

Pink Ribbon Newsletter

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香港乳癌基金會
HK Breast Cancer
Foundation



粉紅絲帶通訊

封面故事

拆解吃大豆與
患乳癌的迷思

Cover Story

Puzzling Link
Between Soy and
Breast Cancer

同路人故事 SURVIVOR STORY

醫藥負擔太沉重

Burden of Drugs

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目錄 CONTENTS

封面故事 Cover story ————— 3
拆解吃大豆與患乳癌的迷思
Puzzling Link Between Soy
and Breast Cancer

Acknowledgement 鳴謝 ————— 7

同路人故事 Survivor Story ————— 8
醫藥負擔太沉重
Burden of Drugs

HKBCF 動態 HKBCF in action ————— 10-14
乳你一生齊關心
為創會五週年喝采
Breast Health for Life
Celebrating Our 5th Anniversary



粉紅絲帶夥伴 Pink Ribbon Partners ————— 16-17

健康食譜 Recipe ————— 17

慈善義賣 Charity sale ————— 18

活動日誌 HKBCF Event Calendar ————— 19

捐款表格 Donation Form ————— 20



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香港乳癌基金會於2005年3月8日成立，為專注乳房保健教育、乳癌患者支援、本地乳癌研究及倡議的非牟利慈善組織。我們與乳癌患者、康復者、醫護人員和支持者攜手，致力消除乳癌對本港社會的威脅。

我們的使命

教育：增強公眾防範乳癌的知識及能力；

支援：協助患者對抗乳癌和克服治療的障礙和身心創傷；

研究及倡議：搜集全面的本地乳癌實況數據，提倡改善本港的乳癌防控、治療及護理方案。

Hong Kong Breast Cancer Foundation is a non-profit charitable organisation inaugurated on 8 March 2005, committed to breast health education, patient support and research & advocacy. We work with those affected by breast cancer, healthcare professionals and supporters striving to eliminate the threat of breast cancer to our community.

Mission:

Education: enhancing public knowledge and capacity of guarding against breast cancer

Support: helping patients reduce physical and psychosocial impact of treatment and overcome barriers to treatment

Research & advocacy: collecting local breast cancer facts as basis on which we advocate better prevention, treatment and care.

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拆解吃大豆與患乳癌的迷思

Puzzling Link Between Soy and Breast Cancer

「吃大豆能降低乳癌風險……」

「乳癌康復者應避免進食過多的豆製品……」

女性吃大豆製品究竟可以預防乳癌，還是會誘發乳癌？

今期《粉紅絲帶通訊》與大家一起探討這個具爭議性的課題。

Eating soybean can lower the risk of breast cancer...

"Breast cancer survivors should avoid eating too much soy food..."

What does soy foods really do to women's health? Do they reduce or induce breast cancer?

Let's take a look at this topic in this issue.



Q

大豆的植物雌激素有防癌抑或致癌作用？

Do soy phytoestrogens reduce or induce breast cancer?

A

異黃酮素是植物雌激素的一種，其化學結構與人體的雌激素相似（17 β -雌二醇），會直接與細胞上的雌激素受體結合，以調控細胞的活動。黃豆、豆腐、豆漿和味噌等大豆食品都是異黃酮素的主要來源。每一克大豆蛋白中有大約3.5毫克的異黃酮素。⁽¹⁾

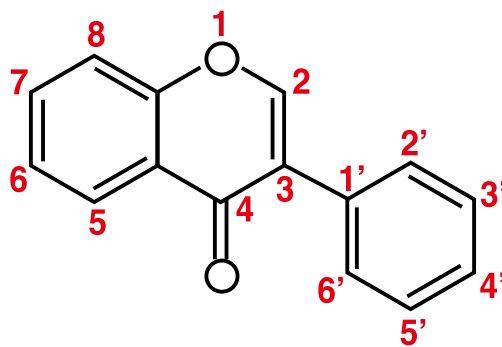
大豆異黃酮會以不同結構出現，例如金雀異黃素(Genistein) (5-OH, 7-OH, 4'-OH) 和大豆素(Daidzein) (7-OH, 4'-OH)等。

醫學研究證實，女性體內累積的雌激素處於高水平，會增加罹患乳癌的風險。植物雌激素異黃酮對乳癌有何影響？不少人對此問題感到疑惑。有說異黃酮會令誘發乳癌。事實上，研究人員在老鼠身上進行實驗，發現異黃酮對生殖器官組織發揮雌激素的作用^(2, 3)。

也有論者持相反意見，認為異黃酮有防癌作用，其理據是：異黃酮素與人體的雌激素受體蛋白質結合後，可以有效抑制人體製造雌激素，從而抑制子宮內膜癌、乳癌及卵巢癌。美國有研究指孩童時多食大豆可減低患乳癌風險六成。

統計顯示，中國和日本的乳癌標準病發率分別為19.1%和19.7%，為歐洲國家和美國的四分之一。有研究人員認為這與亞洲女性攝取大豆異黃酮水平(每日平均25至50毫克)較高有關；而西方國家女

Isoflavone is a kind of phytoestrogens (plant estrogens) that mimic 17 β -estradiol - an endogenous estrogen produced in humans. It may bind the estrogen receptors and modulate their functions. A major source of isoflavone is soy foods (such as soybeans, tofu, soymilk and miso), containing about 3.5mg of isoflavones in each gram of soy protein.⁽¹⁾



Isoflavones exist in various forms, namely Genistein (5-OH, 7-OH, 4'-OH) and daidzein (7-OH, 4'-OH).

Clinical studies maintain that women with a high level of estrogen face a greater risk of developing breast cancer; hence raising concern that the estrogen-like activity of isoflavones may induce breast cancer. As demonstrated by studies on lab mice, isoflavones did have estrogenic effects on reproductive tissues^(2, 3).

On the other hand, some researchers suggest that isoflavones may act as anti-estrogens after binding with human estrogen receptors to reduce cancer growth. A US study indicated that substantial intake of soybeans during childhood can reduce the risk of developing breast cancer by 60%.

性每日攝取異黃酮量為2毫克。根據一項整合分析研究的結果所指，亞洲婦女在膳食中攝取較多異黃酮（每日多於20毫克），較諸異黃酮攝取量較低的女性（每日少於5毫克），其罹患乳癌的風險低29%⁽⁴⁾。另一項以日本女性為研究對象的研究亦指出，異黃酮可將乳癌風險減半⁽⁵⁾。

愈來愈多證據指出，踏入更年期的女性食用大豆有助減低乳癌風險，不過其影響因應不同的大豆食品和人體的荷爾蒙受體狀態而異⁽⁶⁾。

韓國一項對照研究發現，煮熟的大豆比其他大豆抗癌作用更明顯。日本有研究顯示，更年期前的女性食用豆腐可預防乳癌，但踏入更年期後的女性多吃炸豆腐卻有致癌作用。

According to statistics on standardised rates of breast cancer around the globe, those in China and Japan – at 19.1 % and 19.7% respectively - are about a quarter lower than European countries and the US. This was attributed to Asian women's high soy isoflavone consumption (25 - 50 mg/day in average). A meta-analysis showed that Asian women consuming the highest amount (≥ 20 mg/day) of dietary isoflavone saw a 29% lower risk in developing breast cancer than those with low consumption (< 5 mg/day)⁽⁴⁾. In another prospective study of Japanese women, the risk reportedly reduced by 50%⁽⁵⁾.

