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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.*

**GIVING HOPE  
THROUGH  
SHINING STARS**



# MAKING SENSE OF SARCOMA

BY ALSON TAN

Corporate Communications

Sarcomas are rare cancers that comprise about 1% of all malignancies. Though rare, sarcomas can be aggressive. In this issue of *Salubris*, we take a look at this rare form of cancer and speak to our expert, **Adjunct Associate Professor Richard Quek**, to make sense of sarcoma.

## WHAT IS SARCOMA?

Sarcomas are rare and aggressive tumours that arise from a primitive tissue subtype known as mesoderm and can thus affect a very wide variety of tissues and organs in the body. The Mesoderm is one of the three cell layers in an early embryo. These cells can become tissues and structures such as fat, muscle, bone, or connective tissues (middle layer of skin). To put this into simpler terms, sarcoma is a type of cancer that arises from certain tissues and structure like bone, fat or muscles.

## CAUSES OF SARCOMA

For most patients, no risk factors have been identified.

Patients with familial diseases\* such as neurofibromatosis, a condition characterised by multiple benign enlargements of nerve sheaths, have a higher risk of one of these enlarged nerve sheaths turning cancerous.

**There is still much to be studied about this rare and aggressive form of cancer, which is why continued research into this area is very important.**

*\*Familial diseases are diseases that tend to occur more often in family members. They may be caused by genetic changes that run in the family (for example, neurofibromatosis).*

## SIGNS OR SYMPTOMS OF SARCOMA

Many patients first consult a doctor because of a lump or mass on the torso, leg or arm. This lump may or may not be painful.

When the cancer is advanced there may be symptoms such as weight loss, lack of appetite or prolonged fever. Other symptoms may be related to the location of the sarcoma, for example, indigestion or bloatedness when an abdominal sarcoma is present.

It's important to know that not all bumps and lumps are cancerous. Bumps can appear due to an injury or infection.



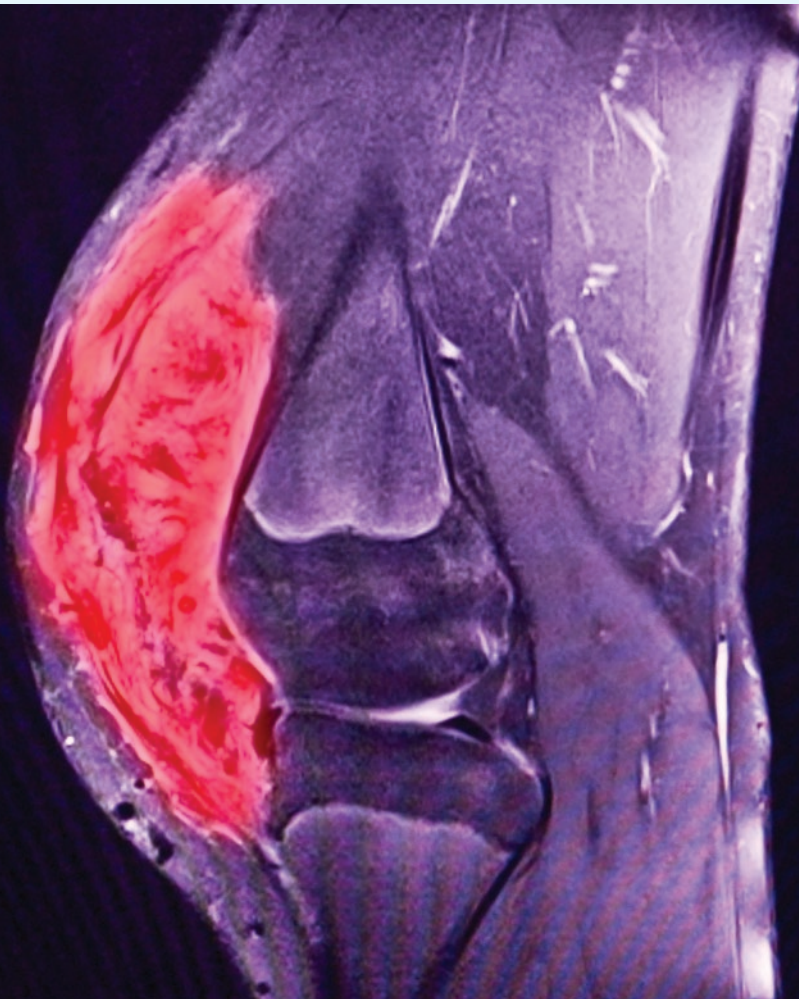
## TREATMENT AND OPTIONS

Treatment for sarcoma involves a large multidisciplinary team of doctors from various specialisations and care is best managed through a multidisciplinary sarcoma team. Treatment will include surgery, radiotherapy and chemotherapy. Each patient and each sarcoma is different. Optimal treatment will be decided by your team of doctors following discussions at multidisciplinary tumour board meetings.

## WHEN SHOULD YOU SEE YOUR DOCTOR?

The trouble with sarcomas is that it can be hard to spot. Early stage sarcomas usually appear as a painless lump. If you do find a painless lump, there's no need to panic as lumps could be due to an injury or infection. You may wish to visit a nearby family doctor for a check-up.

However, if you do experience additional symptoms described in this article, such as discomfort, weight loss, loss of appetite in addition to large lumps or masses, do seek medical advice early.



## ABOUT OUR EXPERT

Prof Richard Quek (MBBS, MRCP) is a Senior Consultant and the Deputy Head of the Division of Medical Oncology at the National Cancer Centre Singapore. Prof Quek's clinical and research focus is primarily in sarcoma, gastrointestinal stromal tumour (GIST), melanoma and lymphoma. He is a leading member of the Singapore Sarcoma Consortium and the organising co-chairperson for the Singapore Sarcoma Symposium. In research, Prof Quek's chief interest is in translational therapeutics, developing new molecularly targeted therapeutics in sarcoma and GIST in an academic environment.

