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乳健同行

香港乳癌基金會通訊
Breast Health Newsletter
Spring Issue

齊心關注

Working together to support one cause

乳健同行2013

Pink Walk for Breast Health 2013



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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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齊心關注

Working together to support one cause

乳健同行2013

Pink Walk for Breast Health 2013



由香港乳癌基金會主辦的「乳健同行2013」步行籌款活動，於2013年10月20日在山頂圓滿舉行。活動除提高各界對乳癌的關注外，還為乳健教育、患者支援、研究及倡議等惠及本地社區的工作籌募經費。

「乳健同行」籌款活動於2005年首辦時，只有約300名參加者，之後活動規模逐年增加。作為基金會一年一度的盛事，「乳健同行」活動的主要目的是提高公眾對乳癌的危機意識，以及透過集歡樂與健康於一身的合家歡戶外活動，籌集善款。

The HKBCF's Pink Walk for Breast Health 2013, held at the Peak on 20 October, was a resounding success, raising awareness and record funds for breast cancer education, support, research and advocacy benefitting the local Hong Kong community.

Held for the first time in 2005 with just 300 participants, the Pink Walk for Breast Health has grown year on year. As the HKBCF's signature annual event, the Pink Walk for Breast Health aims to raise awareness of the threat and risks of breast cancer to the local community and to raise funds through a fun, healthy and family-friendly outdoor activity.

踏入第九屆，「乳健同行 2013」吸引超過 2000 名支持者參加，環繞山頂步行 3.5 公里。大夥兒一早到場既為參與步行的籌款者打氣，也為表示支持香港乳癌基金會的工作。

當日大部份參加者都穿上粉紅服飾，競逐各項「粉」墨登場獎，參賽個人、隊伍，以至小朋友和寵物都悉心打扮，務求以趣緻和獨特的裝扮突出自己！今年摩根大通繼續慷慨支持這項善事，除了組隊參與步行外，還在現場設置面部彩繪攤位，由員工義務為參加者增添色彩。

Held for the 9th year in a row, the HKBCF Pink Walk for Breast Health 2013 attracted more than 2,000 supporters to walk the 3.5km route around the Peak. Many others turned up on the morning to cheer on the fundraisers and support the Hong Kong Breast Cancer Foundation.

Most participants dressed in pink for the event and the many candidates for the best dressed pink awards raised the bar with their fun and unique outfits – even the kids and pets made extra efforts to stand out! J.P.Morgan generously supported the Pink Walk again this year by setting up a face painting booth with their own staff volunteering time and talent to add colour and sparkles to the event.



▲ 一眾主禮嘉賓向太陽花灌溉，象徵對乳癌患者的愛心與關懷。（右起）香港乳癌基金會大使廖碧兒小姐、香港公益金入會、預算及分配委員會主席楊傳亮先生、香港乳癌基金會創會人張淑儀醫生、香港乳癌基金會名譽贊助人香港特區行政長官夫人梁唐青儀女士、香港乳癌基金會主席霍何綺華女士，以及香港各界婦女聯合協進會主席及香港乳癌基金會顧問林貝聿嘉教授。

Officiating guests watering sunflowers to show love and care for those suffering from breast cancer. (R to L) Miss Bernice Liu, HKBCF Ambassador, Mr. Charles Yang, Chairman, Admissions, Budgets & Allocations Committee of The Community Chest of Hong Kong, Dr Polly Cheung, Founder of HKBCF, Mrs Regina Leung, wife of the Chief Executive of the HKSAR and HKBCF Honorary Patron, Mrs Eliza Fok, Chairman of HKBCF and Professor Peggy Lam, Chairperson of the Hong Kong Federation of Women and HKBCF Honorary Advisor

起步禮由多位主禮嘉賓主持，包括香港乳癌基金會名譽贊助人香港特區行政長官夫人梁唐青儀女士、香港各界婦女聯合協進會主席及香港乳癌基金會顧問林貝聿嘉教授、香港公益金入會、預算及分配委員會主席楊傳亮先生、香港乳癌基金會大使廖碧兒小姐、香港乳癌基金會創會人張淑儀醫生，以及香港乳癌基金會主席霍何綺華女士。

由乳癌康復者組成的香港乳癌基金會合唱團「音韻樂心靈」，為今屆「乳健同行」參加者獻唱以示鼓勵。

起步禮上，梁唐青儀女士對本會在支持乳癌病患者及加強社區乳健教育等工作深表讚賞，並認為是極具意義的工作。張淑儀醫生則提醒參加者定期作乳癌檢查的重要性。

霍何綺華女士鼓勵參加者每天最少做 30 分鐘帶氧運動，「在罹患乳癌的十個高危因素中，缺乏運動排行榜首，為個人健康着想，建立經常運動的習慣非常重要。」

Officiating at the Pink Walk for Breast Health 2013's kick-off ceremony were Mrs Regina Leung, wife of the Chief Executive of the HKSAR and HKBCF Honorary Patron, Professor Peggy Lam, Chairperson of the Hong Kong Federation of Women and HKBCF Honorary Advisor, Mr. Charles Yang, Chairman, Admissions, Budgets & Allocations Committee of The Community Chest of Hong Kong, Miss Bernice Liu, HKBCF Ambassador, Dr Polly Cheung, Founder of HKBCF, and Mrs Eliza Fok, Chairman of HKBCF.

The HKBCF's choral group "Melody in Mind" gave an inspiring performance to cheer on the participants of the Pink Walk.

At the officiating ceremony Mrs Regina Leung expressed her appreciation of the meaningful work of the HKBCF in providing support to breast cancer patients and reinforcing breast health awareness in the community whilst Dr Polly Cheung reminded participants of the importance of regular breast examination and screening.

Mrs Eliza Fok encouraged the participants to do at least 30 minutes of aerobic exercise every day, "Lack of exercise ranked number one in the top ten risks factors for breast cancer; and for one's own health, it is important to build up the habit of regular exercise", she advised.



◀ 廖碧兒與霍何綺華女士一同頒獎予「粉」墨登場獎 (個人) 得主韋玉珍醫生。

Best Dressed Pink Award (Individual) - presented by Ms Bernice Liu and Mrs Eliza Fok to Dr Veronica Wai

▼ 法語國際學校奪得今年的「粉」墨登場獎 (團隊)。
Best Dressed Pink Award (Team) – presented by Ms Bernice Liu to French International School





◀ 梁唐青儀女士頒獎予「最高籌款團體獎」得主養和醫院的代表陳煥堂醫生。
Top Team Fundraiser Award – presented by Mrs Regina Leung to Dr. Joseph Chan, representative of Hong Kong Sanatorium & Hospital

▼ 「最高籌款個人獎」得主劉燕卿女士從梁唐青儀女士手上接過獎狀。
Top Individual Fundraiser Award – presented by Mrs Regina Leung to the winner, Ms Connie Lau

▼ 楊傳亮先生頒獎予「最高籌款學校獎」得主弘立書院的代表。
Top School Fundraiser Award – presented by Mr Charles Yang to representatives of the Independent Schools Foundation Academy



▼ Mr Fabrice Weber 代表雅詩蘭黛集團接受「最踴躍參與團隊獎」的獎狀。
Highest Participation Award – presented by Mr Charles Yang to Mr Fabrice Weber of The Estée Lauder Companies.

