



National Cancer  
Centre Singapore  
SingHealth

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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.*



**WE CAN, YOU CAN...  
HELP FIGHT CANCER**

# WE CAN, YOU CAN... HELP FIGHT CANCER

BY SUNNY WEE

Corporate Communications

Each year on 4<sup>th</sup> February, across the continents, people of all ages and races come together to mark World Cancer Day (WCD), to show their solidarity in the fight against the disease. Taking place under the tagline “We Can, I Can.”, it is a three-year campaign from 2016 to 2018.

**A**ccording to the World Cancer Day organisers, 8.2 million people die from cancer worldwide every year, out of which 4 million are premature deaths (aged 30 to 69 years). In Singapore, 1 in 3 people will die of cancer and every day 37 people will be diagnosed with cancer (Source: Ministry of Health, Sept 2015).

**World Cancer Day is an initiative by the Union for International Cancer Control (UICC), an international non-governmental organisation. Founded in 1933 and based in Geneva, UICC has a growing membership of over 900 organisations across 155 countries.**

There is an urgent need for action which we in Singapore as responsible individuals must take in order to raise awareness, or to prevent the disease from getting out of control. The National Cancer Centre Singapore (NCCS) has been at the forefront of this battle against cancer for over a decade. Its recently held Run-for-Hope event is one of many such events organised not only to raise funds for the sufferers and for research on cancer but also to heighten the awareness across the community.

Cancer sufferers have to go through a difficult journey, some brief and others prolonged. At NCCS we have seen patients whose cancer went into remission, thanks to medical advances and doctors having a better understanding of the disease, and these patients were successfully treated and returned to their loved ones. It is encouraging and a joy to see some of them becoming active in cancer support groups. They help others to weather the hardships of their disease by sharing their own experiences.

*At NCCS we have seen patients whose cancer went into remission, thanks to medical advances and doctors having a better understanding of the disease. It is encouraging and a joy to see some of them becoming active in cancer support groups. They help others to weather the hardships of their disease by sharing their own experiences.*

But cancer takes its toll also on family members. The patient could be a breadwinner for the family, or a key figure which holds the family together. For most people, the patient is a precious loved one. Take for example Joseph R. Biden III, the former attorney general of Delaware who died at the age of 46 of brain cancer. He was the elder son of US Vice President Joseph Biden. Next is 69-year-old British singer David Bowie who died of liver cancer in January this year, surrounded by loved ones at his death bed. In Singapore, we too had our share of personalities who were lost to cancer. Emma Yong comes to mind. She was one of the Dim Sum Dollies who left us at the age of 36. She succumbed to stomach cancer in 2012. Next was the popular MediaCorp actor, Huang Wenyong who died of lymphoma, aged 60, in 2013. They were all at the prime of their careers and were robbed of the good life that they could have enjoyed.



**JOSEPH R. BIDEN III**  
February 1969 – May 2015



**DAVID BOWIE**  
January 1947 - January 2016



**EMMA YONG**  
January 1975 – May 2012



**HUANG WENYONG**  
July 1952 – April 2013





If their fans and those who knew them went through some very soul searching moments, you can imagine what their family members had to submit themselves to during the months before they bid their final goodbyes.

Some time ago I met a huge and tough-looking American whose wife had died of breast cancer, and he teared when he spoke about his wife's journey. He eventually broke down when he recounted his own anxiety and trauma tending to his wife as he had to put up a brave front during the months that she went for her treatment.

I understand the anguish and the pain that family members would have gone through as my mom died to lung cancer, my maternal grandma of womb cancer, my father-in-law and aunt of pharyngeal cancer, her husband of liver cancer, and my niece of breast cancer, besides several others. We were hapless as we watched day by day the debilitating effects of the disease, draining away their energy and reducing them to just flesh and bones. Unlike what we have today to treat cancer patients, during their time they were more or less resigned to their fate and laid in wait at the wards.

Hence, in this WDC campaign, we need to come together, do what we can, support all the anti-cancer causes, and don't leave this world regretting that we failed to play our role in this global effort to stem the tide of cancer. Globally including Singapore, we are making good progress in treating some cancers. You would have read their testimonies or you may have met them at the support groups.

## THIS YEAR THE WCD ORGANISERS HAVE THE FOLLOWING KEY MESSAGES FOR ITS CAMPAIGN WHICH IS APTLY NAMED "WE CAN. I CAN".

There are many things that we can do to show our support for WCD. On 20<sup>th</sup> February, head down to Toa Payoh HDB Hub for the WCD Awareness Event co-organised by NCCS, National University Cancer Institute, Singapore, and Singapore Cancer Society. You can participate in the booth games, hop on the Cancer Education Bus, register for talks on cancer prevention, collect a Faecal Immunochemical Test (FIT) kit, sign up for a Pap Smear or book a mammogram screening.

**There is hope for cancer patients today. Let's not miss this chance to put an end to all cancers.**



# WORLD CANCER DAY 2016

## WE CAN. I CAN.



### SUPPORT OUR WORLD CANCER DAY AWARENESS EVENT!

DATE : 20TH FEBRUARY, 2016 (SATURDAY)  
 EXHIBITION TIME : 10AM – 4PM  
 VENUE : TOA PAYOH HDB HUB

- Participate in our booth games and collect a goodie bag! (Limited to first 500 participants)
- Collect a Faecal Immunochemical Test (FIT) kit, sign up for a Pap Smear and book a mammogram screening at no cost\*.

