

# COLORECTAL CANCER SCREENING

Colorectal Cancer is the top diagnosed cancer\* in Singapore – No.1 in men and No.2 in women. People who are 50 and above are at higher risk of Colorectal Cancer so screening for it should begin at age 50.

Having blood in the stool may be a sign of Colorectal Cancer and the FIT (Faecal Immunochemical Test) can help detect it. The test is safe and easy to do, should be done once a year and does not require any prior fasting or change in diet.

Early detection saves lives.

Pick up a FIT kit at the listed locations today!

\*Based on newly diagnosed cancer patients (2010-2014)

**Screening eligibility<sup>^</sup>: Singaporean or PR aged 50 and above**

\*\*Terms & Conditions: Only applicable to individuals who have not done a Faecal Immunochemical Test (FIT) in the last 12 months and a Colonoscopy in the last 10 years.

# 结肠直肠癌筛查

结肠直肠癌是新加坡男性当中最常见的癌症，在女性当中则排名第二\*。年满50岁的人士患结肠直肠癌的风险将大大提高，所以筛查应从五十岁开始。

便血可能是结肠直肠癌的症状，粪便免疫化学检验 (英文简称为FIT) 可以测查便血，从而断定癌症的迹象。这项检验既安全又简单，适合在家中进行的，更应该每年进行一次。检验前无须禁食或改变饮食。

及早发现能挽救生命。

万勿迟疑，立即到所列下的地点领取检验配套。

\*依据2010-2014年新诊断的癌症病例。

**筛查资格<sup>^</sup>: 50岁及以上的新加坡公民与永久居民。**

\*\*附带条款: 仅限于近12个月内未进行粪便免疫化学检验和近十年未接受大肠镜检查的人士。

## 可让您安心的3个步骤

- 1 在所列下的地点领取您的FIT检验配套<sup>^</sup>
- 2 在您家中的厕所进行检验
- 3 完成检验后把您的检验配套邮寄至新加坡防癌协会 (免费邮资)

<sup>^</sup>记得携带您的身份证

## HAVE A PEACE OF MIND IN 3 EASY STEPS

- 1 Pick up a FIT kit on us at convenient locations<sup>^</sup>
- 2 Use it in the privacy of your home toilet
- 3 Return the kit via post to SCS (free postage)



<sup>^</sup>Please present your NRIC during collection.



# 您晓得自己的“粪”内之事吗？

结肠直肠癌是新加坡最常诊断的癌症。便血可能是这种癌症的症状。粪便免疫化学检验 (英文简称为 FIT) 配套能测查便血，从而断定此癌症的迹象。所以，每年进行筛查方为明智。请即刻就开始吧！

**及早发现能挽救生命。**

\*依据2010-2014年新诊断的癌症病例。



# WHAT DOES YOUR POO SAY ABOUT YOU?

Find out with a FIT kit. It detects traces of blood in stool, which can be a sign of Colorectal Cancer, the top diagnosed cancer\* in Singapore. So it's best to get screened yearly, starting today.

**Early detection saves lives.**

\*Based on newly diagnosed cancer patients (2010-2014)



**FIT KIT DISTRIBUTION LOCATIONS 粪便免疫化学检验配套的分发地点**

**Singapore Cancer Society (Main Office)**  
15 Enggor Street, Realty Centre #04-01, Singapore 079716

**Singapore Cancer Society (Multi-Service Centre)**  
9 Bishan Place, Junction 8 Office Tower #06-05, Singapore 579837

**DATE/TIME 日期/时间**

**All Year Round**  
Mon to Fri: 8.30am - 6.00pm

**GUARDIAN HEALTH & BEAUTY STORES**
**CENTRAL**

313@Somerset\*  
Bugis Junction\*  
Bugis MRT  
Centrepoint  
Chinatown Point\*  
CityLink  
City Square Mall\*  
Clifford Centre  
Great World City\*

Gleneagles Medical Centre  
ION Orchard  
Lavender MRT  
Mount Elizabeth Medical Centre  
Paragon  
Plaza Singapura  
Raffles City  
Raffles Place MRT  
Suntec City

Takashimaya  
Tanglin Mall  
Zhongshan Mall\*

**NORTH**  
Admiralty Place\*  
Ang Mo Kio Central\*  
Causeway Point\*  
Compass One\*  
Heartland Mall (Kovan)\*

Hougang Mall\*  
Junction 8  
Novena Hospital  
Novena Square  
Northpoint\*  
Seletar Mall\*  
Serangoon Gardens  
Serangoon NEX  
Sun Plaza\*  
Thomson Plaza\*

