

Pink Ribbon Newsletter

香港乳癌基金會
HK Breast Cancer
Foundation

www.hkbcf.org



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主席的話 CHAIR'S MESSAGE

2010年，標誌著香港乳癌基金會成立五週年，亦是我們會務忙碌而充實的一年。本會新財政年度伊始(2010年7月1日起)，我向大家宣布一個好消息：香港乳癌基金會將要再創里程碑。

在香港賽馬會撥款支持下，我們將於年內設立以社區為本的乳房健康中心，向市民提供一站式乳房健康檢查服務，並配合乳房健康教育，鼓勵女性養成「定期檢查三步曲」的習慣，即定期自我檢查乳房、接受醫生觸診和X光造影檢查。乳房健康中心的成立旨在協助婦女及早發現乳癌，將乳癌對患者身心健康和生活的傷害減至最低。我們將與醫療服務機構合作，令更多人有機會使用優質、費用相宜而方便的乳房X光造影檢查服務。X光造影是目前最有效的乳癌篩檢方法，可偵測到摸不到的早期乳癌。在篩檢中發現徵兆的婦女，可以在乳房健康中心接受診斷，從而減省在公立醫院尋求診斷的輪候時間。

香港目前沒有全民乳癌普查計劃，婦女到公立醫院接受X光造影檢查，需排期6至18個月；到私營醫院毋須輪候，但收費高昂，並非人人可以負擔。一些婦女偶然做乳房檢查，而忽視定期和有系統地檢查的重要性。乳房健康中心的設立正是為了回應這些問題。

此外，我們倡導本港因地制宜，制訂適切的乳房健康政策和護理方案。我們聯同醫護專業人員、乳癌康復者和研究人員兩年前成立了本港最具代表性和最全面的香港乳癌資料庫。迄今已經有4000多名乳癌患者和康復者登記加入資料庫，為本港乳癌實況研究提供數據。資料庫第二份報告將於今年九月發表，希望大家可從最新數據中得到啟示。

作為乳癌康復者，我身同感受乳癌帶來的身心影響，以及對個人生活以至事業構成的影響。這些經歷正正是我和其他康復者決意加入對抗乳癌行列的依據。

本會一直成長，邁步前進。我藉此機會衷心向一直出錢出力支持香港乳癌基金會的人士，以及無私奉獻的義工們致謝。

本會第六屆的關注乳癌步行籌款活動將於10月3日假山頂舉行，又五週年慈善晚會亦將於11月20日在灣仔會議展覽中心設宴，希望你踴躍參加，到時見！希望你喜歡今期的《粉紅絲帶通訊》！

香港乳癌基金會主席 蔡梁婉薇, BBS

This year marks the 5th Anniversary of the Hong Kong Breast Cancer Foundation (HKBCF), an eventful and exciting year for everyone of the HKBCF family. At the start of our new fiscal year (starting from 1 July 2010), I would like to announce a significant milestone we are making.

With the funding support by the Hong Kong Jockey Club, we are going to start up a community-based Breast Health Centre, a facility that provides the public with one-stop breast screening services, supported by education. We encourage women to practise routine and organised breast checks – breast self examination, clinical breast examination and mammographic screening. Our first goal is to stop breast cancer before it starts affecting one's life. We shall work in partnership with mammography service providers to help more people access quality and affordable mammographic screening. Mammogram is the most effective tool to detect breast cancer at early stage before it can be felt. If abnormality is found in mammogram, women can undertake diagnostic testing at the centre.

The Breast Health Centre aims to fill the gaps in the community – in absence of a population-based breast cancer screening programme in Hong Kong, one has to wait 6 to 18 months for a mammogram at public hospitals/clinics while the private screening service might be too costly for many. Moreover, some women may perform ad hoc screening but few realise the importance of regular and organised screening.

We strive to advocate better breast health policy and breast cancer care based on local evidence. Hence, we have teamed up with medical professional, survivors and researchers to set up the Breast Cancer Registry, the most representative and comprehensive registry on breast cancer in the territory. Over the past two years, the Registry has collected data from nearly 4,000 people living with breast cancer for critical research into local breast cancer facts. In September, the second report will come out with latest data and insights.

As a survivor of breast cancer myself, I have been through the trauma that women go through physically and emotionally, as well as the difficulty in coping with the changes in their career and daily life. Yet, it is exactly this experience that laid the foundation for myself and other survivors to take up the fight against breast cancer.

The HKBCF is moving forwards in a progressive way riding on continued momentum. I would like to take this opportunity to thank our wonderful group of supporters and volunteers who have been providing us unconditional assistance over the years.

Before you start turning the pages to enjoy this newsletter, I would like to remind you of our 6th Breast Cancer Awareness Walkathon on 3 October at the Peak and our 5th anniversary Gala Dinner on 20 November 2010 at the Hong Kong Convention & Exhibition Centre. I look forward to seeing you at these two meaningful events.

Happy reading!

Joanna Choi, BBS
Chairman of HKBCF





認清乳癌高危因素

Low-down on Risk Factors for Breast Cancer



乳癌成因是什麼？至今都沒有人能夠提供答案，我們根據科學研究得知有一些物質或條件會增加患乳癌的風險。坊間對於何謂乳癌高危因素也眾說紛紜，一時說半夜上廁所會增加乳癌風險；有說長期戴胸圍是禍端，我們應該怎樣判斷？

絕大部分的乳癌都不是遺傳的，而是跟我們的飲食、生活習慣及環境等因素有關。根據香港乳癌資料庫最新數據，本港乳癌患者中有八成半沒有乳癌家族病史。今期的封面故事探討一些普遍的乳癌傳言，期望大家減少誤解，認清乳癌高危因素和風險水平，保障自己的健康。

What causes breast cancer? This is a question that still awaits a complete answer. Today, we could only infer from scientific researches that certain risk factors may increase the risk of developing breast cancer. Yet, we are constantly overwhelmed by hearsays about every possible cause - from peeing at night to wearing a bra all-day-long. How then can we judge?

Most of the breast cancer cases are not hereditary, but rather, are linked to our personal lifestyle, diet and exposure to the environment. According to the latest statistics of the Hong Kong Breast Cancer Registry, 85% of local breast cancer patients did not have family history of the disease. Our cover story for this issue addresses a few common myths about breast cancer risk factors. Hopefully it will help you get a better understanding of the topic.

1. 止汗劑會導致乳癌？

傳言：長期使用止汗劑或剃腋毛，會令止汗劑裡的致癌物質滲入腋下淋巴結，誘發乳癌。

事實：未有科學證據支持乳癌風險與止汗劑有關。2002年曾經有一項流行病學研究，比較有乳癌女性(813人)和無乳癌的婦女(793人)使用止汗劑/香體劑/剃腋毛的習慣，結果發現乳癌病發風險與這些習慣無關。另一項以乳癌患者為對象的研究顯示，較年輕的患者在較早年歲開始有使用止汗劑和剃腋毛習慣，而且使用次數比年長的患者多；不過由於這項並非對照研究，研究人員沒有了解非乳癌患者的情況，故此難以作出推論。

統計顯示，大部分乳癌患者的腫瘤都是在乳房的上外側，近腋窩處；這數據令止汗劑會致乳癌的傳言顯得疑幻疑真。其實更科學化的解釋是乳房上外側的乳腺和淋巴組織特別稠密。

1. Do antiperspirants cause breast cancer?

Myth: Long-time users of anti-perspirants and women who shave their underarms are more likely to have breast cancer because they may absorb cancer-causing chemicals through the axilla lymph nodes.

