

Autumn | Winter 2022

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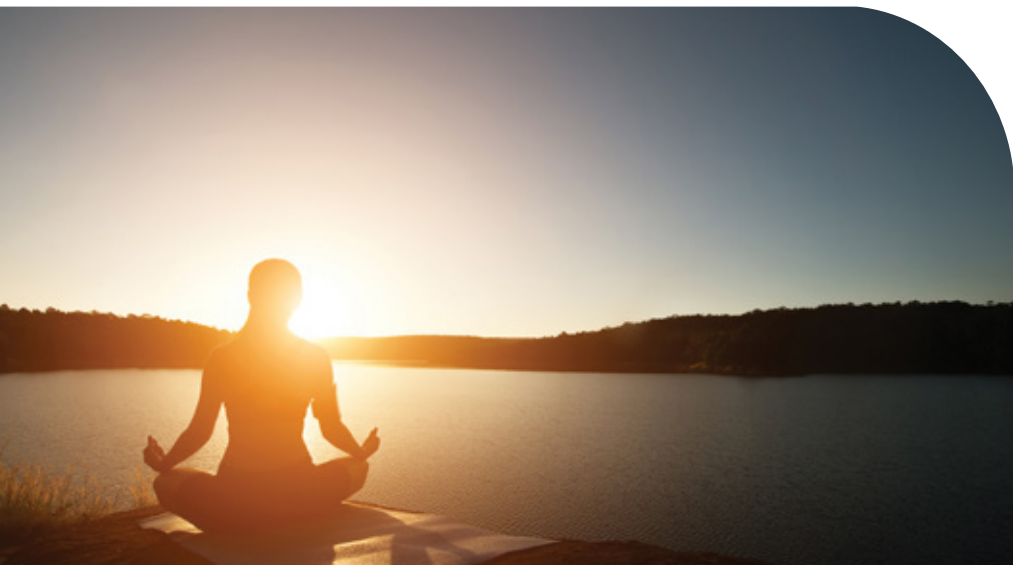
Think pink.
The revolution is here again.



癌症基金會
CANCERFUND
So no one faces cancer alone

www.cancer-fund.org

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Circle of Friends: The Gift of Giving Back

Support our free cancer services to help those in need. 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 difference for cancer patients, 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:



Service Helpline: 3656 0800



Dear Friends,

October is always an action-packed time of year for us at Cancer Fund and this year we're excited about our annual Pink Revolution campaign to raise awareness of breast cancer in Hong Kong. You're likely to have seen our "Be Smart. Check" ads featuring Sammi Cheung in magazines and on buses. We are so thrilled that she will continue as our Pink Ambassador this year and we thank her for all of the support that she has given us.

I hope that you will join us for our Dress Pink Day on October 21st. Pink is internationally associated with breast cancer and we're proud to stand by so many courageous survivors. We're encouraging everyone to have a fun Pink Party with friends at home or at the office to raise funds for our Pink Revolution. All donations will go towards our free professional services and Pink Recovery Packs. Each year we deliver over 5,000 of these to the hospital bedsides of women in Hong Kong who have had surgery for breast cancer.

In this edition you can read about Caroline and how she has overcome all the obstacles in her cancer journey and the impact that COVID has had on her and her family. Now on the road to recovery Caroline is incredibly optimistic regarding her future.

I would like to thank all those involved in our Pink Revolution, from the brands that continue to generously support us with their fantastic limited-edition creations designed especially for Shop for Pink. And as always, we couldn't

do any of this without our donors, friends, volunteers and supporters who tirelessly devote time and energy to improving our services so that we can enhance the lives of those touched by cancer. We are forever grateful for all the ways in which you have and continue to help us.

Finally, a huge thank you to our frontline professional team who make it possible for us to provide a lasting difference to ensure that no one faces cancer alone.

Lots of love,



Sally Lo, BBS. MBE

Founder and Chief Executive

Pink Revolution 2022



Our Pink Power

October is recognised globally as Breast Cancer Awareness month and Cancer Fund's Pink Revolution is back! Breast cancer is the most common cancer for women in Hong Kong, with around one in every 14 women being diagnosed*. We are encouraging women to 'Be Smart. Check' as early detection is vital and survival rates are on the increase.

