

Autumn | Winter 2021

# INTOUCH 觸覺



**Be smart, Self-check!**



癌症基金會  
**CANCERFUND**  
So no one faces cancer alone

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

# INTOUCH 觸覺



癌症基金會  
CANCERFUND  
So no one faces cancer alone



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## The Gift of Empowering Others

Support our free cancer services to help those in need especially those receiving from our Hardship Fund. Consider that the cost of a lunch donated each month can make a big difference in the lives of people touched by cancer. It only takes a few minutes to offer hope and practical care that will make a life-saving difference for our clients, their carers and loved ones.

**Give a gift today by calling our Donation Hotline 3667 6332. Consider becoming a Circle of Friends monthly donor. To join, scan this QR code:**



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Become Our Fan  
Hong Kong Cancer Fund

**Service Helpline: 3656 0800**



Become Our Fan

Hong Kong Cancer Fund

Dear friends,

We're so heartened by the enthusiastic response after opening our Support Centres for face-to-face programmes and peer support. Although the last 12 months have been extremely challenging, it has also highlighted our commitment and we are so thankful to have been able to support many families who have experienced hardship due to cancer and the pandemic.

Our Zoom classes were met with extraordinary enthusiasm with more than 400 live-streaming Wellness sessions and more than 20,000 attendances over the last year. But there's nothing like meeting in person again.

As part of our Pink Revolution Breast Cancer Awareness campaign, we ask you to 'Be Smart. Self-Check.' Pink is internationally associated with breast cancer and we're proud to be pink as we stand by courageous survivors.

I hope that you will join our Dress Pink Day on October 29 and our Shop for Pink events during the month of October. Have fun by adding some pink to your outfit or shopping trip, as you are helping us to provide women touched by breast cancer with access to our FREE information and support. Have your own Pink Party to support this meaningful cause.

We have helped thousands of women sending our Pink recovery packs to the bedsides of those who have just undergone surgery, and tailoring our Wellness programmes to meet their needs. Thanks to all our friends who have

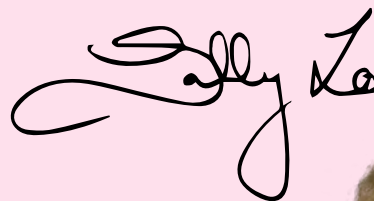
supported us over the years, allowing us to be there every step of the way.

In this issue you'll read about Chui Kui-fan who credits our professional team and our couples dance classes for his smooth recovery from prostate cancer. We share a touching story of how our Hardship Fund has enabled a mother of a 19-year-old woman with a brain tumour to spend more precious time together during the end-of-life stage. We're also proud to celebrate 10 years of our Wellness programmes for those recovering from cancer in this city.

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

I'm proud to be pink this year!

Lots of love,



**Sally Lo, BBS, MBE**  
Founder and  
Chief Executive







### Our Pink Power

Let's show our care! Cancer Fund's Pink Revolution is Hong Kong's most comprehensive breast cancer awareness campaign and it takes place every October. Cancer of the breast is the most common cancer for women in Hong Kong, with around one in every 14 women being diagnosed\*. Early detection is vital and survival rates are on the increase.

We aim to promote the importance of early detection, whilst raising essential funds to support women touched by breast cancer. There's a range of events and activities that you can get involved with to show support. We are encouraging women to 'Be smart, self-check.'

All donations raised will go towards our FREE breast cancer care services. Our Centres in the community and our Women Support Centre provide loving care and practical knowledge for women with breast cancer and other types of female cancers.

\* Source: Hong Kong Cancer Registry, Hospital Authority, 2020  
Lifetime risk before age 75

To learn more about our Pink Revolution campaign, please visit:  
[www.cancerfund.org/pink/en](http://www.cancerfund.org/pink/en)



### Our Pink Ambassador: Sammi Cheng

We're proud to be championed by the superstar Sammi Cheng – our 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. Sammi said, "As the ambassador for the Hong Kong Cancer Fund's Pink Revolution, I'm proud to be encouraging women to self-check. Early detection saves lives. I hope people can pass on the message of celebrating being a woman – from 'Mi to We' – and 'Be smart, Self-check!'"

