

乳健同行

“展翅送希望

Enthusiastic Friends

Spreading Their Wings

of Hope”

香港乳癌基金會於2005年3月8日成立，是本港首間專注**乳健教育、患者支援、研究及倡議**的非牟利慈善組織，致力減低乳癌對本地社區人士的威脅。本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

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

Mission

- 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 cancer care in Hong Kong

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所有管治委員會成員皆為顧問理事會成員

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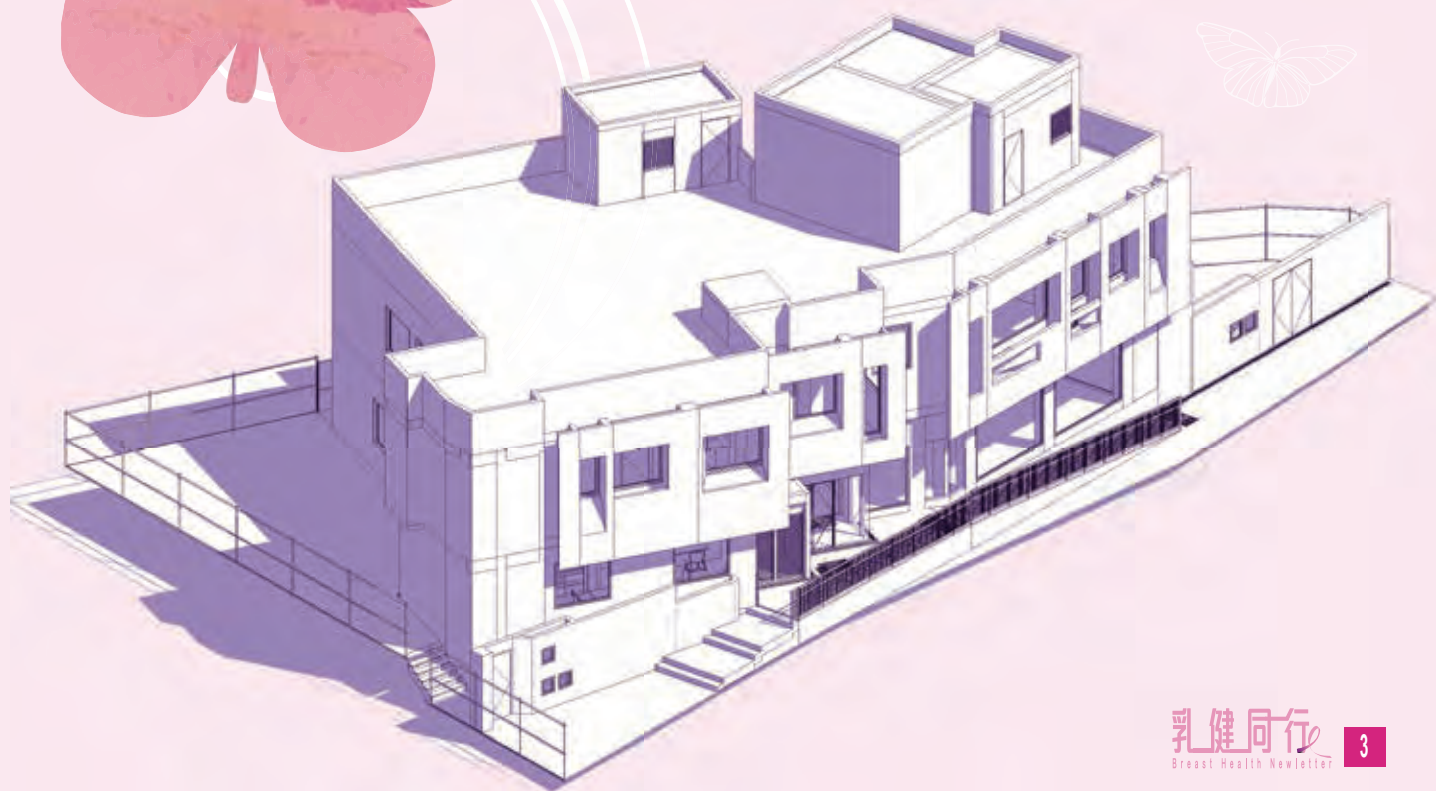
Wings of Hope Gala Dinner



「Wings of Hope 慈善晚宴」以蝴蝶為主題，象徵「蝴蝶展翅，滿載希望，重獲新生」，寓意基金會透過發展九龍中心，擴展現時服務覆蓋面，以便居於九龍及新界的婦女與乳癌患者更容易獲取乳健教育及患者支援服務，讓她們對自身健康滿懷新希望，幫助患者重獲新生。

The butterfly is commonly held as a symbol of transformation and hope and could very well represent HKBCF and our members. It was chosen, quite rightly, as the icon of the Wings of Hope Gala Dinner 2017 to convey the message - "Rising against all odds to live the fullness of life".

The opening of the HKBCF Jockey Club Breast Health Centre (Kowloon) in Ngau Chi Wan this year will enable HKBCF to expand our services to meet the growing needs of Hong Kong, particularly helping the underprivileged residing in Kowloon and the New Territories.



善長滿場 播送希望

基金會為即將啟用的香港乳癌基金會賽馬會乳健中心(九龍)籌款，在5月13日晚上於港島港麗酒店舉行「Wings of Hope」慈善晚宴。當晚會場滿佈蝴蝶與鮮花綠草，猶如一個萬象更新的「城中花園」。

晚宴由王吳金薇女士策劃，逾400位社會賢達及政經名人出席，嘉賓包括候任特首林鄭月娥女士、基金會名譽贊助人梁唐青儀女士及名譽會長范徐麗泰女士、霍建寧先生、王冬勝先生、羅嘉瑞醫生、田北俊先生等。

當晚，一眾來賓共襄善舉之餘，亦親身感受多位奮力抗癌的康復者為晚宴作出的無私貢獻。她們都支持發展九龍中心，冀把香港締造為更健康的社會，向市民播送乳健希望。

A House Full Of HKBCF Friends To Give Hope To Those In Need

In support of the HKBCF Jockey Club Breast Health Centre (Kowloon), which is scheduled to commence service in late 2017, the HKBCF hosted the Wings of Hope Gala Dinner at the Conrad Hotel on 13 May. The venue was decorated with paper butterflies, flowers and plants, which turned the venue into a "Garden in the City".

