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NEWSLETTER

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Editor's Note

THE FIRST STEP
TO TAKE IS TO
LIKE US ON 



This issue, we would like to raise awareness for lung cancer. Lung cancer is the second most common cancer in men and the third most common cancer in women. In Singapore, lung cancer is the leading cause of cancer death among cancer patients. Lung cancer can be prevented. Reduce your risk by avoiding smoking or quitting smoking.



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 LUNG CANCER?

Your lungs are a pair of large organs in your chest. They are part of your respiratory system. Lung Cancer is cancer that starts in the lungs.



WHAT CAUSES LUNG CANCER?

Tobacco smoke is by far the most important and the main risk factor for lung cancer. It is responsible for more than 80% of all lung cancer worldwide. Harmful substances in smoke damage lung cells. Over time, the damaged cells may become cancerous. This is why smoking cigarettes, pipes, or cigars can cause lung cancer. Inhaling second hand smoke can also cause lung cancer in non-smokers. The more a person is exposed to smoke, the greater the risk of lung cancer.

Other risk factors for lung cancer include radon (a radioactive gas), asbestos, arsenic, chromium, nickel and air pollution. People with family members who had lung cancer may be at slightly increased risk of the disease. People who have had lung cancer are at increased risk of developing a second lung tumour. Most people are older than 65 years of age when diagnosed with lung cancer.

SIGNS AND SYMPTOMS

Early lung cancer often does not cause symptoms. Signs and symptoms of lung cancer typically occur in advanced disease and these include:

- A cough that gets worse or does not go away
- Breathing trouble, such as shortness of breath
- Constant chest pain
- Coughing up blood
- A hoarse voice
- Frequent lung infections, such as pneumonia
- Feeling very tired all the time
- Weight loss with no known cause

PREVENTION

- Avoiding smoking.
- Quitting smoking. Quitting reduces the risk of lung cancer, even if one has smoked for years. Options include nicotine replacement products, medications and support groups.
- Avoiding passive smoking. Encourage your partner/spouse or colleague who smokes to quit smoking and request him or her to smoke outside the home or work premises. Choose smoke-free zones and avoid crowded places such as bars and restaurants.
- Avoiding exposure to toxic chemicals at workplace by taking precautions such as wearing a face mask to prevent exposure to toxic chemicals at the workplace.
- Eating a diet full of fruits and vegetables, drinking alcohol in moderation and exercising regularly.

There are two main types of lung cancer:

Non-small cell lung cancer (NSCLC)

NSCLC is the more common type of lung cancer, and is less aggressive than SCLC. NSCLC tends to grow and spread more slowly. If discovered early, surgery and/or radiation therapy, chemotherapy may offer a chance of cure.

Small cell lung cancer (SCLC)

SCLC is fast-growing and rapidly spreads to the bloodstream and other parts of the body. Often, it is an advanced disease when diagnosed. It is usually treated with chemotherapy and not surgery.

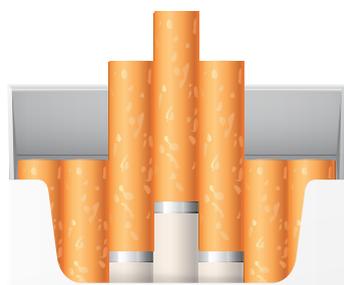
Lung cancer is the second most common cancer in men and the third most common cancer in women in Singapore.

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THE HARMFUL EFFECTS OF SMOKING



This is the main cause of lung cancer. It is responsible for 90% of lung cancer deaths. With the increasing number of years of smoking, the number of cigarettes smoked each day and the tar and nicotine contents of the cigarettes; the risks of developing lung cancer will be increased.



THE CIGARETTE

Tobacco smoke contains over **4,000** chemicals which **60** of them are known to cause cancer.

ACETONE: found in nail polish remover

AMMONIA: found in floor cleaners

ARSENIC: found in rat poison

BUTANE: lighter fuel

CADMIUM: found in car batteries

CARBON MONOXIDE: this is the gas that kills you when you breathe in car exhaust fumes. It replaces oxygen in your blood and robs muscles, brain and body tissue of oxygen. It also makes the lung less able to clear themselves and over time, airways swell and lets in lesser air into the lungs

CYANIDE: causes respiratory distress

FORMALDEHYDE: used to preserve dead bodies.

NAPHTHALENE: mothballs

NICOTINE: this is the addictive drug in tobacco – it raises your blood pressure & heart rate each time you smoke. This strains your heart and increases your chance of heart attack

TAR: contains cancer-causing substances. It coats your lungs. A 20-stick-a-day smoker inhales up to a full cup of tar every year

THE DECISION IS YOURS

Reduce your risk of getting cancer and other diseases. If you don't smoke, don't start. If you do smoke, make a decision to want to quit now.

