

Spring | Summer 2015

INTOUCH 觸覺

Page 4

Laughter Yoga

Why a good giggle cures all

Page 10

The Power of Mentoring

Cancer Fund's Heart to
Heart Programme

Spring is in the Air!



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CANCERFUND
So no one faces cancer alone

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Contents

Message from the Founder

03..... Celebrating Life!

Service

04..... Laughter Yoga

06..... Natural Beauty

Wellness

08..... Sweet Bliss

Feature

10..... The Power of Mentoring

12..... Helping Hand

Education

14..... Colour Me Happy

16..... Skin Cancer Awareness Campaign

18..... Colorectal Cancer Awareness Campaign

News

20..... Clients' Appreciation

21..... Friends' Column

22..... Pilot for a Day

Fundraising

23..... DIY Fundraising

24..... Stride for a Cure & Annual Gala Dinner

25..... La Fête de Noël & 100 Women in Hedge Funds



So no one faces cancer alone

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Celebrating Life!

Dear friends,

Thanks to our loyal supporters, we are able to provide a wide range of services. Last year, we offered more than 21,000 wellness programmes, and our Rainbow Club also expanded to care for more than 1,400 children. In this issue, we highlight how rewarding it is to see dreams come true for our young members who were invited to Dragonair's Community Outreach Day where they had a special opportunity to learn about aviation, experience the flight simulator and meet captains and crew members. In our Heart to Heart Programme, volunteer role models became 'Big Brothers and Big Sisters', to mentor our Rainbow Club members, help them with homework, take them on outings and share a special bond, encouraging them to one day care for other youngsters.



Our gala dinner in March, Party for a Purpose, themed "Once upon a time" whisked guests away to the enchanted woods. We are so grateful to our generous friends and corporate sponsors who helped us reach our fundraising target. Thank you so much for your support which allows us to sustain our FREE services.

2015 started on a high note with our wellness yoga retreat, which has become so popular that we had to find a large enough venue for all those who joined us in Cheung Chau. As we transition into summer, Cancer Fund continues to add to its wellness programmes to promote health and healing. Our feature stories focus on laughter yoga classes to invigorate mind and body for an uplifting way to exercise. We encourage everyone to take hold of their own happiness through positive thinking workshops, mood and colour therapy and anything that brings you joy.

On this note, we are very excited to launch our Celebration of Life this month, bringing our volunteers, donors, medical professionals, Circle of Friends members, brave cancer survivors and Cancer Fund family together. The event is all about gratitude and being inspired by friends who have come through the cancer journey empowered, looking ahead with hope and living life to the fullest. We look forward to sharing this with you!

With love,

A handwritten signature in black ink, reading "Sally Lo". The signature is fluid and cursive, with the first name "Sally" written in a larger, more stylized font than the last name "Lo".

Sally Lo, MBE
Founder and Chief Executive

Laughter Yoga

Why a Good Giggle Cures All



On Monday afternoons, many types of laughter can be heard echoing through our Cancer Fund Support Centre in Tin Shui Wai. From hearty chortles to roaring guffaws, the laughter yoga class led by Dick Yu has participants in absolute stitches. But more than just a fun activity and an unexpected form of exercise, hilarity can also be healing.

Laugh for no Reason

Laughter yoga has become a popular way to relax and keep fit thanks to Indian physician Madan Kataria, who developed the exercise in 1995 with his wife Madhuri. They started a group consisting of five people in a public park with a mission to laugh together to improve health and reduce the stress of modern lifestyles. The concept became such a success that more than 8,000 laughter clubs in over 65 countries were recorded in 2011, sharing the belief that we do not need jokes or comedy to have a good chuckle.

What begins as fake laughter soon becomes real as participants make eye contact with others in the session and engage in childlike play. Sessions start with a warm-up, such as stretching and clapping to break the ice and as soon as the brain signals laughter, the body releases feel-good endorphins, dopamine and serotonin that relieve stress.

Cancer Fund's 'Laugh Captain' Dick Yu explains that the combination of method acting and visualisation has everyone in hysterics. "It's all about practice. We feel happy instantly the moment we laugh, which can be stimulated by making eye contact with other participants. The laughter soon becomes genuine."

Dick distinguishes laughter yoga from other types of yoga by its focus on

breathing. "Yoga has eight divisions. The common yoga form which emphasises posture and movement is called asana. Laughter yoga combines laughter with Pranayama, gentle yoga breathing, to encourage deep diaphragm or Bhastrika breathing to increase lung capacity."

A Group Effort

The group setting of laughter yoga transforms voluntary laughter into real, contagious laughter. Sessions often include yoga asana, exaggerated facial expressions, animal imitations and the milk-pouring game. Movements are easy to follow and do not need to be memorised to keep the process stress-free and flexible, as Dick encourages clients to relax and enjoy the moment. "Laughter yoga is commonly misunderstood to be

"As soon as the brain signals laughter, the body releases feel-good endorphins, that relieve stress."





an individual activity, but everyone plays a role in creating positive group energy.”

The Best Medicine

Often considered “the best medicine”, laughter’s ability to heal is well established. Some studies indicate that laughter yoga generates a positive mood and enhances cardiopulmonary function to alleviate stress and boost the immune system. Many clients have told Dick how the exercises helped them cope in difficult times.

“Laughter yoga improved one participant’s hearing by 20 per cent, while another initially came to sessions in a wheelchair and was eventually able to stand throughout a whole session.”

IS LAUGHTER YOGA RIGHT FOR YOU?

Cancer survivors who have completed surgery or treatment at least six months prior to the start of the programme are eligible to join.

For more information on laughter yoga and our other FREE programmes, please call the Cancer Fund support centres on 3667 3000.

