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(For Immediate Release)

Hong Kong Breast Cancer Foundation
Live Symposium on Breast Health Education 2023
Themed “The Patient Journey”

Comprehensive Breast Cancer Knowledge shared by Experts to Help Patients with Their Battle

(Hong Kong, 27 May, 2023) Rapid development in medical technology has brought more breast cancer treatment options in recent years. However, how should patients make their decision? Today, the Hong Kong Breast Cancer Foundation (HKBCF) successfully held the Live Symposium on Breast Health Education 2023, themed “The Patient Journey”, with aims to spread comprehensive breast cancer knowledge. The Symposium, held at the HKBCF Jockey Club Breast Health Centre (Kowloon), was livestreamed on Facebook and YouTube simultaneously.

HKBCF invited an impressive line-up of medical experts to speak at the Symposium. Keynote speakers include Dr. Polly CHEUNG, Founder of HKBCF; Dr. Yolanda CHAN, specialist in general surgery and Consultant of CUHK Medical Centre; Dr. Stephanie LAU, specialist in general Surgery and Director of Breast Care Centre, Hong Kong Baptist Hospital; Dr. HUNG Wai Ka, Member of HKBCF’s Management Committee; Dr. Angus LEUNG, specialist in clinical oncology; Dr. Janice TSANG, specialist in medical oncology and Founding Convenor of Hong Kong Breast Oncology Group; and Dr. YAU Chun Chung, Vice Chairman of HKBCF’s Management Committee. A total of 7 medical experts in various specialties shared the insight of the latest breast cancer treatment technologies, as well as the journey of breast cancer patients from diagnosis, treatment to recovery. The purpose of this Symposium is to provide inspiration and support for breast cancer patients and the public, helping them to deal with and overcome the challenges during treatment.

Dr. Polly CHEUNG, Founder of HKBCF, said in the opening remarks, “It is a great pleasure to see active participation at the Live Symposium on Breast Health Education 2023. Each year, HKBCF dedicates May as the “Month for Breast Cancer Survivorship”, and it is particularly meaningful to organize the Symposium at this time. I do hope the public will benefit from the Symposium and we will continue our hard work to enhance breast health awareness.”

Dr. Polly CHEUNG, shared that breast screening is an important measure for early detection of breast cancer. Through regular breast screening, we can achieve early detection and conduct early treatment. Not only does it save life, treatment is also relatively simpler. Dr. CHEUNG encouraged

women at the age of 44-69, even those who do not have increased risk such as family history, precancerous breast lesions, and BRCA gene mutation, to undergo the breast screening every two years. She advocated that society should set up accessible screening centers to provide diagnosis, treatment service and follow up actions, so as to increase awareness of breast screening among public.

Dr. Yolanda CHAN pointed out that neoadjuvant chemotherapy (NAC) is delivered before definitive breast cancer surgery, offering the advantages of lowering the stage of the disease, reducing the extent of surgery, and allowing breast-conserving surgery. There is evidence that NAC is equivalent to adjuvant chemotherapy in terms of preventing breast cancer recurrence. In the current era of personalized treatment, it supports evaluations of therapeutic efficacy. Patients with early breast cancer should consider receiving NAC before surgery, especially those with stage \geq II disease, HER2-positive (non-luminal) or triple-negative breast cancers.

Dr. Stephanie LAU said that surgery is a critical element of the multimodal treatment of breast cancer. It requires careful consideration of various factors before selecting mastectomy or breast conserving surgery. Surgeons will explain the pros and cons of various aspects in detail and make appropriate suggestions from the patients' point of view, by providing effective cancer control while still maintaining optimal cosmetic outcomes and self-confidence.

Dr. HUNG Wai Ka said that breast cancer patients may suffer from a certain extent side effects when receiving chemotherapy. As for whether patients can benefit from chemotherapy, different techniques can be used to evaluate assessment, and then compare the effectiveness afterwards. It is believed that the informative results can help guide the choice of further treatment.

Dr. Angus LEUNG mentioned that the development of new drugs in different fields which combined with surgery and radiation therapy, can improve the treatment effectiveness and improve the overall survival rate. For example: The latest direction in the treatment of HER2-positive patients is to combine both chemotherapy and targeted therapy into a new drug known as "antibody-drug conjugate (ADC)". Triple negative breast cancer patients can currently consider immunotherapy, using checkpoint inhibitors combined with chemotherapy, in suitable cases, ADC or PARP inhibitors can also be considered to improve outcome. It is shown that different subtypes of breast cancer require different treatment ways in order to attack tumor cells from multiple angles and improve the overall treatment result.

Dr. Janice TSANG pointed out that the development of antibody-drug conjugate (ADC) is a recent breakthrough in the therapeutics for advanced breast cancer. She gave an overview of the new class of ADCs with the updates on various ADCs and the application in different clinical subtypes of advanced breast cancer, including HER2 positive breast cancer, triple negative breast cancer, hormone positive HER2 negative (IHC 0, IHC1+ or IHC2+/FISH negative) advanced breast cancer. It has obtained significant improvement in overall survival rate.

Dr. YAU Chun Chung, along with invited survivors, shared the life after completion of treatment by giving tips on how to walk together on the road to recovery, especially physical and psychological support. In addition, they talked about lifestyle adjustment and how to deal with the problems, such as exercise, diet, sleep and getting back to work.

For a summary of the symposium, please visit: <https://bit.ly/3OEEGjG>

To review the symposium, please visit: <https://bit.ly/3OLzmef>

Download high-resolution photos: <https://bit.ly/3MUvsyh>

Media enquiries:

Hong Kong Breast Cancer Foundation

Public Relations and Communications Department

Tel: 3143 7357 / 3143 7370

Email: prc@hkbcf.org