



SCS UPDATE TO DONORS JUL - DEC 2017



**SINGAPORE
CANCER
SOCIETY**



Illustrated by Ms Jeanette Chan
Art Therapist
Singapore Cancer Society
26 Sep 2017

Singapore Cancer Society
15 Enggor Street
Realty Center #04-01
Singapore 079716

**Singapore Cancer Society
Multi-service Centre**
9 Bishan Place
Junction 8 Junction Tower #06-05
Singapore 579837

**Singapore Cancer Society
Cancer Rehabilitation Centre**
52 Jurong Gateway Road
JEM Office Tower #08-04
Singapore 608550



www.singaporecancersociety.org.sg



[sgcancersociety](https://www.facebook.com/sgcancersociety)

DIR Nov17-5k



*Find that light, follow it, and
you will get out of the tunnel
eventually.....*

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2017 is a challenging year for charities. Singapore's economic growth forecast for this year has been projected at just between 1 and 3 per cent. However, at Singapore Cancer Society (SCS), we continue to strive on, providing holistic care and support for our cancer patients and survivors in as comprehensive a way as we can.

Cancer is still the leading cause of death in Singapore, with 1 in 3 deaths due to cancer¹. As the risk of cancer increases with age, the number of people being diagnosed and living with cancer will continue to rise, especially in view of our ageing population. Yet, thanks to advances in medical technology and cancer care, the number of cancer survivors has increased over the years. In addition, screening and early detection also help improve survival rate.

In the past, cancer treatment was focused mainly on improving survival rate. Today, cancer care goes beyond treatment. It is not just about fighting the disease, but it is also about taking care of the emotional and practical needs of the cancer patients. Throughout the cancer journey, one might experience alternating moments of distress and hope - it is like taking a roller-coaster ride. Even after treatment, many survivors still find it hard to cope with the emotional and physical fatigue that emerge every now and then.

It is only with your generous support that SCS is able to help more cancer patients and survivors, so that they will not walk alone in their journey of recovery. For that, we thank you from the bottom of our hearts.

Finally, I would like to invite you, to join us in our 2nd SCS-Relay for Life (RFL) 2018, to show your support and walk in solidarity with cancer survivors and caregivers. For more information, please visit our RFL website, <http://www.singaporecancersociety.org.sg/relay>.

ALBERT L H CHING

Chief Executive Officer, Singapore Cancer Society

¹ Source: Singapore Cancer Registry Annual Registry Report 2015.



Calendar of Events

November 2017   	February 2018	March 2018
<p>4 Winning Against Cancer: What You Can Do English Session: 10AM – 12PM Mandarin Session: 2PM – 4PM Venue: Ng Teng Fong General Hospital Auditorium, Tower A, Level 1</p> <p>11 Lung Cancer Public Forum & Prostate Cancer Public Forum English Session: 10AM – 12PM Mandarin Session: 2PM – 4PM Venue: Lifelong Learning Institute, 11 Eunos Road 8, Singapore 408601</p> <p>18 Men's Cancer Health Carnival & Give Up For Good Time: 10AM – 7PM Venue: Bugis+, 201 Victoria Street, Singapore 188067</p> <p>1 - 30 Lung Cancer Awareness Month Prostate Cancer Awareness Month Movember Grow a Mo, Move or Host an Event for Men's Health For more information: Visit http://sg.movember.com/</p>	<p>4 World Cancer Day 2018</p> 	<p>10 - 11 SCS Relay for Life 2018 Time: From 6PM (SAT) - 9AM (SUN) Venue: National Stadium @ Singapore Sports Hub</p> <p>To register: Visit http://www.singaporecancersociety.org.sg/relay</p> <p>For enquiries: Email rfl@singaporecancersociety.org.sg</p> 

**OYSTER
OMELETTE IS LOW
ON CALORIES**



IF YOU CAN'T BE SMOKED EASILY,
WHY GIVE LUNG CANCER A CHANCE?

