

# 乳健同行

Winter Issue  
2019 冬季號 21

香港乳癌基金會通訊 Breast Health Newsletter

## 乳健同行十五載

Pink Walk For Breast Health 2019

## 粉紅愛心滿山頂

Celebrating HKBCF's 15th Walkathon at the Peak



# CONTENT

# 目錄

聖誕節因愛與分享而生。希望你閱讀這份乳健同行通訊的時候，從基金會乳癌患者、康復者、及支持者彼此間的互勉互助，體會到愛和信心可以幫助我們戰勝一切。

Christmas is a season of love and giving. We hope that the stories in the newsletter shows you how HKBCF's breast cancer patients, survivors and our supporters get to share their joy and support for each other, and that with love and confidence we can conquer everything.

<b>特稿 FEATURE STORY</b>	<b>3, 8 - 12</b>
<b>封面故事 COVER STORY</b>	<b>4 - 7</b>
<b>最新動態 UPCOMING EVENTS</b>	<b>13</b>
<b>命名捐助計劃 NAMING OPPORTUNITIES PROGRAMME</b>	<b>14</b>
<b>粉紅夥伴 PINK PARTNERS</b>	<b>15 - 20</b>
<b>鳴謝 ACKNOWLEDGEMENTS</b>	<b>21 - 22</b>
<b>捐款表格 DONATION FORM</b>	<b>23 - 24</b>

[www.hkbcf.org](http://www.hkbcf.org)

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。

## 使命

- 提高公眾對乳癌的認識及推廣乳房健康的重要
- 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

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.

## Our Missions

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

如你對本刊有任何意見，歡迎電郵至 [info@hkbcf.org](mailto:info@hkbcf.org)。

Should you wish to give us any feedback about the newsletter, please feel free to email [info@hkbcf.org](mailto:info@hkbcf.org).

# 乳癌關注運動 力倡全民篩查

## HKBCF Rolls out Breast Awareness Campaign to Advocate Population-wide Breast Screening

### 「你的健康，成就家人的快樂」

“Your Health Means Happiness for Your Family”

基金會於八月發起乳癌關注運動，以「你的健康，成就家人的快樂」為主題，請來藝人龔慈恩及林愷鈴母女檔真情對話，拍成短片，以溫情帶出健康是維繫家庭快樂的要訣。藉著短片，我們希望婦女多留意自己乳房健康，支持本地實行全民乳癌篩查，守護婦女以至香港家庭。

近年本地乳癌防治政策未見進展，關注活動的目的正在推動市民支持香港實行全民篩查。除此以外，基金會希望藉此宣傳活動，呼籲本地婦女留意自己的乳房健康，並提醒40歲或以上婦女定期接受乳健檢查。

自1994年起，乳癌已位列香港婦女頭號癌症，而乳癌確診新症在過去20年增加了三倍。在2017年，香港共錄得4,373宗女性乳癌新症，即香港婦女罹患乳癌的一生累積風險是15位中便有一位。雖然外國有研究已證明全民乳癌篩查可分別減低乳癌死亡率及晚期乳癌個案達四成一及三成，但政府仍未制訂任何相關政策。

短片在社交媒體及各大商場播放。在8月2日至15日期間，該短片於各大社交媒體上共計播放超過230萬次，接觸約104萬人，成效顯著。其中，短片於重要持份者，即介乎45至54歲的社交媒體用戶間，尤為受歡迎。這清楚顯示全民乳癌篩查得到廣泛支持。



The HKBCF launched in August an awareness campaign using the theme: 'Your Health Means Happiness for Your Family' and invited artist Mimi Kung and her daughter Ashley Lam to record a warming, heart-to-heart talk for a video to bring out the importance of health to the happiness of a family. Through the video, we hope that women would pay more attention to their breast health and support population-wide breast cancer screening not only for their own health, but also for that of the families in Hong Kong.

The campaign seeks to drum up public support for population-wide breast screening in Hong Kong in order to tackle the current stagnation in local breast cancer policy. Through this campaign, the HKBCF also urges women to pay attention to their breast health and remind women over the age of 40 to undertake regular breast examinations.

Breast cancer has become the number one cancer affecting women in Hong Kong since 1994, and the number of newly diagnosed cases has tripled over the past 20 years. In 2017, 4,373 new cases of female breast cancer were diagnosed and the cumulative lifetime risk of Hong Kong women developing breast cancer is 1 in 15 women. While it is scientifically proven overseas that population-wide screening can reduce breast cancer mortality by 41% and advanced cancer cases by 30%, the Hong Kong Government has no screening policy in place.

The video was shown on social media and at major shopping malls. Having been broadcast over 2.3 million times via social media between 2 and 15 August, the video captured a remarkable reach of approximately 1.04 million people. Among them, women between ages 45 and 54, who are major stakeholders are the most supportive. This clearly indicates widespread support for population-wide breast cancer screening in Hong Kong.

支持名人  
Supporting Celebrities

Ms Ashley Lam  
Ms Mimie Kung

製作贊助  
Production Sponsor

**REPRISE**  
Tickle Ltd.

後期製作贊助  
Post-production Sponsor

Tiberius Productions Limited

媒體贊助  
Media Sponsor

Aberdeen Centre / apm / Hysan Place / New Jade Shopping Arcade  
POAD Group Limited / SOGO Hong Kong Co. Ltd. / Tai Po Mega Mall / Times Square  
Watsons Hong Kong / Whampoa Garden / World Trade Centre / Yuen Long Plaza

\*按英文字母次序排列  
In alphabetical order

# 「乳健同行 2019」 山頂同行

Pink Walkers Gather at the Peak for “Pink Walk for Breast Health 2019”



香港乳癌基金會於10月27日成功在山頂舉行「乳健同行2019」。踏入第十五屆，乳健同行今年繼續匯集全城支持基金會工作，共計超過2,000名粉紅健兒參與，支持基金會推廣乳健檢查及教育、患者支援、研究及倡議工作。

今年大會以「妳的健康，成就家人的快樂」為主題，鼓勵婦女定期接受乳健檢查，並積極推動政府落實全民乳癌篩查。

活動主禮嘉賓香港食物及衛生局局長陳肇始教授在開幕禮致辭時表示：「特區政府一向高度重視癌症防控工作。食物及衛生局在今年7月公布了《香港癌症策略》，它是首個就香港癌症防控工作制訂的全面計劃，顯示政府防控癌症的決心。我們的目標是降低癌症發病率、向有需要人士提供有效和適時的癌症篩查及治療，及向癌症康復者和其照顧者提供可靠的存活支援服務。我們會繼續透過與香港乳癌基金會等社區夥伴的共同努力，推行多方面的健康推廣和教育工作，以減輕癌症對本港的負擔。」

The 'Pink Walk for Breast Health 2019' – also HKBCF's 15th Pink Walk – was held successfully on 27 October, with more than 2,000 pink walkers flocking the Peak to continue to show support for the work of the HKBCF in breast screening, breast health education, patient support as well as research and advocacy.

This year's walkathon rode on the theme – 'Your Health Means Happiness for Your Family' – to drum up local support for the implementation of population-wide breast cancer screening in Hong Kong as it would help safeguard the well-being of local women and their families.