A growing body of evidence pinpoints how soy intake is inversely associated with breast cancer risk among postmenopausal women, though the risk varies with the types of soy food and one's hormone receptor status⁽⁶⁾.

A case-control study in Korea suggested that cooked soybeans have stronger inverse association than other soybeans; whereas another study in Japan indicated the protective effect of tofu in premenopausal women whilst deep fried tofu has harmful effect on postmenopausal women.

豆類食品的大豆異黃酮含量

食物	份量	異黃酮總量 (毫克)	大豆素 (毫克)	金雀異黃素 (毫克)
濃縮大豆蛋白	3.5 安士	102	43	56
味噌	半杯	59	22	34
熟的大豆	半杯	47	23	24
烤乾的大豆	1安士	37	15	21
豆漿	一杯	30	12	17
豆腐	3安士	20	8	12

資料來源：USDA-Iowa State University Isoflavones Database. United States Department of Agriculture [Web page]. March 15, 2002. Available at: <http://www.nal.usda.gov/fnic/foodcomp/Data/isoflav/isoflav.html>. Accessed April 14, 2004.

Isoflavone Content of Soy foods

Description	Portion	soflavone (mg)	Daidzein (mg)	Genistein (mg)
Soy protein concentrate	3.5 oz.	102	43	56
Miso	1/2 cup	59	22	34
Cooked soybean	1/2 cup	47	23	24
Roasted soybean	1 oz.	37	15	21
Soy milk	1 cup	30	12	17
Tofu	3 oz.	20	8	12

Source: USDA-Iowa State University Isoflavones Database. United States Department of Agriculture [Web page]. March 15, 2002. Available at: <http://www.nal.usda.gov/fnic/foodcomp/Data/isoflav/isoflav.html>. Accessed April 14, 2004.



大豆異黃酮會影響乳癌患者的乳癌復發？



大豆是否對乳癌患者有幫助？有兩項重要的研究都不約而同探討這問題。美國範德堡大學於2009年底發表的研究，分析了5,402名上海女性乳癌患者的數據，患者年齡介乎20至75歲。研究人員於2002年訪問這批婦女，以了解她們食用大豆的情況，然後在12個月和36個月後再作跟進訪問⁽⁷⁾。

結果發現群組中多吃豆製食品的患者存活率較高，食用最多大豆製品組別於四年間的死亡率為7.4%，而食用最少大豆者的死亡率為10.3%；前者的復發率只有8%，較後者的11.2%顯著低。研究又比較了雌激素受體呈陽性和呈陰性的患者，以及比較有服用和沒有服用荷爾蒙藥物三苯氧胺(tamoxifen)的患者，結果也一樣。

負責研究的內科醫生舒曉鷗指出，是次研究證實大豆對乳癌患者無害。舒曉鷗建議乳癌康復者每日攝取11克大豆蛋白或40毫克大豆異黃酮，便有足夠保護預防復發。

另一項由Life After Cancer Epidemiology於2009年發表的報告對1,954名患乳癌的婦女進行研究，結果顯示攝取異黃酮素水平相當於亞洲人的乳癌患者，復發的風險較低。在服用荷爾蒙藥物三苯氧胺的患者當中，攝取異黃酮而復發機會降低的情況尤為明顯。研究人員總結，亞洲人攝取大豆異黃酮的水平，有助接受三苯氧胺治療的乳癌患者降低復發風險；且大豆異黃酮不會影響三苯氧胺的效用⁽⁸⁾。

美國癌症協會於2006年建議，乳癌患者每天攝取不超過三份豆製食品是安全的，但協會反對乳癌患者食用豆奶沖劑、大豆異黃酮膠囊、補充劑及人工素肉等異黃酮濃度較高的食品。

研究大豆對人體健康影響的科研人員和專家今年九月在美國哥倫比亞大學舉行的大豆高峰會上，綜合多項相關研究作出總結⁽⁹⁾：日常食用適量大豆，並不會增加患乳癌的風險⁽¹⁰⁾。至於乳癌患者，如患病前已有吃大豆的習慣，在接受乳癌治療後繼續食用大豆食品，有助減低乳癌復發率。至於患乳癌前不吃大豆的婦女，吃大豆會否影響其復發風險，則未有結論。專家在會議上亦總結，多項研究指出每日吃一至兩份大豆，對卵巢和排卵沒有不良影響⁽¹¹⁾。



Do soy isoflavones interfere with recovery from breast cancer?

The question of whether soybeans really benefit breast cancer patients were addressed by two important studies. The first one published by Vanderbilt University at the end of 2009 investigated the association between soy food intake and breast cancer survival among a prospective population-based cohort of 5,042 Chinese women diagnosed with breast cancer. Between 2002 and 2006, interviews were conducted at baseline, 12 and 36 months respectively about their pattern of soy food consumption⁽⁷⁾.

The results showed that a higher soy intake was associated with increased survival. The 4-year mortality rate of the highest soy intake group was 7.4 % while the lowest intake group had a mortality rate of 10.3 %. The recurrence rate of the former was 8%, significantly lower than the latter (11.2%). The findings were consistent when comparing estrogen positive/negative and tamoxifen users/non-users subgroups.

As concluded by Dr. Shu Xiao-ou, person in charge of the study, soybeans did no harm to breast cancer patients. He recommended a daily intake of 11-gram soy protein or 40 mg isoflavones, sufficient in preventing recurrence.

In another study done in 2009 by Life After Cancer Epidemiology (LACE) on 1,954 women with breast cancer, those who consumed soy isoflavones at levels comparable to Asian populations had a reduced risk of recurrence, especially if they were on concurrent tamoxifen therapy. The authors concluded: "Soy isoflavones consumed at levels comparable to those in Asian populations may reduce the risk of cancer recurrence in women receiving tamoxifen therapy and, moreover, appears not to interfere with tamoxifen efficacy⁽⁸⁾."

The American Cancer Society says that up to three servings a day of soyfoods is safe for women at risk for or with a history of breast cancer. The Society, however, advised against the consumption of concentrated sources of isoflavones such as soy milk powders, supplement or pills and heavily processed vegan meat.

Leading soy science experts, at a symposium titled "Soy Summit: Exploration of the Nutrition and Health Effects of Whole Soy" held in September this year have reached a consensus for soy's role in a healthy diet⁽⁹⁾, based on a review of data: there is no increased risk of breast cancer linked to moderate soy consumption⁽¹⁰⁾. Soy appears to be protective and is associated with a lower risk of breast cancer recurrence for women who have consumed soy throughout most of their life.

