

Spring | Summer 2024

# INTOUCH 觸覺



癌症基金會  
CANCERFUND  
So no one faces cancer alone

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

# INTOUCH 觸覺



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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,

Every year more and more people are living with cancer and the rate of survivorship has increased significantly. This may be due to the fact that more information and awareness of symptoms are available, such as our breast, colorectal and prostate campaigns. It is without a doubt that early detection saves lives.

As more people enter into survivorship they turn to our professional FREE support to help them navigate the cancer journey and road ahead. To ensure that we are able to offer our much needed services and programmes in all of our four Cancer Support Centres we need the regular support and donations from people like you.

Our monthly donors, our Circle of Friends, provide that much needed security to us. To help encourage people to become part of this team we created a small video and did a photoshoot. In this edition we have written a focus on the 'Behind the Scenes' that highlights the 3 amazing cancer survivors who teamed up with our 4 frontline team members to create a memorable campaign.

This edition also features the amazing support that our volunteers provide and we would like to pay a special thanks to Miu Miu, who many of you will see at our Wong Tai Sin Centre, her story is truly amazing and it is so wonderful to see how she continues to give back to others who are going through their cancer journey.

Dr Ernest Hung Yu Ng, Clinical Professor in the Department of Obstetrics and Gynaecology also talks to us about fertility preservation and how a cancer diagnosis can have a huge impact on fertility. His insights support our new programme for helping to fund fertility preservation for both men and women who have been diagnosed with cancer.

Our Centres are a haven 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*





## A Time of Giving: Miu Miu's Inspiring Journey

In 1995, Miu Miu's life took an unexpected turn when, at the age of 42 years old, she was diagnosed with breast cancer. At the time she had her own company and was balancing a fulfilling career with the joys of family life, cherishing moments with her husband and two daughters, aged 16 and 11 years old. It was just an ordinary day at the office when she lightly brushed over the top of her left breast, just below her collarbone and felt a lump.

Her cancer journey started with treatment at Kwong Wah Hospital where she underwent surgery to remove the tumor, this was then followed by chemotherapy and hormone therapy. Radiotherapy was then completed at Prince of Wales Hospital. During her treatment she felt drawn to chatting to other cancer patients who found themselves on a similar path. Just one year after diagnosis, in 1996, she volunteered at our Cancer Patient Resource Center at Kwong Wah Hospital by providing support and comfort to other patients over the phone.



At the same time she also became an active participant in our self help group, Yin Chun Club. Her dedication and commitment grew with her serving as the club's chairperson from 1998 to 2006.

In 2003 Miu Miu decided to take early retirement, however, her dedication and support to give back to the community continued to grow.

When she initially joined as a volunteer at our Wong Tai Sin Cancer Support Centre, Miu Miu was helping with answering the phone, organizing handwritten information and inputing user data into the newly implemented database system. As the first user to have her information added, Miu Miu is officially the first Hong Kong Cancer Fund client and has the registration number of WTS-000001.



Many of you will know Miu Miu if you have visited our Centre, she may be greeting you with a warm smile behind reception or ensuring that our library is neat and tidy. She continues to prioritise her own well-being while inspiring others with her positive attitude. By advocating for lymphedema assessments and participating in our classes and programmes she demonstrates a holistic approach to healing.

Her story acts as a reminder of the transformative power of kindness and community. We have so much admiration for her and the countless lives she has touched with her compassion and unwavering spirit. It is together that we can ensure no one faces cancer alone.



During her cancer journey Miu Miu has become a much loved part of the Hong Kong Cancer Fund family. She actively participates in various programmes and classes. From attending health talks to yoga classes and joining every annual Stride for a Cure hike since it first began and even its predecessor the Terry Fox Run.

Today, Miu Miu's journey continues to inspire countless lives with its unwavering dedication to serve. In addition to her commitment to the Cancer Fund as Ambassador for Wong Tai Sin Cancer Support Centre, Miu Miu dedicates her time to our network in hospitals and support centres as she extends a helping hand wherever it is needed.





## Behind The Scenes

### Join our Circle of Friends: Why your monthly support matters

At the Cancer Fund we pride ourselves in providing FREE professional support, services and programmes to anyone touched by cancer. In our wide network of four Cancer Support Centres nestled in Wong Tai Sin, Kwai Chung, North Point and Central we provide a haven for nearly 50,000 cancer patients and their families and it is with your steadfast support that ensures that our doors remain wide open.

