

Spring | Summer 2020

INTOUCH 觸覺

The Gift of Hope



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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.

Give the Gift of Hope today by calling our donation hotline 3667 6333.

Contact Details

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Service Helpline: 3656 0800



Become Our Fan
Hong Kong Cancer Fund

Dear Friends,

The Hong Kong Cancer Fund provides the missing link that ensures those affected by cancer are well-supported both during and after treatment. We are there throughout the journey with our clients, and are able to assist with ongoing concerns, even long after treatment has ended.

Cancer is touching more lives due to our ageing population and increased awareness. We have seen more demand for our free care services in recent years which reflect this growth. Our Support Centres last year had over 47,000 attendances seeking professional advice and support. Owing to the cancellations during the social unrest and public health concern, we have shifted many of our services online such as consultations and our popular wellness classes.

In this issue, you'll meet Callie, a 6-year-old girl whose father was diagnosed with cancer. She attended our Rainbow Club programmes and art therapy which helped her regain her confidence. Thirty-something, Grace, survived corpus uteri cancer and was overwhelmed by the care she received from our professional team at the Women Support Centre.

In these extremely challenging times, we have been touched by the response and generosity of many individuals and corporations who have contacted us to donate over 60,000 face masks. We have distributed these to the newly diagnosed, those going through treatment or receiving our Hardship Fund. It is heartwarming to know the spirit of Hong Kong and kindness shown are ever present.

It has been extremely difficult to sustain our free services since we've had to cancel all of our fundraising events due to the coronavirus. We are grateful to our loyal Circle of Friends monthly

donors who provide the only regular income as we receive no support from the Community Chest or government.

Would you please consider joining to give each month to help us offer our professional services to those touched by cancer?

I am thankful and continuously amazed by the dedication and compassion of our frontline professional teams, our support staff and volunteers who offer timely care to those in need. Let's continue to share the care together to make a difference.

Lots of love,



Sally Lo, BBS, MBE
Founder and Chief Executive





Cancer through a Child's Eyes

Our Rainbow Club offers support to children with a parent or family member touched by cancer. This free programme caters to children aged 4 to 17. It's available at all of our Support Centres.

Callie was 6 years old when her father was first diagnosed with stomach cancer. During her father's chemotherapy treatments, she had nightmares and her teacher reported that she became quieter at school. Her parents were concerned and didn't know how to help their daughter.

Callie's parents contacted the Cancer Fund Support Centre in Kwai Chung. Our case manager, Sarah, recommended the Rainbow Club playtime and activities with other children. Rainbow Club offers a safe and caring environment where children can talk to our counsellors about their worries. Callie loved the playtimes and felt support from the other children who are going through similar situations.



Our art therapist Tristan helped reduce Callie's worries and anxieties, and to express her negative emotions through art that are difficult for children to articulate. Through watercolour painting sessions, she became less anxious at school. "All kinds of emotion require a way out. The creative arts offer a safe way for anger, fear and stress to be released from our mind and body, which then creates space for love and care," said Tristan.

Several months later, Callie said, "Now I understand that cancer can be overcome with love and happy thoughts."





Navigating as a Caregiver

When a loved one is diagnosed with cancer, the lives of family and friends are also turned upside down when they step into the important role of caregiver. Tending to the needs of a loved one, they may be spouses, partners, family members or close friends.

Caregivers provide a valuable and often irreplaceable service to those living with cancer. Most often, they are not trained for the role. Many times, they may be the lifeline of the person with cancer. These simple tips can help you be a good caregiver.

Timing of appointments and procedures

Be prepared for the unexpected but ask nurses to be clear on timing required for all procedures including blood tests, basics as well as anything else your family member or friend needs to work through. This will help you both be mentally and physically prepared. If the doctor's team packs too many tests too closely for efficiency sake, you can ask for more time in between tests if you feel it's too much for your loved one to handle.

Prepare for unexpected twists and turns and moods. It's normal

Be prepared for unexpected side effects, mood swings of the patient and diminished stamina in both of you. Tell yourself and your spouse, it's OK. Give yourself a moment and space, feel whatever you need to feel, all feelings are valid even what seems irrational, cancer is a huge amount to deal with. Take it one step at a time.

Talk to someone. Create breaks for yourself

Find a few friends you can call even if it is to talk for a few minutes. You can call our Helpline or Friends of CancerLink Peer Support group for comfort. You will be recharged and better to look after your family member and yourself.

Going to the doctors and hospital

Just like having a little child, pack a kit with some of the following items:

- neck pillow for long waits, cars and naps.
- tissue, towel, spare face masks, alcohol sanitizer and wipes.
- a shawl or light blanket and a cap (for air conditioner or when cold).
- a protein drink or a snack.
- a bottle of water for you both.
- small bags and peppermint oil for nausea.
- a notebook to write down what you want to ask.