THE BENEFITS OF LAUGHTER YOGA



Relaxes muscle,
increases oxygen
levels in cells



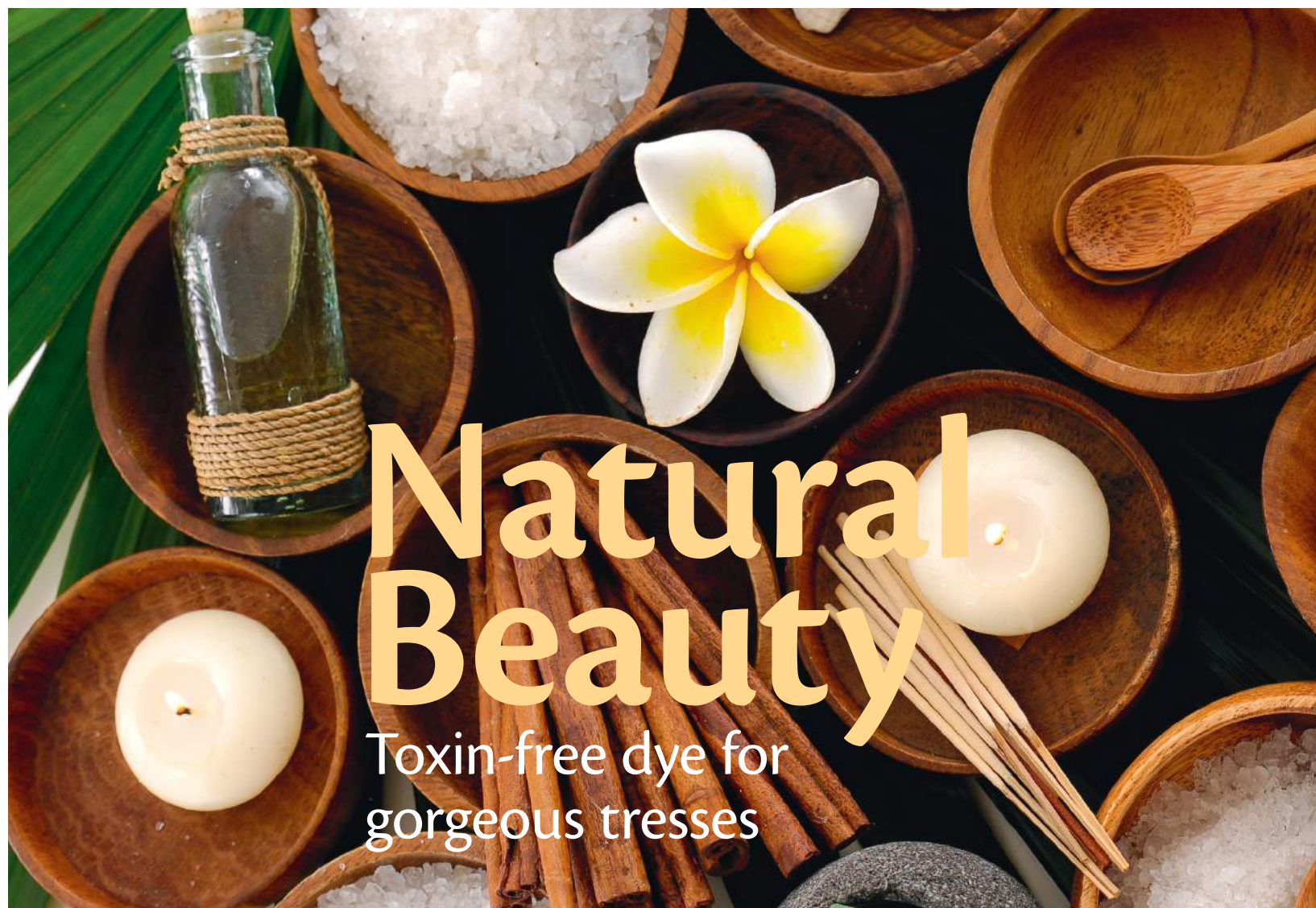
Lifts depression,
enhances ability to
combat pressure



Improves
interpersonal
relationships,
boosts self-esteem



Improves blood
circulation and
immune system



Natural Beauty

Toxin-free dye for gorgeous tresses

Anyone who has met Connie, the height of elegance and poise with a radiant glow and shiny chestnut hair, will find it hard to believe that just six years ago she went through nine months of surgery, chemotherapy and radiotherapy to treat breast cancer. Despite the challenges, she learned a valuable lesson about health and wellness.

"I never cared about my health before. I ate what I liked and paid no attention to nutrition labels. It was only after being diagnosed that I started to take care of myself. That is how I became interested in natural DIY products which are environmentally friendly, and limit our exposure to dangerous chemicals." After her recovery, Connie became a volunteer at Hong Kong Cancer Fund, devoting much of her time to CancerFund Pink Revolution as a DIY workshop leader.

As a wedding planner, being beauty savvy is part of Connie's job. She noticed that many people

undergoing treatment were frustrated by the hair loss that can result from chemotherapy. They tried to conceal the side effect with hats which sometimes made them appear even more drained. "Emotions affect our well-being, so a positive outlook is important during treatment. I wanted to enhance our clients' mood by creating a DIY hair dye that is easy to recreate and only requires a few ingredients."

Connie's Natural Hair Dye DIY workshops at Cancer Fund support centres promote a toxin-free beauty regime. Natural beauty products are gentler on skin and do not cause side effects as a result of preservatives. She explains that the hair dyes in most salons contain chemicals that can irritate the skin and respiratory tract, and prefers to use henna powder, a natural alternative from India.

