

Spring | Summer 2018

INTOUCH 觸覺

Expand New Horizons

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Together, we'll move forward
Friends of CancerLink

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A new oasis of FREE cancer care
CancerLink Support Centre, Central



癌症基金會
CANCERFUND
So no one faces cancer alone

www.cancer-fund.org

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Back in Central

Dear Friends,

We're delighted to let you know that we've recently opened our fifth CancerLink centre in Central. As you may remember, we needed to re-locate our Island service to North Point during the fit-out of the entire basement of The Center by the Urban Renewal Authority.

We were extremely lucky to be offered the space in North Point which has turned out to be such a blessing as we were able to extend our reach to Eastern Hong Kong, including Kwun Tong, Tseung Kwan O and Sai Kung districts.

Our centre in Central will have a team of specialists available, including a clinical psychologist, oncology nurse, social worker and dietician to help clients and their families navigate through their cancer journey.

We are dedicated to the quality of service that we provide and will continue to meet the high standards required to ensure that no one faces cancer alone.

This year, we're thrilled to be co-hosting the 20th World Congress of Psycho-Oncology and Psychosocial Academy, with the School of Public Health of the University of Hong Kong. This is the first time that Hong Kong has hosted this global conference, which is endorsed by World Health Organisation. The World Congress will bring together oncology professionals from around the world to discuss how to integrate and consolidate strategies to optimise supportive care and cancer care services.

We have also secured dates for both our 'Dress Pink Day', which will take place on Friday 26 October and our annual walkathon, 'Stride for a Cure', to be held on Sunday 25 November – be sure to pop both of these into your diaries!

I do hope you enjoy reading this edition of InTouch where we share the amazing story of May and how she overcame her cancer journey. It is only through your support, and the generosity of people like you, that we are able to provide our much-needed free services to those touched by cancer.

With love,

Sally Lo, MBE
Founder and Chief Executive
Hong Kong Cancer Fund



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Together, we'll move forward

Most people think that when someone is diagnosed with cancer, all they require is medical treatment.

However, many survivors will tell you that simply someone to listen, a hand to hold or a compassionate, understanding heart goes a long way towards helping them.

Peer support is hugely important and is something we support in abundance at the Cancer Fund with 22 peer support groups, each focusing on a different type of cancer.

Your peers are likely to have a unique understanding of what you're going through, making it easier to trust and absorb their advice, since they've been on the same journey too.

Richard was struggling to decide whether to go ahead with surgery or not.

"I consulted a few specialists, and most of them said I should have an operation. However, there were some that told me about active surveillance. My family thought I should wait and take the less aggressive approach. With all these conflicting suggestions and feelings, I became very confused and began to look for more information. I went online and saw the famous band 'The Wynners', who were raising awareness about prostate cancer through the Cancer Fund. So, I knocked on the door of a CancerLink support centre, and the help I've received has been like finding a float when lost on a stormy sea! I felt so relieved."

"There's no need to be afraid of cancer. The best way to cope is to get adequate treatment and peer support. Someone who's walked through their own cancer journey will guide you all the way."

– Richard, prostate cancer survivor

Through our CancerLink support centre, Richard found reliable information and so much more. He found a community of new friends in the form of a self-help group organised by Friends of CancerLink, Prostate Peer Association.

Richard went on to tell us the moment that defined his course of treatment.

"It was a spring festival gathering with over 300 members, doctors and survivors. At first, I hesitated

to join as I thought a gathering with so many cancer patients might be quite depressing. But, it turned out to be the total opposite. Everyone was talking and laughing, and the hall was filled with joy. At our dinner table were 12 men who had prostate cancer, and all of them except me had undergone surgery or a treatment! They talked openly about their experience, decision-making process and how happy they are now; enjoying life without caring about cancer. It gave me such positive energy, which was exactly what I needed."

Meeting his peers and listening to their stories helped Richard greatly in deciding how he should manage his cancer. He finally took the advice of his doctors and had surgery. Afterwards, he decided to give something back and support others, so he became a mentor for a 'newcomer' who was about to undergo the same journey.

