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乳建同行

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



亞洲首個本地乳癌數據網上平台 -

「乳癌在線」啟動

Celebrating the launch of Breast Cancer HK Online

Asia's first local online breast cancer database

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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亞洲首個本地乳癌數據網上平台 -

「乳癌在線」啟動

Celebrating the launch of Breast Cancer HK Online

Asia's first local online breast cancer database



香港乳癌基金會策動的香港乳癌資料庫剛於 5 月 22 日，在香港醫學專科學院舉行香港乳癌資料庫晚宴暨「乳癌在線」啟動禮。

當晚約有 300 位來自醫護界、商界的嘉賓及政府官員出席，一同慶祝「乳癌在線」這項重要的里程碑。參與啟動儀式的主禮嘉賓包括：香港乳癌基金會名譽贊助人梁唐青儀女士、香港醫院管理局主席梁智仁教授、食物及衛生局副局長陳肇始教授、香港醫院管理局行政總裁梁栢賢醫生、香港乳癌資料庫晚宴籌備委員會主席鄭寧民醫生、「乳癌在線」委員會主席蔡浩強醫生、香港乳癌基金會主席霍何綺華女士及香港乳癌基金會創會人張淑儀醫生。

The Hong Kong Breast Cancer Registry Dinner celebrating the launch of Breast Cancer HK Online (BRCA Online) was successfully held at the Hong Kong Academy of Medicine on Thursday, 22 May 2014.

Over 300 guests from the medical and business communities as well as members of government and healthcare organisations joined the event to celebrate this significant milestone in the development of the Hong Kong Breast Cancer Registry (BCR). Officiating guests included Mrs Regina Leung, Honorary Patron of the Hong Kong Breast Cancer Foundation; Professor John Leong Chi-yan, Chairman of the Hospital Authority; Professor Sophia Chan, Under Secretary for Food and Health; Dr Leung Pak-yin, Chief Executive of the Hospital Authority; Dr Paul Cheng, Chairman of the Organising Committee, Hong Kong Breast Cancer Registry Dinner; Dr Peter Choi, Chairman of Breast Cancer HK Online Committee; Mrs Eliza Fok, Chairman of the Hong Kong Breast Cancer Foundation; and Dr Polly Cheung, Founder of the Hong Kong Breast Cancer Foundation.

「乳癌在線」是亞洲區首個本地乳癌數據網上平台，提供有關本港乳癌的數據及分析資料。網上平台的數據源自香港乳癌資料庫逾 12,000 本地乳癌患者的個案，數據細項達 300 多個，有助醫療專業人士進行臨床評估和決策，為乳癌病人提供最佳的護理方案。

「乳癌在線」是醫療專業人員不可或缺的助診工具，也是掌握乳癌治療最新資訊的重要平台，提供乳癌資料、數據，以及治療方法趨勢，讓醫療人員及乳癌患者可以充分掌握本港最新的相關資訊。

透過這個網上平台，已登記的醫療專業人員可揀選合適的參數，然後從「乳癌在線」數據庫中，篩選出與患者最接近的個案，參考其中的治療方案。基金會期望，透過資源共享的概念，在乳癌治療方面，惠及本港醫療專業人員及乳癌患者。

BRCA Online is Asia's first online local breast cancer database and provides Hong Kong-specific breast cancer data and analysis. Enhanced access to the valuable information – comprised of more than 300 data items on each of the 12,000+ local breast cancer cases registered with the BCR – will provide relevant information and references to facilitate medical professionals' decisions on treatment options and solutions for breast cancer patients.

BRCA Online is designed to be an integral clinical decision support tool. It is also an important platform providing current information and data on the breast cancer landscape in Hong Kong, keeping medical professionals and breast cancer patients updated on local breast cancer facts.

Medical professionals registered for the platform can input and select specific data parameters most appropriate to their case circumstances to reference relevant information from the database with regards treatment options and solutions.

BRCA Online will facilitate better treatment and care of breast cancer patients in Hong Kong by enabling medical professionals to reference the most comprehensive and representative local breast cancer database, the BCR.



Breast Cancer HK Online

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Breast Cancer Statistics Inquiry Result

Patient Information

Age at Diagnosis
• 40

Year of Diagnosis
• 2006

Mode of Detection
• Self detected

Menstrual Status
• No, natural stop

Surgery
• Mastectomy

Tumour Information

Clinical Tumour Size (Unifocal)
• > 2.0cm <= 3.0cm

Inquiry Result (Surgery)

Data source date: 12/03/2014

The treatment results of your inquiry are listed below.

Note: the therapy results are for surgery only.

All results belong to the following groups based on your input information:

- Age group: 40-49
- Diagnosis period: 2006-2013

Surgery for the Breast

Clinical Tumour Size (unifocal): > 2.0cm <= 3.0cm

Case Size: 0

The number of results at this location matching your query is less than 100.

Export

乳癌在線

關於 | 乳癌統計 | 相關連結 | 常見問題 | 使用條款 | 個人資料原則

乳癌統計

聲明：此查詢功能僅供醫學專業人士治療輔助之用。如果您是一名醫學專業人士，您可以聯絡您的醫學專業人士，我們更樂意在此頁面尋求醫學專業人士的專業意見。

此分析是基於香港乳癌資料庫所提供的數據，僅代表香港乳癌病例的一部分，並不反映香港本地全部。

患者資料

確診年齡

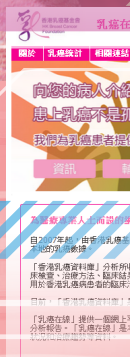
確診年份

篩檢乳癌的頻率

月經狀況

篩選

篩選



當晚張淑儀醫生及蔡浩強醫生分別向在場人士介紹及示範「乳癌在線」。精彩節目還有林敏柔博士的鋼琴演奏、方津生醫生和徐行悅醫生的合唱，以及曾浩輝醫生的鋼琴伴奏。而現場拍賣和幸運抽獎環節為晚宴營造不少歡樂和緊張氣氛！

為支持這次晚宴，慷慨的善長及機構捐出枱獎、抽獎禮品和拍賣品，當中包括溫布頓網球大賽冠軍級選手 Andy Murray 曾使用並有其簽名的網球拍、珠寶首飾、直升機旅程等等。晚宴所籌得的善款將用於香港乳癌資料庫的研究及發展工作。

「乳癌在線」成功啟動實有賴各界善長及機構慷慨解囊、熱心支持，在此我們獻上衷心感謝。

The launch of BRCA Online was met with enthusiasm and support of the guests at the dinner. Dr Polly Cheung provided the audience with an introduction and overview of the new platform whilst Dr Peter Choi demonstrated the features and ease of use of BRCA Online. Other highlights included a piano recital by Dr Margaret Lynn and a choral duet by Dr David Fang and Dr Michelle Tsui with Dr Tsang Ho-fai accompanying on the piano. The live auction and lucky draw also created much excitement.

Our generous sponsors donated amazing items for the table prizes, ballot bidding and live auction including a personalized and signed tennis racquet from Wimbledon champion Andy Murray, bedazzling jewellery pieces and a helicopter ride around Hong Kong. The funds raised from the auction and ballot bidding will be used to fund the ongoing research, development and innovation of the Breast Cancer Registry.

The launch of BRCA Online was made possible thanks to the support of multiple stakeholders within our community and the generosity of many organisations, and for this we extend our sincere thanks and gratitude.

Breast Cancer HK Online

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Breast Cancer Statistics

Disclaimer: The Statistics Inquiry feature is intended to be used as a decision aid for medical professionals only. By continuing, you state that you are a medical professional. If you are not a medical professional, you are advised to seek help from one before using the page.

Note that the analysis is based on data collected by HBCRC and represents a fraction of all breast cancer cases in Hong Kong. Though the largest comprehensive collector, it by no means represents the entire breast cancer treatment landscape.

