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understanding

Lymphoedema



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Hong Kong Cancer Fund was established in 1987 to provide support, information and care to those living with cancer and to increase awareness and knowledge of cancer in the community.

Our CancerLink support centres offer professional support and connect 22 cancer peer groups to form an extensive service network for those with cancer and their families, providing emotional support and practical assistance.

This publication is one in a series of information booklets that discuss different aspects of cancer, including possible treatment, side effects and emotional issues. They are intended to inform you about available treatments and care. A soft copy of the booklet is also available on our website for free download.

The free services offered by Hong Kong Cancer Fund are made possible only through donations from the public. If you would like to show your support and concern for cancer clients, please contact us. Your generosity will directly benefit those touched by cancer in Hong Kong.

Service Hotline: 3656 0800

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Introduction



Lymphoedema can affect you physically and emotionally. This booklet has been written to help you understand more about lymphoedema – the swelling of

an arm, leg or another part of the body – due to an abnormal collection of a fluid called lymph in the body tissues. This sometimes happens when part of the lymphatic drainage system has been removed or damaged.

An explanation of the lymphatic system – as well as what it does – is covered, to help you take good care of it to prevent symptoms from getting worse.

Lymphoedema is a fairly common problem for cancer patients. It can develop as a result of radiotherapy, surgery to remove lymph nodes, or the lymph nodes being blocked by cancer. Lymphoedema that has been caused by a disease or treatment is called secondary lymphoedema. If the neck area is affected, the face or the lower jaw swells. If the lower abdomen or the groin area is affected, it leads to lower-limb lymphoedema. If the underarm area is affected, it results in upper-limb lymphoedema.

Lymphoedema is not always related to cancer. Occasionally it occurs because the lymphatic system has not formed properly; in this case it is called primary lymphoedema. However, this is not common.

Lymphoedema cannot be cured completely, but many things can be done to help to reduce the swelling and discomfort. This booklet describes treatments, as well as looks into some of the physical and emotional effects of lymphoedema.

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The lymphatic system

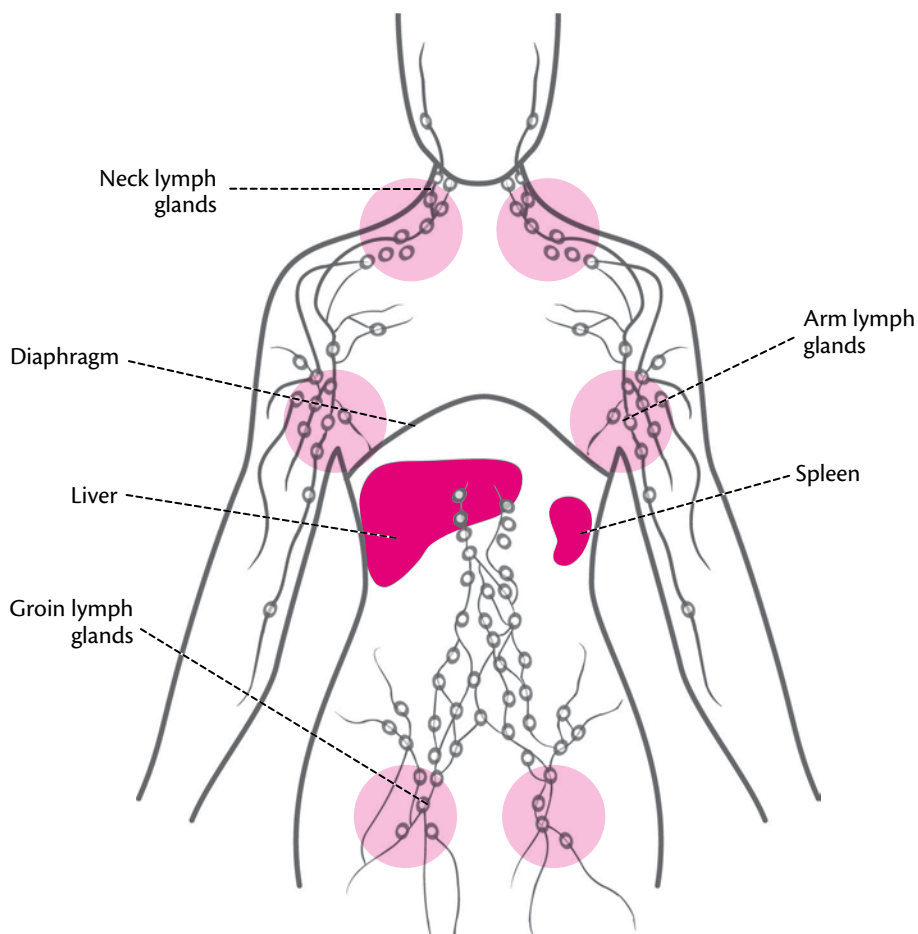
To understand how lymphoedema occurs, it is helpful to know a bit about the lymphatic system.

The lymphatic system is a circulatory network – comprising lymphocytes, lymph nodes, lymph, lymph vessels, and lymph glands – that runs throughout the body.

Lymphatic fluid (lymph) is a colourless fluid, containing mostly water, oxygen protein and lymphocytes. Lymph drains in and out of the body tissues through small collector tubes called lymph vessels or lymphatics. Small lymph vessels join together to form larger lymph vessels. Along the lymph vessels, the lymph is filtered through a number of lymph nodes before emptying back into the bloodstream.

Lymph nodes (also called lymph glands) are made of lymphoid tissue that contains specialised cells that can help fight infection and other diseases such as cancer. Lymph nodes vary greatly in size: some are as small as pinheads, others are the size of a baked bean. The number of lymph nodes varies from person to person. The most common areas where lymph nodes are found include below the floor of the mouth, in front of the ear canal, under the armpit, around the chest and in the groin area.

The lymphatic system is also part of the immune system. As the lymph flows through the body, the lymph nodes filter out anything that the body does not want, even bacteria and cancer cells. Inside the lymph nodes, the lymphocytes attack and try to break down the unwanted cells or bacteria. These waste materials are then carried into the bloodstream and disposed of along with other body waste.



● If the lymph nodes areas are damaged, lymphoedema may occur in the nearby area.

