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Salubris

...HELPING READERS TO ACHIEVE GOOD HEALTH

Salubris is a Latin word which means healthy, in good condition (body) and wholesome.



A MANLY CONVERSATION
ON PROSTATE CANCER

A MANLY CONVERSATION – AN INTRODUCTION TO PROSTATE CANCER

BY ALSON TAN & DR RAVINDRAN KANESVARAN

Prostate cancer is an important yet difficult cancer to discuss in any forum. First, it involves cancer, which is something that people do not readily discuss. Secondly, it's at a particular area of the male body which some may feel uncomfortable talking about.

It's time to have a manly conversation about prostate cancer. We find out what you may want to know about the 3rd most common cancer in Singaporean men.

WHAT IS PROSTATE CANCER?

The prostate is a small gland located below the bladder and found only in men. It surrounds part of the urethra (The urethra allows the passage of urine from the bladder to the penis). The cells that make up the outermost part of the prostate can become cancerous and give rise to prostate cancer.

HOW COMMON IS PROSTATE CANCER?

In Singapore, prostate cancer is the third most common cancer in men. [Trends in Cancer Incidence in Singapore 2010 – 2014, National Disease Registries Report, Singapore] This cancer is a consequence of aging and usually occurs in men after the age of 50 years and is seen mostly in those over 70 years of age.

SYMPTOMS OF PROSTATE CANCER

Symptoms of prostate cancer usually show up at later stages of the disease. These include:

- Interrupted/weak flow of urine
- Difficulty passing urine
- Frequent urination
- Traces of blood in urine or semen
- Pain in the back, hips or pelvis (Bone pain)
- Painful ejaculation



RISK FACTORS

There is no known single cause of prostate cancer. It is known that smoking and family history are among the associated factors.

WHO / HOW OFTEN SHOULD I GET SCREENED?

Mass population screening isn't recommended for Singapore. However, based on Singapore guidelines, the general population of men need to have a discussion with their doctor on the pros and cons about screening.

PROGNOSIS OF PROSTATE CANCER

Clinical examinations scans and pathology reports all help the medical team to decide what the progress of prostate cancer is. The appropriate course of treatment may then be recommended. The treatment strategy will vary from person to person. Prognosis of prostate cancer depends on the extent of the disease, the state of health of the individual as well as response to treatment.

With early detection, there may be more options that your doctor and you can explore to better manage the disease.

If you'd like to learn more about prostate cancer or any type of cancer in general, we encourage you to talk to our Nurse Educators from the Cancer Education and Information Service (CEIS) at **6225 5655** or email your questions to cancerhelpline@nccs.com.sg.



5 COMMON MYTHS ABOUT PROSTATE CANCER – DEBUNKED!

Talking about prostate cancer can be difficult. Words like “shy” or “embarrassing” come to mind. But the lack of conversation isn’t helping. Lack of conversation and understanding about this growing cancer trend can sometimes lead to cancer misconceptions – myths about prostate cancer. We sit down with Dr Ravindran Kanesvaran to debunk 5 common myths about prostate cancer.

Dr Ravindran Kanesvaran is a Consultant with the Division of Medical Oncology at NCCS. He is also an Assistant Professor at Duke-NUS Graduate Medical School and clinical senior lecturer at the Yong Loo Lin School of Medicine, National University of Singapore. His research interests include Genitourinary Oncology and Geriatric Oncology.

MYTH 1 PROSTATE CANCER SURGERY WILL PERMANENTLY DAMAGE MY SEX LIFE AND URINE CONTROL.

Surgery may cause urinary incontinence and decreased sexual function. However, it’s important to note that a majority of patients recover these functions within a few months.

MYTH 2 I CAN PASS ON/TRANSMIT PROSTATE CANCER TO OTHERS.

Prostate cancer is non-communicable. This means that it does not pass on to someone else.

MYTH 3 PROSTATE CANCER AN OLD MAN’S DISEASE.

While being older in age does make one more likely to be diagnosed with prostate cancer, there are men who are diagnosed when they are relatively “middle aged”, around their late 40s. There are also many factors to consider apart from age, such as ethnicity, family history, lifestyle and diet.

MYTH 4 PROSTATE CANCER IS A SLOW AND NON-DEADLY DISEASE.

There are some forms of prostate cancer which can be relatively aggressive. If untreated, these aggressive cancers can spread to the surrounding areas, such as the bones or lymph nodes and can eventually lead to death.

MYTH 5 NO SYMPTOMS MEANS THAT I HAVE NO CANCER.

Symptoms tend to show up during the later stages of prostate cancer. Examples of symptoms include pain or burning sensation during urination or blood in the urine. We should not assume that no symptoms means no cancer is present.

However it’s important to realise two things:

1. Symptoms of prostate cancer can resemble symptoms for other non-cancerous illnesses such as infection of the urinary tract or a sexually transmitted disease. That’s why it’s good to talk to your doctor if you’re experiencing these symptoms.
2. Since symptoms of prostate cancer usually show up during later stages. Cancers in more advanced stages can be difficult to deal with and may spread to other areas of the body, such as the bones. Another symptom of is bone pain, especially in the hips or pelvis. This is why early detection is very important.

BONUS: PROSTATE CANCER TESTS ARE VERY PAINFUL / THEY'RE EMBARRASSING?

Dr Kanesvaran, there seems to be a common misunderstanding about testing for prostate cancer. Some men might think that it’s a very uncomfortable situation. What type of tests are conducted and what advice would you give to someone who may be concerned about these tests?

One test is a Digital Rectal Examination (DRE), where a Doctor or Nurse examines the prostate by inserting a gloved, lubricated finger into the rectum and feeling the prostate for lumps or abnormal areas.