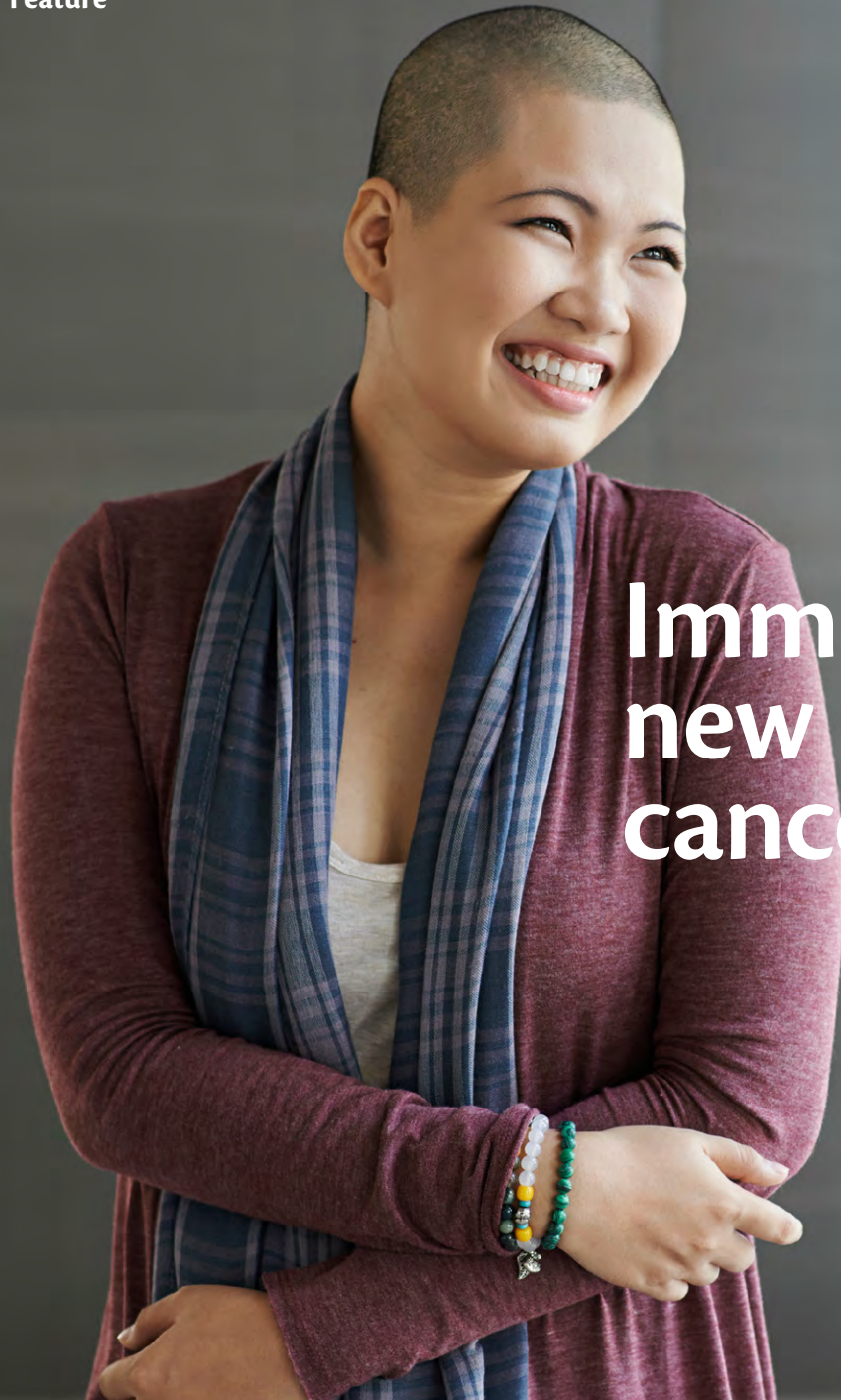
Richard is sure of the importance of peer support: "I'd like everyone experiencing cancer to not be afraid, I'm a living example. I live happily after surgery, and I find joy in life again!"

FRIENDS OF CANCERLINK: SELF-HELP GROUPS

Friends of CancerLink is a platform of 22 self-help groups for people with cancer that are financed and run by the Cancer Fund. Each group provides peer support, care and information for people with a specific type of cancer. If you'd like to get in touch with one, find out more by reading page 23 or visiting our website: www.cancer-fund.org



Our Service Hotline : 3656 0800



Immunotherapy: new hope for cancer patients

What is your immune system?

Your immune system works to protect the body against infection, illness and disease. It can also protect us from developing cancer.

Your immune system utilises your lymph glands, spleen and white blood cells. When working normally, it can identify and destroy faulty cells in the body, therefore preventing cancer from developing.

However, cancer can develop:

- If your immune system recognises cancer cells but isn't strong enough to kill them
- When cancer cells produce signals that stop your immune system attacking them
- When the cancer cells hide or escape from your immune system

What is immunotherapy?

Immunotherapy, also known as 'biological therapy', is a type of

cancer treatment that boosts your body's natural defences to help fight cancer.

It uses substances made by your body (or, matching ones created in a laboratory) to improve or restore immune system functionality and help it attack cancer cells.

This method has become a standard treatment for some types of cancers, but is still being trialled for others.

How does immunotherapy work?

These are some of the beneficial effects immunotherapy can have:

- Stopping or slowing the growth of cancer cells
- Preventing cancer from spreading to other parts of your body
- Helping your immune system be more effective at destroying cancer cells

Ask your doctor about immunotherapy treatment...

