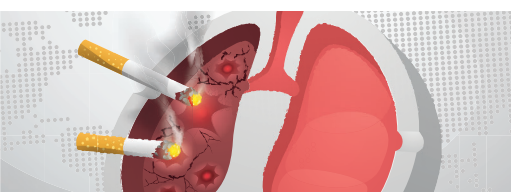


CANCERFOCUS



1 Digital Platforms to Enhance Awareness, Prevention and Support for Cancer



4 Non-smokers and Lung Cancer



6 Self-management for De Quervain's Tenosynovitis



8 Cancer is Unpredictable

DIGITAL PLATFORMS TO ENHANCE AWARENESS, PREVENTION AND SUPPORT FOR CANCER

Singapore Cancer Society (SCS) launches 3 digital platforms – SCS AI Chatbot, SCS FIT Portal and SCS Telesupport Portal as part of efforts to meet the rising demand for quick and safe assistance on cancer related matters. While the AI Chatbot and FIT Portal addresses the need for timely and accurate information, and screening services for cancer, the Telesupport Portal provides a platform for the cancer community to get the support needed even in times of isolation. The need for social distancing amidst the COVID-19 situation, has significantly impacted cancer screening, outreach, and overall



support for cancer patients in the community. These platforms ensure that SCS continues to meet the needs of the cancer community by conducting various activities in a convenient and safe way.

SCS journeys with cancer patients at every stage of the cancer journey, providing a holistic support system. The Society provides a comprehensive range of assistance – SCS Financial Assistance, SCS Assistance

for Children and Youth, SCS Cancer Rehabilitation Services, Counselling Services, SCS Support Groups, SCS Patient Ambassador Programme and SCS Enrichment Programmes. Information on these programmes and services provide cancer patients with avenues for assistance at every stage of treatment: from pre-treatment, when they are first diagnosed with cancer, to post-treatment and beyond.

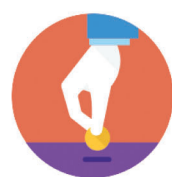


SCS AI CHATBOT

Reducing cancer incidence through greater access to information and early intervention.

Join The Fight Against Cancer

The cancer journey can be an arduous one but there is strength in numbers. Many people walk the same journey with us. With the generous support of our donors, stakeholders, sponsors, volunteers and many others, no one needs to fight cancer alone. Make SCS your charity of choice and be part of the fight against cancer.



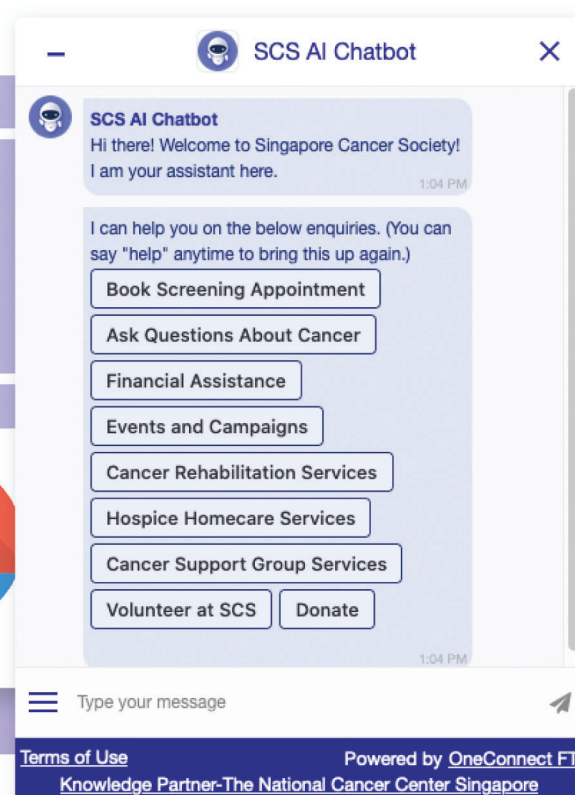
Donate Now



Be a Volunteer



Be an Advocate



In line with one of SCS' strategic thrust to reduce cancer incidence through Greater Education and Awareness, the SCS AI Chatbot will be available to provide public, cancer patients and their families with greater access and ease to educational information and assistance on cancer. The chatbot is developed by OneConnect Financial Technology Co., Ltd., a leading technology-as-a-service platform provider, at no cost to SCS as part of its CSR efforts. With National Cancer Centre Singapore (NCCS) supporting as Knowledge Partner, the SCS AI Chatbot uses OneConnect's Artificial Intelligence technologies and is further trained with data and expertise of NCCS and historical call records of SCS.