Mrs. Camay Wong, a staunch supporter of HKBCF, helped organize the Gala Dinner which was attended by over 400 community leaders and celebrities including the then Chief Executive-Elect Mrs. Carrie Lam, HKBCF's Honorary Patron Mrs. Regina Leung, HKBCF's Honorary President Mrs. Rita Fan, Mr. Canning Fok, Mr. Peter Wong, Dr. Lo Ka Shui and Mr. James Tien.

Our guests supported the Gala Dinner to endorse our work; in return, they experienced and felt the strong bond between the HKBCF and fellow survivors, who volunteered to help make the event sensational and meaningful. Their relentless efforts contributed greatly to sending our motto "Early Detection Saves Lives" loudly and clearly to the public.



林鄭月娥 Mrs. Carrie Lam

「我今晚的出席，說明我對香港乳癌基金會是何等的支持！」晚宴主禮嘉賓林鄭月娥女士致辭時說。原來5月13日是林太60大壽的大喜日子，基金會極其榮幸，獲林太與其丈夫聯袂出席晚宴，足証她對基金會及九龍中心的支持。

林太在推動九龍中心發展上，絕對是功不可沒。她協助基金會覓地，又出席去年的動土儀式。林太的支持和貢獻，令基金會上下與義工極其振奮之餘，亦使婦女能受惠九龍中心將來的服務，實至名歸地為婦女的健康帶來希望。

We were most privileged to have Mrs. Carrie Lam and her husband, Dr. Lam Siu Por, join our Gala Dinner especially when 13 May was Mrs Lam's 60th birthday. Mrs. Lam, our guest of honour, said, "I am honoured to be here tonight to celebrate with you the development of the HKBCF Jockey Club Breast Health Centre (Kowloon), and more importantly, to show my support for the Hong Kong Breast Cancer Foundation."

Mrs. Lam played a vital role in the development of the Kowloon Centre. She helped us identify a suitable site and secure a land grant for our new facility, and officiated at its groundbreaking ceremony last year. Without her support and facilitation, HKBCF could not have expanded its geographical coverage to serve the local community, especially the underprivileged ones residing in Kowloon and the New Territories. Her strong belief and tireless effort have significantly boosted our morale to scale up our services to those in need.



林太「登六」愉快
Happy 60th Birthday to Mrs. Lam



葉麗儀 Frances Yip

殿堂級歌星葉麗儀小姐獲邀為晚宴壓軸演出，獻唱包括《上海灘》等多首金曲。今年將 70 歲的她抗癌超過 20 載，依然中氣十足，風采依然，震撼全場，用歌聲呈現自己在「乳」後活得精彩，為康復者的新生活打氣及獻上祝福。

Legendary Cantopop diva Ms. Frances Yip was the guest performer at the finale of the Gala Dinner. She performed some of her biggest hits over the years and the evening reached its climax when she sang her signature song, The Bund (上海灘). Turning 70 this year, and having battled against cancer herself over 20 years ago, Frances looked bright and vivacious. Her voice was so filled with vigor that one could almost feel the vibrations in the air! Her remarkable performance demonstrated to the world that post-cancer life could be fruitful, rewarding and inspiring.



陳美齡 Agnes Chan

完成治療近十年的基金會大使陳美齡小姐在晚宴上細訴：「確診後，每一天都是新一天，都是我的生日。起床後，當我感到強壯、沒有痛楚時，會唱『Happy Birthday To Me』，慶生感恩自己還活著。」

陳美齡的深情剖白，向全場嘉賓放送無限正能量，及對痊癒後生活的美好憧憬。祝願這是每位康復者抱持的心態—樂觀、滿足與正面！

"After the diagnosis (of breast cancer), every day is a new day to me and every day is my birthday. If I wake up in the morning, feeling strong and no pain, I will sing 'Happy Birthday to me' to celebrate being alive." Ms. Agnes Chan, an HKBCF ambassador, who completed her treatment almost ten years ago, joined the Gala Dinner and shared her story with us.

Agnes's heart-warming sharing imbued a positive spirit among the guests and inspired all fellow survivors. We truly hope that this love-life attitude – be optimistic, content and thankful – will be embraced by all fellow survivors.



晚宴安排了一連串精彩絕倫的表演，包括國際小提琴家姚鈺女士的精彩表演，而保險業監管局主席鄭慕智博士、香港興業國際集團副主席兼董事總經理查懋成先生、證監會非執行董事鄭維新先生及香港賽馬會副主席周永健先生合組的「II Devils」演出聽出耳油的男聲四重唱。

The Gala Dinner was full of other wonderful performances including a beautiful violin solo by Ms. Jue Yao, a world-famous violinist. It was followed by the stunning performance of the vocal quartet "II Devils" comprising Dr. Moses Cheng, Chairman of the Independent Insurance Authority, Mr. Victor Cha, Deputy Chairman and Managing Director of HKR International, Mr. Edward Cheng, Non-Executive Director of the Securities and Futures Commission and Mr. Anthony Chow, Deputy Chairman of The Hong Kong Jockey Club. The quartet sang a few classic songs that filled the evening with much love and smiles.



豐富多彩 全為慈善

為籌募更多善款，晚宴安排了緊張刺激的拍賣環節，拍賣品全由支持基金會的善長捐出，包括由朱玲玲女士拍攝的藝術照片、香港興業的歐洲古典帆船航程、以「888888」為號碼的鈔票套裝、由王吳金薇女士設計的蝴蝶型襟針、精緻名貴的伯爵手錶，及法國布根地名酒旅遊套票等。嘉賓們都爭相競投，行善不落人後。

有賴王吳金薇女士、各位嘉賓和善長，尤其是上文提及的朋友，加上基金會上下同寅，晚宴取得空前成功。這除了為基金會與九龍中心的未來發展打下強心針外，亦讓婦女與患者擁抱希望，知道一定能戰勝癌魔，破繭重生，蛻變成美麗的蝴蝶展翅高飛！



A Colourful Gala For A Worthy Cause

An auction session featuring a range of extraordinary items was also held at the Gala. The items included photo artworks by Ms. Loletta Chu; a deluxe harbor cocktail cruise aboard The Bounty; a set of Hong Kong Banknotes carrying the serial number of "888888"; an exquisite butterfly brooch designed especially for the evening by Mrs.

