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THE HONG KONG
POLYTECHNIC UNIVERSITY
香港理工大學

Research Centre for
Chinese Medicine Innovation
中醫藥創新研究中心



P&M Academy for
Hereditary Research
香港理工大學高等研究院

HKPDU
香港藥劑師學會

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Promoting Integrative Traditional Chinese and
Western Medicine for Breast Cancer Treatment Symposium

推動中西醫結合治療 - 乳癌交流研討會

29/03/2026



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序

Preface

在乳癌發病率持續上升的今天，如何提升療效、減輕治療副作用、改善患者生活品質，已成為醫學界共同面對的重大課題。

現代西醫在乳癌的早期篩檢、手術精準切除、化療、放射治療、內分泌治療及靶向免疫治療等方面，已建立起相當成熟且具實證基礎的治療體系，大幅提高患者的存活率。然而，治療過程中常伴隨的疲乏、噁心嘔吐、骨髓抑制、免疫低下、手臂淋巴水腫、情緒低落等問題，仍嚴重影響病友的身心健康與治療依從性。

中醫藥以整體觀、辨證論治為核心，擅長調和陰陽、扶正固本、活血化瘀等，在乳癌的治療期間以及康復過程，展現出獨特的輔助優勢。近年越來越多高質量臨床研究顯示，中西醫結合治療不僅能有效減輕西醫治療的不良反應、提升免疫功能、改善生活品質，更有可能在控制腫瘤進展、降低復發風險方面發揮協同作用。

本次「推動中西醫結合治療——乳癌交流研討會」正是基於這樣的背景而召開。我們誠摯邀請中西醫各領域的專家學者、護理人員、藥劑師、營養師及關心乳癌治療的各界人士齊聚一堂，分享最新臨床實證、交流寶貴經驗、探討未來發展方向。希望透過開放、務實的對話，共同推動中西醫優勢互補、深度融合的治療模式，為乳癌患者帶來更全面、更人性化、更具希望的醫療照護。

讓我們攜手努力，讓科學與傳統智慧交融，為每一位乳癌病友點亮更明亮的康復之路。

In an era when the incidence of breast cancer continues to rise globally, how to enhance treatment efficacy, alleviate treatment side effects, and improve patients' quality of life has become a major challenge confronting the medical community.

Modern Western medicine has established a highly mature and evidence-based treatment system for breast cancer, encompassing early screening, precise surgical resection, chemotherapy, radiotherapy, endocrine therapy, and targeted immunotherapy, which have significantly increased patients' survival rates. However, issues commonly accompanying treatment—such as fatigue, nausea and vomiting, myelosuppression, immune suppression, arm lymphedema, and emotional depression—continue to severely affect patients' physical and mental health as well as their treatment adherence.

Traditional Chinese medicine (TCM), with its core principles of holistic perspective and syndrome differentiation and treatment, excels at harmonizing yin and yang, strengthening vital qi and consolidating the foundation, promoting blood circulation to remove stasis, and other approaches. It demonstrates unique complementary advantages during the treatment period and rehabilitation process of breast cancer. In recent years, an increasing number of high-quality clinical studies have shown that integrative Chinese and Western medicine treatment not only effectively reduces adverse reactions from Western treatments, enhances immune function, and improves quality of life, but also holds potential for synergistic effects in controlling tumor progression and lowering the risk of recurrence.

The "Promoting Integrative Traditional Chinese and Western Medicine for Breast Cancer Treatment Symposium" is convened precisely against this background. We sincerely invite experts and scholars from various fields of Chinese and Western medicine, nursing staff, pharmacists, nutritionists, and individuals from all sectors concerned with breast cancer treatment to gather together, share the latest clinical evidence, exchange valuable experiences, and explore future development directions. We hope that through open and pragmatic dialogue, we can jointly promote a treatment model that complements and deeply integrates the strengths of Chinese and Western medicine, bringing more comprehensive, humane, and hopeful medical care to breast cancer patients.

Let us join hands and work together to blend science with traditional wisdom, illuminating a brighter path to recovery for every breast cancer patient.

研討會流程

Rundown

時間 Time	內容 Content
09:30-10:00	登記 Registration
10:00-10:20	開幕禮 Opening Ceremony
10:20-11:00	中調乳順—中西醫攜手戰勝乳腺癌大小事 Optimizing Breast Health: Integrative Chinese and Western Medicine in Breast Cancer Management 黃韻婷博士 (註冊中醫師) PhD Wendy WONG, Registered Chinese Medicine Practitioner
11:00-11:40	腫瘤科醫生在乳癌治療其間同時使用化療及傳統中醫之考量 Considerations for Concurrent Use of Traditional Chinese Medicine and Chemotherapy in Breast Cancer Management- An Oncologist Perspective 黃麗珊醫生 (臨床腫瘤科專科醫生) Dr. Cindy WONG, Specialist in Clinical Oncology
11:40-12:20	非藥物干預措施緩解乳癌患者症狀負擔 Non-pharmacological Interventions to Relieve Symptom Burden in Breast Cancer Patients 竹村奈緒美教授 (香港理工大學 護理學院助理教授) Prof. Naomi TAKEMURA, Assistant Professor, School of Nursing, The Hong Kong Polytechnic University
12:20-12:50	專題討論環節 (一) Panel Discussion 1 討論嘉賓：早上研討會分享嘉賓 及 陳施媛醫生 (放射科專科醫生) 主持人：陳婉晴醫生 及 李天嵐醫師 Panelists : Three keynote speakers of the morning session & Dr. Winnie CHAN, Specialist in Radiology Moderator: Dr Cheryl CHAN & CMP Tina LEE
12:50-13:50	午膳 Lunch
13:50-14:00	乳癌病人分享 – 中西醫配合治療乳癌經歷 Breast Cancer Patient Sharing – Experience of Treating Breast Cancer with Integrated Chinese and Western Medicine
14:00-14:40	不同階段乳癌患者的中醫治療病例分享 Case Sharing of Traditional Chinese Medicine (TCM) Treatment for Breast Cancer Patients at Different Stages 胡卡博士 (註冊中醫師) PhD Kalina WU, Registered Chinese Medicine Practitioner
14:40-15:20	乳癌外科治療新視野：基層醫生與整合醫學實務指南 Breast Cancer Surgery in Modern Practice: A Guide for Primary Care and Integrative Medicine 黎逸玲醫生 (外科專科醫生) Dr. Emily LAI, Specialist in General Surgery
15:20-16:00	營養師在乳癌多模式營養治療中的關鍵角色 The Role of Dietitians in Multimodal Nutrition Care for Breast Cancer Patients 潘仕寶 (英國註冊營養師·澳洲營養師協會認可執業營養師) Sally POON, Registered Dietitian (UK) Accredited Practising Dietitian (Australia)
16:00-16:30	專題討論環節 (二) Panel Discussion 2 討論嘉賓：下午研討會分享嘉賓 主持人：陳婉晴醫生 及 岑翠瑜醫生 Panelists : Three keynote speakers of the afternoon session Moderator: Dr Cheryl CHAN & Dr Tracy SHUM
16:30-16:45	閉幕致辭 Closing Remark
16:45-17:15	交流時間 Networking Session

