

Spring | Summer 2017

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Our Reach is Growing

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Come visit us in North Point

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Healing through Qigong culture
With Master Suen Kwai-ping



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CANCERFUND
So no one faces cancer alone

www.cancer-fund.org

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Celebrating 30 years of service

Dear Friends,

Already 2017 promises to be a year of change and development for the Cancer Fund as we extend our reach in Kwai Chung and settle into our new Hong Kong Island home in North Point. Even as we grow and change, our core focus remains always to provide professional holistic care to our clients and their families.



This year marks 30 years of the Cancer Fund providing support to the community, so it is a fitting time to reflect on the many ways we have made a difference in the provision of cancer care over the years. For example, we have supported The Haven of Hope Hospice (pictured above) which was the first of its kind, and has come a long way in providing palliative care to patients still today. With modern medicine, the number of people living in survivorship continues to grow and we foresee the need for our services to grow rapidly in the years to come.

We remain so grateful for the generosity of our friends, donors and volunteers who continue to support us with financial assistance, their expertise and time. It takes many people to enable our network of care to work so well and I would like to recognise everyone who contributes to the Cancer Fund, which deeply impacts so many people living with cancer.

Finally, to all the brave survivors we have come to know over the years, whose stories have impacted, inspired and changed us – you are the heart of the Cancer Fund and the reason why we will continue to offer our support for as long as there is a need in the community.

With love,

Sally Lo, MBE
Founder and Chief Executive



COME VISIT US SOON


**CancerLink support centre,
Hong Kong Island**

 2201-03, China United Centre
 28 Marble Road, North Point

Opening hours

 Monday – Saturday: 9am-6pm
 Sunday & Public holidays: Closed
 Service Hotline: 3656 0800

Our new HK Island home

CancerLink Support Centre, HK Island has a new home in North Point

After enjoying a decade at The Centre, CancerLink support centre, Central has moved to North Point where our FREE supportive cancer care services will continue for anyone touched by cancer.

Now known as CancerLink Support Centre, Hong Kong Island, this centre will service clients living and working on the Island and anyone else willing to travel to North Point to access our professional care. This support centre offers a range of holistic services targeted to meet the varied psychological, family, practical and peer support needs for people living with and beyond cancer.



The team is waiting for you

The professional team at the new CancerLink Support Centre, HK Island has settled in well to their new North Point home while the old central location is under renovation. Cancer Fund feels so lucky and grateful for the generosity of Satinu Resources Group Limited. By providing our service with this temporary home in North Point, they have ensured the continuation of vital free support for the community.

The centre includes an activity room, family counselling room, wig room and many other features to help provide comprehensive care to cancer survivors and their families. After a busy few

