

Singapore Cancer Society Screening Services

新加坡防癌协会癌症筛查服务

Have your cancer screenings done at no cost in SCS Clinic at Bishan and let SCS Journey with You. Our team will be your single point of contact to provide support, advice and follow up services.

Call 1800-727-3333 to book your screening appointments as early detection saves lives.

请到位于碧山的新加坡防癌协会诊所进行您的癌症筛查，无需付费，让新加坡防癌协会与您同行。我们的团队将为您提供支持、建议和随访服务。

致电1800-727-3333 以预约您的癌症筛查。及早发现，挽救生命。



Mammogram for Breast Cancer
乳房X光检验以检测乳癌

Pap Smear for Cervical Cancer
子宫颈涂片检验以检测子宫颈癌



Faecal Immunochemical Test (FIT) for Colorectal Cancer
粪便免疫化学检验以检测结肠直肠癌

SCS Clinic @ Bishan

9 Bishan Place Junction 8 Office Tower, #06-05 Singapore 579837

☎ 1800-727-3333 📠 6499 9140

Opening hours: Mondays to Fridays, 8.30am to 6.00pm

Saturdays: 8.30am to 4pm

Singapore Cancer Society (SCS) Main Office

15 Enggor Street Realty Centre, #04-01 Singapore 079716

☎ 1800-727-3333 📠 6221 9575

Opening hours: Mondays to Fridays, 8.30am to 6.00pm

🌐 www.singaporecancersociety.org.sg

✉ communityhealth@singaporecancersociety.org.sg

📘 [SGCancerSociety](https://www.facebook.com/SGCancerSociety)

SCS Rehabilitation Centre @ JEM Office Tower

SCS Satellite Office @ National University Cancer Institute, Singapore

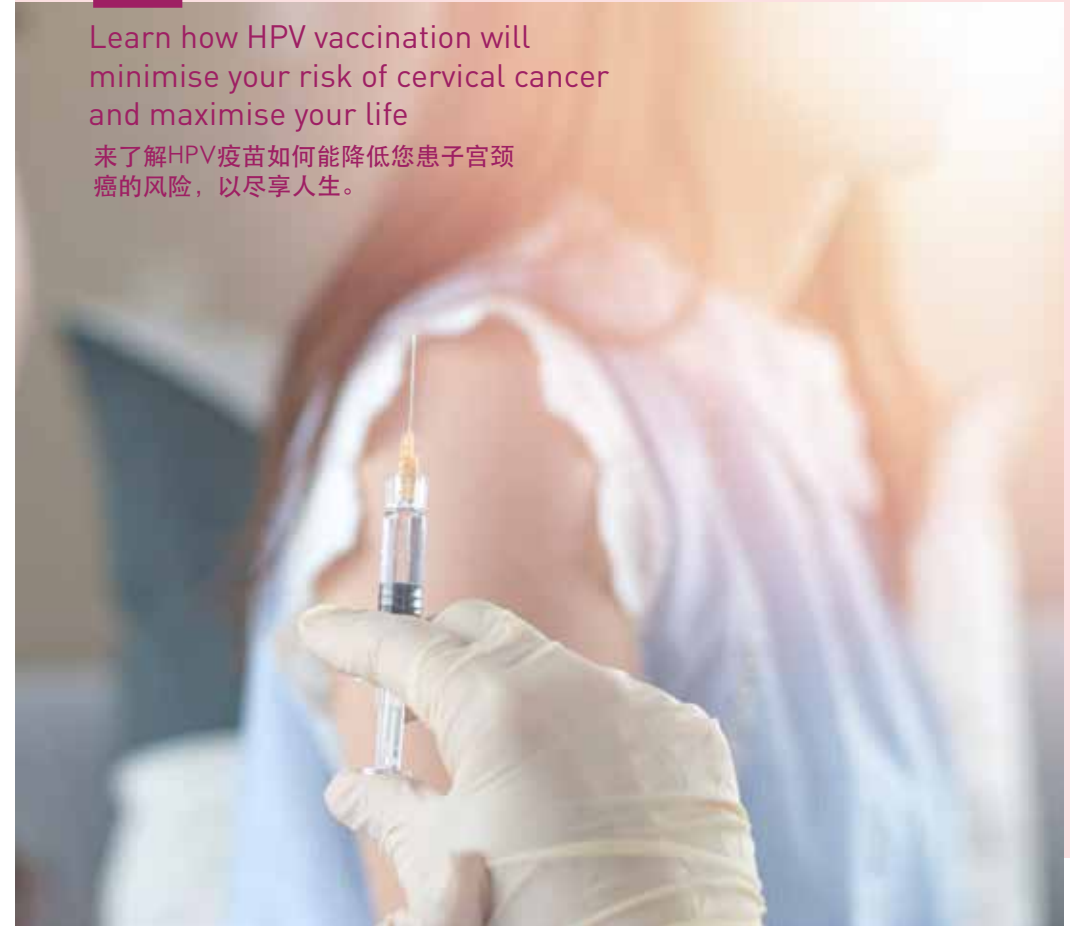
SCS Satellite Office @ National Cancer Centre Singapore

