



癌症基金會  
CANCERFUND  
So no one faces cancer alone

**how to cope**

**Diet and Cancer**





Established in 1987, the Hong Kong Cancer Fund (“Cancer Fund”) is the city’s largest cancer support organisation, providing FREE professional support and information to anyone touched by cancer to ensure that no one faces cancer alone.

This publication is part of the Cancer Fund’s “Understanding Cancer” series, providing detailed information on cancer diagnosis and treatment options, along with practical tips to help cancer patients and their families cope with side effects and emotional distress caused by cancer and its treatment.

Our services span from the hospital to the community and the home with a network of 4 Cancer Support Centres in Central, North Point, Kwai Chung and Wong Tai Sin.

Our professional team includes oncology nurses, social workers, art therapists, dietitian and clinical psychologist. They help clients manage the physical, emotional, psychological and social challenges brought about by a cancer diagnosis.

**So no one faces cancer alone**

**FREE Services**

**☎ 3656 0800**



**Donation Hotline: 3667 6333**



**Website: [www.cancer-fund.org](http://www.cancer-fund.org)**

# Introduction

Many people encounter dietary issues when they learn that they have been diagnosed with cancer. Through this booklet, we hope to help you understand how to eat a healthy and balanced diet from the perspectives of dietitians and traditional Chinese medicine practitioners, thereby strengthening your body's immunity, whilst also providing information on cancer support services.

Apart from fulfilling our physiological needs, food also plays an important role in family and social life; we hope this booklet provides you with more inspiration to 'eat well' and rediscover the joy of eating.

## **The benefits of 'eating well' include:**

- Helping you cope with the side effects produced by treatment
- Speeding up the healing time of damaged tissues and wounds
- Boosting immunity to fight against infections
- Maintaining an ideal weight

We have endeavoured to ensure the contents of this booklet are accurate at the time of going to press; however, the booklet is for reference only and cannot replace the professional advice of doctors or medical staff. If you have any enquiries, please ensure you consult your doctor. After diagnosis, facing a large amount of information can be overwhelming; you may not need to read the whole booklet, but can simply select the parts useful to you. You may like to share the [link](#) for this booklet to your family and friends for their reference, allowing them to understand the relevant information and thus better support you in facing the challenges brought by cancer.

# Contents

Introduction	2
How our food choices matter	4
Building healthy dietary habits	7
How treatment affects your diet	9
Nourishing your body through the cancer journey	11
Perspectives from Chinese and Western Medicine	13
Managing the side effects of treatment	17
Recipes for healthy weight	31
Common questions	34
Questions to discuss with your doctor	38
Your feelings	39
What can you do?	45
Who can help?	47
Location maps of Hong Kong Cancer Fund Support Centres	48

# How our food choices matter

## (I) Body weight and cancer risk

Maintaining a healthy weight is an important step in supporting your wellbeing. For post-menopausal women, keeping within a healthy weight range can help reduce the risk of breast cancer, cervical cancer, and womb cancer.

For everyone, staying at a healthy weight also supports your body in reducing the risk of oesophageal, pancreatic, bowel, and gall bladder cancer.



## (II) Red meat, fat and bowel cancer

Choosing wisely when it comes to red meat (such as beef, pork, lamb) and avoiding high-fat or processed meats (such as ham, tinned meat, sausages) can help support your bowel health and reduce cancer risk.

## (III) Fresh fruit, vegetables and bowel health

Fresh vegetables and fruit are wonderful sources of vitamins and minerals that strengthen your body's immunity. Including plenty of fibre from vegetables and fruit in your daily diet helps your digestive system work efficiently, supporting your bowel movements.

## **(IV) Alcohol, aflatoxins and liver cancer**

These two substances have been classified as Group 1 carcinogens by the International Agency for Research on Cancer under the World Health Organisation (WHO).

While alcohol may be part of social gatherings, long-term excessive drinking can affect your liver health, potentially leading to hepatitis and fibrosis, which in turn increases the risk of liver cancer. Drinking excessive alcohol also leads to risks of various cancers such as oral, pharyngeal, oesophageal, liver, bowel, and breast cancer in women.

Aflatoxin is a toxin produced by the spores of the fungus *Aspergillus flavus*; it is carcinogenic that can cause liver cancer. This fungus grows in humid or unsanitary conditions. Cereals, beans, maize, and peanuts stored in hot and humid environments are prone to fungal growth and produce aflatoxins; to safeguard your health, avoid eating mouldy food.

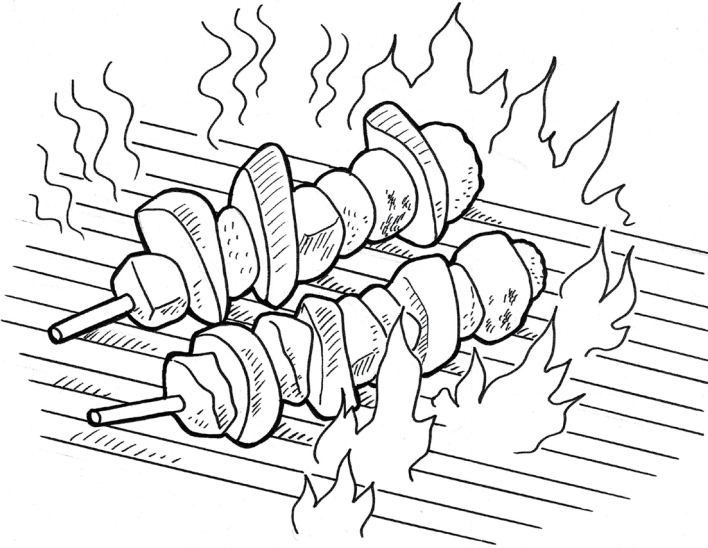
## **(V) Nitrates, nitrosamines and stomach cancer**

Taking care of your stomach health includes being mindful about salt and pickled foods in your diet. Nitrates and nitrites are often used as preservatives to keep meat fresh and reduce spoilage. When nitrates are converted into nitrites in the mouth, stomach, and bowel, they combine with amines from other foods to become carcinogenic nitrosamines. Furthermore, the extra salt in pickled foods can affect the stomach lining, potentially increasing nitrosamine absorption and consequently causing stomach cancer.

Previously, the WHO classified processed red meat as a Group 1 carcinogen; when the body digests such foods, it produces the chemical TMAO, which damages the bowel mucosa and causes inflammation, increasing the risk of colorectal cancer.

## (VI) Burnt food and bowel and stomach cancer

The aroma of grilled meat can be tempting. However, high-temperature grilling or frying causes meat proteins to produce carcinogenic substances such as heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs). Research shows that frequently eating burnt food can increase the risk of bowel and stomach cancer.



# Building healthy dietary habits

A 'balanced diet' is the fundamental prerequisite for a cancer-preventing diet. The daily diet should include whole grains and protein foods such as lean meat, fish, eggs, and soya beans. The key to a cancer-preventing diet also lies in eating plenty of fresh vegetables and fruit, absorbing sufficient nutrients and antioxidants to strengthen our immune system, protect cells, and reduce attacks by free radicals, thereby lowering the risk of cancer in the long run.

Good dietary habits and balanced nutrition can help in cancer prevention. The following guidance can support you in making choices that benefit your health:

1. **Balanced diet:** The diet should contain sufficient nutrition, be diverse, and be primarily based on plant-based foods. Plant-based foods should include a wide variety of vegetables, fruit, beans, and whole grains.
2. **Control weight:** Keep your body weight within a healthy range and maintain a stable weight throughout adulthood.
3. **Keep moving:** If your work involves little activity, try to incorporate movement throughout your day. Even short breaks for gentle walks or stretching can help. When you feel ready, aim for 20-30 minutes of light to moderate activity most days, such as leisurely walking, Tai Chi, or light yoga.
4. **Eat more fresh vegetables and fruit:** Throughout the year, persist in eating two portions of whole fruit and at least three portions of various vegetables every day.
5. **Consider alcohol intake carefully:** Alcohol consumption is not recommended, especially spirits.
6. **Choose your meat wisely:** Keep red meat intake to less than 70 grams per day (less than 500 grams per week, approx. 18 ounces); eat more fish or poultry instead of red meat and avoid processed meats.
7. **Be mindful of sugar, fat and oil:** Limit foods or drinks high in sugar and fat, such as crisps, fizzy drinks, and fried chicken.