## RECENT DEVELOPMENTS – A NEW HOPE?

Recently, the medical community had their first look into data on sarcomas in Asian patients. The lead author of this ground-breaking study is Prof Quek. The study was collaboration between eight study sites from six Asian countries and was presented at the European Society for Medical Oncology (ESMO) Asia Congress 2016 in December. The study looked specifically at angiosarcoma, an uncommon form of sarcoma arising from blood vessels. Results of this study will lead to a better understanding of angiosarcoma and treatment patterns in Asia which will in turn help refine management of this disease.

Of note, the study found that chemotherapy could potentially improve survival outcomes for patients with angiosarcoma. "This is one of the largest reported studies in angiosarcoma. While the overall prognosis of angiosarcoma is poor, the study showed that angiosarcoma may be chemo-sensitive and patients do benefit from chemotherapy" explains Prof Quek. "In patients with localised disease, negative surgical margin was an important determinant of relapse-free survival yet it was only achieved in 70% of our patients. Thus some form of pre-operative treatment, be it chemotherapy or radiation, may enhance resectability of these tumours and thereby improve survival outcomes". This data raises new possibilities for future research and treatment in angiosarcoma.

**Additionally Prof Quek explained that in the current study across Asia, only half of patients treated actually received chemotherapy. "It would be important for doctors and researchers to understand the reasons behind this low treatment rate. Are these physician-related factors? And if so, would more sarcoma-related continuing medical education be needed to enhance care for our patients in Asia?"**

This new study brings new hope – hope of a better understanding of this rare disease and hope of improved treatment outcomes for our patients.



If you'd like to get more information on sarcoma or cancer in general, we encourage you to call the anonymous Cancer Helpline at (65) 6225 5655 or email your questions to [cancerhelpline@nccs.com.sg](mailto:cancerhelpline@nccs.com.sg).

# 放射治疗的常问问题

KIATTISA SOMMAT 医生

放射肿瘤部门顾问  
新加坡国立癌症中心

“医生，做电疗是不是会很痛？”

“医生，做电疗会不会掉头发？”

我在放射肿瘤科行医将近十年的生涯里，有不胜其数的病患问我以上的问题。在治疗癌症里，一般人对放射治疗普遍感到恐惧和排斥，社会上也流传着一些不正确的医疗资讯，有些病患甚至因为听信了这些似是而非、错误的资讯而拒绝或延迟接受放射治疗，往往错失了治疗先机。因此，我认为有必要宣传正确的放射治疗知识。

放射治疗（放疗）即俗称的“电疗”，但是电疗这个俗称并不十分正确，因为它不是电流或是电击，而是采用高能量的射线导入癌细胞中加于摧毁。其实，放疗在癌症治疗中已有超过一百年的历史了，它与手术，化疗是治疗癌症的三大手段之一。大多数的癌症病患在其治疗的某个阶段都会经历放疗。在这近二十年来，随着放疗科技和设备的神速发展，精确的放疗技术不仅大大的增加了癌症治疗的成功率，同时也减少放疗的副作用。



(Kiattisa Sommat 医生是泰华裔，本文是她亲笔以中文撰写)

## 电疗的三大迷思

### 迷思一：放疗会痛！

每次的放疗只需几分钟，过程中不但不痛不烫，而且也是非侵入性。放疗的当下，你完全不会听见、看见，甚至感觉到射线。

### 迷思二：放疗会掉头发！

只有在接受放射治疗范围内的毛发才会脱落，而且大部分毛发脱落属暂时性，会在治疗后两至三个月重新生长。头部以下的肿瘤像是大肠癌、乳癌、肺癌等等是不会掉头发的。

### 迷思三：放疗同时破坏体内好的细胞，副作用很大！

放射治疗是一种局部性的治疗，主要的作用是杀死癌细胞，但与此同时也会影响到四周正常的细胞，造成副作用。放疗照的部位会产生一定的副作用。副作用因治疗的部位和放疗的剂量而异，然而在照射同样部位和剂量，副作用的程度也会因人而异。有些人完全没有副作用，但也有人比较严重，难以一概而论。

然而，切记做放疗的最主要目的是为了避开癌症本身带来的最可怕伤害：复发与死亡。衡量放疗的利与弊之下，正确的使用放疗可使得癌症病患得到的好处远大于坏处，而且放疗的技术一直在进步。

现在的放疗已不像过去般对癌细胞和正常的细胞“敌我不分”，而是逐渐进入了“精、准、狠”的时代，副作用的几率也持续下降。

当病人在治疗的路程上感到疲惫无助的时候，记得不要放弃，积极配合医生进行治疗，别让癌症带走希望。所谓“山穷水尽疑无路，柳暗花明又一村”，完成治疗后，接下来就是迈向康复大道。

坚持一下下，康复的曙光就在前头。共勉之。

## 放疗和化疗有何区别？

放射治疗（简称“放疗”，或俗称为“电疗”，radiotherapy）和化学治疗（简称化疗，chemotherapy）都是现代治疗癌症的主要支柱。

随着放化疗在这几年突飞猛进的发展和进步，这明显提高治疗癌症的效果和生活的质量，同时副作用也持续减少。然而，很多人对放疗和化疗的认识是模糊的。

在我看诊时，与癌症患友和亲友的交流中，就经常被问到“放疗和化疗有什么不同？”

