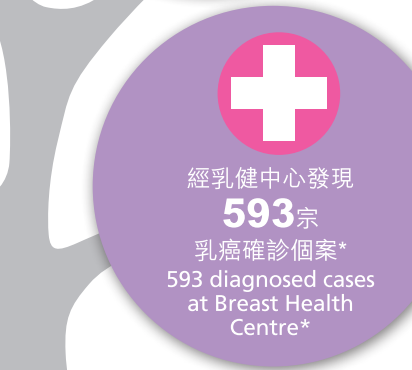
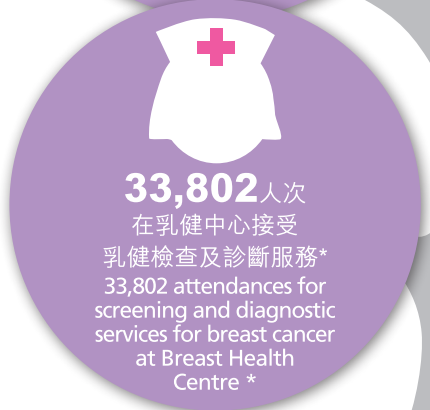
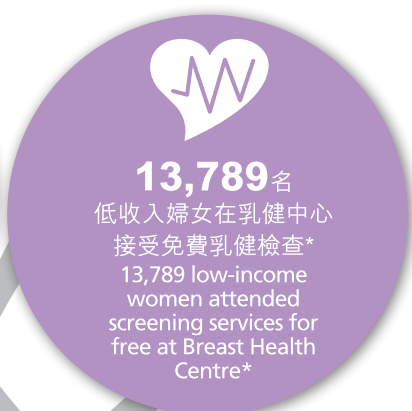
2,889名
低收入婦女在乳健中心
接受免費乳健檢查
2,889 low-income women
screened for free at Breast
Health Centre



4,620人次
參與淋巴水腫
護理服務
4,620 attendances for
lymphoedema care

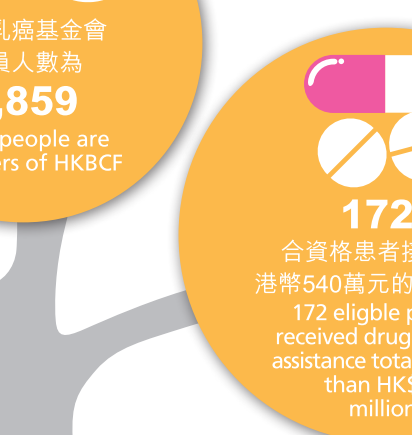
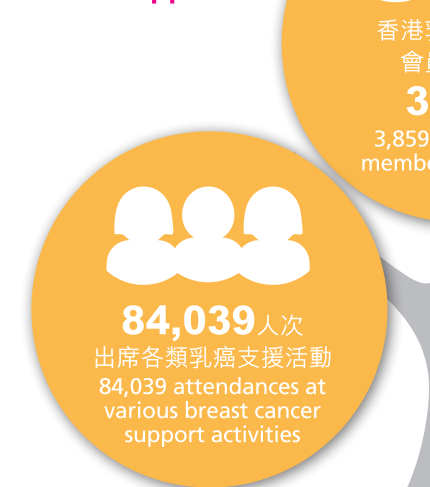
11年來，我們致力……
Over 11 years, we have been committed to...

推動乳房健康
Promoting Breast Health



* 乳健中心於2011年5月開幕
* Breast Health Centre opened
in May 2011

患者支援
Patient Support



□ 乳癌藥物資助計劃於2009年推行
□ Breast Cancer Drug Financial Assistance
Programme started in 2009

^ 數據累計至2016年6月30日
Cumulative data as at 30 June 2016

研究及倡議
Research & Advocacy



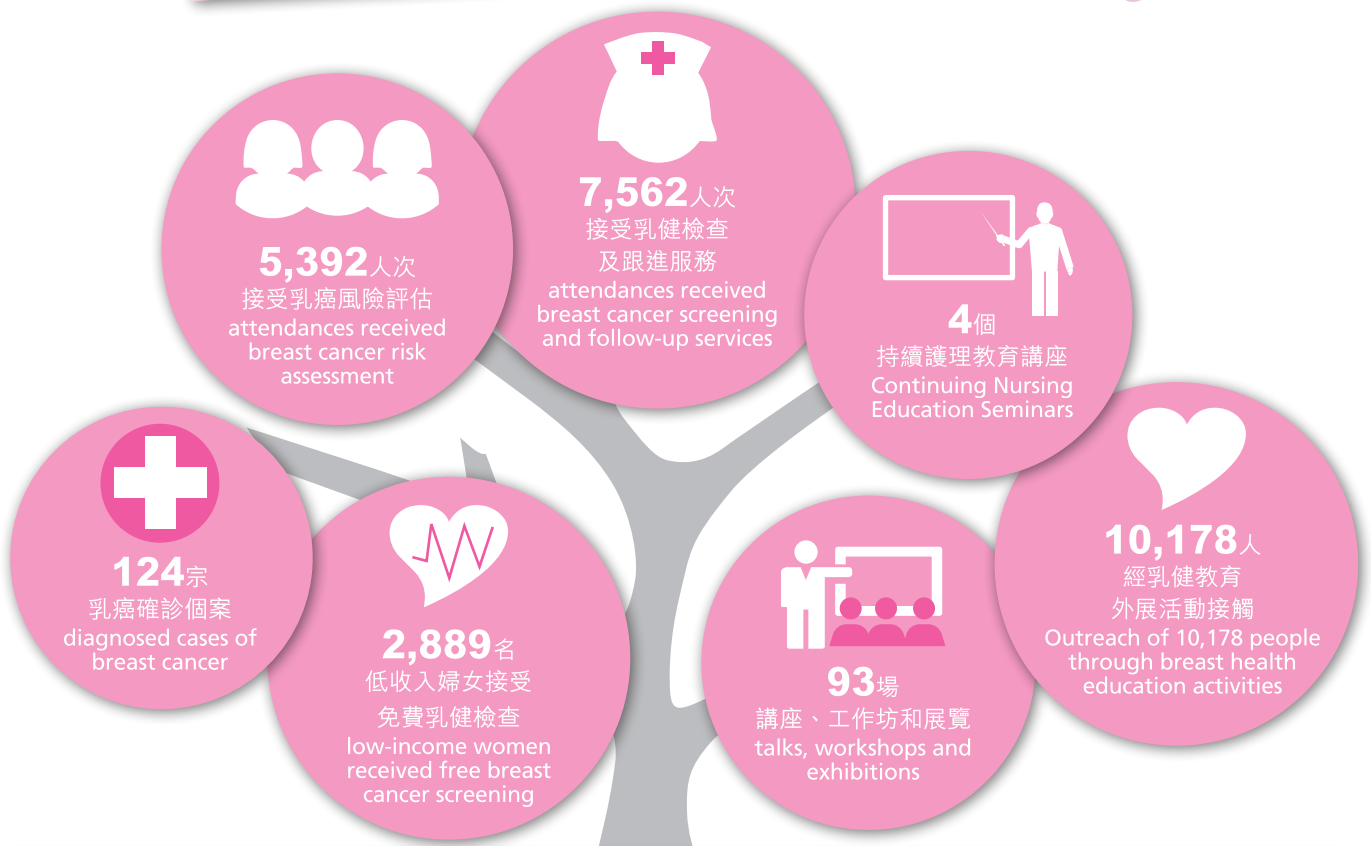
香港乳癌資料庫於2007年開始
Hong Kong Breast Cancer
Registry launched in 2007

乳健中心 推動乳房健康

Breast Health Centre Promoting Breast Health

香港乳癌基金會一直提倡「及早發現·治療關鍵」，鼓勵婦女培養健康生活模式，減低罹患乳癌的風險；並且定期做乳健檢查三步曲（即自我檢查、臨床檢查和X光造影檢查），即使患上乳癌也可在最早的階段偵測和有效對治。

“Early Detection Saves Lives!”— At the Hong Kong Breast Cancer Foundation (HKBCF), we have been advocating this idea through women’s breast health education. We encourage women to practise, on a regular basis, the three-step check-up (i.e. self-examination, clinical examination and mammography screening) and to develop a healthy lifestyle in order to reduce breast cancer risks. Breast cancer detected at the early stages can be cured by ways of effective treatment.