Facts: There's been no scientific evidence substantiating such a link between breast cancer and antiperspirants. According to an epidemiology research in 2002 which compared 813 breast cancer patients with 713 non-patients, the risk of developing breast cancer didn't seem to have any link with the habits of using antiperspirant and shaving underarms. Yet another research on breast cancer patients showed that younger patients happened to start using antiperspirants and shaving underarms at an earlier age and at higher frequency than their older counterparts. However, the study is not conclusive without any comparative study with non-patients.

Statistics reveal that most breast cancer patients have their tumour located on the upper outer part of the breast near the armpit, which added to the credibility of this myth. The scientific answer to that would direct us to the fact that lymphatic tissues are particularly dense around that area.

冷知識 Did you know...?

為何做X光造影前不宜用止汗劑？

因為止汗劑中含有鋁，在X造影之上會呈現點，狀似鈣化點。

Why shouldn't you use antiperspirant before taking mammography?

Because antiperspirants contain aluminium that will show up as flecks of calcification on the X-ray.

2 夜班或通宵工作易患乳癌？

傳言：經常要夜間當值的女性，例如護士，患上乳癌的風險較高。研究人員懷疑這跟人體的生理時鐘和褪黑激素水平受干擾有關。

事實：人體的生理時鐘機制由光暗環境控制，生理時鐘影響著某些荷爾蒙的分泌和與癌腫瘤有關的基因。而在夜間分泌的褪黑激素則與人體的免疫機制息息相關。

世界衛生組織的國際癌症研究機構(International Agency for Research on Cancer)於2007年的專家工作小組報告中指出，長期夜班工作（在本應睡眠的時間當值）會增加女性罹患乳癌的風險，需要通宵的輪班工作被界定為「可能致癌」因素。

該報告綜合了六至八份追蹤研究，其中一項的研究對象為七萬名美國女護士，追訪研究為期十年，結果發現任職30年或以上、經常要輪夜班的護士組別中，每千人有42人患有乳癌，而不用輪夜班的護士組別則每千人有29人有乳癌。任職年期不足30年的護士當中，需要當夜班的每千人有32人有乳癌，比不用當夜的組別病發率高8%。

動物實驗研究亦發現，接觸致癌物質的老鼠長期暴露於光照、夜間有微光、模擬跨越時區和生理時鐘受干擾的多種環境下，其癌腫瘤的數目均有所增加。

世衛公布研究結果後，丹麥政府隨即推出新政策，向確診患上乳癌的夜班工作婦女提供經濟補償。英國衛生部門亦展開了輪夜工作與乳癌關係的醫學研究，結果可望於2011年公布。

3. 食物中的荷爾蒙會引致乳癌？

傳言：有說吃「打針雞」或其他有激素的食物，有增加乳癌風險之嫌。

事實：事實上無確實證據顯示，短期攝取微量的雌激素，會增加患癌風險。到目前為止，亦沒有足夠證據支持吃雞肉會導致乳癌的說法。

浸會大學生物學系今年初公布的一項研究顯示，本港及內地雞隻的雌激素活性，遠高於美國及巴西雞，雞皮更較雞肉高出六倍。負責研究的副教授黃港住指出，部分污染物可干擾人體荷爾蒙功能，量度生物的荷爾蒙活性有助了解污染物對內分泌系統的影響。研究員又檢驗本港街市有售的20款鹹淡水魚，發現大眼雞及桂花魚的二噁英量最高，遠高於平均數值，更證實高雌激素活性的魚肉提取物，能刺激人類乳癌細胞生長。

黃港住稱，二噁英等荷爾蒙干擾素一般溶於脂肪，雞皮脂肪較多，可累積大量荷爾蒙干擾素，他建議市民勿大量食用脂肪含量高的食物。

另外，一些農場會為牛隻注射生長激素（recombinant bovine growth hormone，簡稱rBGH），令牛隻體內的荷爾蒙insulin-like growth factor（簡稱IGF-1）上升，這種人工合成荷爾蒙在美國准許使用，但在加拿大、澳洲、新西蘭及日本則禁用。有研究指出，飲用牛奶或會令人體內IGF-1水平上升。美國耶魯大學醫學院2002年針對華裔乳癌患者的研究發現，與一般婦女比較，乳癌患者體內的IGF-1水平較高。但不能因此肯定喝牛奶會致癌，當中還有疑團未解。

康奈爾大學營養生物化學榮休講座教授T. Colin Campbell曾進行動物實驗，讓老鼠接觸致癌物質，然後再分別以牛奶蛋白和植物蛋白餵食，結果攝取牛奶蛋白的老鼠有較多的癌腫瘤。不過，動物實驗結果不可直接套用在人類身上，而牛奶蛋白又有別於人類攝取的多種動物蛋白來源。

4. 戴有鋼線或緊身的胸圍，會令淋巴液輸送受阻，因而導致乳癌。

傳言：Dressed to Kill一書的作者 Singer及 Grismaier曾經訪問美國五個城市的4,500名婦女，研究她們戴胸圍的習慣與乳癌的關係。研究結果顯示，全日24小時都穿戴胸圍的婦女，每四人中有三人患有乳癌；每日穿戴胸圍超過12小時的婦女，每7人有1人有乳癌；每日穿戴時間少於12小時者則每152人中有1人有乳癌。作者推論，發展中國家婦女多數沒有穿戴胸圍的習慣，而她們患癌的比率比西方國家女性顯著為低。

事實：不過，該項研究未有採用標準的醫學研究方法，因此未為醫學界認許。有醫學研究人員指出，西方國家和發展中國家婦女的生活習慣有很多差異，不能一概而論指乳癌病發率的差別是由有沒有穿戴胸圍所致。目前未有醫學研究證實對身體特定部分施加壓力會令正常細胞變成癌細胞。

美國癌症協會(American Cancer Society)網站指出，迄今只有一項科學化的研究探討穿戴胸圍和乳癌關係，研究結果指出不戴胸圍的婦女組別中，乳癌個案比戴胸圍的婦女組別低，但其差別並不顯著。研究人員又指出，就算戴胸圍習慣與乳癌有關，其關係也可能是間接的，因為不戴胸圍的女性一般較瘦削，她們本身沒有肥胖這項高危因素。

2. Will night shift and overnight work increase risk of breast cancer?

Myth: Women who work on night shift, such as nurses, face a higher risk of developing breast cancer, according to research on the impact of night shift work on the body's circadian rhythm and melatonin levels.

Facts: The circadian rhythm is an internal clock governed by the body's exposure to light. It also affects the production of certain hormones and genes related to cancer. Melatonin is a hormone produced after dark which plays a critical role in regulating the immune system.

In 2007, WHO's International Agency for Research on Cancer concluded in a special report that "prolonged night shift work" (on job duty during normal sleep hours) may increase women's risk of developing cancer, putting "night shift" among the cancer-causing risk factors.

One of the cohort studies was carried out on 70,000 female nurses in the US for 10 year. One key finding was that about 42 in every 1,000 nurses who worked for 30 years or more on rotating night shifts developed breast cancer, whereas about 29 in every 1,000 nurses who never worked night shifts. This represents a 36% increase in the risk of breast cancer for women who worked for 30 years or more. About 32 out of every 1,000 nurses who worked on night shifts for less than 30 years developed breast cancer, and this represents an 8 % increase in the risk of breast cancer compared with non-night-shifters.

