

Pink Ribbon

Newsletter



香港乳癌基金會
HK Breast Cancer
Foundation

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粉紅絲帶通訊

封面故事

與晚期乳癌共舞

COVER STORY

Living With and
Beyond Metastatic
Breast Cancer

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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，致力消滅乳癌的威脅。

使命

- **教育**公眾認識乳癌與推動乳癌普查
- **支援**患者對抗乳癌，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, research and advocacy.

Mission:

- **Educate** the public on breast cancer and promote early detection
- **Support** breast cancer patients on their road to recovery
- **Advocate** better breast cancer care in Hong Kong

地址 Address: 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

電話 Tel : 2525 6033

傳真 Fax : 2525 6233

電郵 Email : info@hkbcf.org

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與晚期乳癌共舞

Living With and Beyond Metastatic Breast Cancer

晚期乳癌是無法治愈的，但這並不代表絕路或無計可施。很多晚期患者得知治療作用有限，反而會看到轉機，活得更充實及更有意義。怎樣與晚期乳癌共處，很大程度上取決於患者的態度和選擇。

晚期乳癌通常是指確診時屬第四期的乳癌，或接受治療後復發的乳癌，癌細胞由乳房或腋下淋巴擴散至身體其他部位，如骨、肺和肝。晚期乳癌患者透過治療控制病情，一般都可以存活多年。不過已擴散的乳癌是無法用手術移除的，而且具抗藥性，可能令藥物治療無效而引致死亡。

晚期乳癌患者的需要有別於期數較早的患者，他們要應付持續的治療以控制病情和延長性命，患者要面對治療帶來的副作用和心理影響，而身體機能會明顯減弱，甚至個人的家庭生活、工作和社交都會受影響。

It is often hard to accept at first that metastatic breast cancer cannot be cured. However, this does not mean that it cannot be treated. Many patients started to see life in a new way after learning that their cancer had progressed despite treatment. People with metastatic breast cancer can take control of their choices and attitude, and live a meaningful life too.

Metastatic breast cancer is also called stage IV or advanced breast cancer. It can be stage IV at first diagnosis or a recurrence of a previous breast cancer that has spread beyond the breast to other organs in the body (most often the bones, lungs or liver).

Many patients can live for years with metastatic cancer that is under control. Metastatic breast cancer cannot be completely removed by surgery. Most cancer deaths are due to the effects of metastases and resistant to treatment.

The needs of people living with metastatic breast cancer differ from patients and survivors with early-stage disease. They need treatments that lead to longer survival, to manage side effects and to cope with emotional and physical impact of the disease. Some may encounter repeated treatment failures and need to deal with loss of function and roles in family, work and community.

「正視現實，活出真我」 “Face the Reality”



輔導心理學家、乳癌基金會名譽顧問袁家慧博士表示，轉移性乳癌患者有較多和較強的負面情緒。像其他癌症病人一樣，他們會經歷「否認——憤怒——討價還價——沮喪——接受」的心理反應。此外，他們覺得死亡很近，生命加上期限，無法計劃將來。有別於確診時屬晚期的病人，復發病人較容易有挫敗感，因為他們覺得別人可以康復，而自己卻無法「戰勝」乳癌。袁博士又說，當這些負面情緒太嚴重時，病人會選擇否認、放棄，或轉而尋求另類療法。

「最好的應對方法是正視現實，面對自己獨特的人生，用忠於自己的態度生活。」袁博士引述美國一項以晚期癌症患者為對象的研究結果指，正面的態度有助提高存活率。研究人員以支援小組形式提供心理治療及輔導，讓病人學習心理調節技巧。結果發現投入實踐心理調節的程度與存活率成正比。較投入支援服務的患者平均存活2.5至4年，較整體平均的一年為長。研究亦指出有利因素包括：正視患病對生命的威脅，願意改變，持續實踐心理調節，包括重整自己的負面想法、抒發情緒、練習鬆弛。

Dr. Rhoda Yuen, clinical psychologist and HKBCF Advisor, said the negative emotions that patients with advanced or metastatic breast cancer experience may be particularly intense.

Like other cancer patients, they would go through the process: denial-anger-bargaining-depression-acceptance. In addition, they think death is imminent; their life is coming to a limit and they can no longer plan for the future.

Patients with relapsed breast cancer are more likely to suffer from anger, loneliness, frustration and a strong sense of failure as they see themselves having failed in “overcoming” the disease.

Dr. Yuen also has had an observation that when the negative emotions become overwhelming, patients would choose to deny or escape from the fact while some would turn for alternative therapies.

“The best way to cope is to face the reality,” Dr. Yuen cited the findings of a US study on a small group of patients with metastatic cancer that positive attitude helps improve life span. In the study, researchers provided the patients with psychological therapy and support group sessions where they learned skills of psychological adjustment. The findings showed that those who were more receptive to the support had a life-expectancy of 2.5-4 years, much longer than the average of one year; they also tend to be less defensive and to take up relaxation and cognitive restructuring.

提升生活質素 Improve Quality of Life

香港乳癌基金會高級健康服務主任張春好認為，對晚期或復發乳癌患者來說，最實質的支持在於提高生活質素，讓他們活得有意義。病人需要適當的治療以控制病情和減低痛楚；同時需要途徑去抒發內心的恐懼、悲傷、擔憂和對將來的想法。

「我們鼓勵病人珍惜與親友共聚的每一刻，經常保持正面的心態，把美好的回憶留住。希望當病人走到生命旅程的最後，家人回望跟病人一起的日子也不會有甚麼遺憾。」

本身是腫瘤科和舒緩治療護士的張姑娘在基金會為患者和家人提供輔導，並帶領不同的支援小組。她認為支援小組組員之間的互動和緊密聯繫對病人有很大幫助。

「小組形式的輔導有助患者扭轉負面思想和改善生活質素。組員在小組裡可以獲取有用的治療資訊，例如認識具舒緩治療作用的化療和電療、荷爾蒙治療和標靶治療等。透過與組員交流和分享，他們可以學習如何與家人溝通、正面面對死亡，控制痛楚和處理其他併發症等。」

Ms. Doris Cheung, Senior Health Service Officer of HKBCF, said that support to patients with advanced breast cancer essentially aims to improve the quality of life of patients and to help them live to fullness. It is important for patients to control the symptoms resulting from side effects and to alleviate discomforts through appropriate treatment. They need to channel their fear, grievance, worries and thought about future to people they trust.

“We support patients to treasure every moment they spend with their families and friends, to stay positive and to keep all the good memories. When a patient’s life journey comes to an end, her/his family members would have no regrets when looking back the days with the patient.”