8. Use salt sparingly: Daily salt intake for adults should be less than 1 teaspoon (1 teaspoon contains about 2300 mg of sodium); reduce the consumption of pickled foods, salt, and other condiments. Use ginger, garlic, or other herbs for seasoning instead. Attention should also be paid to the sodium content of pre-packaged foods.
9. Handle and select food with care: Avoid eating undercooked food or food past its expiry date; separate raw and cooked foods during storage and preparation, maintain personal hygiene; patients with weak immunity or low white blood cell counts, in particular, should be cautious about bacterial infection.
10. Know about food additives: Additives and other residues in food are governed by strict regulations and their presence is generally safe, but excessive or improper use may affect health.
11. Choose gentle cooking methods: For example, when grilling fish or meat, avoid over burnt food. Avoid food baked at high temperatures; try to adopt cooking methods such as steaming, boiling, braising, stewing, or stir-frying.
12. Consume nutritional supplements thoughtfully: If you follow a balanced diet, nutritional supplements are generally unnecessary; consuming them does not help reduce the risk of cancer.

# How treatment affects your diet

Treatment methods	What you might experience
Chemotherapy	<ul style="list-style-type: none"><li>Nausea and vomiting</li><li>Changes in appetite</li><li>Mouth ulcers, difficulty in swallowing</li><li>Taste changes</li><li>Diarrhoea</li><li>Constipation</li><li>Weight fluctuations</li><li>Fatigue</li></ul>
Radiotherapy	<ul style="list-style-type: none"><li>Changes in appetite</li><li>Nausea and vomiting</li><li>Fatigue</li></ul> <p>Depending on the treatment site, you may also experience mouth ulcers, difficulty in swallowing, and diarrhoea.</p>
Surgical treatment	<p>Different surgeries may bring about different experiences, such as pneumonia or wound infection. Surgery involving the digestive system may affect how your body absorbs nutrients, leading to conditions like bloating and diarrhoea.</p>
Hormone therapy	<p>Different hormone therapies have varying effects, which may include early menopause, increased risk of osteoporosis, and weight changes.</p>

Treatment methods	Side effects
Immunotherapy	Mainly skin sensitivity: redness, swelling, and tenderness. Also, flu-like symptoms: fever, shivering, nausea, vomiting, headaches, and tiredness.
Targeted therapy	Fatigue Mouth ulcers Nausea and vomiting Bowel changes
Bone marrow and blood stem cell transplant	Mouth ulcers Vomiting Increased need for infection prevention

**FREE Services**  
**☎ 3656 0800**

# Nourishing your body through the cancer journey

Throughout your journey from treatment to recovery, your body's need may change:

## During treatment

- ✓ If your appetite changes, eat small, frequent meals instead of three main meals a day.
- ✓ If you're losing weight, focus on high-protein, high-energy foods and take nutritional supplements. It is best to consult your doctor or registered dietitian to customize a suitable diet for you.
- ✓ When you feel capable, try some light movement that can help improve appetite, support digestion, and promote regular bowel movements. Even a short, leisurely walk around your home or gentle stretching can make a difference.
- ✓ Before taking vitamins, consult your doctor; some supplements contain high concentrations of antioxidants which may affect chemotherapy and radiotherapy.

## Recovery period after treatment

- ✓ Nourishing your body well with sufficient nutrition is the key to your recovery; combine good nutrition with moderate exercise to strengthen your muscles and support your body's healing.

## Preventing cancer recurrence

- ✓ Maintain a healthy lifestyle, a balanced diet, and a healthy weight, and attend follow-up consultations as scheduled.

## Living with advanced cancer

- ✓ Focus on maintaining quality of life and balanced nutrition.
- ✓ Build a healthy eating habit that works for your needs.
- ✓ Light movement may help boost your appetite.
- ✓ If eating becomes challenging, nutritional supplements can help; for details, please consult your doctor or registered dietitian.

**FREE Services**  
**☎ 3656 0800**

# Perspectives from Chinese and Western Medicine

## (I) Dietary approaches

### Western medicine

Registered dietitians assess your nutrition needs based on medical history, blood or pathology reports, medication records, and excretion and dietary logs.

Dietitians will also consider your physical and emotional needs, dietary concepts and habits, lifestyle, medications, nutritional supplements, and exercise levels to create a personalised nutrition plan for you.

### Traditional Chinese medicine

Traditional Chinese medicine treats cancer patients by supporting the health through the principle of strengthening the body to eliminate the toxins; strengthening the body involves harmonising yin and yang, regulating the five internal organs, and replenishing and smoothing the flow of qi and blood to enhance your natural resilience and wellbeing. 'Eliminating toxins' refers to clearing pathological factors such as cold toxins, heat toxins and blood circulation.

Your constitution and current condition are influenced by many factors such as cancer type, disease stage, various treatments, gender, age, lifestyle, occupation, emotions, and climate; as these are complex and change over time, practitioners use four diagnostic methods (observation, listening/smelling, questioning, and pulse-taking) to understand your unique situation, thereby deriving a treatment and care programme.

When choosing ingredients, it's important to match them to your constitution. Foods that don't suit your body may not help and could potentially cause discomfort. Start with small amounts and observe how your body responds, rather than following any single long-term approach without guidance.

### Pay attention to the nature and flavour of food

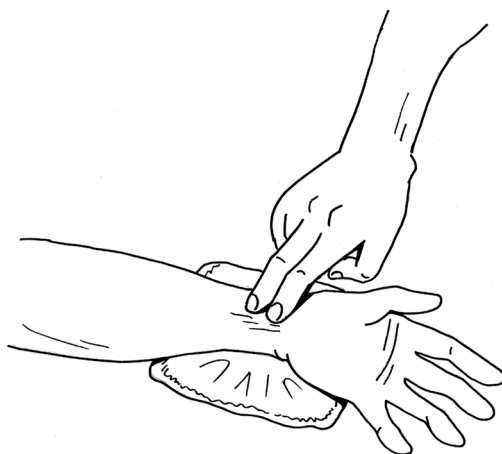
Traditional Chinese medicine believes that 'food and medicine share the same

origin', so food, like medicine, needs to match the patient's constitution and symptoms. Both food and medicine have four natures (warm, hot, cold, cool) and five flavours (sour, bitter, sweet, spicy, salty). If you're experiencing heat symptoms, such as dry mouth, red tongue, yellow coating, constipation, or fever, then spicy foods like pepper and chilli, or warm nature foods like mutton and beef may not suit you right now. Instead, try foods cold in nature such as tomatoes, winter melon, watermelon, and pears. If you're experiencing cold symptoms, such as fear of cold, cold limbs, pale tongue, or loose stools and diarrhoea, then foods cold in nature like pears and bitter melon may not suit you. Instead, try foods with a warm nature like chicken, longan, and ginger.

Besides the four natures and five flavours, ingredients serve different functions. For example, some ingredients can replenish qi and blood, while others have functions such as promoting qi circulation to relieve stagnation, activating blood to resolve stasis, promoting urination to remove phlegm, clearing damp-heat, and warming the body nature to dispel cold. To strengthen the body to eliminate toxins, the key is flexibly combining various ingredients and choosing appropriate cooking methods and mealtimes to enhance the benefits.

