

2012 夏季號 08

# 乳健同行

香港乳癌基金會通訊  
Quarterly Newsletter of  
Hong Kong Breast Cancer Foundation

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COVER STORY

## 認識乳癌檢測方法

Learn More About  
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# 薛家燕：

# 踏出乳健一大步

**Nancy Sit:** A Stride for Breast Health

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香港乳癌基金會於 2005 年 3 月 8 日成立，是本港首間專注乳健教育、患者支援、研究及倡議的非牟利慈善組織，致力消滅乳癌在本地的威脅。

## 使命

- 提高公眾對乳癌的認識及推廣乳房健康的重要性
- 支援乳癌患者踏上康復之路
- 倡議改善本港乳癌防控和醫護方案

The Hong Kong Breast Cancer Foundation was set up on 8 March 2005, as a non-profit charitable organisation dedicated to eliminating the threat of breast cancer to the local community through **education, support and research & advocacy.**

## Mission

- Promote public awareness of breast cancer and the importance of breast health
- Support breast cancer patients on their road to recovery
- Advocate better breast cancer care in Hong Kong

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# 認識 乳癌檢測方法

Learn More About  
**Breast  
Cancer  
Screening**



**根**據乳癌基金會建議，香港女性自 40 歲起，便應定期進行乳癌普查，有效地偵測乳癌徵兆，並作出適當治療。全面的乳癌普查包括三個步驟，分別為：每月自我檢查、每兩年一次的臨床檢查和 X 光造影檢查。三者缺其一均不能準確掌握病變存在。據調查顯示，市民對乳房 X 光造影檢查的認識不深。因此我們特別請來放射科專科醫生黃振權為大家講解。

## 1. 乳房 X 光造影檢查是什麼？

檢查是利用 X 光放射線穿透乳房組織進行攝影（其原理跟用 X 光照肺或照牙一樣）。造影可讓醫生詳細觀察及分析乳房內部組織的變化。這亦是醫學界證實唯一可以有效偵測早期乳癌的方法，從而得以減低乳癌死亡率兩至三成。

**T**he Hong Kong Breast Cancer Foundation recommends that women should perform regular breast cancer screening from the age of 40. This helps detect breast cancer at an early stage when it can be effectively treated. A 3-step screening programme should include monthly breast self-examination, clinical breast examination and mammography screening every two years. None of the three could be missed in order to detect the existence of lesions. Surveys show that mammography is the least known screening method and that few people really understand the rationale behind performing all three examinations. We have invited Dr Wong Chun Kuen, a radiologist, to explain why.

## 1. What is mammography examination?

Mammography is the use of X-rays to create images of the breast allowing doctors to examine the breast tissue thoroughly (just like lung and teeth X-rays.) It is also the only medically proven tool that is able to detect breast cancer at an early stage and thus can reduce breast cancer mortality by 20 - 30%.

乳癌在 X 光造影片上，以高密度陰影或惡性微鈣化點兩種形態呈現。當早期乳癌細胞尚未形成腫塊時，肉眼與手觸均未能察覺得到，但 X 光造影則可以令微鈣化點無所遁形。

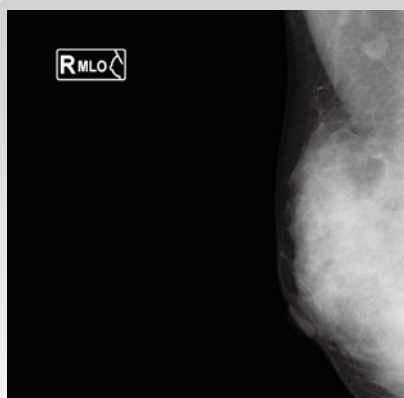
## 2. 何謂微鈣化點？

乳癌是乳腺細胞變異並失控地生長所致。其中部分細胞或會壞死並鈣化，其所形成的惡性微鈣化點，在 X 光片上會呈現獨特的白色微細點狀影像。不過，乳房鈣化的現象是常見的，而且大部分都代表良性的病變。所以放射科專科醫生要憑鈣化的大小、數目、形狀和分佈的情形來判斷是良性或是惡性的鈣化。一般惡性鈣化點是密集而微細的，以不規則的形態或作分叉形狀呈現（見下圖）。

A breast cancer is shown on a mammogram as a shadow of high density or as malignant micro-calcifications. An early stage breast cancer may only appear in the form of micro-calcifications before it becomes a lump or large enough to be seen or felt.

## 2. What are micro-calcifications?

The term breast cancer refers to the uncontrolled growth of abnormal cells in the breast. Some of these cells may die and calcify appearing as characteristic tiny white spots on the mammographic X-ray image. However, calcifications in the breasts are common and many of them are benign. Therefore, the radiologist has to differentiate between benign and malignant calcifications by their size, number, shape and distribution. Malignant calcifications are typically very small. That is why they are called micro-calcifications. Some of them have a typical clustered or branching appearance (see pictures below).



▲ 正常乳房  
An image of cancer-free breast



▲ 有微鈣化點的惡性腫瘤  
An image of malignant micro calcifications



## 3. 為何女性 40 歲以上才適合進行乳房 X 光造影檢查？

據統計，香港婦女年過 40 歲後患乳癌的風險明顯增加；本港乳癌個案中超過六成發生在 40 至 59 歲的婦女身上。

一般亞洲婦女在 40 至 50 歲後，乳房的乳腺組織密度開始下降，脂肪比例則相對增多。脂肪在 X 光片上呈較黑色，而乳癌的高密度陰影或微鈣化點都是白色的。黑白對比令乳癌測試結果更明確。

## 3. Why is mammography screening only recommended for women over 40 years of age?

According to the Hong Kong statistical data, the incidence of breast cancer increases among women who are over 40 years of age. 60% of breast cancer cases are found in women aged between 40 - 59 years.

The density of breast glandular tissues of Asian women starts to drop from the age of 40 - 50 years and the proportion of fatty tissues increases. Fat appears black while the dense opacity and micro-calcifications of breast cancer appear white on mammograms. Therefore, with increasing age, the result of mammography screening becomes more accurate.

反之，40 歲以下女性乳房組織的密度較高，脂肪相對較少，在 X 光片上呈較白色，要偵測到同樣是白色的乳癌病變較困難。所以醫生一般会安排

In contrast, women under 40 years of age have denser breasts which appear white on the mammogram. Hence, it is difficult to identify the suspicious lump or micro-calcifications which also appear white on mammogram. As

### 乳癌普查計劃

是指安排無病徵的適齡婦女進行定期乳癌檢測，以找出乳癌個案。乳癌普查又稱乳癌篩查或篩檢，通常由政府推行。

Breast cancer screening is an organised screening programme for women without any symptoms of breast cancer. The purpose is to detect breast cancer at an early stage. In many countries, this is carried out by their governments.



40 歲以下女性進行超聲波掃描，以代替或輔助 X 光造影。

#### 4. 乳房 X 光造影有高輻射，會增加患癌風險？

現代化的乳房 X 光造影儀器所牽涉的輻射量非常低。據本港天文台公佈的數據，市民每人每年從自然環境接受的輻射量大約為 3 毫希。一位居住於山頂混凝土房屋內的市民，若每天都吃魚，喝牛奶和看電視五小時，其所接受的輻射量約 4.16 毫希。但若住在海邊的木建房屋，不吃魚，不喝牛奶亦不看電視，則一年的輻射量只有 1.19 毫希。可見單是衣食住行習慣的不同，所接受的輻射量可做成 3 毫希的差距。由此可見，我們的確不用擔心每兩年做一次低輻射量的乳房 X 光造影會增加患癌風險。

a result, doctors usually recommend ultrasound screening to replace or to complement mammography.

#### 4. Does mammography screening involve a high radiation dosage and increase cancer risk?

Modern low dose mammography devices involve a low dose of radiation for screening. According to the Hong Kong Observatory, the average natural background radiation exposure of a person living in Hong Kong is approximately 3mSv annually. For a person who lives in a concrete house on the Peak and who consumes fish and milk and watches 5 hours of television every day, the annual radiation dosage is 4.16mSv. In contrast, for a person who lives in a wooden house at sea level and who does not consume fish or milk and does not watch television, the annual radiation dosage is only 1.19mSv. This shows that different life styles may lead to a radiation dosage difference of 3mSv. Performing a mammography screening once every two years gives a radiation dosage of only 0.36mSv, implying a very low dose and little risk of developing cancer.