\*Screening eligibility applies (visit [www.singaporecancersociety.org.sg](http://www.singaporecancersociety.org.sg) for more information)

**EVERY DAY, ABOUT 37 PEOPLE IN SINGAPORE ARE DIAGNOSED WITH CANCER.  
 1 IN 3 PEOPLE DIES FROM CANCER.**

Source: Singapore Cancer Registry, Annual Registry Interim Report, Trends in Cancer Incidence in Singapore, 2010-2014

### Register for our Talks to learn more about Cancer Prevention Admission: Free (Pre-registration is required)

Topic/Speaker	Time	Venue
<b>Women's Cancers (Gynaecological &amp; Breast)</b> Dr Yap Yoon Sim, Senior Consultant, National Cancer Centre Singapore Dr Ida Ismail, Consultant, National University Cancer Institute, Singapore Dr See Hui Ti, Senior Consultant, Parkway Cancer Centre	English session: 9am – 10.30am Mandarin session: 10.45am – 12.15pm	HDB Hub Basement 1 (Bedok Room)
<b>Nutrition and Cancer Prevention            TCM and Cancer</b> Dr Lim Siew Eng, Senior Consultant, National University Cancer Institute, Singapore Ms Esther Lin, Senior Dietitian, National University Hospital Mr Ricky Ang Seng Kok, Principal Pharmacist, National Cancer Centre Singapore	English session: 2pm – 3.30pm Mandarin session: 4pm – 5.30pm	HDB Hub Basement 1 (Punggol Room)

To register,  
 Call: 6421 5860  
 Email: [education@singaporecancersociety.org.sg](mailto:education@singaporecancersociety.org.sg)

Co-Organised by:



Online Registration URL:

English Sessions: <http://bit.ly/wcdeng>  
 Mandarin Sessions: <http://bit.ly/wcdchi>

Supported by:



Sponsored by:



**HOP ON THE NCCS CANCER  
 EDUCATION BUS TO LEARN  
 MORE ABOUT CANCER.**

Complete a quiz on the bus and get yourself a goodie pouch\*! Walk through our inflatable colon to learn about polyps and how some can become cancerous. Participate in our educational games and win yourself some prizes! \*While stocks last.





## RIDE FOR TOBACCO-FREE GENERATION 2000 – 2015 EDITION

BY SHIREEN LIM

State Registered Nurse

Program Coordinator, Tobacco Free Generation

The third instalment of the Ride for Tobacco-Free Generation 2000 (TFG2000) on 14<sup>th</sup> November 2015 saw 110 cyclists meet at the unearthly hour of 4am, and led by Dr William Tan, to ride 65km of the streets of Singapore in support of the Tobacco Free Generation vision.



*The Ride for TFG2000 was held in conjunction with the Millennia Kids Challenge organised by Sengkang Health for the Sengkang community and supported by NCCS Community Cancer Fund.*



*The WHO delegates were sponsored by the World Health Organisation.*

**T**his event marked a vital milestone in the TFG2000's road map with the visit by the World Health Organisation (WHO). A team of seven from the WHO Western Pacific Regional Office (WPRO) came to learn more about the TFG2000 movement in events leading up to the Ride for TFG2000. This visit is a continuation following a strong articulation of support by Dr Margaret Chan, Director General of the World Health Organisation, in March 2015, when she said, "Tobacco Free Generation should be supported very strongly, very strongly!" We were humbled by their participation as VIPs in leading the Community Ride around Sengkang.

It was uncertain if the event would actually take place as Singapore was at the mercy of the haze. The preceding weeks saw the cancellation of many local sports events.

We were heartened by the strong turnout of 110 cyclists: 40 cyclists more than 2014's event. 70% supported us the year before and 80% of cyclists hail from the healthcare and education sector. This year's event also saw an international mix of cyclists from Singapore, Malaysia, Indonesia, Philippines, Japan, Germany and Denmark.





# UNITY IS STRENGTH: GIVING BACK AS ONE NCCS FAMILY

BY WILSON NG  
Corporate Communications

Giving Week is an international movement dedicated to giving back, and Singapore is the only Asian country to have participated in it for the past 2 years. Be it pledging your money or your time, it is a meaningful exercise where individuals and companies organise and take part in activities in the spirit of generosity and altruism.



**“ALONE WE CAN DO SO LITTLE; TOGETHER WE CAN DO SO MUCH.” – HELEN KELLER**

**B**etween 1 to 7 December 2015, we got our staff and enthusiastic members of the public to join in the fun.

“I am pledging my ‘Bak Cho Mee’ (minced meat noodles) for the month to cancer research!” declared Dr Tan Hiang Khoon, Director of the Division of Community Outreach and Philanthropy at NCCS.

In turn, Lead Patient Relations Officer, Ms Rossnani Bte Abdullah, pledged the money she would have spent on shopping for the month to cancer care.

But the exercise did not stop there. Harnessing the viral effect of our social network, we posted these Pledge Cards on our NCCS Facebook Page to welcome public participation.

**Our efforts made an impact on more than 8,500 people, garnering over 200 ‘Likes’ and ‘Shares’ across Facebook and LinkedIn<sup>1</sup>.**

“I am pledging my wife’s Christmas present and donating to cancer research!” announced Mr Ed Daughtrey, part of the Credit Suisse volunteer contingent that visited the Ambulatory Treatment Unit to spread the Christmas cheer to our patients and their caregivers.

