

ANNUAL 年 REPORT 報

2019 / 2020





..... journey to recovery
..... new beginnings

Table of Contents 目錄

03

Foreword
前言

07

15 Years of Achievements
十五年的成就

09

Vision & Missions
抱負與使命

10

Service Overview
服務概括

11

Awareness & Education
公眾認知及教育

15

Patient Support
患者支援

19

Year at a Glance
年度概覽

21

Research & Advocacy
研究與倡議

25

Public Support
公眾支持

29

Feature Story
專題故事

31

Financial Summary
財務摘要

32

Acknowledgements
鳴謝

35

Corporate Governance
機構管治

38

Management Committee
管治委員會





前言 Foreword

2005年3月8日，一群十分熱心的志願者，包括醫生、護士、乳癌康復者和好友，創立了香港乳癌基金會。基金會一直致力減低乳癌威脅、彌合私營和公營醫療服務的距離，以及為乳癌患者提供支援，協助他們康復和重拾希望。

2019/2020是一個不一樣的年度，一方面令我們感恩，另一方面令我們面對前所未有的挑戰。在年內，我們除了慶祝成立15週年，在工作上亦取得甚佳的進展。但同時間，我們需要處理新冠肺炎疫情對我們的運作和籌款工作，帶來的困難。縱使如此，我們仍然是努力不懈，透過乳健教育、患者支援，以及研究和倡議工作，應對乳癌。

On 8 March 2005, a group of devoted volunteers, including doctors, nurses, breast cancer survivors and friends, founded the Hong Kong Breast Cancer Foundation (HKBCF). The HKBCF is committed to mitigating the threat of breast cancer through a holistic approach, bridging the gap between private and public medical services, and providing comprehensive support to help breast cancer patients regain health and hope.

2019/2020 was an unusual year of counting blessings on one hand, and facing up to unprecedented challenges on the other. During the year, we celebrated our 15th anniversary and achieved good work progress. However, we also had to deal with the difficulties that the COVID-19 pandemic posed to our operation and fundraising efforts. Despite these odds, we will not cease in our fight against breast cancer through patient support, education, research and advocacy.

在2019年9月，基金會公布了第11份年度研究報告，並發表全港首項以12年數據為基礎的乳癌趨勢研究。有些數據是令人擔憂的：香港最普遍的乳癌期數仍然為II期，以及接受定期乳健檢查的患者有減少的趨勢。香港癌症資料統計中心最新（2018）的數據亦顯示香港婦女患上乳癌的風險，有上升的趨勢：在10年間，乳癌新症增加了76%，以及婦女一生患上乳癌的累積風險，由每15位有一位，增加至每14位便有一位。

基金會一向倡議全民乳癌篩查，以達至及早發現。這是我們提出的「乳癌篩查三步走」策略的第三，亦是最終的一步。我們建議首先立即為高風險婦女提供篩查計劃。接著，要為居於低收入、低篩查率和乳癌期數高地區的一般風險婦女，提供先導篩查計劃。我們曾透過不同渠道，包括向行政長官和立法會提交建議書，爭取對策略的支持。

In September 2019, the HKBCF released the 11th annual research report along with Hong Kong's first chronological study of local breast cancer trends over a 12-year period. Some of the findings are worrying: the most common cancer stage diagnosed remained stage II, and there was a decrease in breast cancer patients having regular breast screening. The latest figures (2018) from the Hong Kong Cancer Registry also indicate an increasing risk of women in Hong Kong having breast cancer: the number of new cases has risen by 76% in the last 10 years; and the lifetime risk of developing breast cancer increased from one in 15 women to one in 14 women.

The HKBCF has always advocated population-wide screening in Hong Kong to achieve early detection. This is the third and ultimate phase in a three-phase implementation strategy that we propose. A screening programme for high-risk women should be put in place immediately as the first phase. This should be followed by the second phase of implementing a pilot scheme for average risk women residing in low-income districts with low breast screening rate and high advanced breast cancer incidence rate. We have used various channels, including making submissions to the CE and the Legislative Council, to seek support for our proposal.

對於近期的一些新發展，基金會是表示歡迎的。首先，在2020年7月，政府公布，現建議婦女如有一般 / 中等患上乳癌的風險，並帶有某些風險因素，應定期接受乳房X光造影檢查。接着，行政長官在她2020年11月發表的最新施政報告內，宣布由衛生署按合資格婦女患上乳癌的風險，提供檢查服務。基金會認為這些發展是向全民篩查跨出一大步，亦是基金會和其他持份者多年來，共同努力的成果。

The HKBCF welcomes some recent developments. Firstly, the Government announced in July 2020 that it now advises women at moderate/average risk of breast cancer and with certain risk factors to undertake mammography regularly. Secondly, in her latest Policy Address delivered in November 2020, the CE announced that the Department of Health would provide breast cancer screening for eligible women, depending on their breast cancer risk. The HKBCF considers these developments a big step forward towards population-wide screening, and the outcome of cumulative efforts made by the HKBCF and other stakeholders over the years.



年度內，我們繼續舉辦宣傳和教育活動，包括「乳健同行2019」和「乳愛FUN享」巡迴展覽，提升乳健意識。我們亦推出吳長勝先生的《完美一刻》攝影集，以紀念基金會成立15週年和籌務經費。我們得到 REPRIZE HK 無償協助，亦首次在社交媒體推出公眾參與的乳健項目，在社交平台累積觸及人數超越一百萬。REPRIZE HK 亦憑此項目獲得推廣獎項。

To raise breast health awareness, we continued to organise publicity and education activity during the year, including Pink Walk for Breast Health 2019 and “Breast Care Fun Fair” roving exhibitions. The “Perfect Moment” photo book by Mr Ng Cheung Shing was also published to commemorate our 15th anniversary and raise funds. In addition, we launched, for the first time, a breast health awareness campaign as a social media public engagement initiative with the pro bono assistance of REPRIZE HK. The initiative reached over a million people on social media platforms, and REPRIZE HK also won important marketing awards for the campaign.

適逢政府推出的現金發放計劃，我們在2020年6月推出《乳你·互贈互助》計劃，鼓勵市民捐助基金會。在新冠肺炎疫情下籌募經費是一大挑戰，因為經濟低迷，以及舉行實體活動十分困難。

Earlier in June 2020, we launched an online fundraising initiative #WeGiftWeShare to coincide with Government’s Cash Payout Scheme to encourage donations to the HKBCF. Raising funds amidst the COVID-19 pandemic is a huge challenge because of the economic downturn and the difficulty of organising physical events.

我們亦作出新嘗試，在疫情期間透過網上、虛擬平台提供支援服務。我們知道乳癌患者因害怕感染新冠肺炎，不願外出。我們的乳癌支援中心以視像會議形式，舉辦工作坊和提供線上輔導服務，與乳癌患者保持聯繫。我們亦推出一系列的網上直播講座，提供乳癌相關資訊，提升大眾對乳健的關注，並與在綫的觀眾互動。以上新穎的做法，為基金會譜寫出新的一頁！

We also made new attempts to use online, virtual platforms to provide support services during the pandemic since we know that breast cancer patients would be reluctant to leave home for fear of contracting the virus. Our Breast Health Support Centre organised workshops and provided counselling services via video conferencing online to stay in touch with breast cancer patients. We also rolled out a series of Facebook live talks to provide information about breast cancer to raise breast health awareness and interact with online audiences. These new initiatives opened a fresh chapter for the HKBCF.

我們的乳健中心和乳癌支援中心在疫情期間繼續運作，這是至為重要，因為一些必需的服務例如乳房檢查和淋巴水腫護理，不能在網上提供。為確保所有患者、訪客和同事的安全，基金會根據衛生防護中心發出有關新冠肺炎的指引，實施了多項預防措施。我們十分感激所有同事在艱難時期，努力工作，緊守崗位。

Our Breast Health Centre and Breast Cancer Support Centre remain open during the pandemic. This is most important because essential services, such as breast screening and lymphoedema care, cannot be provided online. To ensure the safety of all patients, visitors and staff members, the HKBCF has implemented various precautionary measures in accordance with the relevant guidelines on COVID-19 issued by the Centre for Health Protection. We are very grateful to all our staff members for their hard work and dedication during this difficult period.



我們亦感謝所有基金會的捐助人、支持者、義工、大使、贊助人、顧問，以及理事會和委員會成員，在年度內鼎力支持和協助。

往回看，2019/2020的經歷令我們更堅守使命，為迎對未來挑戰作更好的準備。我們不忘初心，繼續盡力為乳癌患者提供全面支援。本年報以雛菊作封面設計，雛菊代表新生命的開始，好像到來基金會的乳癌患者，縱使「喊住嚟」，亦「笑住走」，帶着希望和笑容踏上康復之路！

We would also like to thank all HKBCF donors, supporters, volunteers, ambassadors, patrons, advisors as well as Council and committee members for their unfailing support and assistance during the year.

Looking back, the experience in 2019/2020 made us even more committed to our mission and better prepared to face the challenges ahead. We will not forget why we started and will continue to do our best to provide comprehensive support for breast cancer patients. We used daisies for the cover design of this annual report. Daisies symbolise new beginnings: just like our breast cancer patients replacing their fears and tears with hope and a smile on their journey to recovery.

十五年的成就

15 Years of Achievements

2005

2005 - 2006

- 於2005年3月8日成立香港乳癌基金會
- 舉行首個關注乳癌籌款步行活動
- 舉行首個籌款晚宴
- HKBCF established on 8 March 2005
- Held first breast health fundraising walkathon
- Held first fundraising gala dinner

2006

2006 - 2007

- 發表有關香港婦女對乳癌檢查的意識及習慣的調查結果
- 邀請楊千嬅小姐宣傳「及早發現，治療關鍵」訊息
- 製作首張《乳你同行》數碼光碟
- Published survey results on Hong Kong women's perception and awareness of breast cancer risks and breast examination behaviour
- Invited Ms Miriam Yeung to spread "Early Detection Saves Lives" message
- Produced first "Talking on the Breast Cancer Challenge" DVD

2007

2007 - 2008

- 成立香港乳癌資料庫
- 於上環設立患者資源中心
- 出版第一份刊物《我的歷程》
- 推出粉紅絲帶夥伴計劃
- Established Hong Kong Breast Cancer Registry
- Opened patient resource centre in Sheung Wan
- Released first publication: "My Journey"
- Launched Pink Ribbon Partners programme

2008

2009

- 推出「乳房X光造影檢查資助計劃」
- 推出《乳房保健指南》小冊子及數碼光碟
- 基金會成為香港公益金會員機構
- 推出「乳癌藥物資助計劃」
- Launched Mammography Screening Financial Assistance Programme
- Launched "Passbook to Breast Health" booklet and DVD
- HKBCF became member of the Hong Kong Community Chest
- Launched Breast Cancer Drugs Financial Programme

2009 - 2010

- 設立基金會總部和遷移患者資源中心至炮台山
- 香港乳癌資料庫發表首份研究報告《香港乳癌實況2008報告》
- 與香港中文大學合辦「香港癌症研究所第十四屆周年科學會議」
- 舉行「春之樂韻」慈善音樂會
- Opened new HKBCF headquarters and relocated patient resource centre in Fortress Hill
- Hong Kong Breast Cancer Registry published first research report: "Breast Cancer Facts in Hong Kong 2008"
- Co-organised "14th Annual Scientific Symposium of the Hong Kong Cancer Institute" with Chinese University of Hong Kong
- Held "Melody of Spring" charity concert

