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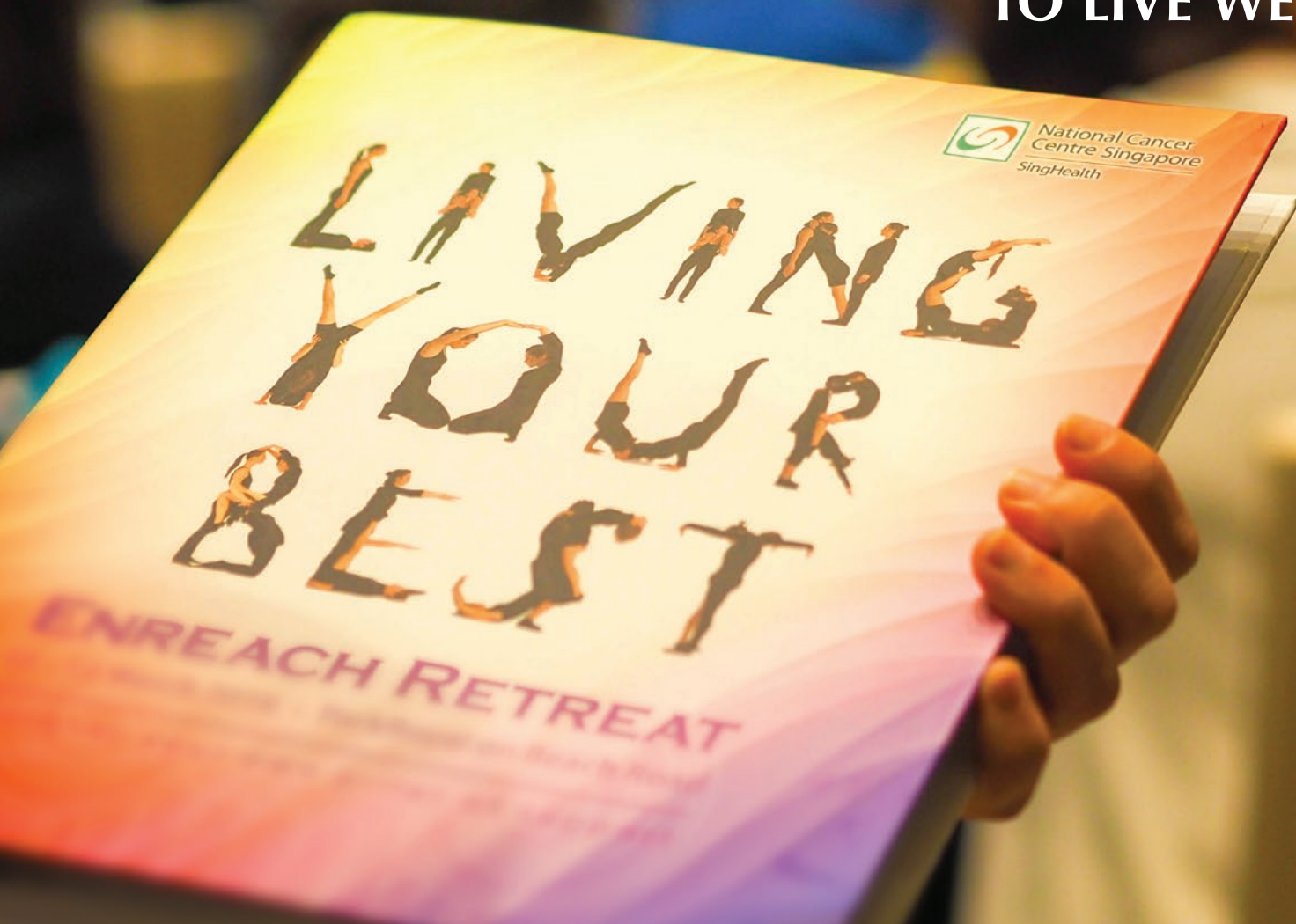
A NCCS QUARTERLY PUBLICATION
April – June 2016

Salubris

...HELPING READERS TO ACHIEVE GOOD HEALTH

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

**EMPOWERING SURVIVORS,
PATIENTS AND CAREGIVERS
TO LIVE WELL**



ENREACH RETREAT 2016 – LIVING YOUR BEST

WRITTEN AND CONTRIBUTED BY: IVY
Participant, Enreach Retreat

At the National Cancer Centre Singapore (NCCS), we believe in the inherent values which our patients and their families place on living their best no matter how trying and difficult their situations may be. Cancer management is more than just medical treatments. It is a journey that involves a person living with a cancer diagnosis and the things one does to help beat the emotional upheavals that often accompany the onset of the disease. It is about rediscovering the important things in life.

This year, the Enreach Retreat, organised by NCCS was themed “Living Your Best” to empower survivors, patients and their caregivers to live well, with hopes that its participants benefit from the different programmes and activities which had been lined up for them.

Practical issues such as diet and nutrition, treatment concerns, common and chronic physiological symptoms were addressed. Participants also learnt about effecting changes in their own self and others through self-awareness, appreciation and building resilience in coping.

Ivy participated in this three-day retreat with her sister, Christine, who is mute. Ivy shares about love, joy and her reflections from the retreat.



Participants putting the WA in BOKWA

THE HEALING POWER OF LOVE AND FAMILY BONDING

Ms Chan Lay Lin, one of the presenters at the retreat had shared about Man's search for meaning and I learnt that “Human life can be fulfilled not only in creating and enjoying but also in suffering”. Human beings possess a fundamental will-to-meaning that drives us to seek out the subjective meaning of our lives, in spite of the challenges and adversities that we meet in our lives. Thus, the texture of suffering is changed when we see it and begin to experience it as being redemptive and as not being wasteful or senseless. Human beings can tolerate suffering but we cannot tolerate meaninglessness. The meaning of suffering is found in the individual leaping into commitment and action, and resolutely choosing to forge meaning and value.