Researches also found that prolonged light exposure, even to dim light during night time, mimic the crossing of time-zones and circadian disruption, resulting in an increase of cancerous cells among mice that had been exposed to cancer-causing substances.

In response to the WHO report, the Danish government enacted a policy paying compensation to women who developed breast cancer after working night shifts. It also triggered another research by UK's health department on the link between night shift and breast cancer. The finding is due for release in 2011.

3. Will food hormones cause breast cancer?

Myth: There have been sayings that chicken and other foods infused with hormones may increase the risk of breast cancer.

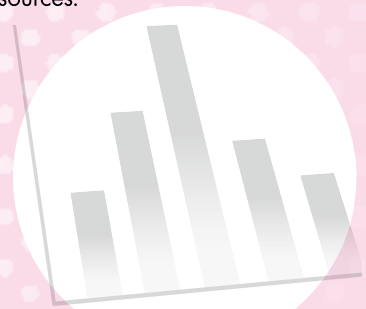
Facts: So far, there's no evidence on how a small intake of hormones over a short period of time will increase the risk of cancer, nor the risk of eating chicken.

Earlier this year, the Biology Department of Baptist University concluded in a report that chicken from Hong Kong and Mainland China are infused with 6 times more hormones than those from the US and Brazil. According to Dr. Chris Wong, associate professor in charge of the study, as some of the pollutants may disrupt human hormonal function, measuring the hormonal content would shed more light on their effect on the endocrine system. The same study tested 20 fish species from local markets for level of dioxin, the highest concentration - which was far above average - was found in big-eyed fish and mandarin fish. There were also indications that fish meats with high hormone concentration may stimulate the growth of cancerous cells in human.

Dr. Wong noted that disruptive hormones like dioxin is fat-soluble. That means they tend to cluster around the chicken skin, so that it is more advisable to avoid high-fat foods.

Apart from that, there are farms that inject their cows with namely recombinant bovine growth hormone (rBGH), which increases their insulin-like growth factor (IGF-1). Despite being legally adopted in the US, rBGH has already been banned in Canada, Australia, New Zealand and Japan. Other research indicated that drinking cow's milk may raise the body's IGF-1 level. Yale University gathered in a study that Chinese breast cancer patients did have a higher level of IGF-1 than their non-patient counterparts. Yet, there are mysteries to be solved before we could conclude that drinking milk could cause cancer.

At Cornell University, Emeritus Professor of Nutritional Biochemistry T. Colin Campbell did a study on rodents by feeding 2 different groups with milk protein and vegetable protein respectively. The results indicated that the milk-taking group had a higher incidence of cancer, although that may not be applicable to human whose protein intake involves a variety of sources.



4. Wearing wired or tight-fit bras could obstruct lymph flow that leads to breast cancer.

Myth: In a book called *Dressed to Kill*, the authors Singer and Grismaijer surveyed 4,500 women across 5 American cities to study the link between bra-wearing habits and breast cancer. The results showed that women who wore their bra 24 hours a day had a 3 out of 4 chance of developing breast

乳癌高危因素

1. 無法改變的高危因素

- 女性：女性患上乳癌的機會幾乎是男性的100倍。
- 年齡增長：乳癌病發率由35歲開始上升，風險隨年齡增長而增加。

一生中患病機會率

30歲前	1 / 2764
40歲前	1 / 267
50歲前	1 / 65
60歲前	1 / 35
70歲前	1 / 24
75歲前	1 / 21

- 家族成員有病例：母親、姊妹或女兒曾患乳癌，自己患乳癌的機會比一般人高出5倍。
- 基因突變：體內的 BRCA1及BRCA2 基因變異而無法發揮預防乳癌的作用。
- 個人病歷：一邊乳房患癌，另一邊乳房患癌的機會會比一般人高3至4倍。Florid hyperplasia增生性病灶、非典型增生性病灶或乳小葉原位癌等乳疾都會增加患乳癌風險。
- 乳房組織密度：乳房組織密度高，患上乳癌的機會較高。從乳房X光造影片上可觀察乳房組織密度，高密度的組織會呈白色棉花狀；低密度則呈灰色和透明狀。單靠觸摸是無法辨別乳房密度的。
- 12歲前初經或55歲後停經：體內累積雌激素的時間延長，會增加患乳癌的機會。

2. 與生活習慣有關的高危因素

- 長期服用避孕藥
- 在更年期長期接受雌激素荷爾蒙補充劑
- 35歲以上從未懷孕或首次懷孕
- 從未餵哺人奶
- 吸煙：吸煙損害身體多個器官，且與最少15種癌症有關。三成多死於癌症的病人是吸煙者。(American Cancer Society)
- 飲酒
- 多吃高脂肪食物及紅肉
- 運動不足

5. 塑料中的化學物質可導致乳癌？

傳言： 廣泛應用於塑料中的雙酚A(Bisphenol-A, BPA)或鄰苯二甲酸脂(Phthalates)都會干擾人體的荷爾蒙，有可能是導致乳癌風險增加的元兇。

事實： 未有研究證實乳癌風險與接觸這些物質有直接關連，因為有關研究主要以動物測試為主，要研究這些物質對人體的影響並非易事。

英國科學家於2005年發表一項研究結果，科學家讓雌性的小老鼠長期接觸BPA，當老鼠漸漸長大，科學家發現小老鼠的乳腺數目和密度異常增加，而且對雌激素特別敏感，這些都是增加乳癌風險的跡象。研究令人關注BPA是否可能導致婦女罹患乳癌。加拿大和美國明尼蘇達州、華盛頓等地政府已將BPA列為有毒化學物，嚴禁嬰兒奶樽含有這物質。

耶魯大學醫學院專攻生殖內分泌及不育的教授Dr. Hugh S. Taylor表示，老鼠測試已證實接觸BPA 得到乳癌、子宮癌和不育的風險較高。有計劃生育的婦女宜避免BPA，亦不宜將含BPA 的塑膠放入微波爐加熱。

美國食物及藥品安全局(FDA)今年1月表示同意the National Toxicology Program指BPA有損人體腦部及生殖器官的說法，該結論是參考了700項研究得出的。

香港浸會大學正研究本港市面售賣食物的BPA含量，研究為期三年。📌

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Breastcancer.org www.breastcancer.org/questions/bras.jsp

cancer. Women who wore bras more than 12 hours per day had a 1 out of 7 risk. Women who wore their bras less than 12 hours per day had a 1 out of 152 risk. The authors also attributed the low breast cancer rate among women in developing countries to the fact that most of them don't wear bras.

Facts: The study has yet to be recognised by the medical arena since it was not a controlled study. Researchers dismissed the views of Singer and Grsimaijer with the argument their study gave no consideration of other issues such as diet, environmental causes and so forth while bra-wearing is merely one of the many lifestyle differences between women of western and developing countries. So far, no medical research has proven that pressure upon certain parts of the body will cause cancerous change in cells. Without solid evidence, the only notable fact is that those who don't wear bras are relatively thinner, a factor that put them among the low risk group.

As published on the website of American Cancer Society, there's been thus far only one scientific research on the link between wearing bra and breast cancer. Its findings indicated that women who didn't wear bras had a lower incidence of breast cancer though the difference was insignificant. Researchers also concluded that bra-wearing habits may at most establish an indirect link to breast cancer, given the fact that overweight and women with big breast who are at higher risk mostly wear bras.

