

# CANCER FOCUS



**SINGAPORE  
CANCER  
SOCIETY**



Volume 11 No.3

MICA (P) 148/05/2011

## PANCREATIC CANCER

Article contributed by  
Dr Foo Kian Fong  
Senior Consultant  
Medical Oncology



Pancreatic cancer occurs when there are malignant tumours occurring in the pancreas. The most common type of cancer in the pancreas is the adenocarcinoma (95%) where cancerous changes occur in the pancreatic ducts. A less common type is caused by neuroendocrine tumours arising from the islet cells in the pancreas which produce hormones.

Pancreatic cancers are increasing in incidence worldwide and are usually fatal. Less than five percent of patients survive five years from diagnosis.

### Signs and Symptoms

Pancreatic cancer is sometimes referred to as a "silent killer" because early pancreatic cancer often does not have symptoms, and the later symptoms are usually non-specific and varied. Therefore, pancreatic cancer is often not diagnosed until it is in its advanced stage.

Common symptoms include:

- Abdominal distension and pain
- Loss of appetite and weight
- Painless jaundice.

Your doctor will need to do various scans, blood tests and biopsy to diagnose the condition.

### Who are at Risk?

Predisposing factors include:

- being older than 65 years of age
- male gender
- smoking
- obesity
- diabetes mellitus
- chronic pancreatitis
- family history, in rare cases
- a diet low in vegetables and fruits
- consumption of burnt or grilled meats

Fruits and vegetables have been linked to protection against pancreatic cancer.



Alcohol consumption may be a risk factor although studies have produced data which is conflicting.

### Treatment of Pancreatic Cancer

Early cancers are best treated with surgery where the primary tumour is removed with the lower half of the stomach, duodenum (the first section of the small intestine) and jejunum (the middle section of the small intestine).

After surgery there is a benefit to following up with chemotherapy to increase the chance of a complete cure. Six months of chemotherapy using Gemcitabine is prescribed. For the more advanced cases chemotherapy is given to control the disease and has been found to improve quality of life in terms of pain control and hospital admissions. Common drugs include gemcitabine, 5-Fluorouracil, cisplatin, tarceva and oxaliplatin.

Pain control and dietary manipulation to reduce weight loss are also very important issues to be managed in advanced cases.

## CONTENTS

• PANCREATIC CANCER	01	• CUISINE FOR A CAUSE	05	• GASTRIC CANCER – BEYOND GASTRIC PAIN	10
• CATCHING THE RAINBOW	02	• DONATION OF MINIVAN	05	• SUFFERING FROM FREQUENT URINATION?	11
• SCS FAMILY ENGAGEMENT LUNCH SESSION	02	• MOVEMBER.SG 2011	06	• LUNG CANCER AND THE HARMFUL EFFECTS OF SMOKING	11
• OFFERING SUPPORT AND COMFORT TO THOSE IN LIFE-LIMITING CONDITIONS	03	• MOVEMBER.SG 2011	07	• PERSISTENT SORE THROAT OR A LUMP THAT DOESN'T HEAL IN THE THROAT?	11
• A FATHER'S LAST WISH	03	• BREAST CANCER AWARENESS MONTH 2011	08	• WHAT'S NEW!	12
• CELEBRATE WELLNESS	04	• PINK RIBBON HIGH TEA	09	• CANCER SCREENING	12
• GIGGING FOR GOOD	04	• PINK RIBBON PARTY 2011	09		
		• OVARIAN CANCER: THE SILENT KILLER	10		

## ABOUT SINGAPORE CANCER SOCIETY

SINGAPORE CANCER SOCIETY was established in 1964. It has since taken a leading role in cancer prevention and control.

As a self-funded voluntary welfare organisation, funds are needed to be raised to support its various welfare programmes and free services.

### Our Mission:

The Singapore Cancer Society is a community-based voluntary health organisation dedicated to minimising the impact of cancer through public education, screening, patient services, financial assistance, research and advocacy.