Another test is the Elevated Prostate Specific Antigen (PSA) level test. This is a blood test which can detect increased levels of PSA in the blood of men who have prostate cancer. However, PSA levels may also be high in men who have an infection, inflammation or enlarged prostate gland.

ANY ADVICE OR OPINIONS ABOUT THE TESTS?

DRE can be uncomfortable but in general, a very short and well tolerated procedure. PSA is a simple blood test with minimal discomfort. However the key decision on whether to do these screening test should be made after a thorough discussion with your doctor. Once you have understood the pros and cons of screening, you can then make an informed decision whether to proceed with prostate cancer screening.



Dr Oo (top left) at the department Christmas celebration

EXPERIENCE OF CLINICAL FELLOWSHIP IN NATIONAL CANCER CENTRE SINGAPORE

BY DR AUNG SAN OO
& SITI ZAWIYAH
Corporate Communications

Dr Aung San Oo is a Senior Consultant Physician and the Head of the Medical Unit at the Pyin Oo Lwin General Hospital, Myanmar. Dr Aung San experienced a 24-month Clinical Fellowship at the National Cancer Centre Singapore. We find out more about Dr Aung San's training, aspirations and how he hopes to bring new ideas back to Myanmar.

What made you decide to apply for a fellowship with NCCS?

Increasing incidence of various cancers in Myanmar in parallel with other non-communicable diseases (NCD) in recent years and inadequate human resources (HR) in the area of oncology – especially medical oncology, warranted the need of properly trained Medical Oncologists for cancer care in Myanmar. The Ministry of Health, the Union of Republic of Myanmar, decided to enforce Medical Oncology by General Physician and locally trained Medical Oncologists by getting trained in a renowned oncology centre. I was one of the two General Physicians selected by the Ministry of Health, Myanmar for overseas training in Medical Oncology. The Ministry of Health of Union of Republic of Myanmar unequivocally chose National Cancer Centre Singapore (NCCS) as the best place for Medical Oncology training as it is a leading oncology centre with excellent patient care and research centre.

Why were you particularly interested in solid tumours and lymphoma?

Solid tumours of the lung, colon, liver and breast are the most common cancers in Myanmar that need attention in terms of screening, prevention, early diagnosis, proper management and follow-up. Myanmar has established Haematology Centres with good care of haematological malignancies but solid tumours still lack good quality care based on standard knowledge of Medical Oncology properly trained at world class oncology care centre.

Hepatitis B and C infections are common infectious diseases in Myanmar. HIV and Hepatitis B co-infection is also a common medical problem in HIV care. As a General Physician with a special interest in Infectious and Tropical Diseases, I noticed the number of infection related cancers like HBV-related liver cancers and HPV-related head and neck cancers are also significantly higher in past decades. These two major areas of need have stimulated my interest in oncology.

— DR AUNG SAN OO



Dr Oo (extreme right) attending a wedding of a department colleague

How has the clinical fellowship in NCCS helped you as an oncologist?

The hands-on experience in Medical Oncology involving ward rounds and daily inpatient care, seeing outpatients at NCCS Specialist Outpatient Clinics, attending many international symposiums and conferences like Best of ASCO and ESMO Asia at convention centres and Academia, regular didactic lectures of Division of Medical Oncology, sitting for frequent assessment tests, intense supervision and guidance by consultants and clinical supervisors, warm and heartily help by peer Registrars and efficient Medical Officers and very cooperative patients with smooth communications in the English language all helped me to develop my knowledge in medical oncology.

Were there any meaningful moments you had experienced during your fellowship training?

I had innumerable memorable events in training period of two years from the very beginning till the end.

I will never forget the very first time meeting Associate Professor Lim Soon Thye and Dr Richard Quek at Angsana Café in front of NCCS. It was our first meeting and I did not realise at that time that they are young and energetic – the twin-engines driving the momentum of Division of Medical Oncology towards the leading cancer centre with excellent patient care equipped with academic and research development. They shared with me their enthusiasm and dedication on the development of medical oncology. I still remember their warm and welcome talk that encourages me to start a tough journey of new career.

Another experience worth mentioning is the NCCS library. It is well equipped with a good set of books and journals and I found it to be very useful for the training fellows. I still remember one of the library staff helping me loan a rare book from another resource library.

Many social events in NCCS also create unity, team spirit and warm family-like environment. I really enjoyed department gathering activities including NCCS retreat and Christmas dinners – actively participated by junior and senior colleagues including Deputy and Head of Departments. I will also remember the happy moments at dinners with Dr Mariam Tao's family, Professor Koo Wen Hsin's family and also with Prof Cynthia Goh.

Involvement in Singapore Society of Oncology (SSO) also created memorable events that can build up unity and strength of different oncological communities. Singapore Society of Oncology is the best example for me to unite the oncologists from different specialties and to promote professional development by organising social and academic activities.

What are your plans now that you have returned to Myanmar with the knowledge and expertise acquired from the fellowship?

With a population of over fifty million, Myanmar has only four oncology centres and less than thirty medical oncologists. Only four doctors including myself have the chance to learn medical oncology in fellowship training. Myanmar health care system set-up does not have Cancer Care, and because of the weak reporting and recording system, Myanmar does not have a cancer registry.

My priority is to advise the Ministry of Health to establish National Cancer Control Programme by setting up new department under disease control department. Cancer Registry would be another priority for effective data recording that could reflect the burden of cancer. I would share my knowledge of inpatient and outpatient oncological care learnt at NCCS to my colleagues at oncology department and disseminating knowledge to other medical professionals through CME programmes. I would also promote palliative oncology care by advising the Ministry of Health to include Palliative Care Medicine in medical curriculum. I will keep in touch with the National Cancer Centre Singapore for training of other candidates and keep myself up-to-date in terms of knowledge in medical oncology and palliative care.

