



National Cancer  
Centre Singapore  
SingHealth

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# Salubris

...HELPING READERS TO ACHIEVE GOOD HEALTH

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

**GIVING THE  
GIFT OF HOPE**





## NEW RESEARCH METHODOLOGY UNCOVERS GENE VARIATIONS ASSOCIATED WITH BREAST CANCER

BY GILLIAN TAN  
Corporate Communications

Over the past 15 years, scientists around the world have attempted to identify new gene variations associated with breast cancer. Singapore researchers have now successfully developed a unique approach to do it. The research team believes this novel method utilising next-generation sequencing can also be applied to identify variations in genes in other cancers, and eventually lead to better cancer screening and prevention.

Published online in the prestigious journal *Cancer Research* on 3rd August 2017, the study was led by the National Cancer Centre Singapore (NCCS), in collaboration with the KK Women's and Children's Hospital.

The team of doctors and scientists began by studying 283 genes in 240 women with early-onset breast cancer or a family history of breast and/or ovarian cancer. It was found that certain variants were surprisingly high in occurrence among these genes. Twenty-four variants of the highest occurrence were selected through careful computational analysis for further genotyping, by comparing the DNA sequences between 1,516 breast cancer cases and 1,189 non-cancer cases. They discovered three variants that are significantly associated with breast cancer risk.

These variants are also known as single-nucleotide polymorphisms (SNPs), which are a type of mutation that happens when one of the four building blocks (A, C, G and T) in the DNA sequence, or genetic code, differs between individuals. Figure 1 shows an example of a SNP, where at a specific position in the genetic code, one person has a “G”, while another person has an “A”.

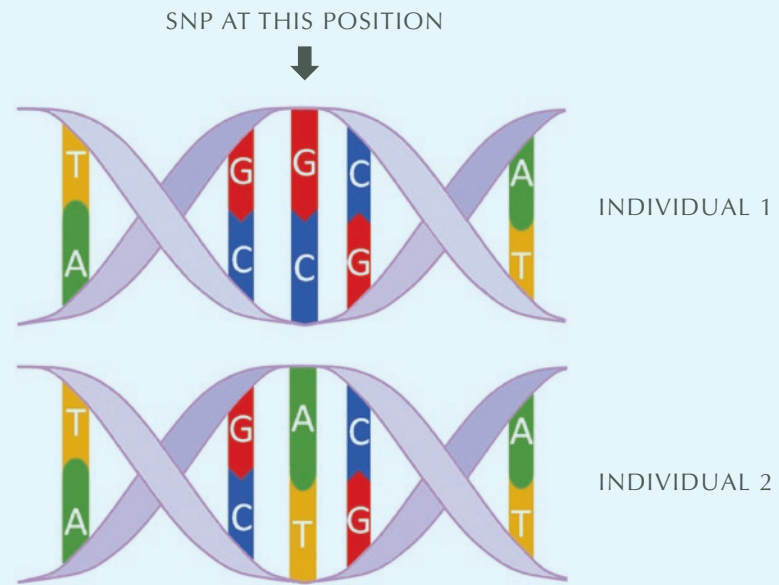


Figure 1

“To give an analogy, you can picture a person’s genetic code as a personal book with a unique spelling of words. Next-generation sequencing has allowed us to identify the differences in spelling among individuals. Through the standard research method (genome-wide association studies), scientists had managed to identify around 100 breast cancer-associated SNPs to date. With the success of this new approach, we expect more disease-associated SNPs can be discovered,” explained Professor Ann Lee, Principal Investigator of the study. Prof Lee is also a Principal Investigator at the Division of Medical Sciences at NCCS and Adjunct Associate Professor at the Duke-NUS Medical School and at the National University of Singapore.

This study proves the feasibility in identifying variants using next-generation sequencing, and may be a powerful method that could potentially be used to find SNPs for the estimation of the risk of other cancers and diseases such as Alzheimer’s, cardiovascular risk, arthritis and Parkinson’s. With sufficient funding, the team hopes to move on to study other cancers as well as breast cancer in other populations.

This team needs your kind support to further their research on breast cancer. You can contribute to their research on improving breast cancer screening. Kindly visit [www.giving.sg/ncc-research-fund/breastcancerscreeningstudy](http://www.giving.sg/ncc-research-fund/breastcancerscreeningstudy) or contact 6352 0772.



Professor Ann Lee

# BREAST CANCER AWARENESS MONTH 2017: PRETTY IN PINK TO THE SOUND OF MUSIC

BY SITI ZAWIYAH  
Corporate Communications

“Cancer treatment changes the way a patient looks and feels, and while the endpoint of treatment is a stronger, healthy survivor, the journey towards that can be difficult”, explained Dr Veronique Tan, Co-Chairperson of NCCS BCAM 2017 Organising Committee.

“Patients do struggle with the visible physical changes of surgery, chemotherapy, radiation and hormonal treatment. Sometimes they are disheartened or self-conscious when they go out or return to work,” said Dr Veronique Tan, a Consultant in the NCCS Division of Surgical Oncology.

**The Makeup Your Life workshop, designed especially to address the common skin and hair problems encountered during cancer treatment, saw professional makeup experts provide tips on skin care and makeup to close to 50 NCCS patients.**





“It is our hope that the practical makeup skills taught at the workshop will empower our patients and go some way to boosting their confidence and self-esteem!” added Dr Tan.