This year, we have a range of events and activities that you can get involved with to show your support for women and their families who have been affected by breast cancer. All donations raised go directly towards our FREE breast cancer care services.

*Hong Kong Cancer Registry



Pink Revolution Launch 20th September, Festival Walk

Come and join us at Festival Walk in Kowloon Tong on Tuesday 20th September 2022 as we kick-off this year's Pink Revolution. Support us as we mark the start of this month-long celebration and campaign with special guests, giveaways, and important information, this will be a fun-filled event and we guarantee you'll be inspired by our brave breast cancer survivors.



Shop for Pink

Every year, Hong Kong brands take part in Shop for Pink, check out your favourite shops, restaurants and beauty products to raise money for our free services. All you have to do is start shopping!

To find out more visit www.cancer-fund.org/pink

Dress for Pink

Add a splash of Pink to your wardrobe on Dress Pink Day on 21st October and donate! 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. Get involved at your workplace, school or with a group of friends to raise awareness and funds for women with breast cancer.



Donate and Make a Difference

We receive no funding from the government or the Community Chest, your generous donation will help sustain our free services so we can continue to help anyone in need. Please give a gift today!





Caroline's Story

When you ask anyone in years to come what they remember about 2020 they will inevitably tell you that it was the year when COVID started. But if you ask Caroline, her answer will be completely different, as it would be for anyone that was diagnosed with cancer at that time.

It was July 2020 and Caroline had been concerned about the COVID situation as she had a part-time job as a receptionist in a spa in Tsim Sha Tsui. The beauty salon had been closed due to government restrictions from early April to early May, this would be the start of many closures.

However, for Caroline the concern during that time changed focus very quickly when she was diagnosed with stage 4 breast cancer that had metastasised. At the time she was 43 years old and believed that she was too young to be diagnosed with breast cancer.

Caroline lives in Tsuen Wan with her elderly parents. Her Dad was 74 years old and had been diagnosed in 2018 with nasopharynx cancer. He had successfully completed his courses in both radiotherapy and chemotherapy in the same year and was seeing his oncologist every 6 months for regular check-ups.

Caroline told us "I always thought that cancer only affected elderly people like my Dad, I was totally shocked when I was diagnosed and didn't know what to do. I didn't have any friends who had experienced this".

She came to our Centre in Kwai Chung and met with our counsellor Kannie who had an initial consultation and conducted a Distress Thermometer Assessment (DT) with her.

"I could see straight away that Caroline was stressed so we went through the assessment and her score was quite high. Our range is from a DT0 which means no stress at all, up to a DT10 which is extreme stress. Caroline was a DT6. She was worried about her future and under a huge amount of financial worry as she is the main caregiver and breadwinner to her and her elderly parents". Kannie said.

“I am truly grateful for everything.”

Caroline’s treatment plan at Princess Margaret Hospital was for target therapy and hormonal therapy and she was delighted that she wasn’t experiencing any side effects. However, the financial stresses increased over the course of the next 18 months.

The wave of Omicron and the subsequent restrictions once again on Caroline’s job put added financial burden on her and her family. The beauty spa closed at the beginning of January 2022 and did not open again until the end of April. Caroline was able to apply for Normal Disability Allowance and Higher Old Aged Allowance. Her target therapy was also financially covered, however, she had to pay for her own medication which was approximately HK\$3,000 per month.

We were delighted that we were able to help Caroline with our Relief Fund to relieve her immediate stress. Kannie has continued her counselling sessions and recently they went through the DT Assessment again and they were both thrilled to find that the score had dropped drastically from a DT6 to a DT3. Kannie said: “It’s so wonderful to see Caroline looking so much more relaxed, she’s incredibly optimistic regarding her treatment and future. She is now back at work and on the road to recovery”.

“I am truly grateful for everything that the Cancer Fund has done for me and my family” Caroline tells us “They have been there for me and helped us so much during such a difficult time. Thank you to everyone in the team, I think of you as part of my family now”.