下面就说说有关放疗和化疗的区别。



我们采用的“精、准、狠”放射治疗技术可提高癌症的控制率及降低放疗所引发的副作用。

### 首个区别是在于治疗的方式。

化疗是利用抗癌药物，以口服或注射的方式，进入血液循环到达身体各部分抑制癌细胞的生长。而放疗则是利用高能量的射线，比如X射线（或称X光）照射肿瘤以抑制和消灭癌细胞。

### 第二个区别则是治疗的范围。

放疗是个局部性的治疗，放射线局限于肿瘤及其侵犯的部位，肿瘤区以外则没有射线。而化疗的治疗范围相对之下较为广阔，以全身治疗为主，抗癌药物透过血液分布到肿瘤区控制原发肿瘤以及对抗已扩散到身体别处的微小癌细胞。

### 第三个区别在于副作用。

放疗是以局部反应为主，副作用局限于受到放射线的肿瘤区内。例如腹部放疗可能会出现腹胀或腹泻，头颈部放疗则会出现口干、味觉变化、喉咙痛等等。相对之下，化疗则是以全身反应为主，副作用也因药物种类、剂量和个人状况因人而异。一般常出现的副作用有恶心、呕吐、胃口差、白血球减少导致免疫能力暂时下降等等。

尽管放化疗有如此差异，我们会经常结合不同顺序的放疗和化疗来充分提高治疗效果。就比方放化疗同步疗法（concurrent radiochemotherapy）在治疗个别部位的癌症，例如中晚期的鼻咽癌或子宫颈癌，是十分广泛的综合治疗模式。在放疗的过程中，同时进行的化疗可以让癌细胞对于放疗的射线增敏，以达到减少局部复发率，还能减少远处转移，使得放疗效果如虎添翼。但在增加治疗效果的同时，也势必会增加治疗的副作用。

我们在选择适当的治疗策略取决于多项因素，例如：癌症的部位和种类，扩散的程度，患者的年龄及身体状况等，方才能对症下药。

最后，我在这里祝愿正在经历癌症治疗的患友“长风破浪会有时，直挂云帆济沧海”。坚持，莫放弃，共勉之。

## MAKING EVERY DAY AWESOME

It's not often that you have the opportunity to make someone's day that much sweeter. Opportunities to create awesome moments are what **Nurse Clinician Melanie Tan** looks for during her daily routine in National Cancer Centre Singapore.

Melanie is the first staff member from NCCS to win the prestigious Superstar Award – the highest honour at the Singapore Health Quality Service Award.

**“Every patient has a story to tell. The more we talk to them, the more we understand them as individuals and find out what would help them in their treatment and healing”.**

Melanie has often gone above and beyond the call of duty to provide support and care to her patients. She once took care of a patient – a single mother of two teenage sons – who ran a push cart stall. Melanie would often drop by the stall to find out how she was doing and also offer words of encouragement. The patient eventually succumbed to her illness and passed on two years later. Melanie attended the wake daily to provide emotional support to the patient's two sons. Three years on and Melanie still keeps in contact with the two boys and invites them for meals regularly.

**“To me, Nursing is a ‘caring’ profession which incorporates concern and a connection. To make a difference, I believe that patients want to know how much you care, rather than care about how much you know.”**

Melanie has been in the medical profession for 16 years. Melanie cites humility, passion and constant learning as the values that drive her to become a better nurse and better person. “We must all try to be a light to the lives of patients who we meet. You never know what positive impact you could make or even gain in return.”

At home, her children hear about her invaluable experiences and life lessons and have been inspired to become professionals in the healthcare industry. Melanie's youngest son, now in primary school, wants to become a nurse and follow his mother's shining example.

**“I want my children to understand that being a nurse is never routine. It allows you to make a real difference in people's lives every day”.**



NCCS award winners pose with Minister of State Chee Hong Tat

### About the Singapore Health Quality Service Award

Organised by the SingHealth Duke-NUS Academic Medical Centre since 2011, the Singapore Health Quality Service Award is Singapore's first dedicated platform to honour healthcare professionals who have delivered quality care and excellent service to patients.



# ROW FOR HOPE

BY NATIONAL CANCER CENTRE SINGAPORE  
& THE OXFORD AND CAMBRIDGE SOCIETY OF SINGAPORE

**26 MAR 2017, SUNDAY • PASSION WAVE @ MARINA BAY • 2 PM TO 6 PM**

Join us for a fun-filled Sunday afternoon of thrilling boat races to raise awareness and funds for cancer care and survivorship!

**2PM Welcome Speeches**

**2.30PM - 5PM Boat Races**

**5.30PM Prize Presentation**

**6PM End of Event**

## HIGHLIGHT

**4PM NCCS vs Pink Spartans  
Dragon Boat Exhibition Race**



**Come and cheer our healthcare team  
and cancer survivors as they race  
against each other in this friendly  
boat race!**

## MAKE YOUR GIFT COUNT!

Our rowers and dragon boaters are working hard to show their fight against cancer!

Cheer them on by making a gift to support cancer patients who are still fighting the disease and for those who are still struggling to get back on their feet after surviving cancer.

Show you care by making a gift at:

**giving.sg/  
community-cancer-fund/  
rowforhope2017**

Your gift will go towards rehabilitation programmes for cancer survivors and treatment funds for needy patients at NCCS.

\*All outright donations qualify for 250% tax deduction.

**Come to this one-of-a-kind event in Singapore  
and show your support!**

**All participants will receive a welcome gift!**

Find Us On:

 **/NationalCancerCentreSingapore**

 **@NationalCancerCentreSG**



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.

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# GIVING THE GIFT OF TIME – A SNEAK PEEK AT VOLUNTEERING IN NCCS

BY ALSON TAN

Corporate Communications

As we start the New Year, the Department of Volunteer Management gears itself up for another exciting year filled with fulfilling activities to brighten the lives of our patients and caregivers. The past year was a busy year filled with numerous outreach and educational programmes.