Patient Information

Age at Diagnosis:
Year of Diagnosis:
Node of Detection:
Menstrual Status:

Treatment Type

☐ Breast-Conserving Surgery
☐ Mastectomy
☐ Radiation Therapy
☐ Hormonal Therapy
☐ Targeted Therapy
☐ Chemotherapy

Statistics

乳房手術

臨床腫瘤大小: >1.0cm <=2.0cm
淋巴結轉移: D

與全港區比較的結果數量少於100。

按乳房手術的治療比率

人數

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

■ 乳房保留手術: 0 (0%)
■ 乳房切除: 16 (100%)

各類型乳房手術的治療比率

乳房保留手術: 11
乳房切除: 4
乳房切除+重建手術: 1

■ 乳房保留手術: 0 (0%)
■ 乳房切除+重建手術: 1 (8%)
■ 乳房切除: 4 (32%)
■ 乳房保留手術: 11 (88%)

Breast Cancer HK Online

Breast Cancer Resource for Medical Professionals

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Breast Cancer HK Online for Medical Professionals

The Hong Kong Breast Cancer Registry (aCR) has been collecting and analyzing local breast cancer data since 2007 and publishes an annual "Hong Kong Breast Cancer Registry Report" providing analysis on the findings. These reports include information on risk factors and exposure, disease patterns and treatment trends, clinical outcomes and survival, and more, aiming to provide the medical profession with local breast cancer facts that can impact their clinical decisions on patients' treatment options and potentially affect the outcomes.

Provided by:

香港乳癌基金會
A Hong Kong Breast Cancer Foundation Initiative

香港乳癌基金會
Hong Kong Breast Cancer Foundation

乳癌同行 Breast Health Newsletter

香港乳癌資料庫

於 2007 年創立的資料庫，旨在收集本地乳癌數據以彌補本地乳癌數據及分析的不足。資料庫成立至今的重要發展包括：

- 為本港最全面和最具代表性的乳癌資料庫
- 超過 12,000 本地乳癌患者登記
- 出版 5 份研究報告
- 44 間公立及私營醫院及診所參與
- 推出亞洲首個及唯一一個本地乳癌數據網上平台——「乳癌在線」

與香港中文大學加強合作

在「乳癌在線」啟動當天，香港乳癌基金會與香港中文大學簽署合作協議，加強對本地乳癌的研究工作。

香港中文大學賽馬會公共衛生及基層醫療學院院長楊永強教授今天與香港乳癌基金會主席霍何綺華女士，代表兩所機構簽署合作協議書，簽署儀式在香港醫學專科學院舉行，並由基金會創會人張淑儀醫生及香港中文大學全球衛生中心總監陳英凝教授陪同下進行。

根據合作協議，日後兩所機構承諾於知識交流、教育及學術研究方面加強合作。有關合作計劃將有利推動本港乳癌調研工作，讓本地社區及相關的持份者更獲裨益。

Achievements of the Hong Kong Breast Cancer Registry (BCR)

Originally established in 2007 to fill an information gap on local Hong Kong breast cancer data and analyses, the BCR has since celebrated a number of achievements:

- *Hong Kong's most representative and comprehensive local breast cancer database*
- *12,000+ local breast cancer cases registered*
- *5 annual reports published*
- *44 public and private participating sites*
- *Launched BRCA Online – the first and only online database of local breast cancer cases in Asia*

Collaboration with the Chinese University of Hong Kong

At the launch of BRCA Online, the Hong Kong Breast Cancer Foundation (HKBCF) and the Chinese University of Hong Kong signed an Agreement of Understanding to promote local breast cancer research capacity.

Professor Eng-kiong Yeoh, Director of the Jockey Club School of Public Health and Primary Care (JCSPHPC), Faculty of Medicine, The Chinese University of Hong Kong (CUHK), and Mrs Eliza Fok, Chairman of the HKBCF signed the Agreement of Understanding at the Hong Kong Academy of Medicine, witnessed by Dr. Polly Cheung, Founder of the HKBCF and Professor Emily Chan, Director of the Centre for Global Health, JCSPHPC, CUHK.

Through this agreement, both institutions commit to promoting collaborations in the areas of knowledge exchange, education and academic research. This commitment to collaborate will drive the capacity and scope of breast cancer research in Hong Kong, ultimately benefiting the local community and all stakeholders.



▲ 香港乳癌基金會與香港中文大學簽署合作協議，加強對本地乳癌的研究工作。

The Hong Kong Breast Cancer Foundation (HKBCF) and the Chinese University of Hong Kong signed an Agreement of Understanding to promote local breast cancer research capacity.

鳴謝 Acknowledgement

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* 按企業名稱及個人姓氏排序 Listed in alphabetical order of the corporate names and individuals' surnames

為善最樂—— 王氏港建集團主席 王忠桐

Being charitable makes me happy
— Mr Senta Wong,
CEO of Wong's Kong King

本港製造業近年經營困難，經濟不景導致訂單銳減、工人流失等。從事電子產品生產的王氏港建集團可說是製造業中的奇葩，去年營業額高達 56 億港元，今年春節後內地廠房的復工率達 93%，遠超同業。到底集團主席王忠桐先生有何獨特的營商之道？

「『以人為本』的管理哲學，重視產品質素及交貨期、靈活變通的營商手法，以及與員工和供應商建立互信關係。」王忠桐總結出數十年的營商心得。王氏港建集團的成功故事，更吸引日本 NHK 電視台專程來港拍攝特輯！

參觀王氏港建集團位於東莞的生產基地，會發現這裏不是一般工廠，倒像一座自給自足的小鎮。除了員工宿舍、飯堂外，健身室、髮廊、電影院、溜冰場、燒烤場等設施應有盡有，全面照顧員工的衣食住行。這位「非一般老闆」甚至會到員工飯堂，點選員工的膳食，確保質素！

視員工如家人

王忠桐認為，管理企業有如管理家庭，要視員工如自己的親人。他說，無論經濟順逆，集團從未辭退過一位員工，待員工要不分彼此，才會令他們安心工作。「只要員工做得好，自然會留住客戶，企業才會成功！」集團在七十年代末至八十年代初招聘的一批大學生，全部至今仍在集團工作，員工的忠誠度極高！

關顧員工以外，王忠桐又積極投入慈善工作，曾擔任東華三院主席，關注本港的教育、醫療及社會福利發展。「我在香港成長，又在這裏發展事業，有餘力很自然要回饋社會。幫助別人有如幫自己，從中可讓身心靈得到真正的富足。」

In recent years Hong Kong manufacturers have encountered significant challenges in the face of international economic crises, resulting in drastic reductions in orders placed and the consequential displacement of large numbers of workers.

Wong's Kong King (WKK), headquartered in Hong Kong and listed on the Hong Kong Stock Exchange, has proven to be an anomaly, bucking the trend and generating over HK\$5.6 billion in revenue in the last financial year. In addition to its financial success the company's manufacturing facilities based in Mainland China saw in excess of 93% of employees returning to work after the Chinese New Year festivities – a significantly higher percentage than WKK's peers. Intrigued by the success of WKK, Japan's public broadcaster NHK televised a programme on the company.

Eager to find out the secret to WKK's success the HKBCF spoke to Mr Senta Wong, CEO of WKK to find out more.

