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Acknowledgements

願景

香港乳癌基金會（基金會）於2005年3月8日成立，是本港首間專注乳健教育、患者支援、研究及倡議的非牟利慈善組織，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。

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 and research & advocacy. The HKBCF is operated by Hong Kong Breast Cancer Foundation Limited.

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

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

香港乳癌基金會有限公司是向香港稅務局註冊的機構。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).



前言 FOREWORD

香港乳癌基金會自2005年3月8日創立至今一直以全方位的教育、支援、研究及倡議對抗乳癌，並為乳癌患者和她們的家人帶來關愛和希望。

乳癌是香港女性頭號癌症，乳癌死亡率在眾多女性癌症中高踞第三位。單在2015年，全港有3,900名婦女新確診乳癌，即每天平均有十位婦女罹患乳癌。最近的統計指出，罹患乳癌的累計風險已由2005年的每22人中有一人，增加至2015年的每16人中一人。香港錄得的乳癌個案在過去20年增加了三倍。

在本年度，香港乳癌基金會繼續通過乳健中心、乳癌支援中心和香港乳癌資料庫提供服務。本年報將臚列出這三方面工作年內的進展。

這年度裡一項重大發展是滙豐150週年慈善計劃在2016年9月向香港乳癌基金會捐贈港幣3,888萬元。這筆捐款有兩大用途，一是為北角的乳健中心購置一台乳房X光造影機、一台超聲波掃描儀器和其他設施。二是推行「乳健一生」免費乳健檢查計劃，在五年內資助8,000位低收入婦女接受檢查。

與此同時，位於牛池灣的香港乳癌基金會賽馬會乳健中心（九龍）的興建進展良好。發展該中心旨在讓九龍及新界居住的婦女更方便使用我們的服務，因為基金會研究發現，約七成的受訪乳癌患者在九龍或新界居住。當中，七成人在確診前從未接受過乳房X光造影檢查。

新的九龍中心將設有超聲波掃描儀器和乳房X光造影機各一部，並為乳癌患者及其家人提供支援服務。



「及早發現，治療關鍵」。香港婦女不應因為費用負擔而延誤接受乳健檢查。我們感恩有捐款者和贊助機構的慷慨支持，讓香港乳癌基金會能夠提供收費相宜的服務，更重要的是為有經濟困難的婦女提供免費的乳健檢查和其他服務。

2016/17 是香港乳癌基金會豐盛的一年。藉此機會我們要感謝所有捐款者、基金會名譽贊助人、贊助人、名譽會長、管治委員會和顧問理事會成員、名譽顧問、委員會成員、義工和大使的鼎力支持，無私奉獻。我們還要感謝基金會職員的貢獻及辛勤工作。

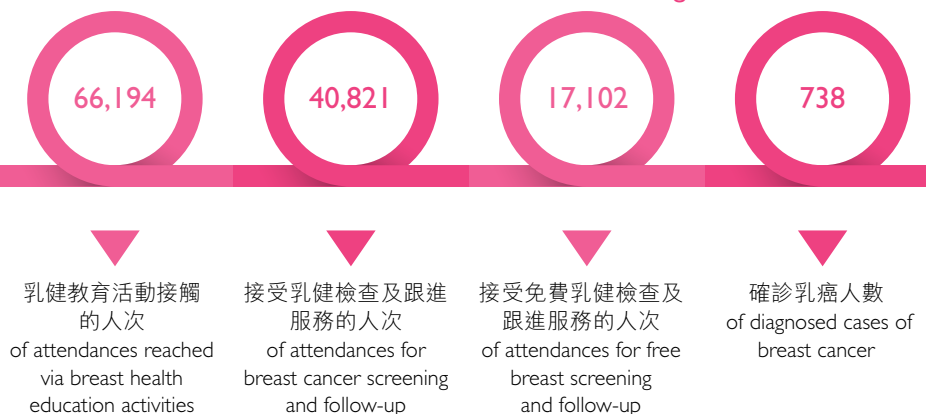
展望將來，我們將繼續提升我們的乳健檢查服務和乳癌患者支援。香港所受的乳癌威脅與日俱增，然而公眾對防範乳癌和及早偵測乳癌的意識薄弱，有必要加強乳健教育的工作。基金會亦計劃加強研究工作，務求進一步掌握乳癌實況，促使發展更有效的治療和護理方案。憑藉各位的支持和協助，我們有信心在對抗乳癌的戰線上更進一步。

乳健教育及乳健檢查

Breast health education and screening

12年的成果

Our achievements in 12 years...





Since its inception on 8 March 2005, the Hong Kong Breast Cancer Foundation (HKBCF) has been battling breast cancer through the holistic approach of education, patient support, research and advocacy, and bringing care and hope to breast cancer patients and their families.

Breast cancer is the most common cancer among women in Hong Kong and has the third highest mortality rate among all female cancer deaths. In 2015 alone, 3,900 women were newly diagnosed with breast cancer which means that, on average, 10 women were diagnosed with breast cancer every day. Recent figures showed that the cumulative lifetime risk of breast cancer increased from one in 22 women in 2005 to one in 16 women in 2015, and the number of new breast cancer cases in Hong Kong tripled in the past 20 years.

During the year under review, the HKBCF continues to provide services through the Breast Health Centre (BHC), the Breast Cancer Support Centre (BCSC) and the Hong Kong Breast Cancer Registry (HKBCR). Details of the work carried out by these three branches of operations in the year are set out in this report.

A major development during the year was the commitment made by the HSBC 150th Anniversary Charity Programme in September 2016 to donate HK\$38 million to the HKBCF. The donation has a dual purpose: firstly, to procure a mammography screening machine, an ultrasound screening machine and other equipment for the existing BHC clinic in North Point; secondly, to offer a "Breast Health for Life" free mammography service to 8,000 low-income women over a five-year period.

Construction of our new Hong Kong Breast Cancer Foundation Jockey Club Breast Health Centre (Kowloon) in Ngau Chi Wan is also progressing smoothly. It is necessary to make it more convenient for women residing in Kowloon and the New Territories to use the services of the HKBCF as our research

findings indicated that about 70% of participated breast cancer patients resided in Kowloon or the New Territories, and 70% of them never had mammography screening before being diagnosed with the disease.

The clinic at this second centre is also equipped with a mammography screening machine and an ultrasound screening machine. In addition, the centre provides support services for breast cancer patients and their families.

Early detection saves lives. It is important that women should not be deterred by cost and delay undertaking breast examinations. We are grateful to all our donors and sponsors. Their generosity enables the HKBCF to keep our service charges affordable and, more importantly, provide breast screening and other services to women with financial difficulties at no cost.

The year under review was a rewarding year for the HKBCF. We wish to take this opportunity to thank all our donors as well as our Honorary Patrons, Patron, Honorary President, Management Committee and Advisory Council members, Honorary Advisors, Committee Members, Volunteers and Ambassadors for their staunch and unfailing support. We wish also to thank the staff of the HKBCF for their dedication and hard work.

Looking ahead, we will continue to enhance our breast screening and breast cancer patient support services. In addition, we need to step up breast health education as public awareness of breast cancer prevention and the importance of early detection remains low, despite the increasing threat of breast cancer in Hong Kong. We also plan to strengthen our research capability to better understand the disease and facilitate the development of more effective treatment and care. We are confident that with the collaboration of all stakeholders and the help of our supporters, we will continue to progress in the fight against breast cancer.

患者支援
Patient support



- 香港乳癌基金會會員人數
of HKBCF members
- 參加各種患者支援活動的人次
of attendances of various support activities
- 藥物資助計劃的受惠人數
of patients benefitted from Drug Financial Assistance Programme
- 藥物資助計劃發放的資助金額
Amount reimbursed under Drug Financial Assistance Programme

香港乳癌資料庫
Hong Kong Breast Cancer Registry



- 已登記加入資料庫的醫院和診所數目
of hospitals and clinics registered as centres for data collection
- 登記患者人數
of patients registered

* 自2009年起計算 Since 2009



工作回顧 MANAGEMENT REVIEW

根據醫院管理局轄下香港癌症資料統計中心2015年公佈的統計，自1994年起，乳癌持續二十年成為婦女最常患的癌症，死亡率在女性癌症中排第三位。每16位女性中有一人在一生中有機會罹患乳癌。香港每年的新確診乳癌個案由1994年的1,152宗增加至2015年的3,900宗；每天平均有十位婦女確診患上乳癌，每星期約有12位女性死於乳癌。

香港乳癌基金會成立的願景是消滅乳癌對本港社群的威脅。我們透過乳健中心向公眾推廣乳健意識和定期乳癌檢查的重要性；乳癌支援中心協助患者走好復康之路；而香港乳癌資料庫則進行研究，倡導更佳的乳癌醫護方案。