Camay Wong; a luxurious Piaget watch and a wine holiday package in Burgundy, France, just to name a few. Our guests bid enthusiastically in support of HKBCF.

The HKBCF would like to give special thanks to Mrs. Camay Wong, all distinguished guests and philanthropists, volunteers, advocates and friends, as well as our fellow survivors for their dedication, hard work and all the sweat and passion that went into putting the Gala Dinner together and making it a big success. Besides its great contributions to the development of our Kowloon Centre, this successful event surely inspired our survivors and patients to transform bravely into beautiful butterflies, spreading their wings and flying high and free.



基金會義工 The HKBCF Volunteers



The HKBCF Volunteers were formed by breast cancer survivors and their family members. They truly are the heroes, who in person, or by accompanying their loved ones, fought against cancer. Filled with passion and love for the HKBCF, they dedicated themselves to volunteering in logistics, packing and reception tasks at the Gala Dinner.

基金會的義工來自康復者和家屬，一直與病魔搏鬥，或陪伴患者奮戰到底，是真真正正的抗癌勇者。他們滿腔熱誠，為晚宴當義工，協助處理物資、包裝、接待等。更重要的是，於晚宴「滿場飛」的蝴蝶裝飾，正正是義工的心思和手藝——總共有 29 位義工，在王吳金薇女士的帶領下，用了近 10 小時製作約 2,000 隻紙蝴蝶。每一隻蝴蝶都盛載了他們對九龍中心的期待和熱情，盼望能助更多有需要人士踏上康復與新生之路，重拾身心靈健康。



It is noteworthy that the paper butterflies that decorated the venue were hand-painted by 29 volunteers. Led by Mrs. Camay Wong, they spent nearly 10 hours to produce over 2,000 pieces of paper butterfly. Each paper butterfly carried the volunteers' personal best wishes, expectations and blessings for the Kowloon Centre. They wished that more people in need would benefit from the Centre, thenceforth embarking on a journey of recovery to regain physical and spiritual health.



九龍中心的發展進度

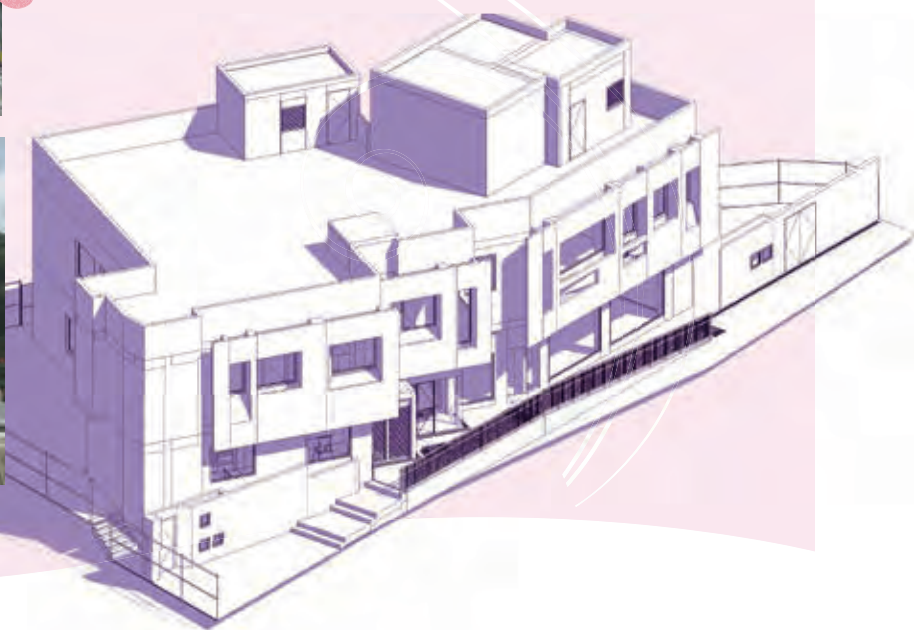
有關九龍中心的發展計劃，基金會成立了專責團隊，處理規劃工作等，目前項目進展順利。九龍中心座落於牛池灣龍翔道 28 號，由港鐵彩虹站 C2 出口步行幾分鐘即可抵達。中心預計於 2017 年年底落成，屆時將提供下列全面、可負擔及專業的服務：

- 乳健教育：進行廣泛的現場及外展公眾乳健教育活動，提升社會對乳癌的預防意識及推廣乳房健康；
- 檢查服務：向乳癌風險較高的婦女提供乳房檢查服務，包括乳房造影檢查、醫生診症及其他診斷檢查；
- 支援服務：為乳癌患者和家屬提供心理支援服務；
- 淋巴水腫護理服務：透過課堂學習淋巴引流技巧及運動方法，為淋巴水腫患者減低不適。

Current Progress Of Kowloon Centre

The HKBCF has formed a dedicated team to oversee the development of its Kowloon Centre. Work has been progressing well. Located at No. 28 Lung Cheung Road, Ngau Chi Wan, and easily accessible from Exit C2 of Choi Hung MTR Station, the Kowloon Centre is scheduled to commence service late 2017. It will provide the following professional services at affordable prices:

- Breast health educational programmes: Extensive community-based public education initiatives will be undertaken to raise awareness on breast cancer and promote breast health;
- Screening service: Breast cancer screening services will be available for women who are at high risk for breast cancer. Mammography screening, doctor consultation and diagnostic procedures will also be provided;
- Patient support: Psychological support for breast cancer patients and their family members;
- Lymphoedema care service: Classes to help patients ease the symptoms of lymphoedema.



JAN

致力推動乳健教育

為向更多市民推廣乳健知識，基金會乳健中心於2017年1月至6月期間，到訪協康會慶華中心、社會福利署藍田綜合家庭服務中心、香港聖公會福利協會康恩園、香港婦女中心協會、香港特許秘書公會、Freshfields Bruckhaus Deringer及百麗國際控股有限公司等多個機構及參與不同活動，舉辦乳健教育講座或擺設攤位，提高公眾關注。

Delivering Breast Health Education

Between January and June this year, the Breast Health Centre worked with several organizations, including Heep Hong Society Catherine Lo Centre, Social Welfare Department Lam Tin Integrated Family Service Centre, Hong Kong Sheng Kung Hui Welfare Council The Providence Garden for Rehab, Hong Kong Federation of Women's Centres, The Hong Kong Institute of Chartered Secretaries, Freshfields Bruckhaus Deringer and Belle International Holdings Limited, to either deliver breast health education talks or set up education booths with the aim of reaching out to the community and promoting breast health.



