



仁愛堂  
YAN OI TONG



# 上善若水



仁愛堂莊舜而醫療基金（治療癌症）  
YOT Chong Sok Un Medical Fund (cancer aid)

## 關於仁愛堂

仁愛堂乃一歷史悠久之慈善福利機構，自30年代開始建立診所，贈醫施藥，並展開救貧賑災的工作。為配合社會的發展及需要，於1977年註冊為非牟利慈善團體，以「匡老扶幼、興學育才、助弱保康、關社睦鄰」為宗旨，為市民提供社會福利、教育、醫療、康體、環保及社會企業等服務。現時服務單位超過90個，服務遍及屯門、元朗、天水圍、大埔、沙田、荃灣、深水埗、葵青、將軍澳、黃大仙及銅鑼灣等地區。

網址: [www.yot.org.hk](http://www.yot.org.hk)

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## About Yan Oi Tong

Yan Oi Tong (YOT), a charity and welfare organization with a long history, has been setting up clinic to provide medicines for free and implementing poverty alleviation programmes and disaster relief operations since the 1930s. In order to cope with the needs and development of society, YOT was registered as a non-profit charitable organization in 1977, with the mission of “Caring for the Old and the Young, Promoting Education and Nurturing Talents, Supporting the Disadvantaged and the Sick, and Serving the Community”, it provides services including social welfare, education, medical care, recreation, environmental protection, social enterprises and so on. At present, there are more than 90 service units throughout Hong Kong, with regions covering Tuen Mun, Yuen Long, Tin Shui Wai, Tai Po, Sha Tin, Tsuen Wan, Sham Shui Po, Kwai Tsing, Tseung Kwan O, Wong Tai Sin, Causeway Bay, etc.

Website: [www.yot.org.hk](http://www.yot.org.hk)



## 關於仁愛堂莊舜而醫療基金(治療癌症)

2007年12月15日成立的「仁愛堂莊舜而醫療基金(治療癌症)」，旨在幫助貧困的癌症病人，以現金資助方式購買自費治療藥物，令病者獲得最適切的治療，提高癌症病人的存活率及改善其生活質素，為癌病患者及其家人帶來希望。

基金主要援助屯門醫院及基督教聯合醫院符合基金審批資格的癌症病人。受助人經醫生進行評估，然後由醫務社会工作家庭經濟狀況審查，再由仁愛堂作最後審批。每名符合申請條件的病人之資助上限為65,000港元。此外，基金更成立癌症病人醫療及復康用品資助計劃，使病人能夠盡快適應社會及提高生活質素。

網址: [www.yotcancerfund.org.hk](http://www.yotcancerfund.org.hk)

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## About Yan Oi Tong Chong Sok Un Medical Fund (cancer aid)

The YOT Chong Sok Un Medical Fund (cancer aid), established on December 15, 2007, aims to bring hope to underprivileged cancer patients and their families by providing capital subsidy in purchasing self-financed medicines and to enable them to receive appropriate treatment, thus enhancing the survivability and quality of life of patients.

The Fund mainly provides assistance to those cancer patients of Tuen Mun Hospital and United Christian Hospital who are qualified for applying for the fund. The recipients shall undergo evaluation by doctors and a family financial conditions assessment by medical social workers before receiving final approval from the YOT. Each qualified patient can be funded with an upper limit of HK \$65,000. Moreover, the Fund has also established Funding Scheme for Cancer Patients Medical Devices Special Funding Programme to enhance patients' survivability and quality of life.

Website: [www.yotcancerfund.org.hk](http://www.yotcancerfund.org.hk)

# 上善若水。

「水，生命之泉源。」

孔子曰：「夫水者，君子比德焉。  
遍予而無私，似德；所及者生，  
似仁。」

在孔子眼中，水，遍布天下，  
恩惠萬物，卻沒有私心，  
像有高尚的道德；所到之處，  
滋潤萬物生長，猶如  
有慈悲的仁愛。

小水滴泛起大漣漪，  
一如「仁愛堂莊舜而醫療基金  
（治療癌症）」的工作，  
上善若水，福澤數以千計的癌症病  
患者，真誠無私  
為能力所及之處略盡綿力，  
貢獻社會。



# *“The Greatest Benevolence Is Like Water”*

.....

Water, the origin of life.

Confucius said, “Water, is like the noble character of a gentlemen.  
It is ubiquitous and selfless as virtue; it gives life to all in its  
reach as kindness.

In Confucius’ eyes, water has the characteristic of noble virtue.  
It is everywhere and selflessly nourishes everything it reaches.

Small droplets of water can cause big ripples. The aim of  
YOT Chong Sok Un Medical Fund (cancer aid)  
is just like droplets of water, helping thousands of cancer patients,  
contributing to society with its best effort.



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情心

絮語





真情感言  
HEARTFELT MESSAGES

# 1 真情感言

Heartfelt Messages



**胡定旭** GBS 太平紳士  
**Mr T Y WU, Anthony** GBS, JP


醫院管理局主席  
Chairman of Hospital Authority



澤遠仁深愛無垠；  
扶貧抗癌啟新生。


Endless Charity affects far and wide;  
Helping the poor fight cancer gives new life.





仁愛堂莊舜而醫療基金  
(治療癌症)成立5周年以  
來，建樹良多。特此祝賀基  
金百尺竿頭，造福社群。

Since it was founded 5 years ago, YOT Chong Sok Un Medical Fund (cancer aid) has made extraordinary contributions. We hereby wish the Fund the highest level of achievement and its continuous success in safeguarding the community.



**高永文** BBS 太平紳士  
**Dr KO Wing-man** BBS, JP

食物及衛生局局長  
Secretary for Food and Health





**劉淦權** 太平紳士

**Mr KK LAU, David JP**

民政事務總署  
屯門民政事務專員  
District Officer (Tuen Mun)  
Home Affairs Department



有你的鼓勵，癌症病人會更有  
力量衝破難關。請支持仁愛堂  
莊舜而醫療基金(治療癌症)，  
發揮「仁愛」精神！

With your encouragement, the cancer patients are  
better equipped to overcome their obstacles. Please  
support YOT Chong Sok Un Medical Fund (cancer aid).  
Act on the spirit of benevolence and love!





仁愛堂莊舜而醫療基金  
(治療癌症)不僅為病人  
和家屬提供實質的援助，  
更表達社會大眾對  
他們的支持與關懷。

YOT Chong Sok Un Medical Fund (cancer aid)  
does not only provide substantial assistance to  
patients and their families, but also conveys the  
community's support and care for them.



**梁桂玲** 女士  
**Ms LEUNG Kwai-ling**

社會福利署  
屯門區福利專員  
District Social Welfare Officer (Tuen Mun)  
Social Welfare Department





盧志遠 醫生

**Dr LO Chi-yuen, Albert**

醫院管理局新界西醫院聯網總監

屯門醫院醫院行政總監

Cluster Chief Executive, New Territories West Cluster,  
Hospital Authority

Hospital Chief Executive of Tuen Mun Hospital




仁愛堂莊舜而醫療基金  
(治療癌症)的設立，為病  
人紓卮解困，重燃他們對  
生命的希望。

YOT Chong Sok Un Medical Fund (cancer aid)  
relieves the plight of cancer patients and instills  
new hope of lives in them.







我們十分榮幸能與基金攜手在這5年內幫助了二千名病人，使他們能延長壽命、重獲新生。

We are deeply honoured to be able to help 2 thousand patients in joint effort with the Fund over the past 5 years and allow them to prolong and lead new lives.



**董煜** 醫生

**Dr TUNG Yuk, Stewart**

新界西醫院聯網

屯門醫院臨床腫瘤科部門主管

Chief of Service, Department of Clinical Oncology

Tuen Mun Hospital Hospital Authority, NTWC





**雷操爽** 醫生

**Dr LUI Cho-ze, Joseph**

醫院管理局九龍東醫院聯網總監

基督教聯合醫院醫院行政總監

Cluster Chief Executive, Kowloon East Cluster  
Hospital Authority

Hospital Chief Executive of United Christian Hospital



仁愛堂莊舜而醫療基金  
(治療癌症)資助癌症病人  
對抗病魔，猶如及時  
之雨，澤惠社群，彰顯仁  
愛精神。

The Fund provides subsidies for cancer patients in their combat with cancer. It comes in a timely manner, benefiting the community and spreading the spirit of benevolence and love.





基金之源



基金資訊  
ABOUT THE FUND



# 8 基金資訊

## About the Fund

### 成立背景 BACKGROUND

醫院管理局由2005年起制定「藥物名冊」，如醫生處方非藥物名冊內之藥物，病人便需自費購買。

根據統計顯示，每年有過萬宗癌症新症，多年來癌症一直高踞各主要致命疾病的榜首。其中又以肺癌及腸癌位列癌症殺手中的首兩位。因為肺癌及腸癌均沒有早期明顯的病徵，故發現時病者多已屆病症晚期，傳統療法成效已不顯著。因此，醫生多會向病人建議處方需自費的治癌新藥以收療效。

參照屯門醫院近年所提供的資料，每年癌症的新症多達2,000宗，其中800位病人需要接受抗癌藥物治療，而當中100位需要經濟援助。資料顯示，來自各區的申請個案中，發現最缺乏經濟能力的病人多來自屯門醫院。

有見貧苦癌症病人需要援手，因此任德章先生MH倡議成立一個癌症醫療基金。承蒙莊舜而女士MH命名贊助，陳國超博士MH太平紳士及蔡黃玲玲女士MH的大額捐款贊助，以及其他仁愛堂董事局成員、諮議局委員和社會各界善長熱烈響應，在短短數月內已籌得過千萬善款，使基金能迅速成立。

因為服務範疇專業，為使籌募善款、基金投資及審批撥款能更集中處理，遂於2008年4月9日成立「仁愛堂莊舜而醫療基金(治療癌症)有限公司」並同時獲稅務局核准為非牟利機構。



The Hospital Authority has enacted the Drug Formulary in 2005. Since then public hospital patients are required to acquire unlisted formularies at their own expense.

Recent statistics shows over 10,000 new cancer cases have been diagnosed each year. Cancer has been the No. 1 killer disease among all. Lung and Colon Cancers seldom have visible signs and symptoms enable early discovery. As a result, they are usually found in late stages when ordinary treatments have little to achieve. Doctors will have no choice but to recommend new drugs which does not have any subsidy.

Tuen Mun Hospital's recent figures indicated an average of 2,000 new cancer cases were discovered each year. 800 of them required medication of which 100 patients needed financial aid. Other source of finding confirms Tuen Mun Hospital's patients are the least financially capable among all districts.

Regarding for a lot of underprivileged cancer patients need help, Mr Yam Tak-cheung, MH, therefore proposed to set up a fund to assist the needy. We are very grateful to the major initial contributions made by the Fund's namer Ms Chong Sok-un, Shirley, MH, Dr Chan Kwok-chiu, MH, JP and Mrs Choi Wong Ling-ling, MH and donations accorded from members of Yan Oi Tong Board of Directors, Advisory Board and the public, over ten million dollars were collected shortly. Without their prompt responses, the Fund might not be established in such a fast pace.

Since the Fund has specialized service scope, in order to integrate all kind of activities related to fund raising, investment and application vetting, the YOT Chong Sok Un Medical Fund (cancer aid) Company Limited (thereafter "the Fund") was incorporated and registered as a non-profit organization on April 9, 2008.



## 管治架構 THE GOVERNANCE

「仁愛堂莊舜而醫療基金(治療癌症)有限公司」董事局負責籌募善款、審批年度撥款限額、特別大額撥款申請及管理基金投資策略等事宜。基金日常行政及會計支援由仁愛堂全力提供，使籌集得來的善款，每一分一毫均悉數用於資助癌症病人身上。

### 仁愛堂莊舜而醫療基金(治療癌症)董事局(2011-2013)

基金董事暨創辦人	任德章先生MH
基金董事暨命名人	莊舜而女士MH
基金董事暨永久榮譽贊助人	陳國超博士MH 太平紳士
基金董事暨永久榮譽贊助人	蔡黃玲玲女士MH
基金董事(仁愛堂當屆主席)	黃達東先生
基金董事	陳鄭玉而博士
基金董事	湯修齊先生MH
基金董事	謝炎培先生

備註：謝丹嫻小姐為莊舜而女士MH的後補董事

### 名譽顧問

基金名譽顧問	董煜醫生
基金名譽顧問	任蕙蘋博士
基金名譽顧問	莫樹錦教授

The Fund's Board of Directors is responsible for raising funds, approval of annual budgets, vetting of special applications and investment matters. Its daily operations and accounting supports are provided by Yan Oi Tong on bona fide basis. Donations are to be used entirely on financial supports to cancer patients.

### The Fund's Board of Directors (2011-2013)

Mr YAM Tak-cheung, MH	Founder and Director of the Fund
Ms CHONG Sok-un, Shirley, MH	Namer and Director of the Fund
Dr CHAN Kwok-chiu, MH, JP	Permanent Honorary Patron and Director of the Fund
Mrs CHOI WONG Ling-ling, MH	Permanent Honorary Patron and Director of the Fund
Mr WONG Tat Tung, Dennis	Director of the Fund, Chairman of Yan Oi Tong
Dr CHAN CHENG Yuk-yee, Connie	Director of the Fund
Mr TONG Sau-chai, Henry, MH	Director of the Fund
Mr Paulman TSE	Director of the Fund

Remarks: Ms Daniela CHE is the Reserve Director of Ms CHONG Sok-un, Shirley, MH

### Honorary Advisors

Honorary Advisor of the Fund	Dr. TUNG Yuk, Stewart
Honorary Advisor of the Fund	Dr. YAM Wai-ping
Honorary Advisor of the Fund	Prof. Tony MOK

## 財政管理 THE FINANCIAL MANAGEMENT

「仁愛堂莊舜而醫療基金(治療癌症)有限公司」將成立初期籌得的善款扣除年度撥款後全數撥作種籽基金，以穩健的投資方式賺取回報，保證基金有充足金額持續運作。現時，基金已將部份種籽基金作分散投資。

The Fund after deducting the first year allocation budget, has put the initial donations to set up the Seed Fund for stable and secured investments. The profits gained from such Seed Fund investments will guarantee sufficient sum for the Fund's sustainable operations. The Fund has allocated part of the Seed Fund in diversified investments with speculated annual returns.



## 基金新增服務 NEW FUND SERVICES

### 1) 九龍東基督教聯合醫院

根據政府「香港人口推算2006」報告，預計2015年九龍東人口將高達100萬(佔香港人口14%)，而預計2015年九龍東將有3,900宗癌症新症個案。

有見及此「仁愛堂莊舜而醫療基金(治療癌症)」於2011年4月1日擴展資助至基督教聯合醫院，資助九龍東貧困癌症病人購買醫院管理局自費藥物。

### 1) United Christian Hospital in Kowloon East

According to a government report - Hong Kong Population Projections 2006, it is predicted that the population in Kowloon East will grow up to 1 million (representing 14% of the total population in Hong Kong), and 3,900 new cancer cases will be discovered in 2015.

For this cause, on April 1, 2011, YOT Chong Sok Un Medical Fund (cancer aid) expanded to subsidize the United Christian Hospital to provide financial aid to the underprivileged cancer patients in Kowloon East in buying self-financed medication from the Hospital Authority.



## 2)癌症病人醫療及復康用品資助計劃

「仁愛堂莊舜而醫療基金(治療癌症)」基金董事於2012年額外自發捐出港幣160萬元開展「癌症病人醫療及復康用品資助計劃」，旨在資助有需要癌症病人及其家庭，援助藥物以外之額外需要，使病人能夠盡快適應及提升生活質素。

**截至2012年12月底，基金共批出屯門醫院3項資助申請：**

- 1) 以港幣72,480元更換日間化療中心候診區的梳化；
- 2) 以港幣160,000元資助5名接受了前列腺癌切除手術後出現遺尿之病人，購買尿道支架，接受改善手術；
- 3) 以港幣8,800元資助1名肺癌病人接受正電子掃描。

### 資助準則

- 1) 申請只適用於屯門醫院或基督教聯合醫院
- 2) 申請項目為非「撒瑪利亞基金」資助的自費醫療用品

### 申請機制

- 1) 由醫生填寫建議書，推薦病人參加有關計劃
- 2) 交由醫務社工作經濟審查綜援人士可免醫務社工經濟審查
- 3) 由基金審批
- 4) 醫院管理局代購有關儀器及安排病人手術放置儀器
- 5) 儀器費用由醫院管理局墊支，再根據實際支出向基金實報實銷

## 2) Cancer Patients Medical Devices Special Funding Programme

The Directors of "YOT Chong Sok Un Medical Fund (cancer aid) spontaneously and additionally donating HK\$1,600,000 in 2012, which was used to carry out the "Cancer Patients Medical Devices Special Funding Programme", which aimed to help the cancer patients and their families in need, meeting their other needs besides medication to help them to integrate into society and live a better life.

**By the end of December, 2012, the Fund approved 3 subsidy applications of Tuen Mun Hospital:**

- 1) HK\$72,480 for replacing the sofas in the waiting room of Chemotherapy Day Centre;
- 2) HK\$160,000 for subsidizing 5 patients who suffered from enuresis after receiving the TURP to acquire urethral stent for them and letting them receive operation for improvement;
- 3) HK\$8,800 for subsidizing a lung cancer patient to receive PET scan.

