

# 香港乳癌基金會 「乳您同行」醫學講座 2025

## Hong Kong Breast Cancer Foundation Breast Health Symposium 2025

04.05.2025 (Sun)  
2:00pm - 5:00pm

紅寶石贊助 RUBY SPONSOR

JACOBSON



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# 講座內容 Agenda

## 主題 Topic

## 講者 Speaker

### 第一節 Session 1

乳房造影檢查新資訊  
Updates in Breast Imaging



鄧永健醫生 放射科專科醫生  
Dr. Joseph Tang Specialist in Radiology

早期乳癌治療方案  
Treatment options in early breast cancer management



曾頌欣醫生 外科專科醫生  
香港乳癌基金會顧問理事會成員  
Dr. Yvonne Tsang Specialist in General Surgery  
Member of Hong Kong Breast Cancer Foundation Advisory Council

早期乳癌輔助治療  
Adjuvant treatment of early breast cancer



陳冬青醫生 內科腫瘤科專科醫生  
Dr. Vicky Chan Specialist in Medical Oncology

問答環節  
Q & A

### 第二節 Session 2

乳癌前導性治療的正面療效  
Neoadjuvant treatment options for positive outcomes on breast cancer management



楊善如醫生 臨床腫瘤科專科醫生  
Dr. Cynthia Yeung Specialist in Clinical Oncology

中醫調治乳癌的角色  
The role of Chinese Medicine in breast cancer management



歐國賢博士 香港中文大學中醫學院專業顧問  
註冊中醫師  
Dr. Au Kwok Yin Professional Consultant,  
School of Chinese Medicine, CUHK  
Registered Chinese Medicine Practitioner

運動如何促進乳癌治療和復健?  
How can exercise boost breast cancer treatment and rehabilitation?



郭慧良博士 東華學院物理治療學副教授  
註冊物理治療師  
Dr. Anthony Kwok Associate Professor  
(Physiotherapy),  
Tung Wah College  
Registered Physiotherapist

問答環節  
Q & A

# 抱負與使命 Vision and Missions

香港乳癌基金會成立於2005年，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機構，致力減低乳癌在本地的威脅。

The Hong Kong Breast Cancer Foundation (HKBCF) was set up on 8 March 2005, as a non-profit charitable organisation dedicated to mitigating the threat of breast cancer to the local community through education, patient support, as well as research and advocacy. The HKBCF is operated by Hong Kong Breast Cancer Foundation Limited.

 提高公眾對乳癌的認識及推廣乳房健康的重要性

Promotes public awareness of breast cancer and the importance of breast health

 支援乳癌患者踏上康復之路

Supports breast cancer patients on their roads to recovery

 倡議改善本港乳健及乳癌防控和醫護方案

Advocates better breast health and breast cancer care in Hong Kong

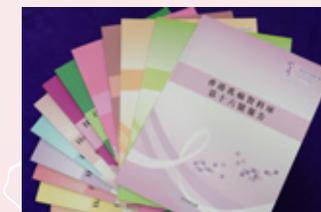
## 我們的服務 Our Services



專業的一站式乳健檢查服務  
One-stop, professional breast screening services



全方位支援乳癌患者、康復者及照顧者  
Comprehensive patient support services for breast cancer patients, survivors and caretakers



研究更適合本地的乳癌治療方案及醫療政策  
Developing treatment options and healthcare policies best suited to the local breast cancer situation

## 創會人的話



**張淑儀醫生**  
香港乳癌基金會創會人

乳癌自1994年以來已是女性頭號癌症。根據香港癌症資料統計中心最新數據顯示，2022年有5,182名女性和26名男性新增確診入侵性乳癌，令乳癌新增確診人數首次超越大腸癌，成為本港第二大常見癌症，情況值得關注。

慶幸乳癌的診斷和治療方案不斷有新發展。香港乳癌基金會舉行「乳您同行」醫學講座2025，為大眾提供最新的乳癌治療資訊，講題涉及中西醫及運動治療。今年由六位醫學講者分享乳房造影檢查新資訊、診斷早期乳癌治療方案及輔助治療，並有註冊中醫師講解中醫調治乳癌和註冊物理治療師講授運動復健。

今年是基金會成立20周年，我們會繼續舉辦不同的醫學講座和活動，將乳健知識傳遞到社區每一個角落，喚起更多人關注乳健及正視乳癌的威脅，宣揚「及早發現，治療關鍵」。

我謹代表基金會衷心感謝社會各界的鼎力支持，讓我們繼續攜手守護本港女性健康，「乳您前行」更多個20年！

## Founder's Message

### **Dr Polly Cheung** Founder, Hong Kong Breast Cancer Foundation (HKBCF)

Breast cancer is the leading cancer among women in Hong Kong since 1994. According to the latest statistics released by the Hong Kong Cancer Registry, 5,182 females and 26 males were diagnosed with invasive breast cancer in 2022. For the first time, the number of breast cancer diagnoses has surpassed colorectal cancer, making it the second most common cancer in Hong Kong, which is concerning.

