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VOL 4.05 May 2016

PAP SMEAR

SCREENING

AT NO CHARGE

WOMEN'S GYNAECOLOGICAL CANCER

VARENESS CAMPAIGN 2016

SOCIETY NEWS Dear Friends,

Registration for the 8th Singtel-Singapore Cancer Society Race Against Cancer (RAC) 2016 is now open! In this issue of Society News, we feature Darren Lim, an SCS Charity Athlete who's doing his part to Minimise Cancer and Maximise Life.

Find out more in this issue. HIGHLIGHT OF THE MONTH

This May, we also focus on women's gynaecological cancers and are offering Pap smear screening, at no charge, at more than 160 GP clinics islandwide to eligible Singaporeans and PRs aged 25 to

WOMEN'S GYNAECOLOGICAL CANCER AWARENESS CAMPAIGN 2016

But is it enough to detect cancer of the womb,

NUM DEC TO SEE OF SEE

cer of the womb, ovaries and cervix are among the top 10 most common cancers

affecting Singaporean women today, Early detection and treatment can save lives.

So speak to your doctor today to find out more about these cancers. Because detecting

Women aged 25 and above, who have ever had sex, should screen for Cervical Cancer once every 3 years. For a list of locations that offer Pap Smear screenings at no charge,

ovaries and cervix?

cancer needs more than a woman's instinct.

visit www.singaporecancersociety.org.sg

Duration: 3rd May to 31rd July 2016

For Pap Smear related enquiries, please call 6499 9133 or email cancerscreening@singaporecancersociety.org.sg

A WOMAN'S **INSTINCT IS**

WHERE TO GET SCREENED IN AND AROUND SCS SCS 51st ANNUAL GENERAL MEETING (AGM)

Stationers SINGAPORE SINGAP SINGAPORE SOCIETY

The AGM was held on 27 April 2016 at the newly operational SCS Cancer Rehabilitation Centre –

Chairman Mr Choo Eng Chuan highlighted some of the achievements of SCS in the year 2015.

In conjunction with SG50, provided free screening to Health Assist card holders aged 50-69

 Expanded services with the development of a second Satellite Office located at the National University Cancer Institute, Singapore; and launch of our Mammogram facility at the SCS

community-based cancer rehabilitation centre, offering one-stop services to support patients,

Mr Choo Eng Chuan*

Mr Wee Leong How

Mr Ang I Ming*

Mr Calvin Phua*

Ms Lim Pek Suat

Mr Yeo Chuen Eng

Further deepened relationships with sector partners and government agencies to bring our

Opening of the SCS Cancer Rehabilitation Centre at JEM Office Tower, Singapore's first

Multi-Service Centre in November by Minister of State (Health) Dr Amy Khor

Hence, SCS serves more and serves better throughout the whole cancer journey

services to those most impacted by cancer from low income families

Singapore's first one-stop centre for community-based cancer rehabilitative services.

 Rallied 5,000 members of the cancer community at the "Hope 50 – Together As One" concert graced by Prime Minister Lee Hsien Loong Strengthening of integrated and holistic patient care with improved psychosocial services and clinical care led by a Medical Director with experience and specialist expertise in

under the SG50 Cancer Screening Programme

survivors and caregivers in a holistic way

Chairman

Vice Chairman

Honorary Secretary

Honorary Treasurer

Assistant Honorary Secretary

Assistant Honorary Treasurer

to rule 11(6) of the Society's Constitution.

support as 'Minimising Cancer and Maximising Life' together.

