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hope link

Editor's Note

THE FIRST STEP
TO TAKE IS TO
LIKE US ON 



What are the important things in life?
Health should be at the top of everyone's list. But with our hectic lives, it often takes a back seat to other pressing concerns. We would like to remind you to take time to think about your health and plan for your well-being. Take charge of your health and life – be it in the form of going regular health screenings or adopting a change in your lifestyle habits!

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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TRADITIONAL CHINESE MEDICINE

Traditional Chinese Medicine or TCM, which is an alternative treatment, dates more than 2,000 years and is one of the world's oldest forms of medicine. TCM doctors view cancer as a result of an accumulation of toxins in the body. These toxins are due to various imbalances in the body.

TCM can be a powerful adjuvant medicine. However, it should be taken in consultation with your oncologist and with care to enable proper management.

Know your herbs: Some commonly used herbs and their possible side effects

Herbs with anti-cancer properties

Some herbs with anti-cancer properties like Oldenlandia (白花蛇舌草) or Ban Zhi Lian (半枝莲) can cause a drop in white blood cells. When taken during chemotherapy, it can be a double whammy. Hence, it is best to consume such herbs only after chemotherapy ends.

Lingzhi

Research shows that Lingzhi (灵芝) can improve a patient's immunity and helps fight fatigue. However, clinical observations have shown that 25 per cent of patients who take Lingzhi while on chemotherapy exhibit liver problems. Hence, the herb should be taken with care.

Herbs that contain hormones

Patients who have breast cancer that are hormone-receptive positive, i.e. ER- or PR-positive should avoid consuming herbs that contain phytoestrogens. These herbs include:

- Lingzhi (灵芝)
- Ginseng (人參)
- Dang Shen (党参)
- Angelica (当归)
- Huai Shan (Wild yam, 淮山)
- Yin Yang Huo (Epimedium, 淫羊藿)
- DHEA and Black cohosh (黑升麻提取物).

Consuming such herbs when your cancer is hormone-receptive may worsen your condition.

Ginseng

The anti-oxidant property of Ginseng (人參) can cause the treatment of patients undergoing radiotherapy to become less effective.

Cordyceps

Recent experiments in cancer cell lines showed that cordyceps (冬虫夏草) has four active sub-fractions which have anti-oxidant and anti-cancer activity. Although no substantial human studies have been done, there were no major interactions reported.

Huang Qi

A meta-analysis published in 2006 showed the addition of Huang Qi (黄芪) increases the effectiveness of platinum-based chemotherapy for advanced lung cancer. The herb also known as Chinese Astragalus or Bei Qi, is suitable for patients with low white blood cell counts. It is found to increase the immunity in gastric cancer patients and also decrease nausea and vomiting in patients on chemotherapy.

It also appears able to reduce the side effect of a breast cancer drug, cyclophosphamide without affecting efficacy.



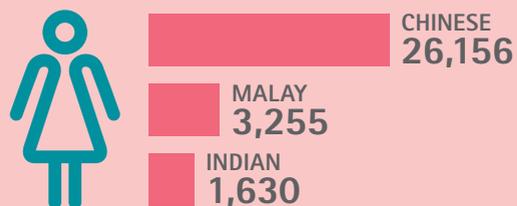
COMMON CANCER AFFECTING WOMEN

More than **30,000** women here were diagnosed with cancer between **2010** and **2014**. We tell you who and when it strikes, as well as the survival and mortality rates of the most common cancers affecting women.

essence of hope

DID YOU KNOW?

Of the **31,743** women who were diagnosed with cancer between **2010** and **2014**, **26,156** were **Chinese**, **3,255 Malay** and **1,630 Indian**.



NUMBER

- 1** **Breast Cancer** tops the list as the most common female cancer in Singapore. Of the women diagnosed with cancer, **29.2%** were afflicted with the disease.
- 2:** **Colorectal Cancer 13.3%**
- 3:** **Lung Cancer 7.6%**
- 4:** **Uterine Cancer 6.6%**
- 5:** **Ovarian Cancer 5.5%**

2,049

The number of women who lost the fight against **Breast Cancer** between **2010** and **2014**.