Led by Ms Wong Chien Chien, Managing Director of the Investment Banking division at Credit Suisse, the volunteer team (which consisted of a five-piece band and a team of carolers) serenaded our patients at the Jasmine Suite with beloved festive classics such as Rudolph the Red Nose Reindeer and Jingle Bell Rock.

They also gave out adorable Santa hats and goodies, putting a much-needed midday smile on everyone’s faces.

This also presented a perfect opportunity for our Knit for Hope volunteers to distribute the beautifully handmade hats for our patients. It was a thoughtful and sincere gesture to kick-start the pre-Christmas season.



Giving Week also commemorates International Volunteer Day, and the kind intentions of both the Credit Suisse and NCCS’ Knit For Hope teams also roundly capture the heart of this global act.

#NCCSGivingWeek2015 will surely go down in our memories as the year that our staff and members of the public banded together to make a difference in the cancer community. On that note, here’s to an even better #NCCSGivingWeek2016!

**#NCCSGivingWeek2015 was jointly organised by Community Partnership and Corporate Communications.**

<sup>1</sup> Based on 8,596 reach and impression across 16 postings on NCCS Facebook and LinkedIn. Correct as of 11 Dec 2015.





*Khor Ru Shan hopes to make a difference with his contribution.*



*NCCS staff Rena Ong is pleased she could play her part.*

## STEPPING FORWARD TO RELIEVE HUNGER

BY SITI ZAWIYAH  
Corporate Communications

Going the extra step to give back to the community, NCCS radiation therapists from the division of Radiation Oncology, in collaboration with The Food Bank Singapore Ltd, organised a one day food drive in NCCS to encourage fellow colleagues to donate non-perishable food items for needy beneficiaries. Besides food items, NCCS staff also donated money to buy food bundles consisting of rice, oil, and biscuits.

“**T**he food drive turnout was great! As it was our first time organising a food drive in NCCS, we were initially unsure of the response. However, when we saw many people making the effort to drop food items and also donate cash, we felt very touched and it was very heartwarming to know that our fellow colleagues in NCCS are very compassionate.” said Melissa Koh, Senior Radiation Therapist, who is a member of the food drive organising committee.

A total of \$3,000 was raised at the end of the food drive, in addition to donated food items such as cereals, coffee and Milo powder, sardines, baked bins, cooking oil, biscuits and crackers, noodles and more.

First time contributor Khor Ru Shan hopes to make a difference. “I hope to have made some difference as every donation eventually contributes to someone’s meal and it is nice to think that someone deserving has more food to enjoy. More importantly, that they have gained some peace of mind from having a few meals less to worry about.” he shared.

Food Bank Singapore is a charity that aims to fight hunger and reduce food wastage in Singapore. It is Singapore’s first food bank and aims to be the prevailing centralised coordinating organisation for all food donations. Since their establishment in 2012, they have managed to complement charities’ food donation efforts by helping them to obtain better access to excess food, and making it available to those in need through a network of community agencies.

*These food items contributed by NCCS staff will be allocated to the needy through a network of beneficiaries.*



*NCCS Radiation Therapists take pride in organising such a meaningful initiative to help the needy.*

## NEW IN NCCS: PATIENT AND FAMILY EDUCATION DEPARTMENT

The Patient and Family Education (PFE) Department was established in 2015 to support NCCS' vision of meeting the educational needs of the patients and families by providing learning experiences that aid in decision making, facilitate coping with illness, promote self-care, and attaining maximum health potential.

**MS CHUA GEK PHIN**, Director of the PFE Department, shares with us more.

### Importance of patient and family education in cancer care and the disease process

Cancer is the leading cause of mortality in Singapore. The National Cancer Centre Singapore (NCCS) treats approximately 70% of all public patients with cancer. Given the complex nature of the disease and the treatment modalities including the psychosocial impact associated with the disease, those diagnosed with cancer and their family members will experience a variety of informational and educational needs, and emotional support throughout their cancer journey. Besides, the shift to outpatient treatment has increased the necessity of good patient education, as most patients and their caregivers now have to deal with treatment-related problems and adverse effects at home. This is compounded with the more aggressive therapies now available, thus rendering the patients more vulnerable to more toxic effects of the treatment.



### Helping patients, family members and caregivers in their cancer journey

The PFE Department aims to help patient and/or family member and/or caregiver better participate in their care, make informed care decisions and cope with the illness. They do this by collaborating with the multi-disciplinary patient care providers to ensure that education programmes are designed to meet the needs of patients and family members throughout the disease process through the establishment of the Patient and Family Education Committee. This multi-disciplinary committee is responsible for addressing issues related to patient and family education at NCCS. It serves to provide a forum to access, plan, develop, coordinate, implement and evaluate patients' and caregivers' educational activities at NCCS. It also serves as an advisory council to guide the planning and development of the Patient and Family Education Resource Centre (PFERC) and Wellness Centre at the new NCCS in the future.

The PFE Department will be the central clearing house of all educational materials including materials supplied by external sources. We will have a systematic review system to ensure the information we provide is up-to-date and meets the patients'/caregivers' needs. We will also take into account the feedback from patients/family advisors which would help ensure clarity and ease of understanding.