### The Principles of Subsidy

- 1) The application is only available in Tuen Mun Hospital or United Christian Hospital
- 2) The application items are not self-financed items subsidized by "Samaritan Fund"

### Application Mechanism

- 1) A written recommendation shall be filled in by a doctor to recommend the patient to take part in the scheme
- 2) The financial assessment shall be conducted by a medical social worker and CSSA are free from this assessment process
- 3) The examination and approval shall be made by the Fund
- 4) Hospital Authority purchases the relevant apparatuses on the patients' behalf and arranges surgical instruments for the patients
- 5) The expenses of the instruments shall be paid in advance by Hospital Authority and reimbursed by the Fund according to the actual amount



## 審批資助流程 PROCESS OF GRANTING SUBSIDY

「仁愛堂莊舜而醫療基金(治療癌症)」以現金方式，資助每名合資格的屯門醫院及基督教聯合醫院癌症病人，上限為港幣6萬5千元（根據屯門醫院提供的藥物費用中位數訂定），以完成一個癌症藥物療程。年度資助會因應本基金實際籌得之款項和年度撥款金額再訂定資助個案數目，使本基金得以健全地持續運作。

“YOT Chong Sok Un Medical Fund (cancer aid)” provides a direct cash subsidy with an upper limit HK\$65,000 (determined at the median cost of the drug provided by Tuen Mun Hospital) to each approved cancer patient in Tuen Mun Hospital and United Christian Hospital to complete a full drug treatment of cancer. The number of the annual subsidized cases may be adjusted by the Fund, subjected to the money raised and the budget of the year so that the Fund could keep sound and sustainable operation.

### 評核申請的流程

### Process of Granting Subsidy

經屯門醫院/基督教聯合醫院腫瘤科醫生  
為病人進行臨床評估及推薦申請基金

The doctors of Oncology in Tuen Mun Hospital/United Christian Hospital would conduct a clinical evaluation for the patient and recommend his/her application for “Yan Oi Tong Chong Sok Un Medical Fund (cancer aid)” (hereinafter referred to as “the Fund”)

再經醫院醫務社工為病人作家庭經濟  
狀況審查，審查基準按病人家庭月入總額，  
扣除其家庭及個人日常開支後的  
「可動用資產」作為審查準則

The medical social workers in the hospitals shall investigate the financial condition of the patient's family and the investigation is based on the "usable assets" after deducting his/her familial and personal ordinary expenses from the total familial monthly income

屯門醫院/基督教聯合醫院將個別病人  
的資助申請連同建議資助金額通知本基金

The application for subsidy as well as the proposed amount will be notified to the Fund by Tuen Mun Hospital/United Christian Hospital

申請經本基金作最終審批

The application is subject to the final approval by the Fund

獲資助的病人簽署資助協議書作實

The subsidized patient signs the agreement of subsidy for confirmation

本基金通知屯門醫院/基督教聯合醫院申請結果

The Fund informs Tuen Mun Hospital/United Christian Hospital of the application result

由屯門醫院/基督教聯合醫院  
代購藥物及安排病人進行治療

Tuen Mun Hospital/United Christian Hospital purchases the drug on the patient's behalf and arranges the patient for treatment

藥費會由屯門醫院/基督教聯合醫院  
墊支，再根據實際支出向本基金實報實銷

The medical fees are paid by Tuen Mun Hospital/United Christian Hospital in advance and reimbursed by the Fund according to the actual amount

## 基金資助個案分析 ANALYSIS OF THE SUBSIDIZED PATIENTS

### 仁愛堂莊舜而醫療基金(治療癌症) 最新審批數字

截至2012年12月31日，累積審批數字如下：

- 累積申請人數: 1,861
- 累積資助人數: 1,841
- 累積資助現金: 港幣11,735,780元
- 累積藥廠資助藥物金額: 港幣15,317,810元
- 累積現金加藥廠資助總金額: 港幣27,053,590元
- 癌症病人醫療及復康用品資助計劃資助金額: 港幣258,720元
- 總資助金額: 港幣27,312,310元  
(包括癌症病人醫療及復康用品資助計劃)

### YOT Chong Sok Un Medical Fund (cancer aid) Latest Subsidized Figure

By 31 December 2012, accumulated figures are as follow:

- Accumulated number of applicants: 1,861
- Accumulated number of subsidized persons: 1,841
- Accumulated subsidy in cash: HK\$11,735,780
- Accumulated fund made by pharmaceutical companies: HK\$15,317,810
- Accumulated subsidy in cash plus total fund made by pharmaceutical companies: HK\$27,053,590
- The subsidized amount of the Cancer Patients Medical Devices Special Funding Programme : HK\$258,720
- The total subsidized amount: HK\$27,312,310  
(including the Cancer Patients Medical Devices Special Funding Programme)

### 資助個案數據分析 - 資助分類 (2007年12月至2012年12月)

Data Analysis of the Subsidized Patients-Subsidy Classification (from Dec. 2007 to Dec. 2012)

56%

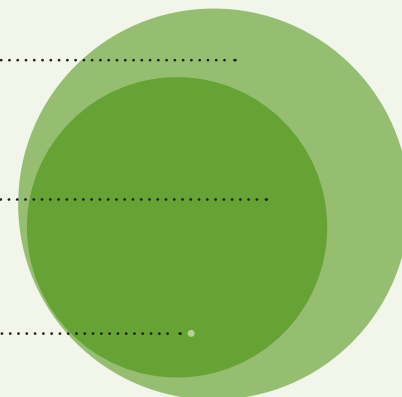
藥物資助  
Medicine  
HK\$15,317,810

43%

現金資助  
Cash  
HK\$11,735,780

1%

癌症病人醫療及復康用品資助計劃  
Cancer Patients Medical Devices Special Funding Programme  
HK\$258,720



總計 Total: HK\$27,312,310



## 資助個案數據分析 - 病症分類 (2007年12月至2012年12月)

Data Analysis of the Subsidized Patients-Cancer Classification (from Dec. 2007 to Dec. 2012)



\*其他 括喉癌、血癌、睪丸癌、舌癌等

\*Others include Laryngeal cancer, Leukaemia, Testicular cancer, Tongue cancer, etc.

人數 No. of Patients

## 資助個案數據分析 - 年齡性別 (2007年12月至2012年12月)

Data Analysis of the Subsidized Patients-Age and Sex (from Dec. 2007 to Dec. 2012)

56% .....

女性患者・平均年齡: 52歲

1028人

Female Patients, Average Age 52

Number of Patients: 1028

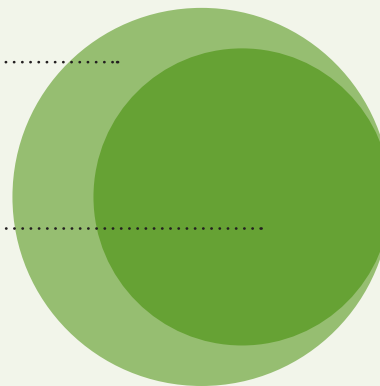
44% .....

男性患者・平均年齡: 56歲

813人

Male Patients, Average Age 56

Number of Patients: 813

全部患者共1841人，平均年齡54歲  
Total No. of Patients 1841, Average Age 54

## 基金網頁 WEBSITE OF THE FUND

「仁愛堂莊舜而醫療基金(治療癌症)」於2011年2月1日正式成立網頁，市民可透過網頁了解癌症資訊以保障健康，並且認識和了解本基金的運作。

如欲了解基金詳情，敬請瀏覽

[www.yotcancerfund.org.hk](http://www.yotcancerfund.org.hk)

市民可於基金網頁進行網上捐款令更多癌症病人受惠，為他們的人生帶來希望，鼓勵他們勇敢地活下去!

此外，基金邀請受助病人真誠分享，透過基金網頁的感謝咭，傳遞獲基金資助治病的感恩之心予各善長，體現仁間有愛。

“YOT Chong Sok Un Medical Fund (cancer aid)” formally set up its website on February 1, 2011. Via this website the public can get information about cancer and the knowledge in sustaining healthy living, also they can understand the basic operation of the Fund.

For more information, please visit

[www.yotcancerfund.org.hk](http://www.yotcancerfund.org.hk)

The public can access to the website of the Fund to make an online donation, an act that can further benefit more cancer patients, to bring them hope and encouragement to live intrepidly!

Besides, the Fund will invite the subsidized patients to share their experience via the thank-you cards embedded in the website to express their thankfulness for the help that they have received from the Fund and its donors, and also to convey the message of Love and Care .



提供全方位資訊方便市民瀏覽

Comprehensive information is provided for the browsing convenience of the citizens



仁愛堂是一非牟利的慈善機構，每年除舉行不同類型之籌款活動外，更需向公眾呼籲募捐，以籌募經費維持服務之運作。

閣下如有意捐助仁愛堂，可選：

#### 網上捐款

按此進行一次網上捐款。  
按下圖及網頁捐款表格，並透過以下途徑作出捐款。

#### 親臨本堂捐款

可與善款親自交收本堂。  
地址：新界屯門龍門徑10號仁愛堂中心7樓對面  
查詢電話：2655 7788  
圖文傳真：2655 7799  
辦公時間：星期一至五（上午9時至下午5時）  
星期六（上午9時至12時）

#### 寄付支票

劃線支票，抬頭請寫「仁愛堂有限公司」或「YAN OI TONG LIMITED」。支票抬頭捐款表格請寄回本堂。

#### 直接存入本堂之銀行帳戶

誠豐銀行：142-056539-001  
恒生銀行：241-073932-001  
中銀銀行：013-486-0-002309-9  
中國工商銀行：864-002-00016-0  
入數帳簿捐款表格請寄回本堂。



提供網上捐款予善長支持基金

Online donation service is provided for the donors to support the Fund

基金受助人馮女士

☐ 其他(請註明) \_\_\_\_\_  
Others (please specify) \_\_\_\_\_

本人由衷感謝仁愛堂莊濟而醫療基金(治療癌病)  
I would like to thank Yan Oi Tong Chong Sok Un Medical Fund (cancer aid)

內容 Details: 多謝仁愛堂莊濟而醫療基金支  
助本人化療針費用打兩支針在  
本人無助的時候如天使般的  
手給本人扶一把,本人心感多  
謝,希望還有其他可得支助,  
願多些善心人士也可捐款給救會作經費。  
多謝!

日期: 2012/03/28

返回

受助人透過感謝咭感謝基金及善長的幫助

The subsidized patients can express their thankfulness for the help they received from the Fund and each of its donor by sending the thank-you cards



## 「仁愛堂莊舜而醫療基金(治療癌症)」代言人・米雪小姐 THE FUND SPOKESPERSON • MS MICHELLE YIM

人所共知，米雪小姐是一個演藝界不可多得的專才，過去數十年一直醉心演藝事業，憑著她努力、堅忍、不屈不撓的專業精神，令她的銀色旅途上走上一個又一個的高峰。如於2008年，米雪小姐在「溏心風暴之家好月圓」飾演殷紅一角，精湛的演技，令她勇奪「最佳女主角」殊榮。

一直以來，我也很欣賞米雪小姐。她不但在其璀璨的銀色旅途上發光發亮，在慈善事業上亦給人帶來無限溫暖。人們常說相由心生，我也相信，因米雪小姐便是一個好例證。她擁有十年如一日的青春美貌，相信這是與她漂亮的善心和開朗的心境有關。米雪小姐一直熱心公益，在拍戲之餘亦時常抽空做義工，亦經常出席明星足球隊的慈善活動，更在廣西亦助養了幾十名孤兒，可謂善心滿載。



It is commonly known that Ms Michelle Yim is a talent among few of the same. For the past decades, she has immersed herself in her acting career. With her endeavor, perseverance and professionalism, her career reached its peaks one by one. For instances, her fantastic and impressive performance in the TV drama “Moonlight Resonance” has won her the Best Actress Award of TVB in 2008, much to the expectation of many of us.

Other than having a brilliant filming career, Michelle has created infinite warmth through charity work. There is a saying, “one’s appearance is shaped by one’s heart.” I do believe that Michelle is a good example of this. Her everlasting youth and beauty is certainly related to her kindness and optimistic mind. She has always been enthusiastic about public welfare. She often finds time from her work to volunteer and make her presence in charity activities organized by Hong Kong All Star Football Team. Moreover, she is sponsoring dozens of children in Guangxi. How benevolent of her!

早前，著名足球員尹志強先生不幸患上癌症，米雪小姐一直陪伴在側，她對這位摯愛一直不離不棄，無人不因她的剛毅、溫婉而動容。後來尹先生驟然離世，雖然痛失摯愛，但在眾人前，米雪小姐一直表現堅強勇敢，敬業樂業，如常工作。雖然令人感到有點心酸，但亦非常敬佩她。

仁愛堂很榮幸能夠得到這位聰慧、美麗又果敢的米雪小姐答允擔任「仁愛堂莊舜而醫療基金(治療癌症)」的代言人，用愛與關懷，勉勵正在與病魔抗戰的病人及其家屬，用她的愛和生命作他人希望之光。

本人相信透過基金代言人米雪小姐的呼籲，能夠令公眾大力支持基金，籌募更多善款，令更多癌症病人受惠。



仁愛堂莊舜而醫療基金(治療癌症)董事暨命名人  
莊舜而女士MH

After Mr Wan Chi-keung, the well-known footballer, was unfortunately diagnosed with cancer, Michelle stayed by his side all the way and never left him. Her resolution and gentle love have moved all of us. Mr Wan passed away later. Despite losing her love, she always displayed her toughness and bravery in front of the public. As a professional and dedicated actor, she went to work as usual. This sounds a bit sad but shows how respectable she is.

We are very honoured to have this intelligent, charming and determined lady to be the spokesperson of YOT Chong Sok Un Medical Fund (cancer aid). Michelle can encourage cancer patients and their families with her love and care and life.

Through Michelle's appeal, I believe the public will fully support the Fund and more donation will be gathered which make more cancer patients can receive help.

**Ms Chong Sok-un, Shirley, MH**  
Namer and Director of YOT Chong Sok Un Medical Fund (cancer aid)

仁愛善緣



基金董事真情對話  
WORDS FROM HEART

# 20 基金董事真情對話

Words From Heart



## 莊舜而女士MH

為香港兩間上市公司及東莞長安高爾夫球鄉村俱樂部之主席，現任中國廣東省東莞市政協委員、中國紅十字基金會榮譽理事、香港福建社團聯會永遠名譽主席。多年來，莊舜而女士積極參與慈善服務，並於2010-11年度成為仁愛堂第31屆董事局主席。在2007年，莊舜而女士捐款命名「仁愛堂莊舜而醫療基金(治療癌症)」，出任基金董事暨命名人，為有經濟困難的癌症病人帶來希望。

## Ms Chong Sok-un, Shirley, MH

Chairperson of two listed companies in Hong Kong and the Long Island Golf & Country Club, Dongguan, is also a current CPPCC member of Dongguan in Guangdong Province, Honorary Director of Chinese Red Cross Foundation and Permanent Honorary Chairwoman of Hong Kong Federation of Fujian Association. Over the years, Ms Chong has been actively engaged in charity services and was the Chairman of the 31st Term of the Board of Directors of Yan Oi Tong in the year 2010-11. With her donation, YOT Chong Suk Un Medical Fund (cancer aid) was established in her name in 2007 with Ms Chong being the Namer and Director to bring hopes to the underprivileged cancer patients.

## 任德章先生MH

為本匯融資(亞洲)有限公司主席，曾擔任多個慈善機構的工作，包括保良局壬午年董事會總理、香港屯門獅子會委員(2005-07)、屯門區消防安全大使名譽會長會副主席(2007-08)。任先生曾連續4年擔任仁愛堂董事局成員，並於2007-08年度擔任第28屆董事局主席期間構思及捐款成立「仁愛堂莊舜而醫療基金(治療癌症)」，至今受惠者眾。

## Mr Yam Tak-cheung, MH

Chairman of Integrated Capital (Asia) Limited, has engaged in various charitable associations beforehand, taking the post of Director of Po Leung Kuk of the year 2002-03, Committee of Lions Club of Tuen Mun of the year 2005-07, Vice-chairman of Tuen Mun District Fire Safety Ambassador Honorary President's Association of the year 2007-08. Furthermore, Mr Yam has been the member of Board of Directors of Yan Oi Tong for 4 consecutive years. He is the one who initiated YOT Chong Sok Un Medical Fund (cancer aid). With his donation, the Fund was established when he was the Chairman of the 28th Term Board of Directors of Yan Oi Tong and it has now benefited a mass of patient.







### 陳國超博士MH太平紳士

為永昌置業有限公司、陳耀坤有限公司董事長，精通儒釋道學，現為圓玄學院主席、香港道教聯合會副主席、妙法寺董事和乾元洞佛堂董事。陳博士樂善好施，善行足跡遍及中國內地，聖約翰醫院馬耳他共和國爵士勳銜。陳博士連續5年擔任仁愛堂董事局成員，並於2007年捐款擔任「仁愛堂莊舜而醫療基金(治療癌症)」基金董事暨永久榮譽贊助人。

### Dr Chan Kwok-chiu, MH, JP

Director of Wing Cheung Investment Co. Ltd & Charles L. Corn & Co., Ltd., is specialized in Confucianism, Buddhism and Taoism. He enjoys doing charity works and takes numerous public posts even in mainland China. Dr Chan is currently the Chairman of The Yuen Yuen Institute, Vice-chairman of Hong Kong Taoist Association, Director of Miu Fat Buddhist Monastery and Director of Kin Yuen Tung Taoist Temple. He was conferred the Knight Hospitaliers of the Sovereign Order of St. John of Jerusalem, Knight of Malta. He has been the member of Board of Directors of Yan Oi Tong for 5 consecutive years. He made a donation to YOT Chong Sok Un Medical Fund (cancer aid) in 2007 and he is the Permanent Honorary Patron and Director of the Fund.

