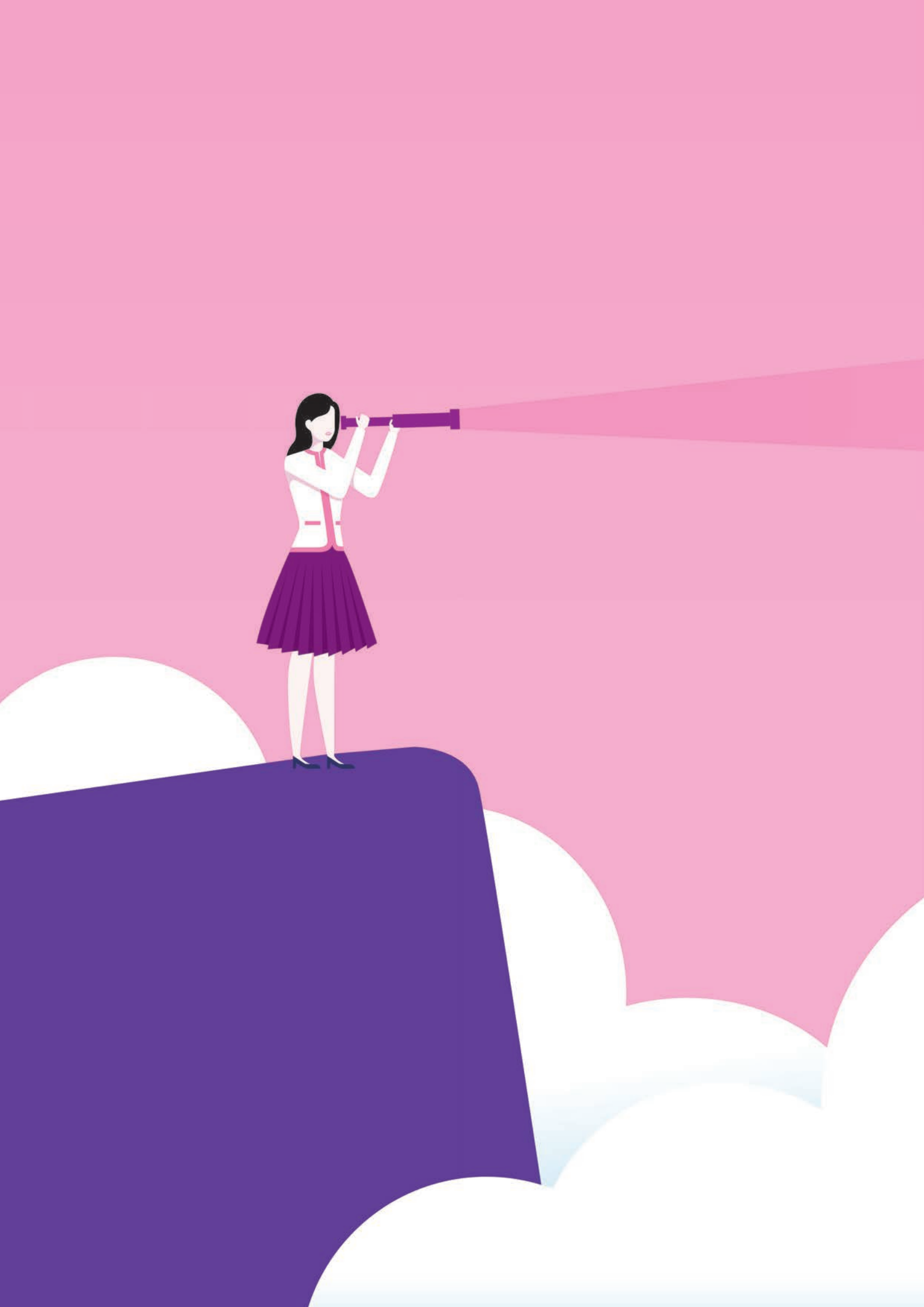


# Be Better

乳健關懷 • 讓香港更有愛 Envisioning a Hong Kong with Better Breast Care







# Early Detection Saves Lives

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# 前言

# FOREWORD





**乳**癌是香港女性最常患上的癌症及第三號殺手，單單在 2017 年便有 4,373 位女士確診乳癌，即平均每天有 12 宗乳癌新症，全年有 721 位女士因乳癌而喪生。香港乳癌基金會（下稱「基金會」）於 2005 年成立，希望透過為本地乳癌病人提供合適的乳癌支援服務，應對乳癌對社區的威脅。基金會成立近 15 個寒暑，迎來不少我們意想不到的革新及進步，其中最重要的莫過於香港乳癌基金會賽馬會乳健中心（九龍）（下稱「九龍中心」）在 2018 年 3 月 8 日正式開幕，讓基金會終於可將其服務由港島區擴展至九龍區，為全港市民提供專業且價格相宜的一站式乳健及乳癌支援服務。

在提供服務外，九龍中心的成立也印證着基金會多年來改善服務的決心和成果：以往，婦女需前往基金會位於北角的服務中心接受檢查，然而基金會在 2011 年的研究指出，居住於入息中位數較低地區的婦女接受檢查的比率較低，晚期乳癌個案比率較高，而這些區份多位於九龍及新界區。九龍中心的設立正可方便居住於九龍及新界婦女以較相宜的費用接受檢查，從而惠及更多婦女，減低乳癌對社區的威脅。而

且，九龍中心因鄰近社區，所以促成更多由基金會與各社區夥伴合作舉辦的活動，當中不少甚具創新性，例如在九龍中心舉行的烹飪興趣班及義務剪髮活動，讓乳癌患者及康復者得以重新適應社會生活，同時豐富基金會提供的復康活動。

在報告年內，基金會旗下的三個服務中心均有長足發展。基金會的乳健中心在年內加強宣傳乳健意識，積極聯絡各社區組織，在不同地點舉辦乳健教育講座及展覽，方便居住在不同社區的婦女接觸乳健資訊。近年乳癌個案不斷上升，香港賽馬會慈善信託基金及滙豐 150 週年慈善計劃等資助機構仍然持續支援，令基金會的乳健服務得以維持，填補社會對及時、價格相宜及有質素的乳健檢查服務的需求。

在患者支援方面，基金會的乳癌支援中心在年內推出多個全港首見的計劃。2019 年 4 月，乳癌支援中心在九龍中心舉辦全港首個專為醫護人員而設的淋巴水腫護理課程，惠及更多乳癌患者及康復者。至於藥物資助計劃，乳癌支援中心於年內新增安可待<sup>®</sup>乳癌基因表現檢測項目，讓乳癌患者接受該檢測後，得悉化療的預期成效，從而協助患者決定是否接受化療。

作為基金會的研究部門，乳癌研究中心在年度內成績斐然。乳癌研究中心成立宗旨乃以研究為本，倡議更佳的乳癌相關政策，因此在 2018 年 10 月首次向行政長官正式提交建議書，建議分三階段落實全民乳癌篩查：

- 一、依照現行政策，先為高風險婦女提供篩查計劃；
- 二、為家庭收入及篩查率較低、晚期乳癌個案比率較高的地區提供先導篩查計劃；
- 三、參考首兩階段的經驗推行全民乳癌篩查。另外，乳癌研究中心在 2018 年 10 月也推出第十份年度研究報告，以病例對照研究的方式總結出本地女士們最常見的乳癌風險因素，提醒女士保護自己。

2018/19 年度雖然工作繁忙，但也是成果豐碩的一年。回首基金會過去的成長，更令我們感恩多年來有基金會贊助人、顧問理事會、各委員會成員、顧問、義工及員工的支持砥礪。隨著基金會即將踏入 15 週年，我們希望與您挽手前行，在展開新計劃的同時，也拓闊及完善服務。有您一直在旁，即使跨過崎嶇險峻的山嶺，亦滿懷信心會踏上康莊大道。

香港乳癌基金會創會人張淑儀醫生（左二）及主席霍何綺華女士（右一）與范徐麗泰女士，大紫荊勳賢，GBS, JP 及香港特別行政區政務司司長張建宗先生，大紫荊勳賢，GBS, JP, 攝於「乳健同行 2018」。

Dr Polly Cheung ( 2nd from left ), Founder of the HKBCF, Mrs Eliza Fok ( right ), Chairman of the HKBCF, together with Mrs Rita Fan Hsu Lai-tai, GBM, GBS, JP and Mr Matthew Cheung Kin-chung, GBM, GBS, JP, Chief Secretary for Administration at Pink Walk 2018.



政務司司長張建宗先生在「乳健同行 2018」開幕禮中表示政府會加快研究展開乳癌篩查的工作。

Mr Matthew Cheung Kin-chung, Chief Secretary for Administration, pledged at the officiating ceremony that the Government will work out priorities for the implementation of breast cancer policies.

**B**reast cancer is the most common cancer and the third most lethal cancer among women in Hong Kong, costing the lives of 721 women in 2017 alone. In the same year, 4,373 women were diagnosed with breast cancer, meaning that nearly 12 new diagnoses were made each day. The Hong Kong Breast Cancer Foundation (HKBCF) was founded in 2005 out of the belief that the threat of breast cancer should be mitigated in the community by steadfastly providing breast cancer patients in Hong Kong with adequate support. Little did we know that 15 years later the HKBCF would have achieved far more than we initially envisioned: With the opening of the HKBCF Jockey Club Breast Health Centre (Kowloon) (“Kowloon Centre”) on 8 March 2018, the HKBCF has finally

been able to stretch its services from Hong Kong Island to Kowloon side, providing one-stop, affordable and professionally-led, high quality breast health and care services.