The information that we provide would be evidence-based by conducting surveys, which involve patients and their family members. This survey will help us to identify the gaps in the information provided. We will also take their inputs in planning for the Patient and Family Education Resource Centre and Wellness Centre.

### Conclusion

Providing information to patients and their families is critical in helping them to make informed decisions as they journey ahead. We will work closely with the Patient and Family Committee, healthcare staff and the patients/families so that we can enhance our educational resources to better meet their needs.



## AN INTERVIEW WITH NCCS' NEW ASSISTANT DIRECTOR OF CAMPAIGNS, MS TANNIS WALKER, CFRE\*



**What interests you about fundraising and development? What is it about this profession that makes you passionate?**

Giving back to the communities in which I live in. It is an honour and a privilege to partner with NCCS Leadership, Physicians and Donors to make a difference for the 1 in 3 Singaporeans living with Cancer.

**What are your responsibilities as the Assistant Director of Campaigns at NCCS?**

I joined the Community Partnerships team at NCCS to help develop the strategy for an upcoming fundraising campaign. Stay tuned for our big announcement in mid 2016!

I'm also responsible for developing relationships with our Leadership, Physicians and Corporate Partners alongside to mentoring the junior fundraisers.

**What inspires and excites you about NCCS' mission?**

NCCS is in a unique position to provide cutting edge research on Asian-centric cancers and then translate that knowledge from bench to bedside. This approach ensures direct impact to our patients and gives our Centre a distinctive voice within the cancer dialogue.

**What do you bring from your previous job or life experience that could enhance your role at NCCS?**

I've spent the majority of my career fundraising for Academic Medicine. This experience translates well to my role at NCCS.

**What expectations do you have of the differences of working in Canada and in Singapore and how do you overcome the differences?**

My learning curve is based on understanding the cultural differences and approaches to business and relationships. I'm watching, listening and always appreciate the advice of colleagues!

**You have come half way around world to be in Singapore, what about Canada do you miss the most?**

My loved ones... and the changing of the seasons! I miss the autumn leaves, the first snowfall of winter and the spring blossoms.

**When you are not at work, what do you do for leisure?**

I'm a yoga practitioner, culture vulture, traveler and cat lover. I'm really enjoying exploring Singapore and South East Asia with my husband and adore my recently adopted street cat, Cleo.

**What advice would you give to someone who is just starting out in fundraising?**

Find a mentor!

*\*Certified Fund Raising Executive*

## REACHING OUT TO YOUNG MINDS

BY TERRY TAN

Events & Program Officer  
Cancer Education & Information Service

In Singapore, 1 in 3 people die of cancer (Ministry of Health, Singapore Health Facts, Principal Causes of Death, updated 22 July 2015). With the rising incidence of cancer, there is an increasing need to be made aware about the disease. Learning more about how cancer develops and knowing the available screening tools can increase the chance of survival.



*Students looking at the cancer cells at the microscope and taking their BMI*

**T**he National Cancer Centre Singapore (NCCS) has been reaching out to youths island-wide through its community outreach efforts. While it is less common for primary, secondary and tertiary students to grapple with cancer at such a young age, NCCS has been engaging them through its interactive public education activities. To fight against the number one killer in Singapore, the cancer education bus has been making its rounds in schools to create cancer awareness in the younger community.

**The contributory factors of cancer are explained to the students. These include smoking, lack of physical activity and diet. During community outreach, students take part in various activities that enable them to learn about these risk factors.**

**They get to learn about tobacco use and its link to cancer. They can also view the cancer cells through the microscopes differentiating them from the normal cells in the body.**

Embracing a healthier lifestyle plays a pivotal role in lowering the risk of cancer. Students are encouraged to measure their Body Mass Index (BMI) to work towards maintaining a healthy weight through diet and exercise. Cancer screening information like the Fecal Immunochemical Test (FIT) kit, Pap Smear and Breast Self-Examination are also shared with the students to disseminate to their loved ones.

Through the physical activity “The Butt Stops Here”, we hope that the participants will understand that without “lighting up”, they are being responsible for their health. In addition, “The Great Smoke Free Sale” helps them learn about the freedom of investing their money, time and energy on other priorities.

The messages that students bring home to their loved ones are simple and memorable which include: making wise lifestyle choices, adopting a healthier lifestyle and going for recommended cancer screening.

We look forward to have you join us in the fight against cancer. For enquiries about Community Outreach events and the Cancer Education Bus, please call the Cancer Helpline at **6225 5655** or email to **hope@nccs.com.sg**.





