



粉紅絲帶通訊

封面故事

你不可不知的
乳房篩檢

Cover Story

What you should
know about
Breast Screening



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你不可不知的乳房篩檢

What you should know about Breast Screening



歐美多項研究結果指出，乳房X光造影檢查是行之有效的篩檢方法，可以將乳癌死亡率減低兩至三成。這種乳癌篩檢方法在香港是否得到應有的重視和應用？

Many researches have concluded that mammographic screening is an effective way of detecting breast cancer and it can reduce the mortality rate of breast cancer by 20 to 30 per cent. However, is the importance of this standardised screening fully appreciated among women in Hong Kong?

社會醫療資源有限，要控制乳癌造成的經濟及人命損失，預防和及早發現是最符合成本效益的方法。儘管乳房X光造影檢查不是百發百中，但以整體的準確度、成本和實用性而言，可說是目前最佳的乳癌篩檢工具。對大部分女性來說，單憑高危因素去預測自己是否有乳癌是不可靠的。美國一項研究顯示，七成被確診有乳癌的婦女，在確診前都沒有已知的高危因素存在。

自發檢查乳房意識低

根據香港癌症資料統計中心最新統計(2007年)，七成七的乳癌患者，年齡為40歲或以上；患者確診年齡中位數為52歲，相比西方國家中位數約60歲為年輕。

香港乳癌基金會提倡本港女性由40歲開始，應每兩年進行一次乳房X光造影檢查和醫生檢查，以助及早發現和治療乳癌。在早期發現乳癌的好處是可以提高治愈率、減輕醫療開支和治療帶來的身心之苦。

本港衛生署三間婦女健康中心和部分公立醫院都有提供乳房X光造影檢查服務。隨著公眾意識提升，本港大部分私家醫院、私營醫療及體檢中心都設有這項檢查服務。

不過，根據香港乳癌基金會進行的一項本地調查發現，40至59歲的婦女中，近三成人士並未聽聞過乳癌X光造影檢查；高達八成半人並沒有按建議每兩年進行一次乳房X光造影檢查，反映普遍女性自發檢查乳房的意識甚低。

經濟理由不應成障礙

香港乳癌基金會創會人張淑儀醫生指出，「坊間的乳房X光造影檢查服務，需費七百至千多元不等，低收入人士難以負擔；而收費較便宜的公立檢查服務則輪候時間較長。香港乳癌基金會推出『免費乳房X光造影檢查計劃』，資助領取綜援及低收入家庭的婦女接受免費造影檢查，令她們不會因為經濟理由，而無法保障健康。」

計劃自2008年9月推行至今有1,800多人受惠。當中3人發現乳癌，及早接受治療(3人分別屬0期、第2期和第3期乳癌)。計劃詳情可查詢 www.hkbcf.org 或致電2525 6033。

曾女士是此計劃的受惠者之一，去年接受免費乳房X光造影檢查時，發現乳房有鈣化點，再經抽組織化驗後證實是零期乳癌。她表示：「我的姊姊和表妹都有乳癌，我自知是高危人士，但到醫療中心驗身，一併要做多項檢查，動輒要幾千元，我實在負擔不來。這計劃真的幫到我，我現在靠綜援資助醫療費用，及早發現和治療，為我減省了很多醫療費。」

目前，中國大陸、台灣、日本、新加坡、英美等廿多個國家/地區都有由政府或衛生組織推行的全民乳房普檢計劃，用公帑補助市民進行乳房X光造影檢查。香港是否需要這樣的乳房普查計劃，有待大家探討。

Given the limitation of public health resources, the most cost-effective way to minimise economic and human cost of breast cancer is precaution and early detection. Although mammography screening doesn't guarantee 100 percent diagnostic accuracy, it is considered the best screening method in terms of cost, practicality and accuracy. For most women, predicting the propensity of breast cancer with risk factors is not reliable. A US survey shows that 70 percent of the women diagnosed with breast cancer were not aware of their own risk factors before the diagnosis.

Low awareness of self breast check

According to the 2007 statistics of the Hong Kong Cancer Registry, 77 percent of breast cancer patients were aged 40 or above, and 52 is the median age at which breast cancer is diagnosed, much lower than that of the USA and Australia at around 60.

The HKBCF advocates women to start having a mammogram and a clinical breast examination every two years starting from the age of 40. The survival rate for breast cancer is very high if detected at its early stage. This is not to mention the burdensome medical costs, extensive treatments, and unwanted side effects that could be avoided.