服務一覽 (2015年7月1日至2016年6月30日)
Our service at a glance (1 July 2015 - 30 June 2016)

乳健中心

香港乳癌基金會乳健中心成立於2011年5月，由香港賽馬會慈善信託基金資助，是本港首個專注乳房健康的非牟利診所。本年度香港賽馬會慈善信託基金延續對乳健中心的支持，使乳健中心能持續推動乳健教育和普及乳健檢查，包括為低收入婦女提供免費乳健檢查服務及跟進服務。乳健中心年內為7,562人次提供乳健檢查，並確診124宗乳癌個案（偵測率為1.6%）。

乳健檢查服務

乳健中心為本港婦女提供一站式專業、便捷和收費相宜的乳房檢查服務，服務流程如下：

- **乳癌風險評估：**護士按服務使用者的個人飲食、運動習慣、乳健檢查習慣及身體健康狀況等因素，為她們評估乳癌風險，並提供專業意見。
- **臨床檢查：**專業護士進行乳房觸檢，偵測有否出現不正常狀況，同時教導婦女自我檢查的方法。
- **乳房X光造影檢查：**乳健中心建議，婦女由40歲起每兩年進行一次乳房X光造影檢查；即使用低放射量X光造影技術，偵測乳房組織裡的微鈣化點，微鈣化點是乳房觸檢無法摸到的。如造影顯示有可疑，我們的醫生會抽取乳房組織化驗以作進一步診斷。



Breast Health Centre

The Breast Health Centre (BHC) was established in May 2011, with funding from The Hong Kong Jockey Club Charities Trust (the Trust). This is the first non-profit breast health clinic in Hong Kong dedicated to promoting breast health education as well as breast cancer screening. Thanks to the support from the Trust, we continued to provide free breast screening and follow-up services for low-income women. In the reporting year, the BHC provided 7,562 attendees with breast cancer screening services and diagnosed 124 breast cancer cases (detection rate was 1.6%).

Breast Cancer Screening Service

The BHC provides one-stop professional, accessible and affordable breast examination service for women in Hong Kong. Our service comprises the following:

- **Breast Cancer Risk Assessment:** Our nurses will assess the clients' risk of breast cancer by reviewing the clients' personal diet and exercise habits as well as screening habits, health condition and more. Professional advice and recommendations to lower the risk will be provided by our nurses.
- **Clinical Breast Examination:** Our specially trained nurses at the Centre will conduct clinical breast examinations for our clients, and give advice on the ways to conduct breast self-examination.
- **Mammography Screening:** We recommend bi-annual mammography for women aged 40 or above. This process involves the use of low-energy X-ray to look for changes or calcification in breast tissues which cannot be detected during a breast examination. If suspicious finding appeared on an initial mammogram, our doctor may recommend breast biopsy to ascertain the diagnosis.



免費乳健檢查計劃

我們明白基層婦女的乳癌意識及乳健資訊不足，加上經濟負擔的考慮，她們接受定期乳健檢查的比率偏低。乳健中心一直向低收入婦女提供免費乳健檢查計劃。年滿40歲而又通過計劃入息審查的婦女，其乳房臨床檢查和X光造影檢查費用可獲豁免。一旦確診乳癌，資助計劃亦會繼續資助她們接受診斷和轉介服務。本年度，我們為2,889位低收入婦女提供免費乳健檢查。

Free Breast Screening Programme

At the HKBCF, we are fully aware of the difficulties faced by low-income women. They are less likely to receive regular breast screening, possibly due to the lack of breast cancer awareness and breast health knowledge as well as cost considerations. The BHC has been providing free breast screening programme to low-income women. Those who are 40 or above and have passed the programme's means test will be eligible for free clinical breast examination and mammography screening. If breast cancer is diagnosed, the subsidy scheme will continue to fund further diagnostic and referral services. This year we offered free breast screening to 2,889 low-income women.

會員心聲 Words from Our Member

「於基金會檢查之前，根本對乳癌一無所知，只知手停口停，為養家糊口整天做個不停……有幸得到你們的支持，讓我開始學會關心自己乳房的健康。非常感謝基金會的姑娘。」

“ Before I came [to BHC] for check-up, I knew little about breast cancer. All I cared about was working hard to make ends meet. Thanks to the HKBCF and the nurses there, I started to learn and care about my breast health. Thank you very much. ”

乳健教育

乳健中心一直舉辦不同的活動，希望提高公眾對乳癌的關注。

Breast Health Education

The BHC has been organising various activities to raise public awareness of breast cancer.



「關懷乳癌流動教室」

香港乳癌基金會與雅詩蘭黛集團合作，推出「關注乳癌流動教室」。該教室為一輛設計精美的流動車，車上設有乳癌資訊展板和互動遊戲，於2015年10月走訪港九新界各區，乳健中心的護士和義工在車上教授婦女自我乳房檢查方法，並解答乳健問題，令大眾了解有關防治乳癌的知識。活動吸引共4,500人參與。

"Mobile Breast Health Education Classroom"

The HKBCF and Estée Lauder Hong Kong jointly launched an educational initiative called "Mobile Breast Health Education Classroom". The Classroom was a specially designed vehicle, with interior set up with breast cancer information panels and interactive games. It toured around different districts of Hong Kong during October 2015 on a mission to promote breast health. The BHC's nurses and volunteers were there to help answer breast health enquiries from visitors on the spot. A total of 4,500 participants visited the Classroom.

乳健講座

乳健中心每年一直與不同的公私營機構合作，當中包括地區團體、社會服務機構、公司和學校。本年度我們舉辦63個講座和研討會，及30個展覽，總共向10,178人傳達關於防範乳癌和保護乳房健康的知識。

Breast Health Talks

The BHC collaborates with numerous public and private institutions, including community groups, social service agencies, companies and schools every year on breast health education. This year we organised 63 talks and seminars as well as 30 exhibitions that allowed us to reach 10,178 people with whom we shared ideas of reducing breast cancer risks and safeguarding breast health.



社區乳健教育成效 (2015年7月1日至2016年6月30日)

Outcome of Community-based Breast Health Education (1 July 2015 – 30 June 2016)

對象 Target	講座 / 教育活動 / 服務次數 Number of Talks/Educational Activities/Services	參與人數 Number of participants
社區組織 Community organisations	17	1,041
企業 Companies	43	1,858
學校 Schools	3	382
展覽 Exhibitions	30	6,897
總和 Total	93	10,178

乳癌支援中心 給患者力量和希望

Breast Cancer Support Centre Giving Strength and Hope

香港乳癌基金會的乳癌支援中心致力提供全方位及專業的患者支援服務，包括輔導和情緒支援、乳癌資訊、淋巴水腫護理、藥物及假髮資助等，旨在協助患者克服抗病過程中的困難和乳癌對身心帶來的影響。

我們的服務能立竿見影，全賴一班由專業心理學家、註冊護士、社工及乳癌康復者組成的支援團隊，他們明瞭乳癌患者的需要，而且樂意在抗病路上與患者同行。

截至本年度，共有5,266人使用支援中心所提供的一系列服務，包括病友支援服務、淋巴水腫護理服務、各類興趣班及康復活動。



The Breast Cancer Support Centre (BCSC) is committed to providing comprehensive and professional patient support services ranging from counseling, emotional support, provision of breast cancer information, and lymphoedema care, to subsidies on drugs and wigs. We endeavor to support breast cancer patients in fighting the disease and managing the strains and stresses on their bodies and minds throughout their journey against breast cancer.

Our services are made possible with the support of our professional psychologists, registered nurses, social workers and breast cancer survivors. They thoroughly understand the need of breast cancer patients and are wholeheartedly prepared to join hands with them on their road to recovery.

As of the end of the reporting year, 5,266 users have enjoyed a wide variety of services provided by the BCSC, including patient support services, lymphoedema care services, interest classes and survivorship activities.



5,380人次
參與支援小組活動和
個人 / 家庭輔導
5,380 attendances for
support group sessions as
well as Individual and Family
Counseling sessions



34人
接受乳癌藥物
資助計劃
34 patients received
breast cancer drug
assistance



總供提供港幣
601,600元
的乳癌藥物資助
with HK\$601,600 reimbursed
under the Drug Financial
Assistance Programme



3,768小時
義工服務
3,768 hours of
volunteer service



5,339人次
參加會員興趣及
康復活動
5,339 attendances for
interest classes and
survivorship sessions



4,620人次
參與淋巴水腫
護理服務
4,620 attendances for
lymphoedema care
service



送贈**17**個
假髮予乳癌患者
17 wigs provided to
breast cancer patients



400場
康復活動
400 survivorship
sessions held

全年服務一覽……

Annual Review of Our Services..