A person affected by cancer can go through many difficult situations and may need that little bit of support. Volunteers help to relieve some of the pain and distress for the patients and their caregivers. They offer hope, joy, support or even something as simple as a listening ear.

There are three main themes: **Advocacy and Awareness, Care and Support** and finally, **Fundraising**. By categorising programmes as such, the team hopes to best match these positive individuals to patients in need to support them in the fight against cancer.

You can give the gift of time too! There's so much more we can do to help those coping with cancer. To learn more about volunteering opportunities in NCCS, please contact our Volunteer Management Team at [volunteer@nccs.com.sg](mailto:volunteer@nccs.com.sg).

Let's take a quick look at some of the meaningful volunteer programmes currently ongoing at NCCS:

## Melodies @ NCCS

Going through consultation or treatment for cancer can be a stressful experience for both patients and caregivers. Music can be a wonderful method to reduce stress. Be sure to look out for our talented volunteers playing upbeat and soothing tunes for our patients.

**"Very refreshing... I'm deeply touched by these young volunteers who [serve] others"** – YL, Patient

## Knit for Hope Programme

This programme is volunteer-driven and led by Ms Lyn Ee, who is a cancer survivor and expert knitter. Knit for Hope runs two different programmes – hat knitting and "knitted knockers".

**HAT KNITTING** – Hair loss is among the common side effects of some chemotherapy treatments and can be a very difficult experience for many patients. These hats are knitted by volunteers and distributed free-of-charge to new NCCS patients at the chemotherapy suites to help patients protect their scalp in air-conditioned room and to help them look and feel better.

**KNITTED KNOCKERS** – Some breast cancer patients may go through a mastectomy as part of their treatment plan. They may go through a difficult period of adjustment. These cotton breast prostheses knitted by our volunteers help restore the feminine shape and confidence. Knitted knockers are distributed free-of-charge through our breast care nurses to new patients who need them. Volunteers are also at the NCCS once a month to extend the benefit of this programme to follow-up patients.

**"When they see this [knitted knockers] and have it fitted, they literally cry, they are so touched."**  
– Ms Lyn Ee



*A mix of concentration and smiles all round*



*Our patient guides help navigate patients during their visits to NCCS*





Left: Ms Lyn Ee (centre) sharing her expert tips on knitting

Below: Volunteers bringing some Christmas cheer through songs



Happy volunteers enjoying a Knit for Hope session



Our cheerful volunteers distributing hats



## NEW YEAR, NEW HOPE – STAFF GIVING PROGRAMME

The New Year usually brings feelings of hope. Hope that things will be better, the hope for positive changes. You may have noticed a shiny, new addition to the uniforms or attire of some NCCS staff – a star-shaped badge.

Recently, the Division of Community Outreach and Philanthropy launched the “Star Donor” pins for NCCS Staff. These pins are presented to staff donors as a symbol of their dedication and contributions.

At NCCS, many of the staff have gone one step above providing care for patients through their daily work. These special individuals are going above and beyond their call of duty by donating a portion of their salary each month towards cancer research and patient care, to bring renewed hope to our patients.

The G.R.E.A.T.@NCCS Staff Giving Programme was established in May 2011 to give all NCCS employees the opportunity to show their commitment and dedication to the organisation, our patients and their families. G.R.E.A.T. is an acronym which represents the causes which NCCS staff supports through NCCS’ two charities, NCC Research Fund and Community Cancer Fund.

### G.R.E.A.T. stands for:

**G**IVE TO – make monthly contribution via salary deduction to support the following:

**R**ESearch – help to advance cancer research at NCCS

**E**DUcATION – empower patients, caregivers & healthcare workers with knowledge to fight against cancer

**A**SSISTANCE – give financial help to needy patients & their families

**T**RAINING – equip patients and caregivers with self-help tips and teach volunteers skills to help patients

To date, NCCS staff have donated over \$720,000 towards the Community Cancer Fund and NCC Research Fund. The G.R.E.A.T.@NCCS Staff Giving Programme is a strong testimony of our staff’s commitment to social responsibility and growing the culture of philanthropy at NCCS.

# TOGETHER, WE ARE STRONGER – NCCS RAISES CLOSE TO \$9 MILLION TO FIGHT CANCER AT THE ANNUAL NCCS CHARITY DINNER

BY ALSON TAN  
Corporate Communications

At the recent NCCS ‘Colours of Hope’ Charity Dinner held on 12 November 2016, philanthropists and business leaders were out in force in a united battle against cancer. The night’s message was a recurring one – togetherness. In a collective effort, close to \$9 million was raised to advance cancer care and allow patients to lead better lives.



Over 8 million dollars was raised for the Community Cancer Fund



Guests were treated to an enchanting evening, beginning with butterfly dancers, announcing the arrival of the night’s Guest of Honour, Deputy Prime Minister Teo Chee Hean. Along with that, a jovial and light-hearted sing-along with The Peranakan Singers. In keeping with the marvel of the night’s festivities, the award winning Methodist Girls’ School Handbell Choir chimed in with magical and mystical tunes from Disney, no less. Not forgetting the medley of a cappella tunes sung by MedLee – Medical Students of Lee Kong Chian School of Medicine.

Held at the Ritz Carlton Hotel, the highlight of the evening was a live charity auction, featuring rare and exquisite art pieces. Cultural Medallion award winner and cancer survivor Dr Iskandar Jalil specially came out of retirement to hand-craft a pottery piece named “Resilience”. This one of a kind piece fetched a cool \$20,000.

