

Lack of exercise 運動不足  
Stress Hormonal Factors 荷爾蒙因素  
壓力 Obesity 過胖

## 乳癌與都市化生活

**年輕乳癌患者  
多有不健康生活習慣**

Unhealthy Lifestyle Prevails in  
Young Breast Cancer Patients

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香港乳癌基金會於 2005 年 3 月 8 日成立，是本港首間專注乳健教育、患者支援、研究及倡議的非牟利慈善組織，致力消滅乳癌在本地的威脅。

## 使命

- 提高公眾對乳癌的認識及推廣乳房健康的重要性
- 支援乳癌患者踏上康復之路
- 倡議改善本港乳癌防控和醫護方案

The Hong Kong Breast Cancer Foundation was set up on 8 March 2005, as a non-profit charitable organisation dedicated to eliminating the threat of breast cancer to the local community through **education, support and research & advocacy.**

## Mission

- Promote public awareness of breast cancer and the importance of breast health
- Support breast cancer patients on their road to recovery
- Advocate better breast cancer care in Hong Kong

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# 乳癌與都市化生活

## 年輕乳癌患者 多有不健康生活習慣

Unhealthy Lifestyle

Prevails in Young Breast Cancer Patients



Lack of exercise 運動不足  
Hormonal Factors 荷爾蒙因素  
Stress 壓力 Obesity 過胖

香港乳癌資料庫最新的研究發現，在 40 歲前確診的乳癌患者，多數缺少運動和精神壓力大，這種不健康的生活方式為罹患乳癌的高危因素。

香港乳癌基金會提醒 40 歲以下的成年女性，不要對乳癌掉以輕心，應改變不健康的生活習慣；另外須每月自己檢查乳房和最少每三年接受一次醫護人員檢查。(40 歲以上婦女應每兩年接受乳房 X 光造影檢查。)

香港乳癌基金會去年九月發表的《香港乳癌資料庫第四號報告》(“第四號報告”)分析 7241 名乳癌患者的資料。本港的乳癌病發高峰期為 40 至 59 歲，而研究群組中有 14% 患者在 40 歲前已確診(簡稱“年輕患者”)。

The Hong Kong Breast Cancer Registry released the latest report revealing that lifestyle-related factors such as insufficient physical exercise and stress were prevalent in breast cancer patients under 40. These factors are known to increase the risk of breast cancer.

The Hong Kong Breast Cancer Foundation advises adult women yet to reach 40 to be aware of their breast health by adopting healthier lifestyle, practising monthly breast self-examination and clinical breast examination every 3 years (women aged 40 or above are advised to perform bi-annual mammography breast screening).

The Hong Kong Breast Cancer Foundation released the Hong Kong Breast Cancer Registry Report No. 4 (Report No. 4) in last September. The Report analysed data of 7,241 local breast cancer cases. In Hong Kong, most breast cancers are diagnosed in women aged between 40 and 59. In the cohort captured in Report No. 4, 14% of the patients were diagnosed before they were 40 years old (“young patients”).

乳癌成因未明，但醫學上已知有多項高危因素會增加婦女患乳癌的風險。患者共通的十大乳癌高危因素，可分為不健康生活習慣 (L) 及與荷爾蒙有關 (H) 兩大類 (見表一)。多項與生活習慣相關因素在年輕患者當中較普遍，如運動不足 (85%)、生活壓力大 (46%)、飲食以肉類為主 (20%) 等。另外，沒有生育、不曾餵母乳、早初經等影響體內荷爾蒙水平的乳癌高危因素，在年輕患者中亦較常見。

Although causes of breast cancer are unclear, risk factors are found to increase chances of developing breast cancer. The 10 most common risk factors are categorized into lifestyle-related (L) or hormone-related (H) factors (Table 1). Lifestyle-related factors such as lack of exercise (85%), high level of stress (46%) and meat-rich diets (20%) were prevalent in young patients. Also, factors that affect one's hormone exposure, including the absence of childbirth and breastfeeding experience or early menarche were common.

表一 罹患乳癌的高危因素 (N=7241)

Table 1 Breast cancer risk factors among patients (N=7,241)

高危因素 Risk factor	整體 Overall %	<40 %	40-70 %	>70 %
每週運動不足 3 小時 (L) Lack of exercise (<3 hours a week) (L)	75	85	74	59
無餵母乳經驗 (H) No experience of breastfeeding (H)	63	75	69	29
高度精神壓力 (L) High level of stress (L)	37	46	37	11
超重 / 過胖 (BMI 大於 23) (L) Overweight/obesity (BMI>23) (L)	36	24	38	38
不曾生育 (H) No childbirth (H)	21	43	18	11
家族成員曾患乳癌 Family history of breast cancer	15	18	15	11
飲食多肉少菜 (L) Meat-rich diet (L)	14	20	13	8
12 歲前初經 (H) Menarche before age 12 (H)	13	20	13	2
更年期使用荷爾蒙補充劑 (N=3522) (H) Use of hormone therapy (N=3,522) (H)	11	N/A	13	4
夜班工作 (N=4161) (L) Working night shifts (N=4,161) (L)	9	11	9	10

## 香港婦女不習慣定期乳房檢測

香港乳癌資料庫督導委員會主席張淑儀醫生指出，根據第四號報告的數據分析，患者普遍沒有定期檢查乳房的習慣。乳癌基金會建議 40 至 70 歲婦女每兩年進行乳房 X 光造影檢查，藉以及早偵測未摸得到的腫瘤。惟此年齡組別的乳癌患者只有 26% 有此習慣。經例行乳房 X 光檢測發現乳癌的僅有 7%，跟美國約有一半乳癌個案經定期 X 光造影檢測出來的比例差距甚大。

## Low Take-up Rate of Breast Cancer Screening

Based on the analysis of Report No. 4, **Dr Polly Cheung**, Chairman of Hong Kong Breast Cancer Registry (BCR) Steering Committee, stated that the overall rate of breast cancer screening in patients was low. HKBCF recommends women aged 40-70 to take a mammogram screening every other year in order to detect possible breast lump before it becomes large enough to be felt. However, the overall mammography-screening rate for patients in the cohort was as low as 26%. The rate of screen-detected breast cancer was only 7%, compared to the higher rate of about 50% in the U.S.



# 壓力 Lack of exercise 運動不足

數據顯示，經例行檢查偵測的乳癌以早期（0 及 I 期）比率最多（68%），而自己偶然發現的乳癌則以 II 期居多（45%）。例行檢查偵測到和自己偶然發現的個案，分別有 6% 和 17% 確診時屬晚期（III-IV 期）（見表二）。

The Report also indicates that the breast cancer cases detected through routine screening were mostly stages 0 or I (68%), while most of the self-detected cases were stage II (45%) at the time of diagnosis. The rate of advanced stages (III & IV) for screen-detected cases and self-detected cases were 6% and 17% respectively (Table 2).

癌症期數 Cancer Stage	整體 Overall %	自己無意中發現 Self-detected %	例行乳癌檢查偵測 Screen-detected %
0	11	8	28
I	31	30	40
II	43	45	26
III	13	15	5
IV	2	2	1

40 歲以下女性未需要定期做乳房 X 光造影檢查，但年輕女性應恒常留意乳房的變化。數據所見，患者自己無意中發現的乳癌，九成徵狀為乳房有無痛的腫塊。

Women aged below 40 are yet to start regular mammography screening. However, young women below 40 should be aware of their breast, meaning they should be alert at all times to unusual changes in their breasts. In the cohort of Report No. 4, 90% of the patients who found their breast cancer by chance were prompted by painless lumps.