A cancer diagnosis touches the entire family, from the patient, to the caregiver, to the children, to relatives and close friends. A cancer journey requires more than just medicine alone and the professional emotional, physical and mental support is as important. You will find this and so much more at all of our Centres.

Within each Centre we have our professional frontline team that includes oncology nurses, social workers, art therapists, dietitian and clinical psychologists all providing one-on-one consultations.

We also provide over 100 FREE classes every month that are designed to nurture the mind, body and spirit. These are completely varied and cover all areas for physical and mental aspects of the cancer journey, from art therapy, to yoga, qigong and nutritional talks as well as the Rainbow Club children services and our adult You Can group.



Under our umbrella we also have 21 self help groups. This one-of-a-kind volunteer-based network is cancer specific covering all types of cancer such as throat, prostate, colorectal, nasopharyngeal, gynaecological, breast and many more. This emotional support provides invaluable first-hand experience making a big difference in many lives.

Our service also includes public education, hardship fund, funding local and international cancer research and much more in filling the gaps in cancer care.

In a world where financial support is not guaranteed we rely solely on the generosity and donations from individuals, companies and foundations. We receive no funding from the government or the Community Chest, it is your contributions that ensure that our doors remain open for those that need us.

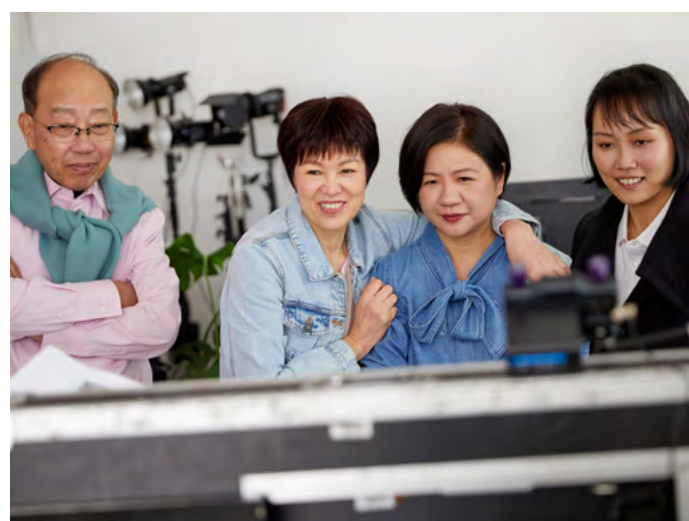


Together they became the radiant faces of our campaign, exuding warmth, resilience, and hope – all together, as one extended family.

It was under the guidance and support of our amazing partner creative agency KymeChow that we have created a campaign to encourage people to join our monthly donation platform, Circle of Friends.

This was the first time that most of them were at a professional photoshoot, however, nerves didn't get the better of them and with much laughter and fun they were able to bring their beautiful personalities and their positive vibes shined through.

Our campaign serves as a reminder that cancer touches us all – it knows no boundaries. Whether it's a friend or family member who has been diagnosed, or our frontline team who are so dedicated to their jobs with the Cancer Fund and utilising their professional skills to help anyone touched by cancer.



On a brisk morning just before Chinese New Year three amazing cancer survivors volunteered their time to come to a studio in Chai Wan to be our models and actors for the day where they teamed up with four of our Cancer Fund frontline staff.

For as little as HK\$150 per month we can ensure that we are able to continue to provide FREE professional support to anyone in need. With each generous donation, you play a vital role in brightening the journey of those affected by cancer.

***If you would like to join us and become a monthly donor, please scan the QR code or call us on 3667 6332.***





## Thinking of Starting a Family in the Future?



Being diagnosed with cancer at any age is devastating, however, for young adults the news adds a new dimension to their cancer treatment and the questions they may have. Do they want to have children in the future? We have recently started a new service where we help young cancer patients with their fertility preservation (FP).

In this article we delve into the world of FP for cancer patients with Dr Ernest Hung Yu Ng, Clinical Professor in the Department of Obstetrics and Gynaecology, School of Clinical Medicine, Li Ka Shing Faculty of Medicine, The University of Hong Kong, at Queen Mary Hospital. Dr Ng generously shares his expertise and insights to help shed light on this important topic.

**Q: Can you explain how cancer treatment can affect fertility, and are young cancer patients typically aware of this impact?**

**Dr Ng:** Cancer treatments such as chemotherapy and radiation can damage reproductive organs, leading to infertility. While young cancer patients are made aware of this, there's already a lot to digest regarding their diagnosis, treatment options and implications on various aspects of their lives.