It was obvious that the participants thoroughly enjoyed the workshop. For some, the workshop was more than about makeup and skin care. “It was great and fun! I didn’t just learn about makeup and skincare techniques, but I also got to make friends”, said Ms Tan, who is an NCCS patient.

Indeed, it was a heart-warming experience as new relationships were forged on that day. At lunchtime, there were two participants at a table. A lady chimed in and asked: “I heard the word *Herceptin*. May I join you?” (*Herceptin* is one of the approved drugs for cancer treatment.) The three ladies bonded quickly over lunch, each sharing moments from their cancer journey.

While some made new friends, there were many who used the gathering to strengthened their old bonds over an evening of picnic and photo-taking.

With Singapore Botanic Gardens as NCCS’ Venue Partner, the inaugural Picnic in The Park was an unforgettable gathering at the picturesque Eco Lake Lawn. The evening featured one of the most famous cult classic movies of all time: *The Sound of Music* – winner of the Academy Awards’ “Best Picture” in 1965.

The event attracted close to 1,800 participants who came prepared with ground sheets, blankets and picnic baskets, to enjoy an evening of rest and relaxation with their families and friends. It is hoped that through this event, participants would appreciate the importance of supporting and encouraging one another as they journey ahead together.



## PARTNER SPOTLIGHT: GIFT-IT-FORWARD

BY ALSON TAN  
Corporate Communications

Looking back at my younger days where I received many birthday presents, I still recall that I received toys that I never played with. Other occasions, it was socks or underwear in the wrong size. While the intention is immensely appreciated, it can result in a waste of time and money, and disappointment to the recipient.

**Ms Theresa Evanoff**, a busy mother of 3 young kids went through the same difficulties. Her kids would receive gifts that they didn't really use or play with. She felt that there should be a better way to give. This gave birth to the idea of **Gift-It-Forward**. This unique charity portal empowers kids and adults to support their selected charity while having fun at the same time.



*Jonah celebrating his birthday with a pool party and giving back to charity!*

We sat down with Theresa to find out more about how this initiative could possibly change the way we view celebrations in the future.

**In today's world of excessive waste especially during celebrations, being socially responsible is so important. Tell us, how does Gift-It-Forward work?**

Gift-It-Forward is similar to other e-invitation site that offer card designs and manage RSVPs. What makes this site unique, however, is that it also helps the host get the gift they really want while supporting a charity.

**The partygoers can now give a monetary gift and the birthday child and parent decide on a gift the child hope to receive, and commit to donating between 50% – 100% of their monetary gifts to one of the partner charities. Gift-It-Forward isn't just for kids, but for all manners of celebrations for adults too!**





### Why do you think giving back to others is important?

It is so easy to get wrapped up in ourselves and our own needs, with work, family, and other commitments. We are quite privileged in Singapore and I feel it is our moral responsibility to help those who can't help themselves. It doesn't really matter how much time or money you can give from an absolute value, but what does matter is that whatever you can afford to give comes from the heart. Giving back to others not only benefits others, but as research shows, volunteering and philanthropy can boost your physical health as well as your mental health and happiness! I'm very lucky that I had parents who instilled this belief in me, and I hope to be an example to my kids and to help others as well.

**"It doesn't really matter how much time or money you can give from an absolute value, but what does matter is that whatever you can afford to give comes from the heart."**

### Congratulations on Gift-It-Forward turning one! Having seen this one year go by, how has this changed your perspective?

My vision is that Gift-It-Forward will become the default way that people celebrate. I've always thought birthdays can be excessive and that there was a better way to give; I'm sure us adults don't need mugs or display trinkets every year and my kids certainly don't need more plastic junk that ends up in the corner!

After being entrenched in the business for over a year now, it is incredible to see how much people spend on gifts. When you see a pile of gifts at a party, you don't automatically associate that to a dollar value; however, when people give monetary gifts in lieu of physical gifts, it's eye-opening to see how much that can equate to. Surely most kids and adults would appreciate getting one or two really great gifts (like a bicycle, a musical instrument, or a day at the spa!) and the rest can be donated to a charity!

Our users are people who obviously feel the same way too, and have generously helped our charities raise a significant sum since we've launched. I hope we can get more people on board too!

### Are there any heart-warming stories that you'd like to share?

For his birthday, my son Jonah donated to the Community Cancer Fund by NCCS. My mom, Jonah's "po-po" (grandmother), passed away from lymphoma before Jonah was born. He wanted to help other patients who need the support and treatment while battling this disease.

Jonah has learned that sharing your birthday with a charity is a win-win situation! He gets to help other people and is thrilled to get a cool gift that he'll treasure. He now associates 'birthdays' with 'helping others' and keeps talking about which charity he'll choose next year!

Some of our users have visited the charities they supported. It's a profound thing – to see where, who and how your contributions go toward. Especially for kids, they get to see "in real life" where the money they shared goes.

For me, the most heart-warming thing is that people start associating "giving back" to their celebrations, whether it be a wedding, birthday or an anniversary. It's a fun and simple way to give back and can be used for any occasion!



