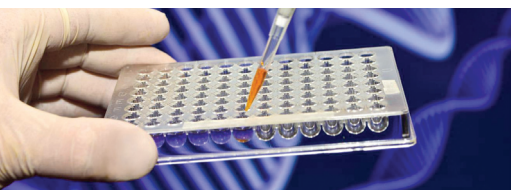


CANCERFOCUS



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BREAST AND CERVICAL CANCER PREVENTION

Dr See Hui Ti
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Cervical cancer is the tenth most common female cancer in Singapore. It is important that we highlight it because it is a highly preventable cancer. Cervical cancer is caused by persistent high-risk or cancer-causing Human Papillomavirus (HPV) infections but can be prevented via HPV vaccination which is recommended for girls 9 to 26 years old, and regular cervical screening (Pap/HPV Test) for ladies 25-69 years old. Cervical cancer can be detected at the pre-cancerous stage with a cervical screening test (Pap/HPV Test).

All women between the ages of 25 and 69 years old, who have had sexual exposure, are recommended to go for their regular cervical cancer screening.

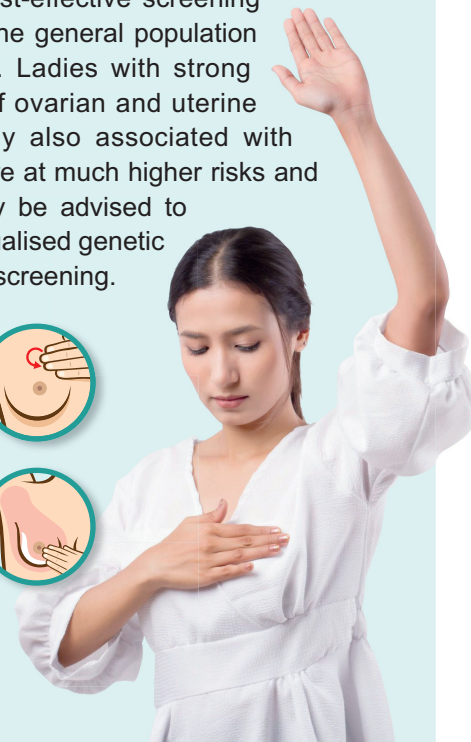
Breast Cancer is known to be related to obesity and inactivity; and the risk increases as women age. Healthy weight maintenance and physical activity therefore offer protection against breast cancer. In Singapore, the risk is at its highest between the age of 40-60, so it is recommended that women undergo regular mammogram screening from age 40 and monthly breast self-exams from



age 25. Breast checks cannot prevent breast cancer but can greatly improve the chances of early detection. Mammograms offers the most effective screening for pre-invasive breast cancer. For younger ladies below age 40, breast self-examination is the most effective due to the lower accuracy of mammogram on dense young breasts. Furthermore, younger ladies tend to be affected by more aggressive (therefore faster growing) breast tumours, hence once a lump is felt during routine breast self-examination, hence immediate medical attention must be sought.



Uterine Cancer and Ovarian Cancer share the same risk factors as breast cancer, which includes obesity and physical inactivity. Unfortunately, there are no cost-effective screening techniques for the general population with lower risks. Ladies with strong family history of ovarian and uterine cancers (usually also associated with colon cancer) are at much higher risks and hence they may be advised to undergo individualised genetic counseling and screening.



SCS Clinic @ Bishan provides cervical cancer screening (Pap/HPV Test) and breast cancer screening (mammogram) at no charge for eligible women. For more info, call 1800-727-3333 or email cancerscreening@singaporecancersociety.org.sg

HPV AND THE IMPORTANCE OF VACCINATION

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Cancer Awareness Committee*



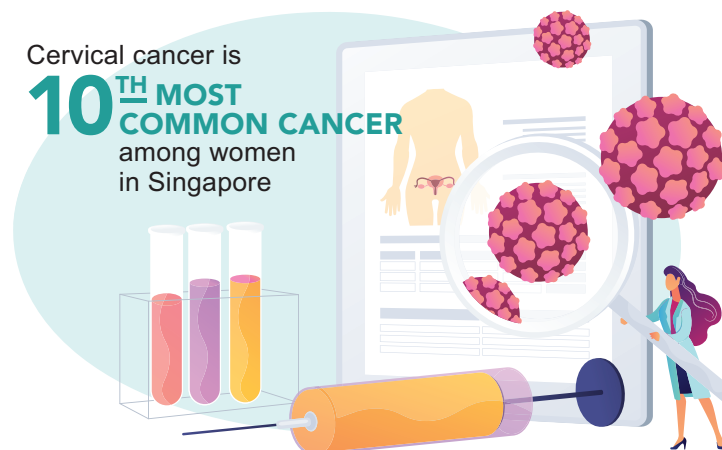
whereas the second generation HPV vaccine which was launched in Singapore in 2017, adds a further protection against an additional 5 types of high risk HPV (31,33,45,52,58). Two of these vaccines also target HPV types 6 and 11, which can cause genital warts. All three HPV vaccines have excellent safety, efficacy, and effectiveness profiles.