2010

2011

2012

2010 - 2011

- 設立社區乳癌中心
- 乳癌康復者組成「音韻樂心靈」合唱團
- 首次出版乳癌叢書《乳癌不可怕》
- Opened community-based Breast Health Centre
- Breast cancer survivors formed singing group: "Melody In Mind"
- Published first book for patients: "乳癌不可怕"
- 舉行第7屆「乳·健康大步走」步行籌款活動
- 香港乳癌資料庫團隊出席第33屆IACR周年大會
- 推出「乳癌檢測·三缺一不可」宣傳計劃
- Held seventh Pink Walk Against Breast Cancer fundraising walkathon
- Hong Kong Breast Cancer Registry team participated in 33rd IACR Annual Meeting
- Launched "Three Steps to Breast Health" publicity campaign

2013

2014

2015

2016

2017

2018

2019

2012 - 2013

- 香港乳癌資料庫發表第4號報告:《香港乳癌實況》
- 基金會成為香港首間提供淋巴水腫指數量度服務的非牟利機構
- 乳癌中心為約5,400位婦女提供乳房健康檢查
- Hong Kong Breast Cancer Registry published fourth report: "Breast Cancer Facts"
- HKBCF became first NGO in Hong Kong to offer lymphoedema index measurement service
- Breast Health Centre provided breast screening for approximately 5,400 women

2013 - 2014

- 張淑儀醫生和霍何綺華女士分別推出第一部著作《乳妳同行》及《乳癌100問》
- 推出香港首個乳癌風險評估服務
- 推出《與你同行·無懼淋巴水腫》數碼光碟
- Dr Polly Cheung and Mrs Eliza Fok published their first book "乳妳同行" and "100 Questions About Breast Cancer" respectively
- Launched Hong Kong's first breast cancer risk assessment service
- Released "Lymphoedema - you don't have to face it alone" DVD
- 推出王菀之小姐參與的「乳癌風險BINGO」乳癌教育社區推廣項目
- 與雅蘭詩黛集團攜手推出「關懷乳癌流動教室」
- 與香港乳癌研究組合辦「第二屆亞洲晚期乳癌交流會」
- Launched community-based education campaign "Breast Cancer Risk Factors BINGO" featuring Ms Ivana Wong
- Launched "Mobile Breast Health Education Classroom" with Estée Lauder Companies
- Co-hosted "Second Asian Advanced Breast Cancer Exchange Forum" with Hong Kong Breast Oncology Group

2013 - 2014

- 張淑儀醫生和霍何綺華女士分別推出第一部著作《乳妳同行》及《乳癌100問》
- 推出香港首個乳癌風險評估服務
- 推出《與你同行·無懼淋巴水腫》數碼光碟
- Dr Polly Cheung and Mrs Eliza Fok published their first book "乳妳同行" and "100 Questions About Breast Cancer" respectively
- Launched Hong Kong's first breast cancer risk assessment service
- Released "Lymphoedema - you don't have to face it alone" DVD

2014 - 2015

- 為基金會10周年揭幕舉行「Pink Sunset」慈善答謝晚宴
- 合辦「乳癌資料庫在乳癌防控的角色及作用」研討會
- Held "Pink Sunset" donor-recognition celebration dinner to unveil HKBCF's 10th Anniversary
- Co-hosted "The Role of Breast Cancer Registries in Prevention and Control" symposium
- 首次向行政長官提交全民乳癌篩查意見書
- 為基金會護士舉辦首個淋巴水腫護理培訓課程
- 葉麗儀女士為基金會灌錄「檢查為乳健」宣傳曲
- Presented first submission to Chief Executive on population-wide breast cancer screening
- Organised first lymphoedema training course for HKBCF nurses
- Ms Frances Yip recorded promotion jingle for HKBCF

2015 - 2016

- 為香港乳癌基金會賽馬會乳癌中心(九龍)舉行動土儀式
- 推出假髮、義乳胸圍和壓力繃帶送贈計劃
- Held groundbreaking ceremony of the HKBCF Jockey Club Breast Health Centre (Kowloon)
- Launched Free Wig, Prosthesis Bra and Bandage Giving Programme

2016 - 2017

- 於2018年3月8日正式設立香港乳癌基金會賽馬會乳癌中心(九龍)
- 舉辦一系列的研討會，包括婦女癌症研討會、乳癌會議，以及周年乳癌大會：從試驗到臨床實踐
- 張淑儀醫生和霍何綺華女士同獲星島新聞集團「傑出領袖選舉」殊榮
- Officially opened HKBCF Jockey Club Breast Health Centre (Kowloon) on 8 March 2018
- Hosted a series of symposiums, including Women Cancer Symposium, Breast Cancer Academy and Annual Updates on Breast Cancer 2018: from Trial to Clinical Practice
- Dr Polly Cheung and Mrs Eliza Fok received Sing Tao News Corporation's "Leader of the Year" awards

2017 - 2018

- 於2018年3月8日正式設立香港乳癌基金會賽馬會乳癌中心(九龍)
- 舉辦一系列的研討會，包括婦女癌症研討會、乳癌會議，以及周年乳癌大會：從試驗到臨床實踐
- 張淑儀醫生和霍何綺華女士同獲星島新聞集團「傑出領袖選舉」殊榮
- Officially opened HKBCF Jockey Club Breast Health Centre (Kowloon) on 8 March 2018
- Hosted a series of symposiums, including Women Cancer Symposium, Breast Cancer Academy and Annual Updates on Breast Cancer 2018: from Trial to Clinical Practice
- Dr Polly Cheung and Mrs Eliza Fok received Sing Tao News Corporation's "Leader of the Year" awards

抱負及使命 Vision & Missions

抱負

Our Vision

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，致力減低乳癌在本地的威脅。該基金會由香港乳癌基金會有限公司營運。

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.

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)

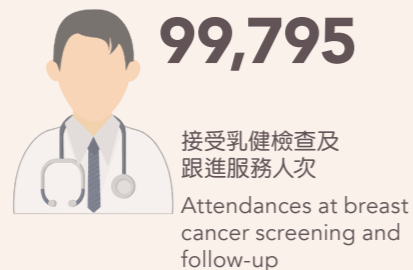
使命

Our Missions

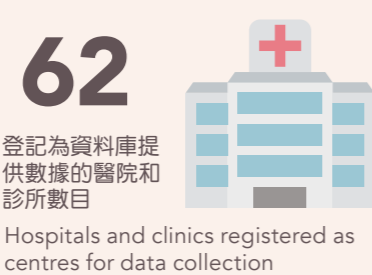
- 提高公眾對乳癌的認識及推廣乳房健康的重要性
- 支援乳癌患者踏上復康之路
- 倡議改善本港乳健及乳癌防控和醫護方案
- Promote public awareness of breast cancer and the importance of breast health
- Support breast cancer patients on their road to recovery
- Advocate better breast cancer care in Hong Kong

服務成果回顧 Service Highlights

乳健教育及檢查 Breast Health Education and Screening



香港乳癌資料庫 Hong Kong Breast Cancer Registry



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 care takers 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

患者支援 Patient Support



* 「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。
** 以上資料由香港乳癌基金會乳健中心、乳癌支援中心及乳癌資料庫提供 (更新至2020年6月30日)
* "Breast Cancer Hong Kong Online" is the first breast cancer online database in Hong Kong launched by the HKBCF for medical professional reference.
** Above data is provided by BHC, BCSC and BCRC of the HKBCF (updated to 30 June, 2020)

公眾認知及教育 Awareness and Education



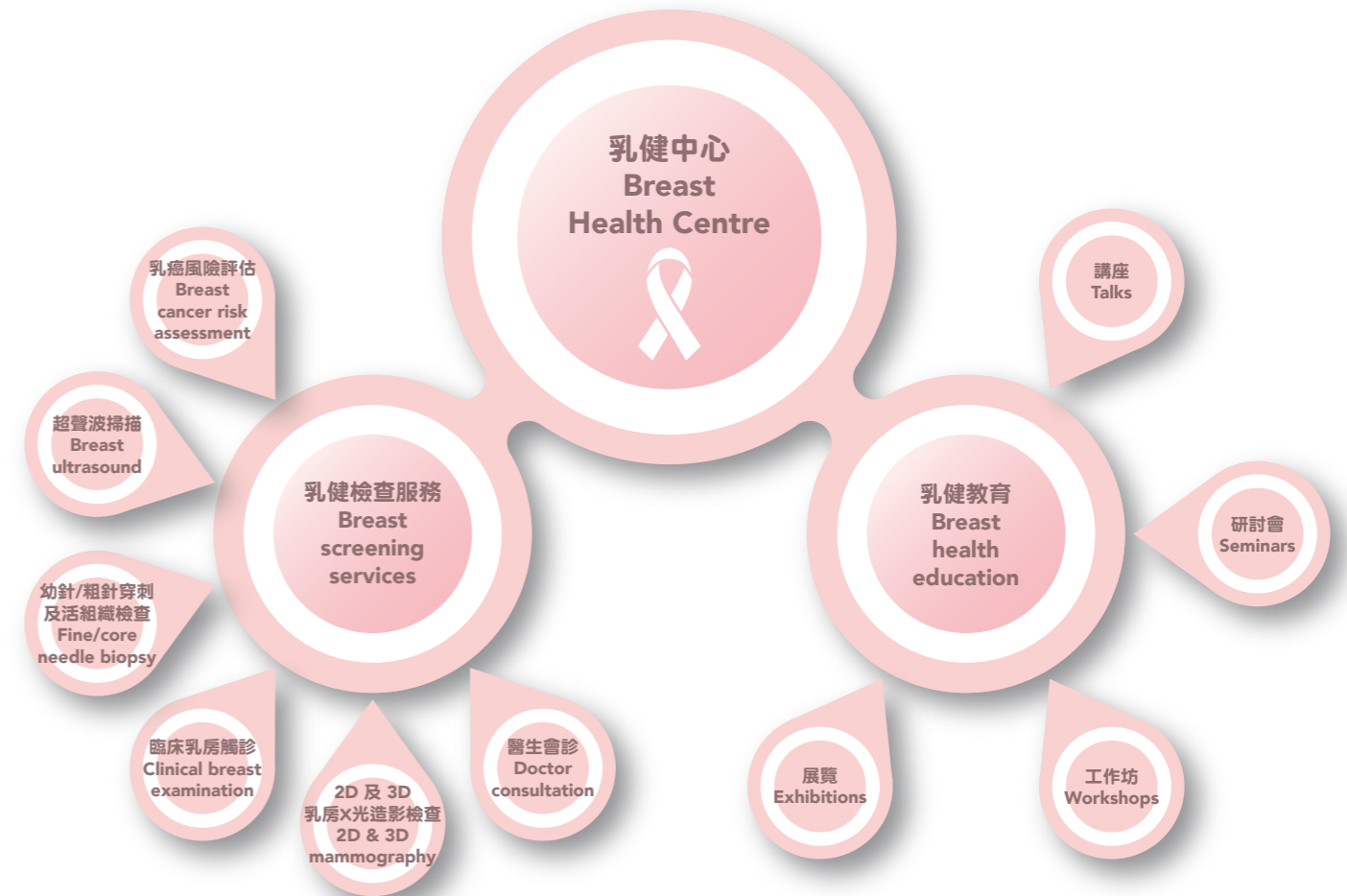
乳健檢查及教育 Screening and Education

香港乳癌基金會乳健中心於2011年成立，為婦女提供乳健檢查服務，以及乳健教育。承蒙滙豐150週年慈善計劃和香港賽馬會慈善信託基金的資助，乳健中心備有最新的超聲波掃描器和3D乳房X光造影機，用以進行有質素保證的乳健檢查服務。有關資助亦讓乳健中心可以為有經濟困難的婦女提供免費檢查服務。

在報告年內，接受乳健檢查和跟進服務人次為15,783，其中7,506人次是不涉收費。經乳健中心檢查後確診乳癌共255人。乳健中心亦舉辦了75場乳健教育講座、研討會、工作坊，以及展覽。參與以上活動的總人次為8,825。

The Breast Health Centre (BHC) of the HKBCF was set up in 2011 to provide breast screening services and breast health education. With the generous funding support of HSBC's 150th Anniversary Charity Programme and the Hong Kong Jockey Club Charities Trust, the BHC is equipped with the latest ultrasound imaging machine and 3D mammography screening machine so that it can perform quality-assured breast screening services. Their funding also enables BHC to provide free screening services for women with financial difficulties.

