



## 粉紅絲帶通訊

### 封面故事

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後遺症：淋巴水腫

### COVER STORY

Lymphoedema:  
What every person  
with breast cancer  
should know

### 同路人故事 SURVIVOR STORY

「男人患乳癌，有無搞錯？」

Men with breast cancer? Are you kidding?

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香港乳癌基金會於2005年3月8日成立，是本港首間專注乳癌教育、患者支援、研究及倡議的非牟利慈善組織。我們與乳癌患者、康復者、醫護界人員和支持者一起，致力消滅乳癌對本港社會的威脅。

## 我們的使命

- \* 教育公眾認識乳癌和推動定期乳健檢查的習慣
- \* 支援乳癌患者抗病，踏上康復之路
- \* 倡議改善本港的乳癌防控、檢查、診斷、治療和護理方案

The Hong Kong Breast Cancer Foundation was set up on 8 March 2005, as a non-profit charitable organisation dedicated to breast health **education, patient support, and research & advocacy**. We work with breast cancer survivors, supporters and concerned health care professionals, striving to eliminate the threats of breast cancer to local community.

## Mission:

- \* **Educate** the public on breast cancer and facilitate behaviour change on early detection
- \* **Support** breast cancer patients in their road to recovery
- \* **Advocate** better prevention, detection, diagnosis, treatment and care of breast cancer in Hong Kong.

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霍何綺華Eliza Fok  
香港乳癌基金會主席  
Chairman, HKBCF

大家好！我很榮幸獲選為香港乳癌基金會的新一任主席。作為乳癌康復者，我明白乳癌患者的需要，我希望用自己的經驗幫助受乳癌影響的人。

還記得醫生診斷我患上乳癌那一刻，以及隨後數月所經歷的惶恐和憂慮，令我失去自信。家人雖然關心我的健康，但對我的情緒反應同樣感到不知所措。幸好我的好友兼主診醫生張淑儀 (Polly)不斷鼓勵我，並給我不少有關乳癌治療的資訊，令我漸漸由消極變得積極起來。

Polly又介紹我認識了蔡梁婉薇(Joanna ) (香港乳癌基金會2007年至2010年主席)。Joanna給我的第一個印象，是一個健康又充滿自信的現代女性，沒想到她也曾經確診患上乳癌和生活在惶恐、焦慮中。Joanna與我雖素未謀面，卻毫不猶豫的答應了擔當我抗癌路上的「領航員」。在接受治療的四個月裡，Joanna不厭其煩的分享她的經驗-----手術後的護理要怎樣；打化療針會引起什麼副作用；脫髮是怎樣一回事；在哪裡買假髮……，有這位健康快樂的「過來人」在身邊，令我不再感到孤單，抗癌的信心亦大增。

這次患病令我深深體會到：人不論身份貧富，當失去了健康時也同樣脆弱，不單止需要適當的治療，更需要別人的支持。我不介意告訴別人我曾經患上乳癌。乳癌不是不治之症，只要及早發現，及早治療，可以將創傷大大減低。兩位好友的關愛和支持，讓我暖在心頭，也讓我感恩。

I am honoured to be elected the new Chairman of the Hong Kong Breast Cancer Foundation. As a survivor of the disease, I understand the needs of breast cancer patients. I hope I can share my experience and offer my assistance to those affected by breast cancer.

I can still recall the moment and the ensuing months when I was diagnosed with breast cancer, fear and anxiety that overwhelmed me. Even with the loving care of my family, I became less and less confident in myself and was succumbed to emotions. Fortunately, the constant encouragement and treatment advice from my good friend and doctor-in-charge, Polly Cheung, slowly changed my pessimistic attitude.

Polly also introduced me to Joanna Choi (the Immediate Past Chairman of the HKBCF, 2007 - 2010). My first impression of Joanna was a healthy, confident and contemporary woman. I could hardly imagine that she had gone through the same trauma that I was experiencing. Even though it was the first time we met, Joanna instantly agreed to act as "a navigator" to guide me through the road to fight against breast cancer.

During the four months that followed, Joanna helped me understand and meet the challenges at each stage of breast cancer treatment: for example: post operation care; what side effects chemotherapy would bring; what about hair loss and where to buy a wig. With such an energetic and cheerful peer by my side, I was no longer alone. My confidence was picking up and I started to believe I could win the fight.

康復後，我一直很想幫助像我一樣在抗癌路上徬徨失惜的乳癌患者。當Polly向我透露乳癌基金會即將成立，希望我可以捐款襄助時，我義不容辭答應，並請纓當義工參與會務，身體力行去幫助有需要的乳癌患者。

香港乳癌基金會在2005年誕生。由成立初期，幾位義工借用張淑儀醫生的診所處理會務；到今天有十七名全職人員負責支援、教育、研究及倡議的工作；六年來有二萬人次在基金會的支援下，得到情緒輔導、治療的資訊以及與前輩交流和分享的機會，勇敢面對乳癌。

我非常認同基金會的口號「及早發現 治療關鍵」！由香港賽馬會慈善信託基金會資助成立的乳癌基金會乳健中心快將在5月啟用，提供非牟利而專業的乳健檢查服務。我呼籲大家以行動支持，與乳癌基金會一起推動乳健檢查的風氣，遠離乳癌威脅。

This ordeal has led me to understand no matter whether we are rich or poor; we are equally vulnerable when we lose our health. Not only does medical treatment count, but care and support from others are particularly important. Luckily, breast cancer is not an incurable disease. Early detection and timely treatment can help reduce the trauma and damage caused by breast cancer. I was also grateful for the love and empathic support from my two friends.