### 蔡黃玲玲女士MH

蔡黃玲玲女士MH在商場上打拼多年，作為公司的董事總經理，近年積極回饋社會，希望幫助社會上有需要的人。蔡太於2007年加入仁愛堂大家庭，與董事局成員多年來帶領仁愛堂穩步發展，於2010年命名「仁愛堂蔡黃玲玲教育基金」，並在2011-12年度擔任仁愛堂第32屆董事局主席，同年擔任「仁愛堂莊舜而醫療基金(治療癌症)」基金董事暨永久榮譽贊助人。

### Mrs CHOI WONG Ling-ling, MH

Managing Director of Realway Investment Ltd, Mrs CHOI WONG Ling-ling, MH has been fighting many years in the field of business. In recent years, she has been actively contributing to society, hoping to help people as much as she can. Joining Yan Oi Tong in 2007, Mrs CHOI WONG Ling-ling, MH and other members of the Board of Directors have led steady development of the organization in the past few years. In 2011-2012, she was the Chairman of the 32nd Term Board of Directors of Yan Oi Tong and became the Permanent Honorary Patron and Director of the Fund in the same year.



在香港，每40分鐘就有一人死於癌症，每月則有逾千家庭在頃刻間痛失摯親。我們無法完全阻撓癌症「接近」自己。然而當病厄步近時，我們卻可以自由選擇用甚麼態度去面對。「仁愛堂莊舜而醫療基金(治療癌症)」的成立，正是希望令患者明白罹患癌症並非人生的終結，同時基金亦會伴隨癌症患者及親屬，與他們所愛的人共同面對抗癌魔的考驗。

基金自2007年成立以來，已為超過1,800名癌症患者提供更多選擇，把希望灌注入他們的生命。基金的善款多年來有如百川匯聚，截至2012年12月，基金的累積資助金額經已超過港幣2,700萬元。莊舜而女士MH、任德章先生MH、陳國超博士MH太平紳士和蔡黃玲玲女士MH作為基金的守護者，在過去5年默默確保基金實踐當年成立目的。

In Hong Kong, person dies of cancer every 40 minutes, and every month, over one thousand families suffer the sudden departure of their close relatives. We cannot completely prevent cancer from 'approaching' us, but when diseases draw close, we can choose how we face it. The establishment of YOT Chong Sok Un Medical Fund (cancer aid) aims to show patients that developing cancer does not signify the end of life. Meanwhile, the Fund will accompany the patients and their families to confront the challenge of cancer alongside the people they love.

Since the establishment of the Fund in 2007, it helped over 1,800 cancer patients and injected hope into their lives. Over the years, contribution to the Fund was like the confluence of rivers, with the accumulated donations exceeding 27 million HK dollars by December, 2012. In the past five years, as guardians of the Fund, Ms. Chong Sok-un, Shirley, MH, Mr. Yam Tak-cheung, MH, Dr. Chan Kwok-chiu, MH and Mrs. Choi Wong Ling-ling, MH have been committed to ensuring the aim of the Fund's initial objective.



莊・莊舜而女士MH  
 任・任德章先生MH  
 陳・陳國超博士MH太平紳士  
 蔡・蔡黃玲玲女士MH

Chong • Ms CHONG Sok-un, Shirley MH  
 Yam • Mr YAM Tak-cheung, MH  
 Chan • Dr CHAN Kwok-chiu, MH, JP  
 Choi • Mrs CHOI WONG Ling-ling, MH

你認為基金過去5年發展，成績令人滿意嗎？

**陳：**基金成立初期，我們資助的對象是屯門醫院的癌症病人。經過多年努力，基金獲得更多人認識，現在我們的資助服務已經擴展至聯合醫院。我們當然希望服務可以逐漸擴展至全港，但這需要更多有心人的認同及捐助。

**任：**基金致力協助有經濟困難的癌症病患者購買特效治療藥物。在過去五年的發展中日趨成熟，已令超過八成受惠者能夠延續寶貴生命，成績也算令人滿意，但基金的最終目的，是希望可全面性幫助癌症病患者，除了消除病患者疾病痛楚，亦務求令康復者從過樂觀正面生活。考慮到康復者在治療過程後有可能出現的後遺症，基金在2011年把資助項目伸展到協助購買醫療儀器，例如為前列腺癌康復者安裝尿道支架，為食道癌康復者使用的喉嚨支架及考慮到癌症病人接受治療後可能大量掉髮而資助購買假髮，為求令病患者得到更全面的協助。

**莊：**過去5年，大家見證著基金的工作日趨成熟，就像是親歷一個呱呱落地的嬰孩慢慢成長的過程。基金的成功，全賴香港很多善心人的持續慷慨的支持。為此，我非常感恩。看到愈來愈多人受惠於基金的服務，誘發堅定我們要做好服務的決心。

What has the Fund done successfully over the past five years of development?

**Chan:** In the initial stage of establishment, we mainly targeted at cancer patients at the Tuen Mun Hospital. Through many years' efforts, the Fund has won recognition from more people, and now our subsidization has included United Christian Hospital. We surely hope that our services can gradually spread over the entire Hong Kong, but that requires further recognition and donations from more kind souls.

**Yam:** The Fund has helped many cancer patients with financial difficulties to purchase effective medicines. Matured over the past five years, has led to more than 80% of the beneficiaries to continue their precious lives, the results can be considered satisfactory. However, the ultimate purpose of the fund is to hope that can the comprehensive help cancer patients, in addition to eliminating the pain of patients with diseases, it is also hoped that the ill from over-optimistic about the positive life. Taking into account the ill in the course of treatment after possible consequences, in 2011, the Fund extended its subsidizing programme to self-financed medical equipment's of the Hospital Authority like urethral stent for prostatic cancer survivors, oesophageal stent for esophagus cancer survivors and consider cancer patients receiving treatment may be a lot of hair and the subsidy to buy wigs, so for the sake of the patients with more comprehensive assistance.

**Chong:** In the past five years, witnessing the Fund gradually maturing was like undergoing the process of a new-born baby's growth. The success of the Fund firmly proves that there are many good souls in Hong Kong, continuously lending strong support to the Fund. For this, I am ever grateful. Helping others is a pleasant experience. It is really inspiring to see more and more people benefiting from the Fund's services.

基金除了在藥物、治療方面向病患者施予援手，於受惠者的家庭而言，又擔當著甚麼角色？

**莊：**如果患者不幸是家庭的經濟支柱，大家能夠想像到他是非常徬徨無助的。基金可以帶給病患者的，正正是支撐整個家庭的希望。基金在收到求助後可迅速支援受助家庭，為有需要的人提供適時的協助。我相信，即使面對厄運，患者及其家人亦可以繼續追尋夢想。

What role does the Fund play for the beneficiary's family, besides financial support in medicines and treatment?

**Chong:** If the patient is unfortunately the breadwinner in the family, he must feel very helpless and desperate. What the Fund can bring to the patients is exactly the hope to support the entire family. After receiving an appeal for help, the Fund can immediately offer aid to the recipient family, providing timely assistance to everybody. I believe that even in face of distress, patients and their families can still pursue their dreams.



**蔡：**即使受癌魔困擾是家庭主婦，這對一個家庭而言亦有相當大的衝擊。媽媽小病小痛的時候，對孩子們的日常起居已經有影響，例如沒人帶上學，沒人準備早餐等，更何況是癌症呢！基金適時的關顧，絕對為患者家庭重燃希望。

**陳：**打從確診那一天起，癌症病人和家人無不感到震驚和傷心。基金令病人可以得到需要的藥物以減輕痛苦、延長生命，再慢慢把握機會回復精神，重新開展工作或照料家庭。這樣對整個家庭都很重要。在基金的資助下，病患者的生活壓力相對減輕。若然基金的幫忙能夠讓他們可以在餘暇重拾生活之趣，例如與孩子逛街、看電影、散步等，相信必會為患者的抗病生涯注入正能量。

疾病的困苦固然難免，然而人生經常面對不少難關及挫折，幾位又是如何迎難而上呢？

**莊：**我相信任何事情都是生命給我們的鍛鍊。回想30多年前，我從零開始，努力學習，輔以自己的堅毅意志，方能熬過不少挑戰，越過一個又一個高峰。我就像一個皮球，挫折則是向下的那道猛力。擠壓越大，我只會反彈得更高。

人生總會遇上大大小小的挫折，我的個人經歷亦令我深深體會到謀事在人，成事在天。我們沒法決定命運，但我們可以決定自己面對命運的態度。我很清楚了解當一個人受到病魔的煎熬，病人和他身邊的照顧者同樣受苦…內心的不安、徬徨、迷失，就如寒天飲雪水，點滴在心頭。癌症病患者的無助，難以言喻的肉體痛苦、失去摯親的可能等等。凡此經歷，均讓我明白到愛的重要及偉大，因此，我決定要藉著基金去為有需要的病人帶來希望。

**任：**挫折成就人生，亦令我生命變得豐富。在過往高低起伏的經歷中，已令我擁有一顆平常心，加上有宗教信仰的幫助，同時也有賴太太給我一個溫暖的家，給我最大的支持及鼓勵。無論遇到多大的困難，也令我可以樂觀面對難關及挫折。

**蔡：**人生數十年，又怎會不遇到挫折和困難呢。人生完全沒有挫折也絕非好事，現在社會很多人受情緒困擾，往往都是不懂得如何去面對

**Choi:** Even if the one afflicted with cancer is a housewife, it is still quite an impact to the family. In case of a mother's minor ailments, the daily life of children will already be significantly affected. For example, there will be no one to take them to school, no one to prepare for breakfast, not to mention in times of cancers! The prompt care of the Fund will definitely reignite hope in the patient's family.

**Chan:** From the day of the confirmed diagnose, cancer patients and their families will undoubtedly feel shocked and depressed. The Fund can ensure that necessary medicines are available to alleviate their pains and prolong their lives, so that they can slowly get hold of the chance to recover their spirits and move on with their work or take care of their family. This carries great significance for the entire family. With the aid of the Fund, patients' life will have less pressure. If assistance from the Fund can allow them to enjoy pleasures of life in their free time, like shopping, watching a movie and taking a walk with the kids, it will definitely inject positive energy to help them fight against cancer.

The pains of illness is of course inevitable, but there are also many setbacks and hardships in life, how do you endure such difficult times?

**Chong:** I believe that everything is a test given by life. Looking back in my 30 years' before, I managed to make it through. From then on, I was like a basketball, and setbacks are like that sudden force thrusting downward. The harder the force, the higher this rubber ball will bounce back.

There are hills and valleys in life, and mine has taught me a lesson that "Men proposes, God disposes". We cannot determine our destiny, but we have full control over our attitudes towards fate. I know very well what illness inflicts on the patients and also their loved ones: the feelings of being lost and restless chill them to the bones. So I can deeply relate to the helplessness and solitude cancer patients feel, the physical pain that cannot be articulated, and the possibility of losing best friends and close relatives. Such experiences revealed to me the significance and greatness of love, and affirmed my determination to devote myself to the Fund.

**Yam:** Frustration achievement in life, my life was also becoming rich. In the past experience of the ups and downs, so I have a sense of balance, with the help of religion, but also relies on his wife to give me a warm home, to my greatest support and encouragement. No matter what the difficulties, I can be optimistic about the face of difficulties and setbacks.

**Choi:** Over the decades of life, how can one evade hardships and difficulties? It is not necessarily a good thing to live a life free from adversities. Nowadays many people are bothered by negative emotions, often because they do not know how to handle adversities.

逆境。當碰到問題時，我們應當冷靜地面對，嘗試作出多方面的思考，不必沉溺於負面情緒之中。因此，我無論開心與否我都會與人保持溝通，分享彼此感受，互助互愛。

**陳：**對我來說，最重要是學會接受不如意的事但不作逃避，我們可以研究困難從何而來，從而找尋解決或克服的方法。人生本是無常，大家何必執著？事實上並非所有困難都一定可以得到完滿解決；若未能如願解決，就應當接受困難的存在，甚至把它變成生活的一部分。

### 展望將來，基金將如何讓更多人受惠？

**任：**現今科技發達，繼推出基金的網站之後，我們會考慮開發基金在流動通訊方面的應用程式（Apps），內容包括健康食療、互助資訊和捐款方法等。

**莊：**對！我們還可以在網站加強病患者之間的交流，透過更多更深入的文章，分享接受治療後的心得感受，進一步提倡病人互助。

**陳：**基金還可以更緊密地聯繫受惠者，包括安排義工做家訪，更深入了解受惠人的生活。除了物質上資助他們抗病，還可以讓他們知道自己並不孤單。如果基金有更多資源，我們衷心希望可以在新界區的屯門醫院及基督教聯合醫院之外，與另一所醫院建立連繫網絡。最理想當然是位於港島的醫院吧！

**蔡：**假使可以讓基金的脈絡擴展至不同區域的醫院，我們更可以把目標服務群擴展至全港。這意味著將會有更多人受惠，更多家庭得到幫助啊！

### 後記：

癌症就像一隻神奇的手，就像將相機的焦距調正了，使你能夠更清楚看到那個原先一直存在的終點——死亡。雖然你會覺得不舒服也不習慣，但你卻會獲得另一樣寶貴的禮物，那就是你開始可以用正確的眼光、清楚的視線來面對人生。

「原來愛可以帶來前所未有的力量，令人勇敢而堅強。」基金命名人莊舜而女士MH有感而發，觸落淚，令人動容。就是這真摯的淚水，進一步激勵好拍檔們攜手成就了基金的善業。您願意將愛的信念傳開去嗎？

In face of problems, we should maintain composure, try to adopt different perspectives, and avoid indulging in negativity. Therefore, I always retain communication with others no matter what mood I am in, so as to share our mutual feelings, and to help and love each other.

**Chan:** For me, the most important is to learn how to accept misfortunes in life without escaping from the problems. We can find out the origins of such difficulties and thus develop a way to solve or overcome it. Life is unpredictable, so why the obsession? Actually, not all problems can be resolved satisfyingly in the end; when we cannot have it our way, we should accept the existence of such problems and even turn them into a part of our life.

### Looking forward future, how will the Fund benefit more people?

**Yam:** With the rapid development of technology in sight, after introducing the Fund's website, we plan to develop Apps for mobile communication of the Fund, contents including healthy diet, information on mutual assistance and method of donation etc.

**Chong:** Indeed! We can also facilitate the sharing platform between patients on the website. Through patients articles, patients can share their feeling after the treatment, further reinforcing the peer support between patients.

**Chan:** The Fund can also bond beneficiaries more closely together, including sending volunteers on home visits to better get to know the life of the beneficiaries. Besides subsidizing their fight against cancer in material terms, we can also tell them that they are not alone. If the Fund can gain more resources, we sincerely hope that apart from the Tuen Mun Hospital in New Territories and United Christian Hospital, we can establish network with another hospital. The most ideal option would be hospital located on the Hong Kong Island.

**Choi:** If we can extend the network of the Fund to hospitals in other regions, we can expand our services to the entire Hong Kong. This means that more people will benefit from the Fund, and more families will receive help.

### Afterword:

Cancer is like a magical hand, just like you set the focus of the camera right, you will be able to see more clearly the destination that had always been there – Death. Although you might feel uncomfortable and unaccustomed to the idea, you will be blessed with another valuable gift, an insightful perspective and a clear vision of life.

'Love can generate unprecedented power, bestowing courage and strength upon us.' The Fund's namer Ms. Chong Sok-un, Shirley, MH said passionately, with tears streaming down her face, the sight of which moved us all. These genuine tears further inspire her wonderful partners to join hands in accomplishing the Fund's noble mission. Are you willing to spread the faith in love?

同舟共濟



醫護人員分享  
SHARING FROM MEDICAL PROFESSIONALS



# 26 醫護人員分享

Sharing from Medical Professionals



屯門醫院臨床腫瘤科病房經理**陳淑湏姑娘**  
**Ms Teresa Chan Shuk-ching**, Ward Manager,  
Department of Clinical Oncology, Tuen Mun Hospital

## 腫瘤科病房裡的「小王子」

提起患癌，我們很自然便聯想到癌症病人所面對的問題，不外乎是肉體上的煎熬、精神上的困擾和家庭的經濟困難。我們以為，這就是所有癌症病人故事的全部。

這讓人想起法國著名童話書《小王子》的作者聖修伯里，在故事開首畫了一張蛇吞象的圖畫，怎料看過的大人們卻堅稱這是一頂帽子。究竟是我們太過愚昧，抑或我們太自以為是，想當然爾，只看到事情的表面？

在屯門醫院腫瘤科工作超過15年的陳姑娘，以兩個癌症病人的真實故事、兩段扣人心弦的關係來告訴大家，在死亡的表象下，生命是可以如斯溫柔，如斯美好。

## “The Little Prince” in the Department of Clinical Oncology

Talking about cancer, we would easily associate with the problems faced by the patients, thinking that these are nothing more than the physical pain, frustration and economic difficulty burdened to their families. That was all about the patient, as we thought.