▲ 香港乳癌資料庫督導委員會主席張淑儀醫生（左一）、成員楊明明教授（右二）、香港乳癌基金會主理人何綺華（左二）及年青乳癌患者譚勵明在記者會上介紹《香港乳癌資料庫第四號報告》內容。  
Dr Polly Cheung (first, left) and Professor Winnie Yeo (second, right) of Hong Kong Breast Cancer Registry Steering Committee along with Eliza Fok, Chairman of Hong Kong Breast Cancer Foundation and young survivor Teresa Tam revealed the data analysis of the Hong Kong Breast Cancer Registry Report No. 4.

# Obesity 過胖 Stress 壓力 Lack of exercise 運動不足

## 年輕患者腫瘤較惡 化療率較高

香港乳癌資料庫督導委員會成員楊明明教授指出，年輕患者癌症特徵明顯有別於較年長患者。年輕患者的腫瘤『較惡』，癌細胞活躍等級屬第3級、淋巴及血管有癌細胞入侵和Ki-67指數為14%或以上（反映癌細胞生長和分裂速度非常快）的比率均明顯較高，這些都是通常被公認為不良的預後因素。

治療方面，年輕患者接受乳房保留手術的比率較高，術後治療組合較複雜。0期患者基本上無需接受化療，I期患者四成要接受化療，而II至IV期患者化療率更高達84-94%。無論癌症期數是哪一期，40歲以下組別的化療率都最高（見表三）。另外，年輕患者的三陰性和多病灶比率亦明顯較高。

## More Aggressive Cancer and Higher Chemo Rates in Young Patients

Professor Winnie Yeo, member of the BCR Steering Committee, cited analysis in Report No. 4 that young patients are more likely to have breast cancer with more aggressive biological features. Recognised prognostic factors such as rates of grade 3 tumours, presence of lymphovascular invasion and Ki-67 index of >14% (indicating the rapid growth of cancer cells) were more common in young patients than older patients.

On treatment, the rate of breast conserving surgery was higher among young patients with more complicated treatment combinations. No stage 0 breast cancer patients underwent chemotherapy; about 40% of stage I patients had chemotherapy while as high as 84-94% of stage II-IV patients received chemotherapy. Rates of chemotherapy were the highest among the young patient group across all cancer stages (Table 3). In addition, rates of triple-negative breast cancer and multi-focality were also higher in young patients.

表三 年輕患者的化療方案較進取

Table 3 Chemotherapy regimens of young patients were more aggressive

	期數 Stage	<40 %	40-70 %	>70 %
化療 Chemotherapy	I	57	41	1
	IIA	88	89	9
	IIB	97	94	9
	III	98	97	24
	IV	100	95	38

## 病後年輕患者多改善生活習慣

報告探討患者對乳癌的心理反應，統計顯示年輕患者能冷靜和積極接受確診乳癌的比率較低，而經常或有時擔心復發的比率亦比較年長患者高。不過，年輕患者患病後較多在價值觀和生活模式方面有正面的轉變，整體而言最多人改變飲食習慣（71%），其次是多做運動（59%）。在職的4146患者中有12%病後即辭退工作。

乳癌基金會主席霍何綺華表示，40歲以下女性還有相當長的人生旅程，她們多為在職或家庭照顧者，正值建立家庭和發展事業的黃金時期。患上乳癌不單有損個人健康及生育能力，還會影響家庭甚至社會生產力。「鑑於年輕患者的需要與較年長患者不同，乳癌基金會去年為40歲以下的患者開設了年輕患者支援小組，由專業輔導護士帶領，讓患者交流經驗和互相支持，小組備受歡迎。」

## Young Patients Tend to Change Lifestyle after Diagnosis

On the psychological impact of breast cancer on patients, young patients were less likely to accept the diagnoses calmly or positively, and were more likely to worry about recurrence sometimes or at all times. However, rates of value system and lifestyle adjustment after diagnosis were higher in young patients. Overall, most of the patients changed dietary habit (71%) and did more exercise (59%). Of the 4,146 patients who had an occupation at diagnosis, 12% had quit afterwards.

Mrs Eliza Fok, Chairman, HKBCF, said women aged below 40 had a long life journey ahead. They are mostly at work or taking care of their family and are at the golden age of family or career development. Breast cancer does not only affect their health and fertility, but also impacts their family and societal productivity at large. "In view of the unique needs of young patients, the HKBCF has started a support group for patients under 40 last year. The professional-led support group allows patients to share experience and support from peers and has been very much in demand."



# 活著真好

## Wonder of Life

Teresa 譚勵明

「我慶幸自己三十多歲有這個病，令我可以早早反省生活，並深深體會到『活著真好』！」Teresa 於 2011 年五月自我檢查時摸到左胸有硬塊，經詳細檢查後確診患上早期乳癌。她接受過手術、化療和電療，現時仍要定時服用荷爾蒙藥及接受標靶治療。

Teresa 坦言一向飲食健康亦有充足運動，知道自己患上乳癌時感到晴天霹靂，一時間無法接受。回望過去，Teresa 指「以前性格過分執著，情緒容易低落，凡事都要做到最好。其實高度精神壓力也是罹患乳癌的高危因素之一。」

父母及丈夫知道壞消息後都非常擔心和緊張。「當時自己也不知所措。在網上找到香港乳癌基金會，跟輔導護士見面後讓我釋懷許多。之後參加了年輕患者支援小組，認識到一班同道中人，有笑有淚，互相支持。」Teresa 現已成為年輕患者支援小組的班長，用行動證明康復後人生可以很精彩。

"I am glad I was diagnosed with this disease at the early age of 30-something, which prompts me to reflect upon life and embrace fully the 'Wonder of Life!'. In May 2011, Teresa felt a lump in her left breast during self-examination. After clinical check-up, she was diagnosed with early stage breast cancer. She has since undergone surgery, chemotherapy and radiotherapy, now she still receives hormonal therapy and targeted therapy.

Teresa revealed her healthy diet and regular exercise habit, hence to her; the news of her diagnosis was like a bolt from the blue and she was unable to accept the truth. Now looking back in the past, Teresa pointed out that "I used to be overly stubborn and feel upset easily. I always want to strive for the best. In fact, high level of stress is also one of the risk factors of breast cancer."

Her parents and husband were very worried and anxious upon hearing the bad news. "I was also overwhelmed by the situation then. So I resorted to the Internet where I discovered the Hong Kong Breast Cancer Foundation. I was much relieved after meeting with the counseling



▲ 展覽作品之一：Teresa 與支援小組的戰友  
One of the exhibition photos: Teresa and her peers at the support group



「手術及藥物治療可以醫好病患者的身體，參加支援小組則可以治療心靈上的創傷。基金會不但令我變得更堅強，爸媽和丈夫參加過家人支援小組後亦學懂不應過分緊張，大家溝通增多，關係比以前緊密。」Teresa 希望藉此鼓勵患者踏出第一步，參加支援小組。

化療不但使 Teresa 脫髮，身體更長滿紅疹。在治療其間，Teresa 藉著攝影，從另一角度去看乳癌及其治療。「最初自拍只為紀錄自己的經歷，後來卻發現有治療的功効。拍照時專注思考角度和構圖，反而忘卻內心的憂慮。」Teresa 選出十多張相片，於去年 10 月舉辦了一個名為「活著真好」的個人攝影展，希望透過分享抗癌經歷，讓更多人認識乳癌，並鼓勵患者積極面對癌病。

「愛自己等如愛身邊的人，緊記定期做乳房檢查。作為早期患者，我是幸運的一群，及早發現是治療的關鍵。」

**年青病友支援小組：**適合 0 至 3 期剛確診之 40 歲以下患者

逢星期四 下午 2 時至 4 時

**Young Patient Support Group:**  
suitable for newly diagnosed patients aged 40 or below with stage 0 to 3 breast cancer.  
Every Thursday 2pm to 4pm.