Doris, an oncology and hospice nurse, leads the support group sessions and offers counseling services at the Foundation. She sees the dynamic and bonding in the support group especially essential.

“It is kind of group therapy; patients obtain helpful information about treatment such as chemotherapy, palliative radiation, hormonal therapy and targeted therapy. They can also learn from the sharing on skills of communication with family, facing fears about death and dying and ways to control pain and symptoms.”



生命影響生命 Counseling and Social Support

「患者通過與其他組員建立友誼，分享相同經歷而釋懷。火鳳凰組員經常自發組織聯誼活動和郊遊，享受人生。大家同聲同氣，不但可以放鬆心情，而且可以消除孤立的感覺。不少組員成為好友。」

“病況不能改變，但心態可以改變”

張姑娘說，每當有組員病逝時，其他組員難免會感到悲傷，但這亦是給組員帶出積極訊息的時候。像早前麗好(化名)的例子，麗好確診乳癌復發時感到十分沮喪和孤單，接受過心理輔導和參加火鳳凰小組後，她學會積極面對。她在接受舒緩治療期間，刻意作出一些改變，例如把握時間與家人修和，主動約家人飲茶，又親手做小手工送給家人，讓身邊的人感受到她的愛。麗好安詳地離去後，家人對她所作出的改變也感到安慰，而火鳳凰小組組員也從她身上體會到生命的意義不在乎長短，死亡，也可以是很平和的。

Apart from informational support, social support from peers is also beneficial. "The support group provides a sense of belonging and a place to express and share feelings. Group members organise gatherings and outings; many feel an intense bond with group members and acceptance. This can ease their feelings of social isolation. In fact, members make lots of good friends in the support group."

“You can't change the cancer, but you can change yourself.”

Doris said whenever a member passed away in the Phoenix Group, it inevitably upset others. The death, however, does bring some positive messages to group members. Lai Ho is an example.

Lai Ho was once depressed when diagnosed with recurrence. After attending counseling service and joining the Phoenix Group, she decided to make best use of her remaining time during palliative care. She seized time to reconcile with her family whom she had not got along well with; she went to the tea house with families and made little handicraft to show her love and care to them. Finally, she passed away peacefully. Her family is grateful for her endeavours to make positive changes; her peers in the Phoenix group see that life can be beautiful regardless of its length and that death can be peaceful.

給照顧者的話 Tips to Care Givers

患者的家人和照顧者一樣需要支援。晚期患者的家人很多時會感到無助，或在病人意願與醫生建議相悖時不知所措。一些家人更需要修和輔導和哀傷輔導等服務。

宜

- ✓ 鼓勵病人表達。雖然有家人在身邊支持，但面對死亡的始終是病人自己，而這條是怎樣的路，卻沒有人可以告訴她，所以病人很多時會覺得孤獨和不安。病人可能會自覺對家人造成負擔而隱瞞自己的需要或感受。
- ✓ 聆聽，對患者表達的感受作出肯定，甚至一起抱頭大哭，互訴傷痛或不捨的感覺，這些反應都是支持。
- ✓ 給病人更多空間，鼓勵她們做隨心或自在的事。

忌

- ✗ 切忌催促病人要達成太多的目標。
- ✗ 不要因過份保護而抑制病人表達情緒。例如當病人有感而發說「不知明年是否仍在世」時，不要阻止她/他說下去，或者用一些不切現實的說法試圖安慰病人，例如說「短期內或可能有新的特效藥可殲滅所有癌症」，病人可能會覺得自己的宣洩得不到回應而不再表達。
- ✗ 不要給病人表達的顧慮作出評價。

一些病人會選擇與舊朋友斷絕來往，因為他們認為沒有病過的人不會明白，又或者會過份遷就病人。袁博士建議作為晚期癌患者的朋友，要有充足心理準備和開放態度，否則不用強迫自己與病人相處。

Families need support as care givers do. Families of metastatic breast cancer patients often have difficulties in making a decision on treatment between patient's wish and doctor's advice; they might feel helpless or being not attentive enough. At times, they need professional support on reconciliation and bereavement.

DOs

- ✓ Encourage the patient to express their feelings. Families should understand that patients will easily feel isolated because they are going to face death alone. They feel uncertain about the journey to death and no one is able to tell them what it is like. Suppression may reinforce their isolation.
- ✓ Listen, encourage emotional expressions or even cry together to show support.
- ✓ Give them more room to do what they want to do.

DON'Ts

- ✗ Don't force them to accomplish too many goals.
- ✗ Not to over-protect or suppress the patients from expressing their feelings. When a patient says "I am not going to be there next year", she might only want to express her thoughts and feelings. If her family attempted to stop her from saying so or tried to comfort her by saying something unrealistic such as "there may be new medication that helps", it will probably upset the patient.
- ✗ Don't judge what the patients are worrying about.

Some patients choose to stay away from old friends because they think the friends don't understand them well or may treat them differently. It is advised that being friends of cancer patients should be flexible enough and should be ready to lose their friends. They should try to act normally and should not be over-accommodating.



紓緩治療 Palliative Care

治療所帶來的副作用，是絕大部分晚期乳癌患者要處理的問題。當治療不再有明顯效用，或者其副作用太嚴重時，醫生或患者可能會要求終止治療，在這個時候紓緩治療至為關鍵。

紓緩治療將著眼點由延長病人生命轉為提升病人的生活質素，目的是減少病人的痛苦和不適。患者可跟醫護人員商量，預先安排有關的輔導和支援小組服務，以解決身心靈方面的問題。病情轉趨嚴重時，這些問題就更嚴峻。

「晚期癌病患者選擇停止接受治療，並不表示放棄自己，而家人或醫生亦不應將自己的決定強加於病人身上。家人可引導病人說出不願接受治療的原因，然後與醫護人員商量是否有方法幫忙。」袁博士說病人可以考慮接受紓緩治療，醫生會利用較溫和及短期的藥物或電療減輕病人的痛苦。

The side effects of treatment pose negative impacts on quality of life. At some point during the process, treatment may be stopped when it does not show any benefit or when it greatly affects quality of life. Palliative care can help.

Palliative care shifts the focus from life span to the quality of life, aiming at making the patients feel as comfortable as possible. It can be a very difficult time. Patients are advised to discuss with their doctors to arrange for counseling or a support group to help not only with physical needs, but also psychological, social and spiritual problems, which often become more intense and more frequent during serious illness.

“Stopping treatment does not necessarily mean giving up oneself,” Dr. Yuen said, “no one can impose a decision on the patient. What care-givers can do is to try to understand why the patients reject treatment, and then see how to address their concerns. An alternative is to seek palliative treatment such as palliative chemotherapy or radiotherapy with shorter treatment time and milder effect.”