"At this point in time, the effects of soyfoods on breast cancer recurrence in patients who have not previously consumed soy are not known," said Leena Hilakivi-Clarke, Ph.D., professor of oncology at Georgetown University. In addition, studies conducted to date suggest that a diet of one to two servings of soy daily does not pose a harmful effect on ovaries and ovulation⁽¹¹⁾.

何謂植物性荷爾蒙？

植物性荷爾蒙主要有四種：異黃酮素 (isoflavones)；木質素(lignans)；香豆素類(coumestans)；二羥基苯甲酸內酯(resorcylic acid lactones)。

About Phytoestrogen

There are four types of phytoestrogens: isoflavones; lignans; coumestans; resorcylic acid lactones.



哪些食物含有植物荷爾蒙？



異黃酮素常見於豆漿、豆腐、味噌、等黃豆類製品，另外扁豆(四季豆)，花生、甜薯、紅蘿蔔、蒜、綠豆及紅苜蓿類植物亦含有豐富的異黃酮。

不同豆製食品的異黃酮含量不同，大豆為(1.54 毫克/克)，較熟黃豆(1.32毫克/克)多，豆腐(0.27毫克/克)次之，豆漿(0.1毫克/克)較少，這是因為異黃酮素不易溶解於水，當豆渣在製造豆類食物被丟棄時，大部分異黃酮素也失去。

木質素主要存在高濃度之種籽(如亞麻子)、低濃度之穀物(如燕麥、裸麥、小麥、大麥、米、糠)、麻草、水果(棗子、蘋果、梨、木瓜)和蔬菜(洋蔥)中。香豆素類則存於苜蓿芽和紫花苜蓿中。牛奶、當歸、薑、甘草、蒲公英和茴香也含有植物性荷爾蒙，人參雖不含植物性荷爾蒙，卻有雌激素作用。

What foods contain phytoestrogens?

Isoflavones are commonly found in soy products such as soy milk, bean curd and miso. Lentils, peanuts, sweet potatoes, carrots, garlic, green beans and clover are also rich in isoflavones.

Among soy foods, isoflavone content in raw soybeans (1.54mg/g) and cooked soybeans (1.32mg/g) top the list, followed by bean curd (0.27mg/g) and soy milk(0.1mg/g). This is because isoflavones, being non-water-soluble, are mostly gone with the dregs from soy food making.

Lignan is found in seeds such as linseed, grains (including oats, barley, wheat, rice and rice bran), hops, fruits (dates, apples, pears and papayas) and vegetables like onion. Coumestans exist in alfalfa sprout and alfalfa. Other foods that contain phytoestrogens include cow's milk, angelica sinensi, ginger, licorice root, dandelion and fennel. Ginseng also contains non-phytoestrogen chemical that acts like estrogen.

攝食率與癌症罹患率比較 Comparison of soy intake vs. cancer incidence rate

國家 Country	大豆食品攝食率 (克/日) Soy food intake (g/day)	乳癌罹患率% Breast cancer rate(%)	前列腺癌罹患率% Prostate cancer rate(%)
日本 Japan	29.5	6.0	3.5
韓國 Korea	19.9	2.6	0.5
香港 HK	10.3	8.4	2.9
中國 China	9.3	4.7	不詳 Unknown
美國 U.S.A.	可忽略 Negligible	22.4	15.7

(資料來源Source: American Cancer Society, U.S.A.)

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鳴謝 ACKNOWLEDGEMENT

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Pink Walk Against Breast Cancer 2010

「乳健康大步走2010」步行籌款活動於2010年10月3日舉行，有破紀錄的1300人參與。一身粉紅服飾的參加者齊集山頂，在起步禮上參與粉紅扇舞，場面熱鬧。步行亦為關注乳癌月掀開序幕，呼籲市民多運動遠離乳癌威脅。活動籌得約港幣170多萬元，將用作支持香港乳癌基金會的公眾教育、患者支援，研究及倡議工作。

The "Pink Walk Against Breast Cancer 2010" was held on 3 October 2010. About 1,300 supporters, a record turnout, joined the walk to recognise Breast Cancer Awareness Month and promote regular exercise to reduce the risk of developing breast cancer. The Walk raised HK\$ 1.7 million which will go to HKBCF's public education, patient support and research-based advocacy work.



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捷迅旅運有限公司
萬寧
百佳超級市場
Santa Fe Relocation Services
she communications limited
The Mira Hong Kong
凌霄閣有限公司
翠華餐廳

Baby-Kingdom.com Limited
Bubba Gump Hong Kong Ltd
Café Deco Bar & Grill
Centamap Company Limited
Chung Yung Cycle Co.
Edible Arrangements Hong Kong
Fail Forum
Jackson Coach Hire Service Limited
Mannings
PARKnSHOP
Santa Fe Relocation Services
she communications limited
The Mira Hong Kong
The Peak Tower Limited
Tsui Wah Restaurant

活動相片 Photo album:

www.hkbcf.org/pinkwalk



醫藥負擔太沉重

Burden of Drugs

「每朝起床，就要吃四百元藥，我真的吃不起。」三度乳癌復發的李女士每天要服用兩種標靶藥(即針對性治療藥物)來控制病情，每月的醫藥費要花近一萬元。

「子女有自己的家庭和生活開支，他們照顧我食住還可以，但要長期負擔我的藥費，怎可能呢？我想，遲些沒有錢，我就不再吃這些藥了。」

“Here’s what I wake up to every day: a dose of drugs that costs HK\$ 400 a day – it’s just too hard to swallow,” said 3-time relapse patient Ms. Li, who is receiving two different targeted therapy drugs to keep her conditions in check. It costs her \$10,000 a month.

“The hefty price is more than I can bear! How can I possibly keep dumping that onto my kids? They have their own family and expenses to cover. I figure, maybe I should just drop the medication when we run out of money,” she reflected.

