

## **SOCIETY NEWS** Dear friends,

In this issue of Society News, we highlight how the cancer community rallied together to raise

Vol 3.10 October 2015

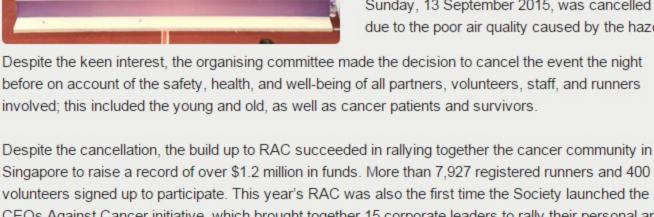
awareness and funds for the cancer cause despite the cancellation of the Singtel - Singapore Cancer Society Race Against Cancer (RAC) 2015 due to the haze. The build up to RAC also saw the launch of

a new initiative, CEOs Against Cancer, which gives corporate leaders the chance to demonstrate community leadership in the fight against cancer. Finally, we tackle the issue of the haze and share some tips on protecting yourself from its harmful effects. Happy reading!



### A Race to Save Lives The Singtel – Singapore Cancer Society Race Against Cancer (RAC), which was scheduled to be held for the seventh time this year on

HIGHLIGHT OF THE MONTH



professional networks for the cancer cause.

Sunday, 13 September 2015, was cancelled due to the poor air quality caused by the haze.

Singapore Cancer Society Race Against Cancer 2015

Raised Record-Breaking

Funds

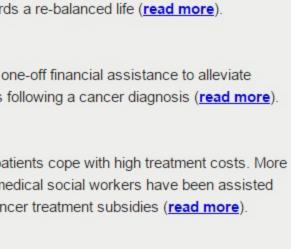
CEOs Against Cancer initiative, which brought together 15 corporate leaders to rally their personal and On behalf of the beneficiaries we serve as well as those impacted by cancer, Singapore Cancer Society (SCS) would like to thank title sponsor, Singtel, for supporting

our mission over the past 7 years. We would also like to thank platinum sponsor, Takeda Pharmaceuticals, and gold sponsor, Shimizu Corporation, for stepping forward

to Minimise Cancer and Maximise Life. We would also like to express our thanks and appreciation to all our sponsors and partners who contributed to RAC. The funds raised from this year's RAC will go towards driving programmes and services such as the:

 SCS Cancer Care Fund Launched in January this year, this fund provides one-off financial assistance to alleviate financial burdens and provide for immediate needs following a cancer diagnosis (read more). SCS Cancer Treatment Fund This fund was established in 2005 to help needy patients cope with high treatment costs. More than 3500 patients referred to us by doctors and medical social workers have been assisted through the disbursement of over \$12 million in cancer treatment subsidies (read more). SCS Welfare Aid Fund This fund was established in 1964 to aid cancer patients and their families with temporary

SCS Cancer Rehabilitation Centre

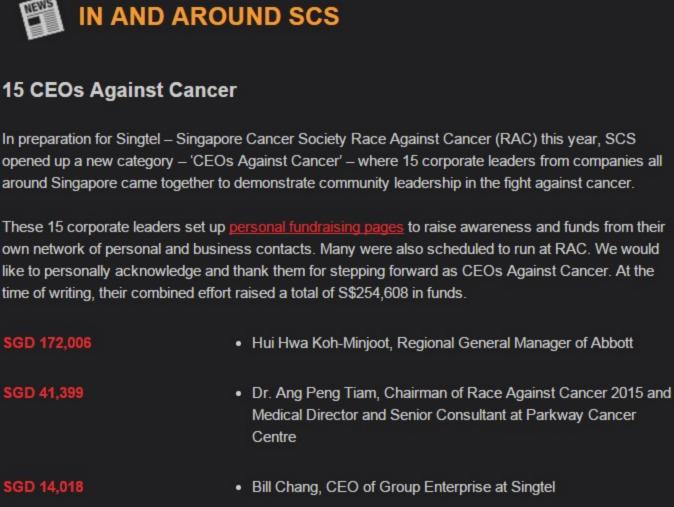


financial aid during and after treatment. This was later extended to include aids such as milk, diapers, medical dressings, stoma bags and other medical equipment (read more).

We would like to thank all our sponsors, partners, volunteers, and supporters for your continuing

support. We look forward to your participation at next year's RAC.

SCS Cancer Care Kit



cancer.

