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HKSH MEDICAL GROUP

Immediate Release

**HKSH Village Volunteers Raised HK\$500,000 for Charles K. Kao Foundation  
To Support Free Community Screening for Dementia  
Enabling Early Detection to Alleviate Burden for Patients and Caregivers**

(1 April 2026, Hong Kong) Over 300 staff members and friends of HKSH Medical Group (HKSH) joined forces to participate in the 18<sup>th</sup> “Walk for a Vision” charity walk organised by HKSH Village Volunteers on 29 March and successfully raised HK\$500,000 for the Charles K. Kao Foundation for Alzheimer’s Disease (CKKF). CKKF’s services have benefited over 350,000 people since its launch. The funds raised will help CKKF establish a sustainable and community-based service model, with the aim of making the current free dementia pilot screening programme a regular service and expanding it to all 18 districts in Hong Kong. This will enable timely diagnosis and treatment for invisible patients in the community at an earlier stage.

As Hong Kong transitions into an ageing society, the prevalence of dementia, which is closely linked to age, is expected to rise. There are many types of dementia with various causes while the most common of which is Alzheimer’s disease. **Dr. Walton LI, Chief Executive Officer of HKSH Medical Group and Medical Superintendent of Hong Kong Sanatorium & Hospital**, remarked, “Since its establishment, CKKF has been deeply engaged with the community with extensive outreach to promote dementia screening. This not only alleviates the significant burden faced by patients and their caregivers, but also mitigates future healthcare pressure in the society through early screening. This year, the HKSH Village Volunteers has selected CKKF as the beneficiary organisation of the event, In addition to providing frontline medical services, HKSH also hopes to raise public awareness of dementia by supporting CKKF’s comprehensive services, benefiting more patients and caregivers.”

**Dr. Joseph CHAN, Chief Medical Officer of HKSH Medical Group, Deputy Medical Superintendent of Hong Kong Sanatorium & Hospital, and Chief Volunteer Leader of HKSH Village Volunteers**, stated, “In response to the ageing population, HKSH has been actively advocating the importance of early diagnosis and treatment of dementia in recent years. For example, we launched the ‘Alzheimer’s Disease Awareness and Screening Programme’ last August, and found that nearly 40% of the participants have been tested positive requiring follow-up. An online survey conducted by HKSH last year also revealed certain misconceptions about Alzheimer’s disease among the public, often causing patients to miss the opportunities for timely diagnosis and intervention. In view of these concerns, we actively reach out to the community through health talks to strengthen public education and understanding of dementia.”

“Over the years, HKSH Village Volunteers have been dedicated to supporting the underprivileged through a range of initiatives. We believe that while medicine heals the body, compassion heals the soul. By uniting the efforts of our staff and the community, we offer medical-related support to families in financial difficulty, elderly living alone, persons with physical disabilities, and children battling cancer or mental distress. Over the past 17 years, HKSH Village Volunteers have raised more than HK\$9.5 million through the walkathon to assist patients in need to receive timely and appropriate care,” added Dr. CHAN.

**Dr. LO Wing Yan, William, Chairman and Executive Committee Member of CKKF**, expressed gratitude for the support from HKSH Village Volunteers. He said, “It is estimated that there will be over 330,000 dementia patients in Hong Kong by 2039 and the situation is alarming. While dementia has no complete cure for now and can only be managed with medication and non-pharmacological interventions to slow its progression, the best approach is early prevention through lifestyle changes, such as regular exercise, social engagement, learning new things, and maintaining a healthy diet, which can help reduce the risk of developing dementia.”

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**Dr. LI Chung Ki, Patrick, Co-Director of HKSH Neurology Centre and Specialist in Neurology**, shared at the event, “Alzheimer’s disease is not a normal process of ageing but an irreversible brain disorder caused by excessive accumulation of amyloid and tau proteins in the brain, which damage brain cells. Amyloid proteins may accumulate 10 to 20 years before symptoms appear, forming plaques that impair the brain’s nerve cell functions. Previously available medications can only enhance the function of remaining brain cells, but the brain cells and synapses of patients continue to decline and cannot be restored. New disease-modifying therapies target the pathology at its source by eliminating amyloid proteins in the brain, preventing further brain cell damage and addressing the root cause. When mild symptoms occur, patients can undergo the highly sensitive biomarker blood test with accurate dual-tracer positron emission tomography (PET) scan for early assessment of abnormal brain protein accumulation. The disease-modifying drugs can then effectively address the root cause, slowing the progression of early Alzheimer’s and cognitive decline.”

