

Autumn | Winter 2018

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Power of Pink

Cancer Fund's
Pink Revolution 2018



癌症基金會
CANCERFUND
So no one faces cancer alone

www.cancer-fund.org

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Step forward

Dear Friends,

For over a decade we have been raising awareness of breast cancer through our Pink Revolution campaign that successfully encourages women to 'check, check, check'.

This year, we are taking a big step forward. We will be launching a women's cancer care centre – the first specialised care centre ever in Hong Kong to cater to the needs of women experiencing cancers specific to females.



Women take on multiple roles in society, in the workplace, at home and in the community. It's disheartening to read the cancer statistics, which state that among the 10 most common cancers for women in Hong Kong, four of them are women's cancer. Breast cancer remains the most common among women in Hong Kong, followed by corpus uteri, ovarian and cervical cancers.

It's time to put the focus on women's health and provide specialised support for those going through the cancer journey. Female cancers are particularly difficult for women to overcome when the challenges extend to sexuality, fertility and femininity – which can all directly affect a woman's family life and future.

With our professional team formed of nurses, clinical psychologist, social workers, art therapist, dietician and a strong peer-support team as the backbone, our new service centre will provide exclusive care to help patients maintain their physical strength, manage their emotions and provide care to the whole family.

I look forward to sharing more about our new service with you when we launch early next year at our support centre in Central. I really hope that you will join us to show your support for the women in your lives and together build a healthy society.

With love,

A handwritten signature in black ink that reads 'Sally Lo'. The signature is fluid and cursive.

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

ANNOUNCEMENT

Cancer Fund launches Hong Kong's first women's cancer care centre

This centre is the first and only care centre in Hong Kong specialising exclusively in cancers that affect women. The centre provides services that cater to the needs of women who are experiencing breast and gynaecological cancers – including ovarian, cervical and corpus uteri, which are among the 10 most common cancers for women in Hong Kong. Using an inclusive approach, our tailored services also support the patient's whole family, including their children and partner.

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



Professional Services and Workshops

Our Nurses and Dietician conduct one-on-one sessions and tailored workshops to equip patients and caregivers with the information and skills to effectively manage cancers experienced by women and their treatment side effects (such as fatigue, nausea, stress and pain). We also offer support concerning recovery and rehabilitation, covering a wide variety of topics.

Individual or Family Counselling

Our Clinical Psychologist and Social Workers are experienced in helping women, their partners and families understand their diagnosis and work on ways to manage their emotions and fears. They also offer support concerning issues around sexuality and intimacy.



Wellness and Holistic Health Care

We provide weekly wellness programmes such as yoga therapy, breathing and relaxation, meditation and many more. These aim to strengthen the body, cultivate a state of inner peace and joy, and promote self-healing to achieve a better quality of life.



Peer-Support Groups

We support seven self-help groups for women's cancer, providing much-needed encouragement and information to fellow patients and families, as well as coaching from survivors to help the newly diagnosed.



Art Therapy

Our Art Therapist supports creative arts therapy services through music, visual art, dance and drama to help patients express their suppressed feelings, and help couples or families understand each other better and enhance their relationship through non-verbal communication.

Body Image Support

Our range of 'look good, feel better' programmes aim to help those touched by cancer to improve their confidence, quality of life and overall well-being. Experienced hairstyling volunteers provide free, professional hairstyling services at our centre; we also provide wigs for loan and headscarf styling advice for those who experience hair loss. Our breast prosthesis subsidy supports women with breast cancer who have financial difficulties to purchase breast prostheses and bras. We also organise workshops to help clients to enhance their self-image through learning how to take good care of their body and mind.





Our Pink power

Cancer Fund's Pink Revolution is Hong Kong's biggest and most comprehensive breast cancer awareness campaign, running every October alongside international breast cancer awareness month. It aims to promote the importance of early detection, whilst raising essential funds to support anyone touched by breast cancer.