Richard. Contact him at dignitywit

30 August 2015, runners who collected their race packs at Novena Square were welcomed

Hope

Pharmacology and Exploratory Sciences at Merck Josephine Teo, General Manager of BioMedix Singapore

man himself. Richard survived four cancers and recently published a book entitled "Silent Scream of a Cancer Warrior," which chronicles his 20 year cancer journey which began with his first diagnosis of bladder cancer. He

All proceeds from the sale of the books, bears, and jewellery were donated to SCS. Learn more about

 Sarah Boyd, CEO of Guardian Ong Hwee Suan · Christopher McNamara, Executive Director at Merck John Smith, Associate Vice President Operations at Merck Giles Platford, President of Emerging Markets at Takeda **Pharmaceuticals**  Siow Foong Chang, Director of Merck Animal Health · Gordon Cameron, Asia-Pacific Vice President of Emerging Markets Business Unit at Takeda Pharmaceuticals Mohamed Saiful, Training Director at Flexi Industrial Safety Training

> by a flurry of activity at the SCS showcase area. On sale were crocheted bears and jewellery, all handmade by cancer survivors.

Richard Ng, 4 Time Cancer

Survivor, Shares His Message of

Over the RAC Race Expo weekend on 29 and

The Health Effects of Haze Haze generally contains dust and smoke particles. It also contains air pollutants such as sulphur dioxide, nitrogen dioxide, ozone, carbon monoxide, particulate matter, and fine particulate matter. Short term exposure to haze (i.e. continuous exposure to unhealthy daily average PSI levels over a few days) can cause irritation to the eyes, nose, and throat. It may also aggravate lung and heart disease, as well as cause asthma, acute bronchitis, and heart attacks. Long term exposure to haze might lead to the development of reduced lung function, chronic bronchitis, lung cancer, and even premature death. Fine particulate matter (PM2.5) is the main air pollutant in the event of haze in Singapore. The fine particulate matter refers to the tiny particles smaller than 2.5 micrometers (thirtieth times thinner than a human hair). These tiny particles float around in the air. When we inhale, we breathe in air along with any particles that are in the air. The air and the particles travel into our respiratory system (lungs and airway). The particles can stick to the sides of the airway or travel deeper into the lungs. PM2.5 can get down into the deepest portions of the lungs and become trapped there for a long time. As this portion of the lungs has no efficient means of removing them, this can result in lung disease, emphysema, and/or lung cancer in some cases. In fact, the carcinogenicity of PM2.5 is an emerging research topic worldwide. For example, a famous

Haze Health Advisory

body.

Reference:

The health impact of air pollution is related to concentration levels of pollutants, the duration of

the Ministry of Health haze health advisory.

suck in pollutants deep into your lungs.

JAMA, 287, 1132-1141.

irritation of the eyes, nose, and throat to consult their doctors.

Environmental Cause of Cancer Deaths.

National Environment Agency, PSI Readings; www.nea.gov.sg/psi

study carried out by the American Cancer Society, in collaboration with American universities, concluded that elevated fine particulate air pollution exposures were associated with significant

increases in lung cancer mortality. 2 Furthermore, the International Agency for Research on Cancer

It is recommended that anyone experiencing symptoms such as breathing difficulties, chest pains, or

2. Pope, C.A., Burnett, R.T., Thun, M.J., Krewski, D., Ito, K. and Thurston, G.D. (2002) Lung

3. International Agency for Research on Cancer (2013) Outdoor Air Pollution a Leading

Achievement and encouragement awards were also presented to students enrolled under the SCS Tuition Programme who have done well in their studies. Achievement awards are presented to students

who scored above average for their tutored subject while encouragement awards are presented to students who improved in their tutored subject by more than 10%. SCS recognises the importance of

Echoing this sentiment, guest of honour, Mr Wee Leong How, Vice-Chairman, Singapore Cancer Society, exhorted, "It may be hard and frustrating at times, but you will learn of your potential. Change the world by being more aware about what is happening around you. Most importantly, support your

In total, 29 students received book prizes, 10 received achievement awards, while 10 were presented

with encouragement awards. We look forward to more students benefiting from the SCS Tuition

acknowledging and encouraging students to do even better in their studies.

Jetaime Lim is one such recipient of the encouragement award. In late 2014, while her father was being cared for in a hospice, Jetaime would visit her father every day while juggling her studies; she also had to look after her younger sister who was in Primary One. Sadly, her father passed away in January 2015 and was unable to see

Jetaime receive her award. We congratulate and

encourage her to do better this year.

family when the going gets tough."

Programme in the years ahead.

Cancer, Cardiopulmonary Mortality, and Long-Tern Exposure to Fine Particulate Air Pollution.

