



香港乳癌基金會  
HK Breast Cancer  
Foundation

# Breast Cancer Facts in Hong Kong 香港乳癌實況

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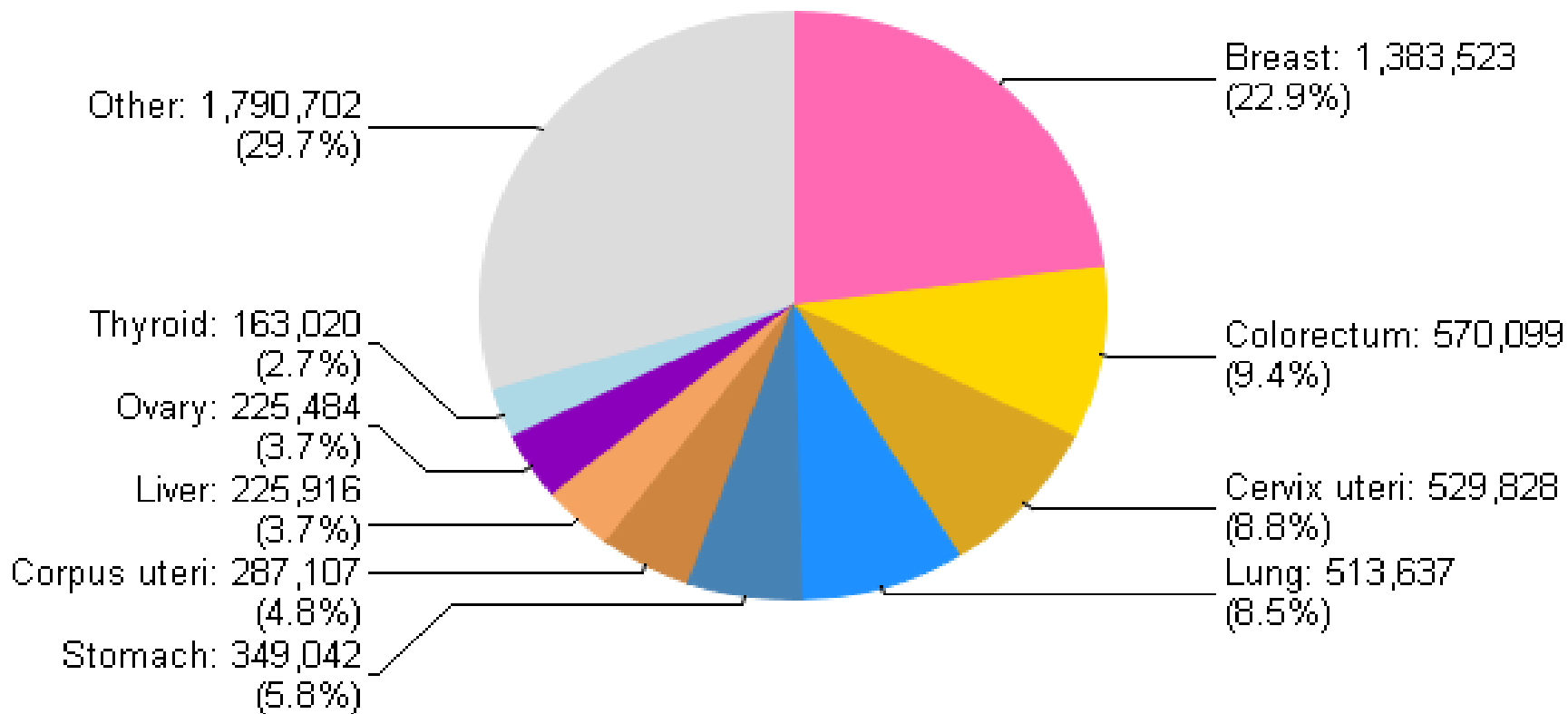
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**4<sup>th</sup> Global Chinese Breast Cancer Organization Alliance  
Conference**

# Number of Cancer Cases, Women, All Ages, in the World (total: 6,038,358)

## 世界婦女癌症個案(所有年齡)：總計 6,038,358 個案

乳癌：1,383,523 個案 (22.9%)



Source: GLOBOCAN 2008 (IARC): 25.9.2010

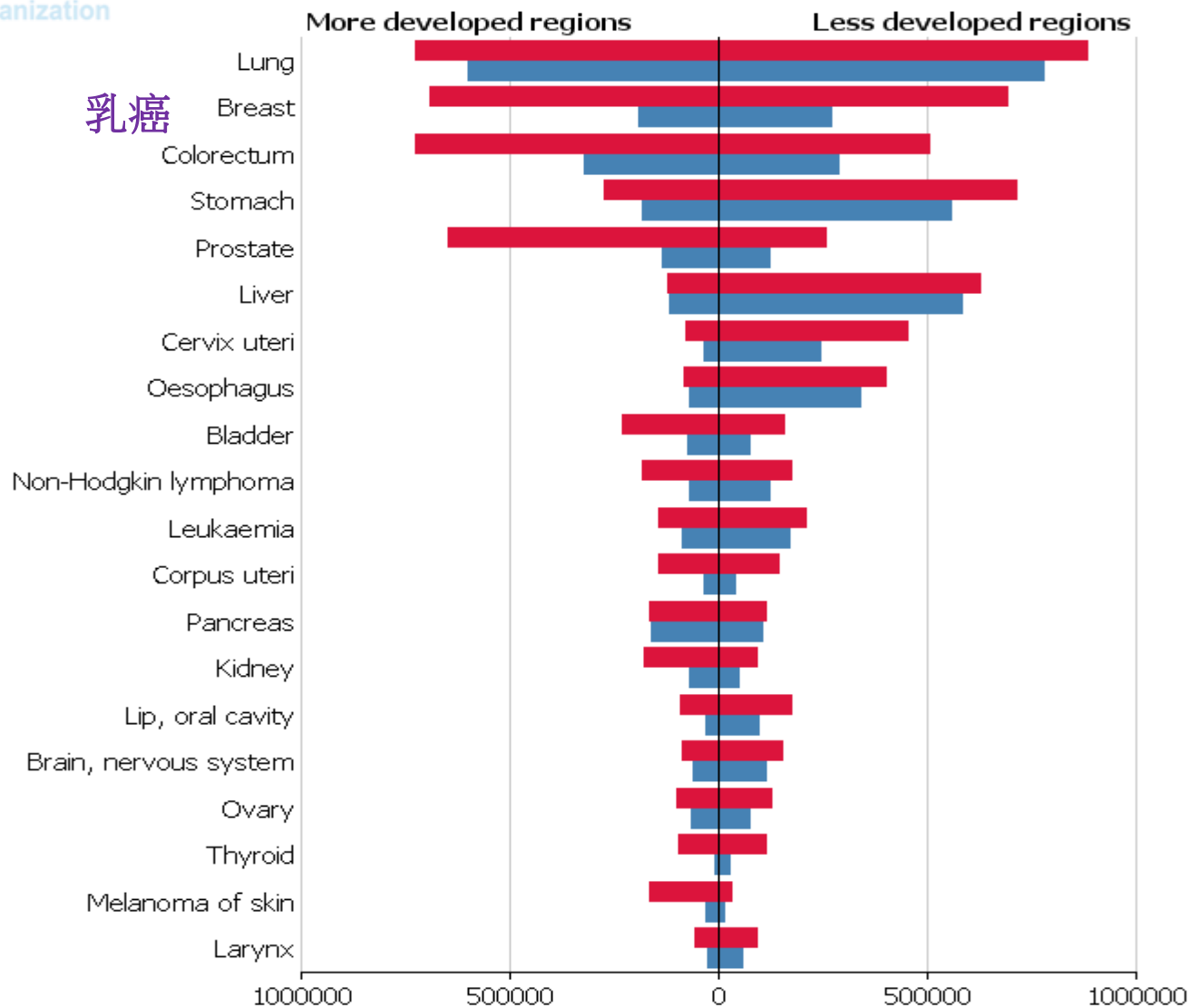
# Distribution of cancer cases in the world

較發達地區

Both sexes  
all ages

兩性(所有年齡)

