



15 Enggor Street
#04-01 to 04 Realty Centre
Singapore 079716
Tel: (65) 6221 9578 Fax: (65) 6221 9575
Website: www.singaporecancersociety.org.sg

MEDIA RELEASE

SINGAPORE CANCER SOCIETY'S FIGHT AGAINST COLORECTAL CANCER

SCS's colorectal screening programme in 2008 saves 123 lives

Singapore, 27 February 2009 – 123 lives were saved in 2008 through the efforts of the Singapore Cancer Society (SCS)'s annual Colorectal Cancer Awareness Campaign. This encouraging result was released by A/Prof Koo Wen Hsin, the Society's Chairman at a media conference to launch the 8th Colorectal Cancer Awareness Month. Since 2002, the Society has set aside the month of March to heighten the awareness of colorectal cancer and the importance of early screening.

Since 2002, the SCS has been offering free Faecal Occult Blood Test (FOBT) kits, a preliminary screening test for colorectal cancer of the colon and rectum. The kit detects the presence of blood in the stool. The FOBT has proven to be an effective screening tool for colorectal cancer which reduces cancer mortality rates.

Results of the 2008 colorectal cancer awareness campaign

Last year, 12,497 members of the public were screened, using the FOBT kits. Those aged 50 years and above are in the highest risk group for contracting colorectal cancer, while most participants below 50 years have a family history of colorectal cancer. In 2008, the Society's free FOBT screening detected cancer in 32 individuals and led to the removal of polyps in 128 individuals, of whom 91 were found to have pre-cancerous polyps. The screening exercise effectively saved 123 lives!



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Of the 32 who were found with colorectal cancer, 29 individuals had undergone surgery to remove the tumour, 11 were found with Stage 1 cancer, 4 with Stage II and 14 with Stage III cancer.

Colorectal cancer is No. 1 cancer

According to the latest statistics from the Singapore Cancer Registry (2002-2006), Colorectal Cancer remains a major killer in Singapore affecting both men and women in Singapore. It is the top cancer among men and the second most common cancer among women. Every year, on average 1,400 persons are detected with colorectal cancer and more than 600 die from it. Yet many remained ignorant of this disease which is preventable and curable.

“The incidence of colorectal cancer is expected to increase in the next five years. Although there are many health and educational initiatives in fighting against cancer, it is equally vital that individuals play a more active role in taking charge of their own health,” said A/Prof Koo. “Cure is higher than 90% for those in Stage I disease, 70% for those in Stage II disease, 50% in those with Stage III Colorectal Cancer. Once it has spread to other organs, as in Stage IV, it becomes very difficult to cure.”

Mr Charity, Gerard Ee, a colorectal cancer survivor champions for early screening.....

Mr Gerard Ee, Chairman of National Kidney Foundation and a prominent volunteer in the social service sector, was diagnosed with Stage III colon cancer in 2007. He said, “If the cancer was Stage 4, I’d be a goner. If only I had gone for regular screenings and detected the cancer early, I would have been spared the agony of going through the chemotherapy treatment.”



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He added," Colorectal cancer is a silent killer. It is preventable and curable when detected early. The FOBT test is a simple test that could save you many heartaches and costly treatments. Go out there today and get yourself a kit. Early detection saves lives. And it could be your life or that of your loved ones."

Colorectal Cancer Awareness Campaign 2009...

In its continued commitment to wage war against the No.1 Killer in Singapore, the Society is targeting 30,000 participants in 2009 for its free FOBT screening programme. Members of the public aged 50 years and above are recommended to take the FOBT test yearly. In addition, the Society will continue to educate the general public on the early symptoms and signs of Colorectal Cancer; increase public awareness on both the modifiable and non-modifiable (e.g. family history/ genetic predispositions) risk factors of Colorectal Cancer and steps to prevent its onset.

To make it convenient for the public, the FOBT kits will be available at 41 Guardian outlets islandwide, at 18 polyclinics, National University Hospital, SCS satellite centre at the National Cancer Centre and SCS clinics at Realty Centre and Boon Keng in the month of March (Refer to Annex 1 for the distribution list). 9 Guardian outlets will continue to distribute the kits till the end of the year.

The message is clear. "It only takes a dip to save lives!"