Officiating the kick-off ceremony, Professor Sophia Chan, Secretary for Food and Health said, 'The HKSAR Government attaches great importance to the prevention and management of cancer. In July, the Food and Health Bureau published the 'Hong Kong Cancer Strategy', the first thorough plan made to address the management and prevention of cancer in Hong Kong. This administration is determined to lower cancer incidence rate, offer effective and timely screening and treatment of cancer to people in need, and provide cancer survivors and their caretakers reliable survivorship support services. Through working together with the HKBCF and our other community partners, we will continue our efforts in promoting health awareness and education in order to mitigate the burden of cancer on Hong Kong.'



Stretchline Holdings 為支持「乳健同行2019」，特製了一款粉紅絲帶襟章派予所有參加者，以求喚起公眾對乳癌的關注。該襟章的物料為Stretchline Holdings的專利防穿透織帶，可減低胸圍鋼線穿透的機會。

Stretchline Holdings gave every "Pink Walk for Breast Health 2019" participant a pink ribbon pin specially made to raise public awareness of breast cancer. The pin was made of Stretchline Holdings' patent puncture-resistant bra wire casing Fortitude.



基金會藉此年度步行籌款活動，希望增強大眾對乳癌的認知及對乳健檢查的關注。香港乳癌基金會主席霍何綺華女士致辭時道：「香港乳癌基金會是為支持乳癌患者及其家人而成立。為減低廣大婦女受乳癌威脅，我們一直倡議政府在香港推行全民乳癌篩查，因為早期乳癌存活率超過九成，而且要接受的手術較為簡單，醫療費用亦都較低。」

一眾粉紅健兒由山頂道花園出發，經夏力道及盧吉道，到達山頂凌霄閣，為所有健兒帶來正能量，並希望藉此傳揚希望與力量予一眾抗癌勇士，並肩同行。

The HKBCF wishes to enhance public understanding of breast cancer facts and promote awareness towards regular breast check-ups through this annual flagship fundraiser. Mrs. Eliza Fok, Chairman of the HKBCF, mentioned in her welcome speech that 'We founded the HKBCF so that breast cancer patients and their families can get the support they need. To free women from the threat of breast cancer, we have been advocating the implementation of population-wide breast cancer screening in Hong Kong. Breast cancer detected at an early stage has an over 90% survival rate and requires easier treatments and lower medical expenses.'

The walk was kicked off at Victoria Peak Garden before the pink walkers passed through Lugard Road and Harlech Road to finish at the Peak Tower. The experience was overall pleasant and positive as the Pink Walkers marched in support of the local breast cancer community. Those who are fighting against breast cancer could also feel the hope and power in the air seeing the huge and pink turnout at the Peak.



## 「一起粉紅」 梁黃潔女士專訪

只要你曾參加「乳健同行」，不難發現有一班穿著粉紅迷彩襯衫的參加者，她們人數最多，籌得善款也最多。她們就是「一起粉紅」團隊。

「一起粉紅」是由乳癌支援中心將義工、乳癌患者、康復者及其家人、朋友，中心興趣班的導師組織起來，在梁黃潔女士帶領下，參加一年一度在山頂舉行的乳健同行，大家共同努力，籌款支持基金會的工作。同時藉此機會提醒乳癌康復者要多做運動，更想向外界證明乳癌康復者擁有自信，同樣可以活出豐盛人生。

梁女士分享她患病時的感受：「回想在2014年，一次例行乳房超聲波檢查，確診患上乳癌，頓時不知所措。我初診的醫生轉介我到張（淑儀）醫生去做詳細檢查及接受手術，之後在基金會主席霍何綺華女士的鼓勵和推薦下，轉介到乳癌支援中心。護士姑娘定期與我聯絡，給我正確指引，使我對治療增加信心，再加上丈夫、兩個兒子和朋友相伴同行和鼓勵，得以順利完成療程，為此我十分感恩。」

經此一役，梁女士看到支援中心同事對病人的貼心關懷，令她決心加入義工行列，鼓勵姊妹們積極面對乳癌。她寄語乳癌病患者多接觸支援中心，接受不同服務和參加活動，多結識同路人，互相扶持，攜手走過抗癌路。

梁女士呼籲姊妹們繼續支持「一起粉紅」，籌委會期望不久將來可以安排姊妹們透過網上登記，參加步行及捐款，藉此簡化手續。

訪問期間，梁女士反覆強調「一起粉紅」的成功，絕非她個人的功勞，而是眾人各施所長，努力耕耘的成果。或許，這種歸屬感就是「一起粉紅」茁壯成長的誘因。

最後，梁女士寄語女士們要定期做乳房檢查，均衡飲食，每天做適量運動。萬一不幸患上乳癌，要積極尋求醫治，信任醫生，勇敢面對各種療程，不要放棄。緊記家人及朋友相伴和鼓勵，對病者有正面支持作用。

## Let's Pink – Interview with Kit Leung

If you had participated in Pink Walk previously, you would have seen a group of ladies in pink camouflage tee-shirts, in the greatest number among the crowd and raised the most funds for the event. They are the 'Let's Pink' group under the survivorship program of HKBCF. The group is comprised of breast cancer patients and survivors, their families and friends, and instructors from interest classes of BCSC.

Led by Mrs. Kit Leung, the group has joined the Pink Walk for Breast Health every October since 2017, raising funds to support the works and services of HKBCF. Through this exercise, the ladies convince many that breast cancer survivors are self-confident and live an active life.

Mrs. Leung recalled, 'I was diagnosed with breast cancer in 2014 after an annual ultra-sound screening. Stunned by this diagnosis, I felt totally helpless. My family doctor referred me to Dr Polly Cheung for further tests and eventually surgery. Mrs. Eliza Fok, Chairman of HKBCF, later introduced me to BCSC where a nurse called me on regular basis giving me much positive energy to deal with all treatments. In addition, my husband, my two sons, family members and friends gave me a lot of encouragement and comfort along the way. To have met the right people at the right time and for the support I was given, I am truly grateful.'

Upon recovery, Mrs. Leung decided to join the volunteer group at BCSC. Her advice to the breast cancer patients is to take up the BCSC services and activities, meet other patients and survivors, and together they go hand-in-hand in fighting the disease.

Mrs. Leung calls for continual support of 'Let's Pink'. In the near future, an on-line registration and donation procedure will be introduced.

Mrs. Leung repeatedly emphasized that the success of 'Let's Pink' is not entirely her own effort but relied heavily on many people's involvement and dedication.

To conclude the interview, Mrs. Leung expressed the importance of having regular breast examination, a balanced diet, and daily exercise. If breast cancer is diagnosed, one must seek medical treatment, trust your doctors, fight the disease bravely and not give up.