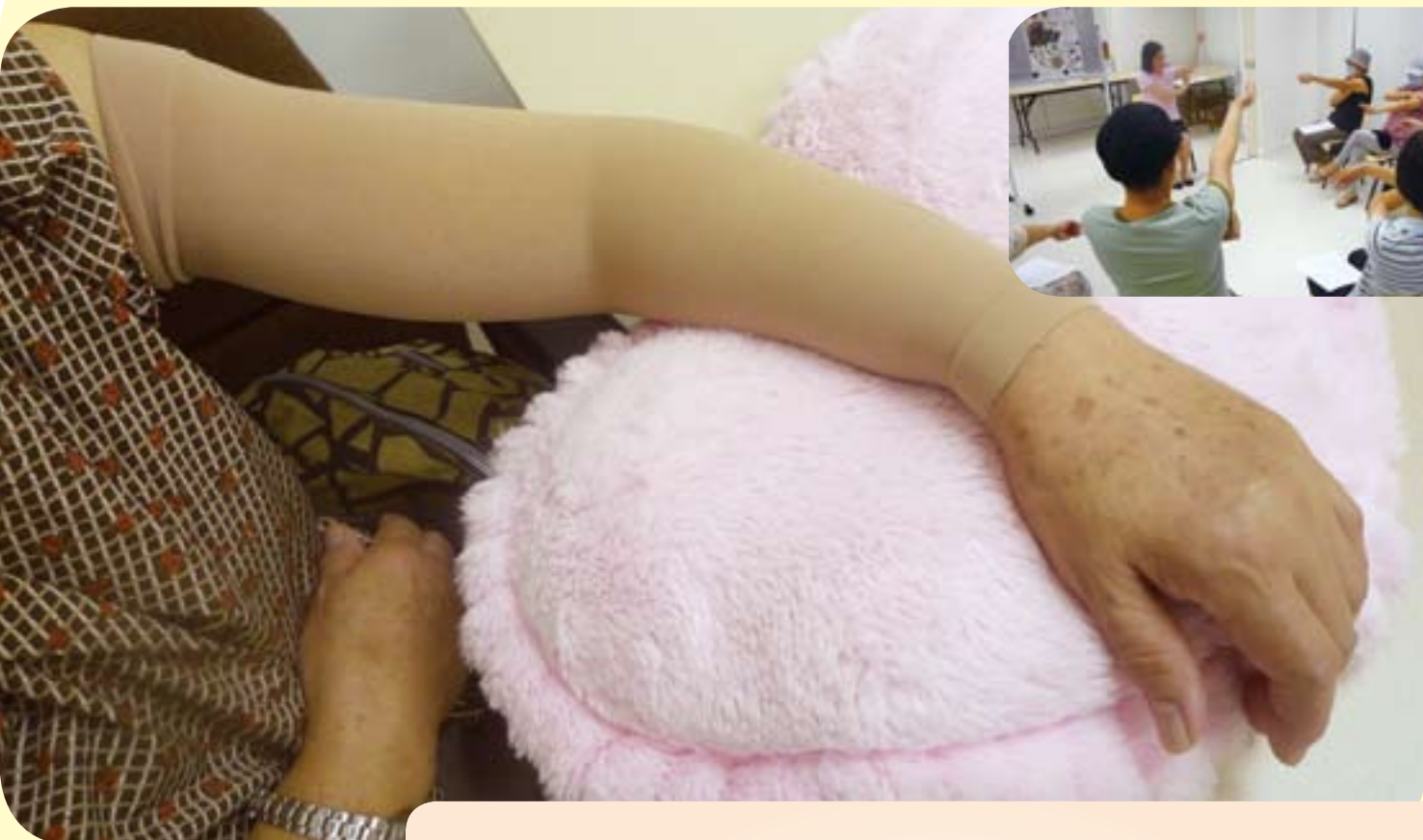
After my recovery, there was a deep desire in me to help others suffering from breast cancer. When Polly told me about the setting up of the Hong Kong Breast Cancer Foundation, I vowed my support to be a benefactor and a volunteer without hesitation.

The Hong Kong Breast Cancer Foundation was set up in 2005. It started off with only a few volunteers providing support service, public education and research & advocacy to breast cancer patients and survivors in a temporary office set up in Polly's clinic. Today we have a team of 17 full-time staff. More than 20,000 people (headcount) have benefited from our psychosocial support, treatment information and peer sharing sessions.

Early Detection Saves Lives! The Breast Health Centre funded by the Hong Kong Jockey Club Charities Trust will open in May this year. The Centre will provide non-profit-making, professional and quality breast screening services to the public. Act now! With the Breast Health Centre, you can be part of the campaign for nurturing breast screening habits in our community. Let's monitor our breast health closely.







## 提防乳癌治療後遺症： 淋巴水腫

### Lymphoedema: What Every Person with Breast Cancer Should Know

完成療程等同於康復過來？不少乳癌康復者忽視了乳癌治療帶來的淋巴水腫風險，沒有加以防範，直至發覺自己手臂腫脹之時問題已無法逆轉。究竟乳癌康復者可以怎樣預防淋巴水腫這後遺症的發生；出現淋巴水腫，又怎樣控制？

To many breast cancer survivors, the completion of treatments mean 'It's over'. But few people are aware of the risk of developing lymphoedema, a side-effect of the treatments. The problems may have become irreversible when swelling is felt. How can breast cancer-related lymphoedema be prevented and managed?

Polly :

## 輕視水腫 後患多多

## too late to regret



「我完成所有療程經已十年，不用再覆診。我以為自己已恢復健康，怎知還要應付曠日持久的後遺症。」 Polly說。

接受過腋下淋巴結移除的乳癌患者在手術期間或手術後出現淋巴水腫問題的機會較高，水腫發生的時間因人而異，有人剛完成手術，有人在手術後數月或數年不等。

Polly右邊乳房曾接受部分切除及前哨淋巴結切除手術和治療，右腋淋巴受損而令右臂有水腫，肉眼可見右手比左手明顯較粗。「外觀還是其次，最令我困擾的是脹痛和不方便。有時在辦公室處理文書一會，右臂就腫得像石膏，又繃緊又重，我唯有走入洗手間做些按摩和運動，舒緩一下水腫情況。有時睡覺不自覺側了身，幾句鐘下來，右手臂就會腫痛得難以入眠。」

「去買衫，明明細碼最稱身，但右手偏偏穿不過衣袖，只能無奈買中碼。」 Polly每次到公立醫院覆診，她告訴醫生水腫問題難耐，可是醫生為她完成乳癌檢查後，不消兩分鐘就把她送出診療室。醫院物理治療師為她紮繃帶、穿壓力手袖，但作用不持久。「療程完畢，他們就假定我的水腫問題得到解決。我也不知道究竟誰幫到我。」

她提醒病友及早提防淋巴水腫至為重要。「醫生有提過淋巴水腫的可能，可是我沒有放在心上。手術後經常用右手提重物，買餸、揸手袋，結果令水腫毛病惡化。」

“I completed all my treatments and was ‘dismissed’ by my doctor ten years ago,” says Polly. “I’m ‘recovered’ from breast cancer, but now I suffer from lymphoedema, a long-term side-effect.”

Lymphoedema can begin during or after breast cancer surgery. It tends to happen to patients who have undergone axillary lymph node removal and can occur any time after treatment – right after surgery, months later, or even years later.

Polly had a lumpectomy and a sentinel lymph node biopsy on her right breast, and lymphoedema developed in her right arm afterward. To her, it is not that her right arm looks different that matter but the annoyance.

“If I work at my desk for a while, my right arm swells and hardens. It feels like a plaster cast. I need to rush to the washroom and do some exercises and massage in order to alleviate it. Sometimes when I sleep on one side for a few hours, my arm becomes swollen and painful. I just can’t sleep.”

Another problem is on clothing. “Usually, I wear ‘S’ (small size), but my arm can’t get through the sleeve anymore.” Polly attended physiotherapy at a public hospital, but it didn’t address the problem that has lasted for so long.

Polly recalled the doctor told her about the risk of lymphoedema right after her surgery, but she did not take it seriously and she overused her arm to carry heavy things. That triggered lymphoedema. She regrets not paying attention to the doctor’s warning, but it’s too late.