患者支援小組

香港乳癌基金會支援小組服務以三向模式為基礎，務求照顧到病友、家屬和治療前準備三個面向。

本年度共有3,415人次參加我們為不同年齡組別、癌症期數和需要的病友及其家人而設的支援小組。參加者透過同路人經歷交流分享，再加上護士、社工和康復者義工的輔導，得到所需的乳癌資訊及情緒支援，增加對抗乳癌的信心。

中心於本年度新開設了由心理學家主導的小組，幫助患有焦慮症或憂鬱症的患者調適和紓解負面情緒。

Patient Support Group

Based on a 3-pronged support model, the HKBCF's patient support services comprehensively cover the pre-treatment needs of the patients as well as their families.

A total of 3,415 attendances have benefited by joining our support group sessions that cater for patients and their families of different age groups, cancer stages and specific needs. Through experience sharing among peer patients and counseling by our nurses, social workers and survivor volunteers, the patients are empowered with the relevant breast cancer information, as well as the emotional support gained by taking part in the activities of our support group sessions. All these help to boost their confidence in the fight against breast cancer.

This year, a new support group led by psychologists has been set up, with a view to assisting patients suffering from anxiety or depression.

會員心聲 Words from Our Member

「感恩在我人生最黑暗的日子，有你們同行，你們的關顧和鼓勵燃亮了我！」

“ I feel blessed to have your company in the darkest days of my life. You really light up my life with your care and encouragement! ”

乳癌護理錦囊

香港乳癌基金會透過醫療機構向準備接受治療的乳癌患者派發粉紅色的乳癌護理錦囊。護理錦囊內的護理物品及資料，全為我們精心製作，以助患者應付和紓減治療引起的不適。

Breast Cancer Comfort Pack

To assist breast cancer patients to better prepare for upcoming treatment, the HKBCF offers a pink Breast Cancer Comfort Pack containing specially designed care products and information to help patients mitigate discomfort in the course of treatment.

淋巴水腫護理

上肢淋巴水腫是乳癌患者接受腋下淋巴切除手術後常見的問題。上臂水腫除了引致不適，更會影響患者的日常生活和情緒。在術前量度上肢淋巴水腫指數以作基準，有助患者管理和監察術後水腫的風險。本年度內，共有4,620人次接受淋巴水腫測量及護理服務。香港乳癌基金會是公立醫院以外最早及唯一引入淋巴水腫指數測量儀器的非牟利機構。

Lymphoedema Care

Upper limb lymphoedema is a common condition encountered by patients who have received axillary lymph node dissection. In addition to discomfort, upper arm lymphoedema also adversely affects the patients' daily life and emotions. We help patients to measure pre-operative upper limb lymphoedema index, and use it as a baseline to monitor and manage the risk of lymphoedema after surgery. During the year, 4,620 people benefited from our lymphoedema measurement service and care. The HKBCF is proud to be the first and only not-for-profit organisation introducing the lymphoedema index measurement service outside the public health system.

我們亦提供由註冊護士及淋巴水腫治療師主持的淋巴水腫基本護理班及淋巴水腫處理小組，分別指導參加者預防淋巴水腫問題，及協助出現水腫情況的參加者在家進行淋巴引流和護理皮膚，以減輕淋巴水腫現象。



We organised Lymphoedema Basic Care Classes and Lymphoedema Management Group led by registered nurses and certified lymphoedema therapists, in which patients can learn about lymphoedema prevention, and self-administered manual lymphatic drainage as well as skin care tips respectively.

會員心聲 Words from Our Member

「多謝你細心指導，我的淋巴水腫指數已回到警界線以下了！全賴有你們，我們不再單打獨鬥了！」

“ Thank you for your guidance, my lymphoedema index has come down to a safe level. I am not alone in the fight (against breast cancer) anymore. ”



義工服務

不少曾經接受香港乳癌基金會支援服務的康復者，都選擇以義工服務作出回饋。

本年度內，有700位義工合共奉獻出3,768小時的服務，協助我們處理文書工作和籌辦戶外活動，以同路人身份分享和擔任新確診患者的師友，以生命影響生命。

我們於2015年12月5日舉行一年一度的義工嘉許禮，由主席霍何綺華女士及副主席何何月明女士向服務滿三年、五年和十年的義工嘉許及頒發「2015十大義工獎」。

經濟支援計劃

乳癌藥物資助計劃

長期的藥物治療，對經濟有困難的患者而言，無異是一筆高昂、難以持續負擔的開支。自2009起，香港乳癌基金會與不同藥廠合作，共同推出藥物資助計劃，為通過經濟審查的合資格患者提供藥物資助。

我們於本年度內透過KADCYLA[®]乳癌藥物資助計劃、適治華[®]乳癌藥物資助計劃和Halaven[®]乳癌藥物資助計劃，讓34名乳癌患者減輕藥物財政負擔，資助藥物開支總計港幣601,600元。

假髮送贈計劃

獲Dr. Wigs（真髮達人）及奇妙醫療真髮贊助，香港乳癌基金會向有需要的乳癌患者送贈假髮，讓她們在化療期間，即使受藥物副作用影響而毛髮脫落，也可以保持儀容和自信。

本年度一共有17位患者受惠於假髮送贈計劃。

Volunteer Services

Most of HKBCF's volunteers were beneficiaries of our support service and survivors, who subsequently volunteered.

In the year 2016, a total of 700 volunteers contributed 3,768 hours of service offering help in clerical work, the organisation of outdoor activities, peer-to-peer experience sharing and a mentorship programme for the newly diagnosed.

We held our annual Volunteers Recognition Award on 5 December 2015 where our Chairman Mrs. Eliza Fok and Vice-Chairman Mrs. Alice Ho acknowledged the contribution of our volunteers, who had served for 3, 5 and 10 years and presented the Top 10 Volunteer Awards.

Financial Assistance Programmes

The Breast Cancer Drug Financial Assistance Programme

In 2009, the HKBCF worked with a number of pharmaceutical companies and launched the programme to provide financial assistance to eligible breast cancer patients for purchasing specific drugs required for their treatment, thereby easing their heavy financial burden arising from the long-term reliance on drugs.

This year, 34 patients benefited from the subsidies provided through the programme, thanks to the various financial assistance programmes of KADCYLA[®], XGEVA[®] and Halaven[®]. A total amount of HK\$601,600 was reimbursed under the programme.

Free Wig Programme

We are pleased to be sponsored by Dr. Wigs and Medicare Wig in our Free Wig Programme which significantly helps patients keep their appearance and self-confidence during the course of chemotherapy. Such therapy sometimes gives rise to a number of side effects, such as loss of hair.

The year, 17 patients benefited from our Free Wig Programme.

康復活動

週年會員聚餐

今年週年會員聚餐於2016年3月19日舉行，近300名會員及支持者出席。大家在聚會上同歡，參與集體遊戲及抽獎，又在舞蹈導師帶領下齊齊大跳金尊巴舞，由會員組成的合唱團「音韻樂心靈」（星期一組）也為大家高歌，場面十分熱鬧。活動邀請到香港公益金入會、預算及分配委員會主席楊傳亮先生擔任嘉賓。



Survivorship Programme

Annual Members' Gathering

Nearly 300 members and friends attended our Annual Members' Gathering on 19 March 2016. We celebrated and immersed in fun and joy by participating in the party games, lucky draw, Gold Zumba dance and the singing performance by "Melody in Mind" (Monday class), a choir formed by survivors. We were privileged to have the presence of Mr. Charles Yang, Chairman of Admissions, Budgets and Allocations Committee, the Community Chest of Hong Kong, as our guest of honour.

亮麗人生日營

香港乳癌基金會連續六年舉辦專為康復者而設的「亮麗人生」日營，本年度於2016年5月22日於香港青年協會賽馬會西貢戶外訓練營舉行。活動以「愛自己」為主題，除了有營養師分享健康飲食心得，參加者即場製作健康脆餅和手工創作，又由專業導師帶領下體驗齊齊做運動的樂趣。

日營旨在鼓勵康復者在互相扶持的氣氛下，自我檢視，學習均衡飲食、適量運動及正向思考，好好照顧自己的身心，做個健康快活人。



The "Brighten Up Your Life" Day Camp

For the sixth year in a row, the HKBCF organised the "Brighten up Your Life" Day Camp for breast cancer survivors on 22 May 2016 at the HKFYG Jockey Club Sai Kung Outdoor Training Camp. "Taking Good Care of Yourself" was the theme of this year's event. A nutritionist was invited to share healthy diet tips. There were cracknel and craftwork workshops and an instructor-led exercise session. That made it a real fun day for everyone joining the day camp.

The day camp was organised to encourage the survivors to self-evaluate and maintain physical and mental well-being by way of balanced diet, moderate exercises and positive thinking in an atmosphere of mutual support and encouragement. After all, "Stay healthy and happy", that's what we advocate.