5. Will chemicals in plastic lead to breast cancer?

Myth: Bisphenol-A (BPA or Phthalates), a chemical widely found in plastic products may disrupt human hormonal functions, leading to breast cancer.

Facts: No research has thus far established any link between breast cancer risk and contact with these properties, largely due to the fact that studies could only be carried out on lab animals rather than humans, making it difficult to carry the conclusion forward.

In 2005, a report by British scientists revealed that rodents having a prolonged contact with BPA were not only found to grow up with more mammary glands in quantity and density, but also become more sensitive to estrogen. All these constitute risk factors for breast cancer. The report raised concerns for BPA, leading Canada and American states like Minnesota and Washington to categorise it as a toxic chemical and ban it from use in making baby milk bottles.

At Yale University, Dr. Hugh S. Taylor who specialised in Reproductive Endocrinology and Infertility confirmed that lab mice contacting BPA will increased the risk of breast cancer, uterine cancer and infertility. Women planning for

pregnancy should therefore avoid BPA, including using it for microwave reheating.

In January this year, the US Food & Drug Administration (FDA) endorsed the claims of National Toxicology Program that BPA caused damage in human brain and reproductive organ, with cited conclusions from 700 studies.

In Hong Kong, a 3-year study is being undertaken by Baptist University on the content of BPA in local food items. 🍷

Breast Cancer Risk Factor

1. Risk factors you cannot change

- Women: Breast cancer is about 100 times more common among women than men.
- Aging: Your risk of developing breast cancer increases starting from age 35.

	Cumulative risk
Before age 30	1 in 2764
Before 40	1 in 267
Before 50	1 in 65
Before 60	1 in 35
Before 70	1 in 24
Before 75	1 in 21

- Family history of breast cancer: Women with family history of breast cancer in a mother, sister or daughter are 5 times more likely to develop breast cancer.
- Gene mutation: Mutation in the BRCA1 and BRCA2 genes inhibits the body's capacity of suppressing uncontrolled cell growth.
- Personal history: Women with breast cancer in one breast have a 3 to 4 fold increased risk of developing cancer in the other breast.
- Certain breast conditions such as florid hyperplasia, atypical ductal hyperplasia or lobular neoplasia may increase risk of developing breast cancer.
- Dense breast tissues: Women with denser breast tissues have a higher risk of breast cancer. Dense tissue will appear on X-ray in the shape of white cotton whereas not-so-dense ones appear as grey or transparent. Yet, the level of density can hardly be determined by touch.
- Early menarche before age 13 or late menopause after age 55: This may be related to a higher lifetime exposure to estrogen and progesterone.

2. High-risk factors you can avoid

- Prolonged use of oral contraceptives
- Prolonged use of post-menopausal Hormone Replacement Therapy(HRT)
- First pregnancy at or above 35 of age
- Not breast-feeding
- Smoking: Cigarette smoking is harmful to different organs and being linked to at least 15 different cancers. 30% of those dying from cancer were smokers. (American Cancer Society)
- Use of alcohol
- High dietary content of fat and red meat
- Lack of physical activity



為誰操心

Mind Whose Business?

「我慶幸在不太老的年紀得病，而且在期數較早時發現，較容易康復過來，從中我學到很多。我希望年輕的母親們及早開始注意健康，定期檢查乳房，遠離乳癌的威脅！」

“Thank goodness I wasn't diagnosed at an older age or at a later stage; that made it easier for me to recover, but still I've learnt my lesson the hard way. I hope all young mothers would take heed by looking out for their own health against breast cancer.”

Susan自稱是家裡的CEO，婚後二十多年來一直是全職家庭主婦，每天全副精神投入照顧家庭。兩個女兒的學業和課外活動要怎樣安排、家中的陳設怎樣配搭、傭人買菜要到哪裡，家中事無大小，她都絕不馬虎。

她多年前就有乳腺增生問題，親友和醫生提醒她要注意飲食和生活習慣，但戒口、多做運動這些忠告，她都沒有放在心上。要她自我乳房檢查，她只抱著「記得就做，唔記得就唔做」的態度。

2000年，她發現乳房有纖維瘤，Susan才猛然醒覺自己的危機意識太低。往後她聽醫生建議，每年接受乳房X光造影檢查和超音波掃描。事隔五年，有一天她發覺乳房有異常的皺紋，那明明是「警號」；可是她眼前記掛的就只有一大堆「任務」：打點一家四口搬屋、移居美國的妹妹回港探望她、幼女應付會考、大女兒要到英國讀碩士等等，整個年頭，她都忙得不可開交。結果，找乳房專科醫生覆診這樁事，她一拖再拖。

到2006年進行每年例行的乳

房超音波掃描，她從影像上看到乳房「八點鐘」位置有異樣，她意識到那可能是癌腫瘤。

經醫生確診後，她理性地接受了罹患第一期乳癌的現實，並且馬上接受手術，把1.9厘米的腫瘤切除。素來性格積極的她沒有半點沮喪，只是一心想著要積極面對，知道要做化療，更第一時間跑去搜羅漂亮的假髮。

早發現可免化療之苦

2007年整年，她的記憶只有「化療」。

Susan提起也猶有餘悸，「白血球下降，精神差、疲倦和嘔吐不在話下，打到第四、五針，感覺更是難受。我對藥物特別敏感，整天躺在床上，普通的燈光也覺得很可畏，於是整天在家都戴著墨鏡；更微細的聲音也足以令我煩躁不堪，就連頭上飄過一陣空氣，也混身不舒暢。我恨不得將自己關在木箱裡，完全與世界隔絕。」

「如果發現得早，我就不需要化療。是我的乳癌發展得太快，還是X光照不到呢？」Susan至今仍有這樣

的疑惑，但她肯定，依照醫生指引定期做乳房檢查，及早發現毛病，是保護自己健康的最好方法。

為人生重新定位

療程後，她抱著一試無妨的心態參加了香港乳癌基金會的易筋經班，上了三課，無力的腿居然可以抬起來。運動的效用教她驚訝，經朋友鼓勵，她又到社區中心學跳舞，每星期三天；她又每月辟穀，七天不吃固體食物。她謂每次辟穀後都有易筋洗髓的脫胎換骨感覺。

「我慶幸在四、五十歲不太老的年紀得病，而且在期數較早時發現，比較容易康復過來。我希望年輕的母親們，及早注意健康，不要過份為兒女操心而忽略自己的健康。更重要的是，不要畏疾忌醫，早期發現的乳癌，大部分都可治癒。」

Susan經此大病，不但沒有被打倒，在同路人的鼓勵下，她重新為人生定位，她說：「得乳癌後的生活可以更加精采！現在我覺得自己比患病前更健康，更加明白飲食和運動的重要！」²

Susan is a self-proclaimed "family CEO", for the mere fact that she literally takes charge of everything at home. Twenty years into marriage, she hadn't let a single day slip through her fingers by micro-managing every business, from housekeeping and grocery shopping to schooling and extra-curricular line-ups for her two daughters. It's been years ago since she was alerted with hyperplasia of mammary glands. That came with reminders from doctors and relatives that



Susan

乳癌是一家人面對的事 女兒 Gillian的話

「媽媽患病時我在英國讀書。我深深體會到乳癌不是患者一個人受苦，而是一家人一起承受的事情。回想起來，其實我可做得更好，多照顧妹妹和父親的感受，因為就算有傭人幫忙，他們每天也要貼身照顧媽媽，此外還要回應媽媽的期望和情緒，承受很大的壓力，他們同樣需要支援。我很高興知道香港乳癌基金會如今有為患者家人而設的支援小組。」

From daughter Gillian: "Breast cancer is a family business!"