▼ 可愛的 Anizer 奪得「粉」墨登場獎 (小童)。
Best Dressed Pink Award (Kid) presented by Ms Bernice Liu to Anizer



大會在活動當日頒發多個獎項，嘉許有傑出表現的參加者：

A number of prizes were awarded on the day to reward participants in various categories for their efforts, including:

獎項 Award	得獎者 Winner Team	成績 Amount*
最高籌款團體獎 Top Team Fundraiser Award	養和醫院 The Hong Kong Sanatorium & Hospital	\$270,000
最高籌款個人獎 Top Individual Fundraiser Award	劉燕卿女士 Ms. Connie Lau	\$21,490
最高籌款學校獎 Top School Fundraiser Award	弘立書院 Independent Schools Foundation Academy	\$6,770
最踴躍參與團隊獎 Highest Participation Award	雅詩蘭黛集團 The Estée Lauder Companies	190 人 people
「粉」墨登場獎 (個人) Best Dressed Pink Award (Individual)	韋玉珍醫生 Dr. Veronica Wai	
「粉」墨登場獎 (團隊) Best Dressed Pink Award (Team)	法語國際學校 French International School	
「粉」墨登場獎 (小童) Best Dressed Pink Award (Kid)	Anizer	
「粉」墨登場獎 (寵物) Best Dressed Pink Award (Pet)	Jasper、Puppy	

以截至 10 月 11 日下午 5 時收到的最高捐款額和團體報名人數計算。

*All results were counted as of 5 pm 11 October 2013

▲ 廖碧兒頒發「粉」墨登場獎 (寵物) 予 Jasper (左) 及 Puppy (右)，中間為牠們的主人 Cordelia。
Best Dressed Pink Award (Pet) – presented by Ms Bernice Liu to Jasper (left) and Puppy (right) and their owner Cordelia (centre)

活動相片集 Event photos: www.hkbcf.org/pinkwalk

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Special Thanks:

Hong Kong Adventure Group Hong Kong Breast Cancer Foundation Volunteers
Hong Kong Fire Services Department Volunteer Team
Hong Kong Medical and Healthcare Device Industries Association
Hong Kong School of Photography Hong Kong St. John Ambulance Brigade

A woman with long dark hair, wearing a pink shirt, is painting a child's face. The child has a yellow and pink headband. In the background, other people are visible, including a man in a white shirt and a woman in a white shirt. The scene is outdoors, possibly at a community event or festival.

J.P. Morgan

承諾回饋社區

Committed to the Community

已有 200 年歷史、分行遍佈全球 100 多個國家的摩根大通，是全球知名的金融服務機構之一。這家著名機構較鮮為人知的一面，是他們參與企業社會責任方面的工作，包括社區發展、科技、環境及人權等不同類型的慈善工作。單在 2012 年，該公司已向全球數以千計非牟利組織捐獻超過一億九千萬美元。超過 43,000 名員工提供約 468,000 小時的義工服務。摩根大通計劃每年增加環球員工的義工服務時數，鼓勵不同地區的員工參與義務工作。

「摩根大通所在之處不僅只為營商，我們更承諾要回饋社會。」摩根大通科技部執行董事 Yvonne Macpherson 說。

在本港，摩根大通是香港乳癌基金會年度盛事「乳健同行」步行籌款活動的忠實支持者。除組隊參與步行籌款，以支持基金會工作外，公司更在會場設置攤位提供免費面部彩繪服務，為參加者和支持者帶來不少歡樂氣氛。

「我們見到不少活動參加者都是一家大小來參與，便想到設置面部彩繪攤位，讓小朋友以有趣的方式來參與這項有意義的活動。」摩根大通私人銀行兼慈善諮詢中心執行董事 Jean Sung 解釋。

Most people have heard of J.P. Morgan, one of the world's best known financial services companies with a 200-year history and a presence in more than 100 countries around the globe. What is perhaps less well-known is J.P. Morgan's corporate responsibility commitment which sees the company involved in a number of initiatives across a diverse range of causes from community development to technology, the environment and human rights. In 2012 alone the company donated more than US\$190 million to thousands of non-profit organizations around the world and more than 43,000 employees provided 468,000 hours of volunteer service. J.P. Morgan encourages its staff in every country to engage in volunteering and the company plans to increase the volunteer service hours of its employees around the world on a yearly basis.

"In all of the locations J.P. Morgan has a presence it's more than just business. We are committed to giving back to the community within which we operate," says Ms Yvonne Macpherson, an Executive Director in J.P. Morgan's Technology group based in Hong Kong.

In Hong Kong, J.P. Morgan has been a committed supporter of the HKBCF's annual signature event the "Pink Walk for Breast Health". In addition to recruiting a J.P. Morgan team to participate in the Pink Walk to raise funds towards the work of the HKBCF the company also operates a face painting booth at the event venue providing services free of charge, to the delight of many participants and supporters.

"The idea for a face painting booth came about when we saw the number of families with children that were participating in the Pink Walk. We felt it would be a fun way to engage the children in the meaningful mission behind the event," explains Ms Jean Sung, Executive Director, Philanthropy Centre in J.P. Morgan's Private Bank in Hong Kong.

參加「乳健同行」步行籌款活動的人數逐年上升，2013 年有超過 60 位摩根大通的員工及家人參與，合共籌得超過 \$35,000 善款，以支持基金會在乳健教育、患者支援服務、研究及倡議的工作。

摩根大通投資者服務部副總裁 Katariina Franklin 指出：「對我們來說這是一個大日子，因為可支持這項有意義的慈善活動。我們的目標是逐年提升參加者的數目及加強同事對乳健的認知。」

摩根大通為員工設立保健計劃，向他們提供大量保健資訊及貼士，協助他們維持健身計劃、建立健康的生活習慣，以及平衡的工作和生活模式。

除此之外，公司又為員工提供預防季節性流感針、每年身體檢查，以及有關工作和生活的輔導服務。為持續支持員工保健的工作，摩根大通與香港乳癌基金會合作，定期舉辦乳健講座、提供有關乳癌篩檢及常見乳癌風險的資訊，以加強本港員工的乳健及乳癌認知教育工作。

Macpherson 說：「我們不僅在員工之間，還會矢志在整體社區提升乳健及乳癌的認知度。」

Year on year the number of participants in the Pink Walk have increased and this year more than 60 J.P. Morgan staff and their families participated in the event, raising over HK\$35,000 towards breast cancer education, support services, research and advocacy through the HKBCF.

"It's a great day out in support of a great cause. We aim to increase the number of participants each year and really raise awareness of the importance of breast health amongst our colleagues," says Ms Katariina Franklin, a Vice President in J.P. Morgan's Investor Services group based in Hong Kong.

J.P. Morgan runs an internal Wellness Programme for their employees which provides a library of wellness seminar materials and advisory tips and information on how to maintain a fitness programme, healthy habits and work-life balance. In addition, seasonal flu shots, health screening and a confidential Work-Life counselling programme are available for permanent employees.

As part of the company's continued commitment to supporting and developing employee wellness, J.P. Morgan will be strengthening breast health and breast cancer awareness of their Hong Kong employees by collaborating with the HKBCF to conduct regular breast health workshops, facilitate access to information on breast cancer screening and the prevalent risks for breast cancer.

"We are dedicated to strengthening our commitment to raising breast health and breast cancer awareness, not just amongst our colleagues but within the local community as a whole," says Ms Yvonne Macpherson.



