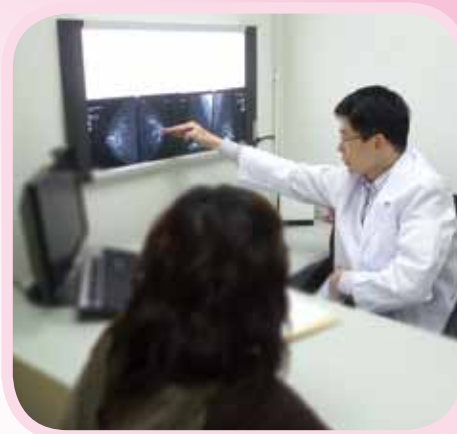




## 粉紅絲帶通訊



### 封面故事

乳健中心投入服務 推動乳癌普查

### COVER STORY

Mind the Awareness - Action Gap:  
Screening for Breast Cancer



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

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

- **教育**公眾認識乳癌與及早發現的重要性
- **支援**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:

- **Educate** the public about breast cancer and promote early detection
- **Support** breast cancer patients on their road to recovery
- **Advocate** better breast cancer care in Hong Kong

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# 乳健中心投入服務 推動乳癌普查

## Mind the Awareness - Action Gap: Screening for Breast Cancer



香港乳癌基金會一項調查發現，受訪的40至59歲的婦女，即患乳癌高危一族，大部分都知道乳癌是威脅本港女性的頭號癌症，亦意識到有需要定期自己檢查乳房、由醫護人員檢查和進行乳房X光造影檢查，以保障健康，可是只有少數人有付諸行動，知而不行的現象甚為普遍。

A survey carried out by the Hong Kong Breast Cancer Foundation (HKBCF) found that most women aged 40-59, the group with increased risk of developing breast cancer, realised that breast cancer is the most common cancer affecting women in Hong Kong, and the majority was aware of the need for breast self-examinations, clinical examinations and mammography screening – but few acted on this knowledge.



以乳房X光造影檢查為例，近八成受訪者(40-59歲組別)知道有需要進行這項檢查，但不足兩成人有依照主流醫學建議每兩年進行一次。受訪婦女解釋沒有進行檢查的主要原因是：「覺得沒有需要」(43%)；「醫生沒有建議」(23%)和「費用昂貴」(14%)。

事實上，多項醫學研究已證實乳房X光造影檢查可偵測早期乳癌，讓患者及早治療而有效減低乳癌死亡率，二十多個國家的乳癌普查計劃均採納此方法為標準的乳癌篩檢工具。不過，我們的調查顯示，兩成三受訪婦女不知道乳房X光造影檢查的適當週期，多達四成多人從未接受這項檢查。

The take-up rate of mammography screening was particularly low. Nearly 80 per cent of the respondents (in the 40-59 age group) knew they needed mammograms, but less than 20 per cent had them every two years as mainstream medical advice suggests. Reasons for not doing this on a regular basis included: "feeling unnecessary" (43%), "not referred by a doctor" (23%) and "expensive" (14%).

Mammography screening has been shown to reduce breast cancer mortality rates and has been adopted in some 20 countries' national breast cancer screening programmes as a standard screening tool. Surprisingly, 23% of the survey respondents did not know the recommended frequency of mammography screening, and 44% had never had a mammogram.

#### 乳癌普查的認識和實踐 Awareness & Practice of Breast Screening

	知道 Awareness	有定期進行 Practise Regularly *
自我乳房檢查 Breast Self-Exam	96%	37%
臨床乳房檢查 Clinical Breast Exam	96%	53%
乳房X光造影檢查 Mammogram	77%	18%
*每月自我檢查，及每兩年一次臨床檢查和X光造影檢查。 受訪對象為398名40至59歲的婦女 *Perform self examinations once a month and receive clinical breast examinations and mammography screening once every two years		

資料來源Source：香港乳癌基金會 HKBCF



## 大眾化檢測服務供不應求

乳癌基金會創會人張淑儀醫生認為，婦女對乳癌普查知而不行的情況，可歸咎於兩大原因，一是大家對乳癌的認識不足，不少人誤以為患上乳癌，自然會摸到或見到病徵，對定期檢查掉以輕心。一些婦女以為做過全身檢查或婦科檢查便已足夠，而沒有留意檢查計劃其實未有包括全面的乳癌檢測。二是社區裡大眾化的乳癌檢測服務供不應求。目前，衛生署轄下的婦女健康中心和一些慈善團體營運的醫療機構都有提供收費相宜(港幣八百元以下)的乳房X光造影檢查服務，但輪候時間需要數月至兩年不等。私家醫院的檢查服務無需排期，但收費一般需要一千二百元以上，未必人人負擔得來。

張醫生表示：「要令婦女養成習慣定期進行乳房健康檢查，除了有賴公眾教育，還需要有適切和市民大眾容易接觸的乳癌檢測服務。」

## 乳健中心助婦女及早發現病症

乳癌基金會於今年五月成立本港首個以社區為本的乳健中心，正是為了回應這社會需求。乳健中心的成立及首三年經費由香港賽馬會慈善信託基金資助。

## 定期照乳房X光造影的好處

本港六成乳癌個案發生在40至59歲的婦女身上，病發率年齡中位數為49歲，比美國和澳洲的年齡中位數年輕十年。因此，香港乳癌基金會建議本港婦女由40歲開始進行定期乳癌普查。

## Unmet need for affordable breast screening services

Dr. Polly Cheung, Founder of the HKBCF, said, "The awareness-action gap is due to lack of both awareness and accessible screening services in the community. Many women overlook the importance of breast screening as they mistakenly think that breast cancer is palpable and visible."