Council Member Dr Ang Peng Tiam Council Member Mr Adrian Choo* Council Member Ms Ku Xian Hong Council Member Dr Ang Peng Tiam Council Member A/Prof Lim Soon Thye* Council Member Dr Lim Siew Eng Mr Pek Tiona Boon* Council Member Council Member (Co-opted) Dr Yeo Wee Lee Council Member (Co-opted) Dr Ravidran Kanesvaran Dr Steven Fang Council Member (Co-opted) Council Member (Co-opted) Mr Choo Swee Cher elected/re-elected RSM Chio Lim has been appointed as the Auditors of the Society for the year 2016/2017 pursuant

Mr Choo also thanked members for their contributions to the Society and asked for their continued

8th ANNUAL SINGTEL - SINGAPORE CANCER SOCIETY RACE AGAINST CANCER (RAC) 2016 Registration for the Singtel-Singapore Cancer Society Race Against Cancer (RAC) 2016 is now open. Organised by Singapore Cancer Society for the 8th year running, RAC raises awareness and funds for cancer treatment subsidies, welfare assistance, cancer rehabilitation, hospice care, free cancer screenings, research and public education initiatives. Join us as we stand and run in solidarity with cancer patients, survivors, caregivers, and family members who have been impacted by this disease. 2016 RACE @ www.raceagainstcancer.org.sg AGAINST CANCER

REGISTRATION

IS NOW OPEN!

SUNDAY | 3 JULY 2016 | 7AM - 10AM

ANGSANA GREEN (EAST COAST PARK) **GUEST OF HONOUR:** MS GRACE FU MINISTER FOR CULTURE, COMMUNITY AND YOUTH

Register by calling 6661 0590 SCS Nutrition Workshop: Significance of Food Labelling 24 May Time: 12.00pm - 2.00pm Venue: Singapore Cancer Society Rehabilitation Centre 2016 52 Jurong Gateway Road, JEM Office Tower, #08-04 Singapore 608550 Register by calling 6661 0590 SCS Volunteer Orientation 25 May Time: 7.00pm - 9.30pm 2016 Venue: Singapore Cancer Society Rehabilitation Centre 52 Jurong Gateway Road, JEM Office Tower, #08-04 Singapore 608550 Intimacy Matters for Couples Impacted by Cancer 28 May Time: 10.30am - 12.00pm Venue: Singapore Cancer Society Rehabilitation Centre 2016 52 Jurong Gateway Road, JEM Office Tower, #08-04 Singapore 608550 Register by calling 6661 0590 SCS Caregivers Training: Caring for a Caregiver Time: 11.00am - 1.00pm 28 May Venue: Singapore Cancer Society Rehabilitation Centre 2016 52 Jurong Gateway Road, JEM Office Tower, #08-04 Singapore 608550 Register by calling 6661 0590

Simply scan the QR code

PUB

■ WHO WE ARE

research and advocacy.

SUBSCRIBE

Singapore Cancer Society 15 Enggor Street, #04-01 Realty Centre

Singapore 0797 Tel: 6221 9578

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,

BRADEN LANGER SKERTS CANCERF Prostate



st way to help the les his first step in supporting those affected by cancer at Singtel-Singapore Cancer Society Race Against Cancer 2012. He came on board as an SCS Charity Athlete in November 2015. Darren encourages all patients and survivors to "be strong and know that you are not alone. People all around are here to support and help you in the fight against cancer!" Join Darren as he runs the Singtel-Singapore Cancer Society Race Against Cancer 2016. Sign up today! Learn more about Darren and his cause Make your runs count. Dedicate your next run to those in the fight against cancer. SCS BOOK PRIZE PRESENTATION CEREMONY SINGAPORE CANCER SINGAPORE SOCIETY CANCER SOCIETY CER SINGAPORE ETY CANCER SOCIETY SINGAPORE CANCER SOCIETY ANCER PORE SINGAPORE SINGAPORE ER CANCER 13 families gathered at the SCS Cancer Rehabilitation Centre on 9 April to celebrate the academic achievements of their children as part of the annual SCS Book Prize presentation ceremony. Book prizes are awarded to children and youth whose parents are beneficiaries of SCS Welfare Services and who did well in school in the previous academic year. The awards are presented to students from primary to tertiary level as a way of acknowledging their hard work and effort despite being impacted by cancer. Achievement and encouragement awards were also presented to students enrolled in the SCS Tuition Programme who had done well in their studies. Guest of honour, Mr Albert Ching, CEO of SCS, hopes that "this event will spur you to continue working hard towards your aspirations. Every accomplishment starts with a decision to try. It may be hard and frustrating at times but you will learn of your potentials. Change the world by being more aware about what is happening