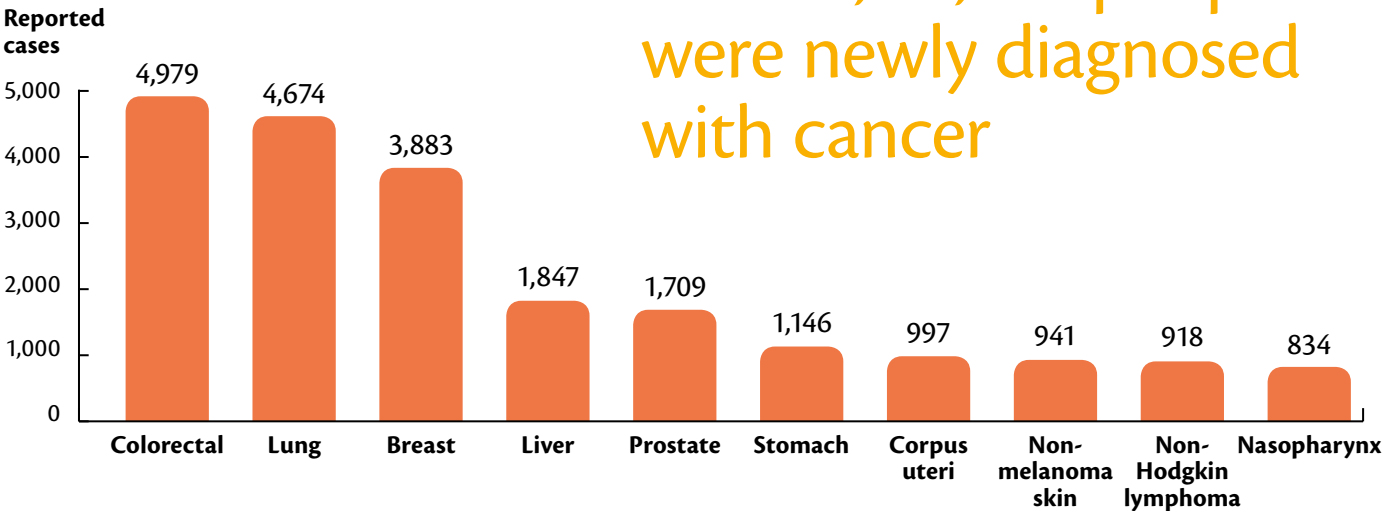


months of change, the team at CancerLink Support Centre, HK Island is looking forward to welcoming everyone to the new centre soon!

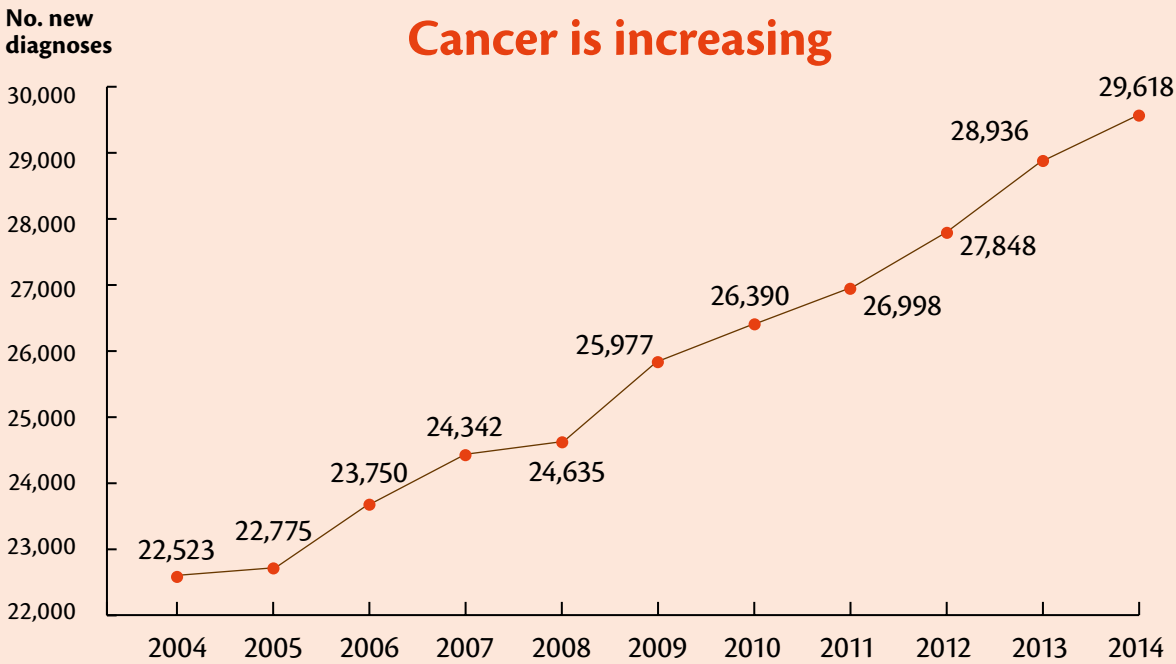
Hong Kong cancer stats

Every year, the Hong Kong Cancer Registry releases updated cancer statistics. Due to data collection and processing time, the latest information available is from 2014 data and provides an important snapshot of cancer incidence and growth in the community. The Cancer Fund uses this valuable data to inform our service planning and education campaigns, and to help form our strategy for the future of cancer care in Hong Kong.

10 most common cancers in Hong Kong



In 2014, 29,618 people were newly diagnosed with cancer



While the incidence of cancer is rising, so too is the number of people surviving cancer. Ongoing developments in research and treatment are helping more people than ever to live beyond their cancer diagnosis. A greater understanding of cancer has also led to better screening methods and, with appropriate

checks, cancer can be diagnosed earlier leading to better outcomes.