## Protecting spleen and stomach function

Traditional Chinese medicine believes that 'if there is stomach qi, there is life; if there is no stomach qi, there is death'. Replenishing the spleen and stomach is central to strengthening your body, so traditional Chinese medicine pays particular attention to spleen and stomach function. After treatment, your spleen and stomach function may temporarily weaken; combined with worry, reduced appetite, and lower energy, this can slow



recovery. Traditional Chinese medicine practitioners offer dietary advice or herbal prescription based on your digestive function, to help restore appetite, support digestion, and maintain regular bowel movements.

## (II) Approach to food choices

### Western medicine

From a nutritional perspective, a healthy body needs sufficient nutrition and a balanced, appropriately controlled diet. It's best to avoid foods that may increase cancer risk, such as alcohol, pickled, mouldy, rotten, barbecued or fried foods, and processed meats. Avoiding smoking completely is also important.

### Traditional Chinese medicine

From the perspective of traditional Chinese medicine, food choices vary according to your cancer type and your body constitution. Food avoidance varies according to the symptomatic characteristics of the cancer and the patient's constitution. If you have a hot or cold-deficient constitution, fried, spicy, and stimulating foods such as garlic and chilli may not be suitable, as they could aggravate your symptoms. If you have a cold or hot-deficient constitution, raw and cold foods such as mung beans, cantaloupe, and bitter melon may cause discomfort like vomiting, abdominal pain, or diarrhoea.

Cancer patients should also be mindful of 'stimulating foods' (Fa-wu), those may trigger or aggravate your current condition; generally, it's wise to limit shrimp, crab, goose, etc., as well as foods that are overly sweet, greasy, unclean, mouldy, smoked, pickled, or fried, along with tobacco and alcohol.

However, remember that cancer develops over time with complex causes. One single meal won't change your situation; as long as your overall approach supports your body constitution, and you are mindful of your mood, quality of life, and food intake; occasionally eating small amounts of your favourite foods will not cause a problem. Targeted food avoidance can alleviate the condition, but you should not

go to extremes to avoid malnutrition; the best practice is to consult a traditional Chinese medicine practitioner first.

### (III) Views on tonics

#### Western medicine

From a nutritional perspective, to complement treatment needs, supplements may be helpful. Dietitians conduct individual nutritional analysis, selecting appropriate foods and portion sizes, or using supplementary foods to address nutritional gaps, maintain immunity, and ease side effects.



#### Traditional Chinese medicine

The so-called 'tonifying' refers to using medicine or food to replenish the deficiencies of qi, blood, yin, and yang in your body, treating various deficiency symptoms. Applying medicinal or dietary tonics can strengthen your body's resilience, whilst alleviating the side effects from radiotherapy, chemotherapy and other treatments, as well as post-surgery weakness. However, tonics should be used thoughtfully according to traditional Chinese medicine principles. For example, if your spleen and stomach are weak and you're in a state where 'deficiency cannot accept tonics', forcing supplements may be ineffective due to poor absorption. It could also further burden the spleen and stomach, causing nausea, bloating, diarrhoea, and 'internal heat' symptoms such as dry mouth and sore throat. There is a wide variety of medicinal or dietary tonics, and everyone's constitution is unique; it is best to consult a traditional Chinese medicine practitioner before use to ensure the approach is right for you.

# Managing the side effects of treatment

## Loss of appetite

- ✓ Eat small, frequent meals. When your appetite is better, you can have three meals plus snacks; when appetite is lower, try eating every two hours to maintain your strength. Eat your most substantial meal when you feel most comfortable.
- ✓ Foods that may help:
  - Appetising options like pineapple cubes, sour plum soup, honey lemon, watercress honey, papaya milkshake, orange juice, pear juice, and water chestnut juice.
  - Moderate amounts of cooking oil—1-2 teaspoons of oil helps maintain weight, ensure regular bowel movements, and absorb fat-soluble vitamins.
  - High-energy foods – even if your appetite is low, try to eat solid food rather than only liquid food.
  - High-protein foods – your body needs protein to maintain health and muscle; Include fish, seafood, eggs, meat, poultry, and beans at every meal; try snacks rich in protein, such as tofu pudding, steamed egg, tuna on biscuits, and Greek yoghurt.
  - Keep convenient snacks handy, such as energy bars, baked sweet potato, pumpkin soup, and sesame paste.
- ✓ If you smoke, consider stopping, as cigarettes can reduce appetite and alter food flavours.
- ✓ Try some light movement before meals to stimulate appetite, and a gentle walk afterwards to help digestion.



✓ At mealtimes:

- Keep your space well-ventilated.
- Enjoy the colour, aroma, and taste of the food; use different ingredients and flavourings to make it more appetising.
- Make mealtimes pleasant, perhaps by placing a vase of flowers on the dining table or using a lovely tablecloth.
- Play soft music to create a peaceful atmosphere.
- Have your meal in a relaxed and positive mood.
- Wear comfortable and loose clothing and sit upright to aid digestion.

✓ If you'd rather not prepare food yourself, let friends or family help.

### **Traditional Chinese medicine suggestions**

Focus on combining ingredients and cooking methods with appealing colour, aroma, and taste. If experiencing weak spleen and stomach or insufficient qi and blood, choose ingredients that strengthen the digestive function, such as chicken, beef, pig stomach, eel, yellow croaker, lion's mane mushroom, shiitake mushroom, button mushroom, pumpkin, longan, lotus seeds, and coix seeds. Also includes appetising ingredients like hawthorn, sprouted rice, and malt. Additionally, whilst cooking, it is beneficial to add condiments and ingredients with scents you currently enjoy. Osmanthus Oolong tea or ginger Oolong tea can also strengthen the spleen and stimulate the appetite. Nurturing your emotional wellbeing also helps improve your appetite.

## Changes in smell and taste

- ✓ Room temperature foods or cold dishes are often easier to enjoy.
- ✓ If food tastes bland, try adding garlic, sugar, cheese, celery, onion, herbs, or spices.
- ✓ If red meat tastes bitter, switch to chicken, fish, dairy products, eggs, and pulses. You can also cook with fruit or serve the food with fruit juice.
- ✓ If food tastes bitter, try sweet sauce, hoisin sauce, or sweet and sour sauce; or drink fruit juice, honey water, or fizzy drinks to balance the taste.
- ✓ If food has a metallic taste, switch to plastic or ceramic utensils, and avoid tinned beverages.
- ✓ If you have a metallic taste in your mouth, try acidic foods or drinks, such as fruit juice.
- ✓ Do not force yourself; eat what you enjoy. For things you cannot accept right now, give them another go in a few weeks.
- ✓ Use a straw for liquid foods to bypass some taste buds.
- ✓ Rinsing your mouth after meals to keep it fresh. This can help your sense of taste return to normal.

### **Traditional Chinese medicine suggestions**

Post-treatment constitutions are often complex. Besides considering the connections among the five organs and taste changes, one must consider qi deficiency, treatment effects, cold and heat body nature, dampness, and phlegm or blood stasis. A comprehensive assessment helps create the right dietary programme for you.

## Mouth ulcers and sore throat

### ✓ Foods that may help:

- Diluted fruit juices, such as mango, pear, or peach juice.
- Soft or liquid foods, such as meat purée, rice paste, or steamed eggs.
- Finely chopped or blended vegetables with clear soup, milk, or minced meat for flavour.