Students trying their hand at seeing how much money they can save by not picking up smoking



A student learning about better health by saying "No" to smoking



Students learn about recommended cancer screening programmes in Singapore



# 向年轻人传达防癌信息

陈乃泉  
癌症教育与资讯服务

在新加坡，每三个人当中就有一人死于癌症（卫生部，《Singapore Health Facts》，主要死亡导因，2015年7月22日）。有鉴于癌症几率上升，公众更加迫切需要提高对该疾病的了解。若对癌症的导因和筛检途径有进一步认识，相信将有助于提高人们的癌症生还率。

虽然还在小学、中学和高等学府求学的孩童和青少年或许因为年龄关系，暂时无需面对癌症的威胁，但新加坡国立癌症中心仍一直以他们为对象，通过社区公众教育活动，努力不懈地向青年传达防癌信息。为了提高下一代对癌症的“免疫力”，国立癌症中心同全岛各个大学府合作，在校内主办防癌巡回展览和教育活动，提高年轻一代的防癌意识。

在这些社区活动上，学生们可以通过各种互动项目提高他们对患癌风险因素的认识，让他们明白包括吸烟、缺乏运动和饮食习惯等，都有可能导致癌症的形成。

学生们学到吸烟和癌症的关联，并通过显微镜看见癌细胞和正常的健康细胞有何不同。

健康生活习惯是减低癌症风险的关键。学生们也应该定期关注自己的身体质量指数 (BMI)，并督促自己通过饮食和运动维持适中的BMI水平。学生也在巡回展上认识到粪便免疫化学检验 (Fecal Immunochemical Test) 配套、子宫颈抹片检查和自行乳房检验到对及早发现癌症的资讯，希望他们能把信息带回家与家人分享。



学生们通过显微镜窥探癌细胞的“真面目”并测量自己的身体质量指数 (BMI)

通过“烟蒂从此熄灭”的活动，我们希望同学能明白，“灭火”是自我负责的行为。此外，“无烟大减价”游戏也帮助他们认清，如果他们戒烟，省下来的钱将能给他们带来更大的经济自由，希望他们知道其实他们可以更好地规划自己的时间、金钱和精力。

经由互动游戏，学生们深刻地认识到我们希望传达给他们的信息，并把所学到的宝贵资料带给家人：在生活上作出明智的选择、采纳健康生活方式，以及癌症筛检测试有哪些。

我们殷切期盼与您共同打击癌症。欲知更多有关国立癌症中心的社区活动和癌症教育巴士详情，请拨打 6225 5655 或电邮至 [hope@nccs.com.sg](mailto:hope@nccs.com.sg)，与癌症援助热线联络。





学生通过简单的游戏计算自己如果不吸烟，可以节省多少钱。



这名学生正在学习如何向吸烟说“不”！



学生在展览和教育活动中了解到新加坡所建议的癌症筛查项目。

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

Public Forums	Date, Time, Venue	Registration
<p><b>Colorectal Cancer Awareness Month: Colorectal Cancer</b></p> <p><b>TOPICS:</b></p> <ul style="list-style-type: none"> <li>• Causes, risk factors, early detection, prevention</li> <li>• Advances in Colorectal Cancer Surgery</li> <li>• Chemotherapy in Colorectal Cancer</li> <li>• Diet and Colorectal Cancer</li> </ul>	<p><b>19 March 2016, Saturday</b></p> <p><b>ENGLISH SESSION</b> Time: 10.00am to 11.55am (Registration: 9.45am to 10.00am)</p> <p>Peter &amp; Mary Fu Auditorium National Cancer Centre Singapore 11 Hospital Drive Singapore 169610</p>	<p><b>Free Admission</b></p> <p>Strictly no admission for children below 12 years old.</p> <p>Registration is a MUST as seats are limited.</p> <p><b>PHONE REGISTRATION ONLY</b></p> <p>Registration opens: <b>1 Dec 2015</b></p> <p>Please call: 6225 5655 Monday – Friday: 8.30am to 5.30pm</p>
<p><b>Evidence-Based Use of Traditional Chinese Medicine in Cancer Care</b></p> <p><b>TOPICS:</b></p> <ul style="list-style-type: none"> <li>• How does Traditional Chinese Medicine complement conventional cancer treatment?</li> <li>• Potential herb and drug interactions</li> <li>• Understanding the side effects</li> </ul>	<p><b>16 Apr 2016, Saturday</b></p> <p><b>MANDARIN SESSION</b> Time: 9.15am – 10.30am (Registration: 9.00am to 9.15am)</p> <p><b>ENGLISH SESSION</b> Time: 11.15am to 12.30pm (Registration: 11.00am to 11.15am)</p> <p>Peter &amp; Mary Fu Auditorium National Cancer Centre Singapore 11 Hospital Drive Singapore 169610</p>	<p><b>Free Admission</b></p> <p>Strictly no admission for children below 12 years old.</p> <p>Registration is a MUST as seats are limited.</p> <p><b>PHONE REGISTRATION ONLY</b></p> <p>Registration opens: <b>1 Dec 2015</b></p> <p>Please call: 6225 5655 Monday – Friday: 8.30am to 5.30pm</p>
CancerWise Workshops	Date, Time, Venue	Registration
<p><b>CancerWise Workshop – Lymphoma</b></p> <p><b>TOPICS:</b></p> <ul style="list-style-type: none"> <li>• Overview of Lymphoma</li> <li>• Types of Lymphoma</li> <li>• Risk Factors</li> <li>• What are the diagnostic tests to detect Lymphoma?</li> <li>• What are the treatments available?</li> <li>• New development in Lymphoma</li> <li>• Targeted therapy</li> </ul>	<p><b>27 February 2016, Saturday</b></p> <p><b>ENGLISH SESSION</b> 1.00pm – Registration 1.30pm to 3.30pm – Workshop starts</p> <p>Peter &amp; Mary Fu Auditorium National Cancer Centre Singapore 11 Hospital Drive Singapore 169610</p>	<p><b>Free Admission</b></p> <p>Strictly no admission for children below 12 years old.</p> <p>Registration is a MUST as seats are limited.</p> <p><b>PHONE REGISTRATION ONLY</b></p> <p>Registration opens: <b>1 Dec 2015</b></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><b>CancerWise Workshop – Enhancing Quality of Life in Cancer Care</b></p> <p><b>TOPICS:</b></p> <ul style="list-style-type: none"> <li>• Understanding own reactions and feelings in the cancer journey</li> <li>• Making meaning of feelings</li> <li>• Ways to cope and positive lifestyle changes</li> </ul>	<p><b>19 March 2016, Saturday</b></p> <p><b>ENGLISH SESSION</b> 1.00pm – Registration 1.30pm to 3.30pm – Workshop starts</p> <p>Peter &amp; Mary Fu Auditorium National Cancer Centre Singapore 11 Hospital Drive Singapore 169610</p>	<p><b>Free Admission</b></p> <p>Strictly no admission for children below 12 years old.</p> <p>Registration is a MUST as seats are limited.</p> <p><b>PHONE REGISTRATION ONLY</b></p> <p>Registration opens: <b>1 Dec 2015</b></p> <p>Please call: 6225 5655 Monday – Friday: 8.30am to 5.30pm</p>
<p><b>CancerWise Workshop – Colorectal Cancer</b></p> <p><b>TOPICS:</b></p> <ul style="list-style-type: none"> <li>• What is Colorectal Cancer?</li> <li>• Treatment options &amp; recent advances</li> <li>• Recommended screening &amp; diagnostic procedures</li> </ul>	<p><b>19 March 2016, Saturday</b></p> <p><b>MANDARIN SESSION</b> 1.00pm – Registration 1.30pm to 2.45pm – Workshop starts</p> <p>National Cancer Centre Singapore Function Room, Level 4 11 Hospital Drive Singapore 169610</p>	<p><b>Free Admission</b></p> <p>Strictly no admission for children below 12 years old.</p> <p>Registration is a MUST as seats are limited.</p> <p><b>PHONE REGISTRATION ONLY</b></p> <p>Registration opens: <b>1 Dec 2015</b></p> <p>Please call: 6225 5655 Monday – Friday: 8.30am to 5.30pm</p>

