


vol. 30
A BI-MONTHLY
NEWSLETTER
JUN 2017
MICA (P) 207/07/2012

hope
link

Editor's Note

THE FIRST STEP
TO TAKE IS TO
LIKE US ON 



For women throughout Singapore, June marks Ovarian Cancer Awareness Month (OCAM). Read on for signs and symptoms you should be aware of. Prevention is better than cure. In the case of cancer, where a cure has yet to be found – early detection is a person's best bet for survival.

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

hope for
knowledge

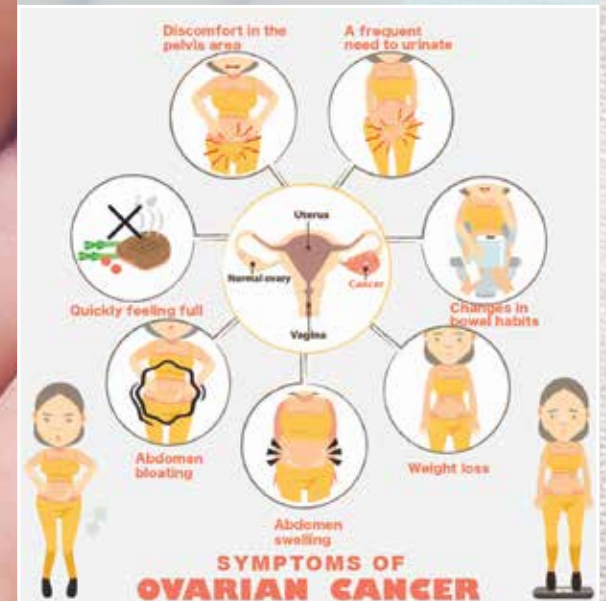
OVARIAN CANCER – KNOW THE SYMPTOMS

This refers to malignant growth arising from the ovaries. The most common ovarian cancers are "epithelial": They arise from the "skin" (epithelium) of the ovary. The less common ones arise from the "internal parts" of the ovary, either from the egg cells (germ cell tumour) or supporting cells (sex cord/stromal). There are also extremely rare cancers from the lymph cells of the ovary, known as lymphoma of the ovary.

Ovarian cancer is the fifth most common cancer in Singapore and usually affects older women. Germ cell cancers of the ovary occur more frequently in younger women.

The signs and symptoms of ovarian cancer at early stages can be hard to detect. Often, they are so mild or vague that they are ignored, mistaken for unusual periods or menopause, or confused with indigestion, common stomach problems, or other problems with the digestive system. As a result, the cancer is often diagnosed at an advanced stage.

Look out for the following symptoms. While they may be caused by other conditions, do let your doctor know if you experience one or more of these symptoms frequently and they do not improve within a month:

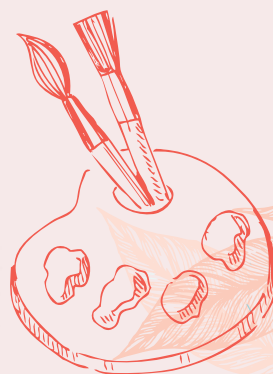


You're invited to tea!

Tea session with doctor is a new initiative by Parkway Cancer Centre. This event aims to bring our patients together, to forge friendships with each other for mutual support, as well as to interact with their doctor outside of the clinic.

The first tea session, hosted by Dr Khoo Kei Siong, was held on 8 April 2017. Held at Artestiq restaurant, patients got to bond with one another and had the opportunity to have more intimate conversations with Dr. Khoo. Participants also unleashed their creativity at an Art Jamming session after tea.

Attendees found the session refreshing and comforting as it was held outside of the hospital and the event also gave them the opportunity to meet with other cancer patients and their caregivers in an informal set up.



Understanding Cancer – Myths and Facts

There are many myths about cancer, and many of these myths can cause undue worry and speculation. Our doctors explain and debunk some of these myths, and share some useful information on 10 cancer topics.

Catch the 2-minute Myth and Fact clips on Channel NewsAsia or go to www.channelnewsasia.com/understandingcancer to view.



Go to www.channelnewsasia.com/understandingcancer to learn more about cancer under "Braving Cancer" and "Cancer Explained".