### ✓ Foods to avoid temporarily:

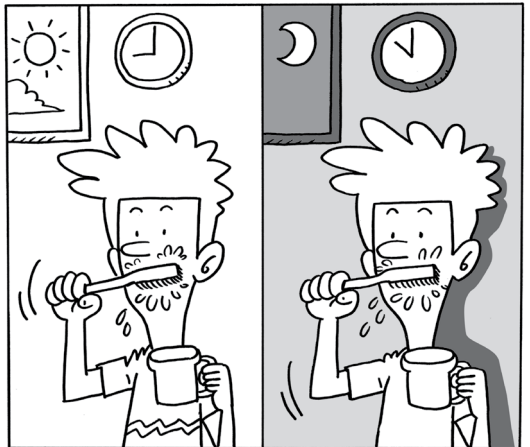
- Foods that may irritate your mouth, such as very hot, spicy, salty (pickled foods), or acidic foods (vinegar, oranges, or tomatoes).
- Dry, crunchy, or rough foods, such as crisps, dried fruit, biscuits, or toast.
- Alcoholic drinks.

### ✓ If you have mouth ulcers, using a straw can help.

### ✓ For mouth discomfort, try sucking on ice cubes, eating more room-temperature food, or using a prescribed mouthwash before meals.

### ✓ Keep your mouth clean and remove dentures when not needed, this can reduce the risk of infection. You can also rinse with saline water (one teaspoon of salt in one litre of lukewarm boiled water) before and after meals.

### ✓ If swallowing becomes challenging, your doctor may suggest supportive methods, such as a feeding tube, to help maintain your nutrition.



### **Traditional Chinese medicine suggestions**

Green olives, salted kumquats, monk fruit, and figs have internal heat-clearing or throat-soothing effects. You can also choose foods with a cooling nature such as celery, seaweed, tomatoes, and bitter melon. Some people may benefit from foods that nourish yin and clear internal heat after treatment, such as pear juice, water chestnut juice, lotus root juice, sugar cane juice, honey, or egg whites. If you show signs of Damp-heat (thick, yellow, greasy tongue coating) or yin-deficiency (feeling cold, cold limbs), pay extra care when choosing ingredients; treatment should be based on your individual constitution, so always consult your practitioner.

### **Dry mouth**

✓ Foods that may help:

- Sucking on fruit sweets, chewing gum, lemons, ice cubes (try freezing fruit juice), or fruit pieces can increase saliva; remember to rinse your mouth regularly to protect your teeth.
- Moist foods, such as tofu, steamed eggs, and soups.
- Mix broth, sauce, or gravy into food to moisten it, or eat with soup or drinks to ease swallowing.

✓ Foods to avoid temporarily:

- Very salty foods, to avoid dry mouth.
- Chocolate or dry foods that may stick to your mouth or teeth.
- Drinking alcohol and using alcoholic mouthwash, as alcohol can increase dryness.

✓ Stay hydrated and apply lip balm to keep your mouth moist.

### **Traditional Chinese medicine suggestions**

Use ingredients that promote fluid production, including pear, snow fungus, sugar cane, water chestnut, smoked plum, kiwi fruit, mandarin, and soya milk. They can be juiced or made into soup. Watermelon and bitter melon are effective for clearing internal heat and quenching thirst. Sometimes, incorporating yin-nourishing ingredients like fish maw, sea cucumber, old duck, milk, and honey works even better. For those with weak spleen and stomach, poor appetite, thick tongue coating, or loose stools, use ingredients that strengthen the spleen and stomach. Generally, it is not suitable to consume rich, greasy, or heavy foods in the long term.

### **Nausea**

- ✓ Eat small, frequent meals; avoid rigid mealtimes, as flexibility can help reduce nausea.
- ✓ Foods that may help:
  - Small amounts of soda crackers, savoury biscuits, or toast in the morning.
  - Foods with strong sour or salty flavours.
  - Ginger or ginger sweets.
  - Fizzy drinks, but avoid these if you're experiencing bloating.
  - Cold dishes or sandwiches, as hot food can sometimes increase nausea.
- ✓ Foods to avoid temporarily:
  - Deep-fried and greasy foods.
  - Foods with strong smells or odours.

- ✓ At mealtimes:
  - Keep your space well-ventilated.
  - Chew slowly and thoroughly; relax for a moment after each mouthful, no rush at all.
  - Sit upright when eating.
- ✓ If chemotherapy or radiotherapy causes nausea, avoid eating two hours before treatment.
- ✓ Keep a food diary to track when nausea occurs and what triggers it, then adjust your diet accordingly.
- ✓ Maintain regular bowel movements.

### **Traditional Chinese medicine suggestions**

Use ingredients that harmonise the stomach, such as dried tangerine peel and raw ginger (use with caution if you have yin-deficiency and internal heat). If nausea persists and causes indigestion, consider adding appetising ingredients such as hawthorn, millet sprouts, and malt.

### **Vomiting**

- ✓ Eat small, frequent meals and choose light foods such as biscuits, toast, porridge/ congee, clear soup, or steamed eggs.
- ✓ A helpful approach: Drink small amounts of sweet and electrolyte drinks throughout the day to stay hydrated.

- ✓ Foods to avoid temporarily: Hard-to-digest or greasy foods, such as fried chicken, rich sauces, or thick soups. Take prescribed anti-nausea or anti-vomiting medication if needed.
- ✓ Try to avoid any situations that trigger nausea, as this can lead to vomiting.
- ✓ If vomiting continues, rest and don't force yourself to eat.
- ✓ If vomiting stops but nausea remains, eat small amounts occasionally, as hunger can worsen nausea.
- ✓ If you cannot take any liquids and vomiting persists for more than 24 hours, you may become dehydrated. Please contact your doctor.

### **Traditional Chinese medicine suggestions**

Apart from foods that directly address vomiting (such as raw ginger; use with caution if you have yin deficiency and internal heat), traditional Chinese medicine recommends selecting foods suitable for your constitution to improve spleen and stomach function. For weak spleen and stomach, use ingredients listed under 'Changes in Appetite' that strengthen the spleen and harmonise the stomach. For Cold patterns, use ginger, dried tangerine peel, perilla leaf, pepper, fennel, cardamom, chives, and mustard greens. For Heat patterns, use ingredients like tofu. After repeated vomiting, try rice or millet congee with shredded ginger and lean meat (more suitable for those with heat-deficiency) to nourish stomach qi and stomach yin.

## Constipation

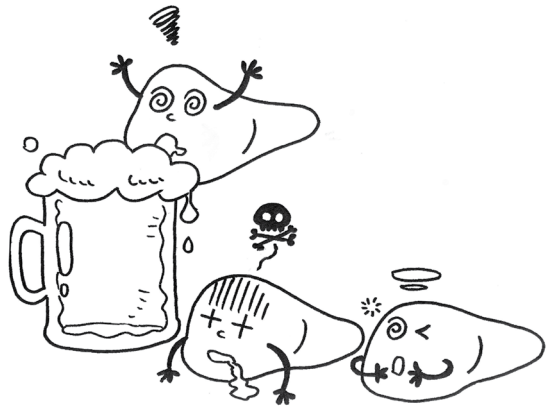
- ✓ Foods that may help:
  - Drink plenty of fluids: at least seven to eight glasses daily, including water, juice, soya milk, clear soup, or nutritional drinks.
  - If there is no risk of bowel obstruction, eat more high-fibre foods, such as porridge oats, mushrooms, chia seeds, wholemeal bread, wholemeal noodles, brown rice, vegetables, unpeeled fruit, nuts, seeds, and pulses.
  - Drink prune juice or eat fresh plums/prunes.
- ✓ Drinks to limit:
  - High-caffeine or diuretic drinks such as strong tea or coffee, as these may worsen constipation.
- ✓ Move your body daily, even walking helps bowel movements.
- ✓ Develop good bowel habits that work for you.
- ✓ Consult your doctor for a prescription for laxatives if needed.

### **Traditional Chinese medicine suggestions**

Improve your constitution to address constipation more effectively than relying only on laxatives for the long term, which may affect your healthy qi. Apart from ingredients with 'cleansing' functions for the stomach and intestines (such as carrots and white radish), use ingredients like burdock root to promote bowel movements for heat patterns; for deficiency patterns, try moisturising ingredients like black sesame, hemp seed, and walnut kernels to relieve constipation.