We are fortunate to witness ongoing advancements in the diagnosis and treatment options for breast cancer. The HKBCF's Breast Health Symposium 2025, aims to provide the public with the latest information on breast cancer treatment, covering topics related both Western and Traditional Chinese Medicine, as well as exercise therapy. The six experts from various fields will share latest information on breast imaging, breast cancer, Traditional Chinese Medicine treatment, and exercise rehabilitation.

This year marks the 20th anniversary of the HKBCF. We will continue to host various breast health talks and events to spread breast health knowledge to everyone in the community, to raise awareness about breast health, to emphasize the threat of breast cancer, and to promote "Early Detection Save Lives".

On behalf of the HKBCF, I would like to express our heartfelt gratitude for the unwavering support from all sectors of society. Together, we will continue to safeguard the health of women in our community, "Journeying Together" for another 20 years.

## 主席的話



霍何綺華博士  
香港乳癌基金會主席

每年五月是香港乳癌基金會訂立的「乳癌康復月」，基金會透過一系列活動向乳癌患者、康復者、其家人及照顧者傳遞正能量和支援。

「乳您同行」醫學講座已經是連續第六年舉辦。今年有幸獲得香港尖沙咀凱悅酒店提供場地贊助，活動繼續以線上線下同步舉行，讓更多人參與其中。

根據最新的數據，每14位女性就有1位在一生中罹患入侵性乳癌。然而，面對這個挑戰，乳癌患者並非孤立無援，基金會樂意與患者及其家人同行，提供一站式乳癌護理，幫助他們克服康復路上的困難。

今年是基金會成立20周年，基金會的成功有賴社會各界的支持，往後基金會將繼續專注於乳健教育、患者及康復者支援、研究及倡議這三大工作。我們感謝所有的贊助商和各參加者的積極參與，讓醫學講座得以成功舉行。

## Chairman's Message

**Dr Eliza Fok**

**Chairman, Hong Kong Breast Cancer Foundation (HKBCF)**

Every May is designated as "Breast Cancer Survivorship Month" by the Hong Kong Breast Cancer Foundation (HKBCF). Through a series of activities, the HKBCF aims to deliver positive energy and support to breast cancer patients, survivors, their families, and caregivers.

The Breast Health Symposium 2025 is being held for the sixth consecutive year. This year, we are pleased to have received venue sponsorship from the Hyatt Regency Hong Kong, Tsim Sha Tsui. The Symposium will continue to be conducted in a hybrid mode, allowing for more participants to join.

The latest data indicates that one in every 14 women develops invasive breast cancer in her lifetime. However, in the face of this challenge, breast cancer patients are not alone. The HKBCF is committed to walking alongside patients and their families, offering one-stop breast cancer care to help them overcome their difficulties on their recovery journey.

This year marks the 20th anniversary of the HKBCF. The success of the HKBCF relies on the support and participation of various sectors of society. The HKBCF focuses on three main areas of work: breast health education, support for patients and survivors, and research and advocacy. May I express our gratitude to all sponsors and participants for their tremendous support, which has made the Breast Health Symposium a success.

及早發現 治療關鍵  
Early Detection Saves Lives



20 乳你前行  
Journeying Together

## 三維立體乳房X光斷層造影檢查 3D Mammogram



- ✔ 多角度 X 光拍攝  
Multi-angle X-ray imaging
- ✔ 提高乳癌偵測率  
Improve cancer detection rate
- ✔ 減低召回覆檢率及誤報率  
Fewer recall and false positive rate
- ✔ 減少壓迫乳房  
Less breast compression

88折  
12% OFF

費用 Fee HKS2,288  
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Journeying Together

### 淋巴水腫服務限時優惠 Lymphoedema Treatment Limited-time Offer



即日 Now - 2025.06.30



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主辦機構:



20 乳你前行  
Journeying Together



本計劃由香港公益金資助  
This project is supported by The Community Chest

## 乳健推廣及資助檢查計劃 資助乳房X光造影檢查

\*乳癌是香港女性頭號癌症，平均每日有14名婦女  
確診乳癌，九成為40歲或以上女性。

(合資格者，可支付 HK\$900 做乳房X光造影檢查)

### 服務對象

(要符合以下4個條件)



40歲或以上女性



持有香港身份證



有中或高風險患上乳癌



通過簡單入息審查

### 入息審查表

家庭成員數目	每月家庭總入息 不超過 (港幣HK\$)
一人	\$19,000
二人	\$28,300
三人	\$32,700
四人	\$42,800
五人	\$53,600
六人	\$57,100

香港乳癌基金會 (香港中心)  
香港北角木街9號永昇中心21樓(炮台山港鐵站A出口)

☎ 3143 7333

香港乳癌基金會賽馬會乳健中心 (九龍)  
香港九龍牛池灣龍翔道28號一樓(彩虹港鐵站C2出口)

☎ 2597 3200

申請資格及詳情



\*資料來源: 香港癌症資料統計中心2022數據

www.hkbcf.org



網上捐款  
Online Donation

請支持乳癌患者，你的一分一毫捐獻都幫助了她們……  
Please support Breast Cancer Patients, your every single cent of donation helps them a lot...