Cervical cancer prevention remains the priority for HPV vaccination. The World Health Organisation (WHO) recommends that HPV vaccines be introduced as part of a coordinated and comprehensive strategy to prevent cervical cancer and other diseases caused by HPV. It recommends that the primary target group for HPV vaccination is girls aged 9-14 years and secondary target populations for vaccination are females aged ≥ 15 years and males. In August 2020, the World Health Assembly adopted the Global Strategy for cervical cancer elimination, with an aim to vaccinate 90% of girls before the age of 15, by year 2030.

This year, the Singapore Cancer Society (SCS), together with Temasek Foundation, launched the Human Papillomavirus (HPV) immunisation programme to provide HPV vaccination (HPV 2 / Cervarix) at no cost

The Human Papilloma virus (HPV) is a cause of cervical cancer, which usually does not occur until years after infection. HPV infection is very common and though the majority of infections do not cause illness, persistent infection can result in disease. 70% of cervical cancers are caused by HPV types 16 or 18. Globally, cervical cancer is the 4th most common cancer among women, with approximately 570,000 cases annually. According to the Singapore Cancer Registry Report 2019, it is the 10th most common cancer among women in Singapore, with an age standardised incidence rate of 7 per 100,000 women, which has remained unchanged for the past decade.

Cervical cancer is
10TH MOST COMMON CANCER
among women
in Singapore



However, peak incidence occurs in women in their prime and it is the 4th most common cancer in women aged 30-39 years old. In addition to cervical cancer, HPV can also lead to other anogenital cancers such as vulva, vagina, anus, and penis, as well as some oropharyngeal, cancers.

There are three prophylactic HPV vaccines available in Singapore. The first generation vaccines were launched in 2007 and protect against HPV types 16 and 18,

to eligible females from low income backgrounds (CHAS Orange and Blue card holders) aged 18 to 26, and females aged 27 to 45 who have received the first dose. This new initiative helps eligible women cover the out-of-pocket expenses after government subsidies, for three doses of the HPV vaccination. The programme subsidies will be valid till 30 October 2022.

For those with CHAS Green cards or non-CHAS cardholders, the HPV vaccination is available through the school vaccination program (free for 13-year-olds), as well as at the polyclinics, GP clinics, specialist clinics, and hospitals. Medisave can be used for the vaccination for girls aged 9 to 26 years old, and 2 doses instead of 3 are sufficient for those aged 9 to 14. HPV vaccination is also approved for usage in the prevention of HPV in males and the age limit is now up to 45 years old.

Cervical cancer is the most preventable cancer. HPV vaccination is safe, efficacious, and highly recommended to prevent this disease.



HOW TO MANAGE TRIGGER FINGER

Part of the Cancer Rehabilitation Programme by Singapore Cancer Society

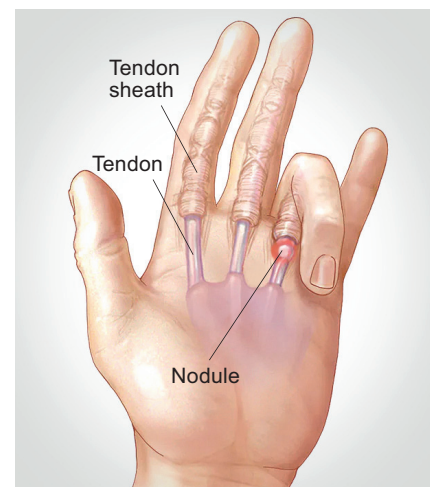
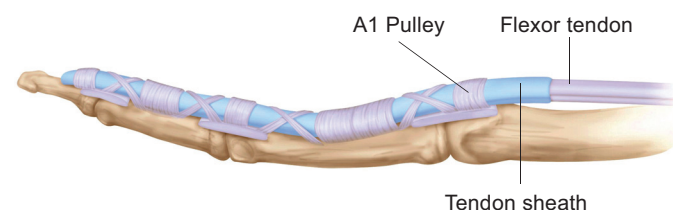
Trigger finger is a condition where you may experience a locking of your thumb or finger(s) when you try to bend or straighten them. Your finger may bend or straighten with a snap — like a trigger being pulled and released. Trigger finger is also known as stenosing tenosynovitis.

For some, trigger finger may be painful. For some it might not be. You may feel a “bump” in your palm where the inflamed nodule is.



Why does Trigger Finger Happen?