欠發達地區



乳癌

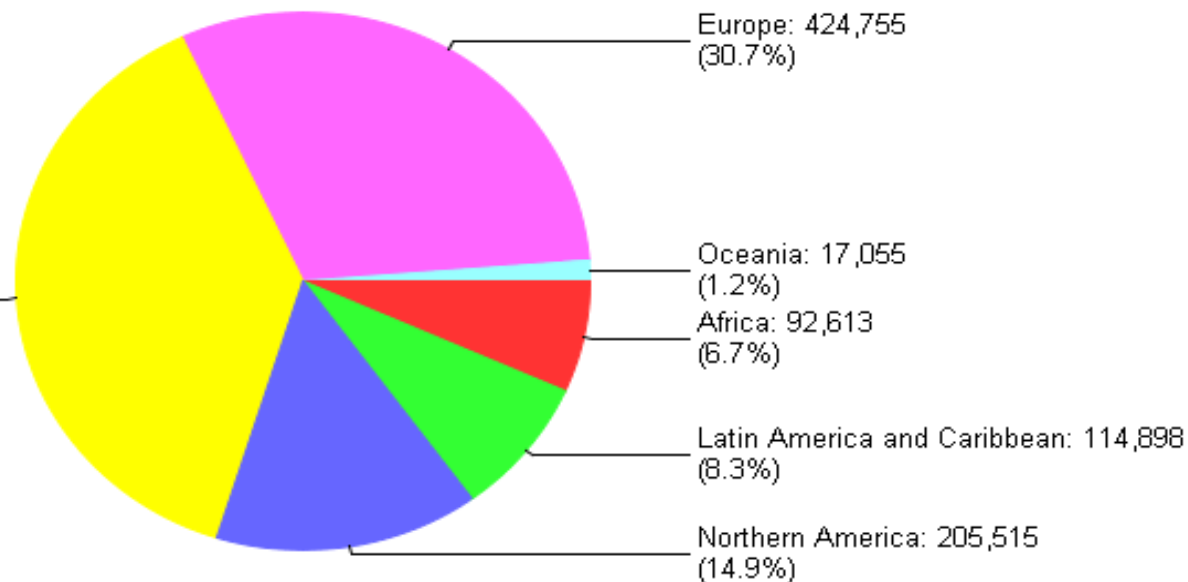
■ Incidence 發病率  
■ Mortality 死亡率



### 乳癌個案(所有年齡)

亞洲：  
**528,711**個案  
**(38.2%)**

Asia: 528,711  
(38.2%)



Source: GLOBOCAN 2008 (IARC): 25.9.2010

# Breast Cancer: An Increasing Health Burden in Hong Kong

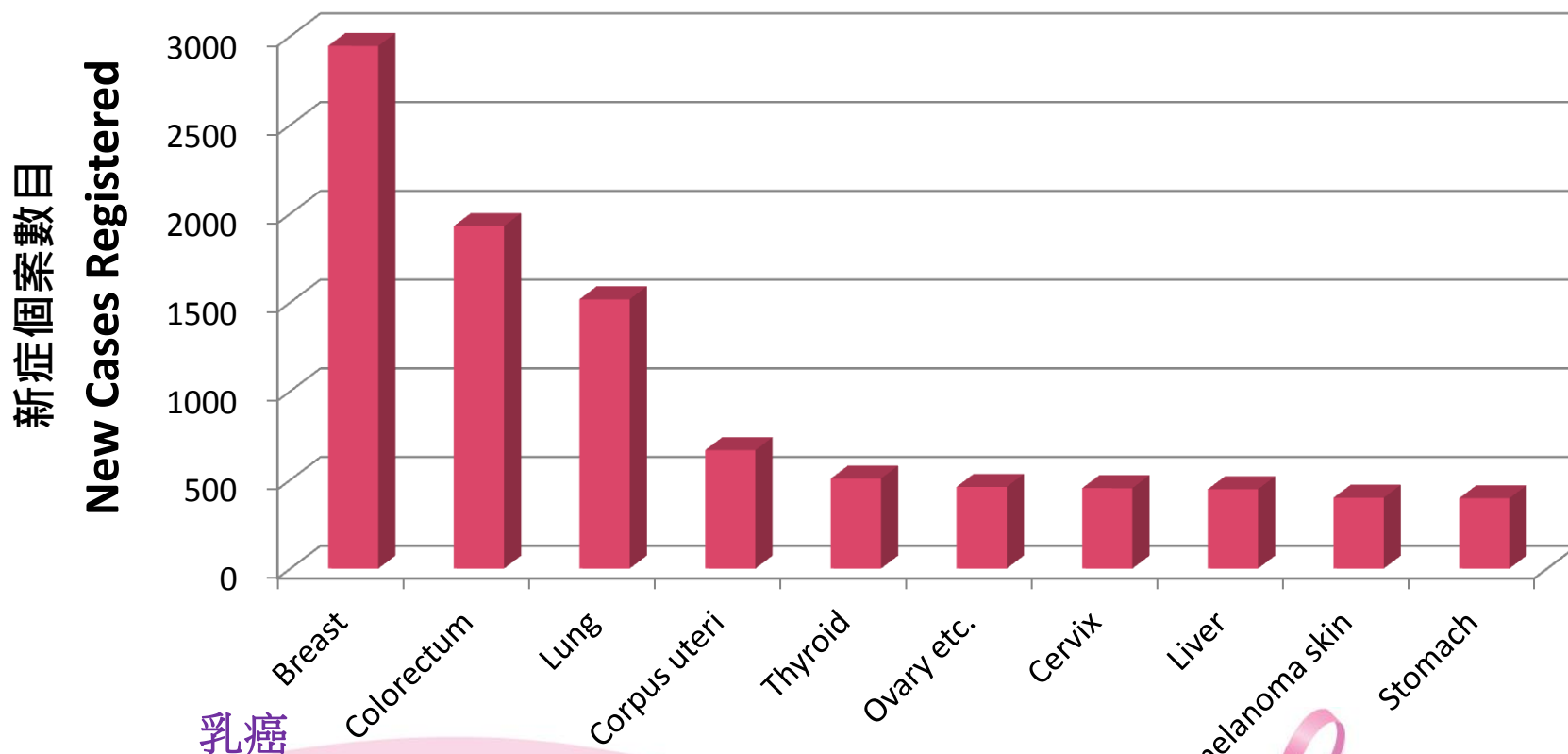
## 乳癌：不斷增加香港的醫療負擔

- **11.4%** of all cancers diagnosed 確診的癌症個案
- **24%** of all cancers in women 所有女性的癌症個案
- **8** new cases diagnosed each day 確診新發病例  
(每天)
- Most frequent cancer in HK women  
香港婦女最常見的癌症

Source: HK Cancer Registry 2009

# Top 10 Cancer in Hong Kong Women (2009)

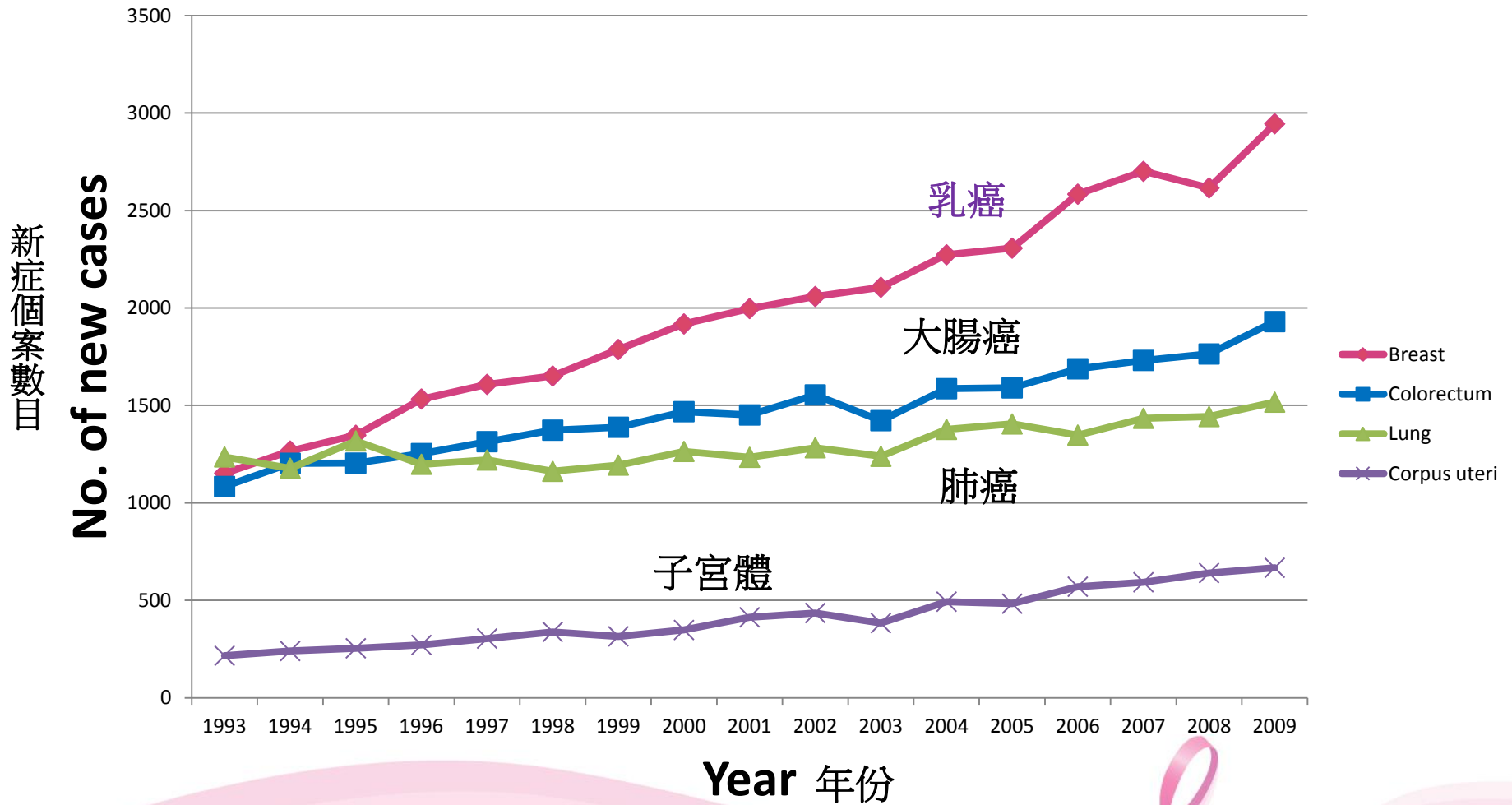
## 10種最常見的香港婦女癌症 (2009)