Currently mammography screening service is available at the three women health clinics under the Department of Health and certain public hospitals. As the awareness of breast screening increases, there are also more private hospitals and medical centres providing the service.

A survey by HKBCF revealed that 30 percent of women between age 40 and 59 had never heard of mammography screening, and as much as 80 percent had not followed the advice to undertake

mammography screening every two years. The results reflect a generally low public awareness about the importance of breast examination.

Overcoming the financial barrier

Dr. Polly Cheung, Founder of the HKBCF said, "The cost of mammography screening services available in Hong Kong ranges from HK\$700 to over HK\$1,000, which is not affordable for many low-income people. The waiting list is usually long for the relatively economical service available at public clinics and hospitals. Seeing how financial constraint should be removed as hinderances in guarding against the disease, HKBCF launched the Mammography Screening Financial Assistance Programme in September 2008 as a support for women on CSSA or meager income to have a mammogram.

The programme has so far supported 1,800 low-income women aged 40 and above to perform free mammography screening. Among them, three were diagnosed with breast cancer at an early stage and received prompt treatment. (The 3 cases are of stage 0, stage 2 and stage 3 respectively). For details of the programme, visit: www.hkbcf.org or call 2525 6033

A true story

Ms Tsang had a free mammogram through the Programme in early 2009 and found a calcification in her breast, leading up to a further diagnosis of stage 0 breast cancer.

"My sister and my cousin had been diagnosed with breast cancer. I was aware of that I'm at high risk, but I just didn't feel like going to the medical centre for screening because I fear that the doctor would propose examinations in addition to

全民的乳房造影檢查計劃

國家/地區	對象年齡組別	檢查周期
台灣國民健康局	45-69歲； 40-44歲有乳癌家族史的婦女	2年
美國(聯邦或州政府)	40歲或以上	1-2年
日本	50-69歲	2年
澳洲	50-69	2年

資料來源：International Cancer Institute

造影檢查FAQ

檢查的輻射安全嗎？

乳房X光造影檢查的放射劑量相當少，其輻射風險相當坐飛機來回英國和澳洲兩次。未有證據證實如此少量的輻射會致癌，但早發現乳癌的好處遠超於輻射對人體可能造成的壞處。

如何避免痛楚？

檢查時醫護人員會協助測試者將乳房擠壓在儀器的兩塊X光板之間，進行攝像，期間只是有短暫的不適或痛楚。如要減少疼痛，宜在經期完後一星期內接受測試。有需要時可在檢查前一小時前服用微量止痛藥。

測試結果準確嗎？

乳房X光造影檢查只會有少數個案出現假陽性結果，可能導致不必要的焦慮。只有少部分測試者因為假陽性結果而需要進一步的影像掃描和組織抽驗。除了造影檢查，女性應每月自我檢查乳房和定期由醫生觸診，三管齊下掌握自己乳房的變化。

Mammography Screening FAQ

Is mammography screening safe?

Yes, mammography screening is safe. Only a very low dose of radiation is used during mammography screening. The dose of radiation is as low as two return flights between UK and Australia. But its life-saving benefit, by detecting breast cancer earlier, is much greater than any potential harm.

How can I avoid the pain during the screening?

Medical professionals will help you place your breast between two plates of the machine for the imaging. Short term discomfort and pain may incur. To avoid discomfort, you are advised to undertake the examination within one week after the menstrual period ends, or take pain-killer one hour prior to the screening if necessary.

How accurate is mammography?

Mammography might give false-positive screening results which would cause unnecessary psychological harms, unnecessary imaging tests and biopsies in women without cancer. However, the overall harm associated with mammography is moderate. In addition to mammography screening, you should have self breast check monthly and a clinical breast examination periodically. Doing all three steps of checks can help you detect any changes in the breast early.

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香港乳癌基金會 於2005年3月成立，是本港首個專注乳癌教育、支援和倡議的註冊慈善機構。

抱負： 消除乳癌對生命的威脅，減低療程帶來的創傷，改善社交和心理困難。

使命： ● 提高各界人士對乳癌的關注，認識及早發現的重要性；

● 幫助乳癌患者踏上康復之路；

● 支持有關乳癌研究，改善乳癌治理。

Hong Kong Breast Cancer Foundation

Inaugurated in March 2005, we are the first charity dedicated to breast cancer education, support service and advocacy in Hong Kong.