Apart from functioning as a service centre, the Kowloon Centre gives a monument to what the HKBCF has done over the past years to enrich its services: In the past, women had to travel all the way to HKBCF’s service centre in North Point for regular breast screening. It was nonetheless found after HKBCF’s 2011 research that women residing in districts with lower household income — mostly located in Kowloon and the New Territories — registered a lower breast cancer screening rate yet a higher advanced stage breast cancer rate. Following the opening of the Kowloon Centre, convenient and

affordable breast screening services have finally been made accessible to women living in Kowloon and the New Territories to broaden the base of HKBCF’s beneficiaries and mitigate the threat of breast cancer to the community. The location of the Kowloon Centre has also made possible more innovative cooperation with HKBCF’s community partners, for example, cooking classes and free hair-styling sessions have been held in the Kowloon Centre to support patients and survivors and to broaden the scope of HKBCF’s survivorship activities.

During the reporting year, all three HKBCF centres have provided notable services. HKBCF’s Breast Health Centre (BHC) has reached out to community organisations to offer breast health education

talks and exhibitions at locations accessible to women living in various neighbourhoods, further stepping up its efforts to promote breast health awareness in the community. And while the number of breast cancer cases has been greatly increasing in recent years, funding bodies such as the Hong Kong Jockey Club Charities Trust and HSBC 150th Anniversary Charity Programme have enabled the stable continuation of HKBCF's provision of free breast screening to cater for the increasing demand for efficient, affordable, and quality breast health services.

On the patient support front, HKBCF's Breast Cancer Support Centre ( BCSC ) pioneered a number of projects seen in Hong Kong for the first time. In April 2019, the BCSC held Hong Kong's first Lymphoedema Training Programme for nurses, in the hope that more breast cancer patients and survivors will benefit. The BCSC has also included into its current drug assistance programme the Oncotype DX<sup>®</sup> test, a test which assesses in advance the potential effectiveness of chemotherapy on a patient and allows them to decide whether chemotherapy is necessary.

Breast Cancer Research Centre ( BCRC ) — HKBCF's research arm — has made significant progress

during this reporting year. Founded with the purpose of advocating better, research-based breast cancer policies, the BCRC made its first official submission to the Chief Executive in October 2018 advocating the three-phase implementation of population-wide breast cancer screening:

- 1) a screening programme for women at high risk of having breast cancer, as per current strategy;
- 2) a pilot screening programme in districts with lower household income, lower detection rate, and higher advanced breast cancer rate;
- 3) population-wide screening based on the experience gathered in the first two phases.

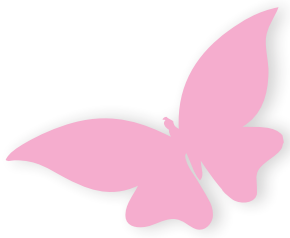
In addition, the BCRC published its tenth annual research report in October 2018, highlighting the most common breast cancer risk factors which many women in Hong Kong shared, to remind women to take appropriate preventive measures.

The year 2018 / 19 has been a busy and rewarding year for the HKBCF. Looking back at HKBCF's past achievements has only made us more grateful for the support the HKBCF has received over the years from Patrons, Advisory Council and committee members, advisors, volunteers and staff members of the HKBCF. As the HKBCF embarks on

its 15th anniversary this year, we look to join hands with you to roll out new initiatives and increase both the breadth and depth of HKBCF's challenging undertakings. With your continuous support, a Hong Kong with better breast care is not just a dream.



# WHY



“當得知是乳癌第四期時，心情跌到落谷底，更一度崩潰；我家人的情緒亦大受影響，因為他們都非常擔心我……”

My heart sank and I collapsed after knowing that I was diagnosed with stage IV breast cancer. My family was also affected seriously as they were so worried about my condition...”

Stella

“當醫生告訴我確診乳癌後，我腦內一片空白。那一刻我完全不能接受自己這麼年輕便患上癌症的事實……”

When the doctor uttered the word ‘cancer’, my mind went numb. I could not accept the fact that cancer could happen at such young age...”

Teresa



“以前有定期接受乳健檢查，但 4 年前便停止了，直至在好朋友不斷催促下再次檢查，才驚覺患癌……”

I stopped my regular breast checkup four years ago until recently after being urged repeatedly by my friend to pick up this health practice again. I was completely shocked when knowing that I had breast cancer...”

Ivy



“回想在 2014 年的例行乳房超聲波檢查時，確診患上乳癌，整個人都呆了，醫生說甚麼都聽不進耳，頓時感到非常徬徨無助……”

I was diagnosed with breast cancer in 2014 after an annual ultrasound screening. I was stunned, felt helpless and couldn't register a word from the doctor...”

Kit





# 為何粉紅?

# PINK?

**粉**紅不單是一種顏色，更代表女性一個遼闊的光譜：它可以象徵少女的溫柔，也可代表母親的堅韌。現代女性有着多重身份，既是女兒，又可以是母親，甚至是馳騁商界的女強人，也是關顧家庭的妻子。然而不少乳癌患者在確診後，因各種生理心理壓力而頓覺前路黯淡。香港乳癌基金會於2005年成立，以「粉紅絲帶」作為標誌，正希望透過為患者提供支援和心理輔導、藥物資助、淋巴水腫護理等服務，令患者知道不論如何，基金會這個大家庭必定在旁支持，與她們一同活出粉紅的精彩。



為乳癌患者和康復者而設的復康活動。  
Therapeutic group activities for breast cancer patients and survivors.

**P**ink is more than just a colour. It is a spectrum encompassing a vast array of qualities of women – be it the gentleness in young women or the tenacity in mothers. Modern-day women shoulder different kinds of roles. They can be a daughter, and at the same time a mother. They can also be successful in their career, and meanwhile a loving and caring wife. Breast cancer, however, can bring these all to a halt, making women feel they can never live as Pink as they should



be. The Hong Kong Breast Cancer Foundation (HKBCF) was founded in 2005 to provide support, counselling, financial assistance for medicines, and lymphoedema services, etc. to breast cancer patients. By making use of a Pink Ribbon as our symbol, the HKBCF wishes to convince them that, regardless of what is in store, we, as a family, will stand by their side and help them live by the spirit of Pink.



香港乳癌基金會主席霍何綺華女士(右)及雅詩蘭黛集團董事總經理區敏霞小姐(左)啟動「關注乳癌流動教室」。  
Mrs Eliza Fok (right), Chairman of the HKBCF, and Ms Vicki Au (left), Managing Director of Estee Lauder Companies, launched the 'Mobile Breast Health Education Classroom'.

# SERVICE 服務成果回顧 HIGHLIGHTS

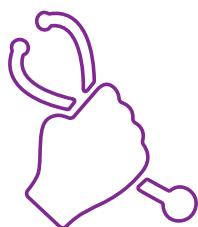
過去 14 年數據統計撮要：  
Statistical key figures of the past 14 years:

## 乳健教育及檢查 Breast Health Education and Screening



87,000

乳健教育活動接觸人次  
Attendances reached at breast  
health education activities



61,378

接受乳健檢查及跟進服務人次  
Attendances at breast cancer  
screening and follow-up

接受免費服務比率  
Percentage of free  
service recipients

40%



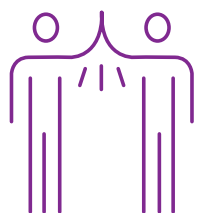
1,216

確診乳癌人數  
Diagnosed cases  
of breast cancer

## 患者支援 Patient Support

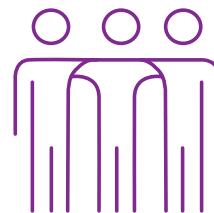
藥物資助計劃總金額  
Total amount under Drug Financial Assistance  
Programme

HK\$8,480,359



152,080

患者參加各種活動人次  
Attendances at various supporting activities



6,294

香港乳癌基金會會員人數  
Number of HKBCF members

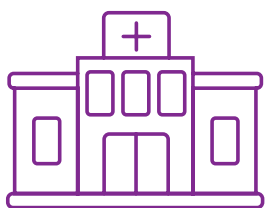
## 香港乳癌資料庫 Hong Kong Breast Cancer Registry



# 22,505

登記參與資料庫數據分析的患者人數  
Patients registered to provide information  
for analysis

# 61



登記為資料庫提供數據的醫院和診所數目  
Hospitals and clinics registered as  
centres for data collection



# 158

登記使用「乳癌在線」的醫護  
人士數目\*  
Medical professionals  
registered for using Breast  
Cancer Hong Kong Online\*

\*「乳癌在線」是基金會全港首創的網上平台，為醫護人員提供經收集及整理的乳癌數據。

Breast Cancer Hong Kong Online is the first breast cancer online database in Hong Kong launched by the HKBCF for medical professionals' reference.

## 乳癌對香港女性的影響

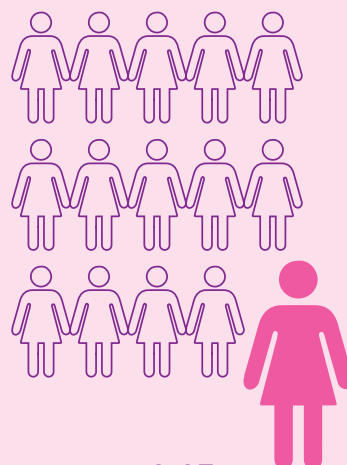
### The effect of breast cancer on Hong Kong women

- ❧ 確診個案由 1,152 增至 4,373 宗，  
增幅超過 **3 倍** (自 1994 至 2017 年)  
Number of diagnosed cases increased  
over **3 times** from 1,152 to 4,373  
(From 1994 to 2017)
- ❧ 成為 **頭號** 癌症  
Becomes **No.1** most common cancer
- ❧ 死亡率 **第三**  
**3<sup>rd</sup>** highest mortality rate

資料來源：香港癌症資料統計中心的 2017 年統計數字  
Source: Statistics of 2017 from Hong Kong Cancer Registry

### 一生中患乳癌風險

#### Lifetime Breast Cancer Risk



1:15

# 里程碑 MILESTONES



## 2005

- 3月8日成立香港乳癌基金會  
Founded the HKBCF on 8 March
- 開展患者支援服務及乳健教育講座  
Started patient support services and breast cancer education talks

