



National Cancer
Centre Singapore
SingHealth

Issue No. 42 • MCI (P) 152/04/2017

A NCCS QUARTERLY PUBLICATION
July – September 2017

salubris

...HELPING READERS TO ACHIEVE GOOD HEALTH

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

THE NEW NCCS BUILDING:
NEW BUILDING,
NEW FACILITIES,
NEW HOPE



HEAD AND NECK CANCER: SYMPTOMS AND RISK FACTORS

Head and neck cancers are a group of cancers that start within the mouth, nose, throat, larynx, sinuses or salivary glands. An interesting fact about head and neck cancers is that 80% of these cancers are due to the use of alcohol or tobacco.

To learn more about one of the more common forms of cancer, we interviewed **Dr Tan Hiang Khoon**, Senior Consultant, Department of Surgical Oncology, National Cancer Centre Singapore (NCCS) and also Chairman, Division of Surgery, Singapore General Hospital.



SYMPTOMS ARE PAINLESS IN THE EARLY STAGES

“With at least 800 new cases every year, it is one of the most common cancers in Singapore,” observed Dr Tan. Worldwide, this cancer is on the rise in young patients, possibly due to an increased incidence of human papillomavirus (HPV) infection-associated cancer in young females and the increased incidence of thyroid carcinoma.

The next question is how HPV infections can cause cancer. To explain simply: HPV can infect cells and the virus starts to replicate a type of protein. These proteins made by certain HPV strains can interfere with normal cell functions including those that prevent excessive cell growth. Disruption of the latter allows the cell to grow in an uncontrolled manner and avoid cell death, leading to the formation of tumours.

“Usually, the patient would complain of seemingly harmless symptoms, like an enlarged lymph node on the neck, an ulcer in the mouth, a sore throat or a hoarse voice,” said Dr Tan. “But if it is head and neck cancer, these symptoms will not heal or go away with time. There is also a common misconception that cancer must cause pain. The truth is that early stage cancers are often painless.”

SYMPTOMS MAY INCLUDE:

- A raised growth, swelling or lump in the neck
- Red or dark spots, redness with white or rough patches in the mouth
- Bleeding from the nose or mouth
- A sore that does not heal
- Persistent sore throat or hoarseness
- Burning or numbness in the tongue, lip or mouth
- Painful, sensitive or loose teeth
- Difficulty in chewing, swallowing or talking

Recognising the symptoms of head and neck cancer early can greatly improve cure rates. So play it safe: If you notice warning signs, seek treatment immediately.



RISK FACTORS

Generally, those who are male and over the age of 40 are more likely to contract this cancer.

But, certain lifestyle habits and environmental factors can also play a part in some cases, involving the mucosa (mucus membrane) of the mouth and the throat.

“The major risk factors of oral and throat cancer are the use of tobacco, chewing betel nut leaves, oral sex with multiple partners, and frequent, heavy consumption of alcohol,” said Dr Tan. “Combining alcohol and tobacco further increases the risk.”

OTHER FACTORS THAT RAISE A PERSON’S RISK OF HEAD AND NECK CANCERS ARE:

- Poor oral health and hygiene, including dental caries and ill-fitting dentures
- Exposure to the Epstein-Barr virus (EBV), a herpes virus
- Human papillomavirus (HPV) infection, usually transmitted during sexual activity, in particular, oral sex
- Exposure to wood, metal dust, asbestos, paint fumes and other chemical inhalant
- Exposure to radiation
- Genetic factors, especially for thyroid carcinomas

“To help prevent head and neck cancers, avoid smoking or drinking excessively,” advised Dr Tan. “Load up on fruits and vegetables, as well as iron, vitamins A and B. Practising good dental habits – like brushing twice a day and flossing – can also help keep this cancer at bay.”

HealthXchange.sg

Reproduced with permission from HealthXchange.sg: Trusted health tips tailored for Asia, by Singapore’s largest academic medical centre, SingHealth.

Term of Use/Disclaimer: All information provided within this web and mobile application is intended for general information and is provided on the understanding that no surgical and medical advice or recommendation is being rendered. Please do not disregard the professional advice of your physician.

For more information and health-related articles, visit www.healthxchange.sg.

ABOUT OUR EXPERT: Dr Tan Hiang Khoon is a Senior Consultant at the National Cancer Centre Singapore; Chairman, Division of Surgery at Singapore General Hospital and also Senior Consultant, SingHealth Duke-NUS Head & Neck Centre.

He is one of the pioneers in the development of endoscopic and robotic Head and Neck surgery in Singapore.

His research interests are in head and neck squamous cell carcinoma and the use of cancer biomarkers in clinical algorithms. His work in methylation profiling of resection margins was awarded the Best Early Detection Paper in the 7th International Conference on Head and Neck Cancer. Dr Tan was also awarded the Singapore National Youth Award for his role as the founding chairman of Children’s Cancer Foundation (Singapore). He is currently the Academic Vice Chair (Research) for ACP Surgery and Director of Community Outreach and Philanthropy in National Cancer Centre Singapore.