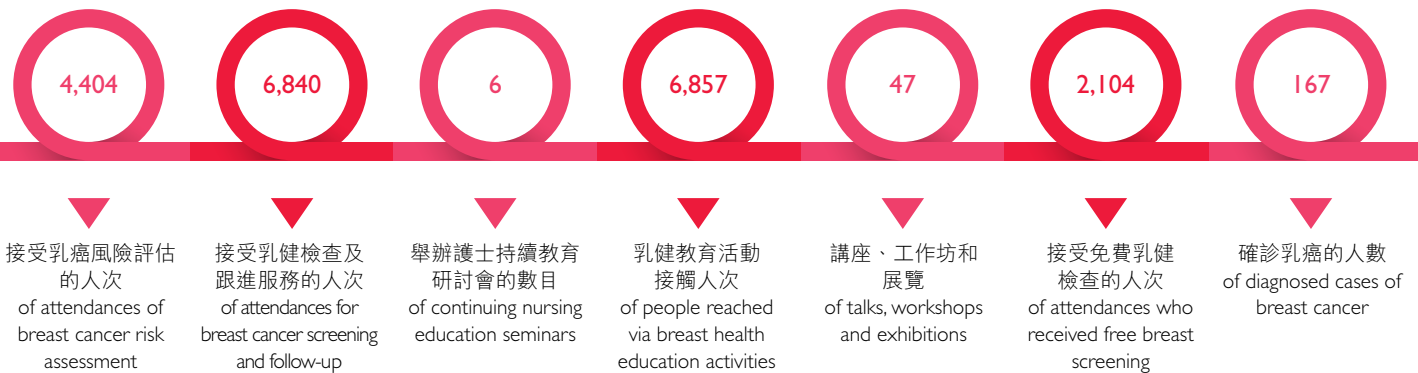
According to the Hong Kong Cancer Registry 2015 published by the Hospital Authority, breast cancer is the most common cancer affecting women in Hong Kong for two decades since 1994 and ranks third in mortality among all female cancer types. One in every 16 women develops breast cancer in her lifetime and female breast cancer cases diagnosed in Hong Kong tripled from 1,152 in 1994 to 3,900 in 2015. On average, 10 women are diagnosed with breast cancer every day and about 12 women die from breast cancer every week.

The Hong Kong Breast Cancer Foundation (HKBCF) was established with the vision to mitigate the threat of breast cancer to the local community by promoting public awareness of breast health and the importance of regular breast screening through the Breast Health Centre (BHC), supporting breast cancer patients on their road to recovery through the Breast Cancer Support Centre (BCSC), as well as advocating better breast cancer care in Hong Kong based on research through the Hong Kong Breast Cancer Registry (HKBCR).

乳健中心 BREAST HEALTH CENTRE (BHC)

乳健中心是香港首家非牟利的乳健診所，由專業醫護人員主理。乳健中心在推動婦女乳房健康方面發揮重要角色，並提供適時、費用相宜和專業的乳健檢查服務。

As the first non-profit breast health clinic in Hong Kong staffed by healthcare professionals, the BHC plays an essential role in promoting women's breast health by offering timely, affordable and professional breast screening services.



^ 上述為本報告年度之數據 Figures collected from the year in review

乳健檢查服務

我們的乳健教育推廣「及早發現，治療關鍵」。我們鼓勵婦女定期進行乳健檢查三部曲，即自我檢查、臨床檢查和乳房X光造影檢查。本年度，乳健中心共提供4,404次乳癌風險評估，以及提供6,840次乳健檢查和個案跟進服務。確診乳癌的總數是167宗。

免費乳健檢查計劃

香港乳癌基金會獲香港賽馬會慈善信託基金資助，得以為40歲或以上的低收入婦女提供免費乳健檢查服務。一旦確診乳癌，我們會轉介患者到私家或公立醫院接受治療，以及到基金會的乳癌支援中心尋求各種支援服務。本年度，共有2,104人次婦女參與免費乳健檢查計劃。

乳房X光造影及「乳健一生」免費乳健檢查計劃

滙豐150年週年慈善計劃於2016年9月正式確定捐贈港幣3,888萬元予香港乳癌基金會。這筆資助主要有兩大用途，一是為北角乳健中心添置一台超聲波掃描儀器，一台乳房X光造影機及其他設施。在此之前，基金會需要完全依靠外界機構提供此等服務。另一用途是推行「乳健一生」免費乳健檢查計劃，在五年內資助8,000名低收入婦女接受檢查。這項資助讓基金會能夠提供真正的一站式乳健服務。為切合最佳行事方式，乳健中心對每一位接受檢查的來訪者都採取三重評估，包括乳房臨床檢查、乳房X光造影檢查或超聲波掃描，以及如有需要會進行抽針檢驗。

乳健教育

對抗乳癌是我們的使命，乳健中心為此透過不同渠道進行教育推廣，以提升公眾對乳癌風險和乳房健康的關注，包括舉辦乳健教育講座，以及在社區組織、企業、學校、展覽會和展銷會設立資訊攤位和展板。在本年度我們共接觸了6,857人。



Breast Health Screening Service

As part of our breast health education on “early detection saves lives”, we encourage women to practise, on a regular basis, the three-step breast check-up of self-examination, clinical examination and mammography screening. During the reporting year, the BHC provided breast cancer risk assessment for 4,404 attendances and breast cancer screening and follow-up services for 6,840 attendances. The number of diagnosed cases of breast cancer was 167.

Free Breast Screening Programme

With funding from The Hong Kong Jockey Club Charities Trust, the HKBCF has been able to provide free breast screening services for low income women aged 40 years or above. If breast cancer is diagnosed, the patient would be referred to a private or public hospital for treatment and to the Breast Health Support Centre for support services. During the reporting year, 2,104 women received free breast screening.



Mammography Screening and “Breast Health for Life” Free Mammogram Service

In September 2016, the HSBC 150th Anniversary Charity Programme confirmed their generous donation of HK\$38 million to the HKBCF. The funding has a dual purpose: firstly, to procure an ultrasound screening machine, a mammography screening machine and other equipment for the BHC in North Point (before that, the HKBCF had to completely rely on outside contractors for such services); secondly, to offer a “Breast Health for Life” free mammography service to 8,000 low income women over a five year period. This new funding enables the HKBCF to become a true one stop breast health service provider. In line with current best practice, the BHC offers triple assessment in one appointment which includes clinical breast examination, mammography or breast ultrasound screening, and needle biopsy, if necessary.

Breast Health Education

As part of our effort in combating breast cancer, the BHC utilises various channels to raise public awareness of breast health care and breast cancer risks. The BHC delivered educational talks as well as set up information booths and displays at community organisations, companies, schools, exhibitions and expos, reaching 6,857 people in the year under review.

	講座及其他活動數目 # of talks and other activities	參加人次 # of attendances
社區組織 Community organisations	13	516
企業 Companies	19	1,349
學校 Schools	3	165
展覽會/ 博覽會 Exhibitions / Expos	4	4,827
總計 Total		6,857



乳癌支援中心 BREAST CANCER SUPPORT CENTRE (BCSC)

乳癌患者的長期存活率一直穩定地增加，乳癌康復者的需要和生活質素，是基金會支援服務的關注範疇。

康復者在完成療程後都會感到鬆一口氣。不過，未來的人生路、復發的可能性、財政壓力、治療副作用，或乳癌帶來的社會標籤效應，都可能成為她們的憂慮。香港乳癌基金會多年來發展了整全的乳癌患者支援服務，包括回應患者及其家人/照顧者需要的專業服務、醫護、日常生活和情緒等各方面的支援。

與上年度比較，乳癌支援中心在本年度的服務人次有所增加，共有6,034人次參與支援小組及輔導服務、4,772人次接受淋巴水腫護理和4,475人次參與復康活動。乳癌支援中心亦為1,006人次提供護理支援。

Long term survival rates of breast cancer patients are steadily rising. Addressing breast cancer survivors' needs and quality of life are major areas in which the HKBCF provides support.

Survivors may feel relieved after all cancer treatment, but they may be burdened with worries about the future, possibility of recurrence, finances, side effects of treatment, or the social stigma associated with breast cancer. Throughout the years, the HKBCF has developed a holistic approach of care for breast cancer patients on their journey of recovery that encompasses professional, medical, practical and emotional support not only for the patients, but also for their families and caregivers.

Compared to the previous reporting year, more breast cancer patients had benefited from the BCSC's support group sessions and counselling service (6,034 attendances), lymphoedema care (4,772 attendances) and survivorship activities (4,475 attendances) during the period under review. The BCSC also provided paramedical services to 1,006 attendances.

藥物資助計劃

乳癌治療對患者來說是沉重的經濟和心理負擔。香港乳癌基金會致力保障本港所有婦女，不論其經濟和健康狀況。自2009年起，香港乳癌基金會與數間藥廠合作，推出乳癌藥物資助計劃，為合資格患者提供某類藥物費用的補助。在本報告年度，共有48名患者經此計劃獲資助合共港幣1,864,326元，以服用KADCYLA®、XGEVA® 和Halaven®，金額較上年度增加210%。

Drug Financial Assistance Programme

Undergoing breast cancer treatment can cause financial strain and worry to patients. The HKBCF is dedicated to safeguarding the breast health of all women in Hong Kong regardless of their economic status or health condition. Since 2009, the HKBCF has collaborated with several pharmaceutical companies and launched the Breast Cancer Drug Financial Assistance Programme that offers eligible patients subsidies for specific drugs. During the reporting year, 48 patients received a total subsidy of HK\$1,864,326, a 210% increase from that of the previous year, for KADCYLA®, XGEVA® and Halaven® under the Programme.

