

Autumn | Winter 2019

INTOUCH 觸覺

Share the Care Cancer Fund's Pink Revolution 2019



癌症基金會
CANCERFUND
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.



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Dear friends,

It's that time of the year again to raise important awareness through our Pink Revolution campaign. Breast cancer is the third most common cancer in Hong Kong. We are encouraging women to check regularly. We've seen firsthand that early detection can save lives.

We're really thrilled to have Sammi Cheng as our Pink Ambassador this year! As an influential icon, Sammi will draw a lot of attention to our campaign.

October 18th is Dress Pink Day. We're encouraging everyone to have a fun Pink Party with friends or at the office to raise funds for our Pink Revolution.



We are putting a special focus on women's health. Our new Women's Support Centre in Central was launched this year. It is the first centre to offer FREE tailor-made care to women experiencing cancers specific to females and support for their families.

In this issue, you'll read about Annie who has really benefited from our Young Adult peer group, 'You Can'. This inspirational young woman has been able to bounce back and return to work and find new meaning in life.

Find out how legacy giving is making a huge difference to so many. We also put the spotlight on men's health with a story on Joseph Lam, the head of the Walnut Club, a peer group for prostate cancer survivors and their families.

Lastly, in this difficult financial environment, we are asking for your help in sustaining our holistic care services. We are thankful for your kind support over the years and, together we can continue to help families in need.

To make a timely contribution, please contact our donation hotline on 3667 6333. Together, let's make a difference and share the care.

Lots of love,

A handwritten signature in black ink, reading 'Sally Lo'. The signature is fluid and cursive, with the first name 'Sally' and the last name 'Lo' clearly distinguishable.

Sally Lo, BBS, MBE
Founder and Chief Executive

The Power of Pink

Pink Revolution is Cancer Fund's annual breast cancer awareness and fundraising campaign, held every October.

Did you know that 1 in 15 women in Hong Kong are diagnosed each year with breast cancer? That's why we are encouraging women to "Be smart. Self-check." for early warning signs of cancer.

All donations raised through Pink Revolution go directly towards our FREE breast cancer care services that help patients and families live with and beyond breast cancer. Our support centres and our new Women's Cancer Support Centre provide loving care and practical knowledge for women with breast and other types of female cancers.

To learn more about how we are bringing together thousands of people for our Pink Revolution, visit: www.cancer-fund.org/pink

Our New Pink Ambassador: Sammi Cheng

We're so happy to announce that Sammi Cheng is our Cancer Fund's Ambassador for the Pink Revolution campaign this year. Sammi filmed a TV commercial for us to spread the message of supporting women with breast cancer and to encourage regular check-ups. The touching commercial that features Sammi and a group of women including a woman undergoing treatment can be seen on TVB Jade and Pearl in September and October.



PINK REVOLUTION LAUNCH

Date: 3 Sep, Festival Walk Shopping Mall

We had special guests and supporters at this exciting event to launch our Pink Revolution campaign. Inspirational women living with breast cancer shared about their experiences and how they are finding strength in their journeys.





DRESS PINK DAY

Join us on 18 October for Dress Pink Day. Every Breast Cancer Awareness Month, thousands of people wear pink to raise awareness and funding to support women with breast cancer.

For a donation of HK\$150 and above, participants can sponsor a Pink Recovery Pack, which are given at the bedsides of breast cancer patients who have just undergone surgery. Each pack contains an information booklet and other essential items. For more information and to join this meaningful event, please visit www.dresspinkday.com.



Shop For Pink and Support Our Breast Cancer Services

October

Show your care by shopping to support our free breast cancer services. Every year, our generous corporate sponsors offer new Pink items to make shopping more fun with a percentage of the proceeds donated to help breast cancer patients. To find out more about these Pink Specials, go to: www.cancer-fund.org/pink/sponsors



Zojirushi is Cancer Fund's Pink Revolution's Major Sponsor

For more information, go to our Pink Revolution guide inserted with this issue of InTouch or visit www.cancer-fund.org/pink or call our fundraising hotline on 3667 6333.

More breast cancer survivors returning to work

Going back to work after breast cancer treatment is a significant milestone. For Annie, a young adult breast cancer survivor, the process of returning to work was a sign of bouncing back.