"It comes from a plant and is completely natural, which is safe to use on our skin and hair. Henna is known for its



“Natural DIY products are environmentally friendly.”

conditioning properties and has a pleasant scent. Even though it's chemical free, the dye lasts as long as the conventional variety, so you only need to reapply once or twice a month depending on your hair type.”

Connie is grateful to Cancer Fund for giving her the opportunity to share her skills with others through the Natural Hair Dye DIY workshop which she has led for more than three years. “I understand what clients are going through and know how it feels. I am blessed to be able to share my own experience and help them.”

Connie believes that cancer was an important wake-up call that reminded her to make health a priority, and credits Cancer Fund for changing her life through its comprehensive, FREE services. “After learning the benefits of natural beauty products, I learned to avoid those containing chemicals. Rather than choosing skincare based on price, I began to focus on natural ingredients.”

How to Make Natural Hair Dye

This dye is best for concealing grey hair.

You'll need:

- 1 packet of henna powder
- 1 glass Chinese pu-erh tea
- 2 tsp lemon juice
- 1 egg yolk
- plastic gloves
- round container with lid (about the size of a soup bowl)

Method

Pour 3 tablespoons (double the amount for long hair) of henna powder into a container. After the pu-erh tea has cooled, stir in with a spoon until you have a smooth, thick paste similar to the consistency of toothpaste. There should be no lumps or remaining dry powder.

Cover the container and allow to sit at room temperature for 5 to 6 hours. Add egg yolk which serves to protect the hair.

Mix in 2 teaspoons of freshly squeezed lemon juice to enhance colour. Wearing plastic gloves, work the henna mix through dry hair. Allow to sit for 90 minutes before rinsing.

Top tip

Connie suggests applying Vaseline to your hairline to prevent stains.

For more information about the Natural Hair Dye DIY Workshop and our other FREE programmes, please call the Cancer Fund support centres on 3667 3000.

Instead of visiting hair salons, Connie makes and uses her own dyes and has added lip balm, yoghurt masks, cereal lip scrubs and balms comprised of honey and glycerol to her repertoire. “Good health starts with regular exercise, natural food and toxin-free beauty products. I am much more aware today.”



Sweet Bliss

Our peaceful wellness retreat in gorgeous surroundings

When was the last time you rose with the sun to enjoy the tranquility of dawn before the city comes alive? Given our hectic lifestyles, probably not in a very long time. But for 60 Hong Kong Cancer Fund clients, this became part of their routine during our four-day, three-night annual retreat in Cheung Chau. Seeing the sunrise at 5am, and starting the day on a positive note with yoga postures, became something that everyone looked forward to each day.

Our clients expressed gratitude for the special treat of being surrounded by nature. They relished hearing the sound of lapping waves nearby, and walking to a rock face to admire the sunset while the group meditated together. Every activity, from walking to eating, was done in a meditative manner. Each group demonstrated thankfulness by helping with chores such as cleaning and washing dishes to practicing karma yoga.

The retreat was filled with activities to nourish mind, body and soul, including breathing exercises and deep contemplation. At night, the group enjoyed an evening candlelight ritual, where they chanted together before a Q&A and sharing session, in which they got to know each other better and share their experiences with one another.

The programme has become such a success that we had to find a



Participants were grateful for the experience and valuable insight. Here is their feedback:

“Cancer survivors learned to stick together. The energy was strong and beneficial for us.”

“After three days of living in peace, I have a clearer understanding of what meditation means and now have the tools to continue my practice in future.”

“What I will take away from the retreat and apply to daily life is to accept myself, and others, and enjoy a slower pace of life.”



large enough space at Salesian Retreat House in Cheung Chau to accommodate our growing number of participants. We were lucky to have yogi Swami GyanDharma lead the retreat, who has practiced yoga for 40 years, and travels the world spreading his knowledge of yoga. Swami GyanDharma taught our clients skills to help them achieve a healthy, peaceful and happy life, inspiring them with his innate wisdom, practical approach and harmonious mantra chanting.



“I learned to take a relaxed approach to stressful situations and negative emotions through meditation techniques. It also helped me to face up to my fears and manage pain better.”

“This is my second Cancer Fund retreat. I felt happy and open-minded throughout. Everyone became like family through the spirit of teamwork.”

“I love this place. It’s like a five-star hotel as my room had a sea view and I could watch the white clouds, pink sunset, bright stars and moon in the sky.”



The Power of Mentoring

Cancer Fund's Heart to Heart Programme

Hong Kong Cancer Fund's Rainbow Club was created for children between the ages of five and 15 with a family member touched by cancer. Its Heart to Heart mentoring programme partners 'Big Brothers and Big Sisters' – volunteers from Lingnan University – to provide emotional and developmental support, hope and comfort. Children often benefit from having someone outside the family to speak to, confide in, help them with homework and be a role model.

Long Sing and his younger brother Hin participated in Rainbow Club's Heart to Heart programme from 2013 to 2014, during which their

father died of liver cancer, and were mentored by university students Carmen and Hang. The children, currently in primary and secondary school, continue to maintain a special bond today, remaining long-term friends.

Losing a family member is never easy, and children can have an even more difficult time coping with such a significant change. When their father passed away, Long Sing and Hin hid their emotions at home, to avoid worrying their mother. Hang used social media to communicate with Hin to provide support. The mentors took the Rainbow Club members to stargazing camps, cooking classes and

art and craft workshops, in addition to regular get-togethers.