淋巴水腫護理

研究指出，曾接受前哨淋巴結切除手術和術後放射治療的乳癌患者，有三成人會出現上肢淋巴水腫。淋巴水腫一旦出現，便無法還原，需要終身管理以防止惡化和減低感染的風險。

及早偵測淋巴水腫的出現，有助及早對治，以減低其嚴重性。香港乳癌基金會是首間引進護理服務以助乳癌患者預防、治療和管理淋巴水腫的非牟利機構。我們的服務包括臨床病癥評估、淋巴水腫指數測量、壓力袖套配戴治療、淋巴水腫運動、淋巴引流和繃帶包紮班。

香港乳癌基金會領先採用淋巴水腫指數測量作為監測和管理術後淋巴水腫風險的工具。在本報告年度，乳癌支援中心為4,772人次提供淋巴水腫護理服務，較上年度增加3%。

假髮送贈計劃、免費義乳胸圍和壓力繃帶送贈計劃

外觀上的轉變往往是乳癌患者感到最難克服的其中一關。在本年度，15名患者在假髮送贈計劃之下，接受了真髮達人和奇妙醫療真髮中心贊助的假髮。

在假髮以外，乳癌支援中心又於2016年推出免費義乳胸圍和壓力繃帶送贈計劃，以助有需要的患者減輕財政負擔。樂柔美健康有限公司及美儉有限公司分別向乳癌支援中心會員和服務使用者捐贈義乳胸圍和壓力繃帶。



Lymphoedema Care

Studies found that about 30% of breast cancer patients who received axillary lymph nodes dissection and adjuvant radiotherapy will develop breast cancer-related lymphoedema, which is a chronic condition that requires lifelong management to prevent the condition from worsening and reduce the threat of infection.

Early detection of lymphoedema enables early treatment that can reduce severity. The HKBCF is the first non-governmental organisation in Hong Kong which provides breast cancer-related lymphoedema prevention, treatment and management services, which include clinical symptom assessment and index measurement, compression sleeve, manual lymphatic drainage, lymphatic exercise and bandaging treatment exercises.

The HKBCF is a pioneer in using the lymphoedema index measurement as a tool to monitor and manage the risk of post-surgical lymphoedema. In the year under review, the BCSC provided lymphoedema care services for 4,772 attendances, which was a 3% increase on that of the previous year.

Free Wig Programme, Free Prosthesis Bra Programme and Bandage Giving Programme

Changes in physical appearance is often one of the most difficult hurdles that breast cancer patients have to overcome. In the year under review, 15 patients benefitted from the Free Wig Programme sponsored by Dr. Wigs and Medicare Wig.

In addition to the Free Wig Programme, the BCSC proudly launched the Free Prosthesis Bra Programme and Bandage Giving Programme in December 2016 to further relieve the financial burden of breast cancer patients. Under the Programme, Comfort Me and Mekim Limited donated prosthesis bras and bandages to BCSC members and users respectively.



義工服務及康復計劃

義工在香港乳癌基金會的日常運作上擔當著重要角色，並且作出重大貢獻。在2016至17年度，乳癌支援中心的義工合共服務3,400多小時，協助同路人經驗分享和師友計劃、行政後勤工作、活動籌備和現場支援等。

香港乳癌基金會把每年五月定為乳癌康復月，與一眾康復者和她們的家人同慶康復的決心、彼此關愛和互助。在本年度，60名會員及友好參加了2017年5月假香港浸信會神學院舉行的「亮麗人生」日營，當日有一系列的工作坊和腳底按摩環節。

我們很榮幸邀請到陳美齡女士參加在2016年10月17日舉行的慶生會，與30位康復者一起分享她戰勝乳癌的經歷。

乳癌支援中心的會員關裕穠女士的著作《乳癌路上》於2017年6月出版。她在書中分享了對抗乳癌，活出精彩人生的個人經歷。



Volunteer Service and Survivorship Programme

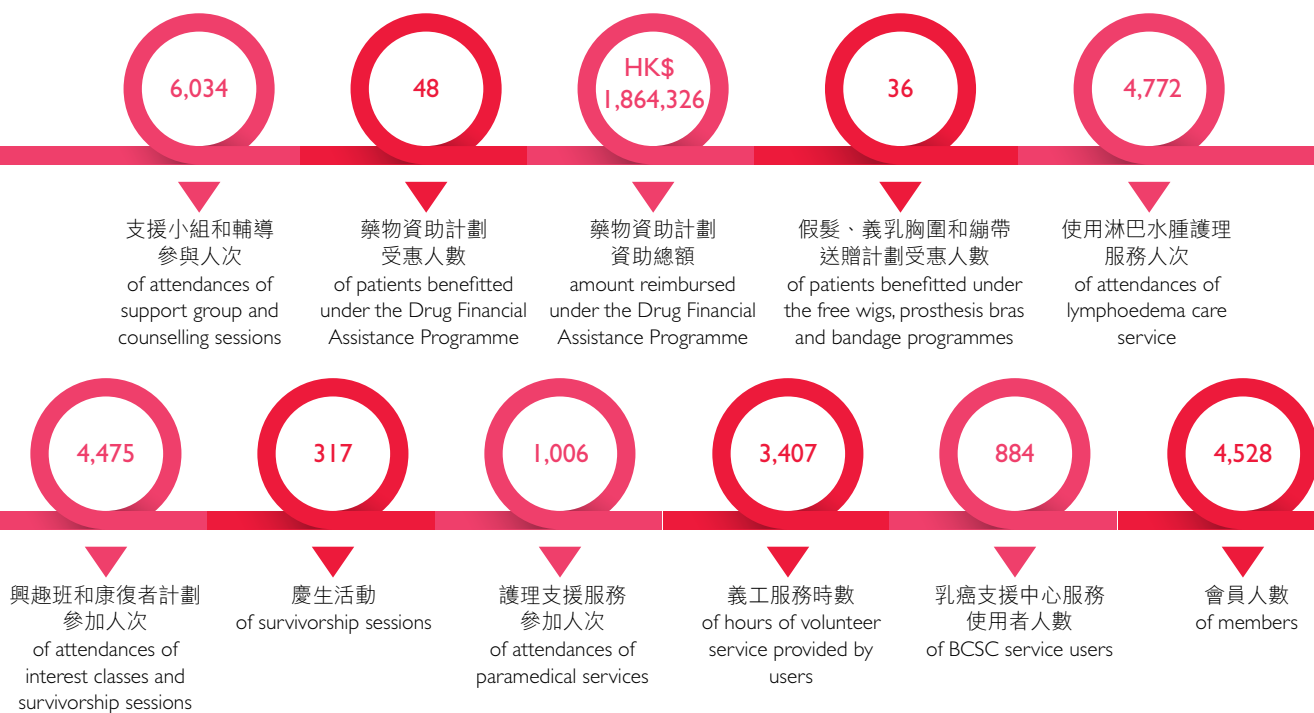
Volunteers continue to play an essential role in and make vital contribution to the daily operation of the HKBCF. In 2016-17, the BCSC volunteers contributed over 3,400 hours of services in terms of peer-to-peer experience sharing and mentorship, administrative support, event preparation and onsite support, etc.

The HKBCF has designated the month of May as the Annual Breast Cancer Survivorship Month to celebrate the determination, care and mutual support among breast cancer survivors and their families. In the year under review, 60 members and friends attended the annual "Brighten Up Your Life" Day Camp in May 2017 at the Hong Kong Baptist Theological Seminary. Activities held included various workshops and foot reflexology sessions.

On 17 October 2016, Ms. Agnes Chan joined the "Celebration of New Life" activity to celebrate breast cancer survivorship with 30 survivors and shared her experience of fighting breast cancer.

Ms. Candy Kuan, a member of BCSC, launched her book 《乳癌路上》 in June 2017 to share her experience in battling breast cancer and living life to its fullest.





^ 上述為本報告年度之數據 Figures collected from the year in review



國際交流

世界衛生組織的數據顯示，癌症是全球第二位的致命疾病，而乳癌是全世界的婦女最常患上的癌症，在發達國家中其死亡率是眾癌症當中的第二高。在全球對抗乳癌的行動當中，香港乳癌基金會一直尋求機會與香港以外的乳癌組織交流資訊和經驗，張淑儀醫生聯同副主席何何月明女士，以及乳癌支援中心主管張春好女士前往上海，出席了2016年9月8至10日召開的全球華人乳癌組織聯盟的雙年會。專注支援乳癌患者及其家人的台灣非政府組織開懷協會於2017年6月1日來港，探訪香港乳癌基金會，雙方就乳癌護理的觀點和經驗作交流。

澳門婦女聯合會於2016年11月來訪香港乳癌基金會，交流防範乳癌的知識和經驗。

乳癌支援中心主管張春好女士於2017年4月28和29日代表香港乳癌基金會參加了在曼谷舉行的病人諮詢委員會會議。與會者來自埃及、印度、黎巴嫩、沙地阿拉伯、新加坡、台灣和土耳其。會議討論晚期乳癌患者收經前後的需要。

International Exchanges

According to World Health Organization (WHO) figures, cancer is the second leading cause of death globally, and breast cancer is the most common cancer in women worldwide and the second leading cause of cancer death among developed countries. In this global battle against breast cancer, the HKBCF seeks opportunities to exchange information and experiences with breast cancer-related organisations from outside Hong Kong. In this connection, Dr. Polly Cheung and our vice chairman Mrs. Alice Ho, as well as Ms. Doris Cheung, head of the BCSC, attended the Global Chinese Breast Cancer Organizations Alliance (GCBCOA) biennial event held in Shanghai from 8 to 10 September 2016.