45 TO 64 YEARS OLD

Most of the women diagnosed with **Breast Cancer** belonged to this age group. Yearly mammograms are recommended for women from the age **40**. This is on top of breast self-examinations, which you should carry out from your 20s. The earlier the cancer is detected, the better your chances of beating the disease.



Gerard Wong
Senior Dietitian
Allied Health
Parkway Cancer Centre

BN&D (Nutrition and Dietetics, Aus)
Certified Sports Dietitian (SDA, Aus)

PCC Welcomes Dietitian Gerard Wong!

profile

Graduated from Flinders University, South Australia with a Bachelor in Nutrition and Dietetics and obtained further certificates in renal nutrition from the Northern Adelaide Renal and Transplant Service as well as sport nutrition for dietitian from Sports Dietitian Australia, Canberra, Australia.

Gerard started work as a dietitian at one of Parkway's clinic counselling patients with chronic diseases. However, his love for sports also saw him working alongside some of Singapore's top athletes in preparation for major Games as well as Australian state athletes who would later go on to represent their Nation.

In Australia, he played a key role in helping children with type 1 diabetes and their families manage the condition but also consulted with patients with type 2 and gestational diabetes. Part of his work also revolved around bridging the language and culture gap of Indigenous Australians with kidney failure, helping them understand the dietary strategies needed to get the best outcome while on dialysis.

He is currently practicing at Parkway Cancer Centre, developing his specialty in cancer nutrition. He derives joy from being able to effect changes and improve patient's health outcomes. In amongst seeing patients, he also conducts nutrition workshops helping to dispel some of the common myths surrounding cancer and nutrition.

SUPPORT PROGRAMMES

1 APR SAT	10.00am – 11.00pm Gentle Yoga Mount Elizabeth Hospital Seminar Room, Level 2
5 APR WED	10.00am – 12.00pm Nutrition in Cancer Care Gleneagles Hospital Board Room, Level 3
5 APR WED	2.00pm – 5.00pm Look Good Feel Better Gleneagles Hospital Board Room, Level 3
7 APR FRI	10.00am – 12.00pm Expat Cancer Support Group The British Club, Singapore Windsor Terrace
20 APR THU	3.00pm – 5.00pm Art Therapy Gleneagles Hospital CanHOPE Activity Room, Level 3
21 APR FRI	10.00am – 12.00pm Expat Cancer Support Group The British Club, Singapore Windsor Terrace
27 APR TUE	10.00am – 11.30am Having a Will / Lasting Power of Attorney Mount Elizabeth Hospital Admin Conference Room, Level 2
29 APR SAT	10.00am – 12.00pm Adjusting to Changes: Preparing & Starting Cancer Treatment Gleneagles Hospital Board Room, Level 3

3 MAY WED	10.00am – 12.00pm Nutrition in Cancer Care Gleneagles Hospital Board Room, Level 3
5 MAY FRI	10.00am – 12.00pm Expat Cancer Support Group The British Club, Singapore Windsor Terrace
6 MAY SAT	2.30pm – 3.30pm Complementary TCM in Cancer Care Mount Elizabeth Hospital Seminar Room, Level 2
19 MAY FRI	10.00am – 12.00pm Expat Cancer Support Group The British Club, Singapore Windsor Terrace
24 MAY WED	2.45pm – 4.00pm Supermarket Tour Tanglin Market Place @ Tanglin Mall
27 MAY SAT	10.00am – 12.00pm Adjusting to Changes: Preparing & Starting Cancer Treatment Mount Elizabeth Hospital Seminar Room, Level 2

STAGE

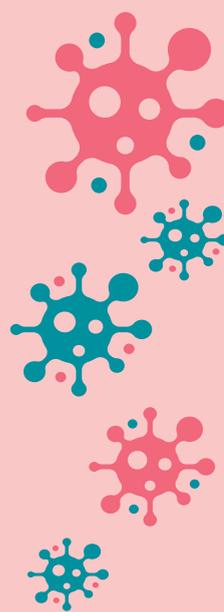
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The majority of **Breast Cancer cases (3,253)** were diagnosed at this stage. During Stage 2, the cancer is still growing, but it is contained in the breast, or growth has only extended to the nearby lymph nodes.



