



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.

**BETTER, HEALTHIER,
STRONGER IN
THE NEW YEAR!**





A GLIMPSE AT THE NEW NCCS MEDICAL DIRECTOR

BY RACHEL TAN
Corporate Communications

Associate Professor William Hwang officially assumed office as the NCCS Medical Director on 26 November 2017. Assoc Prof Hwang has previously held multiple leadership positions in SingHealth Transplant, SingHealth Duke-NUS Blood Cancer Centre, Department of Haematology at SGH and the Singapore Cord Blood Bank. Here he shares with **Rachel Tan** his thoughts and approach to cancer care as the man at the helm of NCCS.

Q How do you feel about helping NCCS? Did you get any culture shock?

Assoc Prof William Hwang (WH): I had about a year's lead time before my appointment as Medical Director. So in the run up I spoke to various stakeholders to understand the people and the corporate culture, and participated in many meetings. Hence, when I assumed my current position, I was familiar with NCCS and it was a seamless transition. After all, we have always been part of one and the same healthcare group.

I am excited about my role and it is a large role to fill. I am confident that things will work out well with the people that my predecessor Prof Soo Khee Chee has groomed.

Q Cancer treatment has evolved over the years and survivor rate is increasing. However, with aging population, the call for cancer care will continue to grow. How do you intend to deal with it?

WH: The biggest challenge is to cope with the increase in cancer incidence. Cancer is a disease where the older person is more predisposed to it. So, as the elderly in our population increases, so too the chances of them getting cancer. Next, the lifespan of cancer patients can potentially be longer and hence we need to manage the cancer well to give them the quality of life as they live on. The next challenge is to find ways to manage the cost of cancer care and the cost of cancer drugs.

HERE IS A FIVE-PRONG APPROACH WE HAVE DEVELOPED TO ADDRESS THE ABOVE CHALLENGES:

PREVENTION

Smoking is the cause of many cancers. Some years ago, NCCS launched the tobacco free campaign called the "Tobacco Free Generation" (TFG). I feel NCCS should continue to step up this effort to get to its goal.

TFG is a social movement that seeks to re-balance the landscape of teenage smoking. It encourages the millennium generation, starting from those born in and after the year 2000 to say NO to cigarettes. These kids are currently 17 years old and NCCS can help them be the tobacco free generation. About 14% of those who smoke get cancer. We hope to reduce that number by 5% to 10% and also increase patients' responsiveness to treatment.

SCREENING

With early screening we can pick up cancer earlier and this will make a lot of difference in treatment and survivorship. An example is the screening of colorectal cancer. If you are late in picking up the cancer, the process would involve a few treatments such as chemotherapy and radiotherapy. The mobility and mortality related to late detection would then be less promising. However, if it is detected early, the procedure may only involve removing some pre-cancerous polyps.

The Fecal Occult Blood Test (FOBT) is the easiest and cheapest way of screening to detect colorectal cancer. However, the take up rate in Singapore is estimated at only 20%.

Another cancer that can be prevented through screening is cervical cancer. According to Health Promotion Board (HPB), the take up rate for Human Papillomavirus (HPV) vaccine is not ideal. In some countries, HPV vaccination is mandatory. This is perhaps something Singapore can look into.

We see the need to push for prevention as part of a national duty. We are working with the Health Promotion Board and the Singapore Cancer Society in this area.

PATIENT CARE

We have many new tools and drugs available for patients. These are developed on the basis of a good understanding of cancer. Patients now survive longer without relapse.

Another aspect of patient care that I wish to highlight is “Palliative and Supportive Care”. It used to be something that people turn to when they feel there’s no more hope for a patient. Now people know this is not what palliative care is all about.

The Palliative Medicine Division in NCCS will soon evolve into the Supportive and Palliative Care Division. The incorporation of “Supportive Care” means that the care team will come into the picture as early as when a person is diagnosed with cancer.

A cancer patient may have many needs and concerns. For example, they worry about their job security, their kids and the spouse, side effects of treatment etc. So, we have medical social workers, psychologists and oncologists looking into patient support care and coordinating the different services. This way the entire healthcare team would have a better understanding and empathy on what the patient is going through. This enhances the whole patient experience.

With a lot of supportive care, the handover at the later stage to the palliative team becomes a gradual transition. There is a quote that says “We cure sometimes, we relieve often but comfort always”. I believe we have moved in terms of cancer care, our ability to understand and treat cancer. In the future, we can probably “Cure often, relieve always and provide comfort at every opportunity we can”.

ENGAGEMENT WITH STAKEHOLDERS

We need to engage the pharmaceutical firms so that they have sufficient motivation to develop the latest drugs, make them available in Singapore and at the same time try to keep costs down as much as possible.

While this may sound very challenging, it is a conversation that we already have with some pharmaceutical firms. The doctors often shared with them that if they can bring cost down substantially, many more patients would use it. An example is a chemotherapy drug which would cost patients \$4,314 per month. Now it is down to \$2,998.80 per month. This is for subsidised patient and the pharmaceutical company works with NCCS on a case-to-case basis.

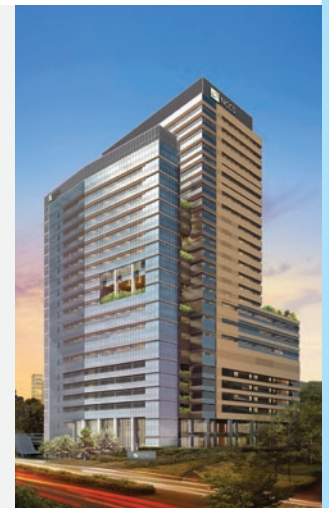
REINVENT THE DEVELOPMENT OF PATIENT CARE

Based on current genomic technology, we have a lot of information about cancer, or very good intelligence of the enemy now. This is achieved through research, genomics, proteomics, immunomics and a variety of other fields.