Acknowledging the volunteers and organisers of the EnReach retreat



Mentalist Ferris Yao captivates the crowd with mental magic



Participants dance the night away



Qi-Gong session breathing exercises

WHAT IS LOVE?

Love is a decision, a judgement and a promise. If love is only a feeling, there would be no basis for the promise to love each other forever. A feeling comes and goes. How then can we judge that it will stay forever? We can only do so when our acts do not involve judgement and decision. We do not love someone because they are perfect, we love them in spite of the fact that they are not! Being deeply loved by someone gives us strength whilst loving someone deeply gives us courage.

Mother Theresa once wrote: "I have found the paradox, that if you love until it hurts; there can be no more hurt, only more love."

At the retreat, most participants were open & authentic in their sharing from the hearts. As such, we learnt much about unforgiveness, anger, bitterness, fear, love and sacrifices under the leadership of Dr Gilbert Fan and his assistant, Joan.

COMMUNICATING

We also learnt much from Facilitator, Ms Anna Low, who shared about communication, on how people convey information, make meaning with one another, the different types of communication and responses, the metaphor 'The Personal Iceberg', and gathered insights on mindfulness.

ACCEPTING, SURRENDERING AND EMBRACING THE NEW REALITY AS A CANCER PATIENT

Dr. Noreen Chan talked about the "Tapestry of Hope" and how the cancer journey is never an easy and smooth one. That is why we ought to have hope & coping skill in order to battle the cancer trial.

With this, I remembered Martin Luther's "However, we must accept finite disappointment but must never lose infinite hope". Life's disappointments are only temporary. Hope is eternal.

The quality of hope is through transformation. We can look for hope in connectedness such as seeking deep faith & nature, our relationships, wholeness, gratitude, and living fully in the here and now. We should acknowledge the fact that we are part of something bigger & more profound and therefore, the tasks of hope are reconciliation, reconnection, rediscovering and renewing.

LIVING HAS TO BE WITH MEANING AND JOY

We should acknowledge that our lives are precious and that absolutely nothing – not a disease, suffering or death, can separate us from the source of life. Therefore, we are encouraged to learn to be kind to ourselves.

I spent my time during the three days giving thanks and reflecting on what I had learnt from this meaningful retreat. The most cherished part was I could also have my usual 3.30am quiet time giving thanks to God for the opportunity of meeting and connecting me with other cancer patients and caregivers who are fighting cancer, time watching and taking care of my own sister. Waking up early for my worship was not a disturbance to my sister as she cannot hear or notice any of my movements. Thus, it became my "silent retreat" in the comfort of the hotel bedroom away from home and my daily household chores!

The retreat had allowed us to discover our own pillar of support in our cancer journey, and had indeed projected a celebration of life and joy to all the participants, be they patients or caregivers. No matter how long or short a life we have on this earth – which is not our eternal home per se, we should always stay positive & be thankful.

GROWING THE RANKS OF CANCER SURVIVORS

BY SUNNY WEE
Corporate Communications

Each year in June, the National Cancer Centre Singapore (NCCS) would organise a gathering between its ex-patients and staff. It is one event that many would look forward to with much happiness and satisfaction.



These survivors and their stories will also serve as an inspiration to those who are still undergoing treatment. Their stories can help strengthen the will-power and the resolve of others who are currently journeying through cancer to know that if others can survive, so can they.

Unlike any other get-together, NCCS' CanSurvive celebration is an opportunity for everyone to come together to celebrate Life.

It is the NCCS way of catching up with the survivors, to honour their courage and strength in overcoming cancer.

Much has changed from the days when everywhere you see photographers clicking their cameras as everyone frolicked in the sun, to today's new age where a selfie is the norm. Oh...what a joy to watch them!

From the perspective of the medical and healthcare professionals, it is a joy to chat with the survivors and their family members and friends. Just to watch them bantering, laughing and reunited with their families and we know that we have fulfilled our mission.

These survivors and their stories will also serve as an inspiration to those who are still undergoing treatment. Their stories can help strengthen the will-power and the resolve of others who are currently journeying through cancer to know that if others can survive, so can they.

NCCS first organised a survivors gathering in 2005 and since then, it had gathered momentum as more and more people turned up for the events. "From art exhibitions showcasing the patients' talents in 2007, to a tea dance party at St James Powerhouse in 2012, and a dragon boating friendly competition at the Lower Seletar Reservoir in 2013, we felt that it was important that we acknowledge these unsung heroes," said Dr Gilbert Fan, Co-Chair of Patient Support programmes, and Master Medical Social Worker in the division of Psychosocial Oncology in NCCS.

From the donors who supported NCCS research and community cancer funds, they too would take satisfaction in seeing how their financial generosity has contributed towards a good cause. The intensive research work carried out by the clinician scientists is one of the strengths in our doctors getting a better understanding of the disease. Some of their work has gone into translational medicine going from bench to bedside.

"We are very encouraged by the interest and enthusiasm shown by our donors and well-wishers. They are just as keen as us in wanting to see as many patients join the ranks of the survivors through their support for our causes," said Ms Flora Yong, Senior Manager, Community Partnership.

Ovarian Cancer Awareness Month

WHAT YOU MAY WANT TO KNOW ABOUT OVARIAN CANCER...

BY ALSON TAN
AND DR ELAINE LIM

In our human body are trillions of cells. When any of them begin to grow out of control, that's when cancer begins. In conjunction with Ovarian Cancer Awareness Month in June, we explore what you may want to know about Ovarian Cancer.