DON'T
SMOKE
ME



LUNG
CANCER
AWARENESS
MONTH 2017



SINGAPORE
CANCER
SOCIETY



CELEBRATE ★ REMEMBER ★ FIGHT BACK



100KM
TEAM CHALLENGE

*Survivors don't stop when they are tired,
neither do we.*

BE PART OF THE CANCER FIGHT!

10th Mar (Saturday) –
11th Mar (Sunday), 2018

From 6pm to 9am

National Stadium
@ Singapore Sports Hub

Join us for the overnight 15-hour
team relay, fun and entertainment!

SIGN UP TODAY!

www.singaporecancersociety.org.sg/relay

For enquiries, email: rfl@singaporecancersociety.org.sg



Cancer Rehabilitation & Support Services

IT'S NOT OVER WHEN IT'S OVER

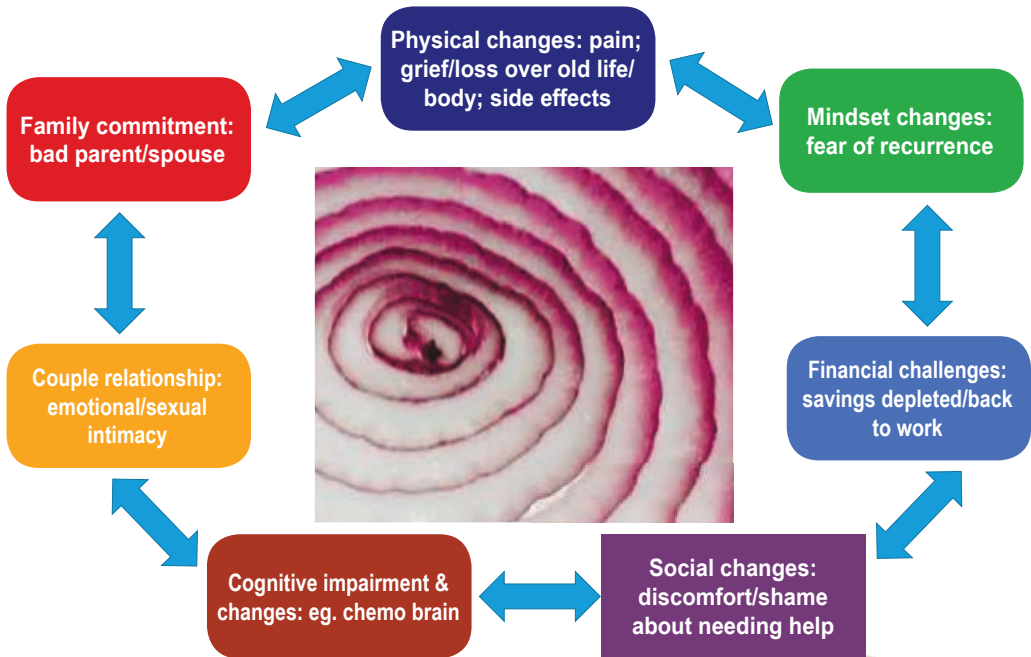
When treatment ends, families and survivors are often not prepared for the fact that recovery takes time...

The stress from living with cancer is multi-fold.

From the side effects of treatment, to the fear of recurrence, financial challenges, sexual intimacy and sense of guilt etc.

SCS understands these difficulties and this is why, at SCS's Cancer Rehabilitation Centre (CRC), we customise our programmes and services so that patients' specific needs are catered to.

*Stress from living with cancer... Can you imagine???
There are so many layers... it's like peeling an onion.*



One member who participated in the Art Therapy Programme, Nurturing Your HeART, said, "Whenever I feel stressed or down, I will think of this piece of work and that makes me forget my tense feeling (and turn it) into a lovely, warm, comfortable and safe one."





At the SCS CRC, each customised cancer care plan is developed by an inter-disciplinary team of doctors, cancer care navigators, counsellors, medical social workers, physiotherapists, occupational therapists, speech therapists, art therapists, clinical sexologists, patient ambassadors and cancer support groups.