她還記得去年醫生向她介紹標靶藥時，醫生告訴她藥費很貴，未必值得試。她向醫管局的撒瑪利亞基金會申請藥物資助，但家庭資產限額是三十萬元，那時候女兒正儲錢準備結婚，當然超額。「朋友勸我申請綜援，因為領綜援可報銷醫藥費；但我有兒有女，雖然他們入息不多，但又怎可能去簽紙(證明無能力供養父母的所謂「衰仔紙」)?」

盼有更多藥物資助

李女士最終也花上十多萬元接受標靶藥注射，可是效用未如理想。癌細胞擴散到肺部，醫生建議她轉服口服標靶藥，一天五粒，要四百多元。恰巧香港乳癌基金會推出該種藥物的資助計劃，李女士獲醫生推薦申請，得到約五成的藥費資助，負擔總算減輕。

對於無收入的她，藥費依然是重大負擔，她說希望政府或其他慈善機構可以給乳癌患者多一點的支援，特別是像她一樣有經濟困難而又非領取綜援的患者。

李女士一直在公立醫院接受治療，

「2005年做過手術後，再做了25次電療，然後是化療。07年復發，我又做了10次電療和打了14枝標靶藥。」她如數家珍，畢竟每一次都是不容易的一關，除了身心之苦，還是沉重的經濟負擔。

每次到醫院覆診也是折騰，早上九時到伊利沙伯醫院抽血，然後又回到觀塘的家，下午四時又返醫院取化驗結果。等醫生、等收據，再加上取藥，已是晚上六七時。她明白公立醫院資源緊張，醫護人員很忙，未必照顧到病人的心理需要。所以她主動參與病人互助組織，從而結識可以訴心事的同路人。「自己經歷過，我都希望幫到人；我都有打電話問候病友，鼓勵她們出街，不要封閉自己。」她又練習氣功，強健體魄。

親情教她活下去

李女士十四年前無意中發現乳癌，那時她45歲，是酒樓傳菜員。接受了乳房切除手術後，一個月後便恢復上班。2005年，她發現左邊乳房長了很多流血的肉粒，經證實是乳癌復發。接受了第二次手術、電療和化療，沒

料到兩年後再度復發。「胸骨痛得很厲害，三個月後去看急症，照過X光，才知道是乳癌擴散到骨骼。」確診患上HER2陽性乳癌的她，接受標靶藥治療後，情況未有好轉，腫瘤更轉移至頸背，令鎖骨突起，右邊乳房又摸到一硬塊，雙手疼痛，連伸直雙手也乏力。

「那一個月，真的好痛好痛，痛到一個程度，我想過死，甚至考慮過跳樓、燒炭。」幸然得到家人和朋友聆聽和關心，我的思想才積極過來。我學懂拿『特別籌』(未到預約覆診日期而見醫生)。」

「我才59歲，不想這樣早走……想起女兒未成家，還有兩個得意的孫仔孫女，我唔想死住。」李女士說是家人給她鬥志。

患病也教她嚐透人情冷暖。屋邨裡一位街坊以前經常找她聊天，大家算是朋友。直到有一天，那位街坊得悉她有乳癌，態度即時變得冷淡。不過，李女士卻很清楚「有這個病，不是罪呢！」



乳癌藥物資助計劃

香港乳癌基金會與葛蘭素史克有限公司於2009年6月推出乳癌藥物資助計劃，為有需要的乳癌患者提供處方口服標靶藥物泰康達 (Tykerb) 的4-6 成藥費資助。申請人須為香港永久性居民，家庭每月平均總收入不超過7萬(視乎申請人的家庭成員數目)，以及每年家庭可動用財務資源不超過 30 萬元。

查詢電話：2525 6033 網址：www.hkbcf.org

Breast Cancer Drug Financial Assistance Program

In June 2009, the HKBCF launched the Breast Cancer Financial Assistance Programme to subsidise breast cancer patients with 40 to 60% of their medication cost of prescribed targeted therapy drug Tykerb. Permanent resident of HKSAR with a household income of up to HK\$70,000 (subject to household size), and an annual household disposable financial resources of up to HK\$300,000, is qualified to apply. Enquiries: 2525 6033; Website: www.hkbcf.org

Back in 2009 when the doctor offered her the option of targeted therapy, the high cost deterred her from a try. She learnt of the Hospital Authority's Samaritan Fund, but its set family income limit of HK\$300,000 would disqualify her at that point, since her daughter had just saved a pretty sum for her wedding. There's also the option of applying for CSSA, but then she also held back because of her kids: "Although my kids don't make a lot, I just can't have them sign the 'loser paper' admitting that what they earn can't support their parents. I can't accept it."

Hope for More Drug Financial Assistance

Li eventually shelled out more than HK\$100,000 for the targeted therapy injections, only to get less-than-satisfactory results, not to mention the spread of cancer cells to her lungs. When the doctor recommended her another type of targeted therapy drug, at a cost of HK\$ 400 for 5 tablets a day, timely relief finally came for her with the HKBCF's launch of the Drug Financial Assistance Programme. Having applied for the programme with the doctor's referral, she now has half of the cost covered. She hoped to see more support from the government and charities for breast cancer patients who share her plight of being financially pressed, yet non-CSSA-

recipients.

All along, Li has been receiving treatment in public hospitals. "I've been there, done that – having received 25 times of radiotherapy, followed by chemotherapy after her surgery in 2005; then the relapse in 2007 got her another 10 radiotherapy sessions and 14 targeted therapy injections." What's beyond calculation was the anguish and burden for her physical, emotional, and financial well-being.

Long Live the Family Bond

Li's breast cancer story unfolded 14 years ago when she felt a lump on her left breast during a shower. She was then diagnosed with stage 1 breast cancer, at the age of 45. She received mastectomy and in a month got right back to her job as a restaurant runner.

In 2005, some bleeding cysts on her operated breast sent her to the emergency unit and in turn back to Queen Elizabeth Hospital where she learnt that breast cancer recurred. After a second surgery, supplemented by radiotherapy and chemotherapy, she heard the doctor's word: "That should clear up everything and give you another 10 years at least."

To her surprise and dismay, she was only

clear for two years before being hit by another relapse. "The pain on my chest got so bad that I went into emergency, only to discover that the cancer has spread from the breast to the bones." Diagnosed with HER2 positive, she received 14 jabs of targeted therapy, to no avail. Worse still, the tumour moved onto the neck, getting the collarbone protruded, along with another lump she felt on the right breast, and a numbing pain on the arms that would hardly let her stretch.

"That was literally the most painful month in my life, when I almost got to the point of wanting to end it all by jumping off or burning charcoal," she recalled, while thanking her family and friends for lifting her up. "For one thing, I've learnt to grab the 'special pass' (to see the doctor before the appointed date). I was saved by thinking about my yet-to-be-married daughter, my two cute little grandchildren, and the fact that I'm not that old yet."

When it comes to human touch, there are also those who showed her the cruel reality. She recalled how one neighbour switched from greeting her warmly to giving her a cold shoulder after learning her new "status" though she knew all too well that "being sick doesn't make me a sinner."



拼命工作真太傻

她八九年由大陸來港定居，為口奔馳。她清晨五時開始在酒樓賣點心，上午十一時別人下班，她繼續在酒樓傳菜，到晚上十一時才下班。年中幾乎無休，有一段時間，她晚上再兼職做宵夜更傳菜，到凌晨兩點才收工。為了省十二元的士錢，她走路回家。

「現在回想起來，覺得自己很傻。有這個病，可能跟自己以前生活太緊張，又吸入太多油煙有關。」十四年抗乳癌的開支，她沒有仔細去計算過，但她直言幾十年來辛勞工作所得到的積蓄都幾乎花光了。

憑著樂觀的性格和女兒的支持，李女士積極面對乳癌。服用口服標靶藥半年後，她骨痛情況已有所改善，而且腫瘤也縮小了。👉

Working Your Life off for What?