Let's begin with a look at the ovary. Women have a pair of ovaries located beside the uterus on either side of the lower abdomen. They are reproductive glands in which the female reproductive cells (or eggs) are produced. You need the ovary in reproduction because it produces the female reproductive cells, or ova.

A woman has ovarian cancer when there is a malignant growth arising from different parts of the ovaries. Many types of tumours can start in the ovaries, some benign (not cancer) and they never spread beyond the ovary.

The tumours in the ovary are named for the kinds of cells the tumour started from and fall into three main types:

Epithelial tumours: These start from the cells that cover the outer surface of the ovary. Most ovarian tumours are epithelial cell tumours. Epithelial ovarian cancer usually affects older women. However, it can also happen to younger women.

Germ cell tumours: These start from the cells that produce the eggs.

Stromal tumours: These start from cells that hold the ovary together and make the female hormones oestrogen and progesterone.

The treatment for women with these types of tumours would be to surgically take out the ovary or the part of the ovary that has the tumour. Depending on the type of tumour, they may need more treatment after surgery.

RISK FACTORS

Age is one factor and the risk of developing ovarian cancer is higher as one gets older. Ovarian cancer is usually rare in women younger than 40.

There are studies which also show a relationship between obesity and ovarian cancer. It seems obese women (those with a body mass index of at least 30) have a higher risk of developing ovarian cancer.

Next, women who have borne a child and carried the baby to term before age 26 have a lower risk of ovarian cancer than women who have not. The risk goes down with each full-term pregnancy. On the other hand, women who have their first full-term pregnancy after age 35, or if they never carried a pregnancy to term, would have a higher risk of ovarian cancer.

Family history too has a link to ovarian cancer. The risk is increased twenty-fold if your 1st degree relative (e.g. mother, sister) was diagnosed with cancer.

SYMPTOMS AND SIGNS

Epithelial ovarian cancers are difficult to prevent or cure because they rarely have early signs or symptoms. The five-year relative survival rate is 92% if ovarian cancer is found (and treated) before the cancer has spread outside the ovary (stages 1A and 1B). A point to note, however, is that only 15% of all ovarian cancers are discovered at this early stage. Often symptoms may develop only when the cancer is in the advanced stage. Abdominal swelling and discomfort, bloating or wind, pain, a change in bowel habits are some of the common symptoms.

PROGNOSIS

Ovarian cancer is the 5th most common cancer in Singapore. There are 343 cases diagnosed yearly based on the Singapore Cancer Registry 2010-2014. It is the second most common female genital tract cancer. For those in the late stage of the cancer, a permanent cure may be difficult. However, ovarian cancer in the early stage can potentially be cured.

If you'd like to learn more about ovarian 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.

REFLECTIONS – INTERVIEW WITH PROFESSOR DENNIS A. CARSON, 17TH HUMPHREY OEI DISTINGUISHED LECTURE ON 29 FEBRUARY 2016

ALSON TAN writes: For cancer researchers, discovering a cure could be the proverbial “Holy Grail” of research work. Prof Carson developed a cure for hairy cell Leukaemia, authored over 450 scientific papers and more than 60 US and International patents for his inventions. We reflect on his motivations, past challenges and look ahead to the future.



Prof Dennis A. Carson speaking at the Humphrey Oei Distinguished Lecture (HODL)

Q How did it all start? What shifted your focus to cancer research?

PROF CARSON: I've always been interested in cancer work, especially cancer research. As a doctor, I've performed oncology rounds for 20 years. My efforts were split between caring for my patients while performing cancer research. However, I felt that I could serve my patients better by focusing on cancer research. That's why I took my residence in Internal Medicine instead so I could continue my work in Immunology.

Q Some research can take a while before discovering a breakthrough. How long did your research take before your breakthrough with a cure for hairy cell leukaemia?

CARSON: The research for the molecule took about three years. Another 10 years was spent on getting approval and administration for national clinical trials, government support, etc. To that effect, most of the time is not spent on research particularly, but more on the synthesis of the drug, government administration and support.

Q Speaking of clinical trials, you mentioned that it was particularly stressful performing clinical trials. Why is that so?

CARSON: Clinical trials are usually with patients with advanced stages of illness. In early clinical trials, patients might go through difficulties because of medication dosage, side effects. It's quite stressful as you need to consent the patients to these difficulties and talk to their families, especially when things don't turn out well for the patients' condition. That's why it is important to have senior doctors provide the proper guidance and support for the researchers. Not only that, but for the patient, social workers, psychologists, support networks are important for the patient's well-being.

On a more personal note, researchers could face some stress from long hours, especially those with young children. It is important to have the family support you need to face these challenges. I'm very grateful to have a family who is supportive of the work I do.

Q That's true, support for the patients as well as personal support is important. What piece of advice would you give to researchers performing trials?

CARSON: A piece of advice I tell my fellow colleagues now is to have a balance. Being fearful of what might happen to the patients during clinical trials may cause you to do nothing. However, if we do nothing, the patient may not have hope of a positive outcome. You must remember that the trial you designed, purposefully, scientifically, may bring hope to that same patient. We need to balance these concerns.

Q To that point, what do you think are some ways we can make recruiting for clinical trials more conducive in Singapore?

CARSON: That is interesting, because in the United States, it's relatively easy to recruit patients for clinical trials. However, the problem is that people tend to misunderstand clinical trials. They may not understand that they not be administered the drug for trial but rather, they may be selected to be on placebo.

I'm not too familiar with Singapore, but it could be that culture may play a part in patient's understanding of clinical trials. It may be a form of taboo, or a lack of understanding.

The government needs to have an educational policy. Patients with an incurable disease should have the opportunity to volunteer for clinical trials. If there isn't [an opportunity], then the next outcome is probably death. However, with education, patient will know that clinical trials may potentially help them and other patients. It takes time to sit down with patients and their families. Usually after explaining what the trial is about and how this may potentially help them or other patients we would have no problems bringing them on board.