Early Detection is the Key to Successful Treatment and Recovery

Our Mammogram Programme

If you have previously had breast cancer then it is very important to check your breasts regularly, especially during the first 5-10 years, as you are more vulnerable to a relapse. Women who have undergone treatment are often encouraged to receive regular surveillance mammograms in order to detect any early breast cancer recurrence or a new breast cancer, especially for those who have had breast conserving surgery. Patients who have undergone this surgery are at a higher risk of developing a new cancer than those who have had a mastectomy.

In recognising the importance of surveillance mammography we have created a programme to help those in need. For any breast cancer survivor who has a referral letter from the Hospital Authority and does not have medical insurance we encourage them to contact us so that we can refer

them for either a free mammogram or ultrasound screening at one of our partnered imaging centres.

For more information, please contact our Helpline on 3656 0800.

At Cancer Fund



we receive many questions concerning breast cancer in the calls to our helpline or during consultations with our frontline team. The number of breast cancer cases has risen year-on-year and this trend is set to continue. Approximately 1 in 14 women are at risk of developing breast cancer in their lifetime.

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

Scan the QR code for more information about breast self-examination.



Take Control of your Health

- Talk to your family and learn about their health history. If your mother or close relative has previously had breast cancer then your own risk may be higher.
- For example, a number of women are at especially high risk due to inherited genes.
- More than 50% of women who are detected are over 50 years old.
- Please consult your doctor to find out your own personal risk so that you can discuss the necessary checks specifically for you.

Make Healthy Lifestyle Choices

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

Remember, early detection is the key to successful treatment and recovery.

Caring for Women Touched by Breast Cancer

We provide FREE support at all of our four Cancer Support Centres and have created the first care facility in Hong Kong exclusively for female cancers. Our professional team are here to give tailored care and support to the whole family including children, partners and caregivers.

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

A huge thank you!



Coming Together to Help Those in Need

In February Omicron hit Hong Kong with full force. Cancer patients and their caregivers were deeply concerned about the virus as their immune systems were already compromised due to treatment.

We were blessed with so many amazing individuals and companies who contacted us immediately to offer their support. Aquila Healthcare Limited delivered over 5,000 RAT kits, face shields, computers and a donation

to us within the first week! This enabled us to send these out to recently diagnosed cancer patients. Thank you so much for everyone who made this possible.





Mrs Li was diagnosed in September 2021 and is currently undergoing chemotherapy and has been using our free services at our North Point Centre, “I was so delighted and surprised to receive the RAT kits and face shields in the post. I have been trying to stay at home as much as possible and limit the number of people I came into contact with. The kits made it easier for me and my family to test more regularly, thank you so much to everyone at the Hong Kong Cancer Fund”.



The outpouring of support has been amazing. In total we sent out 13,000 RAT kits, 1,000 face masks, 800 face shields and 14,000 natural supplements.

Sally Lo said “The generosity that we received was truly astonishing. People were just contacting us asking how they could help those in need. It was truly moving how people reacted when Hong Kong was faced with this wave of COVID. A huge thank you to everyone who showed their support”



Thank you

Aquila Healthcare Limited

Cellomics International
Limited

China Resources Charitable
Fund

Esprit Holdings Limited

Mr & Mrs Enzo and Elizabeth
Von Pfeil

The Cancer Crusade Angels
Service Society of Hong Kong

Tycoon Group Holdings
Limited

Vita Green Health Products
Co. Ltd

Good Nutrition is Always a Key to Regaining and Maintaining Health

Eating is a daily pleasure but a good diet is essential when it comes to optimising your health. Having a balanced diet to ensure good nutrition is important as it plays a pivotal role in any cancer treatment. Consuming the right types of foods prior to, during, and after treatment can help patients feel better and stronger.

But cancer and its treatment can sometimes cause problems and side effects that impact how you live day-to-day. Maintaining a healthy diet can be difficult if you are experiencing nausea, vomiting, poor appetite or mouth sores.