哀傷輔導 Bereavement Support

哀傷輔導是寧養服務的一個環節，旨在幫助晚期病人及其家人適應離別，殤逝之苦。在癌症的最後期輔導病人和家人開懷溝通和接受將要永別的事實。袁博士提醒癌症病人的家人若在病人離世後悲傷的情緒持續超過兩年也沒有減輕，以致無法恢復正常生活，便應考慮尋求哀傷輔導服務。

As part of palliative care, bereavement support is aimed to help hospice patients and their families cope with loss and grief. Medical professionals help patients and their families prepare for death by encouraging open communication and dealing with the reality. Dr. Yuen reminded family of patients that “If the sadness of losing someone you love lasts for more than two years and it keeps you away from resuming to normal life, you probably need bereavement support.”

尋求紓緩治療及哀傷輔導的資訊和服務：

Palliative Care and Bereavement Service in Hong Kong:

醫管局轄下醫院 Medical facilities under Hospital Authorities
www21.ha.org.hk/smartpatient/welcome/

善寧會 Hospice Care
www.hospicecare.org.hk/
Tel: (852) 2868 1211

善寧會譚雅士杜佩珍安家舍 Jessie and Thomas Tam Centre
www2.hospicecare.org.hk/our-work/bereavement-support/jessie-and-thomas-tam-centre/?lang=zh
Tel: (852) 2725 7693

Comfort Care Concern Group 驢明會
www.cccg.org.hk/
Tel: (852) 2361 6606

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Susan Komen for Cure
<http://www5.komen.org/>

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晚期乳癌的治療

Treatment for Metastatic Breast Cancer

晚期乳癌的治療方案旨在控制病情。治療方案取決於乳癌類別、擴散程度、患者身體狀況和意願等。

一般而言，醫生會建議患者進行化療和荷爾蒙治療。若乳癌屬HER2陽性則需要接受針對性治療。如以上治療效果都未如理想，醫生會轉介患者進行舒緩治療。

Treatment of metastatic breast cancer focuses on the length and quality of life and alleviating the pains resulting from treatment. A patient's treatment plan is guided by many factors, including cancer characteristics, where the cancer has spread, health condition and the patient's wish.

Normally speaking, patients will be offered chemotherapy and hormonal therapy. If the cancer is HER2-positive, targeted therapy will be used. In case the above treatments have turned out ineffective, the patient will be referred to palliative support.

荷爾蒙治療 Endocrine therapy

適用於依賴女性荷爾蒙生長的乳癌。荷爾蒙治療就是利用藥物阻截雌激素產生或阻止身體製造雌激素，從而抑制乳癌生長。

Some breast cancers are more likely to grow when oestrogen is present. Endocrine therapy is to block oestrogen or stop its production in order to stop the cancer growing.

芳香環轉化酶抑制劑和三苯氧胺是兩種常用的乳癌荷爾蒙藥物。在合適的情況下醫生會用藥物、手術或電療以抑制病人卵巢製造雌激素。芳香環轉化酶抑制劑則適用於已收經的女性。

Aromatase inhibitor and Tamoxifen are two common types of drug for endocrine therapy. When appropriate, ovaries oppression through drug treatment, surgery or radiotherapy is used to stop the ovaries from working and producing oestrogen. Aromatase inhibitors are only effective for women who have gone through menopause permanently.

標靶治療 Targeted therapy

本港罹患入侵性乳癌的女性當中，約23%屬於HER2陽性，即其癌細胞有過量的人類第二型類表皮生長因子蛋白。針對這類乳癌，常用藥物為曲妥珠單抗（商標名：赫賽汀），其作用是針對HER2蛋白以抑制癌細胞生長。這種藥僅適用於HER2陽性乳癌，若出現抗藥性則應即時停用。

About 23% of women with invasive breast cancer are HER2-positive, which means that the cancer contains an excessive number of protein called HER2 which helps the cancer grow. HER2 stands for human epidermal growth factor receptor 2. For HER2-positive cancer, a monoclonal anti-body called trastuzumab (Herceptin) can be used. It works by targeting the HER2 protein to stop the cancer from growing. It can only work for patients whose cancers have high levels of the HER2 protein. It should be stopped if the cancer starts to grow again.

化療 Chemotherapy

化學治療是使用口服或注射的抗癌藥物，以破壞癌細胞，減低復發機會。療程因病情而異，一般為四至六個月，每兩至三星期注射一針。

Chemotherapy is the use of anti-cancer drugs, in form of tablets or injection into vein. A chemotherapy course lasts 4 to 6 months, with an injection every 2 to 3 weeks. Chemotherapy can cause many side effects. Some patients may choose not to receive chemotherapy even if they are offered it and the healthcare team should support them by continuing treatment with supportive and palliative care.

化療的副作用較多，心臟功能異常和提早停經等。部分病人會選擇不接受化療，醫護人員或照顧者應考慮為病人安排情緒輔導和舒緩治療。

化療包括Anthracyclines類、Taxanes(T)類、Gemcitabine(商標名：Gemzar)、Vinorelbine(長春瑞濱)和Capecitabine(商標名：Xeloda)五大類。

Chemotherapy includes 5 main types: Anthracyclines, Taxanes, Gemcitabine (Gemzar), Vinorelbine and Capecitabine (Xeloda).