Q Moving from trials to treatments, the current trend in cancer research seems to be leaning toward Immunotherapy. How far are we from Immunotherapy being a major treatment option?

CARSON: Immunotherapy only works in some cancers, for example, breast and prostate cancers. Immunotherapy is about manipulating the immune system and it can be safer than chemotherapy. There's a great future ahead of it but I doubt Chemotherapy will ever be replaced by Immunotherapy. Rather, combination therapy (immunotherapy and chemotherapy) may have better outcomes for patients.

The key about immunotherapy is understanding a simple concept: If your body has an infection, your body can deal with small volumes of the virus. In the same way, when cancers are detected early, we can train the body to combat the small volume of cancer. However, when there's an overwhelming infection, the body is not able to deal with the infection.

Q That's an interesting point. You mentioned early detection. What are your thoughts on early screening?

CARSON: Early screening is very important. The later it is, the harder it is for the immune system or any treatment to do anything about the infection.

Q Since we're on the subject of what people can do and early screening, let's talk a little bit about people. Are there any patient related moments you would like to share?

CARSON: It's quite surprising, but some of the clinical trials I did were actually funded by patients instead of large pharmaceutical companies. There are a variety of funding means, either through government grants, pharmaceutical company grants and even philanthropists.

Q Would you say that philanthropy is important then?

CARSON: Philanthropy is very important. Government grants are useful, but they usually require paperwork and published works. However, some researchers could go 3 or 4 years without publishing anything due to the nature of their research. This is where philanthropy comes in.

A philanthropist who believes in what the research team is doing can come in and help bridge the gap between funding or keep certain research projects going.

Q You mentioned family support a few times during our chat, can you tell us a little bit about your family?

CARSON: My wife has been very supportive of my work. We've been married 46 years and we've always travelled together for our work. I have two sons. One is an astrophysicist and the other a lawyer. My two daughters, one is a nurse practitioner and the other is an Educator.

Q A lot of your work has been dedicated to cancer research and drug development. While reflecting on your achievements and what you've accomplished, what will you be doing in the next 5 to 10 years?

CARSON: I hope to continue being active in the industry, but with a focus on education. I hope my experiences will be useful to educate and advice the next generation of doctors and researchers.



Prof Dennis A. Carson with Director of SingHealth Translational Immunology and Inflammation Centre Prof Salvatore Albani, (left) and Director of NCCS, Prof Soo Khee Chee (right).

PROFESSOR DENNIS A. CARSON is an internationally recognised immunologist and cancer biologist who has made a major contribution to cancer care. He developed 2-chlorodeoxyadenosine (2CdA or Leustatin) as a cure for hairy cell leukaemia. He is the author of over 450 scientific papers and inventor with more than 60 U.S. and International patents. Prof Carson is also a Vaccinologist who originated the concept of "DNA vaccination" using intramuscular injections of DNA encoding vaccine proteins.

The internationally renowned immunologist and cancer biologist was the distinguished guest speaker for the Humphrey Oei Distinguished Lecture (HODL) series. Professor Carson delivered a lecture on the topic of "Applications of Synthetic Toll-like Receptors Ligands in Infectious, Malignant and Inflammatory Diseases" at the National Cancer Centre Singapore (NCCS) on 29 February 2016.

This edition of the HODL was brought to you by the Humphrey Oei Institute of Cancer Research and jointly organised by NCCS and Duke-NUS Translational Immunology and Inflammation Centre.

I RUN FOR A BETTER TOMORROW!

BY ALSON TAN

Corporate Communications

Close to 10,000 people gathered in the early morning, eager and energised. You might have mistook it for Justin Timberlake's birthday bash. Rather, the perfect morning played host to 10,000 runners running for a meaningful cause – awareness, support and hope.

The day could not have started any better: Fantastic weather, crisp morning air, the soft glow of the morning sun peeking from beyond the horizon. In the background, Singapore's City Centre slowly stirring awake. The 2016 edition of Run for Hope was almost underway.

Guest-of-Honour Mr Chee Hong Tat, Minister of State (Health and Communications & Information) kicked off the event with the traditional "wefie", but with a not-so-traditional twist: This year's "wefie" was taken with a flying drone camera! Mr Chee flagged off our eager 10km runners as well as the Executive Challenge before joining the participants in the 3.5km fun run/walk. The 23rd consecutive annual edition of Run for Hope raised \$433,000 this year. The money raised for the NCC Research Fund will provide for seeding, bridging and advancement funds for an array of collaborative research projects.

The major impact from Run for Hope is not necessarily measured in dollars and cents. Instead, it is about awareness for cancer education and research. It is important that we spread the awareness and education of what we can do to help, either through cancer prevention or support those affected by cancer. To this, we would like to acknowledge the overwhelming love and support of our cancer survivors, family members, celebrity ambassadors and participants.

Run for Hope 2016 saw a return to the Marina Bay Promontory due to popular demand and it was not hard to figure out why: Running against the backdrop of Singapore's iconic skyline of the Marina Bay Sands, Helix Bridge, The Esplanade, the iconic Merlion, Fullerton Bay and Singapore's second financial district. It is amazing to think that half of these amazing sights are actually built on reclaimed land. (Fun Fact!)