"Looking back at the time when Mom was sick and I was in the UK studying, I feel deeply that cancer shouldn't be something for one to bear alone, but others in the family as well. During those days, I could have cared more about the feelings of my sister and father; although there was a helper to take care of Mom physically, they had to deal with her expectations and emotions which were a lot to bear. Thanks to the family support group set up by Hong Kong Breast Cancer Foundation, needs like these can be met right where they are."

she should watch her diet and lifestyle by eating better and exercising more. Yet, words like these easily slipped through her mind, let alone the "come-and-go" thought of taking breast self-examination.

The wake-up call came when she was diagnosed with Fibroadenoma. This time, she took the doctor's advice to go for annual mammogram and ultrasound imaging. Five years on, the siren rang for real when she spotted unusual wrinkles on her breast. But then again, she got herself so caught up with "family businesses" seeing a breast specialist was off her agenda for the entire year. Instead, her agenda ran from moving to a new flat to taking care of a visiting sister from the US. In between, she also fretted over one daughter taking the HKCEE and the other going to the UK for study.

In 2006, her regular annual ultrasound screening finally turned her eyes upon what went wrong in her breast, as the "8 o'clock position"

indicated a carcinoid tumour.

With the doctor's confirmed diagnosis, she knew that she was in Stage 1 of breast cancer. Being always positive, she was ready for a surgery to remove the 1.9 cm tumour right away. She also braced herself for chemotherapy and all its side-effect, wasting no time by even shopping for a good-looking wig.

Early Detection for Less Pain

For Susan, 2007 could be remembered as "The Year of Chemotherapy".

And the memory wasn't pleasant at all. "It's all time low for me, with my white blood cells dropping, my energy failing, and yet the nausea and sick feeling aggravated as I got to the fourth and fifth dosage. Being highly allergic to the medication and bound to bed all day long, I became agitated so easily that I put on my sunglasses even in normal lighting at home;

and I would jump at the sound of a dropping needle or a whiff of air above my head. Simply put, I'd rather lock myself up in a cabin than face the world."

"If only I had found it out earlier, I wouldn't have to go through the pain of chemotherapy at all. I also wonder: did my cancer develop too quickly, or did the mammogram miss it?" Despite the misgivings, Susan could surely say that the best way to protect oneself is to take the doctor's advice on regular breast examination.

Reset for a New Life

After the treatment, Susan signed up for a Yi Jin Jing class (The Changing Tendons Exercise) organised by Hong Kong Breast Cancer Foundation, just for the sake of trying something new. To her amazement, it took only three lessons to get her flimsy legs lifting again. Encouraged by the power of exercise and the words of her friends, she took up yet another dance class at a

community centre three times a week. On top of that, she went on a fasting routine and fed on liquids only for seven days each month – an experience she described as absolutely transforming.

"Thank goodness I was diagnosed during my 40s and 50s, instead of at an older age or later stage, which made recovery much easier. Yet, I hope all young mothers would mark my words: do mind your health business over the businesses of your sons and daughters, and don't wait till it's too late to check for breast cancer. Don't be afraid to see the doctor to ensure early detection and easy cure."

In the words of Susan, the sickness didn't defeat her at all, but rather, paved way to a new life reset with encouragement from her peers: "Life after cancer could even be better; I feel like I'm healthier than before. To say the least, I've got a good grasp on the importance of eating and exercising well." 🍓



首屆上海國際乳腺癌康復論壇

1st Shanghai International Breast Cancer Rehabilitative Forum

暨第三屆全球華人乳癌病友組織聯盟大會

3rd Conference of the Global Chinese Breast Cancer Organizations Alliance

借鏡外地病友組織經驗

Learning from patient groups around the world

香港乳癌基金會代表今年四月前赴上海，出席國際乳癌會議及全球華人乳癌病友組織聯盟大會，理事關許建香在大會上分享本會的工作，而隨行的工作人員及義工們參加一連三天的會議後都說獲益良多。我們找來兩位「團友」分享此行的見聞和心得。

In April, a group of HKBCF volunteers and members made a trip to join the Shanghai International Breast Cancer Rehabilitation Forum and Third Global Chinese Breast Cancer Groups Alliance. Virginia Kwan, a HKBCF council member shared with peers from all different parts of the world the Foundation's experience in fighting breast cancer in Hong Kong. Everyone in the delegation was inspired by the experiences at the conference. Here's some, first-person insights from two of them.

何月明：義務工作有價值

為期三天的乳癌病友交流大會設有不同環節，諸如講座、參觀腫瘤醫院、病人交流等等，何月明(Alice)都悉數參加。

「我抱著放眼世界的態度參加，從中不但得到啟發，而且更釐清了一些病人流傳的謬誤。例如很多癌症病人以為不宜吃黃豆，我在這次交流會得知，目前並沒有醫學證據支持黃豆會令癌症惡化的說法，以後有病友問起，我便不會再無知了。」Alice跟世界各地的病友交流後，發覺她們大部分都活得比從前更精神煥發，康復後樂意用自己的經驗和知識去幫助別人。這些見證令她更加肯定自己做義工是有價值的。



何月明(Alice)

「台灣康復者之間的凝聚力很強，每隔三個月舉行病友生日會，她們籌組活動的方式很值得我們借鏡。」Alice從台灣和美國西雅圖的病友組織分享中知道，當地政府十分重視病人自發的組織，亦樂意資助有關乳癌的研究，她希望香港也可以行到這一步。

「長遠來說，我希望為香港乳癌基金會做義工之餘，有機會幫助策劃基金會的發展。北美洲不少國家早就推行全民乳癌普查計劃，資助女性自四十歲開始每兩年做一次乳房造影，所以發

現的乳癌大部分都是早期個案，治癒率也較高。我覺得未來其中一個可能的路向，是倡議香港政府資助女性進行乳房X光造影檢查。」曾經是專業社工的Alice，四年前患乳癌，康復後開始在香港乳癌基金會做義工，上午負責帶領小組協助病友鬆馳身心，下午做電話支援服務。病友都很樂意和這位善於輔導和聆聽的「同路人」分享心聲。Alice說：「曾經有病友跟我說，丈夫和家人有時也未必能明白她們的處境，但是和我傾談卻可以紓解壓力。」

她謂從病友身上也學懂不少知識，曾經有病友教她喝蜜糖水來紓緩化療期間的口腔不適，她試過後，也不忘分享這方法。教學相長，她和很多病友成為了互相扶持的戰友。

楊慧中：為生命力喝采

楊慧中(Amy)是隨團出席大會的會員兼義工之一，「身為乳癌患者，我很想知道內地人對乳癌的態度和這類交流會的成效。此行我發現內地人對乳癌的態度原來都是開放和積極的，內地的專科醫護人員也很專業，很有愛心。」令她最難忘和最感動的，是台灣病友組織在會上的分享環節。

