

Spring | Summer 2023

INTOUCH

觸覺



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CANCERFUND
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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:



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Dear Friends,

It is so wonderful to see the transformation that has come over Hong Kong in the last 6 months, it feels like we have our vibrant city nearly back to normal. At the Cancer Fund we are delighted to see so many people returning to our Centres and take an active role in so many of our in-person classes and programmes.

In this edition of InTouch magazine we have highlighted two of our classes from our Kwai Chung Centre. As part of our Art Therapy programmes we offer Alcohol Ink Art. These fun and easy classes are specifically designed to help release any emotions that you may have as you explore your way through the colour and movement of ink on the paper. You don't need any experience or skill level to gain from the emotional benefits of these classes.

We also feature our new magic classes for our prostate cancer clients. This entertaining and amusing class taught over 4 weeks shared with the team how they can do the magic tricks. They can then surprise and delight their families and friends at home.

It is marvelous to see the high demand for these in-person classes and during April – June 2023 we are offering nearly 300 programmes and 400 classes!

All of our classes and programmes are **FREE**. It is a wonderful way to learn something new and fun and also gain the benefits

from peer support as you share your stories, practical help and advice from clients who have lived through similar situations and our professional team who are there for you every step of the way.

Our Centres are a sanctuary of support for anyone touched by cancer and I would like to express my thanks to our amazing professional frontline team who make it possible to provide our seamless services.

Lots of love



Sally Lo, BBS. MBE

Founder and Chief Executive



Paying It Forward Every Step Of The Way

Every year the number of people being diagnosed with cancer has increased and the age of those with a diagnosis has dropped drastically. Education on the symptoms of cancer and early detection have helped increase cancer survivorship. But receiving the shocking news is never easy.

Here Emily Woodland tells us her story and why she decided to raise much needed funds for us by doing the gruelling TransLantau by UTMB 100km. She raised a staggering HK\$166,271 through direct fundraising with her family and friends and her company, BlackRock, doing a 'Giving Tuesday' where they dollar-matched every charitable donation made.

“Most people who know me would describe me as a pretty tough cookie. Many years of running ultramarathons, and the highs and occasional mishaps that go with them, will do that to a person. Yet, on 11th June 2021, my doctor uttered these words that will stay with me forever: “I don’t think that’s what you think it is”.

From that moment on, my life and body would never be the same again. I had early stage colorectal cancer... something I – a hyper fit, healthy, non-smoking, vegetarian, 41-year old woman – had absolutely none of the usual risk factors for.

In the whirlwind 3 weeks that followed, I got all the diagnostics and opinions I needed to make some very tough decisions. I started with 5 weeks of daily chemo-radiation, then a massive and complex surgery to remove a major section of my bowel (when I lost 9kgs in 2 weeks), followed by seven months with an ileostomy. On 13th May 2022 the stoma was reversed.

Make no mistake, none of this was easy... it was truly brutal. And I will have to live with certain consequences on my body forever. But I am extremely lucky, and I am grateful. It was an early catch, and my prognosis is good. I had access to some of the best medical care and experts in the world. I got tests and procedures at my fingertips that people around the world have to wait months for. And I did it all with an extraordinary support network – my “fairies” – by my side every step of the way.

That incredible privilege is not lost on me, and so on Saturday 12th November 2022 I made an attempt at the TransLantau by UTMB 100km virtual race.

I didn't expect it to be pretty... I haven't completed a 100km race since 2019 and my body has been through a lot. But even if I had to crawl my way around the course, that's what I would do.

In the last two years my friends and loved ones have been touched by colorectal, brain, prostate, breast, lung, cervical and lymphatic cancer, to name but a few. Some have been lucky and beaten it, some sadly not so. This disease is brutal and all-consuming to the patient and the people who love them – regardless of where in the body it strikes.