What would your words of encouragement be for fellow oncologists in the region who are considering clinical fellowship and attachment programmes in NCCS?

National Cancer Centre Singapore is undoubtedly the best place to learn Medical Oncology for hands-on training to improve your ability and to develop professional spirit towards better patient care.

NURSES DAY SPECIAL FEATURE – AN INTERVIEW WITH APN ZHI ZHEN, NURSING MERIT AWARD WINNER 2016

BY ALSON TAN & APN XU ZHI ZHEN

NCCS is pleased to spotlight one of our unsung heroes. Advanced Practice Nurse (APN) **Xu Zhi Zhen** is one of the recipients of this years' Nurses Merit Award. We had a quick chat with Zhi Zhen to learn more about her achievements, motivations and what nursing means to her.



Q Congratulations on the award! How do you feel about this amazing achievement?

ZHI ZHEN: To be honest, I was surprised to win this award. I'm just doing what I'm supposed to do as a nurse. When I help my patients or colleagues, it is about what I could best do for them. It is never the thought of being recognised or winning awards.

Q Speaking of recognition, is there anyone that you'd like to thank?

ZHI ZHEN: I am really appreciative of my supervisors. Dr Alethea Yee (Senior Consultant & Head, Division of Palliative Care, NCCS) and Ms Lian Siew Bee (Director of Nursing, NCCS) for their guidance. They have been my role model and have encouraged me all these years. The way they serve and care for their patients makes me aspire to provide the same level of care, love and empathy. I really want to say a big "Thank you" to both of them.

Q Tell us a little more about yourself. Were you always involved in oncologic nursing?

ZHI ZHEN: Yes, I worked in the medical oncology wards in SGH when I graduated from nursing school. I then furthered my knowledge with an Advanced Diploma in Oncology, a Nursing Degree and finally a Masters of Nursing to become an Advanced Practice Nurse (APN). I joined NCCS in the Division Palliative Medicine in 2008 where I still am today. I've been working as a nurse for 16 years, where it's been a journey of caring and learning.

Q Some people would say nursing is a "high calling". Why did you join nursing?

ZHI ZHEN: When I was in secondary school, I was inspired by my cousin. She was a capable and warm hearted nurse who was well liked by her patients. I chose to join nursing as I wanted to help people in need as well.

ABOUT THE AWARD

The Nurses Merit Award is given to nurses who have demonstrated consistent and outstanding performance for the past three years, participated in professional development and have made contributions to promote the nursing profession.

Q What motivates you to do your best in nursing?

ZHI ZHEN: A simple smile from a patient, or them saying something like "I want to see you again". Or it could be someone just taking the time out of their day to say "thank you". Simple acts like these from patients, family members or colleagues make me feel appreciated and motivated.

Another form of motivation for me is trust from fellow professionals. I receive calls from Doctors and Nurses in the industry asking for advice on palliative care issues. I feel honoured and empowered by their trust. This is why I've been upgrading my clinical knowledge to give my best back to patients and fellow professionals.

Finally, not forgetting my family. My family is very supportive and understanding. My husband patiently and lovingly drives me to and from work no matter how early or late. My two daughters are proud of what I'm doing and hope to be a nurse when they grow up. My family makes me determined to be a good role model for them.

Q What's your greatest contribution to nursing?

ZHI ZHEN: After I joined Palliative Care in NCCS, I've helped to train palliative nurses from not only NCCS, but other institutions as well. I've also had the amazing opportunity to train nursing professionals from overseas as well as work with the future generation of nurses from schools in Singapore.

Q Nursing can be a very difficult at times. How do you sustain your passion?

ZHI ZHEN: The nursing journey is like marriage. In marriage, the more the couple mutually learns and stays together, the more the couple loves each other. In the same way, the more I learn and serve patients and their families, the more I love doing what I do. I've learnt to treasure life and relationships with family and friends.

Teamwork is very important too. The support and teamwork I have with my colleagues and supervisors helps to form a strong backbone. All these amazing people influence and motivate me to give my best to my patients their families.

From left to right: Dr Alethea Yee, Senior Consultant & Head, Division of Palliative Medicine; APN Xu Zhizhen, Nursing Merit Award Winner; Ms Lian Siew Bee, Director, Nursing; and Prof Soo Khee Chee, Director, National Cancer Centre Singapore



FIGHTING BREAST CANCER IN STYLE

DR ELAINE LIM

Senior Consultant, Division of Medical Oncology,
NCCS and Co-Chair of Breast Cancer Awareness
Month Campaign 2016

Calling all aspiring designers and models – help raise breast cancer awareness in a one-of-a-kind fashion show!

October is Breast Cancer Awareness Month (BCAM). Breast cancer patients, their families and healthcare workers come together to make a united stand in encouraging women to undergo screening mammograms.



Breast cancer is the most common and most deadly female cancer in Singapore.

The BCAM also aims to drive home the message that early detection makes a difference to clinical outcomes and that breast cancer is highly treatable.

The National Cancer Centre Singapore (NCCS) offers clinical programmes for breast cancer patients, including neoadjuvant (pre-operative) treatment, intra-operative radiotherapy, and oncoplastic breast surgery. The experienced and enthusiastic clinical trial teams from the NCCS Clinical Trials and Epidemiological Sciences Department (CTE) and Investigational Medicine Unit (IMU) run numerous clinical trials testing new treatments, with the ultimate aim of improving the overall treatment of breast cancer and providing the best care for breast cancer patients.