Breast cancer is the most common cancer for women in Hong Kong, with approximately one in every 16 women being diagnosed*. Early detection is vital and survival rates are on the increase.

This year, we have a range of events and activities that you can get involved with to show support for women and their families affected by breast cancer. All donations raised will help us support and expand our FREE breast cancer services.

Visit www.cancer-fund.org/pink/en for all the 'Pink' details.

* Hong Kong Cancer Registry

27
Sep



Pink Revolution Launch

27 Sep 2018, Festival Walk

This year, Cancer Fund's Pink Revolution will have its kick-off event and Press Conference at Festival Walk in Kowloon Tong on the 27 September 2018. Support us as we mark the start of this month-long celebration and campaign with special guests, giveaways, information and inspiring cancer survivors, reminding everyone to care about women's health.



Oct

Shop for Pink

Your favourite shops, restaurants, beauty and hotels will be offering perfect 'Pink' deals for Pink Revolution, with a percentage of the proceeds going towards helping women with breast cancer. Shop at top retailers and show your support at the same time!



FREE health talk

14 Oct, Hong Kong Central Library

Breast cancer, corpus uteri cancer, ovarian cancer and cervical cancer are the most common types of cancer among women in Hong Kong*, with the number of women affected consistently rising. To raise public awareness of women's cancer, Hong Kong Cancer Fund is holding a free health talk entitled 'Let's talk about women's cancer' featuring guest speaker Dr Janice Tsang, Specialist in Medical Oncology, Founding Convenor, Hong Kong Breast Oncology Group (HKBOG), to guide us towards better health and management of women's cancer (talk is conducted in Cantonese).

14
Oct



Check, check, check

Our Pink Ambassadors Coco Lee and Fala Chen are reminding all women across Hong Kong to 'check, check, check' their breasts regularly. Spread the news and follow us on Facebook (www.facebook/hongkongcancerfund) for more health tips!



26
Oct

Dress Pink Day

You can send your love and care to women undergoing breast cancer treatment by joining Dress Pink Day! Wear pink and donate HK\$120 or above to help support our free breast cancer services, including the delivery of a recovery pack to the bedside of those undergoing treatment.

More and more companies are joining to make it a fun team-building day and a showcase of their corporate social responsibility.



Visit our Pink Revolution website to find out more about our array of 'Pink' activities:

www.cancer-fund.org/pink/en

To make a donation, please call 3667 6333.

Pink ladies' way to a healthy diet



Every woman hopes to keep fit and pretty! Cancer Fund's Pink Ambassador Fala Chen has joined a pink tea party with breast cancer survivors and our programme facilitators at our CancerLink Support Centre in Kwai Chung to share healthy diet tips and make some healthy pink snacks together.

Diet tips from Fala

Keep a balanced diet with a large portion of vegetables which provide various vitamins for our body and help us to lower the risks of getting diseases such as high blood pressure, diabetes, stroke, heart disease and cancer.

A daily '2 + 3' – it's essential for us to consume two portions of fruit and three portions of vegetables a

day to keep healthy. "I have loved eating vegetables since I was small, some people even nicknamed me the 'veggie monster'! My mom is a dance teacher, so she is exceptionally health-conscious. Whenever I opened the refrigerator at home everything was green! I was also only allowed to eat a very small amount of sweets from a young age."

While Fala was studying in the US, she loved eating at the salad bar in the canteen, having up to five portions of fresh vegetables with plenty of fruit every day to keep herself healthy.

Fala likes to eat light meals and sometimes she will cook. She stressed that doing exercise is also very important and she will exercise or do

yoga five or six times a week to keep her body in top condition.

Mission of a Pink Ambassador

Fala also has a family member with cancer. Fala would like to raise public awareness of cancer and promote healthier living in her role as Cancer Fund's Pink Ambassador. She also wants to raise awareness of the free professional services provided by Cancer Fund.