堅強媽媽 『精靈』抗癌 積極樂觀再闖職場

*A mother's strength, positivity and optimism
on her breast cancer journey*

醒目尋求幫助 術前搜羅資訊

「我想：做完手術還有精力上堂嗎？」時值 2013 年 3 月，醒目的恩恩早在接受乳房部分切除手術前，已搜尋有關乳癌患者支援方面的資訊，並開始參加香港乳癌基金會預防淋巴水腫的護理課程。「手術前學會了，手術後就可安心在家休養。」

「我又到東區醫院癌病資源中心，參加營養師的講課，還有自我形象提升課程等等。」

知識就是力量，在面臨多種治療選擇而感到六神無主之際，恩恩四出尋求醫生和同路人的意見。

「香港乳癌基金會的患者分享小組中，有位姊妹的醫生碰巧也是我的主診醫生，她向我展示術後的部位，我發現傷口癒合得很好，令我消弭對該位年輕醫生是否有足夠經驗的憂慮。」

壓力下患癌

全球化令恩恩的公司逐步將業務轉移到其他國家，她說：患病前有好一段日子都憂慮公司會裁員，加上年幼獨子學習表現有欠理想，更要接受語言治療，凡此種種均令她承受不少壓力。

最後恩恩被裁了，就在待業期間，她發現身邊不少朋友都患有乳癌，驚覺要自我檢查乳房。她離職前在公司參加過香港乳癌基金會的乳健教育講座，「我因為聽過講座，摸過模型人體的硬塊，所以意識較高。」

恩恩自行檢查時，摸到有如葡萄核的無痛硬塊，於是隨即與香港乳癌基金會聯絡。基金會乳健中心姑娘 Grace 透過臨床檢查，確定恩恩的乳房有硬塊，再安排她接受乳房 X 光造影及超聲波檢查，結果發現左胸有直徑 0.7 厘米的惡性腫瘤，抽取組織化驗後，確診乳癌，需進行切除手術及化療，從那刻起恩恩就展開一連串的療程。

樂觀面對 欣賞丈夫

恩恩用積極的態度與病魔抗衡：「乳癌跟傷風感冒都是病，染上了，求醫就好。」雖然恩恩主動

Will I still have the energy for this after surgery?

Back in March 2013 Yan Yan was in the full throes of preparing for her upcoming lumpectomy after being diagnosed with breast cancer; proactively sourcing information and support available to her.

"I attended briefing sessions by a nutritionist at the Department of Clinical Oncology of Pamela Youde Nethersole Eastern Hospital, as well as sessions on self-image including make-up and other confidence boosting classes."

She even attended lymphoedema prevention and management classes at the Hong Kong Breast Cancer Foundation (HKBCF) to learn the techniques in advance so that she could stay home and focus on recovery after her surgery, armed with all the relevant knowledge and skills required.

Knowledge is power; especially when faced with so many different treatment options, it's easy to become overwhelmed. Yan Yan sought out the opinions and experiences of different doctors and breast cancer patients to help her make her own choices.

"In one of the Patient Support Groups at the HKBCF, one of the breast cancer patients was treated by the same doctor as me. She showed me her post-surgery scar that had healed beautifully. This gave me confidence in my doctor whom I had previously worried was too young and inexperienced," says Yan Yan.

Cancer under pressure

For some time prior to her breast cancer diagnosis Yan Yan had been dealing with increasing pressure at work and at home. Globalisation was forcing her company to relocate a number of business functions to countries outside Hong Kong, and as a result she feared losing her job. Meanwhile her son's lacklustre performance at school and his need for speech therapy were a source of much worry.

Unfortunately, Yan Yan was eventually made redundant. It was during this period of unemployment that Yan Yan discovered many of her friends had been diagnosed with breast cancer; motivating her to conduct a breast self-examination.

Before being made redundant Yan Yan had participated in a breast health workshop conducted at her company by the HKBCF.

"From taking part in the workshop and learning breast self-examination techniques and what a breast lump would feel like using the specially designed prosthetic, I had a better understanding of what to look out for," she says.

During her breast self-examination Yan Yan found a small, hard, painless mass the size of a grape pip. She contacted the HKBCF straight away to arrange for a professional breast examination.

Grace Chung, Senior Health Service Officer at the HKBCF, confirmed Yan Yan's suspicions after conducting a clinical breast examination and immediately arranged for her to have a mammogram and ultrasound. Results indicated a suspected malignant tumour of approximately 0.7cm and a biopsy confirmed the diagnosis of breast cancer. From that moment on Yan Yan embarked on her breast cancer and treatment journey, starting with surgery followed by chemotherapy.



An optimistic outlook and admiration of a husband

Yan Yan chose to face her breast cancer with optimism.

"Breast cancer is not so different from a cold or the flu in that it just needs to be treated by a doctor," she says.

Even though she had proactively prepared for surgery and recovery, the reality of Yan Yan's illness is much more complicated.

Two weeks after undergoing a lumpectomy to remove the tumour and sentinel lymph nodes, she was advised of the discovery of a second, 0.5cm, malignant tumour in the same breast and the need for further surgery to remove it.

Given the choices of a mastectomy and another lumpectomy Yan Yan didn't take long to make her decision, telling her doctor, "Let's not hesitate, cut the whole thing off."

At the time Yan Yan chose what she felt was the most straightforward solution for the breast cancer problem at hand, but her doctor advised her not to be so hasty and suggested she speak to her family and discuss the options available before making a final decision.

Yan Yan spoke to her husband about the options and was surprised by his calm analysis of the pros and cons of each. She then decided to seek a second medical opinion and after better understanding the risks of each option, chose to undergo another lumpectomy.

Communication strengthens relationships

Yan Yan's hair started to fall out after she commenced chemotherapy treatment post-surgery, and once again she took matters into her own hand and shaved all her hair off. When her five-year old son saw her bald for the first time he was shocked, scared and had trouble accepting his mother's altered appearance. Yan Yan offered candy in an attempt to pacify him and when he approached her for the treats she took the opportunity to explain to him.

"See, you're not too scared to come and get your candy from me so try not to be scared at other times when Mama has no candy to offer," she reasoned.

"Mama's medication has made my hair fall out, but it's only hair and it will grow again," she continued patiently. Despite his young age, the child seemed to understand.

Yan Yan was worried about the negative emotional and psychological impact the illness might have on her son so she decided to discuss the situation with his school teacher. She hoped the teacher could keep an eye on him and look out for any signs of emotional distress. In addition, Yan Yan dedicated more time to spend with her son.

"In the past I was too focused on my work. Perhaps fate has played a hand but my breast cancer has led me to shift my focus and spend more time and effort in developing the relationship with my son," she says.

Re-entering the workforce

At the time of the interview Yan Yan was in the process of looking for a new job. However, as a breast cancer survivor she worried about resuming work – what kind of perceptions would her future employer and colleagues have of breast cancer survivors? How would they feel about her reluctance to lift heavy items for fear of triggering lymphoedema? What would they think of her taking time off to attend regular medical appointments? Would they understand and empathise?

Fortunately, Yan Yan is now happily in a new job and the office is located not far from where she lives.

Reflecting on her breast cancer journey Yan Yan credits the phrase "A happy heart is good medicine", as a source of encouragement.

Her optimistic attitude and willingness to seek help and support has given Yan Yan much to be grateful for as she faces the future with confidence and positivity.

為手術及康復作準備，但現實卻是一波三折。她非但要做切除前哨淋巴和部分乳房的手術，更在手術後兩星期接獲通知，同一乳房有另一粒 0.5 厘米的惡性腫瘤，需要做第二次手術清除，恩恩要在短時間內面臨乳房全部切除或第二次部分切除手術的選擇，她不加思索對醫生說：「唔好『慳』、要『狠狠』地割」，當時，她只想快快解決問題，幸獲醫生建議應多作考慮及詢問家人的意見，她才問丈夫，「平日寡言的他，在大事當前卻能冷靜建議、為我分析利弊。」

恩恩多找一名醫生諮詢意見，了解各種手術風險後，她選擇了做第二次切除部分乳房手術。

與兒子對話 建親子關係

術後的化療令恩恩脫髮，她爽快地叫家傭操刀為她剃頭，然而五歲的兒子面對光頭媽媽，卻因一時接受不來而心生恐懼。恩恩唯有出動糖果來哄兒子，當兒子走來拿糖果時對他道：「看，拿糖果時你不害怕，平日都不用怕媽媽啊！」她耐心地解釋：是藥物令媽媽脫髮，但頭髮是會再長出來的，兒子縱然年幼仍能明白。

恩恩擔心兒子因她的病而蒙上心理陰影，特意向兒子的老師說明一切，希望老師幫忙留意小朋友的心理變化，而自己亦盡量多花時間與兒子相處，「以往實在太專注工作了，也許是天意，我的經歷讓我花更多心思和時間建立親子關係。」