IMMUNISE TO MAXIMISE

免疫接种，享受健康

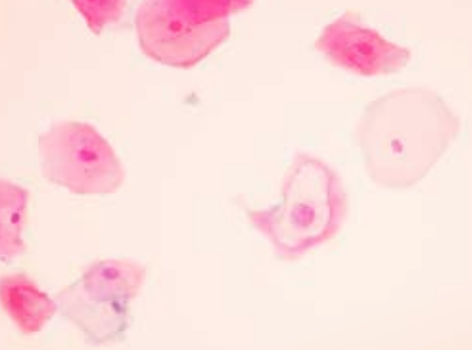
Learn how HPV vaccination will minimise your risk of cervical cancer and maximise your life

来了解HPV疫苗如何能降低您患宫颈癌的风险，以尽享人生。



Supported by

HPV VACCINATION BROCHURE
人类乳头状瘤病毒 (HPV) 疫苗手册



WHAT IS HUMAN PAPILOMAVIRUS (HPV)?

Human papillomavirus (HPV) is a group of common viruses that causes infections in both men and women. It is estimated that

8 OUT OF 10 PEOPLE WILL GET HPV AT SOME POINT IN THEIR LIFETIME.

Most HPV infections clear up on their own and do not cause any problem. However, sometimes the infection does not go away. Persistent infection by certain HPV types can cause cancer & other diseases overtime.

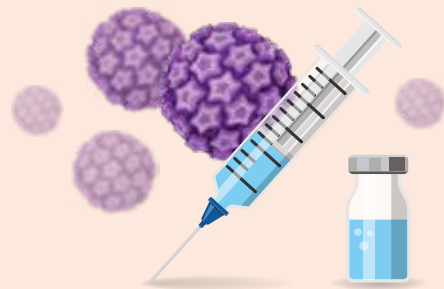
HPV infections can cause several cancers including Cervical Cancer. Virtually all cervical cancer cases (99%) are linked to genital infection with HPV. HPV can also cause other cancers such as anal cancer, mouth and throat cancer, vaginal and vulvar cancers in women, and penile cancer in men.

HPV infection has no treatment or cure. The best way to help prevent HPV infection is to get vaccinated.

What is Cervical Cancer?

Cervical Cancer starts in the cells lining the cervix, which is the neck of the womb. HPV infection is the most common cause of Cervical Cancer.

Cervical Cancer is the 10th most common cancer and the 8th most common cause of cancer death among Singaporean women. Between 2011 - 2015, 1037 new cases of cervical cancer were diagnosed and 361 women die from this disease. Cervical Cancer is highly preventable through HPV vaccination and regular screening tests such as Pap Smear.