## Diarrhoea

- ✓ Eat slowly, have small, frequent meals, and focus on easily digestible foods.
- ✓ Foods that may help:
  - Drink plenty of fluids, such as congee, fruit juice, and electrolyte drinks, to replace fluid lost. Note: Congee can complement, but shouldn't replace proper meals.
  - Low-fibre foods, such as white bread, plain congee, and melons/gourds.
  - Except for those undergoing chemotherapy or with poor immunity, you can try yoghurt or lactic acid drinks; plain congee and apple purée are also suitable in moderation.
- ✓ Foods to avoid temporarily:
  - Drinks containing caffeine and alcohol; temporarily avoid milk, though nutritional supplements are fine.
  - Greasy foods, such as pork bone soup, fatty meat, and fried foods.
  - High-fibre foods, such as wholemeal bread, wholemeal noodles, brown rice, and nuts.
  - Spicy and stimulating foods.
- ✓ Consult your doctor for a prescription of anti-diarrhoea medication.



### **Traditional Chinese medicine suggestions**

Addressing diarrhoea requires identifying your constitution and selecting targeted approaches such as tonifying the spleen and kidney, regulating dampness, raising qi, promoting urination, clearing internal heat, or dispelling cold. Commonly, for spleen and stomach weakness, use Chinese yam, lotus seed, gorgon fruit, coix seed, white hyacinth bean, roasted glutinous rice powder, or lotus root powder. For Damp Heat patterns, use purslane or red adzuki beans.

### **Gas and bloating**

- ✓ What may help: drink peppermint tea.
- ✓ Foods to avoid temporarily:
  - Foods that easily produce gas, such as pulses/beans, glutinous rice, pickled foods, onions, sweet potatoes, cabbage, Chinese kale, and fizzy drinks.
  - Chewing gum.
  - Soupy rice; have liquid foods such as soups and drinks half an hour to an hour before meals.
  - Drinking with a straw, as this causes you to swallow more air.
- ✓ At mealtimes:
  - Slow down and eat in a relaxed and happy mood; chew thoroughly.
  - Talk less whilst eating to avoid swallowing too much air.
- ✓ Gentle movement, such as walking, helps reduce bloating and support normal bowel movements.
- ✓ If discomfort worsens or persists, please contact your doctor.

### **Traditional Chinese medicine suggestions**

If you have 'qi stagnation', try qi-circulating ingredients such as dried tangerine peel, raw ginger, perilla leaf, fingered citron flower, jasmine, white radish, and carrot. However, for those with 'qi deficiency' – characterised by fatigue and obvious weakness in gastrointestinal function – one should not use qi-circulating products excessively on their own; the priority is to replenish the qi.

## **Weight gain**

Some breast cancer patients experience weight gain during and after chemotherapy. This may be due to medication affecting appetite, or chemotherapy causing early menopause and slowing metabolism. Hormone therapy may also be a cause of weight gain.

Even if you gain weight, please wait until chemotherapy finishes before adjusting your diet. Keeping a food diary during chemotherapy can help you stay aware of your eating patterns.

### **Traditional Chinese medicine suggestions**

After treatment, you may experience an imbalance of yin and yang and dysfunction of the organs, leading to qi stagnation, blood stasis, and accumulation of phlegm-dampness, resulting in weight gain. A comprehensive assessment helps create the right dietary programme for you.

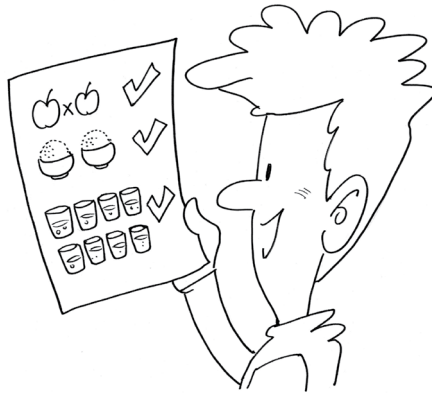
## Weight loss

Weight loss during treatment is common, so nourishing your body well is important. The following tips will be helpful:

- ✓ If your appetite is not good, try to eat small, frequent meals; try snacks or drink nutritional drinks every two hours.
- ✓ Keep snacks handy.
- ✓ When cooking porridge oats, use whole milk instead of water; blend meat from the soup into a purée and add it back to the soup; when cooking congee or noodles, add 1-2 teaspoons of oil.
- ✓ Use milk instead of water for puddings, steamed eggs, and desserts.
- ✓ Add cream or ice cream to puddings, cakes, biscuits, and fruit, except if you're undergoing chemotherapy or have low immunity.
- ✓ Use mayonnaise or salad dressings in sandwiches and salads.
- ✓ Add sugar, syrup, honey, glucose powder, fruit, or nutritional milk powder to drinks.
- ✓ Avoid large amounts of soup or liquid before meals.
- ✓ Remember to use oil when cooking or add an extra one to two teaspoons of sesame oil or olive oil when eating.

### **Traditional Chinese medicine suggestions**

Improving spleen and stomach function and emotional wellbeing, helps your body absorb nourishment well, allowing for gradual and healthy weight gain. Additionally, having a calm and peaceful mind also helps improve spleen and stomach function. Since some treatments may cause difficulty in swallowing, induce diarrhoea, or block qi and blood circulation, dietary support needs to be tailored to your unique situation.



**The above food suggestions form part of a balanced approach; it is not advisable to consume one single food in the long term. Please consult a registered traditional Chinese medicine practitioner or Western medical doctor to have personalised guidance.**

# Recipes for healthy weight

## Nutritious breakfast

\*\*remember to add cooking oil when preparing the following congee, rice noodles, or porridge oats

- Plain congee with beaten egg and sliced meat.
- Dried scallop and shredded chicken congee.
- Fish/meat congee with pulses, peanuts, or red rice, etc.
- Vegetable and meat noodle soup or rice vermicelli.
- Savoury porridge oats with beaten egg and minced meat.
- Porridge oats with milk and beaten egg, plus a nutritional supplement drink.
- Full-fat yoghurt mixed with breakfast cereal.
- Toast with butter, jam, nut butter, condensed milk, avocado, or syrup.
- Cheese and tuna sandwich with a glass of milk.

## Lunch and Dinner

- Nutritious fried rice (vegetables, egg, and lean meat).
- Scrambled eggs with green peas, onions, tomatoes, and shrimp.
- Stir-fried shredded chicken with soybean sprouts and shredded carrot.
- Lemon pork chop.
- Aubergine casserole with minced meat and salted fish flavouring.
- Egg tofu and minced meat casserole.
- Portuguese chicken (cream can be added).
- Creamed Chinese cabbage.
- Pan-fried golden threadfin bream with tomatoes.
- Fish fillets with sweetcorn.
- Salmon cakes/patties.



## Nourishing soup

The nutrients from bone soup and slow-cooked soup remain in the ingredients; remember to eat the ingredients or blend them into a purée to add back to the soup. You can also try Western-style thick soups (such as pumpkin soup or cream of mushroom soup) and add eggs, mashed pulses, cream, or nutritional supplements to increase protein and calories.



### Soup suggestions:

- Green radish, carrot, and pork soup.
- 'Ching Bo Leung' (dried longans, lotus seeds, pearl barleys, jujubes) chicken soup.
- Pork liver and spinach soup.
- Tomato fish soup.
- Minced fish, sweetcorn, and tofu thick soup.
- Cream soups - such as cream of chicken, cream of mushroom, mashed pea soup, or mashed pumpkin soup.

## Snacks

If you feel hungry between meals, you can choose the following snacks:

Meat and Pulses: Tea eggs, nuts.