特許公認會計師公會的資助與公益關愛日

基金會明白基層婦女的乳癌意識和乳健資訊均相對不足，加上經濟負擔的考慮，引致她們接受乳健檢查的比例偏低。有見及此，我們一直為低收入婦女提供免費乳健檢查服務。基金會幸獲特許公認會計師公會的撥款資助，讓我們取得資源，持續地向有需要婦女提供免費檢查服務。此外，公會在1月15日於中環遮打道行人專用區舉行公益關愛日，邀請了基金會副主席何何月明女士出席，為活動的開幕儀式主禮。

ACCA's support and Community Day

Lower-income women are less likely to receive regular breast screening, due to their lack of breast cancer awareness and cost considerations. In view of this, the HKBCF has been providing free breast screening to low-income women, with funding support from The Association of Chartered Certified Accountants (ACCA).

ACCA's Community Day was held on 15 January this year at the Chater Road Sunday Pedestrian Zone in Central. Mrs. Alice Ho, the HKBCF's Vice Chairman, was invited to officiate at the opening ceremony.



FEB

「乳癌手術與治療最新選項」研討會

基金會、王氏港建醫療設備有限公司及 Impedimed 於2月20日聯合舉辦「護士持續教育系列：乳癌手術與治療最新選項」研討會，吸引不少醫生和護士參與。研討會邀請來自美國的專家 David I. Kaufman 擔任講者，講述「乳癌患者的手術與治療之最新選項」，及「以 BIS/L-Dex 測量淋巴水腫的最新個案研究」。而另一位講者 Christy Greene 的題目則為「及早發現淋巴水腫」及「L-Dex/BIS — SOZO 的未來」。

“Updated Breast Cancer Surgery and Treatment Options” Seminar

The HKBCF, WKK Medical Equipment Company Limited and Impedimed jointly organized the “Continuous Nursing Education series: Updated Breast Cancer Surgery and Treatment Options” Seminar on 20 February. It was attended by doctors and nurses to learn about “An Updated Breast Cancer Surgery & Treatment Options for Breast Cancer Patients” and “Latest Research/Case Studies in the assessment of Lymphoedema using BIS/L-Dex” from Dr. David I. Kaufman, our guest speaker from the United States.

Another seminar speaker, Ms. Christy Greene, also shared her thoughts on “Early Detection of Lymphoedema” and “The Future of L-Dex/BIS – SOZO”.



基金會參與社聯《星動計劃》

基金會在3月10日於灣仔會議展覽中心參加由香港社會服務聯會舉辦的展覽攤位《星動計劃》，介紹基金會的服務，以建立廣泛的社會網絡，加強社福界內機構間的維繫，締造協同效益。

HKBCF at HKCSS “Project Star”

The HKBCF took part in the “Project Star” exhibition hosted by The Hong Kong Council of Social Service on 10 March at The Hong Kong Convention and Exhibition Centre. It aimed to introduce the services of the HKBCF, build stronger network in the social service community, and develop closer connection and synergize with other organizations in the social welfare sector.



基金會會員週年聚餐

基金會2017年度會員週年聚餐在3月18日於炮台山彩福喜宴圓滿舉行。約300位基金會理事、會員及其親友聚首一堂，互送祝福，彼此打氣加油，共渡快樂時光。當晚，基金會Melody in Mind合唱團與太陽花姊妹分別演唱「女神」、「熱咖啡」等多首悅耳歌曲，大會亦安排跳舞表演及抽獎環節，眾人都盡興而歸。

Annual Members' Gathering

The HKBCF's Annual Members' Gathering 2017 was successfully held at Choi Fook Delight Banquet, Fortress Hill on 18 March. Nearly 300 participants including the HKBCF's Council Members, members and their families got together and gave each other their blessings and cheered everyone up. The choir of HKBCF, Melody in Mind, jointly performed with the survivors, Sunflower Group, and sang Canto pop songs including Goddess (女神) and Hot Coffee (熱咖啡). The evening was filled with entertainment such as dance performance and lucky draw that everyone left the party joyously.

無線電視訪問張淑儀醫生

中文大學醫學院研究發現，有進食宵夜習慣的女士，其乳癌風險較無此習慣的女士高。基金會創會人張淑儀醫生接受無線電視節目《東張西望》訪問時，提醒大家須培養良好生活作息習慣，注意飲食，多吃蔬果，減少攝取脂肪。

基金會香港乳癌資料庫每年都會發表研究報告，更新十大乳癌高危因素。根據 2016 年的報告，前三項因素依次序分別為缺乏運動（每星期少於 3 小時）、從未餵哺母乳及肥胖。因此，大家應多做適量運動及小心飲食。

Dr. Polly Cheung's TVB Interview

A study conducted by the Faculty of Medicine of The Chinese University of Hong Kong revealed the link between late-night eating habits and breast cancer risks. Dr. Polly Cheung, the Founder of HKBCF, reminded us the importance of work-life balance, healthy lifestyle and a vegetable rich/low fat diet.

Every year, the Hong Kong Breast Cancer Registry of the HKBCF releases its research report listing the 10 most common risk factors for developing breast cancer. According to its report published in 2016, the top risk factors are lack of exercise (less than 3 hours per week), no breastfeeding and obesity. In view of this, it is important for all of us to exercise regularly and keep a healthy diet.



APR

曼谷「患者顧問委員會」

諾華藥廠於 4 月 28 日至 29 日於泰國曼谷舉辦「患者顧問委員會」。12 個來自埃及、印度、黎巴嫩、沙地阿拉伯、新加坡、台灣、土耳其等國家的代表出席是次會議，討論晚期乳癌女性患者在更年期前後的特別需要及晚期乳癌患者對教育和支援的主要需求等議題。

Patient Advisory Board in Bangkok

Ms. Doris Cheung, Senior Health Service Officer of the HKBCF, represented the HKBCF at the "Patient Advisory Board" organized by Novartis in Bangkok from 28 to 29 April. Twelve representatives from countries including Egypt, India, Lebanon, Saudi Arabia, Singapore, Taiwan and Turkey attended the conference to discuss the specific needs of pre-and post-menopausal patients with advanced breast cancer, and their education and support needs.