Event	Date, Time, Venue
<p><b>World Cancer Day Roadshow</b></p> <p><b>ACTIVITIES:</b></p> <p>Cancer Education Bus, cancer information poster exhibits, breast self-examination counter, mammogram screening information, interactive game booths, upcoming events and cancer information publications subscriptions.</p> <p>(Tokens of participation will be given out!)</p>	<p><b>20 February 2016, Saturday</b></p> <p>10am to 4pm</p> <p>Toa Payoh HDB Hub Atrium</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

## FEBRUARY 2016

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



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

## MARCH 2016

Date	Time	Event Information	CME Pt	Registration Contact
2, 9, 16, 23, 30	4.30 pm	<b>NCCS Tumour Board Meetings:</b> Sarcoma Tumour Board Meeting	1	<b>Lim Shufen / Ella</b> 6436 8723 / 6436 8294 dsolsf@nccs.com.sg / Nursuhaila.rahmat@nccs.com.sg
2, 9, 16, 23, 30	5.00 pm	Surgical Oncology Tumour Board Meeting	1	<b>Lalitha / Nora</b> 6436 8236 / 6576 2037 lalitha.krishnan@singhealth.com.sg / noralina.ali@singhealth.com.sg
4, 11, 18, 25	4.30 pm	Breast Tumour Board Meeting	1	<b>Angela</b> 6576 1731 angela.liew.m.f@singhealth.com.sg
7, 14, 21, 28	5.00 pm	Head & Neck Tumour Board Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	
2, 9, 16, 23, 30	1.00 pm	<b>S'Health Hepato-Pancreato-Biliary Tumour Board</b> @ NCCS Level 4, Peter & Mary Fu Auditorium	1	<b>Saratha / Carol Tang</b> 6436 8165 / 6436 8539 Saratha.v.gopal@nccs.com.sg / carol.tang.w.c@nccs.com.sg
2, 9, 16, 23, 30	1.00 pm	<b>Gynae-Oncology Tumour Board Meeting</b> @ NCCS Level 1, Clinic A, Discussion Room	1	<b>Lim Shufen / Ella</b> 6436 8723 / 6436 8294 dsolsf@nccs.com.sg / Nursuhaila.rahmat@nccs.com.sg
3	5.00 pm	<b>NCCS-SGH Joint Lymphoma Workgroup Meeting</b> @ NCCS Level 2, Clinic C, Discussion Room	1	<b>Carol Tang</b> 6436 8539 carol.tang.w.c@nccs.com.sg
3, 10, 17, 24, 31	11.30 am	<b>Lung Tumour Board Combine SGH-NCCS Meeting</b> @ SGH Blk 2 Level 1, Radiology Conference Room	1	<b>Christina Lee Siok Cheng</b> 6326 6095 christina.lee.s.c@nhc.com.sg
31	7.30 am	<b>Endocrine and Rare Tumour Meeting</b> @ NCCS Level 2, Clinic C, Discussion Room	1	<b>Saratha</b> 6436 8165 saratha.v.gopal@nccs.com.sg
18	5.00 pm	<b>NCCS Neuro Onco Tumour Board Meeting</b> Academia, Diagnostic Tower, Level 9 Histopathology Microscopy Teaching Room	1	<b>Saratha / Ang Hui Lian</b> 6436 8165 / 6436 8174 saratha.v.gopal@nccs.com.sg / dmoahl@nccs.com.sg
3, 10, 17, 24, 31	12.00 pm	<b>Upper GI Tumour Board Meeting</b> @ NCCS Level 4, Peter & Mary Fu Auditorium	1	<b>Carol Tang / Ang Hui Lan</b> 6436 8539 / 6436 8174 carol.tang.w.c@nccs.com.sg / dmoahl@nccs.com.sg
18	1.00 pm	<b>Journal Club</b> Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room	1	<b>Phua Chay Sin</b> 6704 2037 ddipcs@nccs.com.sg
PH	1.00 pm	<b>Teaching Session</b> Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room	1	<b>Phua Chay Sin</b> 6704 2037 ddipcs@nccs.com.sg