Currently the women's health centres of the Department of Health and some non-government medical institutions provide mammography screening services at an affordable price (under HK\$800), but the waiting time for an appointment could be months, or even more than two years. Private medical facilities provide speedier services, but a check-up may cost more than HK\$1,200, which is unaffordable for many women. Dr. Cheung also pointed out that most women's health check packages available on the market do not include comprehensive breast screening to ensure adequate protection.

"To help women build a habit of regular breast screening, apart from public education, the availability of an appropriate and accessible breast screening service is essential. The establishment of the Breast Health Centre is aimed to address this need," said Dr. Cheung.

## Breast Health Centre

The Foundation opened a community-based Breast Health Centre in May 2011; its establishment and operation for the first three years are funded by The Hong Kong Jockey Club Charities Trust.

## Benefits of regular mammography screening

In Hong Kong, 60 per cent of breast cancer cases are found in women aged 40-59. The median age of local breast cancer patients is 49; they are much younger than their counterparts in the United States and Australia. Hence the HKBCF recommends that women start regular screening for breast cancer at the age of 40.

## 免費乳健檢查計劃申請資格

### Eligibility for Free Breast Screening Programme

- 40歲以上、持香港特別行政區身份證人士  
Women aged 40 and over who hold Hong Kong SAR ID cards
- 現為綜合社會保障援助計劃、交通津貼支援計劃或傷殘津貼支援計劃受助人; 或  
Recipients of CSSA, traffic allowance or disability allowance, or
- 低收入人士 Women from low-income families who pass the means test\*  
\*須通過經濟審查：每月家庭總收入不超過 Monthly family income limit :  
\$9,000 (1人家庭 person), \$14,000 (2人家庭 persons),  
\$16,000 (3人家庭 persons), \$19,000 (4人家庭 persons)

## 索取申請表格：

### Obtain a application form:

來信北角木星街9號永昇中心21樓香港乳癌基金會乳健中心，附上貼有\$1.4郵票之回郵信封，封面註明「免費乳健檢查計劃」；或於bhc.hkbcf.org下載

Please send a self-addressed envelope with a \$1.4 stamp to the HKBCF Breast Health Centre (21/F, Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong); or download the form at bhc.hkbcf.org





## 遠離乳癌威脅， 你可以…… **Keep Breast Cancer Away - What You Can Do**

年逾40歲、或有乳癌風險因素的婦女：與乳健中心預約乳健檢查計劃

Women aged over 40 or women at high risk: Make an appointment with the BHC and start your Breast Screening Programme

公司及社團 Companies and community groups:

- 在機構內推廣乳健訊息，鼓勵合資格的員工/會員/服務對象申請「免費乳健檢查計劃」  
Promote breast health awareness in your organisation and encourage eligible employees/members/clients to join the Free Breast Screening Programme.
- 舉辦乳健教育講座/工作坊 Organise a breast health talk/workshop.
- 派發乳健小冊子和單張 Distribute breast health booklets and leaflets.

**查詢電話：3143 7333**

**Interested parties please contact 3143 7333 at the BHC.**

統計顯示，一期乳癌患者有半數接受手術後需要化療，若乳癌期數為二期或以上，需化療的機會會增加至八至九成。愈早期發現的乳癌，治療愈簡單，對患者造成的創傷也愈小。

最近發表的一項乳癌普查研究結果<sup>(1)</sup>發現定期接受乳房X光造影作普查可減低乳癌的死亡率，且成效持續。該項醫學界為時最長的研究由倫敦大學教授Stephen Duffy負責，研究對象為十三萬三千名年齡介乎四十至七十四歲的瑞典婦女，分成定期進行乳房X光造影檢查組別和不檢查組別。結果顯示，檢查組別中的婦女因乳癌死亡的比率比另一組別低三成，這差別隨年期增加不變。研究亦發現，每四百至五百名長期接受造影檢查婦女，當中就有一人因而避免死於乳癌。<sup>(1)</sup>

港府對推行全民乳癌普查計劃一直持保守態度。癌症預防及普查專家工作小組指出暫時未有研究數據支持乳房X光造影檢查對亞洲婦女的成效，因此難以對X光造影檢查的利弊作定論。

Statistically, half of stage I breast cancer patients need chemotherapy after surgery; and 80-90% chance of chemotherapy for patients with stage II or above breast cancer. Breast cancer detected at an earlier stage can be treated in a simpler way and cause less suffering for the patients.

Results from the longest running breast screening trial<sup>(1)</sup> show that screening with mammography can reduce the number of deaths from breast cancer. This provides new evidence of the long-term benefits of regular breast screening<sup>(1)</sup>.

The study, led by Professor Stephen Duffy at Queen Mary, University of London, looked at more than 133,000 women aged 40 to 74, living in two counties in Sweden. Researchers assigned them either to a group invited to mammogram screening or a group receiving usual care. The results showed that 30 per cent fewer women in the screening group died of breast cancer and that this effect persisted year after year. The study also showed that one cancer death was prevented for approximately every 400 to 500 women in the screening group.



為了掌握更多證據支持乳癌普查的好處，香港乳癌資料庫不斷搜集本地乳癌患者的詳細病歷資料，初步的數據分析顯示，由定期普查發現的乳癌腫瘤平均比自行發現的腫瘤小四成<sup>(2)</sup>。

根據醫管局癌症資料統計中心，本港2008年的乳癌新病例(只包括一期至四期乳癌)微跌，是否因為更多人進行定期X光造影檢查而在更早階段偵測乳癌，而當中的零期個案又沒有反映在統計裡？這個問題有待探討。<sup>(2)</sup>

Yet the Hong Kong Government has been reluctant to introduce population-based breast screening. The Cancer Expert Working Group on Cancer Prevention and Screening advised that there is insufficient evidence to recommend for or against routine mammography screening for the general female population in Hong Kong because the data on its effectiveness in Asian populations is not yet available.

In order to collect more evidence for regular screening, the Hong Kong Breast Cancer Registry (BCR) has been collecting data from local patients. Statistics of local breast cancer patients show that the size of screening-detected breast cancer tumors was 40% smaller than the ones women detected by themselves<sup>(2)</sup>.