SCS Rehabilitation & Support Groups:

Assessment of Risk

- Safety/suicide risk
- Decision making capacity

Exercise

- Physical, occupational, speech therapy
- Exercise programmes

Psychoeducation

- Caregiver training
- Coping with stress - transition after cancer

Relaxation Techniques

- Relaxing your mind, breathing exercises, guided imagery
- Audio tracks online

Group-based Interventions

- Nurturing Your HeART - art therapy/ open art studio
- Finding Meaning and Hope - positive psychology

Support Groups

- Breast, Prostate, Colorectal, Gynaecological, Laryngeal, Lung Cancer



SCS Support Group members, together with their caregivers, at the NTU Community Herb Garden.

SCS New Voice Club Support Group members, together with their caregivers, at the Asian Civilisation Museum.





Beneficiary Story and Prostate Cancer

Prostate cancer is the 3rd most common cancer and 6th most common cause of cancer death in Singaporean men.

Mr Willie Yeo was first diagnosed with prostate cancer about 10 years ago. He was experiencing frequent and intermittent urination. He also felt some lumps on his prostate, but no pain. So he went for a check-up. The doctor told him that his cancer was in the early stages. He underwent 3 months of radiotherapy, every day, for 30 minutes each. He also took hormone pills to keep his cancer under control. The diagnosis and treatment were really stressful for him, physically, mentally as well as financially.

He was put under active surveillance. Every 3 months, he goes back to the hospital for check up and his doctor conducts blood tests to monitor the level of Prostate-Specific Antigen (PSA) in his blood. 4 years ago, his doctor advised that he was not suitable for operation as he had other medical conditions such as hypertension and sleep apnea.



When Willie's case was referred to SCS by his medical social worker in 2015, SCS provided Willie with a monthly supply of \$200 worth of adult diapers, under the **SCS Welfare Aid Fund**. As the diapers are costly, he only uses them at night, because he simply cannot sleep without them.

Willie is currently living alone in a 1-room HDB rental flat. He is divorced and has lost contact with his children. He was educated up to Primary 2 only, and he had to start working in a factory since he was 12 years old. Now retired at 66 years old from his job as an outdoor salesman, he is living on his CPF retirement fund, which is hardly sufficient for his daily expenses.

To make ends meet, he sells tissue paper once a week at the Shenton Way area now. The income is meagre and the work is tiring. On top of that, he has problem walking due to the metal plates inserted in his foot because of an injury more than 10 years ago. He can only move around with his motorised wheelchair, which was gifted to him by kind donors.

Despite having so many medical conditions, including prostate cancer, leg injury, diabetes, hypertension and sleep apnea, he remains exceptionally cheerful and positive. He helps out at various charities during their roadshows and fundraising events. He also helps his neighbours by collecting leftover food for them from these events. Because of this, his neighbours call him "Robin Hood".

Willie has this message for other cancer patients and survivors: "Relax. Don't worry so much and your tension will go away." Willie also wants to express his gratitude to everyone who has helped him. He believes that in doing good, you will be blessed.

**IT'S A CLEAR SIGN TO
MAN YOUR PROSTATE.**





MAN YOUR PROSTATE

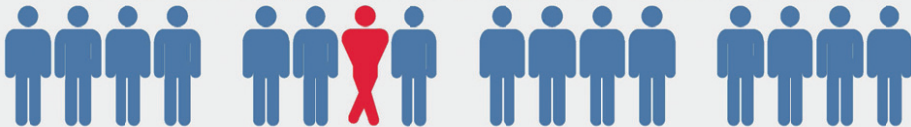
WHAT IS PROSTATE CANCER?

Prostate cancer is cancer of the prostate gland. The prostate is a walnut-sized gland present only in the male pelvis, wrapped around the urethra.

3rd

Most common cancer diagnosed in Singaporean men

1 in 16 men in Singapore will develop prostate cancer in his lifetime



SIGNS & SYMPTOMS

Early prostate cancer is usually asymptomatic, but may exhibit symptoms not specific to prostate cancer. These symptoms may also be caused by noncancerous conditions such as benign enlargement of the prostate and inflammation of the prostate (prostatitis).

Symptoms of prostate cancer usually show up at later stages of the disease as the tumour grows and narrows the urethra (urine passage) and spreads to other organs.