機構簡介

Introduction of Organizations

癌症資訊網慈善基金

Cancerinformation.com.hk Charity Foundation



由一群熱愛生命的癌症患者及康復者攜手組成的互助網絡平台，多年來致力為大眾提供正確、專業及適時的癌症資訊，並以正面態度與癌症患者及其家屬分享、交流、同行，鼓勵他們以積極態度面對抗癌之路，並透過座談會、工作坊和小組關顧等團結同路人、交流信息、互相扶持，發揮互助互勉的精神。

隨著醫療日益進步，癌症可以說是由不治之症演變成慢性疾病。但同時衍生出另一問題，醫療支出日益上升，社區上的癌症服務需求亦變得甚為迫切；有見及此，癌症資訊網成立「癌症資訊網慈善基金」，主要為有需要的病人提供藥物或生活援助，並致力在病人漫長的醫治期間提供全面及合適的支援。本基金的服務發展及日常運作經費主要由「癌症資訊網」撥款支持，惟持續服務的需求甚殷，公眾的捐助對本基金至為重要。

A mutual support network platform formed by a group of cancer patients and survivors who deeply cherish life. For many years, it has been dedicated to providing the public with accurate, professional, and timely cancer information. With a positive attitude, it shares, exchanges, and walks alongside cancer patients and their families, encouraging them to face their cancer journey with an active mindset.

Through talks, workshops, and small support groups, it brings together fellow patients, facilitates information exchange, and offers mutual support, embodying the spirit of helping and encouraging one another.

As medical treatment continues to advance, cancer has evolved from an incurable disease into a chronic condition. However, this progress has also given rise to another issue: steadily increasing medical expenses and a growing urgent demand for cancer-related community services.

In response to this, Cancer Information Limited (CI) established the Cancerinformation.com.hk Charity Foundation (CICF), which primarily provides medication assistance or living support to patients in need, and is committed to offering comprehensive and appropriate support throughout the long course of their treatment.

The development of the CICF's services and its daily operating expenses are mainly supported by funding from CI. However, the demand for sustained services remains very high, making public donations extremely important to the CICF.

 <https://cicf.org.hk>

 3598 2157

協辦機構 (排名不分先後)

Co-Organizers (In no particular order)

新華中醫中藥促進會

Sin-Hua Herbalists' and Herb Dealers' Promotion Society Limited



香港新華中醫中藥促進會於 1976 年 5 月 18 日，在新華社以及以義堂商會等中醫藥社團關心支持下，正式在香港註冊成立。組織大綱之宗旨如下：

- (一) 推進、提高、調查及研究一切有關中醫中藥的學問，技術及其在醫學上之應用。
- (二) 組織、舉辦中醫研究班、學院、展覽及講座。
- (三) 聯絡香港之中醫藥同業，以及世界各地和國內的中醫學術團體，促進中醫學術知識、經驗等得以交流提高。

1976 年立會以後，堅持愛國、愛港，以及經常進行港穗兩地，或與其他地區的中醫藥學術交流，多次舉辦大型中草藥展覽、與國內大學合辦專業課程，開辦中醫臨床專科班，推動及提高香港中醫專業地位。

 <https://www.sin-hua.org>

The Sin-Hua Herbalists' and Herb Dealers' Promotion Society was officially registered and established in Hong Kong on May 18, 1976, with the care and support of Xinhua News Agency and Hong Kong Yee Yee Tong Chinese Medicine Merchants Association Limited. The objectives outlined in its constitution are as follows:

1. To promote, enhance, investigate, and research all knowledge and techniques related to Chinese medicine and Chinese herbal medicine, as well as their medical applications.
2. To organize and conduct academies, seminar, exhibitions, workshops, training classes and lectures on Chinese medicine.
3. To connect Chinese medicine practitioners in Hong Kong with academic organizations in Chinese medicine both domestically and worldwide, in order to promote the exchange and advancement of academic knowledge and experience in Chinese medicine.

Since its establishment in 1976, the Association has upheld the principles of cultural patriotism and love for Hong Kong. It has regularly conducted academic exchanges between Hong Kong and Guangzhou, as well as with other regions. It has organized numerous large-scale Chinese herbal medicine exhibitions, jointly run professional programs with universities in mainland China, established clinical specialty training courses in Chinese medicine, and worked to promote and enhance the professional status of Chinese medicine practitioners in Hong Kong.