“**Brain Health Service for Prevention of Alzheimer’s Disease (BEAT-AD)**” is CKKF’s key programme, supported by patron and ambassador **Dr. Brigitte LIN Ching Hsia**. In collaboration with The Chinese University of Hong Kong, BEAT-AD offers free community-based Alzheimer’s disease screenings. **Dr. LIN** stated, “In view of the rapid medical advancements and growing ageing population, prevention and slowing of dementia have become imperative. That’s why I volunteered to support the BEAT-AD programme. Thanks to the generous support of HKSH which has enabled this worthy cause to go even further and our shared faith has brought us together through BEAT-AD.”

**Prof. MOK Chung Tong, Vincent, Advisory Council Member of CKKF and Co-Director of BEAT-AD Service**, explained, “Over the past two years, the “BEAT-AD” service has provided free brain health evaluation for 1,715 undiagnosed senior citizens, of which 21% were screened to be at risk of Alzheimer’s disease. These at-risk individuals received nurse-led personalised lifestyle recommendations on how to optimise their risk factors along with subsequent follow-up. After one year of intervention, their conditions improved significantly, with overall relative risk reduction in incident cognitive decline by 50%. **Dr. CHIU Ha Ying, Governor and Executive Committee Member of CKKF as well as Co-Director of BEAT-AD Service**, added, “Going forward, the Foundation will utilise the donations to build a sustainable community-based service model and continue to promote the concept of reducing disease risk through lifestyle changes, aiming to extend screening services to all 18 districts in Hong Kong.”

**Mr. TONG Sai Wong, Alan, Governor and Executive Committee Member of CKKF**, remarked, “Another CKKF’s programme ‘Brain Health Outreach Service’, provides support for caregivers of middle-class families that are not eligible for government subsidies. CKKF also collaborates with The Education University of Hong Kong on the “Youth Education Programme”, piloting initiatives with primary and secondary schools to develop an online brain health resource library, which has now been implemented in over 30 schools.”

### **About Dementia**

Dementia is a condition involving cognitive decline due to brain pathology or other diseases. The degree of cognitive decline in dementia patients is far greater than that of normal ageing. It affects memory, language, spatial orientation, thinking, judgment, personality, and emotions, hindering daily life. The most common form of dementia, Alzheimer’s disease, accounts for 60-70% of all dementia cases, primarily due to abnormal amyloid protein accumulation leading to gradual degeneration and death of brain cells. The second most common type is vascular cognitive impairment, which accounts for about 15-20% of all cases. It is caused by blocked blood flow to the brain (e.g., stroke or vascular diseases). In Hong Kong, one in ten people aged 60 or above suffers from Dementia. According to the Hong Kong Mental Morbidity Survey<sup>1</sup> for Older People (2019-2023), the age and gender-adjusted prevalence among those aged

<sup>1</sup> Lam LCW et al. The Hong Kong Mental Morbidity Survey for Older People – HKMMSOP. Submitted to the Grant Review Board on 4 December 2023 Final Report (Version 2). <https://rfs2.healthbureau.gov.hk/search/#!/fundedsearch/projectdetail?id=2444&lang=en>



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60 or above is 9.7%. The prevalence increases with age, ranging from 1.1% in the 60–64 age group to as high as 49.8% in those aged 85 or above. In 2024, dementia ranked as the 7<sup>th</sup> leading cause of death in Hong Kong.

### **About “Walk for a Vision” and HKSH’s Charity Medical Works**

“Walk For A Vision” is an annual charity event organised by HKSH Village Volunteers since 2009, with the aim of supporting various health and medical-related initiatives. Beneficiary organisations include Children’s Thalassaemia Foundation, Families of Spinal Muscular Atrophy Charitable Trust, Children’s Cancer Foundation, St. James’ Settlement, Ronald McDonald House Charities Hong Kong, Ebenezer School and Home for the Visually Impaired, Sweet Home Psychological Wellness Centre, among others. This year’s event received generous donations from platinum sponsor **FWD Hong Kong**, and gold sponsor **Siemens Healthineers**. In addition, **Olympus Hong Kong and China Limited, Roche Diagnostics (Hong Kong) Limited, Metro Radio and Hong Kong Sanatorium & Hospital Nurses Alumni Association** are also supporting organisations of the walkathon.

Over the years, HKSH has actively fulfilled its corporate social responsibility through different forms of charitable medical services and activities. In recent years, HKSH has also collaborated with different foundations to subsidise patients with financial needs to receive medical services at HKSH. For instance, HKSH has been supported by Li Ka Shing Foundation and Chau Hoi Shuen Foundation since 2018 and 2023 respectively, and has successively launched the “Transcatheter Cardiovascular Interventions Subsidy Scheme” and “Women’s Heart Health Subsidy Scheme” to subsidise those in need to receive examinations and treatments. After HKSH’s introduction of the first proton therapy system in the Greater Bay Area, Mr. Li Ka Shing generously sponsored several paediatric cancer patients referred by the Hong Kong Children’s Hospital to receive proton therapy with minimal side effects. HKSH is dedicated to collaborating with authorities and generous donors within the community to ensure that patients in need can receive appropriate medical care.