This year, the BCAM Organising Committee, helmed by NCCS and comprising representatives from Breast Cancer Foundation (BCF), Health Promotion Board (HPB), National University Hospital Singapore (NUHS), and Singapore Cancer Society (SCS), is organising a series of activities targeted at the public at large.

In the line-up of activities are educational seminars, talks, roadshows, the Pink Ribbon Walk organised by BCF, as well as other events to foster a sense of unity amongst breast cancer patients, and for caregivers, relatives and cancer healthcare workers to express their resolute support and encouragement. Pink Ribbon pins will be on sale in NCCS the whole month of October.

The highlight this year is a fashion show to demonstrate that one can live life normally and beautifully after a breast cancer diagnosis. NCCS will be teaming up with Singapore Fashion Runway (SFR) to create a unique fashion extravaganza of breast cancer patients, by breast cancer patients, for breast cancer patients.

The Pink Ribbon Fashion Show & Carnival will be held on 15 October 2016, 2pm-6pm, at The Cathay.

If you know of anyone who harbours secret ambitions to be a fashion designer, a runway model, or is talented in sewing, get in touch with us! To get the garments ready for the day, SFR will hold workshops and training sessions. This is open to all breast cancer patients, NCCS staff and volunteers.



If you have always wanted to be a fashion designer, seamstress/tailor or catwalk model, Don't Miss This Opportunity!

The NCCS Breast Cancer Awareness Month (BCAM) organising committee joins hands with Singapore Fashion Runway to put on a fashion extravaganza of breast cancer patients, by breast cancer patients, for breast cancer patients.

We are looking for at least:

12 Designers **12** Lady tailors **12** Models

There will be 3 walks of 12 garments each.

To register as a participant, please email Ms Lalitha at lalitha.krishnan@singhealth.com.sg



The carnival is open to the public, and will have fun-filled games and activities geared towards raising breast cancer awareness. We will also be conducting story-sharing sessions by patients.

For more information on The Pink Ribbon Fashion Show & Carnival, please contact Ms Lalitha at lalitha.krishnan@singhealth.com.sg.

National Cancer Centre Singapore
SingHealth

Rossnani Binte Abdullah
Lead Patient Relations Officer
Clinic Operations

**Smile & Greet,
My Name,
Intention,
Listen,
End with *Thank You.***

VALUE OF A SMILE

The benefits of smiling – that's a topic which you've probably come across at least once. There's plenty of benefits to smiling that you've probably heard before – makes you more attractive, lowers stress or could make you more approachable.

"A smile is the light in your window that tells others that there is a caring, sharing person inside."

– Denis Waitley
(Author and Motivational Speaker)

One the more interesting ones is that smiling may give a boost to healing and immunity! A study measuring the effects of smiling on Smiling Hospital Foundation artists (puppeteers, story-tellers) on hospitalized children showed that "immunological changes may develop when more attention is given to hospitalized children"¹ – Probably a good reason to smile more!

Growing this idea, NCCS has launched the "NCCS Smiles" campaign, to spread smiles around NCCS. Whether to reduce stress or simply just to make NCCS a brighter place, you can expect to see more smiles all around National Cancer Centre Singapore. This simple idea was first started in the NCCS Oncology Pharmacy by Assoc Prof Lita Chew, Head of Pharmacy.

¹ (Béres A, Lelovics Z, Antal P, Hajós G, Gézsi A, Czéh Á, Lantos E, Major T. (2011). "Does happiness help healing?" Immune response of hospitalized children may change during visits of the Smiling Hospital Foundation's Artists [Abstract]. Orvosi Hetilap, 152(43):1739-44)



Mr Wayne Chua engaging the audience with a stage game



The crowd goes wild!

TREASURING THE MOMENTS

ALICIA PANG

Executive, Cancer Education & Information Service

Greeted with a colourful façade and disco-lights, one can find guests dressed in their best, mingling enthusiastically with familiar faces and friends. Eager to enter through the large double doors that promises them a night to remember, these guests participated in fun-filled fringe activities like caricature drawing, wire craft sculpting, and took home photograph souvenirs in a film strip at the themed photo studio.



Guests at the shrink caricature and wire craft sculpting booths



To an onlooker, it may seem like the esteemed guests were attending a company Dinner and Dance. Little did they know, a night of celebration specially planned for Cancer Survivors was underway.

To commemorate National Cancer Survivors' Day, cancer survivors and caregivers were invited to enjoy a plethora of light-hearted and mind-boggling performances, scrumptious food, and camaraderie on 4 June 2016.

Setting the tone for the night, Dr Chay Wen Yee, Consultant from the Division of Medical Oncology and Chairperson of Patient Support Programmes, shared about celebrating the significant moments in commemorating courage and tenacity demonstrated by the guests and their caregivers in their cancer journey. Her special message hit home – that each moment in life is worth celebrating and treasuring.



Mr Ferris Yao trying his hand at reading minds



The Comedy Ventriloquist Mr Joseph Then with Ah Beng



The top 5 winners of the Lucky Draw with Dr Chay

Aptly themed “Treasuring the Moments”, the lively and engaging emcee, Mr Wayne Chua, took the audience on through the programme and livened up the atmosphere effortlessly. His bubbly personality brought on exciting stage games and contests to delight every guest present in the ballroom. Complementing his hosting, Psychological Illusionist Mr Ferris Yao amazed the crowd with baffling psychic tricks that left the audience in awe. He looked into the minds of the volunteers and wowed the audience with his predictions that were surprisingly accurate. Not forgetting to add merriment to the evening, the Comedy Ventriloquist Mr Joseph Then tickled the guests by using local jokes accustomed to the Singaporean setting while using familiar characters like Master Wong Fei Fei and Mr Chow Ah Beng to aid him in the “talk” show.