再闖職場

受訪之際，恩恩正努力找新工作。畢竟，作為乳癌康復者的她對重投職場顯得忐忑不安：僱主及其他員工會帶着怎樣的眼光看待乳癌康復者？為防淋巴水腫而不能拿重物、有時候需要請假覆診等等，僱主會體諒和包容嗎？幸好，恩恩現在已經找到新工作，工作地點更離住處不遠。

回想抗癌的經歷，恩恩感受到「喜樂之心乃是良藥」。她樂觀且積極面對病患，主動尋求幫助，今天，她滿懷感恩，很有自信的走上康復之路。

► (左起) 香港乳癌基金會創會人張淑儀醫生、主席霍何綺華女士及香港乳癌資料庫督導委員李沛基醫生

(L to R) Dr Polly Cheung, Mrs Eliza Fok, Dr Lawrence Li

ACTION 01

《香港乳癌資料庫第五號報告》新聞發布會及報告重點 Hong Kong Breast Cancer Registry Press Conference and Report Highlights

香港乳癌資料庫於 2013 年 9 月 29 日發布最新的年度刊物《香港乳癌資料庫第五號報告》（“第五號報告”），多間本地傳媒、藥廠及捐獻機構代表均有出席。報告分析了近萬宗香港乳癌個案，顯示透過定期檢測及自我檢測發現乳癌的患者，在腫瘤大小及療程方面皆有顯著分別。

香港乳癌基金會創會人張淑儀醫生、主席霍何綺華女士及香港乳癌資料庫督導委員李沛基醫生介紹報告書的要點，當中包括婦女定期作乳房 X 光造影檢查，有助及早發現乳癌。

《第五號報告》顯示，與有癥狀下作檢測發現乳癌的個案比較，無癥狀下透過定期乳房 X 光造影檢測發現乳癌的個案有以下特徵：

- i) 屬較早期及非入侵性乳癌
- ii) 腫瘤體積較細小
- iii) 全乳切除的需要較低
- iv) 化療需要較低

另外，報告亦指出，比較香港與海外的數據，香港婦女確診乳癌的年齡中位數為 49 歲，與美國的 61 歲及澳洲的 62 歲比較，明顯較年輕。

Held on 29 September 2013 the Hong Kong Breast Cancer Registry (HKBCR)'s press conference to launch the latest issue of its annual publication “Hong Kong Breast Cancer Registry Report No. 5” was well attended by local stakeholders including representatives from drug companies, local media and donors. Based on a patient cohort of almost 10,000 breast cancer cases, this fifth report provides significant insights into the tumour size and invasiveness of treatment between screen detected and self-detected breast cancers.

Dr Polly Cheung, Founder of the HKBCF, Dr Lawrence Li, member of the HKBCR Steering Committee and Mrs Eliza Fok, Chairman of the HKBCF presented on the key findings analysed from the data collected for the report which highlighted the significance and importance of regular mammogram screening for early detection of breast cancer.

The report findings show that, when comparing to self-detected post-symptomatic breast cancer cases and asymptomatic breast cancers detected through mammography screening, the screen detected cases:

- i) are diagnosed in earlier stage(s) and are non-invasive
- ii) present smaller tumour sizes
- iii) are less likely to require mastectomy
- iv) are less likely to require chemotherapy treatment

Additionally, the report highlights the comparatively younger ages at diagnoses of breast cancer in Hong Kong compared to women overseas with the median age of diagnosis in Hong Kong being 49, compared to that of 61 in the USA and 62 in Australia.



◀ 今次工作坊有來自亞太區七個國家、超過 35 名人士參加。
More than 35 participants from seven Asia Pacific countries and regions attended the Workshop.

ACTION 02

亞太病人倡議培訓工作坊 新加坡舉行 Asia Pacific Patient Advocacy Training Workshop in Singapore

應羅氏大藥廠香港有限公司的邀請，香港乳癌基金會理事會成員黃浪詩女士及服務總監馮月貞女士在 2013 年 12 月 17 至 19 日期間，參加了在新加坡舉行的病人倡議培訓工作坊。工作坊的焦點為建立亞太區內健康護理倡議團體的能力，並探討加強倡議技巧的方法，以便影響決策制定者。來自亞太區七個國家和地區，包括新加坡、馬來西亞、印尼、台灣、香港、南韓及越南，合共有超過 35 名人士參加今次活動。

工作坊為區內癌症及其他疾病的病人倡議團體，提供互相學習及交流經驗的寶貴機會，又讓參加者了解亞太區醫療體系的政策、規劃及財政；討論與知識產權有關的規管事宜，特別是配方藥物；明白其他病人倡議團體面對的困難及克服方法。黃女士及馮女士在工作坊上作了簡短演示，介紹香港乳癌基金會的工作及為乳癌患者提供的服務，更重點介紹不同類型的支援及研究服務，參加者對本會乳癌資料庫的工作深表興趣。

今次我們還有機會參觀新加坡乳癌基金會的辦事處，並與該會主席及職員互相交流，收穫豐富。

HKBCF Council Member, Ms Lorna Wong and Service Director, Ms Wendy Fung, attended the Asia Pacific Patient Advocacy Training Workshop in Singapore from 17 to 19 December 2013 on the invitation of Roche HK Ltd. The focus of the workshop was on capacity building for advocacy groups in the region on healthcare and access issues and ways to enhance advocacy skills in influencing policy makers. More than 35 participants from seven Asia Pacific countries and regions participated, including: Singapore, Malaysia, Indonesia, Taiwan, Hong Kong, South Korea and Vietnam.

The workshop provided a valuable opportunity for patient advocacy groups in the region to get together to learn and share experience in championing the cause of cancer patients and patients of other diseases; knowing the healthcare systems in the Asia Pacific region in terms of policy, planning and financing; discussing the regulatory issues related to intellectual property, in particular prescription medicines; understanding from each other the obstacles confronted by patient advocacy groups and ways to overcome them. Ms Wong and Ms Fung gave a presentation on the work of the Hong Kong Breast Cancer Foundation and the services to breast cancer patients. Special focus was put on our various support and research services. The participants expressed a lot of interest in our Breast Cancer Registry.

The opportunity was also taken to pay a visit to the Breast Cancer Foundation in Singapore with a very fruitful discussion with the President and staff members.



▲ 黃浪詩女士（左）及馮月貞女士代表本會出席工作坊。
Representing HKBCF, Ms Lorna Wong (left) and Ms Wendy Fung attended the Workshop



▲ 新加坡乳癌基金會辦事處
The Breast Cancer Foundation in Singapore



ACTION 03

香港乳癌基金會 公布兩項藥物資助計劃 HKBCF launches two more Drug Financial Assistance Programmes

為減輕藥物療程對低收入乳癌患者帶來的經濟負擔，香港乳癌基金會聯同兩間藥廠推出 Afinitor® 安妥™ 和 Halaven® 兩項乳癌藥物資助計劃。

Halaven® 乳癌藥物資助計劃

藥廠：Eisai Inc.

申請時段：即日起至 2014 年 11 月 30 日

資助名額：10 名

資助金額：每瓶 Halaven® 的資助額為港幣 1,800 元。
每人每年所獲的資助額上限為港幣 122,400 元。

申請資格：申請者須符合有關的居民身份、醫療狀況及財政狀況。

Afinitor® 安妥™ (依維莫司) 乳癌藥物資助計劃

藥廠：瑞士諾華製藥

申請時段：即日起至 2014 年 11 月 30 日

資助名額：(全費資助) 10 名；(部分資助) 30 名

資助金額：接受「綜合社會保障援助」(簡稱「綜援」) 受助之申請者將獲全費資助，每年最高資助額為港幣 390,000 元。
非「綜援」受助者將獲部分資助，每年最高資助額為港幣 195,000 元。

申請資格：申請者須符合有關的居民身份、醫療狀況及財政狀況。

有關計劃詳情或下載申請表，請前往 <http://www.hkbcf.org>

The HKBCF is pleased to announce the launch of two new Drug Financial Assistance Programmes, one for Afinitor® and the other for Halaven®. These programmes are made possible with the support and collaboration of the respective pharmaceutical companies and are designed to alleviate the financial burden of economically disadvantaged breast cancer patients requiring access to their prescribed treatment medication.