# 「乳健同行2019」 Pink Walk For Breast Health 2019



## 贊助機構 Sponsors

鑽石贊助商  
Diamond Sponsor

Choi Wong Ling Ling

白金贊助商  
Platinum Sponsor

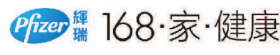


寶石贊助商  
Sapphire Sponsors

Betty Chan



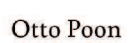
金贊助商  
Gold Sponsors



銀贊助商  
Silver Sponsors



Barbara Shiu



支持機構  
Supporting Organisations



媒體伙伴  
Media Partner



大會指定電台  
Official Radio Station



## 「乳健同行2019」各獎項得獎名單 List of Awardees at Pink Walk for Breast Health 2019

個人最高籌款獎 - 冠軍 Individual Top Fundraiser Award - Champion	Mrs. Sandra Mak
亞軍 1st Runner-up	Mrs. April Chan
季軍 2nd Runner-up	Ms. Joanne Kwan
最高籌款獎(團隊) - 冠軍 Top Fundraiser Award (Team) - Champion	Let's Pink
亞軍 1st Runner-up	Watsons Water
季軍 2nd Runner-up	VF Hong Kong
最踴躍參與團體獎(企業) High Participation Award (Corporate)	Watsons Water
最踴躍參與團體獎(團體) High Participation Award (Team)	Let's Pink

「粉」式設計獎(帽子) Best Pink Hat Design	Michelle Lee Fung Ming
「粉」墨登場獎(個人) Best Dressed PINK Award (Individual)	Sukina Chan
(最佳拍檔) (Partners)	Wong Yuet Hung
(小童)(10歲或以下) (Kid) (Aged 10 or below)	Giselle Put
(寵物) (Pet)	Kit Leung
(團體) (Team)	Let's Pink

## 義工 Volunteers

香港特許秘書公會  
The Hong Kong Institute of Chartered Secretaries  
香港醫療及保健器材行業協會  
Hong Kong Medical & Healthcare Device Industries Association  
香港少年領袖團  
Hong Kong Adventure Corps  
葆露絲(亞洲)有限公司  
Bonlux (Asia) Limited  
香港懲教署義工  
Hong Kong Correctional Services Volunteer Team  
中原地產  
Centaline Property Agency Limited  
聯泰控股有限公司  
Luen Thai (Holdings)  
衛康樂食品有限公司  
Happy and Health Food Co Ltd  
雅各臣藥業  
Jacobson Medical (Hong Kong) Limited  
雅思蘭黛集團  
Estee Lauder Companies  
崇光(香港)有限公司  
Sogo Hong Kong Ltd  
玥盈美肌有限公司  
RNC Beauty Limited  
屈臣氏蒸餾水  
Watsons Water

\*篇幅所限，未能在此詳列個人義工名單。香港乳癌基金會衷心感謝所有義工的支持。  
\*Owing to limited space, we cannot possibly fit all names of the individual volunteers into the list. The HKBCF would like to extend its heartfelt gratitude to all volunteers for their support.

# 持續倡議全民篩查

## The Continuous Effort in Advocating Population-wide Breast Screening



基金會於去年9月向行政長官就她的2018施政報告提交建議書，倡議實行全民乳癌篩查。基金會亦同時馬不停蹄與社會各持份者及有關政府官員會面，解釋有需要及早推行全民篩查，以應對日漸嚴重的乳癌問題。

In September 2018, the HKBCF made a submission to the Chief Executive (CE) for her 2018 Policy Address advocating population-wide breast cancer screening in Hong Kong. At the same time, the HKBCF is sparing no efforts in meeting with stakeholders and relevant government officials to explain the need to put in place population-wide screening as soon as possible to tackle the increasing problem of breast cancer.



### 參與公眾諮詢

食物及衛生局（食衛局）、衛生署及醫院管理局在5月16日舉辦香港癌症策略簡介會，諮詢持份者對本港未來癌症政策方向的意見。

衛生署代表在會上清楚表示，要待該署委託香港大學進行有關乳癌風險因素研究的結果公佈後，才會審視政策。基金會主席霍何綺華女士在會上指出，海外研究已提供充份證據了，可作現成參考。政府可循序漸進推行全民乳癌篩查，如先按其現行政策為高風險婦女提供篩查。食衛局指在今年年尾會完成研究。

### Taking Part in Public Consultation

On 16 May, the Food and Health Bureau (FHB), the Department of Health (DH), and the Hospital Authority organised a briefing session to seek the views of relevant stakeholders on the direction of Hong Kong's future cancer strategy.

DH's representatives made it clear that they would undertake a review of the current breast cancer policy only after the University of Hong Kong (HKU) had published the findings of the study on breast cancer risk factors commissioned by DH. Mrs. Eliza Fok, Chairman of the HKBCF who attended the session, stated that there was ample evidence from overseas studies readily available for reference, and that the Government could implement population-wide breast screening step-by-step, for instance, by providing screening to high-risk women first as per Government's current policy. According to FHB, the study would be completed by the end of this year.





## 遊說政府落實全民檢查

在5月20日出席支援癌症病患者事宜小組委員會的會議。會議主題為癌症預防與篩查。該小組委員會是由立法會衛生事務委員會組成。

張醫生在會上解釋基金會倡議的「全民篩查三步走」策略：即第一，先為高風險婦女提供篩查計劃；第二，為較低檢查率、乳癌晚期發現較高個案率及乳癌死亡率較高的地區提供先導篩查計劃；第三，以全民篩查為中長期乳癌防控策略。在席議員對乳癌篩查的反應十分正面，認為「三步走」策略務實可行。議員認為政府應有確切時間表去決定何時推行乳癌篩查。



## 考察台灣推行全民乳檢成果

台灣推行全民篩查逾十年，成績斐然，因此基金會主席霍何綺華女士、創會人張淑儀醫生、乳健中心顧問委員會主席熊維嘉醫生、立法會議員蔣麗芸、葛珮帆及癌症策略關注組代表在8月份曾到台北考察，除了訪問臺大公共衛生學院及台北康寧醫院的婦女健康中心，也參觀了台方為推高乳癌篩查率的流動乳房X光造影車，汲取當地推行全民乳癌篩查的寶貴經驗。考察團於9月在立法會綜合大樓舉行傳媒茶敘分享考察心得。

## Lobbying the Government to Implement Population-wide Breast Screening

Dr. Polly Cheung, Founder of the HKBCF, attended the meeting of the Subcommittee held on 20 May to discuss cancer prevention and screening. The Subcommittee is formed under the Panel on Health Services of Legislative Council (LegCo).

At the meeting, Dr. Cheung explained the three-phase approach advocated by the HKBCF in implementing population-wide breast screening: firstly, to provide screening programme for women with high risk of breast cancer; secondly, to initiate pilot screening programmes in districts with lower cancer screening rate, higher breast cancer mortality rate and advanced stage breast cancer rate; and thirdly, to implement population-wide breast screening as a medium to long-term prevention and management measure. The three-phase approach was well received by attending members, who considered it to be pragmatic and feasible. They also considered that the Government should draw up a concrete timetable implement breast cancer screening.



## Learning from Taiwan the Experience of Implementing Population-wide Breast Screening

As Taiwan has achieved remarkable results in implementing population-wide breast screening for more than 10 years, Mrs. Eliza Fok, Dr. Polly Cheung, Dr. Wai-ka Hung, Chairman of the Breast Health Centre Advisory Committee, Dr Hon Ann Chiang, Hon Elizabeth Quat and the Cancer Strategy Concern Group members went on a study tour to Taipei in August. They visited the National Taiwan University's Department of Health, and the Taipei Kang-Ning General Hospital's Women Health Centre. To learn from Taiwan's valuable experience in implementing population-wide screening, they were also shown a mammography screening van deployed by the health administration to boost local screening take up rate. In September, participants of the study group shared what they had gained from the visit at a media tea gathering held in the LegCo Complex.