表: 乳癌治療後繼發性淋巴水腫發生之機會率

Table: Chance of developing secondary lymphoedema after breast cancer treatment

	機會率 Chance
乳房切除術 Mastectomy *	24-49%
腫瘤切除術 Lumpectomy *	4-28%
前哨淋巴腺切片檢查及放射治療 Sentinel lymph node biopsy and radiation**	4-17%
資料來源 Source:	
* Warren, Brorson, Borud and Slavin, 2007	
** Clark, Sitzia and Harlow, 2005	

## 需要殷切 服務不足

類似的故事有多少？本港暫時未有相關統計數字。單在2009年，向香港乳癌基金會求助的272名乳癌患者當中，有一成半人需要就淋巴水腫問題求助，當中想了解如何控制水腫的佔六成，四成則查詢預防方法。目前社區對乳癌患者在預防和控制淋巴水腫方面的支援乏善可陳。

### 淋巴水腫的早期徵狀

- 上臂感覺沉重、疼痛或持續痛楚
- 因為上肢浮腫而在穿衣或戴手飾時感到繃緊
- 上肢外觀有異，看起來或會覺得其中一側較大

## 醫護配套不足

外科醫生及腫瘤科醫生分別為乳癌患者進行手術及術後輔助治療，但乳癌治療引發的淋巴水腫，其護理和醫治則不屬醫生照顧的範疇，醫生通常會轉介有需要的患者至物理治療部跟進。患者覆診時接受的檢查也不包括淋巴水腫檢查。

## 輪候需時 vs 收費高昂

一些公立醫院設有紓減和管理淋巴水腫的運動班，但由申請至首次上課需等候一至兩個月，若醫護人員建議患者要使用壓力衣，訂購又要用上一個月時間。私家醫院和診所雖有提供淋巴水腫護理服務，但每節收費約為港幣四百至六百元，比起公立醫院收費八十元大相逕庭，令人卻步。

延誤發現淋巴水腫固然弊處多多，若患者不慎弄傷有潛在水腫的患肢或有細菌感染，會加速或引發淋巴水腫的出現，嚴重的淋巴水腫是無法逆轉的。淋巴水腫除了令人身邊不適和儀容受損外，很多患者受心理困擾，感到內疚、焦慮和沮喪。

## 及早檢查及管理淋巴水腫

不得不知的是，八成乳癌治療後的淋巴水腫個案，其實是可以自我管理的<sup>1</sup>，只要患者與專家互相配合，便可妥善應付淋巴水腫<sup>2</sup>。

香港乳癌基金會於2010年11月推出了淋巴水腫護理服務，服務包括治療期間的淋巴水腫管理、預防階段的淋巴水腫按摩運動班，以及利用先用儀器進行的淋巴水腫指數測量服務。負責該服務的支援服務主管張春好解釋，「這些服務採納以病人為本的分擔護理模式，要預防和管理水腫得靠患者自己，而家人和醫護人員的角色是從旁支援。」

## Unmet needs in the community

Many survivors in Hong Kong tell similar stories, yet there is not much statistics of incidence of lymphoedema among breast cancer survivors in Hong Kong. Supportive care in this regard is inadequate and not systematic. The demand is, however, significant. Out of the 272 people with breast cancer who used the HKBCF Support Service in 2009, 15 per cent needed assistance on lymphoedema: about 60 per cent wanted information on how to manage the condition, and 40 per cent asked about prevention.

### Early symptoms of lymphoedema:

- upper limbs may feel heavy, painful, achy and may swell
- clothing or jewellery may feel tight because of the swelling
- one limb may be larger than the other

## The absence of systematic services

Breast cancer treatment usually includes surgery and adjuvant treatments. Although the surgeon and oncologist may mention the risks of lymphoedema, they do not provide any treatment for lymphoedema. Instead, they tend to refer patients to a physiotherapy department for further management. Typically, early detection of lymphoedema is not included in the follow-up medical check-ups for breast cancer survivors.

## The long waiting time and cost

Public hospitals provide a lymphoedema exercise and management programme, but people usually need to wait one or two months for the first appointment, and receiving a pressure garment can take another month. Private hospitals and clinics also offer lymphoedema care, often with faster service, but the cost may be a barrier to some patients (about HK\$400-600 per session as opposed to HK\$80 at the public hospitals).

Delayed detection of lymphoedema brings about hardship. An injury or infection of the arm on the affected side can worsen or cause lymphoedema. Severe lymphoedema is usually irreversible. The diagnosis often makes patients feel guilty, anxious and frustrated, and then they have to manage the debilitating, distressing and disfiguring changes that the condition brings.

## Early detection and management of lymphoedema

It is important to know that about 80 per cent of breast-cancer related lymphoedema cases can be managed by self-care<sup>1</sup>. Patients and specialists can work together to tackle the disease<sup>2</sup>.

To empower breast cancer survivors with information and proactive risk reduction strategies, HKBCF launched Lymphoedema Care Services in November 2010. A unique service is extracellular fluid volume measurement.



張春好謂：「傳統測量淋巴水腫的方法是用軟尺，但利用先進的生物電阻儀器，好處是可以測定潛伏期(零期)、未有腫脹的早期淋巴水腫，從而助患者及早預防和控制，減低對生活的影響。儀器亦有助監察淋巴水腫治療的進展。」

### 生物電阻測量淋巴水腫的原理

儀器會將低頻率的電流導入上肢，以電阻大小去斷定組織細胞間空隙積聚的體液多少，然後得出讀數，以評估水腫程度。

香港乳癌基金會去年十二月推出淋巴水腫護理服務至今有一百七十七人接受測量服務。

Doris Cheung, head of Support Service at HKBCF, explains, "The services are based on a shared care model. Lymphoedema care is, and should be, patient-centric. People with lymphoedema are the primary actor in prevention and early detection, while family members and peers can provide care and support."

"The early detection of lymphoedema can be difficult, because there is no clinical sign of swelling in stage 0 (latent stage) of lymphoedema. The conventional way of detecting swelling relies on measurement tape, and thanks to new technology, we can detect swelling much earlier and then intervention can start earlier, before it affects the quality of life. The equipment also helps monitor the progress of lymphoedema treatments"

### How does bioimpedance measurement work?

The measurement of the lymphoedema index provides information on the volume of intracellular and extracellular fluid in the affected limbs. It is carried out by passing small electrical currents through the limb and measuring the resistance of the current flows travelling through tissues.

So far, 177 people have attended the HKBCF's lymphoedema care services.

## 個案二 Real life story 2

### Vivian: 控制水腫要勤力



Vivian 於去年成乳癌療程，切除了17粒腋下淋巴的她知道自己有淋巴水腫的風險，也有學習過預防淋巴水腫的運動和按摩技巧，只是自覺問題不會發生在自己身上，掉以輕心。今年初的一天，她突然覺得右邊胸口連手臂又脹又重，好不舒服，就連合起拳頭這樣簡單的動作，手指也不能如意地屈曲。

到乳癌基金會接受淋巴水腫測量後，得出超標讀數，她才猛然發現淋巴水腫問題發生在自己身上。乳癌基金會的淋巴水腫治療師助她設計個人化的淋巴引流按摩方法，又鼓勵她的丈夫參與，助她掃背，將積聚的水分引至沒受損的淋巴結。

「我怕水腫無法挽救，於是天天勤做引流按摩和運動；又避免用患肢做重覆動作或提重物。情況改善後再配戴壓力袖加以控制。兩個月後再接受水腫測量時讀數已回落。」

### Work hard to control

Vivian completed her breast cancer treatment last year and had 17 lymph nodes removed. She knew that survivors like her had a risk of developing lymphoedema, but she thought that it would not happen on her. One day, she felt a severe pain in her right breast and arm, coupled with a feeling of swelling and discomfort. She could hardly close her fist properly, because her fingers were so numb.

She came to HKBCF for an index measurement, which showed an alarming reading. She was shocked to learn that she had lymphoedema. The therapist at the HKBCF designed a personalised lymphatic drainage programme for her and encouraged her husband to take part by helping with a back massage.

"I was afraid that the lymphoedema would get out of control," she said, "so I did whatever I could – one hour massage every day; reducing the use of the affected arm and avoiding certain repetitive movements. When the conditions got a bit better, I wore a pressure garment on my arm. Luckily, when I went back for the second index measurement, the reading came down to an acceptable level."