In the reporting year, the total number of attendances for breast screening and follow-up services was 15,783, of which 7,506 were provided without charge. The total number of women diagnosed with breast cancer at the BHC was 255. The BHC also organised 75 breast health education talks, seminars, workshops and exhibitions. The total attendances at all these activities were 8,825.



香港乳癌基金會賽馬會乳健中心（九龍） HKBCF Jockey Club Breast Health Centre (Kowloon)

2020年標誌著香港乳癌基金會賽馬會乳健中心（九龍）投入服務已達兩載。該中心位於龍翔道28號，讓居於九龍及新界（尤其鄰近的黃大仙區）的婦女更方便到訪，使用一站式、優質及收費相宜的乳健檢查服務。設立該中心也促成基金會與地區組織合作，接觸居住於鄰近的弱勢社群。

自開幕以來，接受乳健檢查和跟進服務人次為17,737，其中8,724人次是不涉收費。

2020 marks the second year of the operation of the HKBCF Jockey Club Breast Health Centre (Kowloon). Its location at 28 Lung Cheung Road makes it more convenient for women residing in Kowloon and the New Territories, especially the neighbouring Wong Tai Sin district, to visit the centre for one-stop, quality and affordable breast screening services. Setting up the Kowloon Centre also enables the HKBCF to cooperate with district organisations to reach out to the more vulnerable communities nearby.

Since its inception in March 2018, the total number of attendances for breast screening and follow-up services was 17,737 of which 8,724 were without charge.

基金會Facebook直播講座系列—《乳癌♥你要知》

“All You Need to Know about Breast Cancer” Facebook live talk series

提升婦女乳房健康意識，對減低乳癌的威脅，至為重要。新冠肺炎疫情防控和相關社交距離措施令基金會難以透過較傳統、面對面的渠道提供乳癌資訊。

基金會嘗試利用網上、虛擬平台推行乳健教育工作。於2020年5月，基金會首次在Facebook推出網上互動講座系列《乳癌♥你要知》，以接觸留在家中的婦女。

講座內容包括一般常見乳癌疑難、治療和其副作用，和保持乳房健康的知識等。講者有醫生、營養師、臨床心理學家和中醫師。每次講座更設有直播問答環節，讓觀眾於社交平台的聊天室中提問，再由講者直接解答。

該 Facebook直播講座系列反應甚佳，並為基金會的社交平台增加了430位追蹤者。基金會將舉辦更多網上直播講座。

Raising women's awareness of breast health is important for reducing the threat of breast cancer. The COVID-19 pandemic and related social distancing measures make it difficult for the HKBCF to disseminate information on breast cancer through the more traditional, face-to-face channels.

The HKBCF has explored the use of online, virtual platforms for breast health education work. In May 2020, the HKBCF launched its first ever interactive live talk series, “All You Need to Know about Breast Cancer”, on Facebook to reach women at home. The talks covered topics such as common breast cancer myths, treatment and its side-effects as well as maintaining breast health. Speakers included doctors, dietitians, clinical psychologists, and Chinese medicine practitioners. A live question and answer session was held at every talk for the audience to raise questions in the chatroom, and obtain answers from the speaker directly.

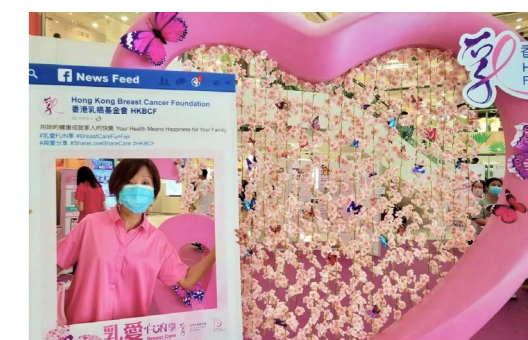
The Facebook live talk series received very good response and the HKBCF gained an additional 430 followers as a result. More online live talks will be held.



「乳愛FUN享」乳健教育巡迴展覽

在2020年6月，基金會舉辦「乳愛FUN享」乳健教育巡迴展覽，慶祝成立15週年。基金會十分感謝粉嶺碧湖商場、屯門愛定商場、利舞臺廣場和元朗廣場的支持，在商場內免費借出場地，讓基金會使用。

巡迴展覽在不同時間在這四個商場舉行。基金會用比較軟性手法提供乳癌資訊和推廣乳房健康。除了有展板羅列乳癌的事實和數據，場地亦設有遊戲讓公眾測試自己對乳癌的了解。基金會亦在展覽場內進行乳健問卷調查，所得資料將用於有關乳房健康意識的研究。



“Breast Care Fun Fair” Roving Exhibitions

In June 2020, the HKBCF organised the “Breast Care Fun Fair” Roving Exhibition to celebrate the HKBCF's 15th anniversary. The HKBCF is very grateful to AVON Mall, H.A.N.D.S., Lee Theatre Plaza and Yuen Long Plaza for their support. These four shopping malls provided venues in their premises for use by the HKBCF free of charge.

The Roving Exhibition which was held at different times in these four shopping malls, provided information on breast cancer and promoted breast health using a soft approach. Other than staging exhibits on the facts and figures on breast cancer, there were on-site games for the public to test how much they knew about the disease. The HKBCF also administered a questionnaire about breast health at the exhibition venues. The data will be used for research on general breast health awareness.

疫情下乳健中心的運作

Operation of Breast Health Centre during pandemic

在新冠肺炎疫情下，乳健中心維持運作，因為乳健檢查不能在網上提供。特別是就緊急個案而言，即已經有病徵的婦女，盡快接受乳房檢查，至為重要。乳健中心根據衛生防護中心發出有關新冠肺炎的指引，實施了多項預防措施，以保障員工、患者和訪客的安全。

The BHC has remained in operation during the COVID-19 pandemic as screening services cannot be provided online. It is important especially in emergency cases, i.e. for women with symptoms, that breast screening be performed as early as possible. The BHC has implemented various precautionary measures in accordance with the relevant guidelines on COVID-19 issued by the Centre for Health Protection to ensure the safety of staff members, patients and visitors.

患者支援 Patient Support

2020 年標誌著香港乳癌基金會踏入第15年。事實上，患者支援是基金會於2005年成立後首項推出的服務，以協助乳癌患者在康復路上，達致身心健康。經過多年發展，基金會現時分別在香港島和九龍，設有乳癌支援中心，專責提供患者支援服務。

2020 marks the 15th anniversary of the HKBCF. The first service rolled out by the HKBCF upon establishment in 2005 was patient support to help those diagnosed with breast cancer attain physical and mental recovery. With development over the years, the HKBCF has now Breast Cancer Support Centre (BCSC) on Hong Kong Island and in Kowloon dedicated to providing patient support services.

一站式患者支援中心 One-stop patient support centre

乳癌支援中心為乳癌患者和康復者，以及其家人提供一站式、全方位的支援服務。該等服務包括：個人和小組情緒輔導、治療前後的準備小組、淋巴水腫護理、藥物資助計劃、免費送贈假髮、義乳胸圍、繃帶和支援包、興趣班和群體活動。目前，乳癌支援中心服務人數，佔全港每年乳癌新症婦女約22%。

在報告年內，乳癌支援中心新收了744位乳癌患者為會員，令其總會人數超越7,000。乳癌支援中心亦錄得957位新服務使用者，而中心所有活動累積參與人次突破176,400。



The BCSC offers one-stop, comprehensive services to breast cancer patients and survivors as well as their families. Such services include individual and group counselling; pre-treatment and post-treatment information sessions; lymphoedema care; drug financial assistance programmes; free provision of wigs, prosthesis bras, bandage and comfort packs; interest classes and group activities. To date, the BCSC serves approximately 22% of all Hong Kong women newly diagnosed with breast cancer every year.

In the reporting year, 744 breast cancer patients registered as new members of the BCSC, bringing the total number of its members to over 7,000. In addition, there were 957 new service users and the cumulative attendances of all BCSC activities exceeded 176,400.

創新的淋巴水腫護理服務 Pioneering lymphoedema care services



淋巴水腫是乳癌治療常見的後遺症，可引致患者肢體腫脹及疼痛。乳癌支援中心是香港少數提供淋巴水腫護理服務的地方，亦可能是本港唯一一間慈善組織提供紓緩和預防並重的全面淋巴水腫療程。

本港現時只有少數醫護人員具備專業能力可以為患上淋巴水腫的乳癌患者提供護理服務。有關培訓的目的正是要增加本地淋巴水腫護理服務的供應。

乳癌支援中心自2010年已提供淋巴水腫護理服務。作為這方面的本地先驅，乳癌支援中心不時與一位海外專家合作，為本地醫護人員（包括護士和物理治療師）提供專業淋巴水腫護理培訓。

在報告年內和自2010年，接受乳癌支援中心提供的淋巴水腫護理服務人次分別為7,527及44,285。乳癌支援中心於報告年內亦舉行了七天淋巴水腫培訓課程。

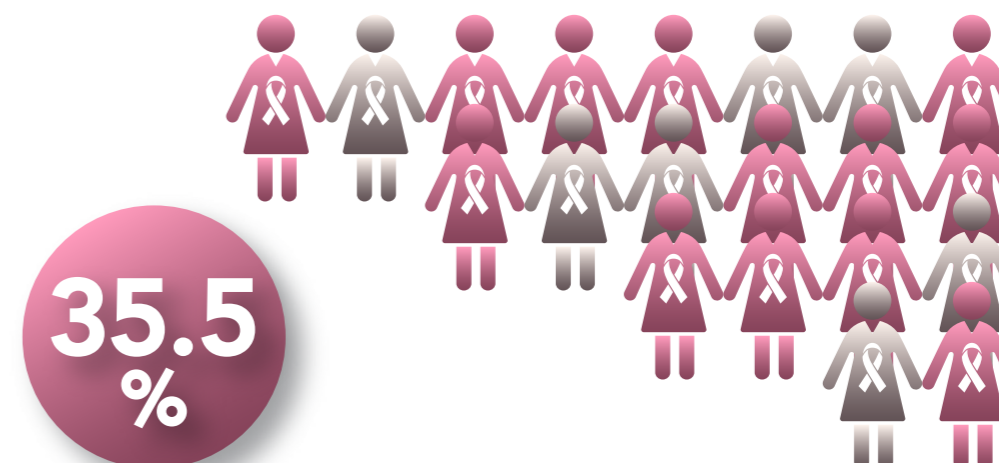
Lymphoedema is a common breast cancer treatment sequela that causes the patient's limbs to swell and ache. The BCSC is one of the few places in Hong Kong that provides lymphoedema care services and probably the only charitable organisation with a comprehensive care package which accords equal importance to the management and prevention of lymphoedema.

lymphoedema care for local medical workers, including nurses and physiotherapists. This initiative aims to increase the local supply of lymphoedema care services, as there are at present few medical workers in Hong Kong qualified to provide care services to breast cancer patients suffering from lymphoedema.