Drug Financial Assistance Programme - Halaven®

Manufacturer: Eisai Inc.

Duration: From now until 30 November 2014

Quota: 10 patients

Subsidy: HK\$1,800 per vial of Halaven. Maximum subsidy of HK\$122,400 per patient, per year

Eligibility: Applicants must meet clinical, residence and financial criteria in order to be considered

Drug Financial Assistance Programme - Afinitor® (Everolimus)

Manufacturer: Novartis

Duration: From now until 30 November 2014

Quota: 10 patients for full subsidy + 30 patients for partial subsidy

Subsidy: Full subsidy for successful applicants who are CSSA recipients to a maximum subsidy of HK\$390,000 per patient, per year
Partial subsidy for successful applicants who are non-CSSA recipients to a maximum of HK\$195,000 per patient, per year

Eligibility: Applicants must meet clinical, residence and financial criteria in order to be considered

For more details and to download application forms please visit <http://www.hkbcf.org>



香港乳癌基金會獲香港護士管理局認可，成為可開辦持續護理教育課程 (Continuing Nursing Education) 的籌辦機構之一。管理局自 2006 年 11 月 1 日開始推出全面的持續護理教育計劃，所有註冊及登記護士續領執業證明書時，須向管理局呈報曾接受認可持續護理教育的時數。

這次獲得管理局的認可，反映香港乳癌基金會著力投放資源作持續教育，對秉持本會自成立以來的使命——加強乳癌意識及改善本港乳癌護理十分重要。本會期望能繼續在本港乳癌發展方面扮演關鍵角色。

ACTION 04

成為認可持續護理教育籌辦機構 Accreditation as a Provider of Continuing Nursing Education

The Nursing Council of Hong Kong has recently accredited the Hong Kong Breast Cancer Foundation as a provider of Continuing Nursing Education (CNE). The Council has launched a full-scale CNE Scheme since 1 November 2006. All registered nurses and enrolled nurses can voluntarily declare to the Council their CNE points obtained when they apply for renewal of practicing certificates.

This accreditation is significant as it underlines the HKBCF's commitment to education, a key component in our on-going mission to improve breast health and breast cancer care in Hong Kong. We look forward to continuing to play a key role in the development of Hong Kong's breast health.

ACTION 05

乳健中心推出全港首項「乳癌風險評估」服務

Hong Kong's first "Breast Cancer Risk Assessment" service launched by the Breast Health Centre

香港乳癌基金會乳健中心於 2013 年 12 月 11 日起，推出全港首項「乳癌風險評估」服務，此項嶄新服務讓婦女更加掌握自己的乳癌風險，從而採取合適的預防方法。

乳健中心的醫護人員會為女性詳細評估其乳癌風險，並作出適當的預防建議，有需要的個案會交由醫生跟進。屬平均及增加風險的女性應參考香港乳癌基金會的篩檢建議，即每兩年進行臨床檢查和乳房 X 光造影檢查；屬高風險及極高風險的女性，除篩檢外，亦可考慮以選擇性雌激素受體調節劑類藥物（Selective Estrogen Receptor Modulators, SERMs）預防乳癌。

SERMs 類藥物可選擇性地對身體不同組織產生不同作用。SERM 會模仿雌激素的作用，保持骨骼健康和加強骨質密度，並阻止雌激素在乳房產生作用，降低乳癌的風險。

Effective 11 December 2013 the HKBCF's Breast Health Centre (BHC) has been providing the first "Breast Cancer Risk Assessment" service in Hong Kong. This brand new service enables women to better understand their individual breast cancer risk level to facilitate their adoption of appropriate preventive measures.

The BHC medical staff will assess the breast cancer risk levels of individual women and make appropriate preventive recommendations. High risk cases will be referred to and followed up by a doctor. For women having average and moderate risk level, they are recommended to follow the HKBCF's breast screening suggestions, i.e. performing biannual clinical breast examinations and mammography screening. For women facing high and very high risk level, they may also consider taking SERMs (Selective Estrogen Receptor Modulators) for breast cancer prevention.

SERMs imitate the function of estrogen and help to maintain healthy bone structure, they enhance bone density and inhibit the effect of estrogen on the breast, thereby reducing the risk of breast cancer.



▲（左二起）香港乳癌基金會創會人張淑儀醫生、香港乳癌基金會主席霍何綺華女士及香港乳癌基金會理事會成員熊維嘉醫生向記者介紹「乳癌風險評估」服務。

(From 2nd left) Dr. Polly Cheung, Founder of the HKBCF, Mrs. Eliza Fok, Chairman of the HKBCF, and Dr. Wai-ka Hung, Council Member of the HKBCF introduced the "Breast Cancer Risk Assessment" service to media.

ACTION 06

為菲律賓領事館提供乳健講座 Educational talk at the Consulate General of the Philippines

在平等機會委員會和菲律賓領事館的安排下，香港乳癌基金會乳健中心的醫護人員為本港菲律賓傭工進行乳房臨床檢查。

乳健中心一直致力於社區推動乳房健康教育，日後將繼續與其他駐港領事館合作，推廣定期進行乳房檢查的訊息。

Organised through the Consulate General of the Philippines - and the Equal Opportunities Commission - a team of nurses from the HKBCF Breast Health Centre conducted Clinical Breast Examinations for a group of Filipino domestic helpers here in Hong Kong.

As part of the HKBCF Breast Health Centre's continued commitment to community outreach and education on the importance of breast health we will be working with other consulates in Hong Kong to spread the messages of regular breast self-examinations and mammography screening.



ACTION 07

八段錦初階班

Eight Silken Movements – Beginners Class

由 2013 年 10 月份開始，香港乳癌基金會開設「八段錦初階班」，為期八周、每周一小時的帶氧運動，深獲會員好評。

本身是乳癌康復者的梁淑珍導師，在中國國家體育總局取得教授「八段錦」的資格。她指出，「八段錦」共八式伸展動作，其暢通氣血之用，有助抑制她在術後的淋巴水腫指數。參加過的會員都說，下課時身體變得暖和，運動有明顯效用。

她強調八式皆簡單易學，既可全套、也可逐式練習。綜觀堂上學員，她們不論歲數都能應付自如。各人聽著融合了自然聲響的中國古典樂，宛如置身在大自然中練功，鍛鍊體魄的同時，又可令心境平靜。

Since October 2013 the Hong Kong Breast Cancer Foundation (HKBCF) has been offering a beginner's class in the Eight Silken Movements. Under the instruction of Master Leung Shuk Chan, the class consists of 8 sessions – one per week, with each session offering one hour of aerobic activity for participants. The class has received very positive reviews from HKBCF members who have participated.

A breast cancer survivor herself, taking up the Eight Silken Movements practice helped Master Leung contain her lymphoedema index post-breast surgery, she explains. She then went on to obtain her qualification to teach the Eight Silken Movements from the State General Administration of Sports in China.

As the name suggests, there are eight different stretching movements that make up the Eight Silken Movements, each designed to improve and promote clearer "chi" – the body's energy force. Participants of the class express that their bodies feel much warmer after the practice and that there are visible beneficial effects.

Master Leung insists that the eight movements are easy to learn and can be practiced individually or as a set. Participants, regardless of how old they are, will be able to comfortably accommodate the movements. Practiced to traditional Chinese music incorporating sounds of nature, participants feel as if they are exercising outdoors. This soundtrack soothes the mind as the body exercises.