This reminds us of St. Antoine de Saint Exupery, the author of “Le Petit Prince”. In the beginning of his novel, he drew a picture of an elephant-eating snake. Adult readers, however, insisted that it was a hat. Is it because we are too ignorant or too complacent, taking everything for granted and looking only at the surface of things?

Ms Teresa Chan, a nurse who has been working at the Department of Clinical Oncology in Tuen Mun Hospital for more than 15 years, told us the soul-stirring real stories of two cancer patients and their relationship with their families. These show that, under the shadow of death, life can be so tender and beautiful.



## 不能沒有妳

23歲的阿花，在一年前發現自己罹患鼻咽癌，當時無論醫生護士們怎樣勸告，她卻堅持不肯接受化療。直至一年後，阿花的腫瘤在頸外脹大如乒乓球，才突然返回醫院治病，陳姑娘細問之下，才知道阿花當初不肯就醫的苦衷。

阿花的爸爸在她中學時因肝癌過身，她和哥哥便成了媽媽唯一的依靠。可惜媽媽後來得了精神病，哥哥婚後亦無力擔起家經濟，母女兩口子惟有無奈地依靠綜援過活。阿花為了讓家人有尊嚴地生活，中學畢業後便一邊照顧媽媽，一邊出外打工。後來阿花知道自己患癌，她第一個惦掛的人不是自己，卻是母親。捨不得丟下沒人照顧的媽媽，阿花繼續若無其事地拚命工作，直至在安老院安頓好媽媽，才安心治病。直至現在，媽媽也不知道阿花的病情。阿花只有自己一人獨自抗癌。

當初，所有人都以為阿花懼怕死亡及治療期間的痛苦；原來，阿花比我們想像中來得更勇敢，因為那份勇氣來自媽媽，來自那份「不能沒有妳」的愛。

## 心有千千結

同樣患了鼻咽癌的傑仔在17歲發病，30歲結束短暫的人生。

傑仔是家中么子，父母疼愛有加，與哥哥感情要好。傑仔患癌，爸爸及哥哥一直不能面對，有說男兒眼淚不輕彈，於是他們把所有難過往肚子裡吞。十多年來，父親拚命加班工作；哥哥長大後毅然搬家，因為問題看不見就等於不存在。只有母親日以繼夜在醫院守護傑仔，心力交瘁。

傑仔在寧養病房彌留當晚，媽媽泣不成聲：「傑仔，我願意照顧你一世，只要你不要走。」爸爸和哥哥趕來見傑仔最後一面，卻不懂反應，目瞪口呆。同樣是出於愛，媽媽和傑仔彼此緊緊扣連；爸爸、哥哥與傑仔卻從此咫尺天涯。

一個失去了精神支柱的媽媽；一個愛在心裡口難言的爸爸；一個被家人忽略、孤獨地成長的哥哥；一家人，三種心事。

## Can't Live without You

Ah Fa, aged 23, was diagnosed with Nasopharyngeal Cancer one year ago. She refused to receive chemotherapy no matter how sincerely the doctors and nurses recommended. It was not until one year later when she returned suddenly for treatment, by then the tumor on her neck had grown as large as a ping pong. If it was not Teresa, who asked about her situation, we would not have known her difficulties for not willing to receive treatment beforehand.

Because of Liver Cancer, Ah Fa's father passed away when she was in secondary school. Her elder brother and she became the only ones their mother could rely on. Unfortunately, the mother was later diagnosed with mental disorder and Ah Fa's brother was unable to afford the family's expenditure after marriage. Without any other alternative, the mother and daughter resorted to the comprehensive social security assistance scheme. To allow her family to live with dignity, Ah Fa began working and taking care of her mother upon graduation from secondary school. When she knew about her illness later, the one that worried her most was not herself but her mother. She could not leave her alone and unattended. Therefore, she continued working as if nothing had happened and did not feel relieved to receive medication until her mother was well settled in the elderly home. Even now her mother knows nothing about her sickness. Ah Fa can only struggle with it on her own.

At first, everyone in the hospital thought she was afraid of death and the anguish brought by the therapy. However, she is actually more courageous than we expected. This is all because of the love she has for her mother, without whom she cannot live.

## Knots of the Heart

Kit was another patient of Nasopharyngeal Cancer. It attacked him when he was 17 and ended his short life which lasted at 30 years old.

Kit was the youngest son in his family. His parents loved him deeply and he got along very well with his elder brother. His illness was something that his father and brother could hardly confront with. As the proverb goes, "a man does not shed his tears easily", they constrained themselves from showing their sadness. For more than a decade, the father had been working around the clock every day deliberately. His brother left his parents resolutely to live alone, as an invisible problem would look non-existent. Only his mother had been watching over him in the ward days after days and she was utterly exhausted.

During the night, Kit was about to expire, his mother choked with sobs, "I am willing to take care of you all my life, Kit, only if you won't leave us." His father and brother rushed to accompany him at his last moment but were both

於是陳姑娘將爸爸的手輕握住傑仔的手：「傑仔，其實爸爸很疼你，只是他不知道怎樣表達。」爸爸淚如雨下，十多年來封鎖了的感情漂泊流向傑仔的掌心。然後在哥哥面前，陳姑娘對媽媽說：「現在傑仔舒服地走了，但您還有一個兒子，如今他回來了，是您補償他的時候。」哥哥終於流下男兒淚。

把傑仔送進殮房前，陳姑娘與三人合力為傑仔抹淨身體。這家人的結，透過傑仔身體僅餘的微溫，瞬間解開。

### 心中的玫瑰

陳姑娘說，在病房裡照顧過的每一個病人，她也不會忘記。雖說都是癌症病人，但每一個人都是她心裡面獨一無二的玫瑰，惟有將心比心，才能真切地看進每個人的心靈深處，給予他們活下去的希望。

套用《小王子》的箴言：「只有用心才能看到真正重要的東西。」

dumbfounded. Out of love, the mother and Kit held each other's hand tightly while the other two were emotionally distanced from him though standing near.

They were a family but each of them had his or her own worry: a mother who has lost her spiritual support, a father who could hardly express his love by words and a brother who grew up alone and ignored by his parents.

So Teresa took the father's hand to hold Kit's lightly and said, "Daddy actually loves you, Kit, but he doesn't know how to express it." Hearing this, Kit's father couldn't hold his tears anymore and tears fell like rain. His affection, which had been sealed in his heart for more than a decade, flowed silently to Kit's palm. Then Teresa came to the front of Kit's brother and said to his mother, "Kit has now left this world without any pain. Still, you have a son left and now he has come back. This is the time you can compensate him." The brother finally shed his tears too.

Before taking Kit to the mortuary, Teresa and the family managed to clean his body together. Through its remaining warmth, the knot of heart of the family was instantly undone.

### They are My Roses

"I will not forget any patient in the ward I have taken care of. They are all cancer patients but in my heart each of them is an unique rose. Only by comparing your feelings with theirs will allow you to understand their innermost souls and create hopes for them to carry on," said Teresa.

As quoted in the "Le Petite Prince", "it is only with the heart that one can see rightly."





### 屯門醫院臨床腫瘤科部門主管董煜醫生

**Dr TUNG Yuk, Stewart**, Chief of Service,  
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#### 半杯水的人生

在醫院裡面，生老病死天天上演，死亡是那麼血淋淋又真實的展現眼前，常常覺得，醫生不是鐵石心腸，就是七情六慾早已被死亡折騰得麻木，不知情感為何物。但在屯門醫院工作了超過20年的董煜醫生卻告訴大家，醫生不是醫人機器，就算死亡每天擦身而過，也會為抓不住的生命而感到惋惜，只端乎每一個人如何看待生命的價值而已。

#### Life: A Half-filled Glass of Water

Working in the hospital, one confronts with the circle of life and the bloody truth of death every day. It is commonly thought that doctors were either iron-hearted or emotionally dead and they knew nothing about love and feelings. Dr Tung Yuk who has been working in Tuen Mun Hospital for more than 20 years, told us however that a doctor was more than a healing machine. As Dr Tung said, even coming across cases of death day by day, a doctor will still lament over the loss of life. It is all about your perspective towards the meaning of life.



## 生命只在乎意義

董醫生自屯門醫院成立之初已服務臨床腫瘤科，可說是與屯門醫院一同成長。根據董醫生的經驗，癌症病人得知自己患病的一刻，除了擔心醫藥費和家庭經濟等問題外，最常問的便是：「為甚麼會是我？」

對不煙不酒、生活健康的人來說，這問題份屬人之常情。但董醫生卻感謂，怨天尤人過後，病人最重要是要接受現實，積極面對。

「病人一定要往好處想，不要放棄自己。就像眼前的半杯水，有人會因為它只剩下半杯悲嘆不已；有人卻會看見它還有半杯而好好珍惜。生命的意義絕對不在於長短，而是怎樣將它活得有意義。」董醫生緊緊將桌前的水杯握在手中。

董醫生的半杯水生命觀，恰巧是他治療癌症病人的經驗寫照，因為在董醫生的行醫生涯裡，倖存的病人只有一半，剩下的一半，無論他怎樣百般不捨、奮力地捉緊病人的手，也只能眼睜睜看著死神把他們拉走。

## Make Your Life Meaningful

Dr Tung, who joins the Department of Clinical Oncology of Tuen Mun Hospital at its early stage of establishment, can be said to have grown up with the institution. From his experience, other than worrying about the expenditure for treatment, economic burden for the family and other problems, cancer patients will most frequently ask, "why me?" upon knowing their sickness.

To those who lead a healthy lifestyle and do not smoke or drink, such a question is reasonable. Dr Tung, however, sighed and said that the most important issue for cancer patient was to accept reality and face it positively.

"The patient must think positively and mustn't give up. Take the example of a half-filled glass of water, some think there is only a half left and sigh over it; others think there is still a half left and value every drop of it. The meaning of life is not about its length but the way to make it meaningful." Dr Tung held a glass of water firmly as he said so.

Dr Tung's view of life as half a glass of water, as it happens is the portrayal of his experience of treating cancer patients, because only half of the surviving patients in the medical practice of Dr Tung, the rest of the half, no matter how he sorts of dismay, struggling to grab hold of the patient's hand, can only be watched death them away.





### 珍惜所有，活在當下

能夠救活病人，當然是醫生最大的鼓舞。但同樣，能夠讓撒手人寰的病人有尊嚴地離去，也是董醫生作為醫者生命的意義之源。

「死亡並不可怕，每個人皆要面對死亡的來臨。誠言生命無常，做人不應太執著，最重要是盡力而為。就算最後救活不了病人，只要能夠幫助到他身邊的家人渡過難關，作為醫生我也於願足矣。」在董醫生嚴肅的白袍下，藏著的卻是一顆樂天知命、看透世情的心。

但願眾生都能像董醫生一樣，能夠以無所懼的平常心悠哉於人間，像禪話：「意隨流水遠，心似白雲間。」

活在當下，活著，就好。

### Treasure Everything and Live in the Moment

For a doctor, being able to save the patient is certainly the biggest encouragement. Likewise, to allow patients to leave the world with dignity is also what makes Dr Tung's life as a doctor meaningful.

"Death is not horrible; it is what we have to encounter. Frankly speaking, life is full of uncertainties and we should be detached. The most important thing is to do your best. Even if I cannot save the patient's life, I will have fulfilled my wish as a doctor if I can help the patient's family to overcome their hardship." In his white coat which looks serious, Dr Tung is actually a person who is contented with his lot and sees through the world.

As the Buddhist's proverb goes, "let your consciousness flow like water and your heart move like cloud." May we wish everyone a fearless, peaceful and unfettered mind as Dr Tung's.

Live in the moment. To live is good enough.





### 屯門醫院顧問醫生 (泌尿外科) 朱秀群醫生

#### Dr CHU Sau-kwan, Consultant Urologist of Tuen Mun Hospital

癌症病人成功割除了腫瘤，理應向陽光揮手，重新展開新生命，奈何令人難堪的手術後遺症，卻矛盾地令癌症康復者的生命質素不升反跌。朱秀群醫生，努力為因割除前列腺腫瘤而出現遺尿情況的患者，尋回尊嚴，重拾自信生活。

由於前列腺與透過收縮和放鬆去控制排尿的肌肉相距只有幾毫米，因此在割除前列腺腫瘤或電療的過程中，這組肌肉有機會受到影響而失去收縮功能，導致出現遺尿情況，或是俗稱的小便失禁。朱秀群醫生說，每100個接受前列腺癌手術的病人中，大約有5至10個會出現這種後遺症。

結果，癌細胞消失了，但取而代之的依附在身體上的，卻是令人難堪的成人尿片。朱醫生與病者感同身受：「試想像你由可以控制小便，到因遺尿要24小時穿著尿片，你的生活會如何？不想到街上走動，連帶對社交、對情緒也有很大影響。」

Cancer patients are supposed to see their hopes and restart their new lives after successful removal of tumors. However, the embarrassing residual effects after surgery may deteriorate the life quality of such cancer survivors instead. Dr Chu strives to help those patients suffering from enuresis after the removal of prostate tumors to find their way back to dignity and lead a life with confidence.

Since the prostate is only several millimeters away from the muscles that control urination via contraction and relaxation, during the process of removing such tumor or electrotherapy, it's possible that the set of muscles will lose its function of contraction. As a result, enuresis may occur, which is known as urinary incontinence. Dr Chu said that about 5 to 10 out of 100 patients who accepted the removal surgery of prostate tumors would suffer from such residual effects.

Consequently, the cancer cells disappear but it is the galling adult diaper instead that attaches to the body. Dr Chu empathizes with the patients, "Imagine what your life would be like if you used to control urination at your own will, but one day you have to wear diapers 24 hours a day owing to



再者，購買尿片的開支，也為病人帶來長遠的經濟壓力。朱醫生憶述說：「曾試過有病人用一個罐，或是把膠樽的樽口剪得闊一點，綁在腰間盛載尿液，因為尿片對他來說很昂貴。」

遺尿情況出現後，醫生會先教導病人訓練骨盤底肌肉，改善前列腺周邊肌肉的收縮，但若觀察一年後效果不理想，就會鼓勵他們安裝一個小型的尿道支架。安裝支架的手術簡單，手術完成後，肚皮上只會有一個很細小的傷口。朱醫生說：「只需要一小時的手術，對病人未來的生活改善好大。」

可是，問題又來了。由於支架屬於醫療儀器，在現行的機制下，未有納入醫院管理局或社會福利署資助病人的項目內。雖然新式的支架已較舊有支架方便使用和便宜，但要來自基層的病人自費港幣29,000元購買新支架，現實上仍有困難。

朱醫生是香港首位做這種支架手術的醫生，看著病人因為經濟問題而享受不到醫療技術發展的成果，她聯絡「仁愛堂莊舜而醫療基金（治療癌症）」，基金很快為病人的需要作出批核，把不可能變成可能。至今為止，全港只有仁愛堂的基金有資助這種新的支架手術。第一個得到基金資助的病人已於2012年3月順利完成手術，另有4名病人分別排期在2012年11月和2013年的1月至3月期間做手術。

「病人在安裝支架後重新融入社會，去飲茶、晨運、行百貨公司，甚至去旅行！對一個醫生來說這是很大的鼓舞。」說到手術改善了癌症康復者的生活，朱醫生難掩興奮：「除了延長他們的壽命，作為醫生，我們也要為他們尋回生活質素和尊嚴。」

有病人在康復後送上一盒小小的朱古力感謝朱醫生，所有的醫護人員也甜在心。「病人返來很开心地笑，作為醫生也感受到那份喜悅！」

enuresis. You will no longer desire to walk around and this bears significant impact on your social life and emotion.” Furthermore, the expenses of buying such diapers will also put burdens on their finance in a long term. Dr Chu recalls, “There were patients who tried to tie a can or a plastic bottle with a wider mouth at the waist to hold the urine, for the diapers are too expensive for them.”

Once enuresis occurs, doctor will advise patients to exercise their pelvic floor muscles in order to improve the muscle contraction of the prostate peripheral zone. However, if the condition is not ideal after one-year observation, the patients will be encouraged to insert a tiny urethral stent. Such operation will only leave a tiny wound on the belly. Dr Chu said, “The one-hour operation will indeed improve the patient’s life in the future greatly.”

But here comes another problem. As the stent is classified as medical equipment, under the current mechanism, it is not integrated into the items in which the Hospital Authority or Social Welfare Department would provide subsidy to patients. The new stent is easier to use and cheaper than the old ones, but actually it is still difficult for the grass-root patient to pay HK\$29,000 on their own to buy a new stent.

Dr Chu is the first doctor who performs such stent procedure in Hong Kong. In view of the fact that patients cannot afford to enjoy the fruits of medical technology development due to economic difficulties, Dr Chu contacted YOT Chong Sok Un Medical Fund (cancer aid). The Fund granted approvals for the needs of such patients in no time, turning the impossible possible. Until now, YOT’s fund is the only fund throughout Hong Kong which subsidizes such new stent. The first patient receiving subsidy from the Fund has been successfully operated in March, 2012. Another four patients are scheduled to have such operation in November, 2012 and between January and March, 2013 respectively.

