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hope link

Editor's Note



THE FIRST STEP
TO TAKE IS TO
LIKE US ON 



World Cancer day falls on 4 February every year. On this day, the world unites against cancer. Join us to raise awareness about cancer and take action against this disease.

We'd love to hear from you! Do you have any interesting stories or any ideas to share with us? Please email us at enquiry@pcc.sg

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WHAT IS CANCER?

Cancer can start any place in the body. It starts when cells grow out of control and crowd out normal cells. This makes it harder for the body to work the way it should. Understand the basics of cancer today to fight this disease.

How are cancers alike?

The cells in our bodies all have certain jobs to do. Normal cells divide in an orderly way. They die when they are worn out or damaged, and new cells take their place. Cancer is when the cells start to grow out of control. The cancer cells keep on growing and making new cells. They crowd out normal cells. This causes problems in the part of the body where the cancer started.

Cancer cells can also spread to other parts of the body. For instance, cancer cells in the lung can travel to the bones and grow there. When cancer cells spread, it's called metastasis. When lung cancer spreads to the bones, it's still called lung cancer. To doctors, the cancer cells in the bones look just like the ones from the lung. It's not called bone cancer unless it started in the bones.

How are cancers different?

Some cancers grow and spread fast. Others grow more slowly. They also respond to treatment in different ways. Some types of cancer are best treated with surgery; others respond better to drugs, e.g. chemotherapy. Often 2 or more treatments are used to get the best results.

When someone has cancer, the doctor will want to find out what kind of cancer it is. People with cancer need treatment that works for their type of cancer.

What stage is the cancer?

Doctor needs to know if and how far the cancer has spread from where it started. This is called the cancer stage. Knowing the stage of the cancer helps the doctor decide what type of treatment is best.

There are tests that can be done to figure out the stage of the cancer. As a rule, a lower stage (such as a stage 1 or 2) means that the cancer has not spread very much. A higher number (such as a stage 3 or 4) means it has spread more. Stage 4 is the highest stage.

How is cancer treated?

The most common treatments for cancer are surgery, chemotherapy, and radiation. Surgery can be used to take out the cancer. The doctor might also take out some or all of the body part the cancer affects. However, surgery is not used for all types of cancer. For example, blood cancers like leukaemia are best treated with drugs.

Chemotherapy is other treatment used to fight cancer. It uses drugs to kill cancer cells or slow their growth. Some chemotherapy can be given by IV (into a vein through a needle), and others are a pill you swallow. Because chemo drugs travel to nearly all parts of the body, they are useful for cancer that has spread.

Radiation is also used to kill or slow the growth of cancer cells. It can be used alone or with surgery or chemo. Radiation treatment is like getting an x-ray. Sometimes it's given by putting a "seed" inside the cancer to give off the radiation.

*Source:

<http://www.singaporecancersociety.org.sg/learn-about-cancer/cancer-basics/common-types-of-cancer-in-singapore.html>
<http://www.cancer.org/cancer/cancerbasics/what-is-cancer>
<http://www.parkwaycancercentre.com/learn-about-cancer/about-cancer/what-is-cancer/>

SPOT AND WIN



Spot the signs and symptoms of cancer early and stand a chance to win the battle against it. Be body aware. If you notice any unusual or persistent changes, it is important to get it checked out. Early detection, simplifies cure.

Spot the underlined words in the picture above.



Circle the words and take a picture of your answer. Send an email with the subject "Hopelink Spot and Win" to conciierge@pcc.sg with the picture attached by 28 February 2017 to win a hot water bag.

Find out more about the signs of cancer at www.parkwaycancercentre.com/learn-about-cancer/about-cancer/signs-of-cancer/

Terms and Conditions:

- Duplicate entries will not be considered.
- Availability of prize while stocks last.
- This contest is open to residents in Singapore, Malaysia, Indonesia, Vietnam, Myanmar, Bangladesh, Sri Lanka, India and Philippines only.

CONTACT US

PCC CENTRES

Gleneagles Hospital	6A Napier Road #01-35 Singapore 258500 6A Napier Road Level 2 Singapore 258500 6A Napier Road Level 3 Singapore 258500
Mount Elizabeth Hospital	3 Mount Elizabeth Level 2 Singapore 228510
Mount Elizabeth Medical Centre	3 Mount Elizabeth #10-11/12 Singapore 228510 3 Mount Elizabeth #13-16/17 Singapore 228510
Mount Elizabeth Novena Specialist Centre	38 Irrawaddy Road #05-43, 50 to 55 Singapore 329563
Parkway East Hospital	321 Joo Chiat Place #03-10 Singapore 427990

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WARNING SIGNS AND SYMPTOMS OF CANCER

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It may be known as the "silent killer", but cancer often comes with symptoms and warning signs. Keep a lookout for them and you could increase your chances of beating the disease.

Sores that refuse to heal

Sores on any part of the body which are difficult to heal, such as sores on the skin, vagina, or oral cavity, should be dealt with promptly and should not be overlooked.



Change in bowel habits or bladder function

Chronic constipation, diarrhea, or a change in the size of your stool may indicate colon cancer. Pain with urination, blood in urine, or a change in bladder function (such as more frequent or less frequent urination) may be related to bladder or prostate cancer. Any changes in bladder or bowel function should be reported to your doctor.



Unusual bleeding or discharge

Any unusual bleeding from any orifice of the body may be a sign and symptom of cancer. Blood in the phlegm could be a sign of lung cancer. Blood in the stool (or a dark or black stool) could be a sign of colorectal cancer. Abnormal vaginal bleeding could indicate uterine, ovarian or cervical cancer. A bloody discharge from the nipple may be a sign of breast cancer.