Vision : ● Eliminate the threat of breast cancer to human lives; minimize the trauma and socio-psychological hardship of treatment

Mission : ● Raise public awareness of breast cancer and the importance of early detection

● Provide support for breast cancer patients on their road to recovery

● Support research and advocate for better breast cancer care in Hong Kong

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什麼是乳房X光造影？

乳房X光造影檢查是利用X光放射線為乳房進行攝影，然後在造影片上觀察乳癌的徵兆。這種方法能夠有效偵測未形成腫塊的鈣化點和醫生觸診也無法發現的早期乳癌，是目前國際間最廣泛採用的標準乳房篩檢方法，可有效減低死亡率。

其他篩檢方法如超聲波檢查、磁力共振影像等屬於診斷性的偵測方法，暫時未有充足數據支持可以減低死亡率。

What is mammography?

Mammography is an X-ray imaging of the breasts capable of detecting tumours that even doctors may not feel on palpation. It is the only breast screening method that proven to reduce breast cancer mortality by 20 to 30 percent through randomised and controlled trial.

As for other diagnostic screening methods such as ultrasonography and Magnetic Resonance Imaging, their capability of reducing mortality rate has yet to be supported by medical evidence.

mammogram. That can cost as much as several thousand dollars, which I couldn't afford. Early this year, my younger sister learnt about the Programme from the newspaper, and she recommended me to give it a try.

"Thanks to the Programme, I was detected with breast cancer at an early stage, thus saving me a lot of damages and medical expense. Now CSSA is covering my medical expense".

Population-based breast cancer screening programmes are implemented in many countries / regions around the world, including the Mainland China, Taiwan, Japan, Singapore, the UK and the US. The programmes are either run by the Governments or by health maintenance organisations. Does Hong Kong need a programme like this? That certainly calls for public discussion. 🗣️

Population-based breast cancer screening programme

Country /Region	Age groups covered by mammography	Screening Interval
Taiwan	45-69; 40-44, with family members affected by breast cancer	2 years
US (Federal or States)	40+	1-2 years
Japan	50-69	2 years
Australia	50-69	2 years

Source : International Cancer Institute

ACTION
01新資助計劃
助患者評估化
療需要New
programme
helps assessing
the need for
chemotherapy

有不少早期乳癌患者均接受化療，但臨床研究發現，化療對某些早期乳癌患者不一定是必需的。有見及此，香港乳癌基金會推出乳癌復發基因檢測——安可待™資助計劃，協助醫生評估雌激素受體呈陽性(ER+)的早期乳癌患者的乳癌復發機會，從而判斷患者是否需要接受化療，使醫生可為病人制訂最合適的治療計劃。資助計劃由基美健™公司及雅各臣藥業(香港)有限公司贊助，由3月1日至12月31日期間資助共60名乳癌患者。申請人一經批核，即可獲港幣10,000元的安可待®檢測費用補助，為接受檢測的乳癌病人提供經濟支援，減輕病人醫治乳癌的經濟負擔。名額有限，先到先得！

詳情可參閱本會網頁www.hkbcf.org

It is common for early stage breast cancer patients to receive chemotherapy. However, clinical researches have shown that chemotherapy might not be necessary for some early-stage patients.

Hong Kong Breast Cancer Foundation has introduced the new **Breast Cancer Recurrence Score® Assay - Oncotype DX® Financial Assistance Programme**. The diagnostic test assesses the likelihood of recurrence of breast cancer, and help doctors to identify which women with early-stage and estrogen receptor-positive breast cancer are more likely to benefit from adding chemotherapy to their treatment, thus help doctors to develop more tailored treatment plan for patients. The programme will provide a subsidy of HK\$10,000 to each qualified applicant up to 60 patients on a first come first served basis from 1 March to 30 December 2010, hoping to reduce the financial burden of breast cancer patients who could benefit from the test. The programme is sponsored by Genomic Health® Inc. and Jacobson Medical (Hong Kong) Ltd.