If the lymph nodes trap an infection or cancer cells, they usually enlarge. Any swollen node should be checked by your doctor, although the swelling is likely to be caused by something other than cancer.

What is lymphoedema?

Lymph vessels can become blocked by cancer cells or from being damaged by radiotherapy or surgery. Excess tissue fluid is retained, builds up and causes swelling. The medical term for this kind of swelling is lymphoedema. The degree of swelling is divided into different stages. The severity of lymphoedema depends on the number of nodes and vessels that have become blocked or damaged.

Simple surgery or radiotherapy are less likely to result in lymphoedema. But lymphoedema can develop easily if both of these methods are used for treatment in the same area.

It is difficult to predict in whom or when lymphoedema will occur. In addition, there are no obvious symptoms initially. The first signs may be a swelling or a feeling of heaviness in the limbs.

Limb lymphoedema is common. Upper-arm lymphoedema can develop following surgery to remove the lymph nodes under the armpit for those with breast cancer. Lower-limb lymphoedema may develop if lymph nodes in the groin are removed as part of treating a cancer*. The affected arms or legs become swollen, stiff, uncomfortable, heavy and difficult to move, making even the simplest tasks, such as getting dressed, difficult.

Although lymphoedema is usually found in an arm or leg, other parts of the body can also become swollen. There may be swelling of the chest wall, abdomen, and groin or, even the face as in head and neck cancer.

Although it cannot be cured permanently, with proper care and regular exercise lymphoedema can usually be controlled. There are ways to control

or reduce the intensity of lymphoedema, which are described later in this booklet.

*It is important to note that lymphoedema may result from a cancer reoccurring. Consult your doctor if you find a swelling after undergoing cancer treatment.

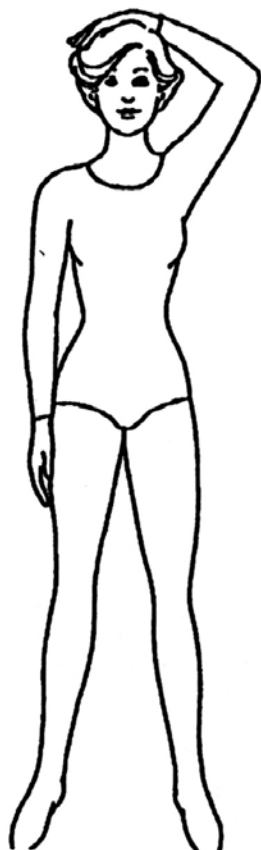
Lymphoedema and breast cancer

Lymphoedema occurs in about 20% of breast cancer cases in which lymph nodes/vessels have been removed or radiotherapy has been used in the area around the lymph nodes under the arm.

Today, as sentinel lymph node biopsy is becoming more widely used, there is a decreasing trend of having lymphoedema after breast cancer surgery.

Doctors normally focus on removing the high risk sentinel lymph node,

avoiding removing unnecessary lymph nodes at the under arm area, so as to reducing the chance of getting lymphoedema. There is a higher chance for breast cancer clients to have lymphoedema if they undergo radiotherapy, breast surgery, and axillary dissection at the same time. Therefore, unnecessary full axillary dissection is avoided to reduce clients' risk of having lymphoedema.



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How lymphoedema can affect you

Lymphoedema can affect you in a variety of ways. A doctor or nurse who is familiar with your medical history is the best person to tell you if you have a suspicious swelling, and they can guide you regarding treatment. Often, lymphoedema will be noticed when you feel that a ring or watch has become tighter than usual.

Lymphoedema may cause the following symptoms in the affected area.

- Swelling or a feeling of heaviness with an altered sensation
- A sensation of tightness with rough and dry skin
- Difficulty in moving your joints
- Discomfort and pain

In some severe lymphoedema cases, colourless lymph can leak from the skin.



Reducing your risk of lymphoedema

You can help to reduce your risk of lymphoedema by limiting the strain put on your lymphatic system. This can be achieved by limiting your chances of getting a skin infection and avoiding the treated area becoming inflamed, thereby preventing lymph collection. The following are some tips on minimising your risk of developing lymphoedema.

Skin care

Good skin care and hygiene play a vital part in reducing the risk of lymphoedema. Healthy skin helps protect your body against infection. For example, moisturise your skin with body lotion every day after a shower or bath.

If you have some broken skin (from a cut or a scratch), germs can get into the lymph, resulting in an infection or cellulitis. Cellulitis is a swollen area of skin that is

red, inflamed and very painful: you may also feel generally unwell or lose your appetite. If this happens, you should seek medical help immediately. At the same time, you should stop all lymphoedema treatment and elevate and support the swollen limb in a comfortable position.



In cases of severe lymphoedema, skin becomes thick and scaly, increasing the risk of the skin being broken. However, the use of a good moisturiser can prevent the condition developing to this stage. You can obtain suitable creams on prescription from your doctor if you need them.

Below are some tips to help you avoid damaging your skin.

Reduce the possibility of skin trauma



- Avoid blood sampling or blood pressure taken on the affected limb or arm.
 - Keep your skin soft – including your hands and around your nails – by using moisturiser.
 - Wear gloves when doing housework.
 - Wear long gloves when cooking or washing up to avoid hot water or oil from touching your skin.
 - Use an electric razor when shaving.
 - Use an insect repellent when staying outside.
-
- Avoid getting cuts from a pet.
 - Apply sunscreen when working outside and avoid prolonged sunbathing.
 - Avoid using high-temperature water when washing dishes and taking a shower or bath.

Reduce other risks

Excessive or prolonged pressure on a limb may exacerbate the swelling.

- Do not wear clothing (including bras for women), accessories, gloves, socks or shoes that are too tight.
- Avoid using shoulder straps with a heavy bag or backpack.
- If you are taking your blood pressure at home, and both arms are swollen, you can measure it using the thigh instead.
- Wear compression clothing* if you need to take a long-haul flight or you are a frequent flyer. Seek professional advice on compression sleeves/stockings before taking a flight.

*** Note:** Compression sleeves/stockings should cover the whole limb. For the upper arms, the sleeve should cover the area from the wrist (If there is no palm oedema) to the armpit or even the shoulder. For the lower limbs, the stocking should stretch from the toes to the groin. During the flight, you should regularly stretch your limbs. You should remove the compression clothing about an hour after getting off the aircraft.