NCCS new building (artist's impression)

NEW BUILDING, NEW FACILITIES, NEW HOPE

BY ALSON TAN

Corporate Communications

Some 250 people were gathered at the former SGH Pathology car park on a bright sunny morning of 2 June 2017. It was an auspicious date for the National Cancer Centre Singapore for it marks the start of construction work on the new 24-storey NCCS Building.

Minister for Health Gan Kim Yong officiated at the ground-breaking ceremony that was witnessed by senior management staff from the SingHealth Group as well as a number of staunch donors to the cancer cause.

In some ways the rising cancer incidence in Singapore is reflected in the new NCCS building which will be four times larger than the current centre to meet future needs. The new one-stop, 24-storey NCCS will house facilities dedicated to cancer care and rehabilitation, research and education. The building is targeted to be ready by 2022.



In his speech, Health Minister Gan noted that, “The new NCCS will be a comprehensive one-stop Centre, with its doctors, nurses and other healthcare workers, working together as a team to provide multi-disciplinary and holistic care to our patients. NCCS will continue to explore new technologies and treatment modalities to further improve cancer care.”

“For instance, NCCS, together with the other public healthcare institutions, will research into the full extent of the clinical benefits of proton therapy as compared to conventional radiotherapy.”



Mr Gan also announced that NCCS is setting up a new Division of Cancer Prevention and Population Health (CPPH) which will focus on three core areas: Cancer Genomics, Epidemiology as well as Screening and Control. “The Division will research into ways to reduce cancer morbidity and mortality by investigating cancer causes and risk factors, including the identification of genetic risk factors, biological, environmental, and behavioural modifiers, and conducting clinical and community-based intervention studies in targeted populations,” he said.

Prof Soo Khee Chee, Director of NCCS, said, “In planning for the new building, our focus is on providing person-centred care that addresses all the needs of cancer patients and their family members. We have learnt from our collective experiences at NCCS and best practices from renowned cancer centres overseas.”

“The design and layout of the clinics and waiting areas are all carefully planned to improve flow and care coordination. Our priority is to provide our patients with easy access to the best care possible as we fight cancer together. We are very grateful to major donors such as Mr Goh Cheng Liang for sharing our cause and supporting us with their generosity to advance cancer care and research.”

In fact for the greater convenience to patients and their families, where the new building is located is closer to the main public transport nodes such as the Outram MRT station which is connected to three MRT lines – East West Line, North East Line and the upcoming Thomson-East Coast Line.



Prof Soo on the NCCS new building's state-of-the-art facilities: “It will make the patient's journey through a difficult situation, and complex environment, much easier.”



“The groundbreaking of the new NCCS today marks yet another important milestone for cancer care in Singapore and the region. NCCS will continue to explore new technologies and treatment modalities to further improve cancer care.”

– Minister of Health, Mr Gan Kim Yong



Continued on page 6.

Continued from page 5.

RESEARCH AND INNOVATION

For research, NCCS has been carrying out Immunotherapy Research for over 10 years as it sees immunotherapy as one of the key treatments to fight cancer. There are plans to develop a clinical Good Manufacturing Practice (GMP) facility in the new NCCS building to support clinical trials in immunotherapy.

The new research facilities will provide expanded capacity for NCCS to work with oncology researchers within SingHealth and team up with researchers from the Duke-NUS Cancer and Stem Cell Biology (CSCB) Programme. This will more effectively facilitate research on cancer that affects the Asian community to deliver impactful and patient-oriented outcomes.



Mr Naoya Nishimura (2nd from left), Hitachi Ltd showing a model of the Proton Therapy machine to Minister Gan Kim Yong and Dr Amy Khor.



Prof Ivy Ng, Group CEO, SingHealth, showing the SGH Campus masterplan to Minister of Health, Gan Kim Yong and Senior Minister of State, Dr Amy Khor.



PROTON THERAPY CENTRE

The new building will house a new comprehensive proton therapy facility which is named as the **Goh Cheng Liang Proton Therapy Centre**. This centre is the culmination of some 10 years of planning to identify and source for equipment that best suit treatment needs.

Proton therapy is a relatively new mode of radiation therapy that destroys cancer cells using positively charged subatomic particles. This allows for more precise targeting of a tumour compared to the x-rays used in standard radiotherapy. This may cause less damage to nearby healthy tissues and organs, and hence, potentially results in fewer treatment-related side effects.

NCCS will also undertake further research to better define the risks and benefits of proton therapy, as compared to conventional radiotherapy.