For regular healthy lifestyle tips on how to lower your cancer risk, follow our Facebook page. www.facebook.com/hongkongcancerfund

5 most common cancers

FOR MEN



1. Lung



2. Colorectal



3. Prostate



4. Liver



5. Stomach

FOR WOMEN



1. Breast



2. Colorectal



3. Lung



4. Corpus Uteri



5. Thyroid

Understanding palliative care

Palliative care is an important approach to treating long-term, chronic diseases such as cancer however, it is widely misunderstood and the benefits are often lost for patients and their families. Understanding palliative care is the first step to knowing when and how to access a better quality of life during and after treatment.

Often when people hear the words ‘palliative care’ they immediately think a person must be approaching the final stage of their life. While palliative care is definitely a big part of end of life planning and treatment, it also can and should be utilised from the moment of cancer diagnosis. So if your doctor does suggest palliative care for you, do not lose hope.

The aim of palliative care, also known as supportive care, is an approach to help people and their families live with the symptoms, treatment side-effects and emotional distress of cancer with the best quality of life possible. It is relevant at all stages of cancer and should be incorporated into any good treatment plan. This non-curative approach sits alongside medical treatment and focuses on increasing the comfort of a patient and their families. It can be used at any age and for as long as it may be needed.

How can I maintain my quality of life?

The first step to ensuring the best quality of life possible when facing cancer is to find out what palliative care therapies are available to you. Although



Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.
– World Health Organization Definition of Palliative Care, 2017.

there are specialist palliative care providers, remember that palliative care is an approach, and many components of good supportive care can be provided either directly by your doctor or accessed through different community organisations like the Cancer Fund. If you, or someone you know, are experiencing any pain, discomfort or serious emotional distress as a result of cancer, there is no need to suffer in silence. There are many supportive care options available and it starts with asking for help.



Our CancerLink support centres provide services that both assist people to navigate palliative care and access the best therapies for their needs. These include:

- Pain and symptom management workshops
- Embracing Hope (programme for relapse patients)
- Knowing Palliative Care Services workshops
- Meaning-centred therapy for patients with advanced stage cancer
- Wellness programmes

To find out more about how you can access palliative care, call our service hotline on: 3656 0800.

Quick 5 with...

Dr. Candace Ho, Senior Clinical Psychologist

In an effort to know more about the multidisciplinary professionals involved in the delivery of cancer care, we're taking the time to talk with some of the people making a difference in the lives of our clients and their families.

Over 20 years ago, the Hong Kong Cancer Fund saw the need for psychological intervention in the treatment of cancer patients and provided seed funding for a role at Tuen Mun hospital. Dr. Candace Ho was appointed and is still today working with cancer patients to improve their quality of life. The Cancer Fund aims to subsidise the funding of staff in hospitals to help ensure the best professional frontline care is available. We took a moment to ask Dr. Ho five quick questions on her role as psychologist and her thoughts on cancer care...

1. What is your role in the treatment of cancer patients?

When cancer patients receive their diagnosis, their first reaction is often shock, disbelief and anxiety. Suddenly they have this threat in their lives; it is a threat to their minds, their sense of security and control. Their world is completely turned upside down. In order for them to be able to cope with their treatment, they need a positive attitude. Emotionally and socially, patients need a lot of support and clinical psychologists can help patients to cope better and manage their emotions.



2. When should people seek professional help?

Cancer is a form of trauma. It is common for patients to experience emotions like anxiety, depression and hopelessness. When they are going through cancer

treatment, they often experience pain, insomnia and the side effects of treatment; all of which can even develop into suicidal thinking if they cannot cope. When patients cannot sleep well, they become very agitated. There are even patients who, because of their anxiety, avoid receiving the treatment they need to control or cure their disease. So when we see this kind of emotional disturbance and when they are not able to cope with their symptoms or sleep well, people should definitely seek professional help. Psychologists are able to make an assessment, see how serious the problem is and identify the best way to help.