For this exceptional celebration, the night would not be complete without a Lucky Draw. In addition to the goodie bags that were distributed to the guests, each participant also stood a chance to win 1 in 20 prizes in the lucky dip. Prizes included NTUC vouchers, electronic appliances, and the grand prize of \$1000 Resorts World Sentosa voucher.

With hearts and hands full of love and new memories forged, Treasuring the Moments will remain a night to remember for a long time to come. Till CanSurvive 2017, may many more cherished moments be treasured. See you again!



CELEBRATING CANSURVIVE 2016



The best dressed groups of the night!



Wayne Chua 通过游戏赢得了全场观众的瞩目。



与会贵宾同主持人一起舞动起来！

珍惜当下

彭薇洳

癌症教育与资讯服务

那一夜，精心打扮的宾客们在五光十色的迪斯科灯光照射下的会场里开怀地与一张张熟悉的面孔高声畅谈，欢声笑语顿时让整个会场气氛热闹起来。大家都迫不及待地想早点入席，但却不由自主地在专为他们准备的种种场外活动，如漫画肖像、钢丝雕塑和主题影像等活动站流连，希望带回这一晚珍贵的回忆。



宾客们在卡通肖像和钢丝雕塑活动站。



不知情的商场购物群众路过时可能还以为这里肯定是某家公司的常年晚会会场，但他们或许怎么也想不到，这其实是特地为癌症幸存者们精心安排的一场庆祝会。

配合国立癌症幸存者日，新加坡国立癌症中心邀请癌症幸存者和他们的看护者一同参加在2016年6月4日晚主办的晚会，让他们在轻松愉悦的环境下得以松懈长久紧绷的神经，享受为他们安排的一系列轻松有趣的台上表演并享用美食。

新加坡国立癌症中心肿瘤内科顾问医生兼病人互助计划主席谢文仪医生在晚会致词中，提起一些病人和他们的看护者在抗癌的旅途中所克服的里程碑时，赞赏他们在每闯过一个难关中所反映出的勇气和坚韧，为晚会定下了基调。谢医生在分享里程碑时始终贯穿的一个重要信息——生命中的每一刻都是值得我们珍惜和庆祝的——获得了与会贵宾们的共鸣。



Ferris Yao 尝试利用读心术，窥探台上志愿者的内心世界。



腹语喜剧演员 Joseph Then 和 Ah Beng 在台上互相抬杠。



谢医生和当晚首五奖的幸运儿。

主题为“珍惜当下”的晚会正式进入活动流程后，主持人 Wayne Chua 马上发挥舞台魅力。在他活泼生动的带动下，全场气氛开始升温沸腾。虽然身处台上，主持人通过游戏和比赛，轻易地同台下观众取得零距离互动。心理魔术师 Ferris Yao 展示读心术，神准的预测也让观众们赞叹不已。另外，腹语喜剧演员 Joseph Then 与最佳木偶拍档 Chow Ah Beng 的“双人脱口秀”也成功利用本土和大众熟悉的人物如黄飞鸿等为题材的笑话让观众们捧腹大笑。

到了晚会的尾声，当然也少不了万众期待的幸运抽奖活动。除了每人一份礼包之外，每位贵宾都有机会在幸运抽奖中赢取奖品。奖品包括职总平价超市礼券、电气用品和价值 1000 元的圣淘沙名胜世界礼券。

“珍惜当下”晚会在满载爱心和奖品的气氛中拉下序幕。相信这一夜将让与会贵宾留下久久不能忘怀的美丽回忆。期待 2017 年，在下一个国立癌症幸存者日庆祝活动上再次与您一起创造回忆。到时见！

National Cancer Centre Singapore
SingHealth

CELEBRATING CANSURVIVE 2016



晚会上的最佳服装组别！

OUTREACH – PUBLIC FORUMS, CANCERWISE WORKSHOP, UPCOMING EVENT FOR THE GENERAL PUBLIC

Public Forums	Date, Time, Venue	Registration
<p>Liver Cancer Awareness Month: Liver Cancer</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • Anatomy & Functions • Risk Factors • Signs & Symptoms • Early Detection & Prevention • Screening & Treatment • Recent Advanced Therapies 	<p>03 September 2016, Saturday</p> <p>ENGLISH SESSION Time: 11.15am to 12.30pm (Registration: 10.45am to 11.15am)</p> <p>National Cancer Centre Singapore Peter & Mary Fu Auditorium, Level 4 11 Hospital Drive Singapore 169610</p>	<p>Free Admission</p> <p>Strictly no admission for children below 12 years old.</p> <p>Registration is a MUST as seats are limited.</p> <p>PHONE REGISTRATION ONLY</p> <p>Open for registration</p> <p>Please call: 6225 5655 Monday – Friday: 8.30am to 5.30pm</p>
<p>Breast Cancer Awareness Month: Breast Cancer</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • Update in Chemotherapy for Breast Cancer • Update in Surgery for Breast Cancer • Update in Radiation Therapy for Breast Cancer • Care of Arm and Management of Lymphoedema 	<p>08 October 2016, Saturday</p> <p>ENGLISH SESSION Time: 10.00am to 12.00pm (Registration: 09.30am to 10.00am)</p> <p>National Cancer Centre Singapore Peter & Mary Fu Auditorium, Level 4 11 Hospital Drive Singapore 169610</p>	<p>Free Admission</p> <p>Strictly no admission for children below 12 years old.</p> <p>Registration is a MUST as seats are limited.</p> <p>PHONE REGISTRATION ONLY</p> <p>Open for registration</p> <p>Please call: 6225 5655 Monday – Friday: 8.30am to 5.30pm</p>

The information is correct at Press time. NCCS reserves the right to change programmes or speaker without prior notice.

