



Salubris

...HELPING READERS TO ACHIEVE GOOD HEALTH

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



SHINING STARS IN NCCS

DOCTORS ARE NOW BETTER EQUIPPED TO ADDRESS COMMON NON-SMALL-CELL LUNG CARCINOMA IN LUNG CANCER PATIENTS

BY GILLIAN TAN
Corporate Communications

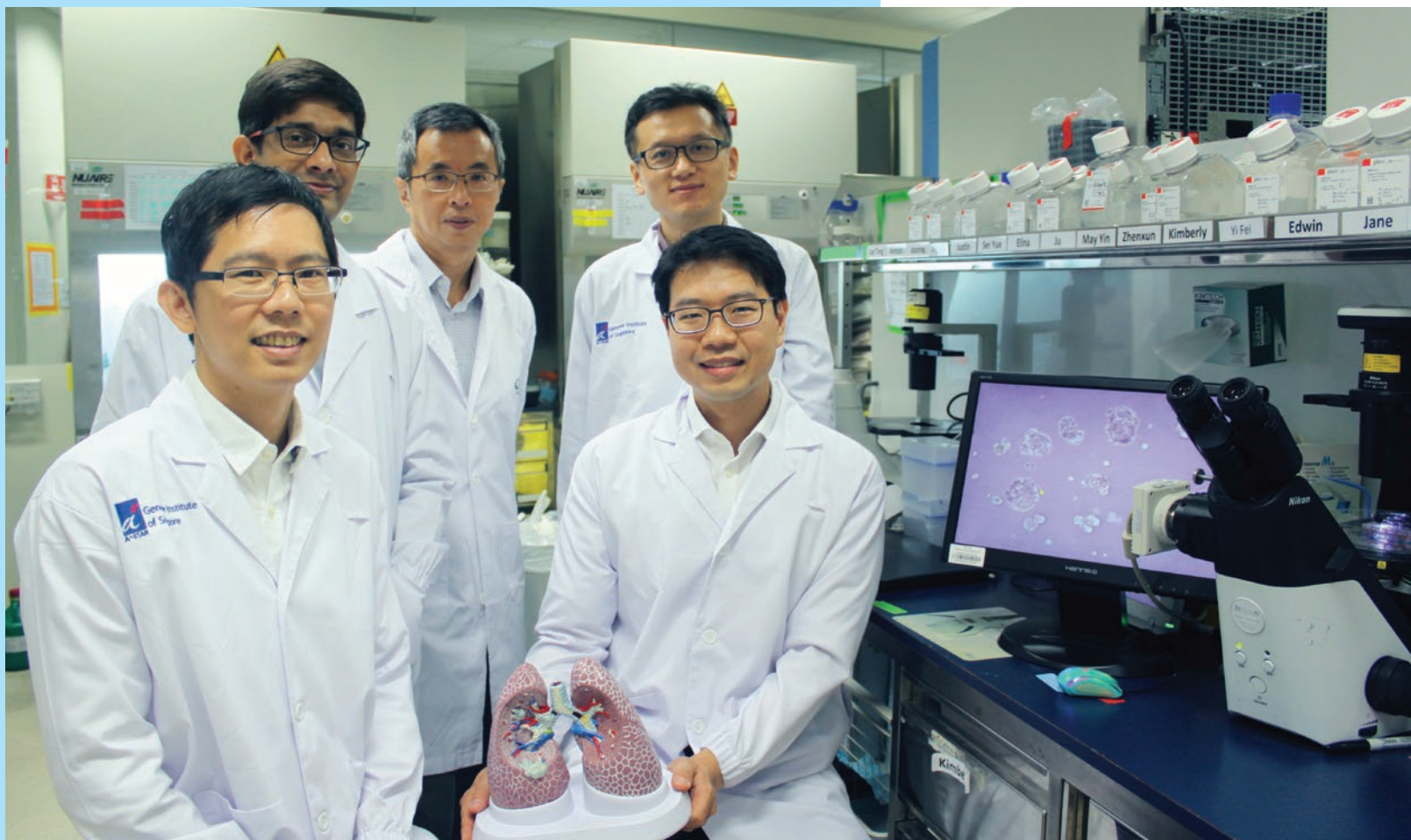
New findings link genetic diversity in Asian lung cancer and their resistance to treatment.

This study was funded by the Translational and Clinical Research (TCR) grant from the National Medical Research Council (NMRC), Singapore, and was published in the international journal *Nature Communications*.

Scientists from A*STAR's Genome Institute of Singapore (GIS) and medical oncologists from the National Cancer Centre Singapore (NCCS) have discovered that lung cancer tumours in Asian patients contain much higher genetic diversity than previously expected. Hence, this type of tumour tends to develop resistance despite initial tumour shrinkage.

With this discovery, the medical team is better equipped to guide treatments and develop more refined and personalised approaches to common non-small-cell lung carcinoma (NSCLC).

Dr Rahul Nahar, the first author of this study and a Research Associate at GIS, said "This joint study is one of the first major efforts to characterise and identify lung tumours in Singaporean patients on a large scale. It has generated a treasure trove of new genetic information and enabled us to perform detailed analyses, leading us to conclude that lung tumours in Asian patients are surprisingly more complex than previously appreciated."



From left to right: Dr Tam Wai Leong, Dr Rahul Nahar, Dr Tan Eng Huat, Dr Zhai Wei Wei, Dr Daniel Tan

Dr Daniel Tan, Senior Consultant Medical Oncologist at NCCS and the corresponding author of this paper, added: “Understanding the comprehensive genetic landscape of these tumours allows us to go beyond single gene mutations (such as EGFR) to better understand the behaviour of individual tumours, and tailor treatments more effectively. Further work needs to be focused on identifying drug combinations or treatment strategies that take into account the tumours’ ability to adapt to different treatments.”