Avoid muscle fatigue

Do not avoid exercise after surgery or lymphoedema. You should exercise your limbs a little but not overexert yourself. Gentle movements such as combing your hair or bathing are beneficial to your recovery. Below are some tips.

- Exercise regularly, but be careful not to exhaust yourself.
- Avoid movements that require a lot of effort or repetition such as pushing or mopping the floor.
- Avoid carrying heavy weights, such as bags weighing more than 7 kg and children over 7 kg.



Treatment

Lymphoedema is a long-lasting condition with no cure. However, there are ways to relieve discomfort and avoid exacerbating the condition. These treatments need to persist and may take years to be effective.

There are four main types of therapy.

1. The use of compression sleeves, stockings or bandages
2. Exercise
3. Massage
4. The use of compression pumps

You should consult your a medical professional to choose the treatment that is best for you. Hong Kong Cancer Fund's CancerLink support centres organise free health talks and occasional exercise classes to reduce the risk of lymphoedema or help those with the condition. Call 3656 0800 for more information.

The use of compression sleeves or stockings

Compression sleeves, stockings or bandages can control swelling by increasing the peripheral pressure on a limb. They are designed so that pressure is applied evenly around the limb to encourage fluid drainage more effectively.

Compression garments must be measured properly and fitted by a specialist. If the sleeve or stocking is too tight, it can result in additional pressure on the limb and make the condition worse. If a sleeve or stocking causes pins and needles, pain, or a change in colour in your fingers or toes, it is the sign that

the sleeve is too tight. Remove the garment at once. Meanwhile, a pressure garment that is too loose cannot help your condition. In either case, you should take the garment back to the supplier for a reassessment replacement.

Compression sleeves or stockings should be worn during the day or when moving around, it can be removed at night or when resting. If you are travelling a long distance, especially by air, you should wear a full-length compression garment for the journey and until an hour afterwards.

If you have questions about using a compression garment, consult your doctor, nurse or therapist.

Below are some tips for the use of compression garments.

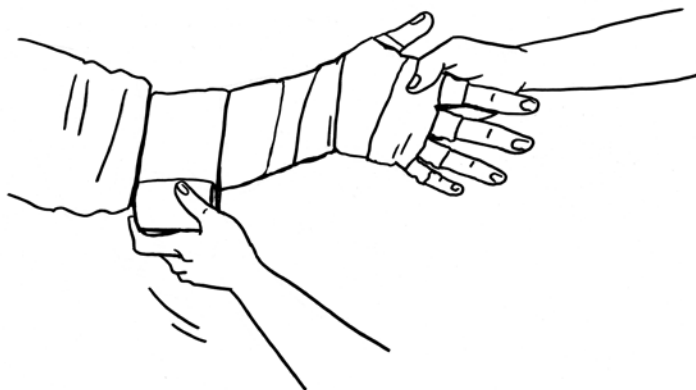
- Keep your nails short, and remove all items of jewellery when putting on and taking off the garment.
- Ideally, you should put on the compression garment before you get out of bed or as soon as possible after getting up.
- When putting on a compression stocking or sleeve, first turn it inside out to about the halfway point. Then pull it over your hand or foot and ease it up your arm or leg a bit at a time, making sure you do not pull it up by the rear of the garment.
- Apply garment through a silky glove can help to put on your compression garment much easier.
- If you have difficulty putting on the garment, you can try applying a little unperfumed talc to your skin before putting it on.
- Smooth out any folds in the garment to avoid an uneven distribution of pressure, which could cause further swelling.

- If you have a swelling in your palm, you may need to wear an overlapping mitten along with a sleeve.
- Wait for a few minutes after a shower or bath before putting on a compression garment.
- Moisturise your skin at night, after you have removed your garment, rather than in the morning, as the newly applied lotion will make the sleeve or stocking difficult to put on.

Ideally, you should have two garments, so that you can wear one when the other is being washed. You should follow the manufacturer's washing instructions so that the sleeves or stocking can last more than six months. If your garment no longer fits properly, be sure to get a new one.

Compression bandages

Those who are able to perform self bandaging themselves can perform daily self bandage. The advantage is they can adjust the compression, reshape the body shape more effectively.



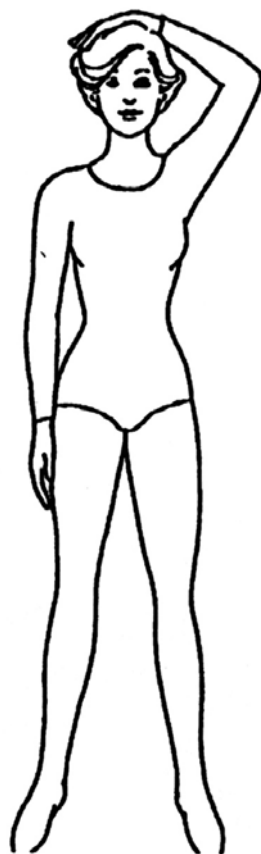
Exercise

Gentle exercise is a vital part of a self-care programme and should be a part of your daily routine. You also need to rest your swollen limbs regularly. You should wear your pressure garment when exercising.

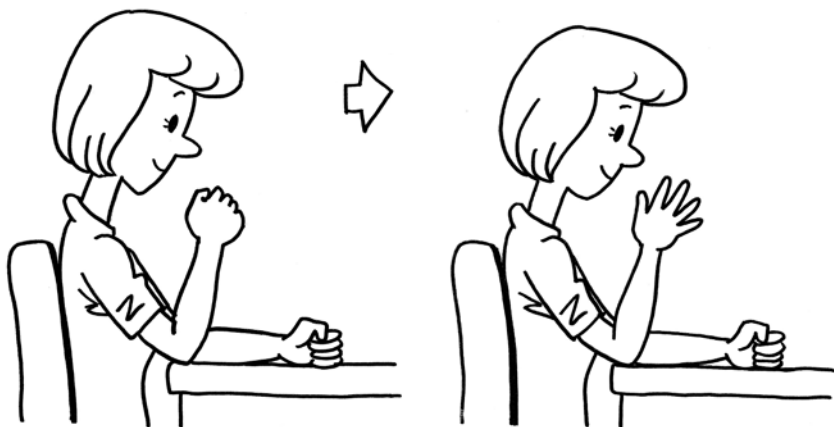
Exercise can help in the following ways:

