



**2022/23**  
**ANNUAL**  
**REPORT**  
**年報**







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# 前言

## Foreword



隨著新冠肺炎(COVID-19)大流行的長尾效應持續對香港乳癌基金會(基金會)在減低乳癌風險工作中的管理、營運和倡議工作方面帶來影響，我們需要具備更大的耐心和充裕的時間。基金會亦受到本地及海外的經濟因素，如利率和通貨膨脹等。

儘管基金會面臨種種挑戰，我們仍然堅守使命，致力減低乳癌在本地的威脅。透過乳健教育、患者支援服務和研究工作，提高公眾對乳癌的認識，倡議在香港提供更好的乳健服務。我們專注於以患者為中心，由專業人士主導，進一步縮小了社區的服務差距，鞏固了我們的地位。

這在很大程度上源於我們一直以來在管治領域上作出的恆常修正、改進及承諾，如今已結出了豐盛的成果。

基金會推出多元化項目，包括眾多社會服務、健康博覽會和講座，以提高公眾對乳癌的認識以及將健康資訊傳遞給公眾，我們亦為印尼婦女舉辦展覽，因為語言障礙和對環境的不熟悉會給少數族裔在尋求醫療幫助時帶來困難。儘管受到外來因素影響，乳健中心的服務迎來挑戰，但乳癌風險評估的參加人數卻顯著增加。我們還與衛生署合作，開展了為期兩年的乳癌篩查服務計劃。當然，支持患者踏上康復之路永遠都是基金會關注的重點。

約有30%的乳癌患者會出現淋巴水腫後遺症，如紅腫脹痛，造成生活上不便。為了幫助預防、檢測和控制這個現象，我們成立了一個專業的淋巴水腫護理中心，今年已有8,054人次就診。

我們還與各方合作，提供乳癌復發風險評估測試和乳癌藥物資助計劃，申請免費領取KISQALI®藥物。在基金會的支援下，受惠的患者總數增加1,052人(+2.43%)，參加病人支援活動的人次增加至22,249人次(+4.12%)，在藥物資助計劃下申請退還的資助金額達港幣229,451元(+76.5%)。

As the long tail of the COVID-19 pandemic continued to exert an influence over administration, operations and initiatives in our fight against breast cancer, strong reserves of patience and time were needed. Economic factors at home and abroad, in the form of interest rates and inflation, also played their part.

Despite the challenges, however, we continue our missions, working diligently toward mitigating the threat of breast cancer, promoting awareness, education, patient support, and research, advocating for better care in Hong Kong. Focused, patient-centric, and professionally led, we have strengthened bridging the service gap in the community.

This, in no small way, stems from the regular amendments, advancements and commitments in the realm of governance which we planted throughout the years, has borne the fruit and shade we benefit from today.

Initiatives, spanning numerous social services, health expos, and talks, took breast cancer awareness and health issues to the public. This included an exhibition specifically for Indonesian women, as language barriers and unfamiliarity with the environment can present difficulties for minorities when seeking medical help. Despite being affected by external factors, the services of the Breast Health Centre face challenges, there was a marked increase in attendance for risk assessment. Partnering with the Department of Health, too, we have embarked on a two-year programme providing screening services. Of course, supporting those on their road to recovery will always be close to our hearts.

Lymphoedema can cause pain and inconvenience for almost 30% of breast cancer patients. To help prevent, detect and control this phenomenon, we have established a dedicated Lymphoedema Care Centre which saw 8,054 attendances this year. We also collaborated with various parties to offer financial assistance programme for Breast Recurrence Score tests and free KISQALI®. The total number of patients under the HKBCF care had grown by 1,052 persons (+2.43%), with attendances at patient support activities increasing by 22,249 (+4.12%), and funds reimbursed under the Drug Financial Assistance Programme totalling HK\$229,451 (+76.5%). Our efforts will continue to improve, to benefit more patients in need.







作為我們倡議和制定更有效的乳癌防控和護理計劃的一部分，我們繼續進行研究並舉辦研討會。香港乳癌資料庫發表的《香港乳癌資料庫第14號報告》，探討了香港華裔乳癌患者十年存活率，結論得出早期檢測確實可以挽救生命。在我們的年度科學會議上，專家分享了最新的研究和臨床實踐的知識。透過「乳你同行」的網上直播醫學講座，分享了最新的乳癌知識和治療方案的見解。

對於一個完全由社區資助的非牟利慈善機構來說，長期的財務可持續性至關重要。基金會在這方面付出的艱巨努力使我們不斷籌集到急需的捐款。社會的慷慨支持使我們能夠提供免費的乳癌篩查和患者支援服務，同時加強了上述研究和倡導工作的力度。

2022年我們再次以線上方式舉辦旗艦籌款活動「乳健同躍動2022」，反應非常熱烈，參與人數超過2,000人。

我們感謝所有的資助機構，如香港賽馬會慈善信託基金、滙豐銀行慈善基金、香港交易所以及香港公益金、孫志新慈善基金和傅德蔭基金有限公司的慷慨支持。我們也衷心感謝企業合作夥伴，包括組織慈善義賣的「粉紅夥伴」，以及所有支持我們的人士、協會、社團和學校。

我們也要感謝名譽顧問、顧問理事會和各委員會的成員，以及我們香港和九龍中心的所有同事，是他們的奉獻和辛勤工作使我們取得了今天的成就。

生活已經恢復正常，隨之而來既有慣常的挑戰，也有新的挑戰。然而，基金會相信，我們的團隊會繼續投入時間和耐性去推動必須的服務，為患者、其家人及照顧者提供支援，助他們走上康復之路。

正是乳癌患者的勇氣激勵著基金會，而這種勇氣並不總是我們能看到的。基金會將繼續為大眾帶來面對挑戰的勇氣。我們將繼續倡導全民乳癌篩查，以助建立一個更好、更健康的社區。

As part of our advocacy and creation of plans for more effective breast cancer control and care, we continue to conduct research and hold symposiums. The Hong Kong Breast Cancer Registry Research Report No. 14 examined 10-year survival rates of Chinese patients in Hong Kong and concluded that early detection does indeed save lives. At our Annual Scientific Meeting, experts shared knowledge on the latest research and clinical practices. Through a live symposium, entitled The Patient Journey, insights on the latest breast cancer knowledge and treatment options were shared.

For a non-profit, charitable organisation, fully funded by the community, long term financial sustainability is critical. Herculean efforts in this area continued to raise much needed funds. The generous support of the community enables us to provide free or affordable breast screening and patient support services, while augmenting the research and advocacy initiatives mentioned above.

Again, our signature fundraising event was held virtually. Pink Together 2022 enjoyed an overwhelming response, with over 2,000 participants.

We are thankful to all the funding bodies, such as Hong Kong Jockey Club Charities Trust, Hongkong Bank Foundation, Hong Kong Exchanges and Clearing Limited in partnership with Community Chest of Hong Kong, Suen Chi Sun Charitable Foundation and Fu Tak lam Foundation Limited, for their generosity. Heartfelt appreciation also goes to corporate partners, including Pink Partners who organised charity sales, and all the individuals, associations, societies and schools who support us.

A vote of thanks is also extended to the Honorary Advisors, members of our Advisory Council and Committees, as well as colleagues in our Hong Kong and Kowloon Centres, whose dedication and hard work make all our achievements possible.

Life has returned to normal, perse, and with that comes challenges both familiar and new. We are confident, however, that our team will find the time and patience to continue developing the vital services that will prevail in the battle to reduce breast cancer, serving patients and their families, on the road to recovery.

It is their courage that inspires us and such courage is not always something we can see. HKBCF will continue to give people the courage to face challenges. And our advocacy for population-wide screening to help build a better, healthier community goes on.



# 抱負與使命

## Vision and Missions



### 抱負 Our Vision

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

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 and research and advocacy. The HKBCF is operated by Hong Kong Breast Cancer Foundation Limited.

### 使命 Our Missions

- 提高公眾對乳癌的認識及推廣乳房健康的重要性  
Promote public awareness of breast cancer and the importance of breast health
- 支援乳癌患者踏上復康之路  
Support breast cancer patients on their road to recovery
- 倡議改善本港乳健及乳癌防控和醫護方案  
Advocate better breast cancer care in Hong Kong

## 我們的服務 Our Services

### 乳健檢查及乳健教育 Breast Screening and Breast Health Education

基金會於2011年在香港島開設首間乳健中心，第二間於2018年在九龍成立，以提供一站式專業、方便，及可負擔的乳健檢查服務。這些服務包括乳癌風險評估、2D或3D乳房X光造影檢查、乳房超聲波檢查、醫生會診及診斷服務。

乳健中心亦會舉辦乳健講座，並即場提供乳房觸檢服務。

The HKBCF opened the first Breast Health Centre (BHC) in 2011 on Hong Kong Island and a second centre in 2018 in Kowloon to provide one-stop professional, accessible and affordable breast examination services. These services include breast cancer risk assessment, 2D or 3D mammography screening, breast ultrasound examination, doctor consultation and diagnostic procedures.

The BHC also organises breast health talks and provides on-site clinical breast examinations.

### 患者支援 Patient Support

乳癌支援中心由香港乳癌基金會營運，致力為乳癌患者、康復者及其家人和照顧者，提供全面支援服務。服務範圍包括提供個別輔導、支援小組、治療前後提供乳癌資訊及諮詢服務、淋巴水腫護理服務、藥物資助計劃、假髮、義乳、胸圍及繃帶送贈計劃，以及義工服務。

The Breast Cancer Support Centre (BCSC) operated by the HKBCF is committed to providing comprehensive support services to breast cancer patients and survivors as well as their family members and caretakers. Such services range from individual counselling, support group, provision of breast cancer information and consultation during pre- and post-treatment, lymphoedema care, drug assistance programme, supply of free wig, prosthetic bra and bandage as well as volunteer services.

### 研究與倡議 Research and Advocacy

香港乳癌資料庫於2007年成立，透過搜集本地乳癌病例數據，有助研究更適合香港乳癌情況的治療方案及醫療政策。

自2017年起，基金會擴大其研究工作範圍，並將研究團隊改名為乳癌研究中心。除了自行進行研究外，中心亦與不同的研究機構合作，進行與乳癌有關的研究項目。

The HKBCF established the Hong Kong Breast Cancer Registry (HKBCR) in 2007 to collect local breast cancer patients' data to facilitate the development of treatment options and healthcare policies best suited to the breast cancer situation in Hong Kong.

Since 2017, the HKBCF has expanded the scope of its research work and renamed the research unit as the Breast Cancer Research Centre (BCRC). The BCRC now collaborates with other research agencies and institutions to conduct relevant breast cancer studies, in addition to undertaking self-initiated research projects.