特別護理 Additional Care



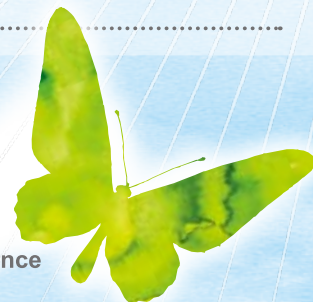
併發問題 Complication	徵狀 Symptoms	應對方法 What can be done about it?
上肢淋巴水腫 Upper-Limb Lymphoedema	手臂重和繃緊 Arm feels heavy; tense skin	淋巴水腫引流按摩法、配戴壓力袖及做淋巴運動以減輕水腫情況 Lymphatic exercise, manual lymphatic drainage programme and pressure sleeve that help alleviate the swelling
疲勞 Cancer-related fatigue	疲倦和對事物失去興趣，即使多休息也無法消除疲乏 Fatigue and loss of interest in things one would normally enjoy. Rest does not resolve the fatigue.	休息、心理支援和運動 Rest, psychological support and exercise programme
骨轉移乳癌 Bone metastases	骨痛或骨骼易碎和骨折 Pains in the bones; bones at higher risk of fracturing or breaking	雙磷酸鹽類藥物 (bisphosphonates) 和 骨質疏鬆症藥物 (denosumab) 可減低骨裂和骨折風險，並可減輕骨痛。 Bisphosphonates and denosumab are two types of drugs that can help lower the risk of fractures and reduce pain caused by bone metastases.
腦轉移乳癌 Brain metastases	頭痛、說話、記憶或行動不靈 Headaches, degrading in speech, memory and movements	手術或電療 Surgery and/or radiotherapy 口服類固醇 Steroid
食慾不振 Loss of appetite	感到有壓力、情緒低落或力不從心都會影響胃口 Stress, depression and nausea	進食前輕量運動或醫生處方藥物：少食多餐 Light exercise before mealtime or use of medicines prescribed by doctor may help increase appetite; take small, frequent meals.
痛楚 Pain		服用止痛藥 Treatment may include painkillers
嘔吐 Nausea		小吃多餐及進食易消化食物。另可按醫生處方服用止嘔藥，紓緩化療引起的嘔吐。 Take small, frequent meals instead of larger ones. Take prescribed medicine to ease nausea caused by chemotherapy.
情緒困擾 Emotional distress	緊張、憂慮、抑鬱、害怕 Feel nervous, anxious, depressed and scared	參加小組、多分享、有需要找專業人士幫助 Join support groups, sharing, seek help from professionals if necessary.

了解更多 Learn More:

Information About NICE Clinical Guideline 81 —
Advanced Breast Cancer, National Institute for Health and Clinical Excellence
www.nice.org.uk/CG81

乳癌常用藥物名稱索引

www.ha.org.hk/pyneh/onc/cbrinfoappendix.html



鳴謝李沛基醫生審閱 Special thanks to Dr. Lawrence Li for editing

有關晚期乳癌的誤解

Misconception about a Diagnosis of Metastatic Breast Cancer

確診晚期乳癌，可能引起很多負面情緒，例如惱怒、震驚、恐懼、自責、氣餒、沮喪、焦慮等等，不過這些反應都是正常的，你應該容許自己去經歷內心的感受，勇往直前，掌握自己的治療方案。

A diagnosis of metastatic breast cancer can evoke many difficult emotions. You may feel angry, shocked, fearful, guilty, depressed, anxious and more. These are normal reactions. It is important to allow yourself to experience all these feelings so you can move forward and take an active role in your treatment.

以下是晚期乳癌患者常有的誤解或疑惑，以及正面應付的方法：

Here are some common misunderstandings many patients with an advanced breast cancer diagnosis may have, and some positive ways to deal with them:



誤解 Misconception ①:

患上晚期乳癌等於被判死刑

Metastatic breast cancer means a death sentence.

事實 Fact:

晚期乳癌並不等於即時死亡。多得醫療技術的進步，很多患者帶著乳癌，一樣可以多年來活得很好。

A diagnosis of metastatic breast cancer is not an immediate death sentence. Many women live with the disease for many years with a reasonably good quality of life, thanks to advances in breast cancer treatments.



誤解 Misconception ②:

不能讓家人知道病情

I should not let my family know.

事實 Fact:

把病情告之家人，尤其是小孩，不是一件容易的事。但切忌將自己患病的事實看成秘密或可怕的事，這樣做只會弄巧反拙。你應該因應孩子的年紀和懂事程度，用適當的方法告訴他們，然後大家一起想辦法面對。

Telling loved ones, especially young children, about a cancer diagnosis can be stressful. It is important not to turn the diagnosis into a scary, mysterious secret which will only cause more stress for all involved. Children need to be told in a way they can understand, depending on their age and maturity. Once everyone knows what you are facing, you and your family can then work out the best way to cope with the situation.



誤解Misconception③：

乳癌復發是我咎由自取

I am to blame for causing the recurrence.

事實Fact：

一般人得知復發，都會感到焦慮和難受，很多時會責備自己「何必當初」。其實到目前為止，還沒有證據證實精神壓力會直接引致癌症，所以請你釋懷。有些癌細胞較容易擴散，任何人也沒有方法阻止。如果你確診乳癌復發，請不要耿耿於懷或自責，嘗試將困擾自己的因素消除，把每一天都活得最精彩！

It is normal to feel anxious and upset when hearing the news. It is common to ask yourself "what you could have done differently to prevent this from happening." There is no conclusive evidence connecting stress to cancer, so go easy on yourself. Some cancers have a tendency to spread, and there is nothing anyone can do to stop them. Try not to blame yourself and start eliminating things that make you anxious. Take part in activities and hobbies that give the most meaning to every day of your life.



誤解Misconception④：

假如醫生對我的病情更細心，

或者可以早點發現。

If my doctor had been more attentive,
I might have caught it earlier.

事實Fact：

復發不是你或者醫生造成的。就算你接受過有助減低復發機會的治療，或者醫生更細心地替你跟進病情，也不能絕對阻止癌細胞擴散。再者，癌細胞一旦開始擴散，不管即時發現還是數月後才發現，治療效果也未必能夠像預期中理想。因此，「早點發現」並不等如可以減慢擴散速度或使腫瘤縮細。

若果你不再信任你的醫生，你可以考慮轉另一位醫生。你應該跟醫生保持良好的溝通，說出你對他 / 她處理你的病情的感受。

Neither you nor your doctor caused your recurrence. Some breast cancers do spread, no matter what treatments you get to try to prevent recurrence, and no matter how diligent you and your doctors are about follow-up care. In addition, once the cancer has spread, it will most likely respond (or not respond) to treatment in the same way, whether you find the metastasis right away or a few months after it develops. So "catching it early" does not mean a metastasis is more treatable or that you have a better chance of shrinking it or slowing down its growth.

If you feel uncomfortable with your doctor and feel a trusting relationship with him or her is breaking down, you may want to go for another doctor. After all, open communication is essential. You should express your feelings to your doctor about the way he/she takes care of you.

經驗分享：

火鳳凰重生

Phoenix: Experience-sharing

Mandy、Pinky 和 Sally 三人都是乳癌基金會火鳳凰小組的中堅分子。火鳳凰小組是專為第四期或復發乳癌患者而設的支援小組。聽聽她們如何在小組裡得到支持和鼓勵，將負面情緒變成正能量。

Mandy, Pinky and Sally, core members of Phoenix Group, a HKBCF support group especially for survivors with stage IV or relapsed breast cancer, share how they live with the disease with strength and encouragement they get from their peers, and how they all work together to turn negative emotions into positive energies.