Source: HK Cancer Registry 2009

# Incidence Trend of Common Cancers Affecting HK Women

## 香港婦女常見的癌症發病趨勢



Source: HK Cancer Registry 2009

# Cumulative Cancer Risk

## 累積癌症的風險

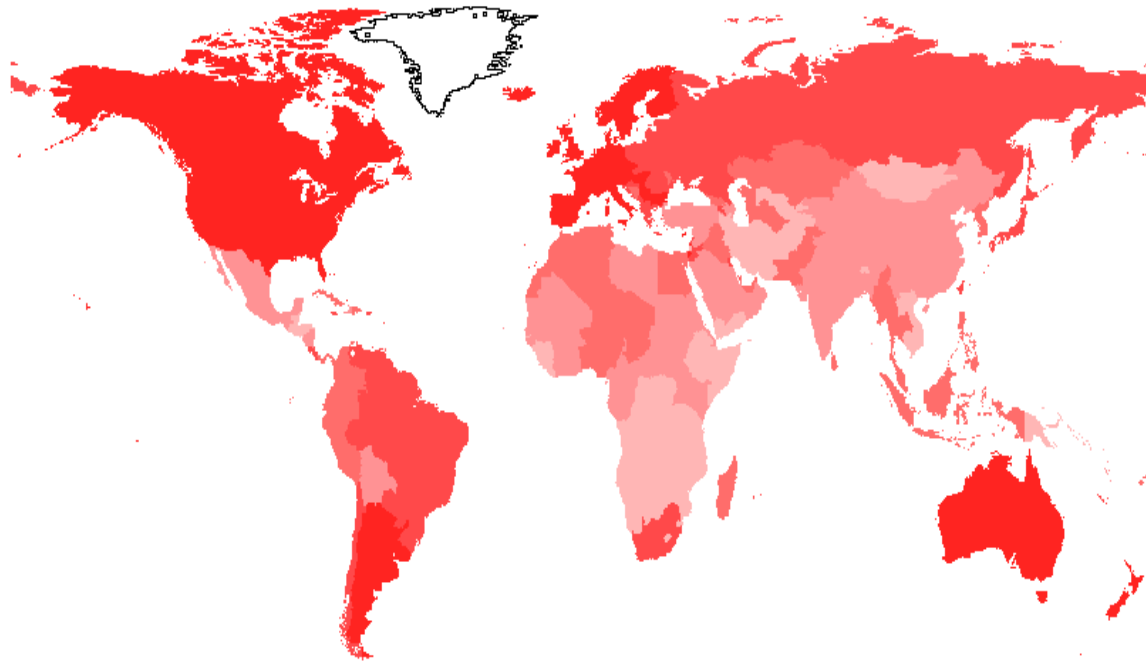
| Cancer 癌症                | Male 男性              | Female 女性                       |
|--------------------------|----------------------|---------------------------------|
| Breast cancer<br>乳癌      |                      | 1 in every 19 people<br>每19人有1人 |
| Colorectal Cancer<br>大腸癌 | 1 in every 21 people | 1 in every 32 people            |
| Lung Cancer<br>肺癌        | 1 in every 18 people | 1 in every 41 people            |
| Cervical Cancer<br>子宮頸癌  |                      | 1 in every 128 people           |

Source: Hong Kong Cancer Registry as in 2009



# Female Breast Cancer - Estimated Age-Standardized Incidence Rate (ASR), all ages

## 女性乳癌的年齡標準化發病率 (所有年齡)



■ < 21.3 
 ■ < 28.3 
 ■ < 38.9 
 ■ < 56.8 
 ■ < 109.4

| Country               | ASR*  |
|-----------------------|-------|
| Belgium(比利時)          | 109.4 |
| New Zealand(新西蘭)      | 89.4  |
| United Kingdom(英國)    | 87.9  |
| Singapore(新加坡)        | 59.9  |
| Chinese Taipei (中華台北) | 52.8  |
| Japan(日本)             | 42.7  |
| China(中國)             | 21.6  |

\* Rate per 100,000 women

GLOBOCAN 2008 (IARC) - 4.8.2010

\*Source: Globocan 2008

\*\*Source: Hong Kong Cancer Stat 2009

| Country        | ASR** |
|----------------|-------|
| Hong Kong (香港) | 54.8  |

# Breast Cancer 乳癌 (2008)

## World Age-Standardized Incidence Rate

## 全球年齡標準化發病率

| Region地區                   | ASR(W) per 100,000* |
|----------------------------|---------------------|
| World 全球                   | 39                  |
| Developed countries 發達國家   | 66.4                |
| Developing countries 發展中國家 | 27.3                |
| Hong Kong 香港               | 49.9                |

| Note:                     | 2008 | 2009 |
|---------------------------|------|------|
| Hong Kong 香港 <sup>†</sup> | 49.9 | 54.8 |

\*Source: WHO

<sup>†</sup> HK figures: sourced from HK Cancer Registry female only

# Hong Kong Breast Cancer Foundation

## 香港乳癌基金會

Inaugurated on 8 March 2005

2005年3月8日成立

Founded by breast cancer survivors and concerned health care professionals with first hand experience  
由乳癌存活者和擁有第一手經驗的健康護理專業人員創立

Non-profit charitable organization dedicated to **patient support, education and early detection, research & advocacy**

非牟利慈善組織，致力提供**病人支援、推廣乳癌教育、研究及倡議**

我們的使命、願景與歷史  
OUR MISSION, VISION & HISTORY



# Research & Advocacy :

## Hong Kong Breast Cancer Registry

### 研究及倡議：香港乳癌資料庫

- The first of its kind breast cancer-specific data collection & monitoring system 第一個專為乳癌而設的數據收集和監測系統
- Evidence for improving breast cancer care 為改善乳癌護理提供證據
- Most comprehensive data (300 variables captured) 包含最全面的數據
- Most representative coverage in the territory (27 medical centers , near 7000 patients enrolled) 具有代表性，參與的診所/醫院覆蓋全香港
- Public access to reports 報告面向公眾



# Breast Cancer Registry

## 乳癌資料庫

**Why we need it? 為什麼我們需要它?**

*“If you can't measure it, you can't manage it”*

“如果你無法衡量它，你不能處理它”

- Cancer Registries are the eyes and ears of cancer control around the world

癌症資料庫是世界各地控制癌症的眼睛和耳朵

- UICC World Cancer Declaration 2006: call to increase number of countries with cancer registries

國際抗癌聯盟2006宣言：呼籲國家增加屬於她們的癌症資料庫

# Cancer is not a notifiable disease under Hong Kong Food and Health Bureau

根據香港食物及衛生局，癌症  
是不須呈報的疾病



# Questions to be Answered

## 需要回答的問題

- How is our breast cancer detection compared to international standard? 乳癌檢測達到國際標準嗎?
- What is the picture of risk exposures in our patients? 病人的風險因素是什麼?
- Is our treatment practice up to international standard? 我們的治療符合國際標準嗎?
- What is the health care costs for breast cancer locally? 本地乳癌的醫療費用是多少?