3. What is psycho behavioural treatment?

Traditionally we have surgery, chemotherapy, and radiation treatments, but what we also have is psycho behavioural treatment which can help the patient to have better symptom control, reduction of pain, improve their sleep problems and treat insomnia.

Internationally, psycho behavioural treatment is recognised as a valuable treatment for patients and we are seeing patients actually become healthier and recover faster. Right now in the medical field, we have a better understanding of how stress impacts disease and the relationship between the mind and the body. When the body is under stress, it becomes vulnerable to all kinds of diseases, and cancer is one of these diseases.

In psycho behavioural therapy, patients are helped to recognise stressors in their lives and the consequential negative impact on their health. Through professional training provided by a clinical psychologist, patients have to take a very active role in learning pro-health

behaviours and to change their lifestyle. They re-learn how to relax their mind and body and thus allow the body to return to its natural balance and increase its power to heal their disease and physical symptoms.

4. How can patients manage their stress?

Depression, anxiety, and a feeling of helplessness are common among cancer patients. Patients need to pay attention to their stress levels and their emotional reactions. Having these emotions does not mean that you have any mental illness or that 'you are crazy'. It just means that you are under stress and these are signals to warn you to seek help. If they are left unrecognised and untreated, these can become chronic. Do not avoid seeking help and support. Social contacts and support are very important for patients to gain confidence in facing cancer and to learn about the positive experiences of other cancer patients. Professional treatment can help to relieve your stress, learn to cope and develop a positive attitude.

5. How can people seek psychological help?

People can get help from the Hong Kong Cancer Fund, which is a place where patients know they can access free support and the cancer patient resource

If you, or someone you know, are in need of professional support, please call our service hotline on 3656 0800.

centres, set up by the Cancer Fund within hospitals, is also a very good place to start. Along with access to information, they provide various psycho-social activities for cancer patients. Health care professionals these days are aware of the psychosocial needs of patients and will reach out to patients if they see a need. Patients can and should ask to see a clinical psychologist or counsellor, especially if they are feeling depressed or anxious.

I always say, if the answer to the question 'do you want to be healthy again' is yes, then definitely seek professional help. Sometimes a patient cannot be cured but a better health condition can be achieved with the help of a clinical psychologist. In my belief, every patient should have psycho behavioral treatment, just like they have any other cancer treatment. Many cancer patients have told me over the years that they are actually healthier and happier than before having cancer. You can be one of them.

Dr. Candace Ho. is a senior clinical psychologist based in Tuen Mun Hospital and has been a friend to the Cancer Fund for over 20 years.



Food for your mood

Happiness can be achieved in so many ways. One is by choosing the right kind of foods to positively impact your mental health. When facing cancer, keeping a positive state of mind is especially important and can have a major impact on not only your health, but your overall wellbeing. The following foods have been recommended by Violet Man, Accredited Practicing Dietitian, for maintaining a good mood.

Fish

Food rich in Omega-3 Fatty Acids, such as oily fish (tuna, salmon, sardines, mackerel, black cod, trout etc.) can keep you mentally sharp. Our dietitian recommends eating different species of oily fish twice a week to help maintain your good mood, reduce the risk of depression and dementia, and even protect against stroke and cardiovascular disease.



Grains

Our clients are often advised to eat more grains which can help the body absorb tryptophan from protein foods. Tryptophan is an amino acid that stimulates the body to create more serotonin, reducing negative emotions like stress, anxiety, fatigue and irritability.

Green veggies

Dark green leafy vegetables are an excellent source of vitamins, minerals, fiber and antioxidants, and are great for your health. Research shows that eating foods rich in vitamins B1, B6, B12, and folic acid can produce a positive impact on our emotion. Vitamin D has also been linked with increasing serotonin levels in the brain which can boost your mood.

Healthy snacks

Three good meals a day, especially breakfast, will keep energy levels high and can even improve your



Serotonin is a chemical found in the human body and plays a major role in maintaining your mood balance

memory. Skipping breakfast often increases the likelihood of choosing unhealthy food or snacks throughout the day. Nuts are a great snack and are great brain food! Caffeine, while being a convenient energy boost between meals in the short-term, can actually have negative emotional effects if consumed too much. Avoid anxiety and the chances of insomnia by limiting your intake of food and drinks containing caffeine such as coffee, energy drinks, tea and chocolate.