They can explain:

- Whether this treatment is suitable for you
- What the aim of treatment would be
- What it would involve and the potential side effects

There are different types of immunotherapy:

- **Monoclonal antibodies:** MABs recognise and attach to specific proteins on the surface of cancer cells. Antibodies are found naturally in our blood, helping us fight infection. This then triggers your immune system to attack.
- **Cytokines:** This refers to a collection of proteins within your body that play an important role in boosting your immune system. Interferon and interleukin are types of cytokines originally found in the body, of which scientists have now developed a man-made version to treat some types of cancer.

- **T-cell therapy:** Adoptive cell transfer changes the genes in your white blood cells (or, 'T-cells') to help them recognise and kill cancer cells. This is only available as part of a clinical trial in the UK so far, but is likely to become more common should these trials prove successful.
- **Cancer vaccines:** These are made to recognise the proteins that exist on particular cancer cells. This helps your immune system recognise and begin attacking those particular cancer cells, just as it would with any other type of vaccine.

"It is both exciting and impressive to witness the development of immunotherapy in the past years. Patients with melanoma, lung cancer and bladder have benefited from the drug(s) and some patients even attained long term benefit. However, we must remind ourselves that immunotherapy is neither a cure for all patients nor a cure for all cancer types. A fraction of patients may benefit and we are still learning how to select with appropriate biomarker. I trust we are heading in the right direction but certainly still far from the final goal of cure."



*Professor MOK Shu Kam, Tony
Chairman, Department of Clinical Oncology
Li Shu Fan Professor of Clinical Oncology
Medical Advisor, Hong Kong Cancer Fund*

A new oasis of FREE cancer care in CENTRAL

The brand new CancerLink Support Centre in Central will bring our total to five invaluable community centres across Hong Kong.



CancerLink Support Centre, Central

Location: Unit 5, Ground Floor, The Center, 99 Queen's Road Central, Hong Kong

New CancerLink Support Centre in Central will provide all our FREE services, focusing on the accelerating demand for professional psychological and social care support. Our professional team comprises a clinical psychologist, oncology nurse, dietician and social workers to facilitate the specific needs of people with cancer and their families. Anyone requiring immediate professional information or advice on cancer care is welcome to visit our new drop-in centre.



Practical Support:

- Drop-in centre for immediate support, cancer information resources, guidance and navigational advice
- Hotline service
- Nursing and dietetic consultation
- Side effects and symptom management
- Physical rehabilitation service
- Relief fund for those who require short-term immediate financial assistance
- Caregivers' support programmes

Psychological Support:

- Professional counselling
- Cancer adjustment workshops
- Group therapy
- Couples' and family relationship counselling
- Stress assessment and management
- Rainbow Club programme to help children cope with the diagnosis of a parent or close relative



Peer Support:

- Young adults' support with specific forms of cancer
- English speaking support



The benefits of sprouting vegetables

A healthy diet can help prevent, or aid in the treatment of cancer. We recommend eating lots of vegetables, as they're packed with an abundance of nutrients.

However, what's less commonly known is that sprouting vegetables (just a few days old) contain nutrients in a more concentrated form, making them easier to digest and absorb, such as Vitamin E, Potassium, iron, chemoprotectants, antioxidants, protein, zinc, copper & magnesium. These help promote hair growth, boost blood supply, hydrates skin, and stimulates collagen.

Through our 'Healthy Sprout Vegetable Workshop', we introduce our users to the benefits of sprouting

vegetables and explain their nutritional value. We even teach users how to grow their own sprouting vegetables at home.

When buying sprouting vegetables, be careful of contaminants. For example, bean sprouts – one of the most common ingredients in Chinese cuisine – purchased from a market are likely to have been treated with chemical compounds designed to make them grow faster, larger and whiter, and to keep them fresher for longer.

There are many benefits to growing your own vegetables. You'll know exactly where they've come from and what substances they've been in contact with.

TIPS: How to grow your own sprouting vegetables (green beans)

1. Place organic green beans in a container.
2. Cover the container with a clean nylon net or cotton cloth to allow water through, but keep the beans inside the container.
3. Add filtered water to the container until it covers the beans.
4. Place the container in a dark, dry space.
5. Soak them for 4-8 hours, then pour out the water through the nylon lid, leaving the beans damp.
6. For the next 3-5 days, remember to rinse them (using the lid) with filtered water at least twice per day, maintaining a damp (but not waterlogged) environment.
7. After 3-5 days, rinse the beans again; let them be dry to touch before placing them in the fridge in a clean container.

SPROUTING VEGETABLES INCLUDE:



- All types of bean
- Lentils
- Brown rice
- Buckwheat
- Alfalfa seeds
- Sunflower seeds
- Fenugreek seeds
- Chickpeas
- Broccoli seeds
- Radish seeds

(Please note, growing methods differ slightly between vegetable types.)

KOREAN BEAN SPROUT SALAD RECIPE



Ingredients:

- ½ lb bean sprouts
- 1 teaspoon salt (to taste)
- 2 tablespoons sesame seeds, toasted
- 1 teaspoon sesame oil
- 1 teaspoon minced garlic
- ¼ cup finely chopped green onion
- 1 pinch cayenne pepper (optional)

Method:

1. Drop the bean sprouts into boiling water and boil for 1 to 2 minutes. Drain well. Return to the pan.
2. Stir in the salt, sesame seeds, sesame oil, garlic, cayenne, and green onions. Simmer for 2 minutes.
3. Serve hot or cold.