**HKBCR provides such information!**

**香港乳癌資料庫可以提供這些資訊!**

# HK Breast Cancer Registry (HKBCR)

## *Mission* 使命

- Aims to provide vital data, analysis and insights for HKBCF, medical professionals, policy makers and the wider public, to advocate and device more effective cancer control plans

為受乳癌影響人士提供有關本地乳癌個案的資訊及其他患者的治療選擇，增強他們應對的能力；並為醫護人員提供參考，以助他們為病人作出適切的治療及護理決定



# Breast Cancer Facts in Hong Kong Report No.3

## 「香港乳癌實況第三號報告」 - Sept 2011

- Data collection period 資料收集時間： Feb 2008 – Apr 2011
- **5,393** patient cohort enrolled into the Registry  
**5,393** 名參加者向乳癌資料庫作登記
  - **2,539 (47.1%)** cases recruited from **private** sector 私立醫院/診所
  - **2,854 (52.9%)** cases recruited from **public** sector 公立醫院
- Distribution:
  - **24.0%** used private health services solely 只使用私立醫院/診所醫療服務
  - **38.5%** used public health services solely 只使用公立醫院醫療服務
  - **37.5%** used mixed private and public health services  
混合使用私立及公立醫療服務

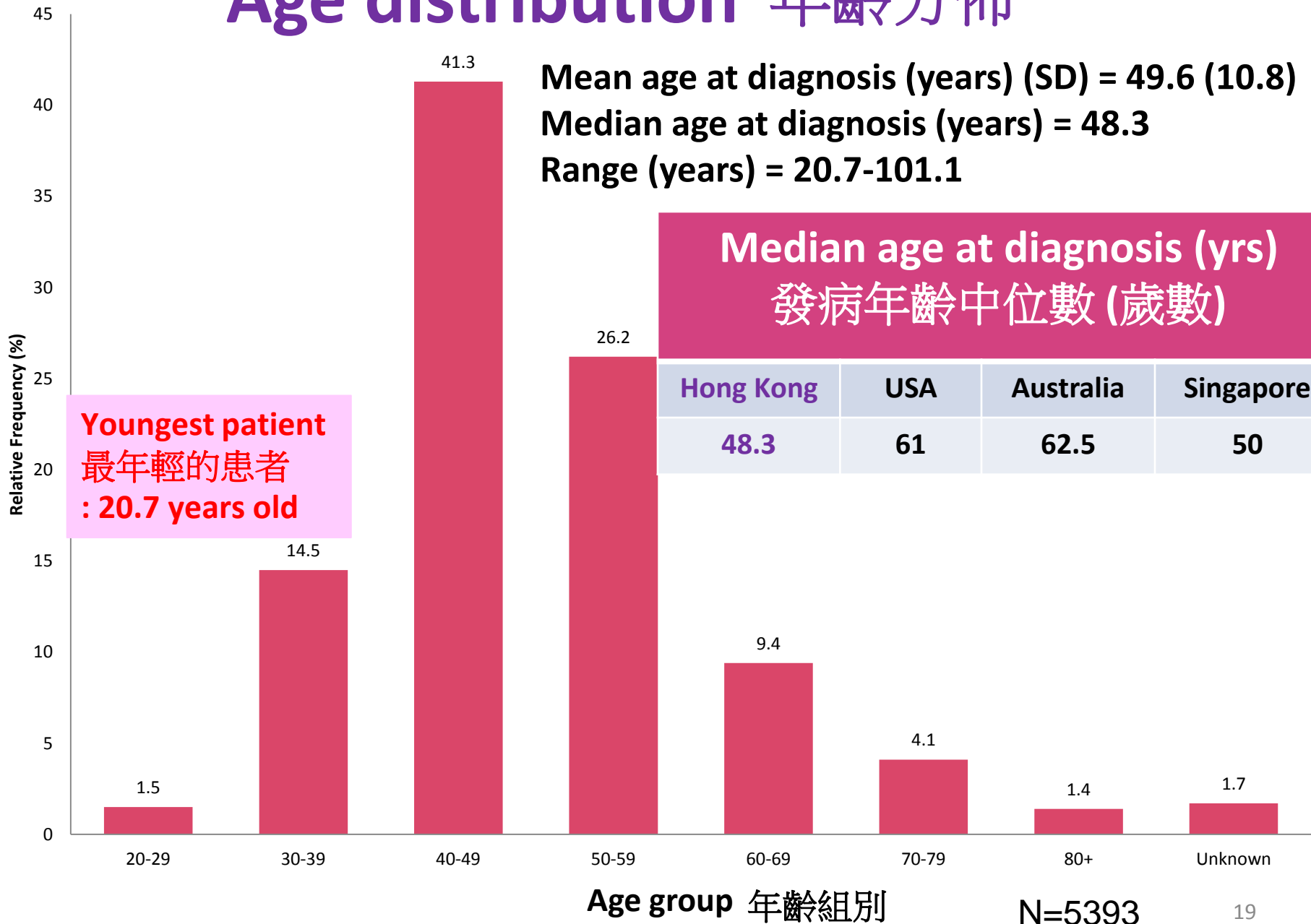
# Demographic data 患者統計資料

Number (%)

|                                |                     |
|--------------------------------|---------------------|
| <b>Number of patients 病人數目</b> | <b>5,393</b>        |
| <b>Sex 性別</b>                  |                     |
| <b>Female 女性</b>               | <b>5388 (99.9%)</b> |
| <b>Male 男性</b>                 | <b>5 (0.1%)</b>     |
| <b>Ethnicity 種族</b>            |                     |
| <b>Chinese 華人</b>              | <b>5188 (96.2%)</b> |
| <b>White 白種人</b>               | <b>67 (1.2%)</b>    |
| <b>Other Asians 其它亞裔人士</b>     | <b>62 (1.1%)</b>    |
| <b>Black 黑人</b>                | <b>2 (0.0%)</b>     |
| <b>Unknown 不詳</b>              | <b>74 (1.4%)</b>    |

Source: Breast Cancer Facts in Hong Kong Report No.3, 2011

# Age distribution 年齡分佈



# Sociodemographic Data 患者統計資料 (1)

|  | Number (%)  |
|--|-------------|
| <b>Marital Status 婚姻狀況</b>                   |             |
| Never married 未婚                             | 794 (14.7)  |
| Now married 已婚                               | 3997 (74.1) |
| Widowed/ divorced/ cohabitating 離婚 / 喪偶 / 同居 | 564 (10.5)  |
| Unknown 不詳                                   | 38 (0.7)    |
| <b>Occupation 職業</b>                         |             |
| Professional 專業人員                            | 600 (11.1)  |
| Clerical 文職人員                                | 1327 (24.6) |
| Non-clerical/ Labor 非文職 / 勞工                 | 938 (17.4)  |
| Housewife 家庭主婦                               | 1654 (30.7) |
| Self-employed 自僱人士                           | 176 (3.3)   |
| Retired/ unemployed 退休 / 失業                  | 480 (8.9)   |
| Unknown 不詳                                   | 218 (4.0)   |

35.7%

# Sociodemographic Data 患者統計資料 (2)

|   | Number (%)  |
|---|-------------|
| <b><i>Educational level</i> 教育程度</b>          |             |
| No schooling/ Kindergarten 未受教育 / 幼稚園         | 273 (5.1)   |
| Primary school 小學                             | 1098 (20.4) |
| Secondary school 中學                           | 2574 (47.7) |
| Post-secondary or above 預科或以上                 | 1337 (24.8) |
| Unknown 不詳                                    | 111 (2.1)   |
| <b><i>Monthly household income</i> 家庭每月入息</b> |             |
| < HK\$10,000                                  | 667 (12.4)  |
| HK\$10,000-HK\$29,999                         | 1371 (25.4) |
| ≥ HK\$30,000                                  | 1364 (25.2) |
| Unknown 不詳                                    | 1991 (36.9) |

# Reproductive Factors 生育因素

|  | Mean Age 平均年齡 | Median Age 年齡中位數 |
|--|---------------|------------------|
| Menarche<br>初經                         | 13.2          | 13.0             |
| Menopause<br>更年期                       | 49.0          | 50.0             |
|  | Yes 有         | No 沒有            |
| Reproductive history<br>生育紀錄           | 79.0%         | 21.0%            |
| Breast feeding<br>餵哺母乳                 | 30.6%         | 59.8%            |
| Oral contraceptives<br>口服避孕藥           | 30.5%         | 61.9%            |
| Hormone replacement therapy<br>荷爾蒙補充治療 | 7.7%          | 82.9%            |

