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**乳建同行**  
香港乳癌基金會通訊  
Breast Health Newsletter  
Autumn Issue

# 《乳癌 100 問》

“100 Questions about Breast Cancer”

## 乳癌患者的指南

— A Guide for Breast Cancer Patients

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

## 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 mitigating 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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2014 年 9 月至 12 月活動日誌

EVENT CALENDAR (SEP-DEC 2014)





# 《乳癌 100 問》

“100 Questions about Breast Cancer”

乳癌患者的指南

— A Guide for Breast Cancer Patients

香港乳癌基金會主席霍何綺華女士以乳癌康復者身份，在過去大半年訪問了近百名同路人，聆聽她們患病和抗病期間的感受和疑問，由確診、治療以至康復後常見的身、心、靈疑惑，以簡潔易明的答問方式，匯集成《乳癌 100 問》一書。

新書發佈會於6月20日假中環三聯書店創Bookcafé舉行，霍太說：「今天我以過來人身份，跟病友們分享心路歷程，看到她們的擔心明顯減少。如果自己的經歷可以幫助更多病患者，那麼那場病，不但沒有白費，更可說是有意義了。」她又說：「希望此書可即時解答病友想問的問題；令支援服務可去到每個角落，不受時間、地點、人數的限制。」

Hong Kong Breast Cancer Foundation (HKBCF) Chairman Mrs Eliza Fok, a breast cancer survivor, spent almost a year interviewing close to 100 breast cancer survivors for insights and sharing on breast cancer, from diagnosis of the disease through to treatment and beyond. These valuable insights on the physical, emotional and spiritual impacts of the disease have been compiled into a unique, new publication entitled “100 Questions about Breast Cancer”, a clear and easy-to-read questions-and-answers guide to breast cancer.

The press conference for the book launch was held on 20 June at the Book Café in the Central location of local bookstore Joint Publishing. Addressing guests and attendees of the press conference Mrs Fok shared, “I speak today as a Breast Cancer Survivor, sharing my personal breast cancer journey with those who have yet to complete theirs. If my experiences can ease some of the suffering of others then my journey has not been for nothing.”

“I hope this book provides answers to questions breast cancer patients may have and serves to extend breast cancer patient support to everyone who needs it, unrestricted by time or geography,” she continued.



當日場面熱鬧，親臨支持打氣的包括：醫管局主席梁智仁教授、申訴專員劉燕卿女士、香港防癌會主席朱楊珀瑜女士、陳百祥先生、黃杏秀小姐、鄭美雲小姐、顧紀筠小姐，當然還有香港乳癌基金會兩位大使薛家燕小姐及廖碧兒小姐，吸引大批傳媒採訪，場面盛大。

此外，為進一步與讀者交流，霍太與本會名譽顧問兼立法會議員陳婉嫻女士，以及資深輔導心理學家袁家慧博士在「讓生命再起飛——與您從容走過乳癌」的書展講座中，與讀者分享及交流，當日座無虛席、全場爆滿！

霍太分享了寫作點滴，包括靈感來源、感受等等；陳婉嫻女士鼓勵各乳癌病人及家屬要勇敢面對、時刻保持樂觀的心；袁家慧博士更即場教大家「4、7、8」深呼吸減壓方法，不少出席者練習數次都指內心平靜很多。

The press conference was very well attended with a number of special guests showing their support in person including Chairman of the Hospital Authority, Professor John Leong Chi-yan; Ombudsman, Ms Connie Lau Yin-hing; Chairman of the Hong Kong Anti-Cancer Society, Mrs Patricia Chu Yeung Pak-yu; celebrities Mr Natalis Chan, Ms Cecilia Wong, Miss Cally Kwong, Ms Priscilla Ku; and of course, Hong Kong Breast Cancer Foundation Ambassadors Ms Nancy Sit and Miss Bernice Liu. The presence of these guests and the launch of this meaningful new publication drew a large number of media to the press conference, creating an exciting and positive atmosphere.

To facilitate a more personal and cosy exchange with readers Mrs Fok held a talk "Celebrate a new chapter in your life; navigate the breast cancer journey with ease." to a full house comprising of breast cancer patients, survivors, friends and supporters.

Guest speakers at the event included Ms Chan Yuen-han, legislative councilor and breast cancer survivor, who encouraged breast cancer patients and their families to face the disease with courage and optimism, as well as Dr Rhoda Yuen, Clinical Psychologist, who taught audience members a relaxation technique using breathing called "4, 7, 8".

基金會  
Cancer

## 《乳癌100問》新書發佈會



▲ 發佈會亦得到本會主席霍何綺華女士各方好友的支持，當中不乏同樣關注癌症的專家。(左起) 本會副主席麥黃小珍女士、醫管局主席梁智仁教授、本會主席霍何綺華女士、香港防癌會主席朱楊珀瑜女士及副主席王天鳳女士。The press conference was well supported by many friends of HKBCF Chairman, Mrs Eliza Fok, including some public health experts who share Mrs Fok's concern for breast cancer patients. From left: HKBCF Vice-Chairman Mrs. Sandra Mak, Chairman of the Hospital Authority, Professor John Leong Chi-yan, HKBCF Chairman Mrs Eliza Fok, Chairman of the Hong Kong Anti-Cancer Society, Mrs Patricia Chu Yeung Pak-yu and HKBCF Vice-Chairman Mrs Mary Hemrajani.

香港乳癌基金會  
HK Breast Cancer Foundation

## 《乳癌100問》新書發佈會



▲ 發佈會場面熱烈，除了眾多名人出席支持，亦吸引大批傳媒到場採訪。(左起) 陳百祥先生、顧紀筠小姐、本會大使廖碧兒小姐及薛家燕小姐、本會主席霍何綺華女士、鄭美雲小姐、黃杏秀小姐、本會創會人張淑儀醫生及副主席王天士鳳女士。The press conference was a lively affair. Aside from the presence of a number of well-known people, the event also attracted a large number of the media. From left: Mr Natalis Chan, Ms Priscilla Ku, HKBCF Ambassadors Miss Bernice Liu and Ms Nancy Sit, HKBCF Chairman Mrs Eliza Fok, Ms Cally Kwong, Ms Cecilia Wong, HKBCF Founder Dr Polly Cheung and HKBCF Vice-Chairman Mrs Mary Hemrajani.



當日，不少現場人士都是患者家人，在問答環節中，有一位「姐姐」邊流淚邊發問：「妹妹剛患乳癌，常常躲在家，不肯見人，我很擔心但不知怎幫她。」霍太表示明白確診後的不安與徬徨，希望她妹妹盡早與家人分享感受，不要「收收埋埋」；與此同時，「姐姐」也要對乳癌認識多一點，霍太建議這位深愛妹妹的「姐姐」，看書中第二章第四篇「教我如何愛乳癌病人」，妹妹也可到基金會尋求輔導。

On the day a significant number of participants were family members of breast cancer patients. During the Q&A session the elder sister of a recently diagnosed breast cancer patient sought advice on how to help her younger sister who, after being diagnosed, has refused to leave home or see anyone. Visibly upset and worried the elder sister shared through her tears that she felt so helpless.