與內地醫護交流

乳癌支援中心於2016年5月20日邀請40位來至內地的醫生和護士參與全日的訓練工作坊，雙方的醫護人員就患者支援、提升患者生活質素及淋巴水腫護理技巧等議題交流心得。



Exchange Programme with Medical Delegates from Mainland China

40 medical delegates from Mainland China visited the BCSC on 20 May 2016 and participated in a full day training programme which provided a platform for the visitors and the hosts to share experience and expertise on patient support, lymphoedema care and ways to enhance the quality of life of breast cancer patients.

香港乳癌資料庫

研究及倡議改善醫護方案

Hong Kong Breast Cancer Registry

Research and Advocacy for Better Breast Cancer Care

由香港乳癌基金會策動的香港乳癌資料庫於2007年成立，是本港現時最全面和最有代表性的乳癌資料庫。

截至本年度，乳癌資料庫已記錄超過17,000位來自49間公立及私營醫院和診所的患者和康復者數據。

資料庫的工作人員走訪本港的公私營醫療機構，以問卷方式向每一位患者或康復者收集300項數據，包括罹患乳癌的高危因素、乳房健康檢查習慣、臨床病徵、治療方法和成效、復發等資料。

有關數據和統計為我們勾劃出香港乳癌實況，亦為本港乳癌研究提供基礎，研究結果也有助本港醫護人員、乳癌患者和政策制訂者掌握本地乳癌狀況，進而找出更有效和更適切的醫治乳癌方法。

The Hong Kong Breast Cancer Registry (HKBCR) was set up by the Hong Kong Breast Cancer Foundation (HKBCF) in 2007. It is currently the most comprehensive and representative registry on breast cancer in Hong Kong.

As at the end of the reporting year, the HKBCR collected data relating to more than 17,000 breast cancer patients / survivors from 49 public and private hospitals and clinics.

Our HKBCR team visit both public and private medical institutions in Hong Kong to reach out and to interview breast cancer patients and survivors and collect data for research purposes by way of questionnaires. We collected 300 data items of each patient including breast cancer risk factors, breast screening habits, clinical symptoms, treatments and outcomes, recurrence and more.

These statistics allow us to get a clearer picture of the actual status of breast cancer in Hong Kong; the data provide a basis for the study of breast cancer in Hong Kong; the findings help local health care professionals, breast cancer patients and policy makers to get a better understanding of the local situation of breast cancer. All of these take us to more effectively and appropriately promote and enhance breast cancer health.





1,955名

新的登記患者 / 康復者
additional breast cancer
patients registered

累計登記人數為17,137
accumulated registration
was 17,137



14,400宗

個案的統計和數據分析收錄在
《香港乳癌資料庫第七號報告》
breast cancer cases analysed in
"HKBCR Report No. 7"



23名

「乳癌在線」
新登記用戶
new users registered
with "Breast Cancer HK
Online"



3間

合作醫療機構加入資料庫
additional participating
sites registered

這一年內，香港乳癌資料庫有……

This year, our Breast Cancer Registry recorded...

《香港乳癌資料庫第七號報告》

香港乳癌資料庫於2015年9月發表《香港乳癌資料庫第七號報告》，報告收錄了14,400名本港乳癌患者的數據和統計，勾劃出本港乳癌實況。

我們的研究團隊以第七號報告為基礎，就乳癌患者使用前哨淋巴結檢查的情況進行專題研究。這為本港首項探討有關議題的研究，當中分析了6,769名乳癌患者的數據，研究報告於香港乳癌資料庫簡報(2015年9月)刊登。

是次研究指出，早期乳癌患者透過前哨淋巴結檢查方法代替腋下淋巴切除手術，藉以降低手臂淋巴水腫、手臂活動能力變差或失去知覺等不良反應，大大提升患者的生活質素。

"Hong Kong Breast Cancer Registry Report No. 7"

In September 2015, the HKBCR issued "HKBCR Report No. 7", which presents the latest breast cancer facts in Hong Kong with the analysis and statistics of 14,400 breast cancer cases.

On the basis of Report No.7, our researchers also conducted a study specifically on the use of sentinel lymph nodes biopsy in breast cancer patients. This study analysed a total of 6,769 patients' data. The full study report was published in HKBCR Bulletin (September 2015).

The study showed that in the case of patients with early-stage breast cancer, the use of sentinel lymph node biopsy to replace axillary lymph node dissection could reduce the adverse impacts including arm lymphoedema, arm mobility deterioration or sensory loss. That brings about a much better quality of life for the patients.



第二屆亞洲晚期乳癌交流會

香港乳癌基金會與香港乳癌研究組於2015年11月5至6日合辦「第二屆亞洲晚期乳癌交流會」。有超過50位來自亞洲地區的權威專家出席，交流治療和控制乳癌的經驗。當中10名代表於11月6日到訪香港乳癌基金會，了解我們的服務。

The "2nd Asian Advanced Breast Cancer Exchange Forum"

The HKBCF and Hong Kong Breast Oncology Group jointly organised the "2nd Asian Advanced Breast Cancer Exchange Forum" on 5 and 6 November 2015. Over 50 experts from Asia shared their experience in breast cancer treatment and control. We were pleased to receive 10 representatives, who visited the HKBCF on 6 November.



2015年乳癌醫學研討會

香港乳癌基金會與香港中文大學醫學院臨床腫瘤學系於2015年11月7至8日合辦「2015年乳癌醫學研討會」，並邀請來自世界各地的講者討論乳癌治理。香港乳癌基金會創會人張淑儀醫生為講者之一。

研討會有超過200人參與，包括香港乳癌基金會名譽會長范徐麗泰女士及副主席關許建香女士，兩人均為主禮嘉賓。

Breast Cancer Symposium 2015

The HKBCF and The Chinese University of Hong Kong's Department of Clinical Oncology jointly organised the "Breast Cancer Symposium 2015" on 7 and 8 November 2015. Speakers from around the world were invited to discuss the treatment of breast cancer. Dr. Polly Cheung, the HKBCF's Founder, was one of the speakers.

The seminar was attended by over 200 participants. It was our privilege to have Mrs. Rita Fan, the HKBCF's Honorary President, and Mrs. Virginia Kwan, the HKBCF's Vice Chairman, as our ceremony officiating guests.

EBCC與ASCO最新臨床資訊 分享會2016

香港乳癌基金會於2016年6月20日主辦有關乳癌個案管理的最新臨床經驗分享會。80多位醫護人員出席分享會，討論由歐洲乳癌會議（EBCC）及美國臨床腫瘤學會（ASCO）發表的最新臨床資訊。

香港乳癌基金會創會人張淑儀醫生為分享會的主席；而理事熊維嘉醫生、顧問團成員邱振中醫生及趙穎欣醫生擔任講者。

EBCC and ASCO Latest Clinical Information Sharing Session 2016

The HKBCF hosted the sharing session of the latest Clinical Experience in Breast Cancer Management — Best of EBCC & ASCO on 20 June 2016. More than 80 medical practitioners participated to share and discuss the latest clinical findings reported by the European Breast Cancer Conference (EBCC) and the American Society of Clinical Oncology (ASCO).

Dr. Polly Cheung, the HKBCF's Founder, acted as the chairman of the sharing session. Other speakers included Dr. Hung Wai Ka, the HKBCF's Council Member, and Dr. Yau Chun Chung, the HKBCF's Honorary Advisor, and Dr. Chiu Wing Yan, Joanne.



醫學期刊發表文章

香港乳癌資料庫本年度在醫學期刊《Asian Journal of Surgery》發表有關本地女性乳癌患者的研究成果。

Publication in Medical Journal

The HKBCF published research findings on local female breast cancer patients in medical journal *Asian Journal of Surgery*.