According to the Hong Kong Cancer Registry of the Hospital Authority, the incidence of breast cancer (stage 1-4) in 2008 dropped slightly, compared with the previous year. Was it due to the increased take-up rate of mammography screening and more cases detected at stage 0, and thus were not included in the statistics? This is a question worth investigating before we conclude whether or not Hong Kong needs a population-based breast screening programme.<sup>(2)</sup>



香港乳癌基金會名譽會長范麗泰在乳健中心開幕禮上表示，作為乳癌康復者，明白治療帶來的身心之苦，亦深明及早發現乳癌的重要性。她希望港府研究推行全民乳癌普查的需要和可行性。

**Mrs. Rita Fan, Honorary President, HKBCF**, shared at the opening ceremony of the Breast Health Centre that she hopes that the SAR government will look into the need and feasibility of implementing a territory-wide breast screening programme in Hong Kong.

備註 Notes:

- (1) Tabár L et al. Swedish Two-County Trial: Impact of Mammographic Screening on Breast Cancer Mortality during 3 Decades. Radiology June 28, 2011
- (2) 香港乳癌實況第二號報告，香港乳癌基金會出版 Breast Cancer Facts in Hong Kong Report No. 2, Hong Kong Breast Cancer Foundation





# 乳房檢查救了我 “Breast Screening Saved My

「以往十幾年一直擔心的事，終於發生了，但可能一早就已經預計有這可能性，確診後，反而有種『終於等到』的感覺。」她笑說。

## 自命高危 定期檢查

當護士數十年的Rosanna 對癌症一點也不陌生，加上父母曾是癌症病人，自己以前因工作關係經常熬夜，又曾長期服用荷爾蒙藥，加上肥胖、缺乏運動等因素，Rosanna自我評估為乳癌高危一族，所以對於乳房健康檢查，她從不急慢。

2004年，Rosanna如常接受乳房健康檢查，乳房X光造影顯示一切正常，但醫生於觸診時感到有少許不妥，囑咐她必需定期檢查和跟進。

期後數年，Rosanna每次做X光造影檢查結果都是陰性，不過醫生卻疑慮未消，為她做抽針檢查，結果仍是正常。直到2009年8月，Rosanna接受X光造影檢查，X光片一再顯示乳房沒有不良細胞，但經驗豐富的乳科醫生觸診時，滿有把握的認為她的乳房「有點不妥」，於是再度為她做抽針檢查，這次卻確診是乳癌二期！

「以往十幾年一直擔心的事，終於發生了，但可能一早就已經預計有這可能性，確診後，反而有種『終於等到』的感覺。」她笑說。

## 感激醫生鏗而不捨

定期檢查的結果正常，平時也沒有不適，不少人可能便會置之不理，但Rosanna卻沒有鬆懈下來：「醫生說由於我的腫瘤在乳房最深入的位置，加上乳房組織密度高，所以X光造影也不容易看到。我很感謝這位醫生的專業，鏗而不捨地囑咐我要緊密跟進。雖然每次檢查結果不是100%準確，但我仍然覺得定期接受乳房健康檢查是十分重要的。」

「如果我不是每兩年檢查一次，加上醫生細心觸診，我可能要等到乳癌末期才發現自己患病！」

Rosanna發覺不少人對乳癌的意識超乎想像的低，明明乳房有異樣，居然去向皮膚科醫生求診；也有病友從不自我檢查，反而是由伴侶發現她乳房有硬塊。Rosanna歸咎這是由於政府在乳房健康這方面的公眾教育不足，又不推動全民X光造影普查。她希望政府投放更多資源推廣乳房健康教育及檢查，因為愈早期發現的乳癌，不但治癒率較高，而且也可以減省醫療支出。

她到香港乳癌基金會參加病人支援小組，為的是了解更多。

「我想知道其他患者怎樣應付這個病，多聽別人的經歷，有助加強自己抗病和康復的信心。」自稱積極的她，在小組裡也會分享自己的知識和經驗，希望可以幫到其他病友。

她鼓勵患者說出自己的需要，身邊的家人和朋友才懂得怎樣幫助，畢竟對抗乳癌，不是一個人的事。💡



資料圖片：模擬乳房X光造影檢查  
Stock photo: a demonstration of mammography screening



# Life”



“I had been worrying about this issue for more than ten years and it finally happened. Probably because I had been preparing for it so long, when it came, I had the feeling, ‘It finally happened’,” said Rosanna.

## “I’m at high risk”

Having worked as a nurse for over ten years, Rosanna knew cancer well. She knew she was at high risk for breast cancer, as both her parents were cancer patients, she used to work on the night shift, and she had used a hormonal supplement over a long period of time. She knew that all these factors increased her risk of developing breast cancer, as did being overweight and lacking physical exercise. Therefore she was always consistent about breast screening.

In 2004, Rosanna did her breast screening as usual and her mammogram appeared to be normal. However, her doctor, who is experienced in breast health, detected something unusual while checking her breast, and urged her to have regular check-ups to more closely monitor her condition.

In the following years Rosanna’s mammograms appeared to be negative, but the doctor continued to show concern for Rosanna’s breast health. Her doctor conducted a fine-needle aspiration biopsy and the result appeared to be normal. Until August 2009, although her mammograms continued to show negative results, the doctor detected an abnormality in her breast during manual examination. A follow-up biopsy led to a diagnosis of stage II breast cancer.

“I had been worrying about this issue for more than ten years and it finally happened. Probably because I had been preparing for it so long, when it came, I had the feeling, ‘It finally happened’,” said Rosanna.