Mrs Fok expressed empathy and understanding of the shock and bewilderment the younger sister would be feeling upon receiving the breast cancer diagnosis. She also said she hopes the younger sister will soon open up and share her thoughts and feelings with her family. At the same time Mrs Fok encouraged the older sister to seek to better understand breast cancer and encouraged her to refer to the fourth article in Chapter Two of the book "Teach me how to love someone with breast cancer." Mrs Fok also suggested the younger sister contact the HKBCF to avail of the professional support services.



▲ 各界人士一同出席《乳癌 100 問》新書講座，宣揚乳健訊息。（左起）本會名譽顧問兼立法會議員陳婉嫻女士、資深輔導心理學家袁家慧博士、本會主席霍何綺華女士、本會名譽贊助人梁唐青儀女士、香港貿易發展局主席蘇澤光先生、本會副主席麥黃小珍女士及香港貿易發展局助理總裁黃思慧女士。

A number of special guests attended the "100 Questions about Breast Cancer" book launch talk, helping raise breast health awareness. From left: HKBCF Honorary Advisor and LegCo member, Ms Chan Yuen-han; Clinical Psychologist, Dr Rhoda Yuen; HKBCF Honorary Patron, Mrs Regina Leung; HKTDC Chairman, Mr Jack So; HKBCF Vice-Chairman, Mrs Sandra Mak; and HKTDC Assistant Executive Director Ms Clare Wong.



▲ 三位講者於台上分享抗癌經歷及各樣減壓方法，氣氛輕鬆。（左起）陳婉嫻女士、霍何綺華女士、袁家慧博士。

Speakers shared their personal experiences with breast cancer and professional expertise in effective stress reduction techniques. From left: Ms Chan Yuen-han, Mrs Eliza Fok, Dr Rhoda Yuen





▲ 講座結束後，一眾與會者紛紛於講座後購買新書排隊輪候霍太親筆簽名。

At the end of the event participants queued to purchase autographed copies of the new publication.

◀ 講座當日座無虛席，問答環節反應踴躍。

The book launch was well attended with not an empty seat to be found. Participants were particularly active in the Q&A session.

## 新書發佈會的真正主角 *The real stars of the “100 Questions about Breast Cancer” press conference*

► 感謝一眾義工為發佈會製作美味的桂花糕、三文治及粉紅飲品。

A big thanks to the HKBCF volunteers who made the delectable osmanthus pudding, sandwiches and pink drinks for the occasion.



《乳癌 100 問》發佈會那天，整個下午都下著雨，卻無阻一眾關注乳健資訊的嘉賓、傳媒及義工們前來支持，場面熱鬧非常。

「太陽花」象徵重生、燦爛，活著像太陽一樣。因此，發佈會當日出席的康復者均獲贈粉紅色太陽花手環。

這一雙雙繫著太陽花的手，既無私且活力十足，包辦了整個發佈會的場地佈置，在短短一個星期的籌備下，她們由設計請柬、海報、背景板，以至安排活動流程等等，都辦得有聲有色！這一雙雙巧手更安排了當天的粉紅飲品、三文治、桂花

It rained all afternoon on the day of the “100 Questions about Breast Cancer” press conference but the inclement weather didn't deter the special guests, members of the press and dedicated Hong Kong Breast Cancer Foundation (HKBCF) volunteers from attending the event.

Often referred to as the happy flower, the Sunflower represents vitality and life, and its appearance dazzles like the sun. Breast cancer survivors attending the press conference were all given pink sunflower wrist corsages to wear – as a symbol and reminder of the beauty in life.

Seeing the many busy hands with pink sunflowers around their wrists, one is awed by the amount of work these women have done in preparation for the event. With only one week's lead time the HKBCF volunteers arranged



糕，這份感動由會場一直伸延至味蕾！還有音樂編排、花束等，也是由義工們出錢出力的分享，她們由視覺、聽覺、味覺去照顧每一位來賓，那種落力和齊心，叫人感動。

當天的來賓讚口不絕，主席霍何綺華慰問義工：「你們辛苦嗎？」義工們說：「看到來賓的喜悦，所有疲勞都值得！這本書很有意義，會幫到很多人。我們希望能間接幫助宣傳，讓更多人知道這本書！」

我們由衷的感謝她們不介意重提患病經歷，更鼓勵新患病的姊妹，為她們解開心結、建立抗癌信心。

霍太當天簽署新書送給義工及康復者們，同時捐贈給各公共醫院的癌症服務中心、公共圖書館及大學圖書館。



everything from invitations to posters, from the backdrop to the programme rundown, as well as decorations of the event space. These same busy hands were responsible for making the pink drinks, sandwiches and osmanthus puddings on offer to guests to the event. Such a heartwarming contribution touched the hearts of those who enjoyed the fruits of such labour. Additionally, the HKBCF volunteers spent their time and resources on music and flower arrangements at the venue, creating an all-round taste, sight and sound sensation for those who attended.

Guests to the event were generous with their praise of the effort. HKBCF Chairman and author of "100 Questions about Breast Cancer", Mrs Eliza Fok asked the HKBCF volunteers, "How are you all feeling? This looks to have been a lot of work for you!"

"Seeing the reactions and appreciation of the guests when they arrive has made all the effort worthwhile," a representative of the volunteers assured Mrs Fok.

"This is a very informative book that can help many people and we just want to do what we can to raise awareness of this important breast cancer resource. We are grateful to Mrs Fok for sharing her personal breast cancer journey as encouragement to others on the same path to help them alleviate emotional stress and build confidence to face the challenge ahead," she continued.

Mrs Fok autographed multiple copies of her new book as gifts to the HKBCF volunteers. In addition she also sent copies to the cancer centres within all public hospitals, public libraries and university libraries in Hong Kong.

◀ 義工們出錢出力，一心只想更多人認識《乳癌 100 問》。  
Volunteers contributed their time and money to help raise awareness of "100 Questions about Breast Cancer"



# 好評如潮！ Positive Reviews! 關注乳健的必讀參考

A must-read reference for Breast Health Awareness



售價：港幣 88 元，各大書局有售  
優惠價：於香港乳癌基金會購買只需港幣 80 元  
出版：ET Press 經濟日報出版社 2014 年 6 月出版  
Price: HK\$88 at bookstores  
Special offer: HK\$80 at the HKBCF  
Publisher: ET Press, June 2014

《乳癌 100 問》透過書中的 14 個篇章，包括認識乳癌、手術、化療、電療、淋巴水腫、骨質疏鬆、食物與乳癌、遺傳與乳癌等資訊，以及患者如何走過抗癌之路，逐一鋪陳。《乳癌 100 問》推出即獲好評，在三聯書店的暢銷書榜連續四星期位列第二，並得到各界人士大力推薦：<http://www.hkbcf.org/content.php?tid=9&cid=30&lang=chi>

"100 Questions about Breast Cancer" is a simple, clear and direct guide providing information in 14 chapters across a diverse range of topics including understanding breast cancer; surgery; chemotherapy; radiotherapy; lymphoedema; osteoporosis; food and breast cancer; genetics and breast cancer; as well as how breast cancer patients can better equip themselves to face the challenges of their breast cancer journey.

The response to "100 Questions about Breast Cancer" has been overwhelming. The book has been ranked number two on the Joint Publishing bestseller list for four consecutive weeks and has received very positive reviews from a number of readers.