**Q: What is the optimal timing for FP procedures for young cancer patients and how do you approach these discussions with a patient?**

**Dr Ng:** For men, sperm freezing can be done at any age after puberty if the cancer treatment may affect the testicles. However, for women, age becomes a significant factor. Around 35-37 years old, women experience a more rapid decline in egg quantity and quality. We always approach these



discussions for those older than this age group with sensitivity and provide the patients with relevant information about the effectiveness of having a child after treatment has finished. The optimal timing for FP also depends on the type of cancer and the urgency of treatment.

**Q: Can you explain the different methods of FP and how you determine the most suitable option for each patient?**

**Dr Ng:** For men we freeze the sperm. For women there are 2 major methods: egg freezing and ovarian tissue freezing. The choice between these methods depends on various factors such as the patient's age, cancer type, and treatment timeline. There are other methods of FP but these are not so common or considered effective.

**Q: How does the cost of FP factor into the decision making process for patients?**

**Dr Ng:** Previously, the average cost for a woman to undergo FP was approximately HK\$60,000-70,000. Sometimes the patient may have to consider their employment and may need to take time off work for treatment, or may not currently have a job. Some drugs may not be covered and may require the patient to pay. In these cases adding the additional cost of FP can be too much.



**Q: What role does emotional wellbeing play in the FP journey?**

**Dr Ng:** Emotional wellbeing is crucial throughout the FP journey, given the stress and anxiety that often accompanies a cancer diagnosis. They may already feel overwhelmed and it is important to provide support, including counselling services, to help navigate the emotional challenges of undergoing FP procedures.

**Q: What are some common misconceptions or myths associated with FP?**

**Dr Ng:** Some patients believe that FP can be delayed until after cancer treatment, however, this may significantly reduce the chances of successful preservation so it is always recommended to do prior to any treatment. Also, some patients may feel that the 2 week delay in starting treatment for FP would impact the effectiveness of cancer treatment. Yet a brief delay, depending on the cancer, would not compromise their overall treatment outcome.

**Q: Is there any ongoing research that you find particularly promising for the future?**

**Dr Ng:** There are some promising areas that are currently being looked at. These include surgical retrieval testicular tissue in pre-pubertal boys and addressing the challenges of egg maturation outside the body for women. Additional, research is underway to minimise the risk of cancer recurrence associated with ovarian tissue freezing, offering hope for improved outcomes in the future.

If you, or anyone you know would like further information on our FP services please contact our helpline on **3656 0800**.



# Empowering Minds - PolyU Students Engineer a New Antibody

Every year nearly 6,000 people in Hong Kong are diagnosed with lung cancer, with non-small cell lung carcinoma (NSCLC) being the most prevalent form of the disease accounting for 82% of all cases. Depending on the stage of the cancer various treatments will be discussed and offered by the patient's oncology team. These may include surgery, chemotherapy and radiotherapy. Some patients may be offered target therapy as part of their cancer treatment with a drug called Osimertinib, however, despite excellent response rates, resistance to Osimertinib inevitably develops. This is where the amazing team of undergraduates at PolyU stepped in.

The team of 13 remarkable students set their sights on not only solving this issue but also entering a global synthetic biology competition, iGEM, in Paris, November 2023 (see side panel). They created awareness for NSCLC with a website, podcasts and social media, and if this wasn't enough for the intrepid team they also raised funds for the Hong Kong Cancer Fund.

The team created their name "Polyneer" which combines "PolyU" and "Pioneer", representing the first ever team from PolyU. While the capital Y illustrates their research topic of developing the antibody they were working on, and the 'heart' at the top to show their love to lung cancer patients.

The team sought the advice and support from professors and supervisors in Hong Kong to see what research was already being conducted and were given the insights and information for them to successfully create the antibody.

Multitasking over the 4 sectors, including the laboratory team, public awareness team, promotion team and presentation team, they set off for Paris. The competition attracted 393 teams with 8,829 participants from 44 different countries.



Throughout the competition, PoLYneer actively participated in several outreach initiatives, including online surveys to raise awareness of NSCLC in Hong Kong and a T-shirt charity sales campaign to support the Hong Kong Cancer Fund. Their ambition is to discover a cost-effective solution that can help combat the therapeutic resistance in NSCLC patients in the hope of improving their treatment outcomes.

Their presentation ‘An innovative approach to construct a bispecific antibody to combat the Osimertinib resistance in NSCLC’, made history for PolyU by winning a prestigious silver medal alongside top universities from around the globe.