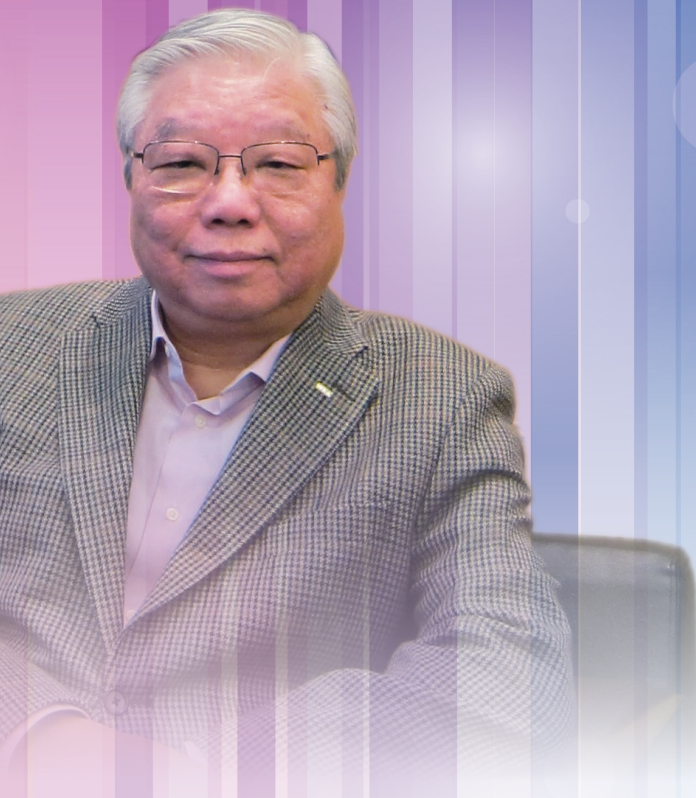
Mr Wong distills decades of business wisdom into four guiding points:

1. Adopt a people-oriented management style
2. Maintain high production quality and respect for delivery timelines
3. Be flexible and adaptable with business terms
4. Establish relationships with employees and suppliers based on trust

WKK's manufacturing facilities located in Dongguan are far from your typical factory and more like a self-sufficient town. In addition to staff accommodation and a canteen, the extensive facility also houses a gymnasium, hairdressing salon, cinema, bowling alley, barbeque area and more, well and truly catering to the needs of the employees on site. Even the food served to employees in the canteen is chosen and trialed by Mr Wong to ensure the taste and quality are acceptable.

Employees are like family

Mr Wong firmly believes that managing a business is like managing a family. One should treat employees as if they are family members, "No matter what the economic challenges or circumstances, our company has never let go of any staff. One needs to treat all staff equally so that they can have peace of mind and focus on the job. If employees are settled and perform well, we as a business will naturally be able to retain customers and succeed," he shares.




王忠桐對幫助有需要的人，不單身體力行，更是出錢又出力。他曾到籠屋探訪，與來自基層家庭的年輕人傾談，做家訪，又資助他們升學和發展個人潛能。「只有親自探訪，才會明白貧苦大眾面對的問題及他們的真正需要。」

鼎力支持香港乳癌基金會

熱心公益的王忠桐，機緣巧合下認識了香港乳癌基金會的創會人張淑儀醫生，對基金會的理念和工作十分認同。由 2010 年開始，王氏港建集團每年捐出 20 萬港元，支持香港乳癌基金會的研究及倡議工作。今年又捐出 50 萬元支持基金會最新推出的「乳癌在線」服務，對推動基金會的本地乳癌研究工作不遺餘力。

「近年癌症有年輕化的趨勢，如果能透過檢查及早發現，除可保障患者的生命外，更有助降低醫療成本。基金會的工作很有意義，不但可為市民提供乳健檢查服務，縮短輪候檢查的時間；更可為有需要的人士提供藥物資助計劃，減輕貧困家庭承受的醫療負擔及壓力。」

王主席對防治乳癌的看法，與香港乳癌基金會的理念不謀而合。基金會一直提倡婦女由 40 歲起，要開始進行全面的乳房健康檢查計劃，原因是「及早發現 治療關鍵」。他又特別重視研究工作，認為加強研究將有助改善乳癌的治療及護理方案。事實上，早於 2007 年基金會便成立香港乳癌資料庫，收集本地乳癌個案的數據作研究及分析之用，為醫護人員提供參考，並促進本港乳癌防控政策方面的倡議工作。 



In the late 70s to early 80s WKK hired a number of university fresh graduates. Today, all of them remain employed with the company, underlining the strong sense of loyalty of WKK's employees.

In addition to caring for his employees, Mr Wong also cares deeply for the local community, taking a special interest in medical, education and social welfare issues affecting Hong Kong. He is a former Chairman of the Tung Wah Group of Hospitals and personally supports a number of charitable and social causes, including the Hong Kong Breast Cancer Foundation.


"I grew up in Hong Kong and developed a successful business here, if I have the ability I should requite to society. Helping others is akin to helping oneself. Through selflessly helping others one can attain meaningful satisfaction and peace," Mr Wong reflects.

His support extends beyond physical contributions and he readily commits financial support to those less fortunate. He has visited caged-home dwellers, connected with youths from disadvantaged families – supporting them financially in their education and personal development aspirations. Mr Wong believes it is only through personal visits that one can truly empathise with the challenges faced by those less privileged and better understand their needs.

Supporting the HKBCF

Mr Wong had a chance encounter with Dr Polly Cheung, Founder of the Hong Kong Breast Cancer Foundation (HKBCF), some years ago and upon learning more about its vision and mission, he has become a committed supporter of the HKBCF.

Since 2010 WKK has made annual donations of HK\$200,000 to the HKBCF to support its research and advocacy efforts. This year the company donated HK\$500,000 to support the launch of the new Breast Cancer HK Online platform, further strengthening its commitment to the HKBCF and the fight against breast cancer in Hong Kong.

Mr Wong's position on breast cancer prevention is closely aligned to the HKBCF's - which promotes regular breast health checks and screening for women aged 40 and above to facilitate early detection of the disease. In particular he values the importance of research and the HKBCF's Breast Cancer Registry (BCR), established in 2007 to collect data on local breast cancer cases for analysis. The BCR's data and analyses provides medical and healthcare professionals with relevant information to promote better treatment and care of breast cancer patients in Hong Kong - a mission Mr Wong ardently supports. 



ACTION 01

會員周年聚餐

HKBCF Annual Members Gathering

香港乳癌基金會會員周年聚餐在3月15日假佐敦彩福欣宴順利舉行，逾三百名會員及家眷出席聯誼，共享歡樂氣氛。基金會大使薛家燕小姐及歌藝名人曾路得小姐在台上抽獎帶領氣氛，又跟會員分享人生經驗。

「每日要記得三笑：早餐時笑一笑，午餐笑一笑，晚餐又再笑，心情就會舒暢得多。」薛家燕小姐為一眾參加者提供了好建議；要保持身心健康，曾路得小姐鼓勵姐妹們多做運動，而她每天也在家中跳健康舞。

周年聚餐由會員組成的合唱團「音韻樂心靈」的獻唱，揭開序幕，全晚表演節目不斷，「音韻樂心靈」的獻唱混合了絲帶舞和扇舞，別出心裁、叫人賞心悅目；八段錦興趣班的梁師傅帶領成員，一步一拳都穩健有力，台下全體參加者也不甘後人，跟隨梁師傅練一節八段錦舒展筋骨。

The Hong Kong Breast Cancer Foundation's Annual Members Gathering was successfully held on 15 March at Choi Fook Eky's Banquet in Jordan.

More than 300 members and their families and friends attended the gathering and shared the joyous occasion.

HKBCF Ambassador Ms Nancy Sit and singing legend Ms Ruth Chen held the lucky draw on stage and created a wonderful atmosphere, sharing with the HKBCF members their wise words and life experiences.

Nancy Sit reminded members to laugh three times a day – during breakfast, lunch and dinner. Following this suggestion will create a much more relaxed and happy mood. She also made some great suggestions to the members on how to maintain healthy mind and spirit.



全晚的高潮莫過於「收買佬」遊戲環節，每枱一組合力東湊西湊，收集主持唸出的清單物品，大家積極投入，但要完整拼湊主持唸出的清單，一點也不容易，率先完成的隊伍收集的物品原來並不齊全，有些更情商鄰隊合作收集，充份發揮互助精神，場面非常熱鬧。

基金會創會人張淑儀醫生和主席霍何綺華女士在致詞中，向會員報告基金會在乳健教育、患者支援、研究及倡議三方面的工作，以及基金會在邁向十周年的發展計劃。霍太說：「基金會將推出資料庫平台『乳癌在線』，以服務本地的醫護人員及患者。我們又正積極物色地方，以開設第二間診所及擴展辦公室。」



Ruth Chen encouraged members to do more exercise and advised that she does aerobics at home on a daily basis.