「台灣病友很願意站出來分享，一點也不擔心別人的眼光。無論是康復者、復發者，都不怕別人知道自己患上乳癌，可見她們已經跨越了最重要的心理關口，很了不起。」Amy說。

大會播放了一段台灣病友周年慶祝會影片，大家一同妝扮得漂漂亮亮的表演婚紗秀。「病友的病容難掩，但她們臉上有禁不著的神采。我後來知道，影片中的十多



香港乳癌基金會代表團全體成員。
The HKBCF delegation

上海國際乳腺癌康復論壇花絮：
<http://cgi.video.qq.com/V1/ideopl?v=6eQ9TVqLeAp>

個復發者，其中幾人經已離世；但在那一刻，她們是完全的活在快樂之中。」Amy說，台灣病友堅韌的生命力，令在場者無不動容，她和大家都哭了。對比之下，Amy覺得香港病友比較保守，一些病友不想讓人知道自己曾經患病，甚至抗拒加入義工行列幫助同路人。Amy這樣分析：「這是她們生命中的痛，只有完全離開，才可以忘記，換著是割盲腸，你會介意讓人知道嗎？我從不介意被人知道自己曾患乳癌，乳癌也是病的一種吧。有病便去醫，醫好了便雨過天晴。」

Amy於2006年患乳癌，康復後收到香港乳癌基金會的單張，她便撥電話自動請纓幫忙，算得上是基金會第一批義工。

未退休前在廣告公司任職行政工作的Amy，對籌備活動可謂駕輕就熟，她仗義執言，親自找來義務導師，為會員開辦了太極班、編織班和行山小組等活動。過往幾年基金會的步行籌款活動和會員聚餐，Amy都是籌組工作的中堅分子。多年來出錢出力，全因一個信念，「我希望其他病友可以盡快收拾心情，重新振作！」

Alice Ho: Worthwhile to be a volunteer

During the three-day exchange forum for breast cancer groups, Alice hardly missed a single session, be it the seminars, visits to cancer hospitals, or sharing among patients.

"I went there with an open mind to attend all I could, and the trip turned out to be eye-opening as well as enlightening. For instance, through thorough discussions about myths like soy beans having exacerbating effect on cancer, I can now surely say that this is something not yet medically proven."

While sharing with overseas cancer groups, Alice was impressed by the glow of new life among most of the cancer survivors, and how eager they were to help others going through a similar journey. Their testimonies also reassured Alice that every bit of volunteer work she's done is worth the while.

"I could feel a strong bonding among the cancer survivors from Taiwan. They have regular gatherings like having a birthday party every 3 months. They set a very good example for us in Hong Kong," said Alice, noting that government support through funding meant a lot to self-starting groups like these, as heard from peer groups from Taiwan and Seattle in the US.

"As a volunteer of the HKBCF, I hope to contribute more to the Foundation's development in the long run. In North America, projects like nation wide breast cancer screening have long been in place to provide financial support for women aged 40 and above to perform mammographic screening. That alone accounts for the high detection rate at an early stage and ensures high recovery rate. I think this could be the way forward in lobbying Hong Kong government to do so."

Formerly a social worker, Alice was diagnosed with breast cancer four years ago. Upon recovery, she started volunteering for the HKBCF, relaxation group, providing peer telephone support and sharing. Apart from her listening ears and words of advice, what the patients found most precious was the compassion she had as someone "who's been through the disease". As Alice recalled, "Some of them told me how relieved they felt after talking to me, for there are times even their own husband and family would not understand."

She also credited other patients enriching her knowledge. One good tip from another patient is drinking honey for throat relief during chemotherapy. She would also seize every opportunity to pass it onto other patients whom she now calls "buddies".

楊慧中 (Amy)

Amy Yang: A big cheer for Taiwanese patients

"As a breast cancer patient, I'd really like to find out how Chinese view the disease and what impact these forums have; what I encountered was some very open and positive Chinese people, as well as very professional and caring medical workers in Mainland China," Amy, a HKBCF member and volunteer said.

What's more, Amy had the most memorable and touching moments at the forum: "The patients from Taiwan were so willing to come forward and share what's in their hearts. It's absolutely amazing to see how liberated they were from the stigma being cancer patients in recovery or relapse."

There was a film showing how the Taiwanese patients all dressed up for a wedding gown show at their anniversary celebration. "There's an exceptional glow written on their faces despite the fragility. Later on, I realised that most of those faces were no longer around as they were already in relapse, leaving that moment of bliss with an everlasting touch," said Amy, adding that every one watching the film was moved to tear.

In comparison, Amy considered patients in Hong Kong rather reserved. Some wouldn't make it known that they had cancer, some survivors would turn down invitations to be HKBCF volunteers. "They need to let go. I believe this is a kind of pain in their life that they won't otherwise forget," Amy remarked.

"Let's just swap the word "cancer" for "appendectomy"; would you mind letting others know about that at all? Well, I guess I take cancer as any other sickness; if you are sick, then go see the doctor and get well."

It was in 2006 when Amy was diagnosed with breast cancer and recovered later. One day, she received a leaflet from the HKBCF, and she called the Foundation right away to sign up as a volunteer.

With previous administrative work experience in an advertising firm, Amy was a shoo-in for coordinating activities. She took the initiative to recruit volunteer teachers for interest classes like Tai Chi, knitting and hiking. Over the past few years, she was also a core member in organising fundraising activities and members' gathering. In her own words, all these years of giving in money and effort boiled down to one wish: "I hope that other patients would get up and get on with their life as soon as possible!"



ACTION 01



貼心護理錦囊 Care for you Comfort Pack

香港乳癌基金會推出乳癌護理錦囊，以助患者應付和紓減治療所帶來的不適。錦囊包括：

- 1. 壓力波：**有助改善手臂淋巴水腫和紓減壓力，輕鬆準備接受化療注射
 - 2. 運動繩：**可用作伸展上臂，有助預防手術後可能出現的淋巴水腫情況
 - 3. 熱敷包：**可促進血液循環和幫助化療注射
 - 4. 攬枕：**手術後放在手臂及手腕下，有助減少不適及減低淋巴水腫的出現
 - 5. 帽：**適合化療後在家配帶，方便處理脫髮
 - 6. 治療資訊單張：**簡介化療、電療、荷爾蒙治療、針對性治療和支援服務等資訊，治療方面的知識，令你更有信心面對乳癌治療
 - 7. 《我的歷程》：**為乳癌患者設計的個人筆記，用作記錄病歷、療程、生理和心理狀況、檢驗結果，和每次約見醫生與治療期間向醫護人員所提出的疑問
- 錦囊經醫院、診所及健康中心等免費派發予乳癌病友。有意索取者，請聯絡梁小姐，電話：2525 6033。

HKBCF has produced the Breast Cancer Comfort Pack which helps patients cope with their day-to-day needs and the side effect of treatments ahead. A Breast Cancer Comfort Pack contains :

- 1. Stress Ball** for arm exercise and improving lymph drainage after surgery; it also helps for relaxation in preparation for the injection of chemotherapy
- 2. Exercise Rope** for arm exercise and lymph drainage improvement after surgery
- 3. Heat Pack** which helps blood circulation and makes injection easier
- 4. Cushion,** a good comfort and support underarm and wrists affected by surgery or lymphoedema
- 5. Caps** for patients to wear at home when they lose hair as a result of chemotherapy
- 6. HKBCF leaflets** on Support Services, chemotherapy, radiotherapy, hormonal therapy and targeted therapy provide patients with helpful information and resources for better coping with their treatments ahead
- 7. My Journey,** a useful logbook to record one's medical history, treatment, physical and psychological experiences, test results, as well as questions for doctors.