- It helps to drain away lymph and reduce swelling
- It maintains or improves the flexibility in your joints
- It helps improve body posture

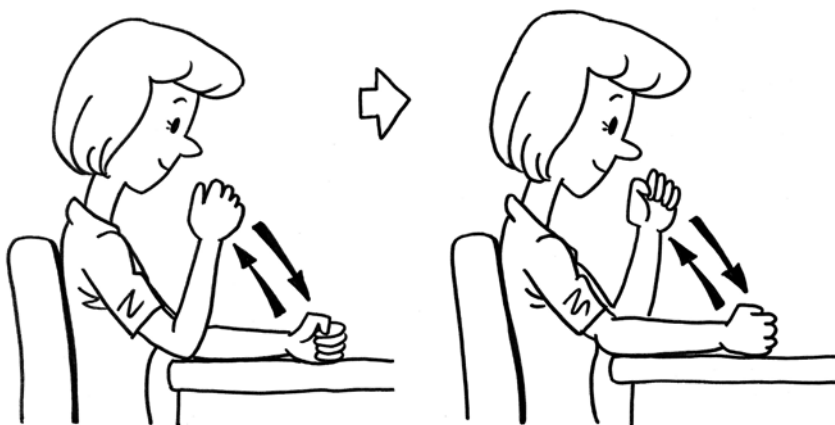
Exercises for lymphoedema should always be gentle and feel comfortable. The key is to exercise slowly and regularly. Many daily tasks can be transformed as exercise. If any exercise causes you to be breathless, leads to your discomfort or seems to result in further swelling, stop doing that exercise and seek professional advice.



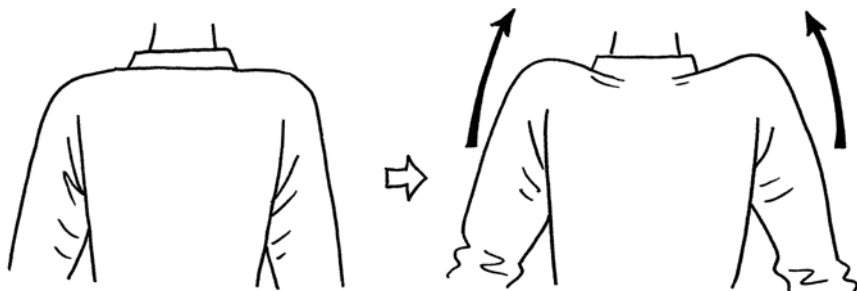
Here are some simple exercises for a swollen arm.



1. Sit comfortably and support your arm at shoulder height on a pillow. Make a fist and then stretch your fingers out straight. Repeat this exercise as many times as feels comfortable.



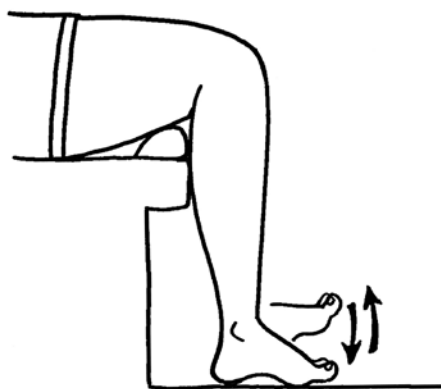
2. With your arm supported, try bending and straightening it at the elbow. Take care with your posture, and check in a mirror that your shoulders are level.



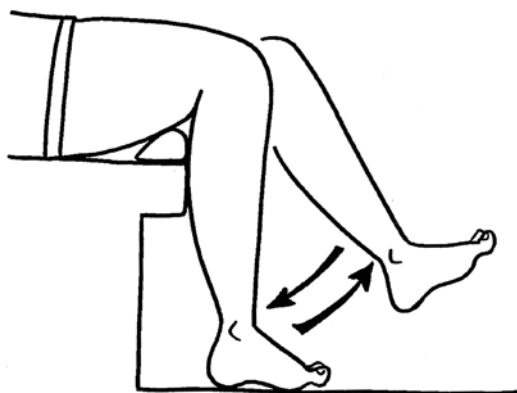
3. Practice shrugging and then dropping your shoulders. Circle your shoulders in one direction and then the other.

Here are some simple exercises for a swollen leg.

1. Sit on a chair and rest your feet on the floor while bending your knees at a 90 degree angle. Make sure there is support behind the knee. Move your feet at the ankle so as to pull your toes towards you and then away from you.



2. Bend and straighten your leg at the knee.



There are many other exercises that may help you. What is right for you depends on your agility and general condition.

If you have lymphoedema, it is important to seek help from your lymphoedema specialist or therapist before starting an exercise programme.

Before doing exercise, please seek medical advice. The information provided here is for reference only.

Massage (by hand and by machine)

Massage is an important part of the treatment of lymphoedema. For it to be effective, it is important to use the correct technique. The aim of massage is to stimulate or move the excess fluid away from the swollen area so that it can drain away normally. A specialised form of massage called manual lymphatic drainage (MLD) is used to drain lymph effectively. Simple lymphatic drainage (SLD) is a modified form of MLD that you can be taught to do for yourself.

Manual lymphatic drainage (MLD)

MLD (which is also called lymphatic drainage and lymph massage) differs from ordinary massage. It is very gentle and performed to encourage the movement of lymph in the right direction. As this is a specialised form of massage, it should be done only by a trained therapist. MLD is particularly useful if there is swelling in the face, breast, abdomen, genitals or on the torso.

Simple lymphatic drainage (SLD)

SLD is a simplified version of MLD that you can do yourself at home after being taught the technique by a registered therapist. It involves gently using your palm to move the swollen lymph in a particular direction. The steps and strength of SLD vary depending on the individual situation.