Nagging cough or hoarseness

A persistent cough may be a sign of lung cancer. Persistent hoarseness could be a sign of cancer of the larynx (voice box) or thyroid.



Thickening of lump in the breast or on other parts of the body

Many cancers can be felt through the skin, particularly in the breasts, testicles, lymph nodes, and the soft tissues of the body. A lump or thickening may be an early or late sign of cancer and should be reported to a doctor, especially if you have just discovered it or noticed that it has grown in size.



Recent changes in a wart or mole

Any change in the colour, shape, size or loss of definite borders of a wart or mole should be reported to your doctor immediately. It could be a sign of melanoma which, if diagnosed early, may be treated successfully.



Unexplained weight loss or fever

An unexplained weight loss of about 5kg may be the first sign of cancer, particularly cancers of the pancreas, stomach, oesophagus, or lung. Fever is generally seen at an advanced stage of the disease. When cancer has spread from its point of origin to other parts of the body, almost all patients with cancer will experience fever at some stage, particularly if the cancer or its treatment affects the immune system and reduces resistance to infection.



Indigestion or difficulty in swallowing

While they commonly have other causes, these symptoms may indicate cancer of the oesophagus, stomach, or pharynx (throat).



These signs do not always mean cancer but if they persist, consult your doctor immediately.

SUPPORT PROGRAMMES

1 FEB WED	10.00am – 12.00pm Nutrition in Cancer Care Gleneagles Hospital Board Room, Level 3
10 FEB FRI	10.00am – 12.00pm Expat Cancer Support Group The British Club, Singapore Windsor Terrace
11 FEB SAT	10.00am – 12.00pm Line Dance Mount Elizabeth Hospital Seminar Room, Level 2
15 FEB WED	2.00pm – 5.00pm Look Good Feel Better Gleneagles Hospital Board Room, Level 3
22 FEB WED	10.00am – 11.00am Rest and Rejuvenation Programme Mount Elizabeth Hospital Seminar Room, Level 2
24 FEB FRI	10.00am – 12.00pm Expat Cancer Support Group The British Club, Singapore Windsor Terrace
25 FEB SAT	10.00am – 12.30pm Adjusting to Changes: Preparing & Starting Cancer Treatment Gleneagles Hospital Board Room, Level 3
3 MAR 2017	
1 MAR WED	10.00am – 12.00pm Nutrition in Cancer Care Mount Elizabeth Hospital Admin Conference Room, Level 2
10 MAR FRI	10.00am – 12.00pm Expat Cancer Support Group The British Club, Singapore Windsor Terrace
11 MAR SAT	10.00am – 12.00pm Line Dance Mount Elizabeth Hospital Seminar Room, Level 2
24 MAR FRI	10.00am – 12.00pm Expat Cancer Support Group The British Club, Singapore Windsor Terrace
25 MAR SAT	10.30am – 12.30pm Adjusting to Changes: Preparing & Starting Cancer Treatment Mount Elizabeth Hospital Seminar Room, Level 2

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ENHANCE YOUR IMMUNITY
WITH THIS EASY, TASTY AND
HEALTHY RECIPE.

NUTRITION ANALYSIS

IMMUNITY
ENHANCING

E (kcal)	330
Protein (g)	17
Total fat (g)	10
Carbohydrate (g)	40
Fibre (g)	8.3
Vit C (mg)	31
Calcium (mg)	220
Iron (mg)	5.0

GOOD SOURCE OF VITAMIN C,
CALCIUM AND IRON

RECIPE COURTESY OF CHEF TOH LI SI, IGGY'S

THIS IS A TYPICAL CANTONESE-STYLE
STEAMED DISH. USE FRESH SHIITAKE
MUSHROOMS IF YOU WANT A SOFTER
TEXTURE. YOU CAN HAVE IT AS A STARTER,
BUT IT'S BEST WITH SOME BROWN RICE.

SHIITAKE STUFFED WITH TOFU AND SWEET POTATO

SERVES 4

INGREDIENTS

50g ginger, thinly sliced
2 cloves garlic, thinly sliced
1 spring onion, chopped
12 dried mushrooms, soaked in boiling water until soft or use fresh shiitake mushrooms
75g tofu
50g silken tofu
½ tablespoon light soy sauce
1 tablespoon oyster sauce
½ tablespoon Chinese cooking wine (hua diao)
Salt and pepper to taste
50g French beans, finely sliced
100g sweet potato, finely minced

FOR THE SAUCE

125ml / ½ cup water
1 tablespoon light soy sauce
½ tablespoon fish sauce
1 tablespoon cornstarch mixed into 1 tablespoon cold water
½ egg white, lightly beaten
½ tablespoon sesame oil

DIRECTIONS

- Distribute the cut ginger, garlic and spring onion evenly on a plate that will fit into the steamer basket. Set aside.
- Rinse, drain and cut off the mushroom stems (kitchen scissors are an easy way to do this). Set aside the mushroom caps.
- Mash up both types of tofu in a bowl with a fork, adding the soy sauce, oyster sauce, wine, and salt and pepper to taste. Mix well. Stir the French beans and sweet potato into the tofu, and then spoon this filling into the mushroom caps.
- Place the mushrooms filling-side up on the prepared plate (see the first step) and steam for 10 minutes.
- To make the sauce, bring the water, soy sauce and fish sauce to a boil in a small pan. As soon as it starts to boil, whisk the cornstarch mixture into the hot liquid. Cook for a couple of minutes and then, remove from the heat.
- Drizzle the egg white from a fork into the boiling soup, a little at a time. Add the sesame oil and stir.
- Spoon the sauce over the steamed mushrooms and serve.



吉祥



新春吉祥
福气安康

WISHING YOU A HAPPY CHINESE NEW YEAR
& PROSPEROUS YEAR OF ROOSTER