## Thankful for doctor’s persistence

In the absence of any discomfort or evidence of cancer from regular check-ups, one might not be aware of the need for further attention to breast health. But Rosanna had never slacked off in keeping

track of her condition. “The doctor said that my breast tissue was too dense for the mammogram to detect possible cancer cells,” she said. “I am thankful for my doctor’s professionalism and persistence in urging me to pay attention to my breast condition.” “Even though the check-up results aren’t 100% accurate, I still think that regular breast screening is very important,” she emphasised.

“If I hadn’t had breast screening every two years under the doctor’s careful attention, I wouldn’t have recognised that I had breast cancer until it had developed to a late stage!” she added.

Rosanna found that few people are aware of breast cancer prevention and treatment. She once met a woman who sought help from a dermatologist instead of a breast specialist after feeling something unusual in her breast. Some women never examined their breasts themselves, and their breast cancers were discovered by their partners.

Rosanna concluded that the lack of breast cancer awareness is due to inadequate public education about breast health and mammography screening. She hopes that the government will step up its efforts to promote breast health and screening. Early detection of breast cancer will lead to a higher survival rate, and both patients and the government will benefit from reduced medical expenses of breast cancer treatment.

Rosanna joined a support group at the Hong Kong Breast Cancer Foundation. “It’s good to listen to the experiences of my peers. It helped boost my confidence in fighting the disease.” As a survivor, she reminded those with breast cancer that the disease involves not only the patient herself. She advised them to speak out about their condition so family and friends can help in their fight against breast cancer. 🌸

**Pink Ribbon** Newsletter  
粉紅絲帶通訊



## 常見的塑化劑 Common types of plasticisers

種類 Types	來源 Sources
鄰苯二甲酸二甲酯 Di-methyl phthalate (DMP)	- 啤酒、葡萄酒及營養飲品 - 水果 - beer, wine and nutritional drinks - fruits
鄰苯二甲酸二乙酯 Di-ethyl phthalate (DEP)	- 家居的塵埃 - 化妝品、香水和止汗劑 - 番茄和馬鈴薯(美國國家健康與營養檢查概覽) - house dust - cosmetics, fragrances and deodorants - tomatoes and potatoes [National Health and Nutrition Examination Survey, USA]
鄰苯二甲酸一丁酯 Monobutyl phthalate (MBP)	- 氨基水楊酸、去癢肌、胃酸抑制劑(omerprazole)及茶鹼 - 膠囊藥丸和某些營養補充劑 - drug containing mesalamine, didanosine, omerprazole and theophylline - coating on oral medications and certain nutritional supplements
鄰苯二甲酸二丁酯 Di-butyl phthalate (DBP)	- 家居的塵埃 - 化妝品、個人護理產品、指甲油和香水 - 塑膠樽內的水 - house dust - cosmetics, personal care products, nail polishes and perfumes - water from plastic bottles
鄰苯二甲酸二(2-乙基己基)酯 Di(2-ethylhexyl)phthalate (DEHP)	- 啤酒、葡萄酒及營養飲品 - 家居的塵埃 - 家禽和蛋類(美國國家健康與營養檢查概覽) - 食品包裝、保鮮紙和處理食物的膠手套 - beer, wine and nutritive drinks - house dust - poultry and eggs [National Health and Nutrition Examination Survey, USA] - food storage wrappings and food-handling PVC gloves
雙酚A Bisphenol A	- 礦泉水樽、CD及DVD光碟、汽車零件和其他家庭用品 - mineral water bottles, CDs and DVDs, car parts and other household products

## 荷爾蒙干擾物 增加患乳癌風險

在內分泌學會的第一個科學聲明中，研究人員證實內分泌干擾物會影響乳房發育和乳癌。患乳癌的已知風險因素包括初潮提早、高齡首次懷孕、更年期延遲和不曾哺乳等，這些因素都關乎體內卵巢激素水平增加。流行病學研究顯示，婦女一生（包括子宮內的發展期）的體內雌激素水平會增加患乳癌的風險。<sup>(2)</sup>

過去五十年的乳癌病例一直增加，相信與接觸工業和商業用的仿雌激素化學物普及有關。

研究發現胎兒發育時接觸含DES的藥丸塗層、青春期接觸殺蟲劑DDT、更年期接觸多種仿雌激素，都會增加患乳癌的風險。動物實驗顯示，子宮內的仿雌激素雙酚A水平偏高亦會提高這種風險。此外，這些研究發現雌激素會充當形態發生素，胎兒出生前後如過量接觸雌激素，其乳房結構和功能會受影響，踏入青春期及以後體內增加的卵巢激素更會進一步加劇此改變。<sup>(2)</sup>

所謂的乳房結構變化包括癌前病變，例如：導管內增生和原位癌，而且受激素影響的乳腺格外容易受到致癌因素的刺激。研究亦發現，長期接觸不含雌激素的內分泌干擾物，亦會增加乳癌發病率和誘發動物乳房的不正常發展。總而言之，內分泌干擾物可轉換乳腺的形態，使不良組織更容易發展成腫瘤。<sup>(2)</sup>

## Endocrine disruptors

In the first Scientific Statement of the Endocrine Society(2009), researchers presented the evidence that endocrine disruptors have effects on breast development and breast cancer. The standard risk factors for developing breast cancer including age at menarche, first pregnancy, menopause, lactation and parity are all related to life-time exposures to ovarian hormones. Recent epidemiological studies have revealed that exposure to estrogens throughout a woman's life, including the period of intrauterine development, also increases the risk of breast cancer.<sup>(2)</sup>

It is believed that the increased incidence of breast cancer noted during the last 50 years may have been caused by exposure to estrogen-mimicking chemicals that have been released into the environment from industrial and commercial sources.