For more details, please visit
www.hkbcf.org

藥物資助計劃
放寬Breast cancer
drug financial
assistance
programme
relaxed to cover
more applicants

香港乳癌基金會的乳癌藥物資助計劃——泰康達™，推出一年多以來已有多人受惠。為了令更多有需要的乳癌患者減輕醫藥費負擔，我們於3月起將資助條件放寬，讓綜合社會保障援助計劃(綜援)受助人士及曾經受惠於其他藥物資助計劃的人士，毋須接受經濟審查，便可獲每顆藥物港幣80元的補助，每人最高資助額為港幣146,000元。其他申請人的平均家庭每月入息限額亦放寬至不高於七萬元，限額視乎申請人的家庭成員數目，家庭成員愈多，入息限額愈高。

詳情可參閱本會網頁www.hkbcf.org

The **Breast Cancer Drug Financial Assistance Programme-Tykerb™** has been helping breast cancer patients who are financially challenged by medication costs since its launch in June 2009. In order to benefit more who are in need, the financial criteria of the Programme has relaxed. Applicants who are recipients of Comprehensive Social Security Assistance (CSSA) or applicants who have benefited from other financial assistance programmes can obtain a subsidy of \$80 per tablet without undergoing financial assessment, or up to a maximum subsidy of \$146,000. The average monthly household income of other applicants is also extended up to HK\$70,000, subject to household size of the applicant.

For more information,
please visit
www.hkbcf.org

ACTION
02

五周年聯歡晚宴

Celebrate the 5th Anniversary

香港乳癌基金會於3月6日假尖沙咀青年會舉行的五周年聯歡晚宴圓滿結束，當晚180人在笑聲和音樂中共度歡樂時光。大會的精采時刻計有葉恩明醫生帶領會員表演太極、會員獻唱、遊戲和抽獎等等。多名義工接受嘉許，全場為他們獻出的時間和心思致謝。

About 180 friends of HKBCF had a good time at the Dinner Party at YMCA, Tsimshatsui on the 6th March in celebration of the fifth anniversary of the Foundation's inauguration. The highlights of the party included the taichi performance led by Dr. Ip Yan-ming, the singing performance and games. Volunteers were awarded certificates of appreciation and followed by an applause for their contribution to HKBCF.



會員齊齊參與Art Jamming，表達對抗乳癌的熱心和為HKBCF的發展而喝采。

Art Jamming – a tribute to development of HKBCF over the past five years and the cause that all care for.

網上相片簿 Photo Gallery: www.flickr.com/photos/hkbcf

乳癌資料庫出版匯報

Stay tuned with Breast Cancer Registry

超過3,000名乳癌患者和康復者參加了香港乳癌基金會的乳癌資料庫及研究工作，他們提供的資料將有助掌握本港乳癌實況。乳癌資料庫由五月起每半年出版一期通訊，向參加者匯報資料庫的工作進展和研究結果。

了解更多:
www.hkbcf.org/breastcancerregistry

More than 3,000 people affected by breast cancer have participated in an on-going research of HKBCF's Breast Cancer Registry which aims to gauge the breast cancer status in Hong Kong. A half-yearly bulletin will be first published in May featuring update of the HKBCR and sub-analysis of the data.

More:
www.hkbcf.org/breastcancerregistry

Hong Kong Football Club 籌得 近百萬元支持對抗乳癌

Pretty in Pink Charity Event Raised almost HK\$1 million

Hong Kong Football Club (HKFC) 為香港乳癌基金會籌得港幣938,823.24元，以支持推廣對抗乳癌的工作。是次活動由HKFC欖球隊乳癌籌款委員會主席Lisa Foley(右)發起。球場內外反應熱烈，該會的曲棍球、投球、壁球和草地滾球隊成員齊齊響應，去年10月進行兩天球賽籌款，並且身體力行，展示運動對健康和防控乳癌的好處。籌款活動以Pretty in Pink Gala Ball餐舞會作總結，共有580人參與。

Hong Kong Football Club (HKFC) has raised HK\$938,823.24 for HKBCF in support of breast cancer awareness. The initiative was inspired by Lisa Foley(right), Chairperson of the HKFC Rugby Section Committee for Breast Cancer. During the event on 17th and 18th October 2009 all 7 rugby teams, along with teams from the Netball, Football, Hockey and Lawn Bowls sections played to raise fund. These sporting efforts were celebrated at the "Pretty in Pink Gala Ball" with over 580 people in attendance.