### Our Vision:

To be the leading cancer organisation in Singapore and the region, with a reputation for effective programmes for the prevention and control of cancer.

### Our Programmes:

1. Financial Assistance
  - Cancer Treatment Fund (Cancer treatment subsidies for cancer patients)
  - Welfare Aid for needy cancer patients
2. Free Cancer Screening
  - Pap smear test (For Cervical cancer)
  - Health Education: Breast Self-Examination
  - Faecal Occult Blood Test [FOBT] (For Colorectal cancer)
3. Public Education
  - Cancer awareness campaigns
  - Cancer-related talks and forums
  - Cancer information (via website & telephone service)
4. Rehabilitation Support
  - Support group activities for cancer patients
5. Home Hospice Care
  - Medical and psycho-social care for terminally ill cancer patients
6. Cancer Research
  - Cancer research grants and awards
7. Volunteer Management
  - Volunteering opportunities to suit people with different interests and skills

### How You Can Help Us

There are many ways in which you can help us in our fight against cancer. Make a pledge to support us today and make a difference to the lives of people affected by cancer.

### Volunteer Your Time

Volunteers share a precious relationship with us. The time and effort rendered by them help make a real difference to people who are affected by or living with cancer. The time contributed by volunteers enables us to extend and develop the quality and scope of our services. Please help us in our fight against cancer by being a volunteer. You can email your contact details to [chloe\\_ng@singaporecancersociety.org.sg](mailto:chloe_ng@singaporecancersociety.org.sg) or [enquiry@singaporecancersociety.org.sg](mailto:enquiry@singaporecancersociety.org.sg)

## CONTACT US AT

15 Enggor Street, #04 -01 Realty Centre,  
Singapore 079716  
Tel: 6221 9578 Fax: 6221 9575

You can also log on to our website at [www.singaporecancersociety.org.sg](http://www.singaporecancersociety.org.sg) for news and event information or email us at [enquiry@singaporecancersociety.org.sg](mailto:enquiry@singaporecancersociety.org.sg)

### CONTRIBUTORS

Alan Poon  
Chan Shun Deng  
Lydia Tan  
Eunice Low  
Hazel Chua  
Michael Raska  
Merck Pte Ltd  
Singapore Urological  
Association

### EDITORIAL TEAM

Jennifer Lim  
Soh Kim Lian  
Daniel Zhang

# CATCHING THE RAINBOW

Members of the Singapore Cancer Society (SCS) and Singapore General Hospital's (SGH) Colorectal Support Groups came together on 12 November 2011 for a fun-filled event entitled "Catch the Rainbow".

About 80 beneficiaries attended this event at the SGH auditorium. The event kicked off with a sumptuous lunch and participants caught up with friends old and new while filling their stomachs.



Participants strike a pose in their creative costumes.

After lunch, James from UAct, an events company, guided everyone through a series of activities that included drawing, reflection on a video clip, to the highlight of the day — dressing up fellow participants in the most creative way with the simplest materials available.

Despite many participants being new to one another, they clicked together quickly. Laughter rang aloud and everyone, including staff from SCS, SGH and volunteers participated enthusiastically.

Fun aside, James also guided participants to reflect on learning points through the activities. The participants learnt that rushing through life could affect relationships with family members, to treasure the simple things in life, among other things.

The event ended in mid-afternoon. The participants shared that they enjoyed themselves and hoped to join more of such activities in future. Though rain was pouring outside, everyone left in bright and cheery spirits with a goodie bag in hand.

# SINGTEL-SCS FAMILY ENGAGEMENT LUNCH SESSION

The Society invited all the students under its Tuition Programme along with their parents and tutors for a Family Engagement Lunch session at Swensen's Restaurant, ION Orchard, on 20 June. Games were organised for the children and tutors and they had a great time interacting with one another. Society staff took the opportunity to celebrate student-family bonding and to also thank all our tutors for their hard work and support. Special mention goes to SingTel for sponsoring this meaningful event.