PHILANTHROPY

NCCS is grateful to its major donors, particularly Mr Goh Cheng Liang and the Goh Foundation, for supporting its cancer causes and donating \$50 million towards the Proton Therapy Centre and Proton Therapy Research Programme. NCCS will continue to seek the support of donors for programmes aimed at addressing the needs of cancer patients locally.

24 YEARS ON – AND STILL CARING FOR PATIENTS WITH A SMILE

BY ALSON TAN
Corporate Communications

Some would say that as an Assistant Director of Nursing, you would have nearly achieved everything. But that doesn't stop **Ms Diana See** from continuing to serve her patients and the nurses under her supervisory care.

Assistant Director of Nursing (ADN) Diana recently won the prestigious Nurses Merit Award and received the award from the Minister of Health, Mr Gan Kim Yong.

Started in 1976, the Nurses' Merit Award is given to nurses who have demonstrated consistent and outstanding performance for the past three years, participated in professional development, and have made contributions to promote the nursing profession. Nurses are nominated for the award by their healthcare institutions and selected by a panel set up by the Ministry of Health (MOH).

Over the years, Ms Diana has served in both SGH and NCCS. She has contributed immensely to the nursing profession through initiatives such as the ELNEC Programme (End of Life Nursing Education Consortium). Diana was pivotal in the implementation of ELNEC which started in SGH in 2013.



Assistant Director of Nursing Diana See (centre) receiving the award from Minister of Health, Mr Gan Kim Yong.

At her core, ADN Diana deeply cares for patients under her care. Diana continues to receive many compliments and even special cards from her patients. One caregiver, who lost his wife to cancer, wrote: "... her comforting words acted as a soothing balm to my wife's distressed state; her touch assured (my wife) of the presence of love and warmth around her".

Apart from her dedication to patients, strong interpersonal skills and excellent leadership, Diana also has a heart of service. Diana's previous volunteering engagements include: public education talks and seminars, educating ladies about breast cancer awareness in her capacity as a Breast Care Nurse Clinician, or even a cooking session with the elderly.

Her numerous achievements, wonderful heart to serve and her everlasting passion to care has made Assistant Director of Nursing, Ms Diana See, a well-deserved recipient of the Nurses Merit Award.

From all of us in NCCS, a hearty congratulations to an amazing individual. Thank you for all that you do for our patients.



All the happy awardees sharing a group photo with SingHealth senior management.

HAPPINESS IN FOCUS

BY ALSON TAN

Corporate Communications

In some quarters, it is common belief that the secret to happiness is some abstract, convoluted, inner peace principle. It's actually much simpler than you think. The secret to happiness isn't anything grand, magical or hard to obtain. So what is it? "Choice."

Many variations of the quote exist, and they essentially read the same: "Happiness is a choice". Perhaps Model Miranda Kerr articulates it best on coping with divorce and other challenges: "Happiness is a choice we make. No one can be consistently positive, but why not make the choice that makes you feel better rather than the one that drags you down?"

Recently on 9 June, NCCS celebrated this year's National Cancer Survivors Day with a photography exhibition titled: "Remember. Happiness". Held at the School of the Arts (SOTA), the three-day event also featured the launch of a book titled: "When All is Dark, Reach for the Stars".



Exhibition photographers share a moment together before the premiere.



Remember. Happiness





Below: The lively atmosphere at the exhibition.

“Remember. Happiness.” featured the works of 17 photographers, who are participants in a photography workshop called “PRINTS” organised by NCCS for patients, survivors and caregivers across a period of six months. The participants learned the basics of photography – such as technique and composition – and appreciated the art of photography across all its genres. From the beginning of this course, participants have been producing a personal series of pictures on the theme “Happiness”. The photos express their own journey and feelings as they choose to remember happiness despite the challenge of dealing with an illness.

“When All is Dark, Reach for the Stars” is a book recounting the personal journeys of six survivors and caregivers. Their accounts are told in first person, interspersed with photos of their life. They feature a journey that transits from fear and displacement to hope, the will to live, and now, living life to its fullest extent. Through the six stories and over 100 photographs, the contributors hope to encourage individuals who are impacted by cancer to look beyond their adversities, find the courage to keep fighting and to remember happiness.

Highlighting the significance of the event in celebrating cancer survivorship, the organising chairman of CanSurvive 2017, Dr Chay Wen Yee said,

“The photographs taken by our patients, survivors and caregivers are an expression of how they cope with cancer and choose to stay optimistic in the face of adversity. It is not an easy journey and we applaud them for their courage.”

Dr Chay is a Consultant in the Division of Medical Oncology and Co-Chairperson for Patient Support Programmes, Division of Community Outreach & Philanthropy at NCCS.