M= Mandy

從事資訊科技行業。2003年6月發現第I期乳癌。停用荷爾蒙藥後，於2009年復發。

Working in the IT Industry. Diagnosed with stage I breast cancer in June 2003; relapsed in 2009 after hormonal therapy stopped.

P= Pinky

已婚，育有兩子。
2008年確診第IV期乳癌，
即時辭去工作。

Married with two children
Diagnosed with stage IV breast cancer in 2008 and resigned from work right away.

S= Sally

2009年中發現乳癌時，癌細胞已擴散到骨。確診後辭退工作

Detected breast cancer in 2009 when it had already spread to her bones. She resigned from work shortly after the diagnosis.

可以分享一下治療情況嗎？ Can you share your treatment conditions with us?

M: 曾接受手術、電療和荷爾蒙藥治療。現時每三個月或六個月一次覆診，這已是日常節目之一。

I have undergone surgery, radiotherapy and hormonal therapy. Right now, I'll have follow-up consultations every 3 to 6 months and this has basically become part of my life.

P: 我四年前接受過化療、電療和荷爾蒙藥治療。去年底，癌細胞擴散到肝、肺和骨，醫生給我處方標靶藥和化療藥物，但後來我決定停用輔助性治療（化療療程還未完成），轉為接受中醫治療，至今身體狀況良好。

I was treated with chemotherapy, radiotherapy and hormonal therapy 4 years ago. At the end of last year, the cancer has spread to my liver, lungs and bones, so my doctor prescribed targeted therapy and chemotherapy drugs for me. But I decided to stop adjuvant therapy in the middle of my chemotherapy course and changed to Chinese medicine treatment. I think my health condition is pretty good now.

S: 我接受化療後進行切除手術，接受化療前會比較緊張，有時會延遲一點。

My treatment involved a mastectomy after chemotherapy, I feel nervous about chemotherapy and sometimes will try to delay the treatment a bit.

對小組有什麼期望？

What is your expectation towards the Phoenix Group?

- M:** 覺得醫生沒有太多時間解釋病情，希望從同路人身上得到更多有用資訊和貼士，在小組裡又可以跟組員傾談病情變化，聽取其他人的意見。

Doctors just do not have enough time to explain too much in details, so I wish to obtain more useful information and tips from the fellow group members. Besides, we can talk about the changes in our health conditions and listen to others' opinions.

- P:** 自覺再次復發機會大，所以來小組獲取多些資料。

I feel that my chance of relapse again is rather high so I want to join the group to get more information.

- S:** 專業護士給我的個別輔導，讓我釋除疑慮和不安的情緒。很高興在小組中結識了多位「戰友」，建立可貴的友誼，令我在抗病路上不覺孤單。

見到其他組員即使患病，也可以生活得很好，給自己很大的支持和鼓勵。她們慢慢改變了我原來的想法，我不再感失落和擔心。

The counseling from the professional nurses helps me relieve my worries and anxiety. I am so glad to have known many "comrades" and build up invaluable friendship with them. I know that I am not alone in the "battle".

It is very encouraging to witness my peers living a good life even they are affected by breast cancer. They have gradually changed my thoughts too. I no longer feel depressed and worried.

在小組裡的最大得益是什麼？

What do you benefit most from the Phoenix Group?

- M:** 護士提供專業心理支援，幫助我們抒發負面情緒；看到其他帶病組員怎樣面對，教我明白和接受，乳癌只不過是一種長期病。

The professional psychological support provided by the nurses helps me release my negative emotions. The way that other members cope with the disease lets me understand and accept that breast cancer is, after all, just a chronic illness.

- P:** 在小組得到很多治療和護理資訊，我的情緒較以前穩定。

From the support group, I have acquired a lot of information on treatment methods and paramedical care. My emotions are also more stable than before.

- S:** 明白到即使每個人都接受著同一種治療方法，反應和效果都有機會不同，思想變得靈活開通。小組也給我很多實用的個人護理貼士，例如針藥令手部脫皮時可以塗什麼潤膚，吃什麼奶粉可以增強體力等。

I start to realise that the responses to the same treatment could differ from person to person. I have become more open-minded and flexible. I have also learned a lot of practical personal care tips, such as using which hand cream to heal skin peeling resulting from injection, and which milk powder helps build up strength.



人生觀和生活態度有何改變？

Any changes in the outlook and attitude towards life?

M: 死亡，我沒有想太多，都是以平靜的心情面對。

I did not concern too much about dying; I just face it calmly.

P: 患病後由中環搬到大埔，生活比較貼近大自然的環境。抗病得靠自己，我看了很多書，領悟活在當下的道理。

I moved from Central to Taiipo where I become closer to nature and I enjoy it a lot. You have to count on yourself to combat the disease; I read a lot of books and grasp the principle of "living in the moment".

S: 不要用癌症期數標籤自己，活在當下，每天都要過得好。

Do not label yourself with the stage of your cancer; live in the moment, live the day to the fullest.



對其他轉移性或復發的病友有何鼓勵？

How would you encourage other fellows with advanced stage or relapse breast cancer?

M: 我經常提醒自己要正面和豁達些，不要埋怨。我會閱讀一些有關自然療法書和食譜，以前沒想過自己會烹飪，現在我會自己做杏仁茶和素菜卷等。

I often remind myself to be positive and open-minded and not to grumble. I read books on naturopathy and cooking. I had never thought of cooking before; now I enjoy making simple dishes myself.

P: 不要過分擔心，抗病一半靠藥物，一半靠自己，要放鬆自己，不要太上心。我鼓勵病友參加支援小組和多讀滋養心靈的書籍。

Do not over-worry but relax yourself. When fighting the battle, you count on medicine on one hand and yourself on the other. I encourage other patients to join the support group and to read books that nurture one's soul.

S: 看一些有關正面面對癌症的書，我認為管理好自己的情緒比較重要。

I recommend books that lead people to face cancer in a positive way. It is more important to manage our emotions well, I suppose.



火鳳凰小組

Advanced Breast Cancer Group (Phoenix Group)

對象：為第四期或復發乳癌患者

Suitable for: Patients with stage IV breast cancer or with recurrent breast cancer.

時間：逢星期五 下午2時至4時

Group sessions are held on Fridays 2:00 to 4:00 pm
由2009年成立至今已有80多人參加。

More than 80 people have joined the group since it launched in 2009.