Philanthropist Mr Lee Kok Wah donated a watercolour piece by renowned local artist Tong Chin Sye titled “Smith Street Corner”. This hotly contested art piece was initially sold for \$28,000 and generously donated back by the successful bidder for auction to raise another \$18,000, for a total of \$46,000 raised.

**“Our medical personnel, cancer patients and their families are not alone in this fight”**

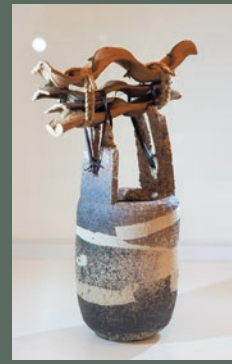
– Guest of Honour, Deputy Prime Minister Teo Chee Hean

In his keynote speech, Guest of Honour, Deputy Prime Minister Teo Chee Hean reflected on the improvements in cancer treatment: “In Singapore, about 37 people are diagnosed with cancer every day. Nonetheless, it is comforting that in the past five years, cancer survival rates have more than doubled.” Said DPM Teo as he addressed the packed ballroom. “Much of this can be attributed to greater awareness and early detection, the availability of better and less invasive treatment methods and a strong system to help patients.”



3

1. Guest of Honour Deputy Prime Minister Teo Chee Hean arrives at Colours of Hope
2. DPM Teo poses with Mdm Hui Yuet Hueng, the artist of the painting "Potted Purple Phalaenopsis", and her husband
3. Guests decked out in their best
4. DPM Teo speaks about the importance of the fight against cancer
5. Butterfly dancers open the evening



Left: Resilience – a special pottery piece by Cultural Medallion winner Dr Iskandar Jalil raising \$20,000 in the live auction

Right: "Smith Street Corner" by renowned local artist Tong Chin Sye, raises a total of \$46,000



Prof Soo Khee Chee, Director, NCCS takes a moment to describe the new NCCS building

DPM Teo also acknowledged the importance of the collective effort, adding: "The collective effort by all the volunteers and contributors go a long way to enable more cancer patients to lead better lives. I congratulate NCCS for leading the fight against cancer."

In total, \$8,881,200\* was raised in pledges and donations. Of this amount, \$3.5 million was raised for cancer immunotherapy research – one of the newest and most promising emerging treatments today. NCCS Director, Professor Soo Khee Chee explained: "This is a significant programme that our clinician scientists are embarking on. Our immune system is a very powerful weapon if we can find a way to harness it to not only destroy but also prevent the cancer cells from recurring ... The scientific community is on to something that can lead to major breakthroughs in the war on cancer."

**NCCS Deputy Director, Associate Professor Toh Han Chong leads the immunotherapy research team. Also a Senior Consultant Medical Oncologist with NCCS, Prof Toh shared his thoughts: "Cancer immunotherapy represents an exciting new dawn and a new era in the treatment of cancer."**

The magical evening and funds raised was a collective effort from philanthropists, corporations, donors, volunteers and the community. Buoyed by the ongoing support, NCCS will continue spearheading the fight against cancer and bettering the lives for all our patients. We would like to thank all donors for their generosity and support.

NCCS would like to extend special thanks to all donors, volunteers, supporters and well-wishers for the success of Colours of Hope – NCCS Charity Dinner 2016!

\* since April 2016



The Peranakan Singers entertain guests with unique songs



Methodist Girls' School handbell troupe mesmerises the crowd



MedLee, formed by medical students from the Lee Kong Chian School of Medicine at NTU, performs at Colours of Hope. MedLee is a word play on the word Medley, meaning 'a collection of songs'.

# WORLD CANCER DAY 2017

BY ALICIA PANG

Cancer Education & Information Service

The six letter word that no one wishes to utter or experience – CANCER. Aptly named the “Emperor of All Maladies” by Pulitzer Prize winner Siddhartha Mukherjee, the war against this disease has been raging on for decades. It may come as no surprise to many when they are told that it is the top killer in Singapore. With every 1 in 3 patients diagnosed with cancer, one can be certain that the incidence of cancer is on the rise. (*Trends in Cancer Incidence in Singapore 2010-2014*)

The World Cancer Day which falls on 4 February every year, aims to raise cancer awareness and bring forth information on cancer prevention, detection and available treatments (Union for International Cancer Control, 2017).

The National Cancer Centre Singapore commemorates World Cancer Day through various cancer education activities in the community. A cancer awareness roadshow was held on 4 February 2017 at Toa Payoh HDB Hub, aiming to garner support of the public to collaboratively fight against cancer.

Vital cancer-related messages and reminders in the form of interactive activities, quizzes and games kept the public engaged at the roadshow. Members of the public were encouraged to hop on to the Cancer Education Bus to participate in the activities on board the bus and journey away from the number 1 killer. Our dedicated health ambassadors were on site and on board the Edu bus to facilitate and address any cancer-related information and enquiries. Tokens of appreciation were given to participants at the roadshow.

For cancer information related enquiries, please call the Cancer Helpline at **6225 5655** on Mondays to Fridays between 8.30am to 5.30pm, or email to [cancerhelpline@nccs.com.sg](mailto:cancerhelpline@nccs.com.sg).