"Melody in Mind", the HKBCF's choir comprising of breast cancer survivors performed at the opening of the entertainment for the dinner, combining ribbon dance and fan dance, creating a wonderful spectacle for the audience.

Eight Silken Movement instructor, Ms Leung led members through the exercise routine, performing each step and each move with strength and stability, all the audience members followed intently throughout the whole routine!

The evening's highlight was most definitely the Scavenger Hunt, each table working together to obtain the items called out by the MCs on stage. However, obtaining all the items on the list was no easy feat and the first team to complete the task hadn't, in fact, obtained all the items required but had sought to cooperate with neighbouring teams to fulfill the list of items – highlighting the strong sense of collaboration between our members.

HKBCF Founder Dr Polly Cheung and Chairman Mrs Eliza Fok reported on the efforts of the HKBCF in the three areas of education, support services and research & advocacy in addition to the upcoming development plans for the HKBCF's 10th Anniversary.

Mrs Fok advised the launch of the new Breast Cancer HK Online, an online database that serves the needs of the local medical community as well as breast cancer survivors, as well as the proactive plans to identify a suitable location to establish a second Breast Health Centre and HKBCF office.



ACTION 02

本會接受各大傳媒專訪 HKBCF interviews with local media

成立於2005年的香港乳癌基金會，正朝著10周年邁進，本會近年服務不斷發展，在三月份會慶前後，接受了多家傳媒機構訪問，藉機向市民灌輸有關乳癌資訊的同時，也總結本會多年來努力的成果。

主席霍何綺華女士在香港電台第5台《笑容從家開始》節目中，細訴個人經歷以至在基金會的義務工作；在《蘋果日報》的「品味蘋果」專輯中，霍太的分享更細膩感人，記者問她做手術要在胸口留下疤痕，是否介意，霍太的回應：「我覺得一點都不重要，最重要是對付那病，那個計時炸彈，乳房在身體外面，已是相對幸運，腫瘤若在體內，豈不更糟？」。報道刊出後，引來不少正面迴響。

本會創會人張淑儀醫生接受商業電台《政好星期天》訪問時，暢談本港乳癌實況，以及基金會在乳健中心、乳癌支援中心和香港乳癌資料庫三方面的工作情況。本會服務及發展備受傳媒關注，《南華早報》更率先披露剛於5月推出的「乳癌在線」網上平台服務。

副主席王天鳳女士於年初接受有線電視娛樂台《嚴浩女人偏方》節目訪問，鼓勵乳癌患者積極面對疾病之外，還親自示範如何炮製健康小吃！

最令人鼓舞的是本會參與香港電台製作的電視節目《癌變解碼》（乳癌篇：天生一對）在「2013年電視節目欣賞指數調查」中，獲選為全年最高欣賞指數節目的第三位，而張淑儀醫生參與的無綫電視節目《守護生命的故事》則排名榜首。可喜可賀！



▲ 基金會代表在「2013年電視節目欣賞指數調查」頒獎禮上。

Representatives of the HKBCF attended the 2013 TV Programme Appreciation Index Survey Award Ceremony.

Established in March 2005 the HKBCF is fast approaching its 10th Anniversary. Our efforts and developments in the past years have been varied and significant. To coincide with our 9th anniversary in March this year the HKBCF gave a number of interviews, during which we were able to disseminate information on breast cancer, the importance of breast health, as well as highlight some of the HKBCF's achievements.



(鳴謝：蘋果日報 Acknowledgement: Apple Daily)

Our Chairman, Mrs Fok, gave an interview to the RTHK's "Smiling family" programme, during which she discussed her personal experience with breast cancer and her voluntary work at the HKBCF.

In the Apple Daily's feature, Mrs Fok shared her experience in more detail. When the journalist asked Mrs Fok if she minds the scar on her chest, a constant reminder of her breast cancer surgery, Mrs Fok responded, "The scar is unimportant. What is important is to deal with this ticking time bomb of a disease. Besides, breasts are located on the exterior of the body, if the tumour were inside the body it would be much worse." The published article received much positive public feedback.

Founder of the HKBCF, Dr Polly Cheung, was interviewed on Commercial Radio's "Beautiful Sunday" programme during which she updated listeners on the latest breast cancer facts and work of the Breast Health Centre, Breast Cancer Support Centre and Breast Cancer Registry.

The HKBCF's services and developments are of great interest to the local media and the South China Morning Post was the first to publish an article on the new Breast Cancer HK Online platform which was launched in May 2014.

HKBCF Vice Chairman, Mrs Mary Hemrajani, was interviewed on Cable Television's "Yim Ho Pharmacology (Ladies' Series)" during which she encouraged breast cancer patients to face the disease with strength and determination and even showed viewers how to make healthy snacks.

Most encouraging is the news that the HKBCF's participation in the RTHK documentary Cancer Series was ranked 3rd most appreciated television programme in the 2013 TV Programme Appreciation Index Survey. Whilst Dr Polly Cheung's participation in the Television Broadcasts Limited programme "Guardian of life" was ranked No. 1. A worthy celebration for the HKBCF indeed!

ACTION 03

《與你同行——無懼淋巴水腫》 光碟有售

“Lymphoedema – you don’t have to face it alone” DVD release

乳癌患者進行腋下淋巴切除手術後，上肢可能會出現淋巴水腫問題。為方便康復者在家中複習預防淋巴水腫的按摩技巧及運動，本會特別出版《與你同行——無懼淋巴水腫》光碟，教授淋巴引流方法、淋巴運動及壓力衣袖套的使用方法等，定價港幣60元，欲購從速。

After removal of lymph nodes from the armpit, breast cancer patients may suffer lymphoedema in their upper limbs. To enable patients to perform lymphoedema drainage massage and exercises in the comfort of their own homes the HKBCF has recently released the “Lymphoedema – you don’t have to face it alone” instructional DVD. The DVD provides demonstrations on lymphatic drainage, lymphoedema exercises and how to wear compression garments. The DVD retails for HK\$60 and can be purchased from the HKBCF office.

ACTION 04

2012/13 年度年報 Annual Report 2012/13

香港乳癌基金會 2012/13 年度年報經已出版，詳列本會在有關年度的工作成果，有興趣人士歡迎親臨本會索取，或在網上瀏覽及下載：<http://www.hkbcf.org/download/report/ar0408.pdf>

The latest HKBCF Annual Report has now been published. It details our efforts, activities and achievements of the relevant financial year. Please

visit <http://www.hkbcf.org/download/report/ar0408.pdf> for more information. You may also pick up a printed copy from our office.



ACTION 05

推出全新「快樂人小組」 Launch of brand new Happy Group

乳癌支援中心於2014年2至4月期間推出全新的「快樂人小組」，對象為欲獲得更多正能量的康復者。豐富內容包括檢視快樂方法、實踐感恩與讚美、了解睡眠質素與健康、練習正向思維及提升抗逆力等，全期共六節。

4月12日早上，乳健中心為循道愛華村服務中心的低收入婦女提供乳健講座及免費臨床乳房檢查，「快樂人小組」其中8位組員於現場負責遊戲攤位，推廣乳健訊息，發放正能量，親身體驗為善最樂。

The Breast Cancer Support Centre launched the new Happy Group between February and April 2014 for breast cancer survivors seeking to create more positive energy in their lives. Through a series of six sessions, members of the group explored a number of different topics including ways of achieving happiness, how to enhance gratitude and appreciation, understanding the correlation between quality of sleep and health, the practice of positive thinking, ways to boost immunity, and more.

In collaboration with the Methodist Epworth Village Community Centre, the Breast Health Centre conducted a Breast Health Talk on 12 April to educate low-income women in the district on the importance of breast health and provided on-site clinical breast examinations.

