

SOCIETY NEWS

Vol 3.12 December 2015

Dear friends,

women from low and middle income households. The SCS Cancer Rehabilitation Centre at JEM has also opened its doors. Read on to find out about the state-of-the-art cancer rehabilitation gym. Season greetings from all staff at Singapore Cancer Society! We wish you and your loved ones peace and joy this holiday season.

We are delighted to share that the SCS mammogram facility has been officially launched at our SCS Multi-Service Centre in Bishan to provide more accessible mammogram screenings to Singaporean

HIGHLIGHT OF THE MONTH



HOOLIE



With this mammogram facility, SCS will be able to provide eligible Singaporean women from these households who hold a valid Health Assist card access to mammogram screening, without charge. Besides mammogram screening, SCS also provides Pap smear screening and makes available Faecal Immunochemical Test (FIT) kits at no charge.

Find out more about our <u>screening services</u>.

Singaporean women in future, to help them make regular screening a priority."

IN AND AROUND SCS

Speaking at the launch, Dr Khor recognised that "Singapore Cancer Society is a valuable partner to the Government, especially in the area of cancer screening. I am confident that SCS will reach out to more

Mammogram Screening at SCS Singaporean women from low to middle-income

years. Those who meet the following criteria are eligible to undergo mammogram screening at SCS,

Have no breast cancer symptoms such as breast lumps or blood-stained nipple discharge

your life.

households who hold a valid Health Assist card

Breast cancer is the most frequently occurring cancer among women in Singapore; 1 one in 11

women will develop breast cancer in their lifetime. However, early detection may save

can undergo mammogram screening at the SCS Multi-Service Centre, at no charge.



without charge:

Photo by Jimmy Fam for Singapore Cancer Society Singaporean women aged 50 and above are advised to go for mammogram screening once every two

Have a valid Health Assist card (orange or blue)

Have not been breastfeeding for the past six months

Have not undergone a mammogram screening in the last 24 months

 Do not have breast implants Eligible women can schedule an appointment by calling 6499 9133 or emailing Find out more about breast cancer screening at SCS. ¹ Singapore Cancer Registry, Interim Annual Report, Trends in Cancer Incidence in Singapore, 2010-2014.

Hats Off! To SCS Volunteers at Annual Appreciation Lunch

Over 300 SCS Volunteers got together for a fun-filled celebration themed "Hats Off to You!", which was held in their honour for their invaluable commitment and contributions to the Society. This year, our SCS Volunteers contributed more than 16,000 voluntary hours to support our mission. Their dedication has

illuminated many lives, especially those impacted by cancer.

Photo by Jeff Chia for Singapore Cancer Society

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SCS Chief Executive Officer, Mr Albert Ching

Photo by Jeff Chia for Singapore Cancer Society

SINGAPORE CANCER



Representing Pei Hwa Secondary School, Teacher-in-Charge Mr Ng Tiong Ghee highlighted that "volunteering at SCS has supported character building beyond the classroom among students."

Ms Jenny Mak received the SCS Outstanding Award and the Long Service Award

Pei Hwa Secondary School was the recipient of SCS Outstanding Award

Citibank Singapore Ltd was awarded the SCS Outstanding Award

Visit SCS Facebook page at http://bit.ly/scsvolunteers for more photos.

SCS VOLUNTEER APPRECIATION 2015

A singing tribute by SCS Staff. Photo by Jeff Chia for Singapore Cancer Society

 Mdm Elsie Koh received SCS Outstanding Award Ms Ivy Lim received the SCS Outstanding Award MSD Singapore received SCS Certificate of Appreciation Merck Pte Ltd received SCS Certificate of Appreciation 16 individuals honoured for their long service of five years and above The continual support of volunteers is integral to the long-term success of our Society's programmes and services. We hope that SCS Volunteers will continue journeying with us to support our mission in 'Minimising Cancer and Maximising Life'. Hats off to our SCS Volunteers! Thank you! Enquiries: volunteers@

Crochet of Love, Ms Mak trained over 50 volunteers this year in honing their crocheting skills. She had

Society's fundraising efforts. "My strength lies in my handicraft skills and it's great that I can support SCS' fundraising efforts through my interest in crocheting,"

also clothed many SCS bears to support the

she enthused.

confidence.

benefits:

 State-of-the-art gym equipment Specialised gym programmes Guidance from our therapists

just laughing with them feels like family."