香港乳癌基金會有限公司是向香港稅務局註冊的慈善機構。(註冊號碼：91/7226)

Hong Kong Breast Cancer Foundation Limited is a charitable organisation registered with the Hong Kong Inland Revenue Department. (IRD Ref No.: 91/7226)

# 服務成果回顧

## Service Highlights\*

### 乳健檢查及教育 Breast Health Screening and Education



125,878

乳健教育活動接觸人次

Breast health education activities attendances



153,221

接受乳健檢查及跟進服務人次

Breast cancer screening and follow-up attendances



105,037

接受乳癌風險評估人次

Breast cancer risk assessment attendances

### 患者支援 Patient Support



272,892

參加各種患者活動的人次

Patient support activities attendances



HK\$ 9,161,620

藥物資助計劃下發放資助總金額

Total amount under Drug Financial Assistance Programme



71,061

使用淋巴水腫護理服務的人次

Lymphoedema care services attendances



12,259

參與香港乳癌基金會活動的患者人數

Number of patients attended the HKBCF activities

### 香港乳癌資料庫 Hong Kong Breast Cancer Registry



26,341

登記參與資料庫數據分析的患者人數

Patients registered to provide information for analysis



65

登記為乳癌研究中心提供數據的

醫院及和診所數目

Number of hospitals and clinics registered for Breast Cancer Research Centre to collect data

\* 截至2023年6月30日 As of 30 June 2023



# 十八年來的 里程碑

## Milestones over 18 years



2005  
|  
2010

### 起步期 Development

#### 2005-2006

- 於2005年3月8日成立香港乳癌基金會  
HKBCF established on 8 March 2005
- 舉行首個關注乳癌的步行籌款活動  
Held first breast health fundraising walkathon

#### 2006-2007

- 發表有關香港婦女對乳癌檢查的意識及習慣的調查結果  
Published survey results on Hong Kong women's perception and awareness of breast cancer risks and breast examination behaviour

#### 2007-2008

- 成立香港乳癌資料庫  
Established Hong Kong Breast Cancer Registry (HKBCR)
- 推出粉紅絲帶夥伴計劃 Launched Pink Ribbon Partners Programme

#### 2008-2009

- 推出乳房X光造影檢查資助計劃  
Launched Mammography Screening Financial Assistance Programme
- 推出乳癌藥物資助計劃  
Launched Breast Cancer Drugs Financial Assistance Programme

#### 2009-2010

- 香港乳癌資料庫發表首份研究報告《香港乳癌實況2008報告》  
HKBCR published first research report: "Breast Cancer Facts in Hong Kong 2008"
- 與香港中文大學合辦「香港癌症研究所第十四屆周年科學會議」  
Co-organised "14th Annual Scientific Symposium of the Hong Kong Cancer Institute" with The Chinese University of Hong Kong

2010  
|  
2015

### 鞏固期 Consolidation

#### 2010-2011

- 於香港島設立首間社區乳健中心  
Opened first community-based Breast Health Centre on Hong Kong Island
- 基金會成為香港首間提供淋巴水腫指數測量服務的非牟利機構  
Became first NGO in Hong Kong to offer lymphoedema index measurement service

#### 2011-2012

- 香港乳癌資料庫團隊出席第33屆國際癌症資料庫協會周年大會  
HKBCR team participated in 33rd International Association of Cancer Registries (IACR) Annual Meeting

#### 2012-2013

- 將每年五月定為「乳癌康復月」  
Officially dedicated the month of May each year as "Breast Cancer Survivorship Month"

#### 2013-2014

- 推出香港首個乳癌風險評估服務  
Launched Hong Kong's first breast cancer risk assessment service

#### 2014-2015

- 舉行「Pink Sunset」答謝善長慶祝晚宴為基金會10周年揭幕  
Held "Pink Sunset" donor-recognition celebration dinner to unveil HKBCF's 10th Anniversary

### 持續發展 Sustainability

#### 2015-2016

- 與香港乳癌研究組合辦「第二屆亞洲晚期乳癌交流會」  
Co-hosted "Second Asian Advanced Breast Cancer Exchange Forum" with Hong Kong Breast Oncology Group

#### 2016-2017

- 為香港乳癌基金會賽馬會乳健中心（九龍）舉行動土儀式  
Held ground-breaking ceremony of the HKBCF Jockey Club Breast Health Centre (Kowloon)
- 推出假髮、義乳和胸圍，及壓力繃帶送贈計劃  
Launched Free Wig, Prosthetic and Bra, and Bandage Giving Programme

#### 2017-2018

- 於2018年3月8日成立香港乳癌基金會賽馬會乳健中心（九龍）  
Officially opened HKBCF Jockey Club Breast Health Centre (Kowloon) on 8 March 2018

#### 2018-2019

- 首次就行政長官施政報告提交全民乳癌篩查意見書  
Presented first Policy Address submission to the then Chief Executive on population-wide breast cancer screening
- 舉辦首個淋巴水腫治療師培訓課程  
Organised first lymphoedema therapist training course

#### 2019-2020

- 推出首個淋巴水腫護理服務資助計劃  
Launched first lymphoedema care service assistance programme

#### 2020-2021

- 由於新冠肺炎疫情，本會將年度旗艦籌款活動「乳健同行」改為線上首度進行的「乳健同躍動2020」  
Due to the COVID-19, the annual signature fundraising event "Pink Walk" was remodelled into the first-ever virtual "Pink Together 2020"
- 於賽馬會乳健中心（九龍）首次開辦中醫診所  
Launched a Traditional Chinese Medicine Clinic for the first time at the HKBCF Jockey Club Breast Health Centre (Kowloon)

#### 2021-2022

- 香港特區政府在2021年9月6日起推出以風險為本的乳癌篩查先導計劃，是本會十六年來為減少乳癌威脅的政策倡議的重要里程碑  
The HKSAR Government rolled out a risk-based Breast Cancer Screening Pilot Programme on 6 September 2021 to provide screening, a big milestone of mitigating breast cancer policy advocated by the HKBCF over the past 16 years.

#### 2022-2023

- 淋巴水腫護理中心正式開幕  
Lymphoedema Care Centre officially opened

2015  
|  
Now

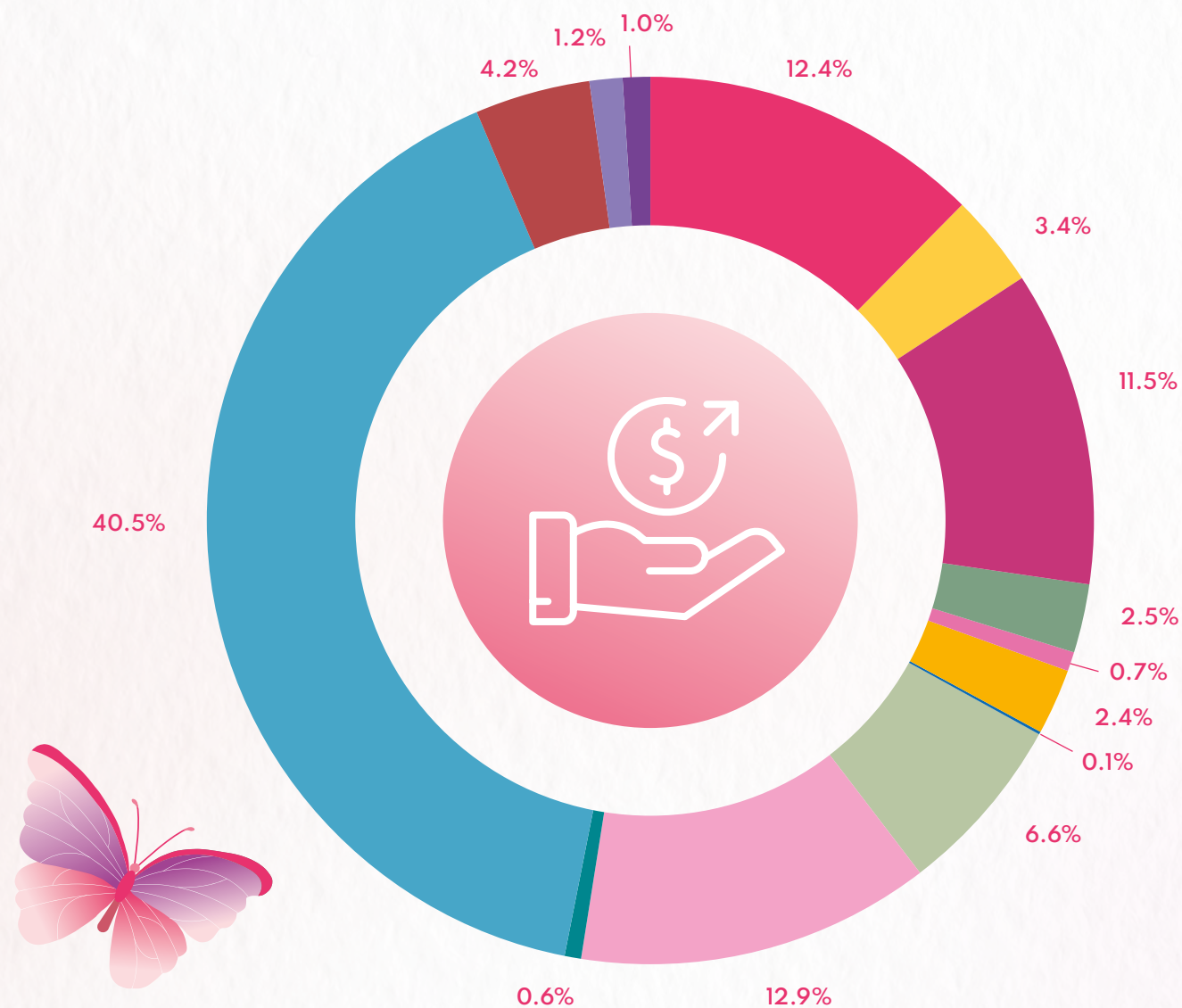




# 財務摘要

## Financial Highlights

### 收入 Income



上述財務摘要來自香港乳癌基金會截至2023年6月30日經由黃龍德會計師事務所審核的年度財務報表。該財務報表可於香港乳癌基金會辦事處查閱。

黃龍德會計師事務所已就該財務報表出具一份無保留意見的審計報告，並且沒有在報告中提及任何需要強調但不影響其報告的事項；報告亦不包含根據香港公司條例第406(2)、407(2)或(3)條作出的聲明。

The above financial highlights are extracted from the financial statements of the HKBCF for the year ended 30 June 2023 which have been audited by Patrick Wong C.P.A. Limited and are available for inspection at the office of the HKBCF.

Patrick Wong C.P.A. Limited has provided an unqualified report on those financial statements and did not include a reference to any matters to which they need to draw attention by way of emphasis without qualifying their report; and did not contain a statement under sections 406(2), 407(2) or (3) of the Hong Kong Companies Ordinance.

### 收入 Income

	2022/23 港幣HK\$'000		2021/22 港幣HK\$'000	
捐款 Donations	6,901	(12.4%)	13,380	(20.4%)
九龍中心籌款項目 Funds raised from Kowloon Centre Fundraising Campaign	1,884	(3.4%)	4,911	(7.5%)
其他籌款活動 Other Fundraising Events	6,409	(11.5%)	7,352	(11.2%)
公益金撥款 Community Chest	1,400	(2.5%)	1,400	(2.1%)
香港交易所慈善夥伴計劃 HKEX Charity Partnership Programme	396	(0.7%)	47	(0.1%)
滙豐150週年慈善計劃 HSBC 150th Anniversary Charity Programme	1,346	(2.4%)	8,842	(13.5%)
華人永遠墳場管理委員會 The Board of Management of The Chinese Permanent Cemeteries	41	(0.1%)	527	(0.8%)
滙豐銀行慈善基金 The Hongkong Bank Foundation	3,693	(6.6%)	2,516	(3.8%)
香港賽馬會慈善信託基金 The Hong Kong Jockey Club Charities Trust	7,158	(12.9%)	7,217	(11.0%)
悟宿基金會有限公司 Providence Foundation Limited	323	(0.6%)	-	(0.0%)
服務收入 Service Income	22,477	(40.5%)	17,631	(26.8%)
利息收入 Interest Income	2,330	(4.2%)	326	(0.5%)
慈善義賣及治療用品銷售 Charity Sales and Product Sales	646	(1.2%)	577	(0.9%)
其他收入 Other Income	537	(1.0%)	900	(1.4%)