## 2007

- 成立香港乳癌資料庫  
Established the Hong Kong Breast Cancer Registry
- 聯同中文大學香港癌症研究所合辦乳癌研討會  
Co-organised Breast Cancer Conference with the Hong Kong Cancer Institute, Chinese University of Hong Kong

## 2008

- 開展免費乳房X光造影檢查計劃  
Launched the Free Mammography Screening Programme

## 2006

- 公布有關香港女性對乳健檢查認知的統計報告  
Released survey results on Hong Kong women's perception and awareness of breast cancer examination

## 2009

- 公布香港乳癌資料庫首份報告  
Published the Hong Kong Breast Cancer Registry's Report No. 1
- 開展乳癌藥物資助計劃  
Launched the Breast Cancer Drug Financial Assistance Programme



## 2011

- 成立乳健中心  
Established the Breast Health Centre



## 2010

- 推出淋巴水腫護理服務  
Launched lymphoedema care services

## 2013

- 訂立每年5月為乳癌康復月  
Declared May the Month of Breast Cancer Survivorship
- 推出全港首項乳癌風險評估服務  
Launched Hong Kong's first breast cancer risk assessment service



## 2012

- 舉辦首屆「乳癌康復者日營」  
Organised the first Breast Cancer Survivorship Camp



## 2015

- 獲香港政府以短期租約撥地形式，興建坐落於九龍的服務中心  
A piece of land was granted by the HKSAR government on a short-term tenancy agreement to establish a service centre on the Kowloon side
- 推出10週年紀念活動，加強乳癌公眾教育  
Launched 10th Anniversary Campaign to promote awareness of breast cancer



## 2017

- 獲滙豐150週年慈善計劃資助翻新基金會位於香港的中心，並增設乳房X光造影及超聲波乳房檢查儀器  
Funded by the HSBC 150th Anniversary Charity Programme to renovate the Hong Kong Centre and upgrade the mammography and ultrasound facilities



## 2019

- 舉辦首個為本地醫護界而設的淋巴水腫護理培訓課程  
Launched the first ever lymphoedema training programme in Hong Kong for the medical professionals



## 2014

- 推出香港首創「乳癌在線」網上平台，提供乳癌數據予醫護人員參考  
Launched Breast Cancer HK Online, Hong Kong's first breast cancer online database for medical professionals' reference



## 2016

- 獲香港賽馬會慈善信託基金資助興建九龍的服務中心  
Funding was granted by the Hong Kong Jockey Club Charities Trust to build the Kowloon service centre



## 2018

- 香港乳癌基金會賽馬會乳健中心(九龍)正式開幕  
Officially opened the HKBCF Jockey Club Breast Health Centre (Kowloon)



# 抱負與使命

# VISION AND MISSIONS

## 抱負

### 香

港乳癌基金會（「基金會」）於2005年3月8日成立，是本港首間專注乳癌教育、患者支援、研究及倡議的非牟利機構，致力減低乳癌在本地的威脅。基金會由香港乳癌基金會有限公司營運。

## 使命

- 提高公眾對乳癌的認識及推廣乳房健康的重要性
- 支援乳癌患者踏上康復之路
- 倡議改善本港乳健及乳癌防控和醫護方案

## Vision

The Hong Kong Breast Cancer Foundation (HKBCF) was set up on 8 March 2005, as a non-profit charitable organisation dedicated to mitigating the threat of breast cancer to the local community through education, patient support, as well as research and advocacy. The HKBCF is operated by Hong Kong Breast Cancer Foundation Limited.

## Missions

- Promote public awareness of breast cancer and the importance of breast health
- Support breast cancer patients on their road to recovery
- Advocate better breast health and breast cancer care in Hong Kong

（上圖）基金會每年5月舉辦「亮麗人生」日營，表揚乳癌康復者和其親友在抗癌路上積極面對逆境。

（Top）The HKBCF organises the “Brighten Up Your Life” Day Camp every May to acknowledge the determination of breast cancer survivors, their families and friends in the fight against the disease.

香港乳癌基金會有限公司是向香港稅務局註冊的慈善機構。註冊號碼：91/7226

The Hong Kong Breast Cancer Foundation Limited is a charitable organisation registered with the Hong Kong Inland Revenue Department ( Ref No. 91/7226 )

# 我們的服務 Our Services



## 公眾認知及教育 Awareness and Education

乳健中心提供免費及付費的乳癌風險評估、乳健檢查、醫生會診和各項診斷服務，亦會定期舉辦乳健教育講座及提供即場臨床觸診。

The Breast Health Centre ( BHC ) provides free and paid breast cancer risk assessment, breast health examinations, doctor consultation services and diagnostic procedures. The BHC also holds educational talks regularly and provides on-site clinical breast examinations.

## 患者支援 Patient Support

乳癌支援中心為乳癌患者、康復者、其家人及照顧者提供全方位支援，包括個人心理輔導、支援小組、治療前後的相關資訊、淋巴水腫護理服務、乳癌藥物資助及護理物資捐贈，以及各類興趣班。

The Breast Cancer Support Centre ( BCSC ) provides patients, survivors, their family members and carers with comprehensive support including individual counselling, support group, pre-and-post treatment information sessions, lymphoedema care services, drug and healthcare supplies assistance, as well as interest classes.

## 研究與倡議 Research and Advocacy

香港乳癌資料庫於2007年成立，透過搜集本地乳癌病例數據，研究更適合本地的乳癌治療方案及醫療政策，並於2017年擴大研究團隊及範圍，以乳癌研究中心為名，繼續透過香港乳癌資料庫搜集香港的乳癌個案，亦會與其他研究機構合作進行乳癌相關的研究項目。

The Hong Kong Breast Cancer Registry ( HKBCR ) was established in 2007 to collect the data of local breast cancer patients and develop treatment options and healthcare policies best suited to the local situation. In 2017, the HKBCF decided to name its research unit the Breast Cancer Research Centre ( BCRC ) to expand its scope of research. In addition to its self-initiated projects, the BCRC also collaborates with other research agencies and institutions on relevant breast cancer studies.

香港乳癌基金會為有需要人士提供全方位及一站式乳健與患者支援服務  
The HKBCF provides holistic and one-stop breast care and support services to people in need

# OUR 我們的服務 SERVICES



香港乳癌基金會員工於健康博覽中提供乳健資訊。

Hong Kong Breast Cancer Foundation employees provided breast health information during the Health Expo.

## 公眾認知及教育 Awareness and Education

### 深化合作計劃 提升公眾對乳癌認知

**在** 報告年內，乳健中心完成服務指標，表現令人滿意。中心亦透過不同渠道，加強與各界合作，旨在提升公眾對乳健的認知及了解乳癌檢查的重要性，包括主動與超過 200 間非牟利機構聯繫，並與醫管局轄下七個區域的外科及腫瘤科部門磋商，尋找機會為其服務對象舉辦乳健講座。

中心的另一項重要任務是善用香港社會服務聯會及社會福利署的資源及人

脈網絡，參與它們舉辦的各類活動，與社會各界建立關係，以介紹基金會的服務。基金會的服務宗旨及工作受到廣大認同，並獲邀請為它們的員工舉辦乳健講座。年內，乳健中心獲邀到企業及機構舉辦乳健講座的數目，以及接獲乳健及乳檢相關之查詢均有所上升。

支援其他健康相關機構亦是乳健中心拓展服務的重要一環。中心與香港中

文大學賽馬會齊心防癌計劃合作，跟進經由該計劃轉介的個案，提供更深入的診斷服務。有關的合作模式讓合作夥伴可專注自身的核心服務，同時確保服務對象的需要得到妥善照顧。

乳健中心亦主動尋找合適機會，參與公眾健康展覽，以及公營機構活動，如學校的迎新日，以提高香港乳癌基金會的曝光率及宣揚乳健資訊的機會。



## Deepening collaboration to increase public awareness of breast health

In the reporting year, the Breast Health Centre ( BHC ) achieved its service targets according to its performance pledges. The BHC also stepped up efforts to collaborate with different sectors to promote public awareness of breast health and the importance of breast health screening. For example, the BHC reached out to over 200 non-profit organisations, as well as the Surgical and Oncology Departments of the seven clusters under the Hospital Authority, seeking to identify opportunities to organise breast health talks, exhibitions and promote both free and paid breast screening services for their service users.

The BHC attaches great importance to making good use of the resources and network introduced by the Hong Kong Council of Social Service ( HKCSS ) and the Social Welfare Department, for example, by taking part in their events and introducing BHC's services to the different people there. Recognised for its

vision and work, the HKBCF was frequently invited by corporations and organisations across the city to hold breast health education talks. This has led to a healthy growth this year of the invitations to BHC for breast health education talks and enquiries about breast screening.

Supporting other health-related organisations constitutes an important part of BHC's plan to expand its reach of service. For example, the BHC collaborated with the Chinese University of Hong Kong ( CUHK ) Jockey Club Multi-Cancer

Prevention Programme, which would refer certain cases to the BHC for a more thorough diagnostic follow-up. The collaboration model enabled partnering institutes to manage their core services without sacrificing the needs of their service users.

The BHC has taken the initiative to participate in public health exhibitions and events, such as school orientations, in both the private and public sector, to increase HKBCF's exposure and make known the message of breast health.



MCM 員工參加乳健教育培訓活動。  
MCM employees participated in breast health education and training activities.

## 關注少數族裔的福祉

基金會關注社區內每一位婦女的健康，少數族裔婦女亦不例外。乳健中心與不同國家的領事館保持緊密聯繫，為其居港的國民提供乳健講座，加深他們對乳健的知識和在有需要時提供協助。

年內，基金會在公眾乳健認知及教育方面加強外展工作，令舉辦乳健講座及參與展覽的數目較上年度增加 20%。

## Care for ethnic minorities in the community

The HKBCF cares for the wellbeing of every woman in the community, and ethnic minority women are no exception. The BHC has been in close contact with consulate-generals to provide foreign nationals residing in Hong Kong breast health talks, hoping to provide them with a better understanding of breast health and provide assistance when necessary.

