



National Cancer
Centre Singapore
SingHealth

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July – September 2018

Salubris

...HELPING READERS TO ACHIEVE GOOD HEALTH

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

**MAKE MORE
SURVIVORS**





MAKE MORE SURVIVORS

WITH YOUR NATIONAL CANCER CENTRE

Cancer is the number one killer in Singapore and 30% of deaths in Singapore is due to cancer.

The National Cancer Centre Singapore has helped patients become survivors for nearly two decades.

For many, we're a symbol of hope. Our centre of excellence is staffed by over 300 researchers and cancer specialists working to provide earlier diagnosis, the latest treatments and more personalised patient care.

We know a cancer tsunami is coming. And we need to be ready. Help us Make More Survivors today and in the future.

Donate at
nccresearchfund.give.asia/makemoresurvivors
 All donations go to funds for patient care and cancer research.



For nearly two decades, the National Cancer Centre Singapore has helped patients become survivors by providing the treatment, care and support that they and their families desperately need.

By the year 2030, the number of cancer cases is expected to at least double compared to 2012. This is a cancer tsunami.

We are on a mission to Make More Survivors.

We aim to combat the cancer tsunami we know is coming. We are seeking the support of everyone in Singapore to help us fight cancer and change the future for us all. Help us Make More Survivors.

FOLLOW THE CAMPAIGN

To learn more about the campaign visit: nccs.com.sg/makemoresurvivors

or follow us on

Facebook: facebook.com/nationalcancercentresingapore

Instagram: instagram.com/nationalcancercentresg

THE CAMPAIGN

We launched our Make More Survivors campaign on 3 June 2018: Cancer Survivors Day. The campaign will raise funds and awareness of our vital work.

We are running a public campaign to encourage the general public to support Make More Survivors by giving a small (or large!) donation towards our work. The funds raised will go towards our world-leading research and patient care initiatives.

You may see our campaign online, in *The Straits Times* or at bus shelters across Singapore. Please do look out for them!

THE IMPACT

All donations will support patient care and research at the National Cancer Centre.

Donor-funded research is dedicated to providing breakthrough treatments and better understanding of cancers affecting Singaporeans. Donor-funded care programmes help patients with financial aid, counselling, support groups and more. Both funds help us to increase survival rates and ensure those living with cancer can enjoy life to the fullest.

YOUR NATIONAL CANCER CENTRE

Our centre of excellence is staffed by over 300 researchers and cancer specialists working to ensure we have earlier diagnosis, improved treatment options and more personalised patient care.

We see the majority of Singapore's public sector cancer patients and are dedicated to providing all of our patients with the best care and treatment possible to help them survive their cancer.

MEET THE SURVIVORS

Our campaign features real people who have experienced cancer. Our Make More Survivors Campaign Ambassadors have either survived cancer themselves, or have lost a loved one to the disease.

These heroes very bravely shared their stories and faces for the campaign to help us raise funds and awareness. We want to show the resilience and strength of these incredible Survivors, and we are so grateful to them for their support.

Daphne Tan, 37



Goh Chang Teck, 25



Hashimah
Binte Bachok, 49



Sng Tiang Kee, 83



Melvin Lee, 39



Mohd Yassin
Bin Mohd Harun, 52



Chong Hui Min, 19

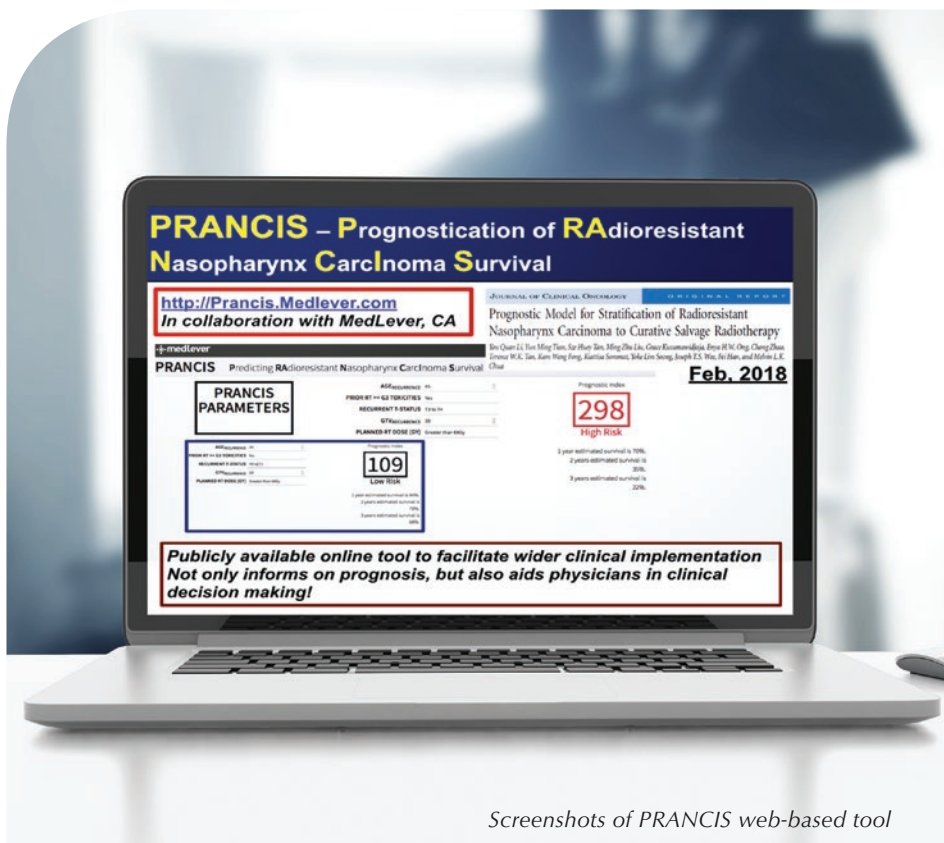


Tan Peng Yang, 25



Cayden Chang, 47





Screenshots of PRANCIS web-based tool

MEET PRANCIS: THE FIRST PROGNOSTIC TOOL TO PREDICT MORTALITY RISK AND PERSONALISE TREATMENT FOR PATIENTS WITH AGGRESSIVE NOSE CANCER

BY GILLIAN TAN
Corporate Communications

Scientists from the National Cancer Centre Singapore (NCCS) and Sun Yat-Sen University Cancer Center (SYSUCC) have developed a first-ever validated clinical tool that helps clinicians identify nose cancer (NPC) relapse patients who are resistant to a repeat course of radiotherapy (RT).

ALL ABOUT PRANCIS

PRANCIS stands for Predicting Radioresistant Nasopharyngeal Carcinoma Survival.

The prognostic web-based tool was co-developed with radiation oncology software provider, MedLever, and is now being applied in routine clinical practice. <http://PRANCIS.medlever.com>.

It allows for personalising treatment in this high-risk subgroup of patients with aggressive NPC. With this tool, it also helps clinicians to classify patients into low-risk or high-risk, and therefore provide better treatment recommendations for these patients.

NPC, also known as nasopharynx cancer, is the 7th most frequent cancer in males in Singapore¹ and is commonest among Chinese. RT is the primary treatment for NPC. Following RT, 10-20% will unfortunately recur again in the nasopharynx. For the majority of these patients, the only chance for “cure” is a repeat course of RT, which is effective in about half of the re-treated cases. Among the non-survivors, half of these patients succumb due to severe radiation toxicities. There is therefore a critical need to optimise the process of patient selection to repeat RT.

THE STUDY

Led by co-investigators, Dr Melvin Chua Lee Kiang, a consultant radiation oncologist at NCCS, and Professor Han Fei, a radiation oncologist at SYSUCC, the two teams worked in close collaboration to develop PRANCIS to identify a favourable subgroup of patients who will benefit from repeat RT, while highlighting an adverse subgroup of patients who are at risk of repeat RT-induced morbidity and mortality.

“While it is compelling that radiotherapy represents the only chance of cure for these patients, not everyone benefits from this approach. Our model thus represents the first validated approach to ‘precisely’ select suitable patients who will likely be cured with repeat RT,” explained Dr Chua, who is also an Instructor (Research Track) with the Oncology ACP, Duke- NUS through the NMRC Transition Award.

By entering a simple form comprising five parameters relating to age, response to previous RT, and disease extent, PRANCIS is able to predict the probability of survival and treatment-related mortality of the patient following re-RT with 70% accuracy.

¹ Singapore Cancer Registry Annual Registry Report 2015

Using PRANCIS, Dr Chua identified that his patient, 54-year-old Mr Ong Seng Aik, falls in the borderline-to-high-risk subgroup, which means he only has a 20-50% chance of success if he were to undergo a repeat course of RT.

This prognostic tool allowed Dr Chua to conduct a thorough discussion on the pros and cons of a repeat course of RT with Mr Ong using real-life data of previous patients who were treated at NCCS. Mr Ong feels that he is now able to make a better decision on the type of treatment he chooses to go for.

Dr Tan Sze Huey, co-investigator of the study and principal biostatistician at NCCS, added that “in addition to allowing clinicians to identify high-risk patients for alternative treatments, our prognostic model can also be used as a patient stratification or selection tool in future clinical trials for patients with locally recurrent NPC.”

This study involved the largest reported cohort of 558 locally recurrent NPC cases to date, who were recruited from NCCS and SYSUCC. To ensure the robustness of the tool such that it is applicable in the clinic, the team first built a model that was predictive of outcomes in a group of patients from SYSUCC, and subsequently showed comparable levels of predictive power in two other clinically heterogeneous cohorts from NCCS and SYSUCC using the exact same index. The fact that PRANCIS independently validated in multiple cohorts from different institutions supports its clinically utility.

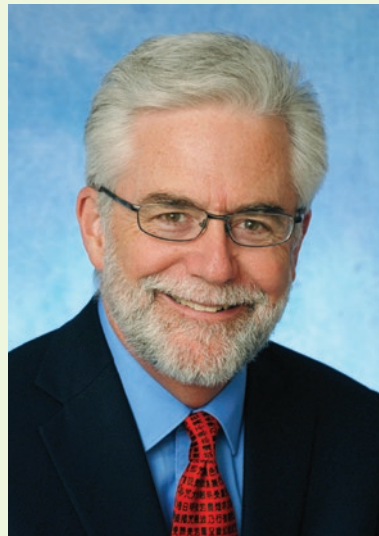
“Treatment for recurrent NPC is one of the more challenging scenarios in our daily practice. Our model allows the oncologists to make more informed decision and provide individualised care for our patients,” said Dr Li You Quan, a co-investigator of the study and associate consultant radiation oncologist at NCCS.

This study was published in the *Journal of Clinical Oncology* and was conducted with the support of the National Medical Research Council Singapore (NMRC) Transition Award, which funded Dr Melvin Chua as a Clinician-Scientist.

HYPE AND HOPE – AN INTERVIEW WITH DR BERNARD A. FOX, PH.D.

BY ALSON TAN
Corporate Communications

NCCS and the medical community at large had an amazing opportunity to hear insights from one of the



most prominent experts on Immunotherapy, Dr Bernard Fox. *Salubris* had the rare opportunity to have a sit down with Dr Fox and get his thoughts on the hype over immunotherapy, its evolution after 30 years, Singapore, and the hope in immunotherapy’s future.

Bernard A. Fox, PhD, is the Harder Family Chair for Cancer Research, Member and Chief of the Laboratory of Molecular and Tumour Immunology, Robert W. Franz Cancer Research Center within the Earle A. Chiles Research Institute at Providence Portland Medical Center; Co-founder and CEO of UbiVac, a clinical stage immuno-oncology company; and Adjunct Faculty, Department of Molecular Microbiology and Immunology, and member and co-leader of the tumour immunology focus panel for the Knight Cancer Institute, Oregon Health and Science University, Portland, Oregon.

Dr. Fox has spent more than 30 years studying how to use a patient’s immune system to fight cancer. His research efforts are divided between preclinical animal models, and the development, performance and monitoring of immunotherapy trials for patients with cancer and the training of the next generation of translational investigators. He is currently involved with translational immunotherapy trials for patients with melanoma, prostate, breast, head and neck and non-small cell lung cancer. Dr. Fox has authored more than 150 peer-reviewed papers and book chapters. Dr. Fox is the current Chair of the World Immunotherapy Council and past President SITC. In 2015, Dr. Fox received the Visionary/Legacy Award from the Society for Immunotherapy of Cancer (SITC).

Continued on page 6.

Continued from page 5.

Q Thanks for speaking to us Dr Fox! I was hoping to get you to look back on where you started 30 years ago and how has the field of immunotherapy advanced since?

BF I really started working with immunotherapy in the early 80s, but working clinically with immunotherapy in the mid-80s. It was very exciting, as occasionally we would see patients with a complete response. However, it was until 2010 with the drug Ipilimumab when they saw the greatest increase in disease free progression. With certain combination therapies, we saw higher percentages in survival for melanoma, which is the no. 1 cancer in women in the United States of America. So there was no good therapy for melanoma until that drug came around.

Q So how has immunotherapy changed the landscape of cancer treatment?

BF The biggest change happened when people found out that the drugs that were working with melanoma started working with lung cancer. That's when everyone sat up and took notice because now there's a drug that you can give that have better response rates over chemotherapy.

From those clinical trials in the mid-80s, from those that responded to the treatment, we know that at 20 years, 90% of them were disease free. And even now, some are 30 years disease free. So since there are long term survivors to immunotherapy, which only works on boosting the immune system, isn't anything like chemotherapy – whereby there's direct toxicity to cancer cells. Thus, we know that the immune system has the potential to cure patients. So that's the big push.

Q In Singapore, we appear to be in a favourable position of having very capable scientists, doing cutting-edge research, and also clinicians who have deep experience in cancer immunotherapy. What do you think Singapore or NCCS in particular, can do to further develop this area?

BF Centres like this one in Singapore (NCCS), you guys are very lucky to have a centre that's an academic centre which pioneers these early phase clinical trials which are giving people an opportunity to get some of the best and newest drugs on the planet that they can only get if they go on clinical trials. And to be studied so that they can contribute to the development of drugs, that if it doesn't help them, it will help their kids, or the next generation – because they participated in these clinical trials.



From left to right: Dr Bernard Fox, Dr Ross Soo and Dr Toh Han Chong lead a panel discussion

Q Speaking of clinical trials, what's one thing that the public needs to understand about clinical trials?

BF Another key point about the importance of clinical trials is the access to these new agents. There's no more being a "guinea pig" anymore. The studies that are done are comparing the very best of what we currently got with what we think is going to be even better, so it's a very important that people go on these clinical trials so that we can learn more rapidly and get to the next level, keep fine tuning it. That's also another point about NCCS, with many different people working very closely as groups: with immunologists, dermatologists, pathologist, medical oncologists, surgeons, all working together on individual patients. You don't see that in many places. This is a rare and wonderful thing that you're got here. It's a tribute to the visionaries that set up the cancer centre in the first place.

Q On the same note: People seem to be taking more ownership of their own health and care, as they are more educated and information is more easily available. How can people better work with their doctors to improve their care?

BF What's really needed are trusted sources of information for patients. Patients here are like anywhere else. They've got a smartphone, they've got a disease and they're on the web and looking and probably more than half of these websites don't have valuable information – "This thing will cure you" or this herbal thing you should take – so it's a major problem in lots of places including the United States. We've got to provide valuable sources of information or direct people to valuable sources of information. That's critical.

Q Any final thoughts?

BF I also look at what you guys have got and what the cancer centre offers in the terms of Dr Toh Han Chong's adoptive immunotherapy programme. That's a world class programme. That's amazing that it's here. It's amazing what patients have access to. And that's giving you the best things on the planet for these diseases that are available here, in Singapore, from some of the best trained people in the world. So it's a phenomenal thing and for me to come back after 23 years, I mean, I've been following the developments and the science, but to see the facilities you have, the beautiful facilities, how well equipped they are, that's why you guys are making such progress. That's why the pharmaceutical companies are bringing the drugs here. So it's good for the community.

I look at some of the next wave of developments in the field of imaging technologies. One of the big grants that Dr Daniel Tan has is looking into imaging technology that will help us figure out what's going on in each nodule of cancer and that's going to help us tailor therapy so that patients get the right therapy. Patients will get treated better, when you think about cost, nothing is more expensive than a drug that doesn't work. You can essentially figure out the right drugs to give the patients for better response rates, it actually brings down the cost of healthcare. So there's a lot of good things that are happening. Facilities are amazing and impressive.

PAINTING FROM THE HEART

BY ALSON TAN
Corporate Communications

Mr Yeow Teck Chai – long-time civil servant, self-taught painter and Nasopharyngeal Cancer (NPC) survivor, speaks to *Salubris* about early days, going through his cancer journey and the pivotal role Dr Joseph Wee played in his treatment.

When you see Teck Chai, his welcoming smile instantly brings you back to familiarity – somehow, you feel as if you've seen or spoken to him before. Teck Chai recently organised a charity art exhibition titled "Painting from the Heart", in Kuala Lumpur. All 48 of his paintings were sold, raising over RM\$270,000 for two Malaysian charities. While this may seem like a colour-filled triumphant life for some, wind back the clock to 2004 and life a picture of dark grey for the watercolour artist.

"I was shocked and disconsolate... I could not understand why cancer had attacked me"

Teck Chai's cancer journey began in 2004 during a medical check-up. His Ear-Nose-Throat (ENT) doctor broke the news to him that he was diagnosed with NPC. The news of the diagnosis rocked him to his core: "When I was told that I had NPC, I was shocked and disconsolate. I was a very fit guy and could not understand why cancer had attacked me."

Despite the initial shock, a fighting spirit quickly took over and Teck Chai began seeking treatment and comparing different hospitals in Malaysia and Singapore. His brother-in-law, a doctor at a Malaysian medical centre, recommended that he speaks to Dr Joseph Wee at the National Cancer Centre Singapore. Weighing up his options, he decided to seek treatment in Singapore. He explains: "I decided to seek treatment in Singapore as I found Dr Joseph Wee, with his good credentials, was very friendly, caring and professional in his approach".

While the diagnosis turned his life upside down, nothing was more important to Teck Chai than fighting for survival. But the road ahead wasn't easy. "I'm very lucky to be surrounded by my family, siblings and friends who prayed and gave me financial and moral support. My wife, especially, had to leave our children behind in KL and took very good care of me while I was undergoing treatment in Singapore," Teck Chai adds.



"Also, all the oncologists and supporting staff at NCCS were very professional and supportive during and after my treatment". Teck Chai also specially mentions Dr Joseph Wee's kindness, speaking about how Dr Wee was always encouraging and patient with him, despite his repeated questions and anxiety.

While life wasn't the same initially, but Teck Chai eventually regained his taste and strength again to continue with his favourite activities like painting and even sports like golf, badminton and tennis. He continued to work for another two years at the Malaysian Investment Development Authority before retiring in 2006 as its Deputy Director-General after 32 years in the public service.

Fast forward back to 2018 and the self-taught watercolour artist dedicates his first-ever art exhibition to Dr Joseph Wee. "The materialisation of my ambition would not have come true without the caring, professional support and encouragement from you [Dr Joseph Wee]."

"Don't focus on the sadness. Be cooperative and positive about your treatment."

When asked about how he overcame the stress from his diagnosis, Teck Chai offers some advice based on his own journey experience. "Three things: Firstly, don't focus on the sadness but be cooperative and positive about your treatment. Second, keep in contact with your friends and family. Share your journey with fellow cancer patients in the hospital (Support groups). Finally, keep your weight and strength up. Eat to survive".

Currently, Teck Chai still gives back by joining a support group at the Subang Jaya Medical Centre to provide moral support to patients during treatment and post cancer. With the recent completion of one of his dreams, what's next on his life list? "I believe that my natural ability to paint is a gift from God. It's a joy to share my passion with the community to benefit the less fortunate". Teck Chai plans to set up a charity art foundation, where all proceeds will help individuals or charity homes which are in need of funding.

"Helping others has always been a joy and blessing to me"

Before concluding the interview, Teck Chai offers one last word for those currently going through their cancer journeys: "Keep your spirit alive, live and fight for survival. But at the same time, enjoy your life to the best you can."



Top Row, L-R: Associate Professors **Chawalit Pairojkul** and **Narong Khuntikeo** (Khon Kaen University, Thailand), Professors **Hsieh Sen-Yong** and **Jacob Pang See-Tong** (Chang Gung Memorial Hospital, Taiwan), and Professor **Tatsuhiro Shibata** (National Cancer Center, Japan; University of Tokyo, Japan)

Bottom Row, L-R: **Dr Khor Chiea Chuen** (Genome Institute of Singapore, A*STAR), Professor **Lim Soon Thye** (National Cancer Centre Singapore), Professor **Teh Bin Tean** (National Cancer Centre Singapore), Professor **Patrick Tan** (Duke-NUS Medical School; Agency for Science, Technology and Research [A*STAR]), Professor **Steve Rozen** (Duke-NUS Medical School), **Dr Ong Choon Kiat** (National Cancer Centre Singapore)

RESEARCHERS WIN THE PRESTIGIOUS AMERICAN ASSOCIATION FOR CANCER RESEARCH (AACR) TEAM SCIENCE AWARD!

This Singapore-led team is the first Asian team to receive the AACR Team Science Award – testament to the significance of their work and its impact on global cancer research.

The team studied numerous cancers, including gastric cancer, Asian-prevalent lymphomas such as natural killer T-cell lymphomas, bile-duct cancers, and cancers associated with exposure to aristolochic acids. Prior to their work, little was known about these cancers. Their work helped to identify new genes and pathways, which if disrupted may represent new avenues for further therapies. For example, the team identified major genetic abnormalities in stomach cancers, a leading cause of global cancer death, and were able to translate these findings into clinical trials targeting these abnormalities. They also showed how parts of DNA affected by carcinogens can be used as screening tools to identify previously undetected carcinogen exposures.



Thank you to our Singapore's Ambassador to the United States of America, Mr Ashok Kumar Mirpuri for gracing the event!

BE A PART OF WHAT THEY DO: Currently, Asia accounts for about 60% of the global population, contributing 44% of all cancer cases, and 51% of global cancer mortality. Global cancer burden is also projected to increase dramatically in Asia. **There is an urgent need to focus on developing improved treatment for cancer patients, and particularly for patients in Asia.**

Your gift to the NCC Research Fund will make a difference: nccresearchfund.give.asia/makemoresurvivors

NATIONAL MEDICAL RESEARCH COUNCIL AWARD WINNERS 2018

The National Cancer Centre Singapore is proud to have clinched two of the three Open Fund – Large Collaborative Grants awarded by the Ministry of Health's National Medical Research Council. The OF-LCGs support the best public healthcare research teams in advancing human health and wellness, and creating economic value for Singapore and its people through research.

Clinician Scientist Award – Senior Investigator

- 1 **Assoc Prof Toh Han Chong** – Deputy Medical Director, NCCS (Education) and Senior Consultant, Division of Medical Oncology
- 2 **Prof Pierce Chow** – Senior Consultant, Division of Surgical Oncology

Clinician Scientist Award – Investigator

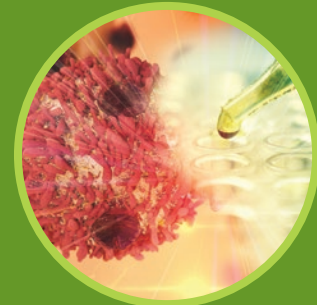
- 3 **Dr Joanne Ngeow** – Senior Consultant, Division of Medical Oncology
- 4 **Dr Daniel Tan** – Senior Consultant, Division of Medical Oncology
- 5 **Assoc Prof Darren Lim** – Senior Consultant, Division of Medical Oncology

Transition Award

- 6 **Dr Johnny Ong** – Associate Consultant, Division of Surgical Oncology
- 7 **Dr Clarinda Chua** – Consultant, Division of Medical Oncology

CONGRATULATIONS TO ASSOC PROF TOH HAN CHONG AND ASSOC PROF TAN ENG HUAT,

the Principal Investigators for the 'The VICTORY (Virus-Induced Cancer: Translational Oncology Research & immunologyY)' and 'Next-Generation Clinical Trials and Integrative Research to Fight Lung Cancer' projects respectively!



\$25 MILLION GRANT

The Virus-induced Cancer: Translational Oncology Research & Immunology



\$10 MILLION GRANT

Next-Generation Clinical Trials and Integrative Research to Fight Lung Cancer



CANSURVIVE 2018: WALK WITH ME. WILL YOU?

BY LIEN WANTING
Corporate Communications

Can life after cancer be beautiful?

Cancer poses different challenges for patients, survivors and their significant others throughout their illness trajectory. Individuals who are impacted by cancer are often confronted with many different challenges, ranging from the psychological distress upon receiving a diagnosis, concerns with treatment cost, management of side effects and the emotional upheaval that follows. For some of those who have completed treatment, the fear of recurrence is a constant worry on their mind.

With the host of issues that may potentially surface, many perceive the post-cancer chapter as a bleak and daunting one, and perhaps rightly so – if it were a decade ago. Today, with medical advancements and an increasingly inclusive community, the big ‘C’ is not as dreadful as before.

At the National Cancer Centre Singapore (NCCS), cancer survivorship is a key pillar in oncology care and its outreach arm is ‘CanSurvive’, an annual celebration of life after cancer.

Themed **“Walk with me. Will you?”**, CanSurvive 2018 took to the heartlands a series of cancer survivorship journeys, through the very lenses of individuals who have fought cancer and emerged victorious – all this to show that there **is** life beyond cancer and it **can** be beautiful.

2 June 2018, Saturday

Yes, I will walk
with you!



Yes, our NCCS doctors, nurses,
medical social workers and counsellors will walk
with you throughout your journey!



Thank you to our volunteers for making the event a success!



The event was aptly kicked off with a ukulele performance by a group of cancer survivors, patients and caregivers from NCCS' music interest group, Recital of Joy.



Diary of Sam



Zumba Party



A passer-by pledging his support for individuals living with a cancer diagnosis.



Onboard the NCCS Cancer Education Bus

KNOW OF SOMEONE AFFECTED BY CANCER AND NEEDS HELP?

The **Department of Psychosocial Oncology** offers psychosocial services to patients and caregivers throughout all phases of the cancer continuum. They range from counselling to practical assistance and patient support programmes. These professional activities are open to all individuals living with a cancer diagnosis and their loved ones in Singapore.

The **Cancer Education and Information Service** department provides timely and reliable cancer information to patients, healthcare professionals and the community through a series of comprehensive programmes and services. The **Cancer Helpline** also offers specialised counselling, emotional and psychological support to anyone affected by cancer. For counselling, cancer information, registration for public education programmes, loaning of wigs, as well as publication requests, please call the Cancer Helpline at **(65) 6225 5655** or email cancerhelpline@nccs.com.sg.



NCCS Medical Director, Prof William Hwang with Mr Ellil, one of the seven survivors featured in Stories of Hope.

MEMBERS OF THE PUBLIC TOOK A PEEK INTO WHAT IT REALLY MEANS TO GO THROUGH CANCER VIA TWO EXHIBITS:

1 The “Diary of Sam” depicts the cancer journey of a fictional character ‘Sam’, the challenges faced by patients and how it takes a community to help a patient.

2 Stories of Hope featured seven bold individuals who shared a glimpse of their cancer journey – what matters most to them, where they sought solace, and how they’re living testament that cancer does not always determine the end of dreams and hope.

What happened at...

NCCCS Quality Week 2018

By Alson Tan, Corporate Communications



NCCS Medical Director Prof William Hwang and Chief Quality Officer Dr Terence Tan launched "Just Culture" in NCCS

Day 1



Avoiding risk is important!

Special invited speaker Mr Dennis Lee shares his expertise and experience with Enterprise Risk Management

Day 2



改善 or "Kaizen" means continuous improvement, always striving to better existing practices and enhance safety

Learning through simple games

Day 3



Great sharing sessions by Dr Khoo Tan from DRO, Associate Prof Lita Chew from Pharmacy & Chief Quality Officer Dr Terence Tan.

Day 4



FOR ALL PATIENTS, SURVIVORS, AND THEIR LOVED ONES

Recital of Joy

MUSIC INTEREST GROUP BY NCCS



This Music Interest Group was specially created for cancer patients and survivors. It aims to bring joy into their lives through beautiful music, and to let music be a soothing companion during their cancer journey.

Learn how to play the Ukelele and sing with confidence while making new friends. Members will also have the opportunity to perform at special events. No experience required.

Practice sessions:
First and Third Saturdays of
the month

Time and Venue:
2.30pm to 4.30pm
Academia L2-S3

To register, e-mail
patientsupport@nccs.com.sg
or call 6436 8668

Join Us Today!

ORGANISED BY:



SUPPORTED BY:



TRAINING PARTNER:



 NATIONAL CANCER CENTRE SINGAPORE
 @NATIONALCANCERCENTRESSG

PARTNER SPOTLIGHT: MALAYSIA DAIRY INDUSTRIES (MDI)

BY ANGIE LIU, Community Partnership
ALSON TAN, Corporate Communications

With a wide range of products and household brands such as Marigold and Vitagen, MDI has grown to become the largest dairy producer in Singapore since its incorporation over 55 years ago; with a strong presence in Singapore, Malaysia and the region. One of MDI's most recognisable brands is a cultured milk drink, Vitagen Less Sugar.

Vitagen Less Sugar has been enjoyed by the community for decades, packing plenty of good bacteria for a healthy digestive system. Vitagen Less Sugar has been a prominent supporter in many Community Partnership events, such as the Run For Hope – Singapore's largest run in support for Cancer Research and Awareness.

With colorectal cancer being the most common cancer affecting both males and females; and also, the recent area of need to address the rising incidence of diabetes in Singapore, Vitagen can contribute a role in this area. "We felt that we should play a part in raising public awareness on these 2 major health issues affecting the community's well-being. Being forward looking, we've replaced our regular Vitagen with the current less sugar version since 2005," said Mr Leong Yin Hoe, General Manager of Malaysia Dairy Industries. "We will continue raising public awareness and giving back to the community. We sincerely believe that with stronger and healthier citizens, Singapore will be a robust nation working towards a better and brighter future."

NCCS' partnership with MDI began with an in-kind sponsorship for Run for Hope 2016. From then on, MDI has partnered with multiple cancer awareness events, such as Colorectal Cancer Awareness month roadshows, and major fundraising events such as Run for Hope, Row for Hope and the SingHealth President's Challenge.



MDI's commitment to provide consumers with products to enhance their quality of life, through strict adherence to using the best ingredients and best methods in the manufacturing of their food and drink products is aligned with NCCS' common purpose of having the best people, providing the best care, and doing the best research. With this symmetrical emphasis on excellence, it was perhaps no surprise that a strong partnership was forged.

True to MDI's forward-looking nature, plans are in the pipeline for more opportunities of growing this collaboration: "We are definitely looking forward to continuing this partnership to strengthen our bond with the community, and continuing to emphasise on 'Prevention is always better than cure'", said Mr Leong. "There remains many opportunities for MDI and NCCS to work together for a better future for Singapore and a beautiful life for its people".

Ms Flora Yong, Senior Manager, Division of Community Outreach & Philanthropy adds, "We are incredibly grateful for MDI's strong support and look forward to many more partnership opportunities ahead."



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

Public Forums	Date, Time, Venue
Coping with a Cancer Diagnosis TOPICS: <ul style="list-style-type: none"> • Facing Cancer • Coping with Physical Aspects • Support Factors • Psychosocial Issues • Managing Emotional Aspects • Building Resilience & Positive Thinking 	14 July 2018, Saturday ENGLISH SESSION Time: 11.15am to 12.30pm (Registration: 10.45am to 11.15am) National Cancer Centre Singapore, Peter & Mary Fu Auditorium Level 4, 11 Hospital Drive, Singapore 169610
Preventive Measures of Female Cancers TOPICS: <ul style="list-style-type: none"> • How to Reduce Your Risk of Female Cancers • Cancer Prevention Tips • Preventing Cancer with Vaccines • Types of Vaccinations Available 	15 September 2018, Saturday ENGLISH SESSION Time: 11.15am to 12.30pm (Registration: 10.45am to 11.15am) National Cancer Centre Singapore, Peter & Mary Fu Auditorium Level 4, 11 Hospital Drive, Singapore 169610
CancerWise Workshops	Date, Time, Venue
Prostate Cancer: Conditions and Treatment TOPICS: <ul style="list-style-type: none"> • What is Prostate Cancer? • What are the Risks Factors, Signs & Symptoms? • What Screening Tests Can You Do to Detect Cancer Early? • Advances in Prostate Cancer Treatments 	4 August 2018, Saturday ENGLISH SESSION 10.45am – Registration (11.15am to 12.30pm – Workshop starts) National Cancer Centre Singapore, Peter & Mary Fu Auditorium Level 4, 11 Hospital Drive, Singapore 169610
Hepatitis B and Liver Cancer TOPICS: <ul style="list-style-type: none"> • What is Hepatitis B? • Signs & Symptoms • Living with Hepatitis B • Causes & Risk Factors • Early Detection & Prevention • Causes & Risk Factors • Prevention & Treatments • What is Liver Cancer? • Signs & Symptoms • Treatments & Recent Advances 	4 August 2018, Saturday ENGLISH SESSION 1.00pm – Registration (1.30pm to 3.30pm – Workshop starts) National Cancer Centre Singapore, Peter & Mary Fu Auditorium Level 4, 11 Hospital Drive, Singapore 169610
What You Need to Know About Esophagus and Gastric Cancer TOPICS: <ul style="list-style-type: none"> • What is Esophagus Cancer? • Signs & Symptoms • Causes & Risk Factors • Treatments & Recent Advances • Causes & Risk Factors • What is Stomach Cancer? • Signs & Symptoms 	8 September 2018, Saturday ENGLISH SESSION 1.00pm – Registration (1.30pm to 3.30pm – Workshop starts) National Cancer Centre Singapore, Peter & Mary Fu Auditorium Level 4, 11 Hospital Drive, Singapore 169610
Updates on Liver and Pancreatic Cancer TOPICS: <ul style="list-style-type: none"> • Risk Factors • Early Detection & Prevention • Recent Advanced Therapies • Signs & Symptoms • Screening & Treatment 	15 September 2018, Saturday ENGLISH SESSION 8.45am – Registration (9.15am to 10.30am – Workshop starts) National Cancer Centre Singapore, Peter & Mary Fu Auditorium Level 4, 11 Hospital Drive, Singapore 169610
Exercise and Relaxation TOPICS: <ul style="list-style-type: none"> • The Relationship between Exercise and Cancer • Make Fitness Work for You – Choose the Right Exercise • Getting Fit After Cancer • Maintaining a Healthy Weight 	15 September 2018, Saturday ENGLISH SESSION 1.00pm – Registration (1.30pm to 3.30pm – Workshop starts) National Cancer Centre Singapore, Peter & Mary Fu Auditorium Level 4, 11 Hospital Drive, Singapore 169610
Registration	FREE ADMISSION Strictly no admission for children below 12 years old. Registration is a MUST as seats are limited.
	PHONE REGISTRATION ONLY Open for registration PLEASE CALL: 6225 5655 Monday – Friday: 8.30am to 5.30pm
Upcoming Event	Date, Time, Venue
Breast Cancer Awareness Month Roadshow ACTIVITIES: Breast cancer information poster exhibits, mammogram screening voucher distribution, cupcake piping station, interactive game booths, upcoming events and cancer information publications subscriptions. (Tokens of participation will be given out!)	22 September 2018, Saturday 10am – 3pm United Square Shopping Mall 101 Thomson Road Singapore 307591

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

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

AUGUST 2018

Date	Time	Event Information	CME Pt	Registration Contact
2, 16, 23, 30	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
2, 16	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, 29	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
2, 16, 23, 30	4.30 pm	Surgical Oncology Tumour Board Meeting	1	Lynne / Nora 6576 2042 / 6576 2037 tan.peek.ling@singhealth.com.sg / noralina.ali@singhealth.com.sg
3, 10, 17, 24, 31	4.30 pm	Breast Tumour Board Meeting	1	
6, 13, 20, 27	5.00 pm	Head & Neck Tumour Board Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	
1, 8, 15, 29	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, 8, 15, 29	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
24	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
30	7.30 am	Endocrine and Rare Tumour Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	Nurul Amirah 6436 870 nurul.amirah.hajis@nccs.com.sg
2, 16, 23, 30	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
17	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
24	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

SEPTEMBER 2018

Date	Time	Event Information	CME Pt	Registration Contact
6, 13, 20, 27	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
6, 20	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
5, 12, 19, 26	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
6, 13, 20, 27	4.30 pm	Surgical Oncology Tumour Board Meeting	1	Lynne / Nora 6576 2042 / 6576 2037 tan.peek.ling@singhealth.com.sg / noralina.ali@singhealth.com.sg
7, 14, 21, 28	4.30 pm	Breast Tumour Board Meeting	1	
3, 10, 17, 24	5.00 pm	Head & Neck Tumour Board Meeting @ NCCS Level 2, Clinic C, Discussion Room	1	
5, 12, 19, 26	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

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

SEPTEMBER 2018 (CONTINUED)

Date	Time	Event Information	CME Pt	Registration Contact
5, 12, 19, 26	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
28	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
27	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
6, 13, 20, 27	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
21	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
28	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

OCTOBER 2018

Date	Time	Event Information	CME Pt	Registration Contact
4, 11, 18, 25	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
4, 18	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
3, 10, 17, 24, 31	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
4, 11, 18, 25	4.30 pm	Surgical Oncology 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	4.30 pm	Breast Tumour Board Meeting	1	
1, 8, 15, 22, 29	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
3, 10, 17, 24, 31	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
3, 10, 17, 24, 31	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
26	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
25	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
4, 11, 18, 25	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
19	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	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 July (Friday)	6.30pm – 9.00pm	NCCS Function Room, Level 4	Nasopharyngeal Cancer (NPC) Support Group: Hormonal Imbalance & Its Association with NPC	Ms Kon Oi Lian Principal Investigator Mentor, NCCS
7 July (Saturday)	9.00am – 11.30am	NCCS Function Room, Level 4	Art & Wellness (A & W) Support Group	Ms Saryna Ong , Principal Medical Social Worker & Ms Dorothy Tan , Medical Social Worker, NCCS
12 July (Thursday)	5.30pm – 8.30pm	NCCS Function Room, Level 4	Breast Cancer Support Group: Traditional Chinese Medicine and Breast Cancer	Mr Ricky Ang Pharmacy Practice Manager, NCCS
14 July (Saturday)	2.30pm – 4.30pm	NCCS Meeting Room 1 & 2, Level 4	Sinar Harapan (Malay) Support Group: Healthy Lifestyle – Eating Right (Gaya Hidup Sihat – Pemakanan yang seimbang)	Ms Ernalisah Subhi & Ms Candace Ong Medical Social Workers, NCCS
4 August (Saturday)	10.00am – 12.00pm	NCCS Function Room, Level 4	At Risk of Cancer (ARC) Support Group: Family Communication: Improving Relationships and Managing Results Disclosure	Ms Chen Yanni Senior Medical Social Worker, NCCS
4 August (Saturday)	2.30pm – 4.30pm	NCCS Meeting Room 1 & 2, Level 4	Sinar Harapan (Malay) Support Group: Conversations that Matter- Advance Care Planning (Perancangan Penjagaan Awal – Hasrat penjagaan saya)	Ms Ernalisah Subhi & Ms Candace Ong Medical Social Workers, NCCS
11 August (Saturday)	9.00am – 11.30am	NCCS Meeting Room 1 & 2, Level 4	Art & Wellness (A & W) Support Group	Ms Saryna Ong , Principal Medical Social Worker & Ms Dorothy Tan , Medical Social Worker, NCCS
16 August (Thursday)	5.30pm – 8.30pm	NCCS Function Room, Level 4	Breast Cancer Support Group: Prevention & Management of Lymphoedema	Ms Nancy Ang , Senior Principal Occupational Therapist, SGH
17 August (Friday)	6.30pm – 9.00pm	NCCS Function Room, Level 4	Nasopharyngeal Cancer (NPC) Support Group: Understanding Palliative Care	Dr Ong Eng Koon Associate Consultant, NCCS
18 August (Saturday)	2.00pm – 4.30pm	NCCS Function Room, Level 4	The Revival Connection: Edible Herbs, Plants and Vegetables that One can Grow	Ms Cynthea Founder, Super Farmers
1 September (Saturday)	9.00am – 11.30am	NCCS Function Room, Level 4	Art & Wellness (A & W) Support Group	Ms Saryna Ong , Principal Medical Social Worker & Ms Dorothy Tan , Medical Social Worker, NCCS
7 September (Friday)	6.30pm – 9.00pm	NCCS Function Room, Level 4	Nasopharyngeal Cancer (NPC) Support Group: Understanding Complementary & Alternative Medicine (CAM)	Ms Chang Yok Ying Pharmacy Practice Manager, NCCS
8 September (Saturday)	2.30pm – 4.30pm	NCCS Function Room, Level 4	Sinar Harapan (Malay) Support Group: I Love You, You Love Me (Bahasa Kasih Sayang)	Ms Ernalisah Subhi & Ms Candace Ong Medical Social Workers, NCCS
13 September (Thursday)	5.30pm – 8.30pm	NCCS Function Room, Level 4	Breast Cancer Support Group: Hormonal Therapy: Tamoxifen & Aromatase Inhibitor	Prof Alexandre Chan , Associate Consultant & Clinical Pharmacist, NCCS
PSYCHO-EDUCATIONAL & SOCIAL-RECREATIONAL ACTIVITIES				
9 July (Monday)	2.30pm – 3.30pm	NCCS Function Room, Level 4	Living Well Programme: Understanding Lasting Power of Attorney & Will Writing	Ms Lim Hui Chern
17 July (Tuesday)	2.00pm – 5.00pm	NCCS Function Room, Level 4	Look Good Feel Better Workshop	Volunteer Make-Up Artists
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
PSYCHO-EDUCATIONAL & SOCIAL-RECREATIONAL ACTIVITIES				
20 July (Friday)	6.30pm – 8.00pm	NCCS Function Room, Level 4	Patient & Caregiver Orientation Programme: Caring for Your Psychosocial and Emotional Needs	Dr Gilbert Fan , Master Medical Social Worker & Psychotherapist (Satir), NCCS
21 July (Saturday)	2.00pm – 5.00pm	NCCS Function Room, Level 4	Patient Empowerment Programme: Overcoming Distressing Symptoms	Dr Lee Boon Ooi , Senior Lecturer, National Institute of Education, Nanyang Technological University
24 August (Friday)	6.30pm – 8.00pm	NCCS Function Room, Level 4	Living Well Programme: Rebuilding Confidence in Cancer Survivorship	Dr Gilbert Fan , Master Medical Social Worker & Psychotherapist (Satir), NCCS
25 August (Saturday)	2.00pm – 5.00pm	NCCS Function Room, Level 4	Patient Empowerment Programme: Basic Communications Skills	Dr Gilbert Fan , Master Medical Social Worker & Psychotherapist (Satir), NCCS
11 September (Tuesday)	2.00pm – 5.00pm	NCCS Function Room, Level 4	Look Good Feel Better Workshop	Volunteer Make-Up Artists
14 September (Friday)	2.30pm – 4.00pm	NCCS Function Room, Level 4	Patient & Caregiver Orientation Programme: Diet & Nutrition During Cancer Treatment	Ms Chang Yok Ying Pharmacy Practice Manager, NCCS
22 September (Saturday)	2.00pm – 5.00pm	NCCS Function Room, Level 4	Patient Empowerment Programme: Issues in Grief	Dr Gilbert Fan , Master Medical Social Worker & Psychotherapist (Satir), NCCS
28 September (Friday)	6.30pm – 8.00pm	NCCS Function Room, Level 4	Living Well Programme: Employment & Work After Cancer: Panel Discussion	TBC
THERAPY & THERAPEUTIC GROUP				
5 July; 2 August; 6 September (Thursdays)	3.00pm – 4.30pm	SGH Ward 48 Activity Room	Open Art Studio (For Inpatients and their caregivers only)	Ms Jun Lee Art Therapist
7 July; 1 September (Saturday)	2.00pm – 4.30pm	NCCS Function Room, Level 4	(w)Rite Your Life!	Ms Phyllis Wong Senior Medical Social Work Associate, NCCS
INTEREST GROUP				
7 & 21 July; 4 & 18 August; 1 & 15 September (Saturdays)	2.30pm – 4.30pm	SingHealth Outram Campus	Recital of Joy: Music Interest Group	Instructor From Music Solutions
3, 10, 17, 24 July; 7, 14, 21, 28 August; 4, 11, 18, 25 September (Tuesdays)	6.30pm – 7.30pm	NCCS Function Room, Level 4	Living Well with Yoga: Exercise Programme for Cancer Patients & Cancer Survivors (Term 3 from July to September 2018 – 12 sessions programme)	External Yoga Teacher
TBC	7.00pm – 9.30pm	NCCS Function Room, Level 4	PRINTS: Photography Interest Group: Outing	Ms Marina Zuccarelli
15 August (Wednesday)	7.00pm – 9.30pm	NCCS Function Room, Level 4	PRINTS: Photography Interest Group: Travel Photography	Ms Marina Zuccarelli
19 September (Wednesday)	7.00pm – 9.30pm	NCCS Function Room, Level 4	PRINTS: Photography Interest Group: Looking Closer	Ms Marina Zuccarelli
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>	

THANK YOU

for putting our patients at the heart of everything that you do.

NCCS Staff Appreciation Day 2018



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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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