### 總收入 Total Income

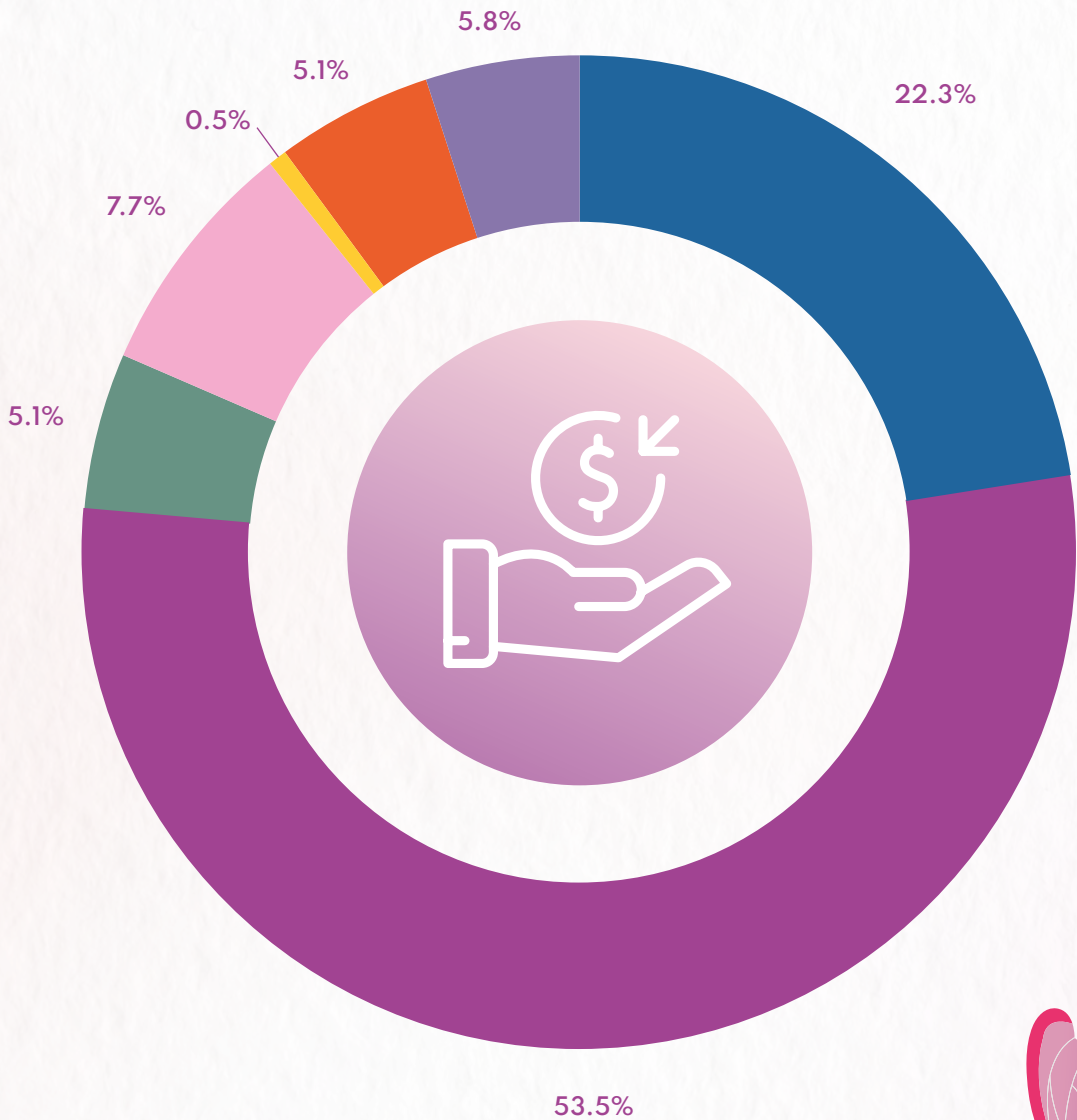
**55,541 (100.0%)    65,626 (100.0%)**



財務摘要
Financial Highlights



支出 Expenditures



支出 Expenditures

	2022/23 港幣HK\$'000		2021/22 港幣HK\$'000	
乳癌支援中心 Breast Cancer Support Centre	11,075	(22.3%)	10,014	(20.3%)
乳健中心 Breast Health Centre	26,550	(53.5%)	25,047	(50.8%)
教育與傳訊 Public Education & Communication	2,526	(5.1%)	2,368	(4.8%)
乳癌研究中心 Breast Cancer Research Centre	3,837	(7.7%)	4,115	(8.3%)
籌款成本 Fundraising Costs	266	(0.5%)	537	(1.2%)
行政成本 Administrative Costs	2,510	(5.1%)	2,087	(4.2%)
外匯兌換損失 Foreign Exchange Loss	-	(0.0%)	123	(0.2%)
折舊及攤銷 Depreciation & Amortisation	2,901	(5.8%)	5,011	(10.2%)

總支出 Total Expenditure	49,665 (100.0%)	49,302 (100.0%)
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	2022/23 港幣HK\$'000	2021/22 港幣HK\$'000
總收入 Total Income	55,541	65,626
總支出 Total Expenditure	49,665	49,302

年度盈餘 Surplus for the year	5,876	16,324
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# 機構管治

## Corporate Governance

維持良好的企業管治一直以來是香港乳癌基金會的首要任務之一。

Maintaining good corporate governance has been and remains one of HKBCF's top priorities.

### 對贊助者和捐助者盡責

我們竭力確保在基金會的服務營運和日常工作中，對贊助者、捐助者和其他持份者盡責的守則。

我們認同透過不斷的參與和交流，從我們的贊助者和捐助者獲得長期支持是十分重要的；這對我們為服務對象提供可持續的服務是不可或缺。我們確保所有籌得的善款都恰當地為有需要人士提供專業服務。為此，我們採用了各種政策和指引供員工遵循。

我們制定了一套處理利益衝突的政策和指引，適用於管治委員會及轄下委員會的所有成員、顧問理事會的理事，以及基金會的所有員工。為防止和禁止賄賂和貪污的發生，我們發佈了一份有關提供和接受利益和款待的政策和指引，規定所有員工在辦理基金會的業務或事務時，必須恪守《防止賄賂條例》。為保護基金會的所有機密資料，免遭未經授權而存取、複製、使用或披露，我們制定了一份保密程序，任何人士凡參與收集、持有、處理或使用基金會擁有的機密資料時，或在其受僱、工作或服務於基金會期間，會接觸到或可能接觸過該些資料，均須謹守遵行。上述重要政策及指引均可在基金會的網頁上查閱。

### Accountable to Sponsors and Donors

We are committed to ensuring that we are accountable to our sponsors, donors and other stakeholders in our operational services and practices throughout the HKBCF.

We acknowledge the importance of obtaining long term support from our sponsors and donors through constant engagement and communications. This is essential in providing sustainable services to our service users. We ensure all money raised is properly spent in delivering professional services to people in need. To this effect, we have adopted various policies and guidelines for employees to follow.

We have established a Policy and Guidelines on Managing Conflicts of Interest which applies to all members of the Management Committee and its subcommittees, Advisory Council as well as all employees of the HKBCF. To prevent and prohibit bribery and corruption, we have published a Policy and Guidelines on Offering and Acceptance of Advantages and Entertainment, which requires all employees to comply with the Prevention of Bribery Ordinance in conducting businesses or affairs of the HKBCF. In order to safeguard all confidential information of the HKBCF against unauthorised access, possession, reproduction, use or disclosure, we have formulated a Policy and Procedures on Confidentiality, which applies to every person who is involved in the collection, holding, processing or use of the confidential information owned by the HKBCF, or comes into or may have come into contact with such information during the course of his/her employment, work or service with the HKBCF. The major policies and guidelines are available on the HKBCF's website.



### 關懷服務對象

我們關心每一位到臨我們的乳健中心或乳癌支援中心，無論是接受乳房X光造影檢查、淋巴水腫護理服務，或輔導支援服務的朋友、患者、其家人及照顧者。為了確保我們的服務能滿足服務對象的需求，我們成立了乳健中心顧問委員會和乳癌支援中心委員會，以制定服務的方向和策略，並且監察其進展情況。有關這兩個中心的工作詳情，請參閱本年報第20-24頁及香港乳癌基金會網頁。

### 負責任的員工

我們高度重視我們的員工。為了在工作場所或基金會所屬的處所內，向員工、服務使用者、訪客及其他人士提供安全健康的工作環境，我們採納了急救政策，並於新冠肺炎大流行期間制定了一套防控措施供員工遵循。

此外，所有管理人員和員工均受一套行為守則所規範，該守則要求他們在提供服務和執行工作時，在道德和原則上負起明確義務。行為守則已在基金會的網頁公佈，並列入基金會的員工手冊，供所有員工遵循。管理人員和員工均接受周期培訓以了解有關守則及其意義；不遵守行為守則將會遭受紀律處分。

### Care for Service Users

We care for each and every individual, patient, their family members and carers who come to our Breast Health Centre or Breast Cancer Support Centre for services, whether it be for mammography screening, lymphoedema care or counselling support. In order to ensure our services meet the needs of our service users, we have established the Breast Health Centre Advisory Committee and the Breast Cancer Support Centre Committee to set the direction and strategies of the services to be provided and monitor their implementation. Highlights of the work of these two Centres are available on pages 20-24 of this Annual Report and the HKBCF's website.

### Responsible Staff

We pay high regard to our employees. To provide a safe and healthy working environment for the employees, service users, visitors and other people in the workplace or on the premises of the HKBCF, we have adopted a First Aid Policy and set out infection control measures against COVID-19 for employees to follow during the pandemic.

All management and staff are subject to a Code of Conduct (Code) which places them under specific obligations to adhere to the ethics and principles by which our services are provided and operations are conducted. The Code is published on the HKBCF's website and included in the HKBCF Employee Handbook which is available to all employees. Management and staff receive periodic training on the Code and its implications. Non-compliance with the Code results in disciplinary action.





# 機構管治

## Corporate Governance

### 內部監控

我們向員工強調，無論他或她個人在基金會的架構內位處哪個等級，均屬我們內部監控系統的一個重要組成部分，我們期望他們為內部監控出一分力。

我們的系統設有制衡機制，因此沒有一方能「壟斷」交易、活動或流程，以圖隱瞞違法行為。相關授權會以清晰明確的方式傳達出去，批核也記錄在案。

### 外部審計

基金會2022/2023年度已審核的財務報表經基金會的審核委員會審閱，並由獨立的外部審計師，黃龍德會計師事務所有限公司審計。2022/2023年度財務摘要請參閱本年報第12-15頁及基金會的網頁查閱。我們某些重要的特定捐款也由該特定捐助者任命的審計公司進行外部審計，而於2022/2023年度內所有需要審計的報告確認，基金會在各重要方面均已遵守相關捐款協議的特定要求。

基金會的審核委員會在協助管治委員會履行與財務報告、風險管理、內部監控、外部審計，以及遵守相關法律、規例及守則有關的機構管治和監督職責上，扮演重要的角色。所有審核委員會的成員均獨立運作，不受管治委員會影響，5位成員中有4位為註冊會計師。

### Internal Control

We emphasise to our employees that everyone, no matter where he or she stands in the HKBCF's hierarchy, is an important part of our internal control system and we expect them to contribute to that system.

Built into our system are checks and balances such that no one party can “monopolise” a transaction, activity or process to conceal irregularities. Clear delegation of authority is communicated and approvals are documented.

### External Audit

The HKBCF's Audited Financial Statements for 2022/2023 were reviewed by the Audit Committee of the HKBCF and audited by Patrick Wong C.P.A. Limited, an independent external auditor. The Financial Highlights for 2022/2023 are available on pages 12-15 of this Annual Report and the HKBCF's website. Some of our major specific fundings are also subject to external audit by auditors appointed by specific donors and all the reports for such audits in 2022/2023 had confirmed that the HKBCF had complied with, in all material respects, the requirements specified in the respective donation agreements.

The HKBCF's Audit Committee plays a significant role in assisting the Management Committee to fulfill their corporate governance and oversight responsibilities in relation to financial reporting, risk management, internal controls, external audits, and compliance with relevant laws, regulations and codes. All Audit Committee members are independent from the Management Committee and four out of five members are Certified Public Accountants.

### 管治委員會

基金會的管治委員會負責以盡責和有效的方式，指導基金會的事務和服務，以促進基金會的成功。截至2023年6月30日的財政年度，管治委員會由12名成員（8名女性和4名男性）組成，成員來自不同專業領域，包括：醫療、管治、財務、法律和公共事務的專家。成員名單及於管治委員會內的職銜刊載於本年報第42頁內，他們的簡歷可於基金會的網頁查閱。

管治委員會成員需確保他們對基金會的事務能付出足夠的時間和關注；同時，當他們考慮任何建議書或交易時，必須對其直接或間接利益（如有）作出聲明，並應退出相關的會議或討論（如需要）。每年，所有管治委員會成員均收到一份函件，提醒他們就利益衝突作出聲明（如有）。

顧問理事會是由各行業的專業人士組成，向管治委員會提供建議。管治委員會已任命多個委員會以監督基金會事務的特定範疇。顧問理事會和各個委員會的組成已刊載於本年報第44-46頁，其職權範圍可於基金會的網頁查閱。

### 愛護環境

我們關注氣候變化對環境所造成的威脅並實行綠色辦公室，減少用電及使用紙張，包括在辦公室實施將紙張循環再用。

### 展望

因應我們的經驗和資源，在適當的情況下我們會繼續審視並持續改善我們的企業管治。

有關上述資料，請掃描二維碼查閱基金會網頁「政策及指引」。



### Management Committee

The HKBCF's Management Committee is charged with the responsibility to promote the success of the HKBCF by directing its affairs and services in a responsible and effective manner. For the financial year ended 30 June 2023, the Management Committee comprises 12 members (8 women and 4 men), including experts from the medical, governance, finance, legal and public affairs professions. Their names and positions in the Management Committee are set out on page 42 of this Annual Report. Their biographies are available on the HKBCF's website.

Management Committee Members must ensure that they can devote sufficient time and attention to the affairs of the HKBCF and they are required to declare their direct or indirect interests, if any, in any proposals or transactions to be considered by the Management Committee and withdraw from the relevant meetings or discussions as appropriate. Each year, all Management Committee members are served with an annual reminder to declare conflicts of interest, if any.