"The boys were not used to sharing their feelings at first, but Rainbow Club activities taught them how to express their emotions. Communication and companionship is the key to positive change and personal growth," says Hang. The programme encourages mentors to organise day trips. Carmen and Hang took the brothers on the Star Ferry on Christmas Day, which proved to be a great hit. "It was my first time at the Tsim Sha Tsui Promenade in the evening. I was so excited to see all the Christmas decorations!" enthuses Long Sing.



“The ‘Big Brothers and Big Sisters’ have stayed in touch with Long Sin and Hin, passing on an important lesson about compassion and friendship.”

In addition to adding brightness to children's lives through excursions, Rainbow Club opens up communication within families. The university students were eager to meet the boys' mother when she invited them to their home for dinner. “We wanted to show their mother we care, and it was a great opportunity to learn more about the family. I helped my own mother through her cancer journey and remember the panic and helplessness

we experienced. It's important to support those in need and encourage them to stay strong through difficult times,” says Carmen.

The Heart to Heart programme focuses on the interaction between mentors and Rainbow Club members, encouraging volunteers to provide companionship and offer advice. Carmen finds Long Sing to be like a friend at times, and like a son at others. “I bought

him *The Alchemist* to inspire him to strive towards his life goals. I sometimes imagine how he will look when he has a family of his own in 10 years' time!”

“Hin is like my little brother. I treasure our relationship and will continue to care about and guide him through everything he does in life,” says Hang. The feeling is mutual for the boys. “They provided a safe haven and I think of them often. The programme motivated me to explore my hobbies, and started performing songs,” says Long Sing. “They are friends who make me feel special and loved,” adds Hin.

The mentors also benefited from the Heart to Heart programme recalls Carmen, as the boys reminded her to look at the world with sincerity. “I was very impressed how they handled their father's passing emotionally.” Meanwhile, volunteering improved Hang's ability to empathise with others and enhanced his sense of gratitude. “I am thankful to simply be healthy.”

Today Carmen and Hang continue to volunteer with Rainbow Club to help children cope with changes in the family as a result of cancer. Carmen enjoys helping with homework, while Hang has pursued his interest in astronomy by organising a star observation camp for kids. The ‘Big Brothers and Big Sisters’ have stayed in touch with Long Sin and Hin, passing on an important lesson about compassion and friendship.



Lending a Hand

Financial Assistance Eases Anxiety

"I thought my time had come when I was diagnosed with late-stage stomach cancer. I never expected to be as healthy as I am today. It is such a blessing." After chemotherapy and target therapy, 68-year-old Mr Lam is recovering well – a far cry from when he first received the news in July 2013. It was so challenging that he initially considered forgoing treatment entirely due to the financial burden.

Mr Lam was told that surgery was not an option and that a full recovery was unlikely. He was advised to proceed with chemotherapy and target therapy, but the decision was difficult given his financial situation. "I was so healthy in my youth that I hadn't been to the doctor for the last 40 years! When I heard that the cancer had spread to my liver and lungs, I was beside myself."

"The financial implications were enormous. I spent all of my MPF and there were hardly any savings left." Mr Lam's sons had their own families to support, his wife resigned from her job to take care of him, and almost all of his Old Age Living Allowance had been spent on medical care. Although treatment proved to be effective, at one point he considered saving the money to give to his grandsons in mainland China instead.

Thankfully, Mrs Lam reached out to Hong Kong Cancer Fund in time. Social workers at CancerLink in Tin Shui Wai, noticed her distress and visited her to see how she was coping emotionally. They learned of the family's dire financial situation and suggested that the Lams apply for Comprehensive Social Security Assistance. A soldier in his youth, self-sufficient

“I am on the road to recovery and have been given a new lease on life.”



rain or shine, and I have a much better appetite. I'm excited about making a full recovery!"

Mr Lam is a member of the Great Men's Club at CancerLink Tin Shui Wai in which he has befriended the other clients in the group, in addition to other Cancer Fund programmes which have taught him ways to cope with the illness. Hearing about the cancer journeys of his peers has been particularly insightful, and he intends to express his gratitude by helping others in need.

"At one point I feared the worse and wanted to give up treatment altogether, but thanks to the care of the CancerLink social workers, who accompanied me through my cancer journey, I now live a happy life. I plan to volunteer and help others by teaching wall painting. Mr Lam can't thank Cancer Fund enough for the opportunity to continue treatment, which changed his life completely.

Mr Lam finds it difficult receiving help from others, and turned down the offer.

After deciding against returning to work after retirement, Mr Lam eventually compromised by applying for Cancer Fund's Financial Assistance and was granted a transitional allowance to support his daily expenses, with nutritious milk powder included.

"I was able to continue treatment thanks to Financial Assistance. After only four sessions, the cancer cells in the lymph node area disappeared and the tumor in my stomach shrank! I was so happy that the doctors even came out to congratulate me. It's a miracle!" says Mr Lam who has already gained 2kg after treatment. "I exercise for an hour every day,



Cancer Fund's Financial Assistance

Financial Assistance is Cancer Fund's emergency relief fund to support clients and families with urgent special needs. It aims to help resolve short-term financial strain to improve quality of life.



Colour Me Happy

Hues to heal

Have you ever noticed how gazing at the sea provides a sense of calm, or that spending time in greenery can be invigorating? It's no secret that colours can affect our mood, but they have also been used as a means of healing in ancient cultures around the world. In Egypt and Greece, rooms were painted in different hues which were believed to treat various ailments. In the traditional Hindu system of medicine, Ayurveda, each chakra is associated with a shade from the light spectrum which corresponds to an organ, function and bodily system. In traditional Chinese medicine, colours are used to restore imbalances in the body.