發表日期
Date of publication

研究題目
Title

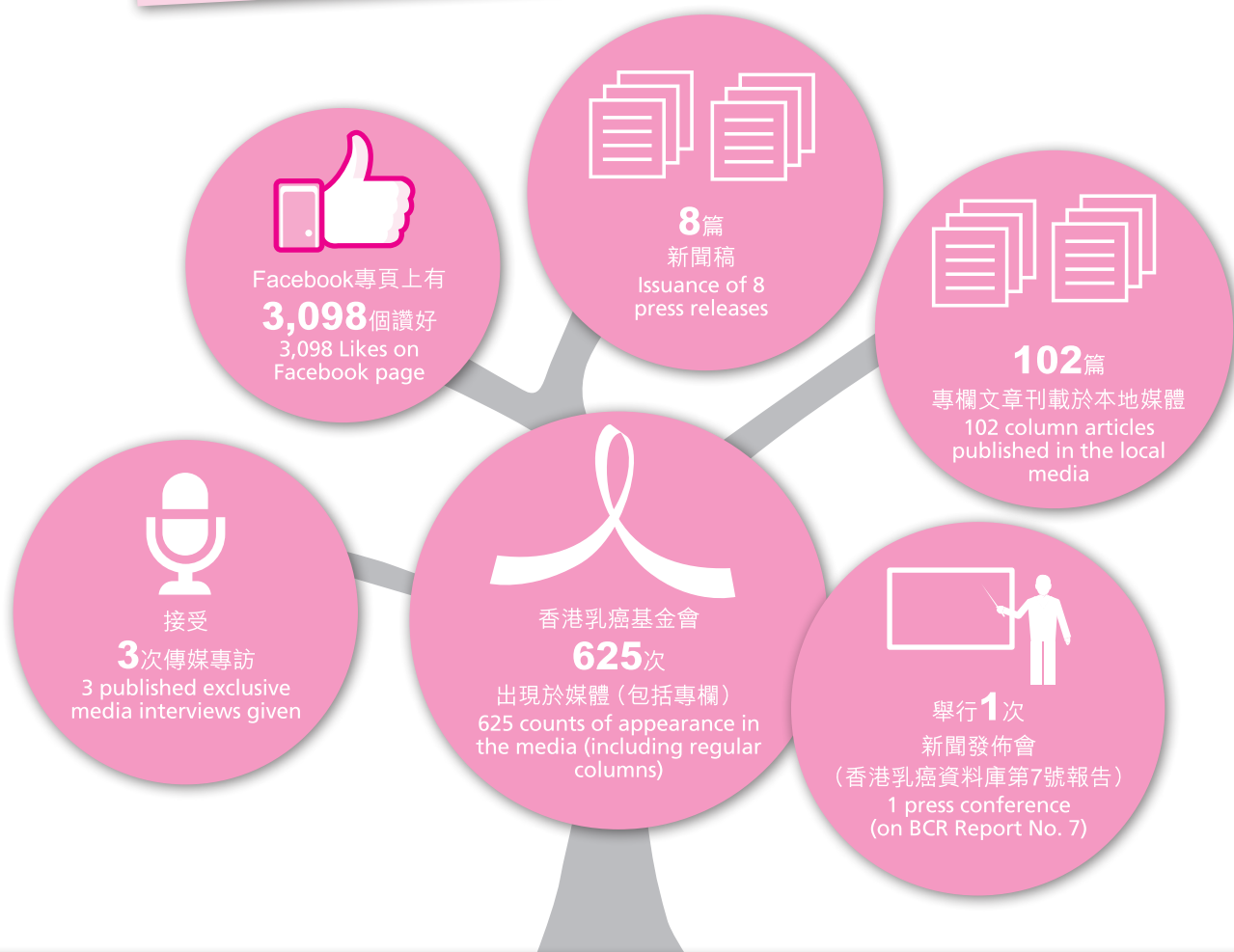
18/5/2016

Surgical options for Chinese patients with early invasive breast cancer: Data from the Hong Kong Breast Cancer Registry.
Chan SW, Cheung C, Chan A, Cheung PS. *Asian J Surg*. 2016 May 18

傳訊 Communications

香港乳癌基金會的傳訊團隊，在過去一個年度透過不同渠道，傳達乳健訊息，以及提高公眾對乳癌的認識，並鼓勵廣大婦女採取適當方法保護乳房健康。我們也運用大眾傳媒和社交媒體，推廣基金會的工作和服務。

In the past year, the Hong Kong Breast Cancer Foundation (HKBCF)'s communications team has committed itself to disseminating breast health information by utilising a wide variety of channels with an aim to promote both public awareness of breast cancer and means to maintain breast health among women. To enhance public outreach, we leverage the mass media and social media to promote our work and services.



全年工作一覽……
Our Achievement in the Year...



「乳癌風險BINGO——乳健教育社區推廣」

我們在2015年9月至11月推出「乳癌風險BINGO——乳健教育社區推廣」，邀請香港唱作歌手王菀之小姐拍攝宣傳短片和平面廣告。王菀之小姐在宣傳片中以四個生動鬼馬的造型演繹罹患乳癌的風險因素。

「乳癌風險BINGO」先後在銅鑼灣希慎廣場、觀塘APM和屯門V City舉行巡迴展覽，透過互動遊戲加深公眾對乳癌風險的認識；薛家燕、陳念慈、王宛之和郭秀雲等名人都親身出席支持。

「乳癌風險BINGO」設有專題網站 (<http://hkbcf.org/bingo/>)，在推廣期間共有4,000多人參加網站問答遊戲以作乳癌風險評估。



"Breast Cancer Risk Factors BINGO" – Community-based Campaign to Promote Breast Health

We staged "Breast Cancer Risk Factors BINGO", a community-based breast health education campaign from September to November 2015. Celebrity singer-song writer Ms. Ivana Wong starred in a short film and print advertisements for the campaign. Ivana explained the common breast cancer risk factors by playing four different funny and vivid characters.

"Breast Cancer Risk Factors BINGO" was brought to Hysan Place in Causeway Bay, APM in Kwun Tong and V City in Tuen Mun, drawing public attention through an exhibition roadshow and interactive games. Celebrities including Ms. Nancy Sit, Ms. Amy Chan, Ms. Ivana Wong and Ms. Sharon Kwok attended the event to support our campaign.

A thematic website was created for the campaign "Breast Cancer Risk Factors BINGO" (<http://hkbcf.org/bingo/>). More than 4,000 people visited and completed an online quiz to assess their breast cancer risk.



乳癌風險BINGO廣告
Promotional video of Breast Cancer Risk Factors BINGO

梁紹鴻博士禮堂命名儀式

多年來香港乳癌基金會能順利推廣各類服務，有賴各界人士的長期支持。本身是基金會贊助人的大鴻輝慈善基金主席梁紹鴻博士，由基金會創會開始一直以不同形式支持我們的工作。因此，為感謝梁博士多年來的慷慨支持，我們於2016年3月8日，即創會11週年的日子，正式把「乳健教育活動室」命名為「梁紹鴻博士禮堂」，並誠邀梁博士親臨主持。



Naming ceremony of "Dr. Edwin Leong Education Hall"

Much has been achieved with the long-term support of different sectors. Dr. Edwin Leong, patron of the HKBCF, also the Chairman of Tai Hung Fai Charitable Foundation, has been supporting our work in various aspects since the HKBCF's inauguration. To acknowledge Dr. Edwin Leong's generous support for the HKBCF over the years, we held a naming ceremony to officially name our Breast Health Centre Education Hall after Dr. Edwin Leong on 8 March 2016, which coincided with the 11th anniversary of the HKBCF's inauguration. Dr. Edwin Leong was invited to preside at the naming ceremony.

報章定期專欄

香港乳癌基金會創會人張淑儀醫生與主席霍何綺華女士多年來一直於本地報刊撰寫專欄，向大眾傳遞乳癌資訊，防癌貼士和專業知識等等。霍何綺華女士的專欄「乳過天晴」逢星期二於《晴報》刊登，而張淑儀醫生的專欄「乳你同行」則逢星期五於《蘋果日報》刊登。

Regular Columns in Newspapers

Over the years, Dr. Polly Cheung, the HKBCF's Founder, and Mrs. Eliza Fok, the HKBCF's Chairman, have been active columnists in local newspapers to share breast cancer information, insights in prevention, expertise in breast health, etc. with the public. Dr. Polly Cheung's column, (乳你同行), appeared every Friday in Apple Daily, while Mrs. Eliza Fok's column, (乳過天晴), was published in Sky Post on Tuesdays.



《乳妳同行2》新書簽名會

香港乳癌基金會創會人張淑儀醫生於2015年7月15日於香港書展期間，在灣仔會展中心為其第二本個人作品《乳妳同行2》舉行簽名會。基金會主席霍何綺華女士、多位理事會成員、會員及義工都有出席支持。

該作品集結80多篇由張醫生親筆撰寫的專欄文章，題材廣泛，除向讀者講解乳健知識外，亦分享她行醫多年所遇見的感人故事。

New Book “乳妳同行2” Signing Ceremony

The second book of Dr. Polly Cheung, the HKBCF's Founder, “乳妳同行2”, was officially launched at Hong Kong Book Fair 2015. The new book signing ceremony was held on 15 July 2015 during the Fair at Hong Kong Convention and Exhibition Centre. The event was supported by Mrs. Eliza Fok, Chairman of the HKBCF, along with many Council members, members and volunteers of the HKBCF.