The Management Committee is advised by an Advisory Council comprising professionals in various fields. The Management Committee has appointed a number of Committees to oversee particular aspects of matters of the HKBCF. The composition of the Advisory Council and these Committees are set out on pages 44-46 of this Annual Report. The terms of reference of such Committees are available on the HKBCF's website.

### Care for the Environment

We are aware of the threat of climate change to the environment and have implemented Green Office Practices to save the use of electricity and consumption of papers, including recycling of waste papers in our offices.

### Looking ahead

We will continue to review and, where appropriate, improve on our corporate governance practices in light of our experience and resources.

For more information, please scan QR code for viewing the HKBCF's webpage “Policies and Guidelines”.





# 積極走進社區

## Community Engagement



### 香港社會服務巡禮2023

2023年2月15日，基金會參與了香港社會服務聯會舉辦的「香港社會服務巡禮2023」，活動雲集超過500間不同類別的社福機構。活動促進基金會與社會各界的溝通交流，與大眾分享基金會的經營理念及多元化的服務範疇，包括為有經濟困難的婦女提供由香港賽馬會慈善信託基金支持的「資助乳健檢查服務」，為乳癌患者及照顧者提供的全方位照顧，並研究及推廣乳健資訊，令更多有需要人士受惠。

### 於健康博覽2022及2023擺設乳健展位

基金會分別於2022年10月21至23日及2023年6月9至11日期間，於香港會議展覽中心舉行的健康博覽2022及2023擺設展位。通過展覽活動，基金會團隊與參觀者面對面地交流，現場傳授乳健知識，並推廣乳健中心和乳癌支援中心的服務。

此外，感謝基金會名譽醫學顧問英偉亮醫生及乳健中心主管鍾慧貞女士，於基金會專題講座中分享他們對乳癌風險及治療的見解。



### 婦女健康行動日暨啟動禮

由民建聯婦女事務委員會主辦的「婦女健康行動日暨啟動禮」於2022年9月17日舉行。醫務衛生局副局長李夏茵醫生、合辦機構銀騎士聯合創辦人林淑華女士、支持機構香港乳癌基金會創辦人張淑儀醫生等主持啟動禮儀式。基金會管治委員會成員熊維嘉醫生亦獲邀出席，為參加者提供乳癌預防健康講座，希望提高婦女關注健康及定期進行身體檢查的意識。基金會榮幸獲頒感謝狀，肯定了基金會的貢獻和服務。



### Hong Kong Social Service Expo 2023

On 15 February 2023, the HKBCF participated in the "Hong Kong Social Service Expo 2023", organised by the Hong Kong Council of Social Service. The expo gathered more than 500 social service organisations serving different communities. The event facilitated communication between the HKBCF and different sectors of the community, sharing with the public the HKBCF's vision and diversified missions, including the co-payment breast examination programme subsidised by the Hong Kong Jockey Club Charities Trust for women with financial needs, holistic care for breast cancer patients and their carers, and how we research and raise awareness on breast cancer to help more people in need.

### Breast Health Booths in Health Expo 2022 and 2023

The HKBCF set up booths at the Health Expo 2022 and 2023 held at the Hong Kong Convention and Exhibition Centre from 21 to 23 October, 2022, and 9 to 11 June, 2023 respectively. Through the event, our team interacted face-to-face with the visitors, imparted on-site knowledge on breast health and promoted the services of the Breast Health Centre and Breast Cancer Support Centre.

Our thanks to Dr. YING Wai Leung, Honorary Medical Consultant of the HKBCF, and Ms. Grace CHUNG, Head of the Breast Health Centre, for sharing their insights on the risks and treatments of breast cancer.

### Women's Health Action Day and Launching Ceremony

The Women's Health Action Day and Launching Ceremony, organised by Democratic Alliance for the Betterment and Progress of Hong Kong (DAB) Women Affairs Committee, was held on 17 September 2022. The Launching Ceremony was officiated by Dr. Libby LEE, Under Secretary for Health, Ms. Suk-Wah LAM, Co-founder of Silverriders, Dr. Polly CHEUNG, Founder of the HKBCF, and other honorable guests. Dr. Wai-Ka HUNG, Member of the HKBCF's Management Committee, was also invited to attend and delivered a talk on the prevention of breast cancer to participants, aiming to raise awareness among women about health and the importance of regular breast cancer screening. The HKBCF was honored to receive a Certificate of Appreciation in recognition of its contributions and services.

### 於印尼駐港領事館及印尼國家銀行舉辦乳健講座

疾病無分國界和種族，不同年齡及種族的婦女都應關注乳癌。少數族裔的婦女或礙於陌生的環境或語言所限，即使有需要尋求醫療協助亦求助無門。基金會乳健中心非常榮幸獲印尼駐港領事館及印尼國家銀行的邀請，為在港印尼女性舉辦乳健教育講座及攤位，分享乳健知識，致力減低乳癌在本地的威脅。

### 立法會議員陳曼琪到訪乳健中心

基金會多年來一直進行乳癌研究及政策倡議工作，積極關注婦女健康。2022年11月15日，立法會議員陳曼琪女士到訪香港乳癌基金會賽馬會乳健中心（九龍）。基金會主席霍何綺華博士與陳議員熱切交流婦女健康議題，基金會團隊亦與陳議員分享有關本港乳癌情況及基金會的多元化服務，包括乳健檢查、患者身心支援、藥物資助及社區教育等。

陳議員亦在同月18日於立法會會議上發言，建議設立「婦科醫療券」以及擴大現行先導計劃，如設立「乳癌及子宮頸癌」免費篩查等。



### 渣甸山獅子會到訪

衷心感謝渣甸山獅子會對基金會的支持。渣甸山獅子會的「獅兄獅姐」親臨香港乳癌基金會賽馬會乳健中心（九龍），參觀並了解更多基金會的宣導工作及服務模式，提升乳健意識，把知識在社區內宣揚開去，讓更多的婦女受益。

### Sontos Giving Team 到訪

基金會衷心感謝由歌手盧瀚霆（Anson LO）歌迷組成Sontos Giving Team 一直以來的支持。Sontos Giving Team參觀了香港乳癌基金會賽馬會乳健中心（九龍）及認識中心各項服務，包括乳健檢查、術後淋巴水腫護理、病人及家人輔導、中醫會診等，宣揚「及早發現，治療關鍵」的重要性，更鼓勵她們把學到的知識轉告身邊的人，希望能藉此使更多的女性得益，提高婦女對乳房保健的關注。

### Health Exhibition with the Indonesian Consulate and Bank Negara Indonesia

Disease knows no boundaries. Women of all ages and races should be aware of breast cancer. Ethnic minorities may face difficulties seeking medical help due to unfamiliar environment or language barriers. Invited by the Indonesian Consulate and Bank Negara Indonesia, the Breast Health Centre held a breast health exhibition for Indonesian women in Hong Kong to share knowledge on breast health, mitigating breast cancer threats locally.

### Ms. Maggie CHAN Man-ki, Member of the Legislative Council, visited Breast Health Centre

For many years, the HKBCF has been researching breast cancer and advocating for policies promoting women's health. On 15 November 2022, Ms. Maggie CHAN Man-ki, Member of the Legislative Council, visited the HKBCF Jockey Club Breast Health Centre (Kowloon). Dr. Eliza FOK, Chairman of the HKBCF, exchanged with Ms. CHAN on women's health. The HKBCF team also shared the situation of breast cancer in Hong Kong and the diversified services provided by the HKBCF, including breast screening, psychological and physical support for patients, drug subsidies and community education.

On 18 November 2022, Ms. CHAN proposed at a Legislative Council meeting the establishment of "gynaecological medical vouchers" and the expansion of the current pilot programme, such as free screening for breast and cervical cancer.

### Visit by Lions Club of Jardine's Lookout Programme

Our heartfelt thanks to the Lions Club of Jardine's Lookout for their support. Their members visited the HKBCF Jockey Club Breast Health Centre (Kowloon), to gain a first-hand understanding of our advocacy work and service models, and to raise breast health awareness. Through such sharing, the HKBCF hopes to help more women safeguarding their health.

### Visit by Sontos Giving Team

Sontos Giving Team is formed by a group of enthusiastic fans of singer Anson LO. To express our sincere gratitude to the team's continuous support, HKBCF Jockey Club Breast Health Centre (Kowloon) welcomed the team and gave them a tour of the Centre, introducing our diverse services from breast health examination, lymphoedema care, individual and family counselling, and Traditional Chinese Medicine consultation.



# 患者支援

## Patient Support

### 設立淋巴水腫護理中心為患者提供一站式護理服務

#### Set Up Lymphoedema Care Centre to Provide One-stop Care for Patients

淋巴水腫是乳癌的常見後遺症。根據香港乳癌資料庫的統計，有三成乳癌病人於乳癌手術及放射治療後，會出現淋巴水腫，並引致上肢腫痛。而且一旦患上，便無法根治。因此基金會早於2010年引入淋巴水腫護理服務，為全港首間引入專業及全面淋巴水腫服務的非牟利機構。

社會對淋巴水腫護理的需求持續上升，基金會於2023年3月成立淋巴水腫護理中心，致力投入更多資源引入更先進的儀器和更專業的護理服務，為受困的乳癌患者提供更完善的淋巴水腫教育及護理服務，以改善患者的生活質量。自2010年起，基金會已為乳癌患者提供累計71,061次淋巴水腫護理服務。

Lymphoedema is a common side effect of breast cancer treatment. According to the Hong Kong Breast Cancer Registry, about 30% of breast cancer patients may develop lymphoedema, characterised by swollen and painful upper limb after surgery and radiotherapy. The condition cannot be cured. In 2010, the HKBCF became the first ever non-profit organisation in Hong Kong to introduce professional and holistic lymphoedema care services.

With the rising demand for lymphoedema care services, the HKBCF decided to set up the Lymphoedema Care Centre in March 2023, allocating more resources and introducing state-of-the-art equipment to perfect our lymphoedema education and care services. The HKBCF has provided a total of 71,061 sessions of lymphoedema care services to patients since 2010.



### 榮獲香港義工獎2022

常言道：「施比受更有福」，過往有不少曾經接受基金會支援服務的康復者及其家人，會選擇擔任義工以作回饋。義工們擔任本會乳癌支援中心小組導師至行政工作等各個重要的崗位，支援乳癌病患者及家屬，為對抗乳癌出一分力。

基金會很榮幸獲得香港義工獎2022企業及非商業機構（義工時數）金獎，當中有四位義工獲得個人（義工時數）銅獎，有兩位獲得銀獎。此獎項由民政及青年事務局與義務工作發展局合辦，致力嘉許本地傑出義工、企業、機構以及義工協作計劃對社會的貢獻。基金會榮獲此殊榮充分體現社會對基金會服務的認可。

### 推動「乳癌腫瘤基因表現檢測資助計劃」

2022年8月19日，基金會舉行新聞發佈會分享乳癌術後治療方案，以及推動「乳癌腫瘤基因表現檢測資助計劃」，為合資格病友提供相關檢測的資助，讓更多乳癌患者能夠受惠。

計劃的目的是為最近於醫管局轄下公立醫院接受了乳房腫瘤切除手術的香港居民，提供經濟支援以接受安可待®乳癌腫瘤基因表現檢測。基金會管治委員會成員熊維嘉醫生在發佈會上表示，很多初期確診患上乳癌的病人立時想到化療，但是，化療只是乳癌治療方法之一，並非每位患者都必須要接受化療，而透過「乳癌腫瘤基因表現檢測資助計劃」可讓醫生更有效地制定患者術後的治療方案，並識別患者能否從化療中受益。

### Awarded Hong Kong Volunteer Award 2022

As the saying goes, "It is more blessed to give than to receive". Many previous beneficiaries and their families who have received support services from the HKBCF choose to give back by volunteering with us. The volunteers have been great support of our services - from leading group classes at our Breast Cancer Support Centre to taking up administrative work to support breast cancer patients and their loved ones on the road to recovery and mitigating breast cancer threats in Hong Kong.

The HKBCF was awarded the Gold Award of Hong Kong Volunteer Award 2022's Corporate & Non-Commercial Organisation (Volunteer Hours). Among the volunteers, four have received the Individual Bronze Award (Volunteer Hours) and two have received the Silver Award. Co-organised by the Home and Youth Affairs Bureau and the Agency for Volunteer Service, the Award is dedicated to recognising the contributions of outstanding volunteers, corporations, organizations and cross-sectoral partnership projects. The Award reflects the recognition of our services by the community.