Lung cancer is the most common cause of cancer mortality in the world, accounting for approximately 19 percent of all cancer-related deaths worldwide. It has a mortality rate more than twice that of any other cancer¹. The disease is also the most common type of cancer in Asia². The number of incidences and deaths are expected to rise dramatically with increased pollution, particularly in large, densely populated Asian cities.

Thus, newer and more effective individualised treatment strategies are crucial to tackle the growing threat and improve the quality of patients’ lives.

Lung cancer in Asian patients is characterised by an important mutation in a gatekeeper gene known as the epidermal growth factor receptor, EGFR³. Gatekeeper genes, also known as the tumour suppressor genes, control and regulate cell cycles. It was discovered that mutations in this gene occur in more than 50 percent of the tumours in Singaporean lung cancer patients.

While drugs targeting it are effective in controlling the disease, the response is short-lived. Most patients eventually succumb to cancer relapse in a matter of months or a few years. In some instances, patients do not even respond to these drugs at all. The variability in clinical outcomes, and the tumours’ seemingly inevitable development of resistance to treatment, have intrigued doctors for years. It has remained major stumbling blocks in administering better patient care.

“The study of the genetic complexity of tumours in Asian patients has provided us with new insights as to why they may quickly develop resistance after initial response to anti-EGFR drug inhibitors. We also found that tumours with a high number of drivers, mutations that cause cancer progression, tend to be associated with poor drug response,” explained Dr Axel Hillmer, Principal Investigator at GIS and a co-corresponding author of this study.

Professor Ng Huck Hui, Executive Director of GIS, said, “Timely and comprehensive research on disease states is critical, especially for diseases with a mortality rate as high as lung cancer. The study represents one of the first attempts at such an in-depth analysis of this unique subtype of NSCLC, and has yielded new insights and research directions. Discoveries like this will continue to pave the way for developing increasingly precise treatments.”

Researchers from Singapore discovered that the EGFR mutant lung cancer in Asia is more varied than its counterpart observed in Caucasians. This suggests that genetic evolution are driving lung cancers into two ethnic groups.

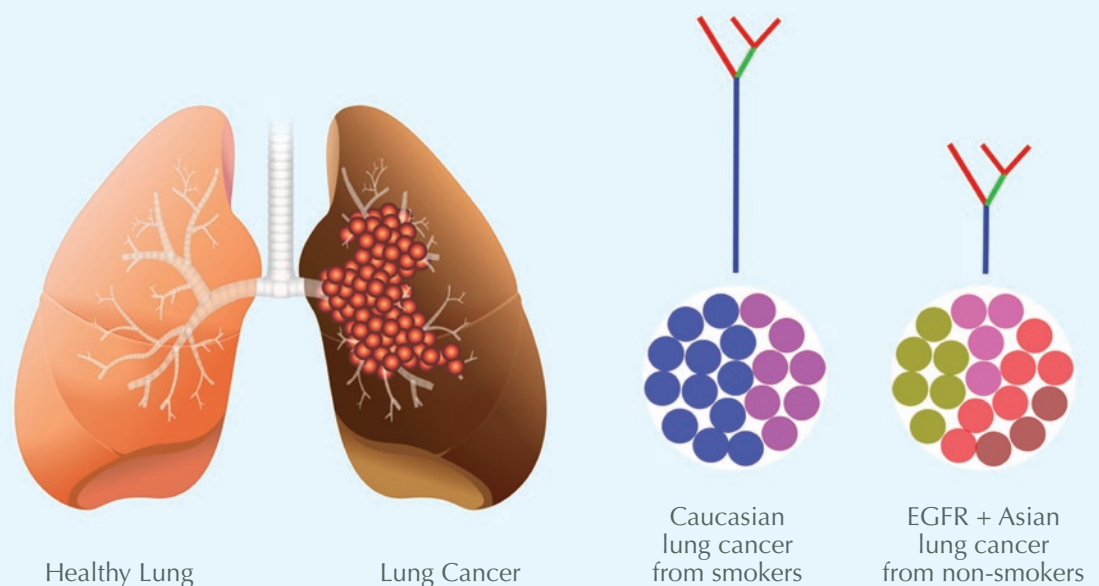


Image Copyright: A*STAR's Genome Institute of Singapore

¹ <http://www.who.int/mediacentre/factsheets/fs297/en/>

² <http://www.who.int/mediacentre/factsheets/fs297/en/>

³ The Epidermal Growth Factor Receptor (EGFR) is a gene that can result in cancer if it mutates. In a healthy cell, EGFR allows cells to grow and divide. When mutation occurs, as happens in cancer, the cancer cells continue to grow and divide uncontrollably, forming a mass of cells called a tumour. <https://www.cancer.net/research-and-advocacy/asco-care-and-treatment-recommendations-patients/epidermal-growth-factor-receptor-egfr-testing-advanced-non-small-cell-lung-cancer>

A SAFE HAVEN FOR YOUNG ADULTS WITH CANCER

BY SITI ZAWIYAH BINTE ABOO
Corporate Communications

Learning of a cancer diagnosis is difficult for anyone – even more so for young adults who are in their prime when they are venturing out and integrating into the working society. To cater to the needs of these individuals, the National Cancer Centre Singapore (NCCS) has launched a support group for its Adolescent and Young Adult Oncology (AYAO) patients to improve cancer care for patients between 16 and 39 years old.

