

Spring | Summer 2019

INTOUCH 觸覺



Giving Hope To Others

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So no one faces cancer alone

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You are Our Support

Your donation will help us to provide FREE cancer support services to anyone touched by cancer.

It only takes a moment and all donations, big or small, make a big difference in improving the quality of life and providing hope for our cancer clients, their carers and family members.

Make a donation today by calling our donation hotline 3667 6333.



Contact Details

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Dear friends,

Education and empowerment are central to our belief. By helping to make Hong Kong a cancer smart community and providing important support, people have come to recognize the value we provide in bettering the quality of cancer care and peoples' quality of life.

In this issue, we are placing an important spotlight on colorectal cancer, the most common type of cancer in Hong Kong. We hear from Mary who through our art therapy courses had a breakthrough in her cancer journey and also information on how to keep a healthy colon and treat polyps before they become cancerous.



Raising funds for our free professional services is always a challenge. This year we were delighted to be the official charity of the GFI HKFC 10s. On Thursday 4th April fans were enthralled to watch many famous rugby legends, including Lawrence Dallaglio and David Campese, take to the pitch for a charity 'Tackle Cancer' touch rugby match.

With an ageing population and cancer on the increase, we are finding it extremely difficult to sustain our free services. We are so grateful to our loyal donors and network of Circle of Friends. Please do consider joining and donating a small amount every month.

Finally, I would like to thank all of our frontline professionals, support staff and volunteers who make our Cancer Care Centres the support that the community needs to ensure no one faces cancer alone.

Lots of love,

A handwritten signature in black ink, which appears to read 'Sally Lo'.

Sally Lo, MBE
Founder and Chief Executive



Imparting hope to others

Survivor Bill Mak has found true happiness through helping others and volunteering for the Cancer Fund Support Centre

Bill Mak was in excellent health when one night during dinner, he experienced some discomfort and pain in his mouth. He was an international wine merchant at the time. After a routine health check, his family doctor referred him to a specialist at the Pamela Youde Nethersole Eastern Hospital in Chai Wan in May 2012.

When the test results came back, Bill, 64, was diagnosed with oral cancer. He had a challenging time accepting his new reality.

"I was a little bit shocked at the diagnosis," he said, adding that he learned that the actor Michael Douglas was

diagnosed with the same cancer. "In my heart, I believed I would be alright. I believe in modern medicine."

The next month, Bill's surgeon operated on his upper jaw on the right side of his face. He also went through radiotherapy over 6 weeks. He bounced back quickly.

Then Bill had a second diagnosis of oral cancer on the other side of his jaw a year later in August 2013.

More surgery

He needed surgery again. He found a leading specialist in Dr. William Wei – one of Cancer Fund's medical advisors. Wei added a metal reconstruction plate inside Bill's mouth and rebuilt his palette (roof of his mouth) to enable him to eat solid foods.

"Bill's surgery was quite complex... But he's lucky. He has no pain," said Wei. "Bill is very courageous. He closely followed orders post-surgery and after we told him to go ahead and try eating."

Wei said early diagnosis in oral cancer is critical. He advises patients that any surgery related to your jaw, tongue, mouth, lips and throat may change one's physical appearance and that may possibly lead to distress depending on the patient. Help through support groups, counselling and professional advice is available through the Cancer Fund Support Centres.

After his successful surgery, despite initial difficulty swallowing and some loss of feeling, his taste buds were intact and he was able to eat solid food. "It didn't affect my quality of life. I eat like a regular person. It has affected my speech a little bit," Bill said.

Sharing his journey of positive thinking

Besides learning the Italian language for six months in the past year, Bill is an active and treasured volunteer and ambassador at the Cancer Fund Support Centres in North Point and Central.

"Down the way where the nights are gay, and the sun shines daily on the mountain top...this is a sentence from the song Jamaica Farewell which Bill picked to represent his story in a programme we did before," said Tang, our social worker in charge of volunteers at the North Point Centre. "This sentence described Bill well, a carefree person, every day is a brand new day with sunshine to him no matter what happened."

Louisa Tang Pui-Fun, a fellow volunteer said, "Bill is a man of courage and endurance. What he went through is traumatic, yet he makes use of his life story to bring support to many. His positive mind-set keeps him going and shining on others."

