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乳建同行

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

香港女性十大癌症之冠 (2010)



香港女性乳癌概況 (2010)

	新症	死亡
乳癌個案數字	3,014	561
女性癌症個案百分比	24.1%	10.7%
乳癌發病及死亡	每3位	每3位

香港推行乳房普查計劃情況

年齡	2004	2011
40-49	41%	41%
50-59	42%	41%
60-69	38%	42%
70-79	35%	40%
80+	18%	25%

公布 乳癌早期檢測實況 提高公眾防治意識

Empowering the community
through information
about Breast Cancer

Data from Hong Kong Breast Cancer Survey shows higher rates of early stage cancer

Cancer Stage	Overall %	Self-detected %
0	11	8
I	31	34
II	41	45
III	13	15
IV	1	2

乳癌趨勢



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5 月至 8 月活動日誌 23

EVENT CALENDAR (MAY-AUG)

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

本通訊每年一、五、九月出版，免費訂閱電子版：
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公布乳癌早期檢測實況 提高公眾防治意識

Empowering the community through information

about Breast Cancer



▲ 張淑儀醫生、羅吳美英醫生、馮寶恩醫生、熊維嘉醫生、羅嘉寶醫生及左倩儀教授（左至右），於研討會上發表最新乳癌檢測的研究。
Panel of medical specialists (from left to right) Dr Polly Cheung, Dr Gladys Lo, Dr Eliza Fung, Dr Hung Wai-ka, Dr Bonita Law, Professor Josette Chor Sin-yeet attend the seminar.

香港乳癌基金會剛於四月十四日舉辦一個名為《乳癌早期檢測新資訊》的研討會，本會創會人張淑儀醫生聯同五位乳癌治療臨床專家應邀出席，包括養和醫院診斷及放射部主管羅吳美英醫生、廣華醫院放射科副顧問醫生馮寶恩醫生、香港乳癌基金會乳癌中心名譽醫學顧問熊維嘉醫生、仁安醫院乳房保健及治療中心總監羅嘉寶醫生及香港中文大學賽馬會公共衛生及基層醫療學院助理教授左倩儀教授，並公布最新國際和本地乳癌早期檢測的數據和實況，以提高公眾防治乳癌的意識。

是次研討會的成果相當難能可貴，各與會的乳癌治療臨床專家因應國際最新乳癌檢測研究，就本港乳癌發展提供極具前瞻性的見解，尤其是推行全民乳癌普查的迫切性方面，均一致認為是刻不容緩。

The Hong Kong Breast Cancer Foundation (HKBCF) held a seminar on 14 April entitled “Updates on Early Detection of Breast Cancer”, inviting medical specialists Dr Gladys Lo, Radiologist In-Charge at the Hong Kong Sanatorium & Hospital, Dr Eliza Fung, Specialist in Radiology at the Kwong Wah Hospital, Dr Hung Wai-ka, Honorary Medical Consultant, HKBCF Breast Health Centre, Dr Bonita Law, Director of Breast Centre, Union Hospital and Dr Josette Chor Sin-yeet, Assistant Professor, School of Public Health, CUHK as well as Dr Polly Cheung, Founder of the HKBCF, to share the latest facts and figures on breast cancer around the world and locally.

The panel of medical specialists provided some significant factual insights on breast cancer statistics from overseas and particular references to the development of breast cancer in Hong Kong.

本港乳癌概況

乳癌一直為本港婦女頭號癌症，死亡率高踞婦女癌症第三位，每 19 人就有 1 人罹患乳癌，過去二十年間本港乳癌個案上升接近三倍，此等數據正反映乳癌對本港婦女健康造成嚴重的威脅，必須及早正視和對抗。

目前全球超過 33 個先進及發展中國家已推行全民乳癌普查，包括鄰近本港的日本、星加坡、南韓、台灣和中國大陸，以提高及早檢測的機會，從而降低死亡率。研究顯示推行全民乳癌普查的國家，乳癌檢測率平均為 0.5%，乳癌死亡率則下降 20-38%，可見極具成效。

Breast Cancer in Hong Kong

Over the past 20 years the incidents of breast cancer have tripled, elevating the disease to the number one most common cancer affecting women in Hong Kong. Breast cancer is now the third leading cause of death amongst women dying of cancer, with 1 in every 19 women developing the disease in her lifetime. These figures are a wake-up call to us as a population to take action in the fight against the disease.

In more than 33 overseas countries including Japan, Singapore, South Korea and Taiwan, and even in neighbouring Mainland China, population-wide breast cancer screening programmes have been introduced to increase the chances of early detection to reduce mortality rates. As evidenced from these population-wide screening efforts, the average detection rate of breast cancer is 0.5% and early detection has led to a 20%-38% reduction in mortality.

乳癌

- 於 20 年間，本港女性確診乳癌的個案增加近三倍
- 乳癌為香港婦女的頭號癌症
- 死亡率高踞婦女癌症第三位
- 每 19 人就有 1 人罹患乳癌
- 乳房 X 光造影普查可降低乳癌死亡率 26% 至 30%

Breast Cancer...

- incidents in Hong Kong have almost tripled in the past 20 years
- is the most common cancer affecting women in Hong Kong
- 3rd leading cause of death amongst women dying of cancer
- 1 in every 19 women in Hong Kong will develop breast cancer
- Mammograms proven to reduce mortality rates by 26% - 30%



▲ 前消費者委員會總幹事劉燕卿女士認為，政府有責任推行乳癌普查，長遠有助減低社會醫療成本。
Ms Connie Lau, former Chief Executive of the Consumer Council, calls on the HKSAR Government to introduce population-wide breast screening.

乳房 X 光造影發展

自 1993 年開始，廣華醫院開展乳房 X 光造影檢查服務，接受檢查的婦女從 1993 年的 3,163 名增至 2011 年的 18,781 名，過去十八年上升幅度高達六倍。而接受乳房 X 光造影檢查的婦女均沒有患癌症狀，但至今已確診 1,068 宗乳癌個案，當中 81.5% 屬 0-1 期。

Mammography Screening in Hong Kong

The Kwong Wah Hospital in Hong Kong introduced mammography screening in 1993. In 1993 the hospital screened 3,163 women but by 2011 this figure had risen to 18,781. This represents an almost 600% increase in the number of women screened over 18 years.



▲ 乳癌康復者關裕穠女士向與會者表達對政府的訴求。

Ms Candy Kuan, HKBCF member and breast cancer survivor shares her personal experience.

於 2011 年成立的香港乳癌基金會轄下乳健中心，為本港婦女提供乳房檢測服務，至今已有超過 10,000 名婦女曾接受檢查，當中 26% 早已帶有臨床症狀而不自知。此外 41% 接受乳健中心服務的婦女為低收入者，可獲免費乳健檢查服務。

至於乳健中心確診婦女患有乳癌的平均檢測率為 1.7% (當中無症狀而被確診的婦女為 0.6%，5% 為帶有症狀後被確診的婦女)，相比有推行全民乳癌普查之國家的 0.5% 平均檢測率高出三倍，反映本港推行婦女乳癌普查的需要。此外，全港約有一百五十萬名年齡介乎 40 至 69 歲的婦女屬乳癌高風險年齡一族，但當中只有 5% 根據建議每兩年進行一次乳房 X 光造影檢查。

及早發現 治療關鍵

一個成功的全民乳癌普查，可令患者及早發現乳癌及接受治療，提高存活機會，而且及早就醫亦可令患者減少接受具侵略性的治療，減低對患者及照顧者身心的傷害。

Of the women screened at the hospital, none of them showed any symptoms yet 1,068 breast cancer cases have been detected to date, with 81.5% of these cases within the early stages 0-1.