2,092

The number of new **Uterine Cancer** cases reported between **2010** and **2014**. This is about three times more than the number of reported cases between **1975** and **1979** – indicative of the growing incidence of the disease over the last four decades.



40.8%

The percentage of new **Ovarian Cancer** cases that were categorised as Stage 1. In stage 1 ovarian cancer, the tumour is confined to the ovaries or fallopian tubes.

STAGE

1

The majority of **Uterine Cancer** cases were diagnosed early, with most patients aged between **45** and **64**.

357

The number of women who died from **Cervical Cancer** between **2010** and **2014**.



215

Colorectal Cancer affects younger women too. Of the **4,219** newly diagnosed cases, 215 sufferers were **aged 44 and below**.

1,731

The number of new **Ovarian Cancer** diagnoses between **2010** and **2014**. The incidence of ovarian cancer has been rising over the last 40 years.



4,489 2,410

2,410

The number of women diagnosed with **Lung Cancer** between **2010** and **2014**. In comparison, **4,489** men were diagnosed with the disease during the same period.



NUTRITION ANALYSIS

IMMUNITY ENHANCING

E (kcal)	90
Protein (g)	15
Total fat (g)	3
Carbohydrate (g)	0
Fibre (g)	0

FISH FILLET NEEDS TO BE CONSUMED TO OBTAIN THE PROTEIN VALUE STATED IN THE ANALYSIS

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ENHANCE YOUR IMMUNITY WITH THIS APPETITE STIMULATING RECIPE

BY TCM PHYSICIAN TANG YUE, EU YAN SANG SPECIALIST TCM CENTRE

Fish Soup with Huang Qi

Huang Qi (astragalus root) is used in traditional Chinese medicine for invigorating the spleen, eliminating dampness and stimulating the appetite. This soup is suitable for patients with a variety of gastrointestinal reactions after chemotherapy. Snapper is a fine fish to choose for this recipe, as is sheng yu (snakehead fish). Both are readily available and, being mild-tasting, are good in clear soups.

INGREDIENTS

SERVES 4

300g fresh fish
Salt for seasoning
10g Huang Qi (astragalus root)
15g bai bian dou (hyacinth bean seed)
12g fu ling (poria)
3g tangerine peel
5 slices ginger
1 teaspoon cooking oil
500ml water
1 tablespoon cornstarch mixed into 1 tablespoon cold water (optional)

DIRECTIONS

- Wash and clean the fish, then rub with salt and set aside for at least 10 minutes.
- Wash the Chinese herbs (the Huang Qi, bai bian dou, fu ling and tangerine peel), put them in a gauze packet and fasten securely. Set aside.
- In a large soup pot, fry the ginger slices in the cooking oil until fragrant—about a minute—then add in the fish and fry till golden on both sides. Pour in the water, add the herb packet, and bring the mixture to a boil. Then, lower the heat and simmer gently for another 45 minutes. Remove the herb packet and add salt to taste before bringing the soup to the boil over high heat again.
- If you like a soup with a bit more body, add in the cornstarch mixture (optional) as soon as the soup boils. Stir well to thicken before serving.

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

CANHOPE REGIONAL OFFICES

SINGAPORE (HEAD OFFICE)	Singapore: enquiry@canhope.org
BANGLADESH	Dhaka: dhaka@canhope.org
CHINA	Yunnan: yunnan@canhope.org
INDONESIA	Jakarta: jakarta@canhope.org Bandung: bandung@canhope.org Medan: medan@canhope.org Semarang: semarang@canhope.org Solo: solo@canhope.org Surabaya: surabaya@canhope.org
INDIA	New Delhi: newdelhi@canhope.org
MALAYSIA	Johor Bahru: jb@canhope.org Kuching, Sarawak: kuching@canhope.org Kota Kinabalu, Sabah: kk@canhope.org
MYANMAR	Yangon: yangon@canhope.org Mandalay: mandalay@canhope.org
PHILIPPINES	Manila: manila@canhope.org
SRI LANKA	Colombo: colombo@canhope.org
VIETNAM	Ho Chi Minh: hcmc@canhope.org Hanoi: hanoi@canhope.org