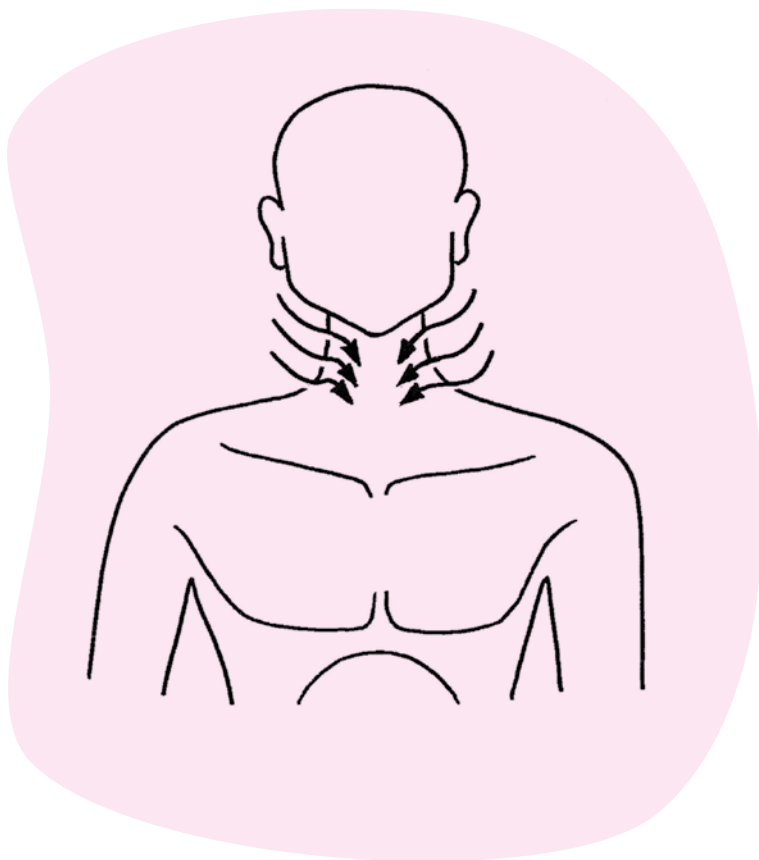
Daily massage

The following simple methods can help relieve the uncomfortable feeling resulting from having swollen limbs.

Remember the following points when performing massage.

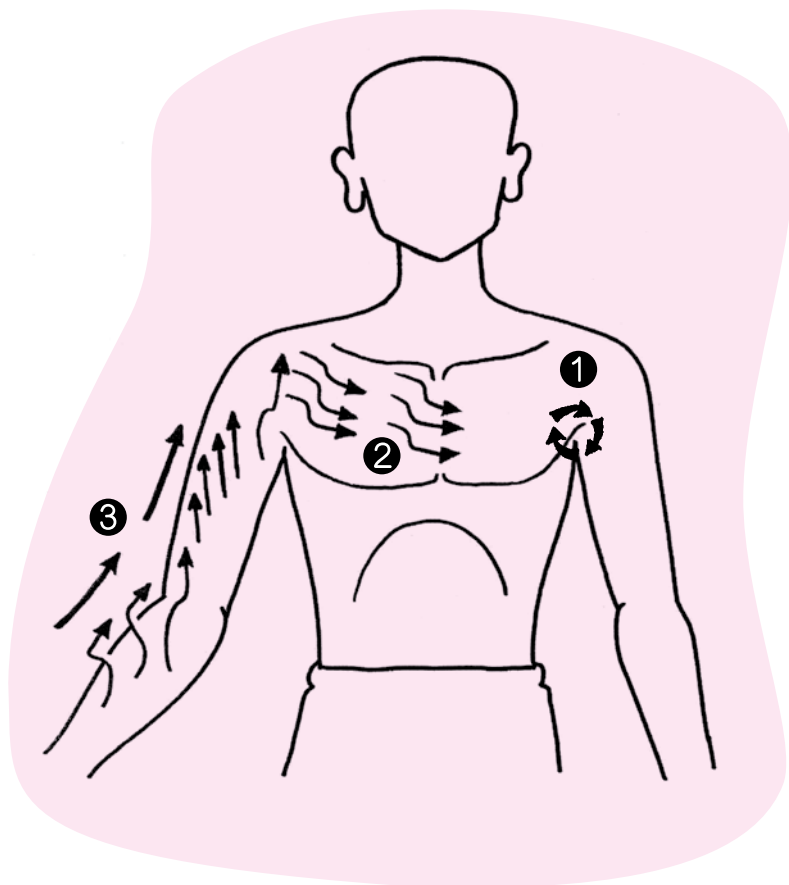
1. Use pressure as light as comforting a cat, which can be sufficient to reach 1cm below the skin where some lymph is located.
2. Bring your fingers together. Press slowly onto the skin following the direction of the arrow.

Lymphoedema around the head and the neck



Method: massage gently following the direction of the arrow.

Lymphoedema in the upper limbs



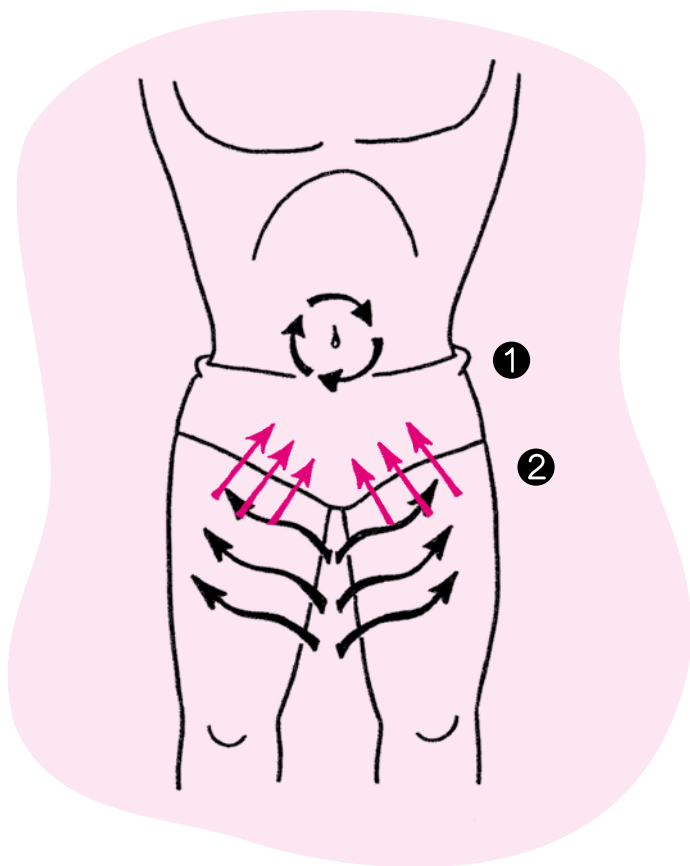
Method:

- ① Gently massage in the underarm area in a circular motion.
- ② Massage towards and across the chest area.
- ③ Starting from the forearm, massage gently upwards to the shoulder.