We interviewed **Dr Eileen Poon, Associate Consultant Medical Oncologist at NCCS and Advisor to the AYAO support group** at the launch event in January, to learn more about this support group, and her visions for this support movement.

WHAT IS THE AYA SUPPORT MOVEMENT?

Dr Eileen Poon (EP): Today marks a very important milestone in Singapore and even in Asia if I may dare say so, because this launches our very own Adolescent and Young Adult (AYA) oncology support group. We hope to get to know our patients better and understand the kind of activities and support that they may require.

This has been a long time coming. It is a very important aspect. If we do not support one of our most fundamental pillars of society in any way that we can, we are pretty much leaving them to their own devices. Not only are we leaving them to try to manage this unexpected disease, we are also leaving them to cope with their diagnosis and treatment. We are leaving them to struggle at a very important phase of their life, when they are trying to find their own identities. There are a lot of things that we can and should be doing to try and help them along.

We hope to also destigmatise this whole concept of having cancer, and to prevent these young individuals from being alone and feeling lonely in their journey. We want them to know that they have people they can turn to. I really hope we can normalise the entire experience as much as possible, and bring some degree of normalcy to their life.



Above: Dr Eileen Poon shares with the participants the vision of the AYAO support group.





Below: Participants share with NCCS Medical Social Worker, Ng Yong Hao (in green) the ways they hope to support one another.



WHAT CAN PARTICIPANTS EXPECT FROM THIS GROUP?

EP For one, they can expect to make new friends. To a certain extent, they will be pushed out of their comfort zone as they will be encouraged to share. More importantly, they should be able to feel that their entire experience is more normalised. They will feel more like a regular person of their age group. In terms of activities, we have planned a line up of activities for the upcoming year that range from educational talks and workshops, to movie screenings and excursions. We hope to organise activities that young people would normally partake in. We hope to bring regular day-to-day activities to them.



Game workshop: a participant focuses on his figurine-painting activity.

ANY ADVICE FOR AYAO PATIENTS?

EP With this set up, I am looking forward to receiving advice from them on how we can progress and improve, as opposed to us giving advice. I think the young people have a mind of their own and it is important to take their cue. I see this opportunity as a platform for sharing, for them to tell us what kind of help and support they require. This will allow us to deliver age-appropriate individualised care to every single one of them. They deserve nothing less than this.

WHAT ARE YOUR VISIONS ON THE AYAO SUPPORT MOVEMENT IN SINGAPORE?

EP It is kind of daring, but I am hoping that in 10 or 20 years down the road, we can have an AYA-dedicated oncology set-up across Singapore and hopefully, in time to come, even across Asia, where we have a standard of care for young people with cancer. This would mean a dedicated service that ranges from public engagement and outreach to create awareness, to diagnosis, treatment and survivorship. I want them to feel that they are not alone, that we are in this with them.



1 Runners enjoying the scenic run along the Kallang Bay area

RUN FOR HOPE 2018 – OUR SILVER ANNIVERSARY!

BY ALSON TAN
Corporate Communications

After some 25 years of organising the run to support cancer awareness and research, the event still shines out among the many runs that are held each year.

Run for Hope could be summed up in one word: “Amazing” as everyone enthusiastically come together for a good cause.

The morning felt surreal – the cloudy skies bathed the event site in a faint electric blue hue. Speaking of electricity, you could feel energy and hear the excited chatter as runners began to gather for the flag off.

Run For Hope (RFH) is an annual run organised by Four Seasons Hotel Singapore, Regent Singapore as well as the National Cancer Centre Singapore (NCCS) to raise much-needed awareness and support for cancer research.

The event was graced by Guest-of-Honour Mr Chee Hong Tat, Senior Minister of State for Health, Communications and Information, who flagged off the 10km category and also participated in the 3.5km run. This year’s venue at the Singapore Sports Hub boasted a stunning city view route along the waterside at the Kallang Bay area. As runners ran in the cool temperatures on that breezy morning, the scenic route passed through Kallang Bay, F1 Pit building, Marina Barrage and Gardens by the Bay. 23 talented children from the Singapore Kids Philharmonic Orchestra played the violin, viola, flute and trumpet as they greeted runners at the finish line.



2 The traditional mass we-fie with participants

“For our Silver Anniversary, we wanted the focus to be on our cancer survivor ambassadors and their support network”, said Ms Sherona Shng, Run for Hope 2018 and Hotel Manager of Four Seasons Hotel Singapore.

This year, Run for Hope ambassadors represented a fierce fighting spirit and a celebration of life and survivorship. Run for Hope Ambassadors, Mr Ezzy Wang, Ms Esther Sim, Mr David Chan and Ms Paula O’Callaghan all shared their inspiring stories of survivorship and what living well meant to them. Also an Ambassador, Ms Wan Petom is a 51 year old mother to Cali, her 8 year old son. Wan looks like you or me – the regular person on the street. But sometimes we forget about that there are everyday heroes in our midst. Wan may be battling multiple cancers including Stage 4 breast cancer but her warrior-like fighting spirit and determination are almost superhuman. Wan says “My cancer journey and treatment isn’t easy. But I tell myself that I have to go through whatever treatment necessary. I hope I will remain strong, positive and stay alive to see Cali grow up to be an Astronaut – his ambition”.

Cancer affects 1 in 3 people in Singapore and funds raised are used to support the NCC Research Fund, which helps provide researchers with the funds necessary to perform life-saving research. “I sincerely hope you will join hands with us for this worthy cause and donate. Your donation will go a long way towards supporting cancer research!”, said Associate Professor William Hwang, Medical Director of NCCS.