A huge congratulations to the amazing team for their hard work, dedication and for opening the door for the next generation of researchers to develop solutions that can benefit the health of the people of Hong Kong and beyond.

“

*A huge congratulations for PoLYneer for their outstanding success in winning a silver medal at iGEM. It is wonderful to see these young students, the next generation, as they look at new ways to help improve the quality of life for lung cancer patients.*

*~ Professor MOK, Tony Shu Kam, BBS*

*Chairman, Department of Clinical Oncology  
Li Shu Fan Professor of Clinical Oncology  
The Chinese University of Hong Kong  
Medical Advisor, Hong Kong Cancer Fund*



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## About International Genetically Engineered Machine (iGEM) Local people solving local problems all over the world

iGEM Foundation is an independent, non-profit organization dedicated to the advancement of synthetic biology, education and competition and the development of an open, collaborative and cooperative community. Their main programme is the iGEM competition, an annual, worldwide synthetic biology event aimed at undergraduate university students, as well as high school and graduate students.

Multidisciplinary student teams from all over the world compete for medals and awards by designing, building and testing projects using cutting edge synthetic biology. Teams create projects from start to finish – from brainstorming to proof of concept. Projects aim to have a positive impact and solve real world problems in the local community. They document their work through deliverables like wikis, videos, and presentations.

The teams showcase their innovations, ideas and initiatives for humanity’s most pressing problems, including the climate crisis, agriculture, human health, foundational advances, biomanufacturing and more. An international panel of nearly 420 judges cast their votes to select the winning teams.





# Harmony in the Cancer Journey with Sound Healing

As cancer patients navigate their challenging journey, moments of peace and comfort become invaluable. At the Cancer Fund, we recognise the importance of holistic support, which is why we offer various sound healing workshops in all of our Cancer Fund Support Centres. These free workshops include the soothing tones of singing bowls, crystal bowls, and gong baths, providing patients with a unique avenue for relaxation and healing.

Sound healing has deep roots in ancient traditions and practices, offering centuries-old techniques for promoting relaxation, reducing stress, and enhancing overall well-being. One of our dedicated volunteer facilitators, Tsering, brings his wealth of knowledge and experience to our workshops. Inspired by his father's decades-long meditation practice and his own journey of self-discovery, Tsering has been sharing the benefits of Tibetan singing bowls since 2000.

For Tsering, singing bowls are not just about the sound – they represent a journey of understanding oneself and finding inner peace. Through his teachings, Tsering aims to help participants relax, reduce their anxiety, and cultivate hope amidst their challenges. He firmly believes in the transformative power of sound healing, which he experienced first hand in his own life.

Tsering's own studio in Kowloon Bay houses an impressive collection of 600-700 singing bowls, including antique bowls dating back 100-200 years. These bowls, with their unique sounds and energies, have a grounding effect on individuals, calming their minds and slowing down their thoughts. Some bowls are even used for chakra therapies, cleansing and unblocking energies.

Beyond the physical benefits, Tsering emphasises the positive intention behind sound healing. Every morning, he sets a positive intention for himself and his family, while also seeking to give back to the community that has supported him. He views sound healing as a way to share blessings and bring peace and compassion to those in need.

Despite its ancient origins, Tibetan singing bowls are not tied to any specific religion. Traditionally accessible only to the Royal family or lamas in Tibet, these bowls were revered for their ability to aid meditation practices. Today, they are accessible to all who seek their healing properties, regardless of background or beliefs.

In a world where moments of peace are precious commodities, the Cancer Fund is proud to offer sound healing workshops that provide comfort,

support, and hope to cancer patients. With the guidance of dedicated facilitators like Tsering, we will continue to provide these classes to support individuals throughout their cancer journey, one soothing sound at a time.



“



*I learnt that healing sounds can improve health and stabilise emotions. It helped to refocus and rest my mind.*

*The instructor's right of mind reminds me of values in life - what makes you happy and healthy, all comes from your inner self. I was wearing a smile the whole time and I'd praise his healing sounds.*

~ participants

”

## Thank you to all our supporters

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

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The Late Chan Wah Ching  
The Late Ms. Cheng Shuk Luen  
The Late Chung Wai Ming  
The Late Ho Mee Ki, Maggie  
Mr. Ming-Wa Lam  
The Late Mr. Ng Kwok Yan, Felix  
The Late Mrs. Pamela Sani  
The Late Ms. Tang Kwei Han Carol  
The Late Mr. Paul Tsang Chi Keung  
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李東波先生(已故)  
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梁振興(已故)  
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