In 2011 the HKBCF established the Breast Health Centre (BHC), providing breast screening services to women in Hong Kong. Since inception the BHC has screened almost 10,000 women, 26% of whom already had symptoms of breast cancer at the time of screening. The BHC also provides free screening services to women from low socio-economic backgrounds who would otherwise not be able to afford breast screening. To date these women account for 41% of the screening clients served at the BHC.

The average breast cancer detection rate at the BHC is 1.7% (0.6% among women with no symptoms and 5% among those who were ignorant of their symptoms of breast cancer), more than three times the worldwide average, proving the need for a wider screening programme for the local population. In fact, figures show that of the

approximate 1.5 million women most eligible for screening (aged between 40-69), only 5% have developed a regular screening habit.

Why early detection is important

Screening leads to early detection of cancer and early detection can save lives by increasing life expectancy. Additionally, when breast cancer is detected in the earlier stages, generally the less aggressive the treatment programme is required to be, which in turn reduces the harm to the bodies and minds of patients and their families.

The HKBCF and many of the participants of the seminar are strong supporters and advocates of the introduction of a population-wide breast cancer screening programme by the HKSAR Government. Such supporters include the panel of medical specialists who spoke at the seminar as well as Ms Connie Lau, former Chief Executive of the Consumer Council, Dr Elizabeth Quat, Legislative Councillor, Ms Chan Shu-ying, Josephine, member of the Tuen Mun District Council and Ms Chan Yuen-han, HKBCF Honorary Advisor and Legislator.

The potential impact of population-wide breast screening at an individual level was most touchingly expressed by HKBCF member and breast cancer survivor Ms Candy Kuan who shared her personal experience and frustration at the lack of such a programme, "If the Government had provided education to the public on the correct and effective ways of breast screening, I could have detected the disease earlier and avoided a mastectomy. I could have kept my breast."

香港乳癌基金會與多名出席研討會的人士均倡議特區政府應盡快推行全民乳癌普查計劃，支持者包括於會上發言的乳癌治療臨床專家、前消費者委員會總幹事劉燕卿女士、立法會議員葛珮帆女士、屯門區議員陳樹英女士及作為本會名譽顧問及乳癌康復者的立法會議員陳婉嫻女士。

近日去信要求特區政府推行乳癌普查計劃的乳癌康復者關裕穠，亦於研討會中真誠分享其患病經歷，以及對政府的訴求：「我患病前從沒聽過乳房X光造影檢查，假如政府透過公眾教育宣傳正確和有效的檢查方法，我便可及早發現乳癌，相信不會失去一邊乳房。」

進一步行動

研討會結束後一個月，香港乳癌基金會特別撰寫立場書，綜合會上各乳癌治療臨床專家有關乳癌早期檢測研究的最新結果，提出相關建議以消除乳癌對本港婦女的威脅。有關立場書已向221個極具影響性的團體及人士分發，當中包括政府決策官員及醫學界權威人士。

在多名醫學專家、議員、婦女團體、乳癌康復者及公眾人士的持續支持下，香港乳癌基金會將繼續透過服務支援及研究工作，倡議政府盡快推行全民乳癌普查，以回應本港婦女的需要。與此同時，本會亦會堅守使命，致力為本港婦女提供乳健教育、乳癌資訊及乳癌檢測服務，以提高公眾對乳癌的關注。

What next?

Within one month of the Empowerment Seminar the HKBCF had compiled a position paper, highlighting the key findings and messages from the presentations by the panel of medical experts, concluding with recommendations from the HKBCF on the way forward in mitigating the threat of breast cancer to the local Hong Kong community. This paper was circulated to 221 influential parties including key personnel within the government and medical sectors.

The HKBCF, with the continued support of medical professionals, legislators, women's groups, breast cancer survivors and members of the general public will continue to advocate, through our services and our research, the need for the Government to introduce population-wide breast cancer screening in Hong Kong. In the meantime it is our mission to provide education, information and screening services to women in Hong Kong to promote public awareness of breast cancer.



▲ 香港乳癌基金會主席霍何綺華女士、前消費者委員會總幹事劉燕卿及立法會議員葛珮帆女士（左至右）一同出席研討會。
Supporters of population-wide breast screening (from left to right) Mrs Eliza Fok, Chairman of HKBCF, Ms Connie Lau and Dr Elizabeth Qua.

消除

恐懼
心魔

Eliminating Fear

Clarry

In November 2012 Clarry and her husband were in high spirits as they arrived at their appointment with the family planning doctor for a standard health check. They had decided the timing was right for growing their family and were excited to be making preparations to get pregnant. The news that Clarry and her husband received that day at the doctor's clinic was not what they had expected.

The doctor discovered a lump in Clarry's left breast. If truth be told, Clarry had discovered the lump some months ago, in June, but hadn't followed up. Within a matter of days Clarry underwent an ultrasound, mammogram and biopsy and was diagnosed with breast cancer.

"My husband was calm and comforted me on the night of my initial diagnosis, but we did cry together because he was so worried about me in terms of the torture of treatment."

Fear and worry overcame Clarry – how bad was the prognosis? Where would she seek treatment? What kind of treatment was required? How long would treatment last? Could she still have a baby?

Sharing the news with her Mum was one of the hardest parts of the process. When Clarry's husband informed his mother-in-law of his wife's diagnosis, she cried.

"I did not know what breast cancer is and how it can be treated so I browsed the Hong Kong Breast Cancer Foundation (HKBCF) website two days after I was diagnosed to get more information."

Two days after her diagnosis Clarry embarked on an extensive information gathering exercise. She wanted to understand as much as she could as

2012年11月某一天，對於 Clarry 而言，是一個難以忘懷的日子。那天她與丈夫懷著興奮的心情抵達診所，只因兩口子已準備好生育計劃，萬般期待新生命的來臨，因此早已預約醫生進行身體檢查。可是出乎意料之外，醫生向她公布一個壞消息。

醫生宣布，在 Clarry 的左邊乳房發現不尋常的硬塊。但原來早於去年六月，Clarry 已感覺到左邊乳房有異，但她卻不以為然。結果短短數天內，Clarry 接受多個乳癌檢驗，包括超聲波、乳房 X 光造影和活組織抽針檢查，最後確診患上乳癌。

「在初步確診的晚上，丈夫的心情平靜，還安慰著我。然而，當他想到我將會受到治療的折磨而憂心不已，我們都也禁不住一同落淚。」

恐懼和憂慮，把 Clarry 籠罩著——預後（存活率）會差到怎麼樣？到哪裡尋求治療？需要接受哪類治療？治療為期多久？仍可懷孕嗎？

對於 Clarry 而言，還有其中一個最大的難關，就是要告訴母親這個壞消息。當丈夫告之岳母關於妻子確診乳癌的消息，Clarry 的母親也痛哭了。

「我對乳癌一無所知，不知要怎樣治療，所以在確診的兩日後，我瀏覽香港乳癌基金會的網頁以取得更多資料。」

在確診兩日後，Clarry 著手搜集大量資料，希望於三個星期後進行手術之前，竭盡所能理解更多乳癌的資訊。她瀏覽香港乳癌基金會網頁，讀畢所有「同路人故事」，並向另一名醫生求診，以獲得更多有關乳癌的資料和建議，以及搜查不同治療方法的潛在副作用和影響。其中一個 Clarry 最關注的問題湧上心頭：「做完手術後可以免除化療嗎？」她擔憂的並不是治療本身，而是治療對她生育能力的潛在影響，將來能否還有機會懷孕。

在切除乳房硬塊手術前，Clarry 被診斷患上 1A 期乳癌，表皮生長因子受體 II (HER2) 呈陽性，即為 HER2 型乳癌患者。於是 Clarry 便開展抗乳癌的里程，醫生指她不需要做化療或標靶治療，聽到這個消息，她感到興奮及鬆一口氣。儘管如此，她又想起接受賀爾蒙治療將會影響受孕的問題。為了應付這些風險，Clarry 選擇接受試管受精技術 (IVF)，以保障將來生育、建立家庭的機會。