5 Guest of Honour Mr Chee Hong Tat enjoying the company of RFH participants

6 Runner in a costume symbolising that fierce fighting spirit

Like the saying “every cloud has a silver lining”, cancer may be a difficult journey to go through, there’s always hope and the celebration of life – the acceptance, love and enjoyment of a life well worth living. A big thank you to all participants as well as all volunteers, helpers and committee members.



3 Senior Minister of State Mr Chee Hong Tat flagging off the participants



4 Performance by the talented children of the Singapore Kids Philharmonic Orchestra

The Run for Hope committee would like to acknowledge the following persons and corporate partners who worked together side by side.

RUN FOR HOPE 2018 IS PROUDLY SUPPORTED BY:

JOINT ORGANISERS:

Four Seasons Hotel Singapore;
Regent Singapore;
National Cancer Centre Singapore

RUN PACK VENUE SPONSOR AND OFFICIAL CINEMA PARTNER:

SHAW Organisation

OFFICIAL PRIVILEGE CARD:

PAssion Card

OFFICIAL MEDIA PARTNER:

Mediacorp Radio Class 95FM

OFFICIAL RUN MAGAZINE:

RUN Singapore

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Coca Cola Far East Limited

OFFICIAL PROBIOTICS PARTNER:

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PHOTO CREDITS

1 and 6 by Denise Leong; 2 and 3 by Alson Tan; 4 and 5 by Stanley Chee



SHINING STARS IN NCCS

BY ALSON TAN

Corporate Communications

NCCS bagged a host of awards at the recent Singapore Health Quality Service Awards (SHQSA) 2018, continuing its vision of having the best people and providing the best care for our patients.

This year's SHQSA was held on 30 January 2018 in the big and beautiful MES theatre at Mediacorp, along 1 Stars Avenue. A fitting location and no coincidence too! Just as how the theatre hosted the recent local mandarin "Star Awards", many superstars from different healthcare organisations filled the seats of the MES theatre – Singapore's superstars of healthcare.

The SHQSA is organised by the SingHealth Duke-NUS Academic Medical Centre since 2011 and the award is Singapore's first dedicated platform to honour healthcare professionals who have delivered quality care and excellent service to patients.



Among the awards, the "Superstar Award" is given to top winners from each category. Outstanding efforts that enhance patient experience will also be recognised with team awards for clinical practice and service initiative improvement. Winners were selected based on several criteria, such as testimonials of extra mile acts from patients or colleagues, number of service awards and compliments.

This year, NCCS achieved a total of 113 Silver awards, 23 Gold awards, 10 Star Awards and 1 Superstar Award, an increase over last year's tally.

Of special mention, Senior Patient Relations Associate Executive, Rosnani Bte Abdullah, bagged the Super Star (Ancillary) award for NCCS.

NCCS also had a finalist in the same category, Patient Relations Associate Executive, Ms Jane Wong Sweet Heng.

To celebrate this achievement and to appreciate all award winners, NCCS recently organised a humble SHQSA appreciation luncheon at the NCCS auditorium to acknowledge the hard work and dedication of our award winners. A strong show of Senior Management support was at the celebration, together with many Division and Department heads. The celebration felt like a large family gathering – a fitting foreshadowing of Chinese New Year, happening exactly a week after. Award winners were presented with a certificate, collar pin and a token of appreciation from NCCS' Senior Management.

The preparations for the impending Chinese New Year festival may have caused many to "see stars", but at SHQSA 2018, NCCS was not just seeing a different type of star, but we were celebrating stars instead – celebrating the brightest stars in Healthcare.

SUPERSTAR FEATURE – MS ROSSNANI BTE ABDULLAH

Ms Rosnani is affectionately known as “Aunty Ross” or “Kakak Ross” to many of her patients and colleagues. You’ll never find a time when Rosnani isn’t smiling. Her beautiful, bright megawatt smile always brings warmth and much laughter into the clinics. “Aiyo! You still remember me!”, remarks a lady waiting in the clinic. Laughter soon follows, instantly brightening up the mood. Rosnani takes a few moments from her busy schedule and chats with her in an endearing mishmash of English, Malay, Mandarin and Dialect. Rosnani has a knack of remembering many facets of the lives of her patients, often checking in about their families. You’ll always hear pleasantly surprised remarks from patients, often wondering how Rosnani manages to remember their family members, even after some time.

Rossnani is NCCS’ Superstar Award winner at the recent Singapore Health Quality Service Awards 2018. Her love and commitment to patients is on proud and full display in the way she interacts with her colleagues and patients she meets.

“Rossnani is most deserving of the Star award because of her giving nature and her willingness to serve and bring joy to others. A Patient Relations Officer’s role is physically demanding and requires a person who has a giving nature and wants to be of service to others”, explains Ms Justine Tan, Assistant Director, Clinic Administration. “Ross exudes that passion, in her service to her patients. Also, the interactions with her patients give her as much joy and renew her too. It is a true symbiotic relationship. It is so rare to find people like ‘Kak Ross’, as she is often fondly addressed”.

Rossnani’s commitment to helping others also goes well above and beyond professional commitment. NCCS’ lab starts operations at 7.30am, and it’s common for patients to arrive as early as 6.30am to queue for blood taking. During the initial implementation of the new e-queue system, Rosnani would take her own initiative to report for work at 6.30am instead of her normal 7.30am. She felt strongly for how a patient might feel and wanted to guide patients through this new system, so that they wouldn’t incur any delay along their treatment journey and affect the rest of their day.