The book is a collection of some 80 articles penned by Dr. Polly Cheung which covers a wide range of breast cancer knowledge and touching stories she has witnessed.



社交媒體及網站

香港乳癌基金會的網站(www.hkbcf.org)及Facebook專頁是很多人初接觸我們的界面。我們不時更新網站與Facebook專頁的內容，為公眾、乳癌患者及其家人提供各種有關病友支援的資訊和服務；以及匯報本會工作的最新動態和活動。本年度中，基金會網站共錄得234,674瀏覽次數，而Facebook專頁則獲3,098個讚好。

Social Media and Website

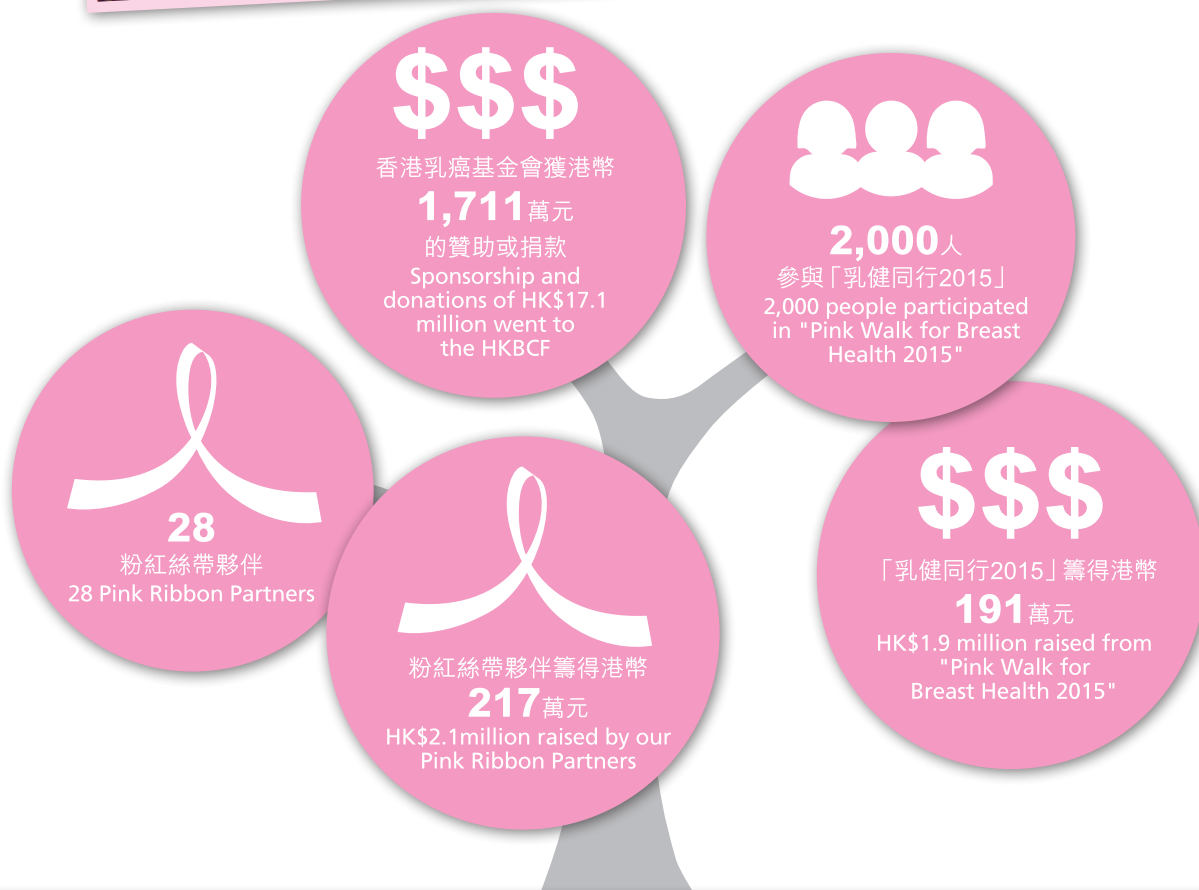
The HKBCF website (www.hkbcf.org) and Facebook page are the interface for many people who get to know us for the first time. We maintain website and Facebook contents to provide useful information and services to the public, people affected by breast cancer as well as their families, and to give our work and event updates. In the year our website recorded 234,674 visits, whilst our Facebook page got 3,098 Likes.



籌款 Fundraising

香港乳癌基金會的營運全靠社會各界的捐助。我們凝聚各方支持，向個人、企業和資助機構/基金會籌募善款，以推廣乳健教育、病友支援和倡議及研究的工作。

The Hong Kong Breast Cancer Foundation (HKBCF) is funded by public donations. We garner support and resources from a circle of generous individuals, businesses and funding bodies / foundations. Their support enabled us to finance our work on breast health education, patient support and research and advocacy.



這一年的籌款成果……
Our fundraising results for the year...



「乳健同行2015」

本年度，香港乳癌基金會連續十一年舉行每年度的重點籌款活動「乳健同行2015」（於10月8日在山頂舉行），希望喚起更多市民關注乳癌，並為基金會的服務和項目籌募經費。時任香港特別行政區財政司司長曾俊華先生及其夫人、食物及衛生局副局長陳肇始教授及多位演藝名人應邀擔任活動的主禮嘉賓。活動吸引共2,000人參與，並籌得善款共港幣190萬元。

這一屆的「乳健同行」特別增設「乳健任我行」項目，讓市民在10月內可隨時隨地以跑步或步行響應，並捐款支持。

Pink Walk for Breast Health 2015

The 11th "Pink Walk for Breast Health" (held on 8th October 2015 at The Peak) continued to be the HKBCF's annual signature event to raise public awareness on breast cancer and funds in support of the HKBCF's services and programmes.

We were privileged to have Mr. John Tsang (the then Financial Secretary of the Hong Kong Special Administrative Region) and his spouse, Professor Sophia Chan (Under Secretary for Food and Health) and a number of celebrities and artistes to officiate the ceremony of the event. The walkathon attracted a total of 2,000 participants and raised HK\$1.9 million funds for the HKBCF.

A special initiative, namely Off Peak Pink Walk, was launched this year in connection with Pink Walk for supporters to take part in fundraising wherever and whenever they like throughout the month of October by running and walking.



九龍中心籌款項目與香港乳癌基金會 —— Paul Anka 慈善演唱會

為籌建新的乳健中心，香港乳癌基金會推出九龍中心籌款項目。在2016年6月24日，我們有幸邀請到闊別香港十年，年屆75歲的國際殿堂級歌星Paul Anka先生，在香港科學園舉行一場小型慈善演唱會，為一系列籌款項目揭開序幕。當晚演唱會座無虛設，共200多位嘉賓到場支持，當中不乏城中名人。

Paul Anka 為香港樂迷獻唱多首經典金曲，並親自把首本名曲《My Way》的歌詞改成宣揚對抗乳癌的訊息。Paul Anka又捐出350隻親筆簽名唱片作慈善義賣。整項活動為我們共籌得港幣440萬元。

The Kowloon Centre Fundraising Campaign and Hong Kong Breast Cancer Foundation – Paul Anka Charity Concert

The HKBCF launched the Kowloon Centre Fundraising Campaign to raise fund for our new Kowloon Centre. We were honored to have internationally renowned singer Mr. Paul Anka to hold a mini charitable concert for the HKBCF at the Hong Kong Science Park on 24 June 2016, a decade after the 75 year-old singer's last visit. The concert witnessed a full house of audience with more than 200 guests including numerous celebrities in town.

Paul brought his Hong Kong fans a piece of memento of his classics, particularly when Paul rewrote and adlibbed his all-time-hit "My Way" with a twist to endorse the effort to fight breast cancer. He also donated 350 pieces of his autographed albums for charity sale. The event raised a total of HK\$4.4 million for the HKBCF.



粉紅絲帶夥伴

在過去一個年度有28間企業和組織參與香港乳癌基金會的粉紅絲帶夥伴計劃，並組織活動或慈善義賣，為基金會籌得港幣210萬元。

Pink Ribbon Partner

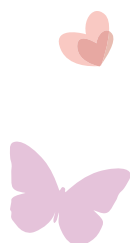
This year, 28 corporations and organisations joined our effort in promoting breast cancer awareness as Pink Ribbon Partners. A total of HK\$2.1 million was raised through the Partners' initiatives or charity sales.