	輻射劑量 Radiation dosage (毫希 mSv)
看一小時電視 (年輻射劑量) Watching television for one hour (annual radiation dosage)	0.010
一年乘坐飛機 10 小時 (年輻射劑量) Travelling by air for 10 hours annually (annual radiation dosage)	0.028
從飲食中吸收劑量 (2 碗飯、0.2 公斤魚、0.2 公斤菜和 0.2 公斤肉) Radiation present in food (2 bowls of rice, 0.2kg of fish, 0.2kg of vegetables and 0.2kg of meat)	0.200
居住高度：海平線 — 山頂 (年輻射劑量) Living altitude : Sea level - the peak (annual radiation dosage)	0.340 - 0.420
居住房屋：木屋 — 混凝土 (年輻射劑量) Type of accommodation: Wood to concrete (annual radiation dosage)	0 - 1.500
居住地區：粉嶺 — 荃灣及沙田 (年輻射劑量) Residential area: Fanling - Tsuen Wan and Shatin (annual radiation dosage)	0.413 - 1.150
超聲波檢查 Ultrasound	0
胸肺 X 光檢查 Performing a chest X-ray	0.140
乳房 X 光造影 * Mammography screening*	0.360
X 光照胃 Performing a stomach X-ray	7.000
心臟動脈電腦掃描 ** Cardiac computed tomography scan**	19.700

資料來源 Source : 香港天文台 Hong Kong Observatory [www.hko.gov.hk/education/cyber\\_exh\\_hall/chi/exhibit11\\_play\\_chi.htm](http://www.hko.gov.hk/education/cyber_exh_hall/chi/exhibit11_play_chi.htm)

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## 5. 我到體檢中心做女性健康檢查，當中包括癌抗原 CA15.3 檢查，只需抽血化驗，簡單得多，為何要做乳房 X 光造影檢查？

血液樣本（癌抗原 CA15.3）檢查是用試劑測定血清中乳癌抗原的含量，這種方法對偵測早期乳癌沒有太大功效。少於 10% 早期乳癌病人和約 70% 的晚期乳癌病人的 CA15.3 會過高。因此，即使 CA15.3 指數正常亦不要掉以輕心。CA15.3 的主要用途是監測治療的效用，特別是在晚期乳癌病人身上；因為當治療方法正確，CA15.3 通常會相應降低。所以要有效偵測乳癌，婦女應該進行自我檢查、臨床乳房檢查和乳房 X 光造影檢查。

## 6. 用超聲波掃描檢查乳房無痛又沒有輻射，單是做超聲波豈不是更好？

乳房 X 光造影檢查和乳房超聲波檢查的原理和用途各有不同，兩者不能互相取代，但可互補不足。超聲波掃描是向乳房組織輸出高頻的聲波，然後將反饋聲波轉換成圖像，從而檢驗乳房內的狀況。醫生會在以下情況使用超聲波掃描

- 乳房組織密度較高的女性 (40 歲以下)
- 有需要檢查的懷孕婦女
- 作為診斷工具：如觸診時發現腫塊，但卻無法在乳房 X 光片中看到變化，醫生會用超聲波掃描檢查懷疑有問題的位置。若在乳房 X 光造影中已發現乳房腫塊，醫生可以用超聲波確定腫塊的準確位置和大小，亦可分辨腫塊內是實體的或是含有液體的（囊腫）。若需要由腫塊中抽取細胞作化驗，醫生可利用超聲波作導引，以確認位置，大大增加檢查的準確性。

## 5. A gynecological check-up at a healthcare centre often includes a blood test (CA15.3 tumour marker for breast cancer) which is much simpler than having a mammogram, why is mammography screening necessary?

CA15.3 is a tumour marker used to monitor the concentration of breast cancer antigen in serum. This kind of blood test is not effective in detecting early stage breast cancer (Increased levels of CA 15-3 can be found in less than 10% of early stage and about 70% of advanced stage breast cancer cases). Therefore, a normal CA15.3 value does not mean that one is free from breast cancer.

CA15.3 blood test is mainly used for monitoring the response to treatment, especially in advanced breast cancer patients. If the patient responds well to treatment, the CA15.3 value will usually drop accordingly. Thus, in order to detect breast cancer effectively, one should perform monthly breast self-examination, clinical breast examination and mammography screening.

## 6. An ultrasound scan is both radiation free and painless. Isn't it better just to perform ultrasound for screening?

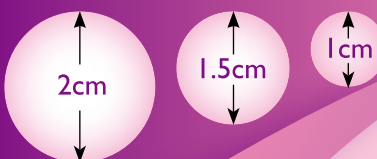
The principle and purpose of mammography screening and ultrasound are different, they cannot substitute each other, but they are mutually complementary. Doctors will recommend using ultrasound in the following situations:

- Women with high breast density (under 40 years of age)
- Pregnant women who require breast examination
- As a diagnostic tool: when a mass is detected by clinical breast examination but cannot be identified in the mammogram, the doctor can use ultrasound to examine the suspected

target area to confirm the presence of a lesion. When an abnormal shadow is detected by mammography, ultrasound can be used to confirm the exact position and the size of the mass and to determine whether it is a solid or a cystic lesion (containing fluid). If a needle aspiration biopsy is required, ultrasound can be used to guide the direction and position of the needle. This will greatly improve the accuracy of the procedure.



## 單靠自摸，點搏得過？ Look & feel is not enough



自我檢查只可以摸到 2 厘米或以上的腫瘤；臨床檢查可以摸到 1-1.5 厘米的腫瘤；而 X 光造影或超聲波則可以偵測到小於 1 厘米的腫瘤。2 厘米以上的腫瘤通常已發展到第 II 期或更高期數。

We are only able to feel a tumour of 2 cm or above by breast self-examination.

Clinical breast examination conducted by doctor or nurse helps detect a tumour between 1 and 1.5cm.

Mammography screening or ultrasound can detect a tumour which is smaller than 1cm. A tumour larger than 2cm usually reaches cancer stage II or higher.

特別鳴謝黃振權醫生為我們講解乳房 X 光造影檢查以及消除市民對這方面的一些誤解。希望大家讀過這篇文章後把乳健訊息帶給身邊親友。適齡的女性應坐言起行，定期做乳健檢查。

Special thanks to Dr Wong Chun-kuen for explaining what mammography screening is and clarifying some of the myths people may have in mind. Please help us spread breast health messages to your family and friends. If you are a female of the appropriate age, you should start your breast cancer screening programme.

# 薛家燕呼籲： Nancy Sit: 踏出乳健一大步

◀ 薛家燕與本會主席霍何綺華在電台節目推廣乳健訊息。

Ms Nancy Sit and Mrs Eliza Fok, Chairman of HKBCF, talked about breast health on radio programme.

## A Stride for Breast Health

十月是乳癌關注月，香港乳癌基金會將大力推廣乳健教育，一向以開心健康形象見稱的影視藝人薛家燕，除了舉腳支持 10 月 28 日的「乳健同行 2012」步行籌款活動，還以簽名支持為這項活動而特別推出的限量版粉紅色蒸餾水，呼籲全城響應，身體力行，趕走乳癌威脅。

### 1. 為何支持對抗乳癌的工作？

乳癌是香港第一位（最多婦女罹患）的癌症，實在不容忽視。有越來越多婦女患上乳癌，這跟大家的生活壓力、食物、環境污染有關。我十分認同乳癌基金會的工作，所以希望出一分力，用我的知名度去幫忙宣揚乳健訊息，召喚更多姐妹們關注乳健，趕走乳癌威脅。

October marks the Breast Cancer Awareness Month. Hong Kong Breast Cancer Foundation is beefing up its efforts to promote breast health. It is our great pleasure to have Ms Nancy Sit, a famous actress and radio programme host, to support our "Pink Walk for Breast Health 2012" which will be held on 28 Oct. She also called for public support through a distilled water bottle specially produced for the walk, and called on fellow women to take action against the threat of breast cancer.

### 1. Why do you support the work of fighting breast cancer?

We should not oversee the threat of breast cancer because it is the No. 1 cancer affecting women in Hong Kong. More and more women were diagnosed with breast cancer and this may be related to their life style, stress, diet and pollutions. I find the work of the Foundation meaningful so I'm in support of it. I hope, with my popularity, I can help promote breast health, so more women are aware of its importance and take action to protect themselves against breast cancer.





▲ 家燕姐去年現身支持本會步行籌款活動。  
Nancy Sit in our Pink Walk last year.

It is good to see that my friends, who are mostly in their 40s and 50s, are quite breast aware and have routine check up. But I still would like to remind those who are at menopausal stage to seek advice from their doctors on use of hormone supplement. It is important to be cautious about estrogen products because excess estrogen may activate cancer cells to grow into a tumour.

## 2. Has any of your friends or relatives got breast cancer?

Yes. My good friend Sandra Lang was diagnosed with breast cancer in Canada. Luckily she caught it early. She was so strong that she recovered quickly after treatment. Having such an unfortunate experience, she kept on reminding me to do regular breast self-examinations.

## 3. Do you have regular breast health check?

Certainly. I know the Foundation promotes 3-step breast cancer screening: self breast examination, clinical breast examination by a doctor or nurse (it can be included in the annual body check-up or gynaecology check up), and mammography screening once every two years.