During treatment most cancer patients typically require more protein as it aids the immune system and helps repair the body tissue without breaking down muscles for energy. A dietician can work with you to set goals to help with your recovery.



Maintaining a healthy diet may help you:

- Feel better
- Better tolerate any treatment related side effects
- Have a lower risk of infection
- Keep up your energy and strength
- Maintain a healthy weight
- Maintain your body's nutrients

Enhancing Flavour and Dealing with Taste Changes

Cancer can change the taste buds or throw them off balance, causing sudden sensitivities to hot and cold. Their sensory output can become distorted or impaired so the brain can only pick up a small amount of the flavour and therefore produces a taste in conflict with what the eater expects.

For people experiencing deadened taste buds, a tiny amount of sea salt can make a huge difference as it stimulates nerve endings and ignites

taste. Lemons, citrus in general, and other acidic ingredients can brighten up whatever tastes you've brought out with the salt.



By choosing food wisely, preparing it well, and enjoying eating it, you

are actively engaged in your own healing, overcoming the feelings of hopelessness and helplessness.

Cancer Fund Support Centres provide a variety of cooking classes and dietetic workshops to enhance healthy cooking and a balanced diet. Please check our LINK programme or call our service hotline on 3656 0800 to find out more.

Heartwarming Chai Tea Recipe

The ginger in Chai Tea helps us to stay warm during colder winter days. The herbs in this tea also give us lots of antioxidants while limiting the bad fat (saturated fat) in the milk. This delicious drink is easier to make than you might think. We hope you will try making it. Enjoy!

Recipe for 2 cups of Chai Tea:

- 4 Cardamom seeds
- 4 Cloves
- 2 Black peppercorns
- 1 Cinnamon stick
- 1 inch piece of fresh ginger, sliced
- 1 Cup of skimmed milk or low fat milk
- 2 Bags of black tea (such as Darjeeling)
- 2 Teaspoons of brown sugar (add more after tasting)

Step 1

Crush the cardamom, cloves, and peppercorns in a zipper bag.

Step 2

Place the crushed spices in a medium saucepan, along with the cinnamon sticks, ginger, milk, and add 1 cup of water; bring to the boil. Remove from the heat then add the tea bags. Cover the pot with a lid, and let steep for 10 minutes.

Step 3

Strain into two cups. For each cup, add 1 teaspoon of brown sugar or more, to taste.



Vegetarian Chickpea Burger Patty

- 2 Cups of cooked or canned chickpeas
- 1 Cup of water
- 1 Onion
- 5-6 White button mushrooms
- 1 Cup of oatmeal
- 1 Cup of walnuts
- 1 Teaspoon of dried herbs
- 1 Teaspoon of salt

Step 1

Steam or boil the chickpeas in 2 cups of water until cooked. If you use a can of chickpeas, drain and rinse them. Mash 2 cups of cooked or canned chickpeas or blend them with a cup of water.

Step 2

Finely chop the onion, mushrooms and walnuts.

Step 3

Mix all the ingredients together to firm consistency to create the patties. If the mixture is too watery, add some wheat flour if necessary.

Step 4

Shape into 12 equal sized patties. Heat a nonstick frying pan and cook on each side for approximately 5-10 mins. Keep the heat low to cook through thoroughly until golden colour and ensure they don't burn. Serve in either a bun with salad or as a main dish.



Being able to eat well can make a big difference to how you feel. Here are some tips to help you:

- Eat nourishing foods and fluid that are high in energy and protein
- Try eating 'little and often' as large portions may be hard to eat
- If you feel sick or full have a break and eat some more later
- Freeze individual portions to defrost for when you feel like eating
- Well-presented food on a plate can help make it look more tempting to eat

Wellness Programme

– From Zoom, to In-Person and Back Again

Back in April 2020 we provided our first ever Zoom wellness programme. Little did we know that over the next 2 years we would be transitioning quickly from Zoom to in-person and back to Zoom at such speed and frequency, as the government restrictions changed and our concerns for the health, safety and wellness of our clients stayed at the forefront of our minds.