These diet tips are useful for everybody, not just people living with cancer. If you have any questions concerning diet for people with cancer, please call our service hotline on 3656 0800 and ask to speak with our registered dietitian for more information.

The Chinese version of this article was published in Hong Kong Economic Times, 11 Nov, 2016. Information generously provided by Violet Man, Accredited Practicing Dietitian.



Cancer in your workplace

Hong Kong Cancer Fund operates four CancerLink support centres in the community that provide information, counselling and services for anyone touched by cancer. To speak with a professional social worker about how to support your employees please call 3656 0800.

With numbers on the rise, you need to be ready for cancer in your workplace

Every year over 29,000 people are diagnosed with cancerⁱ in Hong Kong alone and, based on global predictions, this number is set to rise. The World Health Organization estimates that the number of new cancer cases around the world will rise by about 70% over the next two decades.ⁱⁱ

Fortunately, due to developments in research, treatment and care, the number of people surviving cancer is also increasing. An important aspect of recovery for all cancer patients is their reintegration to their normal lives and for most people this involves returning to the workplace.

Growing emphasis on quality of life both during and after treatment means people are better able to return to the workplace sooner and, in some instances, people are able to work right through treatment.

If they haven't already, most people will at some stage encounter an employee or coworker with cancer in their company or organisation. It is useful for everyone in the workplace to be aware of how best to support a colleague undergoing a chronic health disease like cancer. This will best help them during their treatment and in returning to work as quickly and seamlessly as possible.

How will cancer affect my colleague?

Everyone will have a different cancer experience and their capabilities in the workplace will vary both during and after treatment depending on their diagnosis, staging (how far the cancer has progressed) and their own personal circumstance. Common symptoms and side effects include:

- Fatigue
- Difficulty concentrating
- Pain
- Nausea
- Lack of physical strength
- Loss of sensation (such as touch or taste)

Your colleague may feel some, all, or none of these symptoms/side effects and they can last up to a year or even longer post treatment. Try to be as accommodating and supportive of your co-worker as possible while always respecting their right to confidentiality around their personal situation.

Flexible working arrangements

Whether someone in your organisation has just been diagnosed or is returning to work post treatment, your flexibility will have a huge impact not just on their experience in the workplace but it can help alleviate stress in all areas of their lives. Be prepared to make some or all of the following accommodations:

- Flexible hours to accommodate appointments, treatment and side effects
- Opportunity to work from home if appropriate
- Modified duties which can be slowly built upon as health improves
- Allowances for regular breaks in a quiet, relaxing area
- Work station modifications

Cancer brings an enormous amount of stress, financial concerns and emotional burdens. If you find yourself in a position to relieve some of this stress for a coworker, your flexibility, understanding and support will have a greater impact than you might imagine.



In Hong Kong, employees diagnosed with cancer are protected under the Employment Ordinance and the Code of Practice on Employment under the Disability Discrimination Ordinance.

Be prepared for your next appointment

An initial appointment with an oncologist can feel intimidating and stressful and you or your family member affected by cancer might have a number of fears, concerns or questions you would like answered. It is difficult to know what to expect during that first meeting but there are things you can do to prepare and make the experience less daunting and as smooth as possible. The following tips will help you best use the limited time you have with your doctor and hopefully make the most of your first (and every) appointment.

Bring a friend

Bringing a family member or friend to an appointment has a number of benefits. You will have a spare pair of ears to listen and remember information and, most importantly, you will have support should you receive any unexpected news. Ask them to take notes for you while you talk with the doctor and they can also help to remind you of any questions you may have.

Take all relevant medical records

If you have copies of medical records, scans, pathology or radiology reports that might be relevant to your appointment, bring them along. Come prepared to share what medications you are taking including dosages and any relevant medical history. While your doctor may already have some or all of this information, it never hurts to have copies on hand and it will ensure you and your doctor start off on the same page. If you are registered with the Hospital Authority's e-health system, your records will be able to be electronically accessed by any registered healthcare provider.