GET CONNECTED WITH CANCER SUPPORT ONLINE

There are many phases in a patient's cancer journey. Some may have just begun to suspect an abnormality or have been recently diagnosed. Others may currently be in the process of treatment or have successfully entered remission.

CanHOPE is a non-profit cancer counselling and support service provided by Parkway Cancer Centre. We seek to cater to every patient's needs, regardless of his or her treatment phase, by providing the best personal or virtual support.

Find out more at www.canhope.org



Information about CanHOPE

Get to know our team of Guest Relations Executives, Counsellors, Dietitians and Palliative Care Nurses who will be caring for your emotional and physical health needs.



What We Do

Learn more about the support services CanHOPE provides, including Cancer Counselling, Nutrition in Cancer Care, Rehabilitation and Palliative Care, as well as our support groups and programmes.



Our Locations

Find out where CanHOPE support services are located, in Singapore and in the region.



Self-help

Pick up tips on coping with cancer, nutrition care, self-care for caregivers, post-cancer care and palliative care.



Stay Engaged

Find events and support programmes for patients and caregivers and learn how you can help by being a friend to our cancer patients.



SUPPORT PROGRAMMES

1 AUG SAT	10.00am – 12.00pm Zumba Mount Elizabeth Hospital Seminar Room, Level 2
5 AUG WED	10.00am – 12.00pm Ask The Dietitian: Nutrition In Cancer Care Mount Elizabeth Hospital Seminar Room, Level 2
6 AUG THU	2.00pm – 5.00pm Look Good Feel Better Gleneagles Hospital Board Room, Level 3
13 AUG THU	2.00pm – 4.00pm Healing with Massage Gleneagles Hospital CanHOPE Activity Room, Level 3
14 AUG FRI	2.00pm – 4.00pm Art Therapy: About Me Gleneagles Hospital CanHOPE Activity Room, Level 3
22 AUG SAT	10.00am – 4.00pm Annual Survivors' Seminar 2015 – New Life, New Hope Novotel Clarke Quay Hotel Level 5
28 JUN FRI	10.00am – 12.00pm Expat Cancer Support Group The British Club, Singapore Windsor Terrace

2 SEP WED	2.00pm – 4.00pm Ask The Dietitian: Nutrition In Cancer Care Gleneagles Hospital Board Room, Level 3
4 SEP FRI	3.00pm – 5.00pm Art Therapy: I Am Precious Gleneagles Hospital CanHOPE Activity Room, Level 3
5 SEP SAT	10.00am – 12.00pm Weave For Hope Gleneagles Hospital CanHOPE Activity Room, Level 3
11 SEP FRI	10.00am – 12.00pm Expat Cancer Support Group The British Club, Singapore Windsor Terrace
12 SEP SAT	10.00am – 12.00pm Line Dance Mount Elizabeth Hospital Seminar Room, Level 2
17 SEP THU	2.00pm – 4.00pm Guided Imagery Gleneagles Hospital CanHOPE Activity Room, Level 3
19 SEP SAT	11.00am – 12.00pm Myths about Cancer Pain and its Management Mount Elizabeth Orchard Hospital Seminar Room, Level 2
25 SEP FRI	10.00am – 12.00pm Expat Cancer Support Group The British Club, Singapore Windsor Terrace

New Life, New Hope

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CanHOPE Survivors Seminar 2015

A celebration of new beginnings, hope and psycho-social well-being.

Date: 22 August 2015 (Saturday)

Time: 10am to 4pm
(Inclusive of Buffet Lunch)

Venue: Novotel Clarke Quay
177A River Valley Road
Singapore 179031

Register before 11 August 2015!

Seats are limited and allocated on a first-come first-serve basis. To register, please email the following particulars to register@canhope.org:

- Participants' Names
- Email Address
- Mobile No.
- Preferred Afternoon Session

For enquiries, please email to register@canhope.org or call 6738 9333.

Embark in confidence on your new chapter of survivorship. We invite you and your caregiver to participate in a day of learning, self-care and camaraderie.

Programme Highlights

Morning Sessions

Early detection and better treatments have resulted in curative outcomes for more patients. Cancer survivors, however, do face longer-term challenges such as fears of cancer recurrence, coping with survivorship and psycho-social concerns.

Dr. Lim Hong Liang (Senior Consultant, Parkway Cancer Centre)
All survivors should receive follow-up care to monitor and manage post-treatment symptoms. Dr. Lim will discuss the factors that affect the risk of cancer recurrence, the timing and patterns of recurrence, and the benefits versus side-effects of regular surveillance-evaluation.

Dr. Khoo Kei Siong

(Deputy Medical Director, Parkway Cancer Centre)

It has been observed that certain types of cancers run in some families. Dr. Khoo will share how advances in genetics and molecular biology have led to a better understanding of cancer development and prevention. He will also discuss the risks and management of subfertility from cancer treatments, congenital abnormalities and cancer risks in offspring.