患乳癌的親身經歷，驅使 Clarry 鼓勵母親到香港乳癌基金會接受乳房檢查。可惜，Clarry 的母親也被診斷患上 1 期乳癌，需要接受手術和電療。但不幸中之大幸，Clarry 的母親能夠及早診治，改善了她的預後的情況，延長了她的生命。

現時，Clarry 與母親是香港乳癌基金會支援服務的活躍成員，經常向其他乳癌康復者分享經驗，啟發和鼓勵她們以正面的態度抗癌。Clarry 的母親還參加了治療前輔導，兩人更一起參加了預防淋巴水腫按摩技巧及運動班。作為過來人，Clarry 勸勉婦女不要為事業過分打拼，應及早著眼計劃建立家庭。同時，她呼籲婦女要接受定期乳健檢查，如果萬一被診斷患上乳癌便應盡早治療。

「縱使我身材瘦削，乳房細小，從未想過會患上乳癌，但我必須面對這個事實，接受乳房手術和乳癌治療。但只要收集更多關於乳癌和治療方法的資料，能讓我減低恐懼感。」

best as she could before her scheduled surgery in three weeks' time. Clarry visited the HKBCF website and read every single one of the Survivor Stories, she visited an additional doctor to obtain more information and advice on her specific diagnosis, she researched different treatment options and their potential side effects and impacts. One concern was at the forefront of Clarry's mind – could she avoid chemotherapy after surgery? Clarry's fear was not the treatment itself but the potential impact it would have on her fertility and therefore her chances to become pregnant in the future.

It wasn't until after surgery to remove the lump in her breast that Clarry was diagnosed with Stage 1a breast cancer with HER2 positive. All was not negative however, as the high point of Clarry's breast cancer journey was yet to come - her doctors determined she did not need to undergo chemotherapy or targeted therapy treatment. Excited and relieved at not having to undergo these two treatments Clarry's next thoughts were whether the hormonal treatments that she did have to take would affect her fertility. To counter the risks Clarry opted to commence IVF procedures to safeguard her chances of starting a family in the future.

Her first-hand experience with breast cancer prompted Clarry to encourage her mother to do a breast cancer screen so she brought her to the HKBCF for screening. Unfortunately, Clarry's mother was diagnosed with Stage 1 breast cancer, requiring surgery and radiotherapy. Early detection of the cancer improved Clarry's mother's prognosis and, as she has said to Clarry, enables her to live a longer life.

Both Clarry and her mother are active members of the HKBCF Support Services, taking part in experience sharing to learn about other breast cancer survivors' journeys to be inspired and encouraged to keep a positive outlook. Clarry's mother also took part in the pre-treatment counseling and both attended lymphoedema prevention and management classes, as well as post operative exercise classes.

Clarry's advice to other women is to avoid working too hard on career development and to focus on planning for a family sooner. She also recommends regular breast screening to facilitate early detection and to undertake treatment as soon as possible in the event of breast cancer diagnosis.

“Breast surgery followed by treatment is a reality I needed to face, even though I never thought I would get breast cancer as I am thin and have small breasts. Obtaining as much information as I could about the cancer enabled me to understand more about the treatment and helped alleviate my fear.”



ACTION 01

乳健中心於黃大仙舉辦外展活動 Breast Health Centre Wong Tai Sin outreach project

為響應黃大仙區將四月定為「乳健關注月」，本會豁下乳健中心特別聯同黃大仙區內的婦女團體，親臨不同社區會堂一同舉辦乳健講座。

透過不同乳健講座，我們為區內低收入的婦女提供免費臨床乳房檢查，並轉介到與我們合作的放射科醫生接受免費乳房 X 光造影檢查，受惠婦女共有 311 名，部分已確診患有乳癌。

是次與黃大仙區內人士及婦女團體合辦活動，充份感受到他們對街坊的關心和支持，那一份熱誠令在場的工作人員均相當感動。

任何關注乳健的組織及機構，同樣可受惠由乳健中心註冊護士提供的臨床乳房檢查及乳房 X 光造影檢查。如欲了解詳情可致電：3143 7336。

April was designated as "Breast Health Awareness Month" by the Wong Tai Sin district. To support this awareness the Breast Health Centre and various women's associations jointly held breast health talks in the district through the month.

During the talks we offered free clinical breast examinations and arranged mammography screening with our partner radiologists for women from low-income families, eligible to receive free screening. 311 women underwent free screening and some were ultimately diagnosed with breast cancer.

Through this outreach programme we felt the strong concern and support for district citizens by the Wong Tai Sin District and Women's Association and were touched by their enthusiasm and willingness to help their community.

Other communities can also benefit from our clinical breast examination conducted by our registered nurses, as well as the mammography screening arrangements. Please call 3143 7336 for more information.

▼ 為推廣乳房健康的重要性，乳健中心為黃大仙婦女提供即場臨床乳房檢查。

In order to promote breast health awareness, the BHC team provided clinical breast examination for the women in Wong Tai Sin.



ACTION 02

乳健中心服務惠及 10,000 人 Breast Health Centre clients reach 10,000!

香港乳癌基金會轄下的乳健中心一直致力為市民提供乳房健康檢查服務及推廣乳健教育，以宣揚「及早發現，治療關鍵」的理念，提高公眾對乳癌的認識及乳房健康的重要性。

自乳健中心於 2011 年 5 月投入服務，截至今年 5 月 8 日已為 10,298 人提供乳健檢查，當中 4,376 名可獲免費的乳房 X 光造影檢查，可見低收入婦女對乳房檢查服務有極大的需求。

服務使用者當中，35% 已帶有乳癌的臨床症狀，而 5% 婦女進一步被確診患有乳癌。

乳健中心的宗旨在於縮窄公、私營乳健檢查服務之間的鴻溝，讓市民享有專業而收費相宜的乳健檢查服務，以及為有經濟困難的婦女提供免費檢查服務，由初次檢查至確診平均時間只需 10.5 天。如欲了解詳情可致電：3143 7333。

The HKBCF's Breast Health Centre (BHC) is dedicated to promoting breast health and breast cancer awareness by providing breast screening services to facilitate early detection of breast cancer.

As at 8 May 2013 the BHC has served 10,298 clients since its inception at the end of May 2011. Of these 10,298 clients 4,376 have been eligible to receive free mammography screening services, proving a need for breast screening services for women from low socio-economic backgrounds.

Of the total number of clients served up to 8 May 2013, approximately 35% came to the BHC exhibiting symptoms of breast cancer and of those, a further 5% were diagnosed with breast cancer.

The BHC aims to eliminate a service gap in the community by providing professional and affordable breast screening services, also catering to those without the financial means by providing these services free of charge. The average time from initial visit to ultimate diagnosis is 10.5 days.

For more information on BHC services please contact 3143 7333.



▲ 乳健中心提供乳房檢測服務，以回應本港婦女的需要。

The BHC provides breast screening services to meet the urgent needs of women.



ACTION 03

第 3 期乳癌資料庫簡報已出版 HKBCR Bulletin Issue No. 3

香港乳癌基金會第 3 期乳癌資料庫簡報經已出版。今期簡報旨在補充《香港乳癌實況第四號報告》的數據分析，探討年齡對本港乳癌個案的影響。

最新研究發現，在四十歲前確診的年輕乳癌患者，多存在罹患乳癌的高危因素，如運動不足、生活壓力大及飲食以肉類為主等。而且罹患的腫瘤特性較惡，經常憂慮復發的比率也較年長患者高，嚴重影響她們的生活質素。

另一方面，七十歲或以上的年長乳癌患者罹患的腫瘤較大，因此較年長的女性應接受定期乳房健康檢查。

如想了解更多報告內容，歡迎網上瀏覽有關簡佈：
http://hkbcf.org/download/bcr_report/2013BCR_Bulletin_04.pdf

This latest issue of the Breast Cancer Registry's Bulletin complements the sub-analysis of the "Hong Kong Breast Cancer Registry Report No.4" on the age groups analysis of the breast cancer patients in Hong Kong.