"Cancer is something we can all relate to, there are several ways that cancer patients can be helped so that they can live better through the cancer journey." She reminds everyone to show their love and care to those affected by the disease. A simple message that shows you care can make a big difference.

PINK RECIPT

Perilla Lemon Mocktail

Ingredients:

- 1 bunch of Perilla leaves
- Juice of 1 lemon
- Some honey or rock sugar

Method:

Boil a pot of water, add sugar to taste and perilla leaves, simmer for 5-10 minutes.

Turn off the heat and take out the perilla leaves. Leave the liquid to cool and put it in the fridge to cool it further, if preferred. Add the lemon juice to the perilla liquid and it will transform into a beautiful pink mocktail!

Nutritional value:

Lemons contain vitamin C which is a good antioxidant, and can help to increase white blood cells and boost the immune system.



Goji Berry Energy Balls

Ingredients: (for 20-25 energy balls)

- 50g goji berries
- 50g dry dates (pitted)
- 50g cashew nuts
- 50g flaxseeds
- 50g sunflower seeds
- 50g pumpkin seeds
- 20g coconut flakes
- 25g coconut nectar
- 1/8 tsp sea salt
- 15g raw cacao powder
- 15g beetroot powder

Method:

Blend all ingredients and roll the mixture into small balls. Sprinkle beetroot powder onto the balls.

Nutritional value:

Nuts and seeds serve as a good source of energy, fibre and healthy fats in these energy balls, while giving them a nutty flavour and gritty texture. Adding in dates increases the vitamin (such as vitamin A, B1, B2, B3, B5, C) and mineral content of the energy balls. Goji berries are a good source of vitamins A and C, iron and antioxidants.



Keep fit to keep healthy

There is a wealth of research linking obesity with breast cancer. Women who are overweight have a higher risk of breast cancer after the menopause. Whenever BMI increases by 5, the risk of breast cancer will increase by 20% to 40%. To stay healthy and cancer-free, take control of your body weight and waistline, exercise often and try not to drink alcohol.

So, join Fala today to stay pretty and healthy!

Cancer Fund's CancerLink Support Centres provide various cooking classes and dietetic workshops to enhance healthy cooking and a balanced diet for those touched by cancer. Please check our LINK programme or call our service hotline on 3656 0800 to find out more.



8

frequently asked questions about breast cancer



At Cancer Fund we receive many questions concerning breast cancer in the calls to our hotline or during consultations with our staff. Here, we have listed our top eight frequently asked questions for your reference. If you have further questions regarding breast cancer or any other types of cancer, please don't hesitate to contact us. We are always here and ready to help.

Q1 How can I tell if I have breast cancer?

The most common symptom found by women is a lump in the breast, armpit or chest area. Most lumps are not cancerous, but you can't tell whether a lump could be cancer just from the way it feels. Consult your doctor immediately to have it checked. Regular

screening is crucial for detecting breast cancer early as, in some cases, there can be no symptoms.

Q2 How can I be screened?

Your doctor will recommend a suitable screening method for you. The most common screening methods are mammography and ultrasound. A mammogram is a breast x-ray designed to detect breast abnormalities. The other option is an ultrasound screening which can assess the general condition of the breast and determine whether a lump is a cyst or a solid mass that could be cancerous.

Q3 Can I check myself and how often?

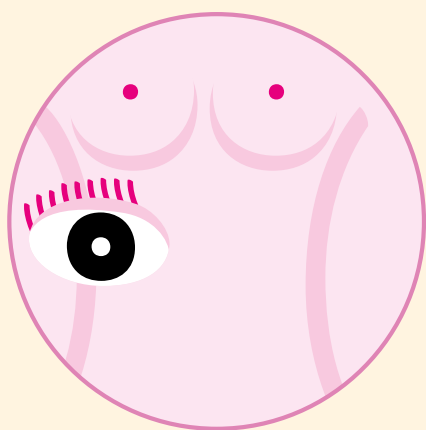
Women of all ages should be familiar with the normal look and feel of

their breasts. Early detection of breast cancer improves the chance of diagnosing breast cancer early, which means a better chance of survival. Women over the age of 20 are advised to check their breasts monthly by self-examination. Before reaching the menopause, all women should check their breasts from the 7th–10th day after their period starts, while post-menopausal women should carry out self-examinations on the same day of each month.