During the year, the HKBCF strengthened its outreach efforts to promote breast health education and awareness. As a result, the number of education talks and exhibitions held registered a 20% increase as compared to last year.



基金會與印尼駐港總領事館合作的乳健教育培訓活動。

The HKBCF joined hands with the Consulate-General of the Republic of Indonesia in organising breast health education workshops.



## 九龍中心落成 便利社區乳健服務

**香**港乳癌基金會賽馬會乳健中心（九龍）（「九龍中心」）座落牛池灣，樓高兩層，其落成不但便利居住於九龍及新界的女性接受適時的服務，且讓基金會可更方便地安排講座的時間、場地及人數等；又可為位於北角的乳健中心提供分流支援，讓基金會在提供服務方面更具彈性。

基金會分別位於香港北角及九龍的乳健中心在年內的服務表現令人鼓舞。香港乳健中心服務 100% 達標，九龍中心的成績較預期高出 80%。

## Opening of Kowloon Centre to enable more accessible community breast health services

**L**ocated in Ngau Chi Wan, the two-storey HKBCF Jockey Club Breast Health Centre (Kowloon) ("Kowloon Centre") has provided the HKBCF more flexibility in arranging the time, venue, and scale of its breast health talks, synergising with the services provided at the Breast Health Centre in North Point. Its location has also enabled women living in Kowloon and the New Territories more convenient access to HKBCF's breast health services.

Overall, the breast screening services at both centres in the year were delivered successfully – the services provided at the BHC in North Point met the target for the year and those at the Kowloon Centre exceeded the performance target by an impressive 80%.

（上圖）醫生於乳健中心為女性提供諮詢服務。  
 ( Top ) Doctors provide consultation services to women at the Breast Health Centre.

## 服務展望

**中**心正擬訂一項共同付費乳健檢查計劃，幫助未能符合收入審查準則，但又未能負擔檢查費用的婦女。香港乳癌基金會曾進行一項調查，訪問 800 名女性對乳健檢查的意見。統計顯示大部份被訪者表示若獲得費用資助，她們樂意接受乳健檢查。乳健中心正就該計劃籌備推行細節。

為完善基金會在乳健認知及教育的工作，乳健中心計劃加強講座內容及形式，包括製作小型資訊展板，擺放於舉辦講座的企業或團體的辦公室內，讓曾經出席講座的人士可溫故知新，以至未能出席講座的人士亦可閱覽。

另外亦將在講座中加入乳癌患者或康復者及其家人的分享環節，讓出席講

座人士更能深入了解乳癌對患者及其身邊人士的影響，同時汲取如何照顧患者的實際經驗。

乳健中心會繼續在不同領域拓展個人及企業網絡，並加強聯繫，尋找更多適合乳健教育外展工作的機會。

## Projects in the pipeline



乳健中心在社區推廣乳房健康和乳健檢查的重要性。

The Breast Health Centre promotes the importance of breast health and breast screening in the local community.

A new co-payment scheme is at its planning stage, seeking to provide breast screening to women who are not eligible for free breast screening under the current means test but can barely afford the services. This new initiative stemmed from a HKBCF survey in which 800 women were interviewed on their views about breast screening. Results of the survey showed that most interviewees exhibited an interest in taking breast screening if they were subsidised. The BHC is working out the particulars of the scheme.

To make HKBCF's breast health education and awareness initiative more effective, the BHC is planning to enhance the content and format of its health talks. This includes

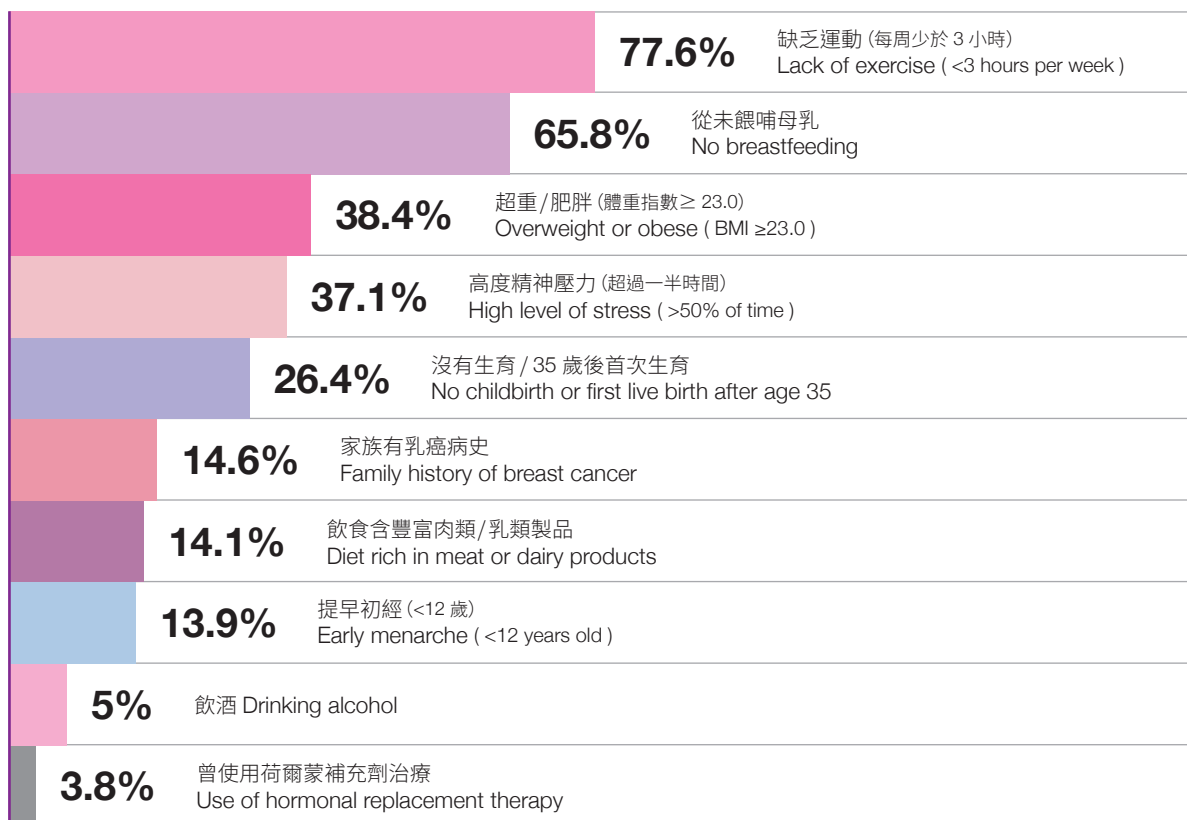
displaying mini-exhibition panels in the office of the hosting corporation or organisation after the talks, so its content can be shared among those who have been to the talk and those who have not.

In addition to having doctors and nurses providing professional knowledge, the talks will also feature sharing from patients, family members and carers regarding the impact breast cancer has had on them and how exactly caretakers can look after breast cancer patients.

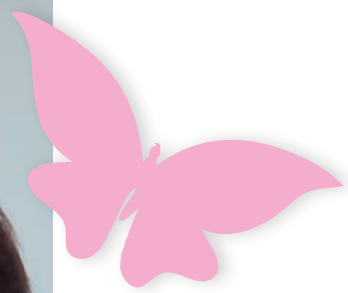
The BHC will continue to establish new networks and deepen the collaboration with existing partners in different sectors to expand its outreach efforts.

## 乳癌研究中心登記患者之間 10 個最常見的風險因素

### The top 10 risk factors breast cancer patients registered with the BCRC share in common



資料來源：香港乳癌資料庫第 10 號報告 (2018 年出版)  
Source: Hong Kong Breast Cancer Registry Report No. 10 (Issue 2018)



課程導師 Elsebeth Petersen (左) 教導學員有關淋巴水腫護理的專業知識。

Course instructor Elsebeth Petersen (left) taught our students about professional lymphoedema care techniques.

## 患者支援 Patient Support

**香**港乳癌基金會是香港首間提供淋巴水腫指數量度的非牟利機構，旗下乳癌支援中心每年服務全港超過 22% 乳癌新症患者。按中心的統計數字，每三位到中心求助的患者中便有一位患上淋巴水腫，導致手臂腫痛發脹，影響日常活動，患者如不接受定期專業護理，生活會大受影響。

### 首項淋巴水腫護理培訓課程

**淋**巴水腫是終生無法根治的乳癌治療後的後遺症，由於每年乳癌個案不斷上升，對淋巴水腫護理的需求亦隨之增加。有見及此，基金會於 2019 年 4 月試辦一個分兩階段的淋巴水腫護理

培訓課程，旨在增加本港淋巴水腫護理服務供應。課程由澳洲淋巴水腫培訓機構 Casley-Smith International 的一位資深導師教授，並獲國際專業認證。此課程為醫護界而設，是全港非牟利業界中首創，共有九位資深護士報讀。據分享，她們曾目睹病人受淋巴水腫煎熬，但相關護理服務供應不足，所以希望自己能學以致用，在工作上幫助淋巴水腫患者。

壓力手袖是協助淋巴水腫患者預防及紓緩淋巴水腫的護理用品。乳癌支援中心團隊經多月的搜購，於 2019 年 1 月引入成本較低但具同等功能的壓力手袖套，造福病人。



The HKBCF is the first charitable organisation in Hong Kong to provide a lymphoedema index measurement service. Through the Breast Cancer Support Centre ( BCSC ), the HKBCF serves more than 22% of all newly diagnosed breast cancer cases in Hong Kong every year. According to BCSC's statistics, one in every three registered BCSC members suffers from lymphoedema and thus experiences swelling in the arms, pain, and limitation in arm movement. Without regular and professional treatment, lymphoedema will gravely affect the patient's quality of life.