Topic	Broadcast Date
Breast Cancer	5 Jun 2017
Cancer Screening	3 Jul 2017
Head & Neck Cancer	31 Jul 2017
Cancer Recurrence	28 Aug 2017
Pain Management	25 Sep 2017
Colorectal Cancer	23 Oct 2017
Cancer Carcinogens	20 Nov 2017
Blood Cancer	18 Dec 2017
Immunotherapy	15 Jan 2018
Lung Cancer	12 Feb 2018

8 MENTAL TIPS

1 Remember that your mind is more powerful than your body

Never set a limiting self-belief.



2 Stay in the 'Here & Now'

Dwelling on things that may or may not happen will only intensify negative feelings. Focus on taking one step at a time.



3 Personify the adversity: Conquer the "Beast"

Name your obstacle and talk down to it. "Zap the evil cells". Breathe in goodness and breathe out negativity.

4 Allow yourself to embrace love

Be gentle with yourself and surround yourself with friends and family.



5 Internalise relativity

You have survived a lot and you will overcome this new hurdle.



6 Allow yourself to laugh and allow yourself to cry

Laughter and tears are our body's ways of releasing tension.



7 Make a decision to choose happiness

This does not mean to pretend to be cheerful; it means listening to your emotions, allowing yourself to feel and then taking a step back to discover how to uplift yourself.

8 Vanquish self-doubt

Challenge the inner voices that result in self-limiting beliefs.



SUPPORT PROGRAMMES

2 JUN FRI	10.00am – 12.00pm Expat Cancer Support Group The British Club, Singapore Windsor Terrace
3 JUN SAT	10.00am – 11.00pm Gentle Yoga Mount Elizabeth Hospital Seminar Room, Level 2
7 JUN WED	10.00am – 12.00pm Nutrition in Cancer Care Mount Elizabeth Hospital Admin Conference Room, Level 2
12 JUN MON	2.00pm – 5.00pm Look Good Feel Better Gleneagles Hospital Board Room, Level 3
16 JUN FRI	10.00am – 12.00pm Expat Cancer Support Group The British Club, Singapore Windsor Terrace
17 JUN SAT	10.00am – 12.30pm Adjusting to Changes: Preparing & Starting Cancer Treatment Gleneagles Hospital Activity Room, Level 3
30 JUN FRI	10.00am – 12.00pm Expat Cancer Support Group The British Club, Singapore Windsor Terrace

1 JUL SAT	10.00am – 12.00pm Gentle Yoga Mount Elizabeth Hospital Seminar Room, Level 2
5 JUL WED	10.00am – 12.00pm Nutrition in Cancer Care Gleneagles Hospital CanHOPE Activity Room, Level 3
8 JUL SAT	10.00am – 12.00pm Line Dance Mount Elizabeth Hospital Seminar Room, Level 2
13 JUL THU	3.00pm – 5.00pm Art Therapy Gleneagles Hospital CanHOPE Activity Room, Level 3
22 JUL SAT	10.00am – 12.30pm Adjusting to Changes: Preparing & Starting Cancer Treatment Mount Elizabeth Hospital Seminar Room, Level 2

hope for
knowledge

CRUNCHY MUESLI BAR

BY CHEF LEE CHEE KHEONG

INGREDIENTS

Makes 10 – 12

200g unsalted butter, cut into cubes
160g honey
180g brown sugar
160g pitted dates, sliced
400g rolled oats
60g chia seeds
1 tsp ground cinnamon
1 tsp salt flakes
Grapes, apples (sliced) or fresh figs (quartered)



*Tips by Fahma Sunarja,
Senior Dietitian, Parkway Cancer Centre
Use ingredients like cinnamon to perk up the flavour of
your dessert so that you can cut down on sugar.*

DIRECTIONS

1. Preheat the oven to 140°C. Line a 20cm by 25cm baking tin with baking paper.
2. In a pan, melt butter, honey and brown sugar to form a light, sticky caramel.
3. Combine the dates, rolled oats, chia seeds, cinnamon and salt flakes, and stir them into the caramel.
4. Place the mixture in a baking tin and bake for 20 minutes, until golden brown. Leave to cool at room temperature, then slice into squares. Serve with grapes, apples or fresh figs.

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