Reviews for "100 Questions about Breast Cancer":



醫院管理局主席梁智仁教授：「這本書有公眾教育的價值，對社會大眾而言，康復者的分享是公眾教育最重要的一環。」



平等機會委員會主席周一嶽：「作者以關愛和同情心道出乳癌患者應付及反擊病患的歷程；乃至如何面對自己的新形象及應付家庭、朋友和社交生活中所遇到的種種挑戰。這本書不單適合乳癌患者及其親友閱讀，而關注自身健康的人士和家人，都應閱讀這本書。」



香港大學校務委員會主席梁智鴻醫生：「作為醫生，《乳癌 100 問》令我好感動。霍太曾經是乳癌病人，她把自己的經驗寫成書，從而鼓勵其他病人，積極面對各種治療方法。」

大學講師何耀輝：「它能以簡潔易明的文字，詳盡準確的資料，向大眾揭示乳癌這種常見疾病的真正面貌及其正確的治療方法，解除人們對乳癌的恐懼和疑慮。」



香港乳癌基金會名譽會長范徐麗泰：「書內提出一些問題，是我們平時不會問、不好意思問，或者不敢問的，Eliza 用平實坦誠的態度為大家探討。」



香港乳癌基金會名譽顧問陳婉嫻：「相信這本書對乳癌病人幫助很大，我鼎力支持。」



香港乳癌基金會前名譽顧問劉燕卿太平紳士：「Eliza 以自己的故事，透過親身經歷，與病友分享她的心路歷程，及提供實用資訊，逐一拆解乳癌路上可能遇到的困惑。這書不單為乳癌患者帶來盼望，亦讓其家人朋友了解患者心情，懂得如何去支援患者戰勝乳癌。」

康復者陳小姐，約 50 歲，第二期乳癌患者：「剛完成手術後，在我身體仍然疲憊時，我丈夫花一整晚時間翻閱整本《乳癌 100 問》，助我們了解乳癌知識，當中得著很多有用資料及分享，幫助我們在見醫生時更懂得查詢以了解自己的情況。」

乳癌康復者楊慧中：「有病及沒有病的女性都應該讀這本書，因為沒有人知道何時會被病魔侵襲，讀這本書可以為自己及為身邊的親友做好準備。」

Ms Helen Choi, 乳癌患者：「在我得知我自己在日本患上癌症後，確實孤軍作戰，求救無門的感覺。很好彩，香港的醫生朋友（牙科岑醫生）從香港寄了《乳癌 100 問》這本好書給我，使我安心地勇敢面對癌症。」（來自日本）

## Chairman of the Hospital Authority, Professor John Leong Chi-yan, SBS, JP

"This book is a public education tool providing important information to the community through survivors sharing their personal experiences."

## Chairperson of the Equal Opportunities Commission, Dr. York Chow Yat-ngok, G.B.S.

"With care and compassion the author of '100 Questions about Breast Cancer' shares with readers how breast cancer patients cope with breast cancer; how they face their new image and deal with challenges in their social life. The author's style is easy to read and understand, she provides precious insights in addition to the latest information on breast cancer. This book is not just for breast cancer patients and their families, anyone who care about their own health should read this book. Congratulations to the Hong Kong Breast Cancer Foundation for publishing such an excellent and insightful book to help patients overcome the challenges of cancer."

## HKU Council Chairman Dr Leong Che-hung

"As a doctor I was very moved by '100 Questions about Breast Cancer' as Mrs Fok drew from her personal experience with breast cancer to encourage other patients to meet their respective breast cancer treatment challenges."

## University Lecturer Mr. Ho, Yiu-fai

"'100 Questions about Breast Cancer' is special because it uses clear and simple language to present detailed, accurate information to educate the public about breast cancer and its proper treatment, eliminating people's fears and doubts."

## Honorary President of the Hong Kong Breast Cancer Foundation, Mrs. Rita Fan Hsu Lai-tai, GBM, GBS, JP

"This book raises questions we dare not ask for fear of embarrassment. Eliza explains all the answers with a frank attitude."

## Honorary Advisor of Hong Kong Breast Cancer Foundation, Ms. Chan Yuen-han

"I believe this book will be very helpful for breast cancer patients, it has my whole-hearted support."

## Ex-Honorary Advisor of the Hong Kong Breast Cancer Foundation, Ms. Connie Lau Yin-hing, JP

"Many breast cancer patients often feel helpless and misunderstood. Drawing from her personal experience Eliza shares her spiritual path with readers, providing useful information and explaining the challenges breast cancer patients face. This book brings hope to breast cancer patients and enables their families and friends to gain insight to the patient's emotional state and how best to support her. All readers will be able to better understand breast cancer patients and their challenges through this book."

## Survivors:

### Miss Chan, breast cancer patient

"After breast cancer surgery I am still physically exhausted. My husband read '100 Questions about Breast Cancer' in one night and feels better informed about what to inquire about when we see the doctor. There is a lot of useful information and sharing in the book that helps us understand more about breast cancer."

### Miss Amy Yang, breast cancer survivor

All women should read this book to learn more about breast cancer; regardless of whether they have the disease. Nobody knows if or when breast cancer will strike but in the meantime this book provides valuable information that can help women and their families be prepared.

### Ms Helen Choi, breast cancer patient

"When I was diagnosed with breast cancer in Japan I really felt that I would be fighting the disease alone and without support. Luckily my friend in Hong Kong sent me a copy of '100 Questions about Breast Cancer'. After reading the book I now feel better equipped and have more courage to face breast cancer."





▲ 參加者分組創作色彩繽紛的馬賽克畫，透過藝術表達來自家人、朋友，以至醫護人員的關愛。

Participants worked together in small groups to create colourful mosaics to reflect the love and encouragement received from their families, friends and medical professionals.

# 「愛 • 飛翔」

## Love • Strength • Freedom

### 為乳癌康復者慶生

### Celebrating life with Breast Cancer Survivors



香港乳癌基金會由去年開始，將每年 5 月定為「乳癌康復月」，以培養乳癌康復者及其家人、朋友，以慶生、感恩、回饋的康復力量，消除對乳癌的恐懼。同時提高公眾關注乳房健康，以及提倡以正面、樂觀的態度支持乳癌康復者。

每年一度於 5 月舉行的「亮麗人生」日營，是「乳癌康復月」的亮點之一，讓乳癌康復者慶祝在抗癌路上的勇敢和積極，走過最艱難的歲月，並且可與其他同路人以至親友，分享箇中值得感恩的事情。今年 5 月 4 日舉行「亮麗人生」日營，以「愛 • 飛翔」為主題，寓意乳癌患者在家人和朋友的愛心支持下，自能得到力量，重新站起、再次高飛。

◀ 第三屆「亮麗人生」營會主題為「愛 • 飛翔」，有逾 110 位乳癌康復者及家人出席。

The third "Brighten Up Your Life" breast cancer survivors day camp was themed "Love, Strength Freedom" and attracted more than 110 participants.