“After stent insertion operation, the patients can integrate back into society. They go for yum cha, morning exercises, shopping and even travelling! This is a great inspiration to a doctor.” When talking about how the operation has improved the cancer survivors’ lives, Dr Chu cannot hide her excitement, “In addition to prolonging their life expectancy, as doctors, we also have to help them find their way back to quality life and dignity.”

Some patients extended their gratitude to Dr Chu with a small box of chocolate after recovery, and all the medical workers felt warm in heart. “Seeing the patients smile happily when they come back, we doctors can also feel the happiness!”

希望  
常在



# 受助人個案及感謝

## SHARING FROM SUBSIDIZED PATIENTS

# 34 受助人個案及感謝

Sharing From Subsidized Patients



## 寡言鐵漢 為口奔馳・徐寶發先生

### A RETICENT MAN STRIVING TO SERVE FOR HIS FAMILY • MR TSUI BO FAT

48歲的徐寶發先生來自典型的基層家庭，他是家中的經濟支柱，在塑膠廠做水喉管工，每日為口奔馳，早上6時起床，日出而作，直到晚上才拖著疲憊的身軀回家。為了工作在某程度上，忽略了更重要的財富——健康。

在2011年的夏天他接到噩耗，證實患上香港最常見癌症第二位——結腸直腸癌。

「當時發現大便有血，初時我都不知道發生甚麼事，以為只是生痔瘡，去看私家醫生，但醫生叫我馬上去看急症。」徐先生獲屯門醫院安排在兩星期後照內窺鏡，證實直腸有腫瘤，隨即獲安排再在兩星期後做切除腫瘤的手術。

也許是太疲倦，又或是性格使然，徐先生在家中說話不多，即使被診斷罹患癌症，他也鮮有向家人透露內心感受，一對分別讀中二和小五的兒子更是毫不知情。

48-year-old Mr Tsui Bo Fat came from a typical grassroot family. As the breadwinner of the family, he worked at a plastics factory as a supervisor in the water pipes section. Striving to provide for his family, he went to work at sunrise and dragged his exhausted body home at night. Because of work, he neglected what should be more important for his life – health.

In the summer of 2011, he received the terrible news that he was diagnosed with the second most common cancer in Hong Kong – Colorectal Cancer.

“I noticed blood in my stool. I didn’t know what was going on at the beginning. I thought it was only hemorrhoids and went to see a private doctor. Yet the doctor told me to go to the Emergency Department immediately.” Tuen Mun Hospital arranged an endoscope for Mr Tsui two weeks later. When they confirmed the rectal tumor, a tumor removal surgery was instantly arranged for him in two weeks.

Perhaps he was exhausted, or perhaps it was his personality, Mr Tsui normally did not talk much at home. Even when he was diagnosed with cancer, he rarely expressed his feelings to his family members. His sons, who are Form 2 and Primary 5 students respectively, knew nothing about it.





「沒有向他們講。」  
 「誰知道你患病呢？」  
 「媽媽知，太太知。」  
 「他們知道你的感受嗎？」  
 「……」徐先生凝望天花板，不語。問徐先生那一刻的心情，這位寡言的男子漢斷斷續續地回應，但眉宇中顯露出一絲的憂愁：「初時好驚……不開心……沒有心機。」

但後來，醫生告知他癌症屬第三期，並沒有擴散跡象，令他放下心頭大石。他在手術切除腫瘤後，也乖乖的馬上接受化療作輔助治療。但療程包括8次化療，每21天為1次，每一次化療連藥物要6、7千元，這費用對因病而要暫停工作的徐先生來說，實在不勝負擔。

幸好，後來他獲轉介至申請「仁愛堂莊舜而醫療基金（治療癌症）」，才解決了他在治療方面的財政壓力。徐先生不諱言：「如果沒有仁愛堂，我就要問親戚借錢。」在仁愛堂的資助下，徐先生接受了6次化療，後來因為藥物敏感，在接受完第6次治療後停止。

經歷過疾病的折磨，才意識到健康的重要。現在，徐先生的身體狀態已回復不少，他不但改變了以往的飲食習慣，工作上也由以往早、午、夜輪班工作，改為返「正常班」，星期日爭取時間讓身體機器的零件休息。「健康無價。」徐先生在沉思過後，說出簡單但真切的一句話。

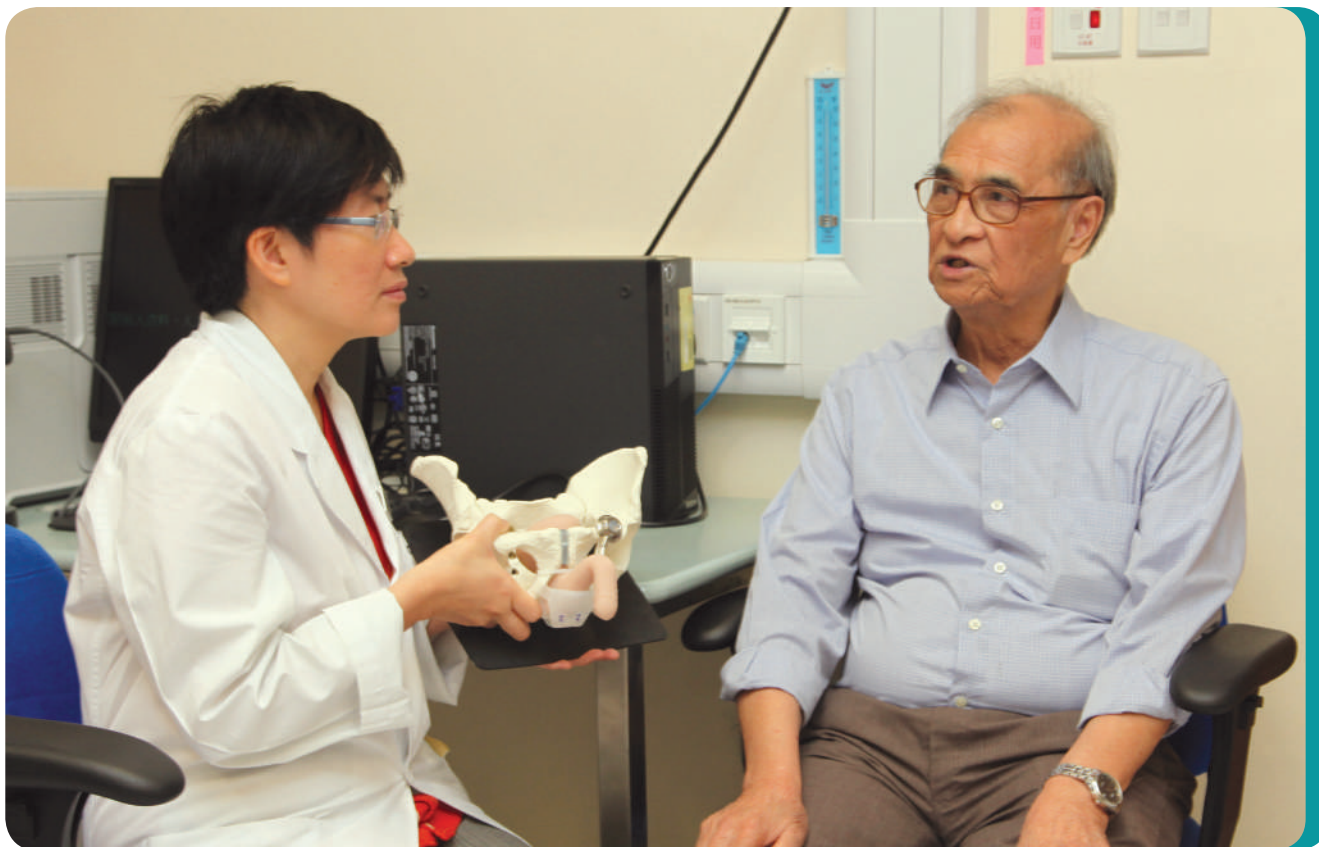


“I didn’t tell them.”  
 “Who knew about your illness?”  
 “My mom and wife.”  
 “Did they know how you feel?”  
 “...” Mr Tsui stared at the ceiling and did not say a word. When asked about his feelings at that moment, the reticent man responded intermittently but revealed a trace of sadness between his eyebrows: “At first I was terrified... sad... had no motivation.”

The doctors informed him later that his tumor was in stage three and showed no signs of metastasis. He felt greatly relieved. After the tumor removal surgery, he conformingly accepted chemotherapy for supplemental treatment. However, the course of treatment consisted of eight sessions of chemotherapy, one in every twenty one days, costing six to seven thousand dollars per session. It was unaffordable for Mr Tsui, who had stopped working because of his illness.

Fortunately, Mr Tsui was later referred to YOT Chong Sok Un Medical Fund (cancer aid), which helped him relieve his financial burden due to the treatment. Mr Tsui said candidly, “If it were not for Yan Oi Tong, I would have had to borrow money from relatives.” With the funding of Yan Oi Tong, Mr Tsui received six sessions of chemotherapy and stopped after that due to allergic reaction to the drugs.

Having experienced the torment of the disease, Mr Tsui realized the importance of health. As of now, Mr Tsui’s physical condition has mostly recovered. Not only has he changed his old eating habits, he now also works for “normal shifts” instead of rotating morning, afternoon, and night shifts as in the past, in order to squeeze some time for his body to take a rest on Sundays. “Health is priceless,” a simple but truthful statement uttered by Mr Tsui after some contemplation.



### 風雨過後是彩虹 • 陳培仔先生

### AFTER THE STORM COMES THE RAINBOW • MR CHAN PUI CHAI

78歲的陳培仔早前證實患上前列腺癌，接受割除前列腺惡性腫瘤後，更受小便失禁所困擾，但他開朗的性格，令他即使面對病魔來襲，也能堅強面對。與陳伯談天，即使談的是抗癌之路，中氣十足的他亦帶著開朗的笑聲，令人容易忘記憂愁。

陳伯在2010年出現尿頻的問題，住在屯門大興村的他先到仁愛堂看醫生，後來先後被轉介至屯門醫院和博愛醫院做檢查和化驗。當醫生確診他患有前列腺癌的時候，他在動手術切除惡性腫瘤和電療兩者之間，選擇了前者，但手術後出現遺尿的後遺症，令這位長者要再次面對一個又一個的難關。他說：「以為做了手術就可以康復，誰知之後穿尿片穿了將近兩年多！」

78-year-old Chan Pui Chai was diagnosed with Prostate Cancer recently. After a surgery to remove a malignant tumor in his prostate gland, he suffered from urinary incontinence. Nevertheless, his cheerful personality helps him remain strong even in the face of cancer. When chatting with Mr Chan, though the subject was about his battle with cancer, his cheerful and sonorous laughter makes people forget about sorrows.

Mr Chan started having problems with frequent urination in 2010. Living in Tai Hing Estate, Tuen Mun, he first went to Yan Oi Tong to consult the doctors and was later referred to Tuen Mun Hospital and Pok Oi Hospital for examinations and laboratory tests. When the doctor diagnosed him with Prostate Cancer, Mr Chan chose to undergo surgical removal of tumor over electrotherapy. Unfortunately, the side effects of urinary incontinence from the surgery put this elderly man through one after another difficulty. He said, "I thought the surgery would take care of it. And yet I've been wearing diapers for more than two years afterwards!"



在切除前列腺腫瘤的過程中，有機會影響了附近肌肉的收縮功能，每100人當中約有5至10人在手術後會出現遺尿，而陳伯就是其中一個。手術前天天上茶樓飲早茶、晨運，間中與麻雀友耍樂幾圈的陳伯，突然要整天穿著濕漉漉的尿片，那感覺實在不足為外人道。

「穿尿片，又熱，皮膚又痕又痛，日日夜夜都著住，箇中辛苦無人知曉。」陳伯在手術後首數個月，每天要用超過10塊尿片，即使後來情況稍為好轉，用尿片的數量減少，但每天仍要換上5至6塊，每月的開支因此增加超過1,000元。為了節省開支，陳伯日常的生活也更知慳識儉。「唯有在其他地方省用一點。飲茶可以食少一點，但尿片卻一定要用。」

除了財政負擔之外，陳伯還要面對因尊嚴受損而出現的心理壓力。陳伯回想當時的感受，直言「又羞家，又失禮。」在那兩年間，他明顯減少外出活動的次數，即使出外，也不敢逗留太長時間。「去完街一返家就要換片。」陳伯與較他年輕一年的太太一同生活，陳伯面對的壓力，他的太太也同樣面對。

不過，性格樂觀的陳伯隨即又說：「但現在辛苦都過去了，希望會慢慢轉好！」

令陳伯重過新生的是一個尿道支架手術。「仁愛堂莊舜而醫療基金（治療癌症）」在2011年開始，把資助範圍擴展至包括復康用品在內的非藥物援助，陳伯是其中一位受患者，獲資助近港幣3萬元的尿道支架，在2012年3月透過手術解決了遺尿問題，正式與尿片說再見。

「多謝仁愛堂的幫助，我現在不用穿尿片，特別是在夏季，整個人輕鬆了不少！」支架手術完成後，陳伯也經歷不少身體上的痛楚。「放了支架入去，初時當然不習慣，手術之後痛得要命，連坐也有困難。腹部仍然有一點點的神經痛，但醫生說慢慢會減少，不要緊。」

但這一切都熬過了。希望在明天，展望將來，陳伯滿有信心。他說：「我好有耐性，希望逐步逐步來，日後天天都可以去飲茶，天天都可以去晨運。」

Among those undergo the prostate tumor removal surgery, approximately five to ten out of 100 patients experience urinary incontinence after the surgery, since there is a chance the contractile function in the nearby muscles will be affected, and Mr Chan is one of them. Before the surgery, Mr Chan went to chinese restaurants to enjoy dim sum and did exercises every morning, and occasionally played mahjong with friends. All of a sudden he had to wear wet diapers all day long. His feelings can hardly be understood by those without the experience.

“It was hot to wear diapers and they made my skin itchy and achy. I had to wear them day and night. Nobody would understand my suffering.” Mr Chan had to go through more than ten diapers a day during the first few months following the surgery. His condition improved slightly after some time and he used less diapers. Nevertheless, he still had to use five or six a day, increasing the monthly expense by over a thousand dollars. To reduce expenses, Mr Chan had to become thrifty in daily living. “I had to cut back in other places. I could spend less on dim sum but I needed diapers.”

In addition to the financial burden, Mr Chan also had to cope with psychological stress from his injured dignity. He recalled his feelings from that time and said frankly it was “shameful and embarrassing”. During those two years, he went out much less than as he did in the past. Even when he were out on the street, he would not dare to stay long. “I had to change diapers immediately after back home.” His wife, one year younger, who lives with him, also had to bear all the stress Mr Chan was going through.

However, the optimistic Mr Chan said immediately after his lamentation: “All the hardship are over now. I hope it will slowly get better!”

The urethral stent surgery was what gave Mr Chan a new life. Since 2011, YOT Chong Sok Un Medical Fund (cancer aid) had extended the scope of funding aid to non-drug aspect, and including rehabilitation equipment. Mr Chan was one of the beneficiaries and received nearly HK\$30,000 for a urethral stent placement. In March 2012, his problem of urinary incontinence was fixed by surgery so that he could bid farewell to the days wearing diapers.

“Thanks to assistance from Yan Oi Tong, I don’t have to wear diapers now. It feels so much better, especially in the summer time.” Mr Chan experienced quite a bit of physical pain after the stent placement. “When the stent was placed, I was for certain not accustomed to it at the beginning. I experienced a dreadful pain after the surgery and even had difficulty sitting. There is still minor spasmodic pain to the nerve in my abdomen, but the doctor said it will gradually improve and not to worry.”

However, all of these have come to an end. There is hope in tomorrow. Mr Chan is full of confidence in the future. He said, “I am a very patient person. I hope things to improve one by one and I will be able to enjoy dim sum and do exercises every morning one day.”



范女士及家人(右二至四)將港幣100萬元善款捐贈予基金，並由莊舜而女士MH(左四)、陳國超博士MH太平紳士(左二)、仁愛堂董事局歐雪明副主席(左三)、謝炎培總理(右一)及謝丹嫻小姐(左一)接受。

Ms Fan and family (second to fourth on right) presented a donation of HK\$1,000,000 to the Fund, which was received by Ms Chong Sok-un, Shirley, MH (fourth on left), Dr Chan Kwok-Chiu MH, JP (second on left), Vice Chairman Miss Au Suet-ming, Clarea (third on left), Director Mr Paulman Tse (first on right), and Ms Daniela Che (first on left).