Rossnani’s dedication to excellence in service is equally matched to her dedication to being an excellent human being. NCCS would like to congratulate Rosnani and all SHQSA awardees on demonstrating dedication and passion for service to our patients.

“It’s really admirable to see Rosnani committing herself fully to her job and creating an excellent experience for our patients. The pride she takes in her work is truly inspiring.”

– Ms Justine Tan, Assistant Director, Clinic Administration



Rossnani receiving her award from SingHealth Group CEO, Prof Ivy Lim (L) and Minister for Health, Mr Gan Kim Yong (R)

FAST FIVE – 5 QUICK QUESTIONS WITH ROSSNANI

Q: What makes you happy about serving others in your current role?

Rossnani: I love my job because it brings me immense satisfaction. Being able to have that level of trust placed by patients, nurses and doctors is better than any financial reward.

Q: How do you feel about your SHQSA award?

R I feel very happy and proud, definitely. Sometimes, a patient might feel that there’s so many people walking around NCCS, but I hope this award shows that there’s many people working in NCCS who care deeply about them.

Q: What is one of the happiest moments working here?

R For me, it’s simple: people’s satisfaction is my satisfaction. I feel happy and accomplished when my small actions can help make someone’s day.

Q: How do you unwind and relax? What cheers you up?

R My job can be physically demanding at times. My colleagues and I spend a lot of time on our feet, moving quickly from point to point to make our patients feel comfortable.

I do enjoy a nice meal along a café at Arab Street while indulging in a little ‘people watching’. Otherwise, my husband usually takes us to Batam or Johor Bahru for the weekend for a nice meal or the occasional massage to soothe those aching feet!

Q: What is one thing you’d like to say to those going through tough times?

R Don’t try to take on everything at one go. Take each moment a step at a time. Remember to live each day to the fullest that you can.

ENREACH RETREAT: A FULFILLING LIFE ALONGSIDE CANCER

BY LIEN WANTING
Corporate Communications

It was the start of the March school holidays and time slowed down at the Republic of Singapore Yacht Club. But it was just the right venue for 68 cancer survivors, patients, caregivers and family members who checked in for the National Cancer Centre Singapore (NCCS) EnReach Retreat.



Mindfulness Yoga



K-Pop Dance

Organised by the Department of Psychosocial Oncology, the EnReach Retreat is an annual 3-day-2-night event, one of NCCS flagship programmes. It is into its 18th edition and remains a key arm of NCCS' patient support experience. This year's retreat was held from 9 – 11 March.

Dr Gilbert Fan, Master Medical Social Worker, Department of Psychosocial Oncology, explains the objectives of the programme, "An emotional upheaval often accompanies the onset of cancer. The EnReach Retreat provides privacy, space and opportunities for patients and their families to have 'heart-to-heart' talks, to bond, form close ties with other patients with similar medical situations. The memories created go a long way."

More than an outlet to deposit concerns and inner fears, practical and meaningful initiatives have also sprung forth from the programme. For example, The Revival Connection (TRC), a support group for patients living with advanced and recurrent cancer, was set up by participants from the 2005 EnReach Retreat.

"Some of us at the EnReach Retreat formed a 'makan' group and found that more can be done for patients with advanced and recurrent cancers. This was how TRC was formed. It is a support group for patients with advanced and recurrent cancers, as well as their loved ones," says cancer survivor Ms Lam Lai Ore, who leads the group to meet once every two months.

Since then, TRC has supported and touched the lives of numerous patients and caregivers, winning them the SingHealth Inspirational Patient and Caregivers Award 2018 – Patient Support Group category.

Dr Fan also echoes Ms Lam's experience, "Many encounters have borne fruits from the retreats – It is especially heart-warming to hear of friendships forged during the retreat and ties that continued after, going on holidays together. Several children of our patients have become the best of friends, and they have grown up and returned to be our volunteers to support other cancer patients and their families."



DID YOU KNOW?

The EnReach Retreat is a family-friendly programme. Youth counsellors in NCCS have developed a suite of programmes for youths and children that run concurrently so participants can enjoy the retreat without worries of your little ones. These structured activities aim to build resilience and strengthen their abilities to cope with challenges such as cancer.



Small Group Sharings



Peranakan Night

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. Find out more on Page 18 or visit <http://bit.do/NCCSPSO>.



Professional make-up for portrait session



EnReach Retreat @ Republic Of Singapore Yacht Club

“I’ve loved dancing my whole life but when I got diagnosed with cancer, I thought I would never dance (again)... however, during the dinner party, I got onto the dance floor and grooved to the beats with other cancer patients! My husband, who was initially shy, eventually let loose and danced the night away with me,” says Mindy, who was diagnosed with stage 3 ovarian cancer.

Backtrack to some six months ago, life was promising for the secretary who was prepared to take on a better career prospect. This was until a cancer diagnosis hit her shortly after her last day at work, and she found herself on an operating table all in the span of three days.

“It was so hard to even smile,” recounts Mindy, who lost 10kg in a week and did not leave her house for four months, “Cancer was a death sentence to me. I lost my career and source of income overnight. I could not retrieve my resignation and had to inform the new company that I was unable to take on

the position – all these with an impending treatment cost of more than \$20,000 (in a private hospital).”

“However, with assistance received in NCCS, I am much more cheerful and share my journey with other patients during my chemo appointments, which I can finally attend independently.”

When asked on her experience at the EnReach Retreat, Mindy excitedly shares, “It turned out to be more than what I expected! I used to be sceptical of many things such as the appropriate food and drinks to consume and the cosmetic products to use.”