Colour therapy, or chromotherapy, is an alternative health practice that incorporates the use of qi energies in living things, which has become an increasingly popular healing method, including for those touched by cancer. Vanessa Yu, a teacher at Hong Kong Cancer Fund's Mood and Colour workshop and social worker at Tung Wah Group of Hospitals' Radio-i-Care Program, uses light, colour and visualisation to balance areas in our bodies that lack vibrance. "Red increases circulation, blue can lower blood pressure and relieve

insomnia, while yellow reduces muscular pain and inflammation," she says.

Vanessa demonstrates how colour therapy can reduce stress and revitalise us mentally and emotionally. "Warm shades such as red, orange and yellow can cheer up people who are depressed as they are stimulating and uplifting. Cool tones like blue, green and purple are relaxing and can help relieve tension and anxiety."

"The relationship between colour and mood is so interesting," says one of the workshop participants. "I never related colour with mood before and I really enjoyed testing how each hue affects my emotions. It's a new way to understand the mind, body and soul!"

To enhance your frame of mind, Vanessa recommends using the beautiful shades found in nature. "Colour is all around us, and we can use it to achieve our goals. If we surround ourselves with greenery and blue skies, we are likely to experience harmony and tranquillity. Those with a basic understanding of meditation can also focus on a specific colour to benefit from its unique properties."

Colour Properties for Healing

Yellow

Represents: Brightness, clarity, courage, confidence

Chakras: Navel

Functions: Improves digestion

Orange

Represents: Pleasure, satisfaction, strength, warmth

Chakras: Sacral

Functions: Helps the movement of fluid in our bodies

Red

Represents: Energy, power, passion, awareness

Chakras: Root

Functions: Increases blood circulation, improves metabolism

Violet

Represents: Adjustment, balance, integration

Chakras: Crown

Functions: Enlightenment, romance

Indigo

Represents: Authority, practicality, nobleness

Chakras: Brow

Functions: Dependable, intuitive and guiding

Blue

Represents: Peace, tranquility, protection

Chakras: Throat

Functions: Enhances expression and communication

Green

Represents: Liveliness, space, balance

Chakras: Heart

Functions: Strengthens heart and lungs



Beauty is Skin Deep

When it comes to caring for our skin, appearances are often the motivating factor. Whether you long to be a bronzed goddess or have a porcelain complexion, for many people, sun safety is secondary to looks. This indicates a real need for an attitude adjustment for the sake of our health, as non-melanoma skin cancer is the seventh most common type according to the Hong Kong Cancer Registry, with nearly 900 people diagnosed in 2012.

While factors such as the earth's depleting ozone layer, or living near the equator where sunrays are more intense, can be challenging to control, we can reduce our risk of skin cancer by taking responsibility and limiting our exposure to ultraviolet radiation (UV).

Although the good news is that incidences of skin cancer tend to be lower in Asian people because darker skin contains more protective

melanin pigment, unfortunately these cases are often not detected until a later stage, and are often found in unusual, hard-to-detect areas, including the palms, soles of the feet and mucous membranes.

The following people have a higher risk of skin cancer:

- Fair-skinned people with light-coloured eyes
- Those who tend to burn rather than tan
- People with many moles or freckles
- A history of sunburn
- A family history of skin cancer
- Anyone using sunbeds

Non-melanoma Cancers vs Melanoma

The majority of skin cancers are non-melanoma, such as basal cell carcinoma and squamous cell carcinoma, which are found at the base of the outer layer of the skin. They tend to develop in

sun-exposed areas like the face, ear, neck, lips, and the back of the hands. These cancers rarely spread to other parts of the body and can be cured if found and treated early.

Melanoma cancer begins in the melanocytes – the cells that produce the skin colouring or pigment known as melanin, which protects the deeper layers of the skin from the harmful effects of the sun. Although it only accounts for a small percentage of skin cancer, it's far more aggressive and causes the most skin cancer deaths. While it most often affects the skin, melanoma can start in the eyes, mouth, genital and anal areas. Melanoma is almost always curable when found in its very early stages.

Solariums

A solarium or tanning bed emits ultraviolet radiation to produce a cosmetic tan. Regular tanning beds use fluorescent lamps with

There is no such thing as having a safe tan, and having one is a sign of your skin cells in trauma.



Part of the proceeds of Cancer Council Australia sunscreen will be donated to sustain our ongoing FREE cancer care services. Available at Watsons, city'super, LOG-ON, Citistore, Marathon Sports, Angel Cosmetics, Colourmix, Mothercare and Bumps to Babies.

phosphor blends designed to emit UV in a spectrum somewhat similar to the sun, while solariums use ultraviolet radiation to produce a tan. The levels of UV radiation emitted can be up to three times as strong as the midday sun.

A tan is a sign that the skin has been damaged by UV radiation, rather than a sign of good health. There is no such thing as a safe tan, and having one is a sign of your skin cells in trauma. Any sun exposure that causes your skin to tan adds to your total lifetime dose of UV and increases your skin cancer risk – even without burning. Research shows that people who use a solarium before the age of 30 have a 75% greater risk of melanoma than those who do not.

Get to know your skin

The best way to notice changes or suspicious lesions is to become familiar with your skin. Look out for

the following symptoms:

- Crusty sores that don't heal
- Small, red, pale or pearly lumps
- New spots or freckles
- Moles that change in colour, size, shape or thickness
- Itchiness, bleeding or pain

Monitor your moles using the ABCDE rule

A – Asymmetry One half is different from the other

B – Border Borders are uneven or blurred

C – Colour Uneven with several shades present

D – Diameter Greater than 6mm

E – Elevation Moles which are raised or have uneven surfaces.

Make an appointment with your doctor to have your moles checked.