Track the side effects; observe. All this will help the doctors and nurses help you.

Laughter and smiles – it can become contagious

It's so important for healing, to laugh and smile, even when we don't feel like it. Laughter therapy teaches us to fake it, then it becomes real and activates our immunity, and helps the patient's spirit. Read our Laughter Yoga story in this issue on P. 13.

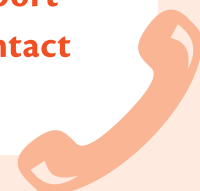
When one family member gets cancer, everyone in the family and close friends are affected too in multiple levels. Remember that caregiving is a team effort. If you are the main caregiver, listen to team members express concerns, opinions, and emotions. But, make sure that the person with cancer has a central role in all discussions and decisions, if possible. Honest, clear communication is essential to creating a supportive environment.

Keep yourself healthy

Get enough sleep – force yourself. Some things will have to be prioritized, abandoned or not done to perfection. Go with the flow, eat well and take care of yourself.

For more information

To find out more about programmes, advice and support specifically for caregivers, contact our Helpline 3656 0800.



Judy, a caregiver, says: **"I don't think anything in life ever prepares you for a role like this. The first thing that you have to overcome is the shock, the trauma, the anxiety and the uncertainty. Then you have to put that aside and focus on what is necessary and important for the patient, because it's a very lonely journey and you want to ease the burden for them in every way possible."**





Circle of Friends: Our Key Source of Income

With more friends, we are able to sustain and expand our free and on-going services, which is why expanding our monthly giving programme 'Circle of Friends' is always important.

Giving is not only for the wealthy. We can all make a real difference, one dollar at a time. A few month ago, a group of our Circle of Friends monthly donors attended our gathering. Our monthly members met people on their cancer

journey who benefit from their generosity for a cheerful afternoon of sharing and bonding. "Meeting with cancer survivors reminded me of the reality that cancer affects individuals from all walks of life," said Kenny, a new COF member.

Call to action

You can help change lives. Call our donation hotline on 3667 6332 or visit our website www.Cancer-Fund.org to find out more.

Through the generosity of the public, Cancer Fund can continue providing vital free cancer care services to anyone experiencing cancer. "It was uplifting to see people rebuilding their health and lives after being diagnosed with cancer," said Mary, a COF monthly donor. All funds raised from Circle of Friends will directly benefit hundreds of families who turn to us for help.



"We are very proud of what we have achieved over more than 31 years, but there is still much work to be done. We face many challenges and we hope you can help us to continue to offer free care services."

– Sally Lo, Founder and CEO of the Cancer Fund





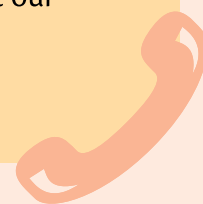
Legacy Giving

Help those touched by cancer — for now and for years to come.

Leaving a gift in a will is a gift of life. Many people like to leave a gift for a cancer-free society, a lasting legacy. It's also a chance to honour loved ones. "I have left a financial gift in my will to the Hong Kong Cancer Fund. I feel really good about it. I contacted the Cancer Fund to discuss this and was surprised by how easy it was," said Kevin Tang.

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 also created a booklet that will help you understand why you might consider leaving a gift to Cancer Fund. It includes practical tools 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 Legacy Hotline at **3667 6333**.





Don't Give up Hope

Grace Chan is a graphic designer in her 30s. While at work, she began to feel painful cramps in her pelvic area and bloating. She ignored it for months.

Her husband John urged her to see a doctor and she was referred immediately to a specialist. Grace was tested and diagnosed with cancer of the uterus. She had surgery and then chemotherapy. For weeks, she cried and felt distressed. She felt she had nowhere to turn for practical advice.

A relative told her about the Hong Kong Cancer Fund's free professional services. They were referred to a case manager at the Women Support Centre in Central that specializes in female cancers.

Grace met with our oncology nurse who gave reassurance and advice that she needed to cope with the chemotherapy treatments side-effects.

After surgery and during treatment, our dietitian helped her learn about the foods to eat to maintain a healthy weight and to deal with the metallic taste in her mouth during chemotherapy.

Our social worker was a phone call away and gave her support whenever she needed it.

They both had sessions with our counsellor to help them process the fears about cancer and negative emotions. Grace joined a peer support group for female cancer patients and survivors that brought much needed practical information and comfort.

"I see the world with fresh eyes and feel so grateful for being able to talk with John and my two kids. Every single day is a gift," Grace said. "The Cancer Fund Women Support Centre was a big part of my recovery process."