Q4 Why is early detection important for breast cancer?

Early detection can save lives. The earlier the cancer is detected, the more treatment options you will have available and the greater your chance is of a full recovery.

Check your breasts in 3 easy steps



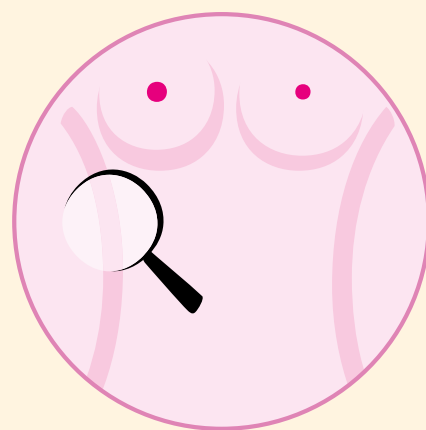
1

LOOK for changes in your breast or changes/discharge from the nipple



2

FEEL for lumps, thickening, puckering, dimpling of the skin, unusual redness, colour change or pain



3

COMPARE the shape and size of your breast with before, and both nipples for unusual changes

For more information about breast self-examination, please visit
www.cancer-fund.org/pink/en/look-feel-compare

Q5 If my grandmother or mother had breast cancer, will I get it too?

Having a family history of breast cancer is only one risk factor for the disease, and having one or more risk factors doesn't mean that you will definitely develop the disease, or that you have inherited a genetic risk of breast cancer. Only 5% to 10% of all breast cancer cases are caused by an inherited genetic mutation. However, even if you don't have a family history of breast cancer, this doesn't mean that you won't develop the disease.

Q6 If I have a high-fat diet, am I more likely to develop breast cancer?

Although there is no evidence to show that a high-fat diet increases the risk of developing breast cancer,

one should avoid a high-fat diet and eat healthily. Being overweight post-menopause increases a woman's risk of having breast cancer and many other diseases.

Q7 What are my chances of being diagnosed with breast cancer?

In Hong Kong, it's estimated that one in 16 women will be diagnosed with breast cancer. The good news is that on the flip side, 15 out of 16 people will never get breast cancer, however the number of cases is on the rise. In the last decade, the total number of breast cancer cases rose dramatically; up by about 70% (3,900 cases were diagnosed in 2015 and only 2,273 in 2004*), but survival rate has been increasing too. So, early detection is crucial as early stage breast cancer can be

treated more successfully with more treatment options.

*Hong Kong Cancer Registry

Q8 There is a lump in my breast, is it cancerous?

Not all breast lumps are cancerous. In general, 90% of lumps are caused by benign (non-cancerous) changes in the breast. This percentage tends to fluctuate with age. For younger women, more than 90% of breast lumps are benign. As a woman gets older, her risk of breast cancer increases. The percentage of benign breast lumps in older women may be much lower than in younger women. It is still important for women of all ages to be alert to signs of breast cancer, and report any breast abnormalities to their doctor.



Is this normal sadness or depression?

Like most people in Hong Kong, Lorna has a lot of pressure at work while also busy taking care of the family. She had been particularly unhappy since cancer diagnosis. Although she made a full recovery, she always feared a relapse and had many sleepless nights.

Is Lorna depressed?