Immunotherapy is a hot area of cancer research today. We are now able to use the immune system to fight a number of cancers effectively. One recent example is by introducing a gene into T-cells, which is the “policemen” of the immune system. This T-cell receptors can look out for cancer cells and kill them. Called CAR T-cell therapy (CAR stands for Chimeric Antigen Receptor), it has been given to patients with acute lymphoblastic leukaemia with a good response rate. This therapy is gradually being expanded to other tumours, with ongoing trials for lymphoma, multiple myeloma and solid tumours.

In the new NCCS building which will be ready by 2022, there is a chance to reinvent the way we develop care with the new facilities. Clinics are located closer to research which will help translate therapies more quickly to patients. The new proton beam therapy treatment gives specific treatment to the cancer and spares the healthy cells around it, hence causing less collaterals damage.

NCCS new building (artist's impression)



Q What is your advice to the community on the things they can do to prevent cancer?

WH: My advice is don't smoke. Smoking not just causes lung cancer but the carcinogens in cigarettes may also lead to other cancers.

Go for regular screening as this helps to pick up any symptoms of cancer early.

Do exercise regularly as it has been shown to reduce cancer risk with better blood flow. Exercising also strengthens the immune system. As for diet, it should contain less sugary stuff.

Q What is the main message you wish to convey to the patients?

WH: There is a tsunami of cancer coming, but there is also much hope. We are developing better tools and strategies for prevention, early detection, treatment and as well as supportive and palliative care.

WORLD CANCER DAY 4 FEB

GET THE FACTS

WE CAN



TODAY –vs– 2030



NEW CANCER CASES (PER YEAR)

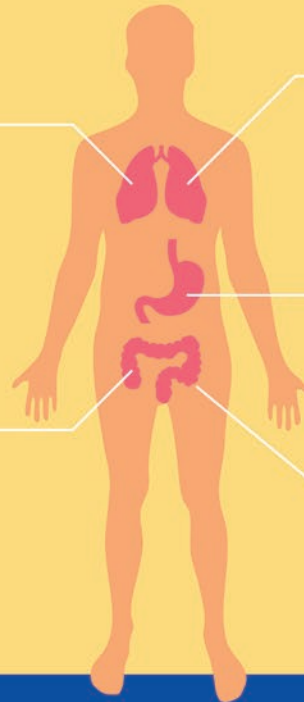
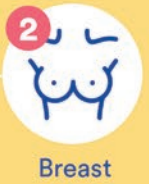


CANCER DEATHS (PER YEAR)



Non-communicable diseases (NCDs) – including cancer – are the leading cause of death and disability worldwide.³

TOP 5 MOST FREQUENT CANCERS⁴



By addressing risk factors, one third of common cancers can be prevented.⁵

i

LEADING CANCER RISK FACTORS⁶



Tobacco



Alcohol



Environmental



Unhealthy diet



Physical inactivity



Cancer-causing infections



MAKE CHANGE TODAY FOR TOMORROW

WHAT WE CAN DO

- ✓ Create healthy schools, workplaces and cities
- ✓ Educate health professionals to recognise signs and symptoms
- ✓ Advocate for policies to support healthy lifestyle choices (e.g. tobacco taxation)
- ✓ Improve access to early detection, screening, and timely diagnosis and referral
- ✓ Put in place national vaccination programmes



WHAT I CAN DO

- ✓ Quit smoking
- ✓ Reduce alcohol consumption
- ✓ Exercise regularly
- ✓ Adopt a healthy diet
- ✓ Be sun smart
- ✓ Be aware of environmental factors
- ✓ Be aware of signs and symptoms
- ✓ Get vaccinated



Learn more with the campaign factsheets on www.worldcancerday.org/materials



Discover how to
get engaged at
worldcancerday.org

FOOTNOTES:

1. Ferlay J, Soerjomataram I, Ervik M, Dikshit R, Eser S, Mathers C, Rebelo M, Parkin DM, Forman D, Bray F. GLOBOCAN 2012 v1.0, Cancer Incidence and Mortality Worldwide: IARC CancerBase No. 11 [Internet]. Lyon, France: International Agency for Research on Cancer; 2013. Available from: <http://globocan.iarc.fr>, accessed on 23/01/2017
2. World Health Organization. Cancer Factsheet, February 2017. Available from: <http://www.who.int/mediacentre/factsheets/fs297/en>, accessed on: 4/09/2017.
3. World Health Organization. Global status report on non-communicable diseases 2010, Geneva: WHO Press; 2010. Available at: http://www.who.int/nmh/publications/ncd_report_full_en.pdf
4. GLOBOCAN 2012 v1.0, Cancer Incidence and Mortality Worldwide: IARC CancerBase No. 11 [Internet]. Lyon, France: International Agency for Research on Cancer; 2013. Available from: <http://globocan.iarc.fr>, accessed on 24/01/2017.
5. <http://publications.iarc.fr/Non-Series-Publications/World-Cancer-Reports/World-Cancer-Report-2014>
6. <http://publications.iarc.fr/Non-Series-Publications/World-Cancer-Reports/World-Cancer-Report-2014>

SINGAPORE-JAPAN COLLABORATION FIGHT CANCER CHARITY CONCERT

BY GILLIAN TAN
Corporate Communications

Six Japanese students from the Singapore Japanese Secondary School and Waseda Shibuya Senior High School conceived the idea of putting up a charity concert to help cancer patients in Singapore. In just four months, the Singapore-Japan Collaboration Fight Cancer Charity Concert came to fruition. The National Cancer Centre Singapore (NCCS) is privileged to be chosen as their beneficiary with proceeds from the concert going towards cancer research.

The idea of a charity concert came after reading about the groundbreaking of the new NCCS in the newspapers. "I came across some newspaper articles on NCCS, and also found out that Japanese companies such as Shimizu Corporation and Hitachi Asia are working very closely with NCCS to deliver a new building to cope with the rising demand. We thought, perhaps we can also contribute something to help the cancer patients," said 16 year old Takuto Takenaka, who is the concert's Event Director. The enthusiastic children researched further and found out that one in four Singaporeans will be affected by cancer.