Kaihua Association, a Taiwan non-governmental organisation dedicated to supporting breast cancer patients and their families, visited the HKBCF on 1 June 2017 to exchange views and experiences on breast cancer care.

In November 2016, the Women's General Association of Macau visited the HKBCF to share knowledge on and experiences in breast cancer prevention.

On 28 and 29 April 2017, Ms Doris Cheung, head of the BCSC, participated in the Patient Advisory Board Conference in Bangkok on behalf of the HKBCF. Twelve other representatives from Egypt, India, Lebanon, Saudi Arabia, Singapore, Taiwan and Turkey participated in the Conference to discuss the specific needs of pre and postmenopausal patients with advanced breast cancer.

香港乳癌資料庫 HONG KONG BREAST CANCER REGISTRY (HKBCR)

香港乳癌基金會的運作重心，是與知名的學者和專業醫護人士合力進行乳癌研究和收集公共衛生數據。香港乳癌資料庫搜集本地乳癌個案的數據，以讓醫護人員和公共醫療政策制訂者掌握香港乳癌實況，從而改善乳癌的治療和護理方案。香港乳癌資料庫在2016年7月1日後的覆蓋範圍增加了六間醫院和診所及1,911名乳癌患者/康復者。目前，資料庫由共55間參與機構及19,048名乳癌病人的數據結合而成。香港乳癌資料庫的數據收集涵蓋公營和私營界別，當中包括從來沒有人搜集的數據，補充了醫院管理局香港癌症資料統計中心的工作。香港乳癌資料庫的數據，有助基金會就倡議更佳的預防、偵測及治療乳癌方案提供啟示及證據。

Collaboration with reputed academics and medical professionals in respect of breast cancer research and public health information is at the heart of the operations of the HKBCF. The HKBCR collects data from local breast cancer cases to enable medical professionals and public health policy makers to gauge local breast cancer facts, so as to improve treatment and care of the disease. The HKBCR had signed up six more hospitals and clinics and registered 1,911 more patients/survivors since 1 July 2016. Data are now harvested from a total of 55 participating hospitals and clinics, and 19,048 breast cancer patients. As the HKBCR expands its coverage of data collection in both the public and private sectors, it supplements the work of the Hong Kong Cancer Registry operated by the Hospital Authority to capture information that has never been gauged in Hong Kong. This enables the HKBCF to provide insights and evidence for advocacy for better prevention, detection and treatment of breast cancer in Hong Kong.



香港乳癌資料庫第8號報告

香港乳癌基金會於2016年9月30日發表《香港乳癌資料庫第8號報告》，報告內容是分析2006年以來本港13,453位確診乳癌人士的數據的結果。患者群組的平均年齡為52.6歲，年齡中位數為51.3歲。當中三分之二(66.6%)年齡介乎40至59歲。

乳癌風險隨年齡增加，預計罹患乳癌的長者人數將會愈來愈多。報告指出，在研究範圍內的乳癌患者當中，年長患者（70歲或以上）的乳癌意識較低。九成年長患者都是無意中發現乳癌的。即使他們察覺乳房有異常轉變，多達五分一人延誤求診長達一年以上。

第八號報告是香港首項以年長乳癌患者為對象的研究，報告的重點是年長患者傾向延遲求診和確診時的乳癌期數較高。香港乳癌基金會提倡應對年長婦女及其照顧者提供更多乳健教育資訊，並且為年長患者提供全面的老人科評估，以找出患者的其他慢性疾病對乳癌治療和存活率的潛在影響。

Hong Kong Breast Cancer Registry Report No. 8

The HKBCF released the Hong Kong Breast Cancer Registry Report No. 8 (No.8 Report) on 30 September 2016. The report drew conclusion from data collected from 13,453 breast cancer patients diagnosed from 2006 onwards. Of these patients, the mean and median ages were 52.6 and 51.3 years respectively, with around two-thirds (66.6%) of them aged between 40 and 59.

As breast cancer risk increases with age and it is anticipated that the number of elderly affected by breast cancer will increase with time. The report highlighted that among the patients studied, breast cancer awareness among elderly breast cancer patients (aged 70 years old or above) was weak with nearly 90% of elderly patients detecting their breast cancer by chance. Furthermore, even after noticing unusual changes, as many as one-fifth of elderly patients delayed for over a year before seeing a doctor.

The No. 8 Report, being Hong Kong's first-ever research study on elderly breast cancer patients, drew attention to the fact that elderly women with breast cancer tend to delay seeking medical care and are diagnosed with a later stage of breast cancer. The HKBCF advocates that more breast health education should be geared towards elderly women and their caregivers. Comprehensive geriatric assessment for elderly patients is also recommended to further investigate how comorbidity could potentially affect breast cancer treatment and outcome of elderly patients.

「乳癌在線」

香港乳癌基金會在2014年5月推出亞洲首個乳癌數據網上平台「乳癌在線」，為專業醫護人士提供珍貴的本地乳癌數據和有關香港乳癌實況和治療趨勢的啟示。截至2017年6月30日，「乳癌在線」有144名登記使用者，較上年度增加15人。

研討會

香港乳癌資料庫為國際癌症資料庫協會的成員，定期舉行和參與本港和海外的乳癌會議和研討會，藉以推動香港和國際關注乳癌的專業醫護人士就改進乳癌治療和護理方案作學術交流，並邀請外地和本港講者就乳癌藥物和治療等題目發表演說。



Breast Cancer HK Online

In May 2014, the HKBCF launched “Breast Cancer HK Online” (BRCA Online), which is Asia’s first online local breast cancer database platform. It provides medical professionals with valuable local data and insights into local breast cancer development and treatment trends. As at 30 June 2017, there were 144 registered users of BRCA Online, 15 more users than that of the previous year.

Symposiums

Being a member of the International Association of Cancer Registries, the HKBCR regularly hosts, organises and participates in local and international breast cancer conferences and symposiums to foster intellectual exchanges among local and international breast cancer medical professionals on better breast cancer treatment and care. Overseas and local speakers are invited to speak on topics including latest breast cancer therapy and treatment.



在本年度，香港乳癌資料庫曾經舉辦/ 參加以下研討會：

During the year under review, the HKBCR hosted/participated in the following symposiums:

腫瘤科晚宴暨研討會

2016年9月19日

香港乳癌基金會主辦

香港大學醫學院的腫瘤科專家邱宗祥醫生和梁澄宇醫生分享乳癌的免疫療法 and 治療轉移性乳癌的新方案。

Oncology Dinner Symposium

19 September 2016

Organised by the HKBCF

Medical oncologists including Dr. Thomas Yau and Dr. Roland Leung, both from the Department of Medicine of the University of Hong Kong, shared updates on immunotherapy for breast cancer and novel treatment in metastatic breast cancer.

乳癌研討會－乳癌術前治療的實踐

2016年10月22日

香港乳癌基金會主辦 香港大學協辦
來自德國法蘭克福的大學婦女醫院婦產科中心Gunther von Minchwitz 教授和香港大學醫學院梁澄宇醫生，就現行的乳癌術前治療方案作主題演講。

Current Practice of Neoadjuvant Therapy for Breast Cancer – Breast Cancer Symposium

22 October 2016

Organised by the HKBCF and co-hosted with the University of Hong Kong

Professor Gunther von Minchwitz from the Center for Gynaecology and Obstetrics, University Women's Hospital in Frankfurt, Germany and Dr. Ronald Leung from the Department of Medicine of the University of Hong Kong spoke on topics regarding current neoadjuvant therapy.



乳癌術前治療－專家小組討論會議

2017年1月9日

香港乳癌基金會主辦 香港大學協辦
連同張淑儀醫生在內的本港外科專科醫生、腫瘤專科醫生、病理學家，以香港乳癌基金會於2016年9月和10月期間進行的研究結果為討論基礎，就乳癌術前治療進行討論。

Neoadjuvant Therapy for Breast Cancer – Expert Panel Discussion Meeting

9 January 2017

Organised by the HKBCF and co-hosted with the University of Hong Kong

Local surgeons, oncologists, and pathologists including Dr. Polly Cheung discussed neoadjuvant therapy in breast cancer based on the results of the survey conducted by the HKBCF in September to October 2016.



第四屆高齡婦女原發性乳癌研討會

2017年3月3日

英國諾丁漢大學主辦，國際老年腫瘤學會協辦
香港乳癌資料庫督導委員會成員曾詠恆醫生代表基金會分享香港乳癌資料庫第八號報告的研究結果。

4th Symposium on Primary Breast Cancer in Older Women

3 March 2017

Organised by the University of Nottingham (UK) and supported by International Society of Geriatric Oncology
Dr. Janice Tsang, a member of the HKBCR Steering Committee, presented the findings of the HKBCR Report No. 8 on behalf of the HKBCF at the Symposium.