The key findings indicate that younger women (aged below 40) encountered more prevalent risk factors of breast cancer (including lack of exercise, high level of stress and dairy/meat rich diets) as well as more aggressive cancer coupled with fear of recurrence which directly impacted on the quality of life in these patients.

Regular breast checks need to be encouraged in older women (aged 70 and above) as these patients were found to have significantly larger size of tumour at diagnosis.

For more details and figures, please refer to the Bulletin on our website at:
http://hkbcf.org/download/bcr_report/2013BCR_Bulletin_04.pdf

ACTION 04

乳癌資料庫突破 10,000 人 BCR participants reach 10,000

即將於今年九月出版及發佈的《香港乳癌實況第五號報告》，共收集逾 10,000 名乳癌患者及康復者的資料登記。加入資料庫的人數持續上升，對我們的研究產生顯著作用，可更準確分析乳癌於本港的實況及影響，從而有助香港乳癌基金會為乳癌患者提供更優質的服務，並制訂及倡議改善本港乳癌防控及醫護方案。

如欲了解去年的《香港乳癌實況第四號報告》，歡迎瀏覽：
<http://www.hkbcf.org/content.php?tid=9&cid=10018&lang=eng>

The upcoming Hong Kong Breast Cancer Registry Report No. 5, due for publication and release in September 2013, covers a cohort of over 10,000 breast cancer patients in Hong Kong. The continued increase in cohort size is significant in that the collection of more data from a larger number of sources for the analytics facilitates more accurate insights into the reach and impact of breast cancer in Hong Kong. This information enables the HKBCF to shape services to breast cancer patients as well as formulate advocacy strategies and efforts for better breast cancer detection and care in Hong Kong.

For more information from previous reports please visit
<http://www.hkbcf.org/content.php?tid=9&cid=10018&lang=eng>



▲ 「香港乳癌資料庫」由香港乳癌基金會於 2007 年創立，是本港首個專注乳癌的資料庫，至今已收集超過 10,000 名香港乳癌患者的數據分析。
The Breast Cancer Registry, established in 2007, the first of its kind in Hong Kong has collected over 10,000 cases from both the public and private medical sectors.



▲ 本會管理委員會及理事會成員一同舉杯向會員祝賀。
Toasting by the HKBCF Management Committee and Council members.

周年會員聚餐 Annual Members' Gathering

本年度香港乳癌基金會的周年會員聚餐已於3月2日在銅鑼灣警官會所完滿結束。當晚約有二百六十名會員、義工及支持者參與是次活動，共度了一個充滿歡欣和喜樂的晚上。

聚餐由一頓美味的中式晚餐揭開序幕，其後除了「音韻樂心靈」為我們獻出多首優美的歌曲外，還有一班熱心會友替我們準備了多個遊戲節目及精彩的舞蹈表演，本會大使薛家燕女士更與我們的太陽花小組同台一起大跳 Gangnam Style。全場歡呼聲及掌聲此起彼落，更瀰漫著一片溫馨的笑聲。

期待明年的周年會員聚餐，讓我們再次聚首一堂，盡慶而歸。



▲ 薛家燕女士與太陽花小組同台跳舞表演。
Nancy Sit danced with the Sunflower group.



▲ 康復者組成的「音韻樂心靈」獻唱優美的樂曲。
Melody in Mind sang for participants of the Annual Members' Gathering.



▲ 逾二百六十名參加者共同度過一個愉快及充實的晚上。
260 participants enjoyed a cheerful and fruitful night.

ACTION 06

義工培訓計劃 Volunteers' Training

本會的「同路人支援計劃」已正式於今年3月9日展開，參與的十名義工已接受及完成「沿途有您—師姐師妹計劃」的培訓。「同路人支援計劃」旨在向擔任義工的乳癌康復者提供更深入的培訓課程，令義工們為剛開始與乳癌作戰的患者提供更貼心的支援及關懷。

有關培訓計劃包括四節理論課堂及四節交流分享環節，透過交流分享環節義工們可分享她們支援乳癌患者時所面對的困難及經驗。對於乳癌患者而言，同路人的支援相當重要，尤其是剛確診的乳癌患者，需要明白、經歷及面對突如其來的挑戰，倘若在抗癌路上能得到同路人的支持，將會獲得更多的鼓舞。

Our Peer Volunteer Support Programme commenced on 9 March with ten volunteers participating after having completed their Breast Friend Programme training. The Peer Volunteer Support Programme is a more intensive training programme to prepare volunteers to support newly diagnosed patients with a stronger need for emotional support and companionship as they embark on the fight against breast cancer.

The training sessions consist of 4 theory sessions and 4 debriefing sessions (to enable the volunteers to debrief on their own challenges and experiences when supporting their patients). Peer support is extremely important for breast cancer patients, especially upon initial diagnosis, as they seek to understand, process and face the challenges of their new situation. Having the support of someone who has shared that same experience is most encouraging.

ACTION 07

淋巴水腫護理服務擴充 Lymphoedema Class Expansion

針對乳癌患者對預防淋巴水腫護理服務的需求日增，本會已增設預防淋巴水腫按摩技巧及運動班，由每月兩課增至三課，首兩課集中教授預防及紓減淋巴水腫的方法，包括淋巴引流按摩法、運動、壓衣法及護理小貼士，第三課則會重溫淋巴引流按摩法的技巧。

由於乳癌患者接受腋下淋巴切除手術後，上肢可能會出現淋巴水腫問題，因此在進行手術前或手術後學習預防淋巴水腫按摩技巧及運動，可有效預防及紓減淋巴水腫的問題，以免引起不適及妨礙日常生活。

As a result of increasing demand from breast cancer patients our preventive Lymphoedema Classes have been increased from two to three classes per month. Two of these monthly classes include information on lymphoedema, self Manual Lymphatic Drainage skills and exercises as well as the introduction and use of the compression sleeve. The third class is a revision class on self Manual Lymphatic Drainage skills.

Preventive Lymphoedema classes are important for breast cancer patients who have undergone surgery or are undergoing treatment as it effectively reduces the chances of development of the condition.

ACTION 09

港台節目：癌變解碼 (乳癌篇)
RTHK programme

由本會與香港電台聯合製作的電視節目《癌變解碼》(乳癌篇：天生一對)，已於4月24日播出，節目內容包括專家講解乳癌的成因、趨勢及治療方案，以及作為乳癌康復者的本會會員關裕穠 (Candy) 現身說法，分享在對抗乳癌路上所面對的挑戰及心路歷程。在此感謝關裕穠女士真誠無私的分享，相信可為本港乳癌患者帶來鼓舞。

如未能於當晚觀看節目，可到香港電台網站瀏覽節目重溫：
<http://programme.rthk.org.hk/rthk/tv/programme.php?name=tv/cancertherapies2013&d=2013-04-24&p=5813&e=2014521&m=episode>

“Cancer Therapy” is a documentary series produced in collaboration with the RTHK. The series featured an episode focusing on breast cancer and highlighted the personal story of HKBCF member and breast cancer survivor Ms Candy Kuan.

Touching and informative at the same time, the episode sheds light on the challenges a breast cancer survivor faces on her journey. We take this opportunity to thank Candy for generously and courageously sharing her personal experience.

The episode can be viewed on the RTHK's website:
<http://programme.rthk.org.hk/rthk/tv/programme.php?name=tv/cancertherapies2013&d=2013-04-24&p=5813&e=2014521&m=episode>



▲ 關裕穠女士於節目中分享抗癌路上的經歷。

Ms Candy Kuan shared her experience on her road to recovery.