Massage sequence:

1>2>2>3>3>3>1>2>2>3>3>3

Lymphoedema in the lower limbs



Method:

- ❶ Starting from the groin, massage towards the lower abdomen area.
- ❷ Starting from the inner-thigh area, massage outwards gently.

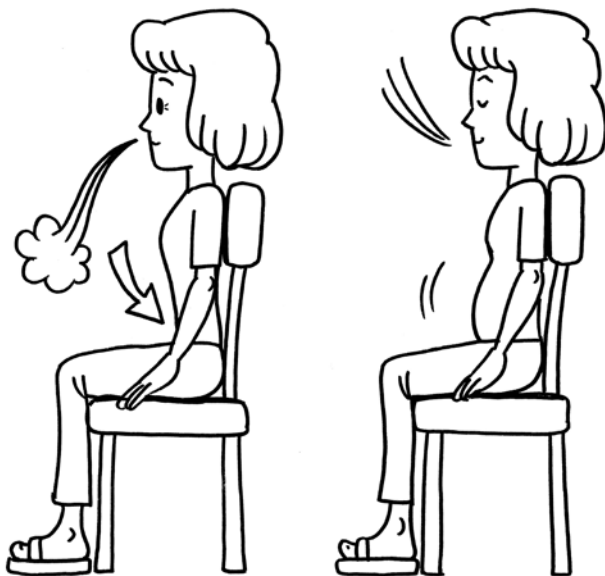
You must be taught these methods by a professional before you start using them. The diagrams are intended as a guide only for when you are doing SLD.

Deep-breathing exercises

Before and after SLD, breathing exercises can help to stimulate lymphatic drainage. Use the following simple exercises.

- Sit in a comfortable chair or lie on your bed with your knees slightly bent. Rest your hands on your abdomen.
- Take deep, slow breaths to relax.
- As you breathe in, direct the air down to your abdomen, so that you feel your abdomen rising under your hands.
- Breathe out slowly, sighing as you exhale. While breathing out let your abdomen relax again.

Do this deep-breathing exercise five times and then have a short rest before getting up.



Hand-held massagers

Hand-held massagers are particularly useful for people who have limited movement of their hands, such as arthritis. Similar to all SLD techniques, only a lighter stroke is used.

Massagers should never be used to push down on the skin. If you do this, you may obstruct your lymphatic channels and the massage will not help with lymph drainage. The hand-held massagers can be quite heavy to hold for the required length of time. You may need your partner or a friend to help you.

Talk to your doctor or lymphoedema specialist before using a massager. It can be used to apply gentle pressure in the same sequence of movements as the exercises shown on the previous pages.

Guidelines for using a hand-held massager

- Use for at least 15 minutes a day.
- Use the lowest setting and a dimpled head.
- Do not use oils or creams with the massager.
- Do not use the heat setting. If possible, get a massager without a heat pad, as these are lighter and easier to use.
- Use a gentle, circular motion, following the sequences of movement described earlier.
- Avoid massaging abnormal or broken skin.

The use of sequential compression pumps

Compression pumps can be used as part of a treatment programme to help with certain kinds of swelling. The pumps should be used with caution, and should not be used without professional guidance. Please ask your physiotherapist or nurse to see if the pump is suitable for you to use.

Before using the pump, it is very important to do SLD or have MLD done to your torso and at the top of the affected limb. This is to move lymph away from these collection areas towards the trunk and allow the pump to help move more fluid out of the swollen limb.

When the pump is switched on, the sleeve will inflate gradually from the peripheral area to the centre of the body. The pressure used should always be low and never more than 40mm Hg (the use of a higher pressure level than this will not help to reduce the swelling and could make it worse).

Tips for using a pump

- Don't use a compression pump if you have an infection or swelling (inflammation) in the affected limb.
- Support your arm on the arms of a chair or rest your leg on a sofa or bed. This will help with drainage.
- If you feel any pain, stop the pump and consult your therapist.
- If the upper area of the limb becomes more swollen or rougher after the sleeve stops inflating, check the pressure index and stop the machine immediately, and seek medical advice.

Diet

Some people may find that they have an allergic reaction to certain foods that can cause the affected limb to swell. Consult your doctor if this is happens.

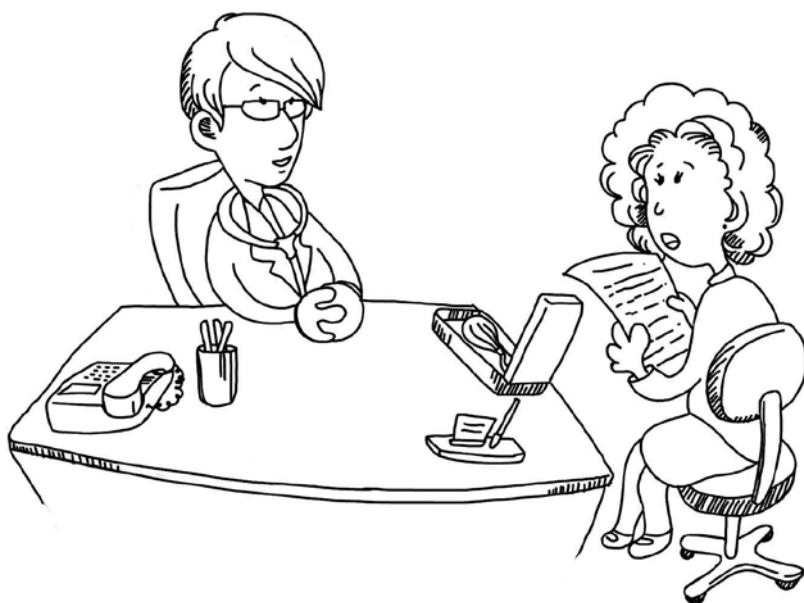
If you are overweight, your swelling will be more difficult to treat. This is because a thick, fat tissue layer may affect lymphatic drainage. If you find you have gained weight, your sleeves or stockings will not fit or work effectively and so you may need to get a new one.

