

NO MATTER WHAT SIZE YOU ARE,
CHECK REGULARLY.



FREE services
(3656 0800)
www.cancer-fund.org/pink

What is breast cancer?

Breast cancer is a malignant tumour that starts in the breast tissue. However, your risk may increase due to strong family history in first degree relatives, personal breast cancer history, and lifestyle factors such as smoking, excessive alcohol consumption and physical inactivity.



Breast cancer is the most common cancer among women. It ranks as the 3rd leading cause of cancer-related deaths among women in Hong Kong*



One in 13 women in Hong Kong are at risk of developing breast cancer**



There were 5,565 new breast cancer cases in 2021 among women in Hong Kong*

58

is the median age of women with breast cancer in Hong Kong*

How can I reduce my risk?#

Exercise regularly

- Do at least 150 minutes of moderate-intensity aerobic physical activities per week

Maintain a healthy body weight and waist circumference

- Body Mass Index (BMI) between 18.5-22.9
- Waist Circumference not more than 80cm for women

Stay away from smoking, alcohol consumption and unhealthy lifestyle



*'Prevention and Screening for Breast Cancer Booklet', Department of Health 2022
 **Hong Kong Cancer Registry, Hospital Authority 2023 (figures in 2021)
 #Lifetime risk before age 75

Do you know your breasts?

It is common for women's breasts to change. Changes take place during menstruation, pregnancy or when breastfeeding. It is important to know your breasts so you can identify anything unusual.

Breast cancer symptoms



If you notice any of the above changes, please consult your doctor for a clinical breast examination. Checking your breast regularly could save your life!

Check your breasts in 3 easy steps



How can I be screened?

If you detect changes in your breasts, your doctor will examine you and enquire about your family history. Your lymph nodes, underarms, and neck lymph nodes will be examined for swelling, pain, or other abnormal conditions. If there are any unusual findings, further tests will be done to confirm the diagnosis, such as an ultrasound or mammogram.

Mammogram



A mammogram is an X-ray imaging examination of the breasts. The breasts are positioned on the machine and compressed for approximately 10 to 15 seconds. It can detect early abnormalities of the breasts and help identify radiological tumours.

Ultrasound



An ultrasound is used to assess the general condition of the breast. It determines whether a lump is a cyst or a solid mass, and helps detect if there is swelling of any lymph nodes in the armpit.

Should I get screened?

All women who consider breast cancer screening should be informed about the benefits and limitations. Women at high risk (e.g. carriers of confirmed BRCA 1 or 2 gene mutations, or anyone with strong family of breast cancer, etc.) should seek medical advice for screening methods, frequency and the age to commence the screening. If you notice anything unusual in your breasts, please consult your doctor immediately.



Hong Kong Cancer Fund

Please show your support to women touched by breast cancer. Make a donation so we can continue to expand our Free breast cancer services. As little as **HK\$170** will provide a **Pink Recovery Pack** to be delivered to women after breast cancer surgery to help with recovery. It offers patients the tools to alleviate pain and ease discomfort as well as an information booklet.



A set of Pink Make-up Bag (while stock lasts)

To show our appreciation, everyone who donates HK\$170 or more will receive a pink souvenir.

- I wish to make a **one-off donation** to support FREE breast cancer services:
- HK\$1,000 HK\$500 HK\$300 HK\$_____
- I wish to give a **monthly donation** of*:
- HK\$150 HK\$300 HK\$500 HK\$_____
- Receipt required:
- Yes, name on receipt _____ No
- Donations of HK\$100 or above are tax deductible in Hong Kong.

Personal information

Surname (Mr/Mrs/Ms/Miss) _____ Given name _____

Address _____

Email _____ Telephone (daytime) _____

Donation methods 24 Pink 2553

- Credit card Visa MasterCard Amex

Cardholder's name _____

Card no. _____

Card issuing bank _____ Expiry date _____ MM/YY
(min. validity for two months)

Cardholder's signature _____

- Cheque (Please make payable to 'Hong Kong Cancer Fund')

Cheque no. _____

*Monthly donations continue after the credit card expiry date until further notice is given.

Your personal information will be treated as strictly confidential and used solely for handling your donation, issuing receipts, providing donor services, communication, appeal fundraising, feedback collection and inviting you to our health talks and relevant activities. You may refer to the Personal Data Collection Policy on our website for details.

Tell us how you would like to receive our latest news and developments.

- Post Email

Language preference (select one only)

- English 中文

- I do not wish to receive information from Hong Kong Cancer Fund.



DONATE NOW

Please fill in this form and send in your donation to:

Hong Kong Cancer Fund Suite 2501, Kinwick Centre, 32 Hollywood Road, Centra, Hong Kong
 Fax: 3667 2100 | Email: funds@hkcf.org

Support Us (3667 6333)