**SINGAPORE
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WHAT IS LUNG CANCER?

Lung cancer is the uncontrolled growth of abnormal cells which come from lungs, usually from the cells that line the air passages.

55

6 out of 7 people
diagnosed with
lung cancer are
55 or older



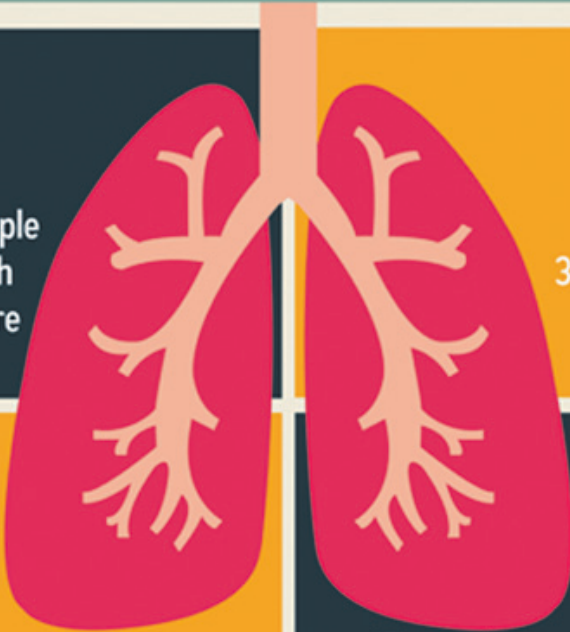
NO 1 Cancer death in males
NO 2 Cancer death in females



Everyday
3 Singaporeans
die from
lung cancer



The majority of lung cancer
cases are diagnosed
at stage III and IV





Please glue on all sides



We want to keep in touch with you!

Kindly complete the form below, and return to SCS by mail, fax 6221-9575, or email to fund_raising@singaporecancersociety.org.sg.

- ☐ Your kind contribution to SCS is greatly appreciated and we would like to acknowledge your support in our publications. Please check this box if you do not wish to be acknowledged in this manner.
- ☐ We would like to invite you to subscribe to our SCS Monthly eNewsletter to stay updated about our programmes and activities. Please check this box if you wish to subscribe and provide us with your email address below.

UPDATE OF CONTACT DETAILS:

Name : _____

NRIC/FIN No.: _____

Mailing Address : _____

Postal Code: _____

Email Address: _____

Mobile No: _____ Home No.: _____ Of ce No.: _____

CHANGE OF CREDIT/DEBIT CARD AND/OR DONATION AMOUNT (For Recurring Donors Only)

(please note that we can't accept AMEX)

- ☐ I consent to continue with my recurring donations to SCS using my new credit/debit card with immediate effect.

Name On New Credit/Debit Card: _____ Issuing Bank: _____

New Credit/Debit Card No.: _____ Expiry Date (MMYY): _____

☐ Visa ☐ MasterCard Donation: S\$ _____/every month / Others (please specify) : _____

- ☐ I consent to continue with my recurring donations to SCS but change the donation amount with immediate effect.

Amount (Previous) S\$ _____ since _____/_____/_____

Amount (New): S\$ _____/every month / Others (please specify) : _____ (Note: minimum \$5/monthly)

Signature: _____ Date: _____

I consent to allow Singapore Cancer Society ("SCS") to collect, use, disclose and/or process my personal data in order to process, administer, facilitate, maintain and/or manage my relationship with SCS as a member, volunteer, programme participant, beneficiary and/or donor ("Purpose"), including communications on SCS' activities, programs and services; donation requests; carrying out research, analysis and development activities for SCS' purposes; and making disclosures required by law or a competent authority. SCS may, for the above Purpose, disclose my personal data to its third party service providers and/or agents, which may be sited outside of Singapore (subject always to requirements under applicable law having been met). If you wish to receive communications on SCS' activities, programmes and services via phone call and/or text message to a phone number or numbers that you have provided to SCS, please TICK the relevant box(es):

- ☐ Text Message ☐ Phone Call

In any event, you agree that SCS may send communications on its activities, programmes and services to you via email and/or post. If you do not wish to receive such communications via email and/or post, or if you wish to make changes to consent previously given, you understand that you may opt-out by writing to the "SCS Data Protection Officer" at "Singapore Cancer Society, 15 Enggor Street, #04-01, Realty Centre, Singapore 079716" or to the following email address dataprotection@singaporecancersociety.org.sg.