香港理工大學

The Hong Kong Polytechnic University



香港理工大學（理大）擁有逾 85 年悠久歷史，與本港的社會及經濟發展息息相關，積極回應時代的需要，為香港、國家和世界的進步作出舉足輕重的貢獻。理大秉承「開物成務 勵學利民」的校訓精神，矢志成為一所創新型世界級大學，在人才培育、科學研究和知識轉移方面追求卓越，致力培育擁有家國情懷、具備全球視野和勇於承擔社會責任的專業人才及社會領袖；同時致力於世界領先的研究及創新，以貢獻社會。理大的精益求精、力求創新及卓越成就，深得國際廣泛認可，並穩居全球百強學府之列，充分彰顯其在高等教育及前沿科研領域的全球領導地位。

With over 85 years of rich heritage, The Hong Kong Polytechnic University (PolyU) has evolved alongside Hong Kong, making pivotal contributions to its social and economic development, as well as to the Nation and the world. PolyU aspires to be an innovative world-class university that pursues excellence in education, research and knowledge transfer. Guided by its motto, "To learn and to apply, for the benefit of mankind", the University nurtures socially responsible professionals and leaders with a strong sense of national pride and a global perspective, while driving world-leading research and innovation for societal benefits. PolyU's unwavering commitment to excellence, impact, and innovation has earned it widespread international recognition. The University consistently ranks among the world's top 100 universities, a testament to its status as a global leader in higher education and cutting-edge research.

 <https://www.polyu.edu.hk/tc/>

香港理工大學護理學院

The School of Nursing at The Hong Kong Polytechnic University

香港理工大學護理學院以「創新護理，惠澤全人」為院訓。本院的學者及臨床專家致力運用不同的專長，發展有實用價值的醫護新知，務求在國家及國際層面推動護理學術發展，並回應社群需要，貢獻社會。本院提倡教師與學生夥伴合作建立學習社群，以提升學習果效，實踐高質素護理。

The School of Nursing at The Hong Kong Polytechnic University is a diverse community of scholars and clinicians with a common goal: to pursue academic excellence of practical value in nursing and healthcare services.

We are proud of our staff members, who are making significant contributions to the needs of our local community and dedicating their knowledge and expertise to facilitating the development of nursing scholarship nationally and internationally. In partnership with our students, we are co-constructing a learning community that nurtures an appreciation for high standards and the pursuit of excellence in nursing practice.

 https://www.polyu.edu.hk/sn/?sc_lang=tc

香港理工大學高等研究院

PolyU Academy for Interdisciplinary Research



PolyU Academy for
Interdisciplinary Research
香港理工大學高等研究院

當今世界正面臨著氣候變化、食品安全、人口老化、新型冠狀病毒、能源短缺、可持續發展與增長等前所未有的挑戰，這些重大問題根本無法通過傳統的大學學科研究來解決，而是需要透過新的發明和竅門，並且通過交叉學科多元團隊的共同努力才能完成。與此同時，以人工智能（AI）、數據科學、物聯網（IoT）和機械人技術等新興技術為特徵的第四次工業革命，正在改變我們的生活和工作方式，並帶來挑戰和機會。

The world today is facing unprecedented challenges arising from climate change, food safety, ageing population, COVID-19, energy shortage, and sustainable development and growth, etc. Those grand problems that universities are poised to tackle cannot be solved with traditional discipline-specific research. The solutions needed are new discoveries and keys that require game-changing research accomplished by a diverse team effort with a convergence of disciplines. At the same time, the Fourth Industrial Revolution, which is characterised by emerging technologies such as Artificial Intelligence (AI), data science, Internet of Things (IoT), and robotics, is changing the way we live and work, presenting both challenges and opportunities.

作為一所非常重視社會影響的大學，香港理工大學深受啟發，通過推進具影響力的交叉學科研究和鼓勵創新來解決充滿挑戰的難題。交叉學科研究作為一種探索模式，可以成為人類最富有成效和最鼓舞人心的方法之一，以解決社會面臨的深層問題，並可以創造可持續的環境和更健康、更繁榮的生活。通過交叉學科研究開發的新發明、技術和改革，可以激發年輕人的思維，並更深入地了解我們的空間和時間。

As a university with a strong emphasis on societal impact, The Hong Kong Polytechnic University (PolyU) is inspired, more than ever, to address the ever-challenging problems in the world through advancing impactful interdisciplinary research and encouraging innovations. Interdisciplinary research as a mode of discovery can be one of the most productive and inspiring of human pursuits to produce solutions to the profound issues the society is facing and can create a sustainable environment and healthier and more prosperous lives. The new discoveries, technologies, and innovations developed through interdisciplinary research can inspire young minds and have a deeper understanding of our place in space and time.

理大的教職員、研究人員和研究生，通過基礎和應用交叉學科研究，擴展知識和解決具有挑戰性的問題，這些研究不僅融合了科學、技術、工程和數學學科，還融合了商業、設計、社會科學、人文學、及管理學。

香港理工大學高等研究院 (PAIR) 是促進交叉學科研究、知識轉移、激發交叉學科創新以及與世界頂級科研機構合作的樞紐。我們期望透過理大的研究實力和世界級學者的優勢，為社會問題提供有影響力的解決方法。

The faculty members, researchers, and graduate students at PolyU are expanding knowledge and solving challenging problems through basic and applied interdisciplinary research, which integrates disciplines not only from science, technology, engineering, and mathematics, but also from business, design, social science, humanities, and management.

The PolyU Academy for Interdisciplinary Research (PAIR) is a hub to facilitate interdisciplinary research, transfer technologies to stakeholders, inspire innovations across disciplines, and collaborate with top institutions in the world. The effort is to develop impactful solutions for the greater good of society, harnessing the strengths of PolyU's research capability and world-class scholars.

 https://www.polyu.edu.hk/pair/?sc_lang=tc

中醫藥創新研究中心

Research Centre for Chinese Medicine Innovation



香港理工大學中醫藥創新研究中心 (RCMI) 於 2021 年 10 月成立，作為校級科研平臺，旨在推動具有深遠影響力的跨學科研究。目前，RCMI 的三大主要研究方向包括：肌肉骨骼健康、代謝健康，以及神經與心理健康。RCMI 現有來自八個學系、超過五十位具備跨學科專長的教職員，旨在開展高影響力的研究，為闡釋傳統中醫理論提供科學依據，促進研究界、醫學界及公眾對中醫的深入理解。中心致力於推動跨學科及轉化研究，基於中醫實踐開發創新藥物、新治療方案及專案，並應用於臨床或社區。此外，我們還為中醫藥品質控制、中藥研發及開發、提升身體健康的治療方案等領域的不同利益相關者提供諮詢服務。中心整體上為中醫藥創新在臨床實踐及相關政策的推廣提供支持與引領，促進中醫藥的安全使用及良好實踐。