The touching commercial that features Sammi and a group of women including breast cancer survivor, Sherring Ng, will help us spread the message to encourage self-check.



“

Ng said, "I am delighted to support the Hong Kong Cancer Fund's Pink Revolution Campaign. It was a wonderful experience working with Sammi Cheng, the Cancer Fund's Ambassador!"

”

# Get Involved and Support Women in Need

OCT  
29

## Wear Pink to Show You Care on Dress Pink Day

A simple yet fun way to show your support for those affected by breast cancer is to wear pink and make a donation! You can be as creative as you want and host your own version of Pink parties with colleagues and friends to help raise funds in a unique and meaningful way.

To join this meaningful event, please visit [www.DressPinkDay.com](http://www.DressPinkDay.com)

## Shop For Pink and Support Our Free Breast Cancer Services

A huge thanks to our corporate friends for joining as our Pink Sponsors and offering special edition Pink products and promotions to help raise funds for our free breast cancer services. Start shopping to show your care! Check out our Pink Revolution Shopping Guide inserted in this issue of InTouch.

### Proud to be Pink!

Our Pink Specials Sales on limited time offer are on! Please visit: [www.cancer-fund.org/pink/en/sponsors/](http://www.cancer-fund.org/pink/en/sponsors/)



## Donate and Make a Difference

Receiving no money from the government or the Community Chest of Hong Kong, your generous donation will help sustain our free services so we can help more people in need. Please give a gift today!



Scan to Donate!





## Making Beautiful Memories: A Mother's Story

**Anna has generously shared her daughter's End of Life journey with us. Her personal insights highlight how palliative care can improve quality of life for people with advanced cancer.**

I'm a single mother of three children. My eldest daughter Yvonne, 19, was diagnosed with a brain tumour a few years ago. She had treatment for months and eventually the left side of her body was paralysed and she couldn't get around without a walking stick or wheelchair. She also had speaking and swallowing problems.

Tragically, Yvonne became very ill, very quickly. When the oncologist and nurses spoke to me about palliative care, I felt so sad. I wasn't ready for my teenage daughter to leave this earth.

One of the nurses referred me to the Cancer Fund Support Centre in Wong Tai Sin. It is so



important that someone with experience and knowledge about palliative care explains what it is. Hazel and the team could answer all my questions and concerns. They shared how palliative care could make my daughter's life easier and her death more meaningful.

We received support in many different ways. Hazel guided us in processing what a good death looked like.

It was the little practical suggestions that were the most helpful – such as getting discounted milk powder or timely tips to help my daughter sleep better. I found it so useful to have someone talk to me about what was going to happen, and to know that help was available whenever I needed it.

Yvonne had spent most of her teenage years in the hospital and she wanted to spend her last days at home. I also wished to take more time to care for her but my other two children, aged 1 and 5 needed my total attention too.

I was very torn between Yvonne and my younger kids and felt stressed all the time and burdened financially since we were living on CSSA support from the government.

“

**If I hadn't had this support, we wouldn't have been able to fulfil her last wish.**

”

I asked Hazel at Wong Tai Sin Centre for advice and support. She helped me apply for their Relief Fund to pay for a personal care worker to look after my two younger children over the next several months so that I could do the one thing Yvonne wanted to do – spend more time at home with me.

If I hadn't had this support, we wouldn't have been able to fulfil her last wish. Our final days together, sometimes spent in hospital and sometimes at home, was indescribably precious with so many beautiful memories. From the bottom of my heart, thank you Cancer Fund!

## New Cancer Patient Education Video Series



**Videos in  
Cantonese with  
English subtitles**

Watch our NEW videos on a variety of topics including different cancer treatments and care tips on how to better manage your treatment side effects. We have launched a new series of cancer patient education videos. Our professional team of specialists provides the latest information in these impactful videos.

