

For enquiries and appointments,  
please contact us at:

### Comprehensive Oncology Centre

3/F, Li Shu Fan Block  
Hong Kong Sanatorium & Hospital  
2 Village Road, Happy Valley, Hong Kong

Tel: 2835 8877  
Fax: 2892 7520  
Email: [oncology@hksh.com](mailto:oncology@hksh.com)

### Service Hours

Monday to Friday: 9:00 am – 5:00 pm  
Saturday: 9:00 am – 1:00 pm  
Closed on Sundays and Public Holidays

### Clinical Health Psychology Centre

10/F, Li Shu Pui Block  
Hong Kong Sanatorium & Hospital  
2 Village Road, Happy Valley, Hong Kong

Tel: 2835 7827  
Fax: 2892 7513  
Email: [psychology@hksh.com](mailto:psychology@hksh.com)

### Service Hours (By appointment only)

Monday to Friday: 9:00 am – 5:00 pm  
Saturday: 9:00 am – 1:00 pm  
Closed on Sundays and Public Holidays

[www.hksh.com](http://www.hksh.com)

# Clinical Health Psychological Service for Cancer Patients and Families



## Winning Against Cancer



養和醫院  
Hong Kong Sanatorium & Hospital

綜合腫瘤科中心  
Comprehensive Oncology Centre

**“Cancer” scares people. Once diagnosed with cancer, intense emotional reactions are common: shock, disbelief, denial, anxiety, fears, anger and depressed mood.**

Having negative moods in face with cancer is normal and natural. Dwelling in negative moods and living each day with constant thoughts of the threat and negative outcomes of cancer, however, would not do you any good. Experience has shown that eventually almost everyone would be able to adjust, accept having the illness, and actively seek out effective treatment.

With the advent of more efficacious treatments, cancer has become much more treatable. There are now millions of cancer survivors around the world. Despite inevitable pains and sufferings caused by cancer and its treatment, it is often helpful to expect them to pass, as with moments of weakness and feelings of failure or doom. Many patients do continue to thrive and maintain a positive attitude and optimism through their journey to overcome the illness. Some even find new strengths after difficult experiences of illness. Negative emotions are better handled. A hopeful front, more adaptive efforts and positive actions in face with serious illnesses and invasive treatments are totally feasible.

The Comprehensive Oncology Centre of HKSH is happy to announce an integral treatment package for cancer patients combining the best of medical care with expert clinical health psychological inputs that aim at fostering better psychological health and enhancing resilience and adjustment to the demands of your illness and its treatment.

Clinical & Health Psychologists are now available to enhance your psychological skills in dealing with the stresses of treatment and having cancer. Their service would also involve building knowledge and positive attitudes to facilitate your adjustment to cancer and its treatment. They are also available to help your family members cope with your illness and learn the most effective ways of helping to enhance your recovery and well-being.

From September 2011 onwards, monthly sharing and question-and-answer sessions will be held in the Comprehensive Oncology Centre by Clinical & Health Psychologists. You and your family members are most welcomed to join. Please contact the Comprehensive Oncology Centre for the details. We sincerely hope that you can make use of these to help bring about a better treatment outcome, and nourished a life of meaning, love, joy and fulfillment.