OUTREACH – PUBLIC FORUMS, CANCERWISE WORKSHOP, UPCOMING EVENT FOR THE GENERAL PUBLIC

CancerWise Workshops	Date, Time, Venue	Registration
<p>CancerWise Workshop – Cancers of the Oesophagus / Stomach / Pancreas</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • Cancer of the Oesophagus & Stomach • What is Pancreatic Cancer? • Types of Pancreatic Cancers • Causes & Risk Factors • Signs & Symptoms • Treatments & Recent Advances 	<p>27 August 2016, Saturday</p> <p>ENGLISH SESSION 1.00pm – Registration 1.30pm to 3.30pm – Workshop starts</p> <p>National Cancer Centre Singapore Peter & Mary Fu Auditorium, Level 4 11 Hospital Drive Singapore 169610</p>	<p>Free Admission</p> <p>Strictly no admission for children below 12 years old.</p> <p>Registration is a MUST as seats are limited.</p> <p>PHONE REGISTRATION ONLY</p> <p>Open for registration</p> <p>Please call: 6225 5655 Monday – Friday: 8.30am to 5.30pm</p>
<p>CancerWise Workshop – Hepatitis B and Its Link to Liver Cancer</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • What is Hepatitis? • Types of Hepatitis • Causes of Hepatitis B • Signs & Symptoms of Hepatitis B • The Link Between Hepatitis B and Liver Cancer • Treatment & Prevention of Hepatitis B • Living with Hepatitis B 	<p>03 September 2016, Saturday</p> <p>ENGLISH SESSION 1.00pm – Registration 1.30pm to 3.30pm – Workshop starts</p> <p>National Cancer Centre Singapore Peter & Mary Fu Auditorium, Level 4 11 Hospital Drive Singapore 169610</p>	<p>Free Admission</p> <p>Strictly no admission for children below 12 years old.</p> <p>Registration is a MUST as seats are limited.</p> <p>PHONE REGISTRATION ONLY</p> <p>Open for registration</p> <p>Please call: 6225 5655 Monday – Friday: 8.30am to 5.30pm</p>
<p>CancerWise Workshop – Body Image Concern in Breast Cancer</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • Impact Of Breast Cancer and treatment on body image • Physical Impact • Psychological Concern • Achieving a healthy body image • Adjusting to changes in body image • Support needs related to body image 	<p>08 October 2016, Saturday</p> <p>ENGLISH SESSION 1.00pm – Registration 1.30pm to 3.30pm – Workshop starts</p> <p>National Cancer Centre Singapore Peter & Mary Fu Auditorium, Level 4 11 Hospital Drive Singapore 169610</p>	<p>Free Admission</p> <p>Strictly no admission for children below 12 years old.</p> <p>Registration is a MUST as seats are limited.</p> <p>PHONE REGISTRATION ONLY</p> <p>Open for registration</p> <p>Please call: 6225 5655 Monday – Friday: 8.30am to 5.30pm</p>

The information is correct at Press time. NCCS reserves the right to change programmes or speaker without prior notice.

SEMINARS / FORUMS / TUMOUR BOARDS / SMC-CME ACTIVITIES FOR MEDICAL PROFESSIONALS ONLY

AUGUST 2016

Date	Time	Event Information	CME Pt	Registration Contact
4, 11, 18, 25	11.30am	Lung Tumour Board Combine SGH-NCCS Meeting @ SGH Blk 2 Level 1, Radiology Conference Room	1	Christina Lee Siok Cheng 6326 6095 christina.lee.s.c@nhc.com.sg
4	5.00pm	NCCS-SGH Joint Lymphoma Workgroup Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	Carol Tang 6436 8539 carol.tang.w.c@nccs.com.sg
3, 10, 17, 24, 31	4.30pm	NCCS Tumour Board Meetings: Sarcoma Tumour Board Meeting	1	Lim Shufen / Ella 6436 8723 / 6436 8294 dsolsf@nccs.com.sg / Nursuhaila.rahammat@nccs.com.sg
3, 10, 17, 24, 31	5.00pm	Surgical Oncology Tumour Board Meeting	1	Lalitha / Nora 6436 8236 / 6576 2037 lalitha.krishnan@singhealth.com.sg / noralina.ali@singhealth.com.sg
5, 12, 19, 26	4.30pm	Breast Tumour Board Meeting	1	Angela 6576 1731 angela.liew.m.f@singhealth.com.sg
1, 8, 15, 22, 29	5.00pm	Head & Neck Tumour Board Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	
3, 10, 17, 24, 31	1.00pm	Gynae-Oncology Tumour Board Meeting @ NCCS Level 1, Clinic A, Discussion Room	1	Lim Shufen / Ella 6436 8723 / 6436 8294 dsolsf@nccs.com.sg / Nursuhaila.rahammat@nccs.com.sg
3, 10, 17, 24, 31	1.00pm	S'Health Hepato-Pancreato-Biliary Tumour Board @ NCCS Level 4, Peter & Mary Fu Auditorium	1	Saratha / Carol 6436 8165 / 6436 8539 saratha.v.gopal@nccs.com.sg / carol.tang.w.c@nccs.com.sg
26	5.00pm	NCCS Neuro Onco Tumour Board Meeting Academia, Diagnostic Tower, Level 9 Histopathology Microscopy Teaching Room	1	Saratha / Ang Hui Lan 6436 8165 / 6436 8174 saratha.v.gopal@nccs.com.sg / dmoahl@nccs.com.sg
25	7.30am	Endocrine and Rare Tumour Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	Saratha 6436 8165 saratha.v.gopal@nccs.com.sg
4, 11, 18, 25	12.00pm	Upper GI Tumour Board Meeting @ NCCS Level 4, Peter & Mary Fu Auditorium	1	Carol Tang / Ang Hui Lan 6436 8539 / 6436 8174 carol.tang.w.c@nccs.com.sg / dmoahl@nccs.com.sg
19	1.00pm	Journal Club Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room	1	Phua Chay Sin 6704 2037 ddipcs@nccs.com.sg
26	1.00pm	Teaching Session Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room	1	Phua Chay Sin 6704 2037 ddipcs@nccs.com.sg