Some women said mammography screening is so painful that they stay away from doing it. Let me tell you: these few seconds of pain is worthwhile. Regular checking can help you identify problems early and receive timely treatments. Breast cancer, if diagnosed at early stage, does not require mastectomy and chemotherapy. It saves tremendous medical expense and suffering.

## 4. How do you get a life and maintain a work-life balance?

According to the statistics provided by the Foundation, the top five risk factors among local breast cancer patients are: less than three hours' exercise every week, no experience of breastfeeding, experience of high level of stress, overweight/obesity and long term use of oral contraceptives. Some of these high risk factors are within our control, for example, doing regular exercise. I go dancing for over three hours every week; it is a kind of aerobic exercise and I sweated a lot.

I choose to eat simple. I avoid fatty food and meat. It's also important to maintain a good mental health. Take a positive attitude, never force yourself to 'chase' things you cannot get. As the proverb says, "at the right time, we can get what we deserve". Finally I think enough rest is essential too. Happy-go-lucky helps and enables us to sleep well.

I was a workaholic because I wanted to make more money for my children. I took up whatever job I was offered. I remember I once had three shows straight within one day. I enjoy performance, be it a stage show or hosting a radio programme, it gives me great satisfaction. I also like to take part in charity work. When we help or share with others, we can find true happiness.

我身邊四、五十歲的朋友防範乳癌的意識都相當高，都會定期檢查。不過，我想提醒更年期婦女如要服用荷爾蒙補充劑，最好請教醫生，切忌胡亂食一些含雌激素的產品，因為若果身體裡有癌細胞，攝入過量激素可能會誘發癌腫。

## 2. 家燕姐身邊有曾患乳癌的親友嗎？

有。我的好朋友仙杜拉在加拿大診斷患上乳癌，幸好是在早期發現。她意志堅強，接受治療後很快康復過來。她還叮囑我要定期自己檢查乳房，以策安全。

## 3. 你是否有定期乳房健康檢查？

當然有。我知道乳癌基金會提倡三缺一不可的乳房健康檢查：自己檢查乳房，做全身或婦科檢查時請醫生檢查乳房，還有就是兩年一次的乳房 X 光造影檢查。

有些女士說 X 光造影檢查，俗稱「夾胸」好痛，所以不敢做。我想跟大家說，這幾十秒的痛是值得的。定期檢查的好處是可以及早發現毛病，及早治療。早期乳癌不用切除乳房，又不用做化療，醫藥費都少一大截。

## 4. 你有何減壓和保健心得？

乳癌基金會的統計發現，本港乳癌患者的五大乳癌高危因素是：每週運動不足三小時；沒有餵哺過母乳；經常處於高度精神壓力；過重/肥胖和長期服用避孕丸。一些高危因素是可以自己掌控的，例如恒常運動，我每星期都會跳超過三小時舞，而且是汗流浹背的帶氧運動。



吃清淡一些，少吃肉類和肥膩食物。保持身心開朗，凡事豁達一些，不要強求，正所謂「柳暗花明又一村」。還要有足夠休息，心境開朗，才睡得好。

以前為著兒女，曾經是工作狂，只要有人找我工作，我都答應，一個星期日走三場也做，因為不想錯過任何一個機會。我本身喜歡演藝工作，幕前演出、電台主持節目都給我很大滿足感。我也喜歡參與慈善活動，助人為快樂之本，與人分享的才是真正的快樂。

### 5. 家燕姐也曾經歷過一場大病，你對「健康無價」這句話有何體會？

我三年前入院割膽石，豈料手術引發胃、腹膜、腸和胰臟發炎，甚至影響到心臟和肺部。大額醫療費不在話下，我覺得自己的性命是拾回來的。我領略到沒有命，有很多錢都沒有用，此後我刻意減少工作量。

### 6. 家燕姐如何認識乳癌基金會呢？

我主持的電台節目曾兩次訪問乳癌基金會主席霍太。霍太屬於富足一族，本應不用辛苦自己，但她為著更多婦女的健康和福祉著想，出錢出力推動乳癌基金會的工作，鼓勵女士們不要諱疾忌醫，就算不幸患上乳癌也要識得求救。我十分敬重她。所以要我幫手宣揚乳健，我義不容辭。

### 7. 家燕姐最近參與屈臣氏蒸餾水為香港乳癌基金會籌款的推廣活動，可否分享一下？

屈臣氏蒸餾水計劃在今年九月推出粉紅色包裝的蒸餾水，為乳癌基金會籌款；而粉紅色的招紙，由一位從事廣告的乳癌康復者義務設計，並找我加上簽名支持。

粉紅絲帶是關注乳癌的象徵，整個樽變成粉紅色為主，好矚目。上面寫著「乳健同行」，呼籲大家全城響應，支持基金會的步行籌款活動，身體力行，關心乳健，遠離乳癌威脅。樽上一點一滴，意思是每個人不要小覷自己的力量，點滴成匯，大家同心，可以做多一些推廣乳健的工作和為更多乳癌病人提供支援服務，很有意義。

### 5. We learned that you had experienced a serious illness. What revelation do you have?

Three years ago, I had a problem with the gallstone. After operation, I suffered from a series of complications - my stomach, peritoneum, intestine, pancreas and even my heart and lungs had developed infection. The treatment took me a lot of money and I was on the edge of death. After this experience, I realised it is meaningless to make a lot of money if I don't lead a healthy life. I keep on reminding myself not to overwork.

### 6. How did you get to know the Foundation?

I interviewed Mrs Eliza Fok, the Chairman of the Foundation twice on my radio programme. She is well-off and leads a comfortable life. But she chooses to contribute her time, energies and money to the Foundation, hoping to make positive changes to the health and well-being of women. She encourages women not to give up when facing breast cancer and to seek appropriate treatment and support. I respect her so much and I am more than happy to give her a hand in promoting breast health.

### 7. Can you tell us more about how you help raise breast cancer awareness through your involvement in Watson's distilled water special campaign in support of the Foundation?

I learned that Watson's is going to launch a pink colour bottle for its distilled water in September to raise funds for the Foundation. I am invited to give my signature on the pink bottle sleeve which is designed on probono basis by an advertising agency run by a survivor.

The pink ribbon is a symbol of breast cancer awareness, thus the pink bottle draws people's attention to this message. The bottle sleeve reads 'Pink Walk for Breast Health' which directly calls for public support to the walkathon. It is hoped that all will take action to safeguard their breast health and step away from the threat of breast cancer.

The graphic of water drops on the bottle symbolises concerted efforts of individuals - meaning that we should not belittle individual efforts. Instead we should join hands to make positive impact on promoting breast health and supporting those affected by breast cancer. I think this is a very meaningful campaign.





# 乳健同行 2012

## Pink Walk for Breast Health 2012

星期日 Sunday 28.10.2012

8:15am — 1:00pm

港島山頂 The Peak, Hong Kong Island

網上報名 Join Now  
[www.hkbcf.org/pinkwalk](http://www.hkbcf.org/pinkwalk)

截止報名日期  
Enrolment Deadline: 21.10.2012



毛舜筠  
Teresa Mo  
乳健同行大使



廖碧兒  
Bernice Liu  
香港乳癌基金會大使



薛家燕  
Nancy Sit  
乳健同行2012之星



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# 活出真我

## Art of Self Reflection



Tammy

大家可有想過在一星期之中騰出數小時的時間放縱一下，忘卻一切，全心投入於自己享受的事物之中？Tammy 九年前從乳癌康復過來，陶醉於布偶製作，在這過程中她漸漸體會到生命真正的意義及樂趣。

Tammy 退休前在高等院校工作了 30 年，任職行政及教學部門主管。繁重的工作，每天不斷與時間及體力競賽的壓力令 Tammy 失去了自我。回想過來，她最遺憾的是沒有好好分配時間與家人相處，亦忽略了自己的健康。

她於 1998 年做過切除良性腫瘤的手術。自此之後她又忙於工作，對自身的健康沒有多大的關注。直到 2003 年，Tammy 再次察覺胸口長有硬塊，湊巧，她身邊一個親人及八個朋友都不約而同患上乳癌。Tammy 方發覺自己對身體的關注實為不足，警鐘再次響起。

Have you ever thought of giving yourself several hours per week just to “be yourself”, to do something you really enjoy and forget about everything else? Mrs Tammy Lai, who has survived breast cancer for nine years, shares how doll-making helps her find true meaning of life and live her passion.

Tammy has devoted more than 30 years in the field of higher education as senior management officer and head of departments before she retired. She had literally lost herself in her work, which was highly demanding in terms of time and energies. In retrospect she feels so sorry that she was unable to spend time with her family, not to mention care for her health.

In 1998, she had a non-cancerous tumour removed for the sake of a peace of mind. Since then, due to her heavy work commitment, Tammy has paid little attention to her breast health until 2003 when one of her relatives and eight of her friends were touched by breast cancer, plus the alarming fact that she felt a lump again in her breast.

