



全球華人乳癌組織聯盟

Global Chinese Breast Cancer Organizations Alliance

費用
全免

「粉紅天使」 乳癌化療陪診服務



燃點自己，照亮他人！以生命影響生命！
是粉紅天使的任務！

全港首個慈善團體為乳癌患者提供
免費乳癌「化療陪診」服務

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香港註冊的非牟利慈善團體，以支援乳癌患者、推廣乳健教育及指導如何防範乳癌為宗旨。

我們努力與世界接軌，成為本港唯一機構，連結世界各地華人乳癌支援組織，藉培訓、推動及設立更多支援中心，以促進世界交流合作。

「粉紅天使」是由一群充滿愛心的乳癌康復者組成的義工隊伍，為患者提供免費化療陪診及支援，以減低患者在療程中的恐懼和憂慮。



服務宗旨

以過來人身份，藉「粉紅天使」化療陪診服務，支援乳癌患者！

服務對象

要接受化療而須陪診服務的乳癌患者。

服務範圍

- 於所有公營醫療。
- 在各醫院門前大堂集合，治療完畢送回家居大堂。

敬請預約

請於五個工作天前致電 **3618 8330** 預約。
通知期少於五天者，須視乎義工安排。



化療 小貼士

*化療前

- 檢查牙齒
- 剃短頭髮
- 準備假髮、頭巾、帽子及開胸衣服

*化療中

- 少吃多餐，慢慢咀嚼，切勿過飽
- 避免嘔吐，忌辛辣、過熱食物
- 多吃高蛋白質食物
- 飯後散步助消化
- 勤洗手，重衛生
- 家居保持清潔
- 人多處，易感染，避前往，若必要，戴口罩
- 體溫升至38.5°C或以上，即求醫，莫遲疑
- 防止腹瀉或便秘，進食易消化食物、水果、多喝水及保健湯水
- 保持樂觀、開朗心態，多參與不同活動
- 與過來人傾訴，減低憂慮

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www.gcbcoa.org



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Global Chinese Breast Cancer Organizations Alliance

Pink Angel Chemotherapy Companion Service

Free



Global Chinese Breast Cancer Organizations Alliance

Global Chinese Breast Cancer Organizations Alliance (GCBCA), a non-profit charity organization, aims at supporting breast cancer patients, promotes breast health education and breast cancer prevention. We encourage and assist the establishment of more patient support centres, as well as promoting exchange and sharing. We are the only organization which links up global Chinese breast cancer support associations.

Pink Angel Chemotherapy Companion Service is carried out by a team of trained zealous volunteer survivors. We offer free companionship to patients on the road to recovery. And to relieve their stress and anxiety.



Our Mission

We offer free companion support to help patients overcome challenges.

Our Targets

To serve breast cancer patients undergoing chemotherapy.

Scope of Service

All public hospitals. Start at hospital lobby till treatment completed, accompany back to patient's residence lobby.



Useful tips on chemotherapy

**Before Treatment*

- perform dental checkup
- cut hair short
- buy wigs, scarves, hats and front open blouses

**During Treatment*

- eat less at each meal but more frequently
- chew well before swallowing
- avoid spicy / hot food to prevent vomiting
- strolling after meals to aid digestion
- practice good personal hygiene, wash hands often
- keep household clean to prevent infection
- avoid crowded places, if needed wear masks
- if you have a temperature of 38.5C or higher, consult a doctor immediately
- to avoid diarrhea / constipation, eat food that are easy to digest
- eat more fruit and drink plenty of water and healthy soup
- take food that are high in protein to help reinforce metabolism
- be optimistic and cheerful by participating in survivors' activities
- peer support can reduce anxiety

We are the Hong Kong pioneer
Chemotherapy Companion
Charity Organization

Please call 5 days prior to treatment at Tel No. : **3618 8330**
Late requests only accepted if volunteer available.

Room 29C, Easy Tower, No. 609 Tai Nan West Street,
Cheung Sha Wan, Kowloon, Hong Kong
www.gcbcoa.org