Happiness is Mum's Cooking by Maureen Goh

GUARDIAN OF THE (GENOME) GALAXY

BY ALSON TAN
Corporate Communications

This July, one of the largest cancer research conferences in the world, the 17th International p53 Workshop, was hosted in Singapore for the first time in 35 years. However, this is the second time the meeting, which is helmed by prominent cancer researchers, is held in Asia.

The five-day event (8-12 July 2017), led by the Agency for Science, Technology and Research's (A*STAR) p53 Laboratory and National Cancer Centre Singapore (NCCS), was attended by a large number of top scientists from overseas, and about 350 leaders in the cancer research field to cover the latest advancements in targeting the p53 pathway.

Known as the “guardian of the genome”, p53 works as a major tumour suppressor which defends cells in the body from any forms of stress, preventing them from becoming cancerous. Examples of cell stress include acidity, radiation and infection. However, p53 itself can be mutated, losing its ability to prevent cancer formation. In the mutant form, it promotes cancer cell survival and hinders cancer treatment.

Currently, there are no approved drugs that work against this mutant gene. However, a recent breakthrough study has found a way to detect mutant p53 selectively. A research team led by Prof Sir David Lane, Chief Scientist of A*STAR and Director of p53 Laboratory, and Prof Kanaga Sabapathy, Head of the Division of Cellular and Molecular Research at NCCS, generated antibodies that are specific to each p53 mutant and tested them on patient samples.

ALMOST 50% OF ALL HUMAN CANCERS ARE CAUSED BY MUTANT P53



“As there are a large number of p53 mutants, there is no single drug treatment that can be used against all of them, making detection and treatment very complex. In our study, we discovered that these antibodies are able to identify the various types of mutant p53 individually. We are now moving on to find out whether these antibodies can be used as a drug to treat the mutant p53. If successful, it means we can potentially treat almost fifty per cent of all human cancers which are caused by p53”, explained Prof Sabapathy, who is also Professor at the Cancer and Stem Cell Biology Programme at Duke-NUS.

Prof Sir David Lane added, “p53 is the most frequent gene mutation in all cancer types, especially in colorectal cancer, the number one cancer in Singapore affecting both males and females. We hope that through our extensive research efforts in p53, we will be able to translate our findings to more targeted and impactful clinical outcomes in the next five to 10 years. This year’s International p53 Workshop brings together some of the top scientists in cancer research from both Asia and the rest of the world. I look forward to the discussions that will unfold over the course of the event and spark more that add to the ongoing research.”



*From left to right: Prof Sir David Lane and Prof Kanaga Sabapathy with A*Star Chairman, Mr Lim Chuan Poh at the p53 Conference.*

Prof Sir David Lane and Prof Sabapathy led the efforts in organising the conference to bring together scientists in the same research field to present and discuss novel basic, translational and clinical research on the gene.



NEW INSIGHTS FOR PREDICTING SURVIVAL AND TREATMENT OF GASTRIC CANCERS

BY ALSON TAN
Corporate Communications

Scientists at the National Cancer Centre Singapore (NCCS) have discovered a new link between a chromosomal fragile site, FRA18C, and gastric cancer. This research may provide new insights for predicting survival and more effective treatment of gastric cancers. Fragile sites are specific parts of various chromosomes that tend to break when cells are exposed to stress. Although some chromosomal fragile sites were known to be associated with different cancers, FRA18C was not known to be linked to any cancer.

WHY THE NAME FRA18C?

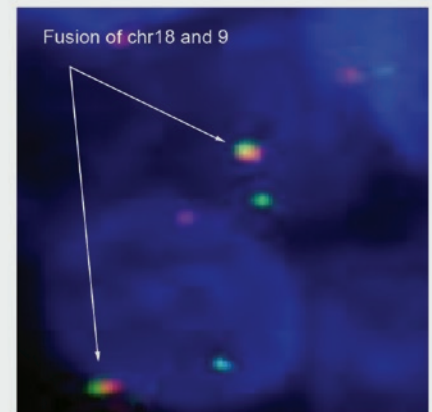
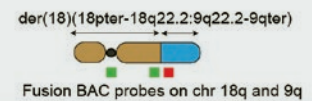
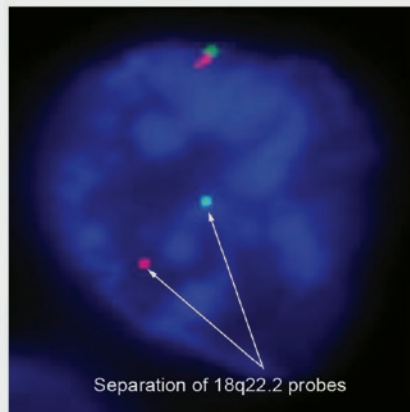
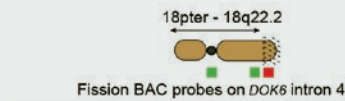
'FRA' stands for "Fragile Site", the number '18C' denotes that the breakage occurs at the Site C of chromosome 18.



