VOL 4.08 August 2016

TOPICS AND SPEAKERS

Time: 10.30cm - 12.30cm Toa Payoh HDB Hub

480 Lorong 6 Toe Payo Singapore 310480 Admission is free

Dear Friends of SCS,

SOCIETY NEWS

Do you know that a diet high in salt, preserved and processed foods is one of the causes of gastric cancer? Learn more about the stomach and gastroscopy as part of Singapore Cancer Society (SCS) Gastric Cancer Awareness Month 2016. SCS and Jurong Health Services (which operates the Ng Teng Fong General Hospital, Jurong

Community Hospital and Jurong Medical Centre) have embarked on a partnership to further collaborative activities for the enhancement of cancer care and prevention, and provide better and improved

healthcare services in the western region of Singapore. Nurses' Day was celebrated on 1 August, and our SCS Hospice Care nurses were honoured with tributes and thanks.

HIGHLIGHT OF THE MONTH SCS GASTRIC CANCER AWARENESS MONTH 2016

GASTRIC CANCER AMARENESS but it also does us more harm. Watch what you eat and what you add to your food. It could protect you and your family against Gastric Cancer Join us for our Public Forum to learn more about Gastric Cancer and what you can do to reduce your risk of it.

YOU'RE DOING YOURSELF HARM.

TO REGISTER FOR THE FORUM

WHEN YOU LIKE IT 'GIAM',

Anny Organization + M.P. + Difference + 1/2/2-Know your stomach, know gastric cancer By Associate Prof Jimmy So Chairman, SCS Gastric Cancer Awareness Month 2016 Committee Head & Senior Consultant, Division of Surgical Oncology National University Cancer Institute, Singapore National University Hospital. Gastric cancer is the [1]4th most frequent cancer death among Singaporean men and 5th in Singaporean women Internationally, gastric cancer is the 4th most common cancer and there is a higher frequency among certain ethnic groups like the Japanese, Koreans and Chinese. In Singapore, more than two-thirds of gastric cancer patients are diagnosed at Stage III or IV. Gastric cancer can affect anyone at any age. However, it is more commonly found in persons aged between 50 and 70 years old. Knowing how to protect the stomach is important because stomach problems are common. Lifestyle habits such as no smoking, regular and healthy meals are ways to prevent gastric pain. A diet with less salt, less preserved & processed foods, and more fresh fruits & vegetables can reduce the risk of gastric The stomach is part of the digestive system. After ingestion, food will pass through the gullet into the stomach. Inside the stomach, the food will mix with gastric acid and following that, enter into the small intestine for digestion and for absorption of nutrients. The main function of the stomach is storage, serving

vitamin B12 The most common symptom of gastric (or stomach) problem is gastric pain (commonly known as dyspepsia). It occurs in the upper abdomen above the umbilicus. Common causes of dyspepsia include peptic ulcer, gastroesophageal reflux, functional dyspepsia and gastric cancer.

Peptic ulcer is usually caused by a bacterium known as Helicobactor Pylori (HP), medications such as NSAIDS, smoking or stress. Patients with a peptic ulcer will experience gastric pain. In severe cases, the ulcer can cause bleeding and perforation. To treat peptic ulcers, the underlying cause needs to be found. HP is treated by a course of antibiotics and acid-reducing agents. Quitting smoking and avoidance of

as a reservoir for food. It also helps in digestion of certain nutrients such as protein, iron, calcium and

NSAIDS also help to prevent ulcer relapse. Gastroesophageal reflux disease (GERD) is another common digestive problem. It is caused by excessive acid reflux from the stomach back to the esophagus (gullet). Patients experience heartburn, regurgitation and acid blush. Treatment options for GERD include lifestyle changes, medication and surgery. Avoidance of food items like oily food, sour food or fruits, caffeine, spicy food or any type of food that triggers the acid reflux symptoms, is an important part of management for GERD. Hence, a food diary

is very useful. Medications such as acid reducing agents are also commonly used. In severe cases, surgery is recommended to correct the acid reflux. Functional dyspepsia (FD) is diagnosed when all other causes have been excluded. FD is particularly common among women and young people. Stress is a common cause of FD. Relaxation exercise and medications will help for most patients.

known causes of gastric cancer. A family history of gastric cancer also increases the risk.

cancer is by gastroscopy.

Cancer occurs when there are genetic changes in the gastric lining cells. Most of the genetic changes are due to the environmental factors. Helicobactor Pylori, high salt diet, lack of vitamin C and smoking are

Gastric pain is the most common symptom of gastric cancer. Many mistake gastric pain as a consequence of other benign causes such as ulcers or functional dyspepsia. The only way to reliably diagnose gastric

Gastroscopy is a simple procedure using an endoscope - a thin soft fibre-optic tube with a camera at its tip. Gastroscopy is also able to identify other causes of gastric pain. The examination takes about 10

minutes and it can be done with sedation. Gastroscopy can also perform a biopsy and remove small polyps or tumours. Gastric cancer can be curable if detected at an early stage. Many treatment options are now available for gastric cancer and cure is possible for many patients. For late-stage cancers, the goal of treatment will be to relieve the symptoms. Chemotherapy may be recommended. In recent years, there are many advances in both surgical techniques and chemotherapy. Treatment outcomes have also improved significantly.

