

## Cancer Screening Services

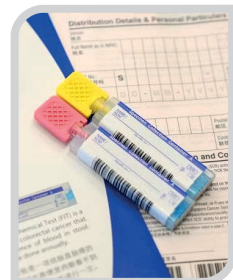
Cancer screening helps to detect cancer at an early stage, before the symptoms occur. Treatment at an early stage increases the chance of a cure and reduces the mortality rate. SCS provides the following screening services, without charge, to members of the public at our SCS Clinic @ Bishan:

- Faecal Immunochemical Test (FIT) for colorectal cancer
- Pap Test and HPV Test for cervical cancer
- Mammogram for breast cancer (for CHAS card holders only)

## 癌症筛检服务

防癌筛检能够在症状出现之前，检测出早期阶段的癌症。在早期阶段进行治疗，可提高治愈率，降低死亡率。新加坡防癌协会将在其综合服务中心，为公众提供下列的免费筛检服务：

- 粪便免疫化学检验 (FIT)，检测结肠直肠癌
- 巴氏涂片检查和人乳头状瘤病毒检测
- 乳房X光检验，检测乳癌 (仅限于保健援助卡持卡者)



### Singapore Cancer Society (HQ) & SCS Cancer Rehabilitation Centre

30 Hospital Boulevard, #16-02  
Singapore 168583

### SCS Clinic @ Bishan

Junction 8 Office Tower  
9 Bishan Place, #06-05  
Singapore 579837

### SCS Survivorship Centre

6 Woodlands Square  
Woods Square Tower 2, #09-01  
Singapore 737737

### SCS Cancer Rehabilitation Centre @ Jurong Medical Centre

60 Jurong West Central 3, Level 3  
Singapore 648346

[www.singaporecancersociety.org.sg](http://www.singaporecancersociety.org.sg)

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## About Us

Established in 1964, the Singapore Cancer Society (SCS) is a self-funded social service agency which provides care services to cancer patients in need in areas such as cancer control and prevention, patient support services, and palliative care. SCS key services include cancer screening programmes, public education, financial and welfare services, psychosocial support, rehabilitation programmes and hospice care.

## 关于新加坡防癌协会

新加坡防癌协会(SCS)成立于1964年，是一所自筹资金的社会服务机构，为有需要的癌症患者提供癌症控制和预防、患者支持和临终关怀等服务。SCS的主要服务包括癌症筛查、公共教育、财务援助、社会心理支持、康复计划和慈怀疗护。

## How You Can Help

**Be a Volunteer** Volunteer your time and make a difference. Email us at [volunteers@singaporecancersociety.org.sg](mailto:volunteers@singaporecancersociety.org.sg).

**Be a Donor** Give hope to cancer patients by making a donation today at <https://www.singaporecancersociety.org>.

## 伸出援手

**义工机会** 如果您愿成为一名义工，在他人的生活中作出贡献，请电邮至 [volunteers@singaporecancersociety.org.sg](mailto:volunteers@singaporecancersociety.org.sg).

**捐款详情** 给予癌症患者希望。欲知捐款详情请浏览 <https://www.singaporecancersociety.org.sg>.



To make an appointment for cancer screening  
(Monday to Friday, 8.30 am – 6.00 pm), please contact:  
若要预约癌症筛检(周一至周五, 上午8.30至下午6.00), 请联系:

☎ 1800 727 3333 ✉ [cancerscreening@singaporecancersociety.org.sg](mailto:cancerscreening@singaporecancersociety.org.sg)

Minimising the impact of cancer through public education, screening, patient services, financial assistance, research and advocacy.



## Cancer Support Services

The SCS Survivorship Centre serves as a hub for support groups, offering a platform for patients and cancer survivors to give and receive peer support. Workshops, talks and group activities are held to engage members and allow them a chance to learn from each other. Our support groups include:

- **Bishana Ladies** (for female cancer patients)
- **SemiColons** (for colorectal cancer patients)
- **New Voice Club** (for laryngeal cancer patients)
- **Reach to Recovery** (for breast cancer patients)
- **Walnut Warriors** (for prostate cancer patients)
- **Other Support Group** (for male cancer patients)

Specialised Programme:

- **SCS Look Good Feel Better**  
For women to manage the physical changes that cancer treatment brings; hair loss, skin discolouration.



## Cancer Care Navigation

Our dedicated Care Navigators help cancer patients along their journeys to guide them towards holistic cancer care resources and services.