COACH

COACH 已連續第二年在 10 月份舉辦慈善義賣活動，以支持乳癌教育工作。品牌把部分粉紅產品在本港店舖的銷售額捐贈香港乳癌基金會，2013 年 10 月 8 日主辦 VIP 酒會作為活動的啟動禮。整項推廣活動為本會籌得 15 萬港元。

For the second consecutive year, COACH hosted a charitable sales campaign throughout the month of October 2013 to support breast cancer awareness. The brand donated part of its sales proceeds from selected pink items sold at its Hong Kong stores to the HKBCF and hosted a VIP cocktail to kick-off the campaign on 8 October 2013. The campaign raised over HK\$150,000 for the HKBCF.



ACTION 08

《美麗療程》電影欣賞

"Love is All You Need" Film Shows

香港乳癌基金會去年 11 月送出換票証給 10 位會員，讓她們欣賞最新浪漫喜劇《美麗療情》。

電影女主角（丹麥影后崔娜蒂虹飾演）是個失婚的乳癌患者，而男主角（皮雅斯布士南飾演）則是個未能忘懷亡妻的冷漠生意人，電影講述兩人在意大利一個婚禮上相遇，透過相識相知，一同走過生命陰霾。導演蘇珊比爾的母親曾經兩度患上癌症，蘇珊比爾說，希望以輕鬆幽默的手法去處理癌症這主題，帶出振奮人心的訊息。生命有時難免有苦痛，但美好事物依然存在，大家勿忘了！

鳴謝：驕陽電影

In November 2013, the HKBCF invited 10 lucky members to view the romantic comedy "Love is All You Need" in cinemas.

Ida, a Danish hairdresser and breast cancer patient recuperating from chemotherapy, meets Philip (played by Pierce Brosnan), a widowed middle-aged Englishman, while the two are in Italy. The film director, Oscar winner Susanne Bier, whose mother has had cancer twice, wants to use humour to illustrate the delicate and painful issue and bring out the message that moving on is a journey dotted with not just pain, but also joy.

Courtesy Sundream Motion Pictures

粉紅絲帶夥伴



PINK RIBBON PARTNERS

St. John

為支持香港乳癌基金會提高社區關注乳癌意識及對抗乳癌的工作，St. John 於 2013 年 9 月 26 日舉行高級慈善酒會及時裝秀，並把 9 月 26 日至 10 月 31 日期間部份銷售額共 8 萬港元，撥捐本會以支持我們的工作。

To support the HKBCF in raising community awareness and funds in the fight against breast cancer, St. John hosted an exclusive charity cocktail reception and fashion show on 26 September 2013. HK\$80,000 from the sales proceeds between 26 September and 31 October 2013 was donated to the HKBCF in support of our cause.



▲ St. John 亞洲區董事總經理邱瑞峰（左四）與本會主席霍何綺華女士（右四）
Mr Lewis Yau, Managing Director, Asia, St John (centre left) and Mrs Eliza Fok (centre right)



▲ 霍何綺華女士在晚宴上致辭
Mrs Eliza Fok delivered a special message at the gala

Castiglion del Bosco Charity Fundraising Gala

Ferragamo 家族於意大利托斯卡納 (Tuscany) 經營的酒莊 Castiglion del Bosco，特別釀造一批限量版紅酒，並於 2013 年 11 月 25 日假四季酒店，舉行在本港首個年度慈善籌款晚宴，拍賣包括酒莊特級佳釀、酒莊住宿套票、品牌行李箱等禮品。晚宴贊助和拍賣合共為本會籌得逾 300 萬港元，支持本會關注乳癌的工作。

是次慈善晚宴相當成功，Ferragamo 夫婦聯同本會會長霍何綺華女士及其夫婿一同出席晚宴，城中名人包括劉嘉玲小姐、高以翔先生及陳百祥先生亦賞面支持，席間更踴躍舉牌支持拍賣。難忘的表演由 Ferragamo 家族的 Maria Sole Ferragamo 演出，她以響亮而甜美、充滿感染力的聲線高唱多首樂曲，獲得全場賓客的熱烈掌聲。Maria 並且在曲與曲之間提醒賓客，希望、自由和愛的可貴，流露出對生命的熱愛。

Massimo Ferragamo 先生在美國出任美籍意裔人士癌症基金會總監，今次來港亦不忘對癌症的關注，為此，香港乳癌基金會十分感謝 Ferragamo 家族不遺餘力地關注乳癌，更對於能成為酒莊第一屆周年慈善籌款晚宴的受惠機構感到十分鼓舞，期望日後更多國際企業訪港或來港發展業務時，都關心本地婦女的健康、支持本會的工作。



▲ 著名中國畫家田書翰 (左)，Castiglion del Bosco 酒莊主人 Massimo Ferragamo 先生及本會主席霍何綺華女士在晚宴上祝酒
Artist Tian Shuhan(left), Mr Massimo Ferragamo(middle) and Mrs Eliza Fok toasting the success of the gala

Owned and run by the Ferragamo Family, Castiglion del Bosco as one of the oldest wine estates in Tuscany has recently launched a special edition of wine and auctioned some from the lot in its first annual charity fundraising gala in Hong Kong on 2013 November 25 at Four Seasons Hotel. Items up for the auction included exclusive wines, a stay at the estate and a luxurious suitcase from the family brand. The net proceeds from which together with the table sponsorship have raised more than HK\$3 million benefitting the HKBCF to support its work in raising breast cancer awareness.

The event was a resounding success. Mr. & Mrs. Ferragamo accompanied by Chairman of HKBCF Mrs. Fok and her husband attended the dinner, along with distinguished guests including celebrities Ms. Carina Lau, Mr. Godfrey Gao and Mr. Natalis Chan. An unforgettable vocal performance by Maria Sole Ferragamo highlighted the evening, whose wonderful voice and infectious joy excited the audience and garnered enthusiastic applause from the guests after each song. In between songs, Maria reminded the dinner guests of the invaluable hope, freedom and love, expressing her zeal and passion for life.

Mr. Ferragamo is on the board of directors of the American Italian Cancer Foundation. He extended his care for cancer patients in Hong Kong during his visit. For this, HKBCF gratefully thanks the Ferragamo Family for acknowledging and supporting the work of battling breast cancer. HKBCF staff is especially motivated that the organisation was chosen to be the first beneficiary of Castiglion del Bosco Annual Charity Gala Dinner and together we hope that more international corporations coming to Hong Kong will also show care to local women's health and support the work of HKBCF.



雅詩蘭黛集團慈善攝影展 Estée Lauder “We’re Stronger Together” Charity Photo Exhibition

雅詩蘭黛集團與 Cosmopolitan 雜誌於 2013 年 9 月 28 日至 10 月 6 日期間，於金鐘太古廣場攜手舉辦「WE'RE STRONGER TOGETHER」慈善相片展覽，藉著多幅星級陣容的藝術照，進一步宣揚關注乳癌和乳房健康。一眾名人及其亞洲區及本地名人紅星，在星級形象總監 Alvin Goh 引領下，透過風格強烈的黑白照，彰顯團結正能量，並為香港乳癌基金會籌得 80 萬元，全力支持其乳癌研究工作及推動乳健教育。

The Estée Lauder Companies in partnership with Cosmopolitan magazine held a Charity Photo Exhibition “We’re Stronger Together” at Pacific Place from 28 September through to 6 October 2013. Featuring a series of star-studded artistic photo-images the exhibition aimed to raise local breast cancer awareness and support for breast health education.

Styled by Creative Director Alvin Goh, the exhibition featured a number of local and regional celebrities in striking black and white images highlighting the strength of kinship and friendship, and raised HK\$800,000 for the HKBCF's continued efforts in breast cancer awareness and breast health education.