"我在懷孕時患上乳癌"

"I was pregnant when diagnosed with breast cancer"

Gigi一向對健康的意識很高，會自我檢查乳房，懷孕中期時，她摸到乳房有硬塊。當時婦產科醫生告訴她只不過是普通的乳腺增生，Gigi一直對此深信不疑。懷孕後期，她摸到乳房的硬塊明顯腫大了，而且有痛楚，腦中閃出「乳癌」兩個字。醫生為她剖腹產子時順道把硬塊切出來化驗，結果證實了她一向的擔心是正確的。

「回想婦產科醫生的誤診，真的令我顫抖，她怎能如此大意！如果在早幾個月發現，會不會仍是一期？」Gigi提醒大家，原來婦產科醫生和乳房科醫生各具不同專業，如果對乳房健康有懷疑，應向專長乳房科的醫生求診。

和主診醫生商量後，Gigi先打化療針，將腫瘤縮至最少後再做手術切除，然後再打化療針

和進行電療。如此她可以保留乳房，治療期間的負面影響也減到最低。

感恩好友丈夫支持

Gigi患病期間得到公司的支持，令她非常感恩：「病假期間不但讓我照支薪，得知患病時正值公司加薪期，上司竟然按照我過去的表現來加薪！」

「患病後，幾位好朋友對我的支持最為重要。她們每逢星期五風雨不改來探我，看到我無所事事，會拉我到公園逛逛；姐姐和妹妹知道我患病，竟然擔心得哭起來，看到她們為我哭，心裡真的很感動。」Gigi有一位朋友，很年青時便宣告患上乳癌，當Gigi知道自己患病後，第一時間便致電她，得到過來人的鼓勵和分享，令Gigi的心情放鬆不少。

知道太太患病，Gigi的丈夫在財政上也作好一切安排，家庭事務安排妥當，為家庭擔任掌舵人。Gigi起初也嫌丈夫過於理性，沒有把她視作病人，反而要求她生活一切如常。殊不知，將病者視作正常人，其實正是丈夫支持Gigi的最高境界。

「我也曾和基金會的姑娘們說他過份理性，但姑娘說曾看過不少丈夫陪著太太一齊哭，那又有甚麼好處？現在回頭再看，也覺得當時他真的做得很好。」

Gigi病後積極建立健康生活和飲食習慣，又學太極健身。重返工作崗位，她不再做工作狂，午膳時間不再邊吃飯盒邊工作，而是與同事外出用膳輕鬆一下。🌸

Gigi has always been a health-conscious person, doing her own breast-check every now and then. When she was 7-month pregnant, she felt a lump at her breast but the gynecologist brushed it off as merely hyperplasia of mammary glands. Gigi thought that she was all right until the lump apparently grew bigger with her pregnancy. "Breast cancer" came across her mind again and she resolved to have the lump removed while giving birth by cesarean section. As it turned out, her misgiving proved to be true.

"I was still terrified by the gynecologist's oversight, and I wonder whether I would be at Stage 1 if diagnosed a few months earlier?" said Gigi, while reminding us how a gynecologist differs from a breast specialist. One



**「人生原來可以很脆弱，沒有健康便沒有事業，
家庭也沒能力照顧，患病令我反思人生的意義。」**

「患病前，我對事業、家庭、教育孩子，每方面都一定要做到最好，其實卻令自己生活在壓力之中。」因乳癌而開始反思生命的Gigi說，現在學懂放鬆，戒吃高脂食品之餘，凡事不執著，工作更忙碌，也會叫自己停一停，鬆一鬆。

**“Life itself is so fragile; if you lose your health, you lose your career,
or even the ability to take care of your family.
Yet, being sick has got me reflecting upon the meaning of life,”**

Gigi was enjoying the heights of her career and family life - with a baby due in a few months - when she was diagnosed with Stage 1 breast cancer, which instantly casted her into an abyss. “I just couldn't stop asking: ‘why me?’ and I took months to accept the fact that I was sick.”

should always consult the doctors according to their specialty.

After consulting her doctor-in-charge, Gigi received chemotherapy to reduce the cancer cells before having a surgery, followed by another round of chemotherapy and radiation therapy. These procedures ensured that her breast could be preserved through treatment with minimum side-effects.

Thanks to husband and friends

At work, Gigi kept her health conditions under the lid, except her secretary and immediate supervisor. “I just didn't want to keep updating others about my status,” she said. She was indeed thankful for her

understanding employer. “My employer not only granted me a paid leave, but also gave me a raise based on my past performance review.”

“Ever since falling ill, what meant most to me was the support from a few good friends. Every Friday, rainy or shiny days, they paid me a visit, or dragged me out to the park in case I got bored, or simply showed their concern with tearful eyes. I was so deeply touched by all that sisterly care,” Gigi said. And there is also the sharing on top of caring. One good example was one of Gigi's friends who had breast cancer during her youthful years. She became the first person that Gigi turned to for support as soon as she was diagnosed, bringing her timely encouragement and relief.