### Promoting The 'Breast Recurrence Score Financial Assistance Programme'

On 19 August 2022, The HKBCF held a press conference to share the post-operative treatments of breast cancer and promote 'Breast Recurrence Score Financial Assistance Programme'. The Programme provides financial assistance to eligible patients, making the test affordable to more breast cancer patients.

'The Breast Recurrence Score Financial Assistance Programme' is designed to help alleviate the financial burden for patients residing in Hong Kong who have recently received surgery to remove their breast tumor within the public health system managed by the Hospital Authority, as a public-care patient. Clinically eligible and means-tested patients may receive the Oncotype DX® Breast Recurrence Score test at subsidised rate to find out definitively whether or not they can benefit from chemotherapy based on their Breast Recurrence Score results. Dr. Wai-ka HUNG, Member of the HKBCF's Management Committee, pointed out at the press conference that many cancer patients would think of 'chemotherapy' when they were first diagnosed with breast cancer. In fact, chemotherapy is only one of the treatment options for breast cancer and it is not necessarily suited for all breast cancer patients. 'The Breast Recurrence Score Financial Assistance Programme' allows physicians to tailor the most appropriate treatment plan to patients effectively after surgery and identify whether patients can benefit from chemotherapy.





## 患者支援

## Patient Support



### 與諾華製藥合作推出藥物資助計劃

香港乳癌基金會聯同諾華製藥推出KISQALI®「乳癌藥物資助計劃」，為有需要的患者長遠分擔財政壓力，鼓勵患者積極抗癌。基金會於2022年7月舉行新聞發佈會，向大眾公布資助計劃的詳情，以及分享乳癌治療的最新發展。

香港乳癌資料庫督導委員會成員趙穎欣醫生在發佈會上指出，年輕女性患乳癌並不罕見，而在香港常見的其中一種乳癌則是荷爾蒙受體陽性（HR+）。近年有研究顯示，晚期HR+乳癌使用新型藥物CDK4/6抑制劑後，停經前和停經後患者，存活期均得以延長，存活期可達五年或以上。

儘管醫學界研究到有效的治療方法，但患者或會因經濟問題致沒法負擔長期高昂的藥費，為了讓患者得到持續的藥物治療，基金會的乳癌藥物資助計劃可資助合資格的患者使用CDK4/6抑制劑。患者服用KISQALI®(ribociclib)至第19週期開始，即可於已參加此計劃的私家醫生診所或私家醫院申請免費領取KISQALI®，直至醫生改變療程。



### Cooperated With Novartis to Launch Drug Financial Assistance Programme

The HKBCF has collaborated with Novartis Pharmaceuticals to launch the KISQALI® 'Breast Cancer Drug Financial Assistance Programme', which aims to make medications accessible to breast cancer patients with financial difficulties, boosting their morale in this battle against breast cancer. In July 2022, the HKBCF held a press conference announcing the details of the financial assistance programme, as well as sharing the latest development on the treatment for breast cancer.

Dr. Joanne CHIU, Member of the Hong Kong Breast Cancer Registry Steering Committee, indicated at the press conference that young women with breast cancer are not uncommon, and one of the common types of breast cancer in Hong Kong is hormone receptor-positive (HR+). Recent studies have shown that using a new class of drugs called CDK4/6 inhibitors for advanced HR+ breast cancer can extend the survival period for premenopausal and postmenopausal patients, with a survival period of up to five years or more.

Despite the availability of effective treatments, patients may not be able to afford the long-term high cost of medication due to financial constraints. To enable patients to receive continuous drug treatment, our 'Breast Cancer Drug Financial Assistance Programme' can offer subsidies to eligible patients using CDK4/6 inhibitors. Starting from Cycle 19, the patient can receive KISQALI®(ribociclib) for free from private clinics or private hospitals enrolled in the Programme, until the regimen is changed by the doctor.

#### 香港乳癌資料庫第14號報告 鳴謝

##### 寶石贊助

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#### Hong Kong Breast Cancer Registry Report No. 14

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## 研究與倡議

## Research & Advocacy

多年以來，基金會一直積極倡議全民乳癌篩查計劃。香港特區政府於2021年9月6日推出風險為本的「乳癌篩查先導計劃」，是防治乳癌重要的里程碑。該計劃為符合資格的婦女提供為期兩年的乳癌篩查服務，有助於早期發現無症狀的乳癌患者。基金會將繼續在乳癌研究和倡議上不遺餘力，致力改善本港的乳健和乳癌防控醫療方案。

For years, the HKBCF has been actively advocating for a population-wide breast cancer screening programme. The launching of a risk-based Breast Cancer Screening Pilot Programme by the HKSAR Government on 6 September 2021 was an important milestone in the prevention and treatment of breast cancer. Under this Programme, eligible women is entitled for breast screening services for a period of two years, which will aid in the early detection of asymptomatic breast cancer cases. The HKBCF is committed to continuing its efforts in breast cancer research and advocacy for better breast health in Hong Kong.

### 香港乳癌資料庫第14號報告 香港首項華裔乳癌患者十年存活 數據分析

基金會轄下的香港乳癌資料庫（HKBCR）於2022年9月28日發表第14號年度研究報告，並回顧近八千名華裔乳癌患者的存活數據，為香港首項長達十年的患者存活狀況分析。

研究顯示，癌症期數、患者年齡及生物學亞型（下稱乳癌類型），均影響乳癌患者的存活。第0、I、II期的早期患者的十年整體存活率分別高達90%以上；而第III和IV期的晚期患者，存活率分別降至74.0%和26.4%，突顯及早發現乳癌的重要性，尤其是40歲以下患者的預後情況(prognosis)較差。有關研究將為醫生提供本地數據，與患者分享及作出更好的醫學評估。

香港乳癌資料庫第14號報告，就患者的存活狀況進一步作回顧性的研究。研究團隊收集了7,930名於2006年至2011年期間確診的華裔乳癌患者，涵蓋了醫院管理局轄下香港癌症資料統計中心同期的42.5%個案（18,678宗個案）。當中，62.3%患者的跟進年期達十年或以上，跟進年期中位數為127個月，為本港首項調查華裔乳癌患者的十年存活狀況的研究。

研究結果為臨床評估及治療提供具價值的參考，同時突顯及早發現乳癌的重要性。倘若乳癌被發現得早，及早治療，將有助提高存活率。為推動社區一起對抗乳癌。



### Announcement of Hong Kong Breast Cancer Registry Report No. 14: First 10-year Survival Analysis of Chinese Breast Cancer Patients in Hong Kong

The Hong Kong Breast Cancer Registry (HKBCR), run by the HKBCF, launched its 14th annual research report at a press conference on 28 September 2022. The report was the first ever study to examine the 10-year survival of nearly 8,000 Chinese breast cancer patients in Hong Kong.

The study revealed that cancer stage, age and biological subtype (cancer subtype) would affect the survival of breast cancer patients. The 10-year overall survival (OS) for stage 0, I, II were over 90%, while that of stage III and IV dropped to 74.0% and 26.4% respectively. The figures highlighted the importance of early detection. It is worthy to note that younger patients, especially for aged 40 or below, have poorer prognosis. These findings would provide doctors with local data to share with their patients and better estimate their medical treatments.

HKBCR Report No. 14 included a retrospective study regarding the survival of breast patients. Records on 7,930 Chinese women who were diagnosed with breast cancer between 2006 and 2011 were retrieved, which covered 42.5% of the cases in Hong Kong Cancer Registry of the Hospital Authority during the same period of time (18,678 cases). Among them, 62.3% had been followed up for 10 years or more and the median follow-up period was 127 months.

The finding provided valuable insights for the clinical assessment and treatments, highlighting the significance of early detection, as well as to engage the local community of fighting against breast cancer together.



## 周年乳癌大會2022 - 從試驗到臨床實踐

基金會於2022年10月29日假座香港喜來登酒店舉行每年一度乳癌科學會議－「周年乳癌大會2022- 從試驗到臨床實踐」。

是次研討會採取實體與線上方式進行，雲集不同領域的海外及本地教授、醫生以及藥廠代表。與會者除了進行學術交流，今次並新增辯論環節，讓專家即場就乳癌議題作出討論，分享乳癌最新研究資訊及臨床診療經驗。

當日，楊明明教授、Hope Rugo教授、Cristina Saura醫生、Peter Fasching教授及Peter Schmid教授於研討會發表其研究和講解會議當中的題目。李沛基醫生、趙穎欣醫生、邱振中醫生、邱宗祥醫生及梁宗存醫生應邀於五場講題中，分別作每場的主持人帶領專題討論，熊維嘉醫生及李沛基醫生則帶領激烈的辯論環節。

研討會有多位學者及醫生參與討論，包括：陳可恩醫生、蔡浩強醫生、關永康醫生、郭子熹醫生、梁力恆醫生、梁廣泉醫生、梁宗存醫生、凌若熙醫生、吳廷英醫生、宋崧醫生、司徒安頤醫生、張文龍醫生、唐美思醫生、邱宗祥醫生、游子覺醫生及蔡錦輝教授。

感恩研討會能夠順利完成，是次研討會吸引近百位醫療界人士到現場，線上亦有來自世界各地逾百人參與。當日最吸引的，莫如最後的辯論環節，就辯論主題「在所有情況下都應為新發轉移性乳癌患者提供手術」，各位專家展開激烈的辯論，即場交流乳癌最新研究及臨床診療經驗，正反雙方碰撞出更具啟發性的論點，對醫學界發展大有裨益。期待下次2023年的乳癌科學會議。



## Annual Breast Cancer Updates 2022 - From Trial to Clinical Practice

The annual scientific meeting, namely “Annual Breast Cancer Updates 2022 - From Trial to Clinical Practice” was held by the HKBCF on 29 October 2022 in Sheraton Hong Kong Hotel.

The conference was conducted in a hybrid mode and attended by overseas and local professors, doctors, and pharmaceutical representatives from various specialties. The conference included sessions for academic exchange and a newly added debate session. Throughout the conference, experts shared knowledge on the latest research and clinical practice experiences related to breast cancer.

During the conference, Prof. Winnie YEO, Prof. Hope RUGO, Dr. Cristina SAURA, Prof. Peter FASCHING, and Prof. Peter SCHMIND shared their research and opinions on various topics. To facilitate the panel discussions, Dr. Lawrence LI, Dr. Joanne CHIU, Dr. Chun-Chung YAU, Dr. Thomas YAU, and Dr. Roland LEUNG served as moderators for each of the five sessions. The debate session was led by Dr. Wai-Ka HUNG and Dr. Lawrence LI.

Scholars and doctors participated in the discussions included Dr. Yolanda CHAN, Dr. Peter CHOI, Dr. Wing-Hong KWAN, Dr. Carol KWOK, Dr. Alex LEUNG, Dr. Angus LEUNG, Dr. Roland LEUNG, Dr. Ida LING, Dr. Ting-Ying NG, Dr. Inda SOONG, Dr. Michelle SZETO, Dr. Peter TEO, Dr. Macy TONG, Dr. Thomas YAU, Dr. Tsz-Kok YAU and Prof. Kelvin TSOI.

The conference completed successfully with around 100 medical professionals physically participated and more than 100 participants joined online from all over the world. In the final debate session on “Surgery should be offered for de novo metastatic breast cancer in all cases”, the most attractive session on that day, experts debated fiercely and exchanged the latest research and clinical practice experience relating to breast cancer. Their heated debate generated great benefit to the development of the medical community. All those present looked forward to the next Annual Breast Cancer Updates in 2023.



## 「乳你同行」網上直播醫學講座2023

基金會訂立每年五月為「乳癌康復月」，以一系列活動為乳癌康復者及家人打氣，並提高大眾對乳癌的關注。於2023年5月27日，基金會舉辦以「患者之旅程」為主題的「乳你同行」網上直播醫學講座2023，講座邀請多位醫學專家分享全面乳癌資訊，讓觀眾透過直播了解到最新的乳癌知識以及治療方向。

## Live Symposium 2023

The HKBCF designates May as the “Breast Cancer Survivorship Month” every year to uplift breast cancer survivors and their families, as well as to raise public awareness on breast health through various events. On 27 May 2023, the HKBCF held the Live Symposium on Breast Health Education 2023, themed “The Patient Journal”. Experts were invited to share their insights on the latest breast cancer knowledge and treatment options with the audiences in the Live Symposium.