Students, parents and tutors mingle at the Family Engagement Lunch.



## OFFERING SUPPORT AND COMFORT TO THOSE IN LIFE-LIMITING CONDITIONS

It takes a special someone to face terminally-ill cancer patients daily and to offer them support and nursing care. This is what Ms Esther Koh, a Nursing Supervisor with Singapore Cancer Society does every day since joining the Society three years ago.



Esther with a home hospice care patient.

As Nursing Supervisor, Esther leads a team of five nurses who together with her provides home hospice care services to more than 300 terminally-ill patients each year.

In the course of work, Esther faces numerous challenges, particularly on the management of her own emotions in the face of dying patients on a daily basis. Her faith and Christian beliefs help her substantially in coping with her patients' pain and the caregivers' losses. Friends and peers also provide valued support in helping her carry on her role in supporting the needy.

With wealth of experiences in palliative care, Esther has also assumed the role of mentor to SCS' team of nurses who have no prior experiences in palliative care. In addition to providing nursing and palliative care, Esther also oversees the management of patient care, as well as the nurses' welfare, training and competencies.

Esther is passionate about her job and is keen to upgrade her knowledge in the palliative care field.

## A FATHER'S LAST WISH

Mr Tang YY is a terminally ill patient under the care of Singapore Cancer Society (SCS) for the past two years. He was diagnosed with T3 Metastases Renal Cell Carcinoma Cancer in January 2009. Mr Tang has a family of five, consisting of his wife, two sons in primary school, and a mother-in-law who flew in from Vietnam to take care of him. His family went through a tough patch going through the different phases of cancer diagnosis, from denial to acceptance. They are especially thankful for the care and welfare assistance given by SCS nurses and staff. Caring for the terminally ill requires more than welfare aid; it requires sincere giving from the heart.

In the initial days upon diagnosis, Mr Tang was in denial of his illness and believed that he could get well through treatment from the hospitals and traditional medications. The numbness in his lower limbs and jerky movements did not bother him as he was still able to ambulate around the house with the walking frame. As the months passed, he became weaker and more lethargic due to the medication, and soon after, he could not feel any sensation from the waist down.

Mr Tang's condition is deteriorating and the wounds on his back are not healing. The doctor has finally advised him to stop all treatments as the prognosis has been shortened to three months.



Mr Tang's son, Jeff, with a new desktop computer.

SCS staff are now looking into his final wishes. SCS has in place a "Make A Wish" programme for all terminally ill patients, to try to fulfil their wishes. Mr Tang has requested for a desktop computer for his two children to aid in their studies and projects. With the assistance of Rotary Clubs (Singapore) Ltd, Mr Tang's wish was granted. Mr Tang was delighted and grateful to both SCS and Rotary Club for fulfilling his wish for a computer for his sons.

## CELEBRATE WELLNESS

The 7th Celebrate Wellness roadshow took place on 2 October, at Lot 1, Chua Chu Kang. Mdm Halimah Yacob, Minister of State for Community Development, Youth and Sports, and MP for Jurong GRC was Guest-of-Honour for the event.



SCS staff distributing Faecal Occult Blood Test (FOBT) kits.



Guest-of-Honour, Mdm Halimah Yacob (4th from left) participating in a Laughter Therapy session.



Ladies learning how to feel for lumps in their breasts at the Celebrate Wellness Roadshow.

Organised by the Singapore Cancer Society, Project “Celebrate Wellness” aims to rally all women of different age groups, ethnic groups and backgrounds to make well-being the top priority in their lives. Since the project’s inception, over 16,000 women have benefitted from subsidised mammogram screenings.