For more information, please contact:

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Appendix A

FREE SCREENING FOR COLORECTAL CANCER FOR THE MONTH OF MARCH

Location	Address	Date	Time
<u>Singapore Cancer Society</u>			
Headquarter	15 Enggor Street #04-01 Realty Centre	Mon- Fri (All year round)	0830 - 1800hrs
Boon Keng Branch	Blk 22 Boon Keng Road #01-11		
Satellite Centre @ NCCS	11 Hospital Road, Level 2	Mon- Fri (All year round) <i>Closed on Wed.</i>	0900 - 1700hrs
<u>Guardian Pharmacy Stores</u>			
Ang Mo Kio Central	Blk 704 Ang Mo Kio Ave 8 #01-2559	1 Mar – 31 Dec 09	Operating Hours
Bedok Central	Blk 210 New Upper Changi Road #01-715		
IMM	2 Jurong East St 21 #01-57		
Great World City	1 Kim Seng Promenade #B1-18/19		
Lot 1	21 Choa Chu Kang Ave 4 #B1-26/27		
Suntec City Mall	3 Temasek Boulevard #02-063/065/067		
Compass Point	No.1 Sengkang Square #B1-2/33/34/35		
Toa Payoh	Blk 190 Lorong 6 Toa Payoh #01-578		
Parkway Parade Mall	80 Marine Parade Road #B1-147/149		
Admiralty Place, Bishan Junction 8 Shopping Ctr, Bugis MRT Station, Causeway Point, Centrepoint, City Link Mall, Clifford Ctr, Funan The IT Mall, Geylang Serai (Lion City Hotel), Holland Shopping Ctr, Hougang Central Blk 205, International Plaza, Jelita Shopping Centre, Jurong Point, Northpoint Shopping Ctr, Novena Square, Orchard Towers, Paragon, Plaza Singapura, Raffles Place MRT, Serangoon Garden, Sun Plaza, Takashimaya, Tampines Mall, Tampines MRT Station, Tampines MRT Station, Tiong Bahru Plaza, Vivo City, Warehouse Retail Scheme, West Coast Plaza, West Mall Shopping Ctr, White Sands, Yew Tee MRT Station		1 Mar - 31 Mar 09	



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<u>National University Hospital</u>			
Health Education Hub	NUH Lobby, Main Building 1, Level 1	Every Tue & Fri (March 2009)	1100 – 1500hrs
<u>Polyclinics</u>			
Ang Mo Kio, Bedok, Bukit Batok, Bukit Merah, Choa Chu Kang, Clementi, Geylang, Hougang, Jurong, Marine Parade, Outram, Queenstown, Pasir Ris, Sengkang, Tampines, Toa Payoh, Woodlands, Yishun		16 Mar - 20 Mar 09	0830 - 1230hrs
<u>Tampines North Community Club</u>			
Blk 2 Tampines Street 41 Singapore 529204		1 Mar – 31 Mar 09	0900 – 2200hrs

Roadshows

Location	Address	Date	Time
Tiong Bahru Plaza	Central Plaza, Level 1	7 Mar 2009	1000 - 2200hrs
Tampines Mall	Open Plaza, Level 4	21 Mar - 22 Mar 09	1100 - 1800hrs



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Public Forum

“Colorectal Cancer – Are You At Risk!”

Colorectal cancer is the top cancer in Singapore today, ranking as the no. 1 cancer for men and no. 2 for women. Each year, about 1,400* people are diagnosed with the disease. Most cases start with benign growth (colorectal polyps) in the colon/rectum. These polyps may transform into cancer overtime. If such polyps are detected, they should be removed. Many cases of colorectal cancer are prevented by removal of such polyps through a colonoscopy.

For a better understanding of Colorectal Cancer, come and join us at the public forum on:

- Date : 21 March 2009, Saturday
- Venue: Tampines North Community Club
- Time : 1.00pm – 3.00pm (English)
 Registration starts at 12 noon
- 3.30pm – 5.30pm (Mandarin)
 Registration starts at 2.30pm

Forum Topics	Forum Speakers – English	Forum Speakers - Mandarin
Understanding Colorectal Cancer : Fact & Fiction	Dr. Francis Seow-Choen Director, Seow-Choen Colorectal Cancer Mount Elizabeth Hospital	A/Prof. Koo Wen Hsin Head, Medical Oncology Department National Cancer Centre Singapore
Prevention & Screening for Colorectal Cancer	Dr. Ng Kheng Hong Consultant Singapore General Hospital	Dr. Yong Wei Peng Consultant National University Cancer Institute
Treatment of Colorectal Cancer	Dr. Benjamin Chuah Consultant National University Cancer Institute	Dr. Quah Hak Mien Consultant Surgeon Singapore General Hospital
Cancer Survivor Sharing	Mr. Gerard Ee	

*Singapore Cancer Registry Interim Report (2002-2006)