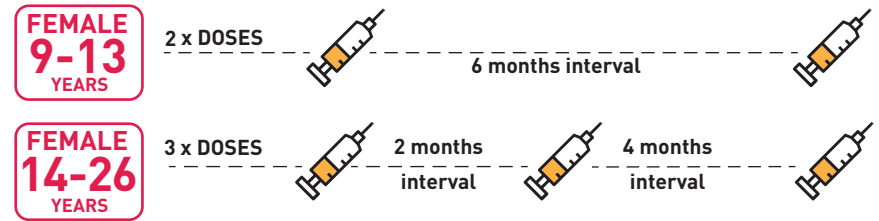
What is HPV vaccine and is it safe?

HPV vaccines can prevent infection by certain types of HPV, including types that are linked to HPV-related cancers. The vaccine is recommended for use in young women. To be most effective, the vaccine should be given before the first sexual exposure.

The HPV vaccine has been proven to be safe. Side effects are generally mild and may include soreness at the site of injection, fever, and headache. If you encounter any of these side effects, please inform your doctor.

What is the dose schedule like?

The HPV vaccination schedule is 2 doses with an interval of 0 and 6 months for females aged 9 to 13 years and 3 doses with an interval of 0, 2 and 6 months for females aged 14 to 26 years.



Where can I get my vaccination done?

You can receive HPV vaccination at a polyclinic or GP clinic. It is advisable for you to speak to your doctor to find out more before going for your vaccination.



Usage of

MEDISAVE

For HPV Vaccination

Patients can use up to \$500 per Medisave account per year under the Medisave scheme to pay for HPV vaccination. You can also use your own or your immediate family member's Medisave (e.g. parents or spouse) to help pay for the vaccination.



SCS Funding Assistance for HPV Vaccination

To help reduce the incidence of cervical cancer, Singapore Cancer Society (SCS) will be providing HPV Vaccination at no cost to eligible females who meet all of the following criteria:

- Aged 9 to 13 years
- Singaporeans
- Have a valid CHAS (Community Health Assist Scheme) Card

Contact SCS at 1800-727-3333 to book your vaccine appointment.

Pap Smear Screening After Vaccination

As the vaccine do not protect against all cancer-causing HPV sub types, for ladies who are sexually active, you should still go for a pap smear once every 3 years even if you have been vaccinated.

Singapore Cancer Society (SCS) provides Pap Smear screening at **no cost** to ladies who meets the following criteria:

- Females aged 25 – 69 years old
- Singaporean or PR
- Recommended to be screened once in 3 years

You should NOT be vaccinated if:

- You are sensitive to yeast or to any of the vaccine components
- You are having a moderate or severe acute infectious illness (please wait until you have recovered from the illness)
- You have a bleeding disorder that causes you to bruise or bleed easily OR you are on a medication that thins your blood
- If you are having a fever or not feeling well for the scheduled vaccination jab, please call your the clinic to reschedule another appointment when you feel better.

Source:

- Singapore Cancer Registry Annual Registry Report 2015
- https://www.healthhub.sg/live-healthy/312/HPV_immunisation_FAQ



什么是人类乳头状瘤病毒 (HPV)?

人类乳头状瘤病毒 (HPV) 是一组很常见的病毒，男性和女性都可能感染。据估计

每十人中就有八人在一生中的某个阶段感染过HPV病毒

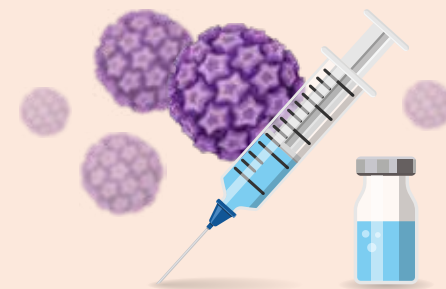
大部分的HPV感染可以自行清除，并不引起任何症状。但是，有时HPV感染并没有被清除。某些类型的HPV慢性感染可以逐渐发展成癌症。

HPV感染可引起几种癌症。基本上所有的宫颈癌 (99%) 都与HPV生殖系统感染有关。HPV 还可引起其他类型的癌症，例如肛门癌、口腔癌、喉癌，女性的外阴癌和阴道癌，以及男性的阴茎癌。

HPV感染没有治疗或治愈的方法。预防HPV感染的最好方法是接种疫苗。

什么是宫颈癌?