## GIGGING FOR GOOD

On 20 October, Time Out Singapore organised a concert featuring local artistes to mark the release of Hyphen Sg’s limited edition cancer charity album “It’s Monday, we’re Alive”. Hard Rock Café sponsored the evening of free live music and drinks for the supporters. Our thanks to Hard Rock Café, Hyphen.sg and Timeout Singapore for organising this event to benefit the Singapore Cancer Society.



Ryan Choy the organiser giving his opening address.



The acoustic duo of Cove Red serenades the crowd with their music.

The acoustic album consists of originals by popular local artistes lending their voice to bring awareness to cancer. This limited edition album is available at the Singapore Cancer Society at \$14 each.

Join their blogathon at [www.itsmondaywerealive.tumblr.com](http://www.itsmondaywerealive.tumblr.com) to share your stories on cancer (you can remain anonymous).

## CUISINE FOR A CAUSE

Chef de cuisine Diego Martinelli from award-winning restaurant The Lighthouse at the Fullerton Hotel conducted a special healthy cooking session on 14 October in support of Parkway Cancer Centre's The Expatriate Cancer Support Group (ECSG) and Singapore Cancer Society.

"This is a very small token of appreciation for your kindness, generosity, support, counseling and other activities that are of crucial importance to any cancer patient," Martinelli said. "It is a real pleasure and honor for me to contribute to this event."

For starters, Martinelli prepared a Buffalo mozzarella soup, rosemary marinated prawns grated with lemon zest and crispy pancetta. For the main course, he shared a traditional recipe of Risotto Alla Milanese garnished with saffron threads. And as a desert, he served balsamic sautéed strawberries with vanilla ice cream.

"Part of the joy of cooking Italian food is being able to create exciting, fun and succulent dishes from the easiest and simplest ingredients," Martinelli added. "The whole point is for the participants to recreate the menu at home."

Reflecting on the experience, Elina Lauro and Sanna Massala from Finland noted "It was a very interesting and enjoyable event; connecting with different people, learning new cooking techniques, and creating awareness for a good cause."

Rachel Robinson from Australia expressed the importance of cancer support groups such as the ECSG. "I think



Chef Martinelli demonstrates the fine art of healthy cooking.

it's good to have a range of people meet and share their varying experiences through a support group," she said. Headed by experienced oncology nurses Sharon Schreurs and Laura Williams, the ECSG helps expatriates and their families in Singapore by providing emotional support, sharing the latest knowledge on cancer treatments, and organizing various therapeutic activities.

"When you are far from home, it is reassuring to find others who also share your fears and worries. Our group can provide a positive space by sharing experiences, information, and getting support from other members," Schreurs said.

ECSG meetings are held fortnightly on Fridays, 10am – 11:30am at selected venues according to availability. For more details, visit [www.canhope.org](http://www.canhope.org)

## DONATION OF MINIVAN



Mr Lee Chin Cheng (left), Honorary Secretary of San Wang Wu Ti, with CEO of Singapore Cancer Society, Mr Edmund Leong.

As part of the Singapore Cancer Society's (SCS) welfare programme, needy cancer patients are provided free transportation to and from their homes for their treatment sessions at the National Cancer Centre Singapore, Singapore General Hospital, National University Hospital and Tan Tock Seng Hospital.

To assist the Society in providing this crucial service, San Wang Wu Ti Religious Society has very kindly donated a minibus to replace an existing old vehicle. The Society's fleet of two minibuses provides cancer patients with a dedicated service which eases their financial burden and offers them comfort and convenience for their treatments.

The minibus was delivered to the Society on 22 August and the official handover presentation was held during the San Wang Wu Ti Annual Dinner on 28 October.

SCS would like to extend its deepest appreciation to San Wang Wu Ti Religious Society for the donation of the minivan.



# MOVEMBER.SG 2011

The Singapore Cancer Society (SCS) brought Movember (formed from the words "moustache" and "November") to Singapore for the first time in November 2011. Already an established campaign in countries like Australia, the US, and UK, SCS introduced Movember to change the way we view men's health, in particular cancer.