▼ Teresa 去年於石硤尾賽馬會創意藝術中心辦首個個人攝影展覽  
Teresa held her first photo exhibition at Jockey Club Creative Arts Centre (JCCAC) last year

nurses. Since then, I have joined the Young Patient Support Group and have met some peers who share similar experience. We support each other in laughter and in tears." Teresa is now the group leader of the Young Patient Support Group, through which she demonstrates a fulfilling life after recovery.

"Surgery and medication treat a patient's illness; the support group cures the heart. The Foundation has not only made me stronger, but has also taught my parents and husband, through their participation in the Family Support Group, not to be so nervous about my condition. Now that we communicate more and our relationship is closer than ever." Teresa encourages other patients to take their first step by joining the support group.

Chemotherapy has not only caused Teresa hair loss, her body was also covered with rashes. In the course of her treatment, through photography, Teresa opens up a new perspective to view breast cancer and its treatment. "I initially took pictures of myself to record my experience. Later on, I found that photography itself is a kind of therapy. When I take photos, I concentrate on the different angles and compositions, this helps in forgetting the anxiety I used to feel inside." Teresa selected more than 10 photos and they were displayed in a photography exhibition, "Wonder of Life", in last October. Through sharing her struggles with cancer, Teresa hopes to raise public awareness towards breast cancer and encourages others to stay positive in the face of this malignant disease.

"To love yourself is to love the people around you, be sure to have regular breast screening. I am one of the lucky ones to be diagnosed early; remember early detection saves lives."





## ACTION 01

名譽贊助人  
HKBCF Honorary Patrons

香港乳癌基金會獲香港特別行政區行政長官梁振英夫人梁唐青儀女士，及食物及衛生局局長高永文醫生應允出任名譽贊助人，與我們攜手提倡本地乳健文化。

Mrs Regina Leung, Wife of the Chief Executive of the HKSAR and Dr Ko Wing-man, Secretary for Food and Health have accepted our invitation to be Honorary Patron of the HKBCF and will join us to work for better breast health.

## ACTION 02

香港乳癌基金會獲頒兩項傑出市場策劃獎  
HKBCF Breast Health Centre's Marketing Campaign won Marketing Awards

香港乳癌基金會去年為新成立的乳健中心而創作的「乳癌檢測，三缺一不可」推廣計劃，在2012年10月22日獲頒HKMA/TVB傑出市場策劃獎頒發銀獎和小預算市場策劃獎，乃有史以來首次晉身三甲的非牟利機構。獎項肯定了乳健中心用有限資源，發揮無限創意的策略以推廣乳健檢查服務、推動香港乳健文化的方向與努力。

The Hong Kong Breast Cancer Foundation's "Three Steps to Breast Health" campaign for the launch of its Breast Health Centre won Silver Award and Citations for Outstanding Small Budget Campaign in the HKMA/TVB Award for Marketing Excellence on 22 October 2012. It is the first-ever non-profit making organisation winning the top prizes. The award is an endorsement of our approach to promote breast health awareness as well as breast cancer screening. With limited budget and resources, we optimise the impact of our efforts with creativity.

[www.hkbcf.org/hkma2012](http://www.hkbcf.org/hkma2012)



▲ 副主席麥黃小珍在頒獎禮上接受獎項

Mrs Sandra Mak, Vice Chairman, received the award at the ceremony

## ACTION 04



▲ 主席霍何綺華致送紀念品給義工  
Mrs Eliza Fok, Chairman, presented souvenir to our volunteer

## 整裝待發、再戰江湖 Bridging group for resuming work

本會於去年 9 月份開設了一個「整裝待發、再戰江湖」的治療工作坊，為幫助一眾完成治療的康復者裝備自己，重新投入新生活。工作坊由專業社工帶領，內容非常實用，包括談判技巧和減壓方法的指導、過來人分享、定立目標、計劃將來等。工作坊主要目的是希望康復者停下來反思人生，認清自己的需要。

Our foundation presented a new series of therapeutic workshops named "Bridging group for resuming work" in last September. We target at helping those who have completed their treatment to equip themselves for adapting to their new lives. Workshops are led by a professional social worker. Practical content includes teaching on negotiation skills and guidance in methods to reduce stress, along with survivors' sharing, goal-setting, future-planning, and many more. Our workshop primarily aims at reminding survivors to reflect their lives and recognize their needs.

## ACTION 03

## 義工嘉許禮 Volunteer Recognition Party

多年來，本會義工無私地貢獻了自己寶貴的時間和精力，積極為本會服務。為表感謝，我們於去年 12 月 1 日在本會舉行了義工嘉許禮。活動包括自助午餐、本會理事分享、頒發義工感謝狀和抽獎等。當日，我們得到近百位義工到來支持，與我們一起共聚了一個熱鬧和溫馨的下午。

HKBCF volunteers have contributed their precious time and effort to support us enthusiastically over the years. To express our gratitude, the HKBCF Volunteers Recognition Party was held on 1 December last year. Activities include lunch buffet, sharing from our Management Committee members, presenting certificates of appreciation and lucky draw. Almost 100 volunteers participated in the ceremony. Together, we had an afternoon full of laughter and warmth.

## ACTION 05

## 第 2 期乳癌資料庫簡報已出版 Release of BCR Bulletin Issue 2

香港乳癌基金會第 2 期乳癌資料庫簡報已出版。今期簡報旨在補充《香港乳癌實況第三號報告》的數據分析，進一步探討偵測患者的經濟及社會狀況對偵測乳癌的影響。歡迎網上瀏覽：

<http://www.hkbcf.org/data.php?aid=113&did=120&lang=chi>

Breast Cancer Registry (BCR) Bulletin Issue 2 has been published. This issue intends to complement the sub-analysis of the "Breast Cancer Facts in Hong Kong Report No. 3", featuring the impact of socio-economic disparities of breast cancer patients on breast cancer detection in Hong Kong.

To read online:

<http://www.hkbcf.org/data.php?aid=113&did=120&lang=eng>

## 聖安東尼奧乳癌研討會 2012 2012 CTIRC-AACR San Antonio Breast Cancer Symposium

香港乳癌基金會創辦人張淑儀醫生及服務總監馮月貞參與了聖安東尼奧乳癌研討會 2012，會議於十二月四至八日在美國德州舉行。研討會主要環繞乳癌治療的最新研究；來自世界各地乳癌機構的醫護人員分享他們的經驗與挑戰。有研究報告發現新的長遠治療乳癌方法，這將對癌病治療有莫大裨益。

研討會提供了一個良好的交流平台，讓專業人士交換意見，商討合作機會與協助各國面臨挑戰。一些代表表示現今社會及政策制定者缺乏對乳癌的認知。由於資金及義工短缺，乳癌機構在患者支援方面面臨極大困難。有代表更指出患者得不到治療所需資訊，乳癌復發資訊亦不足。



HKBCF Founder Dr Polly Cheung and Service Director Wendy Fung participated in the San Antonio Breast Cancer Symposium 2012, held on 4-8 December in Texas, United States. The symposium featured new research on emerging treatments for breast cancer patients. Healthcare and medical professionals from breast cancer organisations around the world gathered to share experiences and challenges in their countries. Studies have revealed that new treatment may improve the quality of life of patients in the long run.

The symposium has provided a great opportunity for professionals to exchange information, to collaborate and to assist countries to face challenges ahead. Some representatives have expressed that there is a lack of breast cancer awareness from the public and policy makers. It is highly challenging for breast cancer organisations to meet the varying needs of patients as funds are limited and volunteers are hard to secure. Some have revealed that many patients do not have access to information to make informed decision about their treatment and information on breast cancer recurrence is also insufficient.



▲ 馮月貞 (第一行左二) 與世界各地的參加者合照  
Wendy Fung (first row, second left) and other worldwide participants.