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

## APRIL 2016

Date	Time	Event Information	CME Pt	Registration Contact
6, 13, 20, 27	4.30 pm	<b>NCCS Tumour Board Meetings:</b> Sarcoma Tumour Board Meeting	1	<b>Lim Shufen / Ella</b> 6436 8723 / 6436 8294 dsolsf@nccs.com.sg / Nursuhaila.rahmat@nccs.com.sg
6, 13, 20, 27	5.00 pm	Surgical Oncology Tumour Board Meeting	1	<b>Lalitha / Nora</b> 6436 8236 / 6576 2037 lalitha.krishnan@singhealth.com.sg / noralina.ali@singhealth.com.sg
1, 8, 15, 22, 29	4.30 pm	Breast Tumour Board Meeting	1	<b>Angela</b> 6576 1731 angela.liew.m.f@singhealth.com.sg
4, 11, 18, 25	5.00 pm	Head & Neck Tumour Board Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	
6, 13, 20, 27	1.00 pm	<b>Gynae-Oncology Tumour Board Meeting</b> @ NCCS Level 1, Clinic A, Discussion Room	1	<b>Lim Shufen / Ella</b> 6436 8723 / 6436 8294 dsolsf@nccs.com.sg / Nursuhaila.rahmat@nccs.com.sg
6, 13, 20, 27	1.00 pm	<b>S'Health Hepato-Pancreato-Biliary Tumour Board</b> @ NCCS Level 4, Peter & Mary Fu Auditorium	1	<b>Saratha / Carol Tang</b> 6436 8165 / 6436 8539 Saratha.v.gopal@nccs.com.sg / carol.tang.w.c@nccs.com.sg
7, 14, 21, 28	11.30 am	<b>Lung Tumour Board Combine SGH-NCCS Meeting</b> @ SGH Blk 2 Level 1, Radiology Conference Room	1	<b>Christina Lee Siok Cheng</b> 6326 6095 christina.lee.s.c@nhc.com.sg
7	5.00 pm	<b>NCCS-SGH Joint Lymphoma Workgroup Meeting</b> @ NCCS Level 2, Clinic C, Discussion Room	1	<b>Carol Tang</b> 6436 8539 carol.tang.w.c@nccs.com.sg
15	1.00 pm	<b>Journal Club</b> Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room	1	<b>Phua Chay Sin</b> 6704 2037 ddipcs@nccs.com.sg
28	7.30 am	<b>Endocrine and Rare Tumour Meeting</b> @ NCCS Level 2, Clinic C, Discussion Room	1	<b>Saratha</b> 6436 8165 saratha.v.gopal@nccs.com.sg
29	5.00 pm	<b>NCCS Neuro Onco Tumour Board Meeting</b> Academia, Diagnostic Tower, Level 9 Histopathology Microscopy Teaching Room	1	<b>Saratha / Ang Hui Lian</b> 6436 8165 / 6436 8174 saratha.v.gopal@nccs.com.sg / dmoahl@nccs.com.sg
7, 14, 21, 28	12.00 pm	<b>Upper GI Tumour Board Meeting</b> @ NCCS Level 4, Peter & Mary Fu Auditorium	1	<b>Carol Tang / Ang Hui Lan</b> 6436 8539 / 6436 8174 carol.tang.w.c@nccs.com.sg / dmoahl@nccs.com.sg
22	1.00 pm	<b>Teaching Session</b> Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room	1	<b>Phua Chay Sin</b> 6704 2037 ddipcs@nccs.com.sg



# WALKING THE NOSE CANCER JOURNEY TOGETHER

BY GILLIAN TAN  
Corporate Communications

Ten years ago, a group of dedicated nasopharyngeal cancer (NPC) survivors formed a support group of 20 core members under the auspices of the National Cancer Centre Singapore (NCCS) to reach out to NPC patients and caregivers.

**T**oday, the NCCS NPC Support Group has grown to be the largest in Singapore with over 450 members, which includes survivors and caregivers. 125 of them gathered to celebrate the group's 10<sup>th</sup> anniversary on 24<sup>th</sup> October 2015 at the Bishan Community Club.

The main highlight of the event was the launch of "The NPC Journey", a book that was put together by the NCCS and NPC survivors for new patients. The book walks the reader through a collection of 20 personal stories from 15 NPC survivors. It also covers personal tips in coping with some of the common side effects of treatments, such as mouth ulcers and skin burns.

