

## Gala Dinner Banquet Raised over 3 million

HKBCF would like to thank all sponsors, donors, volunteers and walkers for supporting the Walkathon on 15 October 2006.

Our Foundation held its first Gala Dinner in May, and has raised a total of over 3 million (administration costs not yet deducted). The funds will be used to provide full care for breast cancer patients, the recovered and their family. Apart from giving support and counseling to those in need, our foundation will continue to educate the public, to promote the message of "Early Detection", and to support research about breast cancer, in order to improve the care for breast cancer.

The theme of the Gala Dinner is "La Belle Epoque (The Beautiful Era)". About 300 donors from different parts of the community, wearing old-school Hollywood costumes, attended this special event. They donated a lot of items for auction, which was the climax of the night.

Our Foundation thanks everyone for their kindness and support for their charitable acts.



(From left) Mrs. Joanna Choi (Chairman), Mrs. Rita Fan (Honorary President), Mrs. Selina Chow (Legislative Council Member), Dr. Polly Cheung (Founder) took a picture.



Dr. Cheung gave a speech.



Guests were happy to receive a gift. A lady held a T-shirt with selfexamination diagram.

## Breast Cancer Educational Talks

### Talk in May: "Breast Cancer Survivor Diet Update I"

The talk was held by Mr. Wong Chi-wing, Department Head of Food & Dietetic Department, Hong Kong Adventist Hospital, who is also Registered Dietitian (USA). Mr. Wong talked about the nutritional values in different food, and shared tips with the attendees. The first step is a good eating habit. The time and portion of the three meals should be fixed, and a balanced diet should be followed. There should be different kinds of food in every meal, and the amount and portion of each kind of food should be properly distributed. At the same time, he specially reminded the recovered

patients to be aware of their weight and to do more exercise, as exercise is not only a great help to the immunity system, but also can lower the chance of reoccurrence of breast cancer.



Mr. Wong's talk, themed 'Breast Cancer Survivor Diet', attracted many members attended.

#### Talk in June: "Breast Cancer: Is more surgery the better?"

The talk was held by Dr. Miranda Chan, Consultant, Breast Surgeon, Kwong Wah Hospital. Dr. Chan discussed the choice of breast cancer surgery. As our living style is becoming more and more westernized, the cases of breast cancer have increased over the past ten years in Hong Kong. The most common age of contracting the disease is between 40 and 55. The breast cancer surgeries nowadays are mainly divided into two parts: breast conserving surgery (removing part of the breast) and mastectomy (removing the whole breast). Dr. Chan stressed that when a patient is diagnosed with breast cancer, the doctor will explain to the patient information about the healing chance, advantages and disadvantages of different treatments, etc., before a surgery decision is made.



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#### **Public Talks**

##### American Express

Our foundation held an educational talk about breast cancer on 22nd May, in response to the invitation of American Express. The talk was held by one of our council members, Ms. Ada Cheng. The employees of American Express participated enthusiastically, and all the seats were filled.



New Territories Association of Societies (Women Association – Tai Po Branch) The talk was held by our Health Services Officer, Ms. Esther Lau. The causes of breast cancer, the importance of breast self examination, the way of maintaining the health of our breasts, and the importance of a balanced diet were discussed. We also invited a recovered breast cancer patient, Ms. Tse Choi-wan,

to share with us her own feelings and emotions during her treatment process. All the attendees expressed that they had learnt much from the talk, and their awareness of breast self examination have increased a lot.



### Member Activities

Our Foundation organizes regular social activities for our members. We hope that the activities can help relax our members' body and mind and increase the understanding, communication, and care amongst them, which will in turn help them face their difficulties more easily.

In April, our members went on a trip to Stanley and spent a wonderful afternoon there.



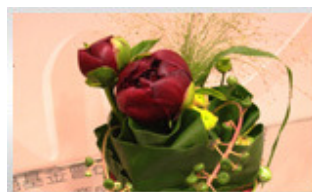
In June, our members attended a floral arrangement course as summer is a blooming season for flowers. They learned the art of flower arrangement and produced potted plants to beautify their living surroundings.



Give a hand!



Add a green leave!



Done!

## **News about our Foundation**

### Mrs. Fan and Mrs. Choi Awarded Honors

The Honorary President of our foundation, Mrs. Fan Hsu Lai-tai, Rita, was awarded the Grand Bauhinia Medal (GBM). Our Chairman, Mrs. Choi Leung Yuen-mei, was awarded the Bronze Bauhinia Star (BBS). Both of them were awarded these honors by the Chief Executive of HKSAR for their passionate service to the community.

### New Members Join In

As the different services and activities of Hong Kong Breast Cancer Foundation continue to expand, there is a need to increase the number of our administrative staff, to cope with the heavy workload. Apart from Ms. Agnes Tsang ,our Executive Secretary, the new members of our team include: Mr. David Cheng, Executive Director, Ms. Esther Lau, Health Services Officer, Ms. Carmen Chan, Communication Officer, and also our clerk, Ms. Chloe Chan.