Innovative Technology

There are new technologies that make skin cancer screening easier. One of the latest

developments is SIAscopy (Spectrophotometric Intracutaneous Analysis), which can be used to assess moles using non-invasive, pain-free technology to determine if any melanin has moved deeper into the deeper dermal layer. This new technology is not common in Hong Kong yet. Please consult your doctor if you would like to find out more.

How to Protect your Skin

- Stay out of the sun between 11am and 3pm
- Check the UV index when watching the weather forecast
- Seek shade under trees, umbrellas and canopies
- Wear wide brim hats, protective clothing and sunglasses
- Wear broad spectrum, water resistant SPF 30+. Apply generously 20 minutes before going outdoors, and every two hours afterwards
- Avoid sunbeds



**Are you
eating
enough
of these?**

Prioritising Prevention

Colorectal Among Most Prevalent Hong Kong Cancers

The second most common type in Hong Kong, more than 4,500 people were diagnosed with colorectal cancer in 2012 according to the latest Hong Kong Cancer Registry statistics. Although the median age is 69 for men and 71 for women, we have seen an increasing number of clients diagnosed in their 30s and 40s in our support centres, which is why raising awareness and regular screenings are so important.

As part of its disease prevention strategy, the government allocated more than HK\$420 million to the study and implementation of a pilot programme to subsidise colorectal cancer screening for specific age groups over the five next years in the 2014 Budget. The data will serve as the basis for whether and how screening can be provided to more people in Hong Kong. If planning and preparation progresses as scheduled, the programme is expected to be introduced at the end of 2015.

What to look out for

Many people underestimate the seriousness of colorectal cancer, and dismiss minor symptoms which could be potentially life-threatening. Those who attempt to self-diagnose or ignore symptoms run the risk of developing late-stage colorectal cancer.

Consult a doctor if you notice any of the following symptoms:

- Blood or mucus in the bowel motion or toilet bowl
- Changes in bowel habits lasting more than two weeks, such as alternating diarrhea, constipation, narrowing of the stool (become thin like a pencil), or a persistent feeling of incomplete emptying after a bowel movement
- General abdominal discomfort (gas pain, bloating, fullness or cramps)
- Unexplained weight loss
- Constant tiredness or weakness

Don't sit on symptoms. Early detection saves lives.

Who's at risk

- Men and women are equally at risk for developing colorectal cancer
- Risk of colorectal cancer increases with age. It is most common among those aged 50 and above, however more people in their 30s or 40s are being diagnosed.
- Those with a diet high in animal fat and low in fibre
- People with a family history of colorectal cancer or colorectal polyps

To encourage early detection through regular screening, Hong Kong Cancer Fund will continue to offer discounted colonoscopies to women aged 50 and above in June.

For details please visit cancer-fund.org/colorectal/html/eng/index.html

How much do you know about colorectal cancer? Take our quiz to find out!

1. At what age should regular screenings begin?

a) 35 b) 45 c) 50 d) 55

2. What are the benefits of screening?

a) early detection may lead to higher rates of successful treatment
b) successful treatment may prevent more advanced cancer
c) treatment for early stage cancer may be less invasive
d) all of the above

3. How does colorectal cancer begin?

a) tumour develops
b) polyps grow
c) intestinal lining thickens
d) DNA changes in the intestine

4. Which lifestyle habits may prevent colorectal cancer?

a) diet high in fruit and vegetables
b) avoid smoking
c) exercise
d) all of the above

5. What is the success rate of treating early stage colorectal cancer?

a) low
b) moderate
c) high
d) very high

Answers: c, d, d, b, d, d

If you or a loved one has been touched by colorectal cancer and need support, please contact our hotline 3656 0800 to find out about our FREE services. We offer customised care, from counselling sessions to health and wellness workshops, to ensure that no one faces cancer alone. We also welcome, family, friends and carers.

For more information, please visit
cancer-fund.org/colorectal/html/eng/index.html



Clients' Appreciation



Our support centres run over 1,200 FREE health and wellness programmes a year to encourage and inspire survivors to live a meaningful, positive and healthy life. These practices are the perfect complementary therapy for clients, to help lift their mood, promote better sleep, and ease pain, fatigue, stress and anxiety.

We are grateful for our volunteer instructors whose dedication, compassion and professionalism have made the programme such a success. The exceptional feedback from our clients and growing demand for courses encourage us to continue enhancing our wellness services, and introduce the most cutting-edge techniques to improve the confidence of those touched by cancer, and improve their quality of life.

“The volunteers’ dedication and attentive care gave me the strength to go on, regain confidence and make a positive recovery.”

“Thank you for your encouragement, support and kind regards. Moreover, thank you for helping my child to understand death, enabling him to adapt more readily and to live happily again.”

“Participating in the centre’s activities helped me to meet peers with whom we shared experiences and gave each other emotional support. Becoming a volunteer enabled me to see life from another perspective.”

Yau Lam

Hong Kong Cancer Fund volunteer

Being diagnosed with cancer initially filled me with dread. In addition to the physical struggle of becoming increasingly weak, the psychological fear was just as difficult to come to terms with. Death seemed imminent but I had no idea when my time would come, and the days started to feel like years. Life became a challenge and my mind and body were fatigued from the side effects of medication, and the financial strain of being ill. Planning my career seemed meaningless, let alone my dreams.

Thanks to Cancer Fund's FREE services, I found emotional support and learned to be grateful for what I have, to live in the moment and to overcome adversity with friendship, love and affection. In addition to providing financial, psychological and spiritual assistance, their social workers make you feel loved and cared for even in times of hardship.