In August, they had their first meeting with NCCS to share their plans to organise a charity concert. They hope that the proceeds to the NCC Research Fund will help our researchers in the development of new treatments to benefit cancer patients.

These teenagers, aged between 12 to 16 years old, were in charge of different work scopes, including publicity, event organising and website design, with the close support and guidance from their parents and NCCS' Community Partnership's Special Events team.

The concert, which was held on 2 December, was graced by the Chairman of the NCC Research Fund, Dr Charles Toh, NCCS' Medical Director, Associate Professor William Hwang and Dr Joseph Wee, Chairman, Medical Board, NCCS. The concert showcased an ensemble of talented and renowned musicians from Singapore and Japan to support this meaningful collaboration.



In total, the extraordinary effort from six young students successfully raised \$10,000 for cancer research. NCCS Community Partnership's Senior Manager, Ms Flora Yong remarked: "It is indeed heart-warming to see them work hard on such a meaningful project. They are setting an excellent example to the youths in our society that doing good transcends all ages, language and abilities."

NCCS is seeing an up-trend on requests from the community to raise funds for the cancer cause.

NCCS was established as the national centre for integrated multidisciplinary cancer care and research. With the largest number of cancer researchers in Southeast Asia, NCCS' approach to cancer research ensures today's discoveries will directly and quickly impact the communities in which we live.

"We expect that with Singapore's ageing population, the demand for cancer care will grow further in the years ahead. NCCS cannot fight cancer on its own and is actively seeking support of everyone in the community, young and old to join us in this fight," said Dr Charles Toh in his speech at the concert.

NCCS would like to acknowledge the amazing efforts of these six young students in organising the concert: Takuto Takenaka, Aoi Takenaka, Yuka Sakurada, Yuuki Nagata, Chiho Sakurada and Yuna Low.



CANCER GENETICS SERVICE AT NCCS

BY ALSON TAN

Corporate Communications

The Cancer Genetics Service (CGS) at the National Cancer Centre Singapore (NCCS) provides genetic counselling services to people with personal or family histories of cancer. Our services, provided by clinicians with expertise in both genetics and oncology (one cancer geneticist and four genetic counsellors), involve cancer risk assessments, pre and post-test counselling, facilitation of genetic testing and subsequent cancer risk management plans tailored to the individual and their relatives. With increased awareness and the widening of indications for genetics referral, there has been a dramatic rise in the demand for genetic counselling at the CGS in the past few years. The mission of the CGS is to serve as expert base in the principles and practice of genetic and genomic medicine as a single platform for academic clinical practice, research and education for NCCS and SingHealth.

In addition to the delivery of high quality clinical care, the CGS at NCCS is actively involved in translational and clinical human genomics and health services research. Currently, our patient-oriented research protocols span several fields including neoplasia and rare metabolic disorders.

TO LEARN MORE ABOUT THE CGS AT NCCS, YOU CAN WATCH THIS SHORT VIDEO HERE:
<https://www.youtube.com/watch?v=9WMZluN87L4>

What is a genetic counsellor?

Genetic counsellors are health professionals who are specially trained in the translation and communication of research advances in genetics and genomics to patients, their care providers and their families.



At the CGS, they partake in genetic counsellor-led and doctor-genetic counsellor clinics to deliver genetic counselling services to cancer patients and their families. Genetic counsellors elucidate medical and family histories, determine the likelihoods of heritable gene mutations, and explain the benefits, implications and limitations of genetic testing. They deliver results to patients and support them through adapting to this information and discuss the appropriate medical recommendations. They also explore with patients how to share their genetic results with their family, to allow for predictive testing and the appropriate cancer surveillance and/or risk-reducing strategies for their relatives. Genetic counsellors act as patient advocates to ensure they receive optimal multidisciplinary care, as many hereditary cancer syndromes can affect several organs. They also attend tumour board meetings to help identify patients appropriate for referral and provide educational services to help raise the awareness of cancer genetics among the medical and wider Singaporean community. They are also often involved in research, to continue contributing to the field of genetic counselling.

Fast Five – 5 Questions with Eliza Courtney, Genetic Counsellor, Division of Medical Oncology

How did you become a genetic counsellor?

I first heard of genetic counselling as a 14 year old – my mum's friend who had been diagnosed with breast cancer was referred to a genetic counsellor for an assessment of her family history. I had just started learning about genetics (Punnett squares and maize if my memory serves me correctly) at school and she told me about this wonderful job that combined the science and talking with people. After that, my study path was planned to direct me to where I am now: I completed a Bachelor of Science (1st Class Hons) with a genetics major and psychology minor. During my holidays, I arranged genetic counselling work experience at a busy genetics clinic that was used to having lots of students. The exposure to the job really confirmed my aspirations! After working for a few years in a molecular genetics diagnostic laboratory, I applied for the Master's programme. I was fortunate enough to land my first job whilst I was in my second year of the course!

What projects or research initiatives are you involved in?

We are really lucky in that Dr Ngeow is always encouraging us to extend ourselves and take on as many opportunities as possible. In my first year of working here, I have co-authored a textbook chapter and either led or contributed to more than 5 research projects. The topics have been quite varied and included both quantitative and qualitative methods. I find I get far too excited about possible research topics that span too many areas, and so I'm currently trying to figure out what I want my specialty area to be. I have particular interests in ELSI (Ethical, Legal & Social Issues), particularly around the sharing of genetic information and insurance issues – both big challenges in the Singaporean context.

How many genetic counsellors do you directly work with?

I am fortunate to work directly with three other very talented genetic counsellors. We are an incredibly multicultural group – we all originate from four different countries (Australia, Taiwan, Singapore, and South Africa). This is also somewhat reflective of the multicultural society in Singapore. With our varied backgrounds, we bring diverse experience and perspectives to the group, which is really helpful when approaching complex cases or challenges in our work. I really don't think there would be anywhere else in the world where you would be exposed to that level of diversity, both within the team and amongst the patients we see.