Eight members of the Happy Group joined the event managing a number of games stalls and promoting the breast health message, creating positive energy and experiencing the joy of helping others first-hand.





ACTION 06

本會辦持續護理教育認可講座 Continuing Nursing Education seminars organised by the HKBCF

香港乳癌基金會為香港護士管理局認可的持續護理教育課程籌辦機構之一，於2014年3月6日與香港護理學院合辦乳健講座（持續護理教育學分：2分），約80位註冊／登記護士出席。本會名譽醫學顧問、外科專科醫生王志德醫生及本會高級健康服務主任張春好女士應邀擔任講者，分別以「乳癌，你不可不知的！」及「抗癌旅程」為題，與參加者分享及交流乳癌訊息。

The HKBCF has been approved by the Nursing Council of Hong Kong to provide Continuing Nursing Education training. On 6 March the HKBCF, in collaboration with the College of Nursing Hong Kong, held a breast health seminar. The seminar was positively received by the approximately 80 registered and enrolled nurses attending. Speakers included Dr. Danny CT Wong – Specialist in General Surgery and HKBCF Clinic Surgeon, presenting on the topic “Breast Disease, What do you need to know?” and Miss Doris Cheung, Senior Health Service Officer of the HKBCF, presenting on the topic “Breast Cancer Support: Go with their journeys”. Nurses attending this seminar could obtain two CNE points.

ACTION 07

乳健中心續辦乳健講座 Breast Health Centre conducts breast health workshops

乳健中心於2014年2至4月期間，獲5間企業邀請，包括俊和發展集團、雅詩蘭黛集團、摩根大通、卓健醫療集團及王氏港建國際（集團），提供合共8場乳健教育講座，參加者反應踴躍。

乳健中心一直致力推動社區乳健教育。未來乳健中心將繼續與不同的學校、團體及企業合作，推廣定期進行乳房檢查的訊息。

Between February and April 2014 the Breast Health Centre was invited by five corporations, including Chun Wo, Estée Lauder, J.P. Morgan, Quality HealthCare and Wong's Kong King, to provide eight breast health workshops to the staff of these organisations. The response was very positive.

The Breast Health Centre has always conducted proactive breast health education outreaches into the community and plans to work with more schools, associations and corporations to promote the potentially life-saving message of regular breast screening.



懷念基金會第一代義工何姑娘

In memory of Grace Ho

香港乳癌基金會第一代義工何姑娘 (Grace Ho)，日前因病逝世，基金會於 5 月 19 日在會址舉行了追思會。基金會全人懷念這位好朋友之餘，也對其家人致以深切慰問。

本身從事醫護工作的何姑娘，10 年前發現自己患上乳癌，由基金會創會人張淑儀醫生為她進行手術。完成治療後，何姑娘希望以自己的經歷幫助其他病人，於是自費報讀義工課程。那時基金會正在醞釀成立，她亦順理成章地成為病人支援小組的第一代義工，又參與理事會的工作，在奠定基金會病人支援服務的基礎上，貢獻良多。

基金會初期會址位於中區，當時已退休的何姑娘，每天都回到會址，全心全意投入義務工作，陪伴病人度過最艱難的歲月。單在基金會運作的第一年，她跟進的個案便達 80 宗，曾有病人治療期間萌生自殺的念頭，經何姑娘多番勸導後，最終令病人回心轉意，平安度過。雖然人已不在，但何姑娘卻留下美好的回憶給親友，而那股助人的熱誠和精神，亦會永遠留存。

We are sad to share that Grace Ho, one of the HKBCF's first intake of volunteers, has unfortunately passed away from illness.

The HKBCF held a memorial service for our beloved friend on 19 May at the office. In addition to celebrating the life and legacy of Grace, the memorial gave us an opportunity to offer our condolences to Grace's family.

A healthcare professional herself, Grace discovered her breast cancer about 10 years ago, at which time Dr Polly Cheung, Founder of the HKBCF, performed Grace's breast surgery. Upon completion of her treatment Grace decided that she wanted to do something to help other breast cancer patients so she enrolled, at her own cost, on a course for volunteers. Around the same time the HKBCF was in the throes of establishment and Grace became an integral part of the HKBCF's early development and one of the first volunteers in the Patient Support Group.

Grace was an active participant in the HKBCF's Council and contributed significantly towards building the foundation for the support services offered to breast cancer patients.

Upon establishment in 2005, the HKBCF was located in Central and the then retired Grace would come to the office every day, committed to volunteering her time to help breast cancer patients through the hardest part of their breast cancer journeys. In the first year of the HKBCF's operations alone, Grace worked with over 80 breast cancer patients. At the time one of the patients she was working with was seriously contemplating suicide but after much counselling and support from Grace, the patient changed her mind and continued on her treatment journey.

Even though Grace is no longer with us, she leaves behind a wealth of wonderful memories and her legacy of selflessly helping others will live on forever.



乳癌折不掉天使之翼

Peggy, Advanced Breast Cancer won't stop me living!

從事護理工作 40 多年的 Peggy，確診患上乳癌 4 期時是一位日理萬機的護士學校校長。2013 年 1 月 Peggy 在一貫每月自我乳房檢查中，發現一粒像小米般大的硬塊，但當時因為工作纏身未有就診，延誤了療程。直至 5 月工作告一段落之時，她在乳房的硬化已經有如雞蛋般大了！

「我摸到硬塊凹凸不平，憑經驗我知道腫瘤應該是惡性的。」雖然如此，Peggy 仍選擇按照原定計劃在 5 月歐遊，不過回港時已開始感到腰痛，經檢驗後醫生轉介她至腫瘤科接受治療。

治療方式 眾說紛紜

求診歷程中，Peggy 聽到不同意見。中醫給她開的健脾方和抗癌藥起不了作用；西醫告訴她，要注射 12 至 18 劑化療針及 5 劑骨針（以強化骨骼）；那邊廂在醫院工作的朋友和腫瘤科主任卻勸 Peggy 不用接受化療。

Peggy 和醫生商量後決定接受電療。可惜，第 4 次電療後，她的白血球、血色素和血小板數量仍然偏低。延至 8 月中，她的病情再次響起警號，躺在病床上的 Peggy 頭痛不已，面容痛至扭曲！

最後 Peggy 換了另一位醫生，病情終見起色。接掌的醫生比較細心，發現是癌細胞上腦導致積水壓著神經，於是安排腦部電療，並同期開始第一輪乳癌的化療。接受化療後，Peggy 情況好轉，但沒多久，又發現癌細胞零星散佈在肝臟，要再次與病魔長期作戰！

為保健養肝，Peggy 奉行健康飲食，又堅持在有陽光的日子到附近公園步行一小時。「最近的檢查顯示，肝功能改善了。」

理想不減 樂觀向前邁進

Peggy 明白過往的生活壓力與患癌有關，但慶幸患病後仍有家人支持，4 名弟妹不時輪流探望，任職實驗室化驗師的弟弟更親自為她抽血化驗。她更滿懷壯志地說要推動「March backward to the bedside」運動，倡議護士多陪伴和照顧病人，減少後勤行政的工作。

亦舒說：「活著就要有活著的樣子！」Peggy 正是個好的榜樣。

Peggy had been in nursing care for more than 40 years and was the busy Principal of a nursing school when diagnosed with stage IV breast cancer. In January 2013 she found a rice-sized lump during her monthly breast examination, but she was so busy with work and ignored it. By May the same year the lump had grown to the size of an egg!

At this time she could feel the roughness of the lump and based on her knowledge and experience could tell it was malignant. Despite this, she decided she would still go on her planned trip to Europe, but after experiencing pain down to her waistline and consulting with a family physician, she was referred to an oncologist for treatment.

During treatment, she received a lot of advice. After "spleen health" therapy and anti-cancer treatment prescribed by a Chinese herbalist failed to work, another practitioner advised 12 to 18 cycles of chemotherapy along with 5 courses of "bone fracture prevention" infusions, however, a friend from the hospital and the oncologist in-charge advised her against this. After further discussions with doctors, she decided on radiotherapy, but her blood count dropped to below normal after four rounds of radiation; her cancer was progressing and by mid-August, she was bed-ridden with severe headaches. Her condition deteriorated so badly that her face was constantly distorted with pain.