## 發表11號報告書 發佈全港首項乳癌趨勢研究

香港乳癌資料庫在9月19日發表香港乳癌資料庫11號報告書，同時發佈全港首項以12年數據為基礎的乳癌趨勢研究。

這次研究結果指出乳癌治療技術不斷進步，也愈來愈多本地乳癌患者曾接受乳健檢查。然而，當中很多患者未養成定期乳健檢查的習慣，大大減低及早發現乳癌的可能。這次研究也發現12年來，香港最常見乳癌確診期數為 II 期，落後於有推行全民篩查國家（如英國、加拿大）的 I 期。

研究報告結果對基金會未來的全民篩查倡議工作大有裨益。

## Publishing Report No. 11 and Hong Kong's first Chronological Study on Breast Cancer Trends

On 19 September, the Hong Kong Breast Cancer Registry (HKBCR) released its 11th annual research report along with Hong Kong's first chronological study on local breast cancer trends over a 12-year period.

The study found that a growing number of local breast cancer patients undertaking breast cancer screening amidst technological breakthroughs in breast cancer detection and treatment. However, less patients had their breasts screened regularly, which would undermine the chance of detecting their breast cancer early. As for the most common cancer stage at diagnosis in Hong Kong for the past 12 years, the study found it was stage II, which compared unfavourably to stage I in countries (e.g. the United Kingdom, Canada) with population-wide breast cancer screening.

The report findings will be very useful to the future efforts of the HKBCF in advocating population-wide breast screening.

## 遞交建議書 冀特首關注乳癌問題

基金會繼去年向行政長官提交建議書，今年10月初亦就她2019施政報告提交建議書，提供國際上有關乳癌的最新研究結果，並指出香港現時乳癌篩查的進度遠趕不上治療技術的發展。基金會認為須乳癌篩查與治療雙管齊下，方可守護婦女健康。

## Making a Submission to CE to Raise Awareness of Breast Cancer

Similar to last year, the HKBCF made a submission to CE for her 2019 Policy Address in early October this year. The submission provided findings from the latest international breast cancer-related studies and pointed out that the progress made in breast cancer screening in Hong Kong lagged far behind the developments in breast cancer treatment. The HKBCF considers that a two-pronged approach of screening and treatment should be adopted in order to safeguard women's health.



香港乳癌基金會賽馬會乳健中心（九龍）設計以彩虹為主，旨在與鄰近的彩虹邨互相輝映，也象徵著婦女患癌後，一樣可如色彩斑斕的蝴蝶般展翅高飛，活出精彩人生，其獨特設計成功贏得香港工程師學會2019年頒發的卓越結構加許獎。

The HKBCF Jockey Club Breast Health Centre (Kowloon) won the Hong Kong Institution of Engineers' Commendation Award in 2019 for its rainbow-like outward appearance that was designed to resemble the neighbouring Choi Hung Village. The use of multiple colours also delivers the message that like colourful butterflies, women can soar to new heights even if they had breast cancer.

# 基金會預見患者增加 全港首辦淋巴水腫護理培訓課程

## HKBCF Rolls Out Hong Kong's First Lymphoedema Training Course to Counteract Rising Breast Cancer Patient Number

基金會乳癌支援中心每年服務全港超過22%乳癌新症患者。據支援中心數據顯示，每三位乳癌病友中即有一位會患上淋巴水腫。淋巴水腫為乳癌治療後遺症，患者手臂會腫痛發脹，嚴重者患肢可比平時大兩三倍。由於無法根治，患者如不接受定期專業護理，生活將大受影響。

近年乳癌個案不斷上升，對淋巴水腫護理服務的需求隨之增加。然而，醫管局及坊間未有提供任何相關培訓，以致服務長期短缺。有見及此，基金會試辦一個兩階段的淋巴水腫護理培訓課程，由澳洲淋巴水腫培訓機構 Casley-Smith International 的一位資深導師教授。一共有九名資深護士完成課程，將所學的服務淋巴水腫患者。

### 只為服務病人

Angela是其中一位淋巴水腫護理培訓課程畢業生，本身在公營醫院服務。她參加是次課程是為了服務在公營醫院內，患上淋巴水腫，卻得不到適切治療及護理的病友。

Angela說：「每天都看到不少患者受淋巴水腫煎熬，但自己沒有受過相關培訓，過往香港也沒有任何類似護理課程，所以覺得無從提供服務，也只能將他們轉介到輪候時間長，卻未必有專門應對淋巴水腫經驗的物理治療部。我看到他們受如此困擾，自己卻做不了什麼，也會感到不開心。」

「幸好自己得悉課程，所以決意在工餘時間修讀課程。很多人說，進修是為了晉升，但其實公營醫療系統並不視進修為晉升條件。我自費來到這裡，唯一目的是在面對受淋巴水腫困擾的病人，自己不會有無力感，而可以向她們提供適切及即時的服務。」

「以往要學習淋巴水腫護理要遠赴外國。我十分感謝基金會在香港開辦有專業認證的淋巴水腫護理課程，令本地醫療人員及病友都可受惠。」

The Breast Cancer Support Centre (BCSC) serves more than 22% of all breast cancer cases newly diagnosed in Hong Kong every year. According to BCSC's statistics, one in every three registered BCSC members suffers from lymphoedema, which is a sequela of breast cancer treatment. Lymphoedema causes swelling of the arms, which in some serious cases, it can cause the infected limb to be two or three times its normal size. Lymphoedema, without regular and professional treatment, will gravely affect an infected patient's quality of life.

The number of breast cancer cases continues to increase in recent years, giving rise to growing demand for lymphoedema care services. However, the Hospital Authority and the private sector do not provide any such training, resulting in a service gap for a long time. In view of this, the HKBCF piloted a two-phase lymphoedema care training course, held in April and September. It was taught by a senior trainer at Australia's Casley-Smith International, an organisation specialised in lymphoedema. A total of nine senior nurses completed the course and are now applying what they have learned to serve affected patients.

### My Sole Purpose is to Serve

Angela works in a public hospital and is one of the nine graduates of the lymphoedema care training course. She took the course as she wants to service patients who suffer from lymphoedema but are not able to receive appropriate care and treatment.

'Every day, I see infected patients suffer from the swelling caused by lymphoedema, but I wasn't able to help because I wasn't trained to provide service. There was no such care training in Hong Kong in the past. All that I could do was to refer them to the physiotherapy department where they have to wait for a long time and which may not have the expert experience in dealing with lymphoedema. I felt sad as I could not do anything.' Angela said.

'Fortunately, I learned about the course, so I decided to attend the course using my own time outside work. Many people say that further education is for advancement. In fact, the public health system does not regard further education as a criterion for promotion. I paid for the course myself for the sole purpose that when faced with patients suffering from lymphoedema, I do not feel helpless but can provide them with appropriate and timely.'

'In the past, we have to obtain lymphoedema care training overseas. I am grateful to the HKBCF for organising a lymphoedema care training course with professional certification in Hong Kong. It will go a long way in benefitting local medical practitioners and lymphoedema patients.'



香港乳癌基金會主席霍何綺華女士（前排左四）、課程導師Elsebeth Petersen及一眾學員在畢業禮上笑逐顏開。  
Mrs. Eliza Fok, HKBCF's Chairman (front row, fourth from left); Elsebeth Petersen, trainer of the course; and students smiled at the camera at their graduation ceremony.