The Comfort Pack is available free to breast cancer patients through distribution at clinics and hospitals. To order the Breast Cancer Comfort Pack, please contact Ms. Corrinna Leung at 2525 6033.

將訊息帶進 少數族裔社群 Breast Health Talk for Ethnic Minority Group

本會與天主教香港教區菲籍人士牧民中心合作，於6月24日舉辦專為菲籍家庭僱工而設的「及早發現，治療關鍵」乳房健康教育講座，由外科專科醫生梁志珊主講。當日有167人出席，參加者踴躍提問和分享，她們對於使用乳房模型模擬檢查乳房和摸索隱藏腫塊特別感興趣。本會的公眾教育工作理念是令女性有充足的知識和能力趕走乳癌威脅，我們的服務對象無分貧富、社會地位和國籍。

The HKBCF and Diocesan Pastoral Centre for Filipinos co-organised an educational talk for Filipinos, mainly domestic workers on 24 June. The talk by Dr. Fiona Leung Chi Shan, a specialist in general surgery attracted an audience of 167. Participants were keen to raise questions and share their concern. They are particularly interested in practicing self-examination and feeling the lumps in the breast model. Our public education aims to equip women with adequate knowledge and capability of guarding against breast cancer, regardless of economic status, social status or nationality.



菲籍人士牧民中心主任黎修女向梁志珊醫生致送紀念品。
Sr. M. Felicitas Nisperos, RGS, Directress of the Diocesan Pastoral Centre for Filipinos, presented a souvenir to Dr. Fiona Leung.



ACTION 02

**ACTION
03**

近4,000人加入 香港乳癌資料庫

Nearly 4,000 joined Breast Cancer Registry

截至2010年6月30日，近4,000名乳癌患者及康復者已登記加入香港乳癌基金會的乳癌資料庫，並同意提供個人病歷資料，以供研究人員了解和分析香港乳癌實況。資料庫的首期《乳癌資料庫簡報》亦已於6月出版，所有參與者將會每半年收到簡報，以得知資料庫的工作進度和最新研究成果。

網上閱覽：www.hkbcf.org
倡議 > 香港乳癌資料庫 > 刊物

As of 30 June 2010, nearly 4,000 survivors and patients living with breast cancer have registered with the HKBCF's Breast Cancer Registry (BCR) to provide data for our critical research into local breast cancer facts. The first edition of BCR Bulletin has come out in early June. The bi-annually publication serves to keep all participants of the BCR informed of the work progress of the BCR and its study results.

Read online : www.hkbcf.org
Advocacy > Hong Kong Breast Cancer Registry > Publications

婦女遊樂會辦 大型活動 支持對抗乳癌

**ACTION
05**

Ladies' Recreational Club aids the fight against breast cancer

多年來都是香港乳癌基金會粉紅絲帶夥伴的婦女遊樂會，今年再接再厲，藉著關注乳癌月，將先後在9月28日和10月6日舉行慈善晚宴及網球賽，所得收益將捐贈予本會。

The Ladies Recreational Club, a long-term Pink Ribbon Partner with the HKBCF, is organising a Wine Dinner in 28 September and a tennis event on 6 October in celebration of the Breast Cancer Awareness Month this year. Proceeds of the events will go to the HKBCF.

音韻樂心靈 Melody in Mind

**ACTION
04**

我們由6月開始為會員開辦歌唱班，目的是讓乳癌患者透過歌唱，提升肺部功能，同時以歌會友、放鬆心情和享受唱歌的樂趣。

歌唱班導師周小君表示，「歌唱班由改善用聲和呼吸入手，希望慢慢幫助學員抒發情感；期望有一天，歌唱班成員組成小型合唱團，用勵志歌曲傳達訊息，幫助更多有需要的人。」

HKBCF has started a singing class for members from June onwards, with the aim of helping breast cancer patients improve their breathing control, relax, have fun and to connect with other people.

"The class starts off with voice and breathe training, and will gradually lead participants to express themselves through singing. I hope one day we'll have a choir of breast cancer survivors, conveying the messages of breast cancer awareness and the fight against the disease through singing", singing tutor, Ms. Olivia Chow said.

鳴謝 THANKYOU 香港崇德社 The Zonta Club



香港崇德社於2010年5月至2013年4月向香港乳癌基金會每年捐贈15萬元，三年合共45萬元以支持本會的「乳房X光造影檢查資助計劃」。約600名40歲以上低收入婦女將受惠，接受免費檢查，及早發現乳癌。

The Zonta Club of Hong Kong has donated a total of HK\$450,000 to our Mammography Screening Financial Assistance Programme, HK\$ 150,000 each year from May 2010 to April 2013. The fund will support a total of 600 low-income women aged 40 or above in the community, 200 women each year, to receive free mammography screening for early detection and early treatment of the disease.

Providence Foundation

Providence Foundation於今年6月捐贈合共8萬元支持我們的「乳房X光造影檢查資助計劃」，此金額於2010年6月至2011年5月期間共提供100個名額，讓40歲以上的低收入婦女免費接受檢查，使乳癌患者能及早確診和接受治療。

In June, HK\$80,000 was donated by Providence Foundation Limited to our Mammography Screening Financial Assistance Programme. The fund will support 100 low-income women aged 40 or above in the community to receive mammography screening for free from June 2010 to May 2011.

**ACTION
06**

火鳳凰小組 踏上成長生命路

Phoenix Group strides on the journey of empowerment

火鳳凰小組(組員為復發或第四期乳癌病友)在今年6月剛好成立滿一年，我們為小組舉行了別開生面的聯歡會，慶祝組員齊齊健康走過一年的抗癌路。組員在「生命樹」上掛上自己克服難關的心得和感受，以及互勵互勉的祝福語句。「生命樹」現時展示於香港乳癌基金會活動室內的「Love Corner」，歡迎會員加上勉勵語句，分享感受，同時為同路人打氣。

The Phoenix Group, comprising of stage 4 and recurrence patients, threw a party to celebrate its first birthday in June. Members shared their joy and gratitude for peer support they got from the group over the year. They hung their words on a Tree of Life to express their feelings of relief and braving the combat against the disease. The Tree of Life is displayed in the activity room at the newly set-up "Love Corner" in the HKBCF office.



讀者來稿 READERS' CONTRIBUTIONS

讀者來稿發表的意見，並不代表香港乳癌基金會立場 The HKBCF does not necessarily endorse the views expressed by contributors.
有意投稿請電郵至info@hkbcf.org Write to us, email to: info@hkbcf.org

康復者龍舟隊 Dragon boat training for survivors

Clara Chan
香港乳龍
Dragons Abreast Hong Kong

「最初參加時，練習五分鐘便要休息，現在我全程都不用休息。」
「我繼續參加，因為大家已成為好朋友，很融洽、很開心。」
「一班病友能互相鼓勵及支持，開心練習，我覺得很有意義。」

這些都是香港乳龍(由本港乳癌康復者組成的龍舟隊)隊員的心聲。龍舟訓練的體力消耗頗大，是很好的心肺運動。我們在赤柱和城門河習訓，在享受大自然環境之餘，也享受大家一起盡力、一起付出、一起歡笑的團隊精神。

我們每年都參加本地賽事，並兩度到新加坡參加乳癌康復者的國際賽。世界各地都有由乳癌康復者組成的龍舟隊，鼓勵康復者投入積極、充實的生活，互相支持。我們的隊員有華籍和外籍人士，最年長的有65歲。我們又組隊參加十公里跑步、行山、做義工，建立了很深厚的友誼；大家在體質及生活習慣都有了正面的改變。香港乳龍歡迎你、你的家人和朋友參加，有興趣請致電6976 7609，或瀏覽網址：www.dahk.org.hk

"When I first joined DAHK, I needed to rest after paddling for a while. Now I can go all the way without stop" "I'll continue to come because we've become good friends, happy and harmonious"
"I think it is very meaningful that a group of breast cancer survivors can come together doing exercise, encouraging and supporting each other."