- The tendons in your fingers work like long ropes connecting muscles of your forearm with the bones of the fingers and thumb.
- In the finger, the pulleys form a tunnel (sheath) to “hold” the tendons close against the bone, beneath which the tendons glide during movement.
- Trigger finger develops when the tendon swells, causing a nodule or swelling of its lining. It must squeeze through the opening of the tunnel.
- Over time, the inflammation worsens, resulting in pain, locking and difficulty in moving the fingers.



Trigger finger generally results from inflammation of a tendon sheath, restricting tendon motion. It can occur in one or more fingers. The ring finger is often one of the fingers affected. A bump (nodule) in the tendon also may form.

Stages of Trigger Finger (Green's Classification)



STAGE 1
Palm pain



STAGE 2
Catching present



STAGE 3
Locking present,
still correctable



STAGE 4
Fixed in position

Causes of Trigger Finger

The cause of trigger finger is often unclear, although it may be due to these reasons:



- Side effects from cancer treatment (e.g. hormonal therapy)
- Other medical conditions such as diabetes
- Overuse or repetitive movements



Management of Trigger Finger



- Splinting**
- Wear a splint, as instructed by your therapist (e.g. daytime use, night time use or use with activity)



- Ice**
- Apply cold ice pack onto the trigger site for 10-15 minutes to reduce pain, inflammation or swelling
 - Frequency: 2-4 times per day



- Heat**
- Apply hot pack onto the trigger site for 10-15 minutes to reduce pain or stiffness
 - Frequency: 2-4 times per day



- Contrast Bath**
- Alternate 1 minute between hot and cold temperatures using a water bath for 10 minutes
 - Frequency: 2-4 times per day

Avoid Aggravating Actions

- Avoid tasks that require heavy or prolonged pinching or gripping (e.g. carrying heavy items or holding a steering wheel). Avoid repetitive gripping tasks as well.
- Avoid wringing (such as hand-washing of clothes).
- Avoid too much pressure in the palm (such as carrying bags or using a walking stick). Pad the area if required.
- In general, be mindful and avoid any activities that will trigger the “lock or catch”.

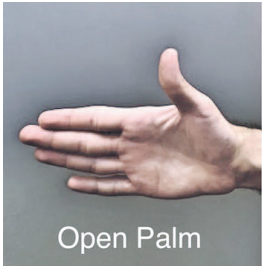


Practice Good Ergonomics When Doing Activities

Avoid carrying heavy objects. If you need to, bring the object closer to your body and use larger joints such as your elbow or shoulder to help you. Use two hands to carry and spread the load over several joints.



Modify your grip or use built-up handles for objects to avoid full gripping during activities.



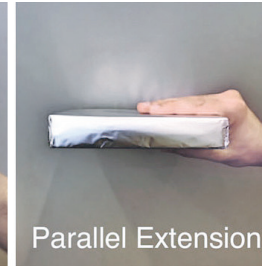
Open Palm



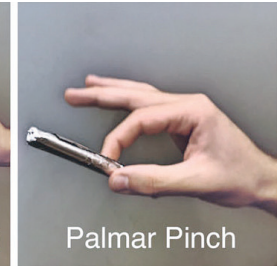
Medium Wrap



Power Sphere



Parallel Extension



Palmar Pinch

Source: <https://arxiv.org/ftp/arxiv/papers/2103/2103.04845.pdf>

See a Doctor if Your Condition Worsens

Speak to your doctor if the condition still does not improve. Your doctor may suggest the following:

- Nonsteroidal anti-inflammatory drugs (NSAIDs)
- Glucocorticoid injection
- Surgical release

Exercises

Exercises are important for healing and reducing stiffness in your hand. They can be found on page 7. You will be taught to perform these exercises by your occupational therapist:

- **Tendon Gliding Exercises**
Ensuring smooth gliding of your tendons allows you to move your fingers freely.

- **Place and Hold Exercise**
This prevents stiffness of the affected finger.
- **Wrist Stretch and Forearm Massage**
This will help to relieve the tight forearm muscles that are connected to your finger tendons.

Here are some points to take note of when doing the exercises:

- Make sure you are comfortably seated when performing the exercises.
- Start the exercise with your hand in a straight neutral position, then follow the image as shown on page 7.
- Do only the exercises as instructed. Avoid doing more than required as it may cause more inflammation.
- Do the exercises slowly instead of performing them quickly as this is more effective.