## “Finding Yourself Again”

### 尋找自我

正子掃描的結果並未如理想。醫生發現 Tammy 乳房內長有 2.1 厘米大的惡性腫瘤，最後確診為二期乳癌。幸好癌細胞沒有擴散至身體其他部位。Tammy 隨即在一星期內進行手術，繼而接受化療、電療及荷爾蒙治療，藉此減低復發的機會。

有感自己疏於檢查，Tammy 後悔說道：「要是早一點發現，我根本不需要接受那些治療。你知道嗎？2.1 厘米大的腫瘤屬於邊緣的二期腫瘤！諸多藉口拖延甚至不作定期檢查，實屬不智。」

在抗癌路上，Tammy 還是十分感激身邊朋友及家人對她的鼓勵及扶持。身為患者，Tammy 深深體會到支援服務的重要性，並投身成為香港乳癌基金會創會會員之一。

Tammy 憶述：「對抗乳癌的經歷開啓了我生命之窗。這個病讓我有機會停下來，反思一連串有關生命的問題：這個病何時會復發？我會因此病而離世嗎？將來的計劃為何？生命的意義又何在？」乳癌徹徹底底地喚醒了 Tammy，改變了她對生命的態度。現在的 Tammy 不再執著於結果，反而更著重生命的過程。她亦開始減慢生活的節奏，享受著生命的每一刻，活在當下，變得更為快活。「我要對自己的健康負責。」她言道。

### 布偶奇緣

Tammy 在 2008 年決定退休，展開人生新一頁。她希望發掘一些有新意、有趣及可發揮創意的事情。在偶然的機會下，她在澳洲的一間縫紉店見到 Jessie-May 布偶娃娃，心緒深被這個精緻的布偶所牽動，於是便報讀了一共兩天的工作坊，學習製作布偶娃娃的基本技巧。Tammy 的「布偶藝術旅程」由此展開。

回港後，Tammy 對此藝術開始沉迷起來，四出搜索有關布偶製作的書籍雜誌。她經常到訪深水埗，因為那是「布料及配件天堂」。所有布片、珠子、棉、絲、花邊、鑲邊、膠花、絲花、水晶、膠織品、假髮及羊毛等材料，她如數家珍，都有研究。一個布偶經過車縫、手縫、繪畫、釘珠和刺繡等工序，要用上超過一星期才完成。耐心、細心及熱心都是製作布偶不可或缺的條件。

This time was not as lucky because the PET scan indicated a 2.1cm cancerous tumour which was estimated to be stage II breast cancer; the bright side was that it had not spread to other parts of the body. Tammy underwent a surgery within a week and then received chemotherapy, radiotherapy and hormonal therapy in order to minimise the chance of recurrence.

“If only I had detected it earlier, I could have avoided all those treatments. You know, 2.1cm is marginal stage II breast cancer. One should not have so many excuses for delaying or skipping screening for breast cancer. It's just unwise.” Tammy reflected on her overlooking of routine screening. Nevertheless, she felt very thankful to her friends and family who kept supporting and accompanying her throughout the fight against breast cancer. As an experienced patient, she joined the HKBCF as a founding member as she sees support service essential.

According to Tammy, “my experience with breast cancer opened a window of my life. It gave me a chance to pause and to learn the art of self reflection when addressing questions like ‘When will the disease return? When will I die? What is the plan for future? What is the meaning of life?’ and so on...” The breast cancer attack woke Tammy up. It changed her attitude to life; she now enjoyed the processes instead of taking an outcome oriented approach to life. By taking a more relaxed pace and enjoying each moment of her activities, she became a happier person. “I am responsible for my own health.”

### A Grateful Restart

In 2008, Tammy retired from her job for another stage of life. She wanted to do something new, enjoyable and creative. This has been realised when she came across the crafty package Jessie-May doll for the first time in a sewing shop in Australia in 2009. Tammy was intrigued by the dolls so she attended a 2-day workshop in Australia to learn the basic skills of making Jessie-May doll. This started her “art dolls journey”.

After Tammy returned to Hong Kong, she looked for books and magazines about art dolls, rag dolls and soft dolls and became very “addicted” to this art. She loves hanging around in Sham Shui Po, a “paradise of cloth and accessories” to her. She uses cloth, beads, cotton, silk, lace, trims, crystals, polyfabric, synthetic hair wigs, wool and more to make the dolls. Each doll takes over a week to complete as the hand-made process involves sewing, stitching, drawing, beading as well as embroidering. One has to be very patient, detail-minded and passionate when making the dolls.

Tammy believes every person has some creativity genes (or “art seeds”)







◀ Tammy 及幾位乳癌基金會會員親手製作佈偶於新春聯歡會籌款。

Tammy and a few HKBCF members made some dolls to raise funds during the Spring Party.

inside oneself. She feels very happy and satisfied because she can devote completely into making dolls. It is a process of problem solving which allows her to keep thinking and improving. Tammy said, "It is a kind of spiritual reward when you can make an effort to do something you like, be responsible for the work and look forward to the next session."

She made 40 dolls in 2010 and she was then putting in more and more time and resources in it. In 2011, Tammy even started her first art dolls studio in Fo Tan where she usually spends hours of being herself in making dolls.

Tammy 深信每個人身體都潛藏「藝術細胞」。她謂造布偶的滿足感源自製作過程中，不斷思索、推敲及改進，將問題迎刃而解。Tammy 笑說：「當你全力以赴，務求最到最好，為自己喜愛的作品不斷付出，那實在是心靈上的一大回報。」

單在 2010 年，她就製作了 40 個布偶。她決意投放更多的時間及心思鑽研在這門造詣。去年她更於火炭開設了自己的布偶藝術工作室，方便她全情投入造布偶娃娃。

## 公諸同好

早前，幾位香港乳癌基金會的會員參觀 Tammy 的工作室，大家對 Tammy 的布偶愛不釋手，於是請求 Tammy 開班授徒。Tammy 提出慈善布偶工作坊的構思：有興趣的會員只要每堂捐出港幣 50 元，即可參加由 Tammy 教授的工作坊；所有布偶製成品將捐予乳癌基金會的新春聯歡會作慈善義賣。經過三個月的努力，Tammy 及幾位會員精心創造了一套 22 個的「美德女孩」布偶系列，並為基金會籌得約港幣三萬元的善款。

Tammy 又不遺餘力為布偶娃娃製作紀念集，免費送給乳癌基金會新春聯歡會的參加者，她希望未能把布偶帶回家的人也可以帶走她們的照片。

作為一個乳癌康復者，Tammy 寄語所有病者要積極面對病魔，堅強接受挑戰並勇於對抗頑疾。「與其怨天尤人，不如好好反省有否善待自己的身體。健康的生活非由天賜，要有健康的生活則必須自律。正所謂，成功需苦幹，健康的體魄亦然。」Tammy 現在每星期有三天練習排舞和參加瑜伽班，另外當然少不了兩至三天在工作室製作布偶，生活十分充實。「每天醒來都可以做自己喜歡的事情，實在是賞心樂事！」

## “Sharing My Passion for Dolls with Others”

Once there was an occasion when a few HKBCF members visited Tammy's studio. They were so impressed by the dolls that they asked if Tammy could teach them how to make the dolls. Finally, they came up with a charity plan – Tammy would teach the members how to make the dolls and supplied all necessary materials; the members would donate HK\$50 to the HKBCF for each class; the dolls would be donated to the HKBCF for a charity sale during the Spring Party in March 2012. In the following three months, Tammy and the team shared their creativity, laughter and fun in their long hours of hard work and gave birth to the “Lady of Substance” – a series of 22 art dolls which eventually raised around HK\$30,000 for the HKBCF.

Tammy also printed a small notebook with portraits of these lady dolls. She gave complimentary copies to the participants of the Spring Party who were unable to bring a doll home.

When asked about what she would like to share with other fellows as a survivor, Tammy advised that “Face the reality (when diagnosed with breast cancer), be determined to accept it and then be brave to fight it. Do not ask ‘why me?’ but reflect on ‘how did you treat your body?’ Also, health does not come with laziness. Self-discipline is very important in maintaining a healthy life.” Tammy is now leading a more leisure lifestyle with three line dance classes and one yoga class every week, and of course spending two to three days per week for doll making. “It is a blessing to wake up every day to do something you really enjoy!”