中心的願景是成為中醫藥研究與應用領域的領先機構，致力於提升全民健康與福祉。中心在將中醫藥創新成果轉化為臨床實踐及相關政策方面發揮領導和支持作用，推動中醫藥的安全及有效應用。

Research Centre for Chinese Medicine Innovation (RCMI) was established in October 2021 as a university-level platform to facilitate impactful interdisciplinary research at The Hong Kong Polytechnic University. At present, RCMI has three main research directions: namely Musculoskeletal Health, Metabolic Health, Neurological and Mental Health.

With over 50 faculty members from 8 departments with interdisciplinary expertise, RCMI aims to conduct high impact research to provide scientific evidence to elucidate traditional Chinese Medicine (TCM) theory for better understanding by the research community, medical community and the general public. RCMI is committed to foster inter-disciplinary and translational research for developing novel drugs, new treatment protocol and program based on TCM practices for application in the clinical setting or community. We will also provide consultancy services to different stakeholders in TCM quality control, TCM-based drug discovery and development, as well as treatment protocol for enhancing physical wellness for the benefit of the community. Collectively, our center provides support and leadership in bringing Chinese medicine innovations into clinical practice and relevant policy to promote safer use and good practice of Chinese medicine.

Our vision is to become a leading institute in the research and application of Chinese Medicine treatments and practices, dedicated to improving health and well-being for all. Our centre provides leadership and support in translating Chinese medicine innovations into clinical practice and policy, promoting the safe and effective use of Chinese medicine.

 <https://www.polyu.edu.hk/rcmi>

香港執業營養師工會 Hong Kong Practising Dietitians Union



香港執業營養師工會（HKPDU）是一個註冊工會，代表香港的執業營養師。我們的目標是透過提供有關工作場所相關事宜的指導，支持會員在其專業生涯中。如果會員遇到挑戰，例如重組、裁員、紀律事宜、與疾病相關的問題、不滿、工時擔憂、歧視或其他工作場所糾紛，HKPDU 可提供一般支持和資訊，幫助會員了解可用的選項。

The Hong Kong Practising Dietitians Union (HKPDU) is a registered trade union representing practising dietitians in Hong Kong. Our aim is to support members throughout their professional careers by providing guidance on workplace-related matters. Where members experience challenges such as restructuring, redundancy, disciplinary matters, sickness-related issues, grievances, workload concerns, discrimination, or other workplace disputes, HKPDU may offer general support and information to help members understand available options.

 <https://hkpdu.org>

支持機構 (排名不分先後) Supporting Organizations (In no particular order)

香港家庭醫學學院 The Hong Kong College of Family Physicians



香港家庭醫學學院的前身是香港全科醫學學院，是由一群熱心的全科醫生在一九七七年所成立，目的是推動香港的家庭醫學發展，這些年來，本院不但協助兩間大學醫學院開設家庭醫學部，把家庭醫學寫進醫學課程內，亦為香港醫學專科學院的成立盡了一分力，成為該院的十五間創院學院之一。

目前，本學院主要有下列各項工作：每年舉辦各式各樣的學術活動，使在不同崗位服務的全科醫生都能繼續學習，以增進專業知識。

監察本學院認可的家庭醫學培訓中心的服務質素，使在接受培訓的家庭醫生能獲得適當的指導。

定期與澳洲皇家全科醫學學院合辦專科考試，通過考試的醫生可獲得該學院及本學院兩個學院的院士資格。

The Hong Kong College of General Practitioners, first established in 1977 by a group of dedicated general practitioners, had grown and matured during the following twenty years. It helped the two universities in Hong Kong to set up Family Medicine Units so that Family Medicine could be included in the Medical Curriculum as a distinct discipline. When the Hong Kong Academy of Medicine was established in 1993, the College was one of its fifteen Foundation colleges. The College was renamed the Hong Kong College of Family Physicians in 1997.

The College performs the following activities: -

Arranges a large number and variety of educational activities, meeting the needs of members working in different sectors.

Ensures that trainees are properly supervised and training centres are up to standard in order to produce well-trained and well-qualified family physicians.

Conducts yearly Conjoint Fellowship Examination with the Royal Australian College of General Practitioners leading to Fellowship degrees of both Colleges.

審核香港醫學專科學院的院士資格申請。
定期出版學會季刊。季刊內容包括家庭醫學論文和研究報告等，使會員可交流心得。

鼓勵家庭醫生參與各項與家庭醫學有關的研究工作。

本學院亦有主辦或協辦一些醫療常識展覽，及透過演講或大眾傳媒的訪問，向市民推行健康教育。

每年派代表團到世界各地交流經驗，並在學術研究工作上與其他國家或團體合作。

The College also assesses and recommends candidates for admission to the Fellowship of the Hong Kong Academy of Medicine.

Publishes the College quarterly journal, the Hong Kong Practitioner, contents of which include update articles and original research relevant to family medicine in Hong Kong.

Encourages research in family medicine.

Arranges for members to provide education to the public via health talks, interviews with mass media, and coordinate campaigns and exhibitions on important health issues.

Maintains close relationship with family physicians worldwide by sending delegates to attend and present papers at international conferences, and collaborating with overseas centres to conduct research projects.

 www.hkcfp.org.hk

香港醫院藥劑師學會

The Society of Hospital Pharmacists of Hong Kong



香港醫院藥劑師學會 (SHPHK) 於 1987 年由一群在香港醫院工作的熱心藥劑師創立。本會在為香港市民提供藥劑服務方面擔當領導角色，旨在提供準確及最新的藥物資訊，推廣正確用藥，以促進公眾的健康。

The Society of Hospital Pharmacists of Hong Kong (SHPHK) was founded in 1987 by a group of hospital pharmacists in Hong Kong. Playing a leadership role in the provision of Pharmaceutical Care to Hong Kong people, we aim to provide accurate and up-to-date drug information on the proper use of drugs for achievement of better health for the public.