### 香港乳癌基金會淋巴水腫護理服務

#### 水腫指數測量服務

由護士及具專業資格的淋巴水腫治療師主理。建議剛確診的乳癌患者在手術前進行基準測量；手術後化療及放射治療期間每三個月量度一次，治療後每六個月量度一次，維持兩年，其後每年一次。正在接受淋巴水腫治療的患者，則應在治療前、治療期間及治療後接受測量。嚴重個案會轉介至淋巴水腫專家或醫院跟進。

**每次收費：港幣150元(會員)，港幣170元(非會員)**

#### 預防淋巴水腫按摩運動班(免費)

對象為曾接受乳房切除術、腫瘤切除術、前哨淋巴腺切片檢查及放射治療的人士。參加者可在班上學習淋巴按摩技巧、簡單的上肢運動及調節個人飲食及生活模式的方法，以預防淋巴水腫。

#### 治療期間的淋巴水腫管理(免費)

以小組形式讓淋巴水腫患者互相支持，參加者學習「淋巴水腫治療」(以Casley-Smith方法為藍本)、淋巴水腫按摩技巧、運動及皮膚護理等家居護理方法。如有需要，專業護士可協助患者購買壓力衣。嚴重的患者（二期末或更後期）會獲轉介至淋巴水腫專家或醫院接受適切的治療。香港乳癌基金會亦會向有需要的人士提供情緒支援及輔導服務。

**預約/查詢：2541 3118**

## HKBCF Lymphoedema Care Services

### Fluid measurement

Patients newly diagnosed with breast cancer are advised to take a baseline reading before their breast cancer surgery. Further measurements will be carried out after surgery - every 3 months during chemotherapy and radiotherapy treatment, then every 6 months after treatment for two years and then once a year. Those on lymphoedema treatment should undertake measurement before, during and after the treatment. If the lymphoedema is severe or complex, clients are referred to specialists and hospitals.

### Service fee per measurement:

**HK\$150 (Member), HK\$170(Non-member)**

### Lymphatic massage and exercise class (Free of charge)

The class is suitable for all who have undergone a mastectomy, lumpectomy, sentinel lymph node biopsy or radiotherapy. Participants will learn self manual lymphatic drainage techniques, exercises, and tips on adjusting one's diet and lifestyle to help prevent lymphoedema.

### Lymphoedema management in treatment stage (Free of charge)

Patients with lymphoedema are supported in a small group setting. Participants will learn a modified module of Complex Lymphatic Therapy (Casley Smith Method), self manual lymphatic drainage, and home care methods such as exercise and skin care. Cases will be referred to pressure garment suppliers when necessary. Those with severe lymphoedema (late stage 2 or above) will be referred to lymphoedema specialists and hospitals for treatment. The HKBCF also provides psychological support and counselling services.

**Registration/Enquiries: 2541 3118**



#### 參考資料 References:

1. International Society of Lymphology. (2003) The diagnosis and treatment of peripheral lymphoedema. Consensus document of the International Society of Lymphology. Lymphology, 36(2): 84-91.
2. Morgan, P., and Moffatt, C. (2006) The National Lymphoedema Framework Project. Lymphoedema Supplement. April, S19-22.



姓名：阿偉（假名）

確診年齡：30歲

職業：銀行

乳癌期數：二期至三期

Name: Ah Wai (Alias)

Occupation: Banking

Age when diagnosed: 30

Stage of cancer at diagnosis: Stage 2-3



# 「男人患乳癌，有無搞錯？」

「有無搞錯！」在診療室聽到醫生說自己患上乳癌時，阿偉即時反應是認為醫生拿錯了別人的檔案，又或者是化驗程序出錯了。發呆片刻，他靜心細想，面前是權威的乳房專科醫生，事實終歸是事實，他也得面對。

「書本上說的反應，驚惶、憤怒、不安……，那些反應我全部都有齊。當時覺得真的很難接受，確診後的那天我回家就把自己的保單找出來，又想到要安排很多事情，因為我以為自己會死。」

## 延醫一年

一兩天後，他稍為冷靜下來，接受過一輪的掃描和測試，他準備接受手術。當時醫生告訴他的期數是二期與三期之間，屬於病情嚴重，而且有四粒淋巴受影響，又屬於比較「惡」的HER2 陽性乳癌。「如果早些去看醫生，情況會否不同呢？」這樣的問題在他腦海中盤旋。

他說早在2001 年就摸到自己胸部有細小的粒狀硬物，他本身有長暗瘡，當時以為那只不過是生在胸口的暗瘡，沒有加以理會。一年後，那硬物開始發痛，漸漸變得大如紅荳，而且周邊深深地接著硬組織。

看第一位醫生，醫生二話不說建議他立即做切除乳房手術，作組織化驗後才能確定是什麼毛病。阿偉驚惶失措，無緣無故要做手術，他接受不了。後來朋友介紹他看另一位資深的乳房外科醫生，在超聲波影像中，醫生判斷他患上乳癌。

"Are you kidding?" This was Ah Wai's first reaction when the doctor told him the diagnosis. "Maybe the laboratory tests were switched with a woman of a similar name? Maybe there had been a mix-up of medical reports?"

It took a moment for Ah Wai to accept that there was no mistake. The doctor in front of him was a breast specialist, and there was no way around the truth.

"The responses described in books such as fear, anger, anxiety... I felt them all. I really felt bad for a while. In that afternoon I came home from the doctor's consultation, I took out my insurance policy and began rearranging things because I thought I would die."

## One year delay

After a series of diagnostic screening and testings, Ah Wai prepared for an operation. Emotionally, he had calmed down somewhat, although the cancer, at Stage 2 and 3 and an invasive type (HER2 positive), had involved four lymph nodes. The question that haunted him was if he had seen a doctor earlier, would his condition be less serious?

A year earlier, he had felt something small, granular and hard in his chest, but as he had acne, he dismissed it as that. It started aching about twelve months later, and gradually grew to the size of a red bean. It had also firmly attached itself to surrounding tissue.

The first doctor he consulted did not provide good advice. Ah Wai says, he was badly frightened by the recommendation of the diagnostic methods made by the doctor: do a mastectomy surgery first and get the issues for lab test.



# Men with breast cancer? Are you kidding?

「除了太太，我沒有告訴別人自己患上乳癌，始終有點尷尬吧。」他生怕旁人知道後大驚小怪，也不想家人為他擔心，就算事隔已七年，他至今沒有讓父母知道。

手術後，他隨即接受化療和電療，期間他一直上班。後來上司知道他患病，才建議他休假。他從醫生處得知乳癌治療的資訊以及其副作用等等，還有太太為他四出打聽和搜集資料，他說整個治療過程，尚算應付得來。

他跟女性患者一樣接受手術和輔助治療，如今仍要服用荷爾蒙藥物，每年覆診和接受造影檢查。

不過，他坦言如果有男性乳癌患者與他作同路人分享心路歷程，相信會更容易面對這個病。「如果有心理準備，就不用太慌張。」他知道乳癌基金會會有患者支援小組，但始終是全女性，要分享也不太方便。

「在醫院接受治療期間，莫說得到為男性而設的護理或輔導，有個別醫生見到我覺得很新奇，用獵奇的目光對待我。在護士們眼中，我只是眾多打化療針的一個病人，她們不知道我患的什麼癌，當然也不會給我什麼特別的護理貼士。」

作為過來人的他直言「如果可以，我也樂意跟同路人分享一下。」他幸太太一路在身旁支持，「但凡是病人的照顧者，不論男女，最重要是多聆聽患者的感受，不要給太多意見，這已經是最好的支持。」

Then a friend recommended a breast specialist, and with ultrasound, the diagnosis was made.