What are some of the challenges you face practicing in Singapore?

I feel that the challenges faced here are in many respects similar to those faced by genetic counsellors around the world. Our group is actively involved in raising the profile of the profession, and increasing the awareness of the services we deliver, both amongst

our colleagues in the medical community and more broadly in the wider Singaporean population. There will always be a minority of prevailing perceptions that there is limited benefit to genetic testing and an unwillingness to acknowledge its importance in the delivery of multidisciplinary care. Through various activities, such as providing educative presentations and attending tumour boards, we continue to chip away and break down these barriers. Singapore is an extremely diverse country, rich in many cultures and religions. The careful balance between respecting people's cultural beliefs about cancer and genetic testing, and promoting our scientific understanding, will always be an ongoing challenge in genetic counselling. Cultural competency will always be a particularly important skill when working in Singapore.

What about the resources in Singapore for genetic testing?

Healthcare in Singapore runs on a co-payment system and so there is reasonable access to affordable high quality healthcare for all citizens. Genetic testing is still unfortunately not covered in this way and so the cost remains entirely out of pocket for patients. Fortunately, we have been given a philanthropic donation to subsidise the cost of testing for patients experiencing financial difficulties. However, as with any charitable donation, this fund is finite and unsustainable. Our team has been hard at work promoting the benefits and downstream cost savings that come with providing subsidies for genetic testing for patients suspected of having hereditary cancer syndromes (see Li, et al. 2017¹). We are hoping to make the case to policy makers to implement sustainable public funding, to ensure the delivery of long term cancer genetic testing and personalised medicine.

YOU CAN READ THE FULL INTERVIEW HERE:
<http://www.mygenecounsel.com/blog-recent-posts/2017/13/tbgc13>

¹ Li S-T, Yuen J, Zhou K, et al: Impact of subsidies on cancer genetic testing uptake in Singapore. *J Med Genet* 54:254–259, 2017

MS ELIZA COURTNEY, BSc Hons (1st Class), MGC,



is a genetic counsellor at the Cancer Genetics Service, National Cancer Centre Singapore. In this role she delivers genetic counselling services regarding hereditary cancer syndromes to cancer patients and their families. She also attends multidisciplinary team meetings (Gynaecology Oncology Tumour Boards at

NCCS and KKH) to identify patients who are suitable for referral. Additionally, she actively participates in research and has a special interest in ethical issues that arise in the delivery of clinical genetics services. She has previously held genetic counselling positions at a number of tertiary hospitals in Sydney, Australia.

DR JOANNE NGEOW, MBBS (Hons), MRCP, MPH, FAMS, is a Senior



Consultant in the Division of Medical Oncology, National Cancer Centre Singapore, and currently heads the Cancer Genetics Service (CGS). She has an academic interest in hereditary cancer syndromes and translational clinical cancer genetics. Dr Ngeow was awarded consecutive fellowships by the National Medical Research Council and the Ambrose Monell Foundation to complete formal clinical and wet bench training in Cancer Genomic Medicine at the Genomic

Medicine Institute, Cleveland Clinic, Ohio. She has published extensively in and serves as reviewer for many top-tiered peer-reviewed journals including the *Journal of Clinical Oncology*, *JNCI*, *Gastroenterology*. Dr Ngeow is an Editorial Board Member for *Endocrine Related Cancers* and was awarded the NMRC Transition Award in 2014 aimed at understanding how gene-environmental interactions predispose to cancer initiation and progression.

NAVIGATING THE FESTIVE SEASON

“Are you struggling with a diagnosis or treatment this festive season? Or do you find it hard adjusting to your new responsibility as a caregiver? Find out more how you can navigate through this festive season with ease – whether you’re a cancer patient, caregiver, or simply friends and family members who do not know what to say, and what *not* to say when conversing with your loved ones with cancer.

A GUIDE FOR CANCER PATIENTS

IT'S OK NOT TO BE OK



Expressing your needs can help reduce feelings of loneliness or distress. If you need to rest during celebrations or visits, let the people around you know. Remember that celebrations do not have to be perfect and if you're not feeling up for it, you don't have to say 'Yes' to every invite.

DELEGATE RESPONSIBILITIES TO OTHERS



Give yourself time to recuperate. If you're having treatment over the holidays, consider alternative ways to get your shopping and gifting done. Seek help from a family member or a friend to do the preparations. Avoid additional financial pressure associated with the holidays. Know that a gift is not valued at how much it costs, and a handwritten card, hand-knitted scarf or a painting makes wonderful gifts too.

THE SMALL VICTORIES COUNT



From stepping out of your comfort zone to talk about your feelings, to completing a cycle of treatment, the courage you've mustered up is worth a celebration. Look back at how far you've come and what you've accomplished, and take time to celebrate these milestones.

We are here to listen.

Manned by our nurse counsellors, the Cancer Helpline is a private, confidential and anonymous one-to-one information and counselling service.

Simply call 6225 5655 or email cancerhelpline@nccs.com.sg
Available Monday – Friday (except on public holidays), 8.30am to 5.30pm

Journey alongside us.

The cancer journey need not be a lonely one. From support groups to therapeutic programmes and interest groups, NCCS provides a suite of psychosocial services to patients and their families.

Visit <http://bit.do/NCCSPSO> or call 6436 8126 to find out more.

A GUIDE FOR CAREGIVERS AND FRIENDS OF CANCER PATIENTS

CARE FOR YOURSELF, FIRST



Make time for yourself, be it exercising or a quiet me-time, to relax and recharge. Take time to acknowledge the feelings you're going through on this caregiver journey. Give yourself permission to feel pain, sadness or fear.

SUPPORT IS AVAILABLE



You do not have to bear the load of caregiving alone. Whether it's a listening ear or practical advices, support groups and programmes are available to help you cope better. Workshops and talks can be good morale boosters and you can benefit by learning from other caregivers' experiences.