To donate to the Community Cancer Fund by NCCS through Gift-It-Forward, visit [www.gift-it-forward.com/Charities/Community-Cancer-Fund](http://www.gift-it-forward.com/Charities/Community-Cancer-Fund)



## ANNUAL DONOR RECEPTION

BY TANNIS WALKER  
Community Partnership

Heading into its second year, the NCCS Annual Donor Reception celebrates the spirit of giving that contributes to a cancer-free tomorrow. Hosted by Associate Professor William Hwang, Medical Director (Designate) and Associate Professor Toh Han Chong, Deputy Director (Education), 38 donors, physicians and staff gathered at the annual event on 11 October 2017.

“Philanthropy has always played an important role in NCCS,” said Dr Charles Toh, Chairman, NCC Research Fund and Community Cancer Fund. “It helps to bridge the gap and support many important initiatives beyond government funding, such as patient care programmes, public outreach and education and cancer research,” Dr Toh added in his opening address.

Every October, all donors who have made a gift of \$10,000 or more to the NCC Research Fund or the Community Cancer Fund are welcomed to the National Cancer Centre Singapore to learn more about the impact of their contribution.

Besides a networking session with physicians and researchers over cocktails and hors d’oeuvres, the reception also saw the introduction of A/Prof William Hwang to the donor family.

A/Prof Hwang thanked all donors for their support in advancing cancer care and research, and shared his vision for NCCS to be the cancer centre of choice for all Singaporeans, and a top research institution that breaks new frontiers. “We will all be affected by cancer in some way”, said A/Prof Hwang, “we can all do our part”.







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3.5KM AND 10KM

21<sup>ST</sup> JAN 2018, SUN  
KALLANG / MARINA BAY AREA

# 25 YEARS OF RUNNING

FOR CANCER RESEARCH & AWARENESS



I DEDICATE  
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SIGN UP NOW AT  
[WWW.RUNFORHOPE.SG](http://WWW.RUNFORHOPE.SG)

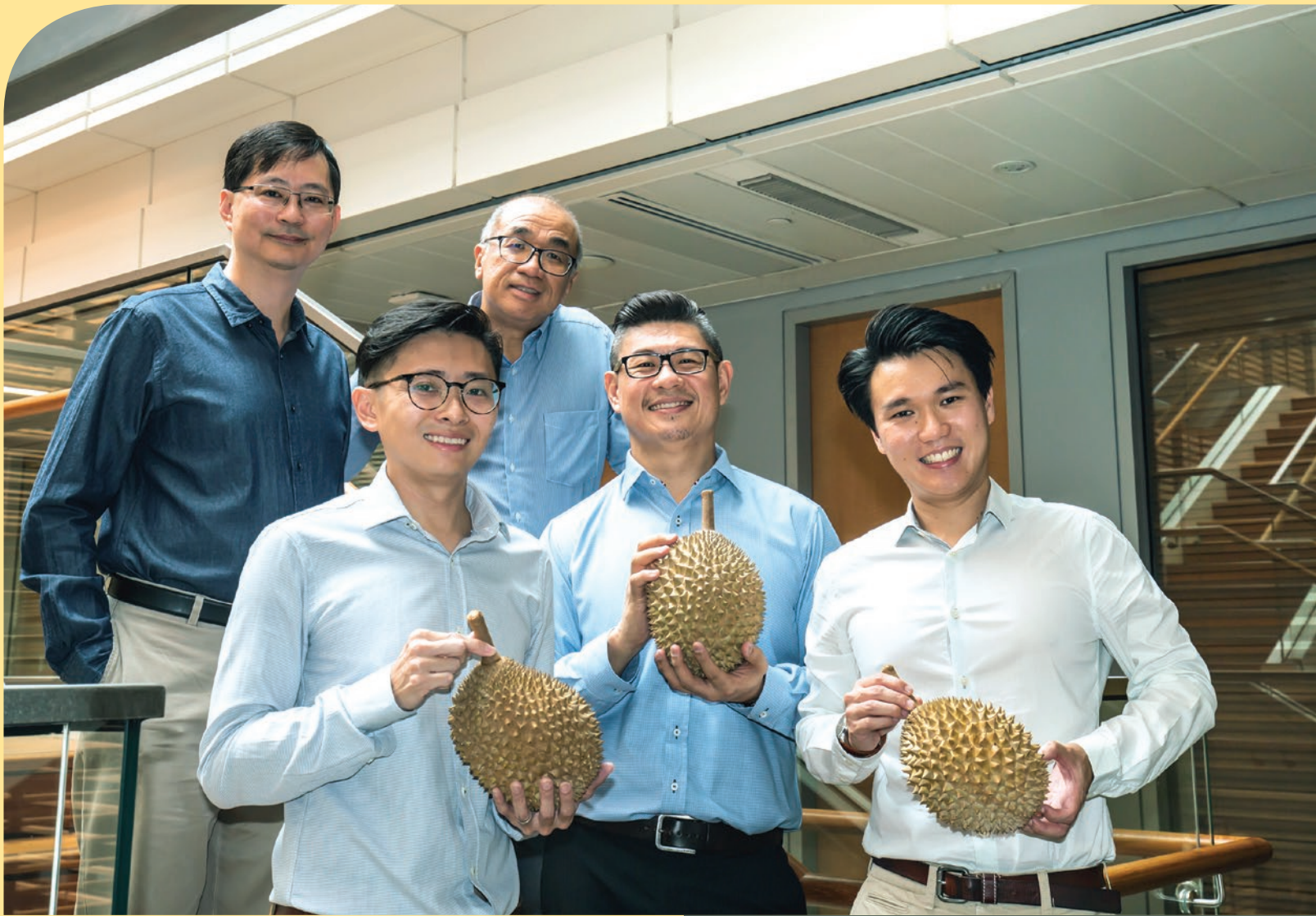
"MY SON WHO HAS PASSED ON FROM CANCER"