淋巴水腫是乳癌患者最常見的終生後遺症，成因是淋巴系統受損，影響淋巴液循環，導致水腫。乳癌支援中心至今為超過4,500人提供淋巴水腫治療，最年輕及最年長患者分別為20及91歲。中心錄得最嚴重的淋巴水腫指數為270度。初至中度的淋巴水腫的治療期約為六至九個月，嚴重的需時一年或以上，因此淋巴水腫的預防及護理對乳癌患者是非常重要的。

Lymphoedema is the most common life-time sequela of breast cancer patients and survivors caused by the damage of the lymphatic system which reduces its circulation ability. Breast Cancer Support Centre (BCSC) has provided lymphoedema treatment to over 4,500 patients and survivors, among whom the youngest is 20 years old and the oldest 90. The highest lymphoedema index that BCSC recorded is 270. Prevention of lymphoedema is important to avoid prolonged treatment, which usually lasts for six to nine months for mild to moderate cases and over one year for serious cases.

## 腫脹手臂 幸獲悉心護理

Carrie是乳癌康復者，早在2006年第一次發現左乳房有癌細胞，經歷手術、六次化療及三十次電療後，於2009年再度發現右邊乳房有腫瘤，因為前哨淋巴有異樣，所以手術中亦割了三顆前哨淋巴。七年後，她發現佩戴手鐲手腕後，印痕久久不散。

「我對比兩手，發現右手有水腫，於是立刻前來支援中心，檢查後發現水腫度數是17。」

淋巴水腫指數，顯示手臂腫脹程度，負10度至10度為正常；10度至30度已代表有水腫；30度以上則算嚴重。

由於右手的水腫問題，令Carrie難以拿取重物。在支援中心，她先參加淋巴引流基礎班，再到進修班。於三個月時間內，她的淋巴水腫指數已回落至-1度，屬正常水平。

「我沒有掉以輕心，仍然每天做引流運動，保持至今兩年多，也沒有反彈。」

如在淋巴水腫初期接受治療，便可改善問題。不過，病人必須聽從醫護人員指示，持之以恆鍛煉，才可避免水腫惡化。支援中心提供一系列淋巴水腫服務，以幫助患者控制病情。

## A swollen arm well taken care of

Carrie is a breast cancer survivor. In 2006, she was diagnosed with breast cancer in her left breast and subsequently underwent surgery, six times of chemotherapy, and more than 30 times of radiotherapy. In 2009, a tumour was found in her right breast. She had surgery and three lymph nodes were also removed due to abnormalities. Seven years later, she found impressions around her wrist after having worn a bracelet.

"I compared my two arms and immediately found that my right arm was swollen. So I went straight to the BCSC for measurement. My lymphoedema index then was 17," Carrie said.

Lymphoedema Index (L-dex) indicates the swelling level of an arm. Between -10 and 10 is normal, between 10 and 30 implies an incidence of lymphoedema, while any number higher than 30 is classified as severe.

Due to the swelling, Carrie is not able to carry heavy objects with her right arm. At BCSC, she first attended a lymphoedema basic class and then proceeded to advanced class. In three-month time, she already had her L-dex lowered to -1, within the normal level.

"I do not let my guard down. I do lymphoedema drainage exercise every day. It's been two years now and my L-dex remains on a low level."

If treated early, the swelling caused by lymphoedema can be alleviated. However, patients must follow instructions given by medical professionals and perform the necessary exercise regularly to prevent their condition from worsening. BCSC provides a series of lymphoedema care and preventive services to help infected patient manage the problem.



明年3月，基金會將踏入15週年，屆時將藉此機會，透過一連串活動向公眾提供乳健及乳癌治療的資訊。請密切留意基金會的網頁及Facebook專頁獲得活動最新詳情。

The HKBCF is embarking on its 15th anniversary next March. Taking this as an opportunity, the HKBCF will organise a series of events to provide the general public with adequate and accurate information about breast health and breast cancer treatments. Stay tuned to HKBCF's official website and Facebook page for latest details.



## 巡迴展覽 Roving Exhibitions

1

基金會將於明年二及三月，分別於銅鑼灣利舞台廣場、樂富廣場及慈雲山中心等商場舉辦展覽，推廣乳健資訊。每個展覽期間，將有註冊護士提供諮詢服務，讓公眾更認識定期乳健檢查對及早治療和提高存活率的重要性。

Exhibitions will be held next February and March at the Lee Theatre Plaza in Causeway Bay, Lok Fu Place, Tse Wan Shan Shopping Centre etc. to promote breast health. At each exhibition, there will be on-site consultation service provided by registered nurses to enable the public to learn more about the importance of regular breast screening to timely treatment and increased survival rate.

## 共建自強座談會 Symposium for Patient Empowerment

2

根據香港癌症資料統計中心，香港婦女罹患乳癌的一生累積風險比率高達每15位有1位。乳癌種類、治療方法及醫療護理等資訊對抗癌極為重要。基金會將於明年三月就以及相關課題舉辦座談會，藉此賦權患者及其家人在康復旅程中有更大的免疫力及作出更適切的選擇。

According to the Hong Kong Cancer Registry, the accumulative lifetime risk of Hong Kong women developing breast cancer is as high as one in 15. Information on the types of breast cancer, treatment options and paramedical care etc. is of utmost importance for fighting breast cancer. The HKBCF will organise a symposium on the above and related subjects next March to empower patients and their family members to better fight the disease and make more appropriate choices throughout the recovery journey.

## 健康講座及教育攤位 Health Talks and Education Booths

3

為企業及團體舉辦乳健講座及在健康展覽設立教育攤位是基金會推廣乳健教育的重要恆常工作。歡迎與我們聯絡，商談舉辦有關活動的詳情。個別人士亦可以參加基金會於服務中心定期舉辦的講座。

聯絡及查詢：info@hkbcf.org

Holding health talks for corporations and organisations as well as setting up education booths in health exhibitions are part of the HKBCF's important on-going work in promoting breast health education. Please contact us to discuss details of organising such activities. For individuals, they are welcome to take part in the regular talks held by our service centres.

Contact and enquiry: info@hkbcf.org



## 九龍中心命名捐助計劃

### Kowloon Centre Naming Opportunities Programme

香港乳癌基金會賽馬會乳健中心（九龍）獲香港賽馬會慈善信託基金資助，終於2018年3月8日正式啟用。啟用至今，九龍中心已為數以千計乳癌患者及康復者提供適切的護理及支援服務。

然而，賽馬會的資助有期限，因此基金會需要籌措經費，維持九龍中心日常運作及未來發展。是次命名捐助計劃為基金會其中一項籌款活動，基金會按捐助者的意願，為其以個人或團體名義在九龍中心選擇認捐之各項設施、房間及其他實物資產命名，以誌捐助者對社會上有需要人士的慷慨支持。

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 Kowloon Centre has made remarkable progress in providing free mammography screening for thousands of women from low-income group, and offering much needed care and support services to thousands of breast cancer patients/survivors.

The funds from the Hong Kong Jockey Club Charities Trust are for a limited period. Raising sufficient funds to sustain the operation of the Kowloon Centre in the years to come will be a major challenge and we are appealing for support. As one of our fundraising initiatives, the naming rights of selected facilities, patient support rooms and other physical assets will be offered as recognition for donations. The asset concerned may be named after the donor or an individual/organisation of the donor's choice.