"We hope to leave a legacy for future cancer patients, providing them with encouragement and hope in their fight against cancer", explained Mr Teo Thiam Chye, programme leader of the support group, on what inspired them to write the book.

More commonly known as nose cancer, NPC is the 8<sup>th</sup> most common cancer among men in Singapore, with a higher incidence in the Chinese population and between the ages of 35 and 55 years old. Survival rates for NPC have increased over the years and the remission rate in the early stages is generally high. However, many NPC cases were diagnosed in stage 3 and 4. "NPC has quite silent symptoms in the early stages, such as common cold and sinus, which people tend to ignore. But generally, people should get suspicious of any symptoms that last more than two months and doesn't get better with treatment", explained Dr Soong Yoke Lim, one of the medical advisers of the support group, as well as Consultant Radiation Oncologist at the NCCS.

Mr Teo finds that patients today are more blessed with cutting-edge technology and more targeted treatments, thus experiencing lesser side effects. On top of that, patients do not need to walk their cancer journey alone as there are now support groups that can share and provide encouragement and emotional support.



*Dr Soong Yoke Lim, medical adviser of the NCCS NPC Support Group, giving his speech at their 10<sup>th</sup> Anniversary party.*

The NCCS NPC Support Group has been run independently by cancer survivors over the years. It is supported by two Medical Advisers – Dr Terence Tan and Dr Soong Yoke Lim, and Medical Social Workers (MSW) from the NCCS. Besides providing medical advice, the doctors in turn seek help from some of the support group members to speak to the newly diagnosed patients, while the MSW provides psychosocial support. This platform gives patients an opportunity to connect to doctors to learn more about coping with the cancer and side effects of treatments.

**Aiming to improve confidence, wellbeing and quality of life of NPC patients, the support group also works closely with health and medical professionals from NCCS in the patients' post-recovery care through organised activities, talks and sharing of knowledge and experiences.**

*NCCS staff and the editorial team of "The NPC Journey", from left to right: Mr See Tiong Boon, Mr Teo Thiam Chye, Dr Soong Yoke Lim, Mr Lim Kok Kiong, Dr Gilbert Fan, Ms Joy Ng, Ms Lim Wai Cheng, Ms Lin Jiang, Ms Chan Lai Pheng, Mr Lee Chee Soon.*



To find out more information on the NCCS NPC Support Group or to get a copy of "The NPC Journey", please contact the Department of Patient Support at [mss@nccs.com.sg](mailto:mss@nccs.com.sg) or 6436 8743.

"The NPC Journey" can also be downloaded from the NCCS website at <http://www.nccs.com.sg/Publications>

# RED PACKETS FOR OUR PATIENTS, A YEAR OF HEALTH & FORTUNE

## 捐出一份红包, 一年福星高照

BY WILSON NG  
Corporate Communications

2016 is the Year of the Fire Monkey, symbolising optimism and warmth. As part of our Lunar New Year festivities, National Cancer Centre Singapore (NCCS) is initiating a red packet donation drive to benefit the Community Cancer Fund.

**T**he red packet donation drive will see volunteers handing out specially designed '安康' (Good Health) ang bao (red packets) around NCCS. Well-wishers can insert a donation of any amount (be it \$8 or \$88) into the red packet, and drop them into any of our Buddie donation boxes.

There is even space at the back of the red packet where donors can pen their personal thoughts to our patients. These red packets will then be displayed at NCCS as motivational and inspirational messages for our patients, caregivers, doctors and nurses.

As a token of gratitude for all donations, auspicious mandarin oranges will be given out as symbols of good luck.

The #NCCS2016AngBao activity will be held from 1<sup>st</sup> to 5<sup>th</sup> February 2016 and resume again from 15<sup>th</sup> to 19<sup>th</sup> February 2016 after the week of the Lunar New Year break.

### How to Donate to #NCCS2016AngBao:

- All donations are welcome at the designated booth at Level 1 of NCCS during working hours
- You can also submit your red packets directly into a Buddie donation box located on B2, Level 1, 2 or 3
- For cheque donations, please include payee name as **Community Cancer Fund**. Kindly include your name, NRIC number and address at the back of the cheque and mail to the following address:

**Community Cancer Fund  
(NCCS 2016 Ang Bao)**  
c/o National Cancer Centre Singapore  
11 Hospital Drive  
Singapore 169610

- You can make your donations online at <https://www.giving.sg/community-cancer-fund/nccs2016angbao>



### ABOUT THE COMMUNITY CANCER FUND

Since the inception of the Community Cancer Fund (previously known as the Cancer Research and Education Fund) in 1998, funds raised in a variety of ways provide support for specific cancer research and public education projects. The fund was renamed in year 2011 to better reflect its purpose with a strong focus on optimising patient care.

With your help, more lives can be touched as cancer affects 1 in 3 here. Financial assistance can help to diminish some distress that they experience from challenges that they may face along their cancer journey.

#### The Community Cancer Fund supports:

- financial assistance for needy patients;
- education and training of medical, nursing and paramedical professionals for better patient care and cancer prevention;
- development of cancer related publications for oncology professionals, patients and public; as well as
- improvements in infrastructure, equipment, facilities, processes and patient touch points for enhancement of patient care.

#NCCS2016AngBao is jointly organised by NCCS Community Partnership and Corporate Communications.

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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](mailto:corporate@nccs.com.sg).

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