ACTION 08

2011/12 年度年報
Annual Report

香港乳癌基金會 2011/12 年度年報經已出版，如欲了解本會過去一年的工作成果，歡迎親臨本會索取，或在網上瀏覽及下載：

<http://www.hkbcf.org/download/report/ar1112.pdf>

The latest HKBCF Annual Report has now been published. To find out more information on our efforts, activities, achievements and plans, please visit <http://www.hkbcf.org/download/report/ar1112.pdf> for more information. You may also pick up a printed copy from our office.

葉德嫻用歌聲 支持香港乳癌基金會 Deanie SING FOR ME Concert 2013

繼去年三月舉行《桃姐》慈善電影特別場，今年香港乳癌基金會再獲葉德嫻和永明金融特別撥出部分3月8日的葉德嫻演唱會門票，讓本會作慈善售賣用途，為本會帶來港幣1,000,000元的善款。

演唱會當晚，行政長官夫人梁唐青儀女士和食物及衛生局局長高永文醫生均以香港乳癌基金會名譽贊助人身份出席，並一同披上粉紅色絲巾，提醒公眾對乳癌的關注。葉德嫻更向在場歌迷宣揚乳房健康的重要性，並透過教觀眾跳踢躡舞以鼓勵大家要經常運動，保持身體健康。

衷心感謝以下人士熱心贊助：
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With Deanie Ip and Sun Life Financial's generous support in providing a dedicated area in front of the stage with the best seats in the house for viewing the concert, the HKBCF was able to raise over HK\$1,000,000 from charity sales of tickets to Deanie's SING FOR ME Concert.

Joined by Hong Kong SAR Chief Executive's wife, Mrs Regina Leung and Secretary of Food and Health, Dr Ko Wing-man donning pink scarves in support, we raised not only funds but public awareness of the importance of breast health and the threat of breast cancer. Deanie Ip was also vocal about her support for breast health awareness during her concert, further encouraging the audience to take notice and take action.



▲ (由左至右) 香港各界婦女聯合協進會主席林貝聿嘉、乳癌基金會副主席周錦華、副主席麥黃小珍、主席霍何綺華、創會人張淑儀醫生、行政長官夫人梁唐青儀、高局長太太江孟儀醫生及食物及衛生局局長高永文，與全場觀眾站起來跟著葉德嫻跳踢躡舞。
(From left to right) Professor Peggy Lam (HKBCF Honorary Advisor), Ms Brenda Chow (HKBCF Vice-Chairman), Mrs Sandra Mak (HKBCF Vice-Chairman), Mrs Eliza Fok (HKBCF Chairman), Dr Polly Cheung (Founder), Mrs Regina Leung (Honorary Patron), Mrs and Dr Ko Wing-man (Honorary Patron) are enjoying the Deanie Ip concert and showing their support for the HKBCF by donning pink scarves.

乳癌康復月

HKBCF Survivorship Month



▲ 於《健活麗人生音樂會》中，港韓乳癌康復者攜手送上動人的歌聲。Angelic choral performances at the Pink Ribbon Concert.

香港乳癌基金會宣布將五月份定名為「乳癌康復月」，以肯定所有在抗癌路上積極和勇敢面對的乳癌康復者及家人、朋友和醫護人員，表揚他們堅毅不屈、互相關懷支持的可貴精神。

為慶祝這個極具意義的月份，本會特別邀請數名乳癌康復者與傳媒聚會，分享如何以慶生、感恩及回饋的康復力量，消除對乳癌的恐懼。此外，港韓乳癌康復者首次攜手合作，於5月16日舉辦《健活麗人生音樂會》。當晚著名韓國鋼琴家兼乳癌康復者徐惠京、香港韓人女性會合唱團、韓國乳癌康復者合唱團、本會合唱團「音韻樂心靈」以豐富的鋼琴旋律和動人歌聲，表達對乳癌患者的支持。本會名譽會長范徐麗泰女士亦有出席致開幕辭，向所有乳癌康復者及家人作出鼓勵與支持。

至於「乳癌康復月」中最重要環節莫過於一年一度的「亮麗人生日營」。今年的主題為「善待自己」，當日參與的會員均放開懷抱，表達內心的感恩，學習照顧自己的身體，真正達到「善待自己」的目標。盼望大家緊記善待自己，開心過每一天。

下一期《乳健同行》將會詳述有關「乳癌康復月」的活動，請密切留意。

The month of May each year is dedicated as "Breast Cancer Survivorship Month". During this month we recognize and celebrate the determination, care and mutual support among breast cancer survivors and their families and friends.

Our celebrations this year kicked off with the HKBCF hosting a gathering of key media representatives in Hong Kong and a few breast cancer survivors to share their personal survivorship stories, highlighting pertinent issues and concerns. Following the media gathering was the Pink Ribbon Concert for charity, co-organised by the Korean Women's Association and featuring world renowned Korean pianist and breast cancer survivor Ms Suh Hai-Kyung, as well as choral performances by breast cancer survivors from Korea and Hong Kong. Mrs Rita Fan Hsu Lai-tai delivered an inspiring welcome message of encouragement and support to all breast cancer survivors and their families.

The most important event of Survivorship Month is the annual Brighten Up Your Life Survivors' Camp. The theme for this year was "Care for Self" and the event was fully booked in a very short space of time. Participants shared a fantastic day of activities and sharing followed by a dinner that also welcomed their families and friends to join the celebrations.

Stay tuned to our next issue of the Breast Health Newsletter for more on Breast Cancer Survivorship Month!

訪問 李俊明

— 馬拉松跑手

Interview with **Mr Lee Chun Ming**
- the Marathon Man



1. 什麼原因促使你是成為香港乳癌基金會的捐助者，並透過跑馬拉松為本會籌款？

我很喜歡跑步，每年都會跑馬拉松。我希望令跑步更有意義，所以決定為慈善跑步籌款去幫助有需要的人。

可惜，去年我的妹妹確診患上乳癌，我與妹妹感情要好，這個消息我實在難以接受，全家人都為此感到震驚，也十分擔心她，我們不知道可以做甚麼幫到她。幸好她加入了香港乳癌基金會，透過參加一些課程和同路人支援小組，她認識到很多和她面對相同困境的乳癌患者，令她確實得到無比的幫助和鼓勵。這對於妹妹而言，確實是強大的支持，同時也讓我認識到香港乳癌基金會在支援乳癌患者及康復者所扮演的重要角色，因此我決定跑馬拉松籌款撥捐給香港乳癌基金會。

2. 多年來，你曾參加過多少項馬拉松賽事？

我已跑了馬拉松超過二十年！主要是參加香港每年舉辦的渣打馬拉松，當中包括十公里、半馬和全馬的賽事。每一次的成績視乎我可以抽到多少時間鍛鍊，以及當時的身體健康狀況而定。此外我也到過北京、台灣和澳門參加馬拉松，更曾經參與從香港跑到深圳的賽事，每次都會為不同的慈善機構籌款。

▲ 李俊明每次跑馬拉松都會穿上侍應生的服飾，手持一個載著紅心的銀托盤。
Mr. Lee Chun Ming runs each marathon in the same costume, that of a waiter with a silver tray carrying a red heart.

1. We know you are a supporter of the Hong Kong Breast Cancer Foundation (HKBCF) and even ran a marathon to raise funds for the HKBCF. Why?

I run marathons every year as I enjoy running, it's a hobby of mine. I wanted to look for a way to make my running more meaningful so I decided to combine marathon running with raising funds for charities to help those less fortunate.

Unfortunately my younger sister was diagnosed with breast cancer last year (2012). I am very close to my sister and I found the diagnosis hard to accept. The whole family was shocked and we were very worried for her, we didn't know what we could do to help her. Luckily she joined the HKBCF and through attending some of the classes and peer support groups she found out that breast cancer affects a lot of women and the sharing sessions with women who have been in the same situation as her really helped and encouraged her. This was a great support to my sister and made me realize the important role HKBCF plays in supporting breast cancer survivors. So I decided to run the marathon to raise funds for the Hong Kong Breast Cancer Foundation.