When Annie was first diagnosed with stage 2 breast cancer, she felt anxious over how her company would respond. She is a bank trader and the role is demanding. Her company did not have a policy about cancer or any guidelines for survivors returning to work.

Fortunately for Annie, her Human Resources Manager and direct Manager were very accommodating and kind. They allowed Annie to take a 9-month sick leave in order to go through her radiotherapy treatment. She was able to return to her job with a lot of support.

“My boss and the Human Resources Department were mindful of my needs. They didn’t pressure me,” Annie explained. “My teammates were also very understanding.”

Breast cancer treatment can involve breast surgery and an extensive chemotherapy regimen that can lead to extreme tiredness and cognitive dysfunction. Both can last for several months post treatment. Common after effects such as lymphoedema, upper-body pain, fatigue and depression, as well as the nature of treatment can take an emotional and physical toll.

During the first few months after returning to work, Annie was still struggling with fatigue. Her company allowed her to leave a few hours early each day for two months. She felt the shortened hours helped ease her back into full-time work.

It is also challenging to book doctor appointments after work hours. Annie’s Manager was very accommodating and allowed her to take 1 to 2 hour breaks for appointments during the day. She compares her employer with other survivors’ experiences and feels grateful for her caring managers.

“I know young adult cancer patients who needed to take their own annual leave because their company didn’t have a policy that allows them to take time off for treatment,” said Annie. According to our frontline social workers, some young adults have been forced to quit their jobs instead of being given extra sick leave to receive treatment.



Cancer survivors have also shared in peer groups that they have a difficult time during the job search process when the interviewer usually asks why there was a full year of being out of work on their resume. They are afraid to disclose their leave due to cancer out of fear that they will be discriminated against and not hired.

Annie has a loving husband and family. But the care she received from our Young Adults ‘You Can’ peer group made “a big difference” in her work and life. “I used to be always angry and sad because of work stress. Now I live each day as the happiest person,” she said. “Cancer changed my life.”

With recent medical advances, more breast cancer patients are surviving and returning to work in greater numbers. Breast cancer is the most common cancer in women worldwide, representing about 12% of all new cancer cases and 25% of all cancers in women. In Hong Kong, breast cancer is the third most common cancer, with more than 4,000 new diagnoses a year.

Icon Sammi Cheng is our New Pink Ambassador

We're so delighted that Sammi Cheng is Cancer Fund's new Pink Ambassador. This year, our Pink Revolution motto is "Be Smart, Self-Check." Sammi sees her doctor regularly to do breast exams and encourages her family and friends to do the same.

Like so many of us, Sammi has relatives and friends who were diagnosed with breast and gynecological cancer. One of her chums recently had breast cancer recurrence and after several rounds of chemotherapy, the most recent test showed she was cancer free.

"It's a miracle! No matter how bad or hard the situation is, those touched by cancer must be optimistic and be filled with hope for the future," said Sammi.

Thankfully, her friend had a positive mindset and a lot of support from loved ones. "After chemotherapy, she was very weak and in great pain, so I felt heartbroken when I sat next to her," Sammi said. "I've learned that a positive mindset and remaining strong are the necessary conditions to go through cancer treatments."



Check your breast in 3 easy steps



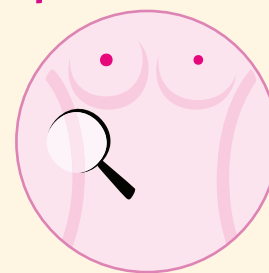
1

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, and both nipples for unusual changes

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

Ladies, let's "Be smart. Self-check."

October is Breast Cancer Awareness Month and we need YOUR help to spread awareness, educate others, and make a difference in the lives of those who have breast cancer.

Breast cancer is the number one cancer diagnosed in women in Hong Kong. Over the past two decades, the number of female breast cancer cases has risen year on year and this trend is set to continue. More than 4,100 new cases of breast cancer were recorded last year, according to the Hong Kong Cancer Registry 2018 (figures in 2016).

Regular self-checks and screenings help women detect breast cancer at an earlier and more curable stage.