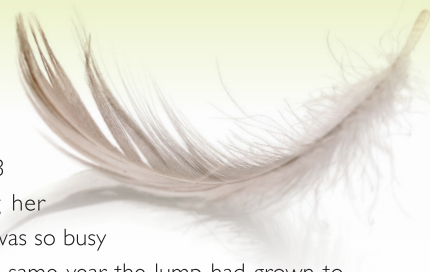
A different doctor was able to identify the cause of her pain. She was prescribed brain radiation and chemotherapy for her breast cancer, and although her health seemed to improve, it was not long afterwards that more cancer cells were found in her liver. Nonetheless, she was all set to fight this time!

She started to eat healthy meals and take one hour walks in the park on sunny days. Recent tests have shown that her liver function has improved.

Peggy knows that her cancer is related to her stressful life but she is fortunate to have the support of her family – constant visits from four brothers and sisters, not to mention her brother who works in the laboratory who personally took her blood for every test.

Peggy is full of hope and her wish now is to promote the "March back-to the bedside" movement which advocates nurses to spend more time with patients and less time on administration.

Yi Shu (a well-known contemporary writer) once said "You need to live like you are living!" and Peggy is a role model of her motto.





Castiglion del Bosco Charity Fundraising Gala

Ferragamo 家族在意大利的酒庄 Castiglion del Bosco，在本港舉行第一屆周年慈善籌款晚宴，特意選擇香港乳癌基金會作為受惠機構，本會非常感謝酒庄主人對香港乳癌患者的關顧。慈善晚宴於 2013 年 11 月 25 日假四季酒店，酒庄主人 Massimo Ferragamo 熱心慈善，也支持對抗乳癌的運動，更捐出多支佳釀作拍賣之用，還特別邀請著名中國名畫家田書翰先生，為這批名酒繪上躍馬圖標籤，極具收藏價值。



▲ 晚宴期間拍賣競投激烈，多位善長踴躍競投。

The auction created much excitement as generous donors sought to outbid each other.

Castiglion del Bosco, owned by the Ferragamo family, held its inaugural Hong Kong charity fundraising gala on 25 November, 2013 at the Four Seasons Hotel. HKBCF was chosen as the beneficiary organisation and we are grateful for their support of our efforts. Owner Mr Massimo Ferragamo a philanthropist and supporter of the anti-breast cancer movement, generously donated magnums of Castiglion del Bosco's limited edition Zodiac series, featuring special artwork by renowned Chinese artist Tian Shuhan, for auction.

The gala included an auction of the estate's special edition wines, an exclusive stay on the estate and luxurious luggage from the Ferragamo family's retail brand. With such exclusive items on offer, the auction created much excitement as generous donors sought to outbid each other — raising over HK\$3 million in support of the Hong Kong Breast Cancer Foundation and our work to raise breast cancer awareness in the local community.



▲ 九龍倉集團主席吳光正先生 (右) 投得其中一支佳釀。旁為影視紅星劉嘉玲小姐。

Ms Carina Lau, actress and Mr Peter Woo, Chairman of the WHARF (Holdings) Ltd. who successfully bid for one of the magnum-bottles.



▲ 左起本會理事會成員黃振權醫生、本會副主席王天鳳女士、副主席麥黃小珍女士，以及黃振權醫生夫人。

(From left) Dr Wong Chun Kuen, Council member of HKBCF, Mrs Mary Hemrajani, Vice Chairman of HKBCF, Mrs Sandra Mak, Vice Chairman of HKBCF and Mrs Wong.



▲ 左二起本會創會人張淑儀醫生、本會主席霍何綺華女士、本會理事會成員譚婉芳女士。

(Second from left) Dr Polly Cheung, Founder of HKBCF, Mrs Eliza Fok, Chairman of HKBCF and Ms Carven Tam, Council member of HKBCF.

THANN

由即日起至2014年12月31日，凡購買指定玫瑰產品，THANN會捐出HK\$20予本會支持我們的乳健教育工作。

From now until 31 December 2014, THANN will donate HK\$20 to HKBCF upon every purchase of selected rose products to support breast health education.

THANN

THANN DIY 芳香按摩油 有獎遊戲

大獎
THANN \$3,000
現金券及一年 Advanced VIP會籍*

二獎
THANN \$2,000
現金券及一年 Advanced VIP會籍*

三獎
THANN \$1,000
現金券及一年 Advanced VIP會籍*

四獎
THANN \$500
現金券(名額4位)

日期
23/3/2014 (日)

時間
2:30pm - 4pm

地點
九龍灣國際展貿中心
7樓730會議室

名額
35位

報名費用
\$120 (11/3/01至26/01會員優惠價名額十位)
\$150 正價
報名費用四成收益將捐贈香港乳癌基金會

香港乳癌基金會
PINK RIBBON PARTNERS



Hard Rock Café Macau

Hard Rock Café 已連續 14 年舉行乳癌

關注運動，希望提升各界對乳癌的關注，以及為環球關注乳癌的慈善機構籌募善款。澳門 Hard Rock Café 在 2013 年 10 月 6 日舉行 Pinktober 派對，為本會籌得 22,212 澳門善款。

Hard Rock Café's Signature Breast Cancer Awareness Programme embarks on its 14th consecutive year of raising awareness and funds for breast cancer charities around the globe. Hard Rock Café Macau hosted a Pinktober Party on 6 October 2013 and raised MOP22,212 for the HKBCF.



SÈVE X 星級化妝師 TIFFANY FONG 化妝品慈善義賣活動

SÈVE 將於1月19日聯同星級化妝師 TIFFANY FONG，合作降化妝品慈善義賣活動。當日將有大批名牌化妝品如CHANEL、DIOR等以一折起發售多個品牌的化妝護膚品，化妝師 Tiffany 即場為參加者提供專業彩妝意見。活動當日合共籌得 HK\$21,620，並撥捐香港乳癌基金會。

日期：1月19日 (星期日)
時間：下午2:30-4:00
地點：FIFTH SALON -
中環皇后大道中20號大平行12樓
(中環港鐵站G出口)
付款方式：只收信用卡
(VISA / MASTERCARD)

SÈVE
www.seve.com.hk

SÈVE

本地護膚品牌 SÈVE 與 FIFTH Salon 合作，在今年 1 月 19 日舉辦化妝品慈善義賣活動。以一折起發售多個品牌的化妝護膚品，化妝師 Tiffany 即場為參加者提供專業彩妝意見。活動當日合共籌得 HK\$21,620，並撥捐香港乳癌基金會。

Local skincare brand SÈVE, hosted a cosmetic products charity sales event at the FIFTH Salon in Central on 19 January 2014. The charity sales event offered discounts of up to 90% on a range of cosmetics products and participants also received make-up tips and advice from professional make-up artist Tiffany. The event raised HK\$21,620 in donations towards the HKBCF.



社企溫暖牌 假髮傳心意 *Weaving love* into wigs for cancer patients

2013 年香港十大傑出青年選舉得獎者之一溫小蘋 (Annie Woon)，曾經陪伴已過世的媽媽經歷患癌及脫髮的過程，深明患癌人士的需要。打從到美國拜師學造假髮，到後來為明星及時裝品牌造假髮並建立品牌 Woon，以至在著名時裝雜誌撰寫個人專欄，那顆要幫助患者的心一直熾熱。

Annie 的新店去年 12 月開張，位於乳癌基金會會址同棟大廈的 16 樓，方便基金會會員到臨。協助打理新店的職員，家中一名成員是癌病康復者，Annie 讓這名員工享有彈性上班時間，以便陪同家人覆診；另外又接洽油麻地南亞裔婦女團體，教授她們手織假髮，在家裡當兼職賺錢；新店以社企形式營運，盈餘會用作免費送贈假髮或慈善之用。

新店嶄新服務 便利乳癌基金會會員

16 樓舖內的假髮，部分免費送贈予經濟有困難的病人，乳癌基金會會員則可享有半價優惠。

Witnessing her mother's struggle with cancer has deeply affected Annie Woon, an awardee of the Ten Outstanding Young Persons 2013, and given her a deep understanding of the needs of cancer patients. Watching her mother lose her hair, and eventually her life, Annie was inspired to travel to the US to learn the art of wig-making.