Marian Wong, Hong Kong Cancer Fund's Clinical Psychologist says that feeling sad is a normal feeling in everyday life and it is also natural to feel sad after a cancer diagnosis. "We do not have to suppress unpleasant feelings as hiding your feelings won't make them go away, but we can find appropriate ways to release or express them. However, if sadness persists for a long period of time without proper management, this can lead to psychological disorders such as depression."

In Hong Kong, three in every 100 people are diagnosed with depression* and it affects 15%-25% of cancer patients. "Depression is different from normal sadness and it can happen to anyone. As

long as an individual gets professional help such as psychological treatments and/or appropriate medication, they can get better," says Marian.

Do I have depression?

Here are the symptoms of depression:

- Feeling low or irritated most of the time
- Displaying a loss of interest and pleasure in daily activities[^]
- Significant weight loss or weight gain, or a noticeable change in appetite
- Disturbances in falling asleep or sleeping too much
- Feeling slowed down in your movements or feeling restless
- Feeling tired or loss of energy
- Having strong feelings of worthlessness or excessive guilt[^]
- Difficulty concentrating, or being indecisive
- Having thoughts of dying or committing suicide[^]

If a person experiences some of the above symptoms nearly every day for at least a few weeks, and their symptoms affected their daily functioning

such as work and/or socialising with others, this may indicate depression.

Please note that some cancer side effects may overlap with the above depressive symptoms. If a cancer patient suspects she has suffered from depression, she can refer to the points with ^ as they may be a more reliable symptoms of depression to assess own's condition. If in doubt, our staff is ready to receive call and offer assistance.

What should I do if I have symptoms of depression or feeling low?

"If you are feeling low, talk to people you trust and let them know how you feel, or try to become more active as a way to improve our mood through our behaviors, which is known as 'behavioral activation'. Research evidence[#] has shown that going for a short walk even if it is just for 20 minutes helps to alleviate symptoms of depression. Anyone who suspects that they have depression should seek timely professional help. It is an act of courage and an appropriate step to manage depression by getting proper treatment" says Marian.

"If you have a friend or family member who has symptoms of depression, you can reach out to them and encourage them to seek professional help. Remember that being a compassionate listener is much more important than advice-giving. Dealing with a friend or family member who is depressed can be difficult, so don't forget to take care of your own wellbeing." Cancer Fund offers consultations from clinical psychologist to anyone in need. We also organise workshops and talks that help survivors to learn more and manage their emotions. Call our service hotline on 3656 0800 to find out more.



**Cancer Fund's
Clinical
Psychologist,
Marian**

IS THIS NORMAL SADNESS OR DEPRESSION?

Normal sadness

Symptoms last for a short period of time (few hours to a few days)

Able to manage daily activities and work

May experience a lack of confidence

Understand that this sadness is only temporary

Able to distract oneself from sadness by doing other things

No suicidal thoughts

Depression

Symptoms usually persist for at least a few weeks

Cause impairment in the person's ability to function at work, home, and/or in social life