Take Control of Your Health

Know your risk

- Talk to your relatives to learn about your family health history. If your mother or a close relative had breast cancer, your risk of breast cancer may be higher.
- Talk to your doctor about your personal risk of breast cancer. A small number of women are at especially high risk because of faulty genes they have inherited. However, faults in known high-risk breast cancer genes such as BRCA1 and BRAC2 account for fewer than 1 in 20 breast cancer cases.

- More than half of women diagnosed with cancer are over 50 years old. Approximately 1 in 15 women are at risk of developing breast cancer in their lifetime before age 75.

Make healthy lifestyle choices

- Maintain a healthy weight
- Exercise
- Limit alcohol intake
- Breastfeed, if you can

Remember, early detection is the key to successful treatment and recovery, so be breast aware and self-check regularly.

Our Free Breast Cancer Services

Since the Cancer Fund started in 1987, we have built up a comprehensive service to help breast cancer patients and their families from diagnosis to recovery. Free support is available at our five community support centres and at our Cancer Patient Resource Centres located in seven hospitals.

We have established a thriving network of self-help groups to comfort those touched by cancer. Several of these groups are for breast cancer patients.

If you want to know more about our FREE services or ways for early detection, please call 3656 0800.

Learn more about breast cancer: www.cancer-fund.org/pink

Cancer Fund Opens First Free Women's Cancer Support Centre



We are celebrating our new dedicated Women's Cancer Care Centre in Central. It's the first free specialised care facility in Hong Kong to cater to the unmet needs of women experiencing cancers specific to females including breast, ovarian, cervical and corpus uteri and the unique challenges they face.

It's time to put the focus on women's health

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

We also provide body image support and nutrition advice, during treatment as well as counselling for the family, art therapy and wellness classes.

We'll be having a series of talks and an exhibition to raise awareness on women's cancers this September.

Our Professional Services and Workshops:

Nursing and Dietetic Consultations and Workshops – Our oncology nurses and dietitian can offer one-on-one sessions and tailored workshops on rehabilitation and effectively managing cancer treatment side effects (ie. Fatigue, nausea, pain etc).

Individual or Family Counselling – Our clinical psychologist and social workers are available to provide support to women, their partners and families to deal with their emotional distress.

Sexual intimacy and fertility workshops and talks – Sex therapist and fertility experts provide specialised guidance for our patients and their spouses and partners through group activities. Individual counselling requests related to sexual health or fertility will be referred to other professionals in the community.

Body Image Support – We offer a range of ‘Look good, feel better’ programmes to help our users increase their confidence and quality of life. We also loan wigs and headscarfs. Our breast prosthesis subsidy helps patients to purchase special bras and prosthesis.

Art Therapy – Through visual art, dance, music and drama, our art therapist expertly guides our patients in expressing their feelings throughout the cancer journey. There are sessions to help couples and families to improve their communication.

Wellness Programmes – Our daily programmes include yoga therapy, pilates, breathing and relaxation, meditation, Mandala art therapy and more. These sessions aim to strengthen the mind, body connection, to cultivate inner peace and promote self-healing.

Peer Support Groups – Our extensive peer support networks offer a much needed backbone of emotional support and information to patients and their families.

**Address: Unit 5, Ground Floor, The Center,
99 Queen’s Road Central.**

For further information, please feel free to contact us at 3667 3131.

Our Women’s Cancer Support Centre will Provide Lymphoedema Care Services

We provide specialised care for our clients who are at risk of, or living with lymphoedema, to better manage their condition and help reduce the negative impact on their quality of life.

Lymphoedema is a swelling in the body due to an accumulation of lymph fluid in the tissues, which is the result of blockage of lymph fluid drainage caused by the removal of or damage to the lymph nodes as a part of cancer treatment. It generally occurs in one or sometimes both arms or both legs swell.

- Patients can receive professional lymphoedema assessment, consultation on post-operative care, treatment and ongoing monitoring, and the latest health information.
- Group exercise sessions to help aid lymphatic drainage.
- We host a self-management group every month for mutual support. We invite specialists to give talks.



Mandala Art Healing Exhibit

Hong Kong Cancer Fund's Wellness Programmes seek to help people touched by cancer find their inner strength and energy to improve their quality of life throughout their cancer journey.



For the last 6 years, as part of our Wellness programme, the Hong Kong Cancer Fund has offered Mandala Arts to our clients as a therapeutic way of expressing themselves. Mandala art often has geometric patterns with a circular shape but with a central point, representing the connectivity and continuity of life.