The BCSC has been providing lymphoedema care services since 2010. As a local pioneer in this field, the BCSC works with an overseas expert from time to time to offer training on

Attendances at the lymphoedema care services provided by the BCSC were 7,527 in the reporting year and a total of 44,285 since 2010. In addition, a seven-day lymphoedema training course was held in the reporting year.

到訪乳癌支援中心的乳癌患者中患上淋巴水腫的比率（截至2020年6月）
Proportion of BCSC breast cancer patients suffering from lymphoedema (as of June 2020)





新冠肺炎疫情下乳癌支援中心的運作 Operation Of The BCSC under the COVID-19 pandemic

新冠肺炎疫情期間，乳癌支援中心如常運作，這是至為重要，特別是對正在接受淋巴水腫護理的乳癌患者。因為患者需要定時到中心接受指數測量，以及紓緩服務，以防止淋巴水腫症狀惡化。

乳癌支援中心根據衛生防護中心發出有關新冠肺炎的指引，實施了多項預防措施，以保障員工、患者和訪客的安全；例如，需要向患者提供服務的員工，皆獲發個人防護設備。至於患者和訪客，他們需先量度體溫，消毒雙手和鞋，才可進入乳癌支援中心的處所。

乳癌支援中心完全明白乳癌患者因害怕染疫，不想外出。為了維持對患者提供情緒支援服務，中心將其一貫的日常情緒輔導、支援小組、興趣班等服務，以電話及影像方式在網上進行。

乳癌支援中心亦致力於透過網上平台，給予乳癌患者一些實用資訊，協助他們在疫情下保持情緒健康。就此，中心安排臨床心理學家及醫生拍攝一系列教育短片，短片於 Facebook 和 YouTube 上載，內容包括教授乳癌患者在家可作的小練習，放鬆身心。



The BCSC continues to provide normal services during the COVID-19 pandemic. This is most important especially to breast cancer patients receiving lymphoedema care. These patients need to undergo regular index measurement and management services at the BCSC to prevent their lymphoedema from worsening.

The BCSC has implemented various precautionary measures in accordance with the relevant guidelines on COVID-19 issued by the Centre for Health Protection to ensure the safety of staff members, patients and visitors. Staff members who need to attend to patients, for example, are equipped with appropriate personal protective equipment. Patients and visitors, will have their body temperature measured and be asked to sanitise their hands and shoes before entering the premises of the BCSC.

The BCSC fully understands that breast cancer patients do not want to leave home for fear of contracting the virus. To sustain provision of emotional support for patients, the BCSC provides daily counselling, support groups, interest classes and other services online via video and telephone conferencing.

The BCSC also strives to provide practical advice on the virtual platforms to help breast cancer patients stay mentally healthy under the pandemic. In this connection, the BCSC has produced a series of educational videos for sharing on Facebook and YouTube. These videos feature clinical psychologists and doctors teaching simple exercises that breast cancer patients can do at home to relax the mind and body.



年度活動概覽 Year at a Glance

2019

7月
JULY



- 推出由影視紅星龔慈恩及女兒林愷玲真情對話的「用你的健康，成就家人的快樂」宣傳短片
- Launched the "Your Health Means Happiness for Your Family" online video, featuring a heart to heart talk between renowned actress Ms Mimi Kung and her daughter Ms Ashley Lam

10月
OCTOBER



- 舉辦第15屆「乳健同行」，為基金會籌款
- Held the 15th Pink Walk for Breast Health to raise funds for the HKBCF

9月
SEPTEMBER



- 舉行記者會公布香港乳癌資料庫第11份報告
- Held press conference to present the 11th research report of the Hong Kong Breast Cancer Registry

12月
DECEMBER



- 舉行電影「激鬥女神」慈善優先場
- Held "MMA Diva" charity movie screening

2020

2月及3月
FEBRUARY AND MARCH

- 於 Facebook 推出「抗疫心程」系列，由專業人士分享抗疫心得，保持身心健康
- Launched "抗疫心程" Facebook video series hosted by professionals to provide advice on how to stay physically and mentally healthy during the pandemic

5月
MAY



- 舉行「乳癌·你要知」Facebook 講座
- Held "All you need to know about breast cancer" Facebook live talk

6月
JUNE



- 舉辦「乳愛FUN享」巡迴展覽，以提高乳健意識
- Held the "Breast Care Fun Fair" Roving Exhibition to promote breast health awareness



- 於利舞臺廣場舉行《完美一刻》慈善攝影集發布會
- Held the "Perfect Moment" charity photo book launch ceremony at the Lee Theatre Plaza



- 推出《乳你·互贈互助》網上籌款計劃
- Launched the #WeGiftWeShare online fundraising campaign

研究及倡議 Research & Advocacy

在過去十多年，基金會一直進行研究和倡議工作。基金會不時發表研究報告/論文，以及倡議全民乳癌篩查。基金會提出「乳癌篩查三步走」策略：

- 一、立即為高風險婦女提供乳癌篩查計劃；
- 二、為居於低篩查率、乳癌期數高及低收入地區的一般風險婦女提供先導篩查計劃；
- 三、推行全民乳癌篩查。

For over a decade, the HKBCF has been undertaking research and advocacy work. The HKBCF issues research reports/papers from time to time and advocates implementation of population-wide breast cancer screening.

The HKBCF proposes a three-phase implementation: firstly, putting in place a breast screening programme for high risk women immediately; secondly, implementing a district-based pilot scheme for average risk women residing in low-income districts with low breast screening rate and high advanced breast cancer incidence rate; and thirdly, implementing a population-wide breast cancer screening programme.



香港乳癌資料庫11號報告書

在2019年9月，乳癌研究中心旗下的香港乳癌資料庫公布第11份年度研究報告，並發表全港首項以12年數據為基礎的乳癌趨勢研究。

乳癌趨勢研究採取時序研究方式，是將資料庫由2006年至2017年間收集到的19,000個本地乳癌患者數據資料，分為四個組別（2006-2008、2009-2011、2012-2014和2015-2017），比較12年間，這些乳癌患者的檢查習慣、風險因素和治療有何轉變。該研究發現，香港最普遍的乳癌期數仍然為II期，以及曾接受過乳健檢查的乳癌患者有所增加，但接受定期乳健檢查的患者則減少。

Hong Kong Breast Cancer Registry Report No. 11

In September 2019, the Hong Kong Breast Cancer Registry (HKBCR) of the Breast Cancer Research Centre (BCRC) released its 11th annual research report along with Hong Kong's first chronological study of local breast cancer trends over a 12-year period.

The chronological study utilised data of approximately 19,000 local breast cancer patients collected between 2006 and 2017. These data were categorised into four cohorts (2006-2008, 2009-2011, 2012-2014, and 2015-2017) to compare the changes in screening patterns, risk factors, and treatment throughout the period. The study found: the most common cancer stage diagnosed remained to be stage II; and there was an increase in patients who had undergone breast check-ups, but a decrease in patients who had regular breasts screening.

就2019施政報告提交建議書，倡議全民乳癌篩查 Submission on population-wide breast cancer screening for 2019 Policy Address

在2019年10月，基金會再次向行政長官提交施政報告建議書。基金會第一份建議書是就行政長官2018年施政報告提交。第二份建議書羅列更多研究數據，以證明全民乳癌篩查的好處，即是可有效減低乳癌死亡率及晚期個案數目。建議書亦指出，雖然香港已廣泛應用外地最先進的乳癌治療技術，卻沒有採用這些地方旨在及早發現乳癌的全民篩查計劃。結果是，香港最普遍的乳癌期數為II期，較有推行全民乳癌篩查的地方的I期更嚴重。

基金會認為現時香港應對乳癌的策略有矛盾之處，政府應盡快推行改善措施。



In October 2019, the HKBCF made its second Policy Address submission to the Chief Executive (CE). The first submission was made to CE for her 2018 Policy Address. The second submission sets out further evidence to support the benefits of population-wide breast cancer screening, i.e. reduction in both breast cancer mortality and advanced breast cancer cases. It also points out that while the latest methods used by other territories to treat the disease are readily adopted locally, their population-wide screening programmes to detect the disease early are not. As a result, the most common stage of breast cancer in Hong Kong is the more advanced stage II, as compared to stage I in places with population-wide screening. The HKBCF considers that such an approach to the breast cancer situation in Hong Kong is paradoxical and the Government should implement improvement measures expeditiously.

基金會與食物及衛生局局長會面，就乳癌篩查措施交換意見 Meeting with the Secretary for Food and Health to exchange views on breast cancer screening policy

在2019年11月，霍何綺華女士和張淑儀醫生會與食物及衛生局局長陳肇始教授，以及蔣麗芸議員會面，就本地乳癌篩查政策交換意見。蔣議員是立法會衛生事務委員會轄下支援癌症病患者事宜小組委員會的主席。會面時，霍女士和張醫生重申基金會一直提倡的「乳癌篩查三步走」策略。陳教授表示當局會繼續與基金會合作，減低乳癌威脅。

In November 2019, Mrs. Eliza Fok and Dr. Polly Cheung met with Professor the Honourable Sophia Chan, the Secretary for Food and Health, and the Honourable Ann Chiang, Chairman of the Subcommittee on Issues Relating to the Support for Cancer Patients of the Legislative Council (LegCo) Panel on Health Services (HS Panel) to discuss breast cancer screening policy in Hong Kong. At the meeting, Mrs. Fok and Dr. Cheung reiterated the three-phase implementation of population-wide breast cancer screening proposed by the HKBCF. Prof. Chan responded that the Administration would continue to work with the HKBCF to reduce the threat of breast cancer.