First FREE specialised care facility for patients with women's cancers in Hong Kong

Our centre caters specifically to the needs of women facing cancer.

Located on the ground floor of The Center, 99 Queen's Road Central, the free services provided by our professional team include free lymphoedema assessments, counselling services, one-on-one sessions with our clinical psychologist and social workers, healthy eating workshops and dietary information from our dietitian; rehabilitation support led by our registered oncology nurse.

We also provide individual counselling and referrals to specialists for concerns around sexuality and intimacy.

Among the top 10 most common cancers in Hong Kong, four are women's cancers. Breast cancer remains the most common cancer followed by colorectum, corpus uteri, ovarian and cervix cancer.



The most common cancers in Hong Kong

While the incidence of cancer is rising, so too is the number of people surviving cancer. Ongoing developments in research and treatment are helping more people than ever to live beyond their cancer diagnosis.

For men



Colorectum



Lung



Prostate



Liver



Stomach

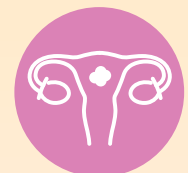
For women



Breast



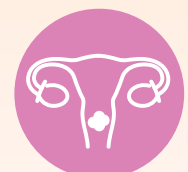
Colorectum



Corpus uteri



Ovarian



Cervix



Yoga for Men

Cancer Fund's Wellness programme offers specialised yoga classes for rehabilitation, designed for people living with cancer. These are gentle and mindful postures that are designed for our clients, allowing them to take care of their body and mind.

One of the specialized classes is yoga for men, for prostate cancer survivors. Doing yoga twice a week may improve quality of life for men being treated for cancers such as prostate cancer. It helps reduce the side effects of radiation, which include fatigue and urinary incontinence, thanks to the strengthening exercises of the pelvic floor muscles.

Michael, a regular at the class, said, "I hesitated to do yoga because I felt I wasn't flexible enough. But this is a common misconception and I'm glad I took the first class. I started with Chair Yoga. Now I'm hooked and my muscles are stronger and it's helped me release stress during my cancer journey."



Laughter Yoga: Laughter is the Best Medicine

During Laughter Yoga classes at our Support Centres, a group of participants laugh and move around happily. This class is one of the Wellness Programmes offered by Hong Kong Cancer Fund. Laughter Yoga is uplifting and participants are encouraged to maintain eye contact with others in the group to promote childlike playfulness. The group setting helps voluntary laughter turn to real and contagious laughter.

Once the brain signals the body to laugh, it is going to release endorphin, dopamine, and serotonin. These are “happy chemicals” that help relieve stress and make you happy.

Annie, a participant, said, “We feel happy instantly the moment we laugh. It can be stimulated once we make eye contact with other participants. The laughter soon becomes genuine.”

It has been long recognized that laughter is the best medicine to heal. Laughter Yoga generates positive mood and enhances cardiopulmonary function. The inhalation and exhalation during laughing increase oxygen levels in the body. It also helps to get rid of stress and to boost the immune system.

Let us laugh for no reason to achieve better health.

Join our Laughter Yoga and more wellness video classes on our YouTube channel:

<https://www.youtube.com/user/hongkongcancerfund>

Benefits of Laughter Yoga

- Relaxes muscle, increases oxygen levels in cells
- Lifts depression, enhances ability to combat pressure
- Improves interpersonal relationships, boosts self-esteem
- Improves blood circulation and immune system

Chair Yoga

We offer Chair Yoga classes for cancer patients. This yoga is ideal for the person who finds it difficult to participate in traditional yoga class due to physical limitations or joint pain. All poses are performed seated or standing, using a chair as support. Benefits include, increased muscle tone and flexibility, reduced stress and pain, and improved mood and overall sense of well-being.



Saying Goodbye to our Tin Shui Wai Support Centre

It is with great sadness that we have closed our Tin Shui Wai Support Centre on 14 March 2020. We would like to thank all of the volunteers, friends and clients who have come to see us over the years.

Our clients are important to us and the team from Tin Shui Wai will continue to provide care from our Support Centres in Kwai Chung, Wong Tai Sin and North Point.



The Cancer Fund is always here for you. Our frontline teams can offer comfort and professional advice on our Helpline **3656 0800**. If you wish to visit us, please make an appointment.



Information about Treatment

Scans tell you so much about your cancer. Here are the advantages and disadvantages of each type of scan

Modern imaging technologies (scans) are a very important part of diagnosing and treating cancer. These include CT scans, MRI scans and less common are PET scans.

These different types of scan are used to gain important information in diagnosing cancer, finding out the extent of it and monitoring the progress of treatment.