▲ 除了與各國代表交流，馮月貞（左一）及張淑儀醫生（左二）跟其他香港代表亦加強了溝通。

Apart from meeting representatives from all over the world, Wendy (first, left) and Dr Polly Cheung (second, left) also strengthened their communication with delegates from Hong Kong

發展中國家的代表分享到乳癌患者被認定是受到懲罰。她們受到社會歧視，甚至家人遺棄。相對地，香港女性較為幸運，得到先進的醫療技術以及可輕易地找到有關乳癌的資訊。

香港乳癌基金會一直致力於乳癌研究及提供對患者的支援。在本會的支援服務團隊及乳癌康復者的關愛下，乳癌患者可以更有力量 and 希望地去面對挑戰。

Shared by representatives from less developed countries, the striking perception that breast cancer women are being punished still exists in their societies. These women are facing societal discrimination and often abandonment from their families. Women in Hong Kong are fortunate to have advanced medical technologies and convenient access to information on the disease.

HKBCF has been dedicated to conduct research on breast cancer and to provide support for patients. With the love and care from our Support Service team and breast cancer survivors, patients are facing challenges with greater strength and hope.



▲ 參與研討會的收獲

Reference materials from the Symposium



# 乳健中心的最新發展

## Latest Development of Breast Health Centre

得到香港賽馬會慈善信託基金的大力支持，香港乳癌基金會乳健中心於2011年5月成立。在不到20個月的時間，已有超過8000人進行乳癌普查，直至去年十二月已有135人確診。到目前為止，超過3200名低收入婦女受惠於乳健中心的「免費乳健檢查計劃」。

With the generous support from The Hong Kong Jockey Club Charities Trust, the HKBCF Breast Health Centre (BHC) was established in May 2011. In less than 20 months' time, over 8000 people have got screened for breast cancer and 135 breast cancer cases were detected till December 2012. So far, over 3200 low-income women benefited from our Free Breast Screening Programme.

我們想跟大家分享一些乳健中心的新措施和的服務：

We would like to share with you some of the new initiatives and service enhancement of BHC:



▼ 乳健中心的團隊包括由護士、文職人員及義工走進社區幫助一些低收入婦女，在社區中心為她們提供乳健教育講座和即場臨床乳房檢查，推廣乳房健康的重要性。

A full team of nurses, clerical staff and volunteers reaching out to those financially challenged women at low income districts. In order to promote breast health awareness, BHC team gives educational talk and provides clinical breast examination on-site at the community centres.



◀ 我們觀察到有一些「免費乳健檢查計劃」的申請人在填寫表格時會遇到困難，因此，我們會在外展活動時協助她們填寫表格。另一項新措施是在外展活動時進行即場審批，以便加快整個申請手續的過程。

We observe that some applicants of the Free Breast Screening Programmes have difficulty in filling the forms, therefore we assist by filling the forms for them during our outreach programme. Another big step forward is to conduct on-the-spot approval on the outreach day so as to speed up the whole process.

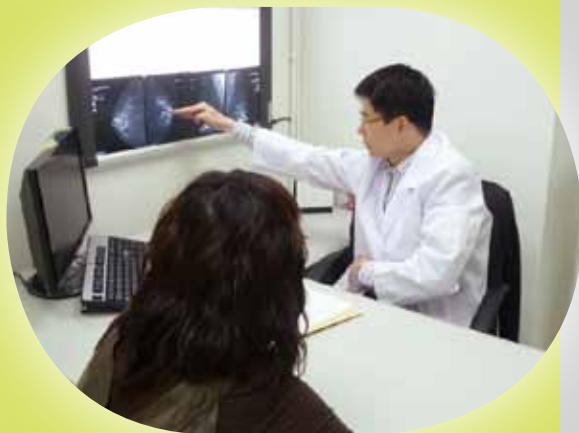


▲ 外展活動的對象擴闊到不同的社區團體、學校、不同國籍人士（包括韓國人，猶太人，印度人，尼泊爾人）等。

We have extended our outreach programmes to more community groups, schools, people of different nationalities (including Korean, Jewish, Indian, Nepalese) and so on.

請把乳房健康的訊息宣揚開去，並鼓勵你的家人和朋友進行定期乳健檢查。

Please join us to spread the message of breast health and encourage your family and friends to perform regular breast screening.



▲ 現在逢週一至週五共有4位名譽醫學顧問在乳健中心提供診症服務。此外，除了乳房超聲波導引幼針穿刺細胞檢查外，我們最近增加了乳房超聲波導引粗針穿刺細胞檢查。

We now have 4 honorary medical consultants providing consultation services from Monday to Friday every week. Besides, Core needle biopsy was added to our service in addition to fine needle aspiration.

# 感謝支持

# Thank you for your generous support!



由香港乳癌基金會主辦的「乳健同行 2012」步行籌款活動於 2012 年 10 月 28 日假山頂舉行，有 2200 多人穿上粉紅服飾參與，舉腳支持推廣乳健。活動籌得超過港幣 250 萬元，為歷年最多，善款將用於推廣乳健教育、為乳癌患者提供支援服務，以及研究本港乳癌乳癌實況。

起步禮由多位主禮嘉賓主持，包括兩位香港乳癌基金會名譽贊助人香港特區政府行政長官夫人梁唐青儀女士及香港特區政府食物及衛生局局長高永文醫生、香港各界婦女聯合協進會主席林貝聿嘉教授、香港公益金入會、預算及分配委員會主席張永銳先生、香港乳癌基金會大使廖碧兒小姐、「乳健同行 2012」之星薛家燕小姐、以及本會創會人張淑儀醫生和主席霍何綺華女士。

活動的順利進行，有賴各位義工及支持者，多謝你們！

Pink Walk for Breast Health 2012 of the Hong Kong Breast Cancer Foundation took place on 28 October 2012 at the Peak. Over 2,200 supporters joined us in pink, raising both breast health awareness and funds. The walk raised more than HK\$2.5 million for our breast health education, patient support service and research on local breast cancer, making it the largest and most successful Pink Walk.

The Pink Walk was kicked off by officiating guests including HKBCF Honorary Patrons Mrs Regina Leung, Wife of the Chief Executive of the HKSAR, and Dr Ko Wing-man, Secretary for Food and Health of the HKSAR, Professor Peggy Lam, Chairperson of The Hong Kong Federation of Women, Mr Edward Cheung, Chairman, Admissions, Budgets & Allocations Committee of The Community Chest of Hong Kong, Ms Bernice Liu, Ambassador of HKBCF, Ms Sit Kar Yin, Star of Pink Walk 2012, Dr Polly Cheung, Founder of HKBCF and Mrs Eliza Fok, Chairman of HKBCF.

It would not have been possible without all of the dedicated volunteers and supporters who contributed to the walk. Thank you!