MAY

「躍動·西澳」亮麗人生日營

為表揚乳癌康復者和其親友在抗癌路上積極面對逆境，基金會在每年 5 月的「乳癌康復月」，都舉辦「亮麗人生」日營。2017 年的日營於香港浸信會神學院舉辦，主題為「躍動·西澳」。日營活動包括集體遊戲、心靈舞蹈工作坊、足底按摩等。活動約有 60 名姊妹參加。

"Let's move @ Sai O" Brighten Up Your Life Day Camp

The HKBCF holds the "Brighten Up Your Life Day Camp" every May to acknowledge the determination of breast cancer survivors and their families and friends in the fight against the disease. This year, the day camp was held in the Hong Kong Baptist Theological Seminary with the theme "Let's move @ Sai O". Group games, a psyche dance workshop and foot reflexology were arranged for the 60 participants of the day camp.





Hong Kong International School 粉紅慈善籃球活動

Hong Kong International School 一班充滿活力的青少年朋友在5月6日舉辦「Pink Ball」慈善籃球活動，推廣運動有助預防乳癌的訊息外，同時為基金會籌款，支持我們的工作。他們又特別為是次活動製作了粉紅色的籃球，盡顯心思。

Hong Kong International School Pink Ball Charity Basketball Game

A group of energetic, young friends from Hong Kong International School hosted the “Pink Ball” Charity Basketball Game. The event aimed to promote the idea that sports activities can help prevent cancer, and to raise fund for the HKBCF. Some pink basketballs were specially made for this event.

JUN

與台灣關懷協會交流

台灣非政府組織關懷協會在6月1日到基金會進行交流。我們就乳癌護理和相關服務交換意見，盼共同改善有需要人士的福祉。

與基金會一樣，關懷協會是一個專注於乳癌患者與其家人的非政府組織。

Service Discussion with Taichung Kaihua Association

On 1 June, the Taiwanese non-governmental organization (NGO) Taichung Kaihua Association visited the HKBCF to exchange ideas on breast cancer care and related services with a view to improving the well-being of those in need.

Similar to the HKBCF, the Taichung Kaihua Association is an NGO dedicated to breast cancer patients and their families.



基金會參與 2017 第 11 屆健康博覽 HKBCF in the 11th Health Expo 2017

基金會在 6 月 9 日至 11 日舉行的「健康博覽」內設置攤位，介紹基金會服務及推廣乳房健康的重要性，提高公眾對乳癌的認識。

基金會創會人張淑儀醫生獲邀出席開幕典禮，並為「乳健檢查及乳癌新知」講座擔任講者。

The HKBCF participated the Health Expo held on 9 to 11 June with an educational booth to introduce our services, promote breast health and enhance public awareness of breast cancer.

Dr. Polly Cheung, the Founder of HKBCF, was invited to the opening ceremony. She was also the speaker of the talk on "Breast Health Screening & Latest Information On Breast Cancer".



基金會姊妹出版新書《乳癌路上》

基金會義工、乳癌康復者賴關裕穠 (Candy) 把自己的抗癌經歷筆錄成書，出版新書《乳癌路上》，與大家分享心路歷程，向新患者發放正能量，傳達「乳癌不可怕，放棄才最可怕」的訊息。

基金會就新書訪問 Candy。立志成為其他病友的航空母艦、為姊妹們護航的她娓娓道來，指自己從前是「曾經不知道如何繼續」的三期患者，到被丈夫溫馨提點「要做個負責任的病人，因為 (你的) 生存比什麼都重要」，至現時鼓起勇氣再次面對過去的傷痛，並出書分享抗癌經歷。Candy 盼望病友以正面態度面對病患，並如自己一樣「勇敢面對，一定可以獲得新的生命」。

基金會於 6 月底為 Candy 的新書舉行慶祝活動，預祝她的新書銷售成功

Candy Kuan launches her new book “乳癌路上”

Ms. Candy Kuan, a breast cancer survivor and volunteer of the HKBCF, launched her new book “乳癌路上” to share her experience in fighting against breast cancer over the years. Through her story, Candy wishes to spread positivity and encourage those affected by breast cancer to never give up as there is always hope for a cure.

We interviewed Candy to learn of her arduous fight against breast cancer. Once diagnosed with stage 3 breast cancer, she recalled that she was lost and “do not know how to carry on”. She was then promptly reminded by her husband to be a responsible patient, “since my survival is more important than anything”. Candy is brave enough to face her past painful experiences in battling breast cancer and shares her story to spread positivity. She encourages those affected by breast cancer to stay strong and get through it.

The HKBCF organized a party to celebrate with Candy for her new book launch in June, and wished her great success.

滙豐 150 週年慈善計劃 支持香港女性「乳健一生」 HSBC 150th Anniversary Charity Programme supports ‘Breast Health for Life’



自 1993 年，乳癌一直是香港女性的頭號癌症，亦是眾多類影響香港女性的癌症中，第三位致命的癌症。事實上，乳癌並非不治之症，只要在病症早期「及時發現」，就可更有效地作出適當治療，從而減少患者與其家人所承擔的痛苦。

及早檢查和發現乳癌，實為護理及治療乳癌的關鍵。確診早期乳癌的患者有超過九成機會能存活五年或以上，相反，確診晚期乳癌的患者只有一成半機會。提供經濟的檢查服務、手術及治療可有效改善治療乳癌的結果。當中，乳房 X 光造影檢查在發現及確診乳癌的過程中，具有決定性的作用。

社會上對此有極大需求，有不少香港女性仍未能負擔這類檢查服務。透過滙豐 150 週年慈善計劃支持，「乳健一生」計劃將會向低收入女性提供免費乳房 X 光造影檢查，為更多香港女性帶來可負擔、全面的服務。

對「乳健一生」計劃深表支持的香港上海滙豐銀行有限公司亞太區首席法律顧問施素珊女士表示：「乳癌可能是女性一生中最常面對的癌症。任何年齡的女性都有機會患上乳癌，所以每位女性都應該深入認識病症，了解預防及治療方法，這對女性而言是非常重要的。『及早發現』是防範乳癌的最佳方法。我期望這個計劃能鼓勵女性進行定期乳房 X 光造影檢查。」

資料來源：香港上海滙豐銀行有限公司

Breast Cancer has been the most common type of cancer affecting women in Hong Kong since 1993 and ranks third-most lethal among all female cancer types. It can be treated more effectively if caught in its early stages – resulting in less suffering for patients and their families.