乳癌黃昏研討會

2017年5月22日

香港乳癌基金會主辦
美國加州大學洛杉磯分校David Geffen 醫學院的Richard Finn 博士和香港大學醫學院趙穎欣醫生發表在HR+ HER2- 晚期乳癌病人身上應用 CDK 4/6 抑制劑的情況。

Breast Cancer Evening Symposium

22 May 2017

Organised by the HKBCF

Dr. Richard Finn from David Geffen School of Medicine at the University of California Los Angeles (USA) and Dr. Joanne Chiu from the Department of Medicine of the University of Hong Kong presented the current use of CDK 4/6 inhibitors on HR+ HER2- advanced breast cancer patients.

香港乳癌基金會賽馬會乳健中心(九龍) THE HONG KONG BREAST CANCER FOUNDATION JOCKEY CLUB BREAST HEALTH CENTRE (KOWLOON)

香港乳癌基金會賽馬會乳健中心(九龍)(下稱「九龍中心」)於2016年10月4日舉行動土儀式，是香港乳癌基金會一個重要里程碑。九龍中心的蓋建，肯定了香港乳癌基金會自2005年成立以來取得的成績，亦標誌著基金會邁進新階段。

九龍中心的定位有助香港乳癌基金會服務九龍及新界的低收入婦女。根據香港乳癌資料庫於2011年發表的《香港乳癌實況報告: 第三號報告》，九龍和新界的乳癌患者定期作乳房健康檢查的意識偏低，而確診乳癌時屬晚期癌症的比率較高。樓高兩層的九龍中心交通便利，位於牛池灣龍翔道28號，距離港鐵彩虹站只需兩分鐘步行路程。九龍中心的目標是為社區提供方便、專業和收費大眾化的乳健服務、乳健教育和患者支援服務。

香港乳癌基金會感謝香港特別行政區政府批出短期租約及感謝香港賽馬會慈善信託基金資助九龍中心開展服務，並撥款推行「賽馬會乳妳同行計劃」。後者的目標是在三年內服務36,000名婦女，包括為5,000名低收入婦女提供免費乳健檢查和乳房X光造影檢查，並且提供患者支援服務和乳房健康教育。透過新落成的九龍中心，香港乳癌基金會得以擴大服務範圍，以回應基層婦女對乳健服務的殷切需求。

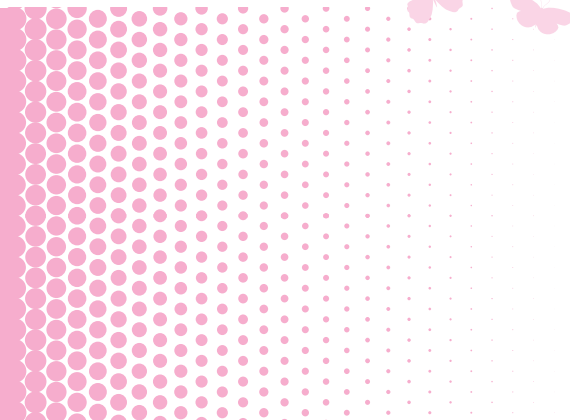




The Ground Breaking Ceremony of the HKBCF Jockey Club Breast Health Centre (Kowloon) held on 4 October 2016 was an important milestone in the history of the HKBCF. The Kowloon Centre is a manifestation of what the HKBCF has achieved since its inception in 2005 and signifies the HKBCF's stepping into a new stage.

With this Kowloon Centre, the HKBCF is better positioned to serve lower income women in Kowloon and the New Territories, who, according to the HKBCR No.3 Report published in 2011, are less prepared to undertake regular breast screening and have a higher incidence of advanced stage breast cancer. The two-storey purpose-built Kowloon Centre to be built is conveniently located at 28 Lung Cheung Road in Ngau Chi Wan, and is only a two-minute walk from the MTR Choi Hung Station. The Kowloon Centre aims to provide convenient, professional and affordable breast health services and educational programmes to the local communities.

The HKBCF is grateful to the HKSAR Government for granting the short term lease and to the Hong Kong Jockey Club Charities Trust (HKJCCT), for funding service programmes at the Kowloon Centre, as well as financing the "Jockey Club Breast Care for You Programme". The latter aims to reach 36,000 women over a 3-year period and comprises free mammography screening the services for 5,000 low-income women as well as patient support services and breast health education. With this new Kowloon Centre, the HKBCF will be able to extend its geographical coverage to better address the unmet breast care needs in the underprivileged communities.



公眾教育 PUBLIC EDUCATION

乳癌只要及早發現，是可以治癒的。根據香港乳癌基金會的研究結果，及早發現乳癌，有助患者避免創傷性的治療，從而節省醫療開支。可惜，公眾對預防乳癌和及早偵測乳癌的重要性意識薄弱。此外，乳癌不是政府決策局和部門最重視的公共衛生議題，乳癌公眾教育主要倚靠如香港乳癌基金會等關注癌症的非政府組織推動。

香港乳癌基金會致力教育市民及早發現乳癌的重要性，並呼籲婦女定期進行可偵測乳癌的乳健檢查。基金會多年來透過傳統媒體傳達關注乳癌的訊息；例如，我們的創辦人張淑儀醫生和主席霍何綺華女士分別為兩份報紙的專欄定期撰文，我們又不時接受傳媒採訪和舉辦新聞發佈會，以及按需要發放新聞稿。近年更採用網上傳訊渠道和社交媒體，以接觸不同階層的大眾，從而更廣泛地提高乳健意識及推動早期檢測乳癌。

Breast cancer is curable if detected early. According to the research findings of the HKBCF, early detection contributes to less invasive treatment and thus results in savings in medical expenses. Unfortunately, public awareness of breast cancer prevention and the importance of early detection remains low. Furthermore, the issue is not a top priority public health issue for the relevant Government bureaux and departments, hence the work of public education falls mainly on cancer-related non-governmental organisations, such as the HKBCF.

The HKBCF strives to educate the public on the importance of early detection and urges women to undertake regular breast screening. Traditional media has been used by the HKBCF for communicating messages about breast cancer awareness for years; for instance, our Founder, Dr. Polly Cheung, and Chairman, Mrs. Eliza Fok, regularly write for two newspaper columns. Media interviews and press conferences are held and press releases issued as necessary. In recent years, the HKBCF has also leveraged online communication channels and social media to reach more segments of the society and, in turn, heighten awareness and promote early detection of breast cancer to a wide spectrum of audience.

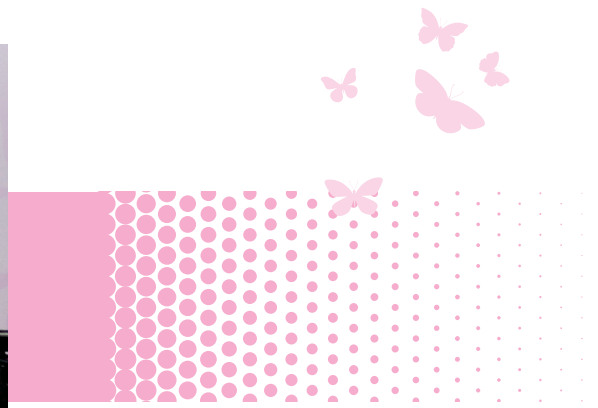


#HRPositiveThinkPositivecampaign

在2017年5月，一眾藝人及名人在網上發佈自拍照，呼籲關注雌激素受體陽性（HR+）乳癌。我們得到多位在社交媒體上有影響力的人士，包括方健儀女士、張寶華女士及廖碧兒小姐等協作宣傳。結果這項「#HRPositiveThinkPositive」行動為香港乳癌基金會的社交媒體帶來了600多個「分享」和數千個「讚好」。

#HRPositiveThinkPositivecampaign

In May 2017, a selected group of artists and celebrities posted selfies online with a message calling attention to Hormone Receptor-Positive (HR+) breast cancer. Through working with social media influencers, including Ms. Akina Fong, Ms. Sharon Cheung Po Wah, Ms. Bernice Liu, the message of "HR+ Think Positive" was widely shared on the social media. This initiative brought the HKBCF social media attention and there were over 600 "Shares" and thousands of "Likes" for the posts.



傳媒訪問

香港乳癌基金會多年來一直透過新聞發佈會、傳媒訪問及新聞稿，向社會人士發放重要訊息。香港乳癌基金會的意見備受重視和關注；例如，香港中文大學醫學院發表一項研究報告指宵夜習慣和乳癌風險相關。該研究又指出工作與生活平衡，健康的生活方式和多菜少油的飲食習慣亦是降低乳癌風險的重要因素。張淑儀醫生於2017年3月接受無線電視節目的訪問，就該項研究的結果作評論。

公眾教育攤位和展覽

為了推動公眾的乳健意識和香港乳癌基金會的乳健檢查及乳癌支援服務，香港乳癌基金會參與以下多項活動，與專業醫護人士交流有關治療方法、乳癌檢測方法、乳癌期數及分類等最新資訊，以及防範乳癌的措施。

- 2016年11月舉辦的第12屆中西區健康節；
- 香港防癌會於2016年12月舉辦的香港癌症日；及
- 凌速博覽主辦的第11屆健康博覽（2017年6月9至11日）。



Media Interviews

The HKBCF has been sending key messages to the community through holding press conferences and media interviews and issuing press releases over the years. The HKBCF is held in high esteem and our views are valued and sought after; for instance, Dr. Polly Cheung was interviewed on a TVB programme regarding the findings of a research report published by the Faculty of Medicine of the Chinese University of Hong Kong in March 2017. The findings of the report revealed a correlation between late-night eating habits and breast cancer risks, and highlighted the importance of work-life balance, healthy lifestyle and vegetable rich/low fat diet.