Life for Li has taken many turns, dating far back in 1989 since she moved from the mainland to Hong Kong. With a husband getting senile, she was left her with the burden of raising the family of five kids. Her day started at 5am pushing dim sum trolley at the restaurant till 11am. Without any break, she would pick up another 12-hour shift at the same restaurant as a food runner, literally working 365 days a year. For quite a while, she went even further by taking up another late-night shift to run restaurant snacks until 2am. To save the 12-dollar taxi fare, she walked all the way home after work.

"Now I look back, I felt so stupid that it's probably such a stressful life, with all that kitchen smoke, which got me sick," she said.

With 14 years of treatment behind her, gone was all her hard-earn savings from working all her life. Worst still, her kids are now bearing the brunt of the medication cost.

Thanks to her optimistic personality and the support by her daughter, Li has stayed strong and chosen not to give up hope. She is glad to find that the six months treatment of targeted therapy drugs had cut that pain in the bones and reduced the tumour size as well. 👉



**ACTION 01**

預防和紓減 淋巴水腫支援服務

New service for lymphoedema prevention and alleviation

對於曾進行淋巴切除手術的乳癌康復者來說，預防和及早診斷淋巴水腫十分重要，香港乳癌基金會有見及此而推出多項護理服務：

淋巴水腫指數測量

由本會專業註冊護士及淋巴水腫按摩治療師負責，利用先進儀器為使用者測量淋巴水腫指數，從而檢測未出現臨床徵狀的淋巴水腫或監察淋巴水腫的治療進展。

預防淋巴水腫按摩技巧及運動班 (每月舉行)

教授淋巴按摩技巧與運動，以及在飲食及日常生活中減輕徵狀的小貼士。

淋巴水腫護理支援小組

學員在小組中學習促進淋巴循環的自我按摩技巧，以及掌握簡單運動及皮膚護理等家居護理方法。本會專業註冊護士及淋巴水腫按摩治療師會進行個案評估，作出建議或轉介，確保患者得到適切的專業護理；並為身心受水腫困擾的患者提供跟進和諮詢服務。

查詢 / 預約

電話：2541 3118/ 2525 6033

We have just launched Lymphoedema Care services to help those who underwent lymph node surgery to prevent and detect lymphoedema at an early stage. The services include:

Lymphoedema Index Measurement

Conducted by our registered nurse and professional lymphoedema therapist at the HKBCF, the measurement indicates the extent of lymphoedema with the aid of an advanced equipment. One can detect lymphoedema that has yet to have clinical symptoms and monitor progress of treatment.

Monthly class on lymphatic massage and exercise

Participants can learn lymphatic massage and exercise, as well as share tips for alleviating lymphoedema in daily life and diet.

Lymphoedema care support group

In the group setting, participants will learn self-massage techniques which help boost lymphatic circulation as well as easy exercise and skin care methods that they can practise at home. Registered nurse and professional lymphoedema therapist at the HKBCF will conduct case assessment, make recommendation and referral when necessary so as to make sure everyone receive appropriate care. Follow-up and consultation sessions are available to those who are distressed by lymphoedema.

Enquiries / Booking

Tel: 2541 3118/ 2525 6033

免費乳房X光造影檢查計劃 發現11宗乳癌

Free Mammography Programme detected 11 breast cancer cases

香港乳癌基金會推出的乳房X光造影檢查資助計劃推行兩年多，迄今已支持近2,300名低收入婦女接受免費造影檢查，當中11人確診患上乳癌。患者過半數(7人)期數屬0期及I期，即最早期的乳癌，意味她們免受性命威脅，而且接受的治療較簡單，身心創傷也較少。

40至59歲的婦女是患乳癌的高危組別，本港乳癌患者當中近六成人屬此年齡組別。乳房X光造影檢查是國際間標準的乳癌篩檢方法。本會一項調查顯示，三成受訪的40至59歲婦女從未聽聞乳房X光造影檢查；而高達85%人沒有按建議每兩年進行一次造影檢查。有鑑於私家醫院或體檢中心的乳房X光造影檢查收費達800至1,300元，很多低收入人士未必負擔得來而卻步。本會於2008年6月推出乳房X光造影檢查資助計劃，向40歲或以上的低收入婦女提供免費造影檢查服務，申請人須為香港永久居民，綜合社會保障援助計劃受助人或家庭收入不超過指定上限。

詳情: www.hkbcf.org 查詢: 2525 6033

Since its launch in 2008, the Mammography Screening Financial Assistance Programme has so far supported 2,300 low income women to perform free mammography screening, of whom 11 were diagnosed with breast cancer. Seven of the 11 cases were detected at stage 0 and 1 stage, the earliest stage. That means the patient's treatment and recovery have been less of a hardship.

Women aged 40 to 59 are at high risk of developing breast cancer. Almost 60% of local breast cancer patients were in this age group. However, a local study showed that around 30% of local women aged 40-59 have never heard of mammography screening, a standard tool for breast cancer screening internationally, and as many as 85% did not undertake biennial mammographic screening.

We understand that the fee of mammography screening (around HK\$800 to HK\$1,300) might deter many low-income women from attending. Hence we have rolled out the financial assistance programme to provide free screening service to women who are 40 or above of age, HKSAR resident, recipient of Comprehensive Social Security Assistance or with a household income not exceeding the prescribed limit.

Learn more : www.hkbcf.org Enquiries: 2525 6033

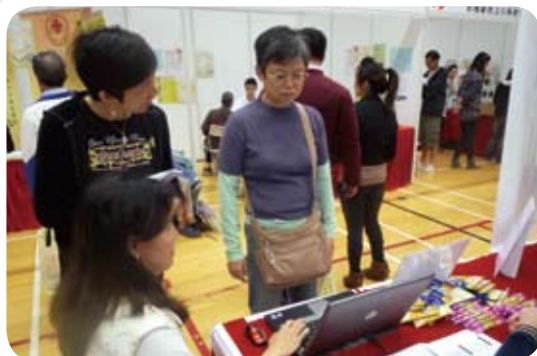
ACTION 02

ACTION 03

乳癌知多少@ 中西區健康節 Breast Health @ Central & Western District Health Festival

香港乳癌基金會於11月6日及7日一連兩天在中西區健康節推廣乳房保健，近500人參加「乳癌知多少？」問答遊戲，測試自己對乳癌及乳房保健的知識；本會護士亦以乳房模型教授自我檢查乳房的正確方法，反應熱烈。在此謹多謝6位義工朋友在兩天活動期內的幫忙。

The HKBCF had presence at the Central & Western District Health Festival, attracting nearly 500 people to participate in the quiz 'How Much Do You Know About Breast Cancer? Our registered nurse demonstrated the proper way of performing self breast check in small groups with a breast model. We would like to express our gratitude to the 6 volunteers who helped in the two-day event.