重溫活動相片 Event photos: [www.flickr.com/hkbcf](http://www.flickr.com/hkbcf)



大會頒發多個獎項，得獎者名單如下 The event presented a number of awards:

獎項 Award	得獎者 Winner	成績 Result
最高籌款團體獎 Top Fundraising (Organisation)	養和醫院 The Hong Kong Sanatorium & Hospital	\$258,200
最高籌款學校獎 Top Fundraising (School)	德瑞國際學校 German Swiss International School	\$ 28,200
最高籌款個人獎 Top Fundraising (Individual)	周小君小姐 Olivia Chow Siu Kwan	\$ 18,280
最踴躍參與團隊獎 The Highest Participation	雅詩蘭黛集團 Estee Lauder Group	170 人 people
「粉」墨登場獎 (個人) Best Dressed Pink Award (Individual)	洪愛娟小姐 Hung Oi Kuen Sandy	
「粉」墨登場獎 (團隊) Best Dressed Pink Award (Team)	Citigroup Asia Multi Products Team	
「粉」墨登場獎 (小童) Best Dressed Pink Award (Kid)	Ava Mei Tunbridge	
「粉」墨登場獎 (寵物) Best Dressed Pink Award (Pet)	Stanley Wilkins - Boxer Owner: Beverly Wilkins	

活動相片集 Event photos: [www.hkbcf.org/pinkwalk](http://www.hkbcf.org/pinkwalk)

我們衷心感謝 Our Heartfelt Thank You:

特別贊助商 Special Sponsors:

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**Dr. Betty Chan**

**HKOA** 眼科專科中心  
The Hong Kong Ophthalmic Association

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**周生生**  
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特別鳴謝 Special Thanks:

**P&G**  
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攜手送愛 Official Radio Station:

**新城知訊台**  
METROINFO FM99.7

支持機構 Supporting Organisations:

Association of Women Accountants (Hong Kong) Limited    Baby Kingdom  
Bubba Gump Shrimp Co Restaurant and Market    Café Deco    Centamap Company Limited  
Dymocks Booksellers    Hang Lung Properties Limited    Hong Kong Disneyland Resort  
Hutchison MediPharma Limited    Innovative Skincare Asia Ltd    Jackson Coach Hire Service Limited  
Mandarin Oriental, Hong Kong    Ocean Park Corporation    PARKnSHOP  
Schmidt Marketing (H.K.) Ltd.    Thong Sia Watch Co. Ltd

義工團體 Volunteer groups:

Hong Kong Breast Cancer Foundation Volunteers    Hong Kong Fire Services Department Volunteer Team  
Hong Kong Adventure Corp    Hong Kong St. John Ambulance Brigade    Meetup Hong Kong Volunteers  
Hong Kong Medical and Healthcare Device Industries Association    JP Morgan

## Pink Walk Acknowledgement



◀ A.S. Watson 集團一直以來非常支持本會。集團動員整個網絡，包括屈臣氏、豐澤、百佳超級市場、TASTE、INTERNATIONAL、GOURMET、FUSION、GREAT 及屈臣氏酒窖，齊齊參與活動，身體力行，支持我們對抗乳癌的工作。

A.S. Watson Group has been a great supporter of HKBCF. The Group mobilises its entire network, including Watsons, Fortress, PARKnSHOP, TASTE, INTERNATIONAL, GOURMET, FUSION, GREAT and Watson's Wine to join the walk and support our work. They did make a difference in the fight against breast cancer in Hong Kong.

▶ 最高籌款團體 (養和醫院) 為本會籌得港幣 258,200 元

The top fundraising organisation (The Hong Kong Sanatorium & Hospital) raising HKD258,200 for our Foundation



▲ 香港各界婦女聯合協進會  
The Hong Kong Federation of Women



▲ 「粉」墨登場小童獎得主  
Best Dressed Kid - Ava Mei Tunbridge



► 過百位 Mary Kay 的參加者大合照  
Over 100 people from Mary Kay participating



◀ 「粉」墨登場團隊獎得主  
Best Dressed Team- Citigroup Asia  
Multi Products Team



▲ Cartier 遠東區行政總裁陸慧全先生 (第一行左七) 帶領員工參與活動  
Nigel Luk, Managing Director of Cartier Far East (first row, seventh left),  
leading the team to join the walk

► 「粉」墨登場寵物獎得主  
Best Dressed Pet -  
Stanley Wilkins



▲ 雅詩蘭黛集團有 170 人參與活動，連續三年成為最踴躍參與團隊。亞太區總裁 Fabrice Weber 代表公司上台領獎。  
170 participants from Estée Lauder Asia Pacific Limited joining the walk, winning the highest participation award for the third year.  
Fabrice Weber, President of the company, received the award.



## Pink Walk Acknowledgement



▲ 香港少年領袖團維持當日秩序

Hong Kong Adventure Corps maintaining order of the event



▲ 新城廣播有限公司董事經理馬健生 (左四) 鼎力支持

Ms Bianca Ma (fourth left), Managing Director of Metro Broadcast, fully supported the event



◀ 乳健中心團隊致力提高公眾對乳癌的認識

Breast Health Centre team raising public awareness during Pink Walk



▶ 成員皆為乳癌康復者的「音韻樂心靈」歌唱版於活動時獻唱

Melody in Mind, a singing group comprised of breast cancer survivors, performing at Pink Walk







## 「運動改善」創辦人及總經理

**Claire V. Dickson**

Founder and Managing Director of Movement Improvement Ltd.



▲ 大人及小童均穿上粉紅裝束參加愉景灣「乳健同行」

Adults and kids all in pink during DB Pink Walk

「運動改善」以 DB Pink 的名義，在 2012 年 10 月 7 日於愉景灣舉辦了有史以來首次「乳健同行」步行籌款活動，當日有 350 人參與支持。

「運動改善」是一家位於愉景灣的小型健身中心，自 2009 年以來一直是香港乳癌基金會的踴躍支持者。愉景灣「乳健同行」連同 10 月 17 日舉行的年度籌款晚會 Pink Fizz 總共為我們籌得港幣 134,000 元的款項。

DB Pink, managed by Movement Improvement, organised the first ever Discovery Bay Pink Walk for Breast Health on 7 October 2012, with over 350 participants, in support of the HKBCF.

Movement Improvement, a boutique health and fitness company located in Discovery Bay, has been a great supporter of the Foundation since 2009. Together with its annual fund raising evening party, Pink Fizz, held on 17 October 2012, it raised HK\$134,000 to support our cause.



▲ Claire 和她的丈夫 John Dickson 是基金會的長期支持者

Claire and her husband, John Dickson, have been great supporters of HKBCF

### 1. 是甚麼令你主動發起今年的愉景灣「乳健同行」？

去年我跟一班朋友、客戶和同事參加了基金會舉辦的步行籌款後，想出要在愉景灣發起一個小型的「乳健同行」的概念。適逢 10 月是乳癌關注月，我認為透過舉辦不同的「乳健同行」將是一個既有趣又輕鬆的方式去推廣乳房健康訊息給更多人。

### 1. What initiated you to host Discovery Bay Pink Walk for Breast Health this year?

After participating in the Pink Walk organised by the Foundation last year with a group of friends and clients and colleagues, I came up with the idea of planning a mini Pink Walk at Discovery Bay. By hosting different Pink Walks around Hong Kong in October, the breast cancer awareness month, I think it will be a fun and lighthearted way to spread the message of breast health to more people.



#### ◀ Pink Fizz 籌款晚會

Pink Fizz fund raising evening party

## 2. 在舉辦步行籌款時有哪些事情是最愉快和最具挑戰呢？

看見很多小男孩、小女孩、年輕人、父母們、甚至小狗都穿著粉紅裝束來參加「乳健同行」，這個畫面令我留下非常深刻的印象。沒想到會看到這麼一大片的粉紅色，看起來非常可愛。至於挑戰，當然要說到許多關於規劃和物流的事宜。例如，在活動舉行 10 個月前要決定日期和申請文件、又要規劃路線、跟警方申請許可證、安排登記、找贊助商等。

## 3. 你的朋友、客戶和合作夥伴是如何支持你舉辦「乳健同行」和 Pink Fizz 呢？

這次參加活動的義工多達 30 人。分別有公司贊助有粉紅色樽蓋的瓶裝水和乳酪雪糕優惠券，有的幫忙銷售門票、刊登免費廣告、提供免費送貨服務。這次籌款活動的成功有賴愉景灣一股團結的力量。

今年 Pink Fizz 贊助商提供的拍賣項目包括電器、水療服務、牙科護理服務，兒童派對小禮物等，這是每年最受歡迎的環節。以往我們每年都會為女士們設計一件粉紅 T 恤，但為了迎合男士們去年的要求，今年特別為他們設計了一件黑色的 T 恤作為紀念品。

## 4. 明年你還會計劃另一個「乳健同行」嗎？

當然會！我們還希望吸引更多參加。你也來一起分享愉景灣慈善籌款活動的樂趣吧！

## 2. What were the most enjoyable thing and the greatest challenge in organising the walk?

I was very impressed to see so many people coming to the walk, little boys and girls, teenagers, daddies and mummies and even doggies, all dressed in pink. I didn't expect so much pink and it looked very lovely. About challenge, there were so much planning and logistics involved way ahead of the event. For example, confirming the date and applying for documents almost 10 months beforehand, planning the route and getting permit from the police, arranging registration, soliciting sponsors and so on.