## 遺愛人間・范樹苟先生

### A LEGACY OF LOVE • MR FAN SHU KAU

#### 癌症病人捐遺產助貧苦家庭

這位善心的老先生於2010年6月被診斷患上血癌，並於翌年6月逝世。他的女兒范坤妹憶述：「我爸爸患病那年真的很辛苦，由於骨髓失去造血功能，因此輕力一碰皮膚就會破損！我兩姊妹每天都到醫院照顧他。在他離世前兩個月，更聘請6名看護，日夜輪流照料，希望能給他最好的照顧，所以我們深刻感受到，當親人患癌時，那種既心痛又無助的心情。」

另一女兒范秀蘭指出，其父早於2008年已立遺囑，訂明死後將遺產全數捐出作慈善用途。而把港幣100萬元遺產捐贈給「仁愛堂莊舜而醫療基金（治療癌症）」，更是他生前的意願。「他希望用這筆錢幫助其他同樣患上癌症的病人，以助他人重獲新生。」范秀蘭、范坤妹及其丈夫陳子林遂遵父遺願，並代表已故父親捐贈善款予基金。

#### Cancer Patient Donated His Property to Help Disadvantaged Families

This kind-hearted old man was diagnosed with leukemia in June 2010 and passed away the following June. His daughter Fan Kwan Mui recounted from memory, “My father suffered a lot that year. Due to loss of hematopoietic function of bone marrow, his skin would tear even with a light touch! My sister and I went to the hospital every day to take care of him. Two months before he passed away, we hired six nurses to take turns to care for him. We wanted to give him the best care. Because of that, we felt deeply the heartache and helplessness when a loved one is stricken with cancer.”

The other daughter Fan Sau Lan pointed out that her father had made wills as early as in 2008, which stipulated that all of his heritage to be donated to charitable causes. It was his will to donate a million HK dollars from his heritage to YOT Chong Sok Un Medical Fund (cancer aid). “He wanted to use this fund to help other cancer patients like himself to start their lives anew.” Fan Sau Lan, Fan Kwan Mei and her husband Chan Chi Lam followed their late father's will and donated money to the fund on his behalf.

### 治療刻不容緩 援助直接及時

坊間有不少慈善基金和非牟利團體，為何選擇捐贈給「仁愛堂莊舜而醫療基金（治療癌症）」？范秀蘭解釋，家人瀏覽了基金網頁及參考基金出版的特刊後，就有此決定。「基金所有善款都會直接資助癌症病人買藥，由於基金與屯門醫院有直接連繫，病人只需要醫生轉介，就可以在短短數天內，獲批善款購買治癌藥物。我們是過來人，所以深切感受到當家中有人患病，能得到即時幫助，對病者和家人來說是最重要的，這正是我們選擇該基金的原因。」

自2007年成立至今，基金累計撥款2,700萬港元，資助逾1,800名癌症病人購買自費治癌藥物。「基金在短短數年間，已幫助超過1,000名癌症病人，加上基金不涉及額外的行政費用，一分一毫都用在病人身上，審批時間亦絕不拖延，這對延續癌症病人生命至關重要，我很認同基金的運作方針。」陳子林補充道。

基金命名人莊舜而女士MH，對於范老先生的慷慨捐贈深感欣慰。「治療癌症雖然在醫學上有令人鼓舞的突破，但治療癌症的新藥及特效藥卻非常昂貴，這對貧困的癌症病者及其家庭來說，確實是一大負擔。希望今次范老先生的善舉，能喚起社會人士關注癌症病者的需要。」

### 獲藥廠配對支持 令更多病人受惠

在支票轉交儀式上，仁愛堂董事局歐雪明副主席表示，希望今次捐款能在社會引起連漪效應。基金董事暨永久榮譽贊助人陳國超博士MH太平紳士也呼籲，善長可以「多有多捐、少有少捐」，攜手幫助癌症病人。

成立5年的基金已開始踏入收成期，除了善長的捐款外，部分藥廠更會在病人獲基金批核的資助上限以外，繼續資助受助人免費完成餘下療程。基金董事謝炎培先生補充說，由去年開始，基金擴展資助至聯合醫院的癌症病人，又為病者推出『癌症病人醫療及復康用品資助計劃』。他重申，基金將繼續努力協助癌症病人。

癌症是本港病患的頭號殺手，每年都有上升趨勢。以幫助癌症病人為宗旨的「仁愛堂莊舜而醫療基金（治療癌症）」，獲得范樹苟先生捐贈港幣100萬元的捐款，令多達66名貧苦癌症病人受惠。

### Direct and Timely Assistance for Urgent Treatment

Why donate to YOT Chong Sok Un Medical Fund (cancer aid) when there are numerous charitable funds and non-profit organizations? Fan Sau Lan explained it was a decision made after the family had browsed the Fund's webpage and reviewed materials published by the Fund. "All donations to the Fund directly go to cancer patients for prescriptions. Due to the direct connection between the Fund and Tuen Mun Hospital, once the patients are referred by doctors, they will be able to purchase cancer drugs within a few days. We have gone through this ourselves and so we understand that when someone in the family gets sick, getting prompt assistance is most important for the patients and their families. This is the reason we chose this Fund."

Since the founding of the Fund in 2007, the Fund has allocated a total of HK\$27 million and assisted more than 1,800 cancer patients in purchasing cancer drugs at their own expense. "Within a short period of five years, the Fund has helped over 1,000 cancer patients. The Fund does not pay for any irrelevant expenses such as administrative expenses; every cent is spent on patients. They do not delay the time for approval, which is crucial in prolonging the life of cancer patients. I very much agree with the operation policy of the Fund." Chan Chi Lam added.

Ms Chong Sok-un, Shirley, MH, whom the Fund was named after, was very delighted for the generous donation of old Mr Fan. "Although there have been encouraging medical breakthroughs in cancer treatment, new medicines and instant remedies for cancer treatment are very expensive. This is really a huge burden for poor cancer patients and their families. I hope this charitable act of old Mr Fan will arouse the concern of the community of the needy cancer patients."

### Benefit More Patients with Pharmaceutical Paired Support

During the cheque presentation ceremony, the Vice Chairman of the Board of Directors of Yan Oi Tong, Ms Au Suet-ming, Clarea, expressed her hope that this donation could cause a rippling effect in the community. Dr Chan Kwok-chiu, MH, JP, the Permanent Honorary Patron of the Fund, also appealed to benevolent individuals to "donate as much as they could" and help cancer patients in joint effort.

The five-year-old Fund has entered a time for harvest. Besides donations from benefactors, some pharmaceutical manufactures sponsor cancer patients to complete their remaining treatment on top of the Fund's subsidy. Director of the Fund Mr Paulman Tse added that last year the Fund extended assistance to cancer patients of United Christian Hospital as well as launched the "Cancer Patients Medical Devices Special Funding Programme". He reiterated that the Fund will continue its efforts to help cancer patients.

Cancer is the number one killer of patients in Hong Kong and every year trends upward. YOT Chong Sok Un Medical Fund (cancer aid), with the mission of helping cancer patients, received a donation of HK\$1,000,000, which benefited as many as 66 impoverished cancer patients.





人定勝天

防癌小知識  
CANCER PREVENTION

# 40 預防癌症

## Cancer Prevention

### 防癌小錦囊

#### CANCER PREVENTION TIPS

雖說疾病是防不勝防，但是提高對身體的意識及保持健康的飲食和生活習慣，絕對可以減低患癌的風險。就讓我們給大家一些基本貼士，以防患於未然：

##### 食得健康

根據衛生署「三低一高」的營養膳食建議，每餐宜選擇低油、低鹽、低糖及高纖的食物如蔬菜及生果，因為有研究顯示，患癌與肥胖有密切關係。高油及高糖的食物容易致肥，增加患上食道癌、胰臟癌、子宮內膜癌和乳癌（更年期後婦女）的風險；而鹽和鹽醃的食物亦很可能引致胃癌。相反，蔬菜及生果含有天然成分，特別有效維持消化系統的健康。

Although cancer is unpreventable, the risk of development can definitely be reduced by raising the awareness of your health and maintaining healthy dietary and living habits. Let us give you some cancer prevention tips:

##### HEALTHY DIETARY

According to the “3 low, 1 high” principles of healthy eating suggested by the Department of Health, food containing low-oil, low-salt, low-sugar and high-fibre, for example, vegetable and fruit, are preferred in that there is a close link between overweight and obesity to many types of cancer as shown by researches. Food containing high-oil and high-sugar, which prompts obesity, eventually increases the risk of developing Oesophageal Cancer, Carcinoma of Pancreas, Endometrial Cancer and Breast Cancer (among post-menopause women). Salty and salted food can also promote stomach cancer. In contrast, vegetables and fruit, which are natural by nature, are especially effective in maintaining the health of digestive system.





## 不煙不酒

眾所周知，有喝酒及吸煙習慣的人的患癌風險會比一般人高。飲酒過量可增加口腔癌、咽喉癌、乳癌和大腸癌的風險。故此，市民喝酒的時候，應有所節制，以1樽啤酒為例，成年男士每天應飲用不多於兩杯；成年女士則不多於1杯。

另外，吸煙亦與癌症息息相關，因為香煙內含有焦油容易引致多種致命癌症如咽喉癌、食道癌、膀胱癌及腎癌。據統計1名吸煙者患上肺癌的機會比其他人高出10倍。香港每年有超過4,000名市民患上肺癌，超過3,500人因肺癌而死，其中約8至9成的肺癌死亡個案，是直接與吸煙有關。因此，市民應盡快戒煙，減少患肺癌和其他癌症的機會，如有需要可尋求專業人士協助。

## 常做運動

持之以恆的運動能夠加強心肺功能，促進血液循環，減低患癌的機會，因為有證據指出運動有助預防體重增加及肥胖，而這兩點與癌症的關係非常密切。運動毋須劇烈，也可促進身體健康。每日的運動量，只要相等於消耗150卡路里熱量，如行樓梯15分鐘或慢行35分鐘已足以令身體獲益。隨著體能改善，市民可按能力進行1小時中等強烈程度的運動如急步行或30分鐘的劇烈運動如跑步或踢足球。

## 定期檢查

即使表面健康的人，也有潛在的疾病風險。所以，定期身體檢查可確保在患病初期，及早發現，給予適當治療。尤其是家族患有遺傳性疾病或癌症病歷、或經常出現一些症狀如耳鳴、暈眩、心胸疼痛等症狀的市民，應及早到醫院進行詳細的身體檢驗，以防萬一。

## NO SMOKING NOR DRINKING

It is proven that smoking and drinking significantly increase the risk of cancer development, for instances, obsessive drinking increase the risk of getting various types of cancers such as Oral Cavity Cancer, Laryngeal Cancer, Breast Cancer and Bowel Cancer. Alcohol consumption, therefore, should be abstemious. Adult male should have no more than two glasses of beer a day while adult female should have no more than one.

Tobacco is closely related to development of cancer in that tar can easily leads to various types of fatal cancers such as Laryngeal Cancer, Oesophageal Cancer, Bladder Cancer and Renal Cancer. According to statistics, the opportunity of Lung Cancer for a smoker is 10 times more than that of a non-smoker. In Hong Kong, more than 4,000 men and women are diagnosed with Lung Cancer each year and more than 3,500 people die from this form of cancer. To reduce the chance of Lung and other types of cancer, we encourage citizens to quit this unhealthy habit as soon as possible and seek for the professional help if needed.

## DOING REGULAR EXERCISE

Doing regular exercise can strengthen cardiopulmonary function and blood circulation. Furthermore, evidence shows that it can help to prevent weight increase and obesity, thus reducing the chance of cancer. To improve your health, you do not have to choose strenuous exercise. Daily movement which consumes 150 calories of heat energy, e.g. 15-minute walking or 35-minute strolling, is benefit to your body. As your stamina has improved, you may perform 1 hour of moderate exercise such as jogging or 30-minute of strenuous exercise such as running or playing football.

## REGULAR MEDICAL EXAMINATION

Even having a good health, there may exist potential risk of disease. Regular medical examination can discover such cases at an early stage and allow appropriate treatments. The following individuals should receive medical check-up as soon as possible: 1. Who have family history of genetic disease or cancer. 2. Who frequently encounter symptoms of tinnitus, dizziness or chest pain.

## 四季飲食保健養生之道 The Art of Seasonal Diets for Preserving Health & Fitness

健康是人生與社會最寶貴的財富，沒有健康，就沒有一切，無論學習、事業、成就都失去意義。世界衛生組織提出健康4大決定因素及其比重，分別為遺傳(15%)、外界環境因素(17%)、醫療條件(8%)及個人生活方式(60%)。

由此可見，個人生活方式是保持健康與延長壽命至為重要的因素。而養生是指導我們正確的生活方式，以保持健康的重要手段。從中醫角度來看，通過多種調攝保養，即養生，可以增強人的體質，提高正氣對外界環境的適應能力和抗病能力，從而減少或避免疾病的發生。換句話說，養生可使機體的生命活動過程處於陰陽協調、身心健康的最佳狀態，從而推遲人體衰老的進程，並可減少癌症的發生。

中醫保健養生的內容十分豐富，包括順時養生、調神養生和運動養生等。其中順時養生又包括生活起居和飲食養生。以下我們就四季飲食保健養生作一簡單介紹。

所謂四季飲食保健養生乃指順應四時氣候，陰陽變化的規律，通過食物和藥物的調養保健，使人體與自然環境協調起來，亦即「天人合一」的意思。

Healthiness is the most valuable part of life. One having poor health will mean he/she is losing everything. Regardless of study, career and achievement, they all become meaningless. The World Health Organization suggests 4 critical factors with respective value in achieving good health: heredity (15%), external environment factors (17%), medical conditions (8%) and personal life style (60%).

As we can see personal life style is the most important factor in preserving healthiness and prolonging life. "Preserving healthiness" gives directions to proper way of living as well as the ideal methods of maintaining individual physical condition. From Traditional Chinese Medicine (TCM) point of view, preserving healthiness means the ways of self care and keep fit that lead to individual physique enhancement and up-lift the positive qi's (qi means energy) strength in adaptation to external environment and holding out illness.

In another words, by keeping good physical and mental health can delay aging process and may reduce the risk of developing cancer.

TCM has an enriched content of health care and health preservation. They include "Up Time Health Preservation", "Tiao Shen Health Preservation" (preserving health through regulating one's spirit / adjusting one's mind), "Health Preserving with Exercises", etc. Among them, the Up Time Health Preservation also contains "Health Preservation with Daily Activities" and "Health Preservation with Diets". In the following, we are going to give simple introduction to the practices of Health Preservation with Diets in accordance with the four seasons.

The so called Seasonal Diets for Preserving Health and Fitness means adjusting our diet and medicine intakes in compliance with the seasonal changes and the regular pattern of yinyang changes that aim at achieving a harmonious state between our body and the mother nature so as to preserve health and physical wellbeing. It also means the "Unity of Man and the Universe".

## 春季飲食

### 多食

**護肝之品：**包括養肝（如枸杞子、桑椹果之類）、清肝（如菊花、桑葉、夏枯草之類）、疏肝（如雞骨草、白芍、玫瑰花之類）。因春季屬肝木，肝氣相對旺盛，容易過盛，易患肝病。

**健脾之品：**如淮山藥、芡實、蓮子之類。因肝氣過旺，容易侵略脾胃，導致脾胃虛弱，易患胃病。

### 少食

**油膩、難消化之品：**避免影響脾胃的消化功能  
**煎炸、辛辣、過熱之品：**防積熱於裡，引動肝火

### 保健湯水

#### 健脾開胃湯

**材料：**山楂、炒麥芽各5錢，陳皮2錢

**功能：**健脾開胃，用於消化不良，脘腹飽脹

## Diets for Spring

### Eat More

**Maintain Healthy Liver Functions:** For liver function improvements (such as Barbary Wolfberry Fruit and Fructus Mori Albae), for liver cleansing (such as Chrysanthemum Flower, Mulberry Leave, Selfheal), for liver soothing (such as Herba Abri, White Peony Root, Rosa Regosa and Thunb). Liver has been classified wood element in Wu Xing. As Spring enhances growth of wood elements that may cause vigorous liver activities. If a person's liver activities become over-vigorous, he/she may end up having liver problems.

**Strengthening the spleen:** such as Common Yam Rhizome, Gordon Euryale Seed, Dried Lotus Seeds, etc. The spleen could be easily affected by an over-vigorous liver. If so, both spleen and stomach functions will be weakened and caused stomach problems.

### Eat Less

**Greasy, oily and ill digestive foods:** may undermine digestion effectiveness of the spleen and stomach

**Fried, pungent, spicy, very hot foods:** avoid liver fire hyperactivity triggered by interior heat accumulation

### Health Preservation Tonic

#### Soup for Strengthening the Spleen & Promoting Appetite

**Recipe:** 5 maces of Crataegus, 5 maces of Barley, 2 maces of dried citrus peel

**Function:** Strengthening spleen and promoting appetite, use to treat dyspepsia and abdominal fullness



## 夏季飲食

### 多食

清熱解暑、甘寒生津之品：如葛根、蘆根、荷葉、西瓜、冬瓜之類。因夏季氣候炎熱，又易出汗傷津。

健脾利濕之品：如薏米、赤小豆、扁豆之類，因夏季濕氣較重，所謂「暑多挾濕」。

### 少食

難消化、油膩、煎炸食物：夏季氣候炎熱，過度進食火熱之品，火上加油，且炎熱潮濕，亦每致脾胃功能降低，難消化，油膩之品亦忌。

### 保健湯水

#### 冬瓜薏米綠豆湯

材料：冬瓜半斤，薏米、綠豆各1兩

功能：清暑利濕。用於暑天暑熱心煩口渴

## 秋季飲食

### 多食

潤燥生津之品：如雪梨、甘蔗、馬蹄、沙參、玉竹、百合之類，因秋季氣候乾燥，燥易傷人陰津。

### 少食

辛辣燥熱之品：如薑、蔥、蒜頭及煎炸之物。因過度進食易傷肺氣，引致燥咳（辛味入肺），且易傷大腸津液，致大便乾燥。

### 保健湯水

#### 百合潤肺湯

材料：百合、沙參各1兩，豬肺半斤

功能：滋陰潤肺，用於肺燥咳嗽，心胸煩悶，咽喉乾涸

## Diets for Summer

### Eat More

**Heat-clearing medicinal, sweet taste to replenish saliva and body fluids;** such as ge gen, lu gen, lotus leaves, watermelon and fatmelon. The hot wet climate of Summer may cause excessive sweating and deficiency in body fluids.