"Run for Hope is a way for the community to join the fight against cancer. Not everyone can be a cancer doctor or researcher, but everyone can run," explains Ms Flora Yong, Organising Co-Chairman and Senior Manager, Division of Community Outreach and Philanthropy at NCCS. Reflecting on the event, she continues enthusiastically: "Run for Hope is the largest event in Singapore that unites the community in doing good for the cancer cause. It's heartening to witness thousands gathering in the wee hours of the morning to run for those affected by cancer." Flora has been involved in organising NCCS' signature event since 2011 and looks forward to being a part of it every year. She enjoys the challenges, idea and talent sharing as it enriches her experience. She also takes the time to express gratitude for her organising partners. "NCCS is fortunate to receive the goodwill support of Four Seasons Hotel and Regent Singapore who partner NCCS in organising this event every year. Without them, Run for Hope would not have been possible."

While 31 January may have marked Justin Timberlake's birthday, 31 January also played host to a special cause. The outpouring of support and love from participants, ambassadors, sponsors and volunteers made the Run for Hope 2016 one to remember – starting the year with great meaning. See you at the next Run for Hope!





NCCS WOULD LIKE TO ACKNOWLEDGE OUR AMAZING PARTNERS AND SPONSORS FOR RUN FOR HOPE 2016:

RFH 2016 was held at Marina Bay Singapore, Official Venue Partner, Urban Redevelopment Authority, Official Privilege Cards, Passion Cards, Official Media, MediaCorp Class 95 and Gold 90 FM, Official Running Magazine, RUN Singapore, Run Pack Collection Venue, Orchard Central.

Platinum Sponsors: Malaysia Dairy Industries Pte Ltd (Vitagen & Marigold), High 5 Bread, Tiger Balm, Shaw Theatres Pte Ltd, PH Balancer Water.

Gold Sponsor: Sciencwerk Pte Ltd

Silver Sponsors: Kaplan Learning Institute Pte Ltd, Nestle, Impact Audio Visual Services Pte Ltd.

Bronze Sponsor: Soul Legs.

Supported by: Clayton Print & Trading Pte Ltd, Republic Polytechnic, Octogram Press, Temasek Polytechnic, Alternate Perspective Productions, Toolbox Design and Alpha Plus.

NCCS WOULD LIKE TO ACKNOWLEDGE OUR AMAZING AMBASSADORS:

Koh Chieng Mun, Paul Foster, Stephanie Carrington, Shanti Pereira, Calvin Kang, Michelle Sng, Dipna Lim, Danny Yeo, Zulfa Anas, Yiru & Weichang, Kelvin Choo, Roy & Raymond Tan, Vivien Khoo, Laura Richardson and Cristalle Wang.





Colorectal Cancer Awareness Roadshow at Kovan Event Hall on 5th March 2016

COLORECTAL CANCER AWARENESS MONTH ROADSHOW 2016

BY ALICIA PANG
AND CHARLENE PHA
Executives, Cancer Education & Information Service

In conjunction with Colorectal Cancer Awareness Month (CCAM), two CCAM roadshows were organised in the heart of the North-Eastern region of Singapore. With the support from Aljunied-Hougang Town Council, participants at Kovan Event Hall and Hougang Central Hub were engaged on 5th and 12th March respectively. These roadshows would be hard to miss as there was a Gigantic Colon at the core of the events.

More than 3,000 curious members of the public braced themselves as they walked through this Gigantic Colon, known as the “Gut Challenge”. While they emerged from the colon safe and sound, they discovered some of the conditions which may lead to colorectal cancer. After learning that Polyps and Familial Adenomatous Polyposis (FAP) are examples of such conditions, these brave participants proceeded to take part in the rest of the booths.

Colorectal cancer is the most common cancer in Singapore and is commonly found in people who are 50 years old and above. This highlights the importance of screening as early detection may increase the chances of treating it successfully. A screening booth was set up to facilitate the collection of free Faecal Immunochemical Test (FIT) kits for the members of the public who are 50 years old and above. Verbal guidance by the staff was also made available to the public who collected the kits.

The poster exhibitions, displaying information on both general and colorectal cancer, helped the participants gain a better understanding about cancer as well as the anatomy, signs & symptoms and risk factors related to colorectal cancer. A simple quiz was also designed to bring across important take-home messages and information about colorectal cancer.

Besides screening kit collection and poster exhibitions, there were also fun-filled interactive activity booths such as Colorectal Cancer Activity, Quiz Trivia and Photopuzzle Block. These activities were well-received by participants of all ages. While the adults had lesser difficulty answering the activity questions, some of the younger participants could be seen earnestly seeking help from their parents to obtain the appropriate answers in order to continue the activity.



Members of the public attempting the Colorectal Cancer Activity, Quiz Trivia and Photopuzzle Block



HAVE A GO AT THE COLORECTAL CANCER ACTIVITY!

Each cancer awareness month is represented by a unique ribbon colour, and for Colorectal Cancer Awareness Month, it is blue. With the significant blue ribbons as the background, a photobooth was set up at Hougang Central Hub. Many participants were encouraged to pledge that they will do the FIT kit every year or remind their loved ones to do the FIT kit regularly. These moments were captured and printed out as souvenirs as well as reminders for them to screen regularly for their personal and family's well being.

FIT kit collection is available throughout the year at selected Guardian pharmacy stores.* Please remind your loved ones to collect the FIT kit if he or she has not done so. Remember, it is never too late to spread cancer awareness and your gentle reminder is always a significant effort in the fight against cancer!

For collaborations at your employee welfare or health events, please call the Cancer Helpline at 6225 5655 or email to hope@nccs.com.sg.

* Visit www.singaporecancersociety.org.sg to find out about the FIT kit pick-up points.

HOW MANY OF THE FOLLOWING DO YOU THINK YOU CAN ANSWER CORRECTLY?