She also received all the caring and support she needed from her husband since falling ill. He took care of household matters, keeping Gigi on her toes about her daily disciplines. At first, Gigi just couldn't help feeling upset as she found her husband too rational. She later realised that it was exactly this “life-as-usual” attitude that transpired into the ultimate support for Gigi to live like she wasn't ill at all.

“I have actually shared how I felt about my husband with the counselors at HKBCF. They told me about how other husbands would cry with their wives but of no avail. Looking back on what he did, I do feel that's the best he has ever done,” Gigi reflected. Gigi has gone through her

treatment and back to work as usual, she does make a few changes in life, such as staying away from high-fat food, taking up Tai Chi and adopting a relaxed approach to life.

“I used to consider myself an optimist, until I fell ill and faced all the negative thoughts turning up. It was how I insisted on having the perfect career, family, education, and children that put my life under a lot of stress,” she said.

“These days, whenever I get busy, I would take a break and relax a little bit. For instance, I'd rather go out for lunch with colleagues than ordering a lunch box.”





為生命注入正能量

A Positive Jab for Life

使用過香港乳癌基金會支援服務的病友們，沒有見過Doris(張姑娘)的，也會聽過她循循善誘的親切聲音。Doris每天的工作，就是緩解乳癌患者得知患病和治療期間的壓力，在她們徬徨的時候扶一把。

Among the users of HKBCF's Support Services, Doris Cheung is not just a familiar face they recognise, but also a soothing voice that lends them counselling and support. Rightly so, that is the role of Doris: to bring relief for breast cancer patients when they feel lost or stressed, be it in the initial stage of diagnosis or treatment.



減少絕望的出現

本身是資深註冊護士的Doris，在加入香港乳癌基金會前曾在白普理寧養中心從事舒緩治療工作多年，期間她慢慢蘊釀出一個想法：「很多病人發現患癌時，已是末期階段。如果大家可以在病人患癌的前期、及早預防或者是教育方面做些功夫，很多病人的癌病可能不會太快去到後期。」

Doris修畢輔導碩士課程後，剛巧見到香港乳癌基金會開展的支援服務，跟自己的理念不謀而合，於是便於2008年12月加入了這個機構，實踐理想。

不少人誤解舒緩治療等同絕路，但Doris認為舒緩治療所注重的整全治療，其實適用於任何人。「不管是有病、沒病；身、心、靈、社群，整全治療都會照顧到，這跟我們(香港乳癌基金會)支援服務的方向是一致的。從前舒緩治療的工作經驗，如今一樣大派用場。當然我們更著重預防和教育的工作，希望提高公眾對乳癌的認知。」

三向的支援服務

Doris加入香港乳癌基金會後，從經驗和實踐中摸索出三管齊下的支援服務模式：每個星期三，基金會為病人、家人和手術前準備的患者開設三個支援小組，讓有需要的人士分享經驗和感受，而小組裡有專業護士和心理專家，為參加者提供正確的資訊，助她們解開心中的疑慮。「以前陪同病友而來的家人只有坐著乾等，現在他們也可以參與家人支援小組，分享和交流照顧患者的心得，對自己和患者都有好處。」

香港乳癌基金會支援服務主管

張春好

Head of Support Services, HKBCF

Doris Cheung

香港、澳洲及英國註冊護士、

香港註冊助產士

具有超過22年於內科護理、

產科、癌症及舒緩治療經驗

Registered nurse in Hong Kong, Australia and

United Kingdom; registered midwife in Hong Kong

Over 22 years of experience in medical nursing,

obstetric, cancer and relief therapy

雖然本港有不少癌症病人支援服務機構，但Doris認為香港乳癌基金會的特點是「專」，給患者細緻及深入的支援服務，因應不同階段的乳癌患者的身心需要而開設不同的支援小組，包括新患者、晚期患者、康復者、家人支援小組。基金會又設個人輔導服務、同路人和醫護專家分享會，未來將開設淋巴水腫護理服務。