"A BETTER TOMORROW"

Run Organiser

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*Co-lead authors Professor Patrick Tan (Back row, left) and Professor Teh Bin Tean (Back row, 2nd from left) with the research team, (from left to right) Dr Yong Chern Han, Mr Cedric Ng and Dr Lim Junliang Kevin.*

## CANCER SCIENTISTS CRACK THE DURIAN GENOME

BY ALSON TAN  
Corporate Communications

Driven by both innate scientific curiosity and a love of the fruit, scientists from the Humphrey Oei Institute of Cancer Research, National Cancer Centre Singapore (NCCS) and Duke-NUS Medical School, Singapore have achieved a world's first by deciphering the complete genetic map of durian – a prized tropical fruit delicacy known in Asia as the “king of fruits”.

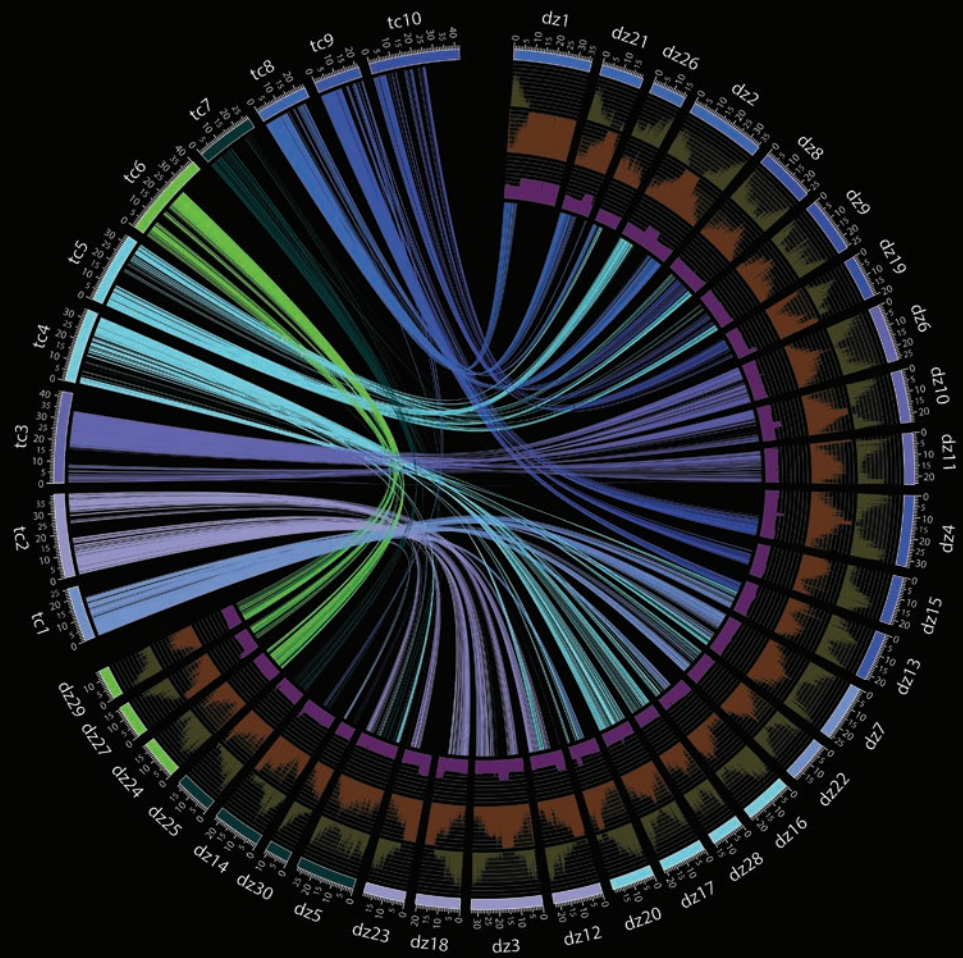
Funded by private donations from anonymous durian devotees, the team used state-of-the-art sequencing platforms and mapped the genome of a particular durian variety called Musang King (“Mao Shan Wang” in Chinese), known for its exceptionally delicate texture and potent aroma and considered as the King of Kings in the local durian world.

By comparing gene activity patterns from different parts of the durian plant, including leaves, roots, and ripening fruits, they identified a class of genes called MGLs (methionine gamma lyases) that regulate the production of odour compounds called volatile sulphur compounds (VSCs).

“Our analysis revealed that VSC production is turbocharged in durian fruits, which fits with many people’s opinions that durian smell has a ‘sulphury’ aspect,” said co-lead author Professor Patrick Tan from Duke-NUS Medical School.

**dz1 – dz29:  
Durio genomes;  
tc1 – tc10:  
Cacao genomes**

The diagram on the right illustrates the similarities between durio and cacao genomes. Cacao is the closest relative that is genome sequenced and without a whole genome duplication event. The colourful lines represent the similarities.