傳達關注乳癌 訊息要靠你！

ACTION 04

Pass it on and help raise awareness

我們製作了一齣「你知道嗎？」動畫短片，利用新媒體，以淺白有趣的手法引發大家對乳癌的關注和認識防範乳癌的方法。請你幫忙將短片轉寄給你愛錫的親友。

www.youtube.com/hkbcf/ 或到本會網頁瀏覽
www.hkbcf.org > 教育 > 「你知道嗎？」認識乳癌短片

We have produced a motion graphic "Did you know?", a creative tool to arouse breast cancer awareness. Please forward it to your friends whom you want her/him to know more about breast cancer and how to guard against it.

www.youtube.com/hkbcf/ > "Did you know?" or visit our website:
www.hkbcf.org > Education > "Did you know?" motion graphics



ACTION 05

年輕患者 支援小組

Young patient support group

鑑於年輕患者的身心需要與年長患者不盡相同，我們由七月起為40歲以下的零至三期乳癌患者開設支援小組，小組成員在護士和過來人的帶領下，分享及討論關於治療、情緒及社交影響、生育、自我形象、婚姻關係等課題，並學習應對及鬆弛技巧。

另外，我們又為剛接受手術而上肢活動有困難的患者開辦術後上肢運動班，逢星期三開班。

Recognising that the need and concern of younger patients may differ from their elder peers, the HKBCF has started a new support group in July for those aged below 40 and first diagnosed with stage 0 to 3 breast cancer. Led by our registered nurse and survivors, participants share experience and information about treatment, handling psycho-social impact, fertility, child care, self-image and marital communications. Members also learn coping strategies and relaxation skills.

We have also introduced a post operation exercise class on Wednesdays to help those who have difficulties in limb movements as a result of surgery.

僅兩成患者透過定期檢查發現乳癌

Breast Cancer Registry's 2nd report :

Only 20 percent detected breast cancer by screening

由香港乳癌基金會成立、全港最全面的香港乳癌資料庫於九月中發表「香港乳癌實況第二號報告」，報告分析了二千多名本地乳癌患者的數據，結果顯示只有兩成患者透過例行乳房檢查而發現乳癌，比率遠低於外國數字。

報告又探討使用不同醫療服務的乳癌患者在病情和治療方法方面的分別。在乳癌期數分佈方面，私家醫院病人的0期乳癌(原位癌)個案比例最高，有 13.6%，公立醫院病人的0期個案則只有5.7%。另外，公營醫療服務使用者的乳癌腫瘤較大，需接受全乳切除手術的比率亦較高。

「香港乳癌實況第二號報告」報告結果摘要：

特徵

- 患者發病年齡中位數為48.8歲
- 患者共通的高危因素為缺乏運動(每周不足三小時)、從未餵哺母乳、過重/肥胖和精神壓力大。
- 超過85%患者沒有乳癌家族史

定期乳房健康檢查

- 患者定期檢查乳房的意識偏低，而且以年長女性為甚。
- 八成患者意外發現乳房徵狀；其中九成為摸到無痛硬塊。
- 由定期篩檢發現的乳癌腫瘤大小中位數為1.4厘米，比自行發現的小。

治療

- 大部分(約四成)患者混合使用私家和公立醫院醫療服務醫治乳癌。
- 公立醫院乳癌患者的乳癌腫瘤較大、淋巴受癌細胞影響較多，需接受全乳切除手術的比率亦較高。
- 愈早發現乳癌，要接受全乳切除或化療的機會較低。
- 最多患者表示化療是帶來最大痛楚的治療方法。

Hong Kong Breast Cancer Registry, administrated by the Hong Kong Breast Cancer Foundation released the "Breast Cancer Facts in Hong Kong Report No.2" in mid September. The report which analysed data from more than 2,000 breast cancer cases revealed that just less than 20% of breast cancer cases were detected through regular breast screening. The rate is comparatively lower than that in other countries. Patients have shown low awareness to breast screening and examination.

The report probes into the differences in characteristics of breast cancer and treatment options between patients receiving treatment at private hospitals and at public hospital. On the distribution of cancer stages at the time of diagnosis, the highest ratio of stage 0 cases (in-situ breast cancer) was found in patients with complete private medical care (13.6%), while total public medical care was 5.7%. The tumour sizes of invasive breast cancers and mastectomy rates were found higher in patients receiving complete public medical care.

Breast Cancer Facts in Hong Kong Report No.2 – Summary of Findings:

Characteristics

- The median age at diagnosis was 48.8 years.
- The most common risk factors are lack of exercise (less than 3 hours per week), no breast feeding, obesity or being overweight and under high levels of stress.
- Over 85% of the patients did not have a family history with breast cancer.

Screening Habit

- Patients, especially older women, have shown relatively low awareness of the need for regular breast screening.
- Nearly 80% of breast cancer cases were self-detected by chance, of which 90% of patients presented with painless lumps.
- The median tumour size of screen-detected patients was 1.4 cm, smaller than that of self-detected patients.

Treatment

- A majority (approximately 40%) of patients received a mix of private and public medical care for breast cancer.
- Compared to their peers receiving private medical care, patients receiving public medical care exhibited (i) fewer early stage tumours, (ii) larger tumour sizes, and (iii) more tumours affecting the lymph node.
- Patients whose breast cancers were detected at an early stage have lower rates of mastectomy and chemotherapy.
- Amongst all treatments, patients expressed the most discomfort after chemotherapy

了解更多/閱覽報告全文

Learn more & Read full report:
www.hkbcf.org/breastcancerregistry



Hong Kong Breast Cancer Foundation
香港乳癌基金會

為創會五週年喝采 Celebrating Our 5th Anniversary



「乳你一生齊關心」香港乳癌基金會五週年慈善晚會於11月20日假灣仔香港會議展覽中心圓滿舉行，近500名熱心支持者參與，場面熱鬧。晚會剪輯為兩小時電視節目於11月28日在亞視本港台及高清台播出，節目設捐款熱線，不少觀眾慷慨認捐，連同晚會的慈善拍賣、獎券及贊助，晚會共籌得超過港幣750萬元，以支持本會工作。

Breast Health for Life - Hong Kong Breast Cancer Foundation 5th Anniversary Gala Dinner was held on 20 November at the Hong Kong Convention and Exhibition Centre. We are extremely grateful to have had nearly 500 generous supporters with us for a wonderful evening. The programme of the event was televised on ATV Home and HD channels on 28 November, drawing keen responses to our fundraising appeal. The event has raised over HK\$7.5 million from charity auction, raffle draw, sponsorship and donations in support of our work.



葉麗儀專程回港為晚會擔任壓軸表演嘉賓。

Frances Yip attended as a guest performer at the Gala.



名譽會長范徐麗泰分享對抗乳癌的心路歷程。

Mrs. Rita Fan, Honorary President shared her experience in fighting breast cancer.