# Finding what truly matters after Breast Cancer

Breast cancer touches the lives of thousands of women in Hong Kong every year. Our client Kate shares about survivorship and gratitude.



## Kate's story

I was 38 years old when I was diagnosed with breast cancer. My husband and I had been married for nearly a year after dating for a decade. In the shower, I felt a lump in my right breast and my husband urged me to get it checked. I had a sinking feeling that something was not right.

When my doctor called me to her office to share the biopsy results, I wept when she confirmed early stage breast cancer. I had no family history or risk factors for this type of cancer. Nothing could prepare me for the total shock. It felt as if my entire world had shattered and the ground caved under me. I felt so lost.

I had surgery soon after. Before I began radiotherapy, my sister-in-law suggested that I visit the Women Support Centre in Central and receive their free professional cancer care and advice.

When I first arrived, a social worker, Joanne, greeted me and was so warm. I felt immediately at home. Joanne referred me to an oncology nurse, dietitian and clinical psychologist – a caring team who helped me get through difficult days of treatment.

I felt tired and had trouble eating. My arms swelled due to treatment side-effects called lymphoedema. Thankfully, I was able to rely on the nurse and dietitian, Cindy and Fion, at the Support Centre and they helped me better manage my side-effects as I went through radiotherapy. Fion, the dietitian, also taught me how to shop for and cook healthier foods.

I also joined art therapy sessions which helped me express my frustration and pain and release negative feelings like self-pity. Wellness classes in meditation, pink yoga for breast cancer survivors and stretching helped me get through my worst days.



I found strength from my support group members – fellow breast cancer survivors – who were so helpful with their advice and practical support.

Surviving breast cancer gave me a deeper appreciation for the people in my life and what truly matters.

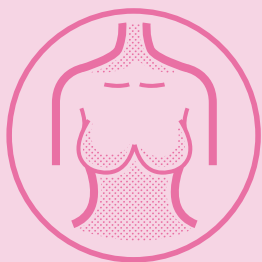


## Know your risk, Ladies: “Be smart. Self-check.”

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

### Check your breast in 3 easy steps

#### #1 - LOOK FOR



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

#### #2 - FEEL FOR



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

#### #3 - COMPARE



Compare the shape and size of your breast, and both nipples for unusual changes

### Caring for Women Touched by Cancer

The Women Support Centre is the first care facility in Hong Kong offering free supportive services exclusively on female cancers. Our professional team caters to the needs of women who are experiencing breast and gynaecological cancers – including ovarian, cervical and corpus uteri, which are among the 10 most common cancers for women in our city. Our tailored care also supports the patient's whole family, including their children and partner.



**Address: Unit 5, Ground Floor, The Centre, 99 Queen's Road Central, Hong Kong**  
**Call for more information: 3667 3131**



For more information on breast cancer, go to our website:  
<https://www.cancer-fund.org/pink/en/>



## Dancing out of the Darkness: A Prostate Cancer Survivor's Story

**Prostate cancer survivor, Chui Kui-fan, says his life has changed for the better after his cancer recovery. The 71-year-old has now embraced daily exercise after receiving our care and support after joining our Wellness classes.**

Every morning he practices qi gong. "Before cancer, I worked, worked, worked. I earned money, and nothing else," he said. "Afterwards, I realised I should focus on quality of life."

Nine years ago, Chui was diagnosed with prostate cancer. He initially saw a doctor for a swollen prostate gland and was given the prostate-specific antigen (PSA) test that came back with a higher than normal result. Then he was asked to have a biopsy which confirmed the cancer. His wife, Liu Ling, felt distressed after his diagnosis.

After his cancer surgery, he learned about our free services for anyone touched by cancer at our Wong Tai Sin Centre. He attended our dietetic programmes on healthy eating, Wellness classes such as qi gong, hiking and music therapy sessions. The music classes revived his passion for playing the harmonica again.

"It was emotional relief," he said of being able to express himself through music again.