活在當下

多年來在前線接觸病友抗病的酸甜苦辣，Doris直言自己的人生觀也受工作影響。「很多事情是人沒法控制和預算的；不如活在當下，每一分鐘都要活得有意義。」

Doris陪伴過很多乳癌患者走過最艱難的日子。眼看著一個又一個病人，從沮喪、混亂走出人生的谷底，重新振作，康復後仿如重生，Doris感到非常安慰。

「有一對夫婦最初一起來見我，當時他們的心情很混亂，沒有方向。隨著太太參加支援小組、電話輔導的日子越來越多，她無論遇到甚麼事都對我傾訴，她的心情慢慢平靜起來，思想也變得正面，懂得自我舒緩壓力。後來我在一個康復小組上再次碰到這對夫妻，發現他們的面容不同了，充滿笑容，變得開朗。」

「康復後的病友，大部分都感到在支援服務得到很多，就算有工作在身，也樂意為乳癌基金會擔任義工，或在電話上支持新病友，這一切，都足以證明支援服務的成效和重要。」

一般義工都會說「我就是普通人！」，但乍聽間的一句，從康復者口中吐出，正正是Doris敬業樂業的動力。🌸

Diminishing Despair

As a veteran registered nurse, Doris has had years of experience in relief therapy at Bradbury Hospice before joining HKBCF. That consummates to her musings on her work: "While many cancer patients found themselves to be at their final stage upon diagnosis, we could actually slow down many cases from reaching that by doing more work at an earlier stage, in prevention or education."

After completing her master's degree, the perfect timing came for Doris when the HKBCF recruited a full-time counselling nurse for its Support Services. The next thing she found was a dream job that came to reality in December 2008. Contrary to the common misconception that relief therapy is a last resort, Doris pointed out how relief therapy stresses a holistic approach that would fit everybody. "Whether you are sick or not, the therapy will take care of your body, mind, soul and community, which is in line with what we (HKBCF) aim at doing. My previous experience in relief therapy is now coming to full use, though more emphasis is placed on prevention and education work in hope of raising public awareness about breast cancer."

Three-pronged Support Services

Ever since joining HKBCF, Doris has developed a three-pronged approach to support services through experience and practice. Every Wednesday, three concurrent sessions, namely Peer Support Group, Family Support Group and Treatment Preparation Group are held. Led by professionals and peer-based, they provide informational and psychological support according to the needs of each group. How participants have benefited can be best described in Doris' words: "Sitting and waiting is no longer the only option for patients' family; they can now share and exchange insights that would benefit each other."

According to Doris, quite a few agencies in Hong Kong provide support services for cancer patients, but few has the dedicated focus like HKBCF on both details and depth. In addition to the support groups catering for the needs of patients in different stages; survivors, and their family members, there are also one-to-one counselling services, peer-sharing and Meeting-the-Expert sessions with medical professionals. More service is on the way for management of lymphoedema.

Power of Now

Having been in the frontline dealing with patients for so many years, Doris honestly shares how that moulds her view for life: "Despite all that we can't control and prepare for in life, it is this present moment that we can seize to make every minute worthy and fulfilling."

There are indeed difficult moments that Doris has gone through with many breast cancer patients. Yet, there are no lack of comforting moments when she witnessed how one after another soared above depression, confusion, and restarted their life like a new-born.

"Not too long ago, a couple came to me feeling confused and lost. After the wife joined our support group and continued to receive telephone counseling, she gradually became calm, positive and capable of finding relief for herself. Later on when I saw them both again in a survivors' group, their countenance were totally transformed on their faces that shone with bright smiles."

"Most survivors who have gained support from the support services would gladly devote part of their busy schedule to help out as HKBCF volunteers or provide telephone support for new patients. It amplifies the impact and importance of the service."

Quoting humble saying typically from volunteers "Oh, I'm just an ordinary person", Doris counts each volunteer as the motivation for her commitment to work. 🌸





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帶上印有「Breast Cancer Awareness」字句的矽膠手帶，可作飾物之用，亦可宣揚關注乳癌的訊息。

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Champion the cause and make the message of Breast Cancer Awareness clear, wearing our pink silicone band bracelet.

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Charity Sales Price: **@HK\$20**

選購方法 Where to buy :

1. 親臨香港乳癌基金會辦事處選購 Visit Hong Kong Breast Cancer Foundation office
2. 郵購：填妥訂購表格(可於www.hkbcf.org 慈善義賣區下載)，然後連同支票寄回本會

Mail ordering: Fill out the Order Form at www.hkbcf.org ("Charity Sales Corner"), and return to HKBCF by post with cheque payment.