# Health Background and Life Style 健康背景及生活方式

|  |                            |   |                                       |
|--|----------------------------|---|---------------------------------------|
| History of tumour 腫瘤的歷史                  | No沒有<br>(78.6%)            | Benign 良性<br>(13.0%)                      | Malignant 惡性<br>(3.2%)                |
| Family history of breast cancer<br>乳癌家族史 | No沒有<br>(82.2%)            | 1 <sup>st</sup> Degree(8.0%)              | 2 <sup>nd</sup> Degree(1.2%)          |
| BMI                                      | <18.5 -<br>22.9<br>(52.8%) | 23.0-24.9<br>(16.6%)                      | ≥25.0<br>(18.6%)                      |
| Physical exercise 運動                     | Never<br>從不<br>(31.9%)     | <3hrs per week<br>每週不少於3小時<br>(40.6%)     | ≥3hrs per week<br>每週3小時或以上<br>(25.8%) |
| Stress 壓力                                | Low低<br>(30.7%)            | Moderate(25-50% of time)<br>中度<br>(30.7%) | High(>50%of time)<br>高<br>(36.1%)     |
| Meat/dairy rich diet<br>豐富肉類/乳製品         | Yes有<br>13.1%              |   |                                       |
| Smoking 煙                                | Yes有<br>(4.3%)             | No沒有<br>(95.7%)                           |                                       |
| Alcohol Drinking 飲酒                      | Yes有<br>(5.8%)             | No沒有<br>94.2%                             |                                       |

# 10 Most Common Risk Factor in Breast Cancer Patients

## 十大在香港乳癌患者中最常見的高危因素

| Rank | Risk Exposures  | Number (%)          |
|------|---|---------------------|
| 1    | <b>Lack of exercise (&lt;3 hr/ wk)</b> 缺乏運動 (每星期<3小時)                 | <b>3913 (72.5%)</b> |
| 2    | <b>No breast feeding</b> 未曾餵哺母乳                                       | <b>3220 (59.7%)</b> |
| 3    | <b>High level of stress (&gt;50% of time)</b> 高度精神壓力                  | <b>1951 (36.1%)</b> |
| 4    | <b>Being overweight/ obese</b> 超重 / 肥胖                                | <b>1899 (35.2%)</b> |
| 5    | <b>Oral contraceptives use</b> 曾服用口服避孕藥                               | <b>1646 (30.4%)</b> |
| 6    | <b>No childbirth / first live birth after age 35</b> 沒有生育 / 35 歲後首次生育 | <b>1228 (22.6%)</b> |
| 7    | <b>Family history of breast cancer</b> 家族曾有乳癌病歷                       | <b>827 (15.3%)</b>  |
| 8    | <b>Having previous breast disease</b> 曾有乳房疾病病歷                        | <b>788 (14.6%)</b>  |
| 9    | <b>Early menarche (&lt;12 years old)</b> 提早初經 (<12 歲)                 | <b>719 (13.3%)</b>  |
| 10   | <b>Meat/ dairy products rich in diets</b> 大量攝取肉類或奶類製品                 | <b>704 (13.1%)</b>  |



# Screening Habit 定期乳房檢查習慣

- Most common breast screening method: Mammography screening  
最常見的乳癌篩查方法：乳房X光造影
- Take-up rate of mammography screening before diagnosis was low compared with the take-up rate of mammography screening program in Western countries  
乳房X光造影診斷前篩查率較西方國家低

|                  | Take-up rate of mammography screening, % |
|------------------|--|
| Hong Kong 香港*    | 27.4                                     |
| New Zealand 新西蘭  | 80.0                                     |
| United States 美國 | 66.0                                     |
| Australia 澳大利亞   | 54.9                                     |
| Singapore 新加坡    | 40.9                                     |
| Taiwan 中華台北      | 31.6                                     |

## Patients over 40, Lower Rate of Regular Breast Self-Examination (BSE) & Clinical Breast Examination (CBE)

### 40歲以上的患者，自我檢查率及醫生臨床檢查率較低

| Examination                                 | Age 40 or below (%) | Age 40 or above (%) |
|---|---------------------|---------------------|
| Breast self-examination (BSE)<br>自我檢查       | 23.2                | 19.8                |
| Clinical breast examination (CBE)<br>醫生臨床檢查 | 51.4                | 45.6                |
| Mammography screening (MMG)<br>乳房X光造影檢查     | -                   | 27.2                |
| Breast ultrasound imaging (USG)<br>乳房超聲波檢查  | -                   | 22.3                |

## Better educated, higher breast screening rate

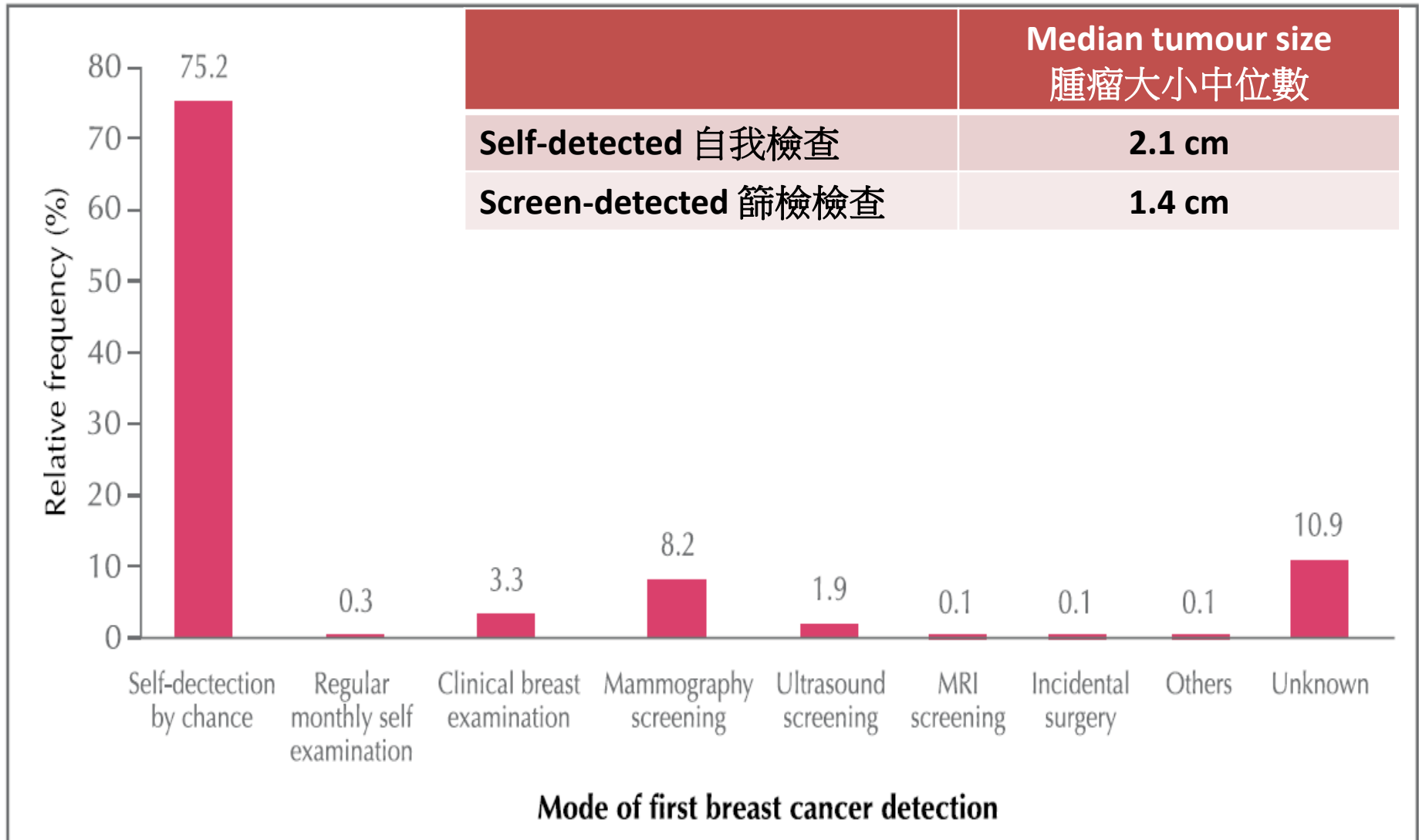
### 擁有較高教育水平者會有較高的定期乳房檢查率

| Education                                 | BSE(%)<br>自我檢查 | CBE(%)<br>醫生臨床檢查 | MMG(%)<br>乳房X光造影檢查 |
|---|----------------|------------------|--------------------|
| Matriculation or above<br>預科或以上           | 23.3           | 61.6             | 49.5               |
| Secondary<br>中學                           | 22.7           | 50.4             | 27.9               |
| Primary<br>小學                             | 15.9           | 28               | 13.2               |
| Non-educated / Kindergarten<br>未受教育 / 幼稚園 | 7.3            | 14.4             | 6                  |