Education Booths and Exhibitions

To promote awareness of breast health and the HKBCF's breast screening and breast cancer support services, the HKBCF participated in the following activities to interact with healthcare professionals and exchange up-to-date information on treatment methods, screening tests, stages and breast cancer types, as well as prevention measures.

- the 12th Central & Western District Health Festival in November 2016;
- the Hong Kong Cancer Day organised by Hong Kong Anti-cancer Society in December 2016; and
- the 11th Health Expo organised by In-express Expo from 9 to 11 June 2017.

籌款 FUNDRAISING

香港乳癌基金會為非牟利慈善組織，主要依靠公眾捐款以維持運作和服務。我們有幸得到許多熱心人士、企業、資助機構和慈善基金給予財政上的慷慨支持。

The HKBCF is a non-profit making, charitable organisation which depends mainly on public donations to fund its operations and services. We enlist the financial support of many generous individuals, corporations as well as funding bodies and foundations.

籌款活動

在本報告年度，香港乳癌基金會舉行或參與多項慈善籌款活動。

Fundraising Activities

The HKBCF also held or took part in a number of events during the year under review to raise funds.

「乳健同行2016」

香港乳癌基金會的年度旗艦籌款活動 - 第12屆「乳健同行2016」於2016年10月10日在山頂舉行，活動旨在提高大眾關注乳癌和為香港乳癌基金會籌款。二千多名香港乳癌基金會的好友及支持者（以及他們的寵物）身穿粉紅服飾參加步行籌款活動。這項別具意義和充滿歡樂的粉紅色嘉年華，籌集了超過港幣200萬元善款。

Pink Walk for Breast Health 2016

The HKBCF's annual flagship fundraising event, the 12th Pink Walk for Breast Cancer, was held at the Peak on 10 October 2016 to raise awareness about breast cancer and funds for the HKBCF. Some 2,000 friends and supporters (and their pets) of the HKBCF, all dressed in pink, participated in the walkathon. It was both a meaningful event and a fun-filling pink carnival which raised more than HK\$2 million.





Castiglion del Bosco 2016年慈善籌款晚會及慈善足球賽

香港乳癌基金會很榮幸成為世界馳名、由Ferragamo家族擁有的意大利托斯卡納 Castiglion del Bosco 酒莊於2016年11月4日舉辦的慈善晚宴受惠機構。意大利除了因美酒佳釀而聞名世界，舉國對足球的熱愛亦人所共知。2016年11月6日，即慈善晚會後的兩天，Castiglion del Bosco 與香港明星足球隊舉行了一場慈善足球賽，為香港乳癌基金會作第二輪的籌款，結果兩項活動合共籌得港幣390萬元。

Castiglion del Bosco Charity Gala and Charity Football Match

The HKBCF was honoured to be named the beneficiary of the Castiglion del Bosco Charity Gala, hosted by Castiglion del Bosco, the world renowned winery owned by the Ferragamo family from Tuscany Italy, on 4 November 2016. Famous around the world for its delicious cuisine and fine wine, Italy is also known for its national passion for soccer. Two days after the charity gala, Castiglion del Bosco VS Hong Kong Stars Football Team Charity Football Match was held on 6 November 2016 to raise a second round of funds for the HKBCF. These two events raised a total of HK\$3.9 million.



「Wings of Hope」慈善晚宴

「Wings of Hope」慈善晚宴於2017年5月13日於香港麗酒店舉行。晚宴以蝴蝶為主題，象徵蛻變和希望，藉以鼓勵乳癌患者跨過難關，活出美好人生。晚宴當晚會場佈置美侖美奐，並悉心安排了一連串精彩絕倫的表演，成功為「九龍中心」籌得港幣920萬元。

香港乳癌基金會特別感謝行政長官林鄭月娥女士的支持。她在就任政務司司長時協助我們物色合適的地點拓展九龍中心，對九龍中心的發展發揮了重要的作用，其後林太又於2016年10月為九龍中心動土儀式擔任主禮嘉賓。「Wings of Hope」慈善晚宴當日，正值其時已為候任行政長官林太的60歲生日，她仍然出席主禮，鼎力支持。

Wings of Hope Gala Dinner

The Wings of Hope Gala Dinner of the HKBCF was held on 13 May 2017 at the Conrad Hotel. The butterfly, being a symbol of transformation and hope, was used as the icon of the gala dinner, so as to encourage breast cancer patients to rise against all odds to live life to the fullest. The dinner venue was beautifully decorated and the evening filled with lively performances. The dinner successfully raised HK \$9.2 million for the Kowloon Centre.

The HKBCF is particularly grateful to Mrs. Carrie Lam Cheng Yuet Ngor, the Chief Executive, for her support. She played a vital role in the development of the Kowloon Centre by helping us identify a suitable site for the new facility when she was the Chief Secretary for Administration. Mrs. Lam also officiated at the Kowloon Centre Ground Breaking Ceremony in October 2016, and joined the Wings of Hope Gala Dinner on her 60th birthday when she was already Chief Executive-elect.



粉紅絲帶夥伴

香港乳癌基金會於2008年推出「粉紅絲帶夥伴」計劃，歡迎關注乳癌的機構參與，一起努力提高大眾對乳癌的關注和減輕乳癌對本地帶來的威脅。

Pink Ribbon Partners

The HKBCF launched the "Pink Ribbon Partners" Programme in 2008 that welcomes like-minded entities to work together in raising awareness of breast cancer and mitigating the threat of breast cancer in Hong Kong.



回顧過去一年，我們得到各界的支持和捐贈。香港乳癌基金會非常感謝來自航空業、美容及化妝品業、藥業、銀行、會計及飲食等不同行業和領域的粉紅絲帶夥伴持續支持（2016年7月1日至2017年6月30日，名單按英文字母順序排列）：

During the year under review, we received support and donations from all walks of life. The HKBCF is grateful for the continued support of the following Pink Ribbon Partners from a wide spectrum of industries and fields, ranging from airlines, beauty and cosmetics, pharmaceutical companies, banks, accounting firms and eateries (1 July 2016 to 30 June 2017 in alphabetical order) :

Barclays
CLP Holdings Limited
Cork Tree Limited
Cosmoprof Asia
CX Fly Pink
Estee Lauder
Fairton Sense Limited (Sabon)
KPC Yarn Limited
Kyocera (HK)
Ladies'Recreation Club
Mag Store
Mary Kary (HK) Ltd
Sealy Asia (Hong Kong) Limited
The Peninsula Boutique
Thomson Reuters
UBS AG Hong Kong
Wacoal Hong Kong Co Ltd
Zoya Anton A. Ltd



關愛與希望 CARE AND HOPE



何何月明女士訪談

何何月明(Alice)於2006年確診患上乳癌。「我斷絕與朋友和親人的聯繫，哭了整整四天。」Alice是家庭服務社工，輔導不少癌症病人。得悉自己患乳癌後，腦海浮現很多有關療程的副作用，心裏非常害怕。她其後經張淑儀醫生介紹而參加香港乳癌基金會的支援小組。當時的病人支援小組就在張醫生的診所聚會，由醫護人員義務主持，每星期的小組時間給予她很多實用的建議和情緒上支援，這些都是她無法在其他途徑得到的。

「患病經歷令我堅信，給乳癌患者心靈上的療癒是重要的，那需要很多時間和努力，是很多醫生無法照顧的。」

Alice從2006年底開始至今在乳癌支援中心的病人支援小組內做過來人分享及負責同路人電話輔導，另外還在壓力鬆弛小組內教康復者一些鬆弛技巧。2011年轉做兼職後便全面投入基金會內的義務工作，無論在前線支援病人或在基金會不同活動內，不難發現她的踪影。她在2015年出任基金會管治委員會副主席，監督患者支援服務，這些全是義務性質的付出。

「我非常認同香港乳癌基金會的願景和核心價值，它專注乳癌問題，使鼓勵患者和康復者之間的交流和分享更有成效。基金會同時又著重專業，以確保服務質素。基金會的獨特之處，在香港其他乳癌組織是找不到的。」

香港乳癌基金會是香港首間提供淋巴水腫早期偵測、預防和治療的非牟利機構。「我在這裡定期量度淋巴水腫指數，因而兩度避免了淋巴水腫的惡化。」

Alice戰勝乳癌，脫胎換骨成為一位充滿熱誠的義工，活出豐盛人生。她也是香港乳癌基金會的忠誠支持者。

Alice對九龍開設新的服務中心感到興奮，她說：「香港乳癌基金會將進一步走進社區，服務更多婦女，為她們帶來關愛和希望。」

An Interview with Mrs. Alice Ho

After being diagnosed with breast cancer in 2006, Alice Ho felt afraid in the face of this threatening disease. "I shut myself off from my friends and family, and cried for four whole days". Alice was a family social worker who had counselled many cancer patients before. The side effects of therapies immediately came to her mind after her diagnosis.

