



Faculty of Medicine  
The Chinese University of Hong Kong  
香港中文大學醫學院



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### **Opening Ceremony of CUHK Cancer Patient Acupuncture Centre**

Cancer is one of the most fatal diseases known to mankind. In Hong Kong, the total number of new cancer cases increased from less than 15,000 in 1983 to over 22,500 in 2004. There are now more patients living with cancers, thus addressing the effect of cancer symptoms on patients' lives is becoming more critical to high quality cancer care.

It is common for patients with metastatic cancer to develop severe pain. A significant proportion of the patients actually requires morphine for managing pain. Opiates for pain control, however, are often associated with multiple side effects including sedation, inability to concentrate, agitation and respiratory depression. Chemotherapy-induced nausea and vomiting (CINV) is also associated with a significant deterioration in the quality of patients' lives. The acute effects of cancer chemotherapy drugs can be partially controlled by anti-emetic drugs. However, the delayed effects after 24 hours, especially nausea, are much more of a challenge to treat. Patients would therefore resort alternative non-pharmaceutical method such as acupuncture to improve their quality of life.

Acupuncture is the application of needles, heat, pressure, and other treatments to acupoints according to the meridian flow of "Qi" and causes a change in the physical functions of the body. This practice, as part of traditional Chinese medicine, dates back thousands of years. Recent scientific researches have investigated its role in the treatment of cancer patients, including pain control, alleviation of nausea, xerostomia (dry mouth), fatigue, hot flashes and arthralgia. This has evolved into an area of cancer management where traditional Chinese medicine could be integrated with evidence-based medicine and brought advancement in cancer care with limited adverse effect. Acupuncture, when properly administered, has the potential to relieve cancer pain or CINV with less toxicity compared with pharmacological intervention.

Located on the 3/F of Sir YK Pao Centre for Cancer, Prince of Wales Hospital, the CUHK Cancer Patient Acupuncture Centre was established with the support of HSBC Insurance Charity Halloween Parade jointly organized by Hong Kong Cancer Fund and HSBC Insurance in October 2008. Being the first of its kind in Hong Kong, the centre aims to promote high quality clinical research and to provide acupuncture as an adjunctive therapy to

alleviate cancer related or therapy-induced symptoms, targeting cancer patients from New Territories East Cluster at the Prince of Wales Hospital.

The opening ceremony of the CUHK Cancer Patient Acupuncture Centre held today (16 March) was officiated by **Mr. Anthony T Y Wu, JP**, Chairman, Hospital Authority; **Mrs. Sally Lo, MBE**, Chairman, Hong Kong Cancer Fund; **Mr. David Fried**, Group General Manager and Regional Head of Insurance, Asia Pacific of The Hongkong and Shanghai Banking Corporation (HSBC) Limited; **Mr. Jason Sadler**, Managing Director, Insurance Business Hong Kong, HSBC Insurance (Asia) Limited; **Dr. Fung Hong, JP**, Cluster Chief Executive (New Territories East), Hospital Authority; **Professor T F Fok, JP**, Dean, Faculty of Medicine, The Chinese University of Hong Kong; **Professor Anthony T C Chan**, Director, Sir Yue-Kong Pao Centre for Cancer and **Professor Tony S K Mok**, Director, Cancer Patient Acupuncture Centre.

Mrs. Sally Lo, Chairman, Hong Kong Cancer Fund said, “The opening of this centre marks another positive step forward in helping to make life better for people touched by cancer. I’m delighted that with the help of our friends - particularly HSBC Insurance, who is the major sponsor of this Centre - we may establish further evidence and make available this form of complementary therapy to cancer patients within the hospital setting, helping to improve quality of life.”

Professor Anthony Chan, Director of Sir YK Pao Centre for Cancer, points out that “the opening of the Centre signifies the enhancement of quality healthcare service to meet the needs of cancer patients at the Prince of Wales Hospital.”

Professor Tony Mok, Director of the Cancer Patient Acupuncture Centre, remarks, “The establishment of the centre will help develop research opportunities on integration of Western and Chinese medicine, and enable the delivery of evidence-based therapy to improve patients’ quality of life.” He further adds that “our collaboration with the College of Acupuncture-Moxibustion and Tuina, Shanghai University of Traditional Chinese Medicine, ensures high quality services to patients undertaken by qualified and experienced acupuncturists from Shanghai University.”