Chui feels grateful for our team's caring support that paved the way for his smooth recovery. He also turned to our peer support group for prostate cancer survivors called 'Going Through'.

Chui and his wife Liu were encouraged by our Dance for Married Couples group programme where they learned cha-cha, jive and other dance forms.

These dance sessions helped Chui bounce back from cancer surgery and empowered his wife, Liu, to overcome depression. They grew closer as a couple. "I have my own stress and it spills onto my husband," said Liu. "He knew I loved dancing and wanted to bring me out of the darkness through dancing."

At the end of these classes, our social worker Tommy Liang speaks with the couples about their issues that arise during the cancer journey. Tommy suggested that Chui and his wife share their experiences of

recovery from the Couples Dance classes. They feel a huge sense of fulfillment to be able to help others in need.

Tommy said, "We need to put a positive image out to the public, to tell them even if you are diagnosed with prostate cancer, you can be a different person and make an impact on society."

We offer support to survivors and their loved ones to help them overcome physical, psychological and cultural challenges at all stages of the cancer journey. To learn more about our Prostate Cancer Survivorship Programmes "Going Through", call our Helpline 3656 0800. For more information on prostate cancer, scan the QR code:



## Symptoms

**If you're a man over 50 with a family history of prostate cancer, speak with your doctor about getting checked. Early detection can lead to earlier treatment and save lives.**



Weak flow while urinating



Urinating more often than usual during the day



Difficulty urinating



Urinating especially often at night



Frequently needing to rush to the toilet to pass urine



Frequent pain in the lower back, hips and upper thighs

## Join the Movember Campaign!

We are delighted to again be the beneficiary of Movember 2021. Grow a mustache this November to help raise funds for our prostate cancer care services and local research.







## All about Chemo Brain: Tips for Managing It

**Chemo brain is a common term used by cancer survivors to describe thinking and memory problems or cognitive changes that can happen during and after treatment. It can be hard to detect as it includes mild forgetfulness.**

It could also be called chemo fog, cancer-related cognitive impairment or cognitive dysfunction. There could be several different causes for chemo brain including the treatments and side-effects such as sleep problems and poor nutrition.

Cancer survivor Roxanne Brown describes the condition as “the feeling you have when you get a cold or take an antihistamine or two: foggy, forgetful, and a bit out of it. I told people when I felt this way and asked them to excuse or remind

me if I repeated myself, asked the same question over and over, or forgot something.”

It’s important to get help and support when caregivers and family notice any “mental cloudiness” or memory problems in those going through treatment that hinders them from performing daily activities. Cherie Yip, a nurse at our Wong Tai Sin Centre, suggests seeking medical advice as soon as possible and to assess risk factors, if any, in order to prevent accidents such as fires or falls.

## Support is Just a Phone Call Away

**You can call our Service Helpline to ask questions about the cancer journey or if you need emotional support.**

Our Helpline carers are here to provide care or can refer you to our experts. So no one faces cancer alone.

Call our FREE Helpline for more information

**3656 0800**

### Common Symptoms of the Phenomenon called Chemo Brain:



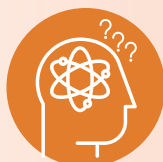
A feeling of mental fog like you can't think clearly



Difficulty finding words and remembering things



Difficulty learning new information



Difficulty completing tasks and multi-tasking



Difficulty concentrating or focusing

### What to do if you experience it:



Inform your oncologist if you experience Chemo Brain. Psychotherapy and medication can help. Write down all your symptoms.



Keep your oncologist informed about the medications, special diets and supplements you are taking.



Keep a journal to record everything and date the pages. Writing things down will free your mind and release stress.



Tape a checklist to your front door to help you remember keys, wallet, mobile, notebook, planner and more.



Use a planner and write things down immediately, put them on your computer calendar, or leave reminders on notes.



Stay mentally and socially active and tell others what's going on.



Eat healthy and exercise.



Rest, reduce stress, and give yourself a break.