HOSTING WITH CARE



If you're hosting a celebration and one of your guests is undergoing treatment, ask for his/her diet preference and if there's anything they would like to eat. Your initiative to check in with them would mean a lot.

MEANINGFUL CONVERSATIONS



Prognosis is a sensitive topic; avoid talking about it unless the patient volunteers that information. Ask about how they feel but avoid saying 'I know how you feel' as it may seem like you're making light of the situation instead. Avoid attributing the patient's condition to his/her lifestyle. Avoid offering unproven treatments as it may overload the patient with information and cause confusion.

THE ART OF PURPOSEFUL GIFTING



Opt for something that would help the patient feel good, or something that he/she can bring along during treatment. It can range from a neck pillow to a tote bag, or a playlist of relaxing music to pass time. Other ways to connect and help a cancer patient feel good can include a video by family and friends, cheering him/her on.

NCCS STAFF DONOR APPRECIATION DAY

BY LIEN WANTING
Corporate Communications

15 November 2017,
Wednesday.

A live rendition of “You’re my Sunshine” plays and curious eyes peer up in the Morning Glory suite – from patients on chemotherapy to nurses administrating them, adding a dose of joy to the otherwise ordinary day in NCCS.



It’s the annual NCCS Staff Donor Appreciation Day where time is set aside to thank each and every individual who has contributed a portion of their salaries each month to advance cancer research and patient care. The jovial guitarists pair up and shuffle through NCCS, from the research labs and clinics to the radiotherapy suites, appreciating every donor with a cupcake, before stopping by the pharmacy with “The Moon Represents My Heart”, a song request from a patient waiting for her medicine.

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, patients and their families. G.R.E.A.T. is an acronym which represents the causes NCCS staff support through NCCS’s two charities NCC Research Fund and Community Cancer Fund.



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

GIVE TO – make monthly contribution via salary deduction to support the following:

RESearch – help to advance cancer research at NCCS

EDUcATION – empower patients, caregivers and healthcare workers with knowledge to fight against cancer

ASSISTANCE – give financial help to needy patients and their families

TRAINING – equip patients and caregivers with self-help tips and teach volunteers skills to help patients

This year, close to 700 staff donors contributed over \$86,000 from April 2017 to December 2017 to the charity funds.

EVENT RECAP: THE HARMONY FOR HOPE CONCERT

BY ALSON TAN
Corporate Communications

“Music expresses that which cannot be put into words and that which cannot remain silent.” Perhaps French Poet Victor Hugo best encapsulated the all-encompassing nature of music. Music can indeed help us express the most extreme of emotions – from excruciating pain to immense, unbridled joy.



The Recital Of Joy (ROJ) music interest group was formed to help connect patients, caregivers and staff with a common thread – the love for music, the excitement in learning an instrument and eventually culminating in a concert: Harmony of Hope.

Stars seem to align when a donor introduced Flora Yong, Senior Manager, Community Partnership to Joy Khau, Founder, Music Solutions. Several senior doctors at NCCS had mooted the idea of a concert, performed by our patients. A donor later introduced her to Joy who was also looking for the opportunity to organise a charity concert. “When Flora shared that NCCS was looking to organise a concert, my heart leaped with joy at the good news!” Joy recounted enthusiastically.

The purpose of the music interest group was to help patients heal through the power of music. Flora explains: “We hope to promote positivity, self-confidence, self-discovery and learning about the hidden talents that our patients have in themselves.”

The inaugural Harmony for Hope concert was held on 9th December at Anglo-Chinese School (Barker Road). It was an intimate atmosphere as family, friends and members of public filed into the Mrs Lee Choon Guan Concert Hall. The wonderful evening of performances was also accented with guest performances. Accompanied by Bertrand Lee on piano, Mikey Robinson, Boy Soprano wowed the audience with his brilliant, shining voice. Students from School of the Arts (SOTA) also showcased their jaw-dropping vocal talent: The powerhouse vocals of Syakirah Noble, the silky, soloist vocals of Rachel Wong and the rich, classical vocal performance of Ted Ngoo.



Miki Arimua, one of the members of the ROJ music interest group, gave a solo piano performance. The renowned contemporary pianist played two songs, including Sonata No. 1 by Arban Berg – an ‘unstable’ piece of atonal music which resolves its tonality in the last two bars – perhaps as a reflection of a cancer journey: much initial uncertainty and challenge, but finally, hope.

Accompanying the ROJ music interest group for their finale choral performance was the Authentico Wind Ensemble. The ROJ choir belted out an ABBA medley, an original composition “Recital of Joy” written by Joy Khau and “Christmas on Broadway”, to rousing applause.

“It has made me a happier person and I look forward to the sessions every Saturday afternoon,” says David Chan, a cancer survivor. David is affectionately known as ‘Uncle David’ to the younger members of the group. “I think it’s a great way to rejuvenate myself,” he adds.

“I’ve made many friends here. I still come to sessions even when Miki goes back to Japan,” adds Tomo, Miki’s husband. Miki herself is a cancer survivor.

The Recital Of Joy music interest group may be still in its infancy but it doesn’t take much to look around and see the impact that this group has made to the many members. ROJ continues to grow and is already excitedly planning for a bigger and better concert in 2 years’ time. Till then!



NCCS would like to express heartfelt thanks to the following individuals, corporate partners and sponsors for their support in Harmony Of Hope concert:

Donors: Mr Jori Lim, Dr Karpagavalli Allagarsamy and the Recital of Joy Fund by the late Reverends Derek Tan and Tan Mei Ling

Official Ticketing Partner: Sistic Singapore

Sponsors: Compressport International, Espresso Pte Ltd, Eziprint Pte Ltd, Bio-Familia Pte Ltd, Julie’s, MC Design and Solutions, Orange Clove Catering, Sun Sweet Enterprise and The School of Make-Up

Emcee: Greta Georges

Performers: Recital of Joy Music Interest Group, Authentico Wild Ensemble, Miki Arimura, Mikey Robinson, Bertrand Lee, Rachel Wong, Syakirah Noble, Ted Ngoo and Pauline Lee

Organising Committee: Joy Khau (Creating Director), Eoin Yankaya (Vocal Trainer), Arthur Ang (Ukulele Trainer), Lenny Mazlan (Video), Ng Yong Hao (Group Facilitator), Flora Yong, Angie Liu and Alson Tan (Event Support)

NCCS would also like to thank all volunteers and helpers for your help and support.