[1] Singapore Cancer Registry Interim Annual Registry Report – Trends in Cancer Incidence in Singapore 2010-2014

IN AND AROUND SCS

HAPPY NURSES' DAY!

Show Less

Singapore Cancer Society (SCS) celebrated Nurses' Day with our Hospice Care nurses on 01 August 2016. These caring ladies work tirelessly every day taking on multiple roles, visiting hospice patients in their homes, monitoring their health, alleviating pain and discomfort, providing a listening ear to patients and family, and sharing advice on daily activities. One SCS nurse is on call 24/7 including weekends &

> "As a nurse, I am motivated by patient and families who are resilient despite their difficult times. I could never imagine myself in their shoes. I specialise in

was when a patient remarked to me, "When I see you,

"I enjoy seeing smiling faces in all my patients during

"I enjoy being a nurse because I have the nursing skills to help others. As a nurse, I am constantly motivated by team members when they share their stories and how we have rendered help to our patients. I specialise in palliative care because it is my area of interest. I like the challenges that come along with palliative care such as pain management of our patients. My most memorable moments as a nurse... when I see patients are made comfortable, and pain is under control after analgesics and

ISN'T A

FOR THE

WITH SPECIAL

TO ALL OF YOU

psychosocial support."

my visits. Every session with them is different, although most of time, I'm just providing them a listening ear. I look forward to visiting my patients every day to make a better change in their lives; I believe a small change can make a big difference. I think every person deserves palliative care including myself and my fellow colleagues, whether we are sick or not. We treat our beneficiaries as persons and respect them for who they are; we strive to understand them as a whole, not just treating the physical symptoms. By giving good quality care to them, I think the standard practice of being a nurse has been raised to a higher level. I especially

palliative care because in situations where seemingly nothing much can be done, there is actually a lot that we can do to ease the patients' and families' sufferings. My most memorable moment as a nurse

I feel better already!"

public holidays. Here are our nurses' reflections on being an SCS Hospice Care nurse.

"Nursing is a very influential and powerful profession. It allows me to influence and touch lives! As a nurse, I am motivated by the amazing teammates (doctors, social workers, therapists, pharmacists, administrators, etc.) whom I work with because everyone is in it to achieve the same goals. I'm in palliative care because I want to improve the quality

of life for individuals with life limiting illnesses and their families. There have been so many memorable moments which have made me happy to be a nurse.... when a patient looked at me and said "Thank you so much!" - that just made it all

worthwhile. A simple "thank you" means so much to me, as nurses generally are not thanked for the tasks

memorable moments as a nurse are when my patients enjoy talking to me, and when they can pass

"I enjoy being a nurse because I can make a

Staff Nurse Hing Kai Kia

difference in people's lives. As a nurse, I view myself

as being an angel to my patients. It is very satisfying

to be a nurse. I want to make a difference in people's lives and being a part of a healthcare team is usually more than enough to keep me going happily. I specialise in palliative care as we provide good quality care to patients and their families during the most difficult period of their lives. At the end of the day, when I know my patient is comfortable, I think it is good enough to me. A simple floral bouquet expressing thanks from patients also make my day!"

THANK YOU JUST ISN'T ENOUGH.

calls for help is deeply appreciated."

Your home palliative care is excellent!"

so important to me nandling the situation alone.

on peacefully with our support."

they perform.



appreciate this.

"Although this note says Thank You, words cannot express the special thanks this brings to you."

"Many thanks for all the care rendered to my late mum during her illness. Your prompt response to our

"Thank you for attending to my late father. Your kindness is one of the most beautiful things about you.

Josephine have been so wonderful in your calls to me, making me feel strong and comforted, which was

A MEMORANDUM OF UNDERSTANDING TO SERVE THE GREATER GOOD

"You lovely people made my mother feel so loved and comfortable during your visits. Helen and

From left: Dr Ong Yew Jin (SCS Medical Director), Albert Ching (SCS CEO), Foo Hee Jug (Jurong Health Services CEO) and Ms Joanne Yap (Jurong Health Services Group COO) Singapore Cancer Society (SCS) inked a collaboration with Jurong Health Services (which operates the Ng Teng Fong General Hospital, Jurong Community Hospital and Jurong Medical Centre) on 25 July 2016 at the SCS Rehabilitation Centre, to provide those impacted by cancer with integrated quality care and to empower them to lead healthy and independent lives in the community. Mr Albert Ching said in his opening remarks, "As Singapore's healthcare needs increase with our SOCIETY aging population, those impacted by cancer will require greater medical and social support. Given our finite resources, it is imperative that all stakeholders in the sector, especially healthcare and community care providers, work together to provide integrated cancer care."