This path led Annie to a successful career in wig-making for some of the biggest movie stars and fashion brands, the establishment of her own brand "Woon", and her own column in a fashion magazine. Amidst all this success Annie's desire to do something to help cancer patients continued to strengthen.

Opening for business in December 2013, Annie's new retail space dedicated to creating and providing wigs for cancer patients is located on the 16th floor of the same building as the Hong Kong Breast Cancer Foundation (HKBCF), enabling convenient access by members of the HKBCF.

This new retail outlet operates under the principles of a social enterprise - profits generated will be donated towards charitable causes and/or the provision of free wigs to financially underprivileged cancer patients. Moreover, flexible working hours are offered to the store's manager whose family member is a cancer survivor and requires regular medical appointments and check-ups. Additionally, through an organisation in Yau Matei that provides support to Southeast Asian women in Hong Kong, Annie teaches wig-making, creating an additional income stream for these women who hand-make wigs from their homes.

Innovative services for the convenience and benefit of HKBCF members

A number of the wigs within Annie's new store are provided free of charge to financially underprivileged cancer patients and HKBCF members can enjoy 50% on all purchases.

Starting from March 2014, Annie has been collaborating with HKBCF for the "Free Wig Programme" in which wigs and trimming services are

由今年3月開始，Annie與乳癌基金會合作推出假髮送贈計劃，為由基金會轉介、經濟條件欠佳的乳癌患者免費提供真髮織髮及修剪服務。此外，每位基金會會員毋須惠顧即可獲贈全棉冷帽一頂。Annie說：「我歡迎大家攜帶自己的心水帽款，讓我們把假髮片縫到帽邊，這項新服務滿足了一些客人想有頭髮覆蓋耳朵的需求。」

假髮背後 感人小故事

回想創業以來最令她感動的故事，Annie憶述：「有對母女二人皆身體健康，但女兒把頭髮捐出來，為媽媽的假髮提供材料，為的是防範於未然，一旦媽媽患病或因老年脫髮，都不用臨急抱佛腳來造假髮。」

原來有些女士比較着緊假髮的來源，希望用自己或親人的頭髮，Annie提醒：「其實人造髮混合真髮造的假髮，更容易打理和維持髮型，如果要用自己的頭髮造假髮，費用高之餘，剪髮時亦應留意頭髮至少要7吋長，而預訂假髮需時6個星期。另外，化療開始後病人的頭皮可能容易敏感或長出頭瘡，所以剃頭應在未打化療針前會比較合適。」

善用傑青影響力 關注社會議題

當選傑青，Annie說會好好運用她的影響力，令社會得以改進，關愛弱勢社群。「我希望公營醫院重新考慮探病時段的規限，目前家屬只能在下午5時30分至晚上7時30分與患病的家人短聚，對需要上班的家屬實在是個負擔。爸爸彌留時，我不能留在醫院陪伴，深夜接獲醫院急電奔往醫院，但到達時已錯過最後一面了。」延長探病時間，以及增加病房家屬的椅子數量，相信Annie這些訴求，道出了我們不少會員的心聲吧！

provided to financially underprivileged patients referred to the retail store by the Foundation.

All HKBCF members will receive a free woollen hat with each purchase to help them keep warm in the cold weather; Annie also welcomes HKBCF members to bring their favourite hat to her store so that the purchased wig can be sewn in to create a flawless look and ensure the wig covers the ears when the hat is worn.

A touching story behind a special wig

One of the most touching stories in Annie's experience involved a visit from a mother and daughter, both in good health, who came to her to order a wig. The daughter had cut off her hair for the purpose of creating a wig for her mother; in the event the latter should experience hair loss in the future, either from old age or from illness.

Some women are particularly concerned about the source material of their wigs and often prefer to have wigs made from their own hair or the hair of one of their family members.

"Wigs made of a combination of synthetic and human hair are much easier to maintain and keep better shape and style. If you really want to use your own hair in a wig the costs are significantly higher and you need a length of at least 7 inches of hair. To order a hand-made wig using your own hair can take up to 6 weeks," Annie advises.

"Additionally, once patients commence chemotherapy treatment their scalp may become sensitive or develop head sores therefore they should shave their hair before starting treatment," she cautions.

Using the Ten Outstanding Young Persons award to direct attention towards pressing social needs

As one of the Ten Outstanding Young Persons 2013 Annie intends to use this platform to influence positive changes within society to promote caring and concern for the underprivileged.

"I really hope public hospitals will review their restrictive policy on visiting hours. Currently family members can only visit and spend time with their hospitalized loved ones between 5.30pm – 7.30pm which presents a real challenge for those who have jobs," Annie says.

"When my father passed away I was not able to stay by his side. I received a call from the hospital in the middle of the night but by the time I arrived I had missed the chance to say goodbye," she adds.

Annie's hopes that public hospitals will extend visiting hours and increase the number of visitor chairs in hospital wards most likely reflects the wishes of many of our HKBCF members.



鳴謝 THANK YOU

多謝以下熱心人士在 2013 年 12 月至
2014 年 4 月的義務幫助

Thanks to our enthusiastic volunteers
who helped us out (Dec 2013 - Apr 2014)



Chan May
Chan Siu Ling Shirley
Cheng Sharon
Cheng Yuet Ying Cindy
Cheung Chole
Cheung Grace
Cheung Hoi Yan Claudia
Cheung Kimi
Cheung Kylie
Cheung Sin Yan Cindy
Cheung Wai Yung Romina
Ching Pui Fun Angela
Chiu Miu Yee
Chiu Wing Tung
Choi Lai King Carol
Chow Siu Kwan Olivia
Chu Sau Wai Judy
Fong Wai Ching Rosa
Fung Tsz Ching Phoebe
Ho Yuet Ming Alice
Hui Pui Yin Connie
Hung Oi Kuen Sandy
Dr. Hung Wai Ka
Ip Lai Chun Pollina
Kamaruddin Rani
Kuan U Nong Candy
Kwok Mary
Lai Teresa
Lam Wai Yi Florence
Lau Deborah
Lee Cherry
Lee Koon Yee
Lee Natalie
Lee Rachel
Lee Theresa
Lee Wai Kwan Vivian
Lee Yuet Wah Regina
Leung Shuk Chun
Leung Ying Ying
Leung Yuk Ching Polly
Lo Wai Ling Apple
Lui Wai Ling Clarice
Luk Winsem Lousie
Ma Yuk Yee Rosanna
Mak Lai Sheung Connie
Mak Wai Bing Julianna
Ng Wai Han
Ng Wai Yan Manda

Ota Honami
Poon Shui Fun Margaret
Poon Yun Ting Yvette
Richardson Emily
Shiu Sin Yi
Shum Sharon
Shum Yuen Ming Elaine
Szeto Man Yee
Tam Chi Kin
Tam Lai Fun Kan
Tam Lai Ming Teresa
Tam Suk Yee
Tan Pui Lan Jenie
Tang Sau Wai Zoe
Tong Jessica
Tong Mei Lin Hilda
Tong Sin Yee Sandy
Tsang Chi Wai Bess
Tung Wendy
Wai Christy
Wong Chon Meng Karita
Wong Chui Yu Alice
Dr. Wong Danny
Wong Hon Kee
Wong Kim Ling Teresa
Wong Lok Hang
Wong Marie
Wong Mei May Mimi
Wong Musica
Wong Ping Kee Miranda
Wong Sui Ching Ivy
Wong Wai Ling Kitty
Wong Wing Yue Tammy
Wong Yim
Woo Yin Hing
Yang Wai Chung Amy
Yeung Kit Sing Jackson
Yeung Tai Yee Amy
Yip Stella
Yu Mary
何法邦
何詠詩
關俊棠神父
李曉京
易美珍
秦卓軒
陳芷瑩
溫卉欣