Venue: Islandwide

See full event listing

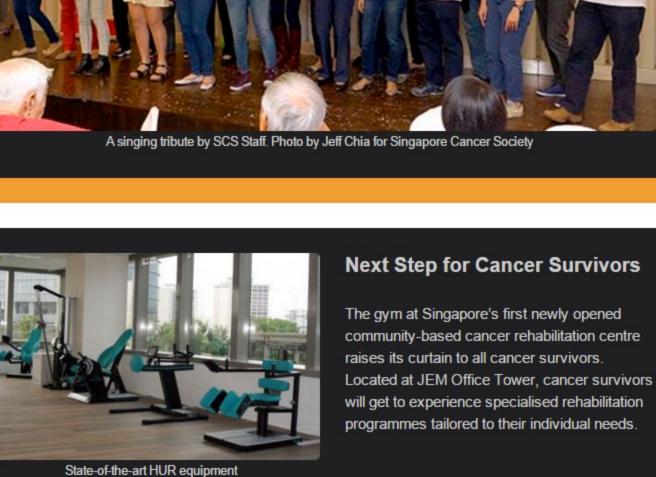
Enquiries: supportar

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webpage at http://bit.ly/scscancerehab for more details.



Equipped with world-leading computer-based training solutions from HUR, the gym is Singapore's first

Cancer survivors in Singapore, aged 21 and above, are eligible to join as a member of the Next Step

For enquiries, please contact us at 6661 0590 or rehab@singaporecancersociety.org.sg. Visit the SCS

programme at a low cost of \$50 per year. As a member, cancer survivors will get to enjoy these

Smart-Touch gym for cancer rehabilitation. Integrated with cloud-based technology, all exercise information is stored for automatic analysis and follow-up. State-of-the-art equipment from HUR also offers well-proven exercising concepts to help cancer survivors regain their physical strength and

Camp Rafiki kicks off its second camp reunion School's out and the holidays are here! 15 youths from Camp Rafiki kick-started their school holidays on a Saturday morning at Adventure Cove, Resorts World Sentosa. Stepping into Adventure Cove was a first for many of these youths under the SCS Help the Children and Youth Programme. This was the Youths from Camp Rafiki at Adventure Cove, Resorts World second camp reunion since the camp ended in Sentosa June. The first camp reunion was held at St Games, a video game café, during the September school holidays. Aligning closely to the camp theme of "Ties That Bind," efforts to foster stronger ties among youths

proved to be a huge success. One of the youths shared, "Spending time with my camp tribe, and even

In collaboration with Duke-NUS Graduate Medical School, and NUS Medical Society, Camp Rafiki reaches out to 13-17 year olds who have been impacted by cancer to build their resilience through

MARCH 17TH 2016 • SINGAPORE

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For enquiries, please contact us at education@singaporecancersociety.org.sg or

Service Centre or Realty Centre office. Cancer patients and caregivers may also download

both copies from our website at http://bit.lv/allaboutyourdiet and http://bit.ly/youremotionalwellbeing

assistance, research and advocacy. SUBSCRIBE

Singapore Cancer Society

Singapore 079716 Tel: 6221 9575

minimising the impact of cancer through public education, screening, patient services, financial 新加坡的癌协会

Singapore Cancer Society

Multi-Service Centre

■■ WHO WE ARE Singapore Cancer Society is a community-based voluntary welfare organisation dedicated to

The Economist HEALTH CARE FORUM WAR ON Platinum sponsor Gold sponsors Silver sponsors **AMGEN** According to a recent Economist Intelligence Unit (EIU) study on the shifting landscape of healthcare in Asia-Pacific, non-communicable diseases, such as cancer, are now the largest public health threat in the region. Join leaders from government, industry and academia at The Economist Events' War on Cancer forum where we will build on the study by exploring ways to finance cancer control in Asia's lowand middle-income countries and examine cost-effective, results-driven strategies to manage the cancer burden. Subscribers of the Singapore Cancer Society can enjoy a 20% discount on the standard rate. (To register, select "Standard rate" with the code 3531SCS at check-out in the event website)