In his address, Mr Foo Hee Jug, CEO Jurong Health Services said, "Jurong Health Services is dedicated to continuing our partnership with SCS in the journey to keep people well and improve patient care across the continuum. Jurong Health Services has obtained approval from the Ministry of Health to be one of the national assessment centres for colorectal cancer screening follow-up. Participants screened through SCS and who live close to Ng Teng Fong General Hospital and Jurong Medical Centre, will be routed back for follow-up. SCS has also committed to continue supporting Jurong Health Services in the colorectal cancer screening through its distribution of FIT kits. We will also be jointly conducting an educational forum as part of Breast Cancer Awareness Campaign 2016 to raise awareness and increase

> Secondly, we will be forming a Transitional Care Workgroup, in which staff and specialists from both SCS and Jurong Health Services will be working together to provide integrated care for patients requiring hospice, rehabilitation, and/or support group services. This will significantly improve how patients are treated not just for their illness, but with the overall aim of returning them to a new sense of normalcy and well-being after cancer, and the newly established SCS Rehabilitation Centre serves this

purpose and function.

Finally, SCS and Jurong Health Services will organise joint training and development opportunities to level-up the expertise of our staff in providing integrated cancer care. As a VWO, SCS is thankful for this opportunity to improve our capabilities and increase our impact in the healthcare sector. Our staff can

These initiatives will be launched in the coming months. SCS hopes to enter into new partnerships across

SINGTEL-SINGAPORE CANCER SOCIETY RACE AGAINST CANCER

provide integrated cancer care that is tailored to the needs of patients.

the healthcare sector in Singapore.

'CEOs AGAINST CANCER' 2016

breast cancer literacy."

main areas:

SCS and Jurong Health Services will jointly develop, coordinate and organise healthcare services in the western region of Singapore to address cancer care needs in the community. Specifically, there are 3

Firstly, we will be jointly organising breast and colorectal cancer education and screening in the community to coordinate cancer prevention efforts.

10am - 12pm REGISTER

Venue: NEX (Serangoon) August 2016 Main Atrium, 23 Serangoon Central, Singapore 556083 SCS Colorectal Cancer Awareness Month: Fit Kit Distribution 22 August -Venue: All Singhealth & NHGD Polyclinics September 2016

Time: 3.00pm - 5.00pm

Register: tel 6661 0590

Register via

URL: http://bit.ly/gastric16

15 – 22

23 August 2016

AXA Blue Elephant Parade 2016

Vol 2 2015 CANCER Prostate ancer

Cancer Focus 2015 Vol 2 (Feature: Prostate Cancer) Get the latest edition of Cancer Focus Download

We thank every one of them for setting up personal fundraising pages for cancer awareness and to raise \$5 per session NUHS Tower Block* \$8 for both sessions Nearest MRT: Kent Ridge Saturday Colorectal Cancer Lung Cancer 2pm - 4pm Rehab Workshops REGISTER (Free admission. Open to cancer survivors & caregivers only) for Workshops 1pm - 2pm Quiet moments on ncis_events@nuhs.edu.sq busy days Ms Chan Yu Leng Occupational Therapist, NUH Coping with troublesome phlegm - What can you do? Ms Chia Huey Yen Physiotherapist, NUH

'CEOs Against Cancer' is a fundraising initiative introduced since 2015 for Singtel-Singapore Cancer Society Race Against Cancer. Demonstrating their community leadership, 10 top executives stepped forward this year to lend their influence in the fight against cancer. funds from their network of personal and business contacts. WINNING AGAINST CANCER Up to date with Singapore's top cancers 20 August

UPCOMING EVENTS SCS Nutrition Workshop: Food Safety & Immunity 11 August Time: 3.00pm - 5.00pm 2016 Venue: Singapore Cancer Society Rehabilitation Centre 52 Jurong Gateway Road, JEM Office Tower, #08-04 Singapore 608550 Register: tel 6661 0590 SCS Caregivers Training: Transfer Techniques & Emotional 13 August 2016 Support Time: 10.00am - 12.00pm Venue: Singapore Cancer Society Rehabilitation Centre 52 Jurong Gateway Road, JEM Office Tower, #08-04 Singapore 608550 Register via Register: tel 6661 0590 SCS Gastric Cancer Public Forum 2016 13 August 2016 English Session: 10.30am - 12.30pm Mandarin Session: 2.00pm - 4.00pm Venue: Toa Payoh HDB Hub Convention Centre (Auditorium@B1) 480 Lorong 6 Toa Payoh, Singapore 310480 Registration: tel 6421 5860

Email: communityhealth@singaporecancersociety.org.sg

SCS-SMA Cancer Education Series: Breast Cancer Time: 2.00pm - 5.00pm September Venue: Health Promotion Board Auditorium 2016 3 Second Hospital Ave, Singapore 168937 See full event listing PUBLICATION: CANCER FOCUS

Venue: Singapore Cancer Society Rehabilitation Centre

SCS Nutrition Workshop: Nutrition During Cancer Treatment

52 Jurong Gateway Road, JEM Office Tower, #08-04 Singapore 608550

WHO WE ARE

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

Singapore Cancer Society

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Office Tower #06-05 Singapore 579837