For advice on healthy eating, talk with your doctor or nurse. Alternatively, call our service hotline on 3656 0800 to book an appointment with our registered dietitian. Tips on healthy eating can also be found at www.cancer-fund.org.



Your feelings

The swelling associated with lymphoedema may remind you of the feelings you had when facing cancer and undergoing treatment – feelings that you had hoped to forget.



Embarrassment

If the swelling is severe, it may affect your appearance, making you self-conscious or embarrassed. But it's likely that the swelling will be more noticeable to you than to others. If you are nervous about going out in public, ask a friend to go out with you at first to build up your confidence.

If the swelling is obvious, some people, especially children, may be curious about your condition. Many people find it helpful to prepare in their mind

beforehand what they will say in such situations. Your lymphoedema therapist or nurse may be able to help you to practice your responses. If you want to talk about it with other people or share your feelings with people who also have lymphoedema, your therapist or nurse may be able to help you, too. Remember you are not alone; ask for help if you need it.

Once you have a prepared response, you are less likely to be thrown by any remark or question directed to you. You may even find yourself proactively helping others to overcome any awkwardness.

As you gain more control over the lymphoedema, you'll almost certainly find that any feelings of embarrassment ease. You'll realise your friends care for you because of who you are, not because of your appearance. This will increase your self-confidence and make you more assertive in controlling your life.

Anger

You may feel very angry about having to deal with the burden and inconvenience of lymphoedema. You might have been expecting to feel well again and to lead a normal life. If lymphoedema develops shortly after your cancer treatment you may feel particularly angry about it. Such feelings are natural, but you're likely to find the sense of anger eases as you become accustomed to the daily treatment routine and the swelling begins to respond to treatment.

Resentment

Having lymphoedema requires extra effort in taking care of yourself. Following a treatment routine can take up a lot of time. You may feel resentful about

this, especially if others around you seem free to get on with their daily lives.

Don't bottle up your feelings – talk to those close to you about how you feel. By talking with others, you may find ways in which they can help. For example, a relative or friend could learn how to carry out SLD massage on your arm or leg, accompany you to a treatment centre, or do your shopping so that you don't have to carry a heavy load.

Once you have become accustomed to the routine of treating your lymphoedema and following the guidelines for controlling it, you'll regard it as less of a burden and feel more able to enjoy regular activities.

Some people find the swelling eases within a short period, while for others it can take months. But do not give up, as there's almost always some improvement with treatment.

Depression

Lymphoedema is an ongoing problem and at times you're likely to feel depressed about your situation. You may find it helpful to talk to other people who are living with lymphoedema: ask your nurse for information about support groups.



Who can help?

The most important thing to remember is that there are people available to help you and your family. Often it is easier to talk to someone who is not directly involved with your illness. You may find it helpful to talk to a counsellor who is specially trained to offer support and advice. Staff at Hong Kong Cancer Fund are always willing to discuss any problems that you might have and can put you in touch with a counsellor or a support group. Call us on 3656 0800 for more information.

Hong Kong Cancer Fund service network

Our four CancerLink support centres and seven cancer patient resource centres in major public hospitals provide free counselling, support and information to those in need. Together they form a seamless service network that meets the needs of those at different stages of their cancer journey.

• CancerLink support centres

We have four support centres outside the hospital setting that cater to the specific needs of those with cancer throughout the different stages of their illness. The centres – located in North Point, Wong Tai Sin, Tin Shui Wai, and Kwai Chung – offer well-designed, holistic rehabilitation programmes that emphasise individual needs.

We also provide backing to 22 support groups, helping them to share resources so as to offer the best services to those with cancer and their families. Our volunteer groups, formed by recovered individuals, pay visits

to hospitals to provide emotional relief. More than 14,000 participants have joined our support network, which is divided into three groups – one for those with cancer, another for those with specific types of cancer (such as breast cancer, colorectal cancer and nasopharyngeal cancer), and one other group for English speakers.

Care specialists – including registered social workers, registered nurses, registered dietitians, art therapists, counsellors and professional volunteers – are available to provide support, information and specialised services.

Private and family counselling is conducted by registered professionals to help those touched by cancer, their families and caregivers deal with the different emotional aspects experienced over the course of treatment.

There are also programmes and rehabilitation classes to develop coping skills, relaxation classes to help relieve mental and physical stress, and dietetic support to provide advice on nutrition. Our comprehensive range of wellness programmes and therapeutic workshops helps users relax, tackle negative emotions, relieve stress, and restore confidence. We provide free classes, ranging from yoga and meditation to horticulture and insomnia management. The centres also feature well-stocked libraries.

“I managed to go through the treatment but was worried about a relapse. A feeling of loneliness was haunting me. I felt especially grateful to have my support group, the members of which stood by me all the time.”

- quote from CancerLink user

• Cancer patient resource centres

These are the first place many go for support and information after a diagnosis. Our registered nurses and social workers can offer both practical

and emotional support, while the centres also provide booklets on navigating the cancer journey.

• Service hotline

Managed by professionals, our hotline is a channel through which to access advice on both physical and emotional difficulties. Talking with someone who understands can make a huge difference. Service hotline number is: 3656 0800.