Cancer patients wishing to receive acupuncture treatment need to be referred by their treating physicians at the Prince of Wales Hospital. For enquiries, please contact Cancer Patient Acupuncture Centre at 2632-4026.



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## 香港中文大學癌症病人針灸中心開幕典禮

癌症已成為人類最致命的疾病之一。在 1983 年至 2004 年間，全港癌症的新增個案由 15,000 宗飆升至 22,500 宗。基於患癌人數不斷上升、紓緩病人的痛苦，改善他們的生活質素，實為當前之急。

痛症在癌症病人中非常普遍，其中不少需要接受嗎啡類藥物止痛。但是，此類止痛劑經常產生多種副作用，如鎮靜神經，精神不集中，不安及抑壓呼吸等。另外，化療引起的噁心嘔吐亦嚴重影響病人的生活。病人雖可用止吐劑來控制部分化療藥物引致的急性反應，但 24 小時後才出現的延遲性副作用，特別是噁心，便較難醫治。因此，患者往往會尋求藥物以外的另類治療方法，例如針灸，以改善他們的生活質素。

針灸是依據經絡系統中的「氣」，在穴位上採用針刺、熱力、壓力及其他療法改變人體內的生理反應。針灸療法屬傳統中醫學術，有逾千年的歷史。最近有研究調查針灸在紓緩病人痛症、噁心、口乾、疲勞、熱潮紅症及關節痛的作用，發現這種傳統中醫療法能結合以實證為本的西方醫學及癌症護理，減少副作用。如果適當地運用針灸，它比藥物更能以較少的毒性去解除癌病帶來的痛楚及化療引起的噁心嘔吐。

去年 10 月，香港癌症基金會及匯豐保險聯合舉辦了「匯豐保險慈善萬聖大巡遊 2008」活動，為成立癌症病人針灸中心籌集善款。這所本港獨一無二的針灸中心位於威爾斯親王醫院包玉剛癌症中心三樓，旨在進行高質素的臨床研究，並為新界東醫院聯網的威爾斯親王醫院的腫瘤科病人提供針灸服務，以紓緩因癌症及治療而導致的痛症。

香港中文大學（中大）癌症病人針灸中心於今天（3 月 16 日）舉行開幕典禮，邀請了醫院管理局主席**胡定旭**先生、香港癌症基金會主席**羅莎莉**女士、香港上海匯豐銀行有限公司集團總經理兼亞太區保險業務主管**湯德信**先生、匯豐保險（亞洲）有限公司香港保險業務董事總經理**石湛森**先生、醫院管理局新界東醫院聯網總監**馮康**醫生、中大醫學院院長**霍泰輝**教授、包玉剛爵士癌症中心總監**陳德章**教授，以及癌症病人針灸中心主管**莫樹錦**教授共同主持揭幕儀式。

香港癌症基金會主席羅莎莉女士說：「針灸中心的開幕，標誌著我們的服務再向前邁進一步，協助癌症患者活得更好。我很高興得到本會忠實好友—匯豐保險的捐助，成為此

中心的主要贊助商。我們會進一步探討針灸的治療果效，為本會醫院支援網絡內的癌症患者提供服務，改善他們的生活質素。」

包玉剛爵士癌症中心總監陳德章教授指出：「這針灸中心象徵了醫療服務質素的一大躍進，切合威爾斯親王醫院癌症病人的需要。」

癌症病人針灸中心主管莫樹錦教授亦表示：「中心的成立有助開發中、西醫綜合研究的機會，加強以實證為本的醫學療法以改善患者的生活質素。」莫教授續稱：「我們與上海中醫藥大學針灸推拿學院合作，由上海大學派出資深及富經驗的針灸師來港，確保為癌症病人提供優質服務。」

癌症病人如欲使用中心之針灸服務，須由威爾斯親王醫院醫生轉介。如有垂詢，請致電癌症病人針灸中心（電話：2632-4026）。

2009年3月16日