 <https://www.shphk.org.hk>

活動司儀、專題討論主持及嘉賓介紹 (排名不分先後)

Biographies of Event Emcee, Panel Discussion Moderators & Invited Panelist

(In no particular order)

活動司儀及專題討論主持 Event Emcee and Panel Discussion Moderator



陳婉晴醫生 Dr Cheryl CHAN

香港中文大學醫院顧問醫生
家庭醫學專科醫生
香港中文大學醫學院賽馬會公共衛生及基層醫療學院名譽臨床助理教授
香港大學內外全科醫學士
卡迪夫大學實用皮膚學碩士
卡迪夫大學實用皮膚科深造文憑
香港中文大學內科醫學文憑
澳洲皇家全科醫學院院士
香港家庭醫學學院院士
香港醫學專科學院院士 (家庭醫學)

CUHKMC Consultant
Specialist in Family Medicine
Clinical Assistant Professor (honorary), The Jockey Club School of Public Health and Primary Care, Faculty of Medicine, CUHK
MB BS (HK), MScPD (Cardiff), PgDipPD (Cardiff), Dip Med (CUHK), FRACGP, FHKCFP, FHKAM (Family Medicine)

專題討論主持 Panel Discussion Moderator



李天嵐醫師 CMP Tina LEE

註冊中醫師
香港中文大學中醫學學士
香港大學社會科學碩士 (行為健康)
香港大學專業進修學院中醫學深造證書 (腫瘤學)
香港中文大學中醫癌症治療專業文憑
香港大學社區精神醫學證書

Registered Chinese Medicine Practitioner
Bachelor of Chinese Medicine, CUHK
Master of Social Sciences (Behavioral Health), HKU
Postgraduate Certificate in Chinese Medicine (Oncology), HKU School of Professional and Continuing Education
Professional Diploma in Chinese Medicine for Cancer Treatment, CUHK
Certificate in Community Psychiatry, HKU



岑翠瑜醫生 Dr Tracy SHUM

臨床腫瘤科顧問醫生
香港大學李嘉誠醫學院名譽臨床副教授
香港中文大學醫學院名譽臨床副教授
瑪嘉烈醫院腫瘤科名譽顧問醫生

Consultant in Clinical Oncology
Honorary Consultant, Department of Oncology, Princess Margaret Hospital
Clinical Associate Professor (Honorary), Faculty of Medicine, CUHK
Honorary Clinical Associate Professor, Li Ka Shing Faculty of Medicine, HKU

專題討論嘉賓 Invited Panelist



陳施媛醫生 Dr CHAN Sze Wun, Winnie

放射科專科醫生
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英國皇家放射科醫學院院士
香港放射科醫學院院士
香港醫學專科學院院士 (放射科)
新加坡國立大學診斷放射醫學醫學碩士
香港中文大學流行病學與生物統計學理學碩士

Specialist in Radiology
Bachelor of Medicine and Bachelor of Surgery, CUHK
Fellow of the Royal College of Radiologists (UK)
Fellow of the Hong Kong College of Radiologists
Fellow of the Hong Kong Academy of Medicine (Radiology)
Master of Medicine in Diagnostic Radiology, National University of Singapore
Master of Science in Epidemiology and Biostatistics, CUHK

講者簡介及摘要 (根據活動演講次序排列)

Biographies of Invited Speakers and Abstracts (Arrange in the order of the event's speeches)

中調乳順—中西醫攜手戰勝乳腺癌大小事

Optimizing Breast Health: Integrative Chinese and Western Medicine in Breast Cancer Management



黃韻婷博士 (註冊中醫師)

PhD Wendy WONG, Adjunct Associate Professor, CUHK SPHPC

香港註冊中醫師

中文大學賽馬會公共衛生及基層醫療學院及中西醫結合醫學研究所客座副教授

溢晞醫務中心醫務總監

希愈腫瘤中心客席註冊中醫顧問

北京中醫藥大學國家中醫體質治未病研究榮譽教授

陳炳忠教授中醫腫瘤學傳承工作室弟子

全球華人乳癌組織聯盟顧問

Hong Kong Registered Chinese Medicine Practitioner

Adjunct Associate Professor, Jockey Club School of Public Health and Primary Care, and Institute of Integrative Medicine, The Chinese University of Hong Kong

Medical Director, Yat Hei Medical Centre

Visiting Consultant of Registered Chinese Medicine Practitioner, Heal Oncology Centre

Honorary Professor, National TCM Constitution and Preventive Treatment Research of Beijing University of Chinese Medicine

Disciple of Professor Chan Ping Chung's Traditional Chinese Medicine Oncology Inheritance Studio Consultant, Global Chinese Breast Cancer Organizations Alliance

是次講座秉承循證醫學及中西醫結合的理念，旨在以臨床實證探討中醫藥在乳腺癌整合治療中的角色與價值。隨著乳腺癌治療藥物與免疫治療迅速發展，中醫在輔助治療、緩解副作用及提升生活質素方面的重要性愈益突顯。講者黃韻婷博士（香港註冊中醫師）將結合過去多年臨床經驗，及參考 2023 年中國多部中西醫結合診療指南，包括《乳腺癌中西醫結合診療指南》及《乳腺癌術後內分泌治療期中醫結合指南》等，闡述中醫辨證論治於不同乳腺癌分型中的應用及研究進展。

講座將探討中藥治療的安全性與臨床實證，包括中藥輔助標靶、化放療、免疫及內分泌治療之協同效應。同時，強調中醫治療需與現代醫學數據結合，推動專科中醫培訓及跨專業臨床合作。