I felt it was time for me to pay it forward to those who don't have access to the support resources that I was blessed with. ”

It is through extraordinary people like Emily that we can continue to provide our much needed free professional support to those in need. If you would like to know more about raising funds for us, or if your company is interested in becoming involved in a dollar matching scheme, please contact us on **3667 6333**.





Adding a Splash of Colour

“When I drip alcohol ink and ink onto the paper, they instantly dissolve and scatter around, and the direction of the ink is sometimes beyond my expectations, like a life that we can’t control. I find that the more busy I am, the effect of ink painting on the paper will only follow my inner chaos. So I try to put away my inner chaos, meditate and observe the flow of ink as it scatters, and then follow the flow of the ink with my heart, using tools to paint alcohol ink in different shades which makes me enjoy the tranquillity and often unexpected painting result.” Hong Kong Cancer Fund Client

Dealing with cancer can be a challenging journey for anyone, and even more so for those who are struggling to find ways to cope with their emotions. Being able to release your inner thoughts is imperative and at the Cancer Fund we have used Art Therapy for many years so that our clients are able to express their internal feelings.





Cancer patients may feel uneasy talking about their diagnosis, especially the discomforts, fear or anger they may experience. However, they can find profound benefits if they are allowed to express themselves in a safe and non-judgemental environment. Creating expressive art helps to find their own strengths to enhance self-understanding and improve quality of life. It can also assist with restoring self-confidence, building resilience, fostering a positive self-image and helping you see life from a new perspective.

As part of our Arts Therapy programmes we offer Alcohol Ink Art classes at our Centre in Kwai Chung. Alcohol Art therapy is a relatively new form of fluid art, it's easy to master and creates beautiful, vibrant and awe-striking images.

The technique is relatively simple. A small amount of alcohol coloured ink is dropped onto a piece of paper, and then using a small handheld air blower it is 'moved' in different directions to create a pattern.

You can then use different colours to create an overlapping effect and add new colours and watch your image grow as it allows you to express how you feel. No two pictures will ever be the same, every one of them is unique.

This fun and therapeutic class is available to all of our clients regardless of their skill levels. We provide all the necessary materials and directions so you don't need any prior experience to join. Our trained therapists will guide you through the process and offer support and encouragement throughout the session. As with all of our classes and programmes, our Alcohol Art classes are **FREE**.

We believe that everyone should have access to the healing power of art. It's a wonderful opportunity to engage in a fun and creative activity, connect with others and find the support and understanding that you need.



For more information please check our latest Link magazine or contact us on **3656 0800**.

Rainbow Club gives Bagfuls of Love and Understanding



Expressing how you feel when a family member and loved one has cancer is difficult for everyone but especially for young children. They don't have the vocabulary or communication skills to voice their emotions, or the uncertainty and changes in their day-to-day routine. Sometimes they don't understand their own feelings. They can become angry, upset or withdrawn.

We established our Rainbow Club for children aged 5 to 17 years old in 2010 specifically to help them understand a cancer diagnosis in the family.

The Rainbow Club offers a wide range of programmes and services to ensure children are well cared for and supported to cope with the changes in the family, while helping parents and children communicate more efficiently about cancer and its impact, and ultimately alleviating their emotional distress.

To add to our current free professional services we recently designed and produced our Rainbow Club Care Package. This bag of goodies contains a set of Story Cubes, a Journal / Colour Book, a Picture Book all put into our eco-friendly canvas bag.



Story Cubes – It's a Throw of the Dice

Each of the 9 dice has specifically designed symbols on each side highlighting the different aspects of the cancer journey. The game is very simple, just throw as many dice as you like and tell a story about the pictures you see. There aren't any wrong answers, or stories, just let the children's imagination run wild and let their creativity stimulate communication. With each new shake of the cubes, new possibilities will emerge creating excellent learning and experiences. Our Art Therapist will help explain how children open up in their stories and how the parent can listen without judgment or fear.