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

| Public Forums | Date, Time, Venue | Registration |
|---|--|---|
| <p>Coping with a Cancer Diagnosis</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • Facing Cancer • Psychosocial Issues • Coping with Physical Aspects • Managing Emotional Aspects • Support Factors • Building Resilience & Positive Thinking | <p>10 February 2018, 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 Please call: 6225 5655 Monday – Friday: 8.30am to 5.30pm</p> |
| <p>Colorectal Cancer Awareness Month: Beating Colorectal Cancer</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • Surgical Treatment of Colorectal Cancer • Chemotherapy in Colorectal Cancer • Radiation Therapy in Colorectal Cancer • Diet And Colorectal Cancer | <p>10 March 2018, 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 Please call: 6225 5655 Monday – Friday: 8.30am to 5.30pm</p> |
| <p>Common Gynaecological Cancers Among Singaporean Women</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • Cancers of the Female Reproductive System • Risk Factors • Signs & Symptoms • Early Detection & Screening • Treatment Options & Recent Advances | <p>28 April 2018, 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 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 – ABC of Cancer</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • What Is Cancer? • What Causes Cancer? • Risks, Signs & Symptoms • Prevention & Screening • Types Of Screening Tests For Men & Women • Cancer Treatment Options • Advances In Cancer Treatments | <p>10 February 2018, Saturday</p> <p>ENGLISH SESSION 1.00pm – Registration 1.30pm to 3.30pm – 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 – Palliative Care in the Community</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • What is Palliative Care? • What are The Essential Components in Palliative Care? • The Role of a Nurse In Palliative Care • What Are the Palliative Care Services in Singapore? • How to Access to Palliative Care? • Challenges in Palliative Care in the Community | <p>10 March 2018, Saturday</p> <p>ENGLISH SESSION 1.00pm – Registration 1.30pm to 3.30pm – 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 – Understanding Skin Cancer</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • Understanding the Skin • Common Skin Changes • What is Skin Cancer? • Risk Factors & Signs and Symptoms of Skin Cancer • Common types of Skin Cancers • Prevention and Early Detection • Diagnosis and Treatment | <p>28 April 2018, Saturday</p> <p>ENGLISH SESSION 1.00pm – Registration 1.30pm to 3.30pm – 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> |

| Upcoming Events | Date, Time, Venue |
|--|---|
| <p>Colorectal Cancer Awareness Month Roadshow</p> <p>ACTIVITIES: Colorectal cancer information poster exhibits, interactive game booths, FIT Kit distribution, upcoming events and cancer information publications subscriptions. (Tokens of participation will be given out!)</p> | <p>3 and 17 March 2018, Saturday 9am – 3pm Kovan Event Hall (Outside Heartland Mall) 205 Hougang Street 21, Singapore 530205</p> |

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

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

FEBRUARY 2018

| Date | Time | Event Information | CME Pt | Registration Contact |
|---------------|----------|--|--------|---|
| 7, 14, 21, 28 | 4.30 pm | NCCS Tumour Board Meetings: Sarcoma Tumour Board Meeting | 1 | Kathy / Ella 6436 8723 / 6436 8294 kathy.wu.s.k@nccs.com.sg / nursuhaila.rahmat@nccs.com.sg |
| 1, 8, 15, 22 | 4.30 pm | Surgical Oncology Tumour Board Meeting | 1 | |
| 2, 9, 23 | 4.30 pm | Breast Tumour Board Meeting | 1 | Lynne / Nora 6576 2042 / 6576 2037 tan.peek.ling@singhealth.com.sg / noralina.ali@singhealth.com.sg |
| 5, 12, 19, 26 | 5.00 pm | Head & Neck Tumour Board Meeting @ NCCS Level 2, Clinic C, Discussion Room | 1 | Angela 6576 1731 angela.liew.m.f@singhealth.com.sg |
| 7, 14, 21, 28 | 12.30 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 |
| 7, 14, 21, 28 | 1.00 pm | Gynae-Oncology Tumour Board Meeting @ NCCS Level 1, Clinic A, Discussion Room | 1 | Kathy / Ella 6436 8723 / 6436 8294 kathy.wu.s.k@nccs.com.sg / nursuhaila.rahmat@nccs.com.sg |
| 1, 15 | 5.00 pm | Combined Morphology Round Meeting @ Academia, Diagnostic Tower, Level 9, Histopathology Microscopy Teaching Room | 1 | Alvin Loh Chang Kit / Nurul Amirah 6326 6015 / 6436 8720 alvin.loh.c.k@sgh.com.sg / nurul.amirah.hajjis@nccs.com.sg |
| 1, 8, 15, 22 | 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@nhcs.com.sg |
| 9 | 12.45 pm | Journal Club Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room | 1 | Phua Chay Sin 6704 2037 ddipcs@nccs.com.sg |
| 23 | 12.45 pm | Teaching Session Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room | 1 | Phua Chay Sin 6704 2037 ddipcs@nccs.com.sg |
| 22 | 7.30 am | Endocrine and Rare Tumour Meeting @ NCCS Level 2, Clinic C, Discussion Room | 1 | Nurul Amirah 6436 8720 nurul.amirah.hajjis@nccs.com.sg |
| 23 | 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 |
| 1, 8, 15, 22 | 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 |