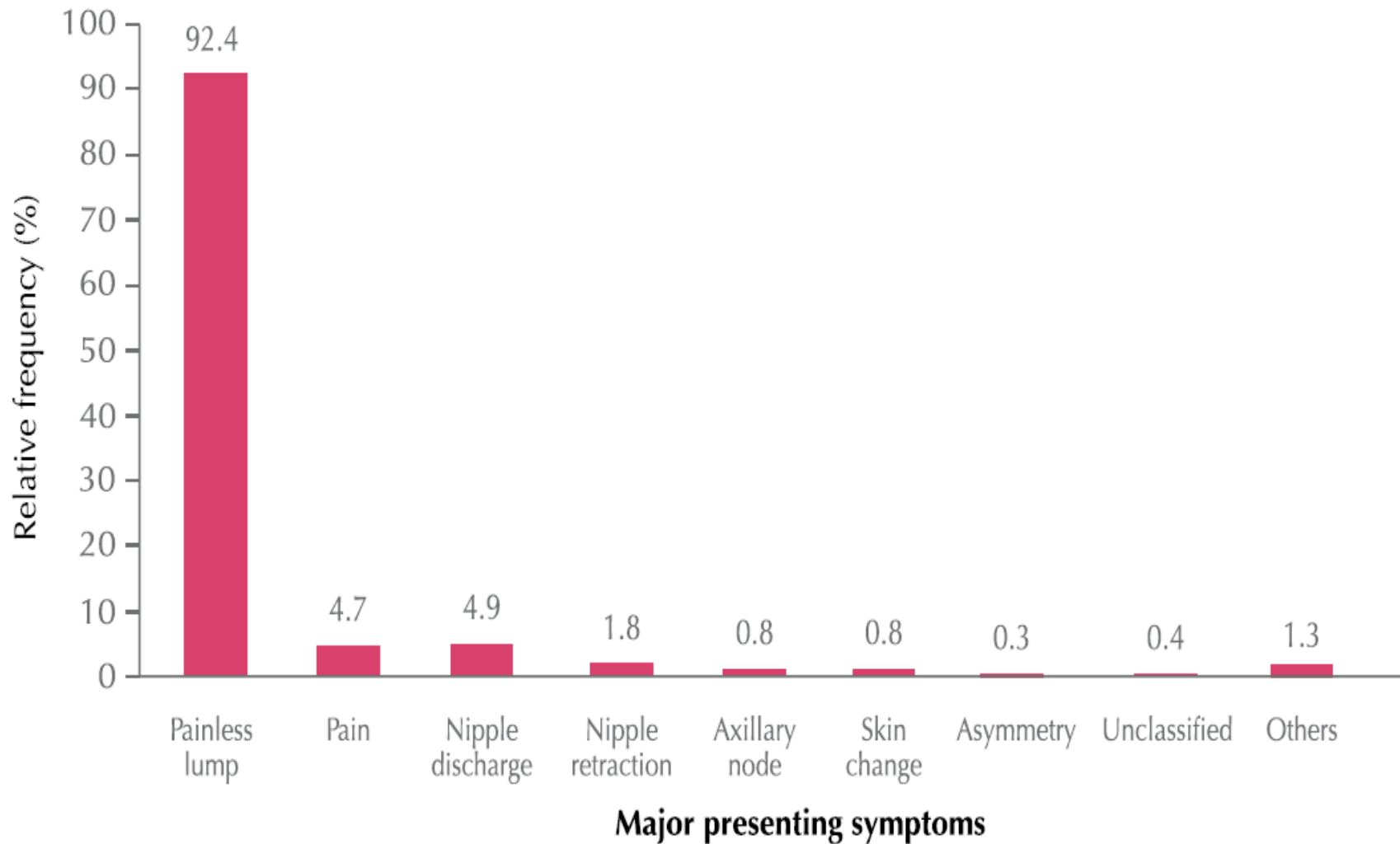
# Professionals and self employed, higher screening rate 專業人士及自僱人士，定期乳房檢查率較高

| Career                                       | BSE (%)<br>自我檢查 | CBE (%)<br>醫生臨床檢查 | MMG (%)<br>乳房X光造影檢查 |
|--|-----------------|-------------------|---------------------|
| Professionals/ Clerical workers<br>專業人員/文職人員 | 23.0            | 59.2              | 38.4                |
| Self-employed<br>自僱人士                        | 23.5            | 58.8              | 40.3                |
| Housewives<br>主婦                             | 19.0            | 41.9              | 23.9                |
| Non-clerical workers / Laborers<br>非文職/勞工    | 18.7            | 30.5              | 12.1                |
| Retired / Unemployed<br>退休/失業                | 17.2            | 36.2              | 25.4                |

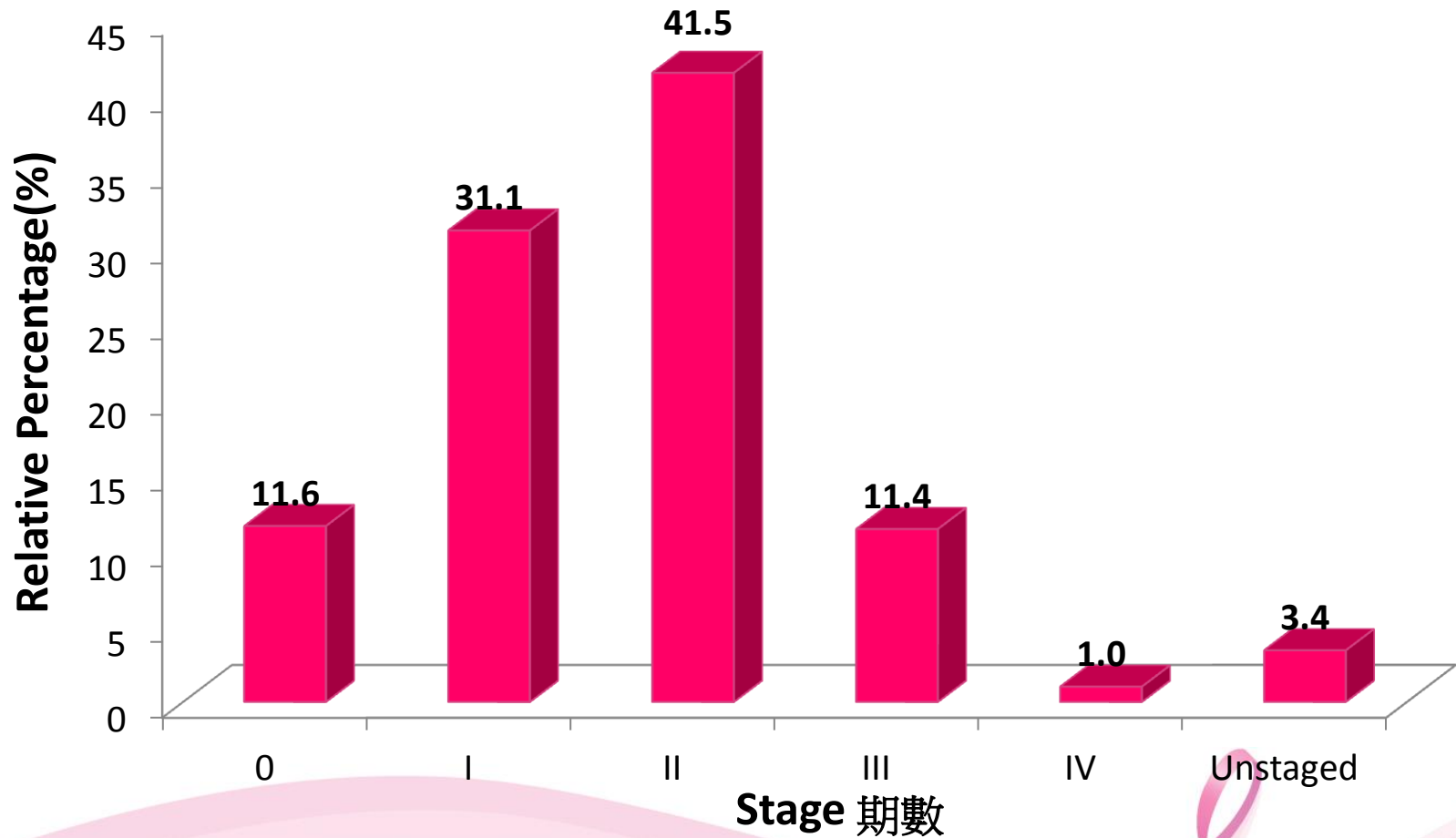
# 75.2% are self-detected 自我檢查



# 92.4% presented with painless lumps in self-detected patients 在自我檢測中有無痛的腫塊



# Cancer Staging 癌症分期 (AJCC 2010)



# Cancer Stage 癌症期數 (AJCC 2010)

|  | Overall<br>%<br>整體 | Self detected<br>%<br>自我檢測 | Screen<br>detected %<br>篩檢檢查 |
|--|--------------------|----------------------------|------------------------------|
| Median age at diagnosis (years)<br>診斷時的年齡中位數 | 48.3               |                            |                              |