'Walking As Therapy': through our practitioners' eyes

How walking during treatment can improve physical health and emotional wellbeing for our service users

Tommy joined the Hong Kong Cancer Fund team three years ago as a registered social worker. He is an important member of our counselling team and facilitates numerous classes at our centres.

He's been a cancer survivor for almost 14 years, having been diagnosed with thyroid cancer aged 35. This experience made him reflect on his own life, helping him realise that he wanted to live a healthier and happier lifestyle.

Tommy enrolled on a running course to regain his fitness and learn how to run properly. Here, he found energy and positivity, as well as learning new skills.

Having been a counsellor for most of his career, Tommy decided to combine this experience with

his new-found appreciation for running and walking after realising how beneficial this form of exercise could be.

He now includes exercise in one of his counselling classes, Walking As Therapy (WAT).

What is WAT?

WAT is a biopsychosocial intervention based on research* relating to physical fitness, neuroscience and positive psychology.

The goal of WAT is to enable cancer patients to improve their physical fitness, enhance their psychological wellbeing and add positive meaning to their cancer experience.

What to expect?

The WAT programme is held once per quarter through eight consecutive weekly sessions. The first and last sessions comprise assessments with Tommy at our CancerLink Support Centre in North Point.

Here, Tommy will take a baseline measurement of your readiness for physical activity, quality of life, and positive outlook. This will enable our team to calculate how far you've progressed throughout the programme.

The other sessions focus on teaching you how to walk correctly, warm up /cool down effectively and think positively. As you move through the sessions, we'll encourage you to cover greater distances as your fitness level increases.

To help you through your sessions, we've prepared a useful handbook full of helpful tips and hints. You'll also find that there's a mutually beneficial atmosphere among classmates, providing you with an additional pillar of support.

Who is WAT most appropriate for?

Generally, everyone touched by cancer is able to join this programme. However, if you've had chemotherapy within the preceding 24 hours, attending a class isn't recommended.



What outcomes can you expect from the programme?

- Physical and emotional wellbeing
- Self-efficacy
- A sense of your own achievement
- Witnessing others reach their goals
- A teacher and peer group who understand you
- Feelings of pride at how far you've come

Tommy's wish is for former participants to become ambassadors for the course, helping to feed it into their own communities.

"I can see improvements in our users just by looking at their faces, seeing positive changes in their facial expressions and witnessing their energy growing throughout the course – it's incredible!" – Tommy



* Research based on studies by Erickson et al, 2010, Knols, de Bruin, Shirato, Uebelhart & Aaronson, 2010; Cao&During, 2012, Marich 2011; Cerezo, Ortiz-Tallo, Cardenal & de la Torre-Luque, 2014, Notthoff & Carstensen, 2014 ;Liang, 2016



Through the lens...

May was happily married, working at a bank and living a comfortable life when her whole world was unexpectedly turned upside down.

“Despite knowing how common it is before my diagnosis, I rarely gave cancer much thought, I took my good health for granted. That suddenly changed when I discovered a lump in my neck while on a trip to Japan. I immediately saw my doctor and, soon after, was officially diagnosed with stage 3 nasopharyngeal cancer (NPC). My world as I knew it had changed forever.”

May’s cancer was located near her pharynx. She required 36 rounds of radiation and four rounds of chemotherapy to treat her cancer. With every breath, swallow and sip of water, her throat felt like it was on fire. The pain was like torture; at times, she simply wanted to give up.

“I didn’t know where to turn for guidance and the treatment seemed endless. I had a caring family, but they too were struggling with the great burden of supporting me.”

Even when treatment was completed, the side effects endured. However, May soon saw light at the end of the tunnel when she found the free professional care offered by Hong Kong Cancer Fund’s CancerLink support centres.

She now has access to nurses who help her make informed decisions and cope with symptoms /side effects. Wellness programmes and peer support also play an important role for May as she rebuilds her life after treatment.

“Cancer Fund has helped me in so many ways. I learnt to shift my focus away from the effects of cancer through a photography workshop organised by Tin Shui Wai CancerLink support centre. Taking photos is all about capturing the best moments you see, and that is the essence of living a beautiful life.”

Far too often, families affected by cancer in Hong Kong are living with unmet needs. Cancer Fund provides people with the professional care they need. We work tirelessly to overcome the barriers that prevent vulnerable members of our community from finding help when they need it most.

May, like many with a personal understanding of cancer, is a strong advocate of the importance of early intervention and support.

“Many cancer patients and survivors feel so alone, and I encourage anyone suffering from side effects,



emotional distress or feelings of hopelessness to speak up and seek help. The Cancer Fund provides immediate relief and a network of strength and support that will see someone through every moment of treatment, recovery and long-term survivorship.”