Write it down

It is quite common to forget everything discussed during your appointment the minute you walk out the

door. You might find it helpful to take notes (or ask the friend you brought along to do this), paying special attention to medication or treatment plans the doctor prescribes, the names of specialists recommended and any future appointment dates. It is also useful to ask for the contact details of who you can reach out to if you need further information or support. Having a written record will ensure you have the correct information when making future decisions and for sharing with your friends and family.

Keep an open mind

Upon hearing the word 'cancer', many people immediately jump online to do their own research at home. Before attending your appointment, you may already have preconceptions about the best treatments or you may have received advice from a friend who has experienced cancer. Whilst it is great to be prepared and well informed from reliable sources like the Cancer Fund, what you read online or what is working for your friend may not be exactly right for you. So keep an open mind, listen, and take your doctors' recommendations seriously; they are the ones who ultimately know your unique situation best.

Speak up

Be honest, clear and open, and provide your doctor with as much information as possible. There are no silly or unimportant questions when it comes to your health and your doctor will have most likely heard all of your concerns before. All symptoms, both physical and emotional, are important to share at your initial meeting and at all stages of diagnosis, treatment and recovery. In most cases, adjustments can be made to your treatment or there are ways to manage your symptoms and side effects. The more information your doctor has, the better they will be able to diagnose and treat your cancer, so don't forget to speak up.



10 QUESTIONS TO ASK YOUR DOCTOR

Preparing a list of questions to ask your doctor in advance is a good way to make sure nothing is forgotten during your appointment. Here are few to get you started but you should definitely add your own too!

1. What is my diagnosis and how soon do I need to start treatment?

2. What are all the possible treatment options for my diagnosis?

3. What are the advantages, disadvantages, side effects and risks of each treatment option?

4. How much will my treatment cost? Will my insurance cover all costs and can I access any financial assistance?

5. What are my chances for a successful recovery?

6. Will I still be able to attend work or school?

7. Will I need access to palliative care or pain management services?

8. Are there any complementary therapies or nutritional aids that would help my treatment?

9. What support services are available to me and my family?

10. Who should I call if I have additional questions after this appointment?

Healing through Qigong culture

Qigong Master Suen Kwai-ping: volunteer, life coach and an inspirational force within the community



Master Suen Kwai-ping is a familiar name among the Qigong circle. He has devoted his life in retirement wholeheartedly to promoting Qigong culture in the local community and has become a respected role model for so many Cancer Fund users who are fond of Qigong culture.

Cancer Fund's wellness programmes seek to enhance the quality of life for clients through self-healing and cultivating a sense of peace and joy in their lives. In 2014, we were fortunate to have Master Suen join our CancerLink support centres to promote Qigong culture, changing the lives of many of our cancer clients who feel honoured to be his students.

Master Suen has a lot of experience in serving the community and was even awarded the Hong Kong Volunteer Award in 2007 in recognition of his contribution to society. With his experience and capabilities, he is still today a valued asset to the Cancer Fund and his Qigong class has become one of the most popular wellness programmes on offer.

Master Suen looks calm and peaceful like any other retired man however his endless source of energy

“Master Suen is more than a Qigong master. He inspires us to be thankful with everything in our lives. I have learnt to take things easy and am now ready for any challenge in life!”

Milky, Cancer Fund Qigong student

makes him stand out from the others. He believes the secret to a healthy life lies in Qigong culture. “Having soft, flexible tendons and muscles is key to good health. In Hong Kong, people typically have hectic lives lacking time for exercise. This can create a lot of neck and shoulder problems. I hope promoting Qigong culture will help people in need to boost their tendon/muscle health, reduce pain, and to live a healthy, happy, and meaningful life.”

Master Suen has always stressed that persistence is the key to practicing Qigong well. “Only by practicing it every day are we able to see improvements. Regular practice can also help train patience and cognitive ability.” Of course, we all know this is easier said than



Wellness programmes at the Hong Kong Cancer Fund have grown rapidly over the past seven years, in a large part thanks to the number of first-class teachers we are so fortunate to have. Our volunteer teachers come from all walks of life, whether their expertise is a hobby or a professional skill, they all share an enthusiasm to support the needs of our clients.