Since 2013 the Hong Kong Breast Cancer Foundation (HKBCF) has dedicated the month of May each year as Breast Cancer Survivorship Month to encourage breast cancer survivors and their families and friends to engage in the spirit of "Celebrate, Appreciate, Requite". Breast Cancer Survivorship Month focuses on encouraging a positive and open attitude towards supporting survivors to combat the fear and threat of breast cancer, as well as raise public awareness of the importance of breast health.

One of the highlights of Breast Cancer Survivorship Month is the annual "Brighten Up Your Life" breast cancer survivors' day camp. Celebrating and embracing life after breast cancer treatment, the camp provides an opportunity for peer sharing and family sharing. Survivors are encouraged to reflect upon the more positive aspects of their breast cancer experience and express gratitude for the same.

This year "Brighten Up Your Life" breast cancer survivors' day camp was held on 4 May with the theme "Love • Strength • Freedom" emphasizing the love from families and friends that is the source of strength that enabled breast cancer survivors to face the challenges of breast cancer and subsequently to live a life free from breast cancer.





## 音樂治療 有助舒緩情緒

每年營會的活動安排都經過精心策劃，今年也不例外。當中包括團隊遊戲、藝術治療和新增設的音樂治療工作坊，在註冊音樂治療師的講解及指導下，參加者學習即興彈奏樂器，即場「夾band」，合力演奏出美妙的旋律。


與此同時，另一組參加者則嘗試以「愛」和「飛翔」為主題譜寫歌詞，憑歌寄意。註冊音樂治療師林麗青表示，音樂治療有助舒緩緊張情緒及表達內心感受，在群體中進行音樂治療則有助乳癌康復者互相支持及彼此勉勵。

藝術治療是通過色彩、繪畫和其他創作媒介，讓參加者表達內心的恐懼、盼望和渴求。今年藝術工作坊以表達「愛」為主題，創作馬賽克拼貼畫，參加者分成多個小組，再利用五彩繽紛的貼紙拼砌出充滿創意的拼貼畫。

## 愛與關懷 力量來源

完成創作後，各小組輪流分享，不少作品的內容都包括家庭和親友的元素，足證明在乳癌患者的康復路途上，來自家人、朋友，以至醫護人員的關愛及支持，原來發揮着巨大的影響力。

當日營會合共有超過 110 位乳癌康復者及其家人參加。營會結束後，部分康復者及其家人和朋友更出席當晚於香港麗都酒店舉行的慶祝晚會，一起渡過一個溫馨又難忘的晚上。

建立正面和積極的態度，是讓乳癌患者渡過人生幽谷的良方。基金會透過設立同路人支援小組，以及每年「乳癌康復月」的慶祝活動，鼓勵乳癌患者及康復者勇敢面對挑戰，積極回饋社會，享受美好人生。 

## Music therapy alleviates emotional stress

Each year's "Brighten Up Your Life" programme is well considered and crafted with care, and this year was no exception. Activities included group games, art therapy, and a new addition this year – Music Therapy.

Under the guidance and instruction of a registered Music Therapist, one group of participants experienced playing with different types of musical instruments both independently and collaboratively, creating beautiful melodies.

At the same time, a different group of participants worked collaboratively on writing song lyrics, inspired by the camp's theme of love, strength and freedom.


Registered Music Therapist, Miss Lam Lai Ching said, "Music therapy is effective at soothing anxiety and aids expression of one's emotions. Conducting Music Therapy in a group is conducive to the mutual support and encouragement breast cancer survivors share."

Art therapy uses colour, painting and other creative mediums to facilitate participants' expressions of their inner fears, hopes and desires. This year's Art Therapy workshop was themed "Expressing Love", within which participants created unique mosaic art pieces in small groups using multi-coloured stickers.

## Survivors find strength in love and care

Upon completing their expressive mosaics each group shared their respective artworks and elaborated on the inspirations for each one. Most of the artworks were inspired by families and loves ones – proving the importance of the love and care expressed by families, friends and medical personnel in the breast cancer patient's journey.

More than 110 breast cancer survivors and family members participated in the day camp, many of whom also joined a celebration dinner the same evening at the Cosmopolitan Hotel, enjoying an evening filled with love, care and concern.

Establishing a positive and proactive attitude enables Breast Cancer Survivors to face the challenges and potential bends in the road of survivorship. Through the HKBCF's provision of peer support groups as well as its commitment each May to celebrating breast cancer survivorship, breast cancer survivors are encouraged to face the future with courage, to proactively requite to society, and to enjoy a bright, beautiful and meaningful life. 





主辦機構 Organiser:



# 乳健同行

## 10TH

### Pink Walk For Breast Health

## 19.10.2014 (星期日 / Sunday)

### 8:15am-1pm

## 港島山頂 The Peak, Hong Kong Island

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

截止報名日期 Enrolment Deadline: 10. 10. 2014

是次步行籌款活動收益，將用作支持本會推廣乳健教育、患者支援、乳癌研究及倡議工作，以減低本地乳癌的威脅。

Funds raised from this walkathon will support the Hong Kong Breast Cancer Foundation's dedicated work to mitigate the threat of breast cancer through education, patient support services and research based advocacy.



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# 男性也有機會 患上乳癌

## Breast cancer in men

## 需提高警覺 不容忽視

### — low awareness leads to underestimation of risks

「乳癌？男性都會患上乳癌嗎？」這是 Gordon 在確診乳癌，驚魂甫定後，向醫生提出的第一個問題。

作為一位男性，Gordon 覺得自患上猶如「女人病」的乳癌，實在十分尷尬，也難以宣之於口。他的問題可能也是眾多男性患者的心聲！

現年 57 歲的 Gordon，從事文職工作，於毫無心理準備下獲悉患上乳癌。幸而乳癌屬於早期，在家人及朋友的關懷及鼓勵下，短時間內接受了這惡耗並即時接受治療，現已重投正常生活。

## 及早治療 不幸中之大幸

今年 5 月底，Gordon 無意中摸到胸口有腫塊，覺得不太尋常，於是到私家外科診所就醫。聽診時，醫生開玩笑似的說：「男性都可能有乳癌！」Gordon 見醫生只是在開玩笑，所以沒有放在心上，按醫生的建議，接受手術切除腫塊。

手術後，Gordon 如常覆診，怎料醫生卻突然告知，腫塊的化驗結果証實是第一期乳癌。Gordon 當時完全反應不過來，從來沒有想過醫生似是開玩笑的一句話，如今竟變成事實。

為了預防癌細胞擴散，醫生提議要切除乳房，為 Gordon 安排了第二次手術。相較一般女性患者先進行各項檢查，而不需要分兩次手術，明顯是「多捱一刀」！但 Gordon 認為，男性一般低估患乳癌的可能而導致延誤治療的情況很普遍，他這一刀已屬不幸中之大幸了。

“Breast cancer? Men can get breast cancer too!”

Gordon asked his doctor this very question after the initial shock of his breast cancer diagnosis had subsided. As a man he felt extremely embarrassed when diagnosed with breast cancer, a disease commonly perceived as a women's disease. In fact, he was so embarrassed that he found it hard to admit his diagnosis. Gordon's experience is likely similar to that of a large majority of male breast cancer patients.

Office worker and 57-year old Gordon's breast cancer diagnosis was a shock on many levels. Luckily he was diagnosed at an early stage and underwent treatment without delay. With the love and encouragement of his family and friends, he is now getting settling into life post-breast cancer.

