

本署檔號 Our Ref.: DH NCDB/7/18/1 XIV

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Dear Doctors,

**Updated Recommendations on Liver Cancer Screening and  
Nasopharyngeal Cancer Screening**

We write to inform you that the Cancer Expert Working Group on Cancer Prevention and Screening (CEWG) under the Cancer Coordinating Committee chaired by the Secretary for Health has revised the recommendations on liver cancer screening and nasopharyngeal cancer screening.

Taking into consideration the local epidemiology, emerging scientific evidence, overseas screening recommendations and screening practices, the CEWG has revised the recommendations on prevention and screening for liver cancer and nasopharyngeal cancer for the local population, as follows:

I. Liver cancer

Prevention
<ol style="list-style-type: none"><li>1. Universal hepatitis B vaccination to newborns is effective in preventing chronic hepatitis B virus infection.</li><li>2. All individuals are recommended to adopt a healthy lifestyle (including no smoking, avoid alcohol consumption, have regular physical activities and healthy diet to maintain healthy body weight) as well as avoid food source of aflatoxins.</li><li>3. People with chronic hepatitis B virus (HBV) or hepatitis C virus (HCV) infection are recommended to seek medical advice periodically to determine whether antiviral treatment is needed.</li></ol>
For asymptomatic population at average risk
<ol style="list-style-type: none"><li>4. Routine screening for liver cancer, including ultrasound or alpha-fetoprotein (AFP) testing, is NOT recommended for asymptomatic population at average risk.</li></ol>

**For asymptomatic persons at increased risk**

5. Persons with chronic HBV, HCV infection or liver cirrhosis regardless of the cause are at increased risk of hepatocellular carcinoma. Persons at increased risk should seek advice from doctors regarding regular surveillance every 6 months with ultrasound and AFP testing.

II. Nasopharyngeal cancer

**Prevention**

1. All individuals are recommended to adopt a healthy lifestyle, including no smoking and healthy eating (including the avoidance of Chinese-style salted fish especially during early childhood).

**For asymptomatic population at average risk**

2. There is insufficient evidence to recommend a population-based nasopharyngeal cancer (NPC) screening programme using Epstein-Barr virus (EBV) IgA serology or EBV DNA testing.

**For asymptomatic persons at increased risk**

3. Persons at increased risk, such as middle-aged adults with first degree relative having NPC are advised to seek advice from doctors before making an informed decision about screening by EBV IgA serology or EBV DNA testing.

For details of the CEWG recommendations, please refer to the Centre for Health Protection's website at <https://www.chp.gov.hk/en/static/100854.html>.

Thank you for your support.

Yours faithfully,



( Dr. Anne CHEE )

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