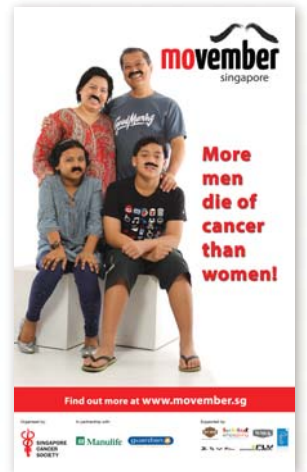
Cancer is the number 1 killer disease in Singapore and statistics show that men are more likely to die of cancer than women. In addition, the number of new cancer cases among men is rising year-on-year. To address this worrying trend, SCS organised for the first time movember.Sg.

Supporters of movember.Sg were encouraged to grow a moustache (or wear a fake one) during the month of November. The moustache becomes a talking point that creates opportunities for movember.Sg supporters to talk about men's health issues, especially men's cancers, and raise funds for the cancer cause.

This campaign also marks the first time that SCS used social media extensively to create awareness and engage the online community. Through it, netizens were kept abreast of events which included two roadshows and a health talk. In addition, more than 170 Mo-folks demonstrated their support by raising funds online.

Movember.Sg culminated in a Gala Party organised by Simply Giving at Zouk on 26 November where moustache-sporting Mo-folks had their shave-off. Prizes were also awarded for top fund-raisers, a virtual moustache contest and best-dressed Movember Mayhem folk.

SCS would like to thank our partners, Manulife and Guardian, all sponsors, partners and Mo folks for making this mo-mementous campaign a success.



**LAUNCH PARTY @ ARTERY BAR**

From left, Ms Jennifer Lim, Community Partnership Director, SCS, Dr Ang Peng Tiam, Vice-Chairman of SCS, Ms Cindy Cheng from Manulife and Mr Ivan Chew from Guardian Health & Beauty.



SCS staff Mo-ing it up.



Cute as a Mo-cupcake.



**ROADSHOW @ Ngee ANN CITY**

Ever-supportive Manulife partners.



Mo family.



**MOVEMBER GALA PARTY**

Harley Davidson supporters rumbling in on their Mo-ed up bikes.



Harley Davidson crew roaring their approval.



Supporters suitably dressed for the Mo-occasion.



The Schick Shave-off for our valiant supporters, who put their best face forward for the cause.



Best individual fundraiser winner, Mr Matthew Kang from Manulife (right) receives a token of appreciation from Mr James Greaves of Simply Giving.



Mr Danial Adiputra, winner of the Man of the Mo-moment contest, with a Schick representative, Ms Lye Puat Fong.



God of Prosperity and Cleopatra drop in on the Mo-mayhem.



**MEN'S HEALTH PUBLIC FORUM**

(From left) Dr Daniel Tan, Dr Kenneth Chan, Dr Tay Miah Hiang in the Q & A at Raffles Hotel Jubilee Hall.

**Thank you!**

Thank you for your wonderful participation & support. We look forward to 'movembering' with you again in 2012. Merry Christmas & Happy New Year!

TREASURE THE  
**BREAST**  
THINGS IN LIFE

# BREAST CANCER AWARENESS MONTH 2011

Breast Cancer is the top cancer among women with 1490 Singaporean women diagnosed and another 350 dying from the disease yearly\*.

The theme for this year's breast cancer awareness month in October was "Treasure the Breast Things in Life". The organising committee for the island-wide campaign comprised the Singapore Cancer Society (SCS), Breast Cancer Foundation (BCF), National Cancer Centre Singapore (NCCS) and National University Cancer Institute Singapore (NCIS). A slate of activities with the aim of encouraging women to know more about the disease and go for regular screening was organised during the month.