Grains: Sandwiches (egg, cheese, peanut butter), roast sweet potato, sweetcorn, ready-to-eat chestnuts.

Fruit: Grapes, apples, papaya, fruit juice, dried fruit.

Dairy: Fresh milk, soya milk, cheese, yoghurt, milkshakes.

Savoury/Sweet dishes: Noodle soup or Western thick soups like pumpkin soup or sweetcorn soup, steamed eggs, almond tea, walnut paste, sesame paste, red/green bean soup, dried beancurd and egg sweet soup, tofu pudding, etc.

## Drinks

- If your appetite is low, nutritional supplement drinks can replace about half a main meal.
- Enjoying these drinks between main meals can help support healthy weight. Some people mix 'Ovaltine', 'Horlicks', or chocolate with full-fat milk, adding cream.
- You can also mix milk with fruits or yoghurt, then add two or three spoonful's of powdered nutritional supplement to make nutrient-rich milkshakes. Adding a scoop of ice cream to the milkshake adds both calories and flavour.

### **Nutritional supplements**

For people experiencing appetite changes during treatment, nutritional supplements can be very helpful; they are rich in protein, vitamins, minerals, and provide calories. Different brands offer various functions and categories to meet different needs; if you're considering nutritional supplements, please consult your doctor or registered dietitian to find what works best for you.

# Common questions

## 1. What kind of lifestyle supports my wellbeing and reduces cancer risk?

Supporting your health doesn't need to be complicated. Healthy lifestyle behaviours for cancer risk reduction include a healthy diet, weight management, and smoking cessation.

Starting with diet: Having more vegetables, fruit, pulses, and whole grains, using less oil, salt, and sugar, consuming moderate amounts of red meat, and avoiding processed meat and alcohol can make a meaningful difference.

Cooking methods matter too: high-temperature cooking and frying can produce carcinogenic substances; consuming large amounts of high-fat, greasy food leads to obesity, combined with sedentary habits may increase the risk of cancer.

Cured foods such as salted fish are known carcinogenic factors; for mothers, breastfeeding can reduce the risk of breast cancer and endometrial cancer.

Smoking is best avoided: smoking can cause lung cancer, oral cancer, laryngeal cancer, oesophageal cancer, bladder cancer, pancreatic cancer, and cervical cancer; therefore, not smoking can reduce the risk of cancer.

## 2. What should I know about traditional Chinese medicine remedies or healthy foods?

So-called healthy foods may lack sufficient scientific proof of effectiveness, and some may affect health when taken long-term. Everyone's body is different; what helps one person may not suit another. No matter Chinese medicine or Western medicine, diagnosis should be made by a qualified practitioner who can prescribe according to your situation. Trying remedies without diagnosis from a Chinese medicine practitioner is very risky and should be avoided. It is a simple truth: 'See a Western doctor for Western medicine; see a Chinese doctor for traditional Chinese medicine'.

### 3. How should I plan my diet during treatment?

During treatment, your appetite and nutrient absorption may temporarily change. Taking enough calories to maintain your energy is important, whilst also focusing on protein to support your body recovery.

High-calorie foods include oils and carbohydrates such as rice noodles, noodles, and rice; high-protein foods include eggs, fish, pulses, and nutritional supplements that can replenish both calories and protein.

### 4. Does eating food containing hormones increase cancer risk?

According to medical research, no evidence shows that hormones absorbed from food cause cancer. The 'hormone-injected chicken' has not been sold in Hong Kong for many years, and the government has a set of strict food quality regulations, so you don't have to worry.

### 5. Why do I experience nausea or vomiting?

Vomiting during treatment most commonly occurs because chemotherapy or medication affects the nervous system's vomiting centre. Medications are now available that can effectively ease these feelings.

Different medical conditions may also cause vomiting; more notable examples include gastrointestinal lesions, such as bowel obstruction, or brain tumour causing increased intracranial pressure.



## **6. When will my mouth ulcers heal?**

Mouth ulcers can occur when chemotherapy, targeted therapy, or head and neck radiotherapy. The formation of such ulcers takes place when the surface layer of the mucosa peels off, whilst underlying cells work to renew it. At that moment, fungal infections (such as Candida) may also affect the mouth.

Oral mucosal cells grow rapidly. If you consume enough protein, the condition should improve in one to two weeks after medication or radiotherapy effects pass. If you're experiencing a fungal infection, anti-fungal medication can be used, and most people feel better within a week.

## **7. Can fasting slow cancer growth?**

Conventional medicine does not include fasting, and there is no scientific evidence that restricting food intake slows tumour growth. During treatment, your body needs higher nutritional replenishment to build your resilience and support your recovery.

## **8. Is it beneficial to drink fruit and vegetable juice?**

If fruit and vegetable juice appeal to you, it is fine to drink, though it shouldn't replace proper meals; if you have low immunity, pay special attention to hygiene when preparing fresh juices.

## **9. Should I take nutritional supplements such as vitamins or Lingzhi during treatment?**

Certain supplements may affect treatment efficacy, and taking them excessively may not be beneficial. It is best to consult your doctor or dietitian before deciding what's suitable for you. Avoid making decisions based solely on community information.

## 10. Is vegetarian diet a good option during my cancer journey?

As long as you're getting sufficient nutrition and making thoughtful food choices, you can continue being vegetarian. Non-vegetarians do not need to rush to start a vegetarian diet.

People on a cancer journey have higher calorie needs than usual; it is recommended to consult a registered dietitian or medical professional for personalised dietary guidance.

**FREE Services**  
**☎ 3656 0800**

# Questions to discuss with your doctor

1. Will cancer treatment affect my eating habits?
2. What should I be aware of about diet during treatment?
3. Why can't I eat normally?
4. What's causing my weight changes?
5. To complete the chemotherapy course well, what should I eat to maintain my white blood cell count?
6. Will these side effects ease? How long might they last?
7. Can medication help alleviate side effects?
8. What can I do to support myself?
9. Would nutritional supplements be helpful for me?
10. After treatment ends, which foods will best support my recovery?



## Your feelings

Most people feel overwhelmed when they are told they have cancer. During diagnosis and treatment, your emotions may fluctuate due to physical reactions. You may experience some of the following emotions, although the order may differ. This is normal and does not mean that you are not strong enough to cope with cancer.

Navigating emotional changes is part of the patient's journey in coping with the disease. Everyone's reactions can vary, and there is no right or wrong way to feel. Your family and friends may also have similar feelings and need emotional support and guidance.

### Shock and disbelief

*“I can't believe it!” “It can't be true!”*

Upon first learning of a cancer diagnosis, the immediate reaction may be shock, numbness, and disbelief. After the initial shock, one may refuse to accept the reality: not listening to others, only remembering one's own suffering, or repeatedly asking the doctor the same questions without truly absorbing the information.

In fact, many cancers can be treated, and even if they cannot be cured, they can usually be controlled. Therefore, patients should allow themselves time to come to terms with their emotions before discussing it with those around them. This may help in accepting the diagnosis.

### Anger

*“Why me?” “Why did this happen to me?”*

Some patients use anger to hide their fear and sadness. They may direct their anger toward family members, colleagues, their environment, or even question their faith: “Why are you being so harsh on me?”

Any illness is difficult to bear, but cancer can feel especially overwhelming. Anger is a normal emotion, and you should not feel guilty about it. Sometimes, your family and friends may not fully understand that your anger is linked to concerns about your condition.