查詢 Enquiries:

2525 6033



ACTION 01

提醒婦女兩年 做X光造影一次

Screening Reminder To Disadvantaged Women

我們提倡年屆40歲以上的婦女，每兩年進行一次臨床乳房檢查和乳房X光造影檢查，因此到過乳健中心檢查的女士都會收到我們的定期提示。另外，乳健中心又邀請曾於2009年至2011年間參加本會「免費乳房X光造影檢查計劃」的婦女到乳健中心進行下一次的例行檢查。

「免費乳房X光造影檢查計劃」於2009年12月推出，共有2,300多人受資助接受免費的乳房X光造影檢查。直至2011年5月乳健中心成立，該資助計劃擴展成為「免費乳健檢查計劃」，經費由賽馬會慈善信託基金捐助，三年內資助五千名低收入人士接受免費的臨床檢查和乳房X光造影檢查，至今有逾1,400人受惠。

計劃詳情：www.hkbcf.org

We recommend women aged 40 or above to perform a clinical breast examination and a mammography screening every other year. Therefore, all who have used the screening service at the HKBCF Breast Health Centre(BHC) will receive our reminder in due course. In addition, the BHC invites all who benefited from the Free Mammography Screening Financial Assistance Programme between 2009 and early 2011 to use the BHC's service for their next routine check-up.

The Free Mammography Screening Financial Assistance Programme was launched in December 2009. More than 2,300 women had benefited until the BHC came in service in May 2011, with a Free Breast Cancer Screening Programme. The programme, funded by the Hong Kong Jockey Club Charities Trust, aims to support 5,000 people to receive clinical breast examination and mammography screening for free in three years. It has so far offered 1,400 free screenings.

Details: www.hkbcf.org



會員聯歡聚餐 Spring Dinner Party

乳癌基金會新春聯歡聚餐於3月3日假銅鑼灣富豪酒店舉行，近二百名會員、義工和支持者參與，共渡歡樂的晚上。一批熱心會員手縫布偶義賣，編織班亦義賣多款精心編製的披肩，為基金會籌得四萬元善款。「音韻樂心靈」獻唱，並與全場參加者合唱《朋友》一曲，將氣氛推至高潮。

Nearly 200 members, volunteers and supporters joined the HKBCF Spring Dinner Party on 3 March 2012 at The Regal Hotel, Causeway Bay. A group of enthusiastic members raised HK\$40,000 for the Foundation through sales of their handmade dolls and knitted shawls. The highlight of the evening was the performance of "Melody in Mind", a survivors-formed singing group whose singing enticed all to sing along.

ACTION 02

ACTION 03

乳癌復發 基因檢測研究 項目

A Study on Oncotype DX[®] Assay

乳癌基金會於去年12月開始與 Genomic Health 合作，在本港展開「安可待[®]乳癌復發基因檢測」研究項目，由醫生邀請150名乳癌患者免費進行復發基因檢測，參加者須為一或二期乳癌患者、乳癌沒有影響淋巴結、乳癌細胞雌激素受體呈陽性。研究人員會將參加者的乳癌腫瘤組織樣本送至美國作特別的基因檢測，結果有助醫生推算病人復發的機會，從而決定病人是否需要接受化療，減少病人不必要的身心創傷。安可待檢測資助計劃在美國已十分普及，有助提升乳癌患者的生活質素。

The HKBCF and Genomic Health jointly launched a research project on Oncotype DX[®] Breast Cancer Assay in December 2011. The study will be recruiting 150 participants with early-stage (stage I or II) node-negative and estrogen receptor-positive (ER+) breast cancer.

Participants will be subsidised to undergo a test that examines tumour tissue at a molecular level. The test results will predict the likelihood of recurrence and facilitate better treatment decision-making, in particular the benefits of chemotherapy. The test is widely used in the US and is reported to be helpful in maintaining the patients' quality of life.

ACTION 04

最新年報出版 Release of Annual Report

本會2010至2011年財政年度的年報經已出版，歡迎大家到本會辦事處索閱，或瀏覽網上版：

www.hkbcf.org> 刊物。

The HKBCF Annual Report for the fiscal year ending June 2011 has been published. Hard copies are available at HKBCF office and it can be read online at:

www.hkbcf.org> publications

90%使用者滿意 乳健中心服務 90% Users Satisfied with Breast Health Centre's Service

乳健中心於2011年12月起向服務使用者進行滿意度調查。在650名受訪者中，9成人對我們的服務感到滿意並願意再次來檢查；9成半人認為X光造影檢查所帶來的痛楚是可以接受的；高達96%以上使用者表示會向親友推薦乳健中心服務。

Our Breast Health Centre has been conducting a survey since Dec 2011 to collect feedback from our screening service users. Among 650 respondents, 90% were satisfied with our service and are willing to return for screening; 95% stated that the pain they experienced during mammography was acceptable; more than 96% said they would recommend the services to their family and friends.

ACTION 05



電影女主角葉德嫻女士、公益金代表楊傳亮先生、乳癌基金會大使廖碧兒小姐及名譽顧問陳婉嫻女士主持開幕禮。

Attending the event were Ms. Deanie Ip, leading actress in the movie, Mr. Charles Yang, representing Community Chest of Hong Kong, Ms. Bernice Liu, HKBCF Ambassador and Honorary Advisor Ms. Chan Yuen-han who officiated at the event.



主禮嘉賓陳婉嫻向主要贊助人高文宇夫人致送感謝狀
Officiating guest, Ms. Chan Yuen-han, presenting a Certificate of Appreciation to the Principal Sponsor, Mrs. Matthew Koder

香港乳癌基金會於3月12日假太古城中心UA影院舉行《桃姐》慈善電影特別場，逾千人欣賞好戲之同時，亦為提升乳健意識及消除乳癌對本港威脅出一分力。活動籌得善款將用於本會的乳健教育、患者支援服務及本地乳癌研究工作，令更多有需要的人士受惠。

More than 1,000 supporters attended the HKBCF's charity screening of the acclaimed movie "A Simple Life" on 12 March 2012 at UA City Plaza, Taikoo Shing. The event aimed to raise breast health awareness and funds. The funds collected will be used to support our continuing work on breast health education, patient support services and local breast cancer research.

重溫活動相片 Event photos:

www.flickr.com/hkbcf

《桃姐》多謝支持 慈善電影 特別場

Thanks for Your Support of HKBCF Charity Movie Screening

主要贊助 Principal Sponsor:

高文宇先生及夫人 Mr. and Mrs. Matthew Koder

鑽石贊助 Diamond Sponsors:

陳鑒望先生 Mr. Chan Yuk-kwan

韋玉珍醫生 Dr. Veronica Wai

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主角葉德嫻及乳癌基金會大使廖碧兒呼籲大家注重乳健
Deanie Yip and HKBCF Ambassador Bernice Liu conveyed the message
of Breast Health

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由今期開始我們透過這個新欄目為大家簡介海外有關防治乳癌的報導或研究。
This new column features or reports latest studies on breast cancer issues in brief.