Ms Chloe Ong

(Senior Dietitian, Parkway Cancer Centre)
Our dietitian, Chloe, will expound on the relationship that specific foods, nutrients, and lifestyle patterns have with specific cancers. She will also highlight evidence-based guidelines on nutrition and lifestyle factors that deter cancer recurrence and debunk the myths of dietary therapies that claim to have positive effects in cancer prevention.

Concurrent Afternoon Sessions

Please choose one. Limited capacity for each session. First-come first-serve.

Hush Tea Experience

Immerse yourself in an experience of the senses. Hush Tea Bar – Singapore's 1st Silent Tea Bar – marries the ancient art of tea-drinking rituals with the modern practice of mindfulness and reflection. Enter into the serenity of silence as our hearing-impaired TeaRistas guide you along a four-zone journey towards inner peace and rejuvenation with tea rituals and appreciation.

Cooking Show by Chef Eric Low

Join award winning Celebrity Chef Eric Low, Chef-Owner of Lush Epicurean Culinary Consultancy for an engaging time as he demonstrates 3 heritage recipes from his two newly launched cookbooks, "Teochew Heritage Cuisine" and "The Little Teochew Cookbook". Often featured in local and international media, the affable chef will be sharing memories of his childhood in the Clarke Quay area. Dishes to be featured includes Five Spice Yam Bean Rolls with Sweet Soya Dip, Teochew Opera Porridge and Pu Ning Fermented Beans Chicken Roulade with Blue Ginger Vinaigrette.

The ABCs of Healthy Caregiving

Our CanHOPE counsellors will share strategies for effective caregiving, burn-out prevention and setting healthy boundaries to avoid the pitfalls of co-dependency. Discover your strengths and empower your loved ones in their path of continual healing and emotional growth.

THE ABCs OF CAREGIVING

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Caregiving: Taking Responsibility for Your Own Wellbeing

Caregiving is a commitment in which we provide support to our loved ones diagnosed with cancer and going through treatment over a period of time. Through the transition and treatment journey, caregivers will have to make adjustments in order to adapt to the situation smoothly. Every one of us has our own strengths and preferences in ways of caregiving. Nevertheless, it is vital to be mindful of your wellbeing in order to be a consistent, caring and efficient caregiver.

GETTING ORGANISED

Keeping track of the many responsibilities of caregiving can be daunting. Making lists can be a helpful way to keep them in order of priorities. It is also good to have another caregiver (secondary caregiver) to rotate responsibilities with to reduce over dependency and burnout. Keeping organised can certainly help maximise the amount of quality time spent together with your loved ones.

For more information guide on caregiving, you may refer to our website at www.canhope.org.

Do look out for the upcoming caregiving workshop "The ABCs of Caregiving" at our CanHOPE Survivors' Seminar 2015 – New Life, New Hope on the 22 August 2015 from 10.00am to 4.00pm

Email to register@canhope.org or call 6738 9333 for more information.

MAKING TIME FOR SELF-CARE

As you organise your lists and manage your time, do include in time for self-care. Self-care is crucial to recharge your positive energy, declutter your mind and help to release any physical tension developed overtime from caregiving. It can be through taking time to be alone or catching up with your social circle. Finding time for activities that you enjoy and relax will help you keep yourself grounded. This helps to remove feelings of helplessness and emptiness especially when your energy level is low.

EXERCISE

Exercise not only improves your physical self. It also helps with depression and improves memory. During exercise, your body releases positive chemicals such as endorphins, dopamine and serotonin in regulating back your system naturally, improving your mood and making you feel better about yourself. In addition, after the workout, your muscles will be relaxed, easing the tension and strain.

SUPPORT PROGRAMME HIGHLIGHT MYTHS ABOUT CANCER PAIN AND ITS MANAGEMENT

Date: 19 September 2015 (Sat)
Time: 11.00am to 12.00pm
Venue: Mount Elizabeth Orchard Hospital, Seminar Room (Level 2)

Many people have the misconception that all cancer patients have to suffer a lot of pain, and that the only way they can manage the pain is through taking morphine, which has many undesirable side effects. In this session, our Palliative Medicine Specialist and Palliative Care Nurse will help to dispel these myths and help the participants to understand the truth about cancer pain and its management. This session will be a good platform for patients and caregivers to increase their knowledge and clarify any doubts on this subject.

Limited seats; first-come first-served. To register, please email <Name> and <Mobile No.> of participants to register@canhope.org or call 6738 9333 before 11 September 2015 (Fri).

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Mount Elizabeth Medical Centre
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3 Mount Elizabeth #13-16/17
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Mount Elizabeth Novena Specialist Centre
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