The team speculates that in the wild, the ability of durians to produce high VSC levels and a pungent smell may be important in attracting animals to eat and disperse durian seeds to other regions.

### What has this discovery got to do with cancer?

The technological expertise developed by the team may also be applied to other plants, including those that may be of medicinal value. Professor Soo Khee Chee, Director of the National Cancer Centre Singapore explained: "There is a long and distinguished history of medicines being discovered from plants. The best example is Taxol, the well-known drug used for treating breast cancer, and it is originally derived from the bark of the Pacific yew!"

Published in the prestigious journal *Nature Genetics*, the team has donated the Durian genome data to the National Parks Board, where they hope it will spur further durian research and education in Singapore and the region. The team also looks forward to working with botanists and conservation experts to study other plants, especially those endangered in the region due to increasing deforestation and industrialization.

### DID YOU KNOW?

- Regulated by a class of genes called MGLs (methionine gamma lyases), the production of volatile sulphur compounds (VSCs) is turbocharged in durian, and was revealed to be the reason behind its pungent aroma.
- The durian genome comprises approximately 46,000 genes – almost double that of humans who have about 23,000 genes.
- Based on the newly generated genomic data, the team also studied the evolution of durian and traced its relationship 65 million years back to the cacao plant which is used in chocolate.
- Besides the specific durian species (*Durio zibethenus*) sequenced in this study, there are over 25 other durian species in nature, some are edible and some are not.

# NCCS RAISED CLOSE TO \$20,000\* FOR SINGHEALTH PRESIDENT'S CHALLENGE 2017!

BY LIEN WANTING  
Corporate Communications

This year, with the help of our sponsors, donors, and staff, NCCS raised close to \$20,000\* for the SingHealth President's Challenge. These collective efforts, which include an outreach event at the Singapore National Paralympic Council, an art class, and a sale of healthy lunch packs, fuel the move towards a more caring society and will help the less privileged in our community lead better lives.



*NCCS Staff joined para-athletes from Singapore National Paralympic Council for a sailing session and learned how these resilient individuals make the best out of life.*



As part of the SingHealth family, we are pleased to report that SingHealth raised a record amount of \$615,000 – the highest amount in 14 years!

A special shout-out to our partners, Vitagen and Satoyu Trading Pte Ltd for their generous support to NCCS for the SingHealth President's Challenge 2017!

**Everyone can do their part to make a difference in somebody's life. We are thankful for all our donors, supporters and dedicated staff for their efforts in SingHealth President's Challenge 2017. Thank you for making a difference!**

*\*Amount is correct as at time of printing*



*Art of fundraising: miniature clay making session*

# GIVE THE GIFT OF HOPE

BY CLAIRE WALSH  
Community Partnership

Giving Week is a national movement that encourages everyone to give back. During this week, corporates, non-profit organisations and individuals across Singapore come together to make a difference.



## How can you get involved in Giving Week?

**It's held from 28 November to 5 December 2017.**

Join the National Cancer Centre Singapore this Giving Week. Help us give the gift of hope to cancer patients and their families.

At NCCS, we attend to over 150,000 patient-visits per year and treat close to 70% of cancer patients in the public sector. Through continual cancer research and improvement to patient care, our team of dedicated professionals strives to provide patients with more than just the best care, but also a hope for their future.

**By giving the gift of hope, you can help us to care for more lives affected by cancer.**

Make a **donation** today! Visit [www.nccs.com.sg/giving](http://www.nccs.com.sg/giving)



Encourage your favourite **restaurant** to gather **donations**, or donate a percentage of profits during the week.



Join our **GIRO giving scheme** and make a difference by donating monthly.



Give your **time** to help **support patients** and **caregivers** in the fight against cancer by volunteering for NCCS.

Organise a **fundraising drive** at your **workplace**, or hold a cake sale in the building's lobby with all donations contributing to the Community Cancer Fund.



Be a **real life superhero** – wear a cape to work, even on public transport, and ask friends and family to sponsor your efforts!



Arrange a **fundraising evening** at your **sports** or **community club**.



Visit our **webpage** for more **ideas!**

Visit [www.nccs.com.sg/givingweek](http://www.nccs.com.sg/givingweek) to give your gift of hope today.

# TO PROFESSOR SOO KHEE CHEE: THANK YOU FOR YOUR GUIDANCE, SERVICE, LOVE AND EXPERTISE!

## PROF SOO REFLECTS ON THE PAST 20 YEARS:

“ The success is not due to one or two individuals. The success is due to all of you contributing to this environment of caring, this environment of compassion that has now become our characteristics, and in many ways, part of our DNA.”



### WHAT ARE THE THREE CHARACTERISTICS ABOUT HIS PERSONALITY YOU WOULD SAY ARE OUTSTANDING?

Visionary, tenacious and bold.

#### PROF IVY NG

*Group Chief Executive Officer, SingHealth*

I would say that his greatest strength is his relaxed and unassuming manner in his deliberation and dealings with board members, academics, officials and the common man. Underlying his understated demeanour is a tenacious and highly focused leader with an elephant memory.