START **END**

TRUE FIT is recommended annually for those 50 years and above. **FALSE**

TRUE Colorectal cancer is no.1 cancer in men. **FALSE**

TRUE Smoking and Alcohol increases the risk of colorectal cancer. **FALSE**

TRUE Regular exercise reduces the risk of cancer. **FALSE**

TRUE Early screening and recognising signs of colorectal cancer enables higher chance of treating it successfully. **FALSE**

TRUE FIT is available at Guardian pharmacy. **TRUE** Colorectal cancer is 2nd most common in women. **TRUE** Blood in the stool is one of the signs of suspected colorectal cancer. **FALSE**

FALSE Diet that is high in fats may lead to higher risk of colorectal cancer. **FALSE**

TRUE Changes in bowel habits is one of the cautious signs of cancer. **FALSE**

TRUE People with family history of colorectal cancer are at higher risk to develop it. **FALSE**

TRUE Colonoscopy is one of the most effective screening test for colorectal cancer. **FALSE**

The answers to all the questions are True.





2016年3月5日, 于高文活动厅举行的结肠直肠癌意识月路演

2016 年结肠直肠癌意识月路演

作者: 彭薇洳, 执行人员与
傅慧君, 执行人员
癌症教育与资讯服务

配合结肠直肠癌意识月, 新加坡国立癌症中心在阿裕尼-后港市镇理事会的支持下, 于3月5日和12日主办了结肠直肠癌意识月路演。路演分别位于新加坡东北部的高文活动厅和后港市中心广场。我们在两个会场竖立了一座非常抢眼的巨型结肠模型, 模型内设有常见的结肠直肠癌病症讯息, 经过路演的公众纷纷投以好奇的眼光。

路演期间, 超过3000名好奇的公众鼓起勇气大胆挑战穿越“结肠”。当他们“安全”地从结肠的末端走出来时, 已经在这“惊险”的旅途中学习到了有关结肠直肠癌的知识。认识到两种可能最终引发结肠直肠癌的病症(息肉和家族性腺瘤性息肉病(Adenomatous Polyposis, 简称FAP))后, 希望这些勇气可嘉的公众能把有关的讯息分享给身边的人。

结肠直肠癌是新加坡最普遍的癌症, 患者一般为50岁或以上居多。要成功治愈结肠直肠癌, 关键在于及早发现并接受治疗。因此接受结肠直肠癌筛检是非常重要的。有鉴于此, 会场上也设有筛查站, 派发免费的粪便免疫化学检验器给50岁或以上的公众。在场的工作人员也为这些公众讲解如何正确地使用检验器。

通过展览上张贴的海报, 公众对癌症的整体认识也有所增长。同时, 他们也学习到结肠直肠的器官结构、其癌症的征兆与症状以及风险因素。公众也通过简单的问答题加强了对结肠直肠癌的知识与相关的讯息。

除了分派检验器和海报展览外, 路演会场也设有娱乐性高的癌症讯息活动站, 如结肠直肠癌问答游戏与拼图等。这些活动都受到各个年龄层参与者的欢迎。活动上的问答题或许考不倒成人, 但看得出一些小朋友们为了可以继续玩游戏, 恳切地向家长们提问, 希望能够完成整个游戏。



公众们踊跃参与结肠直肠癌问答游戏与拼图游戏。



以下是结肠直肠癌的问答游戏。

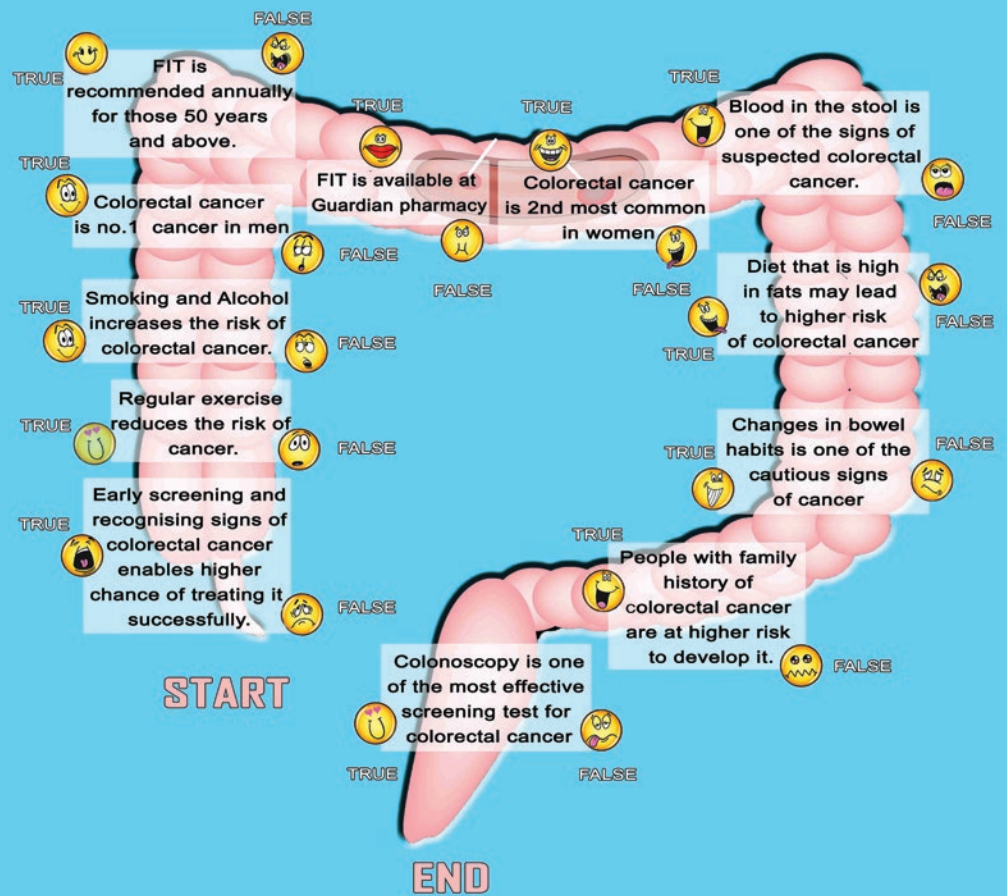
每个癌症意识月都有它专属的丝带颜色，代表结肠直肠癌意识月的丝带颜色正是深蓝色。位于后港市中心的路演会场上，设有以深蓝色丝带为设计主题作背景的活动摄影室。这一站也提供宣誓提醒卡，让公众手拿宣誓卡拍照，并现场打印出来送给他们当作纪念和提醒。工作人员也会鼓励参与者承诺每年做一次粪便免疫化学检验以及提醒家人定期做这个检查，希望他们无论是为了自己还是家人，都可以记得律行这个承诺，为其健康着想。