向立法會支援癌症病患者事宜小組委員會提交建議書 Submission to LegCo Subcommittee on issues relating to the support for cancer patients

基金會於2020年3月向立法會支援癌症病患者事宜小組委員會提交建議書。是次建議書的原委，始於食物及衛生局決定延遲公布有關乳癌風險因素的研究。當局於2015年委託香港大學進行該研究，而按照時間表應在2019年末完成。基金會於建議書中促請當局盡快公布有關研究數據，並就推行篩查提交明確時間表。

The HKBCF made a submission to the LegCo Subcommittee on Issues relating to the Support for Cancer Patients in March 2020. The submission was made in view of the decision of the Food and Health Bureau (FHB) to delay the release of a Government-commissioned breast cancer risk factors study undertaken by The University of Hong Kong (HKU). The study commenced in 2015 and should, as scheduled, have been completed in late 2019. In the submission, the HKBCF urged the Administration to release the findings of the study as soon as possible and give a clear implementation timeline for population-wide screening.

舉行網上記者會， 促請政府盡快推行全民乳癌篩查 Virtual press conference to urge the Government to expedite implementation of population-wide breast cancer screening

在2020年5月，基金會聯同癌症策略關注組舉辦記者會，促請政府盡早公布委託港大所作的乳癌風險因素研究數據，以及加快推行全民乳癌篩查。由於新冠肺炎疫情，是次記者會在網上平台舉行。

記者會上，張淑儀醫生和霍何綺華女士援引國際篩查標準，指出香港乳癌現況的嚴重性，以及推行乳癌篩查的迫切性。



In May 2020, the HKBCF held a press conference jointly with the Cancer Strategy Concern Group to urge the Government to release the findings of the HKU study on breast cancer risk factors as soon as possible and expedite implementation of population-wide breast cancer screening. Due to the COVID-19 pandemic, the conference was held on a virtual platform.

At the press conference, Dr. Polly Cheung and Mrs. Eliza Fok cited international screening criteria to illustrate the seriousness of Hong Kong's breast cancer situation and the urgent need to implement breast cancer screening.

政府修訂其乳癌篩查建議 Government's revised recommendations on breast cancer screening

在2020年7月，政府公布香港大學有關乳癌風險因素研究的主要數據，以及修訂其乳癌篩查建議。政府現建議婦女如有一般及中等風險患上乳癌，並帶有某些風險因素，應定期接受乳房X光造影檢查。

基金會認為該修訂建議是踏出應對乳癌作為公共醫療問題的第一大步。基金會會繼續努力不懈爭取全民乳癌篩查。

In July 2020, the Government released the main findings of the HKU study on breast cancer risk factors and announced its revised recommendations on breast cancer screening. The Government now advises women at moderate/average risk of breast cancer and with certain risk factors to undertake mammography regularly.

The HKBCF considers this change a first leap forward to addressing breast cancer as a public health issue.

The HKBCF will remain unremitting in its efforts to strive for population-wide breast cancer screening.

與醫學界攜手合作 Collaboration with the medical sector

在報告年內，基金會繼續參與或協辦醫學研討會，討論乳癌治療方法及相關技術的最新資訊。

在2019年10月，張淑儀醫生以講者身份出席由香港中文大學舉辦的乳癌研討會2019。席間，張醫生報告有關本地乳癌風險因素的最新發現。霍何綺華女士亦有出席是次會議，並代表基金會在開幕禮上致辭。

在2019年11月，基金會聯同香港乳房外科學會和律敦治及鄧肇堅醫院，舉辦名為 Clinical Meeting on Perioperative Treatment for Breast Cancer 的醫學會議。

In the reporting year, the HKBCF continued to attend or collaborate in medical forums to discuss the latest updates on breast cancer treatment methods and relevant technologies.

In October 2019, Dr. Polly Cheung spoke at the Breast Cancer Conference 2019 organised by the Chinese University of Hong Kong. In her speech, Dr Cheung presented the latest findings on local breast cancer risk factors. Mrs. Eliza Fok also attended the conference and delivered a speech on behalf of the HKBCF at the opening ceremony.

In November 2019, the HKBCF organised the Clinical Meeting on Perioperative Treatment for Breast Cancer jointly with the Hong Kong Society of Breast Surgeons and Ruttonjee & Tang Shiu Kin Hospitals.

新冠肺炎疫情的影響 Impact of COVID-19 pandemic

對負責收集第一手乳癌患者資料的乳癌研究中心外勤員工，新冠肺炎疫情為他們的工作帶來很大的挑戰。現時，大部分本地公立和私立醫院/診所均限制外來人士出入其處所。基金會亦限制員工到醫院進行收集資料工作，以策安全。

在這期間，乳癌研究中心主要收集私人診所，以及基金會轄下乳癌支援中心的患者資料。

The COVID-19 pandemic poses immense challenge to the work of the BCRC field staff members responsible for collecting first-hand breast cancer data. Most local public and private hospitals/clinics now restrict access of outsiders to their premises. The HKBCF has also limited the data collection work of these field staff members at hospitals to ensure their safety.

In the meantime, the BCRC will mainly collect patients' data from private clinics and the Breast Cancer Support Centre of the HKBCF.



公眾支持 Public Support

在報告年內，香港乳癌基金會繼續舉辦活動 / 項目，向公眾籌募捐款，以及爭取公眾支持應對乳癌的工作。不過，自2020年初新冠肺炎肆虐，籌款工作和舉辦實體活動越見困難。基金會需要嘗試新的籌款渠道，以及增加使用網上、虛擬平台。

During the reporting year, the HKBCF continued to hold events/campaigns to seek donations from the public as well as enlist their support for the fight against breast cancer. The spread of COVID-19 since the beginning of 2020, however, has rendered fundraising efforts and organisation of physical activities increasingly difficult. The HKBCF needs to explore new fundraising channels and make more use of online, virtual platforms.

獲獎短片 呼籲關注乳癌

Award winning video to promote breast cancer awareness



在2019年7月，香港乳癌基金會得到本地著名數碼營銷公司 REPRISE HK 義務協助，推出網上短片以宣傳乳房健康意識，以及倡議全民乳癌篩查。此網上短片亦是基金會首項社交平台公眾參與的項目。

短片由藝人龔慈恩夥拍女兒林愷鈴 (Ashley)，就健康、家庭和生活真情對話，以帶出「妳的健康，是家人最大的快樂」的信息。

短片成績斐然，於社交平台累積觸及人數有約104萬。數據顯示介乎45至54歲的女士作為本地乳癌政策的主要持份者，她們對基金會是次計劃最為支持。此外，REPRISE HK 更憑此短片於 MARKies Awards 2020 榮獲 Best Idea - Public Relations 銀獎，以及 Best Idea - Influencer 銅獎。



In July 2019, the HKBCF launched an online video with the pro bono assistance of REPRISE HK, a renowned local digital agency, to promote breast health awareness and advocate population-wide breast screening. It is also the first social media public engagement initiative of the HKBCF.

The video featured a heart-to-heart talk on health, family and life between artist Mimi Kung and her daughter (Ashley) to put across the message: "Your Health Means Happiness for Your Family".

The video was a huge success and reached approximately 1.04 million people on social media platforms. As key stakeholders in local breast screening policy, women aged between 45 and 54 were found to be the most supportive of HKBCF's initiative. REPRISE HK also won "Best Idea - Public Relations" silver award and "Best Idea - Influencer" bronze award at the MARKies Awards 2020 for the video.



第15屆乳健同行 15th Pink Walk for breast health

2019年10月，基金會於山頂順利舉行「乳健同行2019」，有超過 2,000 位身穿粉紅衣飾的健兒參加。是次活動的主題，亦是「妳的健康成就家人的快樂」，以鼓勵婦女定期接受乳癌檢查，並推動支持全民乳癌篩查。

此步行活動是基金會每年的重點籌款和宣傳項目，自基金會2005年成立以來，每年舉辦一次。是次乳健同行已是第15屆。

主禮嘉賓香港食物及衛生局局長陳肇始教授在活動起步禮致辭時指，政府會繼續與基金會等社區伙伴合作，推行健康推廣和教育工作，以減輕癌症對本港的負擔。其他主禮嘉賓包括婦女事務委員會主席陳婉嫻女士，醫院管理局行政總裁高拔陞醫生，以及基金會大使廖碧兒小姐，薛家燕小姐和琦琦小姐。



In October 2019, "Pink Walk for Breast Health 2019" was held successfully at the Peak with over 2,000 walkers in pink attire participating. Adopting the same message of "Your Health Means Happiness for Your Family", the event aimed to encourage women to undertake regular breast screening and rally support for population-wide breast cancer screening.

This walkathon is the signature fundraising and publicity event of the HKBCF and has been held every year since its establishment in 2005. This Pink Walk is already the 15th one held.

Speaking at the kick-off ceremony of the event, officiating guest Professor the Honourable Sophia Chan, Secretary for Food and Health, said the Government would continue to work with community partners, such as the HKBCF, to promote health awareness and education to mitigate the burden of cancer on Hong Kong. Other officiating guests included Ms Chan Yuen-han, Chairperson of the Women's Commission, Dr Tony Ko, Chief Executive Officer of the Hospital Authority and HKBCF Ambassadors: Ms Bernice Liu, Ms Nancy Sit and Ms Qi Qi.



李沛基醫生
Dr. Lawrence Li

乳癌療法包括五方面
Generally, there are five types of breast cancer treatment



林淑敏
Suk Man Mandy Lam

大家好, 我是林淑敏, Mandy!
Hi, I'm Mandy Lam

雅詩蘭黛集團乳癌防治運動 Estée Lauder Companies' breast cancer campaign

多年來, 雅詩蘭黛集團一直支持基金會的工作。
在2020年初, 雅詩蘭黛集團與基金會合作製作一系列乳癌教育短片。
該短片系列由藝人林淑敏主持, 訪問基金會的張淑儀醫生、熊維嘉醫生和李沛基醫生, 詳談乳癌症狀、診斷和治療。

For many years, Estée Lauder Companies has been supportive of the work of the HKBCF. In early 2020, Estée Lauder Companies partnered with the HKBCF in producing a series of breast cancer education videos. The video series featured artist Mandy Lam hosting interviews with Dr. Polly Cheung, Dr. Hung Wai-ka and Dr. Lawrence Li of the HKBCF talked about symptoms, diagnosis and treatment of breast cancer.



我曾經 好徬徨...



我而家有更多能量去打贏呢場仗喇

《乳你 · 互贈互助》計劃 #WeGiftWeShare Campaign

適逢政府早前推出一萬元現金發放計劃, 基金會於2020年6月推出《乳你 · 互贈互助》網上籌款計劃, 呼籲市民大眾向基金會捐款。該計劃亦以兩位乳癌患者, Jacqueline和Ling的康復故事, 介紹基金會為乳癌患者提供她們極需的服務。推出以來, 計劃得到甚佳反應。

The HKBCF launched the #WeGiftWeShare online fundraising campaign in June 2020 to coincide with Government's \$10,000 Cash Payout Scheme to appeal to the public to make donations to the HKBCF. The campaign also featured the recovery stories of Jacqueline and Ling, two breast cancer survivors, to introduce the much-needed services for breast cancer patients provided by the HKBCF. The campaign has received good response so far.