#### DR CHARLES TOH

*Chairman  
Board of Trustees, NCC Research Fund  
& Community Cancer Fund*

### HOW WOULD YOU DESCRIBE HIM AS YOUR EDUCATOR / MENTOR?

Besides medical knowledge, Prof Soo also pushes me to be more than just a clinician, he actively supports my research endeavours. He is always sharing his insights on patient needs and how as clinicians we are privileged to know their difficulties. Never one to take the status quo as absolute, he constantly challenges my thinking and inspires me to push the boundaries of research to come up with new innovations as to how we can improve healthcare, patient outcomes and patient experiences.

#### DANNY TNG

*Medical Student / Prof Soo's Mentee*

### WHAT DO YOU THINK ABOUT PROF'S PERSONALITY THAT IMPRESSES YOU MOST IN YOUR DEALINGS WITH HIM?

He's like a great chess player, knowing when to retreat, when to make a move and when to do nothing. He's also very sharp, able to analyse all the facts presented to him, while listening intently, and synthesize them to come to clear conclusions, all without saying much.

#### DR ALETHEA YEE

*Head and Senior Consultant, Division of Palliative Medicine*

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

Public Forum	Date, Time, Venue	Registration
<p><b>Role of Nutrition in Lowering Cancer Risk</b></p> <p><b>TOPICS:</b></p> <ul style="list-style-type: none"> <li>• Common Conditions / Symptoms Faced by Cancer Patients During Treatment</li> <li>• Dietary Concerns for Cancer Patients</li> <li>• Nutrition Needs of Cancer Patients</li> </ul>	<p><b>13 January 2018, Saturday</b></p> <p><b>MANDARIN SESSION</b> Time: 09.15am to 10.30am (Registration: 08.45am to 09.15am)</p> <p><b>ENGLISH SESSION</b> Time: 11.15am to 12.30pm (Registration: 10.45am to 11.15am)</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>

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

## NOVEMBER 2017

Date	Time	Event Information	CME Pt	Registration Contact
2, 9, 16, 23, 30	11.30 am	<b>Lung Tumour Board Combine SGH-NCCS Meeting</b> @ SGH Blk 2 Level 1, Radiology Conference Room	1	<b>Christina Lee Siok Cheng</b> 6704 8388 christina.lee.s.c@nhc.com.sg
2	5.00 pm	<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
1, 8, 15, 22, 29	4.30 pm	<b>NCCS Tumour Board Meetings:</b> Sarcoma Tumour Board Meeting		<b>Kathy / Ella</b> 6436 8723 / 6436 8294 kathy.wu.s.k@nccs.com.sg / nursuhaila.rahmat@nccs.com.sg
1, 8, 15, 22, 29	5.00 pm	Surgical Oncology Tumour Board Meeting	1	
3, 10, 17, 24	4.30 pm	Breast Tumour Board Meeting	1	<b>Ella / Nora</b>
6, 13, 20, 27	5.00 pm	Head & Neck Tumour Board Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	6436 8294 / 6576 2037 nursuhaila.rahmat@nccs.com.sg / noralina.ali@singhealth.com.sg
			1	<b>Angela Liew</b> 6576 1731 angela.liew.m.f@singhealth.com.sg
1, 8, 15, 22, 29	1.00 pm	<b>Gynae-Oncology Tumour Board Meeting</b> @ NCCS Level 1, Clinic A, Discussion Room	1	<b>Kathy / Ella</b> 6436 8723 / 6436 8294 kathy.wu.s.k@nccs.com.sg / nursuhaila.rahmat@nccs.com.sg
1, 8, 15, 22, 29	1.00 pm	<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
24	5.00 pm	<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
30	7.30 am	<b>Endocrine and Rare Tumour Meeting</b> @ NCCS Level 2, Clinic C, Discussion Room	1	<b>Saratha</b> 6436 8165 saratha.v.gopal@nccs.com.sg
2, 9, 16, 23, 30	12.00 pm	<b>Upper GI Tumour Board Meeting</b> @ NCCS Level 4, Peter & Mary Fu Auditorium	1	<b>Carol Tang / Ang Hui Lan</b> 6436 8539 / 6436 8174 carol.tang.w.c@nccs.com.sg / dmoahl@nccs.com.sg