### First lymphoedema training course

Lymphoedema is a lifelong sequela of breast cancer treatment, which requires regular and professional

treatment. As the number of diagnosed breast cancer cases has rocketed in recent years, there has been an increasing demand for lymphoedema care. In April 2019, the HKBCF piloted a two-phase lymphoedema care training course to make more of such services available in the community. Taught by a senior trainer at Australia's Casley-Smith International, an organisation specialised in treating lymphoedema, the internationally recognised course was the first of its kind offered to medical professionals in Hong Kong on a non-profit basis. The nine senior nurses who attended the course told us the reason they attended was that they saw patients suffering from lymphoedema, but there were not sufficient lymphoedema care services available in the medical sector. Hence,

they were determined to apply what they had learned to help lymphoedema patients.

The provision of compression sleeves is a major complementary measure of lymphoedema prevention and treatment. After months of sourcing and procurement, the BCSC introduced to its regular assistance programme in January 2019 new compression sleeves that are as effective as the previous ones but lower in cost.

## 深化與企業合作

乳癌支援中心獲企業大力支持，在年度內增添不少患者支援服務計劃。雅各臣藥業（香港）有限公司為乳癌患者提供免費及資助「安可待®乳癌基因檢測」，為患者的乳癌腫瘤組織進行基因檢測，以助了解在治療計劃中加入化療是否能為患者帶來額外益處。此計劃深受歡迎，所有免費檢測名額均被全數使用。

健康飲食一向受乳癌患者及康復者關注。Nicole's Kitchen 為中心患者提供免費健康烹飪班，教授基本營養學知識及健康烹調方法，更重要的是此課程為患者提供互相支援機會，改善心理健康。

需接受化療的患者在治療期間可能會出現脫髮，故需要特別處理，中心邀請理髮師仗義幫忙，再配合心理學家為患者提供輔導，儘可能讓她們在治療過程中感受到愛護及關懷。

乳癌支援中心團隊在設計活動的過程中採納針對性模式，逐步深化各項活動對個別患者的成效。普拉提運動是率先以此模式，由導師按個別患者的健康情況進行專業評估，設計出特定的鍛鍊動作，以改善因乳癌治療所引起的併發症，例如患者因乳房切除手術後引致上肢未能正常伸展，這些課程尤為重要。

香港乳癌基金會賽馬會乳健中心（九龍）落成後，紓緩了位於香港北角的乳癌支援中心服務額滿的情況。該中心三分之二的服務使用者居住於九龍及新界，他們在九龍中心投入服務後已轉往該中心，騰出北角中心的服務名額，讓更多患者能使用該中心的服務。年度內，北角及九龍中心的整體服務人數上升 10%。



健康烹飪班深受乳癌患者及康復者歡迎。

Healthy cooking classes are very popular with breast cancer patients and survivors.



乳癌患者和康復者參與普拉提運動班。

Breast cancer patients and survivors participated in Pilates classes.

## Deepening corporate partnership

With support from the corporate sector, the BCSC has developed various patient care programmes in the reporting year. Jacobson Medical ( Hong Kong ) Limited has provided free and subsidised Oncotype DX<sup>®</sup> tests to BCSC's patients. The test is performed using a patient's breast tumour tissue, aiming to help understand whether chemotherapy is likely to be beneficial to the patient. The programme was highly welcomed and all the free quotas were filled.

Breast cancer patients and survivors are interested in maintaining a healthy diet. Nicole's Kitchen offered free healthy cooking classes to equip patients with fundamental understanding of nutrition and healthy cooking methods.

The classes also served as an opportunity for members to support one another and improve their emotional wellness altogether.

The BCSC also invited a hair stylist and a psychologist to provide free hair-cutting service and counselling to patients experiencing hair loss during their treatment, showing them love and care in every possible way.

The BCSC customised its programmes to address the different needs of its patients and survivors throughout their recovery. Pilates was one of the first programmes developed with this in mind. The actual course content of the programme has been designed by the programme instructor based on the professional health assessments

of the individual patients. The exercises aim to mitigate the sequelae caused by breast cancer treatment, for example, limitation in mobility as a result of mastectomy.

After the opening of the HKBCF Jockey Club Breast Health Centre ( Kowloon ), many of the current BCSC North Point members who live in Kowloon and the New Territories now opt to use the new Kowloon centre. This has subsequently freed up spaces at the North Point centre ( which had once reached full capacity ) for new members there. The overall enrolment of the BCSC has increased by 10% in this reporting year.

## 服務展望

乳癌支援中心未來發展重心，在於賦予乳癌患者及康復者更大自主權。「義工同路人」計劃旨在招募乳癌康復者成為中心義工，接受專業社工及護士培訓後，運用其所學及親身經歷，陪伴新加入成員面對疾病。

首屆淋巴水腫護理培訓課程獲得醫護界正面回應，乳癌支援中心將進一步拓展此培訓課程，成為具規模及常規化的培訓項目，為患者及醫護界帶來長遠裨益；同時，乳癌支援中心正與香港內衣業聯會合作，以喱士作為材料，精心設計外觀時尚的喱士手袖套，以此鼓勵患者多加使用。

乳癌支援中心亦會繼續與各業界、企業及支持者尋找更多合作機會，以擴展服務範圍。

## Projects in the Pipeline

When thinking of its development plans, the BCSC attaches paramount importance to patient empowerment. Volunteer navigation is a new initiative in which breast cancer survivors will be recruited as volunteers, trained by professional social workers and nurses, and thus apply what they have learnt and their first-hand experience on walking new patients through their breast cancer journey.

Following the success of its first lymphoedema training course, the BCSC is going to expand the training into a structured and regular training programme, hoping to bring long-term benefit to patients and the medical industry. Meanwhile, the BCSC is working closely with Hong



學員們於淋巴水腫護理培訓課程中互相學習。  
Students learnt from each other during the lymphoedema training course.

Kong Intimate Apparel Industries' Association ( HKIAIA ) on the design of fashionable lace covers for the compression sleeves to encourage patients to use the sleeves more often.

The BCSC will continue to explore more partnership opportunities with different sectors, entrepreneurs and supporters, broadening its scope of service .

## 乳癌支援中心為患者提供之復康旅程 Patient Recovery Journey at BCSC



**01**

治療前準備  
Pre-treatment Stage

克服恐懼及  
為接受治療作準備  
Overcome fear and  
prepare for treatment



**02**

治療  
Treatment Stage

紓緩治療對患者  
身體情況之影響  
Mitigate the impact of  
treatment on  
physical condition



**03**

復康  
Survivorship Stage

重建身體及心理健康  
Regain physical  
health and  
emotional wholeness



**04**

義工同路人  
Volunteer  
Partnership Stage

康復者成為義工助新患者  
走過治療旅程  
Survivors volunteer  
themselves to  
walk new patients  
through recovery

# 研究與倡議 Research and Advocacy



## 香港乳癌資料庫第 10 號報告揭示乳癌高危因素

香港乳癌資料庫在 2018 年 9 月發佈第 10 號報告顯示最新乳癌研究結果，以及一項探討婦女罹患乳癌風險因素的研究成果。資料庫進行了一項對照研究，比較 5,102 名乳癌患者或康復者及 5,520 名沒有乳癌病歷的婦女，探討不同風險因素與乳癌病發的關係。研究結果顯示，增加患上乳癌的部份因素，包括高度精神壓力、多吃肉和奶類製品、肥胖和運動不足。有關研究提醒繁忙的香港婦女要多加注意生活及飲

食習慣。研究亦反映政府現時只建議為高風險婦女接受乳癌篩查的做法有不足之處。

除了對照研究外，香港乳癌資料庫亦收集及分析了 17,099 名乳癌病患者或康復者的資料。香港乳癌資料庫發現只有一成個案經由乳房 X 光造影檢查發現，確診時屬第 III 及 IV 期的個案比率接近兩成。結果亦顯示若能及早在未出現徵狀時發現乳癌，患者存活率超過九成。

基金會亦進行了一項電話調查，訪問了 800 名年滿 18 歲的婦女，了解她們對乳癌的認知程度。結果顯示，受訪者對乳癌的認知不足：只有約半數婦女知道乳癌是香港女性的頭號癌症；在 40 歲以上受訪者當中，有半數曾接受乳房 X 光造影檢查，但僅兩成有保持每兩年檢查一次。

## HKBCR Report No.10: high risk factors of breast cancer

In September 2018, the Hong Kong Breast Cancer Registry (HKBCR) announced its latest findings on breast cancer facts in its tenth research report – HKBCR Report No.10 – and the outcome of a case-control study that examined the relationship between various risk factors and the incidence of breast cancer among 5,102 patients / survivors and 5,520 women with no history of breast cancer. The

results suggested that certain factors might lead to higher risk of developing breast cancer, including a higher level of perceived stress, a diet rich in meat / dairy products, excess weight / obesity, and lack of exercise. The study reminded women in Hong Kong, who usually lead a busy life, to be aware of their lifestyle. It also underlined the inadequacy of the current government policy that only women at high risk are recommended to undertake regular screening.

Apart from the case-control study, the HKBCR also collected and analysed the data of 17,099 breast cancer patients / survivors. The HKBCR found that only 10% of these cases were detected through mammography screening while

cases of stage III and IV cancer at diagnosis accounted for nearly 20% of the total cases. The results implied that early detection even at the asymptomatic stage, would lead to a better prognosis with a survival rate of over 90%.

The HKBCF also conducted a telephone survey with 800 women aged 18 or above. The findings showed that breast health awareness was low among the respondents: Only half of the respondents realised that breast cancer was the most common cancer among women in Hong Kong. Among those aged 40 and above, half of them had mammography screening but only 20% received mammography screening every two years.



基金會於 2018 年 9 月發表第 10 號研究報告。

A press conference was held in September 2018 to release the findings of the HKBCR Report No.10.