## Early diagnosis and treatment – positives within the negative

At the end of May this year Gordon inadvertently discovered a small lump on his chest for which he immediately sought medical attention. During his consultation the doctor jokingly said, “men can get breast cancer too, you know,” but seeing the smile on his doctor's face Gordon didn't take the comment to heart. Upon medical advice, Gordon underwent surgery to extract the lump on his chest.






他說，對乳癌感覺很陌生；在這次事件後才認識到男性不只有胸肌，也有乳房。

求診期間，Gordon 最難克服的是心理問題。乳癌專科診所內全是女性，讓他感覺非常不自然。幸而，得到太太及兒子的支持、關懷及鼓勵，身邊的朋友及親戚都很關心他，為他做資料搜集等等，病患時得到關懷，讓他尤其感動。

一般人會認為乳癌只與女性相關，忽略了男性患乳癌的潛在危險；又以為男性一旦患上乳癌，求助的途徑有限。事實上，香港乳癌基金會的病人支援服務，不限性別，男性同樣可以參與，包括電話支援、家人支援小組、治療前準備及個人輔導服務等，均可預約安排。在手術後護理方面，基金會的乳癌支援中心會提供術後上肢運動班、個人淋巴水腫基礎護理班、淋巴水腫指數測量等，均可為男性患者伸出援手。考慮到男性患者在輔導或情緒支援方面，或許會有特別需要，乳癌支援中心的專團隊會他們提供個人支援。

Gordon 的個案讓我們深深體會，深化乳健教育，實在刻不容緩！此外，我們鼓勵姐妹們除了留意自身狀況外，也可多留意自己的伴侶，一旦發現胸部皮下有不尋常腫塊，應該鼓勵另一半及早求醫。 

After surgery Gordon returned to his doctor for a routine follow up appointment and was shocked when his doctor told him the biopsy on his lump confirmed stage I breast cancer. Gordon didn't know how to react. He never thought for a moment that a light-hearted comment made by the doctor during his initial consultation had now become his reality.

In order to prevent future metastasis of the cancer, Gordon's doctor recommended a mastectomy and made the necessary arrangements for the procedure. Unlike the majority of female breast cancer patients who undergo the necessary testing prior to undergoing surgery, Gordon had to endure surgery twice.

Gordon believes men commonly underestimate their risks of breast cancer which often leads to initial misdiagnosis and treatment. For Gordon, his first surgery was a blessing in disguise as it led to the eventual discovery of his breast cancer.


"Breast cancer was such a foreign concept for me but after my personal experience with the disease I now have a much better understanding of the male anatomy and how breast cancer can affect men. Aside from chest muscles, men also have breasts and are therefore at risk of breast cancer," says Gordon.

During his treatment Gordon found the emotional challenges hardest to deal with. At the specialist's clinic all the other patients were women and Gordon felt very uncomfortable and awkward among them. Luckily, he was supported by the love and encouragement of his wife and children as well as the care and concern of his friends who helped him through his breast cancer journey.

## Heartwarming care in times of sickness

Most people assume that breast cancer only affects women and are therefore ignorant to the risks of breast cancer in men. It is also a common misperception that men who are diagnosed with breast cancer have limited access to support.

In reality, the HKBCF's Breast Cancer Support Centre does not discriminate between male and female patients. Male breast cancer patients are welcome to avail of the range of breast cancer support services which include telephone counselling, family counselling, and individual counselling as well as pre-treatment preparation sessions, and more. The Breast Cancer Support Centre also offers post-treatment upper limb exercise classes, individual lymphoedema care services, lymphoedema index measurement and more, extending much needed support to all breast cancer patients in Hong Kong.

Gordon's story and experience highlights the importance of breast health education and breast screening. The HKBCF encourages our female breast cancer patients to not only take regular care and checks of themselves but to do the same for their partners. If your partners find any abnormal growths or lumps, please encourage them to seek immediate medical advice and the support of our Breast Cancer Support Centre without delay. 





## ACTION 01

## 出版《香港乳癌資料庫第六號報告》

## Hong Kong Breast Cancer Registry Report No. 6

香港乳癌資料庫將於 9 月 25 日舉行記者會，公佈《香港乳癌資料庫第六號報告》及《香港乳癌資料庫簡報 第 5 期》的研究結果。今次研究主題為「乳癌患者延遲求診的情況及與癌症期數的關係」，發現 33% 患者在乳癌癥狀出現後延遲 3 個月就診，情況令人關注！詳情請留意月底的公佈。

On 25 September the HKBCF will host a press conference to announce the release of the Hong Kong Breast Cancer Registry Report No. 6 and the Hong Kong Breast Cancer Registry Bulletin Issue 5, highlighting the report results and updating the media on the current status of breast cancer in Hong Kong.

This latest report provides important insights into the relationship between delayed medical consultation and staging of breast cancer upon diagnosis, showing that 33% of breast cancer patients had delayed seeking medical consultation by three months after the onset of symptoms – raising significant concerns. For more details and analysis on breast cancer in Hong Kong, please refer to the Hong Kong Breast Cancer Registry Report No. 6 upon publication.

## ACTION 02

## 參與第五屆全球華人乳癌病友組織聯盟大會

## Participation in the 5th Global Chinese Breast Cancer Organizations Alliance Conference

自本會主席霍何綺華女士今年 6 月出版《乳癌 100 問》一書後，便獲得全球華人乳癌病友組織聯盟邀請於「第五屆全球華人乳癌病友組織聯盟大會」上介紹其新作及創作之心路歷程。另一方面，本會亦獲邀介紹專業的淋巴水腫按摩護理。因此，本會主席霍太聯同副主席王天鳳女士、理事會成員何月明女士、服務總監馮月貞女士及乳癌支援中心高級主任張春好女士，於 8 月 29 日至 8 月 31 日前往北京出席會議。是次會議吸引來自 5 個地區包括中國、香港、馬來西亞、台灣及美國、超過 25 個關注乳癌的患者支援組織及同路人自發組織參與，共逾 300 位參加者。於會議中，各地組織代表圍繞著 9 個不同主題進行交流及分享，包括年輕乳癌治療專題、書籍分享、運動與乳腺癌及乳腺癌遺傳基因等，增進本會了解各地乳癌組織的服務和發展，同時亦讓各地組織更認識本會。更多有關會議的點滴請留意下期通訊。

HKBCF Chairman, Mrs Eliza Fok was invited by the Global Chinese Breast Cancer Organizations Alliance to speak at their conference on her insights and experience gained from publishing her book, "100 Questions on Breast Cancer" in June this year. Additionally, the HKBCF was invited to same conference to speak about our professional Lymphoedema Care Services provided to breast cancer patients in Hong Kong.



Held in Beijing from 29-31 August 2014, the 5th Global Chinese Breast Cancer Organizations Alliance Conference was attended by Mrs Fok together with HKBCF Vice Chairman, Mrs Mary Hemrajani, HKBCF Council Member, Ms Alice Ho, HKBCF Service Director, Ms Wendy Fung, and HKBCF Senior Health Service Officer, Ms Doris Cheung.