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

## DECEMBER 2017

Date	Time	Event Information	CME Pt	Registration Contact
7, 14, 21, 28	11.30 am	<b>Lung Tumour Board Combine SGH-NCCS Meeting</b> @ SGH Blk 2 Level 1, Radiology Conference Room	1	<b>Christina Lee Siok Cheng</b> 6704 8388 christina.lee.s.c@nhc.com.sg
7	5.00 pm	<b>NCCS-SGH Joint Lymphoma Workgroup Meeting</b> @ NCCS Level 2, Clinic C, Discussion Room	1	<b>Nurul Amirah</b> 6436 8720 nurul.amirah.hajis@nccs.com.sg
6, 13, 20, 27 6, 13, 20, 27 1, 8, 15, 22, 29 4, 11, 18	4.30 pm 5.00 pm 4.30 pm 5.00 pm	<b>NCCS Tumour Board Meetings:</b> Sarcoma Tumour Board Meeting Surgical Oncology Tumour Board Meeting Breast Tumour Board Meeting Head & Neck Tumour Board Meeting @ NCCS Level 2, Clinic C, Discussion Room	1 1 1 1	<b>Kathy / Ella</b> 6436 8723 / 6436 8294 kathy.wu.s.k@nccs.com.sg / nursuhaila.rahmat@nccs.com.sg <b>Ella / Nora</b> 6436 8294 / 6576 2037 nursuhaila.rahmat@nccs.com.sg / noralina.ali@singhealth.com.sg <b>Angela Liew</b> 6576 1731 angela.liew.m.f@singhealth.com.sg
6, 13, 20, 27	1.00 pm	<b>Gynae-Oncology Tumour Board Meeting</b> @ NCCS Level 1, Clinic A, Discussion Room	1	<b>Kathy / Ella</b> 6436 8294 / 6436 8294 kathy.wu.s.k@nccs.com.sg / nursuhaila.rahmat @ nccs.com.sg
6, 13, 20, 27	1.00 pm	<b>S'Health Hepato-Pancreato-Biliary Tumour Board</b> @ NCCS Level 4, Peter & Mary Fu Auditorium	1	<b>Saratha / Carol</b> 6436 8165 / 6436 8539 saratha.v.gopal@nccs.com.sg / carol.tang.w.c@nccs.com.sg
22	5.00 pm	<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
28	7.30 am	<b>Endocrine and Rare Tumour Meeting</b> @ NCCS Level 2, Clinic C, Discussion Room	1	<b>Saratha</b> 6436 8165 saratha.v.gopal@nccs.com.sg
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# SEMINARS / FORUMS / TUMOUR BOARDS / SMC-CME ACTIVITIES FOR MEDICAL PROFESSIONALS ONLY

## JANUARY 2018

Date	Time	Event Information	CME Pt	Registration Contact
3, 10, 17, 24, 31	12.30 pm	<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
3, 10, 17, 24, 31	1.00 pm	<b>Gynae-Oncology Tumour Board Meeting</b> @ NCCS Level 1, Clinic A, Discussion Room	1	<b>Kathy / Ella</b> 6436 8723 / 6436 8294 kathy.wu.s.k@nccs.com.sg / nursuhaila.rahmat@nccs.com.sg
3, 10, 17, 24, 31	4.30 pm	<b>NCCS Tumour Board Meetings:</b> Sarcoma Tumour Board Meeting	1	<b>Kathy / Ella</b> 6436 8723 / 6436 8294
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5, 12, 19, 26	4.30 pm	Breast Tumour Board Meeting	1	<b>Lynne Tan / Nora</b>
8, 15, 22, 29	5.00 pm	Head & Neck Tumour Board Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	6576 2042 / 6576 2037 tan.peek.ling@singhealth.com.sg / noralina.ali@singhealth.com.sg
				<b>Angela</b> 6576 1731 angela.liew.m.f@singhealth.com.sg
4, 11, 18, 25	11.30 am	<b>Lung Tumour Board Combine SGH-NCCS Meeting</b> @ SGH Blk 2 Level 1, Radiology Conference Room	1	<b>Christina Lee Siok Cheng</b> 6704 8388 christina.lee.s.c@nhcs.com.sg
4, 18	5.00 pm	<b>Combined Morphology Round Meeting</b> @ Academia, Diagnostic Tower, Level 9, Histopathology Microscopy Teaching Room	1	<b>Alvin Loh Chang Kit / Nurul Amirah</b> 6326 6015 / 6436 8720 alvin.loh.c.k@sgh.com.sg / nurul.amirah.hajis@nccs.com.sg
19	12.45 pm	<b>Journal Club</b> Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room	1	<b>Phua Chay Sin</b> 6704 2037 ddipcs@nccs.com.sg
26	5.00 pm	<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
4, 11, 18, 25	12.00 pm	<b>Upper GI Tumour Board Meeting</b> @ NCCS Level 4, Peter & Mary Fu Auditorium	1	<b>Carol Tang / Ang Hui Lan</b> 6436 8539 / 6436 8174 carol.tang.w.c@nccs.com.sg / dmoahl@nccs.com.sg
26	12.45 pm	<b>Teaching Session</b> Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room	1	<b>Phua Chay Sin</b> 6704 2037 ddipcs@nccs.com.sg
25	7.30 am	<b>Endocrine and Rare Tumour Meeting</b> @ NCCS Level 2, Clinic C, Discussion Room	1	<b>Nurul Amirah</b> 6436 8720 nurul.amirah.hajis@nccs.com.sg