《完美一刻》慈善攝影集 "Perfect Moment" charity photo book



The "Perfect Moment" photo book was launched at a ceremony in June 2020 at the Lee Theatre Plaza. The book is a collection of travel photos as well as photos of some breast cancer survivors and HKBCF volunteers taken by Ir. Ng Cheung Shing. Mr Ng is a photography enthusiast and Founder and Chairman of Computer and Technologies Holdings Limited. Mr NG has allowed the photos taken by him to be published for the first time to commemorate the 15th anniversary of the HKBCF and also to raise funds as the proceeds from the sale of the photo book are donated to the HKBCF.

Due to the COVID-19 pandemic, exhibitions to introduce the photo book have had to be postponed to a more appropriate time.

在2020年6月, 基金會於利舞臺廣場發布《完美一刻》攝影集。攝影集收錄了一批由吳長勝先生工程師旅行期間, 以及他為一些乳癌康復者和基金會義工, 所拍攝的照片。吳先生是一位攝影愛好者, 亦是科聯系統集團有限公司創辦人兼主席。吳先生是首次容許他的攝影作品發布, 以紀念基金會成立15週年, 以及作籌款之用, 因為出售該本攝影集的收益是捐贈基金會。

因應新冠肺炎疫情, 有關介紹攝影集的展覽, 需要延期至稍後適合時間舉行。



香港乳癌基金會賽馬會乳健中心(九龍)命名捐贈計劃 HKBCF Jockey Club Breast Health Centre (Kowloon) Naming Opportunities Programme

香港乳癌基金會賽馬會乳健中心(九龍)於2018年3月8日正式投入服務。承蒙香港賽馬會慈善基金撥款, 該中心自成立以來, 工作成績顯著, 除了為本地低收入婦女提供免費乳房X光檢查外, 亦為乳癌患者和康復者準備各種支援及護理服務, 受惠者數以千計。

基金會為營運香港乳癌基金會賽馬會乳健中心(九龍)籌募經費的一個項目就是在2018年推出的命名捐助計劃。根據該計劃, 基金會按捐助者的意願, 為其選擇認捐的設施、患者使用的房間和其他實物資產命名, 以誌捐助者的支持。

The HKBCF Jockey Club Breast Health Centre (Kowloon) was officially opened on 8 March 2018. Using funds from the Hong Kong Jockey Club Charities Trust, the Centre has made remarkable work progress in providing free mammography screening for thousands of low-income women, and offering much needed care and support services to thousands of breast cancer patients/survivors.

An initiative taken by the HKBCF to raise funds for the operation of the HKBCF Jockey Club Breast Health Centre (Kowloon) is the Naming Opportunities Programme launched in 2018. Under this programme, the naming rights of selected facilities, patient support rooms or other physical assets will be offered as recognition for donations.



專題故事 Feature Story

這個是Jacqueline (J) 的故事，她是一位常常笑容滿面的乳癌康復者。J 在康復後，開啟了一個名為「乳癌一期 You Are Not Alone」的 Facebook 專頁，藉着她親身的經歷，給予同路人心靈上的支持！

在2020年6月推出的「乳你·互贈互助」計劃，基金會亦邀請了J 分享她康復的故事。

This story is about Jacqueline (J), a breast cancer survivor who always wears a smile. After recovery, J started "乳癌一期 You Are Not Alone" Facebook page to give moral support to other breast cancer patients by sharing her own experience.

J's recovery story was also featured in the #WeGiftWeShare campaign launched in June 2020.



R: 妳如何認識香港乳癌基金會？
Hi Jacqueline, how did you learn about the HKBCF?

J: 我在2018年確診患上乳癌。當時我有一位同事，她是乳癌康復者，以及有幾位我認識的乳癌患者，介紹並鼓勵我參加乳健支援中心的患者支援小組。

I was diagnosed with breast cancer in 2018. At that time, a colleague of mine, who is a breast cancer survivor, and a few breast cancer patients that I know introduced and encouraged me to join the patients support group at the Breast Cancer Support Centre.



R: 確診之後妳的第一個反應是甚麼？
What was the first thing that came to your mind upon diagnosis?

J: 我當時感到好沮喪，還有少少憤怒。一直以來，我盡力做到最好：好女兒、好太太、好媽媽和好員工。我問為什麼是我？我應該怎樣去面對？

我慶幸當我最徬徨的時候，參加了支援小組。小組成員有康復者，以及一些正在「打仗」的同路人，她們都用很正面和樂觀的態度去面對患病。她們跟我說雖然化療一定有副作用，但是會過去的。當我骨痛的時候，服食一粒止痛藥可解。她們處之泰然的說法令我感到放心。她們給予我心靈上的支持是非常重要的，令我知道患上乳癌不是世界末日，我是會康復的。回頭看，患病可能是上天給我的一個信息，生命除了工作以外，還有很多有意義的事讓我去做。這啟發了我，以生命影響生命，遇到困難要積極面對。

I was very frustrated and a bit angry. I had always been doing my best to be a good daughter, a good wife, a good mother and a good employee. Why me? How should I deal with this?

I was lucky to have joined the patients support group when I was most helpless. The group was formed by breast cancer survivors and patients who were fighting the same battle. They all adopted a very positive and optimistic attitude towards their illness. They told me that chemotherapy would have side effects, but that would go away; also, when my bones ached, a painkiller would fix the problem. Their calmness was reassuring. The moral support they gave me was very important. They helped me realise that having breast cancer was not the end of the world and that I would recover. Looking back, being ill was perhaps a sign from above that there are many meaningful things in life, apart from work, that I could do. I felt inspired to use what happened to me to influence the lives of other people and help them face difficulties positively.

R: 我們知道你非常活躍幫助和支持乳癌患者，可否和我們分享？
We know that you have been very active in helping and supporting breast cancer patients, can you share more with us?

J: 我透過基金會認識了一班同路人，在我的康復路上，她們扮演一個非常重要的角色。她們陪伴我、扶持我，以及鼓勵我樂觀面對「我是一個乳癌患者」這個事實。我最初開啟 Facebook 專頁，目的是記錄我康復之路，用輕鬆的日常故事為同路人帶來正能量，讓她們知道我們會手牽手，一齊走過這段艱難的日子。由於她們大部份已經畢業（康復），專頁變成了一個閒話家常的群組。為了令新入組的成員得到醫學和其他資訊性資料，我們開設2.0的專頁。我非常感恩得到「姊妹們」幫助回答問題，減輕我的工作和壓力。

Through the HKBCF, I got to know a group of fellow patients who played a very important role during my journey to recovery. They stood by me, gave me support and encouraged me to face the reality that "Yes, I am a breast cancer patient" with optimism. When I first started the Facebook page, it was meant to be a journal of my recovery journey. I posted daily happenings in a light-hearted manner to give positive vibes to fellow patients. I wanted them to know that we would go through this difficult period together, hand-in-hand. Since many of them have "graduated" (recovered), the Facebook page has become a chat group. At the same time, we have created a spin off page to provide medical and other information for newcomers. I am very blessed to have many "sisters" to help answer questions, which means less work and less stress for me.

R: 在你康復路上，你有什麼特別感受或領悟？
Do you have any special feelings or enlightenment about your journey to recovery?

J: 「忘我」、「自理」和「自愛」。
「忘我」：在確診癌症之前，我將自己200%奉獻給工作和家庭，不知不覺對自己造成了很大壓力。在我的Facebook專業群組，我亦發現很多擁有類似性格的「姊妹們」。她們大部份都是職業女性，往往爭着照顧身邊的人，以及將所有事情「攬上身」。她們甚至廢寢忘餐，最終忘記了自己。

「自理」：我曾經嘗試做「女超人」，覺得只有自己才能把事情辦妥，甚至不會要求我先生幫手。現在我學懂了一些「依靠」家人和朋友。我明白到這不代表我是弱者。事實上，他們對我日常的照顧，令我們變得更親密、更明白對方。



「自愛」：在我經歷過乳癌之後，我洞悉了要康復、要生存要對自己負責任，要愛惜自己。現在我食得好，多運動，以及保持心境開朗，令身體強壯，這已經成為我的新常態。

"Selfless", "self-care" and "self-love".

"Selfless": before I was diagnosed, I was 200% dedicated to my work and family. I ended up putting a lot of pressure on myself. From my Facebook page, I note that many "sisters" share similar personalities. Most of them have careers, are eager to help people around them, and try to take on everything. They even forget to eat and sleep, and they become "selfless" or "without a self" in the end.

"Self-care": I once attempted to be a "superwoman". I felt that only I could get things done and would not even ask for my husband's help. I now learn to "rely" more on my family and friends. I understand that this does not mean that I am a weak person. In fact, their caring for me has made us closer and understand each other better.

"Self-love": after my encounter with breast cancer, I realise that to recover and survive means taking charge of one's life and loving oneself. To achieve good health, I now eat well, exercise more and stay positive. This is my new normal.



R: 有甚麼建議可以給基金會的會員？
Any advice for HKBCF members?

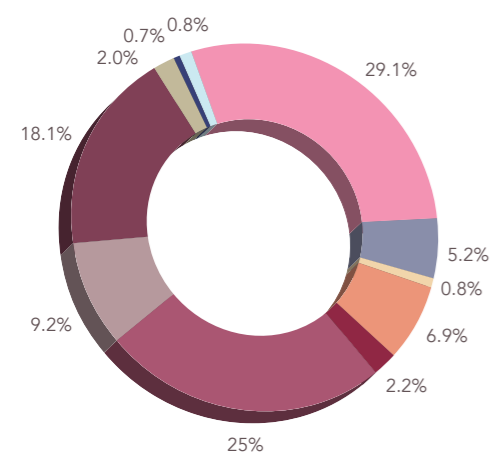
J: 我非常感恩能夠有機會去檢討我的人生上半部，令我可以重新認識自己，並活出更充實和有意義的人生下半部。抗癌之路就好像一場馬拉松，最重要是保持身心平衡和心境開朗；「開心」會帶給你「動力」；「不开心」只會帶來「壓力」。無論發生任何事情，要以正能量去面對！

I am blessed to have the chance to look back at the first half of my life, know myself again and embark on a more fulfilling and meaningful second half of my life. Fighting cancer is like running a marathon. It is important to maintain body and mind balance and stay positive; joy will bring strength whereas being morose will only bring stress.

No matter what happens, deal with it positively!