SINGAPORE CANCER SOCIETY 15 Enggor Street, Realty Centre #04-01, Singapore 079716 Main: 6221 9578 | Fax: 6221 9575
www.singaporecancersociety.org.sg | fund_raising@singaporecancersociety.org.sg

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**SINGAPORE
CANCER
SOCIETY**

新加坡防癌协会

BUSINESS REPLY SERVICE

PERMIT NO. 00740



Singapore Cancer Society

15 Enggor Street

#04-01 to 04 Realty Centre

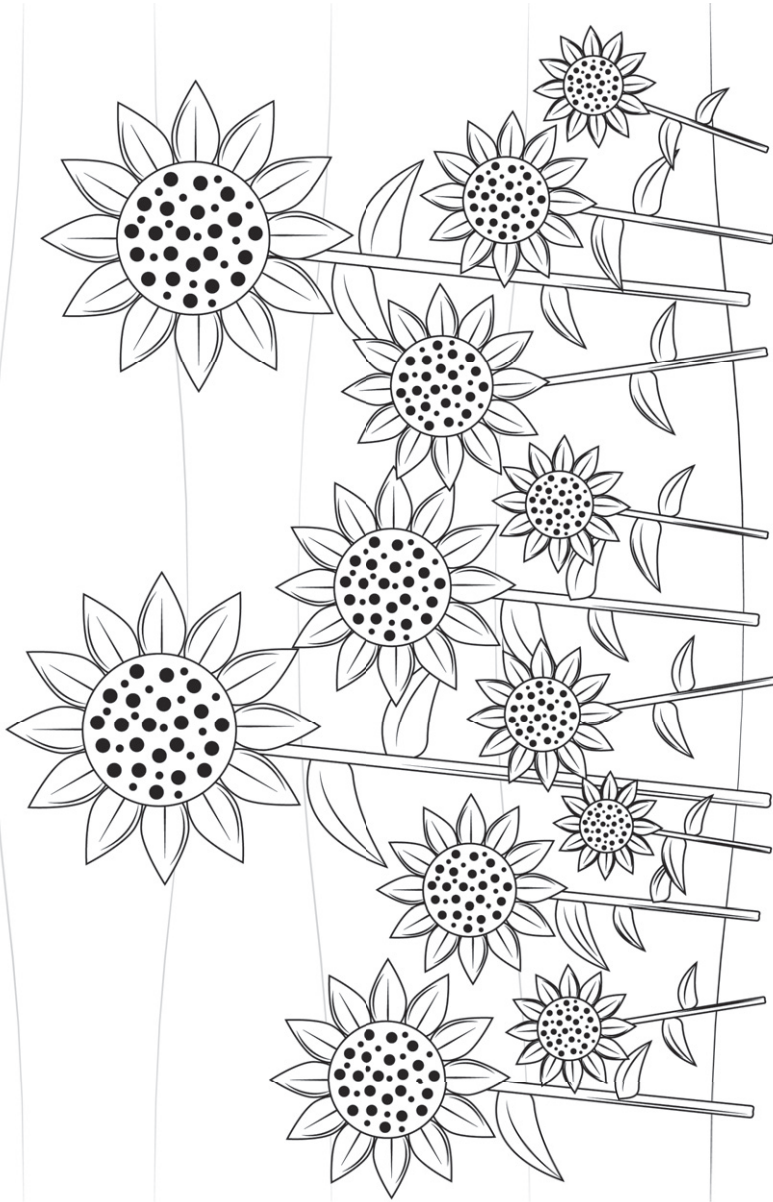
Singapore 079716

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Free Colouring Page

The simple yet therapeutic act of colouring may help to alleviate anxiety, stress, anger and cultivate a sense of tranquillity. It can be an ideal activity for time alone or shared in the company of friends.



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