Zoom has been a blessing for us and so many cancer patients who found themselves self-isolating and having to juggle the emotions of not seeing their family and friends and concerns about their own health whilst minimising their exposure to COVID-19. Our programmes continued to keep them connected and at the same time learning from our facilitators and feeling that they are still part of the Hong Kong Cancer Fund family and the community as a whole.



Our programmes cover an array of categories, including, yoga; healthy diet; breathing and relaxation; Taiji and Qigong; mindfulness; body awareness; to name but a few. We have provided over 760 Zoom sessions which attracted over 30,000 attendances since they first started.

Within our Healthy Diet category we arranged monthly programmes which included live streaming demonstrations and nutrition talks. To ensure that everyone could participate and be hands-on we shared the recipes inside our timetable and encouraged people to prepare the ingredients in advance so that they could cook together with our chefs at the same time. People were able to interact with our facilitators through the chat function or turn on their microphones to ask questions.

One of our most popular programmes during the Omicron outbreak was 'How to Boost your Immunity'. It was joined by over 80 participants and we fully utilised the Zoom functions and divided everyone into small "break out" groups. We had 16 groups in total and when they returned to the main chat room we encouraged them to take turns to share their healthy dishes with the whole team. It was a fully interactive programme and very well received by everyone.

Having the dexterity to adjust to the on-going COVID restrictions has ensured that we continue to be there for anyone touched by cancer. Our Wellness programmes seek to help people find their inner strength and improve their quality of life as overcoming cancer takes more than just medicine.

To join our programmes please view our latest Link magazine or reach out to your nearest Support Centre for further information.



People Making the World of Difference



Join Our Virtual Stride for a Cure in December!

We are going virtual again this year! So grab your training shoes and head out for your 5km or 10km hike anytime in December. With the cooler weather it's a great opportunity to have a day out in nature with friends and family whilst raising funds for our much needed free cancer services and cancer research.

For the first 250 people to register you will receive a fabulous goodie bag packed full of fun gifts for you, including Stride for a Cure backpack, T-shirt, cap and so much more. There's also a chance to win prizes for the top fundraisers!

Help us to raise the HK\$3 million we need. Your participation means a lot to us and will contribute to vital cancer research and cancer care in Hong Kong. Challenge your friends, work colleagues and support groups to come and join you.

Registration opens in October, scan our QR code and get ready to participate in our annual walkathon.



Unused Annual Leave for Charity

With COVID putting a halt to so many people using their annual leave the people at Principal Hong Kong have encouraged colleagues to donate their unused leave to charity. This is the second year that they have had this scheme and this year donated HK\$43,000 to our much needed free professional services. A huge thank you from all of us!



Ralph Lauren's Pink Pony

Launched in 2000, the Pink Pony Campaign is Ralph Lauren Corporation's global initiative to support programmes for cancer screening, early diagnosis, education, treatment, research and patient navigation that helps ensure cancer care is available for everyone in need. We are delighted that this collaboration and initiative is now in its 22nd year. Pop into Ralph Lauren to look at this year's collection!



Take a Bite and Donate

PizzaExpress have continued to serve up a deliciously mouthwatering donation for the Cancer Fund.

For every Giardiniera pizza sold they kindly donate HK\$8 to the Cancer Fund. That's something worth getting your teeth into!

Esic Synergy Dragon Club

Making a splash, watching a movie and other ingenious fundraising ideas! The team at Esic Synergy Dragon Club have come up with new and fun ways to raise funds, so far they have donated over HK\$13,000.



Why not become a fundraiser for us?

Becoming a fundraiser is a fantastic opportunity to get involved with a charity and raise crucial funds for a cause you're passionate about. You'll inspire others to help make a difference too, so your support is invaluable.

There are many different options for you to choose from. You can do it as an individual, part of a team, within a department, or as a family. You can do anything from a cake sale to your very own outdoor adventure.



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 allow us to offer our FREE services, so no one faces cancer alone. (In arbitrary order)

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If you are moving and would like to be informed of our latest news and activities, please email your name, donor number and new contact details to hkcf@hkcf.org so we can update our records. Your personal information will be kept strictly confidential.