Alice then met Dr. Polly Cheung, who introduced Alice to the HKBCF support group which met at her clinic. Run by medical volunteers, the weekly support group provided Alice with practical advice and emotional support that could not be obtained elsewhere. "This experience made me a strong believer in the importance of healing the heart of a breast cancer patient, which takes a lot of time and efforts and most doctors would not be able to spare such time and efforts." Alice said.

Since late 2006, Alice has been leading the peer support group and the relaxation group, as well as providing telephone-based peer support and relaxation techniques to patients at the Breast Cancer Support Centre. Since working part-time in 2011, she has completely devoted herself to voluntary work at the HKBCF and we often see Alice in the forefront helping patients or taking part in other activities of the HKBCF. In 2015, Alice became the vice chairman of the HKBCF's Management Committee overseeing patient support services, all on a pro bono basis.

"I deeply share the vision and core values of the HKBCF. Its focus on breast cancer makes experience exchange and advice sharing among patients and survivors more effective, while its emphasis on professionalism ensures quality of services. This uniqueness of the HKBCF could not be found in any other breast cancer related charities in Hong Kong".

The HKBCF is the first non-governmental organisation in Hong Kong to provide lymphoedema prevention, early detection and treatment services. "I have my lymphoedema index regularly monitored which has twice prevented me from developing lymphoedema." Alice's fight against breast cancer has not only transformed her into a devoted volunteer living life to its fullest, but also a staunch supporter of the HKBCF.

Excited about the development of the new Kowloon Centre, Alice said "the HKBCF is reaching out further and serving more women in the community, bringing them care and hope."



譚勵明和她的家人訪談

譚勵明 (Teresa) 和她的爸爸媽媽，都是香港乳癌基金會的忠實和熱心義工。「我的家人和我曾經得到香港乳癌基金會的支援，所以我們都希望向其他受乳癌困擾的人士給予支持。」

Teresa於2011年確診患上乳癌，最初她不能接受自己如此年輕便成為乳癌病人。其後，她在基金會的乳癌支援中心有機會與其他年輕患者和朋輩支援小組的康復者傾談，她得到勇氣和實用的建議去面對乳癌。

每次見醫生，以及在接受治療的幾個月裡，譚媽媽都一直陪伴左右，母女相處時間多了，關係變得更加緊密，彼此更加坦誠相對。Teresa與丈夫的關係亦因為乳癌而變得更密切。

「我視自己患乳癌的經歷，是上天的恩賜，它令我改變心態，學會珍惜生命中最重要的東西，即家庭和健康。」Teresa克服了難關，變得更勇敢和樂觀，她說要是沒有家人和基金會姊妹的支持，不可能跨過難關。今天的她每天都面掛笑容。

譚爸爸和譚媽媽都是乳癌支援中心家庭支援小組的義工，專門跟乳癌患者的家人分享照顧者的經驗和心得。譚先生建議患者及其家人要保持冷靜，這樣才可以傾談，分享恐懼和憂慮，為康復之路做好計劃。譚先生說：「香港乳癌基金會為乳癌患者和她們的照顧者提供了一個非常好的平台，在這裡她們可以得到專業的照顧和建議，分享感受和紓解心理負擔。我們向所有受乳癌影響的人推薦。」

An Interview with Ms. Teresa Tam and Her Family

Ms. Teresa Tam and her parents are loyal and enthusiastic volunteers of the HKBCF. "My family and I got a lot of support from the HKBCF; that is why we want to do the same to those suffering from the disease."

Teresa was diagnosed with breast cancer in 2011. She initially could not accept the fact that breast cancer could happen to a young woman like her. By talking to other young patients and survivors at the peer support group of the Breast Cancer Support Centre (BCSC), she garnered both courage and practical advice to face the illness.

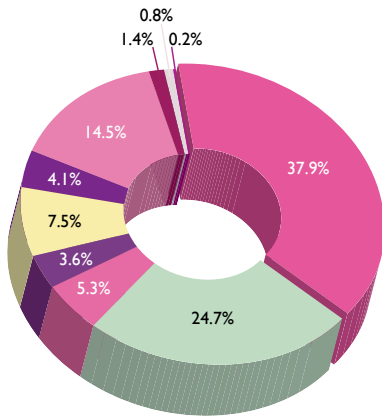
Mrs. Tam went with Teresa to every visit to the doctor and stayed with Teresa during the months when she underwent treatment. They became even closer and nothing was left unsaid between them. It is a strong bond forged out of the times they spent together. The relationship with her husband also grew stronger because of this illness. "I see my experience with breast cancer as a gift from Heaven which helped change my heart to treasure the most important things in my life, namely family and health." Teresa has become more courageous and optimistic because she had overcome a great challenge, and she could not have done so without the support from her family and the peer survivors at the HKBCF. Teresa now wears a smile on her face every single day.

Mr. and Mrs. Tam have volunteered to lead the family support group at the BCSC, to share their experience as the family caregivers of a breast cancer patient. Mr. Tam advises patients and family members to stay calm so they could talk and share the fears and worries, and also plan ahead for the road to recovery. Mr. Tam remarked: "the HKBCF provides an excellent platform to patients and their caregivers to obtain professional care and advice, share feelings and relieve psychological burden. We recommend it to anyone touched by breast cancer."



財務摘要 FINANCIAL HIGHLIGHTS

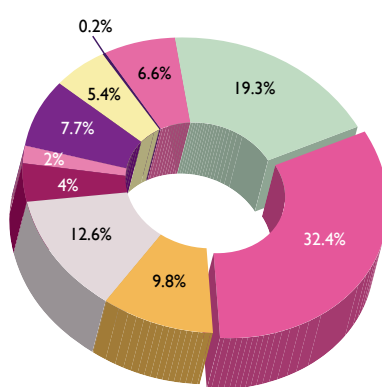
收入 Income



收入類別	金額 (港元HK\$ '000)	百分比
捐款 Donations ¹	15,699	(37.9%)
九龍中心籌款項目 Funds Raised from Kowloon Centre Fundraising Campaign ²	10,203	(24.7%)
其他籌款活動 Other Fundraising Events ³	2,181	(5.3%)
公益金撥款 Community Chest	1,501	(3.6%)
香港賽馬會慈善信託基金撥款 The Hong Kong Jockey Club Charities Trust ⁴	3,100	(7.5%)
滙豐150週年慈善計劃 HSBC 150th Anniversary Charity Programme ⁵	1,677	(4.1%)
研究資助 Research Grant ⁶	141	(0.2%)
服務收入 Service Income ⁷	5,982	(14.5%)
利息收入 Interest Income	567	(1.4%)
其他收入 Other Income ⁸	332	(0.8%)

總收入 Total Income 41,383 港元HK\$ '000

支出 Expenditure



支出類別	金額 (港元HK\$ '000)	百分比
乳癌支援中心 Breast Cancer Support Centre	4,984	(19.3%)
乳健中心 Breast Health Centre	8,356	(32.4%)
教育與傳訊 Public Education & Communication	2,541	(9.8%)
香港乳癌資料庫 Hong Kong Breast Cancer Registry	3,254	(12.6%)
九龍中心籌款項目 Kowloon Centre Fundraising Campaign	1,034	(4.0%)
籌款成本 Fundraising Costs	514	(2.0%)
行政成本 Administrative Costs	2,002	(7.7%)
籌建九龍服務中心 Set-up Costs of Kowloon Centre	1,385	(5.4%)
外匯兌換損失 Foreign Exchange Loss	39	(0.2%)
折舊及攤銷 Depreciation & Amortisation ⁹	1,698	(6.6%)

總支出 Total Expenditure 25,807 港元HK\$ '000

本年度盈餘 Surplus for the Year¹⁰ 15,576 港元HK\$ '000

備註 Notes:

- 捐款主要包括匿名捐款人的一筆捐款。該項捐款用作支持乳癌支援中心和香港乳癌資料庫的運作。Donations mainly include a donation received from an anonymous donor. The donation is used to support the operation of the Breast Cancer Support Centre and the Hong Kong Breast Cancer Registry.
- 九龍中心籌款項目籌得的款項包括(a) 個人及企業捐款 及(b) Wings of Hope 慈善晚宴收入。Funds raised from the Kowloon Centre Fundraising Campaign include (a) Donations from individuals/corporations; and (b) Income from the Wings of Hope Gala Dinner.
- 曾舉辦之主要活動：2016年乳健同行慈善步行籌款活動。One major event held: Pink Walk for Breast Health 2016.
- 香港賽馬會慈善信託基金批出1262萬港元，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計劃。The Hong Kong Jockey Club Charities Trust approved a sum of HK\$12.62 million to fund the "Breast Health Education and Screening Programme for Underprivileged Women" from July 2014 to July 2017.
- 滙豐150週年慈善計劃批出3888萬港元，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。滙豐150週年慈善計劃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 HSBC 150th Anniversary Charity Programme approved a sum of HK\$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 periods necessary to match with 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資助Palbociclib研究的撥款。撥款總數為47萬港元，輝瑞會按研究進度發放款項。Research grant includes the grant received from Pfizer Corporation Hong Kong Limited ("Pfizer") for Palbociclib Study. The total of grant is HK\$0.47 million and Pfizer will release payment based on work progress.
- 在這財政年度內，淋巴水腫評估及患者支援服務費的收入為50萬港元，而乳健檢查和乳癌風險評估的服務費收入則為548萬港元。During the financial year, the income from Lymphoedema Assessment Fee and Patient Support Fee was HK\$0.5 million and the income from Breast Screening Fee and Assessment Fee was HK\$5.48 million.
- 其他收入包括雜項收入、項目報名費和會員會費等。Other income includes sundry income, programme registration fee and membership fee, etc.
- 主要包括：(a) 乳房X光造影機和超聲波掃描器折舊：49萬港元及(b) 乳房X光造影機電腦軟件的攤銷：87萬港元。Mainly includes (a) depreciation of Mammogram and Ultrasound machines: HK\$0.49 million and (b) Amortisation of HK\$0.87 million for computer software of mammogram machine.
- 盈餘將用於機構的策劃、組織及服務發展。Surplus is for Hong Kong Breast Cancer Foundation Limited's strategic, organisational and service developments.