## ACTION 01

「沿途有您」計劃  
支援初確診患者One-to-one Support : Breast Friend  
Mentorship Programme

本會於6月推出「沿途有您——師姐師妹計劃」，為有需要的初確診乳癌患者配對義務「同路師姐」，藉以讓患者得到更貼身的支援。而義務「同路師姐」皆為有對抗乳癌經歷的病友或患者親友。

二十位熱心的義工是這項支援服務的核心，他們都接受過專業培訓，掌握輔導及溝通技巧、保密原則和基本的乳癌護理知識。專業護士會為初確診患者進行評估，若認為有需要接受這種一對一的支援，便會按患者的年紀、家庭狀況、職業等個人資料，以及乳癌期數和治療方案配對最合適的「師姐」，「師姐」會陪伴患者走過治療過程。

In view of providing better support to those newly diagnosed with breast cancer, we have launched the "Breast Friend Programme" in June. The Programme carefully matches the newly diagnosed with volunteers who have experienced breast cancer as a patient, family member or friend (a Befriender).

The key of the one-to-one support service is volunteers. 20 care givers and survivors who have gained from the HKBCF support services signed up for training on skills of counseling and communication, practice of confidentiality and breast cancer healthcare. The Befrienders will maintain contact with a patient throughout treatment. Matching is handled by our professional nurses on the basis of demographic characteristics including but not limited to age, marital and occupational status as well as clinical characteristics such as cancer stage and treatment path.

## ACTION 02

## 助低收入婦女做乳健檢查

Supporting Low-Income Women to Get  
Screened

乳癌基金會乳健中心自去年五月成立一年多來為近6,800人進行乳普查，其中2,573多名為獲豁免收費的低收入及有經濟困難人士。乳健中心抽樣調查200名從未做過乳房X光造影檢查的受資助個案，發現「檢查費用昂貴」(47%)、「乳房沒有異樣」(17%)和「不知在哪裡可以做檢查」(14%)，是令她們卻步的主要原因。

為協助低收入婦女消除這些障礙，乳健中心由5月21日起放寬「免費乳健檢查計劃」對經濟審查程序，申請人只需提交過去三個月的家庭入息證明文件，而無需通過家庭資產審查。另外，乳健中心又為受資助人士提交每人最高50元的交通費津貼。

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

HKBCF Breast Health Centre (BHC) has provided nearly 6,800 breast cancer screenings since its inauguration in May 2011. Of them, about 2,573 had their screening fees waived under our

Free Breast Cancer Screening Programme. A survey on 200 subsidised service users who had never had a mammogram finds that "unaffordable fees" (47%), "absence of abnormality in the breasts" (17%) and "don't know where to get a mammogram" (14%) are the major obstacles they faced.

To help break down these barriers to breast health, the BHC has relaxed the means test of the Free Breast Cancer Screening Programme. From 21 May 2012, applicants are only required to present proof of their household income in the past three months; household asset assessment was dispensed. New initiatives also include provision of a maximum of HK\$50 traffic allowance for eligible subsidised service users.

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



## ACTION 03

### 假髮送贈計劃 助貧困患者增自信 Free Wigs for Chemotherapy Patients

化療藥物的副作用可能導致毛髮脫落，不少患者會選擇佩戴假髮以保持儀表和自信。不過，對於貧困的乳癌患者來說，假髮可謂是奢侈品。本會獲標榜(中國)教育基金贊助，由5月起推出假髮送贈計劃，本身是綜援或醫療費用減免受助人的乳癌患者均可申請，一經審核，可獲真髮手織髮套，連佩戴、修剪造型和護理方法指導。計劃設40個名額，查詢/申請可致電：2525 6033。

李女士是受惠者之一，乳癌和其他長期病的治療費用已為她帶來沉重的負擔，幾百元一個的假髮，她根本負擔不來，只好選擇戴帽。「戴假髮當然比戴帽自然，現在出街也輕鬆得多，不用覺得被人用歧視眼光望。」

Hair loss resulting from chemotherapy can be depressing. Many women can buy good quality wigs to make themselves look and feel good but many low-income women cannot. Thanks to the sponsorship of Pivot Point (China) Education Fund, the HKBCF offers real hair wigs with fitting and styling service at no cost to qualified patients who are CSSA or medical fee waiver recipients, starting from May. The programme will help ease financial pressure as well as emotional burden on patients who are already financially challenged. There is a quota of 40. For enquiry or application, please call 2525 6033.

Ms. Li, a beneficiary of the programme said the out-of-pocket expenses on breast cancer and other diseases were a huge burden placed on her. Buying a wig that costs several hundred dollars is just out of question. "Wearing a wig makes me feel much better than wearing a hat. I don't have to worry about being scorned when I walk in the street any more."



## ACTION 04

### 「亮麗人生」健康日營 A Day Camp for Survivors

近百名會員5月6日齊集沙田突破青年村，參加本會一年一度的「亮麗人生健康日營」。健康營是康復者支援服務的伸延，目標是讓大家互相抵勵，增強抗病和減低復發的知識，堅定大家實踐身心靈康復大計的信心。健康營安排了連串工作坊，由腫瘤科專科醫生、營養師和心理學家講授正確的乳癌知識和處理負面情緒的技巧。參加者又齊齊練習健身運動和瑜珈，共渡充實而健康的一天。

Nearly 100 HKBCF members joined our annual survivors' day camp which was held on 6 May at Shatin Breakthrough Youth Village. The camp is part of our survivorship programme aiming to build positive energies for fighting breast cancer and reducing the risk of recurrence, and to encourage survivors to strengthen their bodies, minds and souls. The programme included a series of talks given by an oncologist, a dietitian and a psychologist on health tips as well as emotional management techniques. Participants also had fun in the singing, exercise and yoga sessions.



## ACTION 05

參與全球華人  
乳癌病友組織大會Participating in Global Breast Cancer  
Group Conference

香港乳癌基金會代表於今年4月25至28日，前赴美國洛杉磯參與第四屆全球華人乳癌病友組織聯盟大會。本會醫務顧問郭子熹醫生在會上介紹了香港乳癌資料庫的初步數據分析報告，本港乳癌患者最常見的乳癌高危因素為運動不足、從未餵哺母乳和高度精神壓力。另外，數據顯示，通過定期檢查偵測的腫瘤平均較細，只及自己無意中發現的腫瘤的三分之二。

乳癌基金會副主席王天鳳在工作坊上分享本會籌募的經驗和策略。王女士更獲大會選為全球華人乳癌病友組織聯盟執行委員 (2012-14)。

The HKBCF representatives attended the 4th Global Chinese Breast Cancer Organizations Alliance Conference which was held between 25 and 28 April 2012 in Los Angeles, USA. Dr Carol Kwok, medical advisor of the HKBCF presented the latest data analysis of Hong Kong Breast Cancer Registry - lack of physical exercise, no experience of breastfeeding and experience of high-level stress were the most common risk factors for breast cancer among Hong Kong patients. The data also indicated that the average size of screen-detected tumours was smaller, or two-third of those detected by patients by chance.

Mrs. Mary Wong Hemrajani, Vice-Chairman of the Foundation shared in a workshop the fundraising experience and strategies of our Foundation. Mary was elected as a member of the GCBOA's Executive Steering Committee (2012-14).





# 踏出乳健一大步

## Take A Step Forward for Breast Health

十月是國際乳癌關注月，多家企業響應，與本會協作宣揚關注乳癌訊息及籌募經費。  
In honour of Breast Cancer Awareness Month(Oct), a number of corporate supporters joined us to promote breast cancer awareness and raise funds in support of the cause.



▲ 楊佩成醫生 (中) 跟乳癌基金會副主席周錦華女士 (左) 及總幹事陳佩敏女士於攝影展開幕禮中。

Dr Gary Yeoh (centre) along with HKBCF Vice Chairman Ms Brenda Chow (left) and CEO Ms Magdalena Chan at the opening of the exhibition.

### 1. 你何時開始進行花卉 X 光攝影？

我多年前已喜歡大自然攝影。攝影就是捕捉在某個時刻光與影的交互作用。作為一個組織病理學家，我日間大部分時間都埋首看顯微鏡下的影像，因此愛上微觀攝影和拍攝花卉，是很自然的事。直至有一次，我看到一輯懾人的花卉照片，花瓣在光亮背景的映照下呈晶瑩剔透，美極了。我努力鑽研做出這效果的方法，於是開始用 LED 燈和 X 光做實驗。我又開始學插花，提高自己處理花朵造型的技巧。

### 2. 為什麼選香港乳癌基金會作為展覽的受惠機構？

我和我的團隊跟張淑儀醫生在乳癌診斷測試方面經常有緊密的合作。張醫生為乳癌病人以及在推廣乳癌普查和研究方面付出很大貢獻。這次展覽的所有照片都是用 X 光乳房造影機器拍攝出來的，藉此推廣乳癌普查最適合不過。

展覽將展示 18 幀作品，每幀限量印製 5 幅拷貝。部分收益將撥捐香港乳癌基金會。

### 楊佩成醫生 — 夢幻花影頌

#### Dr. Gary Yeoh: Floragraphy – Inner Essences of Flowers

病理學專科醫生楊佩成於 2012 年 9 月 13 日至 10 月 6 日舉辦攝影展。以 X 光造影拍出花的各種美態。是次活動收益扣除成本後將捐給本會作慈善用途。展覽地點：中環雲咸街 31C-D 號 2 樓嘉圖畫廊。

Pathologist Dr. Gary Yeoh will host a photo exhibition from 13 September to 6 October 2012, featuring flower images he created using a mammography machine. The sales proceeds after deducting expenses will go to HKBCF in support of our cause. Venue: Grotto Fine Art & Grotto Projects, 2/F 31C-D Wyndham Street, Central.