Scan	Advantages	Disadvantages
CT	Can image heart movements and blood flow to the brain.	Sometimes adequate results can be obtained by less expensive procedures.
	Helps in diagnosis of tumours and inflammatory disorders.	
	Provides clear and detailed image of structures of the body, allowing earlier diagnosis and treatment.	Risks to pregnant women.
	May eliminate the need for more invasive investigations such as angiography.	
MRI	Can help in the diagnosis of conditions affecting blood flow and in the detection of tumours, infection and other problems with tissues because of ability to produce images through bone and fluid-filled soft tissues.	Lack of availability.
	Ability to view tissues in different planes can make scans more reliable.	
	Can give excellent detailed image of the area without the use of radiopharmaceuticals or contrast medium.	Discomfort (requires lying still for about an hour, noisy, can be claustrophobic).
	MRI is also more effective in evaluating tissue permeability and can therefore be helpful in evaluating response to chemotherapy. High sensitivity means that high-risk women and younger women may also benefit.	
PET	Can detect cancers in their early stages.	Lack of availability.
	Can differentiate cancer from scar tissue.	
	Can establish the grade of malignancy (ie. Brain tumours).	
	Can help identify a recurring cancer and stage it to plan further treatment.	
	Can monitor response to treatment in cancers such as lymphoma.	

Our Champions

ICAP Charity Day

We are grateful to ICAP Charity Day for raising much needed funds for our Rainbow Club programmes for children. TP ICAP, a global financial services firm, donated all their revenue and commissions for one entire day to give to charity. The event took place on December 10, 2019 and local celebrity, Alex Fong, helped close some deals with help from ICAP's brokers in their Hong Kong office. They raised HK\$771,690.



Pink Day 2019

Pink Revolution is Cancer Fund's annual breast cancer awareness and fundraising campaign, held every October. Last year, over 120 companies and more than 3,000 people celebrated Dress Pink Day on October 18, 2019. More than HK\$3 million was raised to support our FREE breast cancer care services that help patients and families live with and beyond breast cancer. Our support centres and our specialised care facility at the Women Cancer Support Centre provide comfort and practical knowledge for women with breast and other types of female cancers.

To learn more about Pink Revolution and join this year's event, visit: www.cancer-fund.org/pink

Stride for A Cure

Hong Kong Cancer Fund would like to thank everyone who donated even though we were forced to cancel our popular 2019 Stride for a Cure walkathon. We're grateful to all who donated their entry fee and our sponsors who generously supported our local cancer research and raised more than HK\$2.5 million. We are facing an extremely difficult fundraising climate this year, but we continue to offer professional services to those in great need. Hope to see you at Stride for A Cure later this year!



Touched by generosity of Face Masks and Antiseptic products

It was very heartwarming to see the outpouring of kindness and generosity towards our clients during the public health concern. While there was a shortage of masks and antiseptic products in the city, many individuals and corporations donated more than 60,000 face masks and over 7,000 hand sanitizers and alcohol pads. We have posted these much needed items by mail for our clients going through treatment or receiving our Hardship Fund.



The Power of Pottery

We are so grateful to Tung Yao Ceramics Design Studio for their donation to Cancer Fund's Party for a Purpose auction. Since 2015, the studio has been offering daily workshops and artisan pieces. They aim to promote the beauty and benefits of ceramic art in the community.

Cancer Fund's art therapy programme includes ceramic making. Making pottery can serve as a deeply beneficial therapeutic activity. While spinning clay or sculpting, your mind and body are both focused and in synergy which leads to a feeling of relaxation and sense of calm.

Edmond Cheung, the project manager at Tung Yao Ceramics, explained, "Another wonderful benefit of pottery for those touched by cancer is that it can help reduce stress and release negative emotions; it brings joy and a sense of accomplishment as well as providing a healing channel for creative self-expression."

For more information, go to: <https://www.tungyaoceramics.com/>



Special Egg Designs

There's an old Latin phrase, "All life comes from an egg." As a symbol of new life and rebirth, eggs have been celebrated in many cultures all over the world, throughout the ages. The tradition of painting hard-boiled eggs began thousands of years ago and has always coincided with spring's arrival. A dear friend of Hong Kong Cancer Fund, Silvio Berge, upholds this ancient tradition by beautifully painting eggs and decorating them as exquisite flowers, each petal handmade from a type of clay. All proceeds from the sale of the handmade eggs will go to our free services.

For more information about purchasing these eggs, contact: silvio@bergestudio.com



Thank you to all our supporters

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Orchid Support Group
Prostate Peer Association
Rising Sun Association
Sunflower Network
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Tuen Mun Hospital Stoma Group
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Yin Chun Club
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