“At the retreat, we made friends who were willing to share their experience with us and we learned a lot from them. We formed a group chat and now, whatever I am unsure of, they would offer advice readily. I am not alone now... My husband and I benefitted a lot from this programme and had all our doubts cleared. We are already looking forward to the next retreat!”

Continued on page 12.

Continued from page 11.

NCCS MEDICAL DIRECTOR ASSOCIATE PROFESSOR WILLIAM HWANG WHO WAS AT THE EVENT SHARES THREE LESSONS THAT HIS PATIENTS TAUGHT HIM OVER THE YEARS.



“I like how this retreat is named – **“EnReach”**. It means that we reach deep within ourselves in order to reach out to others.”

Associate Prof William Hwang

Lesson 1: Enjoy!

I was very moved when one of my patients, who had completed all her treatments for cancer, told me how precious she found each and every single breath that she could take. She told me how she enjoyed each and every time she could fully inhale, exhale and smell the air around her. She even said how she had a fresh enjoyment of feeling the wind against her skin. I was very moved, and it certainly gave me a fresh perspective on life. So, to all of you tonight, I encourage you to enjoy each and every moment, breath and feeling that life gives you. Enjoy!

Lesson 2: Just Do It!

Just do it. Make sure you do all the things you always wanted to do. One of my patients who has been treated for leukaemia many years ago, has been running marathons, skydiving, bungee jumping, watching his favourite football team in person and many things that he always wanted to do. His mantra: YOLO. At first I thought this was a brand of ice cream, until I realised it meant “You Only Live Once”. But sometimes, doing the things we always wanted to do does not necessarily mean all these activities – there may be even more important things that we would like to do – like saying what we always wanted to say to our parents, child, spouse or close friend. Or spending some time with them. Or writing a book. We don’t have to wait until we’re very old or very sick... we can do these things now. Just do it!

Lesson 3: Reach Out!

At this dinner, I was sitting with Lyn, who is undergoing treatment for cancer. She has been reaching out to many people to encourage them as they go through their treatment for cancer. She even set up a Facebook page called Lyn’s Sanctum of Hope to help encourage fellow cancer patients. Many of you here are also volunteers, and I see many of you giving of your own time at this retreat. You may not have cancer, but you take the time to reach out to help touch the lives of others. I became a doctor because I felt that this was the best way I could reach out and impact the lives of many others. But you don’t need to be a doctor or nurse to do that. With each kind word, kind gesture and contribution, many of you have already been reaching out and impacting the lives of many others. Reach out!



DONOR SPOTLIGHT: MR YIP HOONG MUN

BY ALEX HO, Major Gifts
& ALSON TAN, Corporate Communications

For 56-year-old Mr Yip Hoong Mun, cancer may have taken away his loved one but he's not going to throw in the towel.

Instead, Mr Yip has made a generous pledge gift in August 2017 to support the advancement of sarcoma research, education and patient care in honour of his late wife Madam Chua Lay Hong.

Part of Mr Yip's gift had helped to fund the inaugural NCCS Sarcoma Patient Support Group Forum on 16 December 2017. It was attended by more than 30 patients and their caregivers. Topics discussed included the advancement of treatment using immunotherapy, how to manage mood changes and fatigue during cancer treatment.

Sarcomas are uncommon but aggressive tumours arising from the bone or soft tissues. They can arise from a wide range of tissue and organ systems in the body and affect patients across different age groups; from young children to the elderly. In Singapore, some 350 cases of sarcoma, osteosarcoma and gastrointestinal stromal tumours are diagnosed each year.

Recalling the events in the past year, Mr Yip noted he was looking forward to starting a new phase and challenge in his life by embarking on a new career in early 2017. The excitement was quickly eclipsed by great sadness and concern when his wife received the news that the cyst in her kidney had grown. A biopsy revealed that the once benign cyst had turned malignant. It was later diagnosed as Synovial Sarcoma. Baffled by the disease, the couple consulted close friends who are doctors and healthcare professionals. "Yes, we were shocked and very worried. But at the same time, hopeful," recounted Mr Yip. Very quickly, they realised the seriousness and implications of this aggressive form of cancer. However, despite the best efforts and a brave fight, Madam Chua passed on in January 2017.

Prof Richard Quek, Senior Consultant and Deputy Head of the Division of Medical Oncology at the National Cancer Centre Singapore (NCCS) who specialises in sarcoma cancer, said he was open and thorough in addressing the couple's questions, listing all treatment options and plans. Unfortunately, the cancer was very aggressive.

Prof Richard Quek is a member of the Singapore Sarcoma Consortium and the organising co-chairperson for the Singapore Sarcoma Symposium. The importance of Prof Quek's efforts in these areas and hope that more can be done to support patients suffering from sarcoma appealed very much to Mr Yip: "Sarcoma is a very uncommon cancer and the understanding of this disease is very limited."

"Sarcoma research is severely under-funded. Funding tends to go towards common cancers rather than less common cancers like sarcoma", explained Prof Richard Quek. "We are indeed very grateful to Mr Yip for his generous donation which will go towards sarcoma research to deepen our understanding of his dreaded disease in a hope to develop better treatment, as well as patient outreach and sarcoma education programmes in Singapore".