Early screening and detection of breast cancer is essential in its management and treatment. More than 90 per cent of women diagnosed with breast cancer at the early stage live for at least five more years, compared with around 15 per cent of women diagnosed at the most advanced stage of the disease. Improved outcomes for breast cancer are more likely to happen when affordable screening, surgery and treatment are available. Mammography plays a critical part in diagnosing breast cancer at an early stage.

Many women in Hong Kong cannot afford this kind of screening and there is a great demand for the service. Through the HSBC 150th Anniversary Charity Programme, HKBCF will be able to offer affordable and comprehensive services to more women in Hong Kong by providing free mammography services to low-income women through the Breast Health for Life Programme.

Susan Sayers, Regional General Counsel for Asia Pacific, HSBC, and champion of the project expressed her view on it saying: “Breast cancer is the most common cancer that women may face in their lifetime. It can occur at any age, so it is important for every woman to know about breast cancer and what can be done. Early detection is always the best defence for breast cancer. I would like, through this project, to encourage women to have regular mammogram screening.”

Source: The Hongkong and Shanghai Banking Corporation Limited

MARY KAY®

玫琳凱

為支持基金會的乳健教育、患者支援及研究和倡議工作，玫琳凱於今年5月至6月舉行慈善義賣活動。顧客凡購買一個 Beauty that Counts® 限量版慈善愛心胭脂 (兩款色調分別為柔光玫瑰粉和亮澤蜜桃粉)，玫琳凱會捐出 \$1 美元予基金會。

Mary Kay

In support of the HKBCF's breast health education, patient support services and research & advocacy, Mary Kay hosted a charity sale from May to June, by donating US\$1.00 to the HKBCF for the sale of each "Beauty that Counts®" Mary Kay® Baked Cheek Powder. The Powder came in two shades (Giving Heart and Kind Heart).



松坂庫 magstore

松坂庫

松坂庫自2015年年中起分別舉辦數次慈善義賣活動，所涉產品包括粉紅雪糕、即製手卷及即製壽司。活動期間，顧客可以優惠價購買產品，而每售出一件產品，松坂庫即捐出港幣\$10善款，支持基金會的工作。

Mag Store

Since mid-2015, Mag Store has hosted several charity sales selling Pink ice-cream, hand rolls and sushi. During the charity sale, the above items would be sold at special price and Mag Store would donate HK\$10 to HKBCF for every piece sold.

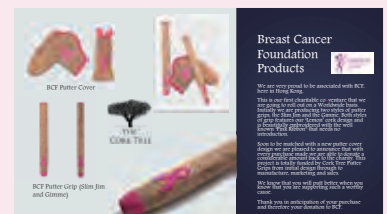


Cork Tree Limited

為支持基金會工作，Cork Tree Limited 由2015年6月起舉行慈善義賣活動，透過其網站出售高爾夫球運動用品，每售出一項產品，便會捐出 \$5 美元予基金會。

Cork Tree Limited

Cork Tree Limited launched the charity sales in June 2015, to support and raise fund for the HKBCF. For each Pink Ribbon Cork Putter Grip or Pink Ribbon Cork Putter Cover sold via its online store, Cork Tree Limited would donate US\$5 to the HKBCF.



Anisha Turner

由 Anisha Turner 小姐籌辦的 Arbitrary: Charity Art Exhibition 於去年11月11日在西貢舉行。該美術展覽所籌得的善款會撥捐基金會。此外，在展覽後的數個月，Anisha Turner 小姐向基金會捐贈數件於展覽中展出的美術作品，以支持基金會的工作。

Anisha Turner

Organized by Ms. Anisha Turner, the Arbitrary: Art Exhibition was successfully held on 11 November 2016 in Sai Kung, with funds raised at the event going to the HKBCF. Several months after the exhibition, a few pieces of artwork displayed at the exhibition were donated to the HKBCF for future auction sale.





Fly Pink

基金會有幸獲航空界的 Fly Pink 支持，舉辦一連串的籌款活動，支持我們現行的工作及九龍中心的發展。Fly Pink 是由一班飛機師自發組成的慈善團體，成員網絡遍佈全球及各間航空公司。

自去年 9 月起，Fly Pink 不但舉辦了一場慈善午餐會，基金會主席霍何綺華女士亦獲邀成為座上客之一，又特別設計了 Cap 帽、行李標籤、粉紅頸帶等產品進行慈善義賣。另外，每年 10 月，為提高公眾對乳癌的關注，Fly Pink 的飛機師會把制服肩章上的橫間色調，由慣常的黑色底金色間，改為引人注目的粉紅色間條。

國泰航空亦積極參與是次籌款活動。為送別其波音 747-400 客機，於 10 月 8 日籌辦了一次飛越維港的特別慈善航班，與 Fly Pink 的活動互相呼應。每名機上乘客捐出 747 港元或以上，為慈善出力，支持基金會的工作。

基金會全力配合 Fly Pink 活動，除了跟 Fly Pink 一同與國泰航空、港龍航空等協調，並提供宣傳物資、供應粉紅絲帶襟章、協助推廣活動，又到航空公司舉行乳健教育講座，務求使是次籌款活動達致最大效益。



Fly Pink

The HKBCF was blessed to have the support of Fly Pink, a charitable organization voluntarily formed by a group of pilots with an extensive global network. Since 2016, Fly Pink launched a series of fundraising initiatives in support of our work and the development of the HKBCF Kowloon Centre.

A series of fundraising initiatives were undertaken by Fly Pink since last September, such as a charity lunch which was attended by Mrs. Eliza Fok, the Chairman of HKBCF; designed and produced some merchandise items including caps, luggage tags and lanyards for charity sales etc. With the objective of raising breast cancer awareness, Fly Pink pilots would wear a pair of distinctive pin epaulettes (shoulder rank bars) every October.