鳴謝以下人士對九龍中心命名捐助計劃的支持（按姓氏或公司名稱之英文字母排列）：

Our gratitude to the supporters of the Naming Opportunities Programme (the names are published in alphabetical order) :

陳伍婉蘭女士 / 陳維湘女士 / Ms Sonia Char / Mrs Eliza Fok / Mrs Isabel Huen / Mrs Doris Lau / 陸何玉華女士 / 鍾簡淑妍女士 / Mrs Poon / Mrs Cecilia Shih / Thomas and Linda Lau Family Foundation / Mrs Virginia Yim

粉紅鑽石夥伴  
PINK DIAMOND PARTNER

# 粉紅絲帶標誌的創立者 – 雅詩蘭黛

## The Creator of Iconic Pink Ribbon – Estee Lauder

27年前，世界上沒有代表乳癌關注的粉紅絲帶標誌。於1992年，雅詩蘭黛的創辦人伊芙琳.H.蘭黛看到提高乳癌關注的迫切性，與SELF雜誌共同創立了著名的粉紅絲帶標誌，成為了國際上代表乳癌關注的標誌，並發起雅詩蘭黛集團的乳癌防治運動，其使命是創造一個沒有乳癌的世界，今年的口號為「團結你我，終結乳癌」。

27 years ago, there is no pink ribbon, an international symbol of breast cancer awareness. The founder of Estee Lauder Companies, Evelyn H. Lauder saw the urgency of raising breast cancer awareness, she created the signature pink ribbon with the editor of SELF Magazine in 1992, and launched The Estee Lauder Companies Breast Cancer Awareness (BCA) Campaign. The mission is to create a breast cancer-free world and the slogan this year is called #TimeToEndBreastCancer.



自2006年，雅詩蘭黛(香港)便成為了香港乳癌基金會的粉紅夥伴，一直致力支持本港乳健教育及乳癌患者支援服務。今年籌得的善款，將資助有需要的婦女進行免費乳房X光造影檢查及為乳癌患者進行淋巴水腫護理服務。今年的活動加入了很多新元素，與基金會共同創作了全新的“Pink Pod”教育系列，於網上平台教育大眾有關乳癌的知識及於崇光百貨銅鑼灣店設立互動展區，提高對乳癌防治的意識。雅詩蘭黛(香港)亦致力參與義工服務，給患者提供皮膚護理及化妝技巧課堂，重新建立她們的自信。

Estee Lauder (Hong Kong) has become Pink Partner of the HKBCF and dedicated to local breast health education and breast cancer patient support service since 2006. The fund raised this year is to subsidize complimentary mammogram screening to the needy women and lymphoedema care service. There are many elements in the campaign, a brand new “Pink Pod” educational series is co-created with the HKBCF to enhance breast cancer knowledge among the public at online platform, and an interactive zone is set at SOGO Causeway Bay to enhance the breast cancer awareness. Estee Lauder (Hong Kong) also dedicated to volunteering service, providing skincare and makeup class to breast cancer patients to re-build their confidence.

**粉紅寶石夥伴**  
**PINK SAPPHIRE PARTNER**

**衍柏顧問有限公司 CHESTERTON CONSULTING CO. LTD.**

衍柏顧問有限公司是一家招聘諮詢公司，服務對象為中國、新加坡和日本的企業。他們懷著為己為人的抱負，於2018年成為粉紅夥伴，除捐款資助基金會運作外，亦主動向其客戶派發宣傳單張及邀請他們與基金會聯絡，為員工及生意夥伴舉辦乳健講座。

Chesterton Consulting Co. Ltd. is a recruitment consultancy with clientele in China, Singapore and Japan. The company has been supporting our work by making donations since becoming a Pink Partner in 2018. In addition, the company has been proactively giving out pamphlets of the HKBCF to its clients and also inviting them to contact the HKBCF for breast health talks for employees and business partners.



**國泰航空「Fly Pink」 CX Fly Pink**

由國泰航空機師發起，並聯同國泰港龍航空及香港華民航空機師在2015年成的「Fly Pink Hong Kong」，透過參與基金會的「粉紅夥伴」計劃，推廣公眾對乳癌關注，同時支持基金會的工作。「Fly Pink」每年10月舉辦一連串活動，為基金會籌款及在社區推廣乳健。今年所舉辦的內部籌款活動包括慈善義賣及燒烤派對。機師亦在10月內掛上粉紅肩章，引起公眾關注乳癌。

Initiated by the pilots at Cathay Pacific in 2015 and working together with pilots at Cathay Dragon and Air Hong Kong, 'Fly Pink Hong Kong' has been promoting public awareness of breast cancer and supporting the work of the HKBCF through the Pink Partner Program. Fly Pink Hong Kong organises a series of activities each October to raise funds for the HKBCF and promotes breast health in the community. This year, they held charity sales and a barbecue party to seek donations from colleagues. The pilots also wore pink epaulettes throughout October to promote public awareness of breast cancer.

**瑞銀集團 UBS Group AG**

瑞銀集團自2013年成為粉紅夥伴以來，一直鼓勵旗下一群活躍又俱創意的職員以不同活動支持基金會的工作。今年10月11日粉紅日，他們將辦公室變成嘉年華，舉辦多項籌款活動，包括自助餐、小玩意義賣、iPhone 11 獎卷抽獎；另外亦為超過40位職員舉辦一場午餐分享會，由醫生及乳癌康復者與人分享抗癌的資訊及經歷。

UBS Group AG has been encouraging their fun-loving, creative employees to seek donations and support for the HKBCF through various activities since becoming our Pink Partner in 2013. On 11 October Pink Day, they turned their workplace into a carnival with multi-fundraising activities including buffet lunch, fun items sale and raffle draw for an iPhone 11. A "Lunch & Learn" session was also held for 40 plus employees where a doctor and breast cancer survivors shared their knowledge and experience in the fight against breast cancer.





粉紅水晶夥伴  
PINK CRYSTAL PARTNER

DFS集團 DFS Group

為喚起DFS員工對乳癌的關注，DFS於去年10月舉辦員工步行及多項活動籌款，以支持基金會的運作。

In order to raise DFS staff's awareness of breast cancer, DFS held staff walkathon and various activities to raise funds in October last year to support the operation of the HKBCF.



Gap Inc.

今年是第二年夥拍基金會。在10月選定的一天，公司各人穿上了粉紅，成為熱心的烘焙師，自製美味的蛋糕、餅乾和鬆餅作慈善籌款。

Partnered with the HKBCF for the second year in a row, the company designated a day in October when everyone wore pink and became dedicated bakers. They made their own cakes, cookies and scones for charity sale.

香港欖球總會 Hong Kong Rugby Union

香港欖球總會去年10月首次舉辦「粉紅欖球月」，獲得旗下多支女球隊支持，成立了「粉紅非凡」，在2019年舉辦更多籌款及乳健推廣活動。除了在今年10月賽事期間舉辦粉紅義賣外，還有慈善紋身活動、健康食品自助餐及乳健分享會等。

The Hong Kong Rugby Union held its first Pink Rugby Month in October 2018 which was supported by many of the female team players. They established 'Phenomenally Pink' in 2019 to organise more activities to raise funds and promote breast health. In addition to a charity sale organised during the rugby games in October this year, other activities held include charity tattoo, health food buffet and breast health sharing sessions.