隨著將軍澳中醫醫院的啟用，本講座期望展示中醫腫瘤學在香港及粵港澳大灣區發展的新里程，為臨床研究與實踐提供科學依據，推動中西醫協作，實現以患者為本的整合醫療與健康管理。

This lecture is conducted in alignment with the principles of evidence-based medicine and integrative Chinese and Western medicine. It is intended to explore clinical evidence regarding the role and value of Chinese medicine in the integrative treatment of breast cancer in Hong Kong population. With the rapid development of novel systemic therapies and immunotherapy, the importance of Chinese medicine in adjuvant treatment, mitigation of adverse effects, and enhancement of quality of life has been increasingly recognized. Extensive clinical experience accumulated by Dr. Wendy Wong, a registered Chinese Medicine practitioner in Hong Kong, will be presented alongside references to several national guidelines on integrative oncology issued in China in 2023, including the Guideline for Integrative Chinese and Western Medicine in the Treatment of Breast Cancer and the Guideline for Integrative Chinese and Western Medicine during Postoperative Endocrine Therapy for Breast Cancer. The application of syndrome differentiation and treatment in various subtypes of breast cancer, as well as recent research progress, will be elaborated.

The safety and clinical evidence of Chinese herbal medicine will be discussed, with particular attention given to its potential synergistic effects with targeted therapy, chemotherapy, radiotherapy, immunotherapy, and endocrine therapy. The integration of Chinese medicine with modern biomedical data will be emphasized, along with the need for specialist training in Chinese oncology and interprofessional clinical collaboration.

With the establishment of the Chinese Medicine Hospital, a new milestone in the development of Chinese oncology in Hong Kong and the Guangdong-Hong Kong-Macao Greater Bay Area is anticipated. It is hoped that this lecture will provide scientific support for clinical research and practice, strengthen integrative collaboration between Chinese and Western medicine, and contribute to the advancement of patient-centered holistic healthcare and management.

腫瘤科醫生在乳癌治療其間同時使用化療及傳統中醫之考量

Considerations for Concurrent Use of Traditional Chinese Medicine and Chemotherapy in Breast Cancer Management: An Oncologist's Perspective



黃麗珊醫生 (臨床腫瘤科專科醫生)

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隨着愈來愈多乳癌患者在接受化學治療期間同時使用中藥或保健產品，如何在保障安全的前提下，兼顧病人的期望及個人選擇，已成為臨床腫瘤科的重要課題。本講題將從腫瘤科醫生角度，探討在乳癌治療過程中同步使用中藥時需要考慮的臨床因素，包括：腫瘤分類及治療目標、化療及標靶治療常見的肝腎毒性機制，以及在此基礎上再加入中藥時，可能出現的藥物-藥物及藥物-草藥互動風險。內容將概述文獻中常被應用於改善疲勞、提升免疫力或減輕副作用的方劑與成藥，並整理其現有循證數據及局限。另一重點為肝功能及腎功能異常的臨床處理流程，包括鑑別化療本身毒性、腫瘤進展、感染、代謝性疾病及中藥相關毒性的步驟，並建議在繁忙門診環境下可行的監測與溝通模式。最後，將提出中西醫協作的初步框架，例如共同訂立風險分層、建立用藥紀錄及責任共擔同意書，期望在保障病人安全的前提下，為乳癌患者提供更整合及個人化的治療選擇。

The concurrent use of Traditional Chinese Medicine (TCM) and chemotherapy is increasingly common among breast cancer patients, yet oncologists often face practical and safety concerns when managing such requests in daily practice. This presentation, from a clinical oncologist's perspective, discusses key considerations when TCM is used alongside active anti cancer treatment. Core topics include tumor subtype and intent of therapy, general mechanisms of hepatotoxicity and nephrotoxicity associated with chemotherapy, targeted agents and endocrine therapy, and how the addition of herbal medicines may further modify liver and renal risk. The talk summarizes current evidence on commonly used TCM formulae and proprietary preparations for cancer related fatigue, immune modulation, symptom relief and adjuvant anti tumor effects, highlighting both potential benefits and important limitations of the available data. Particular emphasis is placed on a pragmatic clinical approach to deranged liver and renal function tests in breast cancer patients who are receiving both chemotherapy and herbs, including differential diagnosis between treatment toxicity, disease progression, co morbid conditions and herb related injury. Practical monitoring strategies and communication tips for busy oncology clinics will be discussed. Finally, a preliminary framework for collaboration between Western medicine doctors and Chinese medicine practitioners is proposed, covering shared responsibility consent, structured documentation of drugs and herbs, and phased restriction of herb types and doses, with the overarching goal of maintaining patient safety while respecting patients' cultural preferences and desire for integrative, individualized cancer care.

非藥物干預措施緩解乳癌患者症狀負擔

Non-pharmacological interventions to relieve symptom burden in breast cancer patients



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乳癌是香港第二大常見癌症，亦是女性最常見的癌症。隨著醫療技術進步，患者存活率逐步提升，五年存活率達 86.0%。然而存活期延長伴隨持續性症狀負擔——包括疲勞、疼痛、焦慮、抑鬱、認知障礙及生活質素下降——此類症狀未能完全經藥物治療緩解。本演講綜述近期實證，探討以身體活動、心理社會及正念為基礎之干預措施緩解症狀負擔的成效，並提出於香港實施的建議。

隨機對照試驗與觀察性研究一致表明，中強度帶氧運動可顯著減輕癌症相關疲勞、改善心肺功能，並提升治療期間至存活期之生活質素。太極作為低強度運動，能改善睡眠質素、情緒及平衡力，具高接受度與低不良事件率，適用於運動耐受性受限或骨骼肌肉問題患者。正念瑜伽整合體位法、呼吸法及鬆弛訓練，有效緩解疲勞、焦慮、睡眠障礙及肌肉骨骼不適，其小班教學與文化適應性指導可提升參與度及安全性。關鍵在於，當計劃能根據功能狀態個體化調整、由專業監督起始訓練，並支持患者逐步過渡至規律居家練習時，方能優化干預效益。