Quiz Trivia

问答乐



Our health ambassadors at work  
健康大使向公众宣导防癌意识



## Colorectal Cancer Awareness Month

**DO JOIN US  
IN THE NEXT MISSION  
IN THE HEARTLANDS  
IN 2017!**

25 March 2017

Woodlands Civic Centre  
900 South Woodlands Drive  
Singapore 730900

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[www.nccs.com.sg/PatientCare/PatientSupport/Cancer\\_Education\\_and\\_Information\\_Service/CommunityOutreach/Pages/Home.aspx](http://www.nccs.com.sg/PatientCare/PatientSupport/Cancer_Education_and_Information_Service/CommunityOutreach/Pages/Home.aspx)

# 世界癌症日 2017

彭薇洳

癌症教育与资讯服务部门

令人畏惧的两个字 - 癌症。就如曾获得普利策奖的悉达多·穆克吉(Siddhartha Mukherjee)所形容, 癌症可以说是所有疾病之冠。人类与癌症的这场战争虽然已经持续了数十个年头, 但似乎还没能看到曙光。如果说, 癌症是新加坡的头号杀手, 没有人会感到意外。根据2010至2014年《新加坡癌症发病率趋势》, 每三个人当中就有一人被诊断出患癌症。

每年2月4日的世界癌症日旨在提高人们的防癌意识并宣导防癌讯息, 同时让公众认识有关癌症筛查和治疗的资讯(国际抗癌联盟, 2017年)。

每年, 新加坡国立癌症中心为配合世界癌症日, 在社区主办各种不同的癌症教育活动。今年的2月4日, 新加坡国立癌症中心在位于大巴窑的建屋发展局中心举办一场世界癌症日路演。通过路演, 癌症中心希望提高公众的癌症意识。

此外, 公众也可以参与其他活动, 例如互动游戏、问答卷等。在场的公众也受邀参观附有癌症讯息的教育巴士参观。公众也可以向巴士上的健康大使咨询有关癌症资讯的疑问。为了感谢公众的参与, 所有参加活动的公众都可获得一份小礼物。希望能在下一次的路演看见您!

如果您有任何癌症相关疑问, 请在周一至周五上午8点30分至下午5点30分, 拨打**6225 5655** 或电邮至 [cancerhelpline@nccs.com.sg](mailto:cancerhelpline@nccs.com.sg)。

## 结肠直肠癌意识月

2017年3月25日

兀兰民事中心

900 South Woodlands Drive  
Singapore 730900

2017年, 别错过我们在各市中心的路演!



Cancer Education Bus

癌症教育巴士

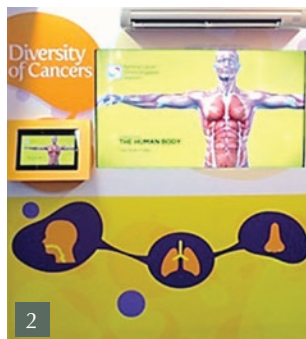


Education Counters

教育区



1



2



3

1. Quiz and Games  
问答游戏
2. Diversity of Cancers  
癌症种类
3. Spot the Difference  
癌细胞与正常细胞的区别



## 8 TIPS FOR A HEALTHY HOT POT

*“Let’s go for steamboat!”* In Singapore, this is often a clarion call for some festive, heart-warming get-together with family, friends or colleagues. But is this richly flavoured, soup-based cauldron of fresh ingredients we call hot pot or steamboat, good for your body too?

The answer is: Hot pot can certainly be healthy, provided you choose your ingredients, base soup and dipping sauces carefully to avoid an overdose of sodium, saturated fats, and carbohydrates in your meal.

### HIGH SODIUM CONTENT IN HOT POT

The sodium content in a typical hot pot meal far exceeds the recommended daily salt intake. Popular hot pot ingredients, such as fish balls, cuttlefish balls, crab sticks, and meatballs, are all processed foods high in sodium, advised specialists from the **Department of Endocrinology, Singapore General Hospital (SGH)**, a member of the **SingHealth** group.

One can easily devour a dozen of these perennial hot pot favourites – fish balls, meatballs, and cuttlefish balls – in one sitting.

Just five servings each of fish balls and cuttlefish balls will use up more than half your daily allowance for sodium (2,000mg) and cholesterol (300mg). And this does not include the sodium in the broth!



## BEWARE OF SATURATED FATS IN HOT POT BROTH

Hot pot lovers are spoiled for choice when it comes to the broth.

You have the popular Chongqing spicy (*ma la*) soup, Thai *tom yam* soup, Sichuan hot and spicy soup, Chinese herbal pork belly soup, and *kombu dashi* soup (for Japanese *nabe*).

The base soup, which already contains salt, is made more flavourful by adding slices of marinated pork, chicken, beef and organ meats such as liver, pork kidney, beef tripe. All of those are high in saturated fats.

Even the chilli paste added to soups is sometimes fried with corn, soybean, olive or canola oil.



## TIPS FOR A HEALTHY HOT POT

Observe these rules to enjoy a healthy hot pot meal that doesn't lead to heartburn, indigestion or constipation:

### 1. Select a light soup base for your hot pot

Go for clear or light-flavoured soup such as mushroom and cabbage tofu soup for a healthy hot pot. Buy only low-sodium chicken or vegetable bouillon for soup stock. And avoid drinking the broth.

### 2. Choose lean over fat

Choose fish, seafood, lean pork, and chicken over internal organs such as liver, intestines, beef tripe, and pork kidney.

### 3. Go easy on carbohydrates

Avoid adding rice or noodles to a hot pot meal. You risk piling up calories with these refined carbohydrates.

### 4. Add more high-fibre vegetables to your hot pot

Fill your hot pot with carrots, cabbage, spinach, mushrooms, peppers, cauliflower, brussel sprouts, and green peas.

### 5. Choose light dipping sauces

Go for light dipping sauces such as fresh cut chillies with soya sauce, minced garlic, vinegar sauce instead of *sambal*, chilli oil, deep-fried garlic, and oil-based sauces.

### 6. Go easy on processed foods such as fish balls, meatballs, cuttlefish balls, and crab sticks

These are high in sodium, saturated fats, and chemical preservatives such as sodium nitrite which is used to preserve the meat's flavour and colour.