Professor Kon Oi Lian and co-authors published a research study detailing a breakpoint in chromosome 18 which they found in several gastric cancer cell lines and also in 22% of gastric cancers. The breakpoint was located in FRA18C and reduced production of a protein known as DOK6.

Patients whose gastric cancers had low amounts of DOK6 protein survived significantly longer (2100 days) than those whose cancers had high DOK6 (533 days). Little is known about the function of DOK6, an adaptor protein. Before this study, it was only known to be involved in normal brain development. This discovery is the first that links DOK6 to cancer and the first to implicate DOK6 as a potential prognostic biomarker for gastric cancer.

The NCCS team found that several cancer-causing signalling pathways known to be active in gastric cancers were strikingly diminished in gastric cancers with low DOK6 protein. This provides a plausible explanation for the longer survival of patients with low DOK6 gastric cancers. The finding that multiple molecular pathways concurrently sustain the progression of gastric cancers suggests that such cancers could be more effectively treated with combinations of anti-cancer drugs which simultaneously block all activated pathways.



Picture on left shows chromosome 18 and 9 separated (green and red dot).
Picture on right shows chromosome 18 and 9 fused.

“We made a discovery ... that DOK6 protein has functions outside the brain. In gastric cancer cells, high production of DOK6 protein is associated with more active signalling by cancer cells. This favours survival and growth of cancer cells,” said Prof Kon.

CHANGING THE APPROACH TO TREATING GASTRIC CANCERS

Currently, gastric cancers may be treated with drugs designed to block specific pathways considered important in tumour growth. Molecularly targeted therapy is commonly directed at single pathways. However, this approach may soon be a thing of the past.

“People are now beginning to understand that what keeps cancer cells surviving and growing is that they’re not simply making use of one cancer pathway. Cancer cells survive because they depend on and make use of different pathways concurrently,” explained Prof Kon.

This would mean the approach should be changed from “one drug, one target” to a better approach of “one drug, many targets” or “many drugs, many targets” in order to block multiple cancer growth pathways and improve survival.



Professor Kon Oi Lian is the Principal Investigator Mentor in the National Cancer Centre Singapore.

This study also involved researchers from Singapore General Hospital, National Neuroscience Institute Singapore and Wellcome Trust Sanger Institute UK. It was supported by the National Cancer Centre Research Fund from the NCCS, and a grant from the National Medical Research Council. Prof Kon is Principal Investigator Mentor in NCCS. This study was the outcome of five years of research.

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

Public Forums	Date, Time, Venue	Registration
<p>Diet & Nutrition in Cancer Care</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • Common Conditions / Symptoms Faced by Cancer Patients During Treatment • Dietary Concerns for Cancer Patients • Nutrition Needs of Cancer Patients • Soft Diet and Supplement Alternative 	<p>26 August 2017, Saturday</p> <p>MANDARIN SESSION Time: 09.15am to 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>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>Liver Cancer Awareness Month: Liver & Pancreas Cancer</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • Anatomy & Functions • Risk Factors • Signs & Symptoms • Early Detection & Prevention • Screening & Treatment • Recent Advanced Therapies 	<p>09 September 2017, Saturday</p> <p>ENGLISH SESSION Time: 11.15am to 12.30pm (Registration: 10.45am to 11.15am)</p> <p>National Cancer Centre Singapore Peter & Mary Fu Auditorium, Level 4 11 Hospital Drive, Singapore 169610</p>	<p>Free Admission</p> <p>Strictly no admission for children below 12 years old.</p> <p>Registration is a MUST as seats are limited.</p> <p>PHONE REGISTRATION ONLY</p> <p>Open for registration</p> <p>Please call: 6225 5655 Monday – Friday: 8.30am to 5.30pm</p>
<p>Breast Cancer Awareness Month: Breast Cancer</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • Breast Cancer – What You Need to Know from Your Medical Oncologist • Update in Surgery for Breast Cancer • Update in Radiation Therapy for Breast Cancer • Breast Cancer – How It Is Diagnosed by a Pathologist 	<p>14 October 2017, Saturday</p> <p>ENGLISH SESSION Time: 10.00am to 12.00pm (Registration: 09.30am to 10.00am)</p> <p>National Cancer Centre Singapore Peter & Mary Fu Auditorium, Level 4 11 Hospital Drive, Singapore 169610</p>	<p>Free Admission</p> <p>Strictly no admission for children below 12 years old.</p> <p>Registration is a MUST as seats are limited.</p> <p>PHONE REGISTRATION ONLY</p> <p>Open for registration</p> <p>Please call: 6225 5655 Monday – Friday: 8.30am to 5.30pm</p>