我們的粉紅絲帶夥伴（2015年7月1日至2016年6月30日）* Our Pink Ribbon Partners (1 July 2015 -30 June 2016)*

- Chinese Essence Medical Group Limited
- CLP Power Hong Kong Limited
- Cork Tree Limited
- CX Fly Pink
- Elaine Ma's Charity Cooking Class
- Estée Lauder (HK) Limited
- GRI Fashion (HK) Limited
- Hard Rock Hotel Macau
- HKL (Landmark Hotel) Limited
- Jennifer Yu
- Jones Lang LaSalle Limited
- Ladies' Recreation Club
- Lee Yuen Housewares Company Limited
- Mary Kay Hong Kong
- Matsuzaka Limited
- Pure International
- Rachel Tsang
- Sa Sa Dot Com Limited
- Sealy Asia (HK) Limited
- SOFINA
- SOGO Hong Kong Company Limited
- The Kinnet
- Think Pink
- UBS AG
- USA Girl Scouts Overseas Shanghai
- Wacoal Hong Kong Company Limited
- Will Makeup Limited
- Zumba Hong Kong

* 按英文字母次序排列

* presented in alphabetical order



籌建中的九龍中心

Kowloon Centre Development

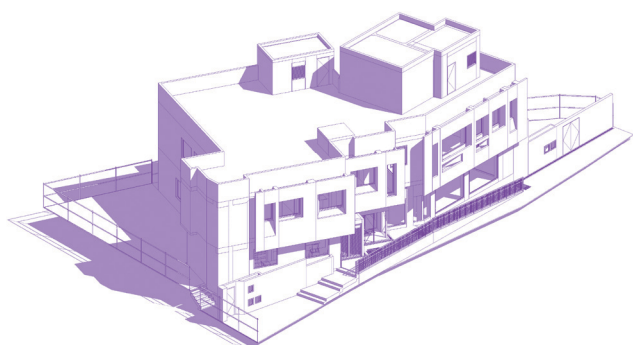
香港乳癌基金會至今服務社區超過11年，我們非常感恩香港特區政府對基金會工作成果予以肯定，並在2015年批出位於牛池灣的土地，作為興建香港乳癌基金會賽馬會乳健中心（九龍）之用。我們成立了專責團隊，開展項目規劃，本年度內規劃工作進展順利。我們在公開招標中選定俊和建築有限公司為項目之設計及建築夥伴，並於2016年1月獲香港賽馬會慈善信託基金確認撥款資助項目費用。

九龍中心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：**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。

九龍中心將座落於牛池灣龍翔道28號，毗鄰斧山道游泳池。由港鐵彩虹站C2出口步行1至2分鐘即可抵達。新的中心將提供專業、便捷而可負擔的一站式乳健檢查服務和乳癌患者支援服務，並設有先進的3D乳房X光造影設備。

基金會積極落實九龍中心的建築工程規劃，並計劃於2016年下半年舉行動土儀式。根據建築工程規劃，九龍中心以環保建築技術興建，預期於2017年竣工及正式投入服務，惠及更多有需要的婦女。



After more than 11 years of dedicated works to the local community, the Hong Kong Breast Cancer Foundation (HKBCF) is honoured to have been recognised by the Government with the grant of a piece of land in 2015 for the set-up of the Hong Kong Breast Cancer Foundation Jockey Club Breast Health Centre (Kowloon). We thereafter formed a dedicated team to plan out the project. During the year, preparatory work progressed well. We are pleased to have appointed Chun Wo Building Construction Ltd. to be our design and build contractor through an open tender. The Hong Kong Jockey Club Charities Trust also confirmed their funding support in January 2016.

The Kowloon Centre 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.
- **Mammography (MMG) Screening for “high risk” women:** In line with the prevailing governing 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.

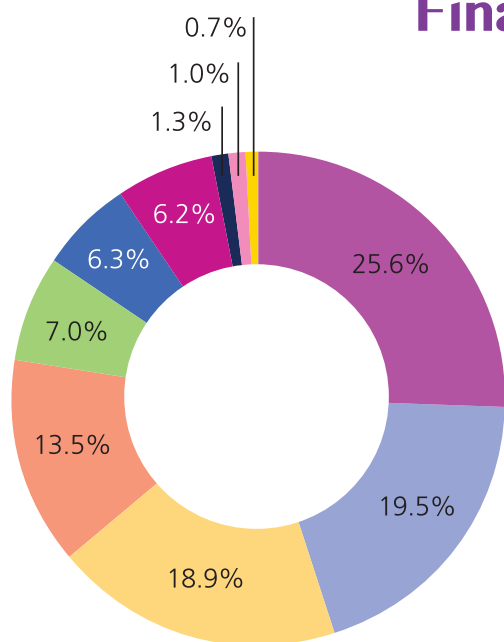
The Kowloon Centre will be located at 28, Lung Cheung Road, Ngau Chi Wan, right next to Hammer Hill Road Swimming Pool and is a 1-2 minutes walk from Exit C2 of MTR Choi Hung Station. We will provide professional, accessible and affordable one-stop breast screening service as well as comprehensive support services for patients and their family members at this new centre. The screening service will be aided with a state-of-art 3D mammography machine.

Construction plans for the Kowloon Centre were well implemented with a groundbreaking ceremony scheduled to be held in the second half of 2016. Built with eco-friendly techniques, the Kowloon Centre is expected to commence service upon completion in 2017, serving many more women in need.



財務摘要

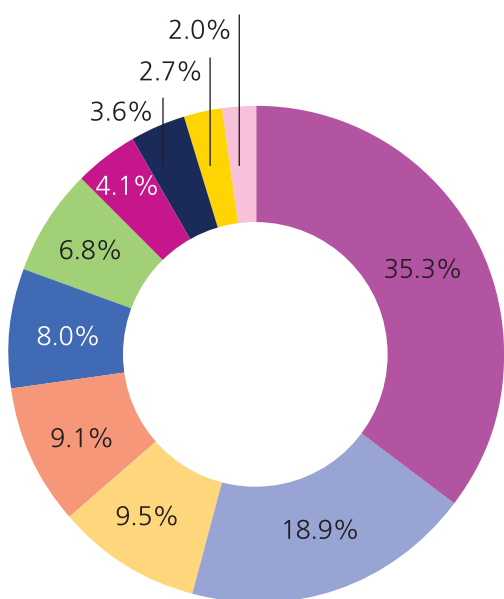
Financial Highlights



收入 Income

	2015/16	HK\$'000
捐款 Donations	6,900	(25.6%)
服務收入 Service Income ¹	5,255	(19.5%)
九龍中心籌款項目 Funds raised from Kowloon Centre Fundraising Campaign ²	5,088	(18.9%)
香港賽馬會慈善信託基金撥款 Grant from The Hong Kong Jockey Club Charities Trust ³	3,631	(13.5%)
其他籌款活動 Other Fundraising Events ⁴	1,912	(7.0%)
公益金撥款 Grant from Community Chest	1,697	(6.3%)
10週年活動籌款 Funds raised from 10th Anniversary Campaign ⁵	1,691	(6.2%)
利息收入 Interest Income	362	(1.3%)
機構捐款 Donations from Organisations ^{6,7}	274	(1.0%)
其他收入 Other Income ⁸	183	(0.7%)

總收入 Total Income **26,993**



支出 Expenditure

	2015/16	HK\$'000
乳健中心 Breast Health Centre	8,429	(35.3%)
乳癌支援中心 Breast Cancer Support Centre	4,498	(18.9%)
乳癌資料庫及研究 Breast Cancer Registry and Research	2,258	(9.5%)
10週年活動 10th Anniversary Campaign	2,174	(9.1%)
公眾教育與宣傳推廣 Public Education & Communications	1,915	(8.0%)
行政成本 Administrative Costs	1,632	(6.8%)
九龍中心籌款項目支出 Kowloon Centre Fundraising Campaign	985	(4.1%)
籌建九龍中心 Set-up Costs of Kowloon Centre	849	(3.6%)
籌款成本 Fundraising Costs	640	(2.7%)
外匯兌換損失 Foreign Exchange Loss	470	(2.0%)