SEMINARS / FORUMS / TUMOUR BOARDS / SMC-CME ACTIVITIES FOR MEDICAL PROFESSIONALS ONLY

SEPTEMBER 2016

Date	Time	Event Information	CME Pt	Registration Contact
1, 8, 15, 22, 29	11.30am	Lung Tumour Board Combine SGH-NCCS Meeting @ SGH Blk 2 Level 1, Radiology Conference Room	1	Christina Lee Siok Cheng 6326 6095 christina.lee.s.c@nhc.com.sg
1	5.00pm	NCCS-SGH Joint Lymphoma Workgroup Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	Carol Tang 6436 8539 carol.tang.w.c@nccs.com.sg
7, 14, 21, 28	4.30pm	NCCS Tumour Board Meetings: Sarcoma Tumour Board Meeting	1	Lim Shufen / Ella 6436 8723 / 6436 8294 dsolsf@nccs.com.sg / Nursuhaila.rahamat@nccs.com.sg
7, 14, 21, 28	5.00pm	Surgical Oncology Tumour Board Meeting	1	Lalitha / Nora 6436 8236 / 6576 2037 lalitha.krishnan@singhealth.com.sg / noralina.ali@singhealth.com.sg
2, 9, 16, 23, 30	4.30pm	Breast Tumour Board Meeting	1	Angela 6576 1731 angela.liew.m.f@singhealth.com.sg
5, 12, 19, 26	5.00pm	Head & Neck Tumour Board Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	
7, 14, 21, 28	1.00pm	Gynae-Oncology Tumour Board Meeting @ NCCS Level 1, Clinic A, Discussion Room	1	Lim Shufen / Ella 6436 8723 / 6436 8294 dsolsf@nccs.com.sg / Nursuhaila.rahamat@nccs.com.sg
7, 14, 21, 28	1.00pm	S'Health Hepato-Pancreato-Biliary Tumour Board @ NCCS Level 4, Peter & Mary Fu Auditorium	1	Saratha / Carol 6436 8165 / 6436 8539 saratha.v.gopal@nccs.com.sg / carol.tang.w.c@nccs.com.sg
30	5.00pm	NCCS Neuro Onco Tumour Board Meeting Academia, Diagnostic Tower, Level 9 Histopathology Microscopy Teaching Room	1	Saratha / Ang Hui Lan 6436 8165 / 6436 8174 saratha.v.gopal@nccs.com.sg / dmoahl@nccs.com.sg
29	7.30am	Endocrine and Rare Tumour Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	Saratha 6436 8165 saratha.v.gopal@nccs.com.sg
1, 8, 15, 22, 29	12.00pm	Upper GI Tumour Board Meeting @ NCCS Level 4, Peter & Mary Fu Auditorium	1	Carol Tang / Ang Hui Lan 6436 8539 / 6436 8174 carol.tang.w.c@nccs.com.sg / dmoahl@nccs.com.sg
16	1.00pm	Journal Club Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room	1	Phua Chay Sin 6704 2037 ddipcs@nccs.com.sg
23	1.00pm	Teaching Session Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room	1	Phua Chay Sin 6704 2037 ddipcs@nccs.com.sg

SEMINARS / FORUMS / TUMOUR BOARDS / SMC-CME ACTIVITIES FOR MEDICAL PROFESSIONALS ONLY

OCTOBER 2016

Date	Time	Event Information	CME Pt	Registration Contact
6, 13, 20, 27	11.30am	Lung Tumour Board Combine SGH-NCCS Meeting @ SGH Blk 2 Level 1, Radiology Conference Room	1	Christina Lee Siok Cheng 6326 6095 christina.lee.s.c@nhc.com.sg
6	5.00pm	NCCS-SGH Joint Lymphoma Workgroup Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	Carol Tang 6436 8539 carol.tang.w.c@nccs.com.sg
5, 12, 19, 26	4.30pm	NCCS Tumour Board Meetings: Sarcoma Tumour Board Meeting	1	Lim Shufen / Ella 6436 8723 / 6436 8294 dsolsf@nccs.com.sg / Nursuhaila.rahammat@nccs.com.sg
5, 12, 19, 26	5.00pm	Surgical Oncology Tumour Board Meeting	1	Lalitha / Nora 6436 8236 / 6576 2037 lalitha.krishnan@singhealth.com.sg / noralina.ali@singhealth.com.sg
7, 14, 21, 28	4.30pm	Breast Tumour Board Meeting	1	Angela 6576 1731 angela.liew.m.f@singhealth.com.sg
3, 10, 17, 24, 31	5.00pm	Head & Neck Tumour Board Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	
5, 12, 19, 26	1.00pm	Gynae-Oncology Tumour Board Meeting @ NCCS Level 1, Clinic A, Discussion Room	1	Lim Shufen / Ella 6436 8723 / 6436 8294 dsolsf@nccs.com.sg / Nursuhaila.rahammat@nccs.com.sg
5, 12, 19, 26	1.00pm	S'Health Hepato-Pancreato-Biliary Tumour Board @ NCCS Level 4, Peter & Mary Fu Auditorium	1	Saratha / Carol 6436 8165 / 6436 8539 saratha.v.gopal@nccs.com.sg / carol.tang.w.c@nccs.com.sg
28	5.00pm	NCCS Neuro Onco Tumour Board Meeting Academia, Diagnostic Tower, Level 9 Histopathology Microscopy Teaching Room	1	Saratha / Ang Hui Lan 6436 8165 / 6436 8174 saratha.v.gopal@nccs.com.sg / dmoahl@nccs.com.sg
27	7.30am	Endocrine and Rare Tumour Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	Saratha 6436 8165 saratha.v.gopal@nccs.com.sg
6, 13, 20, 27	12.00pm	Upper GI Tumour Board Meeting @ NCCS Level 4, Peter & Mary Fu Auditorium	1	Carol Tang / Ang Hui Lan 6436 8539 / 6436 8174 carol.tang.w.c@nccs.com.sg / dmoahl@nccs.com.sg
21	1.00pm	Journal Club Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room	1	Phua Chay Sin 6704 2037 ddipcs@nccs.com.sg
28	1.00pm	Teaching Session Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room	1	Phua Chay Sin 6704 2037 ddipcs@nccs.com.sg