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

MARCH 2018

| Date | Time | Event Information | CME Pt | Registration Contact |
|------------------|----------|--|--------|--|
| 7, 14, 21, 28 | 4.30 pm | NCCS Tumour Board Meetings: Sarcoma Tumour Board Meeting | 1 | Kathy Wu / Ella 6436 8723 / 6436 8294 kathy.wu.s.k@nccs.com.sg / nursuhaila.rahmat@nccs.com.sg |
| 1, 8, 15, 22, 29 | 4.30 pm | Surgical Oncology Tumour Board Meeting | 1 | |
| 2, 9, 16, 23 | 4.30 pm | Breast Tumour Board Meeting | 1 | Lynne / Nora 6576 2042 / 6576 2037 tan.peek.ling@singhealth.com.sg / noralina.ali@singhealth.com.sg |
| 5, 12, 19, 26 | 5.00 pm | Head & Neck Tumour Board Meeting @ NCCS Level 2, Clinic C, Discussion Room | 1 | Angela 6576 1731 angela.liew.m.f@singhealth.com.sg |
| 7, 14, 21, 28 | 12.30 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 |
| 7, 14, 21, 28 | 1.00 pm | Gynae-Oncology Tumour Board Meeting @ NCCS Level 1, Clinic A, Discussion Room | 1 | Kathy Wu / Ella 6436 8723 / 6436 8294 kathy.wu.s.k@nccs.com.sg / nursuhaila.rahmat@nccs.com.sg |
| 1, 15 | 5.00 pm | Combined Morphology Round Meeting @ Academia, Diagnostic Tower, Level 9, Histopathology Microscopy Teaching Room | 1 | Alvin Loh Chang Kit / Nurul Amirah 6326 6015 / 6436 8720 alvin.loh.c.k@sgh.com.sg / nurul.amirah.hajis@nccs.com.sg |
| 1, 8, 15, 22, 29 | 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@nhcs.com.sg |
| 29 | 7.30 am | Endocrine and Rare Tumour Meeting @ NCCS Level 2, Clinic C, Discussion Room | 1 | Nurul Amirah 6436 8720 nurul.amirah.hajis@nccs.com.sg |
| 23 | 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 |
| 1, 8, 15, 22, 29 | 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 |
| 16 | 12.45 pm | Journal Club Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room | 1 | Phua Chay Sin 6704 2037 ddipcs@nccs.com.sg |
| 23 | 12.45 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

APRIL 2018

| Date | Time | Event Information | CME Pt | Registration Contact |
|------------------|----------|---|--------|--|
| 4, 11, 18, 25 | 4.30 pm | NCCS Tumour Board Meetings: Sarcoma Tumour Board Meeting | 1 | Kathy Wu / Ella 6436 8723 / 6436 8294 kathy.wu.s.k@nccs.com.sg / nursuhaila.rahmat@nccs.com.sg |
| 5, 12, 19, 26 | 4.30 pm | Surgical Oncology Tumour Board Meeting | 1 | |
| 6, 13, 20, 27 | 4.30 pm | Breast Tumour Board Meeting | 1 | Lynne / Nora 6576 2042 / 6576 2037 tan.peek.ling@singhealth.com.sg / noralina.ali@singhealth.com.sg |
| 2, 9, 16, 23, 30 | 5.00 pm | Head & Neck Tumour Board Meeting @ NCCS Level 2, Clinic C, Discussion Room | 1 | Angela 6576 1731 angela.liew.m.f@singhealth.com.sg |
| 4, 11, 18, 25 | 1.00 pm | Gynae-Oncology Tumour Board Meeting @ NCCS Level 1, Clinic A, Discussion Room | 1 | Kathy Wu / Ella 6436 8723 / 6436 8294 kathy.wu.s.k@nccs.com.sg / nursuhaila.rahmat@nccs.com.sg |
| 4, 11, 18, 25 | 12.30 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 |
| 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@nhcs.com.sg |
| 5, 19 | 5.00 pm | Combined Morphology Round Meeting @ Academia, Diagnostic Tower, Level 9 Histopathology Microscopy Teaching Room | 1 | Alvin Loh Chang Kit / Nurul Amirah 6326 6015 / 6436 8720 alvin.loh.c.k@sgh.com.sg / nurul.amirah.hajis@nccs.com.sg |
| 20 | 12.45 pm | Journal Club Topic: To be advised @ NCCS Level 1, Mammo Suite Discussion Room | 1 | Phua Chay Sin 6704 2037 ddipcs@nccs.com.sg |
| 26 | 7.30 am | Endocrine and Rare Tumour Meeting @ NCCS Level 2, Clinic C, Discussion Room | 1 | Nurul Amirah 6436 8720 nurul.amirah.hajis@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 |
| 5, 12, 19, 26 | 12.00 pm | Upper GI Tumour Board Meeting @ NCCS Level 4, Peter & Mary Fu Auditorium | 1 | Carol Tang / Ang Hui Lang 6436 8539 / 6436 8174 carol.tang.w.c@nccs.com.sg / dmoahl@nccs.com.sg |
| 27 | 12.45 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