2. How many marathons have you run so far?

I have been running marathons for more than 20 years! Mainly I run the annual Standard Chartered Marathon in Hong Kong – I've participated in the full

3. 跑馬拉松已具挑戰性，我們知道你會穿上特別服飾及加上道具參與。為甚麼選擇這種獨特的方式去跑馬拉松？

全因由信念開始。我真心相信人與人之間應不分性別、種族、宗教和地位，互相以愛、尊重、支援和幫助的態度相待。由我們出生開始，人生的道路上經常需要其他人的愛和支持，沒有人可以孤獨生存的。為了分享這個信念，我每次跑馬拉松都會穿上侍應生的服飾，手持一個載著紅心的銀托盤。我努力跑好每個馬拉松去籌款，正是希望把這份心意和訊息傳遞給那些有需要的人，希望藉此可以啟發其他人。

4. 對於其他正在支援乳癌患者的家人，你有甚麼建議？

乳癌患者好比一個馬拉松選手，抗乳癌的過程猶如跑馬拉松的過程，需要意志、承諾、良好的情緒和體能去應付種種挑戰。正如跑馬松一樣，有時乳癌患者會感到疲倦而想放棄，但面對同樣的挑戰，當跑手獲得身邊人的鼓勵，聽到支持者的鼓掌喝采，感受到他人的好意，便會被啟發和繼續跑下去。

乳癌治療時間長，也不簡單。很多人都很擔心和關注復發的問題。家庭成員首先要認識乳癌，香港乳癌基金會網頁是一個資料豐富的渠道。認識這個病後，家庭成員需要用最好的方式支援乳癌患者，賦予愛、耐性和尊重。在她們的抗癌里程上做支援者，協助她們面對挑戰，啟發她們繼續向前走。

5. 受到親人患上乳癌的影響，如何改變你的人生呢？

當我的妹妹確診乳癌，我感到她的人生面對一個真正的危機。這個不幸的經驗令我更認識和珍惜與妹妹之間的密切關係，同時令我更珍惜與我的家人、太太和朋友的關係。從前容易令我發怒的事情，如今我已沒有那麼介懷。我不再以為健康和快樂是必然的，我視健康和快樂是瑰寶，必須用心關注。

以往我以為乳癌是婦女的病症，與我無關。現在我已學懂男性是有機會患乳癌，而我們的妹妹、妻子、母親和其他身邊的女性都有機會患上乳癌，大大影響她們身邊男性的生活。乳癌可以同樣真正影響男性的生活，當身邊有女性一旦被診斷患上乳癌，我們必須支持她們。



▲ 跑了馬拉松超過二十年的李俊明（左），主要參加香港每年一度的渣打馬拉松賽事。

Mr. Lee Chun Ming has been running marathons for more than 20 years, mainly the annual Standard Chartered Marathon in Hong Kong.

marathon, half marathon and the 10K. How far I run depends on my health and my time available for training. As you can see from some of my photos I have also run marathons in Beijing, Taiwan and Macau. I have also run the HK to Shenzhen marathon. Each time I run I raise funds for different charities.

3. Running marathons is already quite challenging but we understand you run in costume and with props. Why did you choose this unique way to run marathons?

It all started with a belief. I wholeheartedly believe that as human beings we should treat each other with love, respect and a sense of support and service – regardless of gender, nationality, race, religion and status. From the moment we are born through the journey of life there will always be times when we need love and support from our fellow man, nobody can live a life of absolute solitude. To share this belief I run each marathon in the same costume, that of a waiter with a silver tray carrying a red heart. With each marathon, through my effort to run and the funds that I raise, I am delivering my heart and my message to those in need. I hope I can inspire some people along the way.

4. What advice do you have for other people who may be supporting their family members in the fight against breast cancer?

I can draw an analogy between a breast cancer patient and a marathon runner. A marathon course, like the journey of a breast cancer patient requires willpower, commitment and emotional and physical strength to overcome the challenges. Like running a marathon there may be times when a breast cancer patient feels too tired to continue and wants to give up. As a runner when you receive encouragement and applause from supporters and you can see how well others are doing when they are facing the same challenges, you become inspired to keep going.

Treatment for breast cancer is long and it is complex, the fear of recurrence is very real and very significant. Family members need first to understand breast cancer, and the HKBCF website is a very resourceful channel for this. After understanding the disease, family members need to identify ways to best support their breast

6. 對於這篇文章的讀者，你有甚麼與他們分享？

自從認識香港乳癌基金會，使用過她的支援服務，我已決定承諾定期捐款和做義工，盡我所能協助這個機構。

另外，我想嘗試組織一群與我有共同理念的人，一起參加明年的馬拉松，向我們生命中的特別女性——無論是妹妹，母親或朋友，表示愛和支持。所謂知易行難，我希望可以啟發更多男性了解到乳癌會影響到他們，並且能夠用行動去表示他們的支持。



▲ 除了香港，北京、台灣和澳門也遍佈李俊明的足跡，他更曾經參與從香港跑到深圳的賽事。
Besides Hong Kong, Mr. Lee Chun Ming has also run marathons in Beijing, Taiwan and Macau as well as the HK to Shenzhen marathon.

cancer patient – show love, show patience and respect. Be there as their supporters to encourage them on their breast cancer journey, help them face the challenges and inspire them to keep going.

5. How do you think your life has changed after being impacted by breast cancer?

When my sister was diagnosed with breast cancer I realized that there was a real risk to her life. The experience, whilst unfortunate, has made me realize and value the close relationship I have with my sister, and it's made me appreciate all of my relationships a lot more – with family, my wife, my friends. I feel that I get less stressed about things that used to make me angry. I don't take health and happiness for granted anymore, I value these as treasures that must be taken care of.

I used to think breast cancer was a woman's disease, nothing to do with me and nothing for me to concern myself about. I have since learned that breast cancer can occur in men and that it impacts men significantly through our sisters, wives, mothers and other women in our lives who may get breast cancer. My attitude has changed, breast cancer can and does have a real impact on men and we need to be there to support the women in our lives if they are diagnosed with the disease.

6. What do you want to share with people who will read this interview?

After having learned about the HKBCF and experienced its services and support to those affected by breast cancer I have decided to commit to regular donations as well as volunteer with the organization to do what I can to provide support in any way that I can.

In addition I would like to try to pull together a group of like-minded individuals to join me in next year's marathon to run together and show our love and support for those special women in our lives – whether they are sisters, mothers, wives or friends.

Actions speak louder than words and I hope that mine will inspire more men to realize breast cancer affects them too, and that they can do something to show their support.

Ralph Lauren

為支持該品牌的全球關注乳癌行動以及對抗癌症籌款活動，Ralph Lauren Asia Pacific 於 2012 年 11 月 2 日在山頂舉辦了年度 Pink Pony Walk (步行籌款) 和慈善義賣，為本會籌得港幣 730,000 元，我們冀盼 Ralph Lauren 於今年再度延續這份樂善好施的精神。

To support the brand's global initiative to raise awareness for breast cancer and funds in support of the fight against cancer, Ralph Lauren Asia Pacific hosted its annual Pink Pony Walk and charity sales on 2 November 2012 at the Peak. Over \$730,000 was donated to the HKBCF. We hope this generous initiative can be renewed this year.