## 3. How did your friends, clients and partners support you in Pink Walk and Pink Fizz?

There were more than 30 volunteers helping out during the events. Companies were sponsoring bottled water with pink lids, frozen yogurt coupons, some helped with selling the tickets and placing complimentary advertisements while others provide free delivery service. I could feel the power of the united force of the people in Discovery Bay in making the walk and fund raising efforts a success.

For this year's Pink Fizz, we received sponsorship of electrical appliances, spa package, dental services, kids party entertainment to name but a few for the auction which is always one of the most popular parts of the Party. Each year we have a pink T-shirt for the girls. However, as requested by the men last year, we designed a black one especially for them as souvenir this year

## 4. Do you have a plan to run another pink walk next year?

Definitely and we hope to get even more people next year. Do join us to share our fund raising fun in Discovery Bay!



## 中電控股有限公司 CLP Holdings Ltd.

中電控股有限公司（中電）公司於去年 10 月 12 日在紅磡新總部舉行有史以來首個「關注乳癌日」，活動包括乳健講座及定向比賽。中電員工到訪不同部門參與乳健常識問答遊戲，一方面可熟習新環境，另一方面可加深對乳健的認識。活動亦包括配對基金，員工捐一元，中電便捐一元，總共為本會籌得逾 32 萬元。

CLP Holdings Ltd. (CLP) organised the first ever "Breast Cancer Awareness Day" on 12 October 2012 featuring breast health talks and orienteering competition around the new headquarter in Hung Hom. CLP colleagues visited different departments inside the office to take part in the quiz game during which they had to answer questions related to breast health. The event not only familiarised them with the new environment but also strengthened their breast health knowledge. Matching its staff donation on a dollar-for-dollar basis, CLP raised HK\$320,000 for our Foundation in this event.

► 參加者帶上粉紅飾物，象徵關注乳癌。  
Participants dressed in pink to show their awareness towards breast cancer



▲ 得獎隊伍大合照  
Photo of the winning team



## 屈臣氏和豐澤 Watsons and Fortress

為了支持香港乳癌基金會提高公眾對乳健的關注，屈臣氏及豐澤於全港分店擺放捐款箱直至 2013 年 6 月 30 日。此外，屈臣氏以慈善價售出 10 吋慈善玩具熊，每售出一隻，屈臣氏將會捐出 \$5 予本會作推廣乳健文化的工作。

To support HKBCF in raising community awareness on breast health, donation boxes are placed in all Watsons and Fortress stores until 30 June 2013.

Moreover, Watsons stores offer an 10-inch charity bear for sale. For every bear sold, HK\$5 will be donated to the Foundation to support our work in promoting breast health culture.



## 婦女遊樂會

### Ladies' Recreation Club

長期支持對抗乳癌的婦女遊樂會舉辦時裝表演及午餐 (2012 年 10 月 11 日)、派對 (10 月 12 日) 以及網球比賽和燒烤會 (10 月 20 日)。既為響應 10 月國際關注乳癌月，亦為香港乳癌基金會籌得港幣 168,000 元。

Our long-term supporter Ladies' Recreation Club hosted a fashion show and lunch (11 October 2012), a quiz night (12 October) and a tennis tournament and tapas (20 October) in honour of the Breast Cancer Awareness Month. A total of HK\$168,000 was raised from the activities and was donated to our Foundation.



▲ 副主席周錦華代表本會領取支票

Ms Brenda Chow, Vice Chairman, received the cheque from LRC



### COACH

香港 COACH 於 2012 年 10 月把售出的所有粉紅色產品的 5% 零售收益 (超過港幣 250,000 元) 撥捐本會，支持本會對抗乳癌的工作。

COACH hosted a charity sale campaign during the month of October 2012, in which 5% of the sales proceeds (over HK\$250,000) of all pink products sold at COACH stores in Hong Kong was generously donated to the HKBCF in support of our cause.

## 周生生 Chow Sang Sang

周生生於 2012 年 12 月 12 日舉辦慈善夜支持香港乳癌基金會，節目包括義賣和珠寶展覽，活動為本會籌得港幣 150,000 元。

Chow Sang Sang hosted an exclusive charity night with fine jewellery appreciation on 12 December 2012 in support of the Hong Kong Breast Cancer Foundation. HK\$150,000 was raised and donated our Foundation.



### David Yurman

David Yurman 於 2012 年 11 月 28 日舉辦貴賓午餐聚會，展出最新款的首飾及手錶系列。該公司捐出港幣 100,000 元給本會以支持本會對抗乳癌的工作。

David Yurman hosted a VIPs luncheon on 28 November 2012 to showcase its latest jewellery and timepiece collections. HK\$100,000 from the sales proceeds was donated to the HKBCF in support of our cause.



## PANDORA

香港 Pandora 把 2012 年 10 月 1 至 31 日期間售出的粉紅絲帶銀吊咀的 15% 零售收益撥捐本會。

From 1 - 31 October 2012, 15% of the sales proceeds of the pink ribbon silver charm with white/pink murano glass sold in all PANDORA stores in Hong Kong was donated to the HKBCF in support of our cause.



## Racks 桌球會

### Racks Billiards Club

Racks 桌球會於 2012 年 10 月 31 日舉辦慈善桌球和飛鏢比賽，連同售賣抽獎券以及公司的配對捐款，一共為本會籌得港幣 20,000 元。

For the Racks Billiards Club hosted a charity pool and dart tournament with sale of raffle tickets on 31 October 2012, together with matching donation from Racks, a total of HK\$20,000 was raised and donated to the HKBCF.

## Curves

愉景灣 Curves 健身中心於 2012 年 11 月 7 日舉辦了“女士之夜”派對，支持乳癌關注月。當晚活動包括酒會、乳癌康復者分享、拍賣等，為本會籌得超過港幣 21,000 元。

Curves Discovery Bay hosted a “Girls Night In” party at its fitness centre on 7 November 2012 to support the breast cancer awareness month. Activities included cocktail, breast cancer survivor story sharing, silent auction, etc. Over HK\$21,000 was raised and donated to HKBCF.

*Curves®*

「粉紅絲帶夥伴」為承諾捐款港幣 20,000 元 或以上的機構 / 人士。歡迎公司 / 團體洽談任何贊助或合作機會，向顧客及普羅大眾帶出乳房健康訊息。

查詢「粉紅絲帶夥伴」計劃詳情，請致電 2525 6033 或電郵 [info@hkbcf.org](mailto:info@hkbcf.org)

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。

Pink Ribbon Partners are supporters who pledge to give a minimum donation of HK\$ 20,000 raised from their events or sale activities. We are always happy to discuss with corporations about possible sponsorships, partnerships and opportunities. For enquiries about our “Pink Ribbon Partner” programme, please contact us on 2525 6033 or [info@hkbcf.org](mailto:info@hkbcf.org)

We do 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 products/services supporting breast cancer.