There is an unexpected silver lining in Bill's journey. "I'm happier now as a volunteer after my cancer treatment than I was before my diagnosis. I have more hope now."



Circle of Friends – Let's Share the Care Together

The generous donations from our Circle of Friends monthly donors are indeed a lifeline, sustaining our free professional services. This is the only regular source of income we have. We are so grateful to those who have committed to helping provide the much needed support to those touched by cancer



A Big Heart of Love

Mr King-Hong Leung has been a Circle of Friends monthly donor since 2013. After Mr Leung's wife passed away from cancer, he wanted to donate to a cancer charity to support individuals and families. He remembers feeling very helpless during his wife's treatment and recalls that they had received no support outside of the hospital. He was not aware of the Cancer Fund's services back then.

One day, he came across our Circle of Friends monthly donor programme and decided to join. "I feel happy when helping others," he said. He appeals to people who have the ability to use their privilege to help others, "to eat or play less," and use the money saved to make a donation. "As long as I have the ability to do so, I will continue to support the Hong Kong Cancer Fund with monthly donations, and I hope I could continue to increase the amount of the donation in the future," he said.

Helping Families

Especially close to his heart are the children from low-income families with a parent touched by cancer. "When a father or mother has cancer, they may not be able to take care of their children. Also, a loss of a loved one could happen when a parent has cancer," said Leung. "I hope that my donation can enable the Cancer Fund to organize more activities to strengthen the bonds between parents and their children."

Over 31,400 people were diagnosed with cancer in 2016 in Hong Kong and these numbers are rising every year. Our clients undergoing treatment have told us they experience indescribable levels of worries and concerns about the cancer journey. They also face financial pressures, family and marriage difficulties, psychological hardships, body image concerns and many other profound emotions.

Our professionals offer tailor-made services for each client and their families at our Cancer Support Centres from the moment of diagnosis, throughout treatment and into survivorship for as long as care and support are required to ensure no one faces cancer alone.

Call to Action

Your gift will make a big difference, please join our Circle of Friends and donate monthly. You can change the life of someone touched by cancer. Call our donation hotline on 3667 6332 or visit our website www.Cancer-Fund.org to find out more.



"My husband was diagnosed with colorectal cancer more than a decade ago and at the time, the Hong Kong Cancer Fund held our hands from the diagnosis to treatments and the social workers and nurses made sure we had the care we needed. Since then, I have been a Circle of Friends donor for the last decade and I would say that giving can be life-changing." – Audrey



"For the last 5 years, I have donated monthly to the Hong Kong Cancer Fund's Circle of Friends giving programme and it is my honour to do so. I've involved my children, wife and my siblings in this generous giving programme to help those suffering from shock and pain during their cancer journey." – John



"Is truly amazing what the Cancer Fund is able to do in helping so many in need. Their work in Tin Shui Wai and Kwai Chung and in other communities is extremely touching and effective. I've encouraged all my friends to become a Circle of Friends member." – Mrs. Chan





Caring for Mary on her journey: from the Hotline to our Cancer Fund Support Centre

Mary began to feel discomfort in her bowels and had a fever that lasted for six months. She was referred to a specialist and had a colonoscopy. When Mary learned that she had colorectal cancer that spread to her lung, she was deeply upset.

Whilst at hospital, she saw a Cancer Fund Hotline poster and she immediately called for advice. The hotline caregiver invited her to the Cancer Fund Support Centre for a consultation and to receive our free services.

Mary's relationship with her husband and mother-in-law was already strained and she had nowhere to turn to for help.

Healing care

She was surprised by the warmth of the Centre staff. She immediately joined the Cancer Fund

Peer Support group, where she met with other empathetic volunteers who also called her regularly. She felt deeply cared for. She was also referred to individual counselling and participated in wellness and mental health programmes.

The stigma of cancer and the old attitude towards cancer have prevented better understanding and communication between Mary and her family. The support she received from our professional teams and peer group helped her to bounce back and gave her the strength to face her unsupportive husband and mother-in-law.

New approach to life

"It has been very difficult for me but joining Cancer Fund and receiving professional services have helped me a lot. I am less anxious," said Mary.



A more positive outlook and a philosophical mindset have been vital elements in her cancer journey. Mary has successfully finished her surgeries, radiotherapy and chemotherapy for colorectal and lung cancer and is recovering well. She continues to benefit from our holistic services.