宫颈癌是发生在子宫颈表层细胞的癌症。HPV 感染是宫颈癌最常见的病因。几乎所有的宫颈癌是由HPV 病毒引起的。在新加坡女性中，宫颈癌是第十常见的癌症，也是第八常见的癌症死因。2011至2015年，共有1037名新加坡女性被诊断患宫颈癌，361名女性死于此癌症。宫颈癌通过接种HPV 疫苗和定期癌症筛查（例如子宫颈涂片检查）是可以高度预防的。



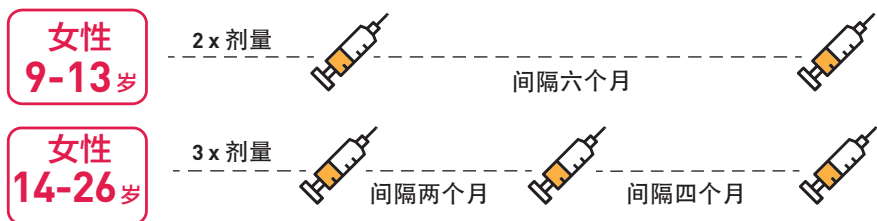
什么是HPV疫苗? 它安全吗?

HPV疫苗可以预防某些类型的HPV 感染，包括那些可引起癌症的HPV 类型。疫苗建议给年轻女性使用。最佳接种是在初次性行为之前。

HPV疫苗是安全的。不良反应通常较轻微，包括注射部位的疼痛、发热和头痛。如果您发生任何的不良反应，请通知您的医生。

接种的剂量时间表是怎样的？

对于9到13岁的女性, HPV疫苗共需接种两剂,分别在0 和第6个月;
对于14到26岁的女性, HPV疫苗则需接种三剂,分别在0、第2个和第6个月。



我可以在什么地点进行接种？

您可在综合诊疗所或全科诊所进行接种。建议您在接种前与您的医生讨论并了解相关信息。



MEDISAVE



您每年可使用保健储蓄(Medisave)支付最高至500元的HPV疫苗费用。您可以使用自己或直系亲属(例如父母或配偶)的保健储蓄(Medisave)来支付疫苗费用。

新加坡防癌协会HPV疫苗资助计划

为了降低子宫颈癌的发病率, 新加坡防癌协会将为符合下列条件的女性提供HPV疫苗, 无需付费:

- 9到13岁
- 新加坡公民
- 持有有效保健援助卡

请拨1800-727-3333致电新加坡防癌协会, 预约您的免疫接种。

接种疫苗后的子宫颈涂片检查

由于疫苗不能针对所有致癌的HPV病毒亚型, 性行为活跃的女性即使接种过疫苗, 每三年还需进行一次子宫颈涂片检查。新加坡防癌协会将为符合下列条件的女性提供子宫颈涂片检查, 无需付费:

- 25到69岁的女性
- 新加坡公民或永久居民
- 近三年未进行子宫颈涂片检查

您如果有下列情况, 请不要进行接种:

- 对酵母或其他疫苗成分过敏
- 现有轻度或重度的急性感染性疾病(病愈后再行安排)
- 易瘀伤或出血性异常, 或正在服用稀释血液的药物
- 发热或身体不适, 请通知您的医生以预约下次的接种时间。

来源:

- 新加坡癌症注册局年度注册报告2015
- https://www.healthhub.sg/live-healthy/312/HPV_immunisation_FAQ