# 鳴謝 THANK YOU

## Li Ka Shing Foundation



▲ 李嘉誠基金會代表到本會參觀  
Representatives from Li Ka Shing Foundation visiting HKBCF

## 集思公益計劃

感謝各位的投票和支持，香港乳癌基金會成功獲得兩項「Love Ideas, Love HK 集思公益計劃」撥款，包括「亮麗人生，贈送假髮大行動」和「乳癌患者淋巴水腫測量及護理服務」，共獲港幣 350,000 元撥款。我們將會善用這次撥款，給乳癌患者和康復者更多貼身的援助。

## Love Ideas, Love HK

Thank you so much for your votes and support, two of our applications had been awarded with the "Love Ideas, Love HK" Application Grants. These two winning projects are "Wig for the needy" and "Lymphoedema measurement and treatment service". The total approved funding is HK\$350,000. We shall use the fund to support more breast cancer patients and survivors.

## 多謝以下熱心人士在 2012 年 9 月至 12 月的義務幫忙

Thanks to our volunteers who helped us out (Sep – Dec 2012)

Anna Brown  
Janice Chan Kwai Ling  
Sharon Cheng Sai  
Cheng Yuet Ying  
Cheung Bo Lee Polly  
Diana Cheung Kwan Yuen  
Cheung Pik Chun Winnie  
Angela Ching  
Ching Pui Sze  
Carol Choi Lai King  
Dr. Josette Chor  
Olivia Chow Ka Ying  
Olivia Chow Siu Kwan  
Yeats Chow Yuen Ming  
Kitty Chu Kit Ching  
Ann Chung Sze Mun  
Yuki DeLong  
Mimi Hau Wing Yuen  
Grace Ho Ching Yee  
Alice Ho Yuet Ming  
Hui Po Chee  
Hung Oi Kuen  
Dr. Hung Wai Ka  
Pollina Ip Lai Chun  
Rani Kamaruddin  
Kan Tam Lai Fun  
Candy Kuan U Nong  
Dr. Carol Kwok  
Tammy Lai  
Florence Lam  
Nancy Lam Kit Ling  
Patricia Lam  
Deborah Lau  
Raymond Lau Sau Lam  
Natalie Lee  
Lee Koon Yee  
Lee Mui Yim Melody  
Viola Lee Sze Wan  
Vivian Lee Wai Kwan

Elsa Leung  
Polly Leung Yuk Ching  
Di Di Li  
Dr. Lawrence Li  
Tina Liang Po Tin  
Vicky Louie Man Lee  
Lousie Luk  
Joey Miao  
Dr. Doris Mok  
Cathy Ng  
Manda Ng Wai Yan  
Maria Ng  
Diana Poon  
Margaret Poon  
Dr. Mimi Poon  
Asta Shum Wai Chu  
Elaine Shum Yuen Ming  
Teresa Tam Lai Ming  
Tam Wai Kuen Candy  
Zoe Tang Sau Wai  
Hilda Tong Mei Lin  
Karita Wong Chuen Ming  
Teresa Wong Kim Ling  
Mimi Wong Mei May  
Wong Shui Yee  
Ivy Wong Sui Ching  
Lorraine Wong Tai Ying  
Wong Tat Yung Grace  
Kitty Wong Wai Ling  
Wong Yin  
Kitty Wong Yuk Hing  
Dawn Woo Yin Hing  
Amy Yang Wai Chung  
Prof. Winnie Yeo  
Jackson Yeung Kit Shing  
Amy Yeung Tai Yee  
Yik Mei Chun  
Iris Yu Miu Yee  
Dr. Rhoda Yuen Ka Wai

陳慧琮中醫師  
張明智醫生  
司徒敏兒  
譚智堅

## 曾捐贈港幣二萬元捐贈 港幣 20,000 元或以上的 機構及個人

Organisations and individuals  
donating HK\$20,000 or  
above

100 Women in Hedge Funds  
Association  
American Community Theater  
Asim Ghosh  
Cathay Pacific Airways  
Chan Kim Sing  
Chan Kwok Keung Charles  
Chanel Limited  
Charities Trust  
Charmante Body Fashions Ltd  
Cindy Chen Shu Ling  
Dr Choi Lai Yin  
Mr Chou Kei Fong Silas  
Chow Sang Sang Jewellery Co Ltd  
CLP Power Hong Kong Ltd  
Coach Hong Kong Limited  
Community Chest HK  
Curves  
Estee Lauder  
Gary Yeoh's Charity Photo Exhibition  
General Electric  
Genomic Health Inc  
German Swiss International School  
Hong Kong (GSIS)

GlaxoSmithKline Limited  
Ho Wai Fu Raymond  
Hong Kong Federation of Women  
Hong Kong Yogathon (Int'l) Co Ltd  
Virginia Hui  
Jewish Women's Association of Hong Kong Ltd  
KAO Corporation  
Ladies' Recreation Club  
Mrs Nancy Lee  
Leung Kam Chung Antony  
Ma & Associates Limited  
Mandarin Oriental Hong Kong Ltd  
Maplewood Ltd  
Margaret Zee Charitable Foundation Ltd.  
Morgan Stanley  
Movement Improvement Limited  
Novartis Pharmaceuticals (HK) Ltd  
Pacific Bioscience Laboratories Inc  
Pfizer Corporation Hong Kong Limited  
Po Siu Wai  
Project Happiness Charity Ltd  
Pure International (HK) Ltd  
Ralph Lauren  
Richemont Asia Pacific Ltd  
Sanofi-Aventis Hong Kong Limited  
Shiu Wai Yin Winnie  
Sogo Hong Kong Co Ltd  
Spencer Robert Anthony  
Sun Hung Kai Real Estate Agency Ltd  
The Hong Kong Jockey Club Charities Trust  
Wong Lai Yin  
Tung Woo Ping  
Woo Chia Ching Grace  
Yeung Hoi Sing Sonny  
Yung Choi Ling  
Zonta Club of Hong Kong



# 一位乳癌患者 給特首的信

*A letter from a breast cancer survivor to  
the Chief Executive*

撰文：賴關裕穠 Written by: Candy Kuan

致特首梁振英先生：乳癌像一個亂槍掃射的槍手，在香港每天有八名婦女被擊傷，最少一個人喪命。為何政府不聞不問，視而不見？

乳癌是香港婦女的頭號癌症，每年有近三千人新確診。我由知道患上乳癌到現在已四年多，這段時間看到政府對乳癌沒有做過什麼，我感到很失望、難過和痛心。


杜絕乳癌是一件不可能的事，但透過教育可以減少乳癌個案的出現和減低乳癌的殺傷力。我認識的乳癌患者大部分都沒有做乳房X光造影檢查，以為做簡單的檢查便足夠。我自己患病前，根本不知道有這樣的檢查。

*Dear Chief Executive Mr Leung,*

Breast cancer is like a gun shooter firing on women. In Hong Kong, eight women are shot everyday with at least one dead. With such a high incidence rate, why does the government keep ignoring it?

Breast cancer is the No. 1 cancer among Hong Kong women with almost 3,000 new cases being diagnosed each year. I was diagnosed for more than 4 years, during this time the government did nothing about the disease and this made me feel hopeless, sad and painful.

It is not possible to eliminate breast cancer but the number of new and lethal cases can be reduced through education. Many breast cancer survivors I know did not perform mammography screening during health check, they mistakenly thought simple examination was enough. Before being diagnosed, I did not know there was such an examination either.



2008年7月，我自己檢查時摸到胸部有小黃豆般的硬塊，結果是乳癌第三期。先要接受切除右邊乳房的手術，只做半邊女人。每晚沐浴看見自己沒有一邊乳房，便哭成淚人。幸好丈夫給我鼓勵，慢慢克服了心靈的痛。

我打了八枝化療針，副作用是四肢無力，失眠，心情差，胃口差，皮膚痕癢，有時全身像被蟻咬一樣，醫生處方鎮定神經的藥也沒有用……走過這一條路實在不容易，我的家人也承受巨大精神壓力。乳癌不是一個人的事情。每年三千人確診，就牽涉幾千個家庭。

今天很多女性兼顧事業和家庭，對社會作出貢獻。試問有了屋但沒有母親的家是怎樣？希望你撥出資源，積極推動乳癌普查，鼓勵婦女關心自己的乳房；定期檢查，及早發現乳癌，治療時就可減少痛苦。

希望看過這封信的人都盡一分力，推動政府作出相應的政策。

**賴關裕禧**

In July 2008, I found a lump with the size of a soy bean in my breast during self-examination and I was diagnosed with stage 3 breast cancer. I had my right breast removed and I no longer feel like a complete woman. Since then, I cried every night during shower when I looked at myself with a breast missing. I was lucky that my husband gave me support to gradually overcome this agony.