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

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

CancerWise Workshops	Date, Time, Venue	Registration
<p>CancerWise Workshop – Hepatitis B and Its Link to Liver Cancer</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • What is Hepatitis? • Types of Hepatitis • Causes of Hepatitis B • Signs & Symptoms of Hepatitis B • The link between Between Hepatitis B and Liver Cancer • Treatment & Prevention of Hepatitis B • Living with Hepatitis B 	<p>09 September 2017, 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 Strictly no admission for children below 12 years old. Registration is a MUST as seats are limited.</p> <p>PHONE REGISTRATION ONLY Open for registration Please call: 6225 5655 Monday – Friday: 8.30am to 5.30pm</p>
<p>CancerWise Workshop – Breast Cancer</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • What is Breast Cancer? • Screening and Diagnosis • Treatment Options & Recent Advances 	<p>14 October 2017, Saturday</p> <p>MANDARIN SESSION 01.00pm – Registration 01.30pm to 02.45pm – Workshop starts</p> <p>National Cancer Centre Singapore Function Room, Level 4 11 Hospital Drive, Singapore 169610</p>	<p>Free Admission Strictly no admission for children below 12 years old. Registration is a MUST as seats are limited.</p> <p>PHONE REGISTRATION ONLY Open for registration Please call: 6225 5655 Monday – Friday: 8.30am to 5.30pm</p>
<p>CancerWise Workshop – Care of Arm and Management of Lymphoedema</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • What is Lymphoedema? • How to Reduce Your Risk of Lymphoedema <ol style="list-style-type: none"> a. Avoid extreme temperature b. Protecting Your Skin from Injury c. Precautions when Travelling by Air • Other ways to reduce your risk of getting Lymphoedema • What are the Treatment Options Available for Lymphoedema 	<p>14 October 2017, Saturday</p> <p>ENGLISH SESSION 01.00pm – Registration 01.30pm to 03.30pm – Workshop starts</p> <p>National Cancer Centre Singapore Peter & Mary Fu Auditorium, Level 4 11 Hospital Drive, Singapore 169610</p>	<p>Free Admission Strictly no admission for children below 12 years old. Registration is a MUST as seats are limited.</p> <p>PHONE REGISTRATION ONLY Open for registration Please call: 6225 5655 Monday – Friday: 8.30am to 5.30pm</p>

Upcoming Event	Date, Time, Venue
<p>Breast Cancer Awareness Month (BCAM) Roadshow</p> <p>ACTIVITIES: Breast cancer information poster exhibits, mammogram screening voucher distribution, cupcake piping station, interactive game booths, upcoming events and cancer information publications subscriptions. (Tokens of participation will be given out!)</p>	<p>07 October 2017, Saturday</p> <p>10am – 3pm</p> <p>OneKM Mall 11 Tanjong Katong Road Singapore 437157</p>

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

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

AUGUST 2017

Date	Time	Event Information	CME Pt	Registration Contact
3, 10, 17, 24, 31	11.30 am	Lung Tumour Board Combine SGH-NCCS Meeting @ SGH Blk 2 Level 1, Radiology Conference Room	1	Christina Lee Siok Cheng 6704 8388 christina.lee.s.c@nhc.com.sg
2, 9, 16, 23, 30	4.30 pm	NCCS Tumour Board Meetings: Sarcoma Tumour Board Meeting	1	Elaine / Ella 6436 8723 / 6436 8294 elaine.ee.c.m@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 Liew 6576 1731 angela.liew.m.f@singhealth.com.sg
2, 9, 16, 23, 30	5.00 pm	Surgical Oncology Tumour Board Meeting	1	
4, 11, 18, 25	4.30 pm	Breast Tumour Board Meeting	1	
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	Gynae-Oncology Tumour Board Meeting @ NCCS Level 1, Clinic A, Discussion Room	1	Elaine / Ella 6436 8723 / 6436 8294 elaine.ee.c.m@nccs.com.sg / Nursuhaila.rahmat@nccs.com.sg
2, 9, 16, 23, 30	1.00 pm	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
25	5.00 pm	NCCS Neuro Onco Tumour Board Meeting Academia, Diagnostic Tower, Level 9 Histopathology Microscopy Teaching Room	1	Saratha 6436 8165 saratha.v.gopal@nccs.com.sg
31	7.30 am	Endocrine and Rare Tumour Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	Saratha 6436 8165 saratha.v.gopal@nccs.com.sg
3, 10, 17, 24, 31	12.00 pm	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
18	1.00 pm	Journal Club Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room	1	Phua Chay Sin 6704 2037 ddipcs@nccs.com.sg
25	1.00 pm	Teaching Session Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room	1	Phua Chay Sin 6704 2037 ddipcs@nccs.com.sg