**Strengthening the spleen and promoting damp:** such as Coix Seed, Adsuki Bean, Purple Haricot, etc. Summer's high humidity and hot temperature may cause accumulation of moisture inside the body due to excessive heat.

### Eat Less

**Greasy, oily, deeply fried or ill digestive foods:** because of Summer's heat, eating deep fried foods will mean pouring oil on fire, in addition to the surrounding heat and moisture will undermine spleen functions. Foods which are ill digestive, greasy and oily should be avoided too.

### Health Preservation Tonic

#### Fatmelon, Coix Seed & Mung Bean Soup

**Recipes:** 1/2 catty of fatmelon, 1 tael of coix seed and 1 tael of mung bean

**Functions:** get rid of the damp and heat inside the body, especially good for the hot Summer days with annoying heat and feeling exceptional thirsty.

## Diets for Autumn

### Eat More

**Foods that have moisturizing effects produce saliva and body fluids:** such as snow pear or ya li, sugar cane, water chestnut, sha sheng, yu zhu, lily, etc. Owe to the low humidity Autumn climate, the dryness may cause deficiency in body fluid and cause harms to our body.

### Eat Less

**Pungent and spicy foods, foods with dry and heat nature:** such as ginger, green onion, garlic and fried foods. Over-eating above foods will harm lung functions causing dry coughs (pungent taste in lung), depleting large bowel fluid and dryness of stools.

### Health Preservation Tonic

#### Lily Soup with Lung Moisturizing Function

**Recipes:** 1 tael of lily, 1 tael of sha sheng, 1/2 catty of pig's lung

**Functions:** moisturizing the lung having symptoms such as dry cough, annoying chest, dryness of the throat



## 冬季飲食

### 多食

**溫補腎陽之品：**如羊肉、雞肉、蝦、糯米、炖品火鍋之類，對於素體陽虛之人，適當服食一些高麗參、鹿茸、巴戟天、杜仲、合桃仁等藥材，有助陽氣之恢復正常。因冬季氣候寒冷，寒陽易傷人陽氣。腎為一身陽氣之本，補陽必須以補腎陽為本。

### 少食

**辛燥之品：**以免傷及腎陰（精）。  
《內經》云「冬不藏精，春必病溫」。  
**寒涼之品：**寒易傷人陽氣。

### 保健湯水

#### 合桃補腎湯

**材料：**合桃仁1兩、巴戟天、杜仲各5錢，  
黨參1兩

**功能：**補腎強腰，益氣健脾，用於脾腎陽虛引起的腰膝痠軟，夜尿頻多，疲倦乏力等症

## Diets for Winter

### Eat More

**Foods for mild kidney nourishment:** such as mutton, chicken, shrimp, glutinous rice and foods prepared by double boiling/steaming or cooked in hot pot. For those with yang deficiency (slowdown of metabolic processes) in the context of Chinese medicine, proper in-take of TCM herbs such as ginseng, lu rong, bajitian, du zhong, walnut seed, etc. can help the recovery of yang. The coldness of Winter can be harmful to the body. As kidney is the origin of yang in our body, kidney nourishment is fundamental.

### Eat Less

**Foods of pungency & dryness:** to avoid causing harms to the kidney yin (essence). As told by the Medical Classic of the Yellow Emperor (Huangdi Neijing), "the failure to preserve essence in Winter surely bring about illness in Spring."

**Foods of coldness:** as coldness can easily be harmful to a man's yang.

### Health Preservation Tonic

#### Walnut Soup for Kidney Nourishment

**Recipe:** 1 tael of walnut seed, 5 maces bajitian, 5 maces of du zhong, 1 tael of dang shen

**Function:** supplementing kidney, strengthening the lower spine, nurturing the spleen and boosting stamina, the soup relieves symptoms like easy fatigue of joints, frequent urinations late night and weariness caused by yang deficiency in our body.

雖然現在癌症的成因在西方醫學界仍然成謎，但從中醫角度來看，只要我們順應四時氣候，調節飲食習慣，當然還要加上適量的運動和保持開朗的心境，那麼我們就離健康之路不遠矣。

\* 以上資料由香港中文大學中醫學院客席教授梁頌名先生提供，僅供參考之用。

\*\* 文章內所提及之中草藥名稱，以中文為準。

Although the cause of cancer is still a myth to western medical field, from the TCM point of view if only we can accommodate to seasonal changes, regulate our diets, take adequate amount of exercise, maintain a sanguine and optimistic disposition, we will not be far apart from healthiness.

\* The above information is provided by Prof Liang Xiong Ming, Visting Professor, School of Chinese Medicine, The Chinese University of Hong Kong and is for reference only.

\*\* Viewer discretions are advised for the English & Latin descriptions of the TCM herbs and concept used. Please refer to their original Chinese descriptions for precision.

同心行善



# 籌款活動

## FUNDRAISING EVENTS

# 46 籌款活動

## Fundraising Events

### 仁愛堂周年慈善餐舞會 YAN OI TONG CHARITY ANNUAL BALL

仁愛堂周年慈善餐舞會為仁愛堂一年一度的盛事，每年的餐舞會都會以別出心裁的主題，配合高雅的場景佈置、華麗的舞蹈以及扣人心弦的歌聲，把餐舞會變化成盛大的慶祝會，讓到場的來賓沉醉於夢幻的氣氛中，與仁愛堂一同慶祝及見證過去一年的努力及成果。

過往的餐舞會主題包括有以童話故事「仙履奇緣」作背景、充滿神秘色彩的「東方神秘夜」、浪漫迷人的「醉人·紅磨坊」、更有以花為題的「舞動·霓裳·花影夜」等，務求讓來賓遊走不同國度，經歷一段又一段難忘的旅程。過往餐舞會均籌得可觀善款，支持「仁愛堂莊舜而醫療基金（治療癌症）」繼續拓展新服務。

Yan Oi Tong Charity Annual Ball is an annual grand event. Each year, the ball combines an ingenious theme with elegantly decorations, gorgeous dances and enticing melodies, transforming the occasion into a grand celebration, indulging the guests in a fantasy and engaging them to celebrate and witness the efforts and achievements of last year together with Yan Oi Tong.

In the past, themes of the event included the fairy tale “Dream of Cinderella Night”, the mysterious “Oriental Mystery Night”, the romantic and charming “Moulin Rouge”, and the floral themed “Night of Dance, Fashion, and Flowers’ Shadow”, etc., in order to allow the guests to travel in time and experience one after another unforgettable journey. The Charity Annual Ball had raised a considerable amount of funds each year to support the continuous expansion of the new services for “YOT Chong Sok Un Medical Fund (cancer aid)”.



#### 「東方神秘夜」“ORIENTAL MYSTERY NIGHT”

莊舜而主席MH(中)、陳國超博士MH太平紳士(右五)及蔡黃玲玲主席MH(左六)與一眾董事局成員及嘉賓悉心打扮下，參與「東方神秘夜—仁愛堂周年慈善餐舞會。」

The Chairman Ms Chong Sok-un, Shirely, MH (Middle), Dr Chan Kwok-Chiu MH, JP (fifth on the right) and the Chairman Mrs Choi Wong Ling-ling (sixth on the left), and the members of the Board of Directors and the guests, dress up in “Alddin” style, entered “Oriental Mystery Night –Yan Oi Tong Charity Annual Ball.





「舞動·霓裳·花影夜」  
"NIGHT OF DANCE, FASHION, AND FLOWERS' SHADOW"

民政事務總署署長陳甘美華太平紳士(右七)及新界鄉議局主席暨仁愛堂創會主席劉皇發GBM,GBS太平紳士(右六)與一眾仁愛堂董事局成員為「舞動·霓裳·花影夜」周年慈善餐舞會揭開序幕。

Director of Home Affairs Department Mrs Pamela Tan, JP, (7th from Right), the Chairman of Heung Yee Kuk N. T. cum the Founding Chairman of Yan Oi Tong Mr Lau Wong-fat, GBM, GBS, JP (6th from Right), and the members of the Board of Directors of Yan Oi Tong kicked off the Charity Annual Ball "Night of Dance, Fashion, and Flowers' Shadow".



「仙履奇緣」"DREAM OF CINDERELLA NIGHT"

王君馨和謝天華舞動奇蹟，把舞會氣氛推至高峰。  
Grace Wong and Michael Tse's miraculous dancing performance brought the atmosphere of the ball to a new height.



「醉人·紅磨坊」"MOULIN ROUGE"

王敏德與火辣女郎載歌載舞，聽得現場觀眾如痴如醉。  
Michael Fitzgerald sang and danced with the hot girls, mesmerizing the audience on the spot.

## 「善心滿載仁愛堂」電視籌款晚會 YAN OI TONG TV CHARITY SHOW

仁愛堂電視籌款晚會是一個讓普羅大眾更了解仁愛堂的平台，晚會以貼近生活的手法介紹仁愛堂配合社會需要、適時到位的服務及計劃。

Yan Oi Tong TV Charity Show is a platform for the general public to know more about the organization. The gala introduces all of Yan Oi Tong's services and projects developed to meet the needs of the society and to be conducted in a timely manner.

2008年，一眾星級司儀、歌手、表演嘉賓以及「仁愛大使」聚集一起，為「仁愛堂莊舜而醫療基金(治療癌症)」籌款施展渾身解數，傾力演出，並呼籲觀眾慷慨解囊，共襄善舉。而一眾仁愛堂董事局成員當然亦為善不甘後人，全情投入參與，與各嘉賓落力演出，令電視晚會創出籌款佳績。

In 2008, the all-star emcees, singers, guest performers and "Yan Oi Ambassadors" came together and utilized all of their talents to perform, encouraging the public to donate to YOT Chong Sok Un Medical Fund (cancer aid) more generously. All board members fully participated and performed with the guests with all their strength, breaking the records of TV Charity Show.



2008年的仁愛堂電視籌款晚會都得到各董事局成員及嘉賓的支持，衣香鬢影。

The 2008 Yan Oi Tong TV Charity Show received the support from all Board members and guests. The ladies were gorgeously dressed up for the event.





群星拱照仁愛堂，活動每年均為仁愛堂籌得可觀善款。  
A number of celebrities twinkled Yan Oi Tong Fundraising and helped Yan Oi Tong  
raise a considerable donation each year.



## 仁愛堂名人名曲慈善演唱會 YOT CELEBRITIES AND MASTERPIECES CHARITY CONCERT

在華麗的舞台上，仁愛堂董事局成員及各方善長落力獻唱，藉著充滿愛心的歌聲為「仁愛堂莊舜而醫療基金(治療癌症)」籌款。

On the glamorous stage, the members of the Board of Directors of Yan Oi Tong and the benefactors from different sectors heartily sang the songs to raise fund for the Fund” with their loving tunes.

在2008年及2009年透過名人名曲慈善演唱會，成功為基金籌得理想善款。而醫院管理局主席胡定旭GBS太平紳士、前行政會議成員梁智鴻GBM, GBS, OBE太平紳士、前衛生署署長林秉恩SBS太平紳士、前消防處處長盧振雄FSDSM、著名藝人李香琴女士、薰妮小姐、關禮傑先生，以及「仁愛大使」馬德鐘、李龍怡等均鼎力支持，並以煥然一新的配搭，獻唱百聽不厭的經典金曲。他們的目標只得一個，就是讓更多有需要的癌症病人受惠。

In 2008 and 2009, the Charity Concert of Celebrities and Masterpieces successfully raised a good amount for the Fund. The Chairman of Hospital Authority Mr Anthony Wu, GBS, JP, the former member of the Executive Council Dr Leong Che Hung, GBM, GBS, OBE, JP, the former Director of the Department of Health Dr Lam Ping Yan, SBS, JP, the former Director of Fire Services Department Mr Lo Chun Hung FSDSM, the famous actors Ms Lee Heung Kam, Ms Fen Nei, Mr Eddie Kwan, and the “Yan Oi Ambassadors” Joe Ma and Tiffany Lee showed their support to the event. With a refreshing arrangement, they sang an array of golden oldies to raise fund. Their only objective was to benefit more and more cancer patients.



一眾嘉賓一同啟動流聲機，令百樂門重現眼前。  
The guests activated the phonograph together to revive the “Paramount”.





蔡黃玲玲主席MH(左)與陳鄭玉而副主席(右)合唱經典金曲，十分合拍。

The Chairman Mrs CHOI WONG Ling-ling, MH (left) and the Vice-chairman Dr Chan Cheng Yuk-ye, Connie co-sang a golden oldie together.



「仁愛大使」李龍怡落力獻唱為基金籌款。

“Yan Oi Ambassador” Tiffany Lee sang earnestly for the fundraising.



莊舜而主席MH與蔡金山先生隨著優美樂章翩然起舞。

The Chairman Ms Chong Sok-un, Shirley, MH and Mr Choi Kam-shan danced following the beautiful music.



前消防署署長盧振雄FSDSM(右二)抽空參與仁愛堂名人曲慈善演唱會。

The former Director of Fire Services Department Mr Lo Chun Hung FSDSM (second on right), taking the time to participate in Yan Oi Tong Celebrity and Masterpieces Charity Concert.

## 仁愛堂慈善高爾夫球賽 YAN OI TONG CHARITY GOLF TOURNAMENT

在陽光充沛的大清早，過百位嘉賓來到綠草如茵的高球場上於一年一度的「仁愛堂慈善高爾夫球賽」一展球技。

球賽過去一直得到莊舜而主席MH慷慨贊助比賽場地——東莞長安高爾夫球鄉村俱樂部，亦得到一群熱心公益並且醉心高球運動的善長支持，包括香港藝人高爾夫協會任達華、曾志偉、苗僑偉、鄭文雅、秦沛以及鄧梓峰等的鼎力支持參與比賽。於2011年，莊舜而主席MH更引薦瑞安中國高爾夫挑戰賽全力支持活動，邀得4位國際頂級球星，包括美國公開賽冠軍Rory McIlroy、前世界第一的「白老虎」Lee Westwood、2011 Volvo World Match Play Championship 冠軍 Ian Poulter以及中國第一高球手梁文沖出席及參與賽事，為「仁愛堂莊舜而醫療基金(治療癌症)」籌得超過港幣300萬元善款。

One relaxing morning, over a hundred guests came to the green and lively golf course to showcase their golf skills.

Yan Oi Tong Charity Golf Tournament has always gained generous sponsorship from the Chairman Ms Chong Sok-un, Shirley, MH on the competition venue – Long Island Golf & Country Club, Dongguan – the support of the benefactors, including the members of Artiste Golf Association of Hong Kong (AGA), Simon Yam, Eric Tsang, Michael Miu, Olivia Cheng, Paul Chun and Patrick Dunn. In 2011, the Chairman Ms Chong Sok-un, Shirley, MH even obtained full support from Shui On Land China Golf Challenge and invited four of the top players in the world: the champion of the U.S. Open Rory McIlroy, the former World Number One “White Tiger” Lee Westwood, the champion of 2011 Volvo World Match Play Championship Ian Poulter, and China’s No. 1 golfer Liang Wen Chong to attend and take part in the tournament. They raised over HK\$3 million for YOT Chong Sok Un Medical Fund (cancer aid).



4位國際級球星更為活動打手印，以紀念他們到訪作賽及支持仁愛堂。

The four world's top golfers even made their hand prints for the event to commemorate participation in tournament and their support of Yan Oi Tong.





每年仁愛堂慈善高爾夫球賽均吸引不少藝人到場支持，包括有任達華(左)、鄭文雅(中)、苗僑偉(右)及國際級球星(下)。  
Simon Yam (left), Olivia Cheng (middle) and Michael Miu (right) and world's top golfers (below) are very supportive of Yan Oi Tong Charity Golf Tournament.



## 《我和秋天有個約會》慈善舞台劇 A CHARITY DRAMA - "I HAVE A DATE WITH AUTUMN"

適逢仁愛堂及香港話劇團成立35周年，仁愛堂有幸與劇團結善緣，於2012年攜手推出仁愛堂・亞洲聯合財務《我和秋天有個約會》慈善場，同時為成立5周年的「仁愛堂莊舜而醫療基金(治療癌症)」籌款。

Yan Oi Tong and Hong Kong Repertory Theatre celebrated both of their 35th Anniversary by presenting the "Yan Oi Tong • UA Finance Charity Drama—I Have a Date with Autumn" in 2012 to raise fund for the YOT Chong Sok Un Medical Fund (cancer aid) .