## 癌症支援服务

新加坡防癌协会关爱中心的支持小组为癌症病人和癌症幸存者提供一个平台，能够提供并同时得到同伴的支持。我们定期举办研讨会、讲座及小组活动，让成员有机会互相学习。我们的支持团体组织包括：

互助小组：

- “碧山娜”女士互助小组 (女性癌症患者)
- 复原指导互助小组 (乳腺癌)
- 核桃勇士互助小组 (前列腺癌)
- 新声会互助小组 (咽喉癌)
- 肠癌互助小组 (结直肠癌)
- 其他 (男性癌症患者)

特制课程：

- “容光焕发”计划  
协助女性患者应对癌症治疗的副作用如脱发、皮肤变色。

## 癌症关怀导航

本协会的关怀导航员们致力于与癌症患者同舟共济，帮助癌症患者运用全面性的协助资源与服务。

For cancer support services, please contact:

寻求癌症关怀服务者，请联系：

Support Groups 互助小组者

☎ 9727 4214 ✉ supportgroup@singaporecancersociety.org.sg

Cancer Care Navigator 癌症护理导航员

☎ 8127 5627 or 9825 3748 ✉ carenavigation@singaporecancersociety.org.sg

## Cancer Rehabilitation

Singapore Cancer Society Rehabilitation Centre provides specialised programmes designed to meet the needs of cancer patients, survivors, and caregivers. Our rehabilitation team works with patients and caregivers to determine rehabilitation goals and tailor individualised programmes based on research and guidelines on the best practices for cancer rehabilitation.

## 癌症康复

新加坡防癌协会癌症康复中心，针对癌症患者在治疗之前，期间和之后的不同阶段的不同需求以及护理者所需，提供整体和综合性的专业服务和项目。我们康复团队的医生和各类不同专项的治疗师，根据癌症康复最佳实践的研究和指导，为患者和护理者制定康复目标和个性化计划，帮助患者提高日常生活能力和生活质量。

## Welfare Services

Cancer is a financially draining illness. SCS helps patients in need and their families cope with the financial stress through assistance programmes by providing:

- Cancer treatment subsidies
- Financial aid
- Medical supplements
- Free transport service to/from treatment
- Help the Children and Youth Programme
  - Free tuition
  - School allowance grants and bursaries for children of cancer patients
- Family engagement programmes

## 福利援助

癌症是耗费甚大的一种疾病。新加坡防癌协会通过提供以下援助计划，帮助贫穷癌症病人和病人家属应付财政压力：

- 癌症治疗津贴
- 医疗补充
- 经济援助
- 接载癌症病人到医院接受治疗
- 帮助儿童和青少年计划
  - 免费补习
  - 为年轻的癌症病人以及癌症患者的子女提供津贴补助和助学金
  - 家庭参与计划

To apply for cancer rehabilitation, please contact:

要加入癌症康复中心，请联系：

☎ 1800 727 3333 ✉ rehab@singaporecancersociety.org.sg

## Hospice Care

Our Hospice Care team, which comprises of doctors and nurses, makes regular visits to patients and provides assistance to patients and their caregivers in the areas of pain and symptom management, nursing care as well as psychosocial support. The Society also loans medical aids such as oxygen concentrators and wheelchairs to patients under our care.

## 慈怀护理

由医生和护士所组成的家庭临终关怀护理队伍将定期做家访，为癌症末期病人及其家人提供护理及心理支持，帮助他们减轻痛苦。此外，新加坡防癌协会也提供医护辅助器，给患者借用，如制氧机和轮椅。



## Public Education

SCS has been active in raising cancer awareness through its public education campaigns, forums and talks. Our cancer awareness campaigns conducted throughout the year include:

- Breast Cancer
- Colorectal Cancer
- Gastric Cancer
- Lung Cancer
- Prostate Cancer
- Gynaecological Cancers (cervical, ovarian and uterine)

## 公众教育

新加坡防癌协会一直以来通过公共教育运动、座谈会和讲座提升公众对于癌症的意识与了解。我们在一年内所进行的癌症意识活动包括：

- 乳癌
- 结肠直肠癌
- 胃癌
- 肺癌
- 前列腺癌
- 妇科类癌症 (子宫颈癌、卵巢癌及子宫癌)



To apply for welfare assistance, please contact:

若要申请福利援助，请联系：

☎ 1800 727 3333 ✉ welfare@singaporecancersociety.org.sg

## Community Partnerships

SCS engages the community in our fight against cancer. We collaborate with the medical community, corporate partners and individuals to increase the awareness of cancer and to encourage cancer screening. As a self-funded charity, we involve the community in our fundraising programmes and welcome volunteers who augment the Society's resources with their skills and talents.

Our main programmes include:

- Race Against Cancer
- Relay For Life



## 社区合作

新加坡防癌协会积极推动社区参与抗癌活动。我们与医学界、企业合作伙伴和个人合作，加强公众对癌症的认识，并鼓励公众接受癌症检验。新加坡防癌协会是一所自筹经费的福利机构，我们让社区参与我们的募捐计划，并欢迎义工工作者奉献自己的技能和才华，增强协会的资源。

我们的主要项目包括：

- 抗癌义跑
- 为生命接力

To find out more about hospice care, please contact:

欲知居家慈怀护理详情，请联系：

☎ 1800 727 3333 ✉ hospice@singaporecancersociety.org.sg