運動改善 Movement Improvement

由運動改善贊助的第二屆愉景灣乳健同行籌款，於 2013 年 10 月 6 日在愉景灣北廣場舉行。活動約有 300 名參加者，她們都穿上粉紅服飾步行了 5 公里，為本會籌得 55,000 港元。

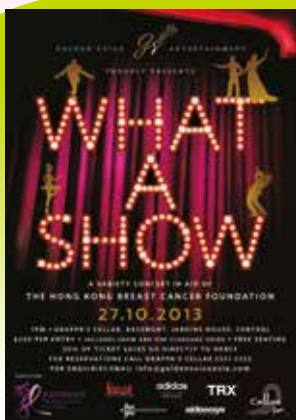
The second Discovery Bay Pink Walk, sponsored by Movement Improvement, was held on 6 October 2013 around the Discovery Bay North Plaza Promenade Area. The walk saw about 300 participants, mostly dressed in pink to support breast cancer awareness, walking the 5km route to raise funds for the HKBCF. A total of HK\$55,000 was raised and a fun day out had by all the participants.



香港韓人女性會 Korean Women's Association of Hong Kong

為慶祝「乳癌康復月」，香港乳癌基金會 2013 年 5 月與香港韓人女性會合唱團合辦「健活麗人生音樂會」，為「乳癌康復月」揭開序幕。當晚演出的有：國際著名韓國鋼琴家兼乳癌康復者徐惠京，以及伴唱的香港韓人女性會合唱團、韓國乳癌康復者合唱團及本會乳癌康復者合唱團「音韻樂心靈」。感謝香港韓人女性會合唱團的支持，音樂會共籌得 120 萬元，贊助香港乳癌基金會持續乳健教育、患者支援、研究及倡議的工作。

In May 2013 the HKBCF and the Korean Women's Association of Hong Kong co-organised the Pink Ribbon Concert to kick-off the HKBCF's launch of Breast Cancer Survivorship Month. The concert featured world-renowned Korean pianist Ms Suh Hai-Kyung, herself a breast cancer survivor, together with choral performances by the Korean Women's Association of Hong Kong Choir, the Korean Breast Cancer Survivor's Choir and the HKBCF's Melody in Mind. Thanks to the support of the Korean Women's Association of Hong Kong, our corporate sponsors and generous donors, the concert raised HK\$1.2million to support the on-going breast cancer education, support, research and advocacy efforts of the HKBCF.



Golden Voice Entertainment

本港專業音樂劇製作公司 Golden Voice Entertainment 於 2013 年 10 月 27 日舉行一場名為「What a Show」的多元綜合表演，並把當晚五成門票收益，合共逾 36,000 港元捐贈香港乳癌基金會。

Golden Voice Entertainment, a Hong Kong-based professional and musical theatre company, held a one-night-only performance of “What a Show!” – a variety show benefitting the HKBCF. Held on 27 October 2013, Golden Voice Entertainment donated 50% of ticket sales to the HKBCF, raising more than HK\$36,000 to support our continued work.

半島精品店

The Peninsula Boutique

為支持香港乳癌基金會，半島精品店在 2013 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。活動反應熱烈，當中朱古力禮盒及糕點已全部售罄，現尚餘少量粉紅半島小熊購物袋，欲購從速。

The Peninsula Boutique has launched a collection of specially designed "Peninsula in Pink" merchandise in support of the Hong Kong Breast Cancer Foundation (HKBCF) for the month of October 2013, with a percentage of the proceeds going to HKBCF. The campaign was very well received and all chocolates and pink-inspired pastries were sold out whilst limited quantity of Peninsula bear pink tote bags are still available in-store, while stocks last.



中電控股有限公司 CLP Pink Walk

中電控股有限公司於 2013 年 10 月 18 日舉辦第二屆「乳癌關注日」活動，以提高員工對香港乳癌風險因素的關注。香港乳癌基金會在活動中設置攤位，提供乳癌教育資訊。中電員工慷慨捐輸，支持本會的社區教育工作。員工每捐一元，集團便會作出配對捐款，活動合共籌得港幣逾 376,000 元。

CLP Holdings Ltd. (CLP) held their "Breast Cancer Awareness Day" on 18 October 2013 to raise awareness of the risk factors for breast cancer in Hong Kong. The HKBCF set up an information booth at the event through which to provide breast cancer information and educational materials. CLP staff donated generously to the HKBCF to support the ongoing education efforts to the local community with funds raised by staff matched dollar-for-dollar by the company, totalling more than HK\$376,000.

婦女遊樂會 LRC

婦女遊樂會舉辦連串粉紅絲帶籌款活動，以支持本會提高婦女乳癌意識的工作。頭炮活動為粉紅絲帶



問答之夜、緊接着有粉紅絲帶橋牌賽、粉紅絲帶 Pamper 派對、時裝表演及午餐聚會，最後以粉紅絲帶網球 BBQ 及樂隊表演作結。各項活動合共籌獲 280,000 港元以支持本會工作。

The Ladies' Recreation Club's 2013 Pink Ribbon Fundraising programme in aid of the HKBCF included a series of events to raise money in support of breast cancer awareness. Fundraising efforts started with The Pink Ribbon Quiz night and was followed by the Pink Ribbon Bridge Tournament, the Pink Ribbon Pamper Party, Fashion Show and Ladies Lunch and concluded with The Pink Ribbon Tennis BBQ and Band. A total of HK\$280,000 was raised through these four Pink Ribbon events to support the continued work of the HKBCF.

Skechers Hong Kong Limited

2013 年 10 月，Skechers 在指定店舖每售出一對限量版 GOwalk，或透過 i Dance Studio 接獲每個預訂，即捐 50 元予香港乳癌基金會，合共為本會籌得 2 萬港元。



Skechers donated HK\$50 from the sales of each pair of limited edition GOwalk shoes sold in selected Skechers stores and each pre-order of the shoes through i Dance Studio in the month of October 2013, to the Hong Kong Breast Cancer Foundation, raising HK\$20,000 for the HKBCF.



Tayma Fine Jewellery has been a loyal sponsor of the HKBCF for the past three years. Designer and director Tayma Page Allies is a breast cancer survivor whose mother, cousin and many close friends have had to face the disease too.

愛心美如寶石 A heart of gold, beautiful like gemstones

Tayma Fine Jewellery

過去三年，Tayma Fine Jewellery 都是香港乳癌基金會的忠實支持者，公司總監及設計師 Tayma Page Allies 是一位乳癌康復者，她的母親、表親及許多好友也曾患上乳癌。

心繫於提高乳癌認知的工作，Tayma 鼓勵女士們在位於中環太子大廈的珠寶店內安心聊天，那裡點綴著各種七彩的寶石，裝潢有如糖果店般繽紛。

每年十月的乳癌關注月，Tayma 都會舉辦粉紅派對，義賣特別為香港乳癌基金會設計的精品禮物。Tayma 說：「派對上，當支持我們的顧客和朋友見到基金會展示的訊息，便會主動分享她們或身邊人的患癌故事，我們親如姊妹，大家可以暢所欲言！」


Raising awareness about this health threat is something very close to her heart, and she is very open to sharing her experience and helping others. This is why Tayma has encouraged women to chat and feel at ease in her beautiful Prince's Building showroom which is a candy shop look-alike decorated with yummy coloured gemstones.

Each October-the International Breast Cancer Awareness Month-Tayma hosts a pink champagne and cupcake party and sells a variety of gifts that she has specially designed and had made just for the HKBCF.

'When we hold our parties, our friends and customers come in specially to support us, and when they see the displayed messages from the HKBCF, they often start to share their own breast cancer stories. Everyone has someone close to them who has had cancer, and as we are all sisters together, all of us can talk about anything!' said Tayma.

'I wanted to talk to someone yet I was told no one was available,' recalled Tayma of her tough time waiting for the radiotherapist at the hospital, 'sometimes you just need somebody to listen.'

She still needs lymphoedema care treatment every week. Sometimes the fluid buildup can be painful, and she is careful to wear a sleeve on flights so that she doesn't aggravate the condition. She buys the sleeves online from Lymphadiva in the US.