May now volunteers her time and experience to help her peers, advocates for better access to care and is passionately engaged in photography, all while still recovering and living with her cancer.

After receiving so much support herself, May also regularly donates to Cancer Fund herself. “I am a monthly donor, and I encourage you to join me by becoming a donor, so you too can touch the lives of families living with cancer. THANK YOU!”



“I am now proud to be giving back to the Cancer Fund, helping them to fill gaps in cancer care and support people in their greatest moment of need.” – May



Be SunSmart – even with your eyes!

Skin cancer is among the top 10 most common types of cancer diagnosed in Hong Kong

This form of cancer is most likely to be caused when parts of your body are exposed to ultraviolet (UV) radiation from the sun without the necessary protection (such as sunscreen lotion).

However, have you ever thought about how UV rays can damage your eyes over time?

- **Skin cancer:** around the eyelids
- **Corneal sunburn:** by looking at the sun or snow without proper eye protection

Although your eyelid is designed to protect your eye, the skin is exceptionally thin and contains many fragile tissues that can be damaged by UV light.

Inside your eye, the lens and the cornea (both transparent) filter UV rays. However, after doing so for many years, these tissues may become damaged.

UV damage is a key cause of **eyelid cancers**.

小心皮膚癌
記得醒目防曬!
Prevent skin cancer
Be SunSmart!

香港癌症基金會 提醒你五個醒目防曬小貼士
5 simple ways to prevent skin cancer

免費癌症支援
FREE cancer support services
3656 0800
hong kong cancer fund

www.cancer-fund.org/sunsmart

Watch out for these early warning signs or changes from normality:

- A lump or bump that frequently bleeds, or doesn't disappear
- Persistent red eye /eyelid inflammation that doesn't respond to medication
- Unexplained loss of eyelashes
- New flat or elevated pigmented lesions that have irregular borders and growth

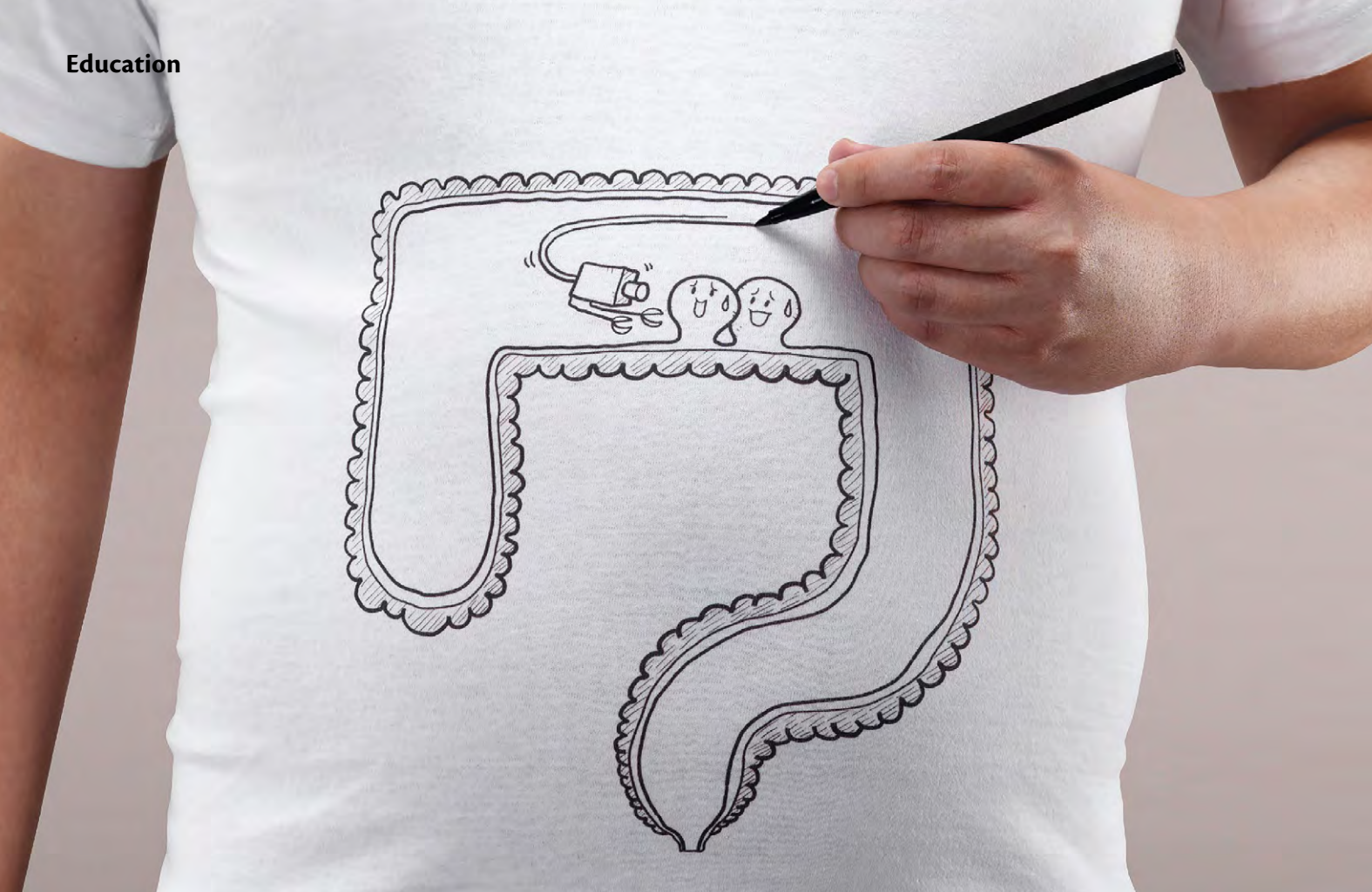
If you notice any of these warning signs or changes from normality, consult your doctor immediately.