# PATIENT SUPPORT PROGRAMMES – CALENDAR OF EVENTS

FOR ALL CANCER PATIENTS, CANCER SURVIVORS & CAREGIVERS

Date/Day	Time	Venue	Programme	Facilitator
<b>SUPPORT GROUP</b>				
<b>3 Nov</b> (Friday)	6.30pm – 9.00pm	NCCS Function Room, Level 4	<b>Nasopharyngeal Cancer (NPC) Support Group:</b> Members' Sharing – Dealing with Recurrence	<b>Dr Soong Yoke Lim</b> Senior Consultant, NCCS
<b>11 Nov</b> (Saturday)	2.30pm – 4.30pm	NCCS Function Room, Level 4	<b>Sinar Harapan (Malay) Support Group:</b> Achievements & Resolutions	<b>Ms Ernalisah Subhi &amp; Ms Candace Ong</b> Medical Social Workers, NCCS
<b>23 Nov</b> (Tuesday)	5.30pm – 8.30pm	NCCS Function Room, Level 4	<b>Breast Cancer Support Group:</b> Coping with Fear	<b>Dr Gilbert Fan</b> Co-Chair (Patient Support), Master Medical Social Worker & Psychotherapist (Satir), NCCS
<b>25 Nov</b> (Saturday)	10.00am – 12.30pm	NCCS Function Room, Level 4	<b>The Revival Connection:</b> Growing Healing Plants	<b>Ms Teresa Tan</b> Horticulturist <b>Ms Russell Sim</b> Landscape Architect
<b>2 Dec</b> (Saturday)	12.00pm – 2.00pm	The Rice Table	<b>Breast Cancer Support Group: Makanmania (REGISTRATION IS CLOSED)</b>	<b>Ms Cham An Gie</b> Senior Medical Social Worker, NCCS
<b>9 Dec</b> (Saturday)	2.30pm – 4.30pm	NCCS Function Room, Level 4	<b>Sinar Harapan (Malay) Support Group:</b> Year End Party	<b>Ms Ernalisah Subhi &amp; Ms Candace Ong</b> Medical Social Workers, NCCS
<b>PSYCHO-EDUCATIONAL &amp; SOCIAL RECREATIONAL ACTIVITIES</b>				
<b>10 Nov</b> (Friday)	2.30pm – 4.30pm	NCCS Function Room, Level 4	<b>Living Well Programme:</b> Tips on Breathing & Exercising Right	<b>Ms Neo Huixin &amp; Ms Samantha Tong</b> Physiotherapists, SGH
<b>14 Nov</b> (Tuesday)	12.30pm – 1.30pm	NCCS Peter & Mary Fu Auditorium, Level 4	<b>New Patient Orientation Programme:</b> Managing Your Finances in Cancer Care	<b>Mr Ng Yong Hao</b> Medical Social Worker, NCCS
<b>12 Dec</b> (Tuesday)	12.30pm – 1.30pm	NCCS Peter & Mary Fu Auditorium, Level 4	<b>New Patient Orientation Programme:</b> Beyond Cancer Treatment: Caring for Your Psychosocial & Emotional Needs	<b>Dr Gilbert Fan</b> Co-Chair (Patient Support), Master Medical Social Worker & Psychotherapist (Satir), NCCS
<b>THERAPY &amp; THERAPEUTIC GROUP</b>				
<b>21-23 Nov</b> (Tuesday - Thursday)	10.00am – 3.00pm	Leukaemia & Lymphoma Foundation 10 Sinaran Drive, Novena Medical Centre, #10-20 Singapore 307505	<b>Children Art Therapy Programme: HeARTS</b>	<b>Ms Saryna Ong</b> Principal Medical Social Worker & Art Therapist, NCCS <b>Mr Travis Loh</b> Principal Medical Social Worker, NCCS
<b>25 Nov</b> (Saturday)	2.00pm – 4.30pm	NCCS Meeting Room 1 & 2, Level 4	<b>Writing Programme:</b> Spend an Afternoon with the Journal, Your Friend. Have a Date with Yourself	<b>Ms Phyllis Wong</b> Senior Medical Social Work Associate, NCCS
<b>INTEREST GROUP</b>				
<b>7, 14, 21, 28 Nov</b> (Tuesdays)	6.30pm – 7.30pm	NCCS Function Room, Level 4	<b>Living Well with Yoga:</b> Exercise Programme for Cancer Patients & Cancer Survivors	<b>External Yoga Instructor</b>
<b>4, 11, 18, 25 Nov</b> (Saturdays)	2.30pm – 4.00pm	Outram Campus	<b>Recital of Joy Music Interest Group:</b> Playing of Ukulele & Singing	<b>Instructors from Music Solutions</b>
<b>5, 12, 19, 26 Dec</b> (Tuesdays)	6.30 – 7.30pm	NCCS Function Room, Level 4	<b>Living Well with Yoga:</b> Exercise Programme for Cancer Patients & Cancer Survivors	<b>External Yoga Instructor</b>
<b>HARMONY OF HOPE CONCERT</b>				
<b>9 Dec</b> (Saturday)	5.30pm – 7.00pm	Mrs Lee Choon Guan Concert Hall Anglo-Chinese School (Barker Road)	<b>Harmony of Hope Concert</b>	

For registration and enquiries, please contact **Patient Support** at **6436 8668** or email: [patientsupport@nccs.com.sg](mailto:patientsupport@nccs.com.sg)

**PROGRAMME REGISTRATION AND CONFIRMATION IS REQUIRED.**

*Details of the programmes may be subjected to changes without prior notice. Please check with the organisers for any updates.*

# HARMONY FOR HOPE

One voice against cancer

9 Dec 2017, Saturday  
5.30 to 7.00pm

Anglo-Chinese School,  
Mrs Lee Choon Guan Concert Hall  
60 Barker Road,  
Singapore 309919.

Join us in celebrating life and camaraderie in the fight against cancer.  
This special concert is headlined by cancer patients, survivors  
and caregivers of NCCS.

Guest performances by School of the Arts Singapore,  
Mikey Robinson Boy Soprano and Authentico Wind Ensemble.

Tickets start from \$35 and is available at all SISTIC outlets or  
[www.sistic.com.sg/events/chope1217](http://www.sistic.com.sg/events/chope1217)

Nett proceeds from this event will go towards patient care at NCCS.

Organised by



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