#### 1. When did you start doing floragraphy?

I have been interested in nature photography for many years. Photography is about capturing the interaction of light on forms in a moment in time. As a histopathologist in my daytime job, I spend most of my day peering down microscopes and it seemed natural for me to be drawn towards macro and floral photography. I came across some fascinating images of flowers showing translucent petals against a very bright white high key background which I tried to emulate. This has encouraged me to experiment with LED light as well as non-visible X-ray. I have also started learning Ikebana to improve my floral form arrangement skill.

#### 2. Why did you choose the Hong Kong Breast Cancer Foundation as the beneficiary of the event?

My colleagues and I have worked very closely with Dr Polly Cheung on diagnostic tests for breast cancer. She has been doing a lot for breast cancer patients and promoting breast cancer screening and research. Since all the images in this exhibition were taken with a mammography machine, it is appropriate that the proceeds will be used to promote breast cancer screening.

The exhibition showcases 18 photographs. Only 5 limited edition prints for each have been made.

### 3. 花卉 X 光攝影的最大挑戰是什麼？有沒有貼士可以跟大家分享？

最大的障礙是設備，X 光儀器在香港是受到嚴格規管的。我非常感謝嘉諾撒醫院的支持和放射技師 Wallace Law 及團隊的專業協助，令這輯花卉 X 光攝影作品得以面世。

要掌握花卉 X 光攝影，必經過程是從錯誤中學習。這次大家看到的作品是從無數次試驗得出的成果。我經常跟太太到市場和花墟物色合用的植物，我甚至試過替白菜、橙和香蕉拍 X 光片。在 2011 年，我獲 Nature Photographers Network 網上雜誌頒發獎項之作品就是太太替我買的火百合。

在花卉 X 光攝影的過程中，我意外地發現原來葉子跟花朵的影像同樣有趣。有些葉子上錯綜複雜的紋理在 X 光片上看起來是非常美麗的。

### 3. What are the challenges of floragraphy? Do you have any tips to share?

Having access to equipment is the biggest hurdle as X-ray machines are strictly regulated in Hong Kong. I am grateful for the generous support of Canossa Hospital and the professional assistance of radiographer Mr Wallace Law and his staff in creating the images.

Basically, floragraphy is a process of trial and error. I often go with my wife to the vegetable and flower markets to look at potential botanical candidates. I have X-rayed bok choy, orange and banana. In fact, she bought me the stargazer lily which I X-rayed to create the image that won the 2011 award in Nature Photographers Network online magazine.

One surprising observation about X-rays of flowers is that the leaves sometimes look just as interesting as the flowers. Some leaves have very intricate veins which show up beautifully on an X-ray film.

## Ladies' Recreation Club

長期支持對抗乳癌的婦女遊樂會將舉辦時裝表演暨午餐會 (10 月 11 日)、晚會 (10 月 12 日) 以及網球比賽和燒烤會 (10 月 20 日)。既為響應 10 月國際關注乳癌月，亦為香港乳癌基金會籌款。

Our long-term supporter Ladies' Recreation Club will be hosting a fashion show and lunch (11 October), a quiz night (12 October) and a tennis tournament and tapas (20 October) in honour of the Breast Cancer Awareness Month. Funds raised from the activities will go to the HKBCF.



## 屈臣氏集團 A.S. Watson Group

為支持本會一年一度之大型步行籌款活動「乳健同行 2012」，屈臣氏集團特別推出粉紅版屈臣氏蒸餾水，由 9 月 21 日起於屈臣氏個人護理店發售。零售收益將全數撥捐本會。

另外，屈臣氏個人護理店亦會聯同 P&G 推出一系列粉紅禮品供客戶換購，所籌得款項將全數捐贈本會。P&G 每賣出一年指定產品亦會捐出一元給本會。

To support HKBCF's signature annual walkathon "Pink Walk for Breast Health 2012", A.S. Watson Group is offering a limited edition Pink distilled water at Watsons Your Personal Stores from 21 September 2012. All sales proceeds of the bottled water as well will be donated to HKBCF.

Besides, Watsons Your Personal Stores join hands with P&G to offer a series of pink products for redemption. All funds raised will be donated to HKBCF. P&G will be donating HK\$1 to HKBCF for every special item sold during the campaign period.

## 詠藜園 Wing Lai Yuen

由詠藜園及理工大學攜手推出「善同行」中秋月餅，三款不同口味：紅棗核桃、海藻糖白蓮蓉松子和黑芝麻核桃的月餅，不含蛋黃及豬油，藉以宣揚健康訊息。部分收益扣除成本後將撥捐本會。

Wing Lai Yuen and the Hong Kong Polytechnic University join hands to present a series of healthy mooncakes for the coming Mid-Autumn Festival. Three different flavours including Red Jujube with Walnuts, Trehalose White Lotus with Pine Nuts and Black Sesame with Walnuts are available. By using no egg yolks and lard, the manufacturer hopes to promote healthy diet. Part of the net sales proceeds will go to the HKBCF



## Tayma Fine Jewellery

Tayma Fine Jewellery 將於 10 月 26 日和 12 月 7 日分別舉辦粉紅首飾及蛋糕派對和聖誕香檳酒會為香港乳癌基金會籌款。

Tayma, our ardent supporter will host a Pink Jewellery & Cupcake Party and a Champagne Christmas Cocktail on 26 October and 7 December respectively, raising funds for our Foundation.



## 運動改善

### Movement Improvement

運動改善健身中心將於本年 10 月 7 日及 10 月 17 日於愉景灣舉辦步行籌款和 Pink Fizz 籌款晚會，動員愉景灣居民支持本會對抗乳癌的工作。

Movement Improvement Ltd will host Pink Walk for Breast Health 2012 on 7 October and Pink Fizz dinner on 17 October in Discovery Bay, rallying public support for HKBCF's work against breast cancer.



## 意美廚 Ideale Chef

意美廚響應乳癌關注月，將於 2012 年 10 月 29 日至 12 月 31 日期間推出特別版粉紅色廚具系列，包括單柄煲、雙耳煲及單柄煎鍋，包裝上印上乳健貼士。意美廚每賣出一件產品將撥捐港幣九元予香港乳癌基金會。

Ideale Chef will launch a special edition pink cookware series, including saucepan, stockpot and frypan, with tips for breast health printed on the packaging. During the promotion period from 29 October to 31 December 2012, Ideale Chef will donate HK\$9 for each item sold to our Foundation.

## 香港瑜珈馬拉松 Hong Kong Yogathon

第 5 屆香港瑜珈馬拉松將於 10 月 27 日假跑馬地馬場舉行。大會連續兩年選定香港乳癌基金會為活動受惠機構，參加者籌集的善款將捐予本會支持對抗乳癌的工作。

The 5th Hong Kong Yogathon will be held at Happy Valley Race Course on 27 October. The event has chosen Hong Kong Breast Cancer Foundation as the sole beneficiary for the second year, and donations collected from participants will go to support our work against breast cancer.





## Mandarin Oriental Hong Kong

文華東方酒店旗下的 Mandarin Spa, Mandarin Salon 及 Mandarin Barber 將由 10 月 1 日至 31 日義賣 "Life Token", 善款將撥捐香港乳癌基金會。文華東方酒店每售出一枚 "Life Token", 會額外捐出 100 元, 支持本會工作。 From 1 to 31 October, the 'Life Token' will be sold in The Mandarin Spa, The Mandarin Salon and The Mandarin Barber. All proceeds will be given to HKBCF. For every 'Life Token' sold, the hotel will contribute an extra HK\$100.



## Pure Yoga

為響應乳癌關注月, Pure Yoga 連續第五年舉辦慈善瑜珈班。今年的慈善瑜珈班將於 10 月 13 日下午三時至五時舉行。參加者籌集的善款將捐予本會作慈善用途。

For the 5th consecutive year, Pure Yoga is hosting a charity yoga class in support of the breast cancer awareness month. This year the class will be held 3:00 pm – 5:00 pm, 13 October. Donations collected from participants will go to HKBCF, supporting our cause.