TIPS FOR CHOOSING EFFECTIVE SUNGLASSES



- Look for sunglasses that effectively block 99 to 100 percent of UVB and UVA rays.
- Do not choose sunglasses based on the darkness or colour of the lenses. Unless treated, the dark lens does not block out UV rays better than other tints. Read the label instead.
- When it comes to sunglasses, bigger is better. Wrap-around shades that offer side protections are especially good choices. The sun's rays do not just come from the front. They can reflect from surfaces like cars or the water.
- If you do a lot of driving, boating or skiing consider polarized sunglasses, which are effective at reducing glare.

While you're in the sun, snow or on water,
BE SUNSMART – remember to protect your eyes with UV protective sunglasses.



All you need to know about colonoscopies...

Have you heard of colonoscopies? A lot of people have heard about this useful procedure but hesitate to arrange one, despite the fact it can help prevent colorectal cancer.

Dr. ST Yuen, Hong Kong Cancer Fund's medical advisor, Deputy Medical Superintendent of St Paul's Hospital and Honorary Clinical Professor of The University of Hong Kong's Department of Pathology, will help you better understand this potentially life-saving procedure.

Q1 What is a colonoscopy?

A colonoscopy is a screening test that involves inserting a flexible tube (colonoscope) into the body through the anus in order to examine both the colon and rectum itself.

If polyps are observed, the doctor can remove them right away. Some polyps can become cancerous, so removing them can greatly reduce your risk of colorectal cancer.

If a cancerous tumour is identified, tissue samples will be taken for biopsy to enable further diagnosis.

Q2 Why do we need to stop eating solid foods and drink laxatives before the procedure?

It's important to clear the colon before the colonoscopy so that the colonoscope can clearly monitor every part of the colon and rectum lining.

Usually, the examinee is advised to reduce their consumption of fibrous food (such as fruits and vegetables) three days before the screening, then eat only liquid food on the day prior to the screening. A laxative will be prescribed to clear the colon completely before the screening commences.

Q3 Are there any risks involved in the colonoscopy procedure?

According to international statistics, colonoscopies can cause a tear in the colon at a rate of around one in every thousand screenings, so the procedure does come with some risk.

Choosing a well-equipped hospital, where an experienced doctor will perform the procedure, can lower this risk as they'll be able to manage any unexpected incidents.

Q4 Who should have a colonoscopy screening?

In Hong Kong, the average age at which colorectal cancer is diagnosed is 65, with 90% of those diagnosed aged 50 or above.

Considering the fact that it takes 10 to 15 years for a polypus to turn into a cancerous tumour, anyone aged 50 or above should consider a colonoscopy screening to help prevent colorectal cancer.

Q5 How often should one have a colonoscopy?

If a prior colonoscopy has cleared all polyps, you should consider a second procedure around 10 years after your first, as it takes time for a polypus to turn into a cancerous tumour.

However, if you have a family history of colorectal cancer, hereditary cancer syndrome, larger polyps or abnormalities in your colon, you should consider having a colonoscopy

more frequently (in line with your doctor's recommendations).

Colorectal cancer is the most common cancer in Hong Kong, but also one of the few that can be prevented.

Most colorectal cancers result from the growth of polyps in the colon. However, timely screening can remove these polyps and therefore reduce your risk of developing cancer. To GET YOURS consult your doctor for recommendations.

Find out more about how you can lower your colorectal cancer risk on our website: www.cancer-fund.org/colorectal

In the 2014 Policy Address, the government outlined the planning and implementation of a pilot programme that subsidises colorectal cancer screening for specific age groups.

The pilot colorectal cancer screening programme supports Hong Kong residents born between 1946 and 1955, with stool testing. According to initial test results, 67.7% of the 5,894 participants who tested positive and received a colonoscopy between September 2016 and January 2018 were found to have polyps in their colon, with 6.5% being diagnosed with colorectal cancer.