## 首次向行政長官提交全民乳癌篩查意見書

經過多月的研究，香港乳癌研究中心從其他國家及地方搜集數據，包括台灣的經驗，證明全民乳癌篩查有效降低乳癌死亡率及晚期乳癌個案。

就此，香港乳癌基金會在行政長官林鄭月娥女士發表 2018 年施政報告前，向她提交首份建議書，促請政府在中長期落實全民乳癌篩查「三步走」策略：第一步為高風險婦女建立一個篩查計劃；第二步，政府應考慮為患乳癌一般風險的婦女，推行地區性的先導計劃，優先涵蓋有需要人士，例如在收入較低及錄得較高晚期乳癌比率和較低篩查率地區居住的婦女；第三步，政府應考慮採納全民篩查作為香港中長期乳癌防控策略。

若受限於現有資源，基金會建議政府可加強與私營醫療機構和非政府組織合作，為更多婦女提供乳房 X 光造影檢查服務。



香港乳癌資料庫督導委員會成員陳英凝教授（左），基金會創會人張淑儀醫生（中）及基金會主席霍何綺華女士（右）強調由政府主導的全民篩查對治療乳癌尤關重要。

Prof Emily Chan, member of Breast Cancer Registry Steering Committee ( left ), Dr Polly Cheung, Founder of the HKBCF ( middle ); and Mrs Eliza Fok, Chairman of the HKBCF ( right ), stressed that a Government-led population-wide screening programme would be integral to championing breast cancer.

## First submission to the Chief Executive on population-wide breast cancer screening

After months of research, the HKBCF Breast Cancer Research Centre ( BCRC ) consolidated data and research from the expertise in other countries and places, including Taiwan, to affirm that population-wide breast screening programmes are effective in reducing breast cancer mortality rates and the number of advanced stage cases.

Hence, the HKBCF made its first submission to Mrs Carrie Lam, the Chief Executive, prior to her 2018 Policy Address, to urge the Government to consider launching population-wide screening in the mid-to-long term by adopting a three-phase approach: First, the Government should put in place a screening programme for high

risk women as soon as possible, in line with the current Government strategy; Secondly, the Government should implement a district-based pilot scheme for average risk women residing in low-income districts with low breast screening rates and high advanced breast cancer incidence rates; Thirdly, the Government should consider implementing a population-wide breast cancer screening programme.

As resources might be a concern, the HKBCF suggested that the Government should consider deepening collaboration with the private sector and non-government organisations ( NGOs ) to boost the capacity for population-wide mammography screening.



乳癌患者分享她的復康經歷。  
Breast cancer patient shared her experience in the recovery journey.

## 倡議全民乳癌篩查

**基**金會在報告年度內不遺餘力，透過參與不同會議，向各持份者推廣全民篩查的重要性，同時促請政府盡快採取行動，應對日益嚴重的乳癌問題。

食物及衛生局、衛生署及醫院管理局在 2019 年 5 月 16 日舉辦香港癌症策略簡介會，諮詢持份者對本港未來癌症政策方向的意見。基金會主席霍何綺華女士在會上引用海外乳癌相關的研究結果，促請政府盡快落實全民乳癌篩查。

基金會創會人張淑儀醫生於 2019 年 5 月 20 日，出席支援癌症病患者事宜小組委員會會議。該小組委員會是由立法會衛生事務委員會組成。張醫生於會內解釋全民乳癌篩查「三步走」

的施行策略。在席議員對乳癌篩查的反應十分正面，認為此策略務實可行，同時政府應擬訂推行篩查的確切時間表。

## 服務展望

**乳**癌研究中心將繼續拓展網絡，與更多醫院、診所及醫療設施加強聯繫，以擴大資料庫數據；同時深化與其他研究機構的合作，增加研究工作後所得成果的實際應用，為乳癌患者及康復者帶來更大裨益。香港乳癌基金會相信向行政長官呈交意見書是最直接的倡議渠道之一，故基金會將繼續此舉，促請政府盡快落實全民乳癌篩查的政策。



基金會主席霍何綺華女士（左一）於食衛局副局長徐德義醫生（左二）及醫管局行政總裁高拔陞醫生（左三）主持的香港癌症策略簡介會中發言。

Mrs Fok (left), Chairman of the HKBCF, spoke at the public consultation session on cancer strategy hosted by Dr Chui Tak-yi, Under Secretary for Food and Health (2nd from left) and Dr Tony Ko Pat-sing (3rd from left), the Chief Executive Officer of the Hospital Authority.

## Advocacy of population-wide breast screening

In the reporting year, the HKBCF made every effort to meet with stakeholders and relevant government officials to urge for immediate actions to curb the worsening problem of breast cancer.

On 16 May 2019, the Food and Health Bureau, the Department of Health and the Hospital Authority held a public consultation session to seek the views of relevant stakeholders on the direction of Hong Kong's future cancer strategy. Mrs Eliza Fok, Chairman of the HKBCF, made reference to the ample evidence from overseas studies in the briefing session to urge the Government to implement population-wide breast screening as soon as possible.

On 20 May 2019, Dr Polly Cheung, Founder of the HKBCF, attended a meeting of the Subcommittee

on Issues Relating to the Support for Cancer Patients formed under the Panel on Health Services of Legislative Council. At the meeting, Dr Polly Cheung explained the three-phase population-wide breast screening proposal. The three-phase approach was well received by attending members, who considered it to be pragmatic and feasible. They also considered that the Government should draw up a concrete timetable to implement a breast cancer screening policy.

## Projects in the pipeline

The BCRC will continue to expand its database by reaching out further to collaborate with more hospitals, clinics and medical facilities, as well as deepening its collaboration with other research institutes, and putting its research into practice for the benefit of breast cancer patients

and survivors. The HKBCF considers making submission to the Chief Executive one of the most effective channels to advocate its cause. Hence more submissions will be made to the Government to further HKBCF's advocacy of population-wide breast screening.



基金會創會人張淑儀醫生出席立法會的支援癌症病患者事宜小組委員會會議。

Dr Polly Cheung, Founder of the HKBCF, attended the meeting of the Subcommittee on Issues Relating to the Support for Cancer Patients of the Legislative Council.

## 與業界分享最新乳癌資訊

香港乳癌基金會年內亦舉辦一系列座談會連繫業內人士，並促進互相交流及增進對乳癌相關的知識。

- 56 位本地醫療人員參加於 2018 年 8 月 3 日舉行之 'Hong Kong-Taiwan Hormone-Receptor Positive ( HR+ ) Advanced Breast Cancer Scientific Meeting'.
- 44 位本地醫療人員參加於 2019 年 1 月 21 日舉辦之「乳癌免疫療專業會議」。
- 超過 50 位本地醫療專才參加於 2019 年 3 月 9 日舉辦的 'Hong Kong HR+ Breast Cancer Forum'.
- 基金會於 2019 年 3 月 20 日舉辦傳媒茶敘，介紹乳癌在檢測及治療方面的資訊，醫學界推動精準醫療而獲得的多項突破性發展，包括腫瘤基因組檢測、免疫治療、標靶治療與 3D 乳房 X 光造影檢查等最新醫學應用技術。
- 共有 80 位醫療專才出席於 2019 年 6 月 29 日舉行的「周年乳癌大會 2019：從試驗到臨床實踐」。

## Sharing the latest breast cancer updates with the medical sector

The HKBCF organised a series of forums and symposiums to share information and medical updates with medical professionals in the community:

- A total of 56 local medical professionals participated in the 'Hong Kong-Taiwan Hormone-Receptor Positive ( HR+ ) Advanced Breast Cancer Scientific Meeting' on 3 August 2018.
- The HKBCF invited 44 local medical professionals to the 'Expert Meeting' on Immunotherapy for Breast Cancer on 21 January 2019.
- Over 50 local medical professionals attended the 'Hong Kong HR+ Breast Cancer Forum' on 9 March 2019.
- The HKBCF held a media briefing on 20 March 2019 to introduce the breakthroughs in breast cancer treatment brought by precision medicine, including the Oncotype



香港乳癌基金會舉辦傳媒茶敘，介紹乳癌在檢測及治療方面的發展。  
HKBCF held a media briefing to introduce the development in breast cancer detection and treatment.

DX<sup>®</sup> test, immunotherapy, targeted therapy and 3D mammography.

- The 'Annual Updates on Breast Cancer 2019: from Trial to Clinical Practice' held on 29 June 2019 attracted 80 medical professionals.



香港乳癌基金會管治委員會成員李沛基醫生（中）在傳媒茶敘上簡介用於 HR+ 乳癌的標靶治療。

Dr Lawrence Li ( middle ), Management Committee Member of the HKBCF, introduced the targeted therapy for HR+ breast cancer during the media briefing.

# 公眾支持 PUBLIC SUPPORT

**香**港乳癌基金會在年度內獲得公眾、企業及資助機構以不同方式慷慨支持，讓我們可持續服務及運作。基金會的年度大型乳健推廣及籌款活動「乳健同行 2018」於 10 月 21 日在山頂順利舉行，接近 2,000 名健兒以粉紅裝束現身，合力喚起大眾對乳健的關注，並為基金會的工作籌得超過 3 百萬港元。政務司司長張建宗先生擔任開幕主禮嘉賓，他承諾政府將會加快研究工作，優次有序地展開乳癌篩查工作。

In the reporting year, the HKBCF received generous support from the general public, corporations and funding bodies to sustain HKBCF's services and operations. The 'Pink Walk for Breast Health 2018', one of HKBCF's annual signature events to promote breast health awareness and raise fund for HKBCF's services, was held successfully at the Peak on 21 October. Almost 2,000 Pink Walkers took part in the Walk and



over HK\$3 million was raised. When officiating the event, Mr Matthew Cheung Kin-chung, Chief Secretary for Administration, affirmed the Government's support by pledging to hasten the research process and work out the priorities for the implementation of breast screening policies.



**基**金會的粉紅夥伴與我們緊密合作，致力乳健教育及籌款工作。年內共 30 多家企業加入「粉紅夥伴」計劃，為其員工、生意夥伴、顧客及消費者舉辦各類活動，包括慈善義賣、健康講座、社交平台運動挑戰賽及慈善比賽等，透過多層面的活動在社區傳遞乳健訊息及爭取更多人支持。

**H**KBCF's Pink Partners worked closely with the HKBCF in public education and fundraising. Over

30 corporations joined HKBCF's Pink Partners programme in the reporting year by providing a wide range of activities such as charity sales, health talks, online health challenges and charity contests for their employees, business partners, clients and customers. The vast array of activities helped popularise the message of breast health and increase support for HKBCF's cause in the community.