Often our volunteers are familiar with cancer in their own lives, with many inspired to make a difference after a friend or relative has been diagnosed. They come to the Cancer Fund with understanding, a professional skill to share and full of positive energy. It is through their generous participation and the connection formed between teacher and student that the beautiful cycle of our wellness programmes is made possible. We currently have almost 100 teachers and the team is constantly growing. Master Suen is just one of the many everyday heroes we have been blessed with and we thank every individual who is so graciously giving their time and energy to provide support and hope in the community.

– Shiao Kuang, Head of Wellness and Holistic Health Care, Hong Kong Cancer Fund



done. In order to encourage our wellness clients to keep up with the practice, Master Suen adopts a relaxing approach in his teaching by relating Qigong exercise with living philosophy, health tips, as well as herbal medicine knowledge.

He believes it is beneficial to remind ourselves to slow down, from walking to eating; all which can bring a positive impact to Qigong practice. “Qigong is a life philosophy that guides us to be the best version of ourselves. I always ask my students to forget about their illness, even if they do not feel good about their health. As long as we devote ourselves to living our lives fully and to making new friends, we will feel healthier instantly! Simply by following the rules of nature and always learning, we can live a beautiful life.”

In addition to being a Qigong master, it is also easy to see Master Suen as a life coach. With his charisma and devotion to helping others, Master Suen attracts many of our wellness clients to follow him. He has a unique approach to nurturing these students, who he encourages to become teachers themselves.

“Once there was an old man in my Qigong class. I remember the first time I met him, his waist was seriously twisted and he was not able to raise the

Yi Jin Bang (bamboo Qigong stick) up to the armpit area. I kept encouraging him and after lots of persistent effort, he was able to make a tremendous improvement. Today, he has become one of the most popular coaches. I feel so proud of him!”

Through training our clients to become teachers, Master Suen deepens their understanding and capability in Qigong practice, develops confidence and leadership skills, and empowers people to touch the lives of others in a positive and inspiring way. “I hope that by nurturing students, we can help to promote Qigong culture together.” This approach helps keep the cycle of people in our community supporting each other alive and is a gift that will continue to give for a long time to come.

Master Suen has educated a number of Qigong coaches and assistant teachers, five of whom have gone on to join Cancer Fund. These five clients used to have cancer and, after receiving support themselves, have certificates to teach and now actively promote Qigong culture to their peers. As they follow in Master Suen’s footsteps to give back to our ever-growing community they symbolise the driving motivation of the Cancer Fund; to ensure no one faces cancer alone.

Qigong classes at Cancerlink support centres

Ba Duan Jin

Ba Duan Jin is a method of preserving and maintaining good health through lifestyle choices and exercise that comes from ancient China culture. This method also merges with the concept of fitness training. It can enhance the respiratory, nervous and cardiovascular systems, build up the cellular immune function and the ability to resist senility.

Daoyin Yangsheng Gong 12 Form

In Daoyin Yangsheng Gong 12 Forms, all motion and movement should be treated seriously with differences in ‘yin yang’. This helps achieve good balance through difficult movements without hurting your tendons and while breathing naturally.

QIGONG ONLINE

To ensure everyone has access to the benefits of Qigong wellness programmes, we have uploaded some class videos of Master Suen onto the YouTube channel of Hong Kong Cancer Fund. Please log onto www.youtube.com/user/hongkongcancerfund or scan the below QR code for more information:



Please call our service hotline on 3656 0800 for more information.

Common cancer myths debunked



Sourcing your cancer information from reputable organisations and consulting your health care professional before taking any action is the best way to ensure you make appropriate and safe decisions for your health. That said, with so much information out there today, it can still be hard to know what to believe when it comes to cancer. We have taken the time to clear the air on some of the most common cancer myths we found.

Eating superfoods can prevent cancer
MYTH

The word “superfood” is a marketing term used to describe foods that have special health benefits, and that are often claimed to prevent cancer. While some of these foods do have some great health benefits, it is unlikely that consuming any single food alone can make a significant difference to your cancer risk. It is widely acknowledged however, that a healthy and balanced diet can help to reduce the overall risk of some cancers.