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

查詢「粉紅絲帶夥伴」計劃詳情, 請致電 2525 6033 或電郵 [info@hkbcf.org](mailto:info@hkbcf.org)

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

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

# 鳴謝 THANK YOU

Moiselle 執行董事兼集團副主席徐巧嬌 (左四) 與顧紀筠 (右四) 向本會送上港幣 34 萬 6 千元的支票。善款來自 Moiselle 去年 12 月與顧紀筠合作推出的限量版慈善禮盒收益。

Ms Shirley Chan, Executive Director of Moiselle (4th from left), and Ms Priscilla Ku (4th from right) handed over a HK\$346,000 cheque to the HKBCF. The funds were collected from the sale of Moiselle X Priscilla Ku charity sets in December 2011.



## 多謝以下熱心人士在 4 月至 8 月的義務幫忙

Thanks to our volunteers who helped us out (April-August)

Circle Communications Ltd.  
Debra  
Elaine  
Grace  
Jacqueline Wong  
Lia  
Lau Yuk-ming  
Samantha Ng  
Sharon  
Stephanie  
Dr Richard Bulgin  
Dr Chan Keeng-wai  
Janice Chan Kwai-ling  
June Chan  
Dr Sharon Chan  
Cindy Cheng  
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Angela Ching  
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Dr Chiu Shiu-hon  
Carol Choi Lai-king  
Dr Choi Lai-yin  
Dr Peter Choi  
Dr Josette Chor  
Olivia Chow Siu-kwan  
Yeats Chow Yuen-ming  
Lorraine Chu  
Kiran Gobindram  
Mimi Hau Wing-yuen  
Alison Heap  
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Alice Ho Yuet-ming

Hui Po-chee  
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Rani Kamaruddin  
Kan Tam Lai-fun  
Candy Kuan  
Dr Carol Kwok  
Kwok Yim-wah  
Tammy Lai  
Nancy Lam Kit-ling  
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Lee Oi Ling  
Winnie Lee  
Viola Lee Sze-wan  
Vivian Lee Wai-kwan  
Dr Leung Kai-man  
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Dr Roland Leung  
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Tina Liang Po-tin  
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Shum Hiu-lam  
Asta Shum Wai-chu  
Elaine Shum Yuen-ming  
Bigritte So  
Fumi Takemoto  
Teresa Tam Lai-ming  
Tam Wai-kuen  
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Karita Wong Chuen-ming  
Kitty Wong  
Kitty Wong Wai-ling  
Lorna Wong  
Lorraine Wong Tai-ying  
Mimi Wong Mei-may  
Teresa Wong Kim-ling  
Wong Mei-may  
Wong Ya-fung  
Dawn Woo Yin-hing  
Amy Yang Wai-chung  
Prof Winnie Yeo  
Dr Gary Yeoh  
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Yik Mei-chun  
Martha Yip Lai-chu  
Paula Yip  
Iris Yu Miu-yee  
Dr Rhoda Yuen  
Chor Shiu-chun  
Brigitte So  
Amer Siddique

## 捐贈港幣 20,000 元或以上的機構及個人

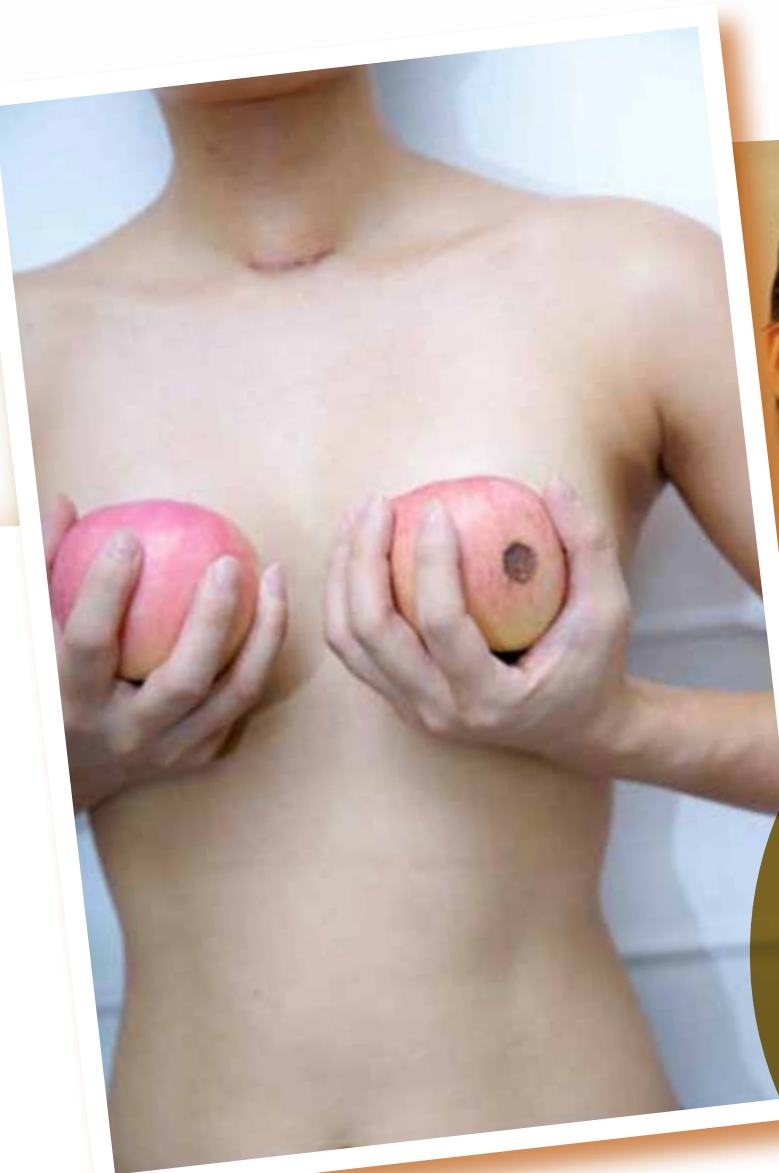
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Dr Wong Chun Kuen  
Wong's Kong King Holdings Ltd.  
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新都會發展有限公司





攝影 / 文：譚勵明 Photo & text: Teresa Tam



## 活著真好 乳癌歷程攝影展 譚勵明

**Wonder of Life**  
Photo exhibition by a breast  
cancer survivor | Teresa Tam

雖然患了乳癌，但我並不認為這是一件不幸的事。  
在治療期間，我藉著攝影，從另一角度去看乳癌及治療，  
同時希望透過相片，提醒身邊的你也學會愛錫自己，關心  
你身邊的人，不要讓一切來得太遲。

Being diagnosed with breast cancer is not something as bad as  
what many thought. During my treatment, I looked at my breast  
cancer and my treatment from an alternate lens – photography.  
Through my pictures, I hope to raise the awareness of early  
detection of breast cancer. Let's show our love and care to  
people around.

日期：2012.10.20 - 11.13  
開幕：2012.10.20  
時間：10:00 - 22:00  
地點：九龍石硤尾白田街 30 號  
賽馬會創意藝術中心  
五樓公共空間

Date: 2012.10.20 - 11.13  
Opening: 2012.10.20  
Opening hour: 10:00 - 22:00  
Venue: 5/F public area  
Jockey Club Creative Arts Centre  
30 Pak Tin Street, Shek Kip Mei,  
Kowloon

我們歡迎讀者投稿分享你的故事、相片或圖畫。來稿請電郵 [info@hkbcf.org](mailto:info@hkbcf.org)，或郵寄香港北角木星街 9 號永昇中心 22 樓傳訊部收。編輯組保留刪改及刊登來稿的權利。

We welcome you to share your stories, photos or paintings here. Email it to us at [info@hkbcf.org](mailto:info@hkbcf.org) or by mail to Communications Department, 22/F, Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong. Please note that the editorial team reserves the right to edit and publish submitted articles.





單靠自摸，點搏得過？



乳癌是本港女性頭號癌症。每21位女性當中，就有一位可能罹患乳癌\*，年紀愈大風險愈高。要有效防範乳癌，女性由40歲開始應該定期進行乳健檢查。

非牟利的香港乳癌基金會乳健中心，為你提供專業乳健檢查服務及乳健教育。

遠離乳癌威脅 請立即預約

 **3143 7333**

乳健檢查計劃

## 乳癌檢測 3缺1不可

**1** 自我檢查   **2** 醫護人員檢查   **3** 乳房X光造影檢查



捐助機構 Funded by:



香港賽馬會慈善信託基金  
The Hong Kong Jockey Club Charities Trust

\*資料來源：醫管局香港癌症資料統計中心2008

及早發現 治療關鍵

地址：香港北角木星街9號永昇中心21樓（炮台山港鐵站A出口）

www.hkbcf.org

# 讀者意見調查

## READERS' SURVEY

《乳健同行》季刊（即前《粉紅絲帶通訊》）已面世兩年多，為大家分享乳癌知識和匯報香港乳癌基金會的動態。為了解讀者的意見，希望你能花一點時間填寫以下的問卷，幫助我們精益求精。請將填妥的問卷交回本會，傳真號碼：2525 6233，電郵至 [info@hkbcf.org](mailto:info@hkbcf.org)，或郵寄至香港北角木星街 9 號永昇中心 22 樓。為感謝大家的支持，我們會奉上一份紀念品，謝謝！

*Breast Health Newsletter* (previously titled *Pink Ribbon Newsletter*) is published every 4 months to share breast cancer information and our latest development with you. For continuous improvement, we need to know what you like and what you like to see changed. Please spare a few minutes to complete and return this questionnaire by fax at 25256233, email to [info@hkbcf.org](mailto:info@hkbcf.org) or post to 22/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong. You will receive a gift as a token of our appreciation. Thank you.