婦女遊樂會 Ladies Recreation Club

婦女遊樂會舉辦了一系列康體活動，包括粉紅絲帶網球比賽及麻雀比賽，作籌款用途。該會將部份收益撥捐基金會，並支持提高其會員對乳癌的關注，減低乳癌在本地的威脅。

The Ladies Recreation Club organised a series of fundraising recreational events, including the Pink Ribbon Tennis Match and Pink Ribbon Mahjong Competition. Part of the funds raised were donated to the HKBCF. The Club supports raising its members' awareness of breast cancer and mitigating the threat of the disease to the local community.

**粉紅絲帶夥伴**  
PINK RIBBON PARTNER

**楷和醫療集團有限公司 Chiron Healthcare Group Limited**

楷和醫療集團有限公司於2018/19年期間發起「粉紅攻略」籌款活動，於其診所及合作機構門市設置籌款箱，捐款滿港幣100元便可獲贈優惠券，籌得款項將全數撥捐基金會。

Chiron Healthcare Group Limited held a fundraising campaign called "FenHung Strategy" in 2018/19. Donation boxes are placed at their clinics and retail stores of their business partners. Vouchers are given to donations of \$100 or more. All funds raised will be donated to the HKBCF.



**康樂食品有限公司 Happy and Health Food Ltd**

為提高顧客的乳健意識同時響應環保，康樂食品每售出一盒不連外盒的衛康樂產品，便捐贈港幣50元給基金會，該公司今年亦參與了「乳健同行」活動，一同建立乳健社會。

In order to increase customers' awareness of breast health and environmental protection at the same time, Happy and Health Food Ltd. donated HK\$50 to the HKBCF for GuardiGlucan sold without a box. This year, the company also participated in Pink Walk to build a breast health community together.



**玫琳凱(香港)有限公司 Mary Kay (Hong Kong) Limited**

為達成 Mary Kay 「豐富女性人生」的使命，該公司自2013年已成為基金會的粉紅夥伴，每年將其限量粉紅產品作慈善義賣，並撥捐部份收益給予基本會。

To fulfil the May Kay's mission of enriching women's lives, the company has been a pink partner of pink partner of the HKBCF since 2013. The company launches a charity sale on a limited item each year and part of the proceeds will be donated to the HKBCF.



**MiU Training Hub**

MiU Training Hub 將部分Zumba健體舞班的收益撥捐基金會，以對抗癌症對本地的威脅。

MiU Training Hub donated part of the proceeds revenue from its Zumba class to the HKBCF to support the fight against breast cancer in Hong Kong.



**MM HK Retail Limited**

MM HK Retail Limited 撥出旗下品牌指定粉紅貨品的部份收益，以支持基金會提供最佳的乳健服務。

MM HK Retail Limited donated part of the proceeds from the selected pink items of its brands to support the HKBCF in building a better breast health service.

## 崇光(香港)百貨有限公司 SOGO Hong Kong Co. Ltd.

每年的10月，崇光聯合店內商戶參與品牌，將部份銷售收益捐給基金會；另有一連串的推廣活動讓客人更關注乳癌。最近兩年均以‘Live in Pink’為主題推出一系列推廣乳健訊息及鼓勵定期乳健檢查的活動。

In every October, SOGO and the participating brands of the department store will donate part of the sales to the HKBCF, and also hold a series of promotional activities to raise the breast cancer awareness of its customers. In the recent two years, they hosted a series of activities using the theme “Live in Pink” to promote the message of breast health and encourage regular breast screening.



## Subway

Subway的港鐵彩虹站分店為基金會籌款，由去年7月至今年6月期間，於店內設置籌款箱。每逢星期六，顧客每購買潛艇堡乙個並捐款給基金會，便獲贈曲奇餅乙塊，藉此提高大眾對乳健的關注。

To raise funds for the HKBCF, a donation box was placed at Subway's MTR Choi Hung Station shop from July 2018 to June 2019. Every Saturday, a free cookie was given to any customer who purchase of a 'Sub' with donation so as to raise breast health awareness.

## 華歌爾香港有限公司 Wacoal Hong Kong Company Limited

華歌爾已經是第四年成為基金會的粉紅夥伴，攜手推廣乳癌的關注度。華歌爾於去年10月乳癌關注月舉辦了Facebook的網上活動，以教育女士們如何進行自我檢測，今年該公司於各Wacoal專門店及專櫃派發小冊子及於網上平台播放短片，讓大眾關注乳房健康，養成定期檢查好習慣！

Wacoal has been a Pink Partner of the HKBCF for four years, working together to promote the awareness of breast cancer. Wacoal hosted an online Facebook event in the Breast Cancer Awareness Month last year to educate women on self-examination. This year, the company distributed pamphlet at Wacoal stores and counters as well as posted a video on online platforms to raise public concern about breast health and hence form the good habit of regular screening!



香港乳癌基金會的「粉紅夥伴」是一個年度計劃，為企業及機構提供合作平台，以創新的市場推廣計劃宣揚乳健訊息。我們非常樂意開拓新的贊助和合作機會。若要瞭解更多「粉紅夥伴」的詳情，請聯絡我們。

The HKBCF's 'Pink Partner' Programme is held on an annual basis to provide a platform to engage corporations and organisations in publicising breast health through creative marketing campaigns. We are very happy to explore new sponsorship and collaboration opportunities. Please contact us if you wish to obtain more information about the Pink Partner.

粉紅夥伴類別 Category of Pink Partner	捐款總額 Donation Amount (HK\$)	成為粉紅夥伴的權利 (以合約訂明的為準) : Entitlements of being Pink Partner (subject to the Program agreement):
粉紅鑽石夥伴 Pink Diamond Partner	500,001+	<ul style="list-style-type: none"> <li>● 獲稱為「香港乳癌基金會粉紅夥伴」 Entitled "HKBCF Pink Partner"</li> </ul>
粉紅寶石夥伴 Pink Sapphire Partner	200,001 – 500,000	<ul style="list-style-type: none"> <li>● 使用香港乳癌基金會作推廣 Use of HKBCF logo in promotion</li> </ul>
粉紅珍珠夥伴 Pink Pearl Partner	100,001 – 200,000	<ul style="list-style-type: none"> <li>● 於香港乳癌基金會的通訊、年報及網頁內鳴謝 Acknowledgement in HKBCF's newsletter, annual report and website</li> </ul>
粉紅水晶夥伴 Pink Crystal Partner	50,001 – 100,000	<ul style="list-style-type: none"> <li>● 提名參與「商界展關懷」計劃 Nomination of Caring Company Scheme</li> </ul>
粉紅絲帶夥伴 Pink Ribbon Partner	20,000 – 50,000	<ul style="list-style-type: none"> <li>● 乳健教育講座 Breast health talk(s)</li> </ul>

成為我們的 **粉紅夥伴** ! 請電郵至 [info@hkbcf.org](mailto:info@hkbcf.org) 查詢有關詳情。

Let's be our **Pink Partner** ! Please email [info@hkbcf.org](mailto:info@hkbcf.org) for details.

活動包括  
Activities include:



還有更多有創意的粉紅活動整裝待發!  
and many more creative pink activities to be explored!