"I haven't told anyone except my wife about my disease. It can be embarrassing." He also thinks that people would not know how to respond if they knew of his illness, and he does not want his family to worry. Even though the diagnosis was seven years ago, his parents remain unaware.

Ah Wai received chemotherapy and radiotherapy right after the operation, and he returned to work too. Only when his supervisor sensed that he was ill was Ah Wai recommended to take sick leave. His doctor told him a lot about breast cancer, including side effects of chemotherapy and radiotherapy, and his wife also sought information from various sources. Ah Wai says he managed pretty well through the therapies, and is now taking hormonal therapy. He also has regular consultations with an annual imaging examination.

He says that it would have been easier for him to face the cancer if there had been men with breast cancer that he could talk with and learn from. "People are less nervous when they can be well-prepared, psychologically," Ah Wai says. He says he feels uneasy joining the existing support groups for patients organised by the Hong Kong Breast Cancer Foundation, because all the members are women.

"During my time in the hospital, even some doctors stared at me with curiosity. It seemed as if they were hunting for a weird object, instead of giving me health care or any specialised counseling for male breast cancer patients. The nurses saw me as only one of the patients receiving a chemotherapy injection; they did not know my exact diagnosis, and therefore did not give me any particular advice either." He says frankly, "If possible, I'm pleased to share my experiences with men on the same path."





## 重整生活

他回想發病前的生活習慣實在要不得，患癌的高危因素，他幾乎都有齊。因工作關係他要在凌晨當值，日夜顛倒，身體自由基偏高；飲食多肉少菜，而且有吸煙和飲酒習慣。病癒後他立下決心，重整生活。

「乳癌教我懂得珍惜生命，其實很多事情，是自己可以控制的。」他戒了煙，每天做半小時帶氧運動，多吃蔬菜，早睡早起。總之醫生建議的，他都照做，努力將復發風險減低。他更會主動提醒男性朋友注意健康，勸他們戒煙。

「男人也要留意一下自己身體，檢查乳房其實很簡單，男人胸膛平坦，沖涼時很容易會摸到異狀。」縱然是男性乳癌患者始終佔很少數，但阿偉希望自己的分享能夠給男士們一點警惕。

Ah Wai feels fortunate that his wife has supported him all along. "The most important thing for a person – a man or woman – who is taking care of a patient is to listen to the patient's feelings, and not to be so busy in giving advice. That's the best support."

## Living differently

Ah Wai reviewed his lifestyle. He realised that before the operation, he had had many bad habits which can lead to cancer: he smoked, drank, ate more meat than vegetables, and worked very late at night - he needed to be on duty for his job at midnight, when the free radicals in the body tend to be high. Since his recovery, he changed his lifestyle.

"Breast cancer has inspired me to cherish life," Ah Wai says. "In fact, we can be the master of oneself." He has quit smoking, does aerobic exercises for half an hour each day, eat lots of vegetables, goes to bed early and gets up early. He follows his doctor's advice and tries his best to reduce risks of a relapse. He also proactively urges his men friends to pay closer attention to their health and to quit smoking.

Ah Wai wants men to realise that breast cancer is not only something that women get. Men must also be alert, even if they form the minority of cases. "Men should also pay attention to their own body. It is easier for us to check our breasts as our chest is flat. If there's something strange, seek a doctor's advice."

## 本港每年新增男性乳癌個案

### Incidence of male breast cancer in Hong Kong

年份 Year	男性 Male	男女總數 Both Sexes
2008	17	2633
2007	22	2723
2006	11	2595
2005	13	2320
1998	9	1660
1988	16	1029





## ACTION 01 新一屆理事會上任

### Our New Council

香港乳癌基金會的週年大會於2010年12月17日舉行，並進行了理事會改選

The Foundation elected a new Council and Management Committee at its Annual General Meeting on 17 December 2010:

理事會成員 (2011-2012年) Council Members 2011-2012

張淑儀醫生 (創會人)*	Dr. Polly Cheung (Founder)*
霍何綺華女士 (主席)*	Mrs. Eliza Fok (Chairman)*
白美娜女士 (副主席)*	Mrs. Veronica Bourke (Vice Chairman)*
周錦華女士 (副主席)*	Ms. Brenda Chow (Vice Chairman)*
王天鳳女士 (副主席)*	Mrs. Mary Hemrajani (Vice Chairman)*
麥黃小珍女士 (副主席)*	Mrs. Sandra Mak (Vice Chairman)*
關許建香女士 (秘書)*	Mrs. Virginia Kwan (Secretary)*
胡湯文潔女士 (司庫)*	Mrs. Judy Woo (Treasurer)*
蔡梁婉薇女士, BBS*	Mrs. Joanna Choi, BBS*
陳英凝教授	Prof. Emily Chan
鄭阮培因女士	Mrs. Betty Cheng
鄧蘊賢女士	Mrs. Wendy Tang Connell
劉劉寶芝女士	Mrs. Tammy Lau
徐寶珽女士	Ms. Mabel Tsui
崔裕景女士	Mrs. Theresa Kwong
* 管理委員會成員	* Management Committee members

## ACTION 02

### 新書出爐

### New Release : A book of survivor stories

最新出版的《乳癌不可怕》收錄了21個觸動人心的真實故事，當中包括年輕患者、男性患者、晚期及多次復發的病友、面對沉重醫藥費負擔的婦女、照顧者以致醫者分享對抗乳癌的感受和心得，大家不約而同帶出一個訊息：積極面對，對抗乳癌的路可以更輕鬆。

售價：港幣68元，各大書店有售

優惠價：於香港乳癌基金會購買只需港幣50元

出版：香港乳癌基金會、星島出版 2011年2月出版

*Breast Cancer is not that Scary*, a newly published book, contains 21 real-life stories of how people have approached breast cancer – women and men, patients in an advanced stage and ones in relapse, people who can hardly afford treatment, and more. They all seem to share one conviction: Be positive and the journey against cancer becomes easier.

Price: HK\$68 at bookstores

Special offer: HK\$50 at the HKBCF

Publishers: HKBCF & Sing Tao Publishing

Published: February 2011

## ACTION 03 在家中參加朋輩支援小組 A tele-support group for breast cancer patients

香港乳癌基金會由3月中開始逢星期二開設朋輩電話會議支援小組，運用電話會議設備，讓不便外出的患者可以安在家中參與支援小組，跟同路人交流治療和護理的資訊，分享感受和經驗。小組由專業護士帶領及統籌，如有需要會向個別參加者提供輔導。詳情請致電：2541 3118

To serve patients who cannot attend support group on regular basis or living in a distant, a new telephone support service has been launched in March 2011.

It is held in the peer support group meeting on Tuesdays with the aid of teleconferencing service at the HKBCF. Members who cannot attend the peer group in person can call in from home to discuss with peers over the phone about their feelings and experiences in tackling the disease, as well as to exchange information about breast cancer treatment and care. The group is moderated by a professional nurse of HKBCF. For details: call 2541 3118 for registration.



## ACTION 04 新起點健康營 Health Camp

本會與荃灣港安醫院於1月16日合辦新起點健康營，共有75名乳癌康復者參與工作坊，學習健康生活原則，以助身心復元。活動又設專家示範運動和健康食品烹飪，專家更會因應參加者的情況即場給予指導。活動由諾華藥廠贊助。

Seventy five breast cancer survivors spent a pleasure day in a special health camp co-organised by the HKBCF and Tsuen Wan Adventist Hospital on 16 January 2011. The "NEWSTART® Programme" included workshops on healthy lifestyle principles that help restore physical and psychosocial well-being. Participants also learnt exercises and healthy cooking from specialists. The programme was sponsored by Novartis Pharmaceuticals (HK) Ltd.