Persistent feelings of worthlessness and guilt

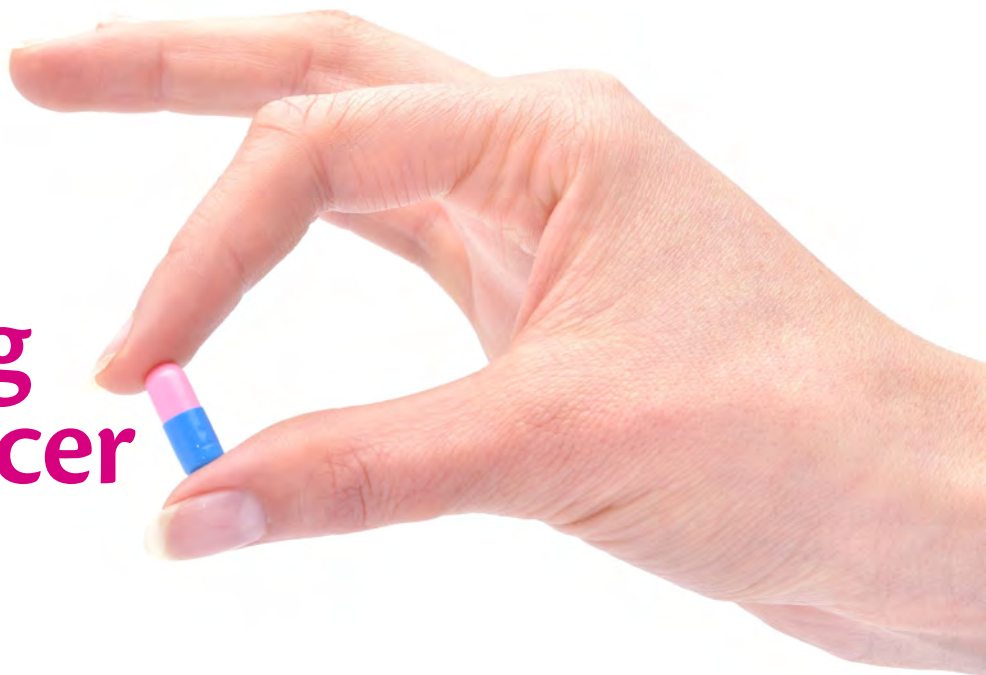
Feeling like there's no hope for the future and cannot see him/herself feeling happy again

Crowded by feelings of sadness, despite trying to distract self from it by doing other things

May experience suicidal thoughts

*Figures from the Department of Health, HKSAR Government, #Reference: Cooney GM, Dwan K, Greig CA, Lawlor DA, Rimer J, Waugh FR, McMurdo M, Mead GE. Exercise for depression. Cochrane Database of Systematic Reviews 2013, Issue 9

Diagnosing breast cancer with a pill



Mammograms can be uncomfortable and don't always provide accurate results; exposing women to harmful X-rays. Scientists claim to have developed a non-invasive screening pill which makes cancerous tumours light up when exposed to near-infrared lighting, without the use of radiation, as published in ACS' journal *Molecular Pharmaceutics*.

Breast cancer is the most common cancer among women in Hong Kong. Mammograms can provide

information regarding lump size and location via X-rays, but don't distinguish between benign and cancerous growths; resulting in one in three healthy women undergoing unnecessary treatment, exposure and procedures. Use of low levels of radiation are required to carry out a mammogram and, while the risk is said to be low, repeated X-rays can cause health issues. Another method of breast tumour detection is the use of fluorescent probes which are given intravenously and pose certain risks of their own.

Keeping all this in mind, the team of scientists set out to develop a more accurate and safer technique for detection that was also non-invasive.

This imaging pill was developed combining two types of molecule: a dye which has negatively charged sulphate groups attached to it; and a dye targeting a molecule that binds to proteins on the surface of breast cancer cells. Solubility of near-infrared fluorescent dye is enhanced by sulphate groups, which increases the likelihood of tumour detection. Testing in animals showed that a considerable proportion of the imaging agent was absorbed into the bloodstream, binding to cancer cells with very little background noise. According to researchers the pills may lead to a far more accurate, safer, non-invasive way to detect breast cancer which could be modified to detect other diseases in the future.

Source: American Chemical Society



The 3 letters men should know – PSA

A prostate specific antigen (PSA) test is a blood test to check your PSA level. Men with prostate cancer can have a raised level of PSA.

What is PSA?

Prostate specific antigen (PSA) is a protein produced by both normal and cancerous prostate cells. It's normal for all men to have some PSA in their blood. A high level of PSA can be a sign of cancer or other problems with the prostate. But your PSA level can also be raised in prostate conditions that are not cancerous (are benign), or if you have an infection. A diagnosis of cancer is not usually made based on PSA level alone.