上述截至2017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帳目提供審計報告。核數師報告為無保留意見的審計報告，其中不包含審計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 2017 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 Organisation'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.



機構管治 CORPORATE GOVERNANCE

管治委員會及顧問理事會

香港乳癌基金會幸得到一班來自不同行業和領域的專業人士擔任顧問，而管治委員會和顧問理事會成員都以他們的智慧和盡責的態度，投入協助基金會的會務發展。管治委員會成員由顧問理事會每兩年在週年大會上選出。所有成員皆以義務性質服務。

Management Committee and Advisory Council

The HKBCF benefits from the generous counsel of a wide range of professionals. Members of the Management Committee and Advisory Council are committed to assisting the HKBCF with their wisdom and due diligence. Management Committee members are elected from the Advisory Council every two years at the Annual General Meeting. All members serve on a voluntary basis.

名譽贊助人

梁唐青儀女士
高永文醫生

贊助人

梁紹鴻博士

名譽會長

范徐麗泰女士, GBM, GBS, JP

創會人

張淑儀醫生

管治委員會

張淑儀醫生 (創會人)
霍何綺華女士 (主席)
陳姚慧兒女士 (公司秘書)
何何月明女士 (副主席)
熊維嘉醫生 (成員)
關許建香女士 (副主席)
劉李瑩瑩女士 (成員)
李沛基醫生 (成員)
麥黃小珍女士 (副主席)
黃浪詩女士 (副主席)
楊傑聖先生 (司庫)

顧問理事會

陳英凝教授
鄭茜女士
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42 (as of 30.6.2017)

主席和創會人

香港乳癌基金會的管治委員會在主席霍何綺華女士和創會人張淑儀醫生領導下，積極參與策略性方向的制訂和監督會務發展。

Chairman and Founder

The HKBCF's highly engaged Management Committee provides strategic direction and development oversight under the leadership of the Chairman, Mrs. Eliza Fok and the Founder, Dr. Polly Cheung.

霍何綺華

主席

霍何綺華女士自2007年加入基金會理事會，並於2011年成為主席。本身是乳癌康復者的霍太感恩在抗病期間得到很多熱心人的關顧，以至在復康之路上一直得到支持，令她感動不已。霍太決定為改進香港乳癌護理方案而獻出自己的時間和努力。

在患病期間體驗過朋輩支持和專業輔導的療癒力量，霍太在2007年捐出起動資金，讓基金會開展專業輔導服務；至2010年她又再次捐助乳癌支援中心，引入淋巴水腫護理服務。霍太於香港大學社會科學院畢業，然後在不同行業的機構擔任會計和財務工作；近年又修畢香港大學佛學研究中心的佛學碩士課程。篤信佛教的她比一般人對生老病死有更深刻的領悟。



Mrs. Eliza Fok

Chairman

Mrs. Eliza Fok has been serving on the HKBCF Council since 2007 and became the Chairman of the HKBCF since 2011. Being a breast cancer survivor herself, Mrs. Fok was deeply moved by the commitment of those who had supported her in the fight against breast cancer. Strongly inspired by the unfailing support extended to her as she recovered, Mrs. Fok decided to dedicate time and effort to the betterment of breast cancer care in Hong Kong.

Having experienced the healing power of peer support and professional counselling during her fight against breast cancer, Mrs. Fok donated the much needed fund to kick-start the professional counselling services in 2007, and made another donation in 2010 to launch lymphoedema care services at the Breast Cancer Support Centre.

Mrs Fok graduated from the University of Hong Kong with a Bachelor's degree in Social Sciences. Mrs. Fok worked as an accounting and finance professional across various industries. Mrs. Fok obtained a Master's Degree in Buddhist Studies from the Centre of Buddhist Studies of the University of Hong Kong. Being a dedicated follower of Buddhism has enabled Mrs Fok to attain a deeper understanding towards illness and death.

張淑儀醫生

創會人

M.B. B.S. (HK), F.R.C.S. (Glasg), F.R.A.C.S., F.A.C.S.,
F.C.S.H.K., F.H.K.A.M. (Surg)

張淑儀醫生於2005年創立香港乳癌基金會，多年來一直對基金會的發展給予高瞻遠足的意見和重要的推動力。

張醫生於香港大學畢業後成為外科專科醫生，曾於密芝根大學乳房及內分泌外科學系接受訓練。張醫生是乳癌治療和乳房健康方面的先導者，在任職公立醫院期間，曾引入多項先進的乳癌診斷程序，亦在廣華醫院設立香港首個乳癌篩檢計劃，對預防乳癌和乳癌治療方面貢獻良多，包括在一間私家醫院首創跨專科的乳癌醫護團隊，以及把立體定位乳房抽取活組織檢查的新技術引入香港。

張醫生與一班志同道合的朋友和乳癌康復者於2005年一起創立香港乳癌基金會。他們來自醫護界、教育界和商界。基金會於2007年成立香港乳癌資料庫，搜集和分析本地乳癌個案的數據，為患者、醫護專業人員和政策制訂者提供本港乳癌趨勢的精闢見解，藉以促使各界就乳癌醫護方案作決定時，有更全面的依歸。

作為前線醫護人員，張醫生每天都接觸不少乳癌病人，十分明瞭病人面對的困難和挑戰。她提倡全人醫治：醫生不應止於醫病。因此香港乳癌基金會的患者支援服務亦以整全的護理為方針，照顧病人的身心靈。



Dr. Polly Suk-Yee Cheung

Founder

M.B. B.S. (HK), F.R.C.S. (Glasg), F.R.A.C.S., F.A.C.S.,
F.C.S.H.K., F.H.K.A.M. (Surg)

Dr. Polly Cheung founded the HKBCF in 2005 and has remained an important driving force guiding the development of the organisation with her vision and views over the years.

A surgeon by profession, Dr. Cheung graduated from the University of Hong Kong and received surgical training at the Department of Breast and Endocrine Surgery of the University of Michigan. Dr. Cheung is a pioneer in breast cancer treatment and breast health care. She initiated many advanced breast cancer diagnostic procedures during her years of service in public hospitals, including the establishment of Hong Kong's first breast screening programme in Kwong Wah Hospital. Among her many contributions to breast cancer prevention and treatment were the setting up of the first multidisciplinary Breast Care Team in a private hospital and introduction of the new stereotactic breast biopsy to Hong Kong.

The HKBCF was formed in 2005 by Dr. Cheung with a group of like-minded friends and breast cancer survivors from the medical, education and commercial sectors. The Hong Kong Breast Cancer Registry was subsequently established in 2007 to collect and analyse local breast cancer data, so as to offer patients, medical professionals and policy makers insights on local breast cancer trends to improve the quality of their decision in breast cancer care.

As a frontline healthcare professional, Dr. Cheung comes into contact with breast cancer patients on a daily basis, and fully understands the hardship and challenges they face. She is committed to caring for the patients' overall well-being, including but not limited to treating the disease; hence the HKBCF's holistic care approach to patient support encompassing the patient's spiritual, mental well-being as well as her physical health.



鳴謝 ACKNOWLEDGEMENTS

香港乳癌基金會是一間非牟利組織，主要靠捐款和贊助營運。我們多年來都有幸遇上很多認同我們理念的人士，支持基金會透過教育、患者支援和研究及倡議去消除乳癌對本港社會的威脅。

香港乳癌基金會感謝所有於去年作出慷慨捐助的人士和機構。由於篇幅有限，未能盡錄所有捐款者的名字，但我們由衷感激每一位支持基金會的人。

As a fully non-profit organisation, the HKBCF relies mainly on the contributions of donors and sponsors. Over the years, we have been very fortunate to meet many like-minded people who share the same vision of mitigating the threat of breast cancer to the local community through education, patient support as well as research and advocacy.

The HKBCF is grateful to all the individuals and organisations who generously donated to the HKBCF in the past year. Due to space limitation, however, we are unable to list below the names of all our donors but we extend our heartfelt thanks and appreciation to everyone who has contributed to our cause.

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HK Breast Cancer
Foundation



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心 同步 同進 RIDING HIGH TOGETHER

香港乳癌基金會總部

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

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