心理社會干預（如數位繪畫平台）針對情緒困擾與社交孤立，能持續減輕焦慮及抑鬱症狀，同時促進自我表達與社會連結。數位平台於積極治療期與免疫抑制階段擴展服務可及性，透過引導式課程及同儕互動維持參與度。結構化正念冥想課程則可降低壓力、反芻思維及失眠。跨干預模式共通點在於不良事件罕見，且當措施符合患者偏好、文化背景與現實條件時，依從性顯著提升。

Breast cancer is the second most common cancer diagnosis in Hong Kong and the most common in women. With the advancement of medical technology, the survival rate of breast cancer patients has gradually increased, with 5-year survival rate being 86.0%. As survivorship grows, many patients experience persistent symptom burden—fatigue, pain, anxiety, depression, cognitive impairment, and reduced quality of life—that is not fully alleviated by pharmacological approach. This presentation synthesizes recent evidence on non-pharmacological interventions to relieve symptom burden, focusing on physical activity, psychosocial, and mindfulness-based interventions, with implications for implementation in Hong Kong.

Across randomized trials and observational studies, moderate-intensity aerobic exercise consistently reduces cancer-related fatigue, improves cardiorespiratory fitness, and enhances quality of life during cancer treatment and into survivorship. Tai Chi provides gentle, low-impact movement that improves sleep quality, mood, and balance, with high acceptability and minimal adverse events, making it suitable for patients with limited exercise tolerance or musculoskeletal constraints. Mindful yoga—integrating postures, breathwork, and relaxation—reduces fatigue and anxiety, improves sleep, and alleviates musculoskeletal discomfort; small-group delivery and culturally adapted instruction support engagement and safety. Notably, benefits could be optimized when programs are tailored to functional capacity, initiated with supervision, and are supported by progression to regular home practice.

Psychosocial intervention such as digital painting platform, address emotional distress and social isolation, consistently reducing anxiety and depressive symptoms while fostering self-expression and connectedness. Digital platforms extend reach during active treatment and periods of immunosuppression, maintaining engagement through guided sessions and peer interaction. Mindfulness meditation, including structured programs, reduces stress, rumination, and insomnia. Across modalities, adverse events are rare, and adherence improves when interventions align with patient preference, cultural context, and practical constraints.

綜上所述，非藥物干預措施具可行性、安全性及實效性，能針對性處理藥物未能全面緩解之多維度症狀負擔。對香港而言，建立以患者為中心的整合模式至關重要：首要提供帶氧運動、太極、正念瑜伽、數位繪畫平台及正念冥想之多元選擇；其次需依個人偏好與功能狀態個體化調整方案；同時透過社區夥伴關係、腫瘤科-復康科協作、雙語材料及數位化服務擴展可及性與持續參與。此類計劃的實施，有望顯著提升乳癌患者於整個存活期的整體健康與生活質素。

Collectively, these interventions are feasible, safe, and effective adjuncts that address multidimensional symptom burden not captured by pharmacological approaches alone. For Hong Kong, an integrated, patient-centered model that offers choice among aerobic exercise, Tai Chi, mindful yoga, digital painting platforms, and mindfulness meditation—tailored by personal preference and functional status—can optimize outcomes. Leveraging community partnerships, oncology–rehabilitation collaboration, bilingual materials, and digital delivery can broaden access and sustain participation. Implementation of such programs has the potential to significantly improve holistic well-being and quality of life for breast cancer patients across the survivorship continuum.

不同階段乳癌患者的中醫治療病例分享

Case Sharing of Traditional Chinese Medicine (TCM) Treatment for Breast Cancer Patients at Different Stages



胡卡博士

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世界中醫藥學會聯合會整合腫瘤委員會理事

中國醫師協會中西醫結合腫瘤分會委員會委員

中國老年學和老年醫學學會老年腫瘤分會中西醫結合專家委員會常務委員

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中國老年學和老年醫學學會老年腫瘤康復會分會指導委員會委員

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乳癌為當今女性最常見之惡性腫瘤之一，標準治療包括手術、放化療、內分泌及靶向治療等，雖顯著改善生存，但臨床上常見患者承受長期身心負擔與生活質素下降。在日常門診工作中，可觀察到愈來愈多乳癌患者主動尋求中醫介入，

Breast cancer is one of the most common malignancies among women today. Standard treatments include surgery, radiotherapy, chemotherapy, endocrine therapy and targeted therapy, which have significantly improved survival rates. However, in clinical practice, patients often endure long-term physical and psychological burdens, as well as a decline in quality of life.

希望在不中斷西醫治療的前提下，改善疲憊、失眠、情緒低落、消化功能障礙及淋巴水腫等問題。中醫對乳癌之認識，主要從肝鬱氣滯、痰瘀互結、正虛毒盛等病機入手，臨床實踐中則需根據分期、分型及同步接受之西醫方案，靈活開展辨證論治與個體化調整。

本報告整理門診隨訪中多例乳癌患者之實際病例，涵蓋新診斷早期乳癌、局部晚期及轉移性病人，並按病程節點及治療流程分段討論中醫介入之策略：包括新輔助及術前期之體質調整與情志疏導；圍手術期之氣血調和與傷口癒合支持；放化療期間之減毒增效與腸胃功能保護；內分泌與靶向治療過程中之骨關節疼痛、潮熱出汗及情緒症狀管理；以及長期存活期對疲勞、睡眠及復發預防的全面調理。同時，藉個案反映中醫藥與腫瘤科、外科及放射治療團隊之溝通要點、安全監測與處方調整原則，探討在真實世界情境下如何建立可行之中西醫協作模式，期為有意從事乳癌整合醫療者提供臨床參考。

In routine outpatient work, it is observed that an increasing number of breast cancer patients actively seek Traditional Chinese Medicine (TCM) intervention, hoping to improve symptoms such as fatigue, insomnia, mood disorder, digestive dysfunction, and lymphedema without interrupting Western medical treatment.