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

SEPTEMBER 2017

Date	Time	Event Information	CME Pt	Registration Contact
7, 14, 21, 28	11.30 am	Lung Tumour Board Combine SGH-NCCS Meeting @ SGH Blk 2 Level 1, Radiology Conference Room	1	Christina Lee Siok Cheng 6704 8388 christina.lee.s.c@nhc.com.sg
7	5.00 pm	NCCS-SGH Joint Lymphoma Workgroup Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	Nurul Amirah 6436 8720 nurul.amirah.hajjis@nccs.com.sg
6, 13, 20, 27	4.30 pm	NCCS Tumour Board Meetings: Sarcoma Tumour Board Meeting	1	Elaine / Ella 6436 8723 / 6436 8294 elaine.ee.c.m@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 Liew 6576 1731 angela.liew.m.f@singhealth.com.sg
6, 13, 20, 27	5.00 pm	Surgical Oncology Tumour Board Meeting	1	
1, 8, 15, 22, 29	4.30 pm	Breast Tumour Board Meeting	1	
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	Gynae-Oncology Tumour Board Meeting @ NCCS Level 1, Clinic A, Discussion Room	1	Elaine / Ella 6436 8723 / 6436 8294 elaine.ee.c.m@nccs.com.sg / Nursuhaila.rahmat@nccs.com.sg
6, 13, 20, 27	1.00 pm	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
22	5.00 pm	NCCS Neuro Onco Tumour Board Meeting Academia, Diagnostic Tower, Level 9 Histopathology Microscopy Teaching Room	1	Saratha 6436 8165 saratha.v.gopal@nccs.com.sg
28	7.30 am	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	12.00 pm	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	1.00 pm	Journal Club Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room	1	Phua Chay Sin 6704 2037 ddipcs@nccs.com.sg
22	1.00 pm	Teaching Session Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room	1	Phua Chay Sin 6704 2037 ddipcs@nccs.com.sg

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

OCTOBER 2017

Date	Time	Event Information	CME Pt	Registration Contact
5, 12, 19, 26	11.30 am	Lung Tumour Board Combine SGH-NCCS Meeting @ SGH Blk 2 Level 1, Radiology Conference Room	1	Christina Lee Siok Cheng 6704 8388 christina.lee.s.c@nhc.com.sg
5	5.00 pm	NCCS-SGH Joint Lymphoma Workgroup Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	Nurul Amirah 6436 8720 nurul.amirah.hajis@nccs.com.sg
4, 11, 18, 25	4.30 pm	NCCS Tumour Board Meetings: Sarcoma Tumour Board Meeting	1	Elaine / Ella 6436 8723 / 6436 8294 elaine.ee.c.m@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 Liew 6576 1731 angela.liew.m.f@singhealth.com.sg
4, 11, 18, 25	5.00 pm	Surgical Oncology Tumour Board Meeting	1	
6, 13, 20, 27	4.30 pm	Breast Tumour Board Meeting	1	
2, 9, 16, 23, 30	5.00 pm	Head & Neck Tumour Board Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	
4, 11, 18, 25	1.00 pm	Gynae-Oncology Tumour Board Meeting @ NCCS Level 1, Clinic A, Discussion Room	1	Elaine / Ella 6436 8723 / 6436 8294 elaine.ee.c.m@nccs.com.sg / Nursuhaila.rahmat@nccs.com.sg
4, 11, 18, 25	1.00 pm	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	5.00 pm	NCCS Neuro Onco Tumour Board Meeting Academia, Diagnostic Tower, Level 9 Histopathology Microscopy Teaching Room	1	Saratha 6436 8165 saratha.v.gopal@nccs.com.sg
26	7.30 am	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	12.00 pm	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
20	1.00 pm	Journal Club Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room	1	Phua Chay Sin 6704 2037 ddipcs@nccs.com.sg
27	1.00 pm	Teaching Session Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room	1	Phua Chay Sin 6704 2037 ddipcs@nccs.com.sg