Colorectal cancer awareness

As of 2016*, colorectal cancer is the most common cancer in Hong Kong. Most cases of colorectal cancer (also known as bowel or colon cancer), begin as small, non-cancerous (benign) growths called polyps. Over a period of 10 to 15 years, some polyps can become cancerous.

Polyps may be small and may not provide any symptoms and that is why doctors recommend regular screening tests to help prevent colon cancer by identifying and removing polyps before they become cancerous. Almost all polyps can be removed without an operation, through a colonoscopy procedure.

Early detection of colorectal cancer means there's a better chance of recovery. Get regular tests for colorectal cancer especially if you are over the age of 50 and if your family has a history of colorectal cancer or colorectal polyps.

*Source: Hong Kong Cancer Registry, Hospital Authority. Data from 2016.

5 Simple Tips for Colon Health



MORE veggies
LESS meat



MORE exercise



LESS alcohol



DON'T smoke



GET checked



The Power and Beauty of Art Therapy

Art therapy intervention is provided by our art therapist, Tristan Chan, who helps users to cope with cancer creatively with the consolidation of inner strength

By Tristan Chan

Sometimes it could be difficult for cancer patients to articulate the feelings and thoughts along the cancer journey. They might feel too embarrassed or painful to talk about the illness, especially their pain, fear or anger towards their losses. Or they may not be used to expressing emotions verbally because of cultural influence and taboo.

Yet, they are in a stage that needs special psychosocial support to let them feel they are understood, loved and cared for. The trustful therapist-client relationship enables them to express themselves for better self-understanding and they are encouraged to find their own strength to enhance their quality of life.

For carers and children

Once cancer is suspected or diagnosed, it affects the whole family, especially the carers and children. They may not have the ability to express their fear, guilt or worries verbally. Art therapy provides them a safe space to enjoy the power of creativity in art. It helps them reduce their anxiety levels and to find a new perspective to cope with all the changes.

Rainbow Club and Art Therapy

Mary was diagnosed with colon cancer three years ago. For about a year and a half, Mary went through surgeries, chemotherapy and radiotherapy. Her 8 year-old daughter, Mei Mei, was deeply affected, became very quiet, and developed separation anxiety before Mary's surgery. Mei Mei would not leave her mother without screaming, feeling fearful and crying. She also developed other disturbed behaviours such as panic attacks and nightmares.

Through a friend, Mary contacted the Cancer Fund and learned about the programmes offered. Mei Mei became a member of the Rainbow Club and Mary was referred to our art therapist Tristan Chan. Art therapy as a psychotherapy is offered to Rainbow Club children. Through the creating art process, child clients can accept and acknowledge their emotions affected by parental cancer situation.

"When a child faces parental death, their anxiety levels can be extremely high," said Chan. "They are more likely to feel confused and fearful because the reality is too overwhelming." Mary became very emotionally volatile towards her daughter. She felt guilty for not being a doting mother, when she was feeling depressed and needed to rest. She worried about how her negative emotions would influence her daughter.



Breakthroughs

After working with Chan, Mei Mei released her feelings in a creative way and Mary was also able to acknowledge her own challenges and anxiety. Both of them showed important changes in expressing emotions in a safe and creative way. Both were less anxious about cancer treatment and being separated from each other. Mei Mei's disturbed behaviour totally disappeared.





Spotlight on Colorectal Cancer

**Q&A with Dr. Siu Tsan Yuen,
Hong Kong Cancer Fund's
medical advisor, Deputy
Medical Superintendent of St
Paul's Hospital and Honorary
Clinical Professor of The
University of Hong Kong's
Department of Pathology**

1) Can anyone develop polyps in the colon?

By the time people reach 60 years old, one third or more of them will have at least one polyp. For some of those who have a family history and genetic predisposition, they and their family members can have larger number of polyps, they may develop them at an early age, and more frequently to have these polyps become cancerous.

2) What are some of the symptoms and signs of colorectal cancer?

When to see a doctor?

See your doctor if you have abdominal pain, blood in your stool and a change in bowel habits that lasts

for one to two weeks. You should be screened regularly for polyps if you're age 50 or older. For those with a family history of colon cancer, screening should start even at an earlier age.