回想昔日接受放射治療的艱辛歲月，Tayma 指，當時最希望向人傾訴，可惜沒有人有空做聆聽者：「有時你需要的不過是被聆聽。」

現時，Tayma 每星期需要接受一次淋巴水腫護理，有時累積了太多淋巴液引起疼痛，她便會自行按摩，坐飛機時又會留意穿上壓力手袖，以免水腫惡化。

支持基金會 提高認知度

「及早發現，治療關鍵」，Tayma 完全支持香港乳癌基金會推動各界對定期乳癌檢查的認知度，認同基金會在教育本地婦女有關乳癌威脅方面的工作。

「在癌病面前人人平等，不過認知度會帶來分別。我的家鄉英國對這疾病的認知較高，相比而言，香港，特別是社會及經濟條件欠佳的婦女認知較低。」

她補充：「在英國，為方便婦女定期檢查乳癌，難以前往醫療中心的地方都設有流動乳房 X 光造影檢查服務，事實上我有一位朋友也是透過這項服務驗出患上乳癌的。很可惜，在每日有八位女士確診患上乳癌的香港，政府卻沒有推行同類計劃。」

Tayma 想跟乳癌患者分享很多資訊，包括在哪裡可以買到款式美麗的壓力手袖，以及怎樣在治療期間保持正面心態等。

她說：「穿上彩色的衣服，對我來說很見效。每次接受電療，我都會配上顏色鮮艷的頸巾或手袋為自己打氣，我又經常向別人微笑問好，因為我們都是同路人，惺惺相惜。另外，我又常驚嘆寶石的美，藍色叫人平靜，給予人力量；粉紅色溫柔細緻，大家都可以選擇令自己開心的顏色。我亦想告訴患癌的朋友：即使身邊人有所期望，你也不用強顏歡笑。如感到痛苦及悲傷便抒發出來，畢竟悲傷是需要時間才會過去的。」

Committed support to raise breast cancer awareness

Early breast cancer detection definitely saves lives, and improves a woman's chances of survival and Tayma is totally supportive of the HKBCF's campaign to raise awareness for regular breast checks. She recognizes the need for the HKBCF's work in educating local women about the risk of breast cancer.

'Cancer is a great leverage for everyone,' said Tayma, 'yet there are still some differences – there is a lot more awareness in the UK where I come from, than here in Hong Kong, especially among the socio-economically disadvantaged women'.

She added, 'In the UK we have mobile mammography units which go to areas without easy access to clinics and to help women to have regular screenings. In fact, that was how a friend of mine found out she has breast cancer. It really is a shame that the government is not sponsoring projects like this, especially as up to eight women a day in Hong Kong are diagnosed with breast cancer'.

There is a lot of information Tayma wants to share with breast cancer patients, from where to get stylish compression sleeves to how to stay upbeat on gloomy treatment days.

'I always feel better wearing colours,' says Tayma. Every day going to radiotherapy I always had a bright scarf or handbag to cheer me up. And I often smiled at people and said hello, as we were all in the same boat and knew what we knew. I also indulged in the beauty of my gemstones. Blues are so calming and uplifting, pinks are so gentle and delicate, so choose a colour that makes you happy. My other advice is, remember that you don't have to be cheerful all the time, and every now and then if you do feel miserable, it's okay to feel like that. If you need to grieve about something that has changed or been lost forever, then grieve. It's natural to have the grieving time.'



鳴謝 THANK YOU

多謝以下熱心人士在 2013 年 9 月至 11 月的義務幫助

Thanks to our enthusiastic volunteers who helped us out (Sep-Nov 2013)

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 Yu Wai Ching Stella
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 Li Fook Kwan
 Liu Choi Lin
 Dr. Michael K G Ma
 Pang Li Wai Hang Christina
 Raghav Maliah
 Siu Lisa
 Tang Chi Lik Hezek
 Xuan Hongyan



活動日誌

HKBCF EVENT CALENDAR

2014 年 1 月 - 2014 年 4 月 January 2014 to April 2014

2014.03.15 星期六 (Sat)

會員週年聚餐

時間：下午 6 時至 10 時

地點：彩福欣宴 (彌敦道 348 號彌敦坊 2 樓)

對象：會員及其親友

內容：中式晚宴、歌唱表演、遊戲及抽獎

查詢：3143 7343 / 3143 7345 / 25256033

Annual Members' Gathering

Time: 6:00pm – 10:00pm

Venue: Choi Fook Eky's Banquet, 2/F Nathan Square, 348 Nathan Road, Jordan, Kowloon

Target Audience: Members and family

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

Enquiries: 3143 7343 / 3143 7345 / 2525 6033

01

03

2014.02.22 星期六 (Sat)

乳癌檢驗面面觀

了解不同乳癌檢測的作用及其報告詮釋

時間：下午 3 時至 5 時

地點：香港乳癌基金會 21 樓

講者：熊維嘉醫生

Understanding breast cancer testing and results

Learn more about the different tests and screening as well as understand the results.

Time: 3:00pm to 5:00pm

Venue: HKBCF 21/F

Speaker: Dr Hung Wai Ka

2014.05.04 星期日 (Sun)

亮麗人生 2014

為乳癌康復者而設的第三屆「亮麗人生」營會將於今年 5 月乳癌康復月內舉行，歡迎會員及處於不同階段的乳癌康復者參加，同為康復人士慶祝。

內容：營會將有音樂治療工作坊、歷奇體驗、藝術工作坊、小組分享等活動。

地點：

日營：香港青年協會賽馬會西貢戶外訓練營 (西貢大網仔)

慶祝晚會：待定

時間：

日營：上午 9 時至下午 5 時

慶祝晚會：下午 7 時至 9 時

對象：乳癌患者/ 康復者及其親友

人數：約 150 人

查詢：3143 7343 / 3143 7345 / 2525 6033

“Brighten Up Your Life”

Breast Cancer Survivors' Camp

Our third “Brighten Up Your Life” camp for breast cancer survivors will again be held in May, our Breast Cancer Survivorship Month. Open to breast cancer survivors at all stages of the breast cancer journey, we invite members to join us for this annual celebration of survivorship.

Content: There will be a range of activities and workshops, eg music therapy, adventure experience, art workshop as well as peer sharing sessions.

Time:

(Day camp) 9:00am – 5:00pm

(Celebration gathering) 7:00pm – 9:00pm

Venue:

(Day camp) The Hong Kong Federation of Youth Groups
Jockey Club Sai Kung Outdoor Training Camp,
(Tai Mong Tsai, Sai Kung)

(Celebration gathering) To be confirmed

Target Audience: Breast cancer patients/ survivors and family

Quota: around 150

Enquiries: 3143 7343 / 3143 7345 / 2525 6033

02

04

2014.03.22 星期六 (Sat)

煩而不枯、忙而不燥

學習如何用平靜心靈去應付每天的忙碌生活及面對壓力

時間：下午 3 時至 5 時

地點：香港乳癌基金會 21 樓

講者：關俊棠神父

A full agenda but never busy

Learn techniques to manage stress and busy lifestyle and achieve calm and peace of mind.

Time: 3:00pm to 5:00pm

Venue: HKBCF 21/F

Speaker: Dr./Rev. Kwan Tsun Tong Thomas

05

2014.04.26 星期六 (Sat)

中醫講座

乳癌多面睇：中醫調理及食療錦囊

時間：下午 3 時至 5 時

地點：香港乳癌基金會 21 樓

講者：黃有賀醫師 (註冊中醫師)

Chinese Medicine Talk

Multi Perspectives on breast cancer : well-being and dietary tips for maintaining health

Time: 3:00pm to 5:00pm

Venue: HKBCF 21/F

Speaker: Huang Yau Ho

(registered Chinese medicine practitioner)

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 an 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

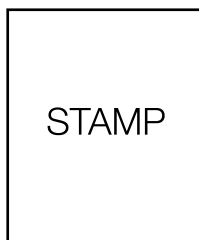
多謝 Thank You!

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).



香港乳癌基金會
HK Breast Cancer Foundation
香港北角木星街 9 號永昇中心 22 樓
22/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong.
T : 25256033 F: 25256233 www.hkbcf.org



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