**To learn more about cancer and how we can help,
call the Hong Kong Cancer Fund on 3656 0800,
or visit www.cancer-fund.org.**

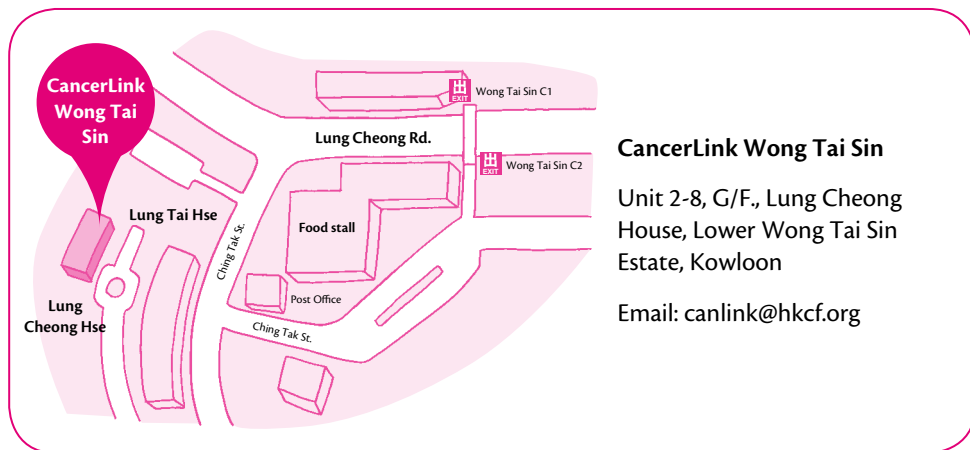
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***Hong Kong Cancer Fund does not charge for health checks**

Hong Kong Cancer Fund is a charitable institution, and all our services are FREE for people touched by cancer. We do not produce health products, nor do we charge for health checks, screenings or vaccines. Any company using our name to sell these services has no relationship with Cancer Fund. For enquiries, call our service hotline 3656 0800

Hong Kong Cancer Fund CancerLink support centres



CancerLink Jockey Club Support Centre, Kwai Chung

3/F, TLP132, 132-134 Tai Lin Pai Road, Kwai Chung, New Territories

Email: canlink-kcc@hkcf.org

Green Minibus Station
(Kwai Chung Road)
94, 302, 313

1 Kwai Fong Estate Bus Station
(Kwai Chung Road, opposite to Kwai Fong Estate/Outside Yee Lim Factory Building)
237A, 265M, 269A, 269M, 290, 290A, 33A, 36A, 38A, 40, 46P, 46X, 57M, 59A, 61M, 935

2 Kwai Fong Estate Bus Station
(Kwai Chung Road, near Kwai Yik Road)
240X, 260C, 265M, 269M, 46P, 46X, 47X, 57M, 58M, 58P, 59A, 67M, 269P

Funded by 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

CancerLink HK Island

2201-3 China United Centre, 28 Marble Road, North Point, Hong Kong

Email: canlinkcentral@hkcf.org

Special Thanks **SATINU** RESOURCES GROUP LIMITED

Hong Kong Cancer Fund support network

Self-help groups

CanSurvive

Helps: those with all types of cancers
(English-speaking)
Tel: 3667 3000

Orchid Support Group

Helps: those with gynaecological cancer
Tel: 0656 0700

Hong Kong Pioneer Mutual Support Association

Helps: those with all types of cancers
Tel: 3656 0799

Sunflower Network

Helps: those with breast cancer and
gynaecological cancer
Tel: 3656 0838

Yin Hong Club

Helps: those with breast cancer
Tel: 3667 3288

Tung Wah Hospital Breast Cancer Support Group

Helps: those with breast cancer
Tel: 3589 8151

Bauhinia Club

Helps: those with breast cancer
Tel: 2468 5045

Hong Kong Cancer Fund partners

Queen Mary Hospital Cancer Care & Support Unit

2/F, Professorial Block, Queen Mary Hospital, 102 Pok Fu Lam Road, Hong Kong
Tel: 2255 3900 Fax: 2255 3901

Pamela Youde Nethersole Eastern Hospital

Cancer Patients' Resource Centre

1/F, East Block, 3 Lok Man Road, Chai Wan, Hong Kong
Tel: 2595 4165 Fax: 2557 1005

Queen Elizabeth Hospital

Cancer Patients' Resource Centre

Room 601, 6/F., Block R, Queen Elizabeth Hospital, 30 Gascoigne Road, Kowloon
Tel: 3506 5393 Fax: 3506 5392

Princess Margaret Hospital

Cancer Patients' Resource Centre

2/F. & 3/F., Block H, Princess Margaret Hospital, 2-10 Princess Margaret Hospital Road, Lai Chi Kok, Kowloon
Tel: 2990 2494 Fax: 2990 2493

United Christian Hospital

Cancer Patients' Resource Centre

Block P, 130 Hip Wo Street, Kwun Tong, Kowloon
Tel: 3949 3756 Fax: 3949 5595

Prince of Wales Hospital

Cancer Patients' Resource Centre

3/F., Sir Yue Kong Pao Cancer Centre, Prince of Wales Hospital,
30-32 Ngan Shing Street, New Territories
Tel: 2632 4030 Fax: 2632 4557

Tuen Mun Hospital

Cancer Patients' Resource Centre

Lower Ground, Tuen Mun Hospital, Tsing Chung Koon Road, Tuen Mun, New Territories
Tel: 2468 5045 Fax: 2455 1698

Other organisations in Hong Kong

Social Welfare Department

Hotline: 2343 2255

Rehabaid Centre

Tel: 2364 2345

Email: rehabaidcentre@ha.org.hk

The Samaritans

Tel: 2389 2222

Employees Retraining Board (ERB) – Smart Living Scheme

Tel: 182 182

Email: erbhk@erb.org

The Chain of Charity Movement

Community support and transportation services

Can arrange visits and transportation to hospitals and shopping

Tel: 2777 2223 Fax: 2777 2269

Emergency Number

Emergency no.: 999

Government Ambulance Service

Tel: 2735 3355

Easy Access Bus

Can arrange visits and transportation to and from hospitals/clinics for those aged 60 or above with mobility difficulties

Tel: 2348 0608

Accessible Hire Car

Provides a personalised service to passengers with their own wheelchairs

Tel: 8106 6616

St. John Ambulance (24-hour service)

Tel: 1878 000

The Jessie and Thomas Tam Centre - Society for the Promotion of Hospice Care

Provides a bereavement counselling service

Tel: 2725 7693

Email: jtcc@hospicecare.org.hk

Comfort Care Concern Group

Provides bereavement counselling for those who are terminally ill and their families

Tel: 2361 6606

Email: cccg@cccg.org.hk

The contents of the booklet are correct as of print (19 January 2017).

Hong Kong Cancer Fund

Service hotline: 3656 0800

Donation hotline: 3667 6333

Website: www.cancer-fund.org

Facebook:

www.facebook.com/hongkongcancerfund

YouTube:

www.youtube.com/hongkongcancerfund