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

Public Forums	Date, Time, Venue	Registration
<p>The Traditional Chinese Medicine Approach to Cancer Care</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • How does Traditional Chinese Medicine Complement Conventional Cancer Treatment? • Potential Herb and Drug Interactions • Understanding the Side Effects 	<p>5 May 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 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>Adapting to Life After Cancer</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • Understanding Emotional Effects of Cancer After Treatment • Fear of Recurrence and Uncertainty • Ways to Cope and Positive Lifestyle Changes 	<p>9 June 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 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>
CancerWise Workshops	Date, Time, Venue	Registration
<p>Management of Stoma</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • What is a Stoma? • Pre-op Preparation of Patient • Management of Stoma • Life After Stoma 	<p>5 May 2018, 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>Coping Tips for Caregivers</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • Who is a Caregiver? • Caregiver's Challenges across the Cancer Trajectory • Factors Affecting Caregiver's Stress • Taking Care by Letting Go, Letting Go by Taking Care • Tips for Caregiving • Resources for Caregiver 	<p>19 May 2018, 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>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>9 June 2018, 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>

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

MAY 2018

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@nhcs.com.sg
3, 17	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
2, 9, 16, 23, 30	4.30 pm	NCCS Tumour Board Meetings: Sarcoma Tumour Board Meeting	1	Kathy Wu / Ella 6436 8723 / 6436 8294
3, 10, 17, 24, 31	4.30 pm	Surgical Oncology Tumour Board Meeting	1	kathy.wu.s.k@nccs.com.sg / nursuhaila.rahmat@nccs.com.sg
4, 11, 18, 25	4.30 pm	Breast Tumour Board Meeting	1	Lynne / Nora 6576 2042 / 6576 2037
7, 14, 21, 28	5.00 pm	Head & Neck Tumour Board Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	tan.peek.ling@singhealth.com.sg / noralina.ali@singhealth.com.sg Angela 6576 1731 angela.liew.m.f@singhealth.com.sg
2, 9, 16, 23, 30	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
2, 9, 16, 23, 30	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
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	Nurul Amirah 6436 8720 nurul.amirah.hajis@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
	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
	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

JUNE 2018

Date	Time	Event Information	CME Pt	Registration Contact
6, 13, 20, 27	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
6, 13, 20, 27	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
6, 13, 20, 27 7, 14, 21, 28 1, 8, 22, 29 4, 11, 18, 25	4.30 pm 4.30 pm 4.30 pm 5.00 pm	NCCS Tumour Board Meetings: 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	Kathy Wu / Ella 6436 8723 / 6436 8294 kathy.wu.s.k@nccs.com.sg / nursuhaila.rahmat@nccs.com.sg Lynne / Nora 6576 2042 / 6576 2037 tan.peek.ling@singhealth.com.sg / noralina.ali@singhealth.com.sg Angela 6576 1731 angela.liew.m.f@singhealth.com.sg
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@nhcs.com.sg
7, 21	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
28	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
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
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

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

JULY 2018

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@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.hajjis@nccs.com.sg
4, 11, 18, 25 5, 12, 19, 26 6, 13, 20, 27 2, 9, 16, 23, 30	4.30 pm 4.30 pm 4.30 pm 5.00 pm	NCCS Tumour Board Meetings: 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	Kathy Wu / Ella 6436 8723 / 6436 8294 kathy.wu.s.k@nccs.com.sg / nursuhaila.rahmat@nccs.com.sg Lynne / Nora 6576 2042 / 6576 2037 tan.peek.ling@singhealth.com.sg / noralina.ali@singhealth.com.sg 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
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	Nurul Amirah 6436 8720 nurul.amirah.hajjis@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	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
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				
6 April (Friday)	6.30pm – 9.00pm	NCCS Function Room, Level 4	Nasopharyngeal Cancer (NPC) Support Group: Members' Sharing – Nature's Healing Power	NPC Support Group Member
14 April (Saturday)	2.30pm – 4.30pm	National Museum of Singapore	Sinar Harapan (Malay) Support Group: Outing (Bersiar-siar Bersama – Mengeratkan Perhubungan)	Ms Ernalisah Subhi & Ms Candace Ong Medical Social Workers, NCCS
19 April (Thursday)	5.30pm – 8.30pm	NCCS Function Room, Level 4	Breast Cancer Support Group: Breast Cancer & Diet	Ms Chang Yok Ying Pharmacy Practice Manager, NCCS
21 April (Saturday)	9.00am – 1.00pm	National Gallery Singapore	The Revival Connection (TRC) Support Group: 13 th Anniversary Celebration	Ms Jacinta Phoon Principal Medical Social Worker, NCCS
4 May (Friday)	6.30pm – 9.00pm	NCCS Function Room, Level 4	Nasopharyngeal Cancer (NPC) Support Group: Dealing With Hearing Loss	Dr Ho Eu Chin , Consultant, TTSH
10 May (Thursday)	5.30pm – 8.30pm	NCCS Function Room, Level 4	Breast Cancer Support Group: Coping With Emotions	Ms Tan Yee Pin , Head, Department of Psychosocial Oncology, Clinical Psychologist / Medical Social Worker, NCCS
12 May (Saturday)	2.30pm – 4.30pm	NCCS Function Room, Level 4	Sinar Harapan (Malay) Support Group: My Relationship with Cancer (Perhubungan saya bersama kanser)	Ms Ernalisah Subhi & Ms Candace Ong Medical Social Workers, NCCS
8 June (Friday)	6.30pm – 9.00pm	NCCS Function Room, Level 4	Nasopharyngeal Cancer (NPC) Support Group: Dealing With Speech and Swallowing Issues	Ms Abigail Elizabeth Roche , Senior Principal Speech Therapist, SGH
30 June (Saturday)	2.30pm – 4.30pm	NCCS Function Room, Level 4	Sinar Harapan (Malay) Support Group: Hari Raya Celebration Get-Together (Perjumpaan Hari Raya)	Ms Ernalisah Subhi & Ms Candace Ong Medical Social Workers, NCCS
PSYCHO-EDUCATIONAL & SOCIAL-RECREATIONAL ACTIVITIES				
13 April (Friday)	2.30pm – 4.30pm	NCCS Function Room, Level 4	Patient & Caregiver Orientation Programme: Exercising It Right	Ms Neo Huixin & Ms Samantha Tong Physiotherapists, SGH
17 April (Tuesday)	2.00pm – 5.00pm	NCCS Function Room, Level 4	Look Good Feel Better Workshop	Volunteer Make-Up Artists
28 April (Saturday)	2.00pm – 5.00pm	NCCS Function Room, Level 4	Patient Empowerment Programme: Basic Communication Skills	Dr Gilbert Fan , Co-Chair (Patient Support), Master Medical Social Worker & Psychotherapist (Satir), NCCS
19 May (Saturday)	2.00pm – 4.00pm	NCCS Function Room, Level 4	Living Well Programme: Beyond Treatment: Coping With Anxiety	Ms Janet Phang Senior Psychologist, NCCS
THERAPY & THERAPEUTIC GROUP				
5 April (Thursday)	3.00pm – 4.30pm	SGH Ward 48 Activity Room	Open Art Studio (For Inpatients and their caregivers only)	Ms Jun Lee Art Therapist
7 April (Saturday)	9.30am – 12.00pm	NCCS Function Room, Level 4	(w)Rite Your Life!	Ms Phyllis Wong , Senior Medical Social Work Associate, NCCS
14, 21, 28 April & 5 May (Saturdays)	9.30am – 12.30pm	NCCS Staff Lounge, Level 4 (14, 21 April & 5 May) NCCS Function Room, Level 4 (28 April)	I Can Express	Ms Saryna Ong Principal Medical Social Worker
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 be subjected to changes without prior notice. Please check with the organisers for any updates.</i>	