I volunteer at CancerLink because I understand what it feels like to be critically ill, and know how powerful positive thinking can be for those who are suffering



Sharing a laugh with Pisa Lee, senior service manager



Part of the Cancer Fund family, which includes Katherine Chow, centre supervisor CancerLink Support Centre, Central (left) and Sally Lo, founder and CEO (right)

and afraid. I remind them to be optimistic because there are many people who are less fortunate. We are still alive and can cherish our friends and family. We can appreciate the simple joys in life, and changing our outlook can heighten gratitude, love, happiness and satisfaction. Learning from the past can strengthen our faith, provide insight, inspire personal growth and lead us to explore new horizons. Most importantly, let go, have fun and be happy!

“Changing our outlook can heighten gratitude, love, happiness and satisfaction.”



Pilot for a Day

Rainbow Club children spent time with the Dragonair crew

Aspiring pilots appear to be on the rise in Hong Kong as little ones are captivated by the jetsetting lifestyles of captains and crew members. To make this dream come true for 33 Rainbow Club members aged between 6 and 16, Dragonair held a Community Outreach Day on 19 October 2014 which allowed them to spend a day at the airline's headquarters with an aviation team, and Cancer Fund was the programme beneficiary.

Groups consisted of up to seven children, each led by two members

of the Hong Kong Dragonair Aviation Certificate Programme. After a brief introduction, kids participated in a tour of Cathay City, followed by lunch and visits to checkpoints with educational sessions about air cabin safety, local aviation services and weather. Rainbow Club members also participated in a paper plane competition, games to identify aircraft types and a hands-on experience in the Microsoft flight simulators. Last but not least, they had a special opportunity to take photos with real, live pilots!



DIY Fundraising

You can help Cancer Fund raise money for a good cause by creating your own activity and host a page on our website to invite friends or colleagues to donate! Check out our DIY platform to register by visiting cancer-fund.org/en/fundraising.html. We would like to thank Andrew, James, Natalie and every other enthusiastic fundraiser for raising funds for us!



Cold Half 15km Open Water Swim

Congratulations to Andrew Au and James Riley for completing the Cold Half 15km Marathon swim from Stanley Main Beach to Middle Island on 24 January in 5 hours, 40 minutes! We are so touched that you braved force 5 easterly winds and four-metre high waves to raise more than HK\$380,000 for Cancer Fund. Thank you for inspiring people to enjoy an active lifestyle to reduce their risk of cancer.

Ultramarathon

We were delighted to hear that Natalie Yiu ran a seven-day 250km Racing the Planet ultramarathon in Madagascar, and raised HK\$111,500 to support breast cancer care for Hong Kong Cancer Fund. We are incredibly impressed, not only that she is taking in part in such a challenging endurance race, but also because she is doing so to show support for her aunt who has been touched by the disease. Her incredible experience included being covered in sweat, mud and sand for a week, with a limited water supply and enduring the pain of carrying a 12kg back pack. We are grateful for her tremendous generosity and her belief in our peer support groups, professional counselling and holistic care for clients, their carers, family and friends.





Stride For a Cure

Stride for a Cure 2014 brought everyone together to support cancer research in a fun-filled day, with exercise, brunch and entertainment in beautiful Tai Tam. It was a joy to see 2,500 participants, including 80 loyal supporters and their families who have shown tremendous dedication by attending for the last 10 years!

This year, we raised over HK\$4 million thanks to the support of many generous friends and sponsors. Together we made a difference in one of our most important fundraising events, as every dollar raised enables local researchers and oncologists to better cancer treatment, screening and prevention.



Party for a Purpose



An eagerly anticipated highlight of the city's social and charitable calendar, Cancer Fund's annual gala took place on 7 March, 2015. Themed 'Once Upon a Time...', over 400 loyal supporters and celebrities were whisked away to the enchanted woods, paying homage to the magical world of fairytales to raise money for people touched by cancer, helping transform helplessness into hope.

We must convey our sincere gratitude to Louis Vuitton, our Principal Sponsor for the fourth consecutive year, for their continued support and belief in our work, whose gift helps to sustain Cancer Fund's Rainbow Club that provides support for children whose family member has cancer. We were also very fortunate to have Major Sponsors Mr Eugene Chuang, ANZ and Grosvenor, and Sarah Ho joining us this year as our Diamond Sponsor, adding even more dazzle to the evening.

This year's Party for a Purpose was held at Kowloonbay International Trade & Exhibition Center (KITEC), sponsored by Hopewell Holdings Ltd, where our friends and patrons came together and raised HK\$7 million which go towards our FREE support services. Thank you so much also to our loyal table patrons, sponsors, advertisers and guests for helping us achieve our goal so that no one faces cancer alone.

La Fête de Noël at Four Seasons

Four Seasons Hotel Hong Kong kindly supported us with their annual Christmas event, La Fête de Noël, on 26 November 2014 by donating 100 per cent of ticket and auction sales and 10 per cent of each gift vendor's profits on the evening to Cancer Fund. Their magical tree lighting ceremony was followed by family entertainment, Christmas shopping, silent auction bidding and lucky draw prizes. The festive celebration raised more than HK\$300,000 to help improve quality of life for everyone touched by cancer in Hong Kong, spreading hope and joy during the festive season.

Thanks to Four Seasons Hotel Hong Kong, American Express and Cancer Fund Ambassador Coco Lee.



**100 women in
hedge funds®**

100 Women in Hedge Funds

Hong Kong Cancer Fund was honoured to be chosen as the beneficiary of the 100 Women in Hedge Funds' (100WHF) gala dinner held on 13 November 2014 at the Ritz-Carlton. More than HK\$1.4 million was raised by the global philanthropic and developmental organisation of top women in the financial industry to sustain our FREE services to support women affected by cancer and their families, which encompass every stage of the cancer journey. These include FREE mammograms, case management, nursing consultations, counselling, financial assistance and homecare.