女裝腕錶 Ladies' Watch



珍珠貝母錶面鑲嵌不銹鋼錶框，錶身鍍銀，錶帶以真皮製造，日本零件製造，3ATM防水，連一年保養。粉紅色禮盒以人造革製造，手錶背面印有香港乳癌基金會標誌。錶面直徑：22 毫米

兩款：

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An exclusive oval shaped ladies' watch, with mother-of-pearl dial face encased in a stainless steel case, and a leather wrist strap. Water resistance to 3 ATM and is fitted with Japanese movement. Engraved with HKBCF logo at the back of the case. It comes with a one year warranty. Watch Diameter: 22 mm

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慈善義賣價

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時尚與實用之選。錶身鍍銀，防敏感，日本零件製造，連一年保養。手錶背面印有香港乳癌基金會標誌。

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A trendy and practical accessories for ladies. Nickel-free plated, allergy-proof, fitted with Japanese movement and it comes with 1 year limited warranty against any defect in material and workmanship. Engraved with HKBCF logo on the back of the case.



EVENT
01

4.4 (星期日)

春之樂韻 慈善音樂會

用音樂支持更多低收入婦女接受造影檢查

主辦機構：香港愛樂慈善基金會
受惠機構：香港乳癌基金會
(善款將用作支持免費乳房x光造影檢查計劃)
時間：7:30 pm
地點：香港大會堂音樂廳 香港愛樂團演出
節目：柴可夫斯基：羅密歐與朱麗葉序曲
柴可夫史特勞斯：玫瑰騎士組曲
貝多芬：C大調小提琴、大提琴及鋼琴協奏曲，作品第56號



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Melody of Spring Charity Concert

Support more low income women to undergo mammography screening

Organiser: SAR Philharmonic Charitable Foundation
Beneficiary: HKBCF (for the Mammography Screening - Financial Assistance Programme)
Time: 7:30 pm
Place: Concert Hall, Hong Kong City Hall Presented by SAR Philharmonic Orchestra
Programme: Tchaikovsky: Romeo & Juliet Fantasy Overture after Shakespeare
Strauss: Rosenkavalier Suite
Beethoven: Triple Concerto for violin, cello and piano in C major, Op.56

EVENT
02

4.17 (星期六下午3-5時 Sat 3-5pm)

中醫於乳癌之預防、治療後及康復中之輔助

從中醫角度看乳癌發病的病因病機；亦會提供乳癌之預防、治療後及康復中的輔助方法、建議食療和自我調理方法。

講者：梁榮能教授 香港中文大學中醫學院副院長及中醫中藥研究所副所長
地點：香港麗都酒店大宅門新華廳 (灣仔皇后大道東387-397號)
名額：90名 (會員優先)
費用：會員免費，非會員\$50
報名：請致電文小姐(電話2525 6033)，或電郵姓名及聯絡方法至sharonman@hkbcf.org。

How traditional Chinese medicine support the prevention and recovery of breast cancer patients

Aetiology of breast cancer from the Chinese medicine practitioner perspective. Methods of prevention and post treatment rehabilitation as well as dietary therapy and self management methods by using traditional Chinese medicine will also be discussed.

Speaker: Dr Albert Leung
(Associate Director, School of Chinese Medicine and Deputy Director, Institute of Chinese Medicine, The Chinese University of Hong Kong)
Venue: La Maison de l'Orient, 1/F, Cosmopolitan Hotel (387-397 Queen's Road East, Wan Chai, Hong Kong)
No. of Seats: 90 (Priority will be given to members)
Fee: Free of charge for member, HK\$50 for non-member
Registration: Please call Ms. Man at 2525 6033; or email your name and contact information to sharonman@hkbcf.org

**Monthly
Breast Cancer
Educational Talk
每月乳癌教育講座**

EVENT
03

4.23-25

上海：國際乳癌會議及全球華人乳癌病友組織聯盟大會

香港乳癌基金會代表團將出席會議，分享及交流經驗。
詳情: www.yksl.org/2010

Shanghai International Breast Cancer Rehabilitation Forum & 3rd Global Chinese Breast Cancer Groups Alliance

A HKBCF delegation will attend the conference to share Hong Kong experience
For more information go to www.yksl.org/2010





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 按月捐助 Monthly donation of
☐ \$200 ☐ \$300 ☐ \$500 ☐ \$1,000 ☐ \$ _____

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 Payable to "Hong Kong Breast Cancer Foundation")
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 地址：香港北角木星街9號永昇中心22樓，或傳真至2525 6233
 Please return the completed form to "Hong Kong Breast Cancer Foundation"
 Address: 22/F, Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong or fax to 2525 6233

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