These are the feelings shared by some members of Dragons Abreast Hong Kong (a dragon boat team formed by a group of breast cancer survivors). Dragon Boat training is tough and a very good cardio exercise. We normally have training in Stanley beach and in Shing Mun River. Apart from the natural environment, what we find the most enjoyable is the team spirit, the morale and the laughter we have together.

Every year, we participate in local races, and we had taken part in the International competitions twice in Singapore. Breast cancer survivors dragon boat teams like ours are formed all over the world. It is a great activity in which survivors can gain peer support while embarking on a full and active life. Our team members are mostly Chinese and our oldest member is 65 years old. Through rowing, running in 10 km race, hiking and voluntary work, we have developed a very strong friendship. We're so glad to have seen physical and lifestyle changes on ourselves. Dragons Abreast Hong Kong welcomes you, your family and friends, If you are interested please call 6976 7609 or visit our website: www.dahk.org.hk



EVENT
01

8.14 (星期六下午3-5時 Sat 3-5pm)

拆解乳癌倖存者常見的飲食謬誤

內容：了解乳癌患者常見的飲食謬誤及有關科研論證，探討預防癌症復發的飲食建議及生活模式

講者：世界癌症研究基金會(香港)教育主任、澳洲註冊營養師趙詠頤

地點：香港麗都酒店大宅門新華廳(香港灣仔皇后大道東387-397號)

名額：90名(會員優先)

費用：會員免費，非會員\$20

報名：請致電文小姐(電話：2525 6033)，或電郵姓名及聯絡方法至sharonman@hkbcf.org

Myths and Facts on Diet for Breast Cancer Survivors

- Content : Discuss common myths on diet and food avoidance practices amongst breast cancer survivors, what science says about this topic, and dietary and lifestyle recommendations for preventing cancer relapse.
- Speaker : Patricia Chiu, Education Officer, World Cancer Research Fund Hong Kong (WCRF HK) and Dietitian, Australia
- Venue : La Maison de l'Orient, 1/F., Cosmopolitan Hotel (387-397 Queen's Road East, Wan Chai, Hong Kong)
- No. of Seats : 90 (Priority will be given to members)
- Fee : Free of charge for member; HK\$20 for non-member
- Registration : Please call Ms. Man at 2525 6033; or email your name and contact information to sharonman@hkbcf.org

Monthly
Breast Cancer
Educational Talk
每月乳癌教育講座

歡迎報名!
Sign up now!

EVENT
02

9.15 (星期三下午3時 Wed 3pm)

新聞發布會： 香港乳癌資料庫發表第二份本港乳癌實況報告

地點：灣仔溫莎公爵社會服務大廈

Press conference: Release of Hong Kong Breast Cancer Registry's second report

Venue: Duke of Windsor Social Service Building, Wanchai, Hong Kong

EVENT
03

10.3 (星期日 Sunday)

關注乳癌步行籌款2010

坐言起行，多做運動，遠離乳癌威脅！邀請你和家人、朋友、同事、寵物齊齊參與。活動籌得之款項扣除成本後將用作推展本會的公眾教育、患者支援、研究及倡議工作。

時間：早上9時至下午1時

地點：港島山頂

報名/查詢：www.hkbcf.org 電話：2525 6033

Pink Walk Against Breast Cancer 2010

Don't wait, act now! Exercise and step away from the threat of breast cancer. Join us with your friends, families, co-workers and pets. All net funds from the event will go to HKBCF's education, support services, research and advocacy work.

Time : 9:00 am - 1:00 pm

Venue: The Peak

Registration/ Enquiries : www.hkbcf.org Tel: 2525 6033

EVENT
04

11.20 (星期六 Saturday)

乳你一生齊關心 香港乳癌基金會五週年慈善晚會

地點：灣仔會議展覽中心

報名/贊助查詢：2525 6033

The HKBCF 5th Anniversary Gala Dinner

Venue: Hong Kong Convention and Exhibition Centre

Enquiries on registration/sponsorship: 2525 603

香港乳癌基金會 於2005年3月成立，是本港首個專注乳癌教育、支援和倡議的非牟利慈善機構。

抱負： 消除乳癌對生命的威脅，減低療程帶來的創傷，改善社交和心理困難。

使命： ● 提高各界人士對乳癌的關注，認識及早發現的重要性；

● 幫助乳癌患者踏上康復之路；

● 支持有關乳癌研究，改善乳癌治理。

Hong Kong Breast Cancer Foundation

Inaugurated in March 2005, we are the first non-profit charitable organisation dedicated to breast cancer education, support services and advocacy in Hong Kong.

Vision : ● Eliminate the threat of breast cancer to human lives; minimise the trauma and socio-psychological hardship of treatment

Mission : ● Raise public awareness of breast cancer and the importance of early detection

● Provide support for breast cancer patients on their road to recovery

● Support research and advocate for better breast cancer care in Hong Kong

地址 Address: 香港北角木星街9號永昇中心22樓
22/F, Jupiter Tower, 9 Jupiter Street,
North Point, Hong Kong

電話 Tel : 2525 6033

傳真 Fax : 2525 6233

電郵 Email : info@hkbcf.org

網址 Website : www.hkbcf.org





捐款表格 DONATION FORM

我願意捐款支持「香港乳癌基金會」

I would like to make a donation to support the Hong Kong Breast Cancer Foundation
(請在適用空格填上 ✓ Please ✓ the appropriate boxes)

1. 一次過捐款 One-off donation:
 \$200 \$300 \$500 \$1,000 \$ _____
2. 定期捐款 Regular donation:
按月捐助 Monthly donation of
 \$200 \$300 \$500 \$1,000 \$ _____

捐款方法 Donation Method

1. 劃線支票 Crossed Cheque
(支票抬頭請寫「香港乳癌基金會」
Payable to "Hong Kong Breast Cancer Foundation")
2. 信用卡 Credit Card  

有效日期 Expiry Date: _____

持卡人姓名 Cardholder's Name: _____

信用卡號碼 Card No.: _____

持卡人簽署 Cardholder's Signature: _____

個人資料 Personal Information

(只作本會內部用途 For internal use only)

姓名 Name : _____
(先生 Mr. / 太太 Mrs. / 女士 Ms.)

聯絡電話 Tel : _____

傳真 Fax : _____

電郵 E-mail : _____

地址 Address : _____

我願意成為會員 I would like to become a member.

(會員申請表格將隨後附上 We will mail the membership application form to you)

請將填妥表格寄回或傳真到「香港乳癌基金會」

地址：香港北角木星街9號永昇中心22樓，或傳真至2525 6233

Please return the completed form to "Hong Kong Breast Cancer Foundation"

Address: 22/F, Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong or fax to 2525 6233

多謝 Thank You!

港幣\$100或以上捐款可申請免稅(稅局檔號91/7226)。

Donations of HK\$100 or above are tax-deductible (IR File no.91/7226).



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