Epidemiological studies suggest that exposure to xenoestrogens such as pharmaceutical coating (DES) during fetal development, to DDT around puberty, and to a mixture of xenoestrogens around menopause increase this risk. Animal studies show that exposure in utero to the xenoestrogen BPA increases this risk. Moreover, these animal studies suggest that excessive exposure to estrogens results in structural and functional alterations such as preneoplastic lesions, intraductal hyperplasia, and carcinomas in situ. Additionally, the mammary glands are more vulnerable than their normal counterparts to carcinogenic stimuli. Exposure to other endocrine disruptors that are not estrogenic were reported to increase breast cancer incidence in humans and to alter mammary gland development in animal models.<sup>(2)</sup>

攝入人體的塑化劑會不斷積聚，構成潛在的健康問題。Environmental Health Perspectives於2010年一項研究顯示，長期接觸鄰苯二甲酸二乙酯（DEP）（以尿液裡的鄰苯二甲酸一乙酯（MEP）水平作為評估標準）可能增加患乳癌風險。兩者的關係在停經前婦女身上至為明顯<sup>(1)</sup>。

相反，研究顯示接觸其他鄰苯二甲酸鹽（以單苄基酯（MBzP）及MCPP的尿中濃度檢測）與乳癌並不相關。然而，這些鄰苯二甲酸代謝物有可能是生活或飲食上不明的乳癌風險因素，有待進一步的研究去確定。鄰苯二甲酸有可能損害DNA及增加患癌風險，我們需要更多研究以掌握鄰苯二甲酸對人體乳房細胞的基因毒性。<sup>(3)</sup>

苯甲酸酯是另一種內分泌干擾物，廣泛用作化妝品、食品和飲料的抗微生物防腐劑，可以促使乳癌細胞的生長。愈來愈多乳癌患者的腫瘤出現在乳房上部和外側位置的現象，令研究人員懷疑乳癌與患者使用含有苯甲酸酯的止汗劑有關。苯甲酸酯可有抑制磺基轉移酶活動的作用，間接影響體內雌激素水平，導致乳腺組織雌激素水平增加。<sup>(1)</sup>

### 如何避免攝取鄰苯二甲酸酯？

多項研究證實人體尿液含有的鄰苯二甲酸酯代謝物主要來自個人護理產品和化粧品，而產品中的塑化劑亦可透過皮膚進入人體。由於女性多使用化粧品和個人產品，受塑化劑損害健康的風險比男性高。<sup>(1)</sup>

塑化劑亦可從塑料釋放到空氣中，例如：塑化劑可由食品包裝或容器滲入食物裡，若經加熱，釋出的過程更會大大地加快。

塑化劑似乎在我們的日常生活中無處不在。不過，只要適當地改變飲食和生活方式（見下表），就可以減少與鄰苯二甲酸酯的日常接觸，同時減低患上乳癌等與鄰苯二甲酸酯有關的疾病風險。👉

了解更多 Learn more :

[www.cfs.gov.hk](http://www.cfs.gov.hk)

食物環境衛生署 食物安全中心  
(消費者資訊天地 > 食物污染物 > 食物中含塑化劑)  
Centre for Food Safety (Consumer Zone > Food  
Contaminants > Plasticisers in Food)

In a nutshell, these data support the notion that endocrine disruptors alter mammary gland morphogenesis and that the resulting dysgenic gland becomes more prone to neoplasia development.

Ingested plasticisers can accumulate in an individual's body, causing possible health problems. In 2010, a study published in Environmental Health Perspectives indicated a positive association between individual's exposure and diethyl phthalate (DEP), as assessed by urinary monoethyl phthalate (MEP) levels and increased rates of breast cancer. The association became stronger when estimated for premenopausal women<sup>(1)</sup>.

In contrast, exposure to other phthalates, measured by the urinary concentrations of monobenzyl phthalate (MBzP) and MCPP were negatively associated with breast cancer. The findings require confirmation to exclude the possibility that these metabolite phthalates are surrogates of unrecognised lifestyle or dietary risk factors for breast cancer. The studies also suggested that phthalates have the potential to induce DNA damage and increase cancer risk; however, further research is needed to fully characterise the genotoxic effects of phthalates on human breast cells.<sup>(3)</sup>

Parabens, widely used as anti-microbial preservatives in cosmetics, food and beverages, is another endocrine disruptor that can induce the growth of breast cancer cells. This has led some researchers to look into the concern that an increasing number of breast cancers are occurring in the upper outer quadrant of the breast where paraben-containing antiperspirant application occurs. Parabens can indirectly affect estrogen levels via inhibition of sulotransferase activity that leads to higher level of estrogen in breast tissues.<sup>(1)</sup>

### How to avoid the intake of phthalates?

Studies have shown that the majority of phthalate metabolites in the urine came from personal care products and cosmetics. Plasticisers can enter into the body through skin absorption. Women are especially at higher risk of the negative impact of plasticisers than men because of their cosmetics use.<sup>(1)</sup>

Plasticisers can also be easily released into the air from the plastics they are added to. For example, plasticisers can leach and migrate from food packages, wrappings or containers into food and heat significantly accelerate the process.

Plasticisers seem to be ubiquitous in our daily lives. By making dietary and lifestyle changes (see table) can decrease daily exposure and avoid the risk of developing diseases associated with phthalate exposure, including breast cancer. 👉

### 遠離塑化劑小貼士 Tips for avoiding plasticisers

- ✓ 避免使用過量含鄰苯二甲酸鹽的個人護理產品（香水、止汗劑、化粧品、面霜和潤膚乳液、噴霧劑、髮膠、指甲油等）
- ✓ 選擇標明不含鄰苯二甲酸鹽的產品
- ✓ 家居保持潔淨無塵
- ✓ 避免飲用塑膠樽內的飲料
- ✓ 避免購買密封在塑料包裝或容器內的食物
- ✓ 用微波爐加熱食品時，以紙巾或玻璃容器代替塑料容器
- ✓ Avoid excessive use of personal care products with phthalates (perfumes, deodorant, cosmetics, face cream and body lotion, aerosol sprays, hair gels, nail polishes etc.)
- ✓ Choose 'phthalates-free' stated products
- ✓ Keep the house clean and dust-free
- ✓ Avoid drinking beverages contained in plastic bottles
- ✓ Avoid purchasing food packaged in plastic wrappings and containers
- ✓ Choose glass or paper towels instead of plastic containers when heating food in a microwave oven