1 歌星葉麗儀灌錄的「檢查為乳健」獲各大商場支持播放。  
The promotion jingle sung by Frances Yip was aired in many shopping malls.

2 支持乳健同行的企業及公眾人數多年來不斷增多。  
Number of corporate and individual supporters attending Pink Walk continues to grow over the years.

3 基金會名譽會長范徐麗泰女士致送紀念品感謝葉傑全博士夫婦的支持。  
Mrs Rita Fan, Honorary President of the HKBCF, presented a souvenir to Dr and Mrs Yip for their support.

4 藝人龔慈恩及林愷鈴母女檔為基金會拍攝以「用妳的健康，成就家人的快樂」為主題的短片。  
The HKBCF invited artist Mimi Kung and her daughter Ashley Lam to record a video with the theme 'Your Health Means Happiness For Your Family'.

5 港島中學舉辦師生籌款活動。  
Island School held a fundraising event for teachers and students to support the HKBCF.

6 Nicole's Kitchen 教導乳癌支援中心會員烹調健康又美味的料理。  
Nicole's Kitchen taught BCSC members to cook healthy and delicious food.

香港賽馬會慈善信託基金給予香港乳癌基金會賽馬會乳健中心（九龍）的資助將近完結，因此基金會需要籌措經費，維持九龍中心日常運作及未來發展。基金會遂於2019年3月推出九龍中心命名捐助計劃，讓善長認捐中心內的特定設施。該計劃首個認捐項目為葉袁玉卿教育會堂。該中心以著名工業家及慈善家葉傑全博士的妻子葉袁玉卿女士命名，以答謝葉博士和葉夫人對基金會工作的支持。

It is paramount to secure funding in order to sustain the services the HKBCF provides at HKBCF Jockey Club Breast Health Centre (Kowloon), since the support from the Hong Kong Jockey Club Charities Trust is coming to an end. Hence a Naming Opportunities programme was rolled out in March 2019, allowing donors to name designated facilities in the Kowloon

Centre after donating to the HKBCF. Renowned philanthropist Dr Yip Kit-chuen was the first to donate under the programme. The Education Hall in Kowloon Centre was then named after his wife Mrs Yip Yuen Yuk-hing in recognition of their generous support.



企業支持對基金會改善工作及設施十分重要。基金會年內獲 Fidelity Asia Pacific Foundation 現金資助，提升捐助者關係管理系統。新系統增設多項自動功能，將有助基金會更靈活及有效率地處理捐助者資訊。

國際數碼市場推廣公司 Reprise 香港公司為基金會提供免費市場推廣服務，於2019年4月開始籌展一項網上乳健宣傳計劃，利用網上社交媒體促請婦女更關注自身乳健情況，並爭取公眾支持全民乳癌篩查。

Corporate support was also one of the main sources that allowed the HKBCF to enhance its services and facilities. In the year, the HKBCF received a cash grant from the Fidelity Asia Pacific Foundation to upgrade its Donor Relations Management system. The new system features various automated functions that enable more flexible and efficient handling of donors' data.

The Hong Kong Office of Reprise Digital, a global digital marketing agency, offered the HKBCF a pro-bono marketing service. The HKBCF started planning for an awareness campaign in April 2019, which included producing an online promotion video to urge women to be more breast aware, and to drum up public support on social media for population-wide breast screening in Hong Kong.

另

外，基金會亦在此感謝企業及團體提供各項資源支持我們的工作，包括借出場地舉辦乳健講座、慈善義賣及教育攤位、擺放捐款箱，及在其社交平台發放基金會文章、傳媒採訪及乳健相關訊息。

Our thanks also go to those who offered their facilities for our work, for example, providing us venues for holding health talks, health exhibitions, charity sales and education booths, placing donation boxes, and also lending us their social platforms for posting articles, media interviews and breast health-related messages.



香港乳癌基金會創會人張淑儀醫生榮獲香港浸會大學頒授榮譽大學院士，肯定她在推動乳健教育、患者支援和相關研究方面的貢獻。

Dr Polly Cheung, Founder of the HKBCF, was conferred Honorary University Fellowship by the Hong Kong Baptist University in recognition of her contribution to the promotion of breast cancer education, patient support and research in Hong Kong.

香港乳癌基金會主席霍何綺華女士（左五）與多位基金會的管治委員會、顧問理事會成員及善長好友出席典禮，祝賀張淑儀醫生。

Mrs Eliza Fok, Chairman of the HKBCF ( 5th from left ) and HKBCF's Management Committee members, Advisory Council members, friends and supporters shared the joy with Dr Cheung in the conferment ceremony.



雅詩蘭黛集團多年來舉辦不同活動為香港乳癌基金會籌募善款，並提醒大眾乳健檢查的重要性。

The Estee Lauder Companies has organised an array of activities over the past years to raise fund for the HKBCF as well as to promote the importance of breast screening.



Fly Pink 舉辦慈善義賣，所得善款用於推廣乳健訊息、支援乳癌患者和乳癌研究的工作。  
Fly Pink organised a charity sale to raise fund for breast health promotion, patient support and research on breast cancer.

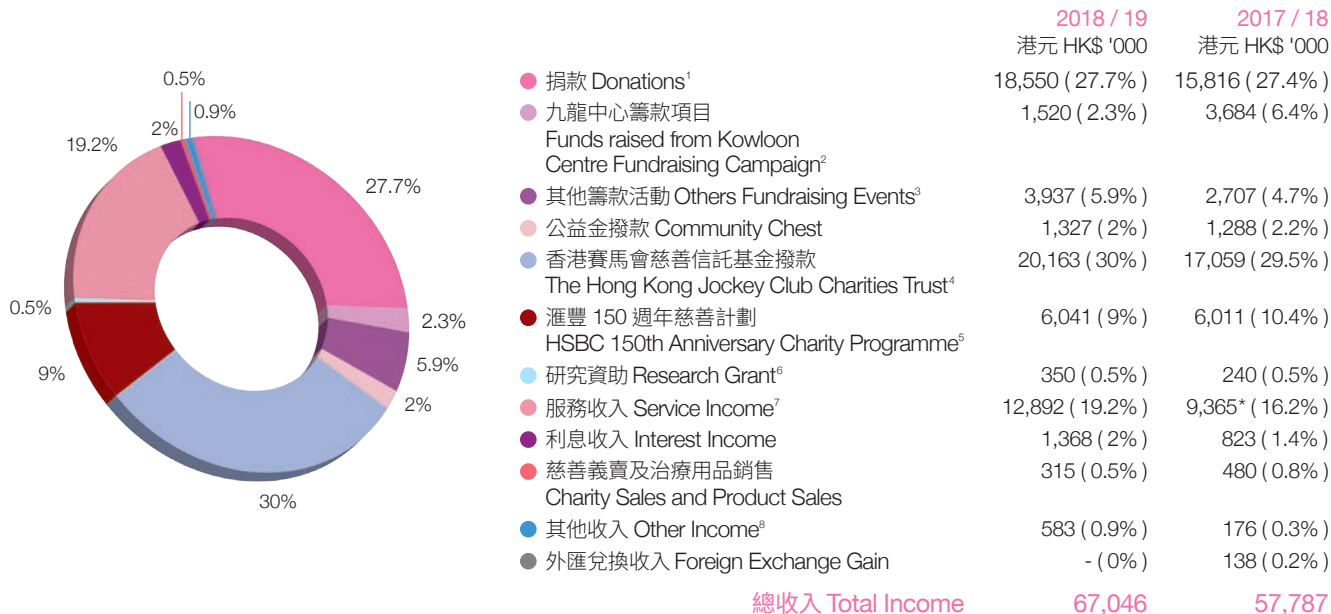


Subway 於港鐵彩虹站分店內設置籌款箱，為基金會籌款，並藉此提高大眾對乳健的關注。  
A donation box was placed at Subway's branch at MTR Choi Hung Station to raise fund for the HKBCF as well as to promote breast cancer awareness.



粉紅夥伴在 Facebook 舉辦銷售活動，為基金會籌款及推廣乳癌關注意識。  
Pink Partners held Facebook sales campaigns to raise fund for the HKBCF and promote breast health awareness.

# FINANCIAL 財務摘要 SUMMARY



**年度盈餘 Surplus for the Year<sup>10</sup>** **5,827** **5,294**

\* 此結餘包括 (1) 香港乳癌基金會位於北角的服務中心(下稱「香港中心」)錄得的收入及支出;及 (2) 香港乳癌基金會賽馬會乳健中心(九龍)(下稱「九龍中心」)在 2017 年 12 月至 2018 年 6 月期間(即九龍中心啟用期)錄得的收入及支出。  
This balance includes (1) the income and expenditure of the Hong Kong Breast Cancer Foundation service centres located in North Point ("Hong Kong Centre"); and (2) the income and expenditure of Hong Kong Breast Cancer Foundation Jockey Club Breast Health Centre (Kowloon) ("Kowloon Centre") during the period after the opening of Kowloon Centre (between December 2017 to June 2018).

# 此結餘指於 2017 年 7 月至 2017 年 11 月期間九龍中心的籌建成本。This balance refers to the set-up costs of Kowloon Centre from July to November 2017.