更年期婦女長期使用荷爾蒙 罹患乳癌風險增 Menopause Hormone Treatments Could Increase Breast Cancer Risk

最新的研究結果指出，婦女使用荷爾蒙補充劑超過10年，會增加罹患乳癌風險。

最常用的荷爾蒙補充劑是混合雌激素和黃體激素的藥丸，而眾所周服用這種補充劑可能增加患乳癌風險。

以12萬名護士為研究對象的一項研究發現，不論哪種荷爾蒙補充劑，長期服用都會增加患乳癌機會。

- 使用雌激素和黃體激素混合補充劑10至15年，罹患乳癌率增加88%
- 使用雌激素和黃體激素混合補充劑15至20年，罹患乳癌率增加兩倍多
- 單獨使用雌激素補充劑10至15年，患乳癌率增加22%
- 單獨使用雌激素補充劑15至20年，患乳癌率增加43%

美國丹那法博癌症研究所研究人員Wendy Chen博士指出，數據顯示長期使用混合荷爾蒙補充劑可能危害健康，如要服用，宜只用一至兩年。至於雌激素補充劑則宜使用五至六年。她的忠告是：想清楚服用荷爾蒙補充劑的目的和權衡利害。

有關荷爾蒙補充療法可能導致乳癌的疑慮始於九十年代，當時美國有一項大型的婦女健康研究項目(Women's Health Initiative)，目的是探討兩種補充劑對健康的影響。但研究項目於2004年全面告終，原因是研究人員發現多宗疑因服用補充劑而引致心臟病、乳癌、中風和血栓塞的個案。

資料來源 Source:

AACR Annual Meeting(31 Mar – 4 Apr 2012), Long-term use of hormone therapy and breast cancer incidence and mortality
Wendy Y. Chen, Walter C. Willett, Susan E. Hankinson, Bernard A. Rosner, Nurses Health Study Group. Harvard Medical School, Boston, MA.



New research revealed that women who take any type of hormone replacement therapy (HRT) for longer than 10 years might increase their risk of breast cancer.

It is already known that taking pills that combine estrogen and progesterone, the most common type of HRT, can increase breast cancer risk.

The new study funded by the National Cancer Institute, part of the US National Institutes of Health followed the health of approximately 121,700 nurses and found that: -

- Estrogen plus progesterone HRT used for 10 to 15 years has an 88 % higher incidence of breast cancer
- Estrogen plus progesterone HRT used for 15 to 20 years increases the risk of breast cancer "more than twofold"
- Estrogen HRT used alone for 10 to 15 years has a 22 % increased risk of breast cancer
- Estrogen HRT used alone for 15 to 20 years has a 43 % increased risk of breast cancer

The study author Dr. Wendy Chen, an assistant professor in medicine at the Breast Cancer Treatment Center at the Dana-Farber Cancer Institute in Boston said, "for combination therapy there is so much data about the dangers that we tell people that if they must take HRT to treat menopause symptoms, they should only do so for a year or two at most. For estrogen alone treatment, there is more safety data for someone who wants to take it for 5 or 6 years." Her advice is for women to think about why they are taking supplementary hormones.

The link between breast cancer risk and estrogen therapy dates back to the 1990s, when a large US funded study, known as the Women's Health Initiative, began tracking the effects of estrogen-progestin combination pills and estrogen-only therapies. The study was stopped in 2004 when researchers detected heart attack and breast cancer risks in the combo pill group and stroke and blood clot risks in the estrogen alone group.



乳腺密度與復發的關係

Dense Breasts May Be Linked to Cancer Recurrence

根據瑞典Karolinska Institute 的研究，乳腺密度較高的停經婦女，患乳癌後原位復發或轉移至淋巴結的機會高出一倍。研究人員建議醫生為病人制訂治療方案時應考慮這因素。研究未有發現乳腺密度高與乳癌擴散機會或死亡率有關。

Results of a study by the Karolinska Institute in Sweden, found post-menopausal women with denser breasts have nearly twice the risk of a recurrence of breast cancer than women with less dense breasts. Recurrence would be either in the same breast, or in the surrounding lymph nodes. The findings show that doctors should take breast density into account when making initial treatment decisions. Density does not increase the risk of distant metastasis [spread] and has no effect on survival.



攝取鎘可能增加患乳癌風險

Cadmium in the diet is linked to a Higher Breast Cancer Risk

美國癌症研究協會3月發表一項研究發現，在55,987名已過更年期的婦女當中，鎘攝取量最高的組別患乳癌的比率比攝取量最低的組別高21%。若將攝取全穀類及蔬果量最高的組別跟從其他食物攝取鎘的組別比較，前者罹患乳癌的風險最低，因此研究人員推測穀物和蔬菜所含的抗氧化物質可以抵銷鎘帶來的危害。

A new study on cadmium in the diet and breast cancer link was published by the American Association for Cancer Research and released in March 2012. It found that among 55,987 post-menopausal women, the one-third with the highest cadmium intake were 21% more likely to develop breast cancer than the one-third with the lowest intake.

鎘是一種致癌的重金屬，經由肥料進入農作物。根據香港政府食物安全中心的資料，食物是攝取鎘的主要來源。進食在受污染的環境中生長的植物、動物、魚類和介貝類水產動物會攝取到鎘。

Women whose diet was high in whole grains and vegetables appeared to be protected. The researchers found this may be due to the antioxidant properties of the foods.

Cadmium, a heavy metal, long identified as a carcinogen. According to the Centre for Food Safety in Hong Kong, food is the main source of cadmium intake for the general population. Plants, animals, fish and shellfish will take up cadmium when grown in contaminated environment.



了解更多 More:

<http://cancerres.aacrjournals.org/content/72/6/1459.abstract>

doi: 10.1158/0008-5472.CAN-11-0735 Cancer Res March 15, 2012 72; 1459

鳴謝陳穎懷醫生和李沛基醫生審閱

Special thanks to Dr. Sharon Chan and Dr. Lawrence Li for editing



韓食家餐廳 Baab Korean Casual Dining

韓食家於今年5月10日至6月30日在全線8家分店推出「韓式健康石頭飯」套餐，並將收益的10%撥捐香港乳癌基金會。

From 10 May to 30 June 2012, Baab Korean Casual Dining will launch a special "Korean Healthy Mixed Stone Pot Rice" menu at all 8 outlets. 10% of the sales proceeds will be donated to the HKBCF.