Signs and symptoms of colorectal cancer:

- A change in your bowel habits especially alternating diarrhea and constipation for no obvious reason or a change in the consistency and shape of your stool that lasts longer than two weeks.
- Persistent abdominal discomfort, such as cramps, fullness and colicky pain.
- Blood in the stool, appearing bright red or dark in colour.
- Mucus in the stool.
- Unexplained weight loss.
- A persistent feeling that your bowel doesn't empty completely after defecation.
- Constant vomiting and abdominal distension
- Signs of anaemia, including cold limbs, fatigue, heart palpitations, shortness of breath, pale skin, dizziness.

3) Can Colorectal Polyps and Cancer Be Found Early?

Colonoscopy

The majority of polyps can be removed through a colonoscopy procedure, which involves a flexible tube (colonoscope) being used to allow a medical professional to see inside your colon and rectum on a TV monitor. If necessary, the doctor can remove any polyps discovered through colonoscopy. As there are often no symptoms of colorectal polyps and cancer in their early stages, simple, regular check-ups can offer peace of mind in cancer prevention and early detection.

4) Why is colorectal cancer screening important?

Colorectal cancer is the most common cancer in Hong Kong. It is the second leading cause of cancer death after lung cancer. In 2016, there were 5,437 newly diagnosed colorectal cancer cases or about one in six new cancer cases. In 2017, colorectal cancer resulted in 2,138 deaths, or about one in seven cancer deaths.

Colorectal cancer is highly preventable through regular screenings and maintaining a healthy lifestyle. Since September 2016, the Hong Kong government has subsidized Faecal Occult Blood Test (FOBT) for Hong Kong residents aged 56 to 75 through the Colorectal Cancer Screening Programme (CRCSP). Those with positive FOBT results will be referred for a colonoscopy for further assessment.

Your Colon's Important Role

After you have swallowed your food, it passes down the food pipe (oesophagus) into your stomach. Digestion begins in the stomach, after which food passes into the small bowel where digestion continues and the body absorbs nutrients from the food. The digested food then moves into the large bowel.

The colon absorbs water as digested food passes through it, and the waste matter left behind becomes stool (poo) and is stored in the rectum. Maintaining bowel health is essential in lowering your risk of cancer.



AIA and Pink Revolution

Thanks to our AIA Champions!

We are grateful to our loyal friends and donors in the corporate world. AIA Hong Kong and Macau organized their first CEO Club Challenge Contest from July to September. Their financial planners competed against one another in a donation drive.

We want to express our heartfelt gratitude for the wonderful generosity of the financial planners of AIA Hong Kong and Macau for raising HK\$856,407 for helping breast cancer patients and their families. These funds will help sustain our FREE services such as home care, support during treatment, pain management, counselling, nutrition consultations and wellness classes.

During the award ceremony at the Hong Kong Stock Exchange, Mr Peter Crewe, the Chief Executive Officer of AIA Hong Kong and Macau presented the cheque to Cancer Fund's Co-Chairman Mr. Robert K. L. Lo, in November 2018.

AIA Pink Ladies

At the same time as the CEO Club Challenge, AIA held the Hong Kong and Macau Female Agency Leaders Challenge to support Cancer Fund's Pink Revolution. Those who achieved the goal were honoured with a donation in their name to our Cancer Fund.



At a seminar called AIA iLady for all of the AIA Hong Kong and Macau female agency leaders in September, our registered nurse, Katrina Wu, spoke on breast cancer and how to do a breast exam. Early detection can save lives.

Sports and Fun



Rio Ferdinand and Lawrence Dallaglio Captivate our Rainbow Club kids

On a very warm and sunny Friday a small group from our Rainbow Club were invited to be part of a coaching session to join Rio Ferdinand and Lawrence Dallaglio at the Hong Kong Football Club.

The one hour training session was organised by BT's Global Services Division who brought BT Sport Ambassadors Rio and Lawrence out to Hong Kong as part of their Hong Kong 7s programme.

The excitement was in the air as 100 children waited to train with their favourite football and rugby legends. Parents were eagerly watching from the side lines with cameras in hand to catch these memorable moments.

Rio Ferdinand very kindly shared his own personal experience with us having lost his wife to breast cancer in 2015 at the age of 34 leaving him to raise his 3 young children. "I'm so thrilled to bring a smile to the faces of the Rainbow Club children, something that's very close to my heart."