PATIENT SUPPORT PROGRAMMES – CALENDAR OF EVENTS

FOR ALL CANCER PATIENTS, CANCER SURVIVORS & CAREGIVERS

Date/Day	Time	Venue	Programme	Facilitator
THERAPY & THERAPEUTIC GROUP				
3 May (Thursday)	3.00pm – 4.30pm	SGH Ward 48 Activity Room	Open Art Studio (For Inpatients and their caregivers only)	Ms Jun Lee Art Therapist
5 May (Saturday)	9.30am – 12.30pm	NCCS Staff Lounge, Level 4	I Can Express	Ms Saryna Ong Principal Medical Social Worker
7 June (Thursday)	3.00pm – 4.30pm	SGH Ward 48 Activity Room	Open Art Studio (For Inpatients and their caregivers only)	Ms Jun Lee Art Therapist
20 – 22 June (Wednesday – Friday)	10.00am – 3.00pm	Leukemia & Lymphoma Foundation*	Children Art Therapy Programme: HeARTS	Ms Saryna Ong & Mr Travis Loh Principal Medical Social Workers, NCCS
INTEREST GROUP				
3, 10, 17, 24 April (Tuesdays)	6.30pm – 7.30pm	NCCS Function Room, Level 4	Living Well with Yoga: Exercise Programme for Cancer Patients & Cancer Survivors	External Yoga Teacher
7 & 21 April (Saturdays)	2.30pm – 4.30pm	NCCS Function Room, Level 4 (7 April) Peter & Mary Fu Auditorium, Level 4 (21 April)	Recital of Joy: Music Interest Group	Instructors from Music Solutions
18 April (Wednesday)	7.00pm – 9.30pm	NCCS Function Room, Level 4	PRINTS: Photography Interest Group: Looking Around	Ms Marina Zuccarelli
5 & 19 May (Saturdays)	2.30pm – 4.30pm	SingHealth Outram Campus	Recital of Joy: Music Interest Group	Instructor From Music Solutions
8, 15, 22 May (Tuesdays)	6.30pm – 7.30pm	NCCS Function Room, Level 4	Living Well with Yoga: Exercise Programme for Cancer Patients & Cancer Survivors	External Yoga Teacher
16 May (Wednesday)	7.00pm – 9.30pm	NCCS Function Room, Level 4	PRINTS: Photography Interest Group: Looking at People	Ms Marina Zuccarelli
5, 12, 19, 26 June (Tuesdays)	6.30pm – 7.30pm	NCCS Function Room, Level 4	Living Well with Yoga: Exercise Programme for Cancer Patients & Cancer Survivors	External Yoga Teacher
16 June (Saturday) (TBC)	2.30pm – 4.30pm	SingHealth Outram Campus	Recital of Joy: Music Interest Group	Instructor From Music Solutions
20 June (Wednesday)	7.00pm – 9.30pm	NCCS Function Room, Level 4	PRINTS: Photography Interest Group: Storytelling	Ms Marina Zuccarelli
FLAGSHIP PROGRAMME				
7 April (Saturday)	10.00am – 5.00pm	L2-D1 Academia	Living Gracefully Programme: 1 Day Retreat for patients with advanced and recurrent cancer	Dr Gilbert Fan, Co-Chair (Patient Support), Master Medical Social Worker & Psychotherapist (Satir), NCCS
2 June (Saturday) (TBC)	9.00am – 3.00pm (TBC)	Heartbeat@ Bedok	CanSurvive 2018	–
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 be subjected to changes without prior notice. Please check with the organisers for any updates.</i>	

* Leukemia & Lymphoma Foundation: 10 Sinaran Drive, Novena Medical Center, #10-20, Singapore 307506



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