香港麗思卡爾頓酒店 The Ritz-Carlton, Hong Kong

香港麗思卡爾頓酒店推出印有本會標誌的小熊公仔，於本年 5 月 24 至 5 月 26 日期間到 The Lounge&Bar 點選愛心小熊下午茶，可獲贈迷你小熊公仔一隻，同場備有其他小熊公仔供選購。另外，於本年 5 月 12 日、24 日至 26 日在指定時段到酒店旗下餐廳用膳，香港麗思卡爾頓酒店亦把 10% 收益撥捐本會作慈善用途。

The Ritz-Carlton, Hong Kong has specially designed a teddy bear with HKBCF logo printed on it. From 24-26 May 2013, costumers received a small teddy bear upon ordering a Teddy Bear Afternoon Tea at the Lounge & Bar. Teddy bears of various sizes are available for sale. In addition, 10% of sales proceeds from designated meal periods in May were donated to the HKBCF.



Mary Kay Hong Kong

為了慶祝 Mary Kay 50 周年，傳承「分享美、分享愛」，延續 Mary Kay Ash 女士「豐富女性人生」的粉紅使命，由 2013 年 5 月 12 日至 12 月 31 日，Mary Kay Hong Kong 每售出一支「限量版 Beauty That Counts® 晶潤唇彩 Plus — Celebrate」或「限量版 Beauty That Counts® 炫潤唇膏 — One Woman Can™」，將會捐出 US\$1 (1 美元) 作善款予香港乳癌基金會，支持基金會對抗乳癌的工作，並關愛本地婦女。

In an effort to change and enrich women's lives Mary Kay Hong Kong will donate US\$1 from the sale of each Mary Kay® limited edition Beauty that Counts® Nourishine Plus™ lip gloss in "Celebrate" and Mary Kay® crème lipstick in "One Woman Can" from 12 May 2013 through 31 December 2013, to the HKBCF to support our efforts in the fight against breast cancer in Hong Kong.

Victorinox

由 2013 年 5 月 6 日開始，Victorinox 每售出一個限量版 SPECTRA™ 粉紅行李箱，即捐出港幣 \$50 予香港乳癌基金會，支持本會對抗乳癌的工作。

From 6 May 2013, for each limited edition SPECTRA™ pink luggage sold, Victorinox will donate HK\$50 to the HKBCF to support our work.



BEYORG™

BEYOND ORGANIC
BEYØRG™

BEYORG™ 將把 2013 年 6 月 17 日至 10 月 2 日期間部分的零售收益撥捐本會，以支持本會宣揚乳健的工作。

From 17 June to 2 October 2013, BEYORG™ will donate a percentage of its sales proceeds to the HKBCF, supporting our work in promoting breast health.

BOBBI BROWN

Bobbi Brown

為協助因受治療影響自我形象的乳癌患者及康復者，本會將於本年度第三季舉辦自我形象提升計劃，當中包括透過教導化妝技巧，務求令乳癌患者回復自信。在此感謝 Bobbi Brown 慷慨捐出十五套化妝用具，包括粉底、眼影、眼線及唇膏，支持有關的計劃。

A Self-Image Enhancing Programme will be held in Q3 of 2013 to help breast cancer patients and survivors to deal with the psychological turmoil that breast cancer treatments bring about. Part of the programme is a make-up class which aims to uplift the patient's self-image through the use of make-up. Bobbi Brown has generously donated 15 sets of make-up, including foundation, eye shadow, eye liner and lip stick to support the programme.

德善醫療集團

Chinese Essence Medical Group

Chinese Essence Medical Group (CEMG) is a group of companies promoting "Chinese Medicine in its new standard". The Group provides Chinese medicine practitioner's treatments, dieticians provide health management services, as well as hair care treatment.

From now until December 15, CEMG designates a portion of the proceeds from sales to the Hong Kong Breast Cancer Foundation. Please show your support!

德善醫療集團為一所集醫療、養生、研發於一身的綜合性中醫藥集團，旗下設有中醫專科治療、脫髮及護髮治療，以及中醫師與營養師配合的健康管理服務。由即日起至 12 月 15 日，德善醫療集團將指定湯包的部分收益撥捐本會，幫您調理身體之餘亦可作慈善募捐。



英皇佐治五世學校

King George V School

英皇佐治五世學校於本年 3 月 9 日舉辦的第 3 屆慈善時裝表演「Panache 2013」，為本會籌得港幣 72,521 元。

King George V School hosted its third charity fashion show - Panache 2013, on 9 March in support of the Hong Kong Breast Cancer Foundation. HK\$72,521 was raised and donated to the HKBCF.

更正啓示 Correction Notice

於上期出版的本會通訊「2013 春季號」第 15 頁有關鳴謝「乳健同行 2012」步行籌款活動的支持機構中，「Hutchison MediPharma Limited」應更正為「Avalon Organics」。如帶來任何不便及誤會，本會深表致歉。

The HKBCF wishes to clarify "Avalon Organics" should be the correct reference in place of "Hutchison MediPharma Limited" in the Supporting Organisations section of the acknowledgements on page 15 of the previous issue of the Breast Health Newsletter. We sincerely apologise for any confusion or inconvenience caused.

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

查詢「粉紅絲帶夥伴」計劃詳情，請致電 2525 6033 或電郵 info@hkbcf.org

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

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

We do not endorse or promote any products, services or information provided by our partners in these activities. We encourage consumers to ask critical questions before buying products/services supporting breast cancer.

鳴謝 THANK YOU



多謝以下熱心人士在 2013 年 1 月至 5 月的義務幫忙
Thanks to our volunteers who helped us out (Jan – May 2013)

Alice Ho Yuet Ming
Alice Wong Chiu Yu
Amy Chiu Miu Yee
Amy Yeung Tai Yee
Amy Yeung Wai Chung
Angela Ching
Anita Wong
Asta Shum Wai Chu
Candy Kuan U Nong
Carol Choi Lai King
Catherine Lee
Catherine Tang
Catherine Wong M.S.
Cecilia Ho Oi Chu
Cindy Cheng
Connie Hui
Daisy Ng Tsun
Dawn Woo Yin Hing
Deborah Lau Sui Mi
Diana Cheung Kwan Yuen
Diana Poon
Dr. Candace Ho
Dr. Carol Kwok
Dr. Danny Wong
Dr. Hung Wai Ka
Dr. Mimi Poon
Dr. Peter Choi Ho Keung
Dr. Rhoda Yeung Ka Wai
Dr. Roselle Lee
Elaine Shum Yuen Ming
Elizabeth Siu Lok Yan
Flora Lo
Florence Lam
Gloria Chan
Glory Siu
Hilda Tong Mei Lin
Irene Lau
Iris Yu Miu Yee

Isabella Tong Po Lan
Ivy Wong Sui Ching
Jackson Yeung Kit Shing
Janice Chan Kwai Ling
Jenie Tan
Joey Miao Chang
Julianna Mak Wai Bing
Kan Tam Lai Fun
Karita Wong Chuen Ming
Kitty Chu Kit Ching
Kitty Wong Wai Ling
Kitty Wong Yuk Hing
Lee Koon Yee
Lee Oi Ling
Leung Yee Han
Li Siu Ying
Li Wing Han
Lim Chui Ching
Lily Chow
Liu Ting Kei
Lousie Luk
Mak Wai Bing
Manda Ng Wai Yan
Margret Poon Shui Fun
Maria Ng Sheung Yee
May Chan
May Wong
Mimi Hau Wing Yuen
Mimi Wong Mei May
Mrs Lun
Musica Wong
Nancy Lam Kit Ling
Natalie Lee
Olivia Chow Siu Kwan
Patricia Lam
Phyllis Leung
Pollina Ip Lai Chun
Polly Cheung Bo Lee

Polly Leung Yuk Ching
Rani Kamaruddin
Rebecca Chung
Regina Lee Yuet Wah
Romina Cheung Wai Yung
Rosa Fong Wai Ching
Sandy Hung
Sezto Man Yee
Sharon Cheng Sai
Stella Yip
Tam Chi Kin
Tammy Lun
Teresa Tam Lai Ming
Terry Chan
Vivian Lee Wai Kwan
Wanda Chan
Wendy Ip
Wong Yim
Yeats Chow Yuen Ming
Yik Mei Chun
Yvette Poon Yun Ting
王慈慈
何詠詩
陳芷瑩
溫卉欣
湯惠嵐