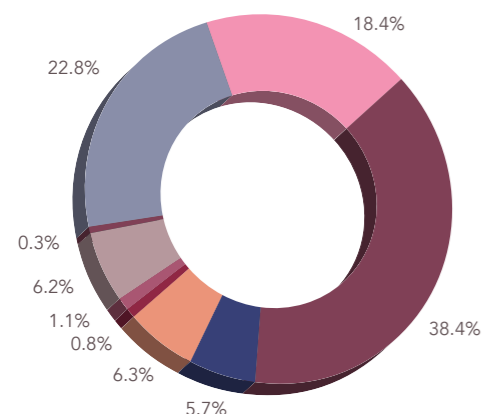
財務摘要 Financial Summary

收入 INCOME



	2019/20 港元 HK\$ '000	2018/19 港元 HK\$ '000
捐款 Donations ¹	20,186 (29.1%)	18,550 (27.7%)
九龍中心籌款項目 Funds raised from Kowloon Centre Fundraising Campaign ²	3,640 (5.2%)	1,520 (2.3%)
15周年籌款項目 Funds raised from 15th Anniversary Campaign ³	560 (0.8%)	- (0.0%)
其他籌款活動 Other Fundraising Events ⁴	4,750 (6.9%)	3,937 (5.9%)
公益金撥款 Community Chest	1,507 (2.2%)	1,327 (2.0%)
香港賽馬會慈善信託基金撥款 The Hong Kong Jockey Club Charities Trust ⁵	17,329 (25.0%)	20,163 (30.0%)
滙豐 150 週年慈善計劃 HSBC 150th Anniversary Charity Programme ⁶	6,403 (9.2%)	6,041 (9.0%)
研究資助 Research Grant	- (0.0%)	350 (0.5%)
服務收入 Service Income ⁷	12,513 (18.1%)	12,892 (19.2%)
利息收入 Interest Income	1,409 (2.0%)	1,368 (2.0%)
慈善義賣及治療用品銷售 Charity Sales and Product Sales	460 (0.7%)	315 (0.5%)
其他收入 Other Income ⁸	583 (0.8%)	583 (0.9%)
總收入 Total Income	69,340	67,046

支出 EXPENDITURES



乳癌支援中心 Breast Cancer Support Centre	11,143 (18.4%)	11,056 (18.1%)
乳健中心 Breast Health Centre	23,264 (38.4%)	22,551 (36.8%)
教育與傳訊 Public Education & Communication	3,470 (5.7%)	3,051 (5.0%)
乳癌研究中心 Breast Cancer Research Centre	3,822 (6.3%)	4,110 (6.7%)
15周年項目 15th Anniversary Campaign	461 (0.8%)	- (0.0%)
籌款成本 Fundraising Costs	648 (1.1%)	487 (0.8%)
行政成本 Administrative Costs	3,782 (6.2%)	3,551 (5.8%)
外匯兌換損失 Foreign Exchange Loss	203 (0.3%)	233 (0.4%)
折舊及攤銷 Depreciation & Amortisation ⁹	13,794 (22.8%)	16,180 (26.4%)
總支出 Total Expenditure	60,587	61,219

年度盈餘 Surplus for the year¹⁰ **8,753** **5,827**

上述截至 2020 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核報告。核數師報告為無保留意見的審計報告，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 2020 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.

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 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.
- 15周年項目由2020年3月8日至2021年3月7日。15周年項目籌得的款項主要來自(1)個人及企業捐款；(2)「完美時刻」攝影集銷售；及「乳愛FUN享」巡迴展覽捐款。
The 15th Anniversary Campaign is held from 8 March 2020 to 7 March 2021. Donation from 15th Anniversary Campaign mainly includes (1) Donation from individuals/corporations; (2) Sales of "Perfect Moment" photo book; and (3) Donation for "Breast Care Fun Fair".
- 2019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 2019.
- 香港賽馬會慈善信託基金批出7,921萬港元資助(1)興建九龍中心；(2)九龍中心家具及設備；(3)2017年12月至2020年11月期間「賽馬會乳癌同行計劃」的營運。香港賽馬會慈善信託基金批准「賽馬會乳癌同行計劃」由2020年12月延期至2021年4月。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 ("HKJCT") approved 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 Hong Kong Jockey Club approved the extension of "Jockey Club Breast Care for You Programme" from December 2020 to April 2021. The funding from HKJCT 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.
- 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 70 萬港元，乳癌檢查及測量收入則為 1,180 萬港元。
In both Hong Kong and Kowloon Centres, the income from lymphoedema assessment and patient support service were HK\$0.7 million, whereas the income from breast screening and assessment were HK\$11.8 million.
- 其他於2019/20年度收入包括香港特別行政區「保就業」計劃工資補貼、雜項收入、項目報名費及會員費等。
Other income in FY2019/20 includes wage subsidies from the Employment Support Scheme launched by the HKSAR Government, sundry income, programme registration fee and membership fee, etc.
- 此結餘主要包括(1)九龍中心折舊合共 890 萬港元；(2)香港中心及九龍中心內的醫療儀器折舊合共 300 萬港元。
This balance mainly includes (1) depreciation of Kowloon Centre: HK\$8.9 million; (2) depreciation of medical equipment in Hong Kong Centre and Kowloon Centre: \$3.0 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 for the year will be used by Hong Kong Breast Cancer Foundation Limited for the purpose of strategic, organizational and service developments.

鳴謝 Acknowledgements

撥款機構 Funding Entities

The Hong Kong Jockey Club Charities Trust
The Community Chest of Hong Kong

香港乳癌基金會賽馬會乳健中心(九龍)命名捐助計劃 The Hong Kong Breast Cancer Foundation Jockey Club Breast Health Centre (Kowloon) Naming Opportunities

陳伍婉蘭女士
陳維湘女士
陸何玉華女士
鍾簡淑妍女士
Mr. CHAN Tung Yeung Sunny & Mr. LAM Hon Ying Chris
Ms. Sonia CHAR
Mrs. Eliza FOK
Mrs. Isabel HUEN

Mrs. Doris LAU
Dr. LI Pui Ki Lawrence
Mrs. POON
Mrs. Cecilia SHIH
Thomas and Linda Lau Family Foundation
Mrs. Sally WONG LEUNG
Mrs. Virginia YIM
Dr. Kit-chuen YIP

粉紅夥伴 Pink Partners (2019 / 2020)

粉紅鑽石夥伴 Pink Diamond Partner
(全年捐款額 Annual donation: HK\$500,001+)

Estee Lauder (Hong Kong) Limited

粉紅寶石夥伴 Pink Sapphire Partners
(全年捐款額 Annual donation: HK\$ 200,001 - 500,000)

CX Fly Pink
UBS AG

粉紅珍珠夥伴 Pink Pearl Partners
(全年捐款額 Annual donation: HK\$ 100,001 - 200,000)

Chesterton Consulting Co Ltd
DFS Group Ltd
Ladies Recreation Club

粉紅水晶夥伴 Pink Crystal Partners
(全年捐款額 Annual donation: HK\$ 50,001 - 100,000)

Sogo Hong Kong Co Ltd
GAP
Hong Kong Trail Racing Ltd
Varian Medical Systems

粉紅絲帶夥伴 Pink Ribbon Partners
(全年捐款額 Annual donation: HK\$ 20,000 - 50,000)

Bright Sun Global Group Ltd
Casablanca Hong Kong Ltd
Hafina Rose Diamond Ltd
Happy and Health Food Co Ltd
Island School
Mary Kay (Hong Kong) Ltd
MMHK Retail Ltd
Nomura International (Hong Kong) Limited
RNC Beauty Limited
Sha Tin College
SpeedRack
Tayma Fine Jewellery
Vodafone
Wacoal Hong Kong Co., Ltd
West Island School

捐助人士及機構 General Donors (2019 / 2020)

捐款額 Donation: HK\$100,000 +

Amgen Asia Holding Ltd
Asahi Group Ltd
Bloomberg L.P.
Freego Foundation Ltd
Jacobson Medical (Hong Kong) Limited
Jewish Women's Association of Hong Kong Limited
Ms. YEUNG Ka Yan
Ms. LIU Choi Lin
Ms. Lo Sai Rosy KO
Novartis Pharmaceuticals (HK) Ltd
Pfizer Corporation Hong Kong Limited
Dr. WANG Xi
WKK China Limited
Ms. WONG Siu Chun Sandra

捐款額 Donation: HK\$50,000-\$99,999

AstraZeneca Hong Kong Limited
Dr. CHEUNG Suk Yee Polly
Dr. CHOI Lai Yin Catherine
Diagnostix Group
Eisai (Hong Kong) Company Limited
Eli Lilly Asia Inc.
Mr. HO Chi Cheong
Ms. JIA Jing
Dr. LEUNG Siu Lan
Ms. LO Sau Han Amy
Roche Hong Kong Limited
The American Club Hong Kong

捐款額 Donation: HK\$20,000-\$49,999

Chanel HK Ltd
Mr. CHONG Siu Chung
Mr. CHOW Kar Chung
Ms. HO Yuen Ching
Ms. LEE Pui Shan
Mrs. JAGTIANI CHENG Ying To Helena
Mr. LAU Chuk Kin
Mr. LAU Kin Man Clement
Ms. Charmaine LI
Credit Agricole's staff
Shum Wang Leung & Wong Ah Chiu
Charitable Foundation
Ms. TAM Yuen Fong Carven
Ms. TANG See Long Mary
Tropical Health Foods Ltd
Women's Commission
毛梅倩 and Dean MAU

「乳健同行2019」步行籌款 Pink Walk for Breast Health 2019

鑽石贊助商 Diamond Sponsor

Mrs. CHOI WONG Ling Ling

鉑金贊助商 Platinum Sponsor

Chesterton Consulting Co Ltd

寶石贊助商 Sapphire Sponsors

Dr. Betty CHAN
CLP Power Hong Kong Ltd
Estee Lauder (H.K.) Limited
Hong Kong Women's Imaging
Lion Club International District 303
Sogo Hong Kong Co Ltd
Success Universe Group
Vita Green Health Product Co., Ltd

金贊助商 Gold Sponsors

Diagnostix Group
Ernst & Young
General Electric
Luen Thai Holdings Limited
Pfizer Corporation Hong Kong Limited
Roche Hong Kong Limited

銀贊助商 Silver Sponsors

AstraZeneca Hong Kong Limited
A-World Consulting Limited
Ms. Barbara SHIU
Bonlux (Asia) Ltd
Chun Wo Development Holdings Limited
Computers and Technologies Holdings Ltd
Esquel Enterprises Ltd
HKSH Mediacal Group
Hologic Asia Pacific Limited
Hung Hon (4K) Limited
JG Hong Kong Limited
New Times Group
New World Development Company Limited
Novartis Pharmaceuticals (HK) Ltd
Mr. Otto POON
PCC Asia LLC

捐助人士 Donors

A.S. Watsons Group
Amazing Grace Healing Centre
Dr. CHEUNG Suk Yee Polly
Christian Dior Far East Ltd
Clover Group International Ltd
General Electric
Happy and Health Food Co Ltd
Ms. HO Pui Sze Tiffany
Ms. HO Yuen Ching
Hong Kong Baptist Hospital
Hong Kong Federation of Women
Hong Kong Sanatorium Hospital
Dr. HUNG Wai Ka
Mr. Ryan LEUNG
Ms. Vivian LEUNG
Ms. LIU Man Yan Alice
Luen Thai International Group Ltd
Lululemon HK Limited
NetDragon Websoft (HK) Ltd
Phenomenally Pink
The Winnie Wang and Michael Mak
Charitable Trust
VF Asia Sourcing Ltd
Dr. WAH Wan Shing
Ms. WONG Siu Chun Sandra
Ms. Ann Anna YEUNG
Ms. YIU Wai Yee April

- 凡捐贈港幣20,000元或以上的個人/團體，其名稱均列於此。英文名字按姓氏或公司名稱之英文字母排列；中文則按姓氏之筆畫排列，所有捐款均用作發展香港乳癌基金會有限公司的服務及對抗乳癌的項目。香港乳癌基金會有限公司運作獨立自主，按我們的專業判斷及嚴格操守為準則營運，沒有也不會受贊助機構左右。
- 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.