曾捐贈港幣 20,000 元或以上的機構及個人
Organisations and individuals donating HK\$20,000 or above

A-World Consulting Limited
Best Vicks Company Limited
Carnival Group International Holdings Limited
Central Comprehensive Cancer Centre Limited
CLP Holdings Limited
Coach Hong Kong Ltd
Commanderie De Bordeaux
Community Chest HK
CSI Properties Limited
Eisai (HK) Co., Ltd.
Ferrari Owners' Club of Hong Kong
Full and Strong Limited
GlaxoSmithKline Limited
Golden Resources Development
International Limited
Hard Rock Café Macau
High Fashion Group
IRad Medical (Kowloon) Limited
Imaginex Management Company Limited
J.P. Morgan
Kao Corporation
Lane Crawford (HK) Limited
Novartis Pharmaceuticals (HK) Ltd
Pioneer Construction Engineering Limited
Pure International (HK) Ltd
Quality HealthCare Oncology Centre
Ralph Lauren
Richemont Asia Pacific Limited
Roche H.K. LTD.
Roomplus (Self Storage) Limited
SÈVE
Swipe (HK) Ltd.

Tai Hung Fai Charitable Foundation Ltd.
Tayma Page & Associates Ltd.
The Hong Kong Jockey Club Charities Trust
The Peninsula Boutique
Ventura International Limited
Voicesland - Pink Apple Team
Watsons
Zhengzhao Dennis Department Store
Company Limited
Chan Kam Chiu
Chan Kwok Keung Charles
Chan Po King Betty
Dr. Cheung Suk Yee Polly
Choi Miu Ling
Dr. Peter Choi Ho Keung
Canning Fok
Fok Ho Yi Wah Eliza
Stella Fong Tsang Lai Ping
Pansy Catilina Ho Chiu King
Mr and Mrs Norman Ho
Kwan Kai Cheong
Dr. Kwan Wing Hong
Lam Chun Hung & Ms. Po Siu Wai
Lui Lai Cheung Frederick
Poon Shui Fun Margaret
Tse Pui Lan Bonnie
Tso Yuk Leong Cecilia
Wan Mei Po
Dr. Wong Chun Kuen
Wong Tai Ying Lorraine
Yang Yang
深圳市榮超房地產開發有限公司



活動日誌 HKBCF EVENT CALENDAR

2014 年 7 月 - 2014 年 8 月 July 2014 to August 2014



2014.07.12 星期六 (Sat)

良食大追蹤

時間：下午 3 時至 5 時

地點：香港乳癌基金會 21 樓

內容：教導參加者如何從各式各樣的食物市場中選擇有益及健康的食材。

講者：鄺易行博士 (良食關注組創辦人)

對象：乳癌患者及康復者

名額：80 名 (先到先得，額滿即止，會員優先)

費用：免費 (會員)；港幣 20 元 (非會員)

報名：請致電 25256033 (譚小姐)，或將姓名及電話號碼電郵至
florence.tam@hkbcf.org

Identifying beneficial foods

Time: 3:00pm – 5:00pm

Venue: 21/F HKBCF

Content: Participants can learn how to choose the most healthy and beneficial ingredients and foods from the myriad of options available.

Speaker: Dr. Agnes Kwong (Founder of Good Food Watch)

Target: Breast cancer patients and survivors

Capacity: 80 persons (First come, first served. Priority will be given to members of the HKBCF)

Fee: Free (members); HK\$20 (non-members)

Enquiry: Please register with Ms. Florence Tam at 2525 6033 or email your name and contact information to florence.tam@hkbcf.org

01

2014.08

認識森巴

(Zumba – Gold)

時間：下午 2 時 45 分至 3 時 45 分

下午 4 時至 5 時

導師：Alice and Kin

內容：Zumba- Gold 是專為康復者而設的舞蹈，源於森巴，適合不同年齡，不同狀況康復者。我們希望透過你親身參與，可以感受跳 Zumba-Gold 帶來的樂趣，從而達到舒展筋骨，釋放正能量的目的。

詳情：請留意 8 月份會員通訊

Learn about Zumba- Gold

Time: 2:45 to 3:45pm / 4:00 to 5:00pm

Tutor: Alice & Kin

Zumba-Gold is a dance-fitness class incorporating Latin dance moves in an invigorating and fun routine. Zumba Gold is a specially designed low-impact class suitable for breast cancer survivors of all ages and at different stages of treatment. We hope you can experience this fun form of fitness and the positive energy it creates.

Please refer to Members' Circular of August for details

03

2014.07.17 星期四 (Thursday)

《乳癌一百問》新書講座

題目：讓生命再起飛， 與您從容走過乳癌

時間：下午 5 時至 6 時半

地點：香港會議展覽中心會議室 5423-5424

講者：香港乳癌基金會主席霍何綺華女士、立法會議員陳婉嫻女士
有意出席人士，請電 2525 6033 報名

Seminar on new book -

"100 questions about Breast Cancer"

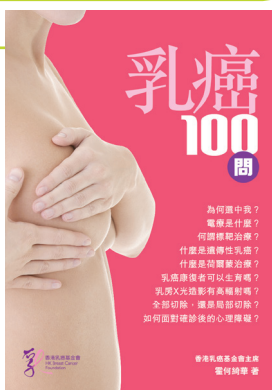
Celebrate a new chapter in your life, navigate the breast cancer journey with ease.

Time: 5:00pm – 6:30pm

Venue: Hong Kong Convention and Exhibition Center - Conference Room 5423-5424

Speaker: Mrs Eliza Fok, Chairman of HKBCF; Hon Chan Yuen Han, Legislative Council Member

If you would like to attend the seminar, please call 2525 6033 to register and reserve your seat.



02

2014.08

快樂人小組

內容：檢視快樂方法、壓力管理、正向思維練習、改善睡眠質素及體驗為善最樂

形式：分享及討論、技巧練習、插乾花或其他 DIY 手作、義工服務等

日期：2/8、9/8、16/8、23/8 (義工服務) 及 30/8

時間：上午 10:30 至下午 12:30 (義工服務時間待定)

名額：10 人

費用：\$50 (材料費)

Happy Group

Content: Explore different ways to attain happiness - stress management, positive thinking, enhancing quality of sleep, and volunteering

Format: Group sharing & discussion, skills practicing, dried flower arrangement or other DIY handicrafts, volunteer work etc.

Date: 2/8, 9/8, 16/8, 23/8 (volunteer service) & 30/8

Time: 10:30am to 12:30pm

(Volunteer service - time pending)

Quota: 10 persons

Fee: \$50 (for handicraft materials)

04

捐款表格 Donation Form

香港乳癌基金會與乳癌患者攜手同行，
我們希望得到您的支持，服務下一位有需要的患者
**Your help is important !
Together we can support every breast cancer
patient in need. Please donate generously!**

☐ 我樂意參加月捐計劃 I would like to make a monthly donation

☐ 我樂意一次性捐助 I would like to make a one-off donation

月捐 / 一次捐款金額 Monthly/ One-off Donation Amount

☐ HK\$800 ☐ HK\$500 ☐ HK\$300 ☐ HK\$200 ☐ 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:

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

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

3. ☐ 信用卡 Credit Card

☐ Visa Card ☐ Master Card

持卡人姓名 Cardholder's Name: _____

持卡人簽名 Cardholder's signature: _____

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).



香港乳癌基金會
HK Breast Cancer
Foundation

香港北角木星街 9 號永昇中心 22 樓
22/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong.
T : 25256033 F: 25256233 www.hkbcf.org



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香港乳癌基金會
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Foundation

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