## Cancer stage distribution 癌症的期數分佈 (AJCC 2010)

|           |      |      |      |
|-----------|------|------|------|
| Stage 0   | 11.6 | 8.9  | 31.5 |
| Stage I   | 31.1 | 29.8 | 39.2 |
| Stage IIA | 28.3 | 30.1 | 18.6 |
| Stage IIB | 13.2 | 14.7 | 4.7  |
| Stage III | 11.4 | 12.8 | 3.2  |
| Stage IV  | 1.0  | 0.9  | 0.4  |
| Unstaged  | 3.4  | 2.8  | 2.4  |



# Histological & Molecular Characteristics

## 組織學和分子特性

**Histological and molecular characteristics of invasive breast cancer** 入侵性乳癌的組織學和分子特性

**Number (%)**

### Histological types

|         |              |
|---------|--------------|
| Ductal  | 2469 (84.8%) |
| Lobular | 130 (4.5%)   |
| Others  | 357 (10.7%)  |

### Molecular Characteristics

|                               |              |
|-------------------------------|--------------|
| ER+                           | 2142 (75.3%) |
| PR+                           | 1795 (63.3%) |
| HER2+                         | 655 (23.7%)  |
| Triple negative (ER-PR-HER2-) | 342 (11.6%)  |

# Treatments 治療方法

| Number of treatments done 完成治療的數目 | Number病人數目 (%) |
|-----------------------------------|----------------|
| 1                                 | 287 (8.3%)     |
| 2                                 | 780 (22.5%)    |
| 3                                 | 1190 (34.3%)   |
| 4                                 | 1117 (32.2%)   |
| 5                                 | 87 (2.5%)      |

| Types of treatments 治療的類型 | Treatment rates 治療率 | % of patients treated in private hospitals 私家醫院使用率 | % of patients treated in public hospitals 公立醫院使用率 |
|---------------------------|---------------------|--|---|
| Surgery 手術                | 98.6%               | 62.0%  | 38.0%   |
| Radiation therapy 放射治療    | 63.7%               | 23.2%  | 76.8%   |
| Chemotherapy 化療           | 63.2%               | 20.5%  | 79.5%   |
| Endocrine therapy 荷爾蒙治療   | 66.2%               | 22.1%  | 77.9%   |
| Targeted therapy 標靶治療     | 6.1%                | 28.4%  | 71.6%   |
| Alternative therapy 另類療法  | 33.5%               |  |   |

# Breast Cancer Surgery 乳房手術

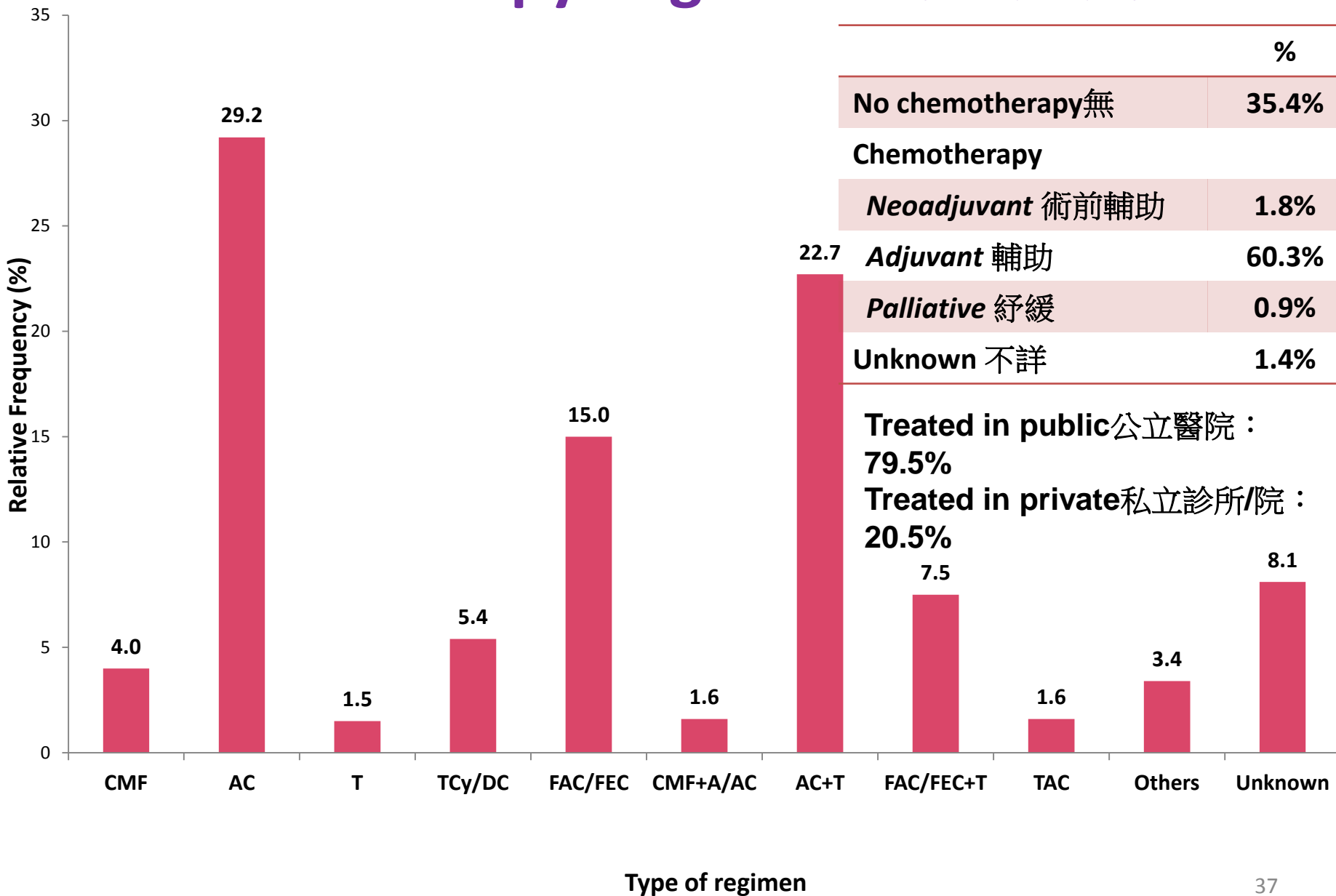
- **38.6%** patients had breast conserving surgery 乳房保留手術
- **60.0%** patients have mastectomy 全乳切除手術
- **17.5%** patients with mastectomy and breast reconstruction 全乳切除手術及乳房重建
- **33.3%** patients underwent sentinel node biopsy 前哨淋巴結活檢
- **49.7%** patients underwent axillary dissection 腋窩淋巴結清掃
- **16.6%** patients underwent sentinel node biopsy & axillary dissection 前哨淋巴結活檢及腋窩淋巴結清掃