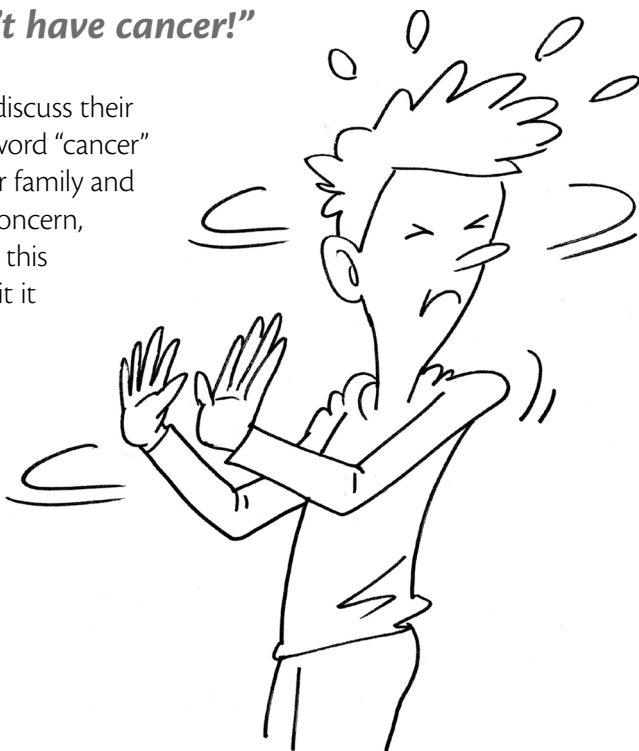
After your emotions have settled, try to express your feelings to them in an appropriate setting. If it's hard to do so face-to-face, consider using email, text messages, or even sharing this booklet with them. If you'd like to speak with a social worker or counsellor, our **free services hotline** is available: **3656 0800**.

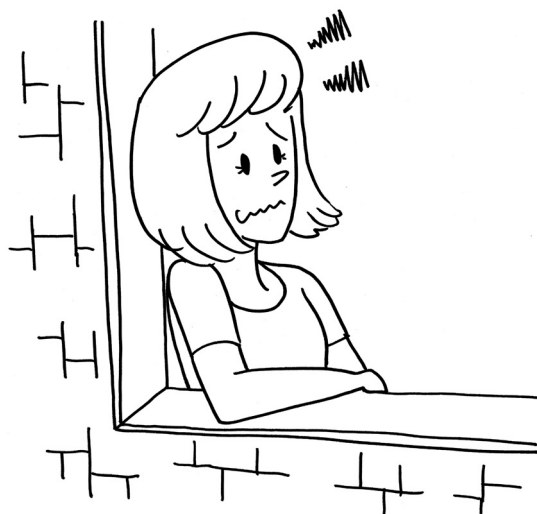
## Denial

### *"I'm fine!" "I didn't have cancer!"*

Some patients may refuse to discuss their diagnosis and may avoid the word "cancer" altogether. It's okay to tell your family and friends: "Thank you for your concern, but I don't want to talk about this right now. I hope we can revisit it later!"

However, sometimes your family and friends may avoid the topic out of fear of upsetting you. If this makes you feel uncomfortable or isolated, don't hesitate to express that you understand your condition, want to face it positively, and need their support.





## Fear

### ***“Will I die?” “Will it hurt very much?”***

Upon learning of a cancer diagnosis, “death” is often the first fear that comes to mind, followed by concerns about pain.

Recent advances in cancer treatment have led to higher success rates and lower mortality rates for most cancers. If detected early, many cancers can be cured, and for some patients, cancer has become a manageable chronic condition. If you experience pain, there are medications and other methods available to manage it, so there is no need to be overly anxious.

Another common worry is whether the benefits of treatment will outweigh its side effects. This concern is understandable, but each case is unique. You can prepare a list of all your questions and ask your doctor to explain them in simple terms until you fully understand and feel comfortable proceeding with treatment.

Some patients find that doctors’ answers about expected treatment outcomes can seem vague. This is because doctors can only provide information on treatment effects and reactions based on clinical experience and data. However, each patient’s

situation is different, and the true effects of the treatment can only be confirmed through follow-up examinations. However, with advancements in medical science, doctors are now better equipped to understand disease progression and offer a wider range of medications to provide appropriate follow-up and treatment options for patients.

The fear of recurrence after treatment is a common concern. The uncertainty of the future can indeed be unsettling, but reality is often less frightening than imagined. Talking to family and friends can help reduce unnecessary anxiety caused by stress. There are also many reliable resources with authoritative medical information and shared patient experiences that can help ease your concerns and allow you to approach treatment with peace of mind. However, be cautious about the sources of information you trust. Unreliable sources can lead to unnecessary worries and cause detours in your cancer journey. The Cancer Fund has produced over 40 booklets (14 in English) on topics like “**Understanding Cancer**” and “**How to Cope**”, which are available at our Support Centres or can be accessed electronically on the Cancer Fund’s website.

#### Cancer booklet



## Complaint and guilt

*“If I hadn’t... I wouldn’t have gotten cancer.”*

When diagnosed with cancer, some people may blame themselves or others, searching for a cause of their illness. While understanding the cause can provide psychological relief, even doctors may not always know the exact reason for a specific case of cancer. Therefore, patients should not blame themselves or dwell on unanswerable questions.

## Resentment

***“You haven’t tried radiotherapy, so you don’t understand my pain!”***

During the course of an illness, feelings of resentment and frustration are common. Your family members might feel burdened by the disruption to their lives and may express frustration. It is helpful to find a moment to have open and honest conversations about your feelings. Working together to understand each other and find solutions will ease the strain. Holding on to resentment can increase stress for everyone involved.

## Withdrawal and self-isolation

***“Leave me alone!”***

While you may desire some alone time to process your emotions during your illness, your family and friends may also want to support you during this difficult time. If you need space, try to communicate this to them. Let them know that you need quiet time to think, but that you will reach out for their support once you feel ready. This will help them understand your needs and give them the reassurance that you still value their presence.

Cancer can lead to depression and a desire to withdraw from others, which is understandable. However, if feelings of sadness persist for an extended period and start affecting your daily life, you can contact our social workers or clinical psychologists, or ask your doctor for a referral to a psychiatrist for counselling and support.



## Learning to “get along” with cancer

After being diagnosed, it may take time to adjust to the changes in your life and the side effects of treatment.

You may need frequent hospital visits and feel fatigued afterward. Some patients may need extended rest at home to recover after completing treatment. During this period, focus on resting and avoid overexerting yourself, whether in daily activities or work.

Many of today’s treatments have fewer side effects than in the past, allowing patients to maintain a relatively normal life during treatment.

Even if cancer can be overwhelming, try not to feel defeated. Don’t hesitate to share your experience with your friends and family. They will likely want to support you through this journey.



## What can you do?

Upon learning of a cancer diagnosis, beyond the initial shock, some people may feel that they can only rely on doctors and wait passively. However, with the readily available information and the increasing number of social services organisations today, there are actually many things you and your family can do while waiting for diagnosis and treatment. Seeking information independently can help you understand your diagnosis better, giving you more confidence when making decisions about your treatment.

### Understanding your cancer and its treatment

The more you learn about your cancer and treatment options, the easier it will be to make choices, cope with the treatment process, and adjust to life after treatment. However, sometimes information sources may not be reliable, and each patient's experience is unique. It is best to consult your doctor to ensure that the information you receive is accurate.



## Patient recovery after treatment

After treatment, some patients may find it difficult to handle tasks that they previously took for granted, such as household chores. As your body gradually recovers, you can try setting small, achievable goals to slowly rebuild your confidence.

To start, focus on optimizing your diet and sleep patterns, both of which play a crucial role in supporting your recovery. You can create a healthy meal plan on your own or with the help of your family, and consult a nutritionist if needed. Relaxation is also important. There are many online resources available to help you master this skill, though it requires practice. You can access online resources at home or even attend classes, aiming for consistency and making it a part of your daily routine.

Additionally, you can incorporate regular exercise into your routine to strengthen your body. The type and frequency of exercise should be based on your physical condition, and you can set personalized goals and progress step-by-step.