5 TIPS FOR BETTER OFFICE HEALTH

BY ALSON TAN
Corporate Communications

Working in an office can be a challenging at times – like a rugby match for example. However, it doesn't mean your body needs to feel like you've been rugby tackled. Taking care of your health in the office is very important. We look at 5 simple things you can do to improve your health when in the office.



GIVE YOUR NECK A WELL NEEDED BREAK



Dr Tan Kian Hian, Senior Consultant at the Dept of Anaesthesiology and Director of the Pain Management Centre in SGH explains: "When you lean your head forward away from its neutral position – when the ears and the shoulders are aligned – by an inch, the weight dramatically increases." Craning your neck to look at your mobile devices, for example, increases the weight your neck needs to carry. This can cause stress to your neck muscles which can cause pains along the neck or shoulders as well as even headaches.

Unfortunately, there's no app that relieves neck pain! Try holding your mobile devices higher so that your neck is more toward its neutral position. Or, take breaks every 15 minutes while using your mobile devices.

FEELING COLD OR TIRED? TAKE A WALK!



Office work has its perks – such as being able to sit at your own space to work through daily challenges. However, getting up and moving every hour has many benefits that could lead you feeling better and more alert – decrease in muscle tension, improved posture and better circulation. Moving around also can increase your body temperature slightly – a good solution for those cold offices!

Try walking a little more – walk over and talk to colleagues instead of sending an email. Grab a quick stretch at the photocopier or water cooler. Maybe even take a phone call standing up!

Source: Information from SingHealth Health Xchange. For more useful health tips and information, please visit SingHealth HealthXChange at www.healthxchange.com.sg.

OUCH! DON'T SLOUCH!



Sitting with poor posture can put additional body weight on your back. Slouching can add 50% body weight pressure on the disks in your back. One telltale sign that you're slouching is when you're sitting on your tail bone.

A good tip is to make sure you're sitting on your sitting bones (ischial tuberosities). Not sure which ones are your sitting bones? If you sit on the palms of your hands and you'll be able to feel your sitting bones.

A good backrest is also another good way of making sure you have good posture during work.

AN 'EYE' FOR DETAIL



Sometimes, a keen eye for spotting details or mistakes takes experience and training. Fortunately, caring for your eyes doesn't require you to! Caring for your eyes is really easy – just remember 20-20-20. Every 20 minutes, look 20 feet away for 20 seconds.

RIGHT THOSE WRISTS



Our wrists are involved in much of our daily office work –typing, using the mouse, writing, using our mobile devices or even eating during lunch. Poor positioning of your wrists could lead to pains or carpal tunnel syndrome.

Avoid resting your wrists against the edge of the table. This could compress your nerves over a period of time. Make sure your wrists are straight and properly supported when using the keyboard or mouse.

ROW FOR HOPE

BY NCCS

27 AUG 2016, SATURDAY • PASSION WAVE @ MARINA BAY • 2 PM TO 7 PM

Parking at Passion Wave is limited. Please proceed to Gardens by the Bay (East) car park. Entry to Gardens by the Bay (East) is via Tanjong Rhu Road. Entrance into car park is on the right of Marina Bay Golf Course.

Celebrate cancer survivorship with NCCS at this fun-filled carnival! The Oxford & Cambridge Society of Singapore will be holding a series of thrilling boat races to raise awareness & funds for cancer care & survivorship. Our cancer survivors will also be featured in a Dragon Boat exhibition race (*The Pink Spartans*)!

DOLLARS FOR A CAUSE

Support cancer care & survivorship by donating to our cause online at

**giving.sg/
community-cancer-fund/
rowforhope2016**

**Thank You
For Your Support!**

#RowForHope2016

Come on down for this one-of-a-kind event in Singapore and support our patients and survivors today!

ORGANISED BY National Cancer Centre Singapore SingHealth

SUPPORTED BY THE OXFORD AND CAMBRIDGE SOCIETY OF SINGAPORE People's Association Water Ventures

IN SUPPORT OF COMMUNITY CANCER FUND BY NCCS

OFFICIAL EVENT VENUE Gardens by the Bay

OFFICIAL BOATING VENUE Passion Wave @ Marina Bay

OFFICIAL SPONSORS Vitagen Less Sugar VITA COCO natural coconut water

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SALUBRIS is produced with you in mind. If there are other topics related to cancer that you would like to read about or if you would like to provide some feedback on the articles covered, please email to corporate@nccs.com.sg.

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