五週年專題網頁

Visit our 5th Anniversary webpage:
www.hkbcf.org/gala



圖片說明：

1. 由康復者組成的「音韻樂心靈」獻唱《信》，歌聲引發共鳴。
Survivors-formed singing group "Melody in Mind"
2. 張淑儀醫生、葉恩明醫生及支持者表演太極。
Dr. Polly Cheung, Dr. Ip Yan-ming and supporters performed Tai Chi
3. 漢基國際學校十位年青人舞出關注乳癌訊息。
Chinese International School's dancing group danced in support of the pink cause.

謹向以下人士致以衷心謝意 Heartfelt thanks go to

慈善拍賣物品捐贈 Auction item donor

金星珠寶有限公司 K.S. Sze & Sons Ltd.
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婦女遊樂會 Ladies Recreation Club

為響應10月國際關注乳癌月，婦女遊樂會一如往年舉行慈善試酒晚宴(9月28日)，參加者品嚐世界各地女酒商精選的特色佳釀，同時共襄善舉。另外會員亦參與慈善網球日(10月6日)，切磋球技，又於11月2日舉行粉紅絲帶時裝義賣。三項活動合共為本會籌得港幣314,000元。

In recognition of the Breast Cancer Awareness Month in October, the LRC hosted the Gala Wine Dinner (28 September), a 8-course gourmet dinner featuring selected wines produced by international female vintners, the Pink Ribbon Tennis Tournament(6 October), as well as the Pink Ribbon Frock Shop (2 November). The three events raised a total of HK\$314,000 for the HKBCF.

Hong Kong Football Club

於11月20日舉行以關注乳癌為主題的慈善餐舞會“Pretty in Pink”，為本會籌得超過港幣217,000元。This year's "Pretty in Pink" Ball benefiting HKBCF was hosted on 20 November, raising more than HK\$217,000 for the worthy cause.



Fitness First

於9月至10月期間舉行健身單車慈善活動，為香港乳癌基金會籌得超過港幣88,000元。A bike marathon was held between September and October. Fitness First members and staff participating in the event raised HK\$88,000 for the HKBCF.

Movement Improvement Limited

於10月6日舉辦Pink Fizz活動，為本會籌得港幣49,139元。The fitness company hosted a social event, Pink Fizz, on 6 October collecting HK\$49,139 from keen participants in support of the HKBCF.

Pure Group

為響應乳癌關注月，中環瑜伽中心於10月30日舉辦慈善瑜珈課程，共有111人參與，籌得港幣40,717.7元支持香港乳癌基金會的工作。Wendy Wyvill 今年更是連續第三年教授此慈善瑜珈班。A Karma Yoga class was held on 30 October in support of the pink cause. A total of HK\$40,717.7 was raised for the HKBCF. This has been the third annual charity yoga class led by Ms. Wendy Wyvill.



京瓷亞太有限公司 Kyocera Asia Pacific Limited

由2010年5月起，京瓷在每批粉紅廚具系列運抵本港後按數量作出捐款，以支持本會對抗乳癌的工作。本年度首次捐款為4,280美元。

Kyocera has pledged to donate based on the quantity of each shipment of its Pink Kitchen Series to Hong Kong from May 2010 onwards. So far a donation of US\$4,280 has been made to the HKBCF.

貝萊德 BlackRock

為響應全球性的 "In support of a cure"運動，貝萊德於10月為員工舉行乳癌教育講座，並發起募捐運動，為本會籌得港幣34,260元。

To echo the worldwide event "In support of a cure", the BlackRock Hong Kong office mobilised its staff to learn about breast cancer and raise funds for the HKBCF. A total of HK\$34,260 was collected.



花王株式会社 Kao Corporation

於11月特別印製乳房保健單張，向顧客傳達健康訊息；並捐贈港幣20,000元支持本會對抗乳癌的工作。Kao Corporation joined our efforts in raising breast cancer awareness by producing and distributing breast health leaflets to its customers in November. It also donated HK\$20,000 in support of our work.

施華洛世奇香港有限公司 Swarovski Hong Kong Limited

推出Pink Hope系列，每件水晶產品零售收益中有50元撥捐予本會，截至2011年3月止。From 25 October, 2010 to March, 2011, the company will donate HK\$50 for each Pink Hope Collection item sold, supporting the HKBCF's work against breast cancer.



艾梵尼控股有限公司 Ellafanny Holdings Limited

將旗下指定胸罩產品的零售收益20%撥捐本會，至今為籌得港幣20,000元。

The brassiere manufacturer has pledged to donate 20 percent of its sale proceeds of a specific product line to support our work. So far, it has donated HK\$20,000 to the HKBCF.



歡迎公司及社團成為我們的**粉紅絲帶夥伴**，推廣關注乳癌訊息和捐款支持本會工作。香港乳癌基金會未有認可或推薦任何「粉紅絲帶夥伴」的產品、服務或資訊。有關支持關注乳癌的產品/服務詳情，請與有關商號直接查詢。

Be our **Pink Ribbon Partner**; help us promote breast cancer awareness and raise funds for us. We do not endorse or promote any products, services or information provided by our partners in these activities. Please check with the merchants for details of their breast cancer awareness products/services.

健康食譜 RECIPE

活得好 食得好 Eat Better to Live Better

大家在收看「乳你一生齊關心」節目時，有留意到別開生面的健康食譜示範嗎？

乳癌基金會邀請烹飪專家梁許安璞，設計了三道好味又有營養的食品，當中更有具防癌作用的天然食材。三道菜分別是：

牛油果醬拌吞拿魚

鱸魚伴新薯

鮮果沙律

我們又特別請來臨床腫瘤科教授莫樹錦醫生講解食物與抗癌的關係。「癌症病人在接受化療和電療期間，可能會食慾下降，口味轉變，加上誤信沒有科學根據的說法，以為這樣不能吃，那樣又不能，最終得不到應有的營養而消瘦。其實家人角色很重要，因為煮好的食物，可以給患者營養和健康，令病人開心，大家開心。」

Have you noticed the cooking session in the Breast Life for Health TV programme?

We have invited gourmet Mrs. Annie Leong to prepare three healthy dishes with fresh and natural ingredients which help prevent cancer:

Grilled Tuna Salad with Guacamole

Baked Sea Bass with New Potatoes

Fruit Salad

Professor Tony Mok, clinical oncologist and our guest gourmet explains the link between food and fighting cancer: "During treatments of chemotherapy and radiotherapy, cancer patients may lose their appetites and change their food preference. Very often, they are influenced by myths about what is and is not appropriate in the diet. They would end up missing the nutrient they need. In this case, families have a vital role – preparing good food to cheer patients up and provide them with sufficient nutrition for good health."

