

# SOCIETY NEWS

Vol 3.07 July 2015

Dear Friends,

Race to Save Lives.

July has been a busy month with runners signing up for our 7<sup>th</sup> Annual Race Against Cancer (RAC), the

doing their part at RAC. We're also looking for SCS Advocates to help us raise awareness and funds 'to minimise cancer and maximise life'. Find out how you too can become an SCS Advocate. Finally, cancer causing agents are everywhere. Stay informed about the environmental factors that increase the risk of cancer.

several years.



### with meaning and purpose The SCS Charity Athletes is a passionate group of supporters who have organised fundraisers through their passion for sports. The

Singapore Cancer Society Charity Athletes running

programme formed in 2009 gives sports enthusiasts the opportunity to raise money and awareness of the fight against cancer and join SCS efforts in 'minimising cancer and maximising life'. We proudly count dedicated volunteers like Singapore actor Randall Tan & the Yellow Fellows group, and Mariappan Muthu Samy among our Charity Athletes who have been fundraising for SCS over

father to cancer, have signed up as SCS Charity Athletes for Race Against Cancer 2015. Chee Kiong was diagnosed with colon cancer in 2010 and underwent surgery and chemotherapy. He is

Cancer helped Sally shift her focus to what truly matters in life. She was a workaholic establishing her

family, especially husband Raemond who was her main caregiver. Her illness allowed her to grow closer to her mother and brother, breaking the invisible barrier which once prevented them from communicating lovingly. Sally was diagnosed with stage 3 nasopharyngeal carcinoma in October 2012, two days before her 10th wedding anniversary, and underwent radiotherapy and chemotherapy. The side-effects of treatment left her with ulcers in her mouth and throat which made eating unbearable. She gradually lost 12kg over the next two months. To those battling cancer, Sally declares, "never give up, because when there's hope,

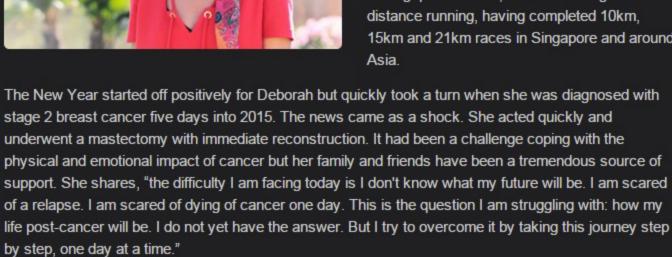


Visit <a href="www.raceagainstcancer.org.sg">www.raceagainstcancer.org.sg</a> to register for Race Against Cancer. Closing date: 03 August 2015

IN AND AROUND SCS Cancer Won't Get The Lead On

Her





## 15km and 21km races in Singapore and around Asia.

in Singapore in 2011, she's no stranger to distance running, having completed 10km,

Meet Deborah Roques, a 29-year old French woman who's participating in Race Against Cancer (RAC) for the first time. Having arrived

enthused, "Cancer doesn't define me. I was a runner before cancer, I am still a runner now." Deborah's also dedicating her run to two of her friends, Sophie who fought breast cancer years ago, and Romain who is fighting thyroid cancer. To prepare for RAC, Deborah is continuing her training regimen of yoga and running: she now runs about 5km, 2 to 3 times a week. She's definitely driven. "I'm taking part in this race for me and all other patients struggling with this disease. I won't let cancer get the lead on me, and I want everybody to know that!"

Run with Deborah and others like her at Race Against Cancer 2015! Have you signed up yet?

Even though Deborah is still undergoing chemotherapy and has surgery scheduled in August followed by radiotherapy, she aims to cross the finishing line of the RAC 10km route on 13 September with her

friends from all over the world. So far, she's rallied 15-20 of her mates to run RAC with her. She

Be an SCS Advocate to raise friends and funds in support of Singapore Cancer Society's various programmes to enhance the lives of those affected by cancer.

They also ask the public to join the fight against cancer by becoming regular donors to help fund our

We are looking for committed individuals with strong interpersonal and social skills to be SCS



various programmes and services.

Be an SCS Advocate!

Cancer

Environmental Causes of

and be vigilant about cancer.

Be an SCS Advocate!