The conference attracted participants from Mainland China, Hong Kong, Malaysia, Taiwan and the USA. Altogether more than 25 breast cancer support organizations – including those established by breast cancer survivors – were represented, totaling 300 participants.

Participants engaged in presentations and information sharing on nine key areas, including breast cancer treatment in young patients; breast cancer publication sharing; exercise and breast cancer; and, genetics and breast cancer. The information sharing and exchange enabled the HKBCF to obtain a deeper understanding of the work and developments of various overseas breast cancer support organizations and facilitated their better understanding of the work and progress of the HKBCF here in Hong Kong.

More details on the conference will be included in the next issue of our Breast Health Newsletter.





(鳴謝：明報周刊 Acknowledgement: Mingpao Weekly)

## ACTION 03



### 乳健中心致力推動乳健

#### Hong Kong Breast Cancer Foundation's Breast Health Centre (BHC) actively promotes breast health education.

於 2014 年 5 至 8 月期間，乳健中心與其他非政府機構緊密合作，分別為 11 個團體提供乳健講座、乳房臨床檢查服務，包括東華三院余墨緣綜合服務中心、香港婦女中心協會、香港基督教女青年會、新生精神康復會、東九龍居民委員會、東九龍居民委員會、香港宣教會恩霖社區服務中心、The Ladies' Recreation Club、社會福利署（東柴灣綜合家庭服務中心）、香港家庭福利會（婦女及家庭成長中心）、妍進會及愛鄰網絡，宣揚乳健最新資訊。

另外，乳健中心亦獲邀到 Zumba Fitness 舉行講座，及參與《健康·生活博覽 2014》，為期 3 天的展覽吸引逾 1,500 人到訪乳健中心的攤位，讓市民認識我們的服務。

From May – August 2014 the BHC conducted breast health seminars to 11 NGOs, providing the latest breast health information and conducting on-site clinical breast examinations to participants. Organisations included the Tung Wah Group of Hospitals Yu Mak Yuen Integrated Services Centre, Hong Kong Federation of Women's Centres, YWCA, New Life Psychiatric Rehabilitation Association, East Kowloon District Residents' Committee, HKEC Yan Lam Community Service Centre, the Ladies' Recreation Club, Social Welfare Department Chai Wan (East) IFSC, Hong Kong Family Welfare Society Women and Family Enhancement Centre, Yin Chun Club and Good Neighbour Network. Additionally the BHC was invited to conduct a breast health talk at Zumba Fitness and was also invited to participate in the 3-day Health and Lifestyle Expo 2014, attracting more than 1,500 visitors to the BHC stand to raise awareness of our services to the community.

## ACTION 04

### 「乳癌診治新知」研討會

#### Updates in Breast Cancer Management Conference

香港乳癌基金會今年 7 月舉辦了「乳癌診治新知」研討會，邀請了外科及腫瘤科醫生擔任講者，分享題目包括：「切除腫瘤手術的最新技術」、「2014 年歐洲乳癌會議討論的最新電療方法」，以及「美國臨床腫瘤學會最新的內科臨床醫學數據」，接近 100 位醫護專業人員出席。此研討會的支持機構包括 Hong Kong Society of Breast Surgeons, Hong Kong Society of Clinical Oncology 及 Hong Kong Association of Community Oncologists，並由 Novartis 藥廠贊助。

The HKBCF held a professional conference in July 2014 entitled "Updates on Breast Cancer Management", inviting surgeons and oncologists to provide the latest updates on breast cancer management including surgical margins, radiotherapy and the newest medical oncology data.

Sponsored by Novartis the conference attracted the attendance of close to 100 medical professionals. Supporting organizations included the Hong Kong Society of Breast Surgeons, the Hong Kong Society of Clinical Oncology, and the Hong Kong Association of Community Oncologists.

## ACTION 05

### 傳媒專訪

#### Media Interviews

香港乳癌基金會主席霍何綺華女士今年 6 月出版《乳癌 100 問》一書，隨即吸引各大傳媒紛紛採訪及報道：包括《經濟日報》、《晴報》、《星島日報》、《明報周刊》、《Cosmopolitan》等。霍太也在新城電台《開心家天下》、《人生馬拉松》，以及商台《有誰共鳴》節目，分享撰寫新書的心路歷程。

此外，香港乳癌基金會創會人張淑儀醫生及前主席蔡梁婉薇女士接受香港電台《舊日的足跡》節目主持人車淑梅小姐訪問，暢談個人經歷及本港乳癌的趨勢。「乳癌在線」委員會主席蔡浩強醫生在香港電台《精靈一點》節目中，詳談本會「乳癌在線」的最新發展。

早前有外國研究引述數據指，乳癌篩查未必能減低乳癌死亡率，反而有機會造成過度治療。張淑儀醫生、本會理事左倩儀教授及何月明女士在鳳凰衛視《醫 APPS 最強》節目中，指出定期檢查的重要性，重申及早發現是治療關鍵的信息。

HKBCF Chairman Mrs Eliza Fok published her book "100 Questions about Breast Cancer" in June this year, attracting media interest, interviews and reports, including the Hong Kong Economic Times, Sky Post, Sing Tao Daily, Ming Pao Weekly, Cosmopolitan, and more. Mrs Fok was also interviewed on Metro Radio's "Happy Families" programme and Commercial Radio's "Share My Song" programme to share her experience during the writing of her book.

HKBCF Founder Dr Polly Cheung and Immediate Past Chairman Mrs Joanna Choi were interviewed by RTHK's Candy Chea on her programme "舊日的足跡" to share their experiences with breast cancer as well as discuss the latest breast cancer trends in Hong Kong.

Hong Kong Breast Cancer Registry (HKBCR) Steering Committee Member, Dr Peter Choi, was interviewed on RTHK's "精靈一點" programme to share the HKBCR's latest developments.

Recently overseas research figures indicated that regular breast screening may not reduce cancer mortality rates and may, in fact, result in overdiagnosis and unnecessary treatment. HKBCF Founder, Dr Polly Cheung, HKBCF Council Member, Ms Alice Ho, and HKBCR Steering Committee Member Dr Josette Chor countered such claims during an interview on Phoenix TV, and reinforced the importance of regular screening towards early detection as the most effective action against breast cancer.



## ACTION 06

## 參與「社區參與廣播服務試驗計劃」

## Participating in the Pilot Project for Community Involvement Broadcasting Service (CIBS)

香港乳癌基金會成功通過香港電台「社區參與廣播服務試驗計劃」的甄選，製作名為《環乳 360》的廣播節目，由今年 10 月 13 日起一連 13 個星期，在港台的數碼 31 台頻道中播出。內容包括最新乳癌研究及香港乳癌實況、乳癌檢查及確診後的治療選擇、醫療費用、乳癌患者的自我形象及康復之路、乳癌與兩性關係、社區商界關懷乳癌等等，內容豐富，敬請留意！

The HKBCF is pleased to be selected for the Radio Television Hong Kong (RTHK) CIBS project and has produced a programme called "Breast Health 360" which will be broadcast weekly on RTHK's Digital 31 channel, over 13 consecutive weeks commencing 13 October 2014.