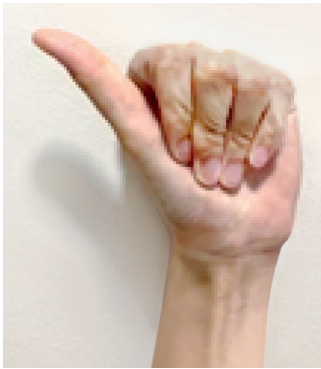
Tendon Gliding Exercises



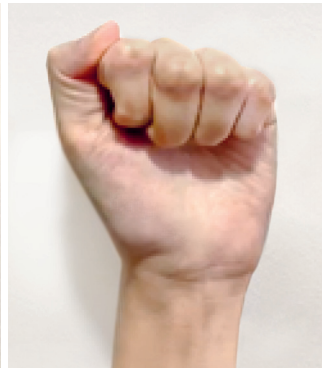
Tabletop Make a “table-top” position as shown. Bend only at the knuckles.



Hook Fist Make a hook fist as shown.



Straight Fist Touch your palm while keeping your end joints straight.



Full Fist Make a complete fist as shown.

Hand Massages

Tendon Massage

Massage your finger along your tendon in a perpendicular direction. You do not need any lotion or massage oil for this massage.

Duration:
5-10 minutes
Perform as needed throughout the day



Other Exercises

Wrist Stretch

Bend your wrist backwards and hold in the position as shown using your unaffected hand.

Hold for 30 seconds
2-3 repetitions
2-3 times per day



Forearm Massage

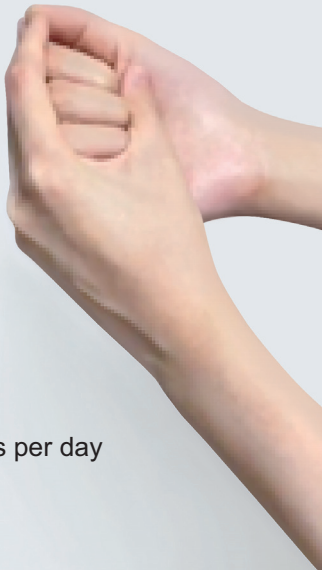
With your palm facing up, massage the muscle bulk located in your forearm using your unaffected hand. You may use lotion or massage oil for this massage.

Duration: 5-10 minutes
Perform as needed throughout the day

Passive Bending & Hold Full Fist

Perform “place and hold” full fist exercise by using your unaffected hand to assist. Then open the hand using your unaffected hand.

Hold for 5-10 seconds
10 repetitions x 2-3 sets per day



Established in 1964, Singapore Cancer Society (SCS), a social service agency, has positively impacted the lives of those affected by cancer.

It actively promotes cancer awareness in the community and offers cancer screening services [Mammogram, Pap test, Faecal Immunochemical Test (FIT)], welfare assistance, community based cancer rehabilitation, cancer support group activities and hospice care to support cancer patients and families.

OUR VISION

To be Singapore's leading charity in the fight for a cancer-free community.

OUR MISSION

To Minimise Cancer and Maximise Lives through effective programmes.

OUR PROGRAMMES AND SERVICES

1. Financial Assistance

- Cancer Treatment Fund (Cancer treatment subsidies for cancer patients)
- Cancer Care Fund
- Welfare Aid for needy cancer patients

2. Free Cancer Screening

- Pap test and HPV test (For Cervical cancer)
- Health Education: Breast Self-Examination
- Mammogram screening (For Breast cancer; CHAS Card Holders)
- Faecal Immunochemical Test [FIT] (For Colorectal cancer)

3. Public Education

- Cancer awareness campaigns
- Cancer-related talks and forums
- Cancer information (via website & telephone service)

4. Cancer Support

- Cancer support groups and activities
- Psycho-social services

5. Cancer Rehabilitation

- Integrated, person-centred holistic approach with aim to return to normalcy

6. Hospice Care Services

- Medical and psycho-social care for terminally ill cancer patients

7. Cancer Research

- Cancer research grants and awards

8. Volunteers Programme

- Volunteering opportunities to suit people with different interests and skills

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I'M A CANCER SURVIVOR

In 2019, Amaliah's life took a turn when she found out she had Stage A2 cervical cancer. The young mother of 2 had mustered up the courage to go for screening, which marked the beginning of her journey of strength.

She had to learn to be strong, not just for herself, but also for her loved ones, and now, thanks to her experience, Amaliah is an ardent advocate for screening.

She encourages everyone to get screened so they can live life with a peace of mind.

Take your first step in the fight against cancer by going for screening. Early cancer screening saves lives.



Singapore Cancer Society (SCS) provides cervical, breast and colorectal screening at the SCS Clinic @ Bishan to all eligible persons at no cost. To find out more, call **1800-727-3333** or visit <https://bit.ly/screenscs>.

Scan the QR code using bank app
to donate to Singapore Cancer Society.
All proceeds will be channelled to
support programmes and services
conducted by Singapore Cancer Society.



Singapore Cancer Society produces a monthly e-newsletter 'Society News' with updates on SCS happenings, campaigns, events, beneficiaries and fund-raising initiatives. To subscribe: enquiry@singaporecancersociety.org.sg