By sharing their cancer story, SCS Advocates seek to encourage the public to stay healthy

Contributed by Dr Huang Qing, Specialist, Research & Advocacy Public Education Singapore Cancer Society

sixty cancer-causing chemicals, exposure to environmental tobacco smoke increases the risk of developing lung, nasopharyngeal, and breast cancer. Recent studies have showed that there is a 25% increased risk of getting lung cancer among non-smokers who are exposed to environmental tobacco

you may wish to take concrete steps to avoid environmental tobacco smoke.

Aflatoxin is a naturally occurring toxic metabolite produced by

smoke at home or at work. Heavy exposure would double the risk of lung cancer. For your own safety,

Exposure to chemicals in the outdoors, at home, or at work may also add to your risk of developing cancer. Certain chemicals are known human carcinogens that have been found to cause cancer in

agricultural sources of arsenic or if they eat a lot of arsenic-contaminated seafood.

 Arsenic is linked to skin, liver, bladder and lung cancer. Arsenic contaminates some drinking water supplies. People may take in higher levels of arsenic if they live near industrial or

Benzene, a common pollutant in vehicle exhaust, has been largely linked up with leukaemia and

 Vinyl chloride is used to make PVC plastic and vinyl products. Exposure to vinyl chloride may raise the risk of getting liver cancer. The recycling codes located on the bottom of most plastic containers could be helpful to determine whether it is safe to use. In short, avoid plastic products

with a #3, #6 or #7 rating, as products with these codes pose the greatest risks to health.

mould found on food products such as corn, peanuts, pistachios, chillies, dried fruit and figs. Aflatoxin is associated with increased risk of developing liver cancer. Radiation exposure has been linked to cancer in populations exposed to relatively high levels of ionizing



radiation, such as people affected in the Chernobyl accident. High dose radiation exposure is associated with leukemia, breast, multiple myeloma, bladder, colon, liver, lung, oesophagus, ovarian, and stomach cancers. Although currently there is no confirmed evidence indicating the occurrence of cancer following exposure to low dose radiation, it is generally believed that there is no safe threshold for exposure to radioactivity. The risk is higher for higher radiation exposures.



## SCS Gastric Cancer Awareness Public Forum English session: 12.45pm – 2.30pm

Venue: Lifelong Learning Institute (Lecture Theatre on level 2)

RSVP required: <a href="mailto:education@singaporecancersociety.org.sg">education@singaporecancersociety.org.sg</a> or telephone 64215860

See full event listing

Admission is free

Chinese session: 2.45pm - 4.30pm

Registration opens on 1 August 2015

Venue: Velocity@Novena

■ WHO WE ARE

voluntary welfare organisation dedicated to 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 9 Bishan Place Junction 8

Singapore Cancer Society is a community-based assistance, research and advocacy.

2015

September

2015

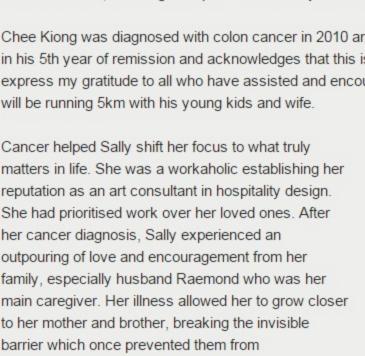
SUBSCRIBE

Singapore Cancer Society

Office Tower #06-05

In this issue of Society News, we feature SCS Charity Athletes and a breast cancer patient who are Singapore Cancer Society

HIGHLIGHT OF THE MONTH



Cancer survivors Toh Chee Kiong and Sally Lim, and Singapore Pro Wrestler Dennis Hui who lost his in his 5th year of remission and acknowledges that this is a significant milestone for cancer patients. "I express my gratitude to all who have assisted and encouraged me during the past 5 years." Chee Kiong will be running 5km with his young kids and wife. reputation as an art consultant in hospitality design.

you have already won half the battle." Now cancer free, Sally continues to embrace a never-give-up attitude and wants to be an inspiration to others. She will be running 5km come 13 September.

Donate to Sally's fundraising page at <a href="http://www.simplygiving.com/sallylim">http://www.simplygiving.com/sallylim</a> as she runs to raise funds for SCS.

Cancer is a common disease. There are several environmental risk factors that cause cancer. This includes risk factors such as environmental tobacco smoke, exposure to chemicals, and radiation exposure. Environmental tobacco smoke is also called second-hand smoke. About 85% or 90% of the smoke from every cigarette ends up as environmental tobacco smoke. As cigarette smoke contains at least

humans. Here are some examples:

cancer of other blood cells.