PATIENT SUPPORT PROGRAMMES – CALENDAR OF EVENTS

FOR ALL CANCER PATIENTS, CANCER SURVIVORS & CAREGIVERS

Date/Day	Time	Venue	Programme	Facilitator
SUPPORT GROUP				
17 August Thursday	5.30pm – 8.30pm	NCCS Function Room, Level 4	Breast Cancer Support Group: Common Questions That We Would Like to Ask The Healthcare Providers	Ms Tan May Leng Mabel Advanced Practice Nurse, NCCS
18 August Friday	6.30pm – 9.00pm	NCCS Peter & Mary Fu Auditorium, Level 4	Nasopharyngeal Cancer (NPC) Support Group: Members' Sharing – Optimising Nutrition in Our Body	NPC Support Group Member
19 August Saturday	2.00pm – 4.30pm	NCCS Function Room, Level 4	The Revival Connection: Cancer Cures & Treatments Found on Internet – How Do We Evaluate Such Claims?	Dr. Grace Yang Consultant, Division of Palliative Medicine
8 September Friday	6.30pm – 9.00pm	NCCS Function Room, Level 4	Nasopharyngeal Cancer (NPC) Support Group: Dental Issues – Dealing with Oral Cavities, Weak Gums, Nerve Pain and Extractions	Dr Chee Hoe Kit Consultant, NDC
9 September Saturday	2.30pm – 4.30pm	NCCS Function Room, Level 4	Sinar Harapan Support Group (Malay Support Group): Mari Berbilang Bersama pakar Doctor? (Doctor, Can We Talk?)	Ms Ernalisah Subhi Medical Social Worker, NCCS
21 September Thursday	5.30pm – 8.30pm	NCCS Function Room, Level 4	Breast Cancer Support Group: Eat and Live Better	Ms Chang Yok Ying Pharmacy Practice Manager, NCCS
PSYCHO-EDUCATIONAL & SOCIAL-RECREATIONAL ACTIVITIES				
26 August Saturday	2.00pm – 5.00pm	NCCS Function Room, Level 4	Patient Empowerment Programme: Issues in Grief	Dr Gilbert Fan Master Medical Social Worker & Psychotherapist (Satir) / Co-Chair, Patient Support, NCCS
8 September Friday	2.30pm – 3.30pm	NCCS Peter & Mary Fu Auditorium	Living Well Programme: LPA & Will Writing	Ms Lim Hui Chern
12 September Tuesday	12.30pm – 1.30pm	NCCS Peter & Mary Fu Auditorium	Beyond Cancer Treatment: Caring for Your Psychosocial & Emotional Needs	Dr Gilbert Fan Co-chair (Patient Support), Master Social Worker & Psychotherapist (Satir), NCCS
12 September Tuesday	2.00pm – 5.00pm	NCCS Function Room, Level 4	Look Good Feel Better Workshop	Volunteer Make-Up Artist
THERAPY & THERAPEUTIC GROUP				
9 September Saturday	2.00pm – 4.30pm	NCCS Meeting Room 1 & 2, Level 4	Writing Programme: Spend An Afternoon with the Journal, Your Friend. Have a Date with Yourself	Ms Phyllis Wong Senior Medical Social Work Associate, NCCS
INTEREST GROUP				
1, 8, 15, 22, 29 August Tuesdays	6.30pm – 7.30pm	NCCS Function Room, Level 4	“Living Well with Yoga” Programme: Yoga Exercise for Patients and Cancer Survivors	Ms Debbie Tan Assistant Manager (Patient Support) NCCS
12, 26 August Saturdays	2.30pm – 4.00pm	SGH Campus	Music Interest Group: Recital of Joy	Instructors from Music Solutions
5, 12, 19, 26 September Tuesdays	6.30pm – 7.30pm	NCCS Function Room, Level 4	“Living Well with Yoga” Programme: Yoga Exercise for Patients and Cancer Survivors	Ms Debbie Tan Assistant Manager (Patient Support) NCCS
16, 23, 30 September Saturdays	2.30pm – 4.00pm	SGH Campus	Music Interest Group: Recital of Joy	Instructors from Music Solutions
For registration and enquiries, please contact Patient Support at 6436 8668 or email: patientsupport@nccs.com.sg			PROGRAMME REGISTRATION AND CONFIRMATION IS REQUIRED. <i>Details of the programmes may subject to changes without prior notice. Please check with organiser for any updates.</i>	



MESSAGES FOR OUR PATIENTS



Heartwarming well wishes collected from the 2017 NCCS Hari Raya donation drive. Together, we raised close to \$9,000 for the Community Cancer Fund. Thank you for your support!

 National Cancer Centre Singapore
 National Cancer Centre SG

 National Cancer Centre Singapore
SingHealth

 COMMUNITY CANCER FUND
BY NCCS

PUBLISHED BY NCCS CORPORATE COMMUNICATIONS

Editorial Advisors

Prof Soo Khee Chee
 Prof Kon Oi Lian
 Dr Tan Hiang Khoo

Executive Editors

Ms Rachel Tan
 Ms Siti Zawiyah
 Mr Alson Tan

Members, Editorial Board

Assoc Prof Lita Chew
 Adj Assoc Prof Melissa Teo
 Dr Teo Tze Hern
 Dr Mohd Farid
 Ms Jenna Teo
 Ms Sharon Leow

Editorial Consultant

Mr Sunny Wee

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.

NATIONAL CANCER CENTRE SINGAPORE

Reg No 199801562Z

11 Hospital Drive Singapore 169610
 Tel: (65) 6436 8000 Fax: (65) 6225 6283

www.nccs.com.sg
www.facebook.com/NationalCancerCentreSingapore
www.linkedin.com/company/NationalCancerCentreSingapore
www.instagram.com/NationalCancerCentreSG