**We have excerpted part of the Chemo Brain section of the book 'Chemo: Secrets to Thriving' by Roxanne Brown.**



## The Wellness Side of Cancer Care

**For the last 10 years, our Wellness programmes have helped our clients understand the vital connection between body and mind.**

We believe that overcoming cancer takes more than just medicine. Hong Kong Cancer Fund has been at the forefront of offering psychosocial care and more than 33 years ago we started from humble beginnings.

In 2011, we began to offer Wellness classes to help meet the needs of our clients in 35 different locations which included government sports centres and the Pure Group sponsored venues. These specialised sessions for cancer patients became very popular.

We offer around 450 programmes a year. We're indebted to more than 400 teachers and teaching assistants who enable us to offer a diverse range of classes from yoga, taiji, qigong, breathing and relaxation, arts healing, pilates to singing bowls.

Our Wellness programmes have helped our clients reduce stress, improve wellbeing and cultivate inner peace and joy. "In today's treatment of cancer as clients get younger when they are diagnosed they

want to be proactive in their healing and to better manage their treatment side-effects. They want to take part in the feel good factor," said Sally Lo, founder and chief executive of Hong Kong Cancer Fund.

One of our clients Winnie has joined several of our classes and they've had a profound effect on her. As a survivor of a rare form of cancer, she was struggling with anxiety over her future. She said our body scan and meditation helped bring calm and enhanced her quality of life. Body scan practices help release tension in each body part in a gradual sequence from the feet to the head.





“ My mind gradually became quiet and focused, with less mind wandering while doing the body scan. It also improved my sleep quality ”

said Winnie, who has also participated in the Wellness Book Club and chanting classes. After taking our classes, Winnie feels more at peace and she's in better physical shape and that has enabled her to have a smoother cancer recovery.



**Shiao Kuang Maddox, Head of Wellness and Holistic Health Care Service at Cancer Fund** believes a lot of physical pain and psychological pain are often linked together. “Our Wellness classes offer different tools to help release stress, fear and concentrate better and improve insomnia,” she said. While responding to the needs of cancer patients and their caregivers, the growth of the programmes has been phenomenal. We now have a total of 100 Wellness videos and audios available on YouTube to reach more Chinese speakers around the world.

## Wellness Programmes Over the last 10 years



Total  
Programmes  
2,844



Total  
Sessions  
14,321



Total  
Attendances  
330,136



Total Views of  
YouTube  
5,525,099



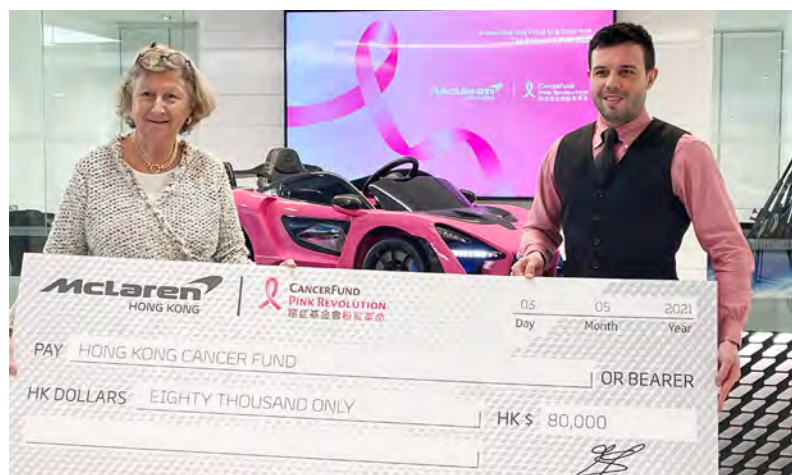


# Thank you to all our wonderful supporters

## Together, we can change lives!

### Cancer Fund partners with McLaren for a Pink Revolution

A huge thanks to Luxury supercar McLaren Hong Kong for their wonderful support. McLaren held a charity event in April at the Murray Hotel in Central to raise funds for our FREE breast cancer services. In addition to their limited edition T-shirt charity sale, they also hosted an exciting silent auction! Also for the first time in Hong Kong, the stunning and unique pink ombre-liveried McLaren GT was on display which thrilled everyone on site. A special thanks to our loyal friend Jonathan Macey for buying the mini pink McLaren. All donations raised will go towards helping people touched by breast cancer and their families.



