

EMBARGOED TILL DELIVERY

MEDIA RELEASE

Celebrate Wellness – An Event For All Women

Target: To Screen 12,000 women by Dec 2011

Singapore, 22 May 2011 - Since the inception of Project Celebrate Wellness in 2010, about 11,000 women aged 50-59 years, who have never had a mammogram in their lives or who have not been screening regularly for breast cancer were screened. Of this figure, 42 women were diagnosed with breast cancer. The project's 5 roadshows in 5 different Districts have reached out to more than 8,000 women. The aim is to educate and empower women with knowledge and skills to take charge of their health and wellness.

Kicking off 2011's programme will be the roadshow at Toa Payoh Hub Atrium, on 22 May (Sunday), from 10.00am to 3.00pm. Ms Ellen Lee, MP for Sembawang GRC, will be gracing the event as Guest-Of-Honor. The project aims to broaden its reach to women who are 50 to 69 years old, and to screen close to 12,000 women by end of this year. A mammogram bus will be parked at the Toa Payoh Hub atrium to encourage women to have their mammogram screening on-site.

Maintaining financial and nutritional health...

Besides screening, Celebrate Wellness also wants to equip women with skills and knowledge on financial management so that they can manage their own finances. Tips on nutrition will also be dispensed to help women take care of themselves as well as their loved ones.

Cervical cancer awareness month...

The month of May is also noteworthy in that it is the Cervical Cancer Awareness Month. Cervical Cancer is the 7th most common cancer in Singapore women. About 200 new cases of cervical cancer were reported yearly in Singapore for the period 2004 to 2008, and about 70 women died from the disease yearly in the same period*. Cervical cancer



can be treated effectively if detected early through regular Pap smear screening. A Pap smear mobile clinic will be available at the Toa Payoh Hub atrium from 10.00am to 5.00pm for all participants to do their screening. Free talks will also be held at the HDB Hub Auditorium to educate the public about cervical cancer. In addition, Pap smear screening will be offered to all female Singaporeans and PR aged 25-69 years old at participating clinics island-wide (refer to Annex 2).

**Singapore Cancer Registry Interim Report, 2004 - 2008*

*Enclosed: Annex 1 – Programme
Annex 2 – Public forum and Pap Smear screening details*

#END#

About Project “Celebrate Wellness”

Project “Celebrate Wellness” aims to rally all women belonging to different age groups, ethnic groups and background to make well-being the top priority in their lives. It is initiated by Women Inspiring, Nurturing and Grooming Singaporeans (WINGS), the community arm of the women Members of Parliament and organised by the Singapore Cancer Society and supported by Health Promotion Board, People’s Association Women’s Integration Network (WIN) Council, Great Eastern Life Assurance Co Ltd, KK Women’s and Children’s Hospital, Tsao Foundation, Singapore Totalisator Board (Tote Board) and Singapore Turf Club and Khoo Teck Puat Foundation.

About Singapore Cancer Society (www.singaporecancersociety.org.sg)

Established in 1964, Singapore Cancer Society is a self-funded voluntary welfare organisation which provides patient care services to needy cancer patients through its welfare, hospice home care, cancer treatment subsidy and rehabilitation support programmes. In addition, the Society also provides free cancer screening services and promotes cancer awareness and prevention through its public education and community outreach programmes.



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ANNEX 1

Celebrate Wellness Roadshow 22 May 2011, Sunday Toa Payoh Hub

TIME	PROGRAMME
10.00am	Start of Roadshow
10.20am	Stage Activity
10.30am	Arrival of Guest-of-Honour (GOH) and Guests
10.35am	GOH Opening Address
10.45am	Line Dance
11.00am	Laughter Therapy
11.20am	Testimonial Sharing by Cancer Survivor
11.30am	Tour of Booths by GOH
12.00pm	GOH takes her leave
12.30pm	Talks/ Workshops commence (until 2.30pm)
12.45pm	Stage Activity
1.30pm	Cooking Demonstration (TBC)
2.15pm	Stage Activity
3.00pm	End of Roadshow

TALKS / 讲座

Time	Woodlands Room (32 pax)	Punggol Room (100 pax)
12.30pm	Breast Cancer – What You Need To Know by KKH	讲座: 快乐度过更年期 竹脚妇幼医院提供
1.00pm	Financial Talk For Women by Great Eastern	
1.30pm	Mental Health by Silver Ribbon	讲座: 中医保健 曹氏基金会提供
2.00pm	Nutrition & Physical Activities by Guardian Health & Beauty Store	

Ongoing activities:

10.00 – 3.00pm : Mammogram mobile clinic for breast cancer screening
Pap smear mobile clinic for cervical cancer screening

FREE ENGLISH FORUM

Date: 22 May 2011, Sunday

Time: 1.30pm to 3.00pm (*Registration starts at 12.30pm*)

Venue: Toa Payoh HDB Hub auditorium

Topic	Speaker
Doctor, I have cervical cancer. Can you help me	Dr Anupriya Agarwal Consultant Department of Obstetrics & Gynaecology National University Hospital
Doctor, can I reduce my risk of getting Cervical Cancer?	Dr Koh Chung Fai Consultant Specialist in Gynaecology C F Koh Women's Clinic And Gynaecology Surgery

免费华语讲座:

日期: 5月22日

时间: 3点30分至5点 (*2点30分登记报名*)

地点: 大巴窑建屋局中心礼堂

讲题	演讲者
医生, 我患上了子宫颈癌。你能帮我吗?	林莹贵医生 妇科肿瘤癌症顾问医生 新加坡竹脚妇幼医院, 妇科肿瘤部
医生, 我能减少我患上子宫颈癌的风险吗?	冯依萍医生 妇产科专科医生 新加坡中央医院

PAP SMEAR at no consultation and procedural charge*

From **16 May to 17 June 2011**, Pap smear screening will be offered to **all female Singaporeans and PR aged 25 – 69 years old** at participating clinics island-wide. Visit our website at www.singaporecancersociety.org.sg for the list of participating clinics. For further enquiries, please call **6221 9578 / 64215820 / 64215809**, email cancerscreening@singaporecancersociety.org.sg