Even if you find it challenging to adhere to a strict diet or exercise routine, you can explore new hobbies to support your well-being, such as walking, hiking, traveling, dancing, playing music and gardening, etc.

## Financial burden

In addition to affecting your physical health, and mental well-being, cancer can also bring significant medical expenses. Apart from seeking treatment at public hospitals, you can apply for the government's "Comprehensive Social Security Assistance (CSSA) Scheme", various drug subsidy programs provided by the government and different organisations or the relief fund offered by the Cancer Fund when facing financial difficulties.

For more details, you contact our **service hotline** at **3656 0800** or speak to one of our professional team at our Cancer Support Centres.

## Who can help?

Remember that many people are willing to help you and your family. Sometimes, it might be easier to talk to someone who is not directly connected to your condition. You may find it helpful to talk to a counsellor who is specially trained to offer support and advice. Our team are always willing to discuss any concerns that you might have and can arrange for one-on-one counselling or connect you with a relevant peer support group. For more information, please call the Cancer Fund's **free services hotline at 3656 0800**.

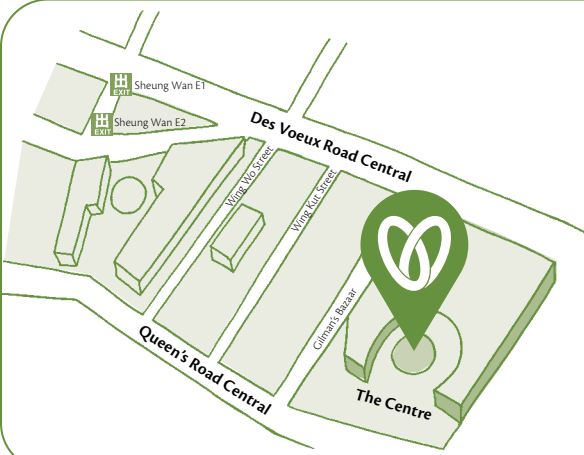
### Cancer Fund's peer support

We have four Cancer Fund Support Centres located in Central, North Point, Wong Tai Sin and Kwai Chung. We are here to provide free information and counselling services for cancer patients and their families.

We have a network of 22 peer support groups under our umbrella, "Friends of CancerFund", with a strong membership of over 16,000 people that includes cancer patients and survivors. This one-of-a-kind volunteer-based network is cancer specific covering all types of cancer such as throat, prostate, colorectal, nasopharyngeal, gynaecological, breast and many more. We manage this large network through our Support Centres, providing mutual support services and organising various activities in the community.

**FREE Services**  
**☎ 3656 0800**

# Location maps of Hong Kong Cancer Fund Support Centres

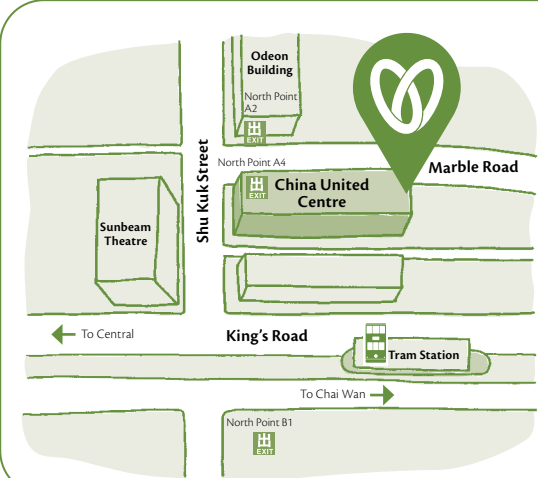


The map shows the location of the Hong Kong Cancer Fund Women Support Centre. A green location pin with a heart symbol is placed on 'The Centre' building. The building is situated at the intersection of Queen's Road Central and Des Voeux Road Central. To the north, Sheung Wan Station exits E1 and E2 are marked. Other streets shown include Wing Lok Street and Canton Road. The building is labeled 'The Centre'.

**Hong Kong Cancer Fund Women Support Centre**

Unit 5, Ground Floor, The Centre,  
99 Queen's Road Central, Hong Kong  
(MTR Sheung Wan Station Exit E1/E2)

Email: [canfund-hki@hkcf.org](mailto:canfund-hki@hkcf.org)



The map shows the location of the Hong Kong Cancer Fund Support Centre (North Point). A green location pin with a heart symbol is placed on the China United Centre building. The building is situated at the intersection of Marble Road and King's Road. To the north, North Point Station exits A2 and A4 are marked. Other buildings shown include the Odeon Building and Sunbeam Theatre. A Tram Station is located on King's Road. Arrows indicate directions 'To Central' and 'To Chai Wan'. The building is labeled 'China United Centre'.

**Hong Kong Cancer Fund Support Centre (North Point)**

Room 2201-03, 22/F, China United Centre,  
28 Marble Road, North Point, Hong Kong  
(MTR North Point Station Exit A4)

Email: [canfund-hki@hkcf.org](mailto:canfund-hki@hkcf.org)

Special Thanks

**SEEKER**  
PARTNERS LIMITED  
中南資源控股有限公司

## Hong Kong Cancer Fund Jockey Club Support Centre (Kwai Chung)

3/F, TLP132, 132-134 Tai Lin Pai Road,  
Kwai Chung, New Territories  
(MTR Kwai Fong Station Exit A)

Email: canfund-kcc@hkcf.org



### Green Minibus Station

(Kwai Chung Road)  
94, 302, 313



### Kwai Fong Estate Bus Station

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



### Kwai Fong Estate Bus Station

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



Funded by



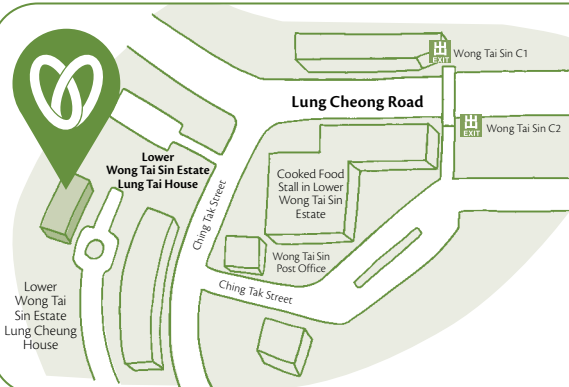
香港賽馬會慈善信託基金  
The Hong Kong Jockey Club Charities Trust

同心 同步 同進 RIDING HIGH TOGETHER

Special Thanks



傅德蔭基金有限公司  
Fu Tak Lam Foundation Limited



## Hong Kong Cancer Fund Support Centre (Wong Tai Sin)

Unit 2-8, Wing C, G/F,  
Lung Cheung House,  
Lower Wong Tai Sin (II) Estate,  
Kowloon  
(MTR Wong Tai Sin Station Exit C2)

Email: canfund-wts@hkcf.org

***“Hong Kong Cancer Fund’s holistic approach to cancer care ensures people with cancer and their families have free access to life-changing information and professional support as they navigate through their diagnosis, treatment and into survivorship.”***

**So no one should face cancer alone.**

This booklet is published by Hong Kong Cancer Fund in 2026

We would like to express our gratitude to

Ms. Fion Chow, Registered Dietitian of Hong Kong Cancer Fund

Dr. Au Kwok Yin, Professional Consultant at the School of Chinese Medicine of the Chinese University of Hong Kong in reviewing and proofreading this booklet

The contents of this booklet are accurate as of the final review date (Feb 2026).

© 2026 Hong Kong Cancer Fund. All rights reserved. Not for any commercial purposes.

## **Hong Kong Cancer Fund**

**Free Services: 3656 0800**

**Donation Hotline: 3667 6333**

**Website: [www.cancer-fund.org](http://www.cancer-fund.org)**



**Cancer booklets**



G-05-00-2026