### 7. Watch out for increased nitrite levels in hot pot broth

Repeated boiling of the hot pot broth for more than 90 minutes may increase nitrite levels, so set a time limit.

### 8. Eat slowly

The brain takes about 20 minutes to register you are full so eat slowly and chew thoroughly to prevent overeating.

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

CancerWise Workshops	Date, Time, Venue	Registration
<p><b>CancerWise Workshop – Skin Cancer</b></p> <p><b>TOPICS:</b></p> <ul style="list-style-type: none"> <li>• Understanding the Skin</li> <li>• Common Skin Changes of Ageing Skin</li> <li>• What is Skin Cancer?</li> <li>• Risk Factors &amp; Signs and Symptoms of Skin Cancer</li> <li>• Common types of Skin Cancers</li> <li>• Prevention and Early Detection</li> <li>• Diagnosis and Treatment</li> </ul>	<p><b>22 April 2017, Saturday</b></p> <p><b>ENGLISH SESSION</b>            1.00pm – Registration            1.30pm to 3.30pm – Workshop starts</p> <p>National Cancer Centre Singapore            Peter &amp; Mary Fu Auditorium, 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><b>Open for registration</b></p> <p>Please call: 6225 5655            Monday – Friday:            8.30am to 5.30pm</p>
Upcoming Event	Date, Time, Venue	
<p><b>Colorectal Cancer Awareness Month (CCAM) Roadshow</b></p> <p><b>ACTIVITIES:</b></p> <p>Colorectal cancer information poster exhibits, inflatable colon exhibit, FIT Kit distribution, interactive game booths, upcoming events and cancer information publications subscriptions.</p> <p>(Tokens of participation will be given out!)</p>	<p><b>25 March 2017, Saturday</b></p> <p>10am – 3pm</p> <p>Woodlands Civic Centre</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

## MARCH 2017

Date	Time	Event Information	CME Pt	Registration Contact
1, 8, 15, 22, 29	4.30pm	<b>NCCS Tumour Board Meetings:</b> Sarcoma Tumour Board Meeting	1	<b>Elaine / Ella</b> 6436 8723 / 6436 8294 elaine.ee.c.m@nccs.com.sg / Nursuhaila.rahmat@nccs.com.sg
1, 8, 15, 22, 29	5.00pm	Surgical Oncology Tumour Board Meeting	1	
3, 10, 17, 24, 31	4.30pm	Breast Tumour Board Meeting	1	<b>Lalitha / Nora</b> 6436 8236 / 6576 2037 lalitha.krishnan@singhealth.com.sg / noralina.ali@singhealth.com.sg
6, 13, 20, 27	5.00pm	Head & Neck Tumour Board Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	<b>Angela Liew</b> 6576 1731 angela.liew.m.f@singhealth.com.sg
1, 8, 15, 22, 29	1.00pm	<b>S'Health Hepato-Pancreato-Biliary Tumour Board</b> @ NCCS Level 4, Peter & Mary Fu Auditorium	1	<b>Saratha / Carol</b> 6436 8165 / 6436 8539 saratha.v.gopal@nccs.com.sg / carol.tang.w.c@nccs.com.sg
1, 8, 15, 22, 29	1.00pm	<b>Gynae-Oncology Tumour Board Meeting</b> @ NCCS Level 1, Clinic A, Discussion Room	1	<b>Elaine / Ella</b> 6436 8723 / 6436 8294 elaine.ee.c.m@nccs.com.sg / Nursuhaila.rahmat@nccs.com.sg
2	5.00pm	<b>NCCS-SGH Joint Lymphoma Workgroup Meeting</b> @ NCCS Level 2, Clinic C, Discussion Room	1	<b>Nurul Amirah</b> 6436 8720 nurul.amirah.hajjis@nccs.com.sg
2, 9, 16, 23, 30	11.30am	<b>Lung Tumour Board Combine SGH-NCCS Meeting</b> @ SGH Blk 2 Level 1, Radiology Conference Room	1	<b>Christina Lee Siok Cheng</b> 6704 8388 christina.lee.s.c@nhc.com.sg
30	7.30am	<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
24	5.00pm	<b>NCCS Neuro Onco Tumour Board Meeting</b> Academia, Diagnostic Tower, Level 9 Histopathology Microscopy Teaching Room	1	<b>Saratha</b> 6436 8165 saratha.v.gopal@nccs.com.sg
2, 9, 16, 23, 30	12.00pm	<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
17	1.00pm	<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
24	1.00pm	<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 2017