Journal / Colouring Book – Let the Emotions Flow with Creativity

Writing and drawing are a great way for children to express their inner feelings and hidden emotions. Art Therapy is often used as a tool of self-care and self-reflection. If requested, our Art Therapist will be able to review the drawings and colourings from the younger members of the Rainbow Club and help them alleviate any problems or emotional issues or blocks they may have.

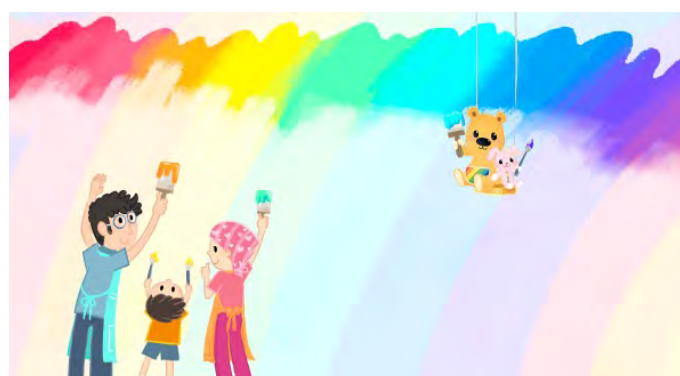
They Can Enjoy

- Art programmes to help them express their hidden emotions
- Fun games and activities for self-exploration
- Talking to our counsellors about their worries / anxieties
- Family workshops designed to improve relationships and communication between parents and children.

Come and visit our amazing team who will help explain cancer to the younger members of the family and give you a Rainbow Club Care Pack.

Picture Books – To Gift the Story of Knowledge

The first in our series of bi-lingual books has been produced - Cancer Comes to My Family. These easy-to-read picture books will help parents discuss difficult topics with children whilst a family member is going through the cancer journey. They will help parent-child communication, interaction and create opportunities to connect and understand cancer facts and feelings.



We're Here to Help

All of our Centres provide a safe and caring environment where children can freely express their feelings and emotions. With our professional support we can restore confidence and help them understand how a cancer diagnosis can affect a family.

Chemotherapy – Let's Talk About Bowel Movements...



Getting a cancer diagnosis has the potential to completely upend your world. Although starting treatment like chemotherapy can be reassuring, it can also be confusing and scary. Chemo is intended to destroy fast-growing cancer cells, but it can also have some very unpleasant side effects.

How your body reacts to treatment will vary from one person to another. There's no guarantee that you'll be affected by all of them, you may have only a few, or none at all and they can happen in differing degrees. Your doctor will generally try to give you high enough levels to treat the cancer whilst keeping the side effects to a minimum.

Most people are aware about hair loss, fatigue, weight loss and mouth sores, in fact we have covered these topics in depth over the years. However, we don't often discuss the rear end of the body such as, constipation, diarrhea, gas and flatulence yet these are common side effects that anyone receiving chemotherapy may experience.

Pain medication, changes in your eating habits, and being less active than usual during chemo can also make your bowels move less often and cause your "poop" to be harder than you're used to, giving you constipation.



How to manage constipation

- Eat more high-fibre foods, such as wholegrain bread, pasta, red rice, kale, broccoli, spinach, potatoes (with skin), mushrooms, bran, nuts and legumes (e.g. baked beans or lentils). Also fruits, such as oranges and grapefruits.
- If you are having treatment for bowel cancer, ask your treatment team if there are any foods you should or shouldn't eat to help avoid constipation.
- Drink plenty of warm drinks, (cold water can lead to constipation). Prune, apple or pear juice can work well.
- Limit caffeine and alcohol.
- Do some light exercise, such as walking.
- Ask your doctor about using a laxative, stool softener or fibre supplement.
- Try a few slices of fresh ginger steeped in hot water for 5 minutes, then add honey.
- Try a gentle abdominal massage.

While chemo can make you constipated, it can also force you to the other end of the poop spectrum. Chemo drugs can make your bowels move way more often, resulting in diarrhoea.