- HK\$ 1,400** 提供免費乳房 X 光透視檢查予有經濟困難的婦女  
Give free mammogram for a woman in need
- HK\$ 250** 提供「間歇性氣動加壓治療」，以舒緩淋巴水腫帶來的不適  
Offer an intermittent pneumatic compression device treatment to ease discomfort resulting from lymphedema
- HK\$ 900** 提供繃帶之套，幫助中度至嚴重淋巴水腫的患者接受繃帶包裹治療，舒緩淋巴水腫的症狀  
Offer one set of bandage to patients diagnosed with moderate to severe lymphoedema to receive multi-layered bandaging treatment
- HK\$ 100** 提供護理錦囊  
Provide comfort pack
- HK\$ 640** 提供中醫診症乙次連兩日藥，以舒緩完成主要治療後的副作用  
Offer Traditional Chinese Medicine consultation with 2-day prescription for relieving discomforts from side-effects of medical treatments
- HK\$ \_\_\_\_\_**

**捐款者資料 Donor Information:**

中文姓名 ..... <small>(先生/小姐/女士)</small>	English Name ..... <small>(Mr. / Miss / Ms.)</small>
手提電話 Mobile	辦公室/住宅電話 Office/Home Tel
地址 Address	電郵 Email
	收據抬頭 Name on Receipt <small>(如與上述捐款人不符方需填寫) (Specify if differ from donor name above)</small>

您的個人資料將保密處理，並只會用作捐款處理、發出收據和通訊等用途。  
Your personal information will be treated as strictly confidential and used solely for processing donation, issuing receipts and communication purposes.

如不同意接收香港乳癌基金會的資訊，請在空格內以  表示：  
Please  the following box if you don't wish to receive information from Hong Kong Breast Cancer Foundation.

通訊語言 (請選其一)  
Language Preference (select one only)  
 英文 English  中文 Chinese

**捐款方法 Donation Method:**

每月捐款 Monthly Giving  單次捐款 One-off Giving

**信用卡 Credit Card** (單次或每月捐款適用 One-off and Monthly Giving) (\*有效期不少於兩個月 minimum valid for 2 months)

<input type="checkbox"/> Visa	<input type="checkbox"/> MasterCard	簽發銀行 Card Issuing Bank
信用卡號碼 Credit Card Number	有效日期 Expiry Date	月 Month
	年 Year	
持卡人姓名 Cardholder's Name	持卡人簽署 Cardholder's Signature	

**劃線支票 Crossed Cheque** (單次捐款適用 One-off Giving ONLY)

支票抬頭請寫「香港乳癌基金會有限公司」，並在支票背面寫上姓名及聯絡電話。  
Please make the cheque payable to "Hong Kong Breast Cancer Foundation Limited"  
Please mark your name and contact number on the back of the cheque.

**銀行入數 Bank Deposit** (單次捐款適用 One-off Giving ONLY)

請把善款直接存入香港乳癌基金會之滙豐銀行戶口: 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.

\*表格上如有任何塗改，請在旁簽署。港幣一百元或以上的捐款，可憑收據申請扣減稅項 (稅局編號91/7226)。  
Please sign against any alterations you make on this form. All donations of HK\$100 or above are tax deductible (IRD File no. 91/7226)  
請填妥本表格，並寄回香港乳癌基金會香港北角木星街9號家昇中心22樓或傳真至本會2525 6233。  
Please complete the form and return to us by post to Hong Kong Breast Cancer Foundation, 22/F, Jupiter Tower, 9 Jupiter Street, North Point or by fax 2525 6233.

如有查詢，請致電 3143 7371 與籌募及傳訊部同事聯絡。  
Please contact Fundraising & Communications Department at 3143 7371 if you have any enquiries.



# 定期接受乳健檢查

## Have a regular breast check up

立即網上預約!  
Book it now!