I had eight injections of chemotherapy and had plenty of side effects like limbs' weakness, insomnia, depression, bad appetite and skin irritation where sometimes it was like ant bites all over the body and sedative did not work for me. To walk through all these was not easy and my family was also very stressed out. Breast cancer is not just an illness affecting an individual. With 3,000 new cases each year, it means affecting 3,000 more families.

Nowadays, many women do not only take care of their families but also work to contribute to the society. Can you imagine what will happen to a family without a mother? We hope you can allocate resources to promote breast cancer awareness and encourage women to pay attention to breast health by performing regular breast screening. Early detection helps reduce suffering.

I sincerely hope that everyone who has read this letter can contribute your support and call for the government to make relevant policies.

**Candy Kuan**





## 活動日誌

## HKBCF EVENT CALENDAR

2012 年 10 月 - 2013 年 3 月 October 2012 - March 2013

**2013.03.02 星期六 (Sat)**

### 新春聯歡聚餐

一年一度的新春聯歡聚餐將於 3 月舉行，現誠意邀請會員出席。

時間：下午六時至十時

地點：香港銅鑼灣興道 28 號 警官會所 1 樓鄧肇堅堂

節目：晚宴 (中菜)、歌唱表演、遊戲及抽獎

### Spring Dinner Party

We will be hosting our annual Spring Dinner Party in March and would love to have our members joining us.

Time: 6pm to 10pm

Venue: TSK Hall

1/F, Police Officers' Club, 28 Hung Hing Road, Causeway Bay, HK

Programme: Dinner (Chinese cuisine), singing performance, games and lucky draw

查詢 / Enquiries: 3143 7313

01

**2013.03.08 星期五 (Fri)**

### 葉德嫻演唱會 2013

為本會籌募經費，歡迎贊助支持。

時間：下午 8 時 15 分

地點：紅磡香港體育館

捐款滿港幣 5,000 元 可獲 VVIP 台上專區座位演唱會門票乙張

捐款滿港幣 1,200 元 可獲 VIP 區 (1-15 行) 座位演唱會門票乙張

### Deanie SING FOR ME concert 2013

An event that raises funds for our work against breast cancer. Donations are welcome.

Time: 8:15pm

Venue: Hong Kong Coliseum, Hung Hom

For a donation of HK\$5,000, you'll get a complimentary VVIP Exclusive On-Stage ticket.

For HK\$1,200, you'll get a complimentary VIP Row 1-15 ticket.

查詢 / Enquiries: 3143 7313

02

**2012.10.13 星期六 (Sat)**

### 「荷爾蒙治療與更年期中醫食療調理」

介紹荷爾蒙治療及更年期內的中醫膳食調理

時間：下午 4 時至 5 時半

地點：香港乳癌基金會 - 21 樓

講者：陳慧琮中醫師

### Chinese Medicine and Diet for Breast Cancer Patients under Hormonal Therapy and Menopause

Introducing Chinese medicine and diet for breast cancer patients receiving hormonal therapy and in menopause

Time: 4 pm to 5:30 pm

Venue: HKBCF - 21/F

Speaker: Ms Chan Wai King (Registered Chinese Medicine Practitioner)

03

**2012.10.16 星期二 (Tue)**

### 齊齊與專家對話

獲取正確及最新的乳癌資訊

時間：下午 12 時 30 分至 2 時

地點：香港乳癌基金會 - 22 樓

專家：張明智醫生 (臨床腫瘤科醫生)

### Meeting the Expert

Receive correct and updated breast cancer information from expert

Time: 12:30 pm to 2 pm

Venue: HKBCF - 22/F

Expert: Dr. Michael Cheung (Clinical Oncologist)

04

**2012.11.17 星期六 (Sat)**

### 乳癌「正」面睇

探討如何用正向心理學觀點積極面對乳癌

時間：下午 3 時至 5 時

地點：香港乳癌基金會 - 21 樓

講者：莫瑞英博士 (心理學副教授)

### Breast Cancer from Positive Psychology Perspective

How to use positive thinking to fight the fear of breast cancer

Time: 3 pm to 5 pm

Venue: HKBCF - 21/F

Speaker: Dr. Doris Mok (Associate Professor, Department of Psychology)

05

**2012.12.05 星期三 (Wed)**

### 與英雄會面

過來人分享

時間：下午 3 時半至 4 時 15 分

地點：香港乳癌基金會 - 22 樓

英雄：唐美蓮女士 (已戰勝乳癌達 12 年)

### Meeting the Heroine

Survivor's sharing

Time: 3:30 pm to 4:15 pm

Venue: HKBCF - 22/F

Heroine: Ms Tong Mei Lin, Hilda (Breast Cancer Survivor for over 12 years)

06

**2013.01.12 星期六 (Sat)**

### 「荷爾蒙治療與更年期」

講者解釋最新的荷爾蒙治療研究結果及對更年期的影響

時間：下午 3 時至 5 時

地點：香港乳癌基金會 - 21 樓

講者：郭子熹醫生 (腫瘤科副顧問醫生)

### Hormonal Therapy and Menopause for Breast Cancer Survivors

The speaker explained the advanced research development of hormonal therapy and its impact on menopause

Time: 3 pm to 5 pm

Venue: HKBCF - 21/F

Speaker: Dr. Carol Kwok (Associate Consultant, Oncology department)

07

# 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:

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

## 捐款者資料 PERSONAL PARTICULARS

中文姓名 \_\_\_\_\_ (先生 Mr./ 女士 Ms.)

Surname \_\_\_\_\_ First Name \_\_\_\_\_ Middle Name \_\_\_\_\_

電話 Tel \_\_\_\_\_ 傳真 Fax \_\_\_\_\_

地址 Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

電郵 Email \_\_\_\_\_

如收據抬頭與上述姓名不同，請註明：

If the name on the receipt is different from the above, please state: \_\_\_\_\_  
\_\_\_\_\_

通訊語言 Medium of communications:

☐ 中文 ☐ English

## 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. ☐ 銀行入數 Bank Deposit

(只適用於每月捐款 For monthly donation only)

請把善款直接存入香港乳癌基金會之匯豐銀行戶口：094-793650-838。請連同存款收據正本 / 自動櫃員機單據正本寄回。捐款者請保留收據副本。Please make a deposit into the Hong Kong Breast Cancer Foundation's bank account (HSBC A/C: 094-793650-838), and send us the original bank payment slip/ ATM slip with this form. Please keep a photocopy of the slip for your own record.

3. ☐ 信用卡 Credit Card

☐ Visa Card ☐ Master Card

持卡人姓名 Cardholder's Name: \_\_\_\_\_

持卡人姓名 Cardholder's signature: \_\_\_\_\_

信用卡號碼 Credit Card No.: \_\_\_\_\_

有效期至 Expiry Date: \_\_\_\_\_ 月 MM \_\_\_\_\_ 年 YY

## 多謝 Thank You!

捐款港幣 100 元或以上可獲發免稅收據 (稅局檔號 91/7226)。

Donation receipt will be issued for a donation of HK\$100 or above (IRD File no. 91/7226).



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: 25256033 F: 25256233 www.hkbcf.org



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