You might have a PSA test if you have:

- symptoms that could be caused by prostate cancer
- a request from you or recommended by your doctor

Results

PSA is usually measured in nanograms per millilitre of blood (ng/ml). There is no one PSA reading that is considered 'normal'. The reading varies from man to man, and the level increases as you get older.

Your doctor may refer you to a specialist if your PSA level is thought to be high for your age. The specialist will carry out a physical examination and discuss any other symptoms you might have before they recommend taking a sample of tissue from your prostate (a biopsy).

PSA level isn't a definite sign of whether a man may have prostate cancer. Some men have prostate cancer but have a PSA level that is normal for their age. Other men have a higher PSA level, but don't have prostate cancer.

PSA level can be affected by factors other than cancer (e.g. ejaculation within the last 48 hours). Ask your doctor for details and get their advice when having a PSA test. For more information on prostate cancer, please visit www.cancer-fund.org/prostate/en

Source: Cancer Research UK



Hong Kong Cancer Fund is the beneficiary of Movember 2018, a global charitable movement that tackles men's health. Grow a moustache this November and all funds raised will help support our prostate cancer care services and local research. For more information, please visit: hk.movember.com



Real men protect their assets! Cancer Fund's annual prostate cancer education campaign will start in November. Join Wynners to become more health aware!

Join Stride for a Cure

Walk for a better tomorrow!



Join 'Stride for a Cure' walkathon to support local cancer research.

A better tomorrow for all affected by cancer! Join us for a great day out in nature with games, performances and more! Each participant will get a goody bag with free t-shirt, packed lunch and other delights. Help us reach our HK\$3 million target to support life-changing local cancer research projects and cancer services.

Date: 25 November 2018, 9 a.m. till 2 p.m.

Location: Hong Kong International School (HKIS), Tai Tam

*Free shuttle to take participants between Central Star Ferry Pier and the event location

Places are limited, and the event is extremely popular, so don't miss out – register now at www.cancer-fund.org/sfc/en



Run for a Cure

If you love running, you can also support people with cancer using your hobby! Join 'Run for a Cure' and run 21km or more at anytime, anywhere during November and December, asking your friends and family to support you by making a donation to create a better future for people with cancer.

Join us! You'll be in with a chance of winning a limited-edition souvenir too!

www.cancer-fund.org/sfc-run/en



Thank you, Mr Michael Wong, for enabling Angela (third girl from left) and other Cancer Fund Rainbow Club members to fly high!



Thanks for letting me fly

Dear readers,

Hello! This is Angela. I'm 13 years old. My mother was diagnosed with breast cancer when I was in primary three. I was scared and frightened back then but, with time, I began to understand that by staying strong as a family my mum will recover.

I have learned so much through my mom's cancer journey. I have become more independent and I've realised that being a good daughter can help my parents a lot by relieving some of their pressure – like helping with housework and working hard with my homework.

More importantly, I've also learned to understand my mom's feelings more. I know that I shouldn't disturb her when she's resting, and if she's feeling unwell I help her get groceries from the market. I know I can't really do much, but I still want to help as far as I can.

Cancer Fund's CancerLink Support Centre is important for us, particularly after mom's surgery. They have provided a lot of practical support to her and I've attended their workshops to help me cope with the challenges of mom's cancer.

The whole family is affected when a member of the family gets ill. Cancer Fund's Rainbow Club has helped to enhance the love and harmony in our family. The activities we've taken part in, such as camping and the Big Brother Big Sister programme, have helped us to improve our family ties and have enabled us to get to know other families in similar situations, so that we can help each other.

Recently, I had a very special experience flying in the sky! Thank you to Mr Michael Wong for taking three Rainbow Club families for a helicopter ride; I was lucky to be one of them! It was really amazing to see the beautiful scenery of Hong Kong

from high above, travelling from Victoria Harbour to Ocean Park in minutes! We were also served with wonderful desserts while we were waiting for the ride at the hotel – the food looked so pretty that I didn't want to eat it!