《我和秋天有個約會》一劇是由金牌編劇杜國威親自編撰的《春天》舞台劇的延續篇，樂壇才子張敬軒更首次與「麗花皇宮」台柱4朵金花——劉雅麗、羅冠蘭、蘇玉華與馮蔚衡同台演出，慈善場門票甫推出，旋即得到外界的熱烈支持瞬間沽清，成功為基金籌得超過港幣100萬元善款。

"I Have a Date with Autumn" is a continuation of the "Spring" drama series compiled by the golden playwright Raymond To. It was also the first time for the ingenious musician Hins Cheung to share the same stage with the four "golden flowers" in Lai Fa Palace – Alice Lau, Koon-lan Law, Louisa So and Wai-hang Fung. The drama received an enthusiastic support from the general public and successfully raised over HK\$1 million for the fund.



主禮嘉賓醫管局聯網服務總監張偉麟醫生(左六)與黃達東主席(右六)及一眾董事局成員，一同出席《我和秋天有個約會》舞台劇慈善場。  
The officiating guests, the Director of Hospital Authority Cluster Services Dr Cheung Wai-lun, Director (Cluster Services), Hospital Authority (6<sup>th</sup> from left), the Chairman Dennis Wong (6<sup>th</sup> from right) and the members of the Board of Directors jointly attended the charity drama - "I Have a Date with Autumn".





張敬軒扣人心弦的歌聲，震撼在場每一位觀眾的心。  
The entrancing voice of Hins Cheung touched the heartstrings of each audience.



「麗花皇宮」台柱4朵金花(左起)羅冠蘭、劉雅麗、蘇玉華及馮蔚衡粉墨登場再續戲緣。  
The four "golden flowers" in Lai Fa Palace (from left) Koon-lan Law, Alice Lau, Louisa So and Wai-hang Fung beautifully appeared on the stage.

仁愛堂董事局與劇中一眾演員慶祝慈善場順利完成。  
The Yan Oi Tong Board of Directors and the actors celebrated the success of the charity show.





## 金曲迴響獻愛心暨仁愛堂莊舜而醫療基金(治療癌症)成立3周年晚會 ALL THE WAY WITH RAY CUM THE 3<sup>RD</sup> ANNIVERSARY OF YAN OI TONG CHONG SOK UN MEDICAL FUND (CANCER AID) CHARITY DINNER

為慶祝Uncle Ray在廣播界貢獻60周年，仁愛堂及香港電台特別製作「金曲迴響獻愛心」籌款晚會。當晚所籌得之善款將撥入基金，以幫助有需要的癌症病人。

To celebrate the 60th anniversary of Uncle Ray's contribution to the broadcasting industry, Yan Oi Tong and Radio Television Hong Kong (RTHK) specially produced a fundraising evening party "All the way with Ray". All donations received would be appropriated to the medical fund for the cancer patients in need.

晚會假香港會議展覽中心舉行，當晚巨星雲集，Uncle Ray的多年好友包括歌神許冠傑、陳潔靈、區瑞強、孫耀威、泳兒、側田、鍾舒漫、陳偉霆、Teddy Robin、Joe Junior、Maria Cordero聚首一堂，為這位「樂壇教父」慶賀，以歌贈慶。節目上，粒粒紅星大唱經典金曲，與在場觀眾一起重溫香港上半世紀的懷舊歌曲，期間Uncle Ray及參與紅星更捐出私人珍藏作慈善拍賣。

The evening party was held at Hong Kong Convention and Exhibition Centre (HKCEC) with many superstars who gathered there in that evening to support the meaningful cause. The long-lasting friends of Uncle Ray, including God of Songs Sam Hui, Elisa Chan, Abert Au, Eric Suen, Vincy Chan, Justin Lo, Sherman Chung, William Chan, Teddy Robin, Joe Junior, Maria Cordero, were altogether to celebrate for this "Godfather of Music" with their songs. During the event, the superstars sang the classical golden oldies and went over the nostalgic songs of Hong Kong in the first half of the prior century with the audience. Uncle Ray and the superstars even donated their personal collections for charity auction during the event.



仁愛堂與香港電台合作製作籌款晚會，為仁愛堂莊舜而醫療基金(治療癌症)籌款。

Yan Oi Tong and Radio Television Hong Kong (RTHK) specially produced fundraising party to raise fund to support Yan Oi Tong Chong Sok Un Medical Fund (cancer aid).



重量級巨星嘉賓獻唱多首金曲支持Uncle Ray，觀眾聽得如痴如醉。  
The superstars sang golden oldies in support of Uncle Ray. The audience was memorized by their performance.





點滴甘露



捐助呼籲  
DONATION APPEAL

# 58 捐助呼籲

## Donation Appeal

### 請加入「仁愛堂莊舜而醫療基金(治療癌症)」月捐計劃 PLEASE JOIN "YOT CHONG SOK UN MEDICAL FUND (CANCER AID)" MONTHLY DONATION

親愛的讀者：

- 本港每年有逾26,000宗癌病新症個案，預計到了2020年，新症個案將有逾30,000宗；
- 以2011年為例，有約13,000人死於癌症，佔總死亡人口約三分之一；
- 平均發病年齡：男性為68歲，女性為62歲；
- 男士在他們有生之年，4位當中就有1人會患上癌症；女性方面，5位中則有1人

這些客觀的數據，驟眼看像一堆冰冷的數字，但每一個數字背後，其實都隱藏著一個生命、一個家庭、一個故事。就像本刊提及過的癌症病人徐寶發和陳培仔的故事，以及遺愛人間的范樹苟先生的善舉，我們彼此可能互不相識，但他們的確確活在社會每一個角落，這些癌症病人或其家人都正在咬緊牙關與癌症作戰到底。

在疾病或死亡面前，生命縱然顯得多麼脆弱，人的努力更顯得徒勞無功，但活著可貴之處，是人與人之間能夠相依相偎，給予別人活下來的勇氣和希望。所以，請不要看少自己的力量。只要您每個月捐助港幣\$100，就可以透過您的愛影響癌症病人的生命，為他們的人生帶來希望，鼓勵他們勇敢地活下去。

現在就讓我們以行動支持「仁愛堂莊舜而醫療基金(治療癌症)」，一同用愛來影響生命！

Dear Readers:

- In Hong Kong, there are over 26,000 new cases of cancer annually and the number of new cases is predicted to exceed 30,000 in 2020;
- Take the year 2011 as an example, approximately 13,000 people died from cancer, accounting for a third of the total number of deaths in the city;
- The average age of onset: 68 years old for males; 62 years old for females;
- During their lifetime, one in four men and one in five women will be diagnosed with cancer.

This data may look like a bunch of cold numbers. Yet, behind each number, there is a life, a family and a story. Just like the stories of cancer patients Tsui Bo Fat and Chan Pui Chai, as well as Mr Fan Shu Kau's charitable acts as mentioned in this booklet. Though we may not be aware, but in reality cancer patients are marking their presence in every corner of our society. These people and their family members are clenching their fists to battle with cancer.

In the face of illness and death, no matter how fragile life may seem and how futile the efforts of mankind may sound, it is the mutual support which upholds the essence of being alive and yields courage and hope for one another to live on. Therefore, do not underestimate your personal efforts. When you donate HK\$100 a month, you can influence the lives of the cancer patients with your love and bring them hopes of life, spurring them to live on courageously.

Now let us take action to support YOT Chong Sok Un Medical Fund (cancer aid). Turn over new "lives" with love!



# 仁愛堂莊舜而醫療基金(治療癌症)捐款表格

## YOT Chong Sok Un Medical Fund (cancer aid) Donation Form

請填妥表格寄回香港屯門啟民徑18號仁愛堂賽馬會社區及體育中心7樓或傳真至2655 7792仁愛堂醫療服務部

Please complete the form and return by post to: Yan Oi Tong Medical Services Department, 7/F, Yan Oi Tong Jockey Club Community & Sports Centre, 18 Kai Man Path, Tuen Mun, Hong Kong or by Fax: 2655 7792

我樂意捐款支持「仁愛堂莊舜而醫療基金(治療癌症)」I would like to make a donation to “YOT Chong Sok Un Medical Fund (cancer aid)”

### 每月捐贈以下款項 MONTHLY DONATION OF FOLLOWING AMOUNT

☐ 港幣 HK\$ \_\_\_\_\_ ☐ 其他金額 Other Amount 港幣 HK\$ \_\_\_\_\_

☐ 單次捐款港幣 ONE-OFF donation of amount 港幣HK\$ \_\_\_\_\_

### 捐款方法 METHOD OF PAYMENT (只適用於每月定期捐款 For monthly donation only)

☐ 信用卡 Credit Card ☐ VISA ☐ Master Card

信用卡號碼 Credit Card A/C No.: \_\_\_\_\_ 有效日期 Expiry Date: \_\_\_\_\_ / \_\_\_\_\_ (MM/YY)

持卡人姓名 Name of Credit Card Holder: \_\_\_\_\_

持卡人簽署 Credit Card Holder's Signature: \_\_\_\_\_

本人授權仁愛堂每月由本人上述之信用卡戶口轉帳指定金額。此授權在本人上述之信用卡有效期過後及獲發新卡後仍繼續生效，直至另行通知為止。  
I hereby authorize Yan Oi Tong to debit the monthly donation from my credit card account. The authorization continues after the expiry date of the credit card and with the issuance of a new card unless notice is given to Yan Oi Tong.

☐ 支票 (抬頭「仁愛堂莊舜而醫療基金(治療癌症)有限公司」劃線支票)  
Cheque (please make cross cheque payable to “YOT Chong Sok Un Medical Fund (cancer aid) Company Limited”)

支票號碼 Cheque No.: \_\_\_\_\_ 銀行 Bank: \_\_\_\_\_

☐ 自動櫃員機或銀行直接存入戶口 (請附上入數存根正本) ATM transfer of Bank-in (please attach original copy of the pay-in slip)

☐ 工銀亞洲 ICBC(Asia) A/C No.: 072-864-502-008898 ☐ 恆生銀行 Hang Seng Bank A/C No.: 024-241-0-414029

### 善長資料 DONOR'S PARTICULARS

捐款人姓名 Name of donor: \_\_\_\_\_ 先生/小姐/女士 Mr/Mrs/ Miss

地址 Address: \_\_\_\_\_

電郵 Email: \_\_\_\_\_ 電話 Tel: \_\_\_\_\_

簽署 Signature: \_\_\_\_\_

☐ 請寄回捐款收據(只適用於港幣100元或以上之捐款，可憑收據申請稅項寬減)  
Please send me on official receipt (available only to each donation amounting HK\$100 or above for tax exemption)

☐ 請於財政年尾(每年3月底)將本人捐款總額收據一張過寄給本人  
Please send me one summarized official receipt for my donation made in the year round (ending March 31st)

☐ 為節省行政開支，本人不需要捐款收據  
In order to save administration costs, I do not need official receipt

### 備註 REMARKS:

1. 閣下向本堂提供的個人資料將保密處理，只限作通訊及簽發捐款收據之用。2. 若閣下不希望繼續收取仁愛堂之信件，請將信封上印有台端姓名及地址的標籤剪下，並寄回本堂醫療服務部辦理。3. 知倘捐款收妥，本基金即會致函答謝。\*有關仁愛堂之其他醫療服務資料，請瀏覽本堂網頁www.yot.org.hk

1. Your personal data provided are used for correspondence and official receipt issue purpose only. 2. If you do not want to further receive mailings from us, please return your address label to Yan Oi Tong Medical Services Department for our follow-up actions. 3. You will receive our letter of thanks once your donation has been collected. \*Please visit our website www.yot.org.hk for more information on Yan Oi Tong's medical services.

PLEASE  
STAMP HERE

請在此  
貼上郵票

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香港屯門啟民徑18號賽馬會社區及體育中心7樓  
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Yan Oi Tong  
7/F Yan Oi Tong Jockey Club Community & Sports Centre  
18 Kai Man Path, Tuen Mun, Hong Kong



仁愛堂莊舜而醫療基金（治療癌症）  
YOT Chong Sok Un Medical Fund (cancer aid)







全因有您





鳴謝  
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# 61 鳴謝

## Acknowledgement

「仁愛堂莊舜而醫療基金(治療癌症)」蒙各政府部門、機構以及善長的支持，謹此致謝。惟支持單位及芳名數目眾多，未能盡錄，唯盼見諒。(由2007年至2012年12月單次捐款額達港幣5,000元以上)

YOT Chong Sok Un Medical Fund (cancer aid) received generous support from Government Departments, organizations and individuals since its set-up. We hereby extend our sincere gratitude especially to the following parties. We apologize for any omission that may appear. (Donors contributing HK\$5,000 or more from March 2007 to December 2012 are listed below)

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AVASTIN ROCHE® has made anti-angiogenic therapy a fundamental pillar of cancer treatment today – over one million patients have been treated with Avastin Roche® so far. Avastin Roche® is continuing to transform cancer care through its proven survival benefit (overall survival and/or progression free survival) across several types of cancer.



HERCEPTIN® has been used to treat almost one million patients with HER2-positive breast and stomach cancer worldwide since 1998. Herceptin® is the first targeted biologic to demonstrate survival benefits in metastatic gastric cancer. MABTHERA® has revolutionized the standard management of patients with NHL and other malignant CD20+ diseases that saves more lives and enables patients to be disease free for longer. Across labeled indications, over 2.1 million patient exposures with MabThera® have been recorded worldwide since launch. TARCEVA® is the first and only EGFR inhibitor to be approved for use in maintenance and second-line treatment in metastatic NSCLC in EU & US. Tarceva® has been used to treat almost one million patients worldwide and is now approved in more than 100 countries. XELODA® is the most widely prescribed therapy in the Roche oncology portfolio; over 1.8 million patients have been treated with Xeloda® worldwide. With the heritage of more than 11 years, Xeloda®'s proven efficacy is available to as many patients as may benefit with advanced or metastatic NSCLC in EU & US. Tarceva® has been used to treat almost one million patients with advanced or metastatic NSCLC in EU & US. Tarceva® has been used to treat almost one million patients with advanced or metastatic NSCLC in EU & US.

**Roche is the world's largest biotech company with truly differentiated medicines in oncology, virology, inflammation, metabolism and CNS. Roche's personalised healthcare strategy in oncology aims at providing medicines and diagnostic tools that enable tangible improvements in the health, quality of life and survival of patients.**

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**For further information:**

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## The First & Only Neurokinin-1 (NK<sub>1</sub>) Receptor Antagonist

Add EMEND to a standard regimen\* for  
Protection from **acute & delayed nausea and  
vomiting** in highly & moderately emetogenic  
chemotherapy patients<sup>1-3</sup>

3 once-daily doses for  
**5 days** of protection

\* Standard regimen includes a corticosteroid & a 5-HT<sub>3</sub> antagonist.

EMEND is contraindicated in patients who are hypersensitive to any component of the product.

#### Selected Safety Information:

- EMEND, in combination with other antiemetic agents, is indicated for the prevention of acute and delayed nausea and vomiting associated with initial and repeat courses of:
  - highly emetogenic cancer chemotherapy, including high-dose cisplatin;
  - moderately emetogenic cancer chemotherapy
- EMEND is given for 3 days as part of a regimen that includes a corticosteroid and a 5-HT<sub>3</sub> antagonist. The recommended dose of EMEND is 125 mg orally 1 hour prior to chemotherapy treatment (Day 1) and 80 mg once daily in the morning on Days 2 and 3. Dexamethasone was administered 30 minutes prior to chemotherapy treatment on Day 1 for both HEC & MEC. For HEC, it was also administered in the morning on Days 2 through 4. The dose of dexamethasone was chosen to account for drug interactions.
- EMEND is contraindicated in patients who are hypersensitive to any component of the product and should not be used concurrently with pimozide, terfenadine, astemizole, or cisapride. Inhibition of cytochrome P450 isoenzyme 3A4 (CYP3A4) by aprepitant could result in elevated plasma concentrations of these drugs, potentially causing serious or life-threatening reactions.
- EMEND should be used with caution in patients receiving concomitant medicinal products that are primarily metabolized through CYP3A4. Inhibition of CYP3A4 by aprepitant could result in elevated plasma concentrations of these concomitant medicinal products. For this reason, the usual oral dexamethasone doses should be reduced by approximately 50% when coadministered with EMEND. Coadministration of EMEND with warfarin may result in a clinically significant decrease in International Normalized Ratio (INR) of prothrombin time. The efficacy of hormonal contraceptives during and for 28 days after administration of EMEND may be reduced. Alternative or back-up methods of contraception should be used during treatment with EMEND and for 1 month following the last dose of EMEND.
- In studies with HEC, the most common drug-related adverse experiences were: hiccups (4.6%), asthenia/fatigue (2.9%), ALT increased (2.8%), constipation (2.2%), headache (2.2%), and anorexia (2.0%). In studies with MEC, the most common drug-related adverse experience was fatigue (2.5%).

**Before prescribing EMEND, please consult the full prescribing information.**

**References:** 1. Hong Kong Product Circular (Emend, MSD). 2. Warr DG, Grunberg SM, Gralla RJ, et al. The oral NK<sub>1</sub> antagonist aprepitant for the prevention of acute and delayed chemotherapy-induced nausea and vomiting: pooled data from 2 randomized, double-blind, placebo controlled trials. *Eur J Cancer*. 2005;41:1278-1285. 3. Warr DG, Hesketh PJ, Gralla RJ, et al. Efficacy and tolerability of aprepitant for the prevention of chemotherapy-induced nausea and vomiting in patients with breast cancer after moderately emetogenic chemotherapy. *J Clin Oncol*. 2005; 23:2822-2830.



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