around you. Most importantly, support your

Long serving volunteer tutors in the SCS Tuition Programme were also acknowledged in the ceremony this year. Student awardees had the opportunity to thank their tutors for supporting their academic and emotional development. In total, 28 students received book prizes, 9 received

The SCS Tuition Programme is part of the SCS Help the Children and Youth Programme, which provides holistic support to children and youth who have been impacted by cancer. The SCS Help the Children and Youth Programme is supported by the Singtel Touching Lives Fund with an annual pledge of \$250,000. To enquire about or apply for the SCS Tuition Programme, please contact us at

In the first quarter of 2016, SCS conducted a series of educational cancer talks at various locations such as the Toa Payoh Care Corner and West Coast Wellness Club. SCS conducts educational talks for the community at no cost. Topics covered include general cancer information and specific discussions about the top cancers in Singapore such as colorectal, breast, cervical, uterine, gastric,

SCS Nutrition Workshop: Nutrition During Cancer Treatments

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

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

Singtel - Singapore Cancer Society Race Against Cancer 2016

GET HEALTHY,

OVER COFFEE.

Date Time Venue

If you are female and 25 to 69 years of age, we invite

you to come round for coffee/tea on us! Find out about the different types of gynaecological cancers and the screening tests available to help safeguard you against cancer. Remember, early detection save lives.

Venue: Singapore Cancer Society Rehabilitation Centre

ovarian, prostate, and lung cancer. Contact us to organise a talk for your community at

UPCOMING EVENTS

Time: 3.00pm - 5.00pm

Register by calling 6661 0590

What is a Chemo Brain? Time: 10.30am - 12.00pm

12 May

2016

20 May 2016

3 July

2016

2016 RACE CANCER

See full event listing

Time: 7am-10am

Venue: East Coast Park, Angsana Green Enquiries: rac@singaporecancersociety.org.sq

achievement awards while 8 were presented with encouragement awards.

family when the going gets tough."

SCS COMMUNITY TALKS

FOR RAC '13, '14 OR '15 RUNNERS STUDENT EARLY BIRD NORMAL 9 MAY - 30 MAY RACE CATEGORY RATE* 5KM FUN RUN \$38 \$29 \$42 \$47 \$45 \$49 \$54 \$32 10KM COMPETITIVE RUN \$48 \$53 \$59 \$33 15KM COMPETITIVE RUN *Student Rate is applicable only to individuals aged 23 years and below Registration closes on 30 May 2016 Organised by: Title Sponsor: Join us at the race to save lives! For more information, visit us at www.raceagainstcancer.org.sg Scan this QR code or email rac@singaporecancersociety.org.sg CLOCKING MILES FOR CANCER AWARENESS Losing a loved one to cancer is never easy. In the lead up to Darren Lim's O-levels, his grandmother was diagnosed with lung cancer and passed away a few months later. The news came as a huge blow for him. "She meant so much to me. The hardest part was not knowing if she would get better," he shared. That same year, his best friend was diagnosed with Burkitt's lymphoma. Due to early detection and treatment, his friend recovered and recently celebrated his fifth year of remission. AUN FOR CANCER ARENESS These two personal experiences shaped the way he values life. Now 23, and having witnessed the impact of cancer, Darren is lending a hand to help the less fortunate. "Witnessing first-hand how one's life can be so easily cut short, and considering the costs involved in treating cancer, I feel that there is so much that can be done to help lessen the load," he said. Being a vivid endurance sports enthusiast, giving back through sports appealed to him as

新加坡的癌协会

Multi-Service Centre

Office Tower #06-05