1. 你用了多少時間閱讀今期《乳健同行》？（只選擇 1 個答案）

How much time have you spent on reading the current issue? (Please choose one)

☐ 15-30 分鐘 mins    ☐ 30-60 分鐘 mins    ☐ 一小時以上 over one hour

2. 在過往一年你讀過多少期通訊？

How many issues have you read in the past one year?

☐ 1    ☐ 2    ☐ 3

3. 你覺得通訊的內容及質素怎樣？（1 為最不满意，5 為最滿意）

How do you rate the newsletter in the following areas? (1 most unsatisfactory, 5 most satisfactory)

選題 Topics ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

文筆 Writing style ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

設計 / 排版 Design/Layout ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

印刷 Printing quality ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

內容 Content : 有用 Useful ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

: 豐富 Substantial ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

4. 請選出您對以下欄目的評分。（1 為最不满意，5 為最滿意）

Please rate the following sections. (1 most unsatisfactory, 5 most satisfactory)

封面故事 ( 探討有關乳癌的課題 ) Cover Story (Discussing breast cancer issues)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

HKBCF 動態 ( 本會動態 ) HKBCF in Action (Our latest development)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

乳健新知 ( 有關乳癌防治的新近消息 ) News in Focus (Latest news on breast cancer care)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

同路人故事 ( 患者 / 康復者分享抗病經歷 ) Survivor's Story (Experience sharing by survivors)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

5. 你最喜歡哪三期的封面故事？

Which 3 of the following cover stories do you like most?

- ☐ 第 1 期 — 你不可不知的乳房篩檢 Issue 1 — What you should know about Breast Screening
- ☐ 第 2 期 — 認清乳癌高危因素 Issue 2 — Low-down on Risk Factors for Breast Cancer
- ☐ 第 3 期 — 拆解吃大豆與患乳癌的迷思 Issue 3 — Puzzling Link between Soy and Breast Cancer
- ☐ 第 4 期 — 提防乳癌治療後遺症：淋巴水腫  
Issue 4 — Lymphoedema: What every person with breast cancer should know
- ☐ 第 5 期 — 乳健中心投入服務 推動乳癌普查  
Issue 5 — Mind the Awareness - Action Gap: Screening for Breast Cancer
- ☐ 第 6 期 — 低收入地區 乳癌重災區？ Issue 6 — Breast Cancer is more serious in poorer districts?
- ☐ 第 7 期 — 與晚期乳癌共舞 Issue 7 — Living With and Beyond Metastatic Breast Cancer
- ☐ 第 8 期 — 認識乳癌檢測方法 Issue 8 — Learn More about Breast Cancer Screening

6. 你認為通訊 Your suggestions for Pink Ribbon Newsletter

建議增加的內容 Content I suggest to include :

其他意見 Other comments :

性別 Gender : ☐ 女 Female ☐ 男 Male

年齡 Age : ☐ below 40 歲以下 ☐ 40-59 歲 ☐ 60 歲或以上 or above

本人是 I am ☐ 乳癌患者 Breast cancer survivor ☐ 家人 / 照顧者 Family / Care giver

☐ 醫護人員 Medical professionals ☐ 其他 Others \_\_\_\_\_

個人資料 ( 資料將用作郵寄禮品用途 ) Personal information (for mailing of the gift) :

姓 名 Name \_\_\_\_\_

地 址 Address \_\_\_\_\_

電 話 Phone No. \_\_\_\_\_ 傳 真 Fax \_\_\_\_\_ 電郵 Email \_\_\_\_\_





## 活動日誌 HKBCF EVENT CALENDAR

Jul — Oct 2012

### 乳癌講座 Talks :

**2012.07.21 星期六 (Sat)**

#### 簡易鬆弛有辦法

為乳癌患者和康復者介紹處理緊張、失眠、焦慮的鬆弛方法。

時間：下午 3 時至 5 時

地點：香港乳癌基金會—21 樓

主講：何月明 (註冊社工)

#### A Simple Way of Relaxation

Sharing relaxation techniques that help alleviate anxiety, insomnia and worries with breast cancer patients/survivors.

Speaker: Ms Alice Ho (Registered social worker)

Time: 3 pm - 5 pm

Venue: HKBCF - 21/F

EVENT 1

**2012.08.18 星期六 (Sat)**

#### 外科手術淋巴水腫的角色為何？

時間：下午 3 時 - 5 時

地點：香港乳癌基金會 — 21 樓

主講：趙多和醫生 (整型外科副顧問醫生)

#### Does surgery have a role in lymphoedema?

Time: 3pm - 5 pm

Speaker: Dr Chui Tor Wo (Associate Consultant, Plastic Reconstructive Surgery)

Venue: HKBCF - 21/F

EVENT 2

**2012.09.15 星期六 (Sat)**

#### 荷爾蒙治療與更年期

介紹各種最新的荷爾蒙治療及更年期

時間：下午 3 時至 5 時

地點：香港乳癌基金會 — 21 樓

講者：郭子熹醫生

(腫瘤科副顧問醫生)

#### Hormonal therapy and menopause for breast cancer

Introducing updated Hormonal therapy and knowledge of menopause

Time: 3 pm - 5 pm

Venue: HKBCF - 21/F

Speaker: Dr. Carol Kwok

(Associate Consultant, Oncology department)

EVENT 3

**2012.09.19  
星期三 (Wed)**

EVENT 4

#### 本會發表 《香港乳癌資料庫 第四號報告》

我們將於新聞發佈會上發表《香港乳癌實況第四號報告》，報告彙列香港乳癌資料庫對七千名本港乳癌患者和康復者的病歷和生活習慣資料，有助大家了解本港乳癌狀況。

#### Release of Breast Cancer Registry Report No. 4

The Hong Kong Breast Cancer Registry Report No. 4 was released at a press conference. The report contains analysis of data our Breast Cancer Registry has collected from 7,000 local breast cancer patients. It will help us better understand how breast cancer is impacting the local community.

網上瀏覽 View online:

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

**2012.10.28  
星期日 (Sun)**

EVENT 5

#### 「乳健同行」 步行籌款

本會一年一度的「乳健同行」步行籌款活動將於 10 月 28 日在山頂舉行。歡迎你和家人、朋友齊齊參與，享受愉快的早上，同時共襄善舉。活動籌得款項將用作支持本會工作。

#### Pink Walk for Breast Health

Our 8th annual walkathon will be held at the Peak on 28 October. It will be a good opportunity to enjoy a pleasant walk and to help us raise funds. Do come and join us with your family and friends! Donations collected from the event will support our work against breast cancer.

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

# 捐款表格 Donation Form

## 我願意捐款支持「香港乳癌基金會」：

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

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

☐ 一次過次捐款 One-off donation:

☐ HK\$500 ☐ HK\$300 ☐ HK\$200 ☐ HK\$100 ☐ HK\$\_\_\_\_\_

## 捐款者資料 PERSONAL PARTICULARS

中文姓名 \_\_\_\_\_ (先生 Mr./ 女士 Ms.)

Surname \_\_\_\_\_ First Name \_\_\_\_\_ Middle Name \_\_\_\_\_

電話 Tel \_\_\_\_\_ 傳真 Fax \_\_\_\_\_

地址 Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

電郵 Email \_\_\_\_\_

如收據抬頭與上述姓名不同，請註明：

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

\_\_\_\_\_

通訊語言 Medium of communications:

☐ 中文 ☐ English

## 捐款方法 DONATION METHOD

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

2. ☐ 銀行入數 Bank Deposit

(只適用於每月捐款 For monthly donation only)

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

3. ☐ 信用卡 Credit Card

☐ Visa Card ☐ Master Card

持卡人姓名 Cardholder's Name: \_\_\_\_\_

持卡人姓名 Cardholder's signature: \_\_\_\_\_

信用卡號碼 Credit Card No.: \_\_\_\_\_

有效期至 Expiry Date: \_\_\_\_\_ 月 MM \_\_\_\_\_ 年 YY

## 多謝 Thank You!

捐款港幣 100 元或以上可獲發免稅收據 (稅局檔號 91/7226)。

Donation receipt will be issued for a donation of HK\$100 or above (IRD File no. 91/7226).



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