How to manage diarrhoea

- Choose bland foods such as clear broth, boiled rice or dry toast. Avoid spicy foods, wholegrain products, fatty or fried foods, rich sauces, and raw fruits or vegetables with skins or seeds.
- It may help to eat foods that are high in soluble fibre such as oats, white bread, white rice, bananas, baked potatoes, asparagus and pasta.
- Drink electrolyte drinks.
- Limit alcohol, fruit juice, sparkling drinks, soft drinks, strong tea or coffee, and foods containing artificial sweeteners as these stimulate the bowel. Do not chew sugar-free gum or eat candies and desserts made with sugar alcohol (i.e., sorbitol, mannitol, or xylitol).
- Avoid milk and milk products.
- Drink plenty of water to help replace fluids lost through diarrhoea.
- Don't drink with meals.
- Eat many small meals throughout the day.

Chemotherapy may also alter the normal bacterial flora that is present in the intestines. Gas and flatulence are a normal bodily function but during treatment you may find your flatulence is more frequent and has a more potent smell than normal.



How to manage flatulence

- Avoid foods that make it worse, such as cabbage, corn, brussels sprouts, onions, beans and cauliflower.
- Eat slowly and chew your food for longer – to reduce the amount of air you swallow and help to break food down.
- Eat ginger - this is said to help digestion.
- Drink peppermint tea.
- Exercise regularly - this can help your body digest food.

For all of the above please discuss with your doctor how they are affecting you and how best to manage them. Don't be embarrassed, it's important for your treatment plan. These are some general guidelines.





A Touch of Magic

“Learning magic improved my observation and cognitive functioning.” Hong Kong Cancer Fund Client

In February we hosted our first four-week magic class in our Kwai Chung Centre for our prostate cancer survivors. Our group of eight enthusiastic men were keen to learn the secrets behind the sleight of hand.

From card tricks, to dice to coins and even mind-reading, these close-range magic classes were fun and engaging for our team who had never tried any magic tricks before. Each week they were taught two new up-close magic tricks.

It is so easy for cancer patients to become withdrawn, especially men who tend to hide their emotions and feelings. This class helps build confidence and encourages communication. It will improve mental and emotional wellbeing, increase dexterity and provide a fun and engaging activity to distract from any stress and anxiety a cancer diagnosis may have. It also provides peer support with other prostate cancer survivors. Our group were then able to show their family and friends their new-found magic skills!

Prostate cancer is the third most common cancer amongst men in Hong Kong. It often develops slowly so there may not be any signs for many years. Symptoms do not usually appear until the prostate is large enough to affect the tube that carries urine from the bladder. In general, it affects men over the age of 50 and we highly recommend that any man over this age discusses prostate cancer with their doctor on when they should start to get checked and do tests.

“Practising magic can help me to manage the side effects of treatment, like improving the numbness of my fingers.”

Hong Kong Cancer Fund Client



If you have any of the following symptoms, be sure to see your doctor immediately

- Difficulty starting urination.
- Weak or interrupted flow of urine.
- Urinating often, especially at night.
- Trouble emptying the bladder completely.
- Pain or burning during urination.
- Blood in the urine or semen.

“It becomes my new interest, when I performed a trick for my family members I had a sense of achievement.”

Hong Kong Cancer Fund Client

With early diagnosis and treatment, prostate cancer is often highly curable. Many people diagnosed when the cancer hasn't spread beyond their prostate go on to live normal, cancer-free lives.

We provide peer support groups for prostate cancer patients and survivors at our Centres. They provide emotional and psychological support, nutritional and health advice, and activities including exercises to reduce the effects of prostate cancer surgery and other treatments.

To find out more please contact **3656 0800**.

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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The Hong Kong Anti-Cancer Society Jockey Club Cancer Rehabilitation Centre
The Hong Kong Sheng Kung Hui Welfare Council
Wong Tai Sin District Health Centre
The New Hong Kong Association of Hair Design
Tung Wah Groups of Hospital, Chinese Medicine Services
Tung Wah Groups of Hospital, Farewell Homecare Project
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