

EARLY DETECTION SAVES LIVES START SCREENING TODAY



Donor Impact Report | Dec 2020



Mdm Peh Poh Choo
Breast Cancer Survivor

"If you are diagnosed with cancer, do not wallow or ask 'why me?' Instead, focus on the positives. Don't think too much and let loose." These are wise words from Mdm Peh Poh Choo, a 56-year-old breast cancer survivor to others who have also received an unexpected cancer diagnosis like her.

In 2008, she did a breast self-examination and felt a lump. Worried, she rushed to the polyclinic and was referred to Tan Tock Seng Hospital (TTSH) for further checks, including a breast biopsy. To her dismay, she was diagnosed with stage 1 breast cancer.

Over the course of her cancer treatment, she had to go through chemotherapy for a year and take oral drugs for five years. It was all worth it though, as Mdm Peh has been in remission since 2013.

In early 2019, Mdm Peh learned about the cancer screening services that Singapore Cancer Society (SCS) was offering through mailed flyers. As a cancer survivor, Mdm Peh signed herself up for both the Pap test and Mammogram screening as a

preventative measure. Fortunately, her results came back negative.

Mdm Peh is thankful that she discovered her cancer early, and strongly encourages all women to go for regular Pap tests and Mammogram screenings. These tests will ensure early detection of breast cancer and common gynaecological cancers, increasing the patients' chances for survival.

Leading by example, Mdm Peh is an enthusiastic advocate of early cancer screenings. Thanks to her encouragement, many of her friends have taken her advice and went for cancer screenings. Mdm Peh also intends to advise her daughter to get screened as soon as she is of suitable age.

Her message to the ladies,

**"Do not be afraid of screenings,
they are not painful."**

DID YOU KNOW?

In Singapore, **39 people** are diagnosed with cancer every day. In fact, **1 in 4 people** may develop cancer in their lifetime*

With the help of your generous donation, many individuals are able to receive their cancer screenings at no cost or subsidised rates.

The prevalence of cancers among Singaporeans make regular screenings extremely important for detecting the cancer early. Early detection, screening, and diagnosis have been proven to significantly improve survival rates and patient's quality of life.

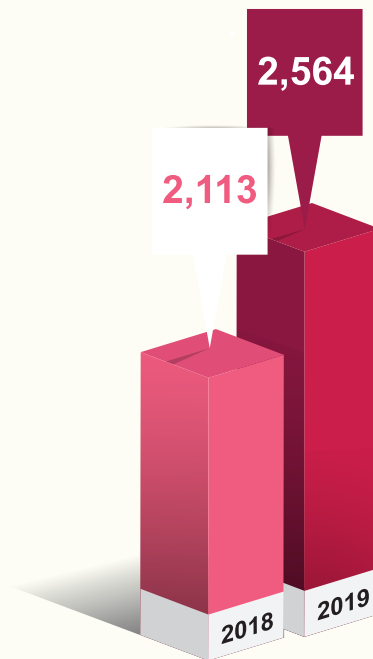
SCS provides Mammogram, Cervical Cancer Screening (Pap test/HPV test) and Faecal Immunochemical Test (FIT) at the SCS Clinic @ Bishan throughout the year.

We are heartened to see that there has been an increase in the number of screening participants at the clinic for cervical cancer and breast cancer screening in 2019.

CERVICAL CANCER SCREENING (PAP TEST/HPV TEST)



BREAST CANCER SCREENING MAMMOGRAM



*Singapore Cancer Registry 50th Anniversary Monograph 1968-2017 (2013-2017 mortality data)

BUILDING A STRONG COMMUNITY OVERCOMING CHALLENGES TOGETHER

Besides patients, the battle against cancer affects their families just as much, if not more. From the moment of diagnosis till end of life, these brave men and women take up the challenge of caring for and supporting their loved one.

These brave warriors are not alone in this emotional journey with battling the illness. An essential part of coping for both patients and their families is a strong support system, and the opportunity to connect with individuals who have similar experiences. Through conversations and engagement, these people come to understand they are not alone with the emotional journey they have with the illness or adjusting to new life situations.

Our support groups offer platforms to support cancer patients and survivors across all five pillars of education, engagement, empowerment, enrichment and psychological support.

SCS SUPPORT GROUPS OUTCOMES IN 2019

117

Programmes & Activities



2,606

Attendees



1,479

Support Group Members



Mr Martin Tay, 71, is a prostate cancer survivor and a proud member of the SCS Walnut Warriors, a prostate cancer support group. During his rehabilitation at the SCS Rehabilitation Centre, the support group provided the companionship and emotional support he needed during his recovery. He recalled how the health talks hosted by SCS sparked hope in him and greatly helped to improve his mental health during that trying period. He advises those who have been diagnosed to have an open mind and a positive outlook.



With your support, we are able to provide these services and programmes for cancer survivors, new patients and their families to help them reduce stigma, promote communication and cope with the life-changing consequences of cancer.

MAKE THIS CHRISTMAS EXTRA SPECIAL

3 ways to bring meaning to your festive season



Make Time for Self-Care. Get Screened.

The gift of health is the best one you can offer yourself. Early detection saves lives – put yourself first.



Activate Your Community

What better way to get into the spirit of Christmas than giving as a group? Kick off a fundraising campaign and say no to cancer with us.



Make a Donation

Join our battle – with your help, we can bring screenings and support services to those in need.



Any donation, small or large, will light up Christmas for our beneficiaries.
We sincerely thank you for your kind support.

Here's to a Merry Christmas and a Happy New Year!

Singapore Cancer Society

15 Enggor Street
Realty Centre, #04-01
Singapore 079716

SCS Clinic @ Bishan

9 Bishan Place, #06-05
Junction 8 Office Tower
Singapore 579837

SCS Cancer Rehabilitation Centre

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



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Scan and share the SCS
donation page with
your loved ones today.