## ACTION 06 新春聯聚 Celebrate Solidarity at Spring Party

香港乳癌基金會於3月5日假銅鑼灣紀利華木球會舉行一年一度的會員新春聯歡聚餐，近一百八十人聚首一堂，由康復者組成的歌唱班「音韻樂心靈」、普通話班及多位會員大展歌喉，編織班成員義賣精心編製的冷披肩，歡笑和歌聲整晚不絕於耳，大會並向過去一年為本會付出時間和心思的義工頒發嘉許狀。

The HKBCF held its annual Spring Dinner Party on 5 March at the Craigengower Cricket Club, with about 180 people present. The evening featured Melody in Mind, a singing group comprised of survivors; members of the Putonghua class also performed songs; the sale of delicately knitted goods created by members of the Knitting Class to raise funds for the Foundation; and a special ceremony to recognise the contribution by our volunteers.



## ACTION 05



## 梅花攝影展為乳癌患者送上鼓勵

### BLOOM – an exhibition of hope and strength for fighting breast cancer

香港乳癌基金會邀請了有「腎科教父」之稱的余宇康教授(左二)於3月8至18日舉行「暗香疏影」慈善攝影展。展出的36幅梅花作品寄語乳癌患者堅毅抗病，並為本會籌募經費。

為帶出藝術欣賞與治療之間的關係，展覽開幕當日特設講座，由香港大學行為健康教研中心署理總監何天虹博士分享表達性藝術治療如何促進身心靈的協調，以助癌症病人紓減壓力和憂慮。

展覽假太古坊林肯大廈一樓行人天橋舉行。鳴謝太古港島東贊助展覽場地；黃貴權醫生及楊志超先生提供美術指導。

Professor Richard Yu (2nd on left), a renowned specialist in nephrology, donated 36 masterly images of plum blossoms for the exhibition BLOOM which was held from 8 – 18 March in support of the Hong Kong Breast Cancer Foundation. The collection, dedicated to people who are bravely combating breast cancer, raised funds for the Foundation.

To highlight the link between art and wellness, HKBCF arranged a seminar on Expressive Arts Therapy in conjunction with the exhibition. Professor Rainbow Ho, Acting Director of Centre on Behavioral Health of the University of Hong Kong, discussed how expressive arts can promote the coordination of body, mind and spirit. It can also help cancer patient relieve stress and emotional difficulties.

The exhibition was held at the Linkbridge of Lincoln House at Taikoo Place. Thanks to venue sponsor Swire Island East, Dr. Leo Wong and Mr. Douglas Young for art direction.



### 旭茉雜誌 JESSICA Magazine

於2011年3月13日舉辦「JESSICA Run」慈善跑步活動，並指定本會為受惠機構。活動籌得善款部份撥捐以支持本會對抗乳癌的工作。

JESSICA hosted JESSICA Run on 13 March to raise funds. Some proceeds were donated to the HKBCF.

### 穎雅製衣有限公司 Charmante Body Fashions

於2011年3月推出限量版真絲內衣系列，每件內衣零售收益的百分之五將撥捐香港乳癌基金會，以支持乳健康教育工作。

Charmante launched a limited edition of silk lingerie in March and will be donating 5% of the sale proceeds in support of our work on breast health education.



### 香港瑜珈馬拉松2011 Hong Kong Yogathon 2011

數百瑜珈愛好者於4月13日連續八小時進行瑜珈運動，呼籲市民關注健康之餘齊齊行善。主辦單位將活動收益中撥捐港幣五萬元予香港乳癌基金會。

Hundreds of participants practised yoga for consecutive eight hours on 13 April to raise health awareness among the public, as well as raising funds for the a meaningful cause. The organiser donated HK\$50,000 to the HKBCF.

香港乳癌基金會未有認可或推薦任何「粉紅絲帶夥伴」的產品、服務或資訊。消費者在購買任何支持對抗乳癌的產品/服務前，請先查詢及了解清楚。

HKBCF does not endorse or promote any products, services or information provided by our partners in these activities. We encourage consumers to ask critical questions before buying or using these products/services.





月捐計劃 MAKE A MONTHLY DONATION

# 不一樣的 母親節



## My Mother's Day

**每捐出100元**，可製作一個護理錦囊，幫助患者應付和舒緩治療所帶來的不適

**每捐出750元**，可支持一位低收入婦女進行乳房X光造影檢查，及早檢測乳癌

**每捐出1,000元**，可支持本會收集和分析一名乳癌患者的病歷資料，以掌握本地乳癌實況

**Every HK\$100** can make a Comfort Kit for breast cancer patients to better cope with the side effects of treatment.

**Every HK\$750** can provide a mammographic screening for early detection of possible breast cancer to a low-income woman.

**Every HK\$1,000** can help us collect and analyse data from one patient for better understanding of local breast cancer facts.

母親節不一定要用大魚大肉慶祝，其實一家人去做運動或旅行，也可以！今年我的母親節節目就是和女兒一同到公園練氣功，然後去吃一頓清茶淡飯。

五年前，我發現乳房有異常的皺紋，檢查後確實是一期乳癌。雖然丈夫和女兒都很愛錫我，但對於我打化療針之後腸胃差、脾氣壞和活動能力極低的問題，他們都手足無措，壓力也很大。

幸好我參加了香港乳癌基金會，專業護士每隔一段時間會打電話給我，教我應付治療過程中的種種難題。在患者支援小組裡，護士和病友給我很多幫忙助和知識，例如到哪裡買假髮；針藥會有什麼反應；吃什麼有助增強抵抗力……，讓我在艱難的化治療過程中舒服一些，而且不再驚惶。基金會的義工朋友們又組織各種活動，使我康復後的生活更精彩。

所以我鼓勵有需要的病友使用香港乳癌基金會的支援服務，患者家人亦可參與家人支援小組，一起學習如何對抗乳癌。

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；還有就是切忌捱夜和不要過份為兒女操心而忽略了自己的健康。我慶幸在不太大的年紀得病，而且在期數較早時發現，較容易康復過來。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！

希望你也支持香港乳癌基金會。

乳癌康復者 Susan

This year I am going to spend Mother's Day practising Qigong with my daughter in the park and going out for an ordinary lunch. To me, this will be a very special event.

It was five years ago I spotted unusual wrinkles on my breast and these turned out to be a sign of Stage 1 breast cancer. My husband and daughters loved and cared for me but they just didn't have first-hand experience in handling the side effects of my treatment like lost of appetite, bad temper and inertia. They felt stressed too.

I felt good joining the support group at Hong Kong Breast Cancer Foundation(HKBCF). The nurse called me from time to time teaching me how to cope with the difficulties during my chemotherapy treatment. By sharing with nurses and other breast cancer patients and survivors at the HKBCF, I learned about where to buy a wig, the side effects of drug treatment and the best foods to boost my immune system. This support comforted me and dismissed my fears. Thanks to the survivor volunteers at the HKBCF who were so enthusiastic that they organised a variety of activities that have enriched my rehab life.

I recommend these support services and those of the Family Support Group, which teaches care givers how to understand their own roles and help the patient.