Thank you to all our supporters

We would like to acknowledge and thank the following friends, volunteers, individual donors and Circle of Friends members. Your generosity and continued support allows our services to grow so no one faces cancer alone.

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- Macau Jockey Club

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- Centre of Behavioral Health - The University of Hong Kong
- Christian Dance Association
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- Funeral Navigation Service of St. James' Settlement
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- HKFYG Organic Farm at Yuen Long
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- Physical Fitness Association of Hong Kong, China (PFA)
- Pok Oi Hospital - The Chinese University of Hong Kong Chinese

- Medicine Centre for Training and Research
- Prince of Wales Hospital Cancer Patient Resource Centre
- Princess Margaret Hospital Cancer Patient Resource Centre
- Quality Hair Centre
- Queen Elizabeth Hospital Cancer Patient Resource Centre
- Queen Mary Hospital Cancer Care and Support Unit
- Shatin International Medical Centre Union Hospital
- Social Welfare Department, Wong Tai Sin Integrated Family Service Centre
- St. James' Settlement
- St. Teresa's Hospital
- The Body Shop
- The Cancer Crusade Angels Service Society of Hong Kong
- The Heart Touch Charity Foundation Ltd.
- The Hong Kong Catholic Marriage Advisory Council
- The Hong Kong Society for Rehabilitation, Community Rehabilitation Network, Wang Tau Hom Centre
- The Hong Kong Tuberculosis Association Chinese Medicine Clinic
- Tuen Mun Hospital Cancer Patient Resource Centre
- Tung Wah Group of Hospital Integrated Community Centre
- United Centre of Emotional Health & Positive Living
- United Christian Nethersole Community Health Service Community Nutrition Service
- United Christian Hospital Cancer Patient Resource Centre
- Wacoal Hong Kong Company Ltd.
- Woon Ltd.
- Yan Chai Hospital cum Hong Kong Baptist University Chinese Medicine Clinic Cum Training And Research Centre
- Yan Oi Tong Chinese Medicine Polyclinic cum The Chinese University of Hong Kong Chinese Medicine Clinical Training and Research Centre
- 方佩琳護士
- 方真唯物理治療師
- 王彩虹醫師
- 古雪明營養師
- 朱秀清女士
- 朱珮嘉小姐
- 李美璇小姐
- 李偉達先生
- 李國培醫生
- 林志光先生
- 林國雄先生
- 胡敏慈營養師
- 胡鳳玉護士
- 凌惠賢護士
- 張志明先生
- 梁滿金女士
- 陳佩春女士
- 陳國賓營養師
- 陳寶玲小姐
- 湯麗寬女士
- 馮穎茵藝術心理治療師
- 黃民牧師
- 黃美華女士
- 黃雪美經穴通衡療法保健師
- 黃潔瑤小姐
- 愛美麗義乳產品有限公司
- 董美姿藝術心理治療師
- 潘慧儀高級物理治療師
- 鄧嘉雯藝術心理治療師
- 魯美娟小姐
- 曉騰慈善基金有限公司
- 賴科達先生
- 鍾子文先生
- 關慧嫻護士
- 蘇名輝先生
- 釋法忍法師

FRIENDS OF CANCERLINK

- Association of Relive
- Bauhinia Club
- Cansurive

- Cheong Hong Club
- Chinese Painting and Calligraphy at Leisure Circle
- Hong Kong Adult Blood Cancer Group Ltd.
- Hong Kong Bone Marrow Transplant Patients' Association
- Hong Kong Gist Union
- Hong Kong Pioneer Mutual Support Association Ltd.
- Hong Kong Stoma Association
- Kin Lok Club
- Mutual Aid Association
- Orchid Support Group
- Rising Sun Association
- Sunflower Network
- The Brightening Association (Hong Kong) Ltd.
- The New Voice Club of Hong Kong
- Tuen Mun Hospital Stoma Group
- Tung Wah Hospital Breast Cancer Support Group
- Yin Chun Club
- Yin Hong Club

WELLNESS

- Sangeeta Bhandari
- Sandra Carvajal
- Albert Chu
- Anna Cheung
- Mona Choi
- Chan On Yee
- Chan Wai Chu
- Chan Wen Yen
- Cheung Oi Ha
- Him Chow
- Chua Lai Fong
- Swami Gyan Dharma
- Foo Wai Min
- Vivian Guan Jian
- Rae Hsueh Jui Kuang
- Roy Huen Tin Wai
- Jeff Hung
- Vivian Ji
- Dr Jade, Jue Shi
- Rajiv Kapil
- Lai Lai King
- Janet Lau
- Lisa Lau Lai See
- Icy Lee
- Eva Lam
- Chris Leung
- David Leung
- Edmond Leung
- Susan Lim Geok Huay
- Leung Mei Ling
- Olivia Leung Foo Fung
- Sudhee Liao
- Maja Minic
- Ming Pak
- Ng Miu Ki
- Patrick Ng
- Khenpo Rinpoche Tsultrim Lodro
- Fiona Sin Hoi Yi
- Candy So
- Eric Standop
- Suen Kwai Ping
- Elanna Tam Miu Ling
- Candy Tang
- Derrick Tao
- Patsy Teh
- Carol Wong
- Wong Yuk Sui
- Pandora Woo Yeuk Pui
- Sandy Yip Man Kwan
- Yu Sai Ming
- Hong Kong Center for Mindfulness
- Magichour Studio
- Pure Fitness
- Pure Yoga
- The Art of Living Foundation Hong Kong
- 盧明遠先生

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