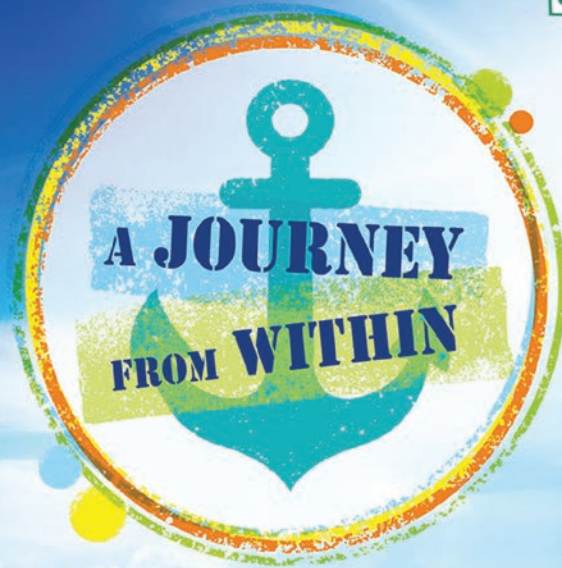
FOR ALL CANCER PATIENTS, CANCER SURVIVORS & CAREGIVERS

| Date/Day | Time | Venue | Programme | Facilitator | |
|--|--|----------------------------------|--|---|------------------------------------|
| SUPPORT GROUP | | | | | |
| 2 February (Friday) | 6.30pm – 9.00pm | NCCS Function Room, Level 4 | Nasopharyngeal Cancer (NPC) Support Group: Healing Through Optimal Nutrition | Ms Anna Phua Chef and F & B Consultant, Anna's Cooking Arts | |
| 8 February (Thursday) | 5.30pm – 8.30pm | NCCS Function Room, Level 4 | Breast Cancer Support Group: Breast Cancer & Strength Exercise | Ms Hozaidah Hosain Senior Principal Physiotherapist, Department of Physiotherapy, SGH | |
| 3 February (Saturday) | 2.30pm – 4.30pm | NCCS Meeting Room 1 & 2, Level 4 | Sinar Harapan Support Group: Knowing Me Knowing You (Kenali saya and Mengenalai Kamu) | Ms Ernalisah Subhi & Ms Candace Ong Medical Social Workers, NCCS | |
| 24 February (Saturday) | 2.00pm – 4.30pm | NCCS Function Room, Level 4 | The Revival Connection: Chinese New Year Celebration | Ms Jacinta Phoon Principal Medical Social Worker, NCCS | |
| 3 March (Saturday) | 12.00pm – 3.00pm | Altitude Lounge, CARC | Nasopharyngeal Cancer (NPC) Support Group: Chinese New Year Celebration- Lo-Hei Party | Mr. Travis Loh Principal Medical Social Worker, NCCS | |
| PSYCHO-EDUCATIONAL & SOCIAL-RECREATIONAL ACTIVITIES | | | | | |
| 9 February (Friday) | 6.30pm – 8.00pm | NCCS Function Room, Level 4 | Patient & Caregiver Orientation Programme: Caring for Your Psychosocial and Emotional Needs | Dr Gilbert Fan Co-Chair (Patient Support), Master Medical Social Worker & Psychotherapist (Satir), NCCS | |
| 9 February (Friday) | 2.30pm – 4.30pm | NCCS Function Room, Level 4 | Living Well Programme (Survivors' Programme): The Role of Traditional Chinese Medicine in Cancer Post Treatment & Survivorship | Ms Joanna Liew TCM Practitioner | |
| 16 March (Friday) | 6.30pm – 8.00pm | NCCS Function Room, Level 4 | Patient & Caregiver Orientation Programme: Understanding Healthcare Finances & Cancer Care Services | Mr Ng Yong Hao Medical Social Worker, NCCS | |
| 24 March (Saturday) | 2.00pm – 5.00pm | NCCS Meeting Room 1 & 2 | Patient Empowerment Programme: Growing From Inside Out | Dr Gilbert Fan Co-Chair (Patient Support), Master Medical Social Worker & Psychotherapist (Satir), NCCS | |
| THERAPY & THERAPEUTIC GROUP | | | | | |
| 1 February (Thursday) | 3.00pm – 4.30pm | SGH Ward 48 Activity Room | Open Art Studio (For Inpatients and their caregivers only) | Ms Sun Enchao Medical Social Worker, NCCS | Ms Jun Lee Art Therapist |
| 1 March (Thursday) | 3.00pm – 4.30pm | SGH Ward 48 Activity Room | Open Art Studio (For Inpatients and their caregivers only) | Ms Sun Enchao Medical Social Worker, NCCS | Ms Jun Lee Art Therapist |
| INTEREST GROUP | | | | | |
| 6, 13, 20, 27 February (Tuesdays) | 6.30pm – 7.30pm | NCCS Function Room, Level 4 | Living Well with Yoga: Exercise Programme for Cancer Patients & Cancer Survivors | External Yoga Instructor | |
| 6, 13, 27 March (Tuesdays) | 6.30pm – 7.30pm | NCCS Function Room, Level 4 | Living Well with Yoga: Exercise Programme for Cancer Patients & Cancer Survivors | External Yoga Instructor | |
| TBC | 2.30pm – 4.00pm | NCCS Peter & Mary Fu Auditorium | Recital Of Joy – Music Interest Group | TBC | |
| 28 March (Wednesday) | 7.00pm – 9.30pm | NCCS Function Room, Level 4 | PRINTS: Photography Interest Group | Ms Marina Zuccarelli | |
| FLAGSHIP PROGRAMME | | | | | |
| 9 – 11 March (Friday – Sunday) | 3 Days, 2 Nights Residential Programme | Republic of Singapore Yacht Club | EnReach Retreat 2018 | – | |

For registration and enquiries, please contact **Patient Support** at **6436 8668** or email: 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.



ENREACH RETREAT

9-11 March 2018
 Republic of Singapore Yacht Club

At the National Cancer Centre Singapore, we aspire to provide ample opportunities for patients, caregivers and families to bond and connect with one another. Our Patient Support Programmes offers a wide range of activities that help patients and their caregivers to cope with the illness and bond with each other throughout their illness trajectory.

This 3-day 2-night residential retreat gives you and your family members an opportunity to get away from your daily routine and spend more time together as family.

The retreat aims to:

- 1) provide clinical perspectives to the illness,
- 2) harness the body and mind, and
- 3) connect with spirituality.

You and your family members will benefit from programmes such as dialoguing with medical doctors and other healthcare professionals, understanding more about self, building resilience in coping, effecting changes in self and other, etc.

This retreat also offers you and your family members a safe environment to support and share with others who are in the same journey.

Come and join us in this journey from within...

For more information and details, please contact:
 Department of Psychosocial Oncology, National Cancer Centre Singapore
 Patient Support programmes: 6436 8668 or
 Cancer Helpline 6225 5655
 or email enquiries to: patientsupport@nccs.com.sg



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SALUBRIS is produced with you in mind. If there are other topics related to cancer that you would like to read about or if you would like to provide some feedback on the articles covered, please email to corporate@nccs.com.sg.

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