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## 基金會與衛生署合作提供風險為本的乳癌篩查

基於香港特區政府癌症預防及普查專家工作小組的建議，衛生署於轄下的婦女健康中心提供風險為本的乳癌篩查服務。基金會向來提倡「及早發現，治療關鍵」。是次非常榮幸成為衛生署的夥伴之一，為其港島及九龍區的母嬰健康院及長者健康中心提供乳房造影檢查。合作計劃為期兩年，於2023年3月展開。

## The HKBCF collaborates with the Department of Health on Risk-based Breast Cancer Screening Services

Adopting recommendation of the HKSAR Government's Cancer Expert Working Group on Cancer Prevention and Screening, the Department of Health (DH) has introduced risk-based cancer screening services at its women health service centres. The HKBCF, being an advocate of “Early detection saves lives”, is honoured to be a partner of the DH for a two-year programme started in March 2023. Under the programme, our Breast Health Centre provides breast imaging services to the Maternal and Child Health Centres and Elderly Health Centres of the DH on the Hong Kong Island and in Kowloon.



# 為推動乳健籌款

## Fundraising for Breast Health

### 為推動乳健籌款

基金會是一間靠賴籌款營運的非牟利機構，每份捐助對基金會和患者都是莫大的支持。我們在此向所有善長人翁、支持者、企業夥伴和醫療專家衷心致謝。他們以各種形式對基金會給予慷慨的支持，包括直接捐款、實物捐贈、在他們的媒體平台上宣傳我們的籌款活動、舉辦慈善義賣活動，並在醫學講座作為講者，宣傳重要的乳健教育。

無論是何種形式的支持，他們不僅幫助本會籌募經費，使我們的香港中心和九龍中心得以提供持續的乳檢和患者支援服務；還提高了公眾對乳癌及乳健重要性的意識。



### Fundraising for Breast Health

As a non-profitable organisation funded entirely by the community, every donation provides immense support to both the HKBCF and the patients it serves. Our heartfelt thanks go to many passionate donors, supporters, corporate partners and medical professionals for their generous donation and unwavering support in multiple ways, including making direct donations, giving in kind donations, promoting our fundraising events on their own media platforms, initiating charity sales campaigns for us as well as giving speeches in the symposium to disseminate important breast health education.

Regardless of the format, their support helped not only to raise vital funds for the HKBCF to continue to provide breast screening and patient support services in both our Hong Kong Centre and Kowloon Centre; but also to increase public awareness of breast cancer and the importance of breast health in the community.

### 第三屆線上籌款活動乳健同躍動 2022

新冠肺炎疫情下，基金會於2020年將其年度重頭籌款活動「乳健同行」轉型為一項以線上形式進行的「乳健同躍動」。為延續其動力和佳績，基金會於2022年10月至11月中旬舉辦第三屆線上形式進行的乳健同躍動。

「邁出一步 踢走乳癌高危因素」是乳健同躍動2022的主題，無論個人、家庭、小組或企業，在活動中所邁出的每一步都對他們摯愛的人、有需要幫助的人，以及社會展現出關愛與支持。

活動鼓勵參加者穿上粉紅服飾，按個人喜好隨時隨地躍動身體，同時亦為慈善出力。例如：以跑步、步行、爬山、踏單車等方式參與。

基金會得到10位影視名人和香港運動員以宣傳短片熱心推廣乳癌的公眾意識及呼籲捐款，為此深表感激。沒有他們大力襄助，乳健同躍動2022不會獲得圓滿佳績。疫情持續下，「乳健同躍動」繼續以線上形式舉行，但依舊無阻大家的熱誠，是次活動共有超過二千位朋友參加，成績令人鼓舞。

### The 3<sup>rd</sup> Virtual Fundraising Campaign - Pink Together 2022

In light of the COVID-19 pandemic, the HKBCF remodelled its annual signature fundraising activity "Pink Walk" to a virtual event "Pink Together" in 2020. To sustain the momentum and success of Pink Together 2020, the HKBCF launched the 3<sup>rd</sup> virtual Pink Together from October to mid November 2022.

"Take a step, reduce high risk factors of breast cancer!" marked the theme of Pink Together 2022. Every step taken by the individuals, families, teams or corporations at the event would demonstrate love and support to their loved ones, to people who were most in need of help and to the community.

Participants were encouraged to put on their pink outfit to perform any sport or exercise of their choice, such as running, walking, hiking, cycling, etc., anytime and anywhere and contribute to the event during the campaign.

The HKBCF greatly appreciated the help of 10 celebrities and Hong Kong Olympic Athletes who helped promote public awareness of breast cancer and appeal for donations through their promotional videos. Without their staunch support, Pink Together 2022 would not have been such a great success. Although our annual fundraising event stayed virtual due to the pandemic, over 2,000 enthusiastic participants joined us.



PINK TOGETHER  
乳健同躍動  
2022





## 企業夥伴發起慈善義賣活動

### Charity Sales Campaigns initiated by Corporate Partners

#### Vivienne Tam 慈善義賣

##### Vivienne Tam Charity Sale

為推動關注乳癌，國際知名設計師Ms. Vivienne TAM為基金會獨家創作「愛是無限」戲曲娃娃手提袋。粉紅色調的針織圖案傳遞活力、愛與希望。衷心感謝Vivienne — 基金會大使，設計及捐獻此限量版產品作慈善義賣。收益將用於支援基金會的各項服務，為乳癌患者及康復者提供適切治療及護理。

Exclusively created for the HKBCF by internationally renowned designer Ms. Vivienne TAM to promote breast cancer awareness, the "LovfinityS" Opera Girl Tote Bag is knitted in beautiful shades of pink to convey energy, love and hope. Our heartfelt thanks to Vivienne, our dear ambassador, for designing and donating this special edition of tote bags for charity sale. Proceeds go towards supporting breast cancer patients and survivors with treatments and care.



#### 婦女遊樂會

##### Ladies' Recreation Club

Ladies' Recreation Club (LRC)多年來一直為基金會的好友及支持者。於2022年，LRC舉辦了一系列籌款活動以捐助基金會，包括網球比賽、水中巡迴訓練和麻將對決，為我們對抗乳癌工作注入源源不斷的能量。我們對LRC的擁護及支持深表感激，未來將繼續攜手為乳癌患者作出努力，加強患者護理、教育及研究等各方面工作。

The Ladies' Recreation Club (LRC) has been a long-standing friend and supporter of us. Last year, the LRC held a series of fundraising events to benefit the HKBCF, including tennis tournaments, aqua circuit exercises, and mahjong games, which has been a true source of strength for our work against breast cancer.



#### 明建會香港 Lap Dog Challenge

##### Lighthouse Club – Lap Dog Challenge

基金會很榮幸成為Lap Dog Challenge的受惠機構。這項籌款活動的參加者，爭取在5個小時內完成最多的400米圈數。於2022年，共有13支隊伍接受了挑戰，為基金會籌集了HK\$284,195的善款。他們的慷慨支持讓我們感到非常鼓舞。

The HKBCF is honoured to be a beneficiary of the Lap Dog Challenge - an exceptional fundraising initiative that requires runners to complete as many laps of a 400m track as they can within a five-hour timeframe. In 2022, 13 teams took on the challenge and raised an impressive sum of HK\$284,195 for the HKBCF. Their generosity and commitment to our cause are truly inspiring.



#### 君集團－限量版刺繡胸針

##### Jun's Enterprise - Limited Edition Embroidery Brooch

為響應粉紅十月，Jun's Embroidery與香港刺繡師傅合作推出全人手粉色刺繡胸針，並將收益的20%捐贈予基金會，以支援基金會帶動社會對抗乳癌的工作。漂亮的粉紅配飾，不僅為服裝增添了一份優雅，同時也為受乳癌影響的人士帶來了希望和支持。

In support of Pink October, Jun's Embroidery collaborated with embroidery masters in Hong Kong to design a charity Pink Brooch for the HKBCF, with 20% of the proceeds donated to the HKBCF. This beautiful pink accessory not only added a touch of elegance to any outfit, but also served as a powerful symbol of hope and support for those affected by breast cancer.



#### 香港歌劇社 - 為愛唱

##### The Opera Society of Hong Kong – Sing For Charity

為支持乳癌社群，香港歌劇社於2023年4月8日舉辦了「為愛唱」慈善籌款音樂會。香港乳癌基金會有幸成為唯一受惠機構，衷心感謝香港歌劇社支持我們的慈善工作。演出當晚集結多個獨唱和合唱的經典曲目，令人愉悅。

In support of the breast cancer community, the Opera Society of Hong Kong hosted the "Sing For Charity" concert on 8 April 2023. The HKBCF was much honoured to be the sole beneficiary. We are incredibly grateful for their commitment to our missions. It was a delightful night filled with solo and symphony performances of many classical pieces.





# 堅韌迎疫情挑戰

## Resilience Under the Pandemic

### 堅守崗位 為患者和公眾提供服務

經歷持續三年的疫情，基金會的乳癌支援中心及乳健中心在疫情下繼續加強衛生措施，嚴防疫情傳播。同時，確保為患者和公眾維持必須的服務，包括淋巴水腫護理、患者支援和乳健檢查服務。於2022年6至8月期間，疫情再次升溫，基金會亦不敢鬆懈防疫。我們在關鍵時刻，不但臨危不亂，更繼續堅守崗位。

基金會衷心感謝同事及於疫情期間捐贈抗疫物資的社會各界有心人士，發揮守望相助的精神，為有需要的人士伸出援手，一同攜手跨過「疫」境共渡難關。



### 新常態下 與時並進

基金會一直堅守使命，繼續廣泛地宣揚乳健資訊予社會大眾。在疫情下，數碼化科技急速發展，基金會服務亦與時並進。多項恆常支援服務及大型活動，包括患者支援小組及「乳你同行」醫學講座等，繼續以線上形式進行，讓參加者可以不受社交距離和防疫措施限制參與其中。



### Standing our ground serving patients and the public

In this three-year battle against the pandemic, the HKBCF's Breast Cancer Support Centre and Breast Health Centre have continued to implement stringent hygiene and infection control measures to prevent the spread of the virus. At the same time, we strove to maintain essential services for patients and the public, including lymphoedema care, patient support, and breast health check-up services. The pandemic surged again from June to August in 2022. However, the HKBCF did not let its guard down. Instead we stayed calm at critical moments and continued to serve the community.

The HKBCF would like to express heartfelt gratitude to our staff, as well as caring individuals from all walks of life in society who donated anti-epidemic materials during the pandemic and walked with HKBCF to help those in need overcome such a challenging time through collaborative efforts.

### Moving with the times under the "New Normal"

Upholding our mission, the HKBCF continued our work educating the public on breast health. The use of technology accelerated under the pandemic. The HKBCF continued to offer routine support services and major activities, including patient support groups and the "Live Symposium on Breast Health" through online mode. Participants were able to enjoy the activities regardless of social distancing and other anti-epidemic measures.

### 「疫」境後復常

### Post Pandemic Recovery

隨著防疫限制於2022年下半年逐步放寬，生活重回正軌，大家更著重身心健康及人與人之間的聯繫。基金會大型活動及支援中心小組實體活動陸續復辦，包括園藝治療及運動班等。在這個過渡期，我們明白乳癌患者需要時間重新適應社交活動。因此，部分活動，如患者支援小組，仍然以線上、線下混合模式舉行，讓參加者選擇適合自己的模式參與。

喜見2023年社會步入復常，基金會亦開始全力為闊別三年的年度盛事「乳健同行2023」山頂步行籌款活動做好準備。冀與社會各界再度合作，以身體力行的方式宣揚乳健訊息，讓更多人關注乳房健康。

The city steadily resumed to normal in the second half of 2022, with the anti-epidemic measures gradually relaxed. Well-being and social connection became the focus of the public again. The HKBCF since started to bring back major activities and group activities of the Breast Cancer Support Centre one by one, including horticultural therapy and various exercise classes. However, breast cancer patients might need more time to adapt to the social activities. Therefore, a number of essential services of the HKBCF, such as patient support groups, continued to be available in the hybrid format, allowing participants to join online or physically depending on their own needs.

The HKBCF also started the dearly missed annual signature charity walk "Pink Walk 2023" on the Peak. We look forward to joining forces with all walks of life in raising breast health awareness through each step we take.