# 鳴謝

## Acknowledgements



Asahi Group Co., Ltd  
AstraZeneca Hong Kong Limited  
Chanel Hong Kong Limited  
Mr & Mrs Thomas and Grace Chan  
Ms Helen, Chan Hei Lun  
Mr Chong Siu Chung  
Mr Henry, Ng Chi Cheung  
Mr Ho Chi Cheong  
Dr Catherine, Choi Lai Yin  
Mr Chow Kar Chung  
Ms Teresa, Chu Ching Wah  
Credit Agricole's staff  
CS21 BEAUTY (HK) LTD's staff  
CW International Procurement Limited  
Dr Lawrence, Li Pui Ki  
Eisai (Hong Kong) Company Limited  
Everart Limited  
Fidelity Bermuda Foundation  
FREEGO FOUNDATION LTD  
GECAS Hong Kong Ltd  
Huawei International Limited  
Jacobson Medical (Hong Kong) Limited  
Life In Development Limited  
Mr Lau Chuk Kin  
Ms Ella, Loon Yuen Mei  
Ms Helena, Jagtiani Cheng Ying To

Ms Ho Yuen Ching  
Ms Hui Yik Bun  
Ms Jan, Lee Lai Chun  
Ms Leung Mei Wah  
Ms Leung Pik Yuk  
Ms Liu Choi Lin  
Ms Lo Wai Lee  
Ms Mabel Mak  
Mrs Cow Limited  
Ms Pow Shiu Kwan  
Ms Rita, Hui Shuk Wah  
Ms Yeung Ka Yan  
Ms Zhang Naixin  
Nomura International (Hong Kong) Limited  
Novartis Pharmaceuticals (Hong Kong)  
Limited  
Roche Hong Kong Limited  
The American Club  
The Community Chest of Hong Kong  
The Hong Kong Jockey Club Charities Trust  
The Hongkong Bank Foundation  
The Jewish Women Association of Hong  
Kong  
WKK China Limited  
陳靜如女士  
曾秀慧女士

在2018年11月至2019年10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)  
Organisations and individuals donating HK\$20,000 or above from November 2018 to October 2019 (In alphabetical order)

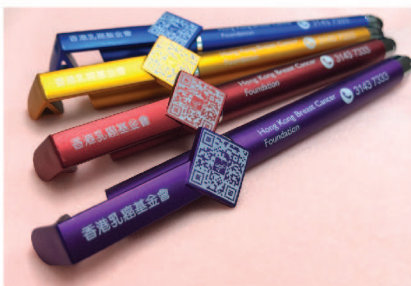




## 分享施予的喜悅 Share the joy of giving

在這喜慶的節日裡，您可選購基金會的慈善義賣禮品作為家人及朋友的聖誕及新年禮物，與他們一同分享施與的喜悅!

In this festive season, you can consider sharing the joy of giving by purchasing HKBCF's charity sales items as Christmas and New Year gifts to your family and friends!



請掃描二維碼或瀏覽以下網頁選購。

Please scan the QR code or visit the following webpage for purchase.

[https://www.hkbcf.org/zh/get\\_involved/main/39/](https://www.hkbcf.org/zh/get_involved/main/39/)



# 捐款表格 DONATION FORM

捐款給香港乳癌基金會，幫助本地婦女接受適切的服務，免受乳癌威脅  
Donate to the HKBCF to free woman in Hong Kong from the threat of breast cancer

我樂意參加月捐計劃

I would like to make a monthly donation.

我樂意作單次捐款

I would like to make a one-off donation.

你的捐助相等於捐贈了以下服務的價值予香港乳癌基金會

Your donation is equal to the value of the following services at the HKBCF.

- HK\$200** 可為一位乳癌患者提供淋巴水腫指數測量  
Provide lymphoedema index measurement for one breast cancer patients
- HK\$500** 可為 5 個新確診乳癌患者提供護理錦囊  
Provide comfort packs for 5 newly diagnosed breast cancer patients
- HK\$1050** 可為有財政困難的婦女提供免費乳房X光造影檢查  
Give free mammogram for a financially underprivileged women
- HK\$2800** 可為有財政困難的婦女提供抽針檢查  
Provide diagnostic biopsy for a financially underprivileged women
- HK\$\_\_\_\_\_**

## 捐款者資料 PERSONAL PARTICULARS

中文姓名 \_\_\_\_\_ (先生Mr. / 女士Ms.)

Surname \_\_\_\_\_ First Name \_\_\_\_\_ Middle Name \_\_\_\_\_

電話 Tel \_\_\_\_\_ 傳真 Fax \_\_\_\_\_

地址 Address \_\_\_\_\_

電郵 Email \_\_\_\_\_

如收據抬頭與上述姓名不同，請註名： \_\_\_\_\_

If the name on the receipt is different from the above, please state: \_\_\_\_\_

## 捐款方法 DONATION METHOD

劃線支票 Crossed Cheque  
支票抬頭請寫「香港乳癌基金會有限公司」  
Payable to "Hong Kong Breast Cancer Foundation Limited"

PayMe  
請掃描QR圖碼，並於PayMe 應用程式內的付款  
訊息提供閣下的姓名、電話和地址  
Please scan the QR code and leave your name, phone  
number and address at your payment message at PayMe App



銀行入數 Bank Deposit  
請把善款直接存入香港乳癌基金會之匯豐銀行戶口：094 - 793650 - 838。  
請連同存款收據正本 / 自動櫃員機單據正本寄回。捐款者請保留收據副本。  
Please make a deposit into the Hong Kong Breast Cancer Foundation's bank account  
HSBC A/C: 094 - 793650 - 838, and send us the original bank payment slip / ATM slip  
with this form. Please keep a photocopy of the slip for your own record.

信用卡 Credit Card  
 Visa  MasterCard

持卡人姓名 Cardholder's Name: \_\_\_\_\_

持卡人簽名 Cardholder's Signature: \_\_\_\_\_

信用卡號碼 Credit Card No.: \_\_\_\_\_

有效日期至 Expiry Date: \_\_\_\_\_ 月 MM \_\_\_\_\_ 年 YY

捐款港幣 100 元或以上可獲發免稅收據 (稅局檔號：91/7226)。  
Donation receipt will be issued for a donation of HK\$ 100 or above (IRD File No.: 91/7226)

Seal here 在此粘貼

Seal here 在此粘貼

# 你的捐助，可成就更多家庭的健康和快樂

Your Donation Helps Bring Happiness and Health to More Families

乳癌是香港女性的頭號癌症，每年均有超過4,300宗新症（當中大多數為II期或以上個案），更有700多位女士因乳癌去世。然而，如及早發現乳癌，存活率超過九成，意味更小家庭需要承受摯親因乳癌離世的傷痛。

你的捐助，將全數用於提供免費乳健檢查予有經濟困難的婦女及香港乳癌基金會日常營運，成就更多家庭的健康和快樂。

Breast cancer is the most common cancer among Hong Kong women, with over 4,300 plus new cases – most of which belong to stage II or above – emerging and some 700 women dying every year. If detected early, however, breast cancer has a more than 90% survival rate, meaning there will be less families having to experience the loss of their loved ones.

The entirety of your donation will help provide free screening to the underprivileged and support HKBCF's operation. Donate now to bring health and happiness to more local families.



歡迎透過二維碼網上捐款或填寫上頁的捐款表格  
For donations, we welcome to scan the QR code for online donation or fill in the donation form on the previous page.



郵票  
STAMP

香港乳癌基金會

地址：香港北角木星街9號永昇中心22樓

Hong Kong Breast Cancer Foundation

Address: 22/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong