



National Cancer
Centre Singapore
SingHealth

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Salubris

...HELPING READERS TO ACHIEVE GOOD HEALTH

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



New year, new you...
and a new Salubris too.
Coming Soon.



MEDICAL DIRECTOR'S MESSAGE

It has been just over a year since I took over as Medical Director for the National

Cancer Centre Singapore (NCCS). There has been so much that I have seen, experienced and felt in the past year that has filled me with enthusiasm, inspiration and hope for the future for NCCS. So, at this turn of the year, I would like to share three words with you in my message for the New Year:

Gratitude

The first of these words is “**Gratitude**”.

I am so grateful for the support given by all my colleagues at NCCS as I took on this position. I am grateful to my predecessor, Prof Soo, for giving his support and endorsement, and for every one of the leaders here who have given their wise council, practical support as well as sometimes, just a pat on the back to tell me: “Hey buddy, you’re doing well.”

I am also grateful to each and every member here at NCCS, for inspiring me with your fervour, dedication and willingness to do the best we can for our patients. You are truly an exemplary bunch!

In this past year, I have also been grateful for numerous awards that have been bestowed on our members here at NCCS. Significantly, in April, our members were a part of the team that was awarded the Team Science Award at the American Association for Cancer Research (AACR). This is the first time any Asian team has won this award, and the award ceremony was conducted in front of over 20,000 people with our Singapore’s Ambassador to the US present to witness the proceedings. It was a proud moment for Singapore.

I am also proud of my colleagues whom we have nominated and subsequently won national awards. At the national level, Adjunct Associate Professor Joseph Wee was awarded Public Administration Medal (Silver) – one of the highest awards presented to a public servant. Associate Professor Koo Wen Hsin, was awarded the Public Administration Medal (Bronze); Assistant Director of Nursing, Ms Diana See, was awarded the Commendation Medal; APN Ms Alice Chua was awarded the Efficiency Medal; and SSN Ms Teo Lay Choo was awarded the Long Service Medal. This year, we also managed to nominate and clinch the National Outstanding Clinician Scientist Award from the National Medical Research Council (NMRC) for Associate Professor Toh Han Chong, who also delivered prestigious lectures to the College of Physicians and the College of Clinician Scientists of the Academy of Medicine Singapore (AMS) this year. Associate Professor Gopal Iyer was also awarded the SingHealth Outstanding Clinician Scientist award this year for his superb contributions to clinical research.

In the area of patient service, I am proud that we achieved a total of 113 Silver awards, 23 Gold awards, 10 Star awards and 1 Super Star Award at the Singapore Health Quality Service Awards – an increase over last year’s tally. Of special mention, Ms Rosnani bte Abdullah was the recipient of the Super Star (Ancillary) Award. Rosnani is affectionately known as “Aunty Ross” or “Kakak Ross” to her patients and colleagues, and she works hard in creating an excellent experience for our patients. Her pride in her work is truly inspiring.

These awards are a testimony to the long-term dedication of these outstanding individuals, and the respect they have garnered from our patients, peers, subordinates and superiors alike.

In terms of grants, I was gratified to see our centre awarded two out of the three Open Fund Large Collaborative Grants amounting to \$35 Million, awarded by the NMRC. Also, for the NMRC Clinician Scientist Awards, seven out of the seventeen SingHealth winners were from NCCS – a testament to the outstanding research our talented colleagues do here in the centre.

Your spirit of giving has also been outstanding with over \$1.8 Million raised through our gala dinner. I am very grateful to our many supporters such as the Goh Foundation and Lee Foundation who have inspired many through their manifestation of incredible generosity time and time again. Not forgetting long-time supporters: Our Board of Trustees, some of whom have served for over 15 years in various committees; Four Seasons Hotel Singapore for their partnership for Run for Hope and Pontiac Land Group for their partnership in the NCCS gala dinner.

Appreciation is also due for our community fundraisers – individuals like Cultural Medallion winner Dr Iskandar Jalil who supports us through his amazing art pieces; Melvin Lee, who recently ran a mountain marathon to raise funds, and Cayden Chang, who has been one of our greatest supporters in many aspects. Cayden is a two-time cancer survivor, a successful investor, and entrepreneur, but also loving father, husband who has fought back despite being at the lowest of lows at one point in his life. Apart from their fundraising for the NCC charity funds, both Melvin and Cayden have stepped forward to champion causes such as our ‘Make More Survivors’ campaign.

On that note, our heartfelt gratitude to our nine survivor ambassadors who have bravely stepped forward as champions of hope: Melvin, Cayden, Daphne Tan, Goh Chang Teck, Hashimah Binte Bachok, Sng Tiang Kee, Chong Hui Min, Tan Peng Yang and the late Mr Mohd Yassin.

Indeed I am so grateful for the enthusiasm, hope and dedication that I have seen in the last year.

Attitude

The next word that I would like to share with you is the word “**Attitude**”.

I have seen a tremendous spirit of enthusiasm and dedication from everyone here in the way we seek to help our patients. I would like to encourage you to continue to put patients first. Never forget that the main thing we seek to do in this health institution is to serve our patients, and that patients are the heart of all that we do. By serving them, it means to sincerely help them achieve the physical recovery, the emotional healing and the spiritual fulfilment that they so badly need.

I would also like to encourage you to continue to bolster your attitude of resilience. We have seen remarkable resilience in our colleagues within this centre as well as the rest of SingHealth as we dealt with the challenges of the cyber-attack as well as other obstacles that came our way. This spirit of resilience is one of standing firm in the face of adversity, supporting each other when things are not always going right, and bouncing back to do even better than we have done before.

We must also not forget our mental resilience. We must always be vigilant as we do our best for our patients. Families go through so much in this journey, and such experiences can make or break family ties. Every person that we encounter in this centre is someone's loved one – a father, mother, brother, sister, son or daughter. The importance of what we do cannot be understated.

Altitude

The last word that I would like to share with you is that of “**Altitude**”.

We are literally reaching towards greater heights with our new National Cancer Centre building, which will be four times taller than our current building. The new building will tower high above Outram Road and overlook the Central Business District. But more importantly than these physical heights, is the new heights we can potentially achieve in patient care, education and research with new building serving as a beacon of hope to cancer patients in Singapore and the region, being equipped with some of the latest facilities including a state-of-the-art Proton Therapy Facility as well as an immunotherapy hub and cancer rehabilitation facilities. We can truly strive to reach for our vision to be a global leading cancer centre and to meet our common purpose of offering our patients hope, by having the best people, providing the best care, and doing the best research. Aim for the best outcomes for cancer treatment, whether in terms of surgery, chemotherapy, radiotherapy, immunotherapy, supportive and palliative care or otherwise. Be the best we can in terms of research in order to forge new frontiers. Our patients deserve the best care and we should always strive to reach higher for their sake.

Final Thoughts

Crossing into 2019 excites and fills me with enthusiasm, inspiration and hope. This year marks a definitive moment in NCCS' history – our 20th Anniversary. As we celebrate this landmark year, we must not forget to commemorate heroes and lessons from the past. We must also not forget to celebrate the successes of the present as we reach forward to embrace the future.

I have seen the heights to which many of our individuals have achieved not just in terms of public awards, but also in terms of the high praise I have heard from patients about the care they have received. I have also seen the potential of many of our staff and the enormous talent that they possess. Continue to reach out to greater heights. Always remember that an **attitude of gratitude** will determine your **altitude**.

Wishing you a delightful new year and a wonderful year ahead.

PROFESSOR WILLIAM HWANG

Medical Director
National Cancer Centre Singapore

EDITOR'S NOTE

Often, many of us make promises to ourselves across the new year – to hit the gym, eat healthier, or even say “thank you” more often. But think about it – as the calendar turns the page from 2018 to 2019, there's no magical moment where everything suddenly changes.

The promise of “new year, new me” is a conscious, daily effort. It takes us making a conscious choice, every day, every minute. Just like how you consciously choose to say “thank you” for example.

Speaking about being more grateful, (nice segue) the editorial team is really thankful hearing from you. Your feedback is really helpful – whether it's topics you're passionate about, how we can make your reading experience even better or even the simple “Thank you” note. Please keep talking to us! If you've never written in before, great! Perhaps this might be your “new year, new you” resolution this year?

Speaking about *Salubris*, we're excited to announce that *Salubris* will be getting a little bit of a facelift. We also plan to take *Salubris* online so that you can enjoy it on the go. We hope that this move makes *Salubris* more interactive and improves your reading experience. We've not taken this decision lightly – amidst rising printing costs and concern for the environment, we want to make sure that we keep producing high-quality, helpful content you enjoy in a sustainable way for both us and the environment.

Changing for the better is always a great thing! Whether you're reading this message in the new year of 2019, or find this message a year from now, let's become better versions of ourselves starting tomorrow. It doesn't need to be something big. It's often the smallest things that are overlooked – like saying thank you a little more, getting angry a little less, or smiling a little more.

Again, heartfelt thanks from the *Salubris* Editorial Team and wishing you a blessed 2019!

Much love,

THE SALUBRIS EDITORIAL TEAM

NCCS CHARITY DINNER 2018 – MAKE MORE SURVIVORS

BY LIEN WANTING

Corporate Communications

\$1.8 MILLION RAISED FOR CANCER CARE, RESEARCH, EDUCATION AND PREVENTION

National Cancer Centre Singapore (NCCS) held its signature charity dinner at The Ritz-Carlton Millenia Singapore on 3 November 2018 under the banner of Make More Survivors, the theme of its five-year campaign to raise \$150 million by 2022 for cancer care, research, education and prevention. The banquet at Ritz-Carlton was generously sponsored by Pontiac Land Private Limited.

NCCS Medical Director, Professor William Hwang, highlighted the importance of philanthropy and noted his appreciation for the longstanding supporters of NCCS, “As the leading voice of oncological care and research in Singapore and the region, NCCS is committed to caring for cancer patients. We could not have forged new frontiers in the past 19 years without donors who share our cause. Philanthropy is one of the cornerstones of NCCS and will continue to be vital for us to scale greater heights.”

The charity dinner was graced by Guest-of-Honour, President Halimah Yacob and saw over 700 guests and supporters in attendance.

“It is heartening to know that many are rallying behind the cancer community. This shows that our society is built on the foundations of unity, compassion and care and concern for one another. It is vital that we uphold these values that form the bedrock of our society. I urge volunteers and contributors to support the National Cancer Centre Singapore to help these patients lead better and more fulfilling lives,” President Halimah Yacob commented.

The charity dinner featured a ‘live auction’ with art pieces donated by individuals dedicated to the cancer cause. Speaker of Parliament, Mr Tan Chuan-Jin donated his personal photo prints which showcase beautiful images of sunsets and sunrises.

The pieces were auctioned off for a total of \$24,000. Others included art pieces by Cultural Medallion award winners Dr Iskandar Jalil and Mr Henri Chen KeZhan as well as Mr Benny Ong, a contemporary textile artist.



A total of \$1.8 million was raised at the NCCS Charity Dinner 2018



1) 'Sunrise at Montepulciano in Tuscany, Italy' by Mr Tan Chuan-Jin, Speaker of Parliament



2) 'The Seat of Lu' by Mr Benny Ong

Opening performance by Singapore Chinese Girls' School



In support of patient care and research, cancer survivors created art pieces to be auctioned off

Guests at the NCCS Charity Dinner 2018





Above: Music performance by Recital of Joy – NCCS’ music interest group for cancer patients survivors caregivers and family members

Below left: Piano solo by Ms Miki Arimura, a cancer survivor

Below right: Closing act by ATU Fairies, National Cancer Centre Singapore



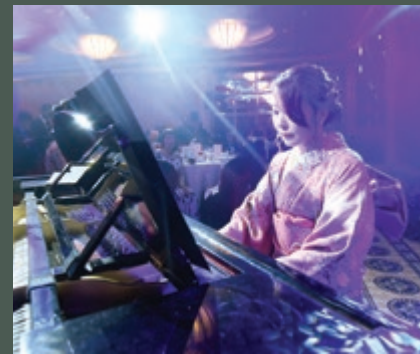
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3) 'Beauty in Simplicity' by Dr Iskandar Jalil

4) 'The Seed of Life' Diamond Pendant by De Rocks Trading Pte Ltd



\$1 MILLION DONATION TOWARDS LYMPHOMA RESEARCH AND SET-UP OF INTERACTIVE EDUCATION HUB

In support of the NCCS charity dinner 2018, New Century International Pte Ltd donated \$1 million to advance research on lymphoma, one of the top ten most frequent cancer death in both males and females (between 2011 – 2015), as well as an interactive education hub at the new NCCS building, which will be ready come 2022.



Guest-of-Honour President Halimah Yacob with NCCS Make More Survivors campaign ambassadors and their family members



\$1 million donation towards lymphoma research and set-up of interactive education hub



Live auction – (L) Autumn Glory by Henri Chen KeZhan, Singapore Cultural Medallion Recipient; (R) Sunset at Seven Sisters, England by Mr Tan Chuan-Jin, Speaker of Parliament

DAY IN THE LIFE OF... A GENETIC COUNSELLOR

BY ALSON TAN

Corporate Communications

The room – though painted in warm colours and with pale yellow wood furniture – is unbearably cold. “Thank goodness I brought a jacket,” I mumble to myself, silently grumbling at the diligent air conditioning.

“Hello there!” chimes Tarryn as she walks into the room. I’m interviewing Mrs Tarryn Shaw, Genetic Counsellor at the National Cancer Centre Singapore (NCCS). Genetic counselling is, unfortunately, still an emerging field in Singapore and Asia. In Singapore, there are only around 10 genetics counsellors, four of whom are in NCCS! What do genetic counsellors do on a daily basis?

SO... WHAT EXACTLY IS A GENETIC COUNSELLOR?

“I think a more self-explanatory term is a ‘genetic consultant’ – which really gives a better picture of what we do,” adds Tarryn. We start the conversation by addressing a common misconception: Contrary to what the job title might suggest, genetic counsellors are not ‘counsellors’ per se. Particularly in hospitals, most people confuse that term with what medical social workers do.

Genetic counsellors are professionals specifically trained to manage individuals and families who are at risk for genetic conditions. They advise whether genetic testing is appropriate, interpret results and explain the nature and significance of the condition. They also discuss how the condition is inherited and what the associated health and reproductive risks are. Throughout this process, they provide support and help individuals and families adjust to the condition as best they can. A genetic counsellor can work in more than one specialised area and various disciplines of medicine. “We’re specifically trained in both medical genetics and psychology, therefore our role expands far beyond only providing support,” Tarryn explains.

THE SECRET LIFE OF A GENETIC COUNSELLOR

I begin to follow Tarryn around, trying to be as inconspicuous as possible. She points out that genetic counsellors don’t have a set routine every day – at least in NCCS, anyway. “The nice thing about what I do is that every new day brings new challenges,” she says, as she takes us along to experience the major parts of her day (and week).

Running the Clinic

My daily routine is to grab a quick cup of coffee if time permits. Clinic starts bright and early at 8.30am. At NCCS, we work with individuals suspected to have a particular hereditary cancer syndrome (which varies from person to person).



We help them determine how best to manage their inherited cancer risk and assess the cancer risk of their family members. Knowing how to best manage this risk could help save lives – prevention is always better than a cure – and this strategy has been proven to save costs for both the patient and organisation. This involves working through the family tree and medical history, to determine if a person or their family’s health history is due to a genetic cause or not.

Another misconception is that every patient we see has to go through genetic testing. That’s not true. We only recommend a genetic test if we are suspicious of a genetic condition and if we truly feel that it would benefit the patient and/or their family. As with every medical recommendation, it’s still the patients right to decide what’s best for them. Family conferences are also common in our clinical setting. An interesting fact is that genetic testing also helps with treatment decisions for someone with cancer. For example, some drugs respond well with patients with specific genetic changes. The misconception about genetic testing is that it’s ‘unaffordable’. The cost of genetic testing has come down substantially over the years and there are many financial subsidy schemes and ways in which we are able to offer our patients genetic testing even if finances are an issue.



Admin Time

What most people don't see is what happens before or after the clinic. Our work with a patient doesn't just stop at the clinic – there's still plenty that goes on behind the scenes. For example, before clinics, we might be reviewing a patient's files, working out their family's history and what this could be related to, or reviewing the results of their genetic test. We see anywhere from 10 to 20 patients per day, so you can imagine how much work goes on behind the scenes!

Research Work

Besides the clinic and administration, most of us are also involved in research. We are living in an era in which genetic information about ourselves is easily and readily accessible but not very well understood. From what we currently understand, approximately 15% of all cases of cancer are caused by inherited gene mutations, so there's a pressing need to devise better methods of cancer detection, prevention and treatment.

There's always new discoveries and information especially in the field of medicine or oncology. Sharing of knowledge is so important, arming medical professionals with the latest information. This not only applies to Singapore but the rest of the world too. Apart from reading up on new updates, new clinical trials and new gene discoveries, we occasionally attend local and overseas conferences to share and learn the latest developments in cancer care.

ABOUT THE CANCER GENETICS SERVICE

Cancer Genetics Service (CGS) serves as an expert base in the principles and practice of genetic and genomic medicine as a single platform for research, academic clinical practice, and education for NCCS and SingHealth. It provides validated genetic information to support healthcare decisions involved in personalised medicine. The service specialises in the care of people with personal or family histories of cancer, which includes both childhood and adult-onset disorders, such as cancer predisposition syndromes. Occasionally we see other rare genetic conditions outside of the cancer spectrum. The CGS started in 2014 and is headed by Asst Prof Joanne Ngeow. The clinic is staffed by medical oncologists and genetic counsellors with advanced specialisation in genetics.

Education

Another fun part of my job is sharing knowledge and educational talks. These go out not only to the public, but medical professionals and medical students too. What's interesting are the interactions with the next generation of healthcare professionals at polytechnics or universities. Hopefully we can also bring up the awareness of genetic counselling as a career choice and help encourage the next generation of geneticists!



Tumour Board

Medicine has changed tremendously in the past years. Patients should take heart that there are teams of people who come from different medical backgrounds, all working together to achieve the best outcomes for each patient. On various days, my colleagues and I attend Tumour Boards in NCCS, KK Women's & Children's Hospital and Changi General Hospital (where we also run clinics!). Here, complex cases are discussed with teams of doctors, nurses and other health professionals – experts in each field of cancer treatment – to decide the best possible treatment and management strategies. In our case, I provide genetics expertise during these discussions.



ABOUT MRS TARRYN SHAW

Tarryn Shaw (MSc (Med) Genetic Counselling (UCT, South Africa)) is a genetic counsellor at the Cancer Genetics Service, National Cancer Centre Singapore. Her professional interests include genetic predisposition to hereditary conditions and helping/advocating for people and families with these conditions. Her research interests include culture and its influences on health-related decisions, psychosocial impacts and ethics of practice. Tarryn hails from South Africa and has been working as a genetic counsellor in Singapore since 2017.



BREAST CANCER AWARENESS MONTH

OCTOBER 2018


National Cancer
Centre Singapore
SingHealth

#EveryWomanMatters
Breast Cancer Awareness Month

Wear Pink on Mondays

In a bid to raise awareness on breast cancer, NCCS staff were encouraged to wear pink on every Monday in October. Many staff donned the rosy hue in support of the movement and to remind everyone – colleagues, partners, caregivers, family members – about breast cancer screening.



Dr Jack Chan, one of NCCS' breast oncologists, in the BCAM Pink Polo T!



SIGNS & SYMPTOMS

Breast cancer is painless especially during the early stage, so watch out for changes in the breast. If you notice any of these changes, see a doctor immediately:

- Bloody discharge from the nipple.
- A change in the colour or appearance of the skin of the breast such as redness, puckering or dimpling.
- A change in the nipple or areola, such as scaliness, persistent rash or nipple retraction (nipple pulled into the breast).
- A persistent lump or thickening in the breast or in the axilla.
- A change in the size or shape of the breast.



NCCS Community Partnership Team in Pink

Breast Cancer Awareness Roadshow

22 September 2018, United Square Shopping Mall

Bringing fun and information on breast cancer to the heartlanders! Members of the public also received coupons for breast cancer mammogram screening.



Remember to book your mammogram

- ♀ Women who are 50 years and above
Once every two years.
- ♀ Women who are 40 to 49 years old
Discuss with your doctor the benefits and limitations of screening mammogram so that you can make informed decisions on breast cancer screening.



#EveryWomanMatters
Breast Cancer Awareness Month



National Cancer
Centre Singapore
SingHealth

Zumba & Movie in the Gardens

20 October 2018,
Singapore Botanic Gardens

Over 1000 participants had a Zumba party before catching Mary Poppins at the Eco Lake Lawn.



Pink Ribbon Walk

6 October 2018,
OCBC Square @
Singapore Sports Hub

4,354 participants, 3.5km Walk and 5km Fun Run. Organised by Breast Cancer Foundation.



CAREGIVERS, THANK YOU.

BY SITI ZAWIYAH

Corporate Communications

My grandma passed on from breast cancer many years ago. In the few months before her passing, I remember her stay in a hospice.

My mother would visit her in the mornings on her off days. Then she would return home to cook for the family, before going to the hospice again in the afternoons to keep grandma company. On her work days, she would visit grandma daily after her shifts. Subsequently, my grandmother was brought home to live the last two weeks of her life at home. My mother had stopped working temporarily to be her sole caregiver until her last breath. Around the clock, I saw my mother patiently tending to her frail mother. I could only observe but not fathom the stress my mother endured, or how I could help.

Caring for a cancer patient requires much patience, understanding and perseverance. From helping with daily activities such as sending the patient for treatments or preparing meals, to sharing words of encouragement and support in spite of the patient's mood swings and side effects, caregivers going through their loved one's cancer experience are fully stretched. They too have their own challenges to overcome. And what they have to endure, they do it in silence; perhaps even shedding tears alone.

November is Caregiver Month – dedicated to recognise and honour men and women who provided quality and compassionate care every day to those under their charge. Members from the Adolescent and Young Adult (AYA) Patient Support Group did their part in thanking their caregivers at an appreciation event which saw patients and survivors, together with their caregivers, show off their artistic painting skills, and try their hands at popiah making.

The most moving highlight of the event was the *Caregivers' Conversations* – an empowering sharing session for patients, survivors and caregivers. Facilitated by medical social workers from the National Cancer Centre Singapore, the session brought back many tearful memories, and the “should haves” and “could haves”, but it was enlightening to see that we are not alone in our cancer experience, no matter who or where we are on the passage, and the roles we take on.

Mei Ping, a 27 year-old IT consultant, shared how her main caregiver – her stay-at-home mother, supported her on her cancer journey especially during the trying moments. “Sometimes I felt down, and at times, depressed, even though I had tried to stay positive. But the times when I felt down, I knew that there's someone there with me. My mum was always there to care for me. At nights, my partner came over to accompany me. This happened every day, so I was always not alone. I feel that that really helped a lot.” shared Mei Ping who attended the session with her partner, Shi Hao.



Mei Ping was diagnosed with primary mediastinal B-cell lymphoma in November 2017.

For Shi Hao, being present with Mei Ping was important. “Immediately after work, I would visit her at the hospital and spend some time with her. Most of the time, it wasn't about talking to her per se, but it was more of the physical presence – being there for her physically.” Shi Hao had moved in with Mei Ping and her family temporarily during the period she was receiving treatment, to help look after her.

Mei Ping's cancer experience had brought her closer to her mother, and had taught her to appreciate her loved ones more. “I've learnt to slow down and appreciate everything. Now I understand that work-life balance is important. Previously, my life revolved around work, but now I know when to stop and take time to rest.”

With love and support from her family and partner, Mei Ping completed her treatment early last year. “Thank you” was what she wanted to say to her caregivers. “I am thankful and grateful that they were there with me through my cancer journey. It's a blessing to have them.”

FESTIVE CHEERS @ NCCS WITH BENJAMIN KHENG

29 NOVEMBER 2018

BY LIEN WANTING
Corporate Communications

A guitar and a heart to give back – that was all that was needed for Benjamin Kheng to get the usually-quiet crowd at NCCS grooving and cheering.



Ms Flora Yong, Division of Community Outreach and Philanthropy, FLY Entertainment Artiste, Benjamin Kheng, Professor William Hwang, NCCS Medical Director, Ms Angie Liu, Division of Community Outreach and Philanthropy (left to right)



Having starred in several TV shows and two local films, including one where he played Dick Lee in the movie 'Wonder Boy', Benjamin is no stranger to many staff and patients in NCCS. He is part of the singing group The Sam Willows, who made their international debut in 2013 and performed at the National Day Parade in 2015.

The charming musician carolled to a series of English, Mandarin and Hokkien songs outside NCCS' specialist clinics C & D, drawing appreciative smiles and singalongs from patients and staff alike, before adjourning to the Ambulatory Treatment Unit (ATU) to distribute gifts to patients undergoing chemotherapy.



To wrap up the visit, Benjamin set aside time and chatted with two cancer survivors, hearing them share their cancer journeys, while recounting his personal encounter with cancer when his late mum battled the disease for years.

Thank you for brightening up the day of our patients, Benjamin!



NCCS RAISED \$23,558 FOR SINGHEALTH PRESIDENT'S CHALLENGE 2018!

BY CHIA YI LIN
Community Partnership

Rallied by SingHealth's theme this year, "With Compassion, We Share", NCCS staff came together to support a series of fundraising activities including a movie screening, clay class, pledge card drive, as well as the sale of heart-shaped stickers that culminated in a "Tree of Hearts" display at the Grand Finale. Staff also donated in-kind items to iC@re Hub as part of NCCS' outreach efforts to help women ex-offenders living at the temporary shelter.

Thanks to the support of our sponsors and donors, NCCS raised \$23,558 in support of President's Challenge!

We are also pleased to announce that SingHealth raised a total of \$808,115 for President's Challenge this year – a record amount in 15 years since it started participating in the Challenge!

Special thanks to Malaysia Dairy Industries, MOMAWater and Elsie's Kitchen for their generous support to NCCS for the SingHealth President's Challenge 2018.



NCCS STAFF DONOR APPRECIATION DAY 2018

BY CHIA YI LIN
Community Partnership

Since 2011, NCCS' staff giving programme has raised more than \$782,000 toward patient care and cancer research.

On 15 November, NCCS held its annual Staff Donor Appreciation Day to appreciate staff for their generous support towards advancing patient care and cancer research. Donors were treated to kachang puteh and ice-cream and many won prizes from spinning the G.R.E.A.T. wheel!

Every day, NCCS' staff give their time and energy through the good work they do in giving the best care to patients and making research discoveries in the labs. Through the G.R.E.A.T@NCCS Staff Giving Programme, staff can go beyond the call of duty to make a difference to cancer research, and to the many cancer patients they care for.



The G.R.E.A.T@NCCS Staff Giving Programme was launched in May 2011 to offer employees an opportunity to give towards the advancement of cancer care and research.

G.R.E.A.T. is an acronym which represents the causes which NCCS staff supports through its two charities, NCC Research Fund and NCCS Cancer Fund.

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

GIRO – make monthly donation via credit card or GIRO deduction

RESearch – support cancer research at NCCS

EDUcATION – empower patients, caregivers and healthcare workers with self-help tips and knowledge to fight against cancer

ASSISTANCE – for needy patients and their families

TRAINING – for healthcare professionals and volunteers



To learn more about giving to support the cancer cause, please visit NCCS' website: www.nccs.com.sg or email Community Partnership at donate@nccs.com.sg or telephone 6236 9440.

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

Public Forums	Date, Time, Venue	Registration
<p>World Cancer Day Public Forum</p> <p>TOPICS:</p> <ul style="list-style-type: none"> • Debunk Cancer Myths • Feeding Your Body Right • You've got the Vibe! 	<p>12 January 2019, Saturday</p> <p>ENGLISH SESSION Time: 10.00am to 12.15pm (Registration: 9.30am to 10.00am)</p> <p>National Cancer Centre Singapore Peter & Mary Fu Auditorium, Level 4 11 Hospital Drive, Singapore 169610</p>	<p>FREE ADMISSION</p> <p>Strictly no admission for children below 12 years old. 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>Colorectal Cancer Awareness Public Forum</p> <p>TOPICS: TBC</p>	<p>16 March 2019, Saturday</p> <p>ENGLISH SESSION Time: 10.00am to 12.15pm (Registration: 9.30am to 10.00am)</p> <p>National Cancer Centre Singapore Peter & Mary Fu Auditorium, Level 4 11 Hospital Drive, Singapore 169610</p>	<p>FREE ADMISSION</p> <p>Strictly no admission for children below 12 years old. Registration is a MUST as seats are limited.</p> <p>PHONE REGISTRATION ONLY Open for registration Please call: 6225 5655 Monday – Friday: 8.30am to 5.30pm</p>

Upcoming Event	Date, Time, Venue	
<p>World Cancer Day Awareness Roadshow</p> <p>ACTIVITIES:</p> <p>Cancer information poster exhibits, breast self-examination counter, mammogram screening information, FIT Kit distribution, interactive game booths, upcoming events and cancer information publications subscriptions.</p> <p>(Tokens of participation will be given out!)</p>	<p>23 February 2019 Saturday</p> <p>10.30am – 5.30pm</p> <p>Heartbeat @ Bedok</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

JANUARY 2019

Date	Time	Event Information	CME Pt	Registration Contact
2, 9, 16, 23, 30	12.30 pm	S'Health Hepato-Pancreato-Biliary Tumour Board @ NCCS Level 4, Peter & Mary Fu Auditorium	1	Saratha 6436 8165 saratha.v.gopal@nccs.com.sg
2, 9, 16, 23, 30	1.00 pm	Gynae-Oncology Tumour Board Meeting @ NCCS Level 1, Clinic A, Discussion Room	1	Kathy / Mas 6436 8723 / 6436 8294 kathy.wu.s.k@nccs.com.sg / mas.ayu.kamsam@nccs.com.sg
2, 9, 16, 23, 30	4.30 pm	NCCS Tumour Board Meetings: Melanoma-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	Kathy / Mas 6436 8723 / 6436 8294 kathy.wu.s.k@nccs.com.sg / mas.ayu.kamsam@nccs.com.sg Nora 6576 2037 noralina.ali@singhealth.com.sg Angela 6576 1731 angela.liew.m.f@singhealth.com.sg
3, 10, 17, 24, 31	4.30 pm		1	
4, 11, 18, 25	4.30 pm		1	
7, 14, 21, 28	5.00 pm		1	
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
18	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
4, 18	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
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
25	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
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

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

FEBRUARY 2019

Date	Time	Event Information	CME Pt	Registration Contact
13, 20, 27 7, 14, 21, 28 1, 8, 15, 22 4, 11, 18, 25	4.30 pm 4.30 pm 4.30 pm 5.00 pm	NCCS Tumour Board Meetings: Melanoma-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 / Mas 6436 8723 / 6436 8294 kathy.wu.s.k@nccs.com.sg / mas.ayu.kamsam@nccs.com.sg Nora 6576 2037 noralina.ali@singhealth.com.sg Angela 6576 1731 angela.liew.m.f@singhealth.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 6436 8165 saratha.v.gopal@nccs.com.sg
13, 20, 27	1.00 pm	Gynae-Oncology Tumour Board Meeting @ NCCS Level 1, Clinic A, Discussion Room	1	Kathy / Mas 6436 8723 / 6436 8294 kathy.wu.s.k@nccs.com.sg / mas.ayu.kamsam@nccs.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.hajis@nccs.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
15	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
22	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
28	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
1,15	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

MARCH 2019

Date	Time	Event Information	CME Pt	Registration Contact
6, 13, 20, 27 7, 14, 21, 28 1, 8, 15, 22, 29 4, 11, 18, 25	4.30 pm 4.30 pm 4.30 pm 5.00 pm	NCCS Tumour Board Meetings: Melanoma-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 / Mas 6436 8723 / 6436 8294 kathy.wu.s.k@nccs.com.sg / mas.ayu.kamsam@nccs.com.sg Nora 6576 2037 noralina.ali@singhealth.com.sg Angela 6576 1731 angela.liew.m.f@singhealth.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 6436 8165 saratha.v.gopal@nccs.com.sg
6, 13, 20, 27	1.00 pm	Gynae-Oncology Tumour Board Meeting @ NCCS Level 1, Clinic A, Discussion Room	1	Kathy Wu / Mas 6436 8723 / 6436 8294 kathy.wu.s.k@nccs.com.sg / mas.ayu.kamsam@nccs.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.hajis@nccs.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
28	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
1,15	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
15	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
22	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				
4 January (Friday)	6.30pm – 9.30pm	NCCS Function Room, Level 4	Nasopharyngeal Cancer (NPC) Support Group: Eating to Stay Cancer Free	Ms Chang Yok Ying Pharmacy Practice Manager, NCCS
10 January (Thursday)	5.30pm – 8.30pm	NCCS Peter & Mary Fu Auditorium	Breast Cancer: Life After Breast Cancer	Dr Tan May Leng Mabel APN, NCCS
14 February (Thursday)	5.30pm – 8.30pm	NCCS Peter & Mary Fu Auditorium	Breast Cancer: Eat & Live Better	Ms Chang Yok Ying Pharmacy Practice Manager, NCCS
12 January (Saturday)	9.00am – 11.30am	NCCS Function Room, Level 4	Art & Wellness (A & W): Ang Pao Lantern Making	Ms Saryna Ong , Principal Medical Social Worker & Ms Dorothy Tan , Medical Social Worker, NCCS
12 January (Saturday)	10.30am – 2.00pm	Whitespace, Academia, Level 2 (TBC)	Adolescent & Young Adult / Sarcoma: Tea Appreciation & Anniversary Celebration	Mr Ng Yong Hao Medical Social Worker, NCCS
12 January (Saturday)	2.30pm – 4.30pm	NCCS Function Room, Level 4	Sinar Harapan (Malay): Social Assistance Schemes in Singapore	Ms Candace Ong , Senior Medical Social Worker & Ernalisah Subhi Medical Social Workers, NCCS
16 February (Saturday)	2.30pm – 4.30pm	External Venue	Sinar Harapan (Malay): Basic Farming & Horticulture Therapy	Ms Cynthea Founder, Super Farmers
16 February (Saturday)	9.00am – 11.30am	NCCS Function Room, Level 4	Art & Wellness (A & W): Ang Pao Lantern Making	Ms Saryna Ong , Principal Medical Social Worker & Ms Dorothy Tan Medical Social Worker, NCCS
16 February (Saturday)	TBC	External Venue	Nasopharyngeal (NPC): Chinese New Year Celebration – Lohei Party	Mr Travis Loh Principal Medical Social Worker, NCCS
16 February (Saturday)	2.00pm – 4.30pm	NCCS Meeting Room 1 & 2, Level 4	The Revival Connection (TRC): Chinese New Year Celebration	Ms Jacinta Phoon Principal Medical Social Worker, NCCS
2 March (Saturday)	10.00am – 12.00pm	NCCS Function Room, Level 4	At Risk of Cancer (ARC): Management of colon cancer for patients with hereditary colon cancer syndromes	Dr Joanne Ngeow Snr Consultant, NCCS
2 March (Saturday)	9.00am – 11.30am	NCCS Meeting Room 1 & 2, Level 4	Art & Wellness (A & W): Marbling	Ms Saryna Ong , Principal Medical Social Worker & Ms Dorothy Tan Medical Social Worker, NCCS
8 March (Friday)	6.30pm – 9.30pm	NCCS Function Room, Level 4	Nasopharyngeal (NPC): Members' Sharing – My Cancer Journey	Mr Travis Loh Principal Medical Social Worker, NCCS
5 April (Friday)	6.30pm – 9.30pm	NCCS Function Room, Level 4	Nasopharyngeal (NPC): Sides Effects of Treatment & When	TBC
11 April (Thursday)	5.30pm – 8.30pm	NCCS Function Room, Level 4	Breast Cancer: Where are you now in your cancer journey?	Ms Ranitha Govindasamy Medical Social Worker, NCCS
13 April (Saturday)	9.00am – 11.30am	NCCS Meeting Room 1 & 2, Level 4	Art & Wellness (A & W): Alcohol Ink Abstract Painting	Ms Saryna Ong , Principal Medical Social Worker & Ms Dorothy Tan , Medical Social Worker, NCCS
13 April (Saturday)	2.30pm – 4.30pm	NCCS Function Room, Level 4	Sinar Harapan (Malay): Tips for Cooking & Eating Healthy	TBC