公众可以在指定的Guardian药房领取免费的粪便免疫化学检验器。^{*}如果您的亲人还没有领取该检验器，请提醒他们。切记，推广癌症意识无需等待最佳时机，您的一句温馨提醒就是我们对抗癌症最强而有力的武器！

若有意将癌症资讯带到工作场所加强员工的保健意识，请拨打癌症援助热线 6225 5655 或电邮至 hope@nccs.com.sg 与我们联系。

^{*}欲了解哪里可以领取粪便免疫化学检验器，请浏览 www.singaporecancersociety.org.sg 查阅详情。

您答对了几题呢？



所有答案都是“真”



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

Public Forums	Date, Time, Venue	Registration
<p>Gynaecological Cancers</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • Cancers of the Female Reproductive System • Risk Factors • Signs & Symptoms • Early Detection & Screening • Treatment Options & Recent Advances 	<p>28 May 2016, Saturday</p> <p>MANDARIN SESSION Time: 9.15am – 10.30am (Registration: 08.45am to 09.15am)</p> <p>ENGLISH SESSION Time: 11.15am to 12.30pm (Registration: 10.45am to 11.15am)</p> <p>Health Promotion Board Auditorium, Level 7 3 Second Hospital Avenue Singapore 168937</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>Prostate Cancer</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • What is prostate cancer • What are the risks factors, signs & symptoms? • What screening tests could you do to detect cancer early? • What are the treatment options available? 	<p>16 July 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>

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 – Coping with Anxiety of Recurrence</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • Understanding the Anxiety of Cancer Recurrence • Coping with the Anxiety of Cancer Recurrence • Building Resilience 	<p>28 May 2016, Saturday</p> <p>ENGLISH SESSION 1.00pm – Registration 1.30pm to 3.30pm – Workshop starts</p> <p>Health Promotion Board Auditorium, Level 7 3 Second Hospital Avenue Singapore 168937</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 – Nasopharyngeal Cancer</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • What is Nasopharyngeal Cancer? • What are the risks, signs & symptoms? • What diagnostic tests to detect Nasopharyngeal Cancer? • Preventing Nasopharyngeal Cancer • What are the treatments available? • New developments in Nasopharyngeal Cancer 	<p>11 June 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 – Oncologic Emergencies (Nurses Only)</p> <p>TOPICS: Definition, Pathophysiology & Management of:</p> <ul style="list-style-type: none"> • Neutropenic Sepsis • Tumour Lysis syndrome • Hypercalcemia • Spinal Cord Compression • Increased Intracranial Pressure • Superior Vena Cava Obstruction • Anaphylaxis 	<p>16 July 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>

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

MAY 2016

Date	Time	Event Information	CME Pt	Registration Contact
5, 12, 19, 26	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
5	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
4, 11, 18, 25	4.30pm	NCCS Tumour Board Meetings: Sarcoma Tumour Board Meeting	1	Lim Shufen / Ella 6436 8723 / 6436 8294 dsolsf@nccs.com.sg / Nursuhaila.rahmat@nccs.com.sg Lalitha / Nora 6436 8236 / 6576 2037 lalitha.krishnan@singhealth.com.sg/ noralina.ali@singhealth.com.sg Angela 6576 1731 angela.liew.m.f@singhealth.com.sg
4, 11, 18, 25	5.00pm	Surgical Oncology Tumour Board Meeting	1	
6, 13, 20, 27	4.30pm	Breast Tumour Board Meeting	1	
2, 9, 16, 23, 30	5.00pm	Head & Neck Tumour Board Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	
4, 11, 18, 25	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.rahmat@nccs.com.sg
4, 11, 18, 25	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
27	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
26	7.30am	Endocrine and Rare Tumour Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	Saratha 6436 8165 saratha.v.gopal@nccs.com.sg
5, 12, 19, 26	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

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

JUNE 2016

Date	Time	Event Information	CME Pt	Registration Contact
1, 8, 15, 22, 29	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.rahmat@nccs.com.sg
1, 8, 15, 22, 29	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
1, 8, 15, 22, 29	4.30pm	NCCS Tumour Board Meetings: Sarcoma Tumour Board Meeting	1	Lim Shufen / Ella 6436 8723 / 6436 8294 dsolsf@nccs.com.sg / Nursuhaila.rahmat@nccs.com.sg Lalitha / Nora 6436 8236 / 6576 2037 lalitha.krishnan@singhealth.com.sg/ noralina.ali@singhealth.com.sg Angela 6576 1731 angela.liew.m.f@singhealth.com.sg
1, 8, 15, 22, 29	5.00pm	Surgical Oncology Tumour Board Meeting	1	
3, 10, 17, 24	4.30pm	Breast Tumour Board Meeting	1	
6, 13, 20, 27	5.00pm	Head & Neck Tumour Board Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	
2, 9, 16, 23, 30	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
2	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
30	7.30am	Endocrine and Rare Tumour Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	Saratha 6436 8165 saratha.v.gopal@nccs.com.sg
24	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
2, 9, 16, 23, 30	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