TCM understands breast cancer primarily through pathogenic mechanisms such as liver qi stagnation, phlegm-stasis accumulation, genuine qi deficiency with toxin predominance, etc. In clinical practice, interventions must flexibly apply syndrome differentiation and treatment, along with individualized adjustments, based on the disease stage, subtype, and concurrent Western medical regimens.

This report demonstrate clinical cases from outpatient breast cancer patients, covering newly diagnosed early-stage to locally advanced cases, and metastatic patients. It discusses TCM intervention strategies segmented by disease course milestones and treatment processes, including:

Pre-neoadjuvant and preoperative stages: constitutional regulation and emotional guidance. Perioperative period: harmonizing qi and blood and supporting wound healing.

During radiotherapy and chemotherapy: reducing toxicity and enhancing effectiveness, while protecting gastrointestinal function. During endocrine and targeted therapy: managing bone/joint pain, hot flushes/sweating, and emotional symptoms.

Long-term survivorship phase: comprehensive regulation for fatigue, sleep issues, and recurrence prevention.

At the same time, through case examples, it highlights key points of communication between TCM and oncologist, surgeon, and radiotherapy teams; principles of safety monitoring and prescription adjustments; and explores how to establish feasible models of Chinese-Western medical collaboration in real-world clinical settings. The aim is to provide practical clinical references for those interested in practicing integrated medical care for breast cancer.

乳癌外科治療新視野：基層醫生與整合醫學實務指南

Breast Cancer Surgery in Modern Practice: A Guide for Primary Care and Integrative Medicine

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外科治療是乳癌跨學科治療的基石，持續發展的手術方式旨在優化腫瘤控制、同時保全乳房外形與功能，並提升生活質素。

本演講首先概述門診環境下乳房腫塊的實務評估方法，包括臨床與影像警示徵狀、何種情況下應安排抽針檢查，以及轉介外科醫生的門檻。隨後介紹由早期至局部晚期的當代外科策略，涵蓋乳房切除術選項、腋下淋巴處理及整形外科技術。

特別強調病人篩選、與全身及放射治療的整合，以及家庭醫生與中醫師在持續照護中常遇的術後問題。透過連結乳房腫塊評估、現代外科管理及社區隨訪，本演講旨在強化跨專業合作與病人為本的照護。

Surgical management remains a cornerstone in the multidisciplinary treatment of breast cancer, with evolving approaches aimed at optimizing oncologic control, preserving form and function, and improving quality of life. This presentation will first outline a practical approach to the evaluation of breast masses in the outpatient setting, including clinical and imaging red flags, indications for biopsy, and clear thresholds for timely referral to a breast surgeon. It will then provide an overview of current surgical strategies from early-stage to locally advanced disease, covering breast-conserving surgery, mastectomy options, axillary management, and the role of oncoplastic techniques. Special emphasis will be placed on patient selection, coordination with systemic and radiation therapy, and common postoperative issues that family doctors and Chinese medicine practitioners may encounter in ongoing care. By bridging fundamental principles of breast mass assessment with modern surgical management and community-based follow-up, the session aims to enhance collaborative, patient-centered care across disciplines.

營養師在乳癌多模式營養治療中的關鍵角色

The Role of Dietitians in Multimodal Nutrition Care for Breast Cancer Patients

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乳癌治療的進步大大提升了病人的存活率；然而，治療期間所引起的營養及代謝改變，日益被重視為影響康復、治療耐受性及生活質素的重要因素。患者在治療過程中或治療後，常會出現營養不良、肌肉量及力量下降，以及代謝失衡等情況，從而影響身體機能及長遠健康。

本研討會將探討營養師於多學科團隊中，如何在乳癌治療的各個階段提供以實證為基礎的營養護理。早期營養介入的重點在於及早識別及處理營養不良與肌肉流失，協助患者以「食物為本」的方法滿足能量與蛋白質需要，並在需要時適當地配合口服營養補充品。

在治療期間結合營養與運動的策略，有助維持肌肉量、促進治療順利完成及提升整體健康。個人化的營養護理亦應涵蓋營養相關症狀管理、代謝健康、骨骼保養及炎症控制。

於治療後，維持均衡的飲食模式至為關鍵——以天然、少加工的全食物為主，例如蔬菜、水果、全穀類、豆類、果仁及優質蛋白質來源，同時限制高飽和脂肪、添加糖及紅肉或醃製肉類的攝取；此有助支持癌後康復及長遠健康。

於乳癌照護的各階段，營養師均擔當重要角色，透過協調多模式、以病人為本的營養介入，優化臨床成果，促進身體復元，並提升病人的生活質素。

Advances in breast cancer therapy have significantly improved survival outcomes; however, treatment-related nutritional and metabolic alterations are increasingly recognised as important factors influencing recovery, treatment tolerance, and quality of life. Malnutrition, loss of muscle mass and strength, and metabolic disturbances may occur during or after therapy, adversely affecting functional capacity and long-term wellbeing.

This seminar highlights the central role of dietitians in delivering evidence-based nutrition care across the breast cancer continuum within a multidisciplinary framework. Early nutrition intervention focuses on identifying and managing malnutrition and muscle loss, supporting adequate energy and protein intake through a food-first approach, and incorporating oral nutritional supplements when indicated.

Combined nutrition and exercise strategies during active treatment can help preserve muscle mass, support treatment completion, and enhance wellbeing. Individualised care should also address nutrition-impact symptoms, metabolic health, bone preservation, and inflammation management.

Following treatment, maintaining a balanced dietary pattern—emphasising whole, minimally processed foods such as vegetables, fruits, whole grains, legumes, nuts, and lean protein sources while limiting foods high in saturated fat, added sugars, and red or cured meats—supports survivorship and long-term health.

Across all stages of care, dietitians play a key role in coordinating multimodal, person-centred nutrition interventions that optimise clinical outcomes, promote functional recovery, and improve quality of life for individuals with breast cancer.

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