Date	Time	Event Information	CME Pt	Registration Contact
5, 12, 19, 26	4.30pm	<b>NCCS Tumour Board Meetings:</b> Sarcoma Tumour Board Meeting	1	<b>Elaine / Ella</b> 6436 8723 / 6436 8294 elaine.ee.c.m@nccs.com.sg / Nursuhaila.rahmat@nccs.com.sg
5, 12, 19, 26	5.00pm	Surgical Oncology Tumour Board Meeting	1	
7, 14, 21, 28	4.30pm	Breast Tumour Board Meeting	1	<b>Lalitha / Nora</b> 6436 8236 / 6576 2037 lalitha.krishnan@singhealth.com.sg / noralina.ali@singhealth.com.sg
3, 10, 17, 24	5.00pm	Head & Neck Tumour Board Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	<b>Angela Liew</b> 6576 1731 angela.liew.m.f@singhealth.com.sg
5, 12, 19, 26	1.00pm	<b>Gynae-Oncology Tumour Board Meeting</b> @ NCCS Level 1, Clinic A, Discussion Room	1	<b>Elaine / Ella</b> 6436 8723 / 6436 8294 elaine.ee.c.m@nccs.com.sg / Nursuhaila.rahmat@nccs.com.sg
5, 12, 19, 26	1.00pm	<b>S'Health Hepato-Pancreato-Biliary Tumour Board</b> @ NCCS Level 4, Peter & Mary Fu Auditorium	1	<b>Saratha / Carol</b> 6436 8165 / 6436 8539 saratha.v.gopal@nccs.com.sg / carol.tang.w.c@nccs.com.sg
6, 13, 20, 27	11.30am	<b>Lung Tumour Board Combine SGH-NCCS Meeting</b> @ SGH Blk 2 Level 1, Radiology Conference Room	1	<b>Christina Lee Siok Cheng</b> 6704 8388 christina.lee.s.c@nhc.com.sg
6	5.00pm	<b>NCCS-SGH Joint Lymphoma Workgroup Meeting</b> @ NCCS Level 2, Clinic C, Discussion Room	1	<b>Nurul Amirah</b> 6436 8720 nurul.amirah.hajis@nccs.com.sg
21	1.00pm	<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
27	7.30am	<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
28	5.00pm	<b>NCCS Neuro Onco Tumour Board Meeting</b> Academia, Diagnostic Tower, Level 9 Histopathology Microscopy Teaching Room	1	<b>Saratha</b> 6436 8165 saratha.v.gopal@nccs.com.sg
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28	1.00pm	<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

# PATIENT SUPPORT PROGRAMMES – CALENDAR OF EVENTS

FOR CANCER PATIENTS AND THEIR CAREGIVERS ONLY

Date / Day	Time	Venue	Programme	Facilitator
<b>SUPPORT GROUP</b>				
<b>6 April</b> Thursday	5.30pm – 8.30pm	NCCS Function Room, Level 4	Breast Cancer Support Group: Art Therapy	<b>Ms Jancy Ang</b> Art Psychotherapist, CaperSpring
<b>7 April</b> Friday	6.30pm – 9.00pm	NCCS Peter & Mary Fu Auditorium	Nasopharyngeal Cancer (NPC) Support Group: Side Effects of Head & Neck Radiation	<b>Dr Soong Yoke Lim</b> Snr Consultant, Division of Radiation Oncology
<b>8 April</b> Saturday	2.30pm – 4.30pm	NCCS Function Room, Level 4	Kumpulan Sokongan Sinar Harapan: Bersiar-siar bersama – Mengeratkan Perhubungan (Outing for Bonding)	<b>Ms Ernalisah Subhi</b> Medical Social Worker, NCCS
<b>15 April</b> Saturday	To be Advised	STPI Gallery & Workshop	The Revival Connection (TRC): 12 <sup>th</sup> Anniversary Celebration	<b>Ms Jacinta Phoon</b> Principal Medical Social Worker, NCCS
<b>PSYCHO-EDUCATIONAL &amp; SOCIAL RECREATIONAL ACTIVITIES</b>				
<b>7 April</b> Friday	2.30pm – 4.30pm	NCCS Function Room, Level 4	Living Well Programme: Mindfulness & Cancer	<b>Dr Peter Mack</b> Snr Consultant, Department of Hepato-pancreato- biliary and Transplant Surgery, SGH
<b>22 April</b> Saturday	1.00pm – 6.00pm	NCCS Function Room, Level 4	Patient Empowerment Programme: Patient Communication Skills (I & II)	<b>Dr Gilbert Fan</b> Master Medical Social Worker & Psychotherapist (Satir) / Co-Chair, Patient Support, NCCS
<b>INTEREST GROUP</b>				
<b>22 March</b> Wednesday	7.00pm – 10.00pm	NCCS Function Room, Level 4	PRINTS: Photography Interest Club – Looking at People	<b>Mr Gilles Massot &amp; Ms Marina Zuccarelli</b>
<b>28 March</b> Tuesday	2.00pm – 5.00pm	NCCS Function Room, Level 4	Look Good Feel Better Workshop	<b>Make-Up Artist Volunteers</b>
<b>7, 14, 21, 28 March</b> Tuesdays	6.30pm – 7.45pm	NCCS Function Room Level 4	Yoga Programme: Yoga Exercise for Patients and Caregivers	<b>Ms Debbie Tan</b> Assistant Manager, Patient Support, NCCS
<b>8, 15, 22, 29 April</b> Saturdays	9.30am – 12.30pm	NCCS Function Room, Level 4	Adult Art Therapy Programme: I Can Express	<b>Ms Saryna Ong</b> Principal Medical Social Worker <b>Ms Phyllis Wong</b> Senior Medical Social Work Associate, NCCS
<b>1 April</b> Saturday	2.00pm – 4.30pm	NCCS Function Room, Level 4	Music Therapy	<b>Ms Ng Weng Feng</b> Board Certified Music Therapist
<b>19 April</b> Wednesday	7.00pm – 10.00pm	NCCS Function Room, Level 4	PRINTS: Photography Interest Club – Looking Around	<b>Mr Gilles Massot &amp; Ms Marina Zuccarelli</b>
<b>REGISTRATION IS COMPULSORY</b>	Please email to <a href="mailto:patientsupport@nccs.com.sg">patientsupport@nccs.com.sg</a> or call <b>6436 8668</b> (Patient Support) or <b>6225 5655</b> (Cancer Helpline) to register.			

# Did you know?

NCCS provides **Patient Support Programmes** for cancer patients, cancer survivors & caregivers



For full list of programmes, visit our website at [www.nccs.com.sg/PatientSupportProgramme](http://www.nccs.com.sg/PatientSupportProgramme) or contact **6436 8668** / [patientsupport@nccs.com.sg](mailto:patientsupport@nccs.com.sg)



National Cancer Centre Singapore



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