Our exhibition, from 16 June to 1 July at The Center in Central, displayed the Mandala art work of our cancer patients and their heartfelt testimonies from the moment of diagnosis through the treatment and to all touchpoints of their journey. Experts say engaging in this visual meditation helps bring a sense of relaxation, improved sleep quality and greater focus through a centred creative expression.



By Lin

"The Mandala instructor guides us to focus on ourselves, including our breathing to find inner peace and balance. While I was doing my first drawing, I felt peace, joy and at ease. This joy is not an exhilarating kind of joy, but it's peaceful, coming from the heart. I found this Mandala practice very therapeutic and I will continue to practice it."

By Connie

"I started to practice Mandala in 2017 and I never thought I could paint. I realized that the focus is not on the final product, but on the process of painting. Mandala actually helped me to sleep better. I learned to relax and let go of all the worries and disordered thoughts."





Healing for Children through Play Therapy at Kwai Chung Centre

Vivian Ng, the Centre Manager of our CancerLink Jockey Club Support Centre in Kwai Chung, sees it as her mission to help our users and their entire families to feel loving support.

As an experienced social worker with play therapy training, Vivian Ng has worked with many children whose parent is touched by cancer at the Kwai Chung Centre, helping them to release and process their negative emotions. Children of parents with cancer feel a loss of control and fear when they see treatment side-effects in their parents. Parents also feel high stress and ill equipped to address the illness with their children.

Releasing Emotions

At the beginning of a play therapy session, Vivian asks the children to choose a toy. For example, if a child chooses a toy house and they act as the nurse or mother to take care of the family, then this interaction closely reflects their family experience. As the children process their negative feelings with Vivian's guidance, they gain more self-confidence. Some cry or use drawings to express their sadness or fear.

Focus on Families

Vivian helped a 5 year old boy, Adam, whose mother had breast cancer. He became very worried that his mother would pass away. Without an outlet for expressing his anxiety, he internalized his stress and became depressed with frequent angry outbursts at school. Due to an intense fear of abandonment, he refused to sleep without his mother. After several play therapy sessions, Adam released his negative feelings and felt more secure. His mother feels grateful for Adam's transformation. She feels a renewed hope about the future.

"We use the family approach to help the patient and the entire family better cope with cancer at our centre," said Vivian. The Kwai Chung Centre serves mostly low-income population living in public housing or older private apartments without lifts in Tsuen Wan and surrounding areas.



If you need support facing cancer, call our service helpline on 3656-0800 to find out how we can support you.

Walnut Club – A Vital Peer Support Group for Prostate Cancer Survivors



Prostate cancer is the third most common cancer among men in Hong Kong and the number of cases has increased at the fastest rate among all cancers affecting men.

For Joseph Lam, 72, joining our Cancer Fund activities and peer support group helped him face his cancer journey with strength and hope.

“I was shocked and didn’t know how to handle my diagnosis in 2011. The Cancer Fund helped me. It is the most well-known organisation that provides cancer support services to patients. I joined a lot of activities and attended talks by the doctors in the Support Centres,” said Joseph. “It’s very useful.”



Joseph Lam

Around 6 years ago, the Walnut Club was founded by our social worker Tommy Liang and a doctor and nurse to provide peer support to prostate cancer patients, survivors and their families. The name of the club derives from the shape and size of a prostate which resembles a walnut.

What Does the Walnut Club Do?

Prostate cancer survivors and patients come together quarterly at the Cancer Fund Support Centre in North Point. The members care for one another, openly discuss any issues that arise with their health and treatment and provide emotional support to each other. Usually they divide into different groups based on the type of treatment they received.

The club also offers talks by doctors and other experts on exercises to reduce the effects of prostate cancer surgery, nutrition, psychosocial care and cancer treatments. Social workers provide counselling as well. Joseph takes 'Ving Tsun' classes every week to strengthen his groin muscles which helps alleviate incontinence issues.

The Power of Peers

As the chairman of Walnut Club, Joseph has been tirelessly meeting up with or making calls to prostate cancer patients and he assists the 'Ving Tsun' peer facilitator in helping the men do their exercises properly. "I feel really happy when helping. They share their problems and I help them," he said. "The doctors have knowledge based on theory but the group members have actual experience of dealing with prostate cancer treatment and the issues after treatment."