I am extremely grateful to Cancer Fund for arranging this special event for us, it was truly memorable. I am also thankful for their support and services through the years. I hope I can become a volunteer one day and give back to the community.

Last but not the least, I wish Cancer Fund well in continuing their work in bringing light and hope to people affected by cancer.

Best regards,
Angela

(This amazing helicopter tour was sponsored by MW Michael Wong X Gold Elite Paris 24k gold iPhoneX and Number One PR Communication Ltd.)



New cancer booklets available – FREE

Our cancer booklets are a valuable reference, especially for people with cancer; equipping them with practical information following their diagnosis about potential treatment options and tips on survivorship. With our array of cancer booklets covering over 30 titles, we hope to help everyone understand cancer better by providing information about the different types of cancer, risk factors and symptoms – from diagnosis through to recovery.

With generous support from ANZ, we have started revamping our cancer booklets and updating their contents using a new, easy-to-read layout. All our booklets are reviewed and endorsed by Hong Kong medical professionals who have provided their expert advice.

Newly updated booklets are as listed below :

- Breast cancer*
- Breast cancer care*
- Cervical cancer and corpus uteri cancer*
- Cope with cancer*
- Lymphoedema*
- Lymphoma

(*Chinese only)

Soft copies of the booklets are available on our website for free download: www.cancer-fund.org/en/cancer-booklets-2



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. (In arbitrary order)

PINK REVOLUTION 2018

- Coco Lee
- Fala Chen
- Dr. Janice Tsang Wing Hang
- Dr. Tony Yuen Yiu Sang
- 3DG Jewellery
- #legend
- aalis
- amika
- Around DB
- Bonjour Holdings Limited
- Bright Diva International Ltd.
- Calvin Klein Performance
- Casablanca
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- ECCO
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- Pacific Coffee
- PizzaExpress (HK) Ltd.
- Her Own Words
- HW Bridal
- ICE-WATCH
- Ideale Chef
- Liv Magazine
- Milk Magazine
- Mizuho Corporate Bank Limited
- Privilege Vida
- Prudential Hong Kong Ltd.
- PURE
- SATAMI
- The Royal Garden
- Zojirushi

COLORECTAL CANCER AWARENESS CAMPAIGN 2018

- Dr. Yuen Siu Tsan
- Expat Living
- Privilege Vida
- Zip Magazine

SUNSMART AWARENESS CAMPAIGN 2018

- Dr. Louis Shih Tai Cho
- Privilege Vida
- Zip Magazine

STRIDE FOR A CURE 2018

- Geoff Wong
- Citybus Ltd.
- Clover Group Int'l. Ltd.
- DAMA
- Eco Travel Limited
- Holiday Inn Golden Mile Hong Kong
- Hong Kong International School
- Kam Dao Printing Co. Ltd.
- Mason Garment Limited
- Ocean Park
- Papabubble Hong Kong
- PCCW Ltd.
- Pioneer
- PizzaExpress (HK) Ltd.
- Pure Fitness
- Sanbase Interior Contracting Ltd.
- Thecoopidea
- Watsons Water
- XTC Gelato
- Zojirushi

MAJOR GIFT

- Paul Tak-Chun Poon
- Shu-ming Yuen

- Tang Tik Sang
- AstraZeneca Hong Kong Limited
- Fu Tak lam Foundation Limited
- Hong Kong Jockey Club Charities Trust
- Macey and Sons
- Movember
- Satinu Resources Group Limited
- The D.H. Chen Foundation
- Zonta Club of Hong Kong

CANCERLINK

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- Adeline Chan
- Alan Lo
- Alice Wong
- Alick Soong
- Amy Lam
- Amy Or
- Anita Cheung
- Ann Lam
- Anna Law
- Annie Lam
- Anson So
- Au Kwok Yin
- Au Wing Ho
- BG Tej
- Billy Ho
- Brenda Lee
- Bruce Tam
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