2D/3D Mammogram  
乳房 X 光造影檢查



Co-payment Screening Programme  
資助乳健檢查計劃

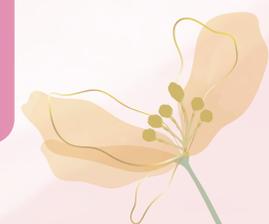


Ultrasound  
乳房超聲波掃描

Service Fees  
服務收費:



Online Booking  
網上預約服務:





# 乳癌真的必須化療?

—— 臨床實證 ——  
每10名患者  
少於2名化療有效益<sup>8</sup>



美國醫療指南  
“首選”檢測<sup>1</sup>

## 安可待<sup>®</sup>乳癌腫瘤基因檢測



復發指數<sup>®</sup>結果  
唯一計算化療效益<sup>1-7</sup>



美國實驗室化驗,  
確保準確一致性



預測復發機率,  
避免過度或不足治療<sup>1-7</sup>

安可待<sup>®</sup>網頁



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References:  
1. Paik et al. N Engl J Med. 2004. 2. Paik et al. J Clin Oncol. 2006. 3. Sparano et al. N Engl J Med. 2005. 4. Dowsett et al. J Clin Oncol. 2010. 5. Alhain et al. Lancet Oncol. 2010. 6. Kalinsky et al. N Engl J Med. 2021. 7. Kalinsky et al. SARCIS 2021. 8. Finn et al. Lancet. 2012. 9. NCCN Guidelines Insights: Breast Cancer, version 4.2022. 10. EBMT Press Release, September 2019. 11. NCCN Guidelines Database. 2024 December 2019, accessed December 2019. 12. Burstein et al. Ann Oncol. 2011. 13. Arzoo et al. J Clin Oncol. 2012. 14. Carlini et al. Ann Oncol. 2015. 15. Stumm et al. N Engl J Med. 2015. 16. Stumm et al. N Engl J Med. 2015. 17. Herbolz et al. SARCIS 2019. 18. Mitz et al. Breast Cancer Res Treat. 2017.

美國醫療指南之註：並不表示醫生保證癌症，並非保證能成功計算結果，並非保證能預測癌症，並非保證能避免過度或不足治療。  
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# 安可待<sup>®</sup>乳癌腫瘤基因檢測

檢測特點:

## 獨特復發指數<sup>®</sup>結果

透過檢測21個乳癌相關基因，  
報告能提供0-100分復發指數<sup>®</sup>結果，  
評估化療能否為患者帶來效益，  
從而制定最合適及具效益的療程，  
避免過多或不足的治療風險。



- ✓ 臨床實證，唯一預測乳癌化療效益檢測<sup>1-7</sup>
- ✓ 榮獲國際醫療指南一致推薦<sup>9,11-14</sup>
- ✓ 全球逾150萬名患者完成安可待<sup>®</sup>檢測<sup>3,6,7,15-18</sup>



## 乳癌腫瘤基因檢測資助計劃

自2019年起，已有逾250名患者受惠，  
有關2025-2026年資助計劃詳情可參閱  
香港乳癌基金會網頁最新消息！

資助詳情及申請資格



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HK-MSD-09991 Apr/2025



With Compliments

# Lilly

致意



## 跨越「癌」關，妳不孤單

Roche

Her2morrow 將乳癌資訊整理為不同的分頁，方便正處於抗癌旅程中不同階段的患者及同路人獲取所需的資訊。請留意標誌  以到達網頁的相應分頁了解詳情

### 懷疑有乳癌

- 乳癌的徵狀、診斷方法
- 乳房檢查及預防
- 乳癌風險評估及檢查建議

我有乳癌嗎？

### 初確診的您

- 認識乳癌的4大類及治療方向
  - └ HER2 是甚麼？三陰性乳癌又是甚麼？
- 乳癌的分期

認識乳癌

乳癌治療

### 治療前後或康復中的您

- 各種治療的原理及適應症
  - 乳癌藥物資助，讓您減少後顧之憂
- └ 了解術前治療及保留乳房手術
- └ 抗 HER2 雙標靶皮下注射

藥物資助計劃

乳癌治療



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# 第三代Hologic 3D乳房造影

- **更準確**<sup>1-6</sup>  
More accurate<sup>1-6</sup>
- **更快**  
Faster
- **更舒適**<sup>7</sup>  
Less pain<sup>7</sup>



**3.7**

最高清影像、  
最快的乳房斷層掃描<sup>8</sup>，  
只需**3.7**秒

The highest resolution and the fastest  
tomosynthesis scan\* – only takes **3.7**s

**41%**

偵測率比2D造影高**41%**<sup>9</sup>  
降低**40%**重照率<sup>10-11</sup>

Detect **41%** more invasive cancer than 2D<sup>9</sup>.  
Lower the recall rate by **40%**<sup>10-11</sup>



唯一被**FDA**認可對高密度  
乳房表現出眾的乳房造影<sup>12-13</sup>  
The only mammogram proven to be superior  
for women with dense breasts<sup>12-13</sup>



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