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### **About HKSH Medical Group**

Officially launched in September 2017, HKSH Medical Group, through its operating members, adopts a multi-faceted, coordinated approach to promote public health and advanced medicine through relentless efforts in clinical excellence, medical training and research as well as public health education. Members of the HKSH Medical Group include Hong Kong Sanatorium & Hospital, HKSH Healthcare, HKSH Eastern Medical Centre, HKSH Cancer Centre and HKSH Institute for Innovation & Professional Development. All members are dedicated to providing quality care to patients.

### **About Hong Kong Sanatorium & Hospital**

Hong Kong Sanatorium & Hospital, established in 1922, is one of the leading private hospitals in Hong Kong. Living up to its motto of “Quality in Service Excellence in Care,” the Hospital is committed to serving the public as well as promoting medical education and research.

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### About HKSH Village Volunteers

Established in April 2009 and became an approved charitable organisation in July 2018, HKSH Village Volunteers, which consists of HKSH staff members, doctors, nurses, nursing students, alumni of the School of Nursing and retired staff, has taken part in various community and fundraising activities to promote the health and wellness of people in Hong Kong through care and love. Two main fundraising events are the annual “Walk For A Vision” and “HKSH Christmas Party in Benefit of OSC”. In recent years, more volunteer programmes and services have been developed, i.e., “HKSH Health Buddies”, “HKSH Health Talks”, “HKSH Caring Friends”, “HKSH Trekkers”, and “Village Green Rangers”.

### Charles K. Kao Foundation

Charles K. Kao Foundation for Alzheimer’s Disease (CKKF) is a registered non-profit making charity organisation founded in 2010 by the late Professor Charles K. Kao and his wife, Mrs. Gwen Kao. CKKF takes educating the public on dementia as its own responsibility, encourages people to face the challenges dementia brings with a positive attitude. It supports patients, their families, caregivers and to facilitate collaboration among relevant organisations and groups. Key programmes include “Brain Health Service for Prevention of Alzheimer’s Disease (BEAT-AD)” service, “Charles Kao Youth Brain Health Programme” and “Brain Health Outreach Service”.

### Photo captions



1. Organised by HKSH Village Volunteers, the kick-off ceremony of the “Walk For A Vision” is officiated by **Dr. Walton LI**, Chief Executive Officer of HKSH Medical Group and Medical Superintendent of Hong Kong Sanatorium & Hospital (5<sup>th</sup> from right, front roll); **Dr. Joseph CHAN**, Chief Medical Officer of HKSH Medical Group, Deputy Medical Superintendent of Hong Kong Sanatorium & Hospital and Chief Volunteer Leader of HKSH Village Volunteers (4<sup>th</sup> from right, front roll); **Dr. LO Wing Yan William**, Chairman and Executive Committee Member of CKKF (6<sup>th</sup> from right, front roll) and **members of Clinical Governance Committee from HKSH and HKSH Management Committee**.

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2. **Dr. Joseph CHAN**, Chief Medical Officer of HKSH Medical Group, Deputy Medical Superintendent of Hong Kong Sanatorium & Hospital and Chief Volunteer Leader of HKSH Village Volunteers (3<sup>rd</sup> from left), together with **Ms. LOK Wai Kwan** (2<sup>nd</sup> from left) and **Ms. Sammi TSUI** (far left), Sub Group Leaders of HKSH Village Volunteers, presented the cheque of pledged donation of HK\$500,000 to **Dr. LO Wing Yan William, JP**, Chairman and Executive Committee Member of CKKF (3<sup>rd</sup> from right), **Mr. TONG Sai Wong, Alan**, Governor and Executive Committee Member of CKKF (2<sup>nd</sup> from right) and **Dr. CHIU Ha Ying**, Governor and Executive Committee Member of CKKF and Co-Director of BEAT-AD Service (far right).



3. **Dr. Brigitte LIN Ching Hsia**, Patron and Ambassador of the “BEAT-AD” Programme, shared that in view of the rapid medical advancements and growing ageing population, prevention and slowing of dementia have become imperative. She is grateful for HKSH’s generous support which has enabled the programme to go even further.

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- The fund raised by “HKSH Village Volunteers” will be utilised by CKKF to build a sustainable community-based service model and continue to promote the concept of reducing dementia risk through lifestyle changes, aiming to extend screening services to all 18 districts in Hong Kong.



- Addressing at the kick off ceremony, **Dr. Joseph CHAN**, Chief Medical Officer of HKSH Medical Group, Deputy Medical Superintendent of Hong Kong Sanatorium & Hospital and Chief Volunteer Leader of HKSH Village Volunteers, said HKSH has consistently encouraged its staff to serve the community through medical charity services.

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