1010高爾夫球挑戰盃女士日 1010 Golf Challenge Ladies Day

1010於2月21日舉辦「1010高爾夫球挑戰盃女士日」，為香港乳癌基金會籌得港幣3萬多元，以支持本會推廣乳健的工作。

1010 hosted a social event, 1010 Golf Challenge Ladies Day, on 20 February 2012. In this "ladies only" qualifying round of the golf tournament, 1010 and keen participants raised over HK\$30,000 for the HKBCF, supporting the Foundation's work in promoting breast health.



標緻媽媽 BeautyMama

由2012年3月1日起至12月31日，標緻媽媽將捐出孕婦按摩療程(體驗價港幣\$238元)的全數收益撥捐香港乳癌基金會。

From 1 March to 31 December 2012, all sales proceeds of BeautyMama's massage service (trial price HK\$238) shall be donated to the HKBCF in support of our work.

標榜(中國)教育基金 Pivot Point (China) Education Fund

為支援乳癌患者在化療後踏上康復之路及增強自信心，標榜(中國)教育基金慷慨贊助本會會員40個真髮髮套，連佩戴、修剪造型和護理方法指導，價值超過港幣40萬元。

To help post-chemo breast cancer patients regain confidence, Pivot Point (China) Education Fund has donated real hair wigs with a fitting and styling service which are worth more than HK\$400,000. The gift will benefit 40 qualified HKBCF members.



「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。

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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.

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 ACKNOWLEDGEMENTS



▶ Tayma Fine Jewellery 負責人3月到訪本會移交支票。該公司在去年舉辦粉紅珠寶派對 (10月21日)和聖誕酒會(12月2日)，為本會籌得港幣205,400元善款。

Tayma Fine Jewellery raised HK\$205,400 from two events last year in support of the HKBCF – Pink Jewel Party on 21 October and Christmas Cocktail Party on 2 December. The cheque presentation was held in March.

▶ ICAP 第19屆慈善日於2011年12月7日舉行，該集團全球60個辦事處將當日收益和經紀佣金全數捐贈多家慈善機構，香港乳癌基金會為本港受惠機構之一。該活動為本會籌得超過港幣73萬元。

ICAP's 19th Global Charity Day took place on 7 December 2011. With over 60 offices worldwide taking part, ICAP, an interdealer broker and provider of post-trade risk and information services donated all its revenue and brokers' commissions on the day to charities, including the HKBCF. Over HK\$730,000 was donated to our Foundation



多謝以下熱心人士在12月至3月的義務幫忙

Thanks to our volunteers who helped us out (Dec – Mar)

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hkbcf.org/breasthealth.html

香港北角木星街9號永昇中心21樓（炮台山港鐵站A出口）



EVENT
01

2012.04.21 (星期六 SAT)

乳癌康復後中藥與食療調理講座

內容：介紹乳癌治療後的中醫調理，以及以食療改善身體狀況。講者：崔紹漢博士 (香港註冊中醫師)

A Talk on Chinese Medicine and Diet after Breast Cancer Treatment

The use of Chinese Medicine and diet to improve health condition after breast cancer treatment

Speaker: Dr. Chui Shiu Hon (Registered Chinese Practitioner)

EVENT
02

2012.04.23 (星期一 MON)

假髮護理講座

指導乳癌患者及康復者如何護理假髮及佩戴頭巾

講者：林慧芳女士 (假髮造型師)

A Workshop on Managing Wigs and Scarves

A chance for patients and survivors to learn how to manage their wigs, head scarves and hats

Speaker: Ms. Ann Lam (Wig stylist)

EVENT
03

2012.04.25-28 (星期一至四 MON - THU)

第四屆全球華人乳癌病友組織聯盟大會

世界各地的華人乳癌關注及支援組織代表將聚首一堂，交流對治乳癌的知識及經驗。香港乳癌基金會代表將出席演講。

4th Global Chinese Breast Cancer Organizations Alliance Conference

Chinese Breast cancer organisations and support groups from around the world will get together to share knowledge and experience. The HKBCF delegates will speak at the conference.

主辦單位 Organiser: 美國角聲癌症關懷 Herald Cancer Care Network. USA

Double Tree Monrovia-Pasadena Area Hotel, USA

924 West Huntington Drive, Monrovia, California 91016, USA

EVENT
04

2012.05.06 (星期日 SUN)

「亮麗人生」健康日營及慶祝晚會

本會一年一度的健康日營今年假沙田突破青年村舉行，乳癌患者及康復者可聽取專家講授乳癌醫護知識，並即場體驗唱歌、運動、情緒處理及瑜伽練習，增強抗病和護理知識，有助大家重整自己的身心靈康復大計。同晚設慶祝晚會。查詢/報名：2525 6033

“Brighten Up Your Life 2012”

Health Camp & Celebration Dinner Party

Our annual day camp for breast cancer patients and survivors will take place in Breakthrough Youth Village in Shatin. Participants can get healthcare advice from experts, as well as experience how singing, exercise, emotional management and yoga practice are beneficial to their body, mind and soul. A celebration dinner party will follow the camp. Registration/Enquiries: 2525 6033

2012.05.26 香港乳癌基金會 — 乳健中心投入服務一年

HKBCF Breast Health Centre has come in service for one full year

EVENT
05

2012.06.08-06.10 (星期五、六及日 Fri, Sat & Sun)

乳癌基金會參與「擁抱健康生活博覽」 HKBCF@Health Expo

本會將於《家庭健康博覽2012——健康由成長開始》中設置攤位，向市民推廣乳健訊息以及乳健中心的一站式乳健檢查服務。

主辦：新城知訊台及新城財經台

時間：上午10或11時至晚上7時

地點：香港會議展覽中心5 F & G號展廳

入場費：3歲以上兒童及成人每位港幣20元

The HKBCF will be present at a health expo to promote breast health and one-stop screening service at Breast Health Centre.

Organiser: Metro Broadcast

Time: 10 am / 11 am - 7 pm

Place: Hall 5 F & G, Hong Kong Convention & Exhibition Centre

Admission: HK\$20 for children above the age of 3 and adults



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)

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☐ 按月捐助 Monthly donation of

☐ \$200 ☐ \$300 ☐ \$500 ☐ \$1,000 ☐ \$ _____

☐ 請寄上銀行自動轉賬授權書

Please send me the direct debit authorisation form

捐款方法 Donation Method

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(支票抬頭請寫「香港乳癌基金會」)

Payable to "Hong Kong Breast Cancer Foundation"

2. ☐ 信用卡 Credit Card



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Please make a direct deposit into Hong Kong Breast Cancer Foundation:

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Write your name and mobile phone number at the back of the original bank deposit slip/ ATM slip and mail it together with the Donation Form to us. Please keep photocopy of the deposit slip for record.

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