I know it is important not to neglect my own health. And a healthy diet and regular exercise help prevent cancer and benefit everyone in my family. Now I try not to overstretch myself with work. I don't stay up too late at night. I was so lucky that I was diagnosed at an age not too old.

May I remind young mothers that Mother's Day is the perfect occasion to celebrate good health. Start your breast screening programme and protect yourself from breast cancer.

Join me in support of the HKBCF.

Susan, breast cancer survivor



# 請支持 香港乳癌基金會每月捐款計劃

## Hong Kong Breast Cancer Foundation Monthly Donation Programme

我願意成為香港乳癌基金會每月定期捐款者 I would like to join the Hong Kong Breast Cancer Foundation Monthly Donation Programme

### □ 每月捐款額 Monthly Donation Amount :

□ HK\$500 □ HK\$300 □ HK\$200 □ HK\$100 □ HK\$ \_\_\_\_\_

### 捐款者資料 PERSONAL PARTICULARS

名 Name	先生 Mr / 女士 Ms	電話 Tel	
地址 Address		電郵 Email	
如收據抬頭與上述姓名不同，請註明： If the name of the receipt is different from the above, please state		傳真 Fax	
		通訊語言 Medium of communications: □ 中文 □ English	

### 捐款方法 DONATION METHOD

□ 以信用卡捐款 By Credit Card to donate monthly \*(可直接傳真至Credit card donation can be sent to us by fax to 2525 6233)

□ 	□ 
持卡人姓名 Cardholder's Name:	持卡人簽署 Cardholder's signature:
信用卡號碼 Credit Card No.:	有效期至 Expiry Date:

本人授權香港乳癌基金會由本人之信用卡戶口轉上上述金額作定期捐款。此授權在本人之信用卡有效期間後及獲發新卡後繼續生效，直至另行通知。  
The authorisation for the HKBCF to debit the specified amount monthly from my credit card account will continue upon renewal of the credit card as it expires until further notice.

### □ 銀行自動每月轉賬 By Bank auto-pay to donate monthly

請填妥以下自動轉賬授權書以設立銀行自動轉賬服務。表格上如有塗改，請在旁簽署。為方便電腦處理，以下資料請以英文正楷填寫。

Please complete the direct debit authorisation form for auto-pay set up. Please sign against any alterations you make on this form.

收款人之一方(受益人) Name of the Party to be credited (The beneficiary)	銀行號碼 Bank No.	分行號碼 Branch No.	賬戶號碼 Account No.
香港乳癌基金會 Hong Kong Breast Cancer Foundation	004	094	793650-838

本人 / 吾等在結單/存摺上所錄之名稱 My / Our Name(s) Mr / Miss / Mrs	銀行編號 Bank No.	分行編號 Branch No.	本人 / 吾等之賬戶編號 My Own Account No.
姓 Surname			
名 First Name(s)			
中文姓名			
銀行名稱 Bank Name		分行名稱 Branch Name	
每月捐款港幣 Limit for each monthly donation HK\$		本人 / 吾等之簽名 My / Our Signature(s) 在結單 / 存摺上所記錄之簽名 Sign your name as recorded on statement / passbook	
電話號碼 Phone No. :	日期 Date		

此欄由本會職員填寫 For Official Use Only

捐款人編號 Donor/Debtor's reference	以下由銀行填寫	簽名式樣 Signature verified
<p>聲明 Declaration</p> <p>本人/吾等茲授權香港乳癌基金會及上述銀行，由本人/吾等之銀行帳戶內支付帳款。如因支付後引致本人/吾等之帳戶 透支，或增加原有的透支金額，亦請照付。但銀行方面，則可因本人/吾等之存款不足而拒予撥付，且銀行可收取慣常之收費，亦可隨時以一星期書面通知取消本授權書。本人/吾等同意通知香港乳癌基金會有關更改銀行帳戶或取消轉帳付款 方式。本人/吾等同意取消或更改本授權書之任何通知須於取消或更改生效日最少一星期之前交與本人/吾等之銀行。本人/ 吾等同意本人/吾等之銀行無須證實該等通知是否已交付本人/吾等。如因該等轉帳而令本人(等)之下述戶口出現透支(或令現時之透支增加)，本人(等)會共同及各別承擔全部責任。本人/吾等明白可將超過兩年未有任何過帳記錄之直接付款授權宣告失效，及可刪除該授權記錄而毋須另行通知。</p> <p>I/we hereby authorise the Hong Kong Breast Cancer Foundation to initiate and the Bank name above to process debits to my/our account notwithstanding that to do so may result in an overdraft or an increase on the existing overdraft on my/our account. Should there be insufficient funds in my/our account to meet such transfer hereby authorised, my/our Bank shall be entitled, in its discretion, not to effect such transfer in which event the Bank may make the usual charge and that it may cancel this authorisation at any time on one week's written notice. I/we agree to notify the Hong Kong Breast Cancer Foundation of any change of bank account or cancellation of payment method. I/we agree that any notice of cancellation or variation of this authorisation which I/we may give to my/our Bank shall be given at least one week prior to the date on which such cancellation or variation is to take effect. I/we agree that my/our Bank shall not be obliged to ascertain whether or not notice of any such transfer has been given to me/us. I/we jointly and severally accept full responsibility for any overdraft (or increase in existing overdraft) on my/our below-mentioned account which may arise as a result of any such transfer(s). I/we understand that if there is no transaction being recorded under this direct debit authorisation for over two years, the Bank may delete this direct debit authorisation without giving any notice.</p>		

### 注意事項 Notes :

1) 約每月25號過數。Transactions will normally be processed on or about the 25th day of a month.

2) 你的個人資料絕對保密 Your personal data will be kept confidential

3) 香港乳癌基金會將運用你的個人資料發出捐款收據、通訊、籌募本會經費及收集意見之用。

We shall use your personal data for issuing receipts, fostering communications, raising funds and conducting surveys for the Hong Kong Breast Cancer Foundation.

捐款港幣100元以上可獲發免稅收據。Donation receipt will be issued for a donation of HK\$100 or above.

香港乳癌基金會 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  
捐款熱線 Donation Hotline : 3143 7311 www.hkbcf.org





## 粉紅絲帶Polo T恤 Pink Ribbon Polo T-shirt

修身短袖Polo T恤，胸口有閃石粉紅絲帶圖案，穿上它，把關注乳癌訊息傳遍每個角落。

Slim-fit short sleeved T-shirt, with a sparkling pink ribbon. Your purchase raises awareness, funds research and offers care to women in need.

備有尺碼Size: M, L, XL, 2XL.



**慈善義賣價**  
**Charity Sales Price:**  
**@HK\$100**



## 手錶手鏈

## Chain Watch – Charm Bracelet

**慈善義賣價**  
**Charity Sales Price:**  
**@HK\$280**

時尚與實用集於一身，是喜歡配飾的女士心水選擇。錶身鍍銀，防敏感，日本零件製造，連一年保養。手錶背面印有香港乳癌基金會標誌。

A practical and trendy accessory for ladies. Nickel-free plated, allergy-proof, fitted with Japanese movement and it comes with 1 year warranty. Engraved with HKBCF logo at the back of the case.