## 與持份者緊密合作 *Working with Stakeholders*

基金會衷心感激社會各界的鼎力支持。在報告年度，包括傳德蔭基金有限公司、滙豐銀行慈善基金（滙豐慈善基金）、香港交易及結算所有限公司（港交所）及香港公益金、香港賽馬會慈善信託基金（賽馬會）及孫志新慈善基金在內的企業及捐助機構，繼續堅定支持基金會，推動我們提供多元化的服務，守護女性健康。

同時，我們亦非常感謝傳媒友好及夥伴的大力支持，助基金會提高社會大眾對乳房健康的關注。

### 滙豐慈善基金資助全面淋巴水腫護理服務計劃

由滙豐銀行慈善基金（滙豐慈善基金）批出資助1000萬港元的全面淋巴水腫護理服務計劃已於2021年10月展開。為期兩年的計劃，旨在為乳癌患者及其照顧者提供有關淋巴水腫的教育、預防，以致治療的全方位服務，應對此常見的乳癌治療副作用。計劃下特設外展合作服務，讓身體虛弱而無法親臨基金會中的患者（例如有轉移性乳癌或需接受舒緩治療等），都能夠獲得適切的淋巴水腫護理服務。

基金會向滙豐慈善基金的慷慨支持致衷心謝意，感激與我們一直同行。



### 滙豐150週年慈善計劃資助「乳健一生」免費乳房X光造影檢查計劃

滙豐150週年慈善計劃批出3,888萬港元，於2016年9月至2022年7月期間資助「乳健一生」免費乳房X光造影檢查計劃。滙豐其後通過將「乳健一生」計劃延長至2022年10月。

The HKBCF is thankful for the generous support from the community. In the reporting year, unrelenting funding support from corporates and funding bodies, including Fu Tak Lam Foundation Limited, the Hongkong Bank Foundation (HKBF), the Hong Kong Exchanges and Clearing Limited (HKEX), the Hong Kong Jockey Club Charities Trust (HKJCCT) and Suen Chi Sun Charitable Foundation, enabled the HKBCF to provide diverse services safeguarding women's health.

We also highly appreciate the great support from all media friends and partners who assisted the HKBCF in promoting breast health awareness.

### HKBF Funded Comprehensive Lymphoedema Care Service Programme

Launched in October 2021, the two-year Comprehensive Lymphoedema Care Service Programme with approved a sum of HK\$10M, funded by the Hongkong Bank Foundation (HKBF) aims to provide breast cancer patients and their caretakers with holistic support in handling the common breast cancer treatment side effect of lymphoedema – from education, prevention to treatment. Under the programme, a specially designed outreach collaborative project allows physically weak lymphoedema patients who are unable to attend the HKBCF centres (e.g. with metastatic or palliative breast cancer treatment) to still receive the care services needed.

Salute to HKBF for funding this meaningful service programme and thank you for walking with the HKBCF.



### HSBC 150th Anniversary Charity Programme Funded the “Breast Health for Life Free Mammography Screening Programme”

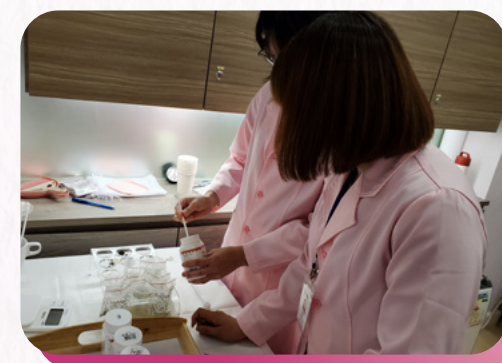
The HSBC 150th Anniversary Charity Programme approved a sum of HK\$38.88M to fund the “Breast Health for Life Free Mammography Screening Programme” from September 2016 to July 2022. HSBC subsequently approved the extension of “Breast Health for Life Free Mammography Screening Programme” till October 2022.

### 香港交易所慈善夥伴計劃及公益金資助中醫藥服務

香港交易所慈善夥伴計劃批出300萬港元資助，於2022年6月至2025年5月推行「乳癌患者身與心中醫復健服務計劃」。

基金會的中醫藥服務，現時由香港交易所慈善夥伴計劃全力支持。計劃由香港交易及結算所有限公司（港交所）及香港公益金合作推出。是次資助為期三年，合資格的申請者在完成腫瘤治療後會接受中醫服務，減輕乳癌治療副作用帶來的不適，並獲得情緒上的支援，緩解心理困擾。

近年，特別在疫情之下，大眾更明瞭中西醫結合治療的好處。大勢所趨下，由計劃支持的中醫藥服務，自2022年6月展開以來，報名越見踴躍，讓不少患者可透過中醫治療提升康復路上的生活質素。



### 賽馬會資助九龍中心全方位乳健計劃

基金會衷心感謝香港賽馬會慈善信託基金（賽馬會）一直以來的鼎力支持。由賽馬會批出2,300萬港元資助「賽馬會全方位乳健計劃」於2021年5月至2024年4月期間的運作。為期三年的計劃讓基金會得以於九龍中心繼續為公眾及乳癌患者提供乳房X光造影檢查、患者支援及淋巴水腫護理服務。

計劃下設有資助乳房X光造影檢查項目，尤其讓夾心階層婦女受惠。合資格申請者只需負責部分費用，就可以在基金會乳健中心接受乳房檢查，餘下費用由賽馬會負擔。此外，賽馬會於新冠肺炎緊急援助基金（第二輪）批出50萬港元，資助2022年4月至8月期間的「新冠肺炎疫情下確診乳癌患者及照顧者心理支援」項目。

向大眾宣揚乳健知識，向來是基金會一大主要工作。在報告年度，疫情威脅逐漸減退，加上賽馬會的支持，基金會團隊很高興可為不同機構舉辦乳健講座。

### 華人永遠墳場管理委員會推出生命教育計劃

華人永遠墳場管理委員會批准45萬港元資助，於2022年1至12月期間推行「生命教育計劃 - 粉紅生命導航 你、我、他」的項目。

### HKEX Charity Partnership Programme and Community Chest Supported Traditional Chinese Medicine Services

HKEX Charity Partnership Programme approved a sum of HK\$3M to fund the programme “Traditional Chinese Medicine Services for Restoring Physical and Psychological Wellness of Breast Cancer Patients” from June 2022 to May 2025.

The HKBCF's traditional Chinese medicine (TCM) services is fully backed by the HKEX Charity Programme - launched by Hong Kong Exchanges and Clearing Limited (HKEX) in partnership with the Community Chest of Hong Kong. The funding finances our TCM services for three years. Eligible applicants would receive, after their oncology treatments, TCM services to alleviate side effects of breast cancer treatments as well as emotional support to ease their psychology distress.

In recent years, especially during the pandemic, the benefits of integrated medicine are well noted by the public. Since TCM services were rolled out in June 2022, the programme has been in high demand, enhancing patients' quality of life on their roads to recovery.



### HKJCCT Subsidised Holistic Breast Health Project of Kowloon Centre

The HKBCF would like to extend our heartfelt gratitude to the Hong Kong Jockey Club Charities Trust (HKJCCT) for their unwavering support. The HKJCCT approved a sum of HK\$23M to fund the operation of the “Holistic Breast Health Project” from May 2021 to April 2024. The three-year holistic breast health project of Kowloon Centre launched in May 2021 enables the HKBCF to continue providing the public and breast cancer patients with mammography screening services, patient support and lymphoedema care services at our centre.

The co-payment breast screening services under the project particularly benefit women in the sandwich class. Eligible applicants only have to pay part of the breast screening service fees at our Breast Health Centre, while the HKJCCT subsidises the rest. Furthermore, HKJCCT approved a sum of HK\$500K for COVID-19 Emergency Fund (Phase II) to fund the project “Psychological support to newly diagnosed BC patients and their caregivers under COVID-19 pandemic” from April to August 2022.

To educate the public on breast health has always been a crucial part of the HKBCF's work. With the generous support of the HKJCCT and the pandemic's threats easing, our team is pleased to be able to deliver more breast health talks at different organisations in the reporting year.

### BMCPD Funded Life Education Projects

The board of Management of The Chinese Permanent Cemeteries approved a sum of HK\$450K to fund the project “Life Education Projects - Navigation to Better Wellbeing” from January to December 2022.



## 悟宿基金會有限公司資助 「低收入婦女淋巴水腫治療計劃」

悟宿基金會有限公司批出51萬港元作為資助50個「低收入婦女淋巴水腫治療計劃」的名額，於2022年11月至2023年10月期間推行淋巴水腫治療服務。

## 孫志新慈善基金資助低收入女士 接受免費乳房檢查

有見超過九成乳癌患者為40歲或以上，基金會一直提倡女士應由40歲起定期接受乳檢。感謝孫志新慈善基金批出善款，為40歲以上的低收入家庭婦女提供免費的乳檢服務。該計劃由2023年1月展開，為期一年。

## 傅德蔭基金有限公司資助低收入 女士接受免費乳房檢查

在報告年度，基金會亦喜獲傅德蔭基金有限公司的支持，在2023年4月開始為期一年的資助下，為更多40歲以上的低收入家庭婦女提供免費的乳檢服務，有望提高婦女的乳健意識。

## 銘琪癌症關顧中心淋巴水腫外展 合作計劃

與銘琪癌症關顧中心合作的「淋巴水腫外展合作計劃」已於2022年8月展開。

該計劃為罹患淋巴水腫的乳癌患者和康復者提供免費服務。這些服務包括但不限於淋巴水腫講座、間歇性氣動加壓治療、個別繃帶治療和淋巴水腫評估等項目。



## The Providence Foundation Limited Funded “Lymphoedema Treatment Programme for Underprivileged Women”

The Providence Foundation Limited approved a sum of HK\$510K to fund the 50 quotas for “Lymphoedema Treatment Programme for Underprivileged Women” from November 2022 to October 2023.

## Suen Chi Sun Charitable Foundation Supported Comprehensive One-Stop Breast Screening Service Programme for Underprivileged Women

Over 90 percent of breast cancer patients are 40 or above years of age. Therefore, the HKBCF has always reminded women aged 40 or above to undergo regular breast examination. We are very thankful for Suen Chi Sun Charitable Foundation's funding support, which powered the HKBCF to offer free breast screening services to women above 40 years of age from low income families. The one-year programme was launched in January 2023.

## Fu Tak lam Foundation Limited Financed Comprehensive One-Stop Breast Screening Service Programme for Underprivileged Women

In the reporting year, the HKBCF is also honoured to be supported by Fu Tak lam Foundation Limited, allowing us to provide more women above 40 years of age from low-income families free breast screening services. This one-year funding programme has started in April 2023. We hope to also raise women's breast health awareness through the programme.

## Maggie's Cancer Caring Centre Collaborative Project on Lymphoedema Outreach

Initiated by HKBCF and in collaboration with Maggie's Cancer Caring Centre on the “Lymphoedema Outreach Collaborative Project”, commenced in August 2022.

The project provided free services to breast cancer patients and survivors who were suffering from lymphoedema. The services included but not limited to Lymphoedema Talk, Intermittent Pneumatic Compression Device Treatment, Individual Bandaging Treatment and Lymphoedema Assessment.



## 媒體工作一覽 Media Work at a Glance



8 篇 pieces

新聞稿 Press Release



103 篇 pieces

報章專欄文章  
Articles in Regular Columns



12 次 times

媒體訪問 Media Interview



3 次 times

新聞發佈會  
Press Conference

基金會創會人張淑儀醫生於2022年10月3日接受香港電台節目《千禧年代》訪問，分享香港乳癌資料庫第14號報告的研究所得。

Dr. Polly CHEUNG, Founder of HKBCF, was interviewed by RTHK programme “Talkabout” on 3 October 2022, sharing research findings of Hong Kong Breast Cancer Registry Report No. 14.