資料來源 Sources:

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**ACTION  
01**

# 乳癌檢測：由打麻雀說起 Breast Cancer Screening and Mahjong

乳健中心於六月至十月期間於多個公屋商場舉行「乳癌檢測大行動」巡迴展覽，向市民介紹乳癌普查的重要性。活動為配合乳健中心宣傳短片的概念，特設別開生面的摸牌遊戲，讓市民體驗「單靠自摸，點搏得過」，明白定期檢查的重要性。參加者需限時摸出有點的二筒麻雀牌(象徵乳房)，然後再放在紫外線燈下覆查是否有肉眼看不見的點，以確定「乳房」是否「健康」。我們希望借耍樂活動，以生活化的形式帶出乳癌檢測的訊息。

活動啟動禮於5月28日假樂富廣場舉行，參與乳健中心宣傳短片演出的藝人毛舜筠現身與大家分享一人飾演三角的心得和個人乳健貼士。這個具創意的廣告早前在電視、商業大廈大堂和巴士車廂內的電視螢幕播出，廣受歡迎。

The Breast Health Centre (BHC) will stage a roadshow from June to October in public housing estate shopping malls, to educate the public about breast health. In keeping with the creative concept of our TV commercial, we have designed an interesting game in which participants will experience that self-examination alone is not enough for early detection of breast cancer. Participants will be asked to select the "normal" ones from a number of two-circle mahjong tiles (symbols of the breasts) by feeling them and then checking under an ultraviolet light to verify if there are any "invisible abnormalities" on the tiles. The idea is to connect an educational message with the activity of playing mahjong, with which middle-age women are familiar.

The roadshow kicked off on 28 May at Lok Fu Plaza, where actress Teresa Mo appeared to share her experience in acting three roles in the BHC's TV commercial and her tips for breast health. The video was shown on TV channels and on monitors in commercial building lobbies and public buses, and received good feedback.

觀看宣傳短片 Watch the video

**[www.youtube.com/hkbcf](http://www.youtube.com/hkbcf)**



## ACTION 02

# 康復者給我們的支持

## A big hand from a survivor

乳癌康復者Susan Conley 在旅居北京期間患上乳癌，康復過後她寫書分享自己對抗乳癌的故事。她應出版社邀請於六月來港舉行兩場新書介紹講座，Dymocks書店及香港美國商會將部分門券收益撥捐香港乳癌基金會。

Susan Conley, who experienced breast cancer while residing in Beijing, told the story of her battle against the disease in her book "The Foremost Good Fortune". She has been in Hong Kong for book promotion activities in June. Dymocks bookstore and the American Chamber of Commerce in Hong Kong have donated part of the proceeds go the HKBCF.



## ACTION 03



# 助患者提升自我形象

## Helping patients enhance self-image

我們在六月份為患者開設提升自我形象小組，由社工和護士主持，與參加者探討手術及治療後所遇到的自我形象困難，學習如何處理因手術、化療及電療引致的緊張和憂慮等負面情緒，透過正面思維，重拾自信和認識自我。參加者學習美容護膚及化妝技巧，提升形象。

We conducted a Self-image Enhancing Group in June to help survivors strengthen their self-awareness and self-image. In a small group setting, our social worker and nurse guided the participants in understanding their self-image problems after breast cancer treatment and learning how to manage their worries, anxieties, fear and self-blame. The group also learnt skin care and make-up skills.

## ACTION 04

# 淋巴水腫服務擴展

## Lymphoedema Care Service expands

隨著支援服務人手有所增加，淋巴水腫測量服務的時間由每星期兩天增至五天，方便有需要的患者和康復者。服務由去年底推出至今已服務近四百人次。

With new members joining our Support Service team, the Lymphoedema Index Measurement Service has increased its service from two to five days per week. So far, some 400 measurements have been done.

查詢 Enquiries :

**2525 6033**



## ELLE香港 ELLE HK

女性雜誌《ELLE香港》與時裝品牌TSUMORI CHISATO攜手推出限量版慈善雨傘，由2011年6月10日起供讀者換購。收益扣除開支將撥捐香港乳癌基金會，支持本會乳健教育工作。

From 10 June 2011 onward, ELLE HK and TSUMORI CHISATO have jointly presented a limited edition of charity umbrellas. Proceeds from the sales will go to the Hong Kong Breast Cancer Foundation, supporting the work of promoting breast health.



## 意美廚3E易潔廚具 Ideale Chef 3E Non-stick Cookware

易潔廚具品牌意美廚將於2011年5月底至8月期間推出特別版粉紅色煎鍋作慈善義賣。每售出一件產品將會撥捐港幣9.9元給香港乳癌基金會，幫助健康女性及乳癌患者遠離乳癌威脅。

Ideale Chef, a cookware brand, has launched a special-edition pink frying pan for charity sales from late May to August 2011. For each pan sold, Ideale Chef will donate HK\$9.9 to our Foundation to support our work on breast health education and patient support.



## Ballyhoo Limited

Ballyhoo於2月至12月期間推出「極」系列健康產品，並將零售收益1%撥捐香港乳癌基金會，以支持本會對抗乳癌工作。

Ballyhoo Limited launched a health product line, Kiwami, in February, and will be donating 1% of the sale proceeds to the HKBCF until December 2011.



## Clarisonic

由2011年6月起，Clarisonic®推出限量版超聲波潔面儀，每售出一套即捐出港幣50元予香港乳癌基金會，支持基金會患者支援服務及乳健教育推廣。

Starting from June 2011, Clarisonic® is donating HK\$50 to the Hong Kong Breast Cancer Foundation for each limited Pink edition facial cleanser sold, to support breast health education and support services of the HKBCF.