Our CEO Mrs. Sally Lo with Mr. Max Sutera Sardo of McLaren.

### Thank you Francis for your generosity!

We're grateful to our loyal friend Mr. Francis Cheng, the CEO and Founder of NumberOne PR Communications Ltd. Francis hosted a spectacular birthday party and encouraged his friends to donate to Cancer Fund in lieu of gifts. He raised HK\$84,000 to support our free professional services. Thank you Francis for your amazing gift!



Francis with Ms. Pansy Ho.

If you want to help those in need, check out our DIY Fundraising page. To become a monthly donor and help us provide free cancer care, call 3667 6332.





## Huge thanks to renowned jewellery designer Kai-Yin Lo

Before she bowed out from the jewellery world, Kai-Yin Lo hosted a farewell sale on July 15-17 at K.S. Sze & Sons at the Mandarin Hotel, the same place where she launched her international career. Part of the proceeds from the sale of her two signature ranges of jewellery will go to our free care services.

Lo is an art and cultural specialist and international Chinese jewellery designer whose pieces of “wearable art” pay special tribute to Chinese history and heritage. She is moving onto a new chapter in her career to focus on academic writing. K.S. Sze will take appointments to view Kai-Yin Lo’s collection after this event. Thank you for your kind support, Kai-Yin!



## Ralph Lauren’s Pink Pony



We’re so thankful to Ralph Lauren! Initially established with a focus on breast cancer, the Pink Pony now supports programmes for cancer screening, early diagnosis, education, treatment, research and patient navigation. Its mission is to offer cancer care in medically underserved communities and ensure that treatment is available at an earlier, more curable stage. Since 2005, Ralph Lauren’s support for Pink Revolution has raised over HK\$2 million for Hong Kong Cancer Fund’s free care services in the community.

## Thank you WALCH for your kindness!

Our corporate champions allow us to offer free professional care services! Thank you WALCH Hong Kong, a leading household disinfection brand in Hong Kong, for generously sponsoring high-quality antibacterial and sanitising products such as automatic dispenser, disinfectant and wet wipes for daily use at our Support Centres.

While the services at our Centres have resumed gradually, we are doing our best to maintain the highest standards of hygiene. Thanks to WALCH’s kindness, we can ensure that our users have a safe and clean environment.



## Thanks to our Wellness Volunteers!

Thank you to our Wellness facilitators, Chef Edward Siu Lon Kwok and Chef Zhang Zhi Qiang. For more than 5 years, they have taught our Eat Wise Healthy Diet Workshops at our Support Centres and donated the food ingredients for the workshop demonstrations. We’re also grateful to Chef Zhang for giving us a blender set to Kwai Chung Centre.



# Thank You to all our Wonderful Supporters

We would like to acknowledge and thank the following friends, volunteers, individual donors and Circle of Friends members. Your generosity and continued support allow us to continue to offer our FREE services, so no one faces cancer alone. (In arbitrary order)

## CIRCLE OF FRIENDS

### Regular Donors

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Dr. Janice Tsang  
McLaren Hong Kong  
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**2022.01.09**  
Sunday

**stride  
for a Cure**  
**抗癌大步走**  
every step counts 一步一希望  
**2021**

**Time : 9am-2pm**

**Venue : Tai Tam Country Park**

Join our 26<sup>th</sup> Stride for a Cure walkathon and fundraise for local cancer research and cancer care services.

- 5km or 10km 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 Today!**

Become Our Fan



HongKongCancerFund 

**3667 6333**

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

# Help to save the environment

## Sign up for the e-version of our newsletter to save paper and the environment.

To receive the e-version of our newsletter, please email [public@hkcf.org](mailto:public@hkcf.org) with your name, mailing address and telephone number, so we can add you to our digital mailing list.

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