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

PROGRAMME REGISTRATION AND CONFIRMATION IS REQUIRED.
Details of the programmes may be subjected to changes without prior notice. Please check with the organisers for any updates.

PATIENT SUPPORT PROGRAMMES – CALENDAR OF EVENTS

FOR ALL CANCER PATIENTS, CANCER SURVIVORS & CAREGIVERS

Date/Day	Time	Venue	Programme	Facilitator
PSYCHO-EDUCATIONAL & SOCIAL-RECREATIONAL ACTIVITIES				
11 January (Friday)	6.30pm – 8.30pm	NCCS Function Room, Level 4	Patient & Caregiver Orientation: Caring For Your Psychosocial & Emotional Well Being	Dr Gilbert Fan Master Medical Social Worker & Psychotherapist (Satir), NCCS
22 January (Tuesday)	2.00pm – 5.00pm	NCCS Function Room, Level 4	Look Good Feel Better	Volunteer Make-Up Artists
25 January (Friday)	6.30pm – 8.30pm	NCCS Function Room, Level 4	Living Well: Caregiver's Journey in Cancer Care: Tips on Managing Caregivers' Well Being	Mr Brandon Goh Senior Medical Social Worker, NCCS
26 January (Saturday)	2.00pm – 5.00pm	NCCS Function Room, Level 4	Patient Empowerment: Growing From The Inside Out	Dr Gilbert Fan Master Medical Social Worker & Psychotherapist (Satir), NCCS
22 February (Friday)	6.30pm – 8.30pm	NCCS Function Room, Level 4	Living Well: Building Confidence in Cancer Survivorship	Mr Travis Loh Principal Medical Social Worker, NCCS
1 March (Friday)	6.30pm – 8.30pm	NCCS Function Room, Level 4	Patient & Caregiver Orientation: Understanding Healthcare Finances & Cancer Care Services	Mr Ng Yong Hao Medical Social Worker
12 April (Friday)	6.30pm – 8.30pm	NCCS Function Room, Level 4	Patient & Caregiver Orientation: Diet & Nutrition During Cancer Treatment	Ms Chang Yok Ying Pharmacy Practice Manager, NCCS
THERAPY & THERAPEUTIC GROUP				
3 January; 7 February; 7 March; 4 April (Thursdays)	3.00pm – 4.30pm	SGH Ward 48 Activity Room	Open Art Studio (For Inpatients and their caregivers only)	Ms Jun Lee Art Therapist
19 January; 23 February; 30 March (Saturdays)	2.00pm – 4.30pm	NCCS Function Room, Level 4	Journaling: (w)Rite Your Life!	Ms Phyllis Wong Senior Medical Social Work Associate, NCCS
6, 13, 20, 27 April (Saturdays)	9.30am – 12.30pm	NCCS Staff Lounge (6 April); NCCS Function Room (13, 20, 27 April)	I Can Express	Ms Saryna Ong Principal Medical Social Worker
INTEREST GROUP				
5, 19 January; 2, 16, 23 March; 6 April (Saturdays)	2.30pm – 4.00pm	NCCS Function Room, Level 4	Recital of Joy: Music Interest Group	Instructor From Music Solutions
8, 22, 29 January; 12, 19, 26 February; 5, 12, 26 March; 2, 9 April (Tuesdays)	6.30pm – 7.30pm	NCCS Function Room, Level 4	Living Well with Yoga: Exercise Programme for Cancer Patients & Cancer Survivors (Term 1 from January to March 2019 – 9 sessions programme)	External Yoga Teacher
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>	



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NATIONAL CANCER CENTRE SINGAPORE

Reg No 199801562Z

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

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