Toa Payoh HDB (Blk 190)\*  
United Square

**SOUTH**  
Amara Hotel  
Harbourfront Centre\*  
Marina Bay Sands  
Pagoda Street  
Tiong Bahru Plaza\*  
VivoCity

**EAST**  
Bedok Mall\*  
Bedok Central  
Changi Airport Terminal 2 (Departure Hall)  
Katong Mall  
Kallang Leisure Park  
Parkway Parade\*

**WEST**

Tampines Century Square\*  
Tampines HUB  
Tampines Mall  
Tampines MRT  
Tampines North Drive (GIANT Building)\*  
Waterway Point\*  
White Sands Mall\*

Bukit Panjang Plaza\*  
Clementi Mall  
Holland Road Shopping Centre  
IMM\*  
Jelita Shopping Centre\*  
JEM\*  
Jurong Point\*

Lot 1\*  
Star Vista  
West Mall\*  
Yew Tee MRT\*

**DATE/TIME 日期/时间**

**1 March - 30 April 2017**  
Store Operating Hours  
\*All year round FIT kit distribution

**WATSONS PERSONAL CARE STORES**
**CENTRAL**

Bugis Junction  
Great World City  
ION Orchard  
Ngee Ann City  
Raffles City

**NORTH**

Causeway Point  
Compass One  
Hougang Mall  
Junction 8  
Novena Square

Serangoon Nex  
Toa Payoh HDB (Blk 190)  
United Square

**SOUTH**

International Plaza  
Marina Square  
Tiong Bahru Plaza  
VivoCity

**EAST**

Bedok Central  
Bedok Mall  
Parkway Parade  
Tampines Mall  
Waterway Point

**WEST**

Bukit Panjang Plaza  
Clementi Mall  
IMM  
JEM  
Jurong Point  
NUH Medical Centre  
West Mall

**DATE/TIME 日期/时间**

**All Year Round**  
Store Operating Hours

**FAMILY MEDICINE CLINICS**

**Ang Mo Kio Family Medicine Clinic**  
4190 Ang Mo Kio Avenue 6,  
Broadway Plaza #03-01,  
Singapore 569841

**1 - 31 March 2017**  
Mon to Fri: 8.30am - 4.00pm  
Sat: 8.30am - 12noon

**Hougang Family Medicine Clinic**  
51 Hougang Avenue 9,  
Ci Yuan Community Club #02-01,  
Singapore 538776

**1 - 31 March 2017**  
Mon to Fri: 8.30am - 4.00pm  
Sat: 8.30am - 12noon

**Unity Family Medicine Clinic**  
Blk 264 Serangoon Central #01-205,  
Singapore 550264

**All Year Round**  
Mon to Fri: 9.00am - 6.00pm  
Sat: 9.00am - 1.00pm

**Polyclinics 综合诊疗所**

**Ang Mo Kio**  
Blk 723 Ang Mo Kio Avenue 8 #01-4136, Singapore 560723

**Bedok**  
Blk 212 Bedok North Street 1 #03-147, Singapore 460212

**Bukit Batok**  
50 Bukit Batok West Avenue 3, Singapore 659164

**Bukit Merah**  
Blk 163 Bukit Merah Central #04-3565, Singapore 150163

**Choa Chu Kang**  
2 Teck Whye Crescent, Singapore 688846

**Clementi**  
Blk 451 Clementi Avenue 3 #02-307, Singapore 120451

**Geylang**  
21 Geylang East Central, Singapore 389707

**Hougang**  
89 Hougang Avenue 4, Singapore 538829

**Jurong**  
190 Jurong East Avenue 1, Singapore 609788

**Marine Parade**  
Blk 80 Marine Parade Central #01-792, Singapore 440080

**Queenstown**  
580 Stirling Road, Singapore 148958

**Outram**  
3 Second Hospital Avenue, Health Promotion Board #02-00,  
Singapore 168937

**Pasir Ris**  
1 Pasir Ris Drive 4 #01-11, Singapore 519457

**Sengkang**  
2 Sengkang Square, Sengkang Community Hub #01-06,  
Singapore 545025

**Tampines**  
1 Tampines Street 41, Singapore 529203

**Toa Payoh**  
2003 Toa Payoh Lorong 8, Singapore 319260

**Woodlands**  
10 Woodlands Street 31, Singapore 738579

**Yishun**  
30A Yishun Central 1, Singapore 768796

**DATE/TIME 日期/时间**

**1 - 31 March 2017**  
Mon to Fri: 8.30am - 4.00pm  
Sat: 8.30am - 12noon

To find out more, log on to [www.singaporecancersociety.org.sg](http://www.singaporecancersociety.org.sg)  
Email: [communityhealth@singaporecancersociety.org.sg](mailto:communityhealth@singaporecancersociety.org.sg)  
Phone: 6499 9133

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