Find out more from the programme's website: www.colonscreen.gov.hk/en

Cancer Fund's 5 simple tips for colon health



MORE veggies



MORE exercise



GET checked



LESS alcohol



DON'T smoke

Special Colonoscopy Packages

We are offering colonoscopy packages for Cancer Fund's donors. If you are interested, please visit: event.cancer-fund.org/colorectal/html/eng/colonoscopy.html

Enhance brain training

Enhance brain training is based on Brain Gym®, which combines behavioural neuroscience, learning and behaviour theory, hypnosis and Neuro-Linguistic Programming (NLP).

What is it?
Enhance brain training comprises a series of 26 simple exercises.

Practising these exercises increases your knowledge and helps develop a stronger relationship between your brain and your body.

Hong Kong Cancer Fund has re-structured the recommended sequence of exercises to reflect the different abilities of our service users.

These exercises are categorised into two levels; elementary and intermediate.

Who's it for?
People touched by cancer often report how their memory and ability to concentrate have been affected by treatment.

This can result in feelings of distress, frustration or embarrassment when they make a mistake or become confused.



“My attentiveness has improved. My concentration span increased from 5 minutes to 20 minutes. The coordination between my left brain and right brain also became better.”

– Ms Chan, breast cancer patient

Enhance brain training workshops support people with these symptoms, focusing on improving their brain functionality, and therefore their overall quality of life.

Where can I take part?

The course takes place bi-annually at our support centre in Kwai Chung. For more information, please call our service hotline on 3656 0800.

What are the outcomes likely to be?

We'll evaluate your condition and log improved memory /attention functionality by conducting pre and post-procedural questionnaires. We'll also continually monitor improvements throughout your course via observation at each workshop.

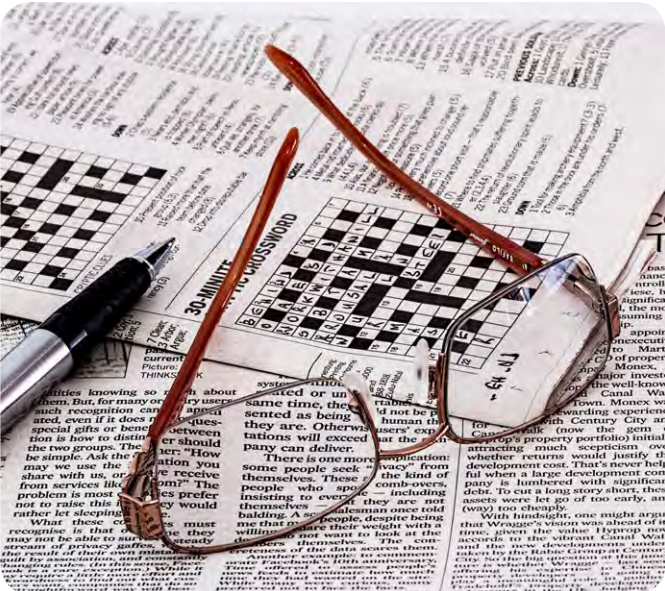
How to:

- **Consuming a healthy and balanced diet** keeps our brains young. Eat more fresh fruit and vegetables and cut down on processed food.
- **Engaging in positive thoughts** can increase our overall wellbeing.
- **Socialising** helps reduce stress, improve our mood and overall mental health.
- **Getting enough good quality sleep** is vital for our bodies to function properly. Lack of sleep can affect our cognitive performance, including response times and attention span.
- **Exercising regularly** creates new neurons within our brain, improving our ability to learn and boosting our brain's performance.

START NOW FROM HOME:

- Learn a new craft e.g. knitting
- Enjoy a game of chess, cards, scrabble or Mahjong
- Learn a second language
- Use your chopsticks with non dominant hand
- Read upside down
- Stimulate you senses e.g. cooking or gardening

Remember you brain enjoys learning all the time!





Self-help groups: Spring Festival Gathering 2018

The Hong Kong Cancer Fund, Alliance for Patients’ Mutual Help Organization and Hong Kong Society for Rehabilitation teamed up to mark Chinese New Year by arranging a gathering on 10 March 2018.

Self-help groups are essential for providing appropriate support to patients and family members in need. They play an important role in bringing communities together to share their experiences and learn from one another.

The Spring Festival Gathering 2018 is undoubtedly the event of the year when it comes to honouring the great work done by self-help groups in Hong Kong. It also provides a platform for us all to meet, share stories and discuss best-practice techniques.

This event celebrates the effort and contribution of all self-help groups and encourages them to continue the amazing work they’re undertaking.

Officiating guests at this year’s event included:

- Prof. Sophia Chan JP: Secretary for Food and Health
- Mr. Caspar Tsui JP: Under Secretary for Labour and Welfare
- Prof. John Leong SBS, JP: Chairman of the Hospital Authority Board

These officiating guests were received by:

- Ms. Sally Lo MBE: Founder and CEO of Hong Kong Cancer Fund
- Mr. Yuen Siu Lam: Chairman of Hong Kong Alliance of Patients’ Organizations Ltd.
- Prof. Cecilia Chan JP: Chairperson of The Hong Kong Society for Rehabilitation

Together, they sent their best Chinese New Year wishes to participants from 148 self-help groups, 89 government departments, the Hospital Authority, NGOs and commercial firms.