GFI HKFC 10s 'World's Best 10s' supports Hong Kong Cancer Fund



After a star-studded Rugby Legends Tackle Cancer exhibition game at the Hong Kong Football Club, Gareth Wilde, Chairman of the GFI HKFC 10s Organising Committee, presented a HK\$250,000 cheque to Hong Kong Cancer Fund. The crowds were delighted to see so many legends playing on the field at the same time whilst raising awareness about our free cancer services throughout the event.

Rugby stars who played in the charity match included Andy Goode, Lawrence Dallaglio, Jim Hamilton, Waisale Serevi, David Campese to name but a few. Our CEO, Sally Lo, said, "It has been such a memorable day. They're a great group, giving their time up to come and play."



Photo credit: Plastic Free Seas

Saving our Planet

The Cancer Fund is grateful to Blake Ireland and his company Life Solutions for providing our five Cancer Fund Support Centres with healthy water filtration systems that reflect our green goals for a more sustainable future



A dedicated environmentalist, Blake Ireland has long been opposed to single-use plastic bottles. One night over dinner at his friend's house, they spoke of their newly installed water filtration system and said, "I don't need to carry heavy water from the market. I'm saving on plastic bottle (use) and lots of money."

"That piqued my interest," Ireland said.

Later in 2003, Ireland founded his company Life Solutions to install and maintain high quality water filtration equipment in homes and corporations in the region.

They use the reverse osmosis process where the water molecules pass through a semi-permeable membrane that separates the contaminants and sends them into the drain as waste water.

At least 99% of contaminants like heavy metals, viruses, chlorine, bacteria and fluoride are removed from the water through the filtration system. "We provide a very good healthy drinking water," he said.

Healthy water to help cancer patients

When he first started his business, Ireland donated and installed the first water filtration system at the

Cancer Fund Support Centre in Central in 2003. When his eldest sister was diagnosed with breast cancer 15 years ago, he felt further motivated to help the Cancer Fund in order to help other patients. His younger sister also had skin cancer and recovered fully after several surgeries.

Since then, his company donated and installed filtration systems to provide healthy water at all of our centres to benefit our clients.

"I've always been impressed with the work that Sally Lo has done tirelessly over the years. She's given so much in those years to help people who've gone through it," said Ireland who has known Sally and Robert Lo for 28 years. "It's a noble cause."

A green alternative

Hong Kong throws away 5.2 million bottles every single day. Globally, the world uses one million plastic bottles a minute. The discarded plastics harm Hong Kong's marine life when the animals ingest it. Most plastic products end up in landfills (around 60 million per day globally) or are incinerated.

What makes Ireland's water filtration system so environmentally friendly is that they directly reduce the use of plastics and this leads to saving on bottled water costs and water delivery transportation fees. The system can fit under any kitchen sink and includes a storage tank and a place to drain the waste water.

"Inside our dispenser we have filters that clean the water. So there's no disposal of single use bottles when using our system," he said.

Ireland also points out that if a warehouse that stores bottles of water is not climate controlled properly then poisons from plastic can leech into the water.

"Plastics are the tip of the iceberg," he said. "We are the ones who can enact the change. It starts with us changing our habits."

Cancer Fund's Sustainability Strategy

At the Cancer Fund, we care about our environment and we want to do all we can to reduce waste and harm to our planet. Did you know that Hong Kongers throw away 5.2 million plastic bottles every single day? Recycling efforts are not enough as our beaches are littered with these bottles and our landfills are under pressure. Our plastic use is placing our environment and coastlines in jeopardy.

Over the last several months, we've taken active steps to go green from offering reusable cups at our events to not using plastic straws to using biodegradable products that don't wreak havoc on our environment. Our Wellness programmes encourage participants to bring their own food containers and cutlery when they attend healthy cooking workshops. Our staff use only natural cleaning spray on our yoga mats at our Cancer Fund Support Centres and offer sustainable living programmes such as "How to create your green kitchen", "DIY natural detergent for the household".

We are taking a stand to conserve, to recycle and eliminate all plastic. This is just the beginning...

For more information on water filtration systems, contact Blake Ireland: <https://lifesolutions.com.hk/>

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.

CIRCLE OF FRIENDS

- Regular donors
- Mr. Leung King-Hong
- Swire Properties Pacific Place

PINK REVOLUTION 2018

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