Topics include the latest breast cancer research and current trends; breast cancer screening and treatment options after diagnosis; costs of treatment; breast cancer patients' self-image and their breast cancer journeys; breast cancer and intimate relations; community and commercial care of breast cancer; and more. Please stay tuned and support our programme!



## Mary Kay

由 5 月 12 日至 6 月 30 日期間，Mary Kay 每售出一支 Journey of DreamsTM 護手霜或淡香水，便捐贈一美元給香港乳癌基金會，以支持我們減低乳癌對社區威脅的工作。活動合共籌得港幣逾 33,000 元。

Mary Kay donated US\$1 to the HKBCF for every purchase of Mary Kay Journey of DreamsTM hand cream and fragrance between 12 May and 30 June, 2014 to support our ongoing efforts to mitigate the threat of breast cancer to the local community. Over HK\$33,000 was raised through this campaign.

大都會人壽  
MetLife Hong Kong

由今年 7 月開始，大都會人壽透過不同電子渠道及平台，包括該公司網頁、Facebook、Linkedin、電郵推廣服務、電子橫額、短訊等，推出數碼商業活動，每新增一個大都會人壽 Facebook 的「讚好」或 Linkedin 的「關注」，該公司便會捐出港幣 10 元給基金會。

MetLife Hong Kong launched a digital campaign in July 2014 using various digital and social media platforms including its corporate website, Facebook, Linkedin, eDM, eBanner and SMS. For each "Follow" on Linkedin or "Like" on Facebook, MetLife will donate HK\$10 to the HKBCF.



## The Landmark Mandarin Oriental Hong Kong



置地文華東方酒店 MO Bar 於今年 9 至 10 月期間，將推出 "Perfect in Pink and Purple" 下午茶，部分收益將會捐給香港乳癌基金會，以支持我們推動社區關注乳癌的工作。

The Landmark Mandarin Oriental Hong Kong will launch a "Perfect in Pink and Purple" afternoon tea in their MO Bar in September. Available throughout September and October, a portion of the proceeds from each tea set ordered will be donated to the HKBCF to support our ongoing efforts to raise breast cancer awareness in the community.



## 半島精品店 Peninsula Boutique

為支持香港乳癌基金會，半島精品店將一如往年，在今年 10 月推出特別設計的「半島粉紅絲帶」系列禮品，部分收益撥捐本會。

For the second consecutive year, The Peninsula Boutique is once again launching a specially designed "Peninsula in Pink" collection of merchandise in support of the HKBCF, available for the month of October. A percentage of the proceeds from sales of this collection will be donated to the HKBCF.



## WALK FOR HER

A STEP TOWARDS A CURE FOR WOMEN'S CANCERS

### DFS

DFS 將於今年 10 月 10 日舉行 Walk For Her 慈善步行籌款活動，籌得款項將會支持香港乳癌基金會的工作。該活動同時希望能提高參加者及社區關注婦女健康。

DFS Group Limited is hosting a charity event, Walk For Her, on 10 October 2014 to raise funds for the HKBCF and raise community awareness on women's health.

## Zumba Fitness

Zumba Fitness 將於 10 月 18 日在灣仔修頓室內運動場舉行 Hong Kong Pink Ribbon Zumba Party，門券收益扣除成本開支後，將捐贈基金會以支持我們的工作。

Zumba Fitness will host the Hong Kong Pink Ribbon Zumba Party on 18 October in Southern Stadium, Wan Chai. All proceeds, after deducting costs, will be donated to the HKBCF to support our work.



## 亞太區美容展 Cosmoprof Asia

將於今年 11 月 12 至 14 日舉行的亞太區美容展，新設 BOUTIQUE 慈善義賣精品廊。參觀者只要付出港幣 100 元，便可按個人喜好揀選展商贊助的美容試用產品，義賣收益將全數捐贈本會。

Cosmoprof Asia 2014 will be held on 12-14 November 2014 at the Hong Kong Convention & Exhibition Centre. Donations collected from the event's BOUTIQUE project (hand-picked samples of beauty products) will go to the HKBCF. Participants can customize a box filled with deluxe travel-sized samples for a suggested donation of HK\$100.



## Kickz-Lab sports promotion company

今年 8 月 22 日 Kickz-Lab sports promotion company 於灣仔修頓球場舉行 Sneaker Market HK Charity and Exhibition 活動，每售出一件商品即捐出港幣 10 元給香港乳癌基金會，加上當日慈善拍賣的收益，活動合共為本會籌得港幣逾 26,000 元。

Kickz-Lab sports promotion company Sneaker Market HK Charity and Exhibition was held on 22 August at Southern Stadium. HK\$10 from each item sold from the exhibition in addition to funds raised from the Charity Auction were donated to the HKBCF. More than HK\$26,000 was raised through this meaningful event.





# 鳴謝 THANK YOU

## 多謝以下熱心人士在 2014 年 5 月至 8 月的義務幫助

Thanks to our enthusiastic volunteers who helped us out (May - Aug 2014)

Chan Kwai Ling Janice  
Chan Hon Ying  
Chan Siu Ling Shirley  
Chen Sai Sharon  
Cheung Bo Lee Polly  
Cheung Kylie  
Ching Pui Fun Angela  
Chiu Ngo Yin Zoe  
Choi Lai King Carol  
Chow Siu Kwan Olivia  
Chu Kit Ching  
Chui Ying Yu Sally  
Fong Wai Ching Rosa  
Fung Siu Kwan  
Ho Oi Chu Cecilia  
Ho Yuet Ming Alice  
Hui Pui Yin Connie  
Hung Wai Ka  
IP Lai Chun Pollina  
Ip Fung Kuen Katy  
Kamaruddin Rani  
Kuan U Nong Candy  
Kwok Yan Ann  
Kwong Agnes  
Lam Wai Yi Florence  
Lam Wai Ying  
Lau Sui Mi Deborah  
Lee Miu Yen Natalie  
Lee Wai Kwan Vivian  
Lee Koon Yee  
Lee Hing Chu  
Leung Shuk Chun  
Leung Yuk Ching Polly  
Liang Po Tin Tina  
Lo Wai Ling Apple  
Lo Sylvia  
Lui Nana  
Ma Yuk Yee Rosanna  
Mak Wai Bing Julianna  
Mak Lai Shang Reconnie  
Mak Mei Yee Cecilia  
Morgan Stanley GVM Volunteer Group  
Ng Wai Han  
Ng Virginia  
Ng Sherena  
Ng Yin  
Poon Shui Fun Margaret  
Shiu Sin Yi

Shum Sze Wan Sharon  
Shum Sharon  
Szeto Man Yee Sincerely  
Tam Chi Kin  
Tam Lai Ming Teresa  
Tan Pui Lan Jenie  
Tang Marco  
Tong Mei Lin Hilda  
Tong Sin Yee Sandy  
Tsang Chi Wai Bess  
Wai Christy  
Wong Yuk Hing Kitty  
Wong Chon Meng Karita  
Wong Tai Ying Lorraine  
Wong Sui Ching Ivy  
Wong Wai Ling Kitty  
Wong Mei May Mimi  
Wong Chui Yu Alice  
Wong Hon Kee  
Wong Hok Sen Cindy  
Wong Yin Ping  
Wong Yim  
Wong Ping Kee Miranda  
Woo Yin Hing  
Yau Tze Kok  
Yeung Kit Sing Jackson  
Yeung Tai Yee Amy  
Yik Mei Chun  
Ying Siu Wa  
Yip Stella  
Yu Wai Yee  
Yu Pik Man Mary  
Zumba Fitness  
林道儀中醫師  
何法邦  
李曉京  
湯惠嵐