**FRIENDS OF CANCERLINK:
SELF-HELP GROUPS**

Name	Service Target
Hong Kong Pioneer Mutual Support Association Ltd	All cancers
CanSurvive	All cancers
The New Voice Club of Hong Kong	Laryngeal cancer
Sunflower Network	Breast cancer and gynecological cancer
The Brightening Association (Hong Kong) Ltd.	Breast cancer and gynecological cancer
Yin Hong Club	Breast cancer
Tung Wah Hospital Breast Cancer Support Group	Breast cancer
Bauhinia Club	Breast Cancer
Yin Chun Club	Breast Cancer
Orchid Support Group	Gynaecological cancer
Mutual Aid Association	Nasopharyngeal cancer
Rising Sun Association	Nasopharyngeal cancer
Kin Lok Club	Nasopharyngeal cancer
Association of Relive	Nasopharyngeal cancer
Hong Kong Adult Blood Cancer Group Ltd.	Leukaemia
Hong Kong Bone Marrow Transplant Patients’ Association	Patients receiving bone marrow transplants
Cheong Hong Club	Bowel cancer without stoma
Hong Kong Stoma Association	Bowel cancer with stoma
Tuen Mun Hospital Stoma Group	Bowel cancer with stoma
Chinese Painting and Calligraphy at Leisure Circle	Cancer patients interested in calligraphy
Hong Kong GIST Union	Gastrointestinal stromal tumor
Prostate Peer Association	Prostate cancer



Would you consider...? A 'little' run for a big cause

Tam Chi-keung, 63 years old, is a retired hospital social worker who has continued his passion for helping people facing cancer in a different way. He now demonstrates this passion by turning running into a fundraising activity.

120 runners from Hong Kong, mainland, Macau and Taiwan joined Tam for 'A Little Run Around Hong Kong for Charity'; a seven-day marathon that took place in December last year. This marathon involved running 20km each day (starting at 07:30), meaning they've left their footsteps all over Hong Kong.

The weather tried to dampen morale. However, the huge crowds of cheering supporters offered encouragement along the entire route, keeping the runners' spirits high.

Among the marathon runners were cancer survivors who'd travelled the challenging and often daunting journey towards recovery. The run reminded them of their cancer journey; the uncertainty of what might happen next, the exhaustion and the emotional highs and lows.

Now, having started a new beginning, they've helped inspire those undergoing their own cancer journey not

to give up by joining the marathon and putting their courage on display.

This enormous effort was rewarded, as the runners exceeded their fundraising target, generating almost HK\$300,000 for Cancer Fund. From the bottom of our hearts, thank you. We are so grateful!

The 'Little Run' has now turned into an enormous event that promotes an exceptionally positive message. Tam explained: "There's always a way out of any challenge we face. There are numerous people in the community who care and are ready to lend a helping hand to bring hope to those on their own cancer journey."

"Life is like running a marathon. There are ups and downs on the way, with obstacles to get over. As long as we stay positive, there isn't a barrier too high or tough to overcome."

— Tam Chi-keung, runner & fundraiser

Or...? A 'stroll' up Mount Everest

In memory of his mentor Richard Frederick Margetson, Raymond Fung ascended to Mount Everest Base Camp (EBC) to raise awareness of prostate cancer and generate crucial donations for the Hong Kong Cancer Fund.

With an almost super-human effort, the team reached an altitude of 5,380m. This mission was hugely challenging, with temperatures well below zero (as low as -30C with wind chill factored in), harsh winds and oxygen levels of between 50-60%.

The team was off-grid for a few days as there was no reception at all; and, due to the extreme cold, none of their power banks would charge their devices.

Raymond and his teammates took a few days to acclimatise to the change in altitude, going up and down a few routes and camping out at Gora Shep (5,130m).

With lack of sleep, severe weather and technical issues, there were times when the intrepid team took three hours to hike just 4.5km up an 800m incline! However, it was worth every step, as they've raised an incredible amount at almost HK\$150,000 for the Cancer Fund.



INSPIRED...? Why not become a DIY fundraiser for us?

Becoming a DIY fundraiser is a fantastic opportunity to get involved with a charity and raise crucial funds for a cause you're passionate about. You'll inspire others to help make a difference too, so your support is invaluable.

There are many different options for becoming a DIY fundraiser. You can do it as an individual, part of a team, within a department, or as a family. Choose from thousands of different fundraising ideas; anything from a cake sale to your very own outdoor adventure.

Create your own fundraising page now:
www.cancer-fund.org

Cancer Fund would like to take this opportunity to thank Mr. Tam, Raymond and their teams from the bottom of our hearts. You've really made a difference to those touched by cancer!

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.

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