In particular, SCS organised a Pink Ribbon High Tea cum talk on 22 October at Movida, St James Power Station, which was attended by some 200 women. Besides a talk by Dr Yong Wei Sean from the National Cancer Centre Singapore, there were games and prizes galore. Participants were also treated to free manicures courtesy of Pink Room, as well as a sumptuous buffet high-tea.



Guest-of-Honour, Minister of Health, Mr Gan Kim Yong with BCF Pink Paddlers.

To encourage eligible women to go for mammograms, SCS also subsidised \$20 for each mammogram performed at participating clinics and X-ray centres during the month of October.

\*Singapore Cancer Registry Interim Report 2005 — 2009



The NHGD Mammobus was parked at Parkway Parade for 2 days and 38 ladies had their mammograms done onboard.



Treasure the Breast Things in Life and go for regular mammograms!



Dr Andrea Wong from National University Cancer Institute and Dr Kong Wee from National Cancer Centre Singapore answering questions from the audience at the BCAM Mandarin forum.



Dr Yong giving insights into Breast Cancer.

## PINK RIBBON HIGH TEA



Organising committee members with emcee Ms Desiree Lai (second from left).



Ladies trying hard to blow up balloons to qualify for the Treasure Chest game.



Mass Breast Self Examination Dance demonstrated by students from Yong Loo Lin School of Medicine.



Treasure Chest contestants putting their bets on the answers.

## PINK RIBBON PARTY 2011

The Singapore Cancer Society held its 2nd Pink Ribbon Party, with the theme "Be Pink Be Free", at Zouk on Saturday, 22 October. Organised by Pink Parlour, about 300 people joined this Breast Cancer Awareness party to celebrate life and freedom from cancer.

The crowd, which included breast cancer patients, partied to raise awareness for the early detection of breast cancer and to celebrate freedom from cancer. There was a host of activities such as complementary manicures, and performances by artists and dancers as well as a fashion show. Through the event, Pink Parlour raised

\$6,136 and also helped to increase awareness of breast cancer among the community.

Our heartfelt appreciation goes out to Pink Parlour for organising this worthwhile event.



Pink Parlour presenting the cheque of \$6,136 to the Singapore Cancer Society.



Ms Amanda Leong, 1st Runner-Up of Miss Singapore Universe 2011 performs with Best Model of the World 2011 contestants.



Pink Ribbon Party was hosted by celebrity emcee Ms Linda Black.



Fashion models strut the catwalk.

# OVARIAN CANCER: THE SILENT KILLER

*Every woman needs to know the symptoms of Ovarian Cancer. Until there is a test, Awareness is best!*

As the incidence of Ovarian Cancer is on the rise with 1405 cases diagnosed between 2005 and 2009\*, the Singapore Cancer Society, National University Cancer Institute Singapore, National University Hospital, Singapore General Hospital, National Cancer Centre Singapore and KK Women's and Children's Hospital continue to collaborate to raise awareness of the cancer. A public forum was held on 11 June 2011 at Kallang Community



20 year-old Jia Min sharing her journey fighting against ovarian cancer.



Associate Professor Jeffrey Low (centre) presenting a token of appreciation to Mr Nick Gatsios, Managing Director of HealthLinX. With them is Ms Jennifer Lim, Director of Community Partnerships, Singapore Cancer Society.

Club which was attended by about 400 members of the public. Topics presented included signs, symptoms and treatment of ovarian cancer. The forum also saw two survivors, Mdm Hoo Kiam Moi and Ms Fong Jia Min, share their fight against ovarian cancer.

We would like to thank our partners and sponsors for their generous contributions in making this campaign a success.

- Atlantic Optical
- HealthLinX
- Kimberly Clark
- Pfizer Nutrition
- Global Active
- INEX Pte Ltd
- L'Oreal
- Yakult

\*Singapore Cancer Registry Interim Report 2005 — 2009

# GASTRIC CANCER – BEYOND GASTRIC PAIN

More than 700 participants attended the Gastric Cancer forum held on 20 August 2011 at Kallang Community Club. The theme for the fifth Gastric Cancer Awareness campaign was "Beyond Gastric Pain".