機構管治 Corporate Governance

* 機構管治成員 (截至2020年6月30日)
* All appointments are as at 30 June 2020

名譽贊助人 Honorary Patron

陳肇始教授
Prof. Sophia Siu-chee CHAN, JP

贊助人 Patron

梁紹鴻博士
Dr. Edwin LEONG
王忠桐先生
Mr. Senta WONG (2019)

創會人 Founder

張淑儀醫生
Dr. Polly CHEUNG

管治委員會 Management Committee

張淑儀醫生 (創會人)
Dr. Polly CHEUNG (Founder)
霍何綺華女士 (主席)
Mrs. Eliza FOK (Chairman)
何何月明女士 (副主席)
Mrs. Alice HO (Vice Chairman)
黃浪詩女士 (副主席, 發展)
Ms. Lorna WONG (Vice Chairman, Development)
楊傑聖先生 (司庫)
Mr. Jackson YEUNG (Treasurer)
陳姚慧兒女士 (公司秘書)
Mrs. April CHAN (Company Secretary)
陳潔瑩女士
Mrs. Margaret CHAN-THORP
熊維嘉醫生
Dr. Wai-ka HUNG
劉李瑩女士
Mrs. Josephine LAU
李沛基醫生
Dr. Lawrence LI
譚贛蘭女士, GBS, JP
Ms. Annie Kam-lan TAM, GBS, JP
邱振中醫生
Dr. Chun-chung YAU

名譽顧問 Honorary Advisors

陳麗雲教授, JP
Prof. Cecilia CHAN, JP
陳英凝教授
Prof. Emily CHAN
陳婉嫻女士, SBS, JP
Ms. Yuen-han CHAN, SBS, JP
邱吳惠平女士
Mrs. Nancy CHIU
蔡浩強醫生
Dr Peter CHOI
高靜芝女士, SBS, JP
Ms. Sophia KAO, SBS, JP
關永康醫生
Dr. Wing-hong KWAN
林貝聿嘉教授, GBS, SBS, JP
Prof. Peggy LAM, GBS, SBS, JP
劉麥懿明女士
Mrs. Alice LAU, SBS, JP
梁冬陽醫生
Dr. Tung-yeung LEUNG
Pauline MAGNUS女士
Mrs. Pauline MAGNUS
麥黃小珍女士
Mrs. Sandra MAK
麥懿活醫生
Dr. Yvonne MAK
潘榮昌教授
Prof. Patrick POON
譚榮根博士
Dr. Wing-kun TAM, BBS, MBE, JP
余葉嘉莉女士
Mrs. Carrie YU
袁家慧博士
Dr. Rhoda YUEN

名譽法律顧問 Honorary Legal Advisors

梁新春女士, 梁鄧蔡律師事務所
Ms. Pansy LEUNG, Pansy Leung Tang & Chua
莊燕玲女士, 肯尼狄律師行
Ms. Christine TSANG, Kennedys
J.S. Gale & Co.

顧問理事會 Advisory Council

鄭茜女士
Ms. Sharon CHENG
鍾麗芳女士
Ms. Rebecca CHUNG
何馬美域女士
Mrs. Yvette HO
吳幟杏醫生
Dr. Connie NG
林鄭寶玲女士, BBS
Mrs. Justina LAM, BBS
曾綺玲女士
Ms. Louisa TSANG
梁黃潔女士
Mrs. Kit LEUNG

所有管治委員會成員皆為顧問理事會成員
All Management Committee Members
serve on the Advisory Council

乳癌支援中心委員會 Breast Cancer Support Centre Committee

何何月明女士
Mrs Alice HO (Chairman)
陳潔瑩女士
Mrs. Margaret CHAN – THORP
詹佩華女士
Ms. Kennix CHIM
鍾麗芳女士
Ms. Rebecca CHUNG
梁黃潔女士
Mrs. Kit LEUNG
吳幟杏醫生
Dr. Connie NG
曾綺玲女士
Ms. Louisa TSANG
袁家慧博士
Dr. Rhoda YUEN

乳健中心顧問委員會 Breast Health Centre Advisory Committee

熊維嘉醫生 (主席)
Dr. Wai-ka HUNG (Chairman)
張淑儀醫生
Dr. Polly CHEUNG
鍾麗芳女士
Ms. Rebecca CHUNG
林漢城醫生
Dr. Hon-shing LAM
林嘉齡醫生
Dr. Tina LAM
黃振權醫生
Dr. Chung-kuen WONG
楊傑聖先生
Mr. Jackson YEUNG

乳癌研究中心研究委員會 Breast Cancer Research Centre Research Committee

張淑儀醫生 (主席)
Dr. Polly CHEUNG (Chairman)
陳穎懷醫生
Dr. Sharon CHAN
熊維嘉醫生
Dr. Wai-ka HUNG
李沛基醫生
Dr. Lawrence LI
黃浪詩女士
Ms. Lorna WONG
邱振中醫生
Dr. Chun-chung YAU

香港乳癌資料庫督導委員會 Hong Kong Breast Cancer Registry Steering Committee

張淑儀醫生 (主席)
Dr. Polly CHEUNG (Chairman)
陳志梅醫生
Dr. Miranda CHAN
陳可恩醫生
Dr. Yolanda CHAN
陳健慧醫生
Dr. Keeng-wai CHAN
陳永昌醫生
Dr. Terence CHAN
陳穎懷醫生
Dr. Sharon CHAN
陳英凝教授
Prof. Emily CHAN
張寬耀醫生
Dr. Foon-yiu CHEUNG
趙穎欣醫生
Dr. Joanne CHIU
蔡浩強醫生
Dr. Peter CHOI
關智鸞女士
Ms. Doris KWAN
關永康醫生
Dr. Wing-hong KWAN
郭子熹醫生
Dr. Carol KWOK
郭小曼女士
Ms. Julia KWOK
劉曉欣醫生
Dr. Stephanie LAU

財務顧問委員會 Finance Advisory Committee

楊傑聖先生 (主席)
Mr. Jackson YEUNG (Chairman)
張淑儀醫生
Dr. Polly CHEUNG
霍何綺華女士
Mrs. Eliza FOK
關智鸞女士
Ms. Doris KWAN
關許建香女士
Mrs. Virginia KWAN
潘榮昌教授
Prof. Patrick POON

羅振基醫生
Dr. Stephen LAW
梁念堅博士
Dr. Simon LEUNG
李沛基醫生
Dr. Lawrence LI
凌若熙醫生
Dr. Ida LING
吳廷英醫生
Dr. Ting-ying NG
宋崧醫生
Dr. Inda SOONG
曾詠恆醫生
Dr. Janice TSANG
謝文杰醫生
Dr. Gary TSE
蔡錦輝教授
Prof. Kelvin TSOI
黃浪詩女士
Ms. Lorna WONG
黃亭亭醫生
Dr. Ting-ting WONG
邱振中醫生
Dr. Chun-chung YAU
游子覺醫生
Dr. Tsz-kok YAU
楊明明教授
Prof. Winnie YEO
徐仲鍊教授
Prof. Benny ZEE



審核委員會
Audit Committee

曹妙如女士 (主席 - 自2020年7月)
Ms. Agnes TSO (Chairman - From July 2020)
陳瑞娟女士 (主席 - 至2020年5月)
Ms. Agnes CHAN (Chairman - Till May 2020)
熊璐珊女士
Ms. Lusan HUNG
曾綺玲女士
Ms. Louisa TSANG

人力資源及行政委員會
Human Resources & Administration Committee

陳姚慧兒女士 (主席)
Mrs. April CHAN (Chairman)
朱學文先生
Mr. Daniel CHU
黎鑑棠先生
Mr. Kam-tong LAI
林鄭寶玲女士, BBS
Mrs. Justina LAM, BBS
林亢威先生
Mr. Weymond LAM
麥王麗瓊女士
Mrs. Rosanna MAK
蕭慧雯女士
Ms. Doreen SIU

公關及推廣委員會
PR & Publicity Committee

陳潔瑩女士 (聯席主席)
Mrs. Margaret CHAN – THORP (Co-Chair)
劉李瑩瑩女士 (聯席主席)
Mrs. Josephine LAU (Co-Chair)
陳姚慧兒女士
Mrs. April CHAN
張淑儀醫生 (當然委員)
Dr. Polly CHEUNG (Ex officio Member)
霍何綺華女士 (當然委員)
Mrs. Eliza FOK (Ex officio Member)
何馬美域女士
Mrs. Yvette HO
林鄭寶玲女士, BBS
Mrs. Justina LAM, BBS
林鍾婉儀女士
Mrs. Kathy LAM
梁黃潔女士
Mrs. Kit LEUNG
廖曼甄女士
Ms. Alice LIU
彭一心女士
Ms. Rita PANG
宋遠圖先生
Mr. Michael SOON

資訊科技顧問委員會
Information Technology Advisory Committee

陳記煊先生 (主席)
Mr. Michael CHAN (Chairman)
李煥明博士
Dr. Wendy LEE
杜聯基先生
Mr. Simon TO
任家明教授
Prof. Frank YAM
邱振中醫生
Dr. Chun-chung YAU

九龍中心項目委員會
Kowloon Centre Project Committee

黃志明先生, JP (主席)
Mr. Chi-ming WONG, JP (Chairman)
黃浪詩女士
Ms. Lorna WONG
楊傑聖先生
Mr. Jackson YEUNG

「乳健一生-免費乳健檢查計劃」項目委員會
“Breast Health for Life – Free Mammography Screening Programme” Project Committee

熊維嘉醫生 (主席)
Dr. Wai-ka HUNG (Chairman)
張淑儀醫生
Dr. Polly CHEUNG
鍾麗芳女士
Ms. Rebecca CHUNG
林漢城醫生
Dr. Hon-shing LAM
林嘉齡醫生
Dr. Tina LAM
黃振權醫生
Dr. Chun-kuen WONG
楊傑聖先生
Mr. Jackson YEUNG

香港乳癌基金會大使
HKBCF Ambassadors

陳美齡博士
Dr. Agnes Mi-ling CHAN
陳寶珠女士
Ms. Connie Po-chu CHAN
廖碧兒女士
Ms. Bernice LIU
琦琦女士
Ms. Qi Qi
薛家燕女士
Ms. Nancy SIT

管治委員會
Management Committee





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
同心同步同進 RIDING HIGH TOGETHER

香港乳癌基金會有限公司 Hong Kong Breast Cancer Foundation Limited

一般查詢 General Enquiry
Tel: +(852) 2525 6033 / Fax: +(852) 2525 6233 / Email: 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 (港鐵炮台山站 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

追蹤我們 FOLLOW US



www.hkbcf.org



[breasthealthforlife](https://www.facebook.com/breasthealthforlife)



[hkbcf_official](https://www.instagram.com/hkbcf_official)



[hongkongbcf](https://twitter.com/hongkongbcf)



[HK Breast
Cancer Foundation](https://www.youtube.com/HKBreastCancerFoundation)



[Hong Kong Breast
Cancer Foundation](https://www.linkedin.com/company/HongKongBreastCancerFoundation)