總支出 Total Expenditure **23,850**

本年度盈餘 Surplus for the year⁹ **3,143**

摘要顯示香港乳癌基金會有限公司截至2016年6月30日的賬戶財務狀況，審計報告由黃龍德會計師事務所有限公司所撰寫。完整報告可於香港乳癌基金會有限公司辦事處索閱。

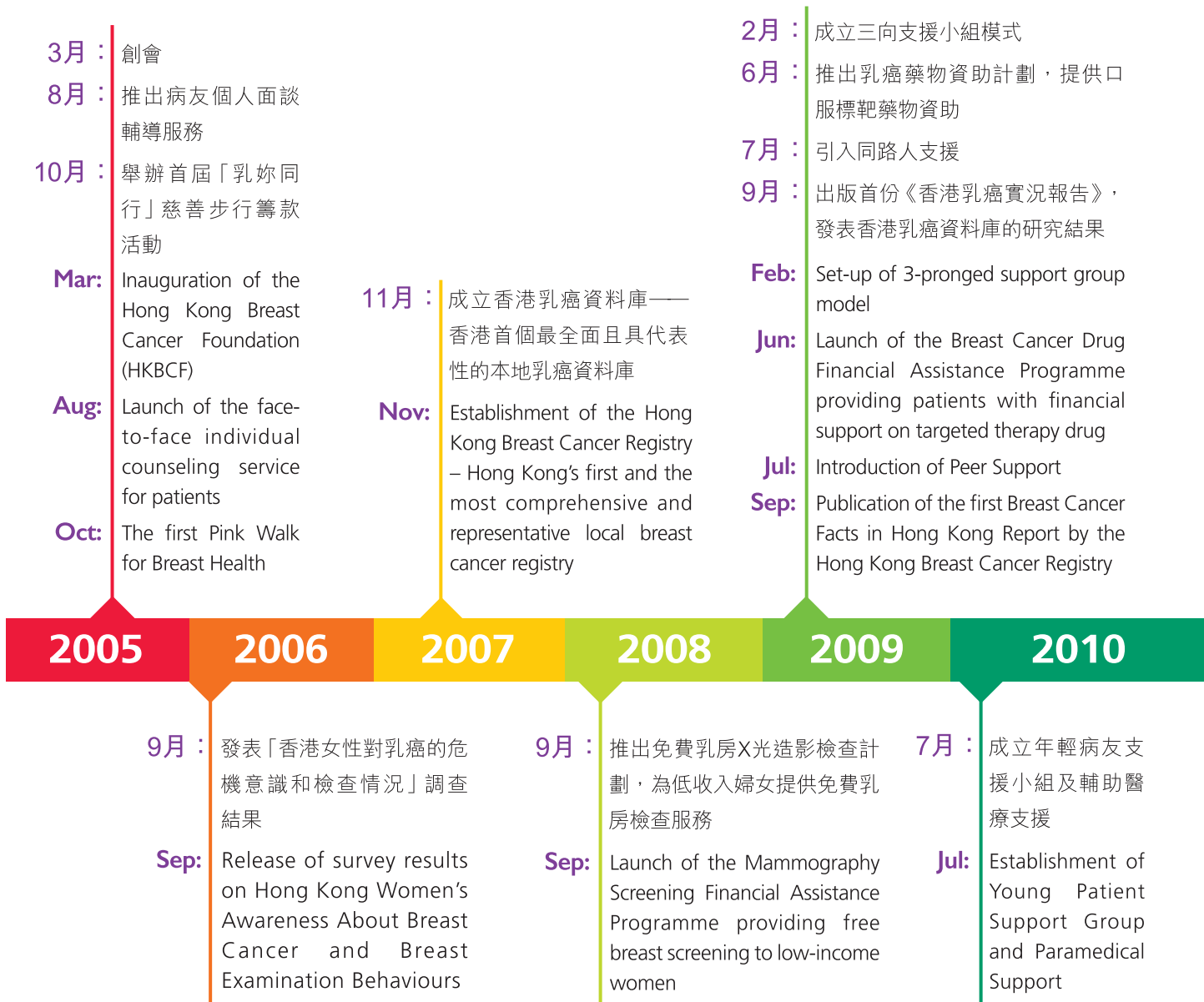
These financial highlights are based on Hong Kong Breast Cancer Foundation Limited's financial accounts for the year ending 30 June 2016. The full audited financial statements by Patrick Wong C.P.A. Limited are available at the office of Hong Kong Breast Cancer Foundation Limited.

備註 Notes:

- 於本財政年度，淋巴水腫測量服務費收入為港幣443,040元；乳房健康檢查費及診斷服務費收入為港幣4,811,700元
During the financial year, income of Lymphoedema Assessment Fees is \$443,040, and income of Breast Screening Fees & Assessment Fees is \$4,811,700.
- 九龍中心籌款項目所得捐款包括 (1) 個人 / 企業捐款；(2) 香港乳癌基金會 — Paul Anka慈善演唱會收益
Donations from Kowloon Centre Fundraising Campaign include (1) Donations from individuals / corporations; and (2) Income from Hong Kong Breast Cancer Foundation — Paul Anka Charity Concert.
- 從2014年7月開始，香港乳癌基金會有限公司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 Limited received \$12.62 million funding from The Hong Kong Jockey Club Charities Trust over 3 years. The funding is used on breast health education and breast cancer screening for underprivileged women.
- 主要活動：乳健同行2015步行籌款活動
One major event held: Pink Walk for Breast Health 2015.
- 10週年活動籌得款項包括 (1) 個人 / 企業捐款；(2) 十週年紀念版頸巾銷售收益。大部分款項已於2014/15財政年度入賬
Donations from 10th Anniversary Campaign include (1) Donations from individuals / corporations; and (2) Sales proceeds of 10th Anniversary scarf. Most of the donations were received in 2014/15 financial year.
- 從高盛所得的捐款用作為低收入婦女提供免費乳房X光造影檢查及超聲波掃描
Donations from Goldman Sachs are used for providing free mammogram and ultrasound imaging service to underprivileged women.
- 從Greater Kansas City Community Foundation所得的捐款用作為低收入婦女提供免費乳房X光造影檢查及超聲波掃描
Donations from Greater Kansas City Community Foundation are used for providing free mammogram and ultrasound imaging service to underprivileged women.
- 其他收入包括：雜項收入、活動登記費及會員費等
Other income includes sundry income, programme registration fee and membership fee, etc.
- 盈餘將用於機構的策劃、組織及服務發展
Surplus is for Hong Kong Breast Cancer Foundation Limited's strategic, organisational and service developments.

11年里程碑

Milestones in 11 Years



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、價格相宜和適時的乳健檢查服務
推出「乳癌檢測，缺一不可」廣告及推廣計劃

May: Inauguration of the Breast Health Centre, sponsored by The Hong Kong Jockey Club Charities Trust, providing professional, affordable and timely breast cancer screening services
Launch of "Three Steps to Breast Health" marketing and publicity campaign

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

12月： 推出「乳癌風險評估」服務，幫助婦女識別她們患上乳癌的風險並接受適合的檢查

May: Launch of Breast Cancer Survivorship Month encouraging survivors and their families to celebrate, appreciate and requite

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

4月： 政府向香港乳癌基金會撥出牛池灣的一幅土地，以設立九龍中心

9月： 創會十週年，為提高公眾對乳癌的認識及推廣乳房健康的重要性，香港乳癌基金會推出「乳癌風險BINGO」多媒體宣傳推廣，以及一系列深入社區的乳健教育巡迴展覽及活動，向大眾提供更多乳健資訊

Apr: The Government granted the HKBCF a piece of land in Ngau Chi Wan (for short term tenancy) for the set-up of our Kowloon Centre

Sep: On its 10th Anniversary, the HKBCF launched a public education campaign with the "Breast Cancer Risk Factors BINGO" multimedia advertising programme and a series of community-based roving exhibitions and events to promote breast health among women in the local community

2011

2012

2013

2014

2015

2016

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

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

5月： 推出亞洲首個乳癌網上資料庫「乳癌在線」，為醫護專業人員提供香港乳癌資料庫的數據，以作參考並制定有根據的治療方案

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

6月： 「九龍中心籌款項目」的頭炮活動「香港乳癌基金會——Paul Anka 慈善演唱會」

Jun: As a kick start of the HKBCF "Kowloon Centre Fundraising Campaign", the HKBCF hosted the "Hong Kong Breast Cancer Foundation – Paul Anka Charity Concert"

機構管治

Corporate Governance

管理委員會是香港乳癌基金會有限公司的主要監管組織，主要負責制定策略方向，通過年度財政預算和檢視基金會的運作。管理委員會的成員於每兩年舉行一次的理事會周年大會中選舉產生。所有職務均屬義務性質。

The Management Committee is the main governing body of Hong Kong Breast Cancer Foundation Limited and is mainly 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. All members serve on a voluntary basis.



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36 (截至30.6.2016)

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全賴有您

Acknowledgements

全賴有您的慷慨捐助，我們能夠努力不懈地透過乳健教育、患者支援、研究及倡議三大工作範疇，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，因為這心意讓我們的服務推展得更廣更全面。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, patient 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!

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