In Singapore, Gastric Cancer ranks as the 5th and 8th most common cancer in men and women, respectively. Each year about 470 cases are diagnosed with 315 people dying from the disease.\* Singapore Cancer Society, together with National University Hospital and National University Cancer Institute Singapore organised a public forum to educate the public about the symptoms, detection and treatment of the cancer. For the first time, two dieticians from National University Hospital shared with the audience insights into a healthy and balanced diet.

Chef John See was invited again and shared two of his healthy dishes, Healthy Fried Brown Rice with Chicken and Shrimp and a juice drink comprising oranges, bananas and tomatoes. The participants had an enjoyable time learning from him.



Panel of speakers addressing questions from the audience. Left to right: Ms Charlotte Lin, Dr Jaideepraj Rao, Prof Jimmy So, Dr Asim Shabbir.

We wish to take this opportunity to thank our partners and sponsors for their generosity in making the campaign a success.

- AstraZeneca
- Olympus
- Yakult
- Atlantic Optical
- Sime Darby
- Kallang Community Club

\*Singapore Cancer Registry Interim Report 2005 — 2009

## SUFFERING FROM FREQUENT URINATION?

The Singapore Cancer Society and Singapore Urological Association (SUA) jointly organised the seventh Prostate Cancer Awareness Campaign (PCAM). The audience was able to learn about men's prostate issues like frequent urination at night, prostate-linked sexual issues, and prostate cancer at the two public forums held at Suntec Convention Centre and Tan Tock Seng Hospital's Auditorium. A total of 512 attendees benefited from the talks.

Dr Simon Chong from Tan Tock Seng Hospital served as the Committee Chairman for PCAM 2011.



The audience listening attentively to the sharing on Prostate Cancer.

## LUNG CANCER AND THE HARMFUL EFFECTS OF SMOKING

According to the Singapore Cancer Registry Interim Report 2005 – 2009, Lung Cancer is the 2<sup>nd</sup> and 3<sup>rd</sup> most common cancer among men and women in Singapore, respectively. Each year, about 1,193 people are diagnosed with the disease and 1,051 others die from it.



A/Prof Koong shared his knowledge about Lung Cancer with the staff of Keppel Energy Services.

November marked the Lung Cancer Awareness Month and this year, the Singapore Cancer Society (SCS) together with A/Prof Koong Heng Nung, Chairman of Lung Cancer Awareness

Organising Committee, reached out to the public through a series of talks conducted at Keppel Energy Services, Sembawang Shipyard and Singapore Customs.

In addition, SCS partnered National Cancer University Institute Singapore and Yio Chu Kang Community Club (CC) to present a Lung Cancer talk titled "Understanding Lung Cancer" to more than 70 members of the public on 5 November at the CC.

## PERSISTENT SORE THROAT OR A LUMP THAT DOESN'T HEAL IN THE THROAT?

Held on 17 September 2011 at the Woodlands Regional Library, the free forums on head and neck cancers aimed to educate the public about the signs and symptoms, the importance of early diagnosis and treatment options. In addition, the effectiveness of radiotherapy, chemotherapy and targeted therapy as treatment options and associated side effects were addressed at the forums.

The English and Mandarin sessions both drew in full-houses with over 250 guests each. Participants also took the opportunity to pose questions to the experts who provided valuable information and advice.

Mr Ricky Chiu from the Singapore Cancer Society's New

Voice Club support group was also present to share his story about his fight with head and neck cancer, reminding the attendees that early detection presents the best chance of cure.

The Head and Neck Cancer Public Forums were supported by the Chapter of Otorhinolaryngologists, College of Surgeons Singapore, and sponsored by Merck Serono.