Richard Ng's booth stood out and drew much interest from the crowds who were keen to hear more from the

hopes that sharing his experience will serve as a source of support and encouragement to those who are battling

In 2013, the pollutants standard index (PSI) hit a historical high of 401 in Singapore (300-400 being labelled as hazardous; >400 being life-threatening to sick and elderly persons). 1

The haze has become an annual occurrence in Singapore and typically occurs from May to October. This is mainly due to the common practice of open burning to clear land for

agricultural uses. It can be made worse by dry seasons, changes in wind direction, and poor

exposure, as well as the health status and activity level of the individual. The public is recommended to adhere to Healthy Tips to Protect Ourselves from the Haze Stay indoors, keep the doors and windows shut, and switch on a fan or the air-conditioner. Roll up the car window if you are driving. N95 respiratory masks are recommended for protection against the haze. Surgical masks and paper masks do not provide adequate protection from the haze particles. Elderly, pregnant women and people with severe lung or heart problems who have difficulty breathing at rest or during exertion should consult their doctor as to whether they should use the N95 mask. Drink lots of water to help flush away any irritants. Cut down coffee and alcohol consumption as they promote fluid loss and suck nutrients from the Avoid exercising in the open. Aerobic activities lead to deep breathing, which causes you to

« Mammogram (for Breast Cancer)

UPCOMING EVENTS

mammogram

Time: 07am - 10am

Time: 09am - 05pm

Venue: SAFRA Tampines

Breast Cancer Talk

Venue: West Coast Wellness Club

Prostate Cancer Awareness GP Symposium

Venue: HPB Auditorium, 3 Second Hospital Avenue, Singapore 168137

Time: 03pm - 4.30pm

Time: 01pm - 02pm

Venue: Various Guardian and Unity outlets

1-31

October

2015

10

October

2015

10

October

2015

31

October

2015

See full event listing

Breast Cancer Awareness Month: Pink card distribution for

« Faecal Immunochemical Test (FIT)

(for Colorectal Cancer)

Call 6499 9133 for an appointment. Visit www.singaporecancersociety.org.sg for more info.

(for Cervical Cancer)

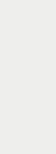
\* Eligibility criteria apply

Time: 10.00am - 2.00pm SCS Multi-Service Centre Talk: Walnut Warriors (prostate cancer support group)

### Craft session: Bishana (support group for female cancer patients and survivors)

Date: Tue, 6, 13, 20, 27 Oct 2015

Date: Sat, 24 Oct 2015 Time: 2.00pm - 5.00pm SCS Multi-Service Centre



Singapore Cancer Society Multi-Service Centre

Office Tower #06-05

# New Voice Club: Rehabilitative voice training and peer support

**Support Group Meetings** 

Date: Sat, 10 Oct 2015 Time: 2.00pm - 5.00pm SCS Multi-Service Centre

Date: Fri, 16 Oct 2015 Time: 6.30pm - 8.30pm SCS Multi-Service Centre Session: Reach to Recovery (breast cancer support group)

Talk: Colorectal Support Group

■ WHO WE ARE

SUBSCRIBE

Singapore Cancer Society is a community-based

voluntary welfare organisation dedicated to

Date: Sat, 24 Oct 2015 Time: 10.00am - 12.00pm SCS Multi-Service Centre

To enquire about or apply for the SCS Tuition Programme, please email Singapore Cancer Society provides the following cancer screening services at no charge to eligible individuals\*!

Singapore Cancer Society #04-01 to 04 Realty Centre Singapore 079716 Tel: 6221 9578 Fax: 6221 9575

minimising the impact of cancer through public education, screening, patient services, financial assistance, research and advocacy.

II 40 003/425

Located at JEM and operational in October, our cancer rehabilitation centre will provide physical, emotional, psychological, social, spiritual, and vocational rehabilitation in an integrated way to restore the functional ability of patients, help them overcome the challenges of living independently, and motivate them to journey towards a re-balanced life (read more).

This kit provides comprehensive information to assist cancer patients and their families in making informed decisions before, during, and after treatment. It also serves to give hope and encouragement to people whose lives have been impacted by cancer (read more).



The Haze, Health, and Cancer

What is The Haze?

precipitation.

(IARC) has evaluated cancer deaths caused by particulate pollution, and the results have shown an increased risk of lung cancer with increasing levels of exposure to particulate matter and air pollution.3 Although the composition of air pollution and levels of exposure can vary dramatically between locations, IARC indicated that the conclusions apply to all regions of the world.

Singapore Cancer Society (SCS) held its annual Book Prize presentation on 29 August 2015. Book prizes are awarded to children and youths 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.

SCS Book Prize Presentation

Ceremony

Pink of Bowl - Education Booth / Mammo-Bus

PORE E.R

新加坡的癌协会

9 Bishan Place Junction 8