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

JULY 2016

Date	Time	Event Information	CME Pt	Registration Contact
7, 14, 21, 28	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
7	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
6, 13, 20, 27	4.30pm	NCCS Tumour Board Meetings: Sarcoma Tumour Board Meeting	1	Lim Shufen / Ella 6436 8723 / 6436 8294 dsolsf@nccs.com.sg / Nursuhaila.rahmat@nccs.com.sg Lalitha / Nora 6436 8236 / 6576 2037 lalitha.krishnan@singhealth.com.sg / noralina.ali@singhealth.com.sg Angela 6576 1731 angela.liew.m.f@singhealth.com.sg
6, 13, 20, 27	5.00pm	Surgical Oncology Tumour Board Meeting	1	
1, 8, 15, 22, 29	4.30pm	Breast Tumour Board Meeting	1	
4, 11, 18, 25	5.00pm	Head & Neck Tumour Board Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	
6, 13, 20, 27	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.rahmat@nccs.com.sg
13, 20, 27	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
29	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
28	7.30am	Endocrine and Rare Tumour Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	Saratha 6436 8165 saratha.v.gopal@nccs.com.sg
7, 14, 21, 28	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
15	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
22	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

BNP PARIBAS TRANSACTION BANKING ADOPTS COMMUNITY CANCER FUND AS SINGAPORE CHARITY OF CHOICE

BY WILSON NG
Corporate Communications

Under the Adopt NCCS! Programme, BNP Paribas Transaction Banking has chosen the NCCS Community Cancer Fund as their charity of choice in Singapore for 2016.



BNP Paribas team at 2015's year-end/Christmas gathering



BNP Paribas team with Ms Flora Yong, Senior Manager of NCCS Community Partnership, at this year's Chinese New Year dinner

"This is driven by each individual's personal desire to be part of a responsible and contributory society," said Mr Wee Chye Kin, Head of Transaction Banking, Asia Pacific. "Staff members hope to raise as much as they can for the cancer cause."

We also spoke with Ms Lynn Lee, Business Development Manager, Transaction Banking, Asia Pacific, about the team's motivations behind its choice of charity.

Why did your team adopt the NCCS Community Cancer Fund as its charity of choice?

The Bank has provided support for the BNP Paribas Bank-NCCS Regional Fellowship Programme for many years.

Therefore, when several charitable organisations were put to a vote to be adopted as the charity of choice for 2016, NCCS emerged top of the list.

What are the initiatives BNP Paribas will undertake to fundraise for the cancer cause?

Our intention is to have three gatherings this year that will serve as platforms for our staff to contribute to the Community Cancer Fund. The gatherings are: the Chinese New Year dinner, the mid-year gathering, and the year-end/Christmas gathering.

Combining the Chinese New Year dinner in February this year with the year-end/Christmas gathering last December, we have already raised close to \$8,000 for the cancer cause.

Will BNP Paribas be collaborating with NCCS for any of the activities?

Apart from raising funds, we are also planning to organise some lunchtime talks for our staff. In collaboration with NCCS, they will touch on topics such as the benefits of a healthy diet and lifestyle.

We are also in talks with NCCS on volunteering opportunities for our Corporate Social Responsibility (CSR) efforts.

The Adopt NCCS! Programme invites Singapore's corporate community to select NCCS' Community Cancer Fund as their charity of choice.

To participate, corporations partner with NCCS to develop a giving programme for their staff. All donations will be directed to NCCS' Community Cancer Fund. To discuss giving options, please contact NCCS Community Partner on telephone: **6236 9440** or email: **donate@nccs.com.sg**.

CHINESE NEW YEAR CAMPAIGN RAISES CLOSE TO \$66,000 FOR THE COMMUNITY CANCER FUND

BY WILSON NG
Corporate Communications

This year's Chinese New Year was an extra meaningful one for NCCS' cancer community.

Donors like you may have received red and white festive envelopes in your mailbox, as well as specially designed '安康' (Good Health) red packets at NCCS.

These were part of the #NCCS2016AngBao donation drive that raised close to \$66,000 for the Community Cancer Fund in aid of needy patients and improvement of patient care.

Close to a hundred handwritten messages on the red packets were also collected from the campaign, and these heartfelt words of encouragement will be displayed in NCCS to motivate and inspire our patients and healthcare workers.

"Do not give up, and we love you."
— Audrey Quek, Senior Staff Nurse, shared her words of reassurance for our patients, and her declaration appeared on our brand new Instagram page to urge others to pay it forward.

Do you have Instagram? Follow us @NationalCancerCentreSG now!

"Cancer is NOT a death sentence. Fight on."
— A cancer patient wrote, giving renewed hope and strength to the community.

#NCCS2016AngBao also took place during World Cancer Day (4 February, 2016). Donors were encouraged to take 'selfies' with placards spotting pledges to make a difference to the cancer cause.

Our staff gave out mandarin oranges to spread the festive cheer, and decorative oranges handmade by our volunteers were also distributed to patients at the clinics.

NCCS would also like to recognise Esprimo Pte Ltd, The School of Make-up, and Toppan Forms (S) Pte Ltd for their kind gifts and generosity towards this Chinese New Year donation drive.



YOU CAN STILL MAKE YOUR CONTRIBUTIONS TO THE COMMUNITY CANCER FUND VIA THE FOLLOWING MODES:

- For cheque donations, please include payee name as **Community Cancer Fund**. On the back of the cheque, kindly include your name, NRIC number, address, and contact number (required for tax deduction) and mail to the following address:
Community Cancer Fund c/o National Cancer Centre Singapore, 11 Hospital Drive, Singapore 169610
- You can also make your donations online at <https://www.giving.sg/community-cancer-fund>

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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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