Joseph encourages men over 55 to get regular PSA exams (a blood test that's the primary method for testing for prostate cancer). He said that once prostate cancer is detected, it's easily solved and the recovery rate is 98%.

Get Checked

If you are a man over the age of 50 with a family history of prostate cancer, you should talk to your doctor about getting checked. If you are 60 or older, you should be aware of the warning signs and consult your doctor immediately if you experience symptoms when urinating or any unusual changes in your body. Learn more about prostate cancer at: www.cancer-fund.org/prostate

Symptoms



Weak flow when urinating



Difficulty urinating



Urinating more often than usual during the day



Blood in the urine



Urinating especially often at night



Frequent pain in the lower back, hips and upper thighs



Frequently needing to rush to the toilet to pass urine



Together We Can Make a Difference

Stride for a Cure

Come join our annual Stride for a Cure walkathon and see hope in action.

Date: 8 December, 2019 (Sunday)

Time: 9am - 2pm

Venue: Hong Kong International School, Tai Tam

You can walk a 5km or 10km route through Tai Tam Country Park. Bring your family and friends together to celebrate the power of collective action. Help us raise HK\$3 million for cancer research as we walk in nature and enjoy games and fun at this hugely popular event. Santa will also join us for a special visit!

Thank you to our generous sponsors who have made this special event happen. All funds raised go directly to cancer research to find a cure and cancer care services. Places are limited, so register now at www.cancer-fund.org/sfc or call 3667-6333.



Run for a Cure

Let's run to change lives and find a cure for cancer. You can join us by scheduling a run on your own time. Visit www.cancer-fund.org/sfc-run and follow these steps:

1. Sign up for Run for a Cure
2. Ask your friends to sponsor your running goal
3. Pick your time to run to stay fit and also raise money for important cancer research and care services

Sign up today to make a difference and have fun while doing so!

Join our annual Run for a Cure.



癌症基金會
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So no one faces cancer alone

stride for a CURE

抗癌大步走

every step counts 一步一希望

Save
The Date



Date: 8 December 2019 (Sunday)

Time: 9am - 2pm

Venue: Tai Tam Country Park

Join our 24th Stride for a Cure walkathon and fundraise for local cancer research and cancer care services

- 5km or 10km – two routes
- A family fun day with healthy exercises and a worthwhile cause
- Free packed healthy lunch, T-shirt and shuttle bus to and from Central Star Ferry Pier
- More wonderful performances and booth games to come

Register now!

(3667 6333
www.cancer-fund.org/sfc

Legacy Giving



Leaving a gift in your will can help make life better for people touched by cancer so that they can live life to the fullest

Jenny is a bright, energetic working mother of two children. She was especially close with her own mother who often spent entire weekends with her grandchildren. Recently, Jenny's mother passed away from colorectal cancer. The entire experience from the shock of diagnosis to the treatments and palliative care turned Jenny's world upside down.

Before her mother's difficult cancer journey, Jenny was too busy to reflect upon the mark she would leave on the world or her so-called legacy. Eventually, Jenny put together her will, and in honour of her mother, she decided to leave a gift to Hong Kong Cancer Fund to help continue our free professional support services.

She felt this monetary gift was her mother's legacy and hers – to give to others in her memory. Your decision to leave a small or large gift or a fixed percentage of your estate will allow us to offer our cancer care services to anyone touched by cancer.

Leaving a legacy is a momentous decision to be carefully considered. The Hong Kong Cancer Fund would like to reassure you that your legacy will be used wisely and effectively.

How do I leave a legacy to Hong Kong Cancer Fund? The process of remembering Cancer Fund in your will is quite simple. Seek the assistance of a recommended solicitor who offers will-writing services.

We have created a booklet that will help you understand why you should consider leaving a gift to Cancer Fund. It includes practical tools and information on how to leave a gift and information about what kinds of gift you can leave.

If you would like a copy of this booklet or have any questions about legacy giving, please contact our Donation hotline at 3667-6333.

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)

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Dr. Shih Tai-cho, Louis
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COLORECTAL CANCER AWARENESS CAMPAIGN 2019

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