## 女裝腕錶 Ladies' Watch

橢圓形精美女裝腕錶，珍珠貝母錶面鑲嵌不銹鋼錶框，錶身鍍銀，真皮錶帶，日本零件製造，3ATM防水，連一年保養。手錶背面印有香港乳癌基金會標誌，配以粉紅色人造革禮盒。錶面直徑：22 毫米

兩款：

玫瑰金色錶框、白色皮錶帶

白金色錶框、粉紅色皮錶帶

An exclusive oval shaped ladies' watch, with mother-of-pearl dial face encased in a stainless steel case and a leather wrist strap. Water resistant to 3 ATM and fitted with Japanese movement. Engraved with HKBCF logo at the back of the case. It comes with one year warranty.

Watch Diameter: 22 mm

Two Styles:

Rose-gold case with white croco style leather strap

Platinum case with pink croco style leather strap

**慈善義賣價**  
**Charity Sales Price:**  
**@HK\$780**



## USB記憶手指

## USB Flash Drive

**慈善義賣價**  
**Charity Sales Price:**  
**@HK\$150**

- 容量：4GB
- 相容於USB 1.1/2.0
- 適用於Mac和PC，不需驅動程式
- 不需外接任何電源即可使用
- 尺寸：55毫米X 22毫米

- Capacity: 4GB
- USB 1.1/2.0 compatible
- For Mac and PC, No Driver Required
- No External Power Required
- Dimension: 55mm X 22 mm

歡迎親臨本會或網上訂購 Order Now!

**www.hkbcf.org**

(支持我們的目標>慈善義賣區 Support the cases>charity sales corner)



# 活動日誌 HKBCF EVENT CALENDAR

2011年3月-7月 March- July 2011

EVENT  
01

**2011.05**

## 香港乳癌基金會乳健中心啟用

為市民提供乳房健康檢查服務及乳健教育（敬請留意稍後公布）  
香港北角木星街9號永昇中心21樓



## Hong Kong Breast Cancer Foundation Breast Health Centre launch

Providing breast screening services and breast health education (Stay tune with us for latest update)  
21/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong

EVENT  
02

**2011.05.01 (星期日 SUN) 10 am - 6pm**

## 香港乳癌基金會@健康嘉年華2011 旺角洗衣街59號麥花臣遊樂場

**HKBCF @ Health Carnival 2011** Macpherson Playground, 59 Sai Yee Street, Mong Kok

EVENT  
03

**2011.05.21(星期六 Sat) 3-5pm**

## 講座：乳癌會不會再來？

探討乳癌患者及康復者關注的問題：為何復發？復發可以預防嗎？怎樣可以及早發現復發？講者更會分享有關擴散性乳癌治療趨勢的最新資訊。

對象：乳癌患者及康復者

講者：張明智醫生，臨床腫瘤科專科醫生

地點：香港乳癌基金會 - 香港北角木星街9號永昇中心21樓

名額：80名（會員優先）

費用：會員免費，非會員\$20

報名：請致電譚小姐（電話：2541 3118），或將姓名及聯絡方法電郵至 [florentetam@hkbcf.org](mailto:florentetam@hkbcf.org)

## Educational Talk : Will Breast Cancer Recur?

The talk will address questions often asked by breast cancer patients and survivors: What is recurrence? Can recurrence be prevented? Any measures to detect early recurrence? The speaker will share the latest information about treatment for metastatic breast cancer.

Target Audience: Breast cancer patients and survivors

Speaker: Dr. Michael Cheung Ming Chee, Clinical Oncologist

Time: 3 pm – 5 pm

Venue: Hong Kong Breast Cancer Foundation, 21/F, Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong

Capacity: 80 (Priority will be given to members)

Fee: Free of charge for member; HK\$20 for non-member

Registration: Please call Ms. Florence Tam at 2541 3118; or email your name and contact information to [florentetam@hkbcf.org](mailto:florentetam@hkbcf.org)

EVENT  
04

**2011.04.30(星期六 Sat) 3-5pm**

## 講座：乳癌檢驗面面觀

了解乳癌患者及康復者在確診、治療過程中及療程之後需要進行的各種檢驗，如X光造影檢查、超聲波掃描、血液測試、正電子掃描、磁力共振、癌症指數(CEA, CA153)及乳癌基因測試等。講者：熊維嘉醫生，外科顧問醫生、外科專科醫生

## Educational Talk :

## Understanding the Various Tests for Breast Cancer

The talk covered the various tests that breast cancer patients and survivors usually go through during diagnostic, treatment and post-treatment stages, such as mammography, ultrasound imaging, blood tests, pat scan, MRI, tumor marker (CEA, CA153), breast cancer genetic screening, and so on.

Speaker: Dr. Hung Wai Ka, Consultant Surgeon, Specialist in General Surgery



EVENT  
05

**2011.03.26(星期六 Sat) 3-5pm**

## 講座：重拾妳的美麗與自信形象

探討乳癌治療後常見的皮膚及外觀問題，包括脫髮、皮膚乾燥、水腫或面色蒼白、暗啞等；分享對應的護膚知識及化妝技巧，助乳癌康復者重拾美麗儀容及自信。講者：資深專業美容師 李淑英女士

## Educational Talk : Regain Your Beautiful Image and Self-confidence

Discuss post-treatment side effects such as hair loss, skin dryness, puffiness, pale and dark complexion, among many others. The speaker shared skincare tips as well as make-up techniques for tackling these issues. Speaker: Ms. Susanne Li, seasoned professional beautician

會員如想重溫講座的精彩內容，歡迎於辦公時間內親臨本會資源圖書館觀看講座DVD光碟，費用全免。預約或查詢，可致電2541 3118。

Members can review the DVD of the previous talks at our Resource Library during office hours. This service is free of charge. Please call 2541 3118 for reservation or enquiries.

重溫講義: [www.hkbcf.org](http://www.hkbcf.org) 支援 > 乳癌教育講座檔案庫

Review: [www.hkbcf.org](http://www.hkbcf.org) Support > Breast Cancer Educational Talks Archive



# 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)

### ☐ 一次過捐款 One-off donation:

☐ \$200 ☐ \$300 ☐ \$500 ☐ \$1,000 ☐ \$ \_\_\_\_\_

### ☐ 按月捐助 Monthly donation of

☐ \$200 ☐ \$300 ☐ \$500 ☐ \$1,000 ☐ \$ \_\_\_\_\_

☐ 請寄上銀行自動轉賬授權書

Please send me the direct debit authorisation form

## 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: \_\_\_\_\_

### 3. ☐ 銀行入數 Bank Deposit:

請把善款存入香港乳癌基金會之滙豐銀行戶口 (戶口帳號: 094-793650-838), 並在存款收據/自動櫃員機單據正本背面寫上姓名及電話, 連同捐款表格寄回本會。請複印並保留存款收據以作記錄。

Please make a direct deposit into Hong Kong Breast Cancer Foundation:

HSBC account: 094-793650-838.

Write your name and mobile phone number at the back of the original bank deposit slip/ ATM slip and mail it together with the Donation Form to us. Please keep photocopy of the deposit slip for record.

## 個人資料 Personal Information

(只作本會內部用途 For internal use only)

姓名 Name : \_\_\_\_\_  
(先生Mr. / 女士Ms.)

聯絡電話 Tel : \_\_\_\_\_ 傳真 Fax : \_\_\_\_\_

電郵 E-mail : \_\_\_\_\_

地址 Address : \_\_\_\_\_

請將填妥表格寄回或傳真到



香港乳癌基金會  
HK Breast Cancer  
Foundation

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  
T: 2525 6033 F: 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).

**Pink Ribbon** Newsletter  
www.hkbcf.org

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**04**  
Spring  
春季號  
2011

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