## 曾捐贈港幣 20,000 元或以上的機構及個人 Organisations and individuals donating HK\$20,000 or above

Ampco Technologies Ltd.  
Associated International Hotels Ltd.  
Bonluxe (Asia) Ltd.  
Carnival Corporation Hong Kong Ltd.  
Castiglioni Del Bosco Societa  
Chan Ming  
Choi Lai Yin Catherine  
Diagnostix Medical Centre Ltd  
Dr Cheng Paul Ning Man  
Dr Cheung Suk Yee Polly  
Dr Choi Lai Yin Catherine  
Eisai (HK) Co., Ltd.  
Ferrari Owners' Club of Hong Kong  
GlaxoSmithKline Limited  
Goldman Sachs  
Harvest SCP Group Co Ltd  
In Express Limited  
iRad Medical (Kowloon) Limited  
JG Hong Kong Limited  
Kickz-Lab  
L.K.C. Company Ltd.  
Lin Miu Chun

Liu Choi Lin  
Mary Kay Hong Kong Limited  
Metlife Limited  
Novartis Pharmaceuticals (HK) Ltd  
PCC Asia LLC  
Poon Sun Cheong & Fok Yuk Ping  
Realway Investment Limited  
Roche Hong Kong Limited  
Sa Sa Making Life Beautiful Charity Fund  
Sanofi-Aventis Hong Kong Limited  
Skechers Hong Kong Limited  
Tai Hung Fai Charitable Foundation Ltd.  
Takeda Pharmaceuticals (HK) Ltd.  
The Community Chest of Hong Kong  
The Helping Hand Group Ltd.  
The Hong Kong Jockey Club Charities Trust  
The Hong Kong Ophthalmic Associates  
Tung Wah X-Ray & Medical laboratory Ltd.  
Wacoal Hong Kong Co Ltd  
Wong's Kong King International (Holdings) Ltd.  
Yeung Kit Man & Ng Ho Ho





## 活動日誌

## HKBCF EVENT CALENDAR

2014 年 9 月 - 2014 年 12 月 Sep 2014 to Dec 2014

**2014.09.20 星期六 (Sat)**

### 雙臂展活力 - 肩膊運動齊齊做

時間：下午 3 時至 5 時

講者：陳黃怡女士 (註冊物理治療師，香港乳癌基金會理事會成員)

內容：介紹正確而有效的肩膊運動，讓手臂活動更揮灑自如

#### Effective shoulder exercises for enhanced movement

Time: 3:00pm – 5:00pm

Speaker: Mrs Eleanor Chan (Registered Physiotherapist, HKBCF Council Member)

Content: Teaches correct and effective shoulder exercises to enhance mobility and movement of the arms

01

**2014.09.27 星期六 (Sat)**

### 義工起動日

時間：上午 10 時至中午 12 時

內容：機構介紹、義工守則講解、義工經驗分享、團隊建立遊戲、啟動儀式及茶點

對象：已登記為本會義工者

#### Volunteer Initiation Day

Time: 10:00am – 12:00pm

Content: Learn more about the HKBCF, volunteer rules and regulations, experience sharing by current volunteers, team building games, initiation ceremony. Light refreshments will be served

Target Audience: Those who have registered as volunteers

02

**2014.10.18 星期六 (Sat)**

### 齊學鬆弛妙法

時間：下午 3 時至 5 時

講者：何月明女士 (註冊社工，香港乳癌基金會理事會成員)

內容：介紹有效的鬆弛方法及技巧

詳情請留意 10 月份會員通訊

#### Learn Relaxation Tricks Together

Time: 3:00pm – 5:00pm

Speaker: Ms Alice Ho (registered social worker, HKBCF Council Member)

Content: Introducing effective relaxation techniques

Please refer to Members' Circular of October for details

03

**2014.11.22 星期六 (Sat)**

### 乳癌中的契機

時間：下午 3 時至 5 時

講者：莫瑞英博士 (臨床心理學哲學博士，澳門大學心理學系副教授)

內容：學習如何應付負面情緒，例如：憂慮、恐懼、焦慮等

詳情請留意 11 月份會員通訊

#### Stay positive when you have Breast Cancer

Time: 3:00pm – 5:00pm

Speaker: Doris Shui-Ying Mok, Ph.D. (Ph.D. in Clinical Psychology, Associate Professor at Department of Psychology, University of Macau)

Content: Learn how to deal with negative emotions like anxiety, fear and worries etc.

Please refer to Members' Circular of November for details

04

**2014.10**

### 自我形象提昇訓練系列

內容：系列 (一)：化妝班

系列 (二)：自信心及正面思考訓練、形象設計

對象：已登記為會員的乳癌患者及康復者

化妝班日期及時間：

第一班：10 月 7 日 (星期二) 下午 4 時至 6 時

第二班：10 月 9 日 (星期四) 下午 4 時至 6 時

第三班：10 月 14 日 (星期二) 下午 4 時至 6 時

第四班：10 月 14 日 (星期二) 晚上 7 時至 9 時

查詢及報名：請致電 3143 7343 (茹姑娘)，

或 3143 7345 (黃姑娘)

備註：系列 (二) 之訓練預計於十一月至明年初舉行，  
請留意稍後之宣傳

#### Self-image and confidence boosting series

Content: Series 1: Cosmetics Class

Series 2: Self-confidence and positive thinking training, image building

Target audience: Registered members who are breast cancer patients and/or survivors

Cosmetics class date & time:

1st lesson: 7/10 (Tue) 4:00pm – 6:00pm

2nd lesson: 9/10 (Thu) 4:00pm – 6:00pm

3rd lesson: 14/10 (Tue) 4:00pm – 6:00pm

4th lesson: 14/10 (Tue) 7:00pm – 9:00pm

Enquiries and registration: Please contact Ms. Yue at 3143 7343 or Ms. Wong at 3143 7345

Remarks: Classes of Series 2 will be held in November 2014 to early 2015, please refer to our upcoming promotions for details

04

05

**2014.12.06 星期六 (Sat)**

### 義工嘉許禮

時間：下午 1 時至 3 時

內容：午膳，嘉許禮

#### Volunteer Recognition Award

Time: 1:00pm – 3:00pm

Content: Lunch and award presentation



# 捐款表格 Donation Form

香港乳癌基金會與乳癌患者攜手同行，  
我們希望得到您的支持，服務下一位有需要的患者

**Your help is important !  
Together we can support every breast cancer  
patient in need. Please donate generously!**

☐ 我樂意參加月捐計劃 I would like to make a monthly donation

☐ 我樂意一次性捐助 I would like to make a one-off donation

月捐 / 一次捐款金額 Monthly/ One-off Donation Amount

☐ HK\$800 ☐ HK\$500 ☐ HK\$300 ☐ HK\$200 ☐ 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:

## 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

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: \_\_\_\_\_

持卡人簽名 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).



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