On a cloudy day I'm not at risk for skin cancer
MYTH

Just because you can't see the sun, does not mean harmful UV rays can't cause damage to your skin. As much as 80% of the sun's ultraviolet rays can penetrate through clouds so always take measures to protect your skin by covering up and wearing sunscreen when outside.

Sugar feeds cancer cells
MYTH

While you should limit sugary foods as part of a healthy diet and to avoid gaining weight (which can increase your risk of getting cancer), there are no studies that show eating sugar will make your cancer worse or, if you stop eating sugar, that your cancer will shrink or disappear.



Microwave ovens and microwaved food cause cancer
MYTH

Microwave ovens work by using radiofrequency (FR) radiation, which is on the low-energy end of the electromagnetic spectrum. This type of radiation is constantly around us and, even though the radiation produced by a microwave oven is stronger than everyday radiofrequency, their design ensures that microwaves are safely contained within the oven unit. Additionally, microwaving food will not make it radioactive because microwaves themselves are not radioactive – they operate using electromagnetic waves to heat the food. As long as microwave ovens are used according to instructions and with microwave safe containers, there is no evidence they, or the food you are heating, can cause cancer.



Cancer treatment is more harmful than cancer itself
MYTH

The side effects of cancer treatments like chemotherapy, radiotherapy or surgery can be tough and often leave you feeling sicker than before you started. This is because unfortunately treatments that are designed to kill cancer cells will inevitably impact your healthy cells too. Despite the side effects, if your doctor has prescribed a specific treatment plan, this is because the benefits and end results will ultimately outweigh any harm caused in the process. Balancing your health outcomes with quality of life is one of the most difficult factors in deciding on a treatment and should be considered very carefully by patients.

For more myths and cancer information, visit the 'All About Cancer' section of www.cancer-fund.org

Circle of Friends

Together we can change lives

The donations we receive from our Circle of Friends monthly donors are so very valuable to the Cancer Fund. They keep our doors open and allow us offer continuous support to people living with cancer.

When we hear stories from our clients that show just how big an impact our supportive services are making, they always motivate us to work harder and strive to reach more people living with cancer. Mrs Chan is one of many clients who have recently inspired us.

Mrs Chan was the sole breadwinner for the family and worked tirelessly to support her husband, who was unable to work due to his diagnosis of stomach cancer, and two girls. Recently, Mrs Chan was also diagnosed with breast cancer.

In a courageous and selfless act, Mrs. Chan decided to resume working rather than continuing her treatment when she realised her sick leave salary wouldn't be enough to cover the family's daily living costs.

Thankfully, Mrs Chan's bravery and struggles were brought to the attention of her local CancerLink



support centre. Our team of frontline professionals was there to provide critical support and ensure Mrs. Chan would never need to sacrifice her health for her family.

Our Relief Fund covers the essential costs needed to support cancer patients and their families during times of extreme financial hardship. The Chans received this support to ease their immediate financial pressures while Mrs. Chan received treatment, and to keep the family afloat during the application processes for Compassionate Rehousing and other financial support.

Our free services also provided access to counselling, nursing consultation and emotional support through Cancer Fund's multidisciplinary team of professionals. This helped the whole family cope with the impact of living with cancer. Today they are still closely supporting each other and are optimistic about their future together.

We hope that by sharing the positive outcome of the Chan family's story, our loyal friends and donors will also be inspired to continue making a difference in the lives of people affected by cancer. It doesn't take much to make a huge difference and it is only with the generous support of people like you that our work is possible.



Our regular givers are vital for the continuation of our FREE support services. Please consider joining our Circle of Friends by pledging a monthly donation to the Hong Kong Cancer Fund. Call our donation hotline on 3667 6332 or visit our website to find out more on how you can help a family like the Chans receive the cancer care and support they desperately need.



Like our annual Stride for a Cure walkathon, there are so many ways to support the Cancer Fund. Visit our website for more fun events and ways to get involved www.cancer-fund.org.

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 us to expand our reach, so no one faces cancer alone.

PINK REVOLUTION 2016

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- Dr. Tsang Wing Hang, Janice
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