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

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



# 善用六千元 令乳癌遠離你我她

Use the \$6,000 handout wisely  
to protect yourself and  
others from breast cancer!

政府即將派發六千元。你有想過如何善用這筆款項嗎？

女性由40歲開始患乳癌的風險顯著增加，年紀愈大，風險愈高。六成本地乳癌個案發生在40至59歲的婦女身上，即全港有一百二十萬女性屬乳癌高危一族。

我們鼓勵高危一族以行動防範乳癌，定期進行乳癌檢測，就算有毛病也可以及早發現。早期乳癌的治療相當簡單，治療的身心創傷和醫療開支也較少。

**惠己惠人 立即行動**

**捐款支持香港乳癌基金會：你的一分一毫，都直接支持本會的乳健教育、支援及倡議工作，助患者和健康女性趕走乳癌威脅。**

為了令乳癌普查更普及，香港乳癌基金會乳健中心今年五月投入服務，為你提供收費大眾化、而專業的乳房健康檢查和乳健教育。

定期檢查可保障健康，令你和家人安心。請致電3143 7333，乳健中心預約你的乳健檢查計劃，包括專業護士臨床檢查和乳房X光造影檢查，收費港幣750元。

你的一分一毫，  
都直接支持本會的  
教育、支援及倡議工作，  
助患者和健康女性趕走乳癌威脅。

We welcome your generous  
donation of the whole or part of the handout  
to support our work in breast health education,  
patient support and  
research & advocacy.



The government is disbursing a \$6,000 handout to every adult resident of Hong Kong. Have you thought of using the money to protect yourself, your loved ones and those in need from the threat of breast cancer?

The risk of breast cancer in women begins to increase from the age of 40 and accelerates with age. In Hong Kong, 60% of breast cancer cases are found in women aged between 40 and 59. That means 1.2 million women in this age group are at higher risk of developing this disease.

The HKBCF encourages at-risk women to take preventive measures and undergo breast screening regularly. Early detection not only saves lives, but also minimises the suffering of treatment and medical expenses.



### Act now to benefit yourself and others!

**Make a donation: We welcome your generous donation of the whole or part of the handout to support our work in breast health education, patient support and research & advocacy.**

The HKBCF Breast Health Centre, inaugurated in May 2011, provides affordable, reliable and professional breast cancer screening and breast education.

Call the Breast Health Centre at 3143 7333. Make an appointment for screening programme for the sake of your health and to ensure peace of mind for yourself and your family.

A breast screening programme offered by the Breast Health Centre includes a clinical breast examination by a specialised nurse and mammography screening. The package price is \$750.

## 捐款表格 Donation Form

### 我支持「善用六千元」捐款計劃

I am happy to support the fight against breast cancer with the \$6,000 handout:

#### ☐ 捐款金額 DONATION AMOUNT :

☐ HK\$6,000    ☐ HK\$3,000    ☐ HK\$1,000    ☐ HK\$500    ☐ HK\$ \_\_\_\_\_

#### 捐款者資料 PERSONAL INFORMATION (只作內部用途 for internal use only)

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

#### 捐款方法 DONATION METHOD

##### ☐ 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")

##### ☐ 信用卡捐款 By Credit Card

<input type="checkbox"/> 		<input type="checkbox"/> 	
持卡人姓名 Cardholder's Name:		持卡人簽署 Cardholder's signature:	
信用卡號碼 Credit Card No.:	<input type="text"/>	有效期至 Expiry Date:	___月MM ___年YY

##### ☐ 銀行入數 Bank Deposit

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

Please make a direct deposit into Hong Kong Breast Cancer Foundation's HSBC account: 094-793650-838.

Write your name and mobile phone number on the back of the original bank deposit slip/ ATM slip and mail it together with this **Donation Form**.

Please keep photocopy of the deposit slip for record.

請將填妥表格及捐款寄回或傳真到： Please return the completed form and donation to us by post or by fax:

香港北角木星街9號永昇中心22樓 香港乳癌基金會

Hong Kong Breast Cancer Foundation, 22/F, Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong / 傳真 Fax: 2525 6233

捐款港幣100元或以上可獲發免稅收據。(稅務局檔案號碼: 91/7226)

Donations of HK\$100 or above are tax-deductible. (IRD File No.: 91/7226).

**多謝支持！ Thank you!**



# 綻放神采 · 力量 · 支持

## 珍珠頸鏈及手鏈系列

## Sparkles, Strength, Support

## Pearl Necklace & Bracelet Set

當患者[粉紅珍珠]需要支持的時候，恢復活力[水晶]的康復者就會給予幫忙和鼓勵。只要緊靠在一起，我們就有力量[金屬]和支持[珠鏈]。還有我們至愛的人[白珍珠]，維繫著大家，見證我們在奇妙的抗癌旅程中找到生命和生活的真諦。

由乳癌康復者、香港乳癌基金會顧問麥懿活醫生設計及製作

When patients (the pink pearls) are in need, those who have recovered will sparkle (the crystals) by reaching out and encouraging them. And when we are all connected, there is strength (the metal spacers) and support (string of beads) for one another. And let's not forget our loved ones (the white pearls). They carry our burdens and fill in the gaps to make us feel whole again, and they also witness our miraculous journeys as we search for the true meaning of life and authentic living.

*Designed and handmade by Dr. Yvonne Mak, a breast cancer patient as well as an Honorary Advisor of the Foundation.*



慈善義賣價 *Charity Sales Price:*

每套 *HK\$ 1,300 per set*

採用淡水養珠及水晶精心製作，附送精美禮品包裝

Each set is exquisitely crafted with genuine fresh water pearls and fine crystals, and comes with gift packaging.