# Radiotherapy 放射治療

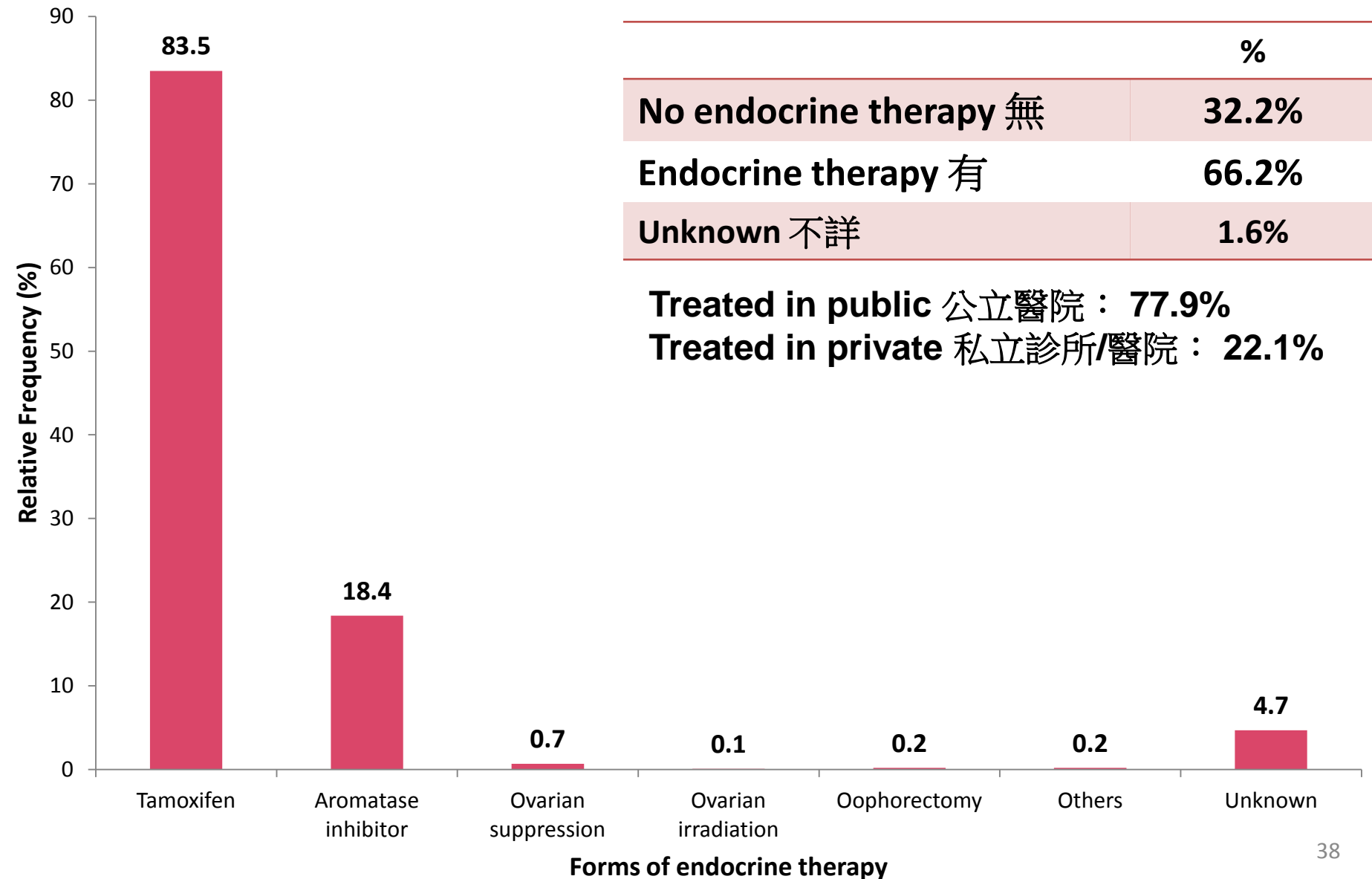
- **1,236 patients had breast conserving surgery** 病人曾接受乳房保留手術
- **952 patients had mastectomy**  
病人曾接受全乳切除手術  
**(45.9% of mastectomy patients required radiotherapy 在接受全乳切除手術的患者裡，有45.9%需要接受放射治療)**

Source: Breast Cancer Facts in Hong Kong Report No.3, 2011

# Chemotherapy Regimens 化療療程

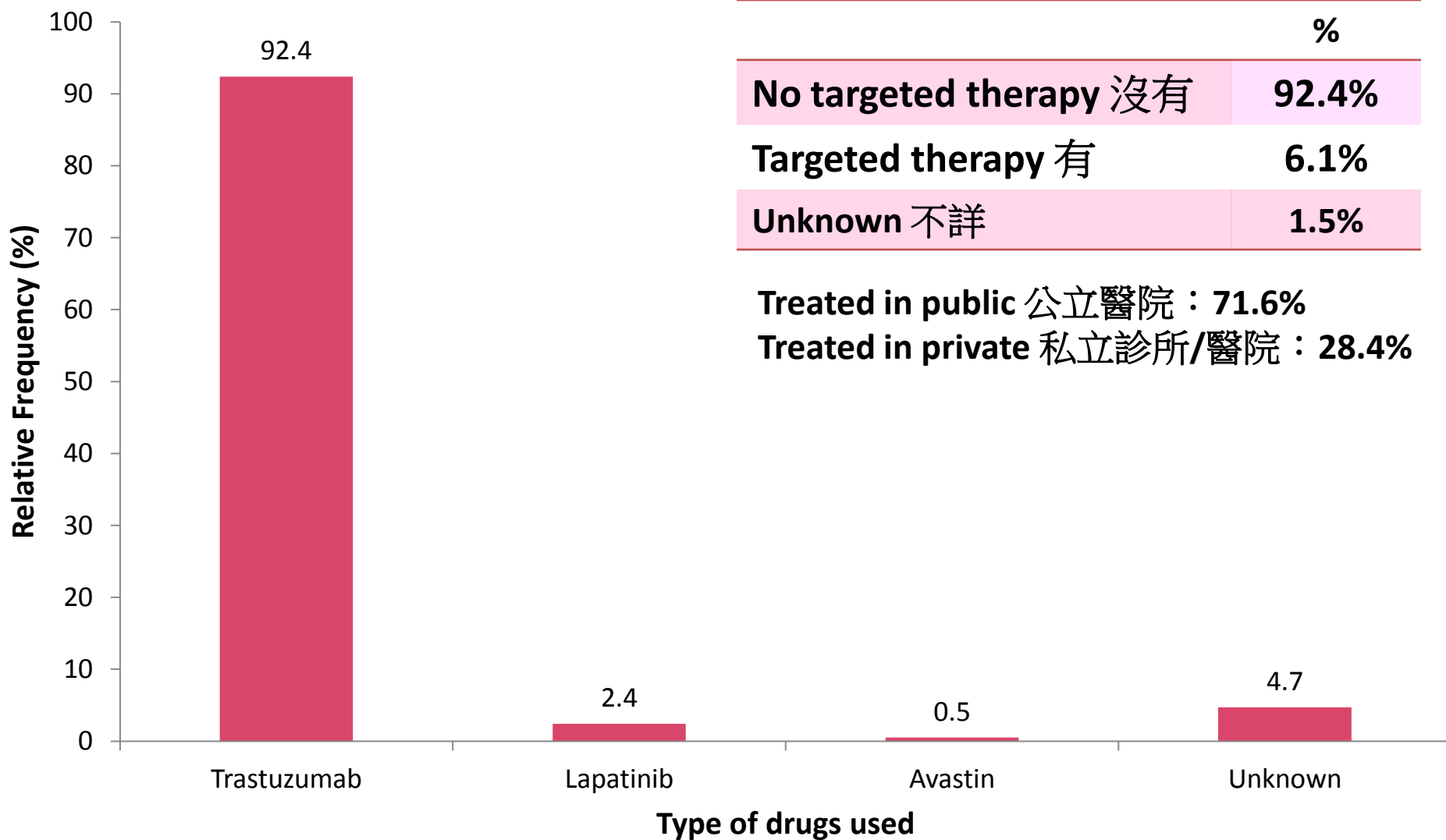


# Forms of Endocrine Therapy 荷爾蒙治療



# Type of Drugs for Targeted Therapy

## 標靶治療



|                        | %     |
|------------------------|-------|
| No targeted therapy 沒有 | 92.4% |
| Targeted therapy 有     | 6.1%  |
| Unknown 不詳             | 1.5%  |

Treated in public 公立醫院 : 71.6%  
Treated in private 私立診所/醫院 : 28.4%

# Conclusion

- **Top three risk factors of breast cancer in Hong Kong**  
香港三大最常見的乳癌高危因素
  - ◆ **Lack of exercise** 缺乏運動
  - ◆ **No Breastfeeding** 未曾餵哺母乳
  - ◆ **High level of stress** 高水平壓力
- **Lack of awareness of breast cancer screening** 缺乏定期乳房檢查的意識
  - ◆ **Higher education level, higher screening rate**  
擁有較高教育水平者會有較高的定期乳房檢查率
- **Early detection through screening has earlier stage breast cancer** 通過定期檢查發現的乳癌多屬早期乳癌
  - ◆ **Tumor size of breast cancer was half by screening compared with self-detected** 通過定期檢查發現的腫瘤大小是自我檢查的一半