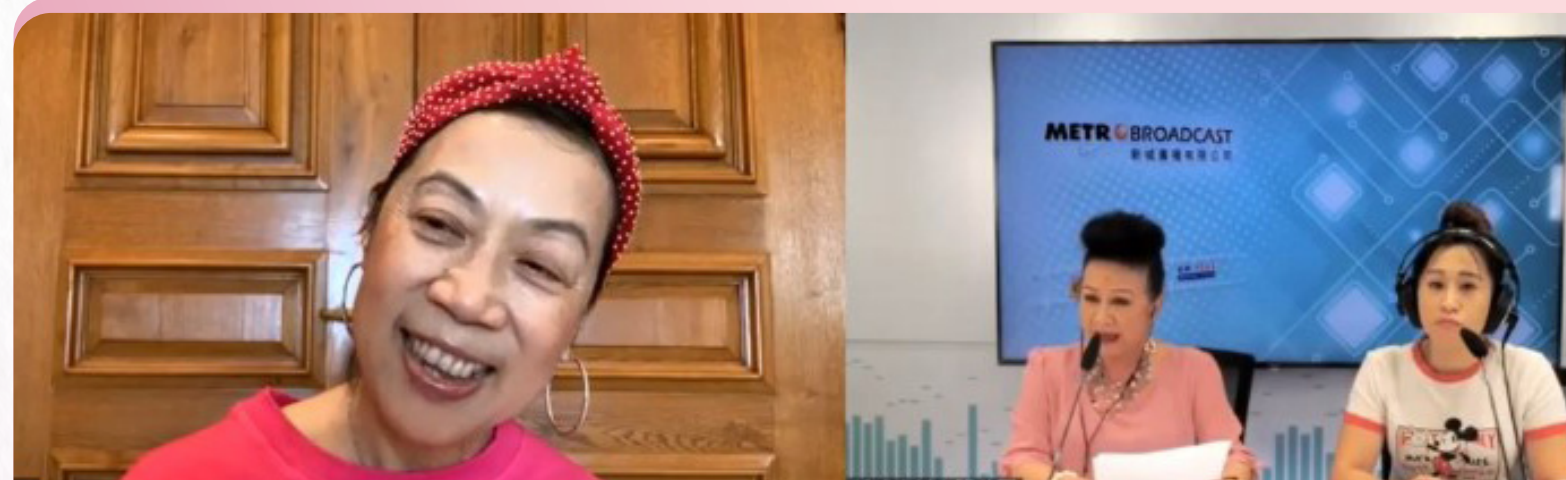
周家怡小姐獲委任為基金會大使，為「乳健同躍動2022」拍攝宣傳片，呼籲各界踴躍參與，一同「邁出一步，踢走乳癌高危因素」。短片於2022年9月19日發佈。

Ms. Catherine CHAU was appointed as the ambassador of HKBCF. In a promotional video, Ms. CHAU called for all walks of life to “Take a step, reduce high risk factors of breast cancer” with the HKBCF by participating in “Pink Together 2022”. The video was released on 19 September 2022.



2022年10月1日，基金會主席霍何綺華博士接受新城知訊台《開心大派對》訪問，介紹香港乳癌基金會旗艦籌款活動「乳健同躍動2022」，為基金會的服務籌募經費之餘，同時推廣乳健的重要性。

On 1 October 2022, Dr. Eliza FOK, Chairman of HKBCF, was interviewed in Metro Info radio programme “Happy Party”. During the programme, Dr. FOK introduced our signature fundraising event “Pink Together 2022”, raising funds for the services of the HKBCF while promoting the significance of breast health.





基金會副主席邱振中醫生接受《南華早報》訪問，分享預防乳癌的貼士。報導於2022年10月18日出版。

Dr. YAU Chun-chung, Vice Chairman of HKBCF, was interviewed by the South China Morning Post. In the article published on 18 October 2022, Dr. YAU shared tips on breast cancer prevention.



在2023年2月26日，基金會創會人張淑儀醫生獲邀到商業電台節目《同途有心人》接受訪問，分享乳癌知識，並介紹基金會在香港賽馬會慈善信託基金支持下提供的各項服務。我們乳癌支援中心的義工麗玲和素珊亦分享他們對抗乳癌的經歷，為患者打氣。

Speaking out Commercial Radio programme "The Way We Are" on 26 February 2023, Dr. Polly CHEUNG, Founder of HKBCF, shared with the audiences breast health knowledge and HKBCF's services supported by the Hong Kong Jockey Club Charities Trust (HKJCCT). Volunteers Lai Ling and Susanne of our Breast Cancer Support Centre were also invited to the programme to share their stories on battling breast cancer and becoming volunteers at the Centre.



香港乳癌基金會創會人張淑儀醫生於2022年10月2日出席香港電台節目《#Hashtag Hong Kong》，提高市民大眾對乳癌的認知，同時講解了特區政府的乳癌篩查先導計劃的內容。

Dr. Polly CHEUNG, Founder of HKBCF, was invited to RTHK programme "#Hashtag Hong Kong" on 2 October 2022 to raise public awareness of breast cancer and explain the HKSAR Government's Breast Cancer Screening Pilot Programme.



國泰飛機師及Fly Pink Hong Kong成員何紫婷女士與基金會創會人張淑儀醫生拍攝宣傳片，介紹基金會服務及分享乳癌知識。短片於2022年10月27日在Fly Pink Hong Kong臉書專頁及網站發佈，其後更在國泰城的大電視播放。

Cathay Pacific pilot and Fly Pink Hong Kong member Ms. Christina HO, filmed a video with Dr. Polly CHEUNG, Founder of HKBCF. The video, which introduced HKBCF's services and shared breast cancer knowledge, was released on Fly Pink Hong Kong's Facebook page and website on 27 October 2022. It was also broadcast on the TV screen at Cathay Pacific City.

## 乳癌康復者的回饋 Valuable Feedback from Our Survivors



鄭惠嫻女士  
Ms. Charmaine  
CHENG Wai Han

回望2020年我對抗乳癌之路，感激這個充滿挑戰的經歷，讓我今天成為了一個更堅強、更好、更堅毅的人。作為一名瑜伽和頌鉢療癒導師，在手術和化療期間，我從瑜伽和頌鉢治療方面受益匪淺。這些練習幫助我逐漸恢復體力、身體的靈活性、活動能力以及找回內心的平靜。

我的乳癌治療之旅也引領自己邁向人生目標 - 藉著分享在瑜伽和頌鉢治療等方面的經驗和熱誠，為癌症患者和康復者提供支援服務，貢獻社會。我鼓勵基金會乳癌支援中心的會員多參與基金會舉辦的瑜珈班、頌鉢療癒課堂以及其他有益身心的活動，以增強和保持身體和心理康。讓我們一起綻放光芒，培養豐盛心態！

Looking back on my journey against breast cancer in 2020, I am grateful for the challenging experience that has made me a stronger, better and more resilient person today. As a yoga and singing bowl coach, I have greatly benefited from the well-being aspects of yoga and sound bath therapy during my post-surgery and post-chemotherapy rehabilitation period. These practices have helped me gradually regain my strength, physical flexibility and mobility, as well as inner peace.

My breast cancer journey has also guided me towards understanding one of my life purposes - to serve and contribute to the cancer patient and survivor community by sharing my own experiences and passions in yoga and singing bowl therapy and beyond. I strongly encourage members of the HKBCF Breast Cancer Support Centre participate in yoga and singing bowl classes as well as other wellness programmes offered by the HKBCF to enhance and maintain their body and mental wellness. Let's shine and cultivate an abundance mindset together!

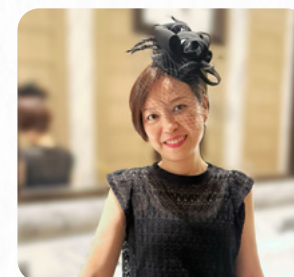
2021年5月我確診患上乳癌，走過手術、化療及電療，感恩至今已康復的第二年。

當我康復後，家庭醫生跟我說康復不是等於完成一切療程，而是從現在開始。醫生給我3個康復錦囊：支持、營養、運動。自此，我的目光專注做好以上3個範疇，有助身體康復。

感謝基金會的患者支援小組，沿途上每個病友、註冊護士、臨床心理學家的分享，成為我積極面對乳癌治療的動力，他們是我的天使。

我又從姊妹們身上學到不少飲食心得，基金會的術後上肢運動教學更對我雙乳全乳切除後的康復有很大幫助。

乳癌對我來說，是讓我學會愛自己，慢下來，欣賞身邊的恩典。姊妹們，讓我們繼續活出精彩人生！



林素珊女士  
Ms. LAM So San

In May 2021, I was diagnosed with breast cancer. I underwent surgery, chemotherapy, and radiation therapy. I am grateful that I am now in my second year of recovery.

My family doctor told me that recovery is not just about completing all the treatments, but a fresh start. My doctor gave me three recovery tips: support, nutrition, and exercise. From then on, I have been focusing on these three areas to help with my recovery.

I am thankful for the patient support group of the HKBCF. Every sharing from the fellow patients, registered nurses, and clinical psychologist empowers me to face the challenges. They are my angels.

I also learned many dietary tips from my peers, and the postoperative upper limb exercises tips provided by the HKBCF were also helpful for my recovery from a double mastectomy.

For me, breast cancer has taught me to love myself, slow down, and appreciate the blessings around me. Sisters, let us continue to live a wonderful life!



# 鳴謝

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Ms. Rebecca CHUNG  
Dr. Hon-shing LAM  
Dr. Tina LAM  
Mr. Jackson YEUNG

## HKBCF Ambassadors

Dr. Agnes Mi-ling CHAN  
Ms. Connie Po-chu CHAN  
Ms. Joyce LEE  
Ms. Bernice LIU  
Ms. Elva NI  
Ms. Qi Qi  
Ms. Nancy SIT  
Ms. Vivienne TAM

# 支持我們 Support Us



香港乳癌基金會並非政府資助機構。我們完全依賴捐助者的慷慨解囊來延續我們對社會的服務。您的支持可令香港乳癌基金會進一步擴展，為有需要的女士及家庭提供乳健檢查及支援服務。

The HKBCF does not receive funding from the government. We depend entirely on the generosity of our donors to sustain our services to the community. Your support enables the HKBCF to extend our screening and support services to women and families in need.



### 港幣HK\$3,500

可資助一位低收入婦女免費接受一次超聲波導引粗針穿刺活組織檢查  
may sponsor an underprivileged woman to have an ultrasound guided core needle biopsy



### 港幣HK\$1,400

可為一位有經濟困難的婦女提供免費乳房X光造影檢查  
may give a woman in need a free mammogram



### 港幣HK\$900

可為有中度至嚴重淋巴水腫並接受繃帶包紮治療的患者提供繃帶乙套，幫助紓減淋巴水腫的症狀 / 幫助處理淋巴水腫  
may offer one set of bandage to patients diagnosed with moderate to severe lymphoedema for multi-layered lymphoedema bandaging treatment



### 港幣HK\$640

可為一位乳癌康復者提供中醫診症乙次連兩日藥，以紓緩治療後的副作用  
may offer a survivor one Traditional Chinese Medicine consultation with 2-day prescription of Chinese Medicine for relieving discomfort from side-effects of medical treatments



### 港幣HK\$420

可為一位乳癌患者提供淋巴水腫指數測量服務  
may provide a breast cancer patient with a lymphoedema index measurement



### 港幣HK\$250

可為一位淋巴水腫患者提供「間歇性氣動加壓治療」，以紓緩淋巴水腫帶來的不適  
may offer an intermittent pneumatic compression device treatment to a patient to ease the discomfort resulting from lymphoedema



### 港幣HK\$100

可為一位新確診乳癌患者提供護理錦囊  
may provide a newly diagnosed breast cancer patient with a comfort pack

## 成為義工 Volunteering

擔任香港乳癌基金會義工，貢獻你的熱心、時間和專長，協助我們推展對抗乳癌的工作和服務。義工服務能為我們節省行政開支，歡迎你加入我們的義工行列！

Join us as our volunteers, you can exercise your strength and make the most direct contribution to our work, at the same time, help minimise our operating cost.

請立即捐助  
Please Donate Now



立即加入我們  
Join Us Now



✉ info@hkbcf.org





香港公益金  
THE COMMUNITY CHEST  
會員機構 MEMBER AGENCY



香港賽馬會慈善信託基金  
The Hong Kong Jockey Club Charities Trust  
同心·同步·同進 RIDING HIGH TOGETHER

## 香港乳癌基金會有限公司

Hong Kong Breast Cancer Foundation Limited

一般查詢 General Enquiry

☎ + (852) 2525 6033

✉ info@hkbcf.org

香港乳癌資料庫電郵查詢

Hong Kong Breast Cancer Registry Enquiry

✉ hkbcr@hkbcf.org

## 香港乳癌基金會（香港中心）

Hong Kong Breast Cancer Foundation (Hong Kong Centre)

📍 香港北角木星街9號永昇中心22樓（港鐵炮台山站A出口）

22/F, Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong

(Exit A, Fortress Hill MTR Station)

乳健檢查熱線 Breast Screening Hotline

☎ + (852) 3143 7333

乳癌支援服務 Patient Support Hotline

☎ + (852) 2525 6033

☎ + (852) 2525 6233

## 香港乳癌基金會賽馬會乳健中心（九龍）

Hong Kong Breast Cancer Foundation Jockey Club Breast Health Centre (Kowloon)

📍 香港九龍牛池灣龍翔道28號地下（港鐵彩虹站C2出口）

G/F, 28 Lung Cheung Road, Ngau Chi Wan, Kowloon

(Exit C2, Choi Hung MTR Station)

乳健檢查熱線 Breast Screening Hotline

☎ + (852) 2597 3200

乳癌支援服務 Patient Support Hotline

☎ + (852) 2597 3251

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