限售六套 訂購請致電3143 7313

*There are only six sets available. Call 3143 7313 to order now.*



贈送麥懿活醫生著作書籍乙冊

A free copy of "Dr. Hannah: A Mother's Diary" with every purchase.

收益將撥捐香港乳癌基金會

All proceeds will go to the Hong Kong Breast Cancer Foundation.

備註：以上慈善義賣物品並不會獲發退稅收據。

Note: Tax-deductable receipts will be not issued for the charity sales of these products.



# 活動日誌 HKBCF EVENT CALENDAR

2011年7月-11月 July - November 2011

EVENT  
01

## 2011.08.20 (星期六 SAT) 3pm - 4pm

### 講座：平靜心靈的密碼

由香港臨床心理學家袁詠春小姐講解舒展心靈的方法，以及如何處理緊張、憂慮、驚慌及憂鬱等心理問題；對象為乳癌患者及康復者。

地點：香港乳癌基金會 — 21樓

名額：80名，先到先得，額滿即止 (會員優先)

費用：會員免費，非會員\$20

報名：請致電譚小姐(電話：2525 6033)，或將姓名及聯絡方法電郵至florentcetam@hkbcf.org

### Monthly Talk : The Secret Code for Relaxation

Ms. Anita Yuen, clinical psychologist will share with breast cancer patients and survivors relaxation methods to manage anxiety, worries, fear and depression after breast cancer treatment.

Venue : HKBCF – 21/F

Capacity : 80, first comes first served. (Priority will be given to members)

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

Registration: Please call Ms. Florence Tam at 2525 6033; or email your name and contact information to florentcetam@hkbcf.org

EVENT  
02

## 2011.08.27 (星期六 SAT) 3pm - 4:30pm

### 乳健教育講座

由醫護人員介紹乳癌風險因素、乳癌普查和治療方法等，提升大家的乳健意識，齊齊遠離乳癌威脅。

地點：香港乳癌基金會乳健中心-乳健教育室

報名：3143 7333 (梁小姐)

### Public Educational Talk

The talk delivered by medical professionals will discuss all you need to know about breast cancer, from risk factors, treatment, the know-how of prevention and detection by breast screening.

Venue : Breast Health Education Hall, HKBCF

Registration: 3143 7333 (Ms. Sharon Leung)

EVENT  
03

## 2011.09.10-11 (星期六、日 SAT, SUN) 10am - 5pm

### 中西區健康節

香港乳癌基金會乳健中心將設攤位，推廣乳健教育及乳健檢查服務，歡迎市民參加。

地點：港島堅尼地城士美非路體育館

### Central and Western District Health Festival

The Breast Health Centre will set up a booth promoting breast health and breast screening services to the public. You're welcome to join.

Venue: Smithfield Sports Centre, Kennedy Town, Hong Kong

EVENT  
04

## 2011.09.19 (星期一 MON)

### 《香港乳癌實況第3號報告》新聞發佈會

香港乳癌基金會的乳癌資料庫將發表第三份香港乳癌實況報告，詳細展示本地乳癌個案的特徵、治療方案和成效，以及治療對患者的身心影響。

地點：香港乳癌基金會

### Launch of Breast Cancer Facts in Hong Kong Report No.3

The third report by the Hong Kong Breast Cancer Registry, the HKBCF will present the characteristics of local breast cancer cases, their treatment options and outcome, and the impact of treatments on patients.

Venue: HKBCF

EVENT  
05

## 2011.10.09 (星期日 SUN)

### 乳健康大步走2011年

一年一度響應國際關注乳癌月的大型籌款活動，以運動和愛心趕走乳癌威脅。報名從速，山頂見！

### Pink Walk against Breast Cancer

The annual signature fundraising event in honour of the Breast Cancer Awareness Month. Come join us fighting breast cancer with exercise and love, see you at the Peak!



# 活動日誌 HKBCF EVENT CALENDAR

2011年7月-11月 July - November 2011

EVENT  
06

**2011.11.05-06 (星期六、日 SAT, SUN) 9am - 5pm**

## 乳癌會議2011

研討會由香港癌症學院、香港中文大學臨床腫瘤學系及華南腫瘤學國家重點實驗室，以及香港乳癌基金會合辦，旨在匯聚國際及地區醫學專家交流治療及控制乳癌的經驗。香港乳癌基金會代表將分享乳癌統計及支援服務的工作。

地點：沙田凱悅酒店

## The 16<sup>th</sup> Annual Scientific Symposium of the Hong Kong Cancer Institute - Breast Cancer Conference 2011

The symposium is organised by the Hong Kong Cancer Institute and the Department of Clinical Oncology in conjunction with the State Key Laboratory in Oncology in South China, The Chinese University of Hong Kong and in collaboration with the HKBCF. It aims to bring together international and regional leading experts to share their experiences in treatment and management of breast cancer. The HKBCF representatives will present its work in relation to breast cancer data collection and support service.

Venue: Hyatt Regency Hong Kong, Shatin

EVENT  
07

**2011.11.10-12**

## 康復者台灣交流會

假台北舉行的第十六屆國際乳癌支援交流會讓來自世界各地的乳癌康復者和專家交流抗病和康復的經驗和心得，今年大會主題為邁向新境界。本會將組團出席。

活動詳情：[www.reachtotherecovery2011.org](http://www.reachtotherecovery2011.org)

查詢及報名：請致電湯姑娘(電話：3143 7303) 截止報名日期：8月24日

## Delegation to Survivor Support Conference in Taipei

The 16<sup>th</sup> Reach to Recovery International Breast Cancer Support Conference in Taipei provides a forum for overseas speakers and survivors from around the world to share experience in fighting and recovering from breast cancer. A HKBCF delegation will participate.

Details: [www.reachtotherecovery2011.org](http://www.reachtotherecovery2011.org)

Enquiry/Registration: Please call Ms. Jacky Tong at 3143 7303 Deadline: 24 Aug 2011



STAMP



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