#### 備註 Notes:

- 捐款主要來自一名匿名捐款人的一筆捐款，用作支持乳癌支援中心和乳癌研究中心的運作。Donations are comprised mainly of a donation made by anonymous donor. The donation is used to support the operation of Breast Cancer Support Centre and Breast Cancer Research Centre.
- 九龍中心籌款項目籌得的款項主要來自個人及企業捐款。Funds raised from Kowloon Centre Fundraising Campaign mainly include donations made by individuals / corporations.
- 2018 年「乳健同行」慈善步行籌款活動是其中一項主要籌款活動。One major fundraising event held was Pink Walk for Breast Health 2018.
- 香港賽馬會慈善信託基金批出 1,262 萬港元，於 2014 年 7 月至 2017 年 7 月期間資助一項以低收入婦女為對象的乳健教育及乳健檢查，及批出 7,921 萬港元資助 (1) 籌建九龍中心; (2) 九龍中心家具及設備; (3) 2017 年 12 月至 2020 年 11 月期間「賽馬會乳健同行計劃」的營運。香港賽馬會慈善信託基金的撥款將視為上述期間的收入，以用作抵銷期間需要負擔的相應成本。The Hong Kong Jockey Club Charities Trust ("HKJC") approved a sum of HK\$12.62 million to support the operation of the "Breast Health Education and Screening Programme for Underprivileged Women" from July 2014 to July 2017; and a sum of HK\$79.21 million to fund (1) the construction of Kowloon Centre; (2) furniture and equipment of Kowloon Centre; (3) the operation of "Jockey Club Breast Care for You Programme" from December 2017 to November 2020. The funding from HKJC shall be recognised as income throughout the said periods to cover the costs which they are intended to compensate.
- 滙豐 150 週年慈善計劃批出 3,888 萬港元，於 2016 年 9 月至 2022 年 7 月期間，資助「乳健一生」免費乳房 X 光造影檢查計劃。該項慈善撥款將視為上述期間的收入，以用作抵銷期間需要負擔的相應成本。The HSBC 150th Anniversary Charity Programme approved a sum of \$38.88 million to fund the "Breast Health for Life Free Mammography Screening Programme" from September 2016 to July 2022. The funding from the HSBC 150th Anniversary Charity Programme shall be recognised as income over the said periods necessary to cover the related costs which they are intended to compensate.
- 研究資助包括來自香港輝瑞有限公司(「輝瑞」)對 Palbociclib 研究，總數為 47 萬港元的撥款資助，輝瑞會按研究進度發放撥款; (2) 羅氏大藥廠香港有限公司(「羅氏」)對 HER2+ 乳癌治療研究計劃的撥款資助。The research grant includes the grant received from (1) Pfizer Corporation Hong Kong Limited ("Pfizer") for Palbociclib Study. The total amount of grant is \$0.47 million and Pfizer will release payment based on work progress; (2) Roche Hong Kong Limited for "HER2+ Breast Cancer Treatment Landscape" Project.
- 香港中心及九龍中心的淋巴水腫測量及患者支援服務收入為 80 萬港元，乳健檢查及測量收入則為 1,210 萬港元。In both Hong Kong Centre and Kowloon Centre, the income from lymphoedema assessment and patient support service were HK\$0.8 million, whereas the income from breast screening and assessment were HK\$12.10 million.
- 其他收入包括淋巴水腫護理培訓課程、雜項收入、項目報名費及會員費等。Other income includes tutorial fee of lymphoedema training courses, sundry income, programme registration fee and membership fee, etc.
- 此結餘主要包括 (1) 九龍中心自 2017 年 8 月落成後折舊合共 1,190 萬港元; (2) 香港中心及九龍中心內的醫療儀器折舊合共 280 萬港元。This balance mainly includes (1) depreciation of Kowloon Centre: HK\$11.90 million after the completion of its construction in August 2017; (2) depreciation of medical equipment in Hong Kong Centre and Kowloon Centre: \$2.80 million.
- 本年盈餘將用於香港乳癌基金會的策劃、組織及服務發展。The surplus of the year will be used by Hong Kong Breast Cancer Foundation Limited for the purpose of strategic, organisational and service developments.

上述截至 2019 年 6 月 30 日的香港乳癌基金會年度財務摘要，經由黃龍德會計師事務所有限公司審核。於我們經審核的年度財務報告中發表的完整財務報表，可於香港乳癌基金會辦事處查閱。香港乳癌基金會的核數師已就該賬目提供審核報告。核數師報告為無保留意見的審核報告，其中不包含審核師在不出具保留意見的情況下以強調方式提請使用者注意的任何事項，亦不包含根據《公司條例》第 406(2)、407(2)或(3)條作出的聲明。The above financial highlights for the year ending 30 June 2019 of the HKBCF have been audited by Patrick Wong C.P.A. Limited. The full financial statements published in our audited annual accounts are available at the office of the HKBCF. The Foundation's auditor has reported on those financial statements. The auditor's report was unqualified; did not include a reference to any matters to which the auditor drew attention by way of emphasis without qualifying its reports; and did not contain a statement under sections 406(2), 407(2) or (3) of the Companies Ordinance.



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• This list consists of individuals / organisations that have donated us HK\$20,000 or more in cash. Their English names are listed in alphabetical order while Chinese names are listed according to the number of strokes of their surnames. All donations received are for the purpose of delivering services and projects dedicated to the fight against breast cancer. Hong Kong Breast Cancer Foundation Limited has sole governance and our decisions are independent based on our professional judgements and integrity. No decision has been or will be affected by the sponsoring companies.

# Special Feature: LET'S PINK

## 專題：一起粉紅

活出粉紅，靠的不只是個人努力，也需要「他們」陪同走過。「他們」可以是身邊人，也可以是在復康路上遇到的每位。香港乳癌基金會就是這麼一個地方，讓在基金會支援下康復的乳癌患者，也可以投入幫助其他同路人，再加上基金會的心理學家、護士及其他職員陪同面對，實踐「以生命影響生命」的精神。

粉紅不只是顏色，也不只是光譜，它更是一種信念。大家透過接受幫助及幫助他人，將粉紅精神傳播出去，一起粉紅，正是基金會使命及意義所在。

You need more than just yourself to live Pink. You need company – they can be your loved ones, and also all of those you have met during your recovery. With the help of HKBCF's psychologists, nurses, and other staff members, the HKBCF is a place where breast cancer survivors, who once received help here, offer their helping hands to the others going down the same road.

The HKBCF makes "Let's Pink" its mission and value. Pink is more than just a colour. Pink is a spirit that encourages people to take as well as to give. By living life this way, we can, one day, make the world go Pink with us.



“……多得香港乳癌基金會乳癌支援中心，我取得了很多關於乳癌的資訊，他們的情緒支援計劃，令我認識很多乳癌同路人，我們互相交流，使我抗癌歷程不再孤獨。亦因為這個病，使我更愛惜自己，而家人之間的凝聚力亦大大提升。

…… Thanks to the BCSC for their support in providing paramedical information and emotional counseling. The sharing among patients and survivors made me understand that I am not alone in fighting breast cancer. This battle also drew my family members and me even closer together, and I learned how to care for myself more. ”  
Stella

“…… 朋輩支援小組的年輕患者及康復者給了我很大的鼓勵及實用的抗癌建議。回想今次乳癌的經歷，原來是一份上天給我的禮物，讓我學懂珍惜生命中最重要的是家庭與健康。

…… the young patients and survivors at the Peer Support group gave me both courage and practical advice to face the illness. Now I see my experience with breast cancer as a gift from Heaven as it helped change my heart to treasure the most important things in my life, namely family and health. ”  
Teresa



“…… 抗癌路上不要諱疾忌醫，要冷靜、理性、勇敢面對，基金會的乳癌支援中心亦給予很大的支援，加上家人的陪伴，令我感覺並不孤單，亦知道定期檢查的重要性。

…… fight cancer with proper treatment, calmness and courage. I am so grateful for the support of BCSC and the companionship of my family members. I also witnessed the importance of regular breast screening. ”  
Ivy



“…… 轉介到乳癌支援中心後，護士姑娘定期與我聯絡，給我正確指引，使我對治療增加信心，再加上丈夫、兩個兒子和朋友相伴同行和鼓勵，得以順利完成療程，為此我十分感恩。

…… after being introduced to BCSC, a nurse there called me on a regular basis to give me much positive energy to deal with all treatments. My husband, my two sons and friends also gave me a lot of encouragement along the way. I am truly grateful. ”  
Kit





感謝各界鼎力支持，讓基金會可持續服務社會。  
The public support sustains HKBCF's continued services to the community.

乳癌患者 / 康復者製作手工藝品送給其他有需要人士，傳承支持基金會的善長人士之關愛。  
Breast cancer patients / survivors give their handicrafts to the other people in need to relay the love and care of the supporters of the HKBCF.



乳癌康復者成為基金會義工，協助患者走過治療及復康旅程。  
Breast cancer survivors become our volunteers to help the patients walk through the recovery journey.





香港乳癌基金會  
HK Breast Cancer  
Foundation



香港賽馬會慈善信託基金  
The Hong Kong Jockey Club Charities Trust  
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香港乳癌基金會有限公司

Hong Kong Breast Cancer Foundation Limited

一般查詢 General Enquiry: T+( 852 ) 2525 6033 F+( 852 ) 2525 6233 info@hkbcf.org

香港乳癌資料庫電郵查詢 Hong Kong Breast Cancer Registry Enquiry: hkbcr@hkbcf.org

香港乳癌基金會 (香港中心)

Hong Kong Breast Cancer Foundation ( Hong Kong Centre )

香港北角木星街 9 號永昇中心 22 樓 (香港炮台山站 A 出口)

22/F, Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong ( Exit A, MTR Fortress Hill Station )

乳健檢查熱線 Breast Screening Hotline: ( 852 ) 3143 7333

乳癌支援服務 Patient Support Hotline: ( 852 ) 2525 6033

香港乳癌基金會賽馬會乳健中心 (九龍)

Hong Kong Breast Cancer Foundation Jockey Club Breast Health Centre ( Kowloon )

香港九龍牛池灣龍翔道 28 號 (港鐵彩虹站 C2 出口)

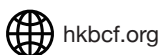
28 Lung Cheung Road, Ngau Chi Wan, Kowloon ( Exit C2, MTR Choi Hung Station )

乳健檢查熱線 Breast Screening Hotline: ( 852 ) 2597 3200

乳癌支援服務 Patient Support Hotline: ( 852 ) 2597 3251

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