Cathay Pacific also played an active role in last year's Fly Pink campaign. To bid farewell to its last Boeing 747-400, Cathay Pacific hosted a special charity flight for its staff on 8 October last year to fly over Victoria Harbour. All passengers on board each made a minimum donation of HK\$747 to the HKBCF.

The HKBCF worked with Fly Pink, Cathay Pacific and Cathay Dragon and supplied them with communications materials, pink ribbon pins and event promotion. We also delivered a breast health talk at the airline office last year.



在 2017 年 1 月至 6 月捐款港幣 20,000 元或以上的機構及個人 (按英文字母次序排列)
Organizations and individuals donating HK\$20,000 or above from January to June 2017.
(In alphabetical order)

A-World Consulting Ltd.
 ACCA Charitable Foundation Limited
 American Club
 Ampco Technologies Ltd
 AstraZeneca Hong Kong Limited
 ASVAINTRA Bhanusak
 C P Limited
 CHAN Abraham
 CHAN Jacky
 CHAN Keeng Wai
 CHAN Po King
 CHAN Thomas & Grace
 CHAN Yuk Kwan
 CHEN Shu Ling Cindy
 CHEUNG Suk Yee Polly
 Chien Je Fu Benevolent Fund Limited
 CHOI Peter H.K.
 CHOI Kwok Heung
 CHOI Lai Yin Catherine
 CHONG Siu Chung
 CHU See Kuk Gloria
 CHUNG See Yuen
 CHUNG Yuen Yee Kathy
 Citibank
 Cork Tree Limited
 CSI Properties Limited
 CTF Development
 DFS Group Limited
 Eisai (HK) Co., Ltd.
 FOK HO Yi Wah Eliza
 FRENCH Daniel
 FUNG J
 Fung Property Consultants Ltd
 HANSON Richard
 HEUNG Mi Kuen Miraner
 HO Angela
 HO Norman & Mrs. HO
 Hong Kong Sanatorium & Hospital Ltd.
 Hong Kong Women's Imaging
 HOU Johanna
 HUEN Patrick & Isabel
 HUNG Wai Ka
 In Express Ltd
 Katie Chan Productions Co. Ltd
 KJAER Peter
 KWAN Ching Sam David & HUI Virginia
 KWAN Wing Hong
 Ladies' Recreation Club
 LAI Moon Ping
 LAM Foo Wah
 LAM George
 LAW Cheuk Fai, Jeffrey
 LEE Dominique
 LEE Yuen Bing Nina
 LEUNG Chi Shan, Fiona
 LEUNG Ching Yu Roland
 LEUNG Lim Kin Simon
 LI Fiona
 LI Pui Ki Lawrence
 LIU King Yin, Rico
 LIU Man Yan Alice
 LO Wai Che, Marina
 LUI Frederick Lai Cheung
 MAK Mable Lok Sheung
 New World Group Charity Foundation Limited
 NG Helena
 NG Tai Joo
 PANG Rita
 PANG Yat Bond
 Paul & Shark Retail HK Limited
 Peninsula Merchandising Limited
 Redeemer Foundation
 Roche Hong Kong Limited
 Sai Kung Pink Ladies
 SHIU Barbara
 Stone Pole Ltd
 SZETO Paul
 TAM Joanne
 Tam Wing Kun Holdings Ltd
 Tan Siu Lin Foundation Limited
 The Community Chest of Hong Kong
 The Great Eagle Company Limited
 The Hong Kong and China Gas Company Limited
 The Hong Kong Jockey Club Charities Trust
 The Korean Women's Association of Hong Kong Limited
 The Pan Pacific Radiology Group Limited
 The Winnie Wang Michael Mak Charitable Trust
 Thomas & Linda Lau Family Foundation
 TIEN Mary
 TIN Hing Sin
 TONG Pak Chuen
 Touch Lucky Ltd
 TSANG Wing Hang, Janice
 TSUI Yuk Shan
 United Strong Pacific Limited
 Vita Green Charitable Foundation Limited
 VON PFEIL Countess Elizabeth
 WANG Lucy
 WONG Camay
 WONG Christine
 WONG Eleanor
 WONG Kwan Tin G Delia
 WONG Tung Shun, Peter
 Wong's Kong King Holdings Ltd
 World Wide Stationery MFG., Ltd
 WU Wing Cheung & WONG Ting Ting
 Y.S.Liu Foundation Limited
 YANG Wai Chung, Amy
 YAU Chun Chung
 YEUNG Anna
 YU Kwo (WONG Amy)

多謝以下乳癌支援中心的人士在 2017 年 1 月至 6 月的義務工作 (按英文字母次序排列)
Thanks to our volunteers of Breast Cancer Support Centre from January to June 2017. (In alphabetical order)