Chanel Limited
Chong Yuet Ching
David Yurman HK Holdings Ltd
Diagnostix Group
Dr Bonita Law Ka Bo
Dr Wai Yuk Chun Veronica
Estee Lauder (Hong Kong) Limited
Goldman Sachs International Matching
Gift Program
Harvest SCP Group Company Limited
Hearst Magazines Hong Kong Limited
iRad Medical (Central) Limited
ITC Corporation Limited
K. S. Sze & Sons Limited
Lang Qing Company Limited
Magna Design Limited
Main Plan Limited
Mr Lui Lai Cheung Frederick
Mrs Fok Ho Yi Wah, Eliza
Mrs Lu Yeung Tsun Ting, Stella
Ms Ho Lily Amy
Ms Yeung Kit Man & Mr Ng Ho Ho
Nong Shim, Inc
Novartis Pharmaceuticals (HK) Limited
Roche Hong Kong Limited
Sanofi-aventis Hong Kong Limited
Takeda Pharmaceuticals (HK) Limited
Tayma Page and Associates Limited
UBS AG (Hong Kong Branch)
Ventura International Limited /
Jos Von Arx
Wong Pui Yuk
Yang Yang
Yung Chi Kin Larry
方風雷
傅成玉

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

Amore Pacific (Hong Kong) Co., Limited
Associated International Hotels Limited
Commanderie de Bordeaux (HK)
Foundation Limited
Chan Yuk Kwan



活動日誌 HKBCF EVENT CALENDAR

2013年5月-2013年8月 May 2013-August 2013

2013.05.02 星期日 (Sun)

「亮麗人生 2013」日營

一年一度的亮麗人生 2013 日營經已完滿結束，下一期通訊將會作詳細分享。

時間：(日營) 上午 9 時至下午 5 時

(慶祝晚會) 下午 7 時至 9 時

地點：(日營) 香港浸信會神學院

(慶祝晚會) 沙田美心皇宮

主題：善待自己

內容：唱歌、短講、淺嘗舞蹈治療、藝術治療、腳底按摩等

Brighten up Your Life 2013

Registration for this year's camp is already full! Please stay tuned to the next newsletter for highlights from the camp.

Time: (Day Camp) 9:00am to 5:00pm

(Celebration Gathering) 7:00pm to 9:00pm

Venue: (Day Camp) Hong Kong Baptist Theological Seminary

(Celebration Gathering) Maxim's Palace Chinese Restaurant (Shatin)

Theme: Care for Self

Content: Singing, mini talk, dance therapy, art therapy and reflexology

01

2013.06.23 星期日 (Sun)

乳你同行音樂會

香港愛樂團連同世界著名施坦威鋼琴家薩考爾博士，於「乳你同行音樂會」上譜奏美妙絕倫的貝多芬、孟德爾遜和布拉姆斯之樂曲，為本會籌款。

日期：2013年6月23日（星期日）

時間：晚上 7 時 45 分至 9 時 45 分

地點：香港文化中心音樂廳

節目：貝多芬降 B 大調輪旋曲

孟德爾遜 G 小調第一鋼琴協奏曲

布拉姆斯 E 小調第四交響樂

Charity Concert for Hong Kong Breast Cancer Foundation

The SAR Philharmonic will present the "Charity Concert for Hong Kong Breast Cancer Foundation" featuring "Steinway Artist" Dr Uriel Tsachor on the piano, to raise funds for the HKBCF.

Time: 7:45pm to 9:45pm

Venue: Concert Hall, Hong Kong Cultural Centre

Programme: Beethoven Rondo for piano and orchestra in B flat major

Mendelssohn Piano Concerto No. 1 in G minor

Brahms Symphony No. 4 in E minor

04

2013.06.08 星期六 (Sat)

「乳癌康復者之食療 — 中醫篇」講座

從中醫角度認識乳癌康復者食療

時間：下午 3 時至 5 時

地點：香港乳癌基金會 - 21 樓

講者：黎詠詩中醫師（東華三院 — 香港大學臨床教研中心（東區））

Diet for Breast Cancer Survivors — Chinese Medicine Perspective

To learn about diet for breast cancer survivors from a Chinese Medicine perspective

Time: 3:00pm to 5:00pm

Venue: 21/F HKBCF

Speaker: Ms. Lai Wing Sze, Vincy, Chinese Medicine Practitioner.

(Tung Wah Group of Hospitals - The University of Hong Kong

Clinical Centre for Teaching & Research in Chinese Medicine(Eastern))

02

2013.06.27 星期四 (Thur)

髮之護理講座

如何護理假髮及佩戴頭巾

時間：下午 2 時 30 分至 4 時

地點：香港乳癌基金會 - 21 樓

講者：溫小蘋女士（假髮造型師）

Wig and Scarf Management

To learn how to deal with wigs, head scarves and hats

Time: 2:30pm to 4pm

Venue: HKBCF 21/F

Speaker: Ms. Annie Woon (Wig stylist)

05

2013.06.18 星期二 (Tue)

齊齊與專家對話

藉著與腫瘤專科醫生會面的機會，提出有關化療、電療和賀爾蒙的問題。

時間：下午 12 時 30 分至 2 時

地點：香港乳癌基金會 - 22 樓

專家：關永康醫生（臨床腫瘤科醫生）

Meet the Expert

Have a chance to meet with an oncologist and raise questions related to chemotherapy, radiotherapy and hormonal therapy

Time: 12:30pm to 2pm

Venue: HKBCF 22/F

Expert: Dr. Kwan Wing Hong (Clinical oncologist)

03

2013.07.27 星期六 (Sat)

「乳癌治療新趨勢 — 藥物篇」講座

了解最新研發治療乳癌的藥物—化療及針對性治療（標靶治療）

時間：下午 3 時至 5 時

地點：香港乳癌基金會 - 21 樓

講者：梁澄宇醫生（瑪麗醫院內科腫瘤科醫生）

是次活動由 Eisai 藥廠贊助

New Advancement in Breast Cancer Treatment – Chemotherapy & Target Therapy

Introduction to updated drug development (Chemotherapy and Target Therapy) for breast cancer

Time: 3:00pm to 5:00pm

Venue: HKBCF 21/F

Speaker: Dr. Roland Leung (Specialist in Medical Oncologist, Queen Mary Hospital)

This program is sponsored by Eisai (HK) Co., Ltd

查詢 / Enquiries: 2525 6033

06

捐款表格 Donation Form

我願意捐款支持「香港乳癌基金會」：

I would like to make a donation to support the Hong Kong Breast Cancer Foundation.

(請在適用空格填上 Please ✓ the appropriate boxes)

一次過捐款 One-off donation:

HK\$500 HK\$300 HK\$200 HK\$100 HK\$_____

捐款者資料 PERSONAL PARTICULARS

中文姓名 _____ (先生 Mr./ 女士 Ms.)

Surname _____ First Name _____ Middle Name _____

電話 Tel _____ 傳真 Fax _____

地址 Address _____

電郵 Email _____

如收據抬頭與上述姓名不同，請註明：

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

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捐款方法 DONATION METHOD

1. 劃線支票 Crossed Cheque
支票抬頭請寫「香港乳癌基金會」 Payable to "Hong Kong Breast Cancer Foundation"

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

3. 信用卡 Credit Card

Visa Card Master Card

持卡人姓名 Cardholder's Name: _____

持卡人簽名 Cardholder's signature: _____

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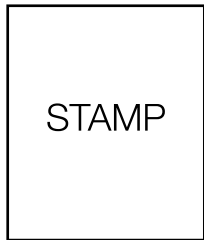
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多謝 Thank You!

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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香港乳癌基金會
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