鳴謝：

莫樹錦 腫瘤科醫生 Dr. Tony Mok, clinical oncologist

梁許安璞 烹飪專家 Mrs. Annie Leong, gourmet

吳周錫齡 英國註冊營養師 Ms. Sally Ng, registered nutritionist

食譜、示範及健康食評

Recipe and tips for healthy diet:

www.hkbcf.org/gala



慈善義賣 CHARITY SALE

冬日送暖 編織物慈善義賣

Seasonal Charity Sale

Sending Love & Warmth



聖誕將至，大家是否正忙於搜購富特色而又有心思的禮物？由香港乳癌基金會編織班成員親手編製的衣物，正是饋贈摯愛親朋的溫馨選擇。

在選購編織品的同時，為慈善出一分力，給予需要支援的乳癌患者鼓勵和支持！編織品義賣的收益將撥作香港乳癌基金會的工作，包括患者支援服務。

As Christmas is just around the corner, you must be busy looking for special presents for your loved ones. Consider hand-knitted items made by breast cancer survivors in the Foundation's knitting class, and support their knitting for a good cause.

By buying the knitted items, you can also send love and warmth to those in need of the Foundation's support in their journey of fighting breast cancer. All proceeds will go to the Hong Kong Breast Cancer Foundation.



HB1

鉤針手袋

Crochet handbag

HK\$500



CS2

鉤針斗篷

Crochet shawl (rectangular)

HK\$800



CS1

閃亮鉤針披肩(長方型)

Sparkling crochet shawl (rectangular)

HK\$450



PO1

領針織短袖上衣

V neck short sleeve pull-over

HK\$500



CS3

三角披肩

Knitting Shawl (triangular)

HK\$850

備註：

- 每款只有一件，欲購從速。
- 本會另有其他款式的編織品，歡迎在辦公時間親臨本會選購
- 以上慈善義賣物品不設退稅收據

Note:

- All items are handmade and unique.
- You are welcome to see other knitted items at the HKBCF office during office hour
- Tax-deductable receipt will be not issued for the charity sales of these products.

立即訂購！

請親臨本會辦事處選購，或將你的選擇及聯絡方法電郵至 info@hkbcf.org 或傳真至 2525 6233 郵購。可以現金或支票付款，請勿郵寄現金。

如選擇郵購，需按重量支付送貨費用。買賣一經以付款確認後，我們會安排本地速遞公司送貨，貨品大約在10個工作天內送達。

Order now!

Purchase direct at our office or place your order via email : info@hkbcf.org or by fax: 2525 6233, with your contact information. Payment can be made in cash or by cheque. Please do not send cash.

We charge delivery fees based on the weight of your order. Upon receipt of your payment, we will arrange delivery through local courier and the item(s) will reach you in about 10 working days.



香港乳癌基金會
HK Breast Cancer
Foundation

www.hkbcf.org 冬日送暖慈善義賣 Seasonal Charity Sales



EVENT
01

2011.01.16 (星期日 Sun)

乳癌康復者「新起點健康日營」

時間：上午9時至下午5時

地點：西貢清水灣道1111號 三育健康教育中心

費用：會員HK\$50 非會員HK\$80 (已包括午餐、交通及講座的費用)

名額：90名 (會員及乳癌病友優先)

**歡迎報名！
Sign up now!**

NEWSTART® Programme — A Health Camp for Breast Cancer Survivors

Time : 9:00am-5:00pm

Venue : Sam Yuk Education Center, 1111 Clearwater Bay, Sai Kung

Fee : Member HK\$50; Non Member HK\$80 (include lunch, transportation and talks)

No. of Seats : Maximum 90 (priority will be given to members and breast cancer patients)

EVENT
02

2011.03.05(星期六 Sat)

會員新春聯歡會2011

詳情稍後公布

HKBCF Spring Party 2011

Details will be announced soon



EVENT
03

2011.03.08-18

余宇康教授慈善攝影展

地點：鯉魚涌太古坊林肯大廈天橋

收益將撥捐香港乳癌基金會，歡迎參觀。

Professor Richard Yu Photographic Work Exhibition & Charity Sales

Venue: Lincoln House Linkbridge, Taikoo Place, Quarry Bay. Proceeds of charity sale will go to the HKBCF.

義工招募 Be a Volunteer



成為香港乳癌基金會義工，貢獻您的熱心、時間和專長，協助我們推展對抗乳癌的工作和服務。義工亦幫助我們減省行政開支，更有效地運用資源，歡迎你加入這行列！

As a volunteer with the HKBCF, you can exercise your strength and make the most direct contribution to the work we do. Volunteers help minimise our operation cost, too. Come join us now.

我們需要義工協助：

We need volunteers for

- 患者支援服務 Patient Supports
- 在籌款活動/ 公眾教育活動幫忙
Helping out at fundraising events and public education activities
- 在家提供義工服務 (如編輯、繙譯、校對及設計等)
Volunteering at home, providing services such as translation, editing, proofreading and design work.
- 辦公室行政支援 (在辦公時間支援資料輸入、電話聯絡及信件處理等)
Administrative Support, such as data input, making phone calls and lettership during office hours.

如有興趣，請以電郵與我們聯絡：info@hkbcf.org

If you are interested please email us at info@hkbcf.org



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)

1. ☐ 一次過捐款 One-off donation:
☐ \$200 ☐ \$300 ☐ \$500 ☐ \$1,000 ☐ \$ _____

2. ☐ 定期捐款 Regular donation:
 按月捐助 Monthly donation of
☐ \$200 ☐ \$300 ☐ \$500 ☐ \$1,000 ☐ \$ _____

捐款方法 Donation Method

1. ☐ 劃線支票 Crossed Cheque
 (支票抬頭請寫「香港乳癌基金會」
 Payable to "Hong Kong Breast Cancer Foundation")

2. ☐ 信用卡 Credit Card ☐  ☐ 

有效日期 Expiry Date: _____

持卡人姓名 Cardholder's Name: _____

信用卡號碼 Card No.: _____

持卡人簽署 Cardholder's Signature: _____

3. ☐ 銀行入數 Bank Deposit:

請把善款存入香港乳癌基金會之滙豐銀行戶口 (戶口帳號: 094-793650-838), 並在存款收據/自動櫃員機單據正本背面寫上姓名及電話, 連同捐款表格寄回本會。
 請複印並保留存款收據以作記錄。

Please make a direct deposit into Hong Kong Breast Cancer Foundation:
 HSBC account: 094-793650-838.

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.

個人資料 Personal Information

(只作本會內部用途 For internal use only)

姓名 Name : _____
 (先生Mr. / 太太 Mrs. / 女士Ms.)

聯絡電話 Tel : _____ 傳真 Fax : _____

電郵 E-mail : _____

地址 Address : _____

請將填妥表格寄回或傳真到



香港北角木星街9號永昇中心22樓
 22/F, Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong
 T: 2525 6033 F: 2525 6233

多謝 Thank You!

港幣\$100或以上捐款可申請免稅(稅局檔號91/7226)。

Donations of HK\$100 or above are tax-deductible (IR File no.91/7226).



STAMP



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