Au Lan Sze May
Chan Hiu Yin Derek
Chan Kam Chau Maggie
Chau Man Hing Ada
Chan Man Yee Maggie
Chan Margaret
Chan Rita
Chan Siu Ying Kristy
Cheng Sai Sharon
Cheung Lorena
Cheung Polly
Cheung Sin Yan Cindy
Cheung Yin Yee
Cheung Yuk Tai
Ching Pui Fun Angela
Chiu Nga Yin Rosetta
Chiu Suk Yi Maria
Chiu Wing Yan Mavis
Choi Ieng In Olivia
Choi Lai King Carol
Chow Chor Sheung Doris
Chow Siu Kwan Olivia
Chung Hiu Yin Cathy
Fan Wai King
Fung Ka Yan Eliza
Fung Wai Ling Susanna
Hemrajani Mary
Ho Fat Pong
Ho Oi Chu Cecilia
Ho Pui Ling Catherine
Ho So Kuen Edythe
Ho Yuet Ming Alice
Hui Pui Yin Connie
Hui Wai Yee Carrie
Ip Cindy
Kuan U Nong Candy
Kuok Grace
Lai Tung Mui Vanessa
Lai Yuk Har Kady
Lai Yuk Mui Joyce
Lam Pui Ling Louisa
Lau Elle
Lau Mi Ying
Lau Siu Mei Deborah
Lee Pak Wan
Lee Priscilla
Lee Sze Wan Viola
Lee Wai Kwan Vivian
Lee Wing Ying Winnie
Leung Tsui Wah Ruby
Leung Yee Han Felicia
Leung Yin Fong Esther
Li Hiu King
Li Oi Ying Anita
Lo Shuk Yee Sandy
Lu Xiao Lan
Mak Lai Shang Reconnie
Mak Mei Yee Cecilia
Man Lai Kuen
Mok Yuet Mui Ann
Morgan Stanley's Group
Ng Ah Fong
Ng Wai Han
Peng Hui Yi Cherrie
Shek Po Lin
Shum Sze Wan Sharon
Shum Yau Leung
Siu Fung Ha Angie
Szeto Man Yee Sincerely
Tam Chi Kin
Tam Lai Ming Teresa
Tam Suk Ping Barbara
Tang Sum Mei Monica
Tsang Chi Wai Bess
Tsang Olivia
Tse Joan
Tse Ling Shuk Yin
Wong Chau Ha Iris
Wong Christy
Wong Eunice
Wong Hak Kun
Wong Ka Lai Sandy
Wong Mei May Mimi
Wong Sau Lin Anita
Wong Sui Ching Ivy
Wong Wai Ling Kitty
Wong Wai Man
Wong Winnie
Wong Yim
Wong Yuk Hing Kitty
Woo Yin Hing Dawn
Yeung Kit Shing Jackson
Yeung Tai Yee Amy
Yip Lai Chong Ellen
Yiu Kwok Po Angela
Yu Fung Yuen
Yuen Wai Yuk



29/7 - 30/9
逢週六
Every Sat

舞動治療：金尊巴 —— 秋季舞蹈坊

時間：上午 11 時 30 分至下午 12 時 30 分
地點：香港乳癌基金會 22 樓
內容：透過簡單易學的舞步、活潑輕快的節奏，讓參加者體驗身體舞動的輕鬆和暢快，提升個人滿足感、發放正能量
導師：李佩君小姐 (Zumba Fitness 導師)
對象：乳癌康復者

Dance Therapy: Zumba Gold - Workshop in Autumn

Time : 11:30am to 12:30pm
Venue : 22/F, HKBCF
Program : To enhance positive energy and self-satisfaction through body movement with relaxed and fun rhythm
Trainer : Ms. Kit Lee Pui Kwan (Trainer of Zumba Fitness)
Target Audience : Breast cancer survivors

3/8 - 21/9
逢週四
Every Thur

音樂治療小組——情緒篇

時間：下午 2 時 30 分至 4 時
地點：香港乳癌基金會 22 樓
內容：透過即興演奏、分享和創作歌曲等音樂治療技巧，讓參加者探索內在的情緒，並學習可行的方法表達及釋放
治療師：林麗青女士 (註冊音樂治療師、腦神經音樂治療師、認證專業輔導師)
對象：乳癌患者及康復者

Music Therapeutic Group for Emotional Management

Time : 2:30pm to 4pm
Venue : 22/F, HKBCF
Program : To help participants search for their internal feelings and express or release their emotions through music therapy such as playing musical instruments, sharing music and composing songs.
Therapist : Ms. Jenny Lam Lai Ching (Registered Music Therapist, Neurologic Music Therapist, Certified Counselor)
Target Audience : Breast cancer patients and survivors

28/8
星期一
Mon

共慶新生

時間：上午 10 時 30 分至下午 12 時 30 分
地點：香港乳癌基金會 22 樓
內容：團體遊戲、分享跨越治療後的體會和學習、未來生活展望、紀念冊製作、茶點等
治療師：林麗青女士 (註冊音樂治療師、腦神經音樂治療師、認證專業輔導師)
對象：完成治療的乳癌康復者

Celebration for Survivorship

Time : 10:30am to 12:30pm
Venue : 22/F, HKBCF
Program : Group games, post-treatment experience sharing, outlook for the future, autograph book production, refreshment, etc.
Therapist : Ms. Jenny Lam Lai Ching (Registered Music Therapist, Neurologic Music Therapist, Certified Counselor)
Target Audience : Breast cancer survivors who completed their treatment

8/8 - 12/9
逢週二
Every Tue

「重拾健康愉快的自己」創意藝術小組

時間：下午 2 時 30 分至 5 時 30 分
地點：香港乳癌基金會 22 樓
內容：創意藝術使我們靜心反思、覺察及認識自己的狀況和需要，同時可釋放潛在情緒，減低身心承受的壓力，從而把負面情緒轉化成健康良藥，助我們重拾健康愉快
治療師：陳慧妍女士 (註冊美國及加拿大註冊音樂治療師、腦神經音樂治療師)
對象：乳癌康復者

“Onto a healthy path of recovery” Expressive arts workshop

Time : 2:30pm to 5:30pm
Venue : 22/F, HKBCF
Program : Taking part in creative arts would enable participants to enhance their awareness and understanding of their needs and thoughts, hence relieve the negative emotions and stress, and gain a new and healthy insight for the life ahead
Therapist : Ms. Vivian Chan (Registered Music Therapist, Neurologic Music Therapist)
Target Audience : Breast cancer survivors

18/11
星期六 (暫定)
Sat (Tentative)

義工啟動日

時間：下午 2 時 30 分至 4 時
地點：香港乳癌基金會 22 樓
內容：機構介紹、義工守則講解、經驗分享、團隊建立遊戲、啟動儀式
對象：已登記為基金會之義工

Volunteer Initiation Day

Time : 2:30pm to 4pm
Venue : 22/F, HKBCF
Program : Introduction of HKBCF, briefing on code of practice for volunteers, experience sharing, team building activity and commencing ceremony
Target Audience : Volunteers registered with HKBCF

2/12
星期六
Sat

義工嘉許禮

時間：下午 1 時至 3 時
地點：香港乳癌基金會 22 樓
內容：自助午餐、團體遊戲、義工嘉許禮、袁家慧博士 (輔導心理學家) 分享
對象：基金會義工

Volunteer Recognition Awards

Time : 1pm to 3pm
Venue : 22/F, HKBCF
Program : Lunch buffet, group games, prize giving ceremony, sharing by Dr. Rhoda Yuen (Counseling Psychologist).
Target Audience : HKBCF Volunteers