**HEAD and NECK CANCER**  
A Persistent Sore Throat That Won't Go Away? Lump In The Throat That Won't Heal?  
持续性的喉咙痛? 喉说有没有愈合的硬块吗?  
Head & Neck Cancer Awareness Week 2011  
2011 年头颈癌意识周

**早期预防是最好的治疗**  
了解有关头颈癌的征状和症状,及早接受诊断,及早接受手术、放射治疗、化疗和靶向治疗,可以降低患癌风险,治疗更有效,手术、放射治疗、化疗治疗以及靶向治疗。

**参与我们的免费讲座了解头颈癌!**

**FREE ENGLISH FORUM**  
Date: 17 September 2011, Saturday  
Time: 2:00pm - 3:30pm  
Venue: Woodlands Regional Library

**免费华语讲座**  
日期: 2011年9月17日,星期六  
时间: 下午2时至3时30分  
地点: 勿拉士区域图书馆

**SPEAKERS:**  
Prof. Christopher Goh  
Dr Joseph Woo  
Dr Hsieh Wen Son  
Sharing of Personal Experience

**演讲者:**  
郭守生医生  
郑家豪医生  
蔡文文医生  
蔡文文医生  
生癌经历

**FREE ADMISSION**

Registration / 报名: Call / 电话: 6431 5834 or 电邮: education@singaporecancersociety.org.sg

SPONSORED BY: SINGAPORE CANCER SOCIETY, Merck Serono

## WHAT'S NEW!

The Singapore Cancer Society will celebrate World Cancer Day on 4 February 2012. Cancer can be prevented through a healthy lifestyle and early detection, through screening. The early detection of cancer offers more effective treatments and also better chances of a cure.

For more information on how you can be part of this global movement, visit [www.singaporecancersociety.org.sg](http://www.singaporecancersociety.org.sg).



**SINGAPORE  
CANCER  
SOCIETY**

**Remember to go for regular screening!  
World Cancer Day, 4 February**

## CANCER SCREENING

The Singapore Cancer Society (SCS) provides free Faecal Occult Blood Test (FOBT) kits for colorectal cancer screening, and Pap smears for cervical cancer screening.

### FOBT

Colorectal cancer, which is cancer of the colon and rectum, is the most common cancer in Singapore. Each year, about 1582 Singaporeans are diagnosed with colorectal cancer and 675 die from it.\*

Colorectal cancer is formed from the cells lining the colon and rectum. Uncontrolled growth of these cells forms colorectal polyps which are usually benign growths. However, these may develop into cancer over a period of time.

The FOBT, a preliminary screening test for colorectal cancer, tests for presence of non-visible blood in the stools.

The FOBT kits are given free to Singaporeans or Permanent Residents, who are aged 50 and above. However, there is no age restriction for those with family history of colorectal cancer. This test is recommended to be done annually.

You can collect the FOBT kit at SCS or selected Guardian outlets. Visit [www.singaporecancersociety.org.sg](http://www.singaporecancersociety.org.sg) for store addresses.



### Pap smear

Cervical cancer is the sixth most common cancer among Singaporean women. About 200 new cases are diagnosed each year.\*

Cervical cancer starts in the cells on the surface of the cervix, and usually develops very slowly. The precancerous condition, called dysplasia can be detected by a Pap smear and is 100% treatable. That is why it is so important for women to get regular Pap smears. Undetected precancerous changes can develop into cervical cancer and can spread to the bladder, intestines, lungs, and liver. Patients with cervical cancer do not usually have problems until the cancer is advanced and has spread.

A Pap smear is a test whereby a specimen of cells is obtained with an endocervical brush from the cervical lining and examined under the microscope. It is the best way to detect abnormal changes in the cervix.

The Singapore Cancer Society provides free Pap smear screenings to Singaporean and Permanent Resident women aged 25 and above. This test is recommended for all women aged 25 to 69 years old who are sexually active. This test should be done once every three years.

\*Singapore Cancer Registry Interim Report 2005-2009