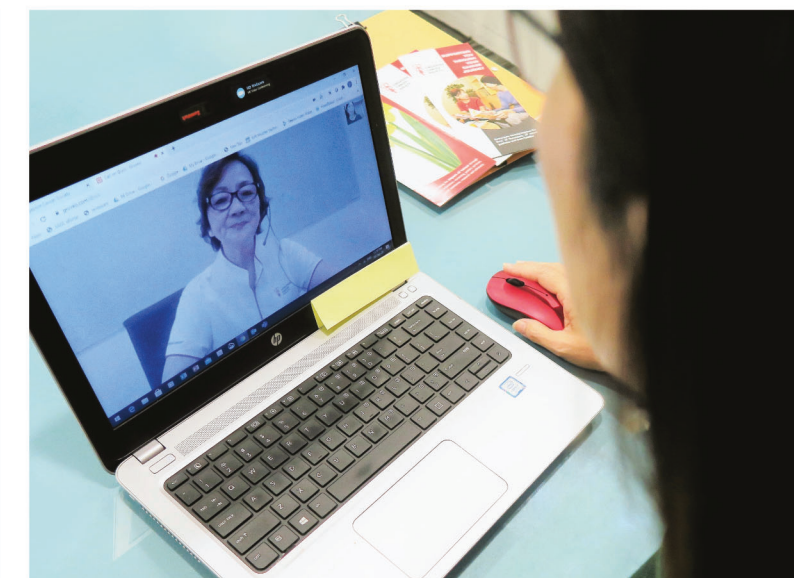
Using the SCS AI Chatbot, patients and caregivers can have their questions answered instantaneously and access cancer information, bypassing the need to be placed on hold over the phone when they dial into the call centres or to wait for an appointment.

The AI Chatbot will also be able to answer frequently asked questions, determine if a user is eligible for free SCS services such as mammogram, PAP test, HPV test, and FIT kit collection; and facilitate the booking of appointments at the SCS Clinic @ Bishan. This will provide a seamless experience for all users and empower them to take greater control of their health situation.

SCS FIT PORTAL

Increasing Cancer Survivorship Through Early Detection

Colorectal cancer is the top cancer diagnosed in Singapore. The risk of developing this cancer increases from age 50. Preliminary screening tests such as the Faecal Immunochemical Test (FIT) kit can detect traces of blood in the stool that is invisible to the naked eye. When signs of pre-cancer or cancer growths are detected in the early stages, the chances of recovery and survival are much higher for an individual. Therefore, SCS places great emphasis on intensifying cancer prevention efforts and reducing cancer incidence through such screening services. The FIT kit has traditionally been available for pick up at the SCS main office (Realty Centre) and various Guardian, Watsons and Eu Yan Sang stores. To 'Serve more and Serve better', SCS has been progressively working on an online portal to make screening accessible to the community at large. In the midst of the COVID-19 restrictions and safety measures, SCS has been ramping up this initiative to ensure that those in the vulnerable age group get screened even during the pandemic. Hosted on the SCS website, the FIT Portal allows those above 50 to register for a test kit that will be mailed to them within 14 working days. Participants will no longer be restricted to store operating or office hours to collect the FIT kit, making preliminary cancer screening more accessible and convenient. This is in line with SCS' strategic thrust to Increase Cancer Survivorship by intensifying screening uptake and detecting cancer early.



SCS TELESUPPORT PORTAL

Improving Quality of Lives Through Better User Experience

In line with SCS' strategic thrust to improve quality of lives by providing holistic support to patients, SCS Telesupport Portal caters to cancer patients to access and seek assistance at their own convenience from anywhere in Singapore. This service aims to provide significant impact, especially to those who are newly diagnosed seeking timely insights and accessible information on the range of SCS Assistance Schemes available. A SCS staff will be readily available (during operating hours) to provide information on SCS' services and programmes, enhancing the process flow and increase positive experience for both cancer patients and their families.

Living in the age of digital disruption, SCS continues to evolve and adapt to provide innovative solutions to address the needs of the public and most importantly, to improve a cancer patient's journey. These solutions align with SCS' vision and mission of fighting for a cancer-free community by *Minimising Cancer and Maximising Lives*.

With four strategic thrusts to reduce cancer incidence, increase cancer survivorship, improve quality of lives, and galvanise the community to come together, the Society affirms that with everyone's support, no one needs to fight cancer alone.

NON-SMOKERS AND LUNG CANCER

Dr Tan Chee Seng
Senior Consultant, Medical Oncology
OncoCare Cancer Centre (Singapore)

Based on the World Health Organization (WHO) 2018 report, lung cancer is one of the leading causes of cancer-related mortality, accounting for an estimated 1.76 million deaths worldwide.¹ Each year, more people die of lung cancer than of colon, breast, and prostate cancers combined.²

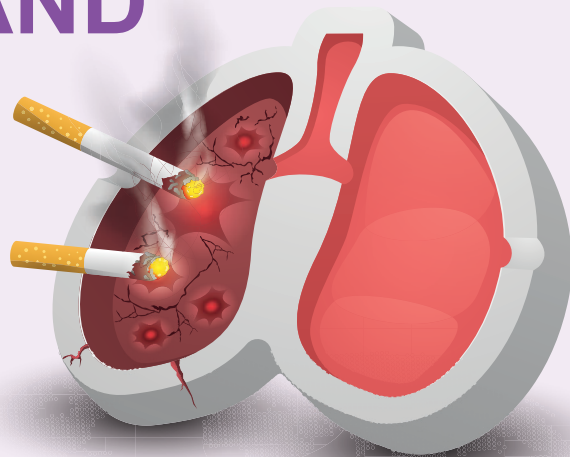
Similar to the worldwide trends, lung cancer in Singapore is the most frequent cause of cancer deaths in males and the second most common in females (see page 5).¹ The dismal survival figures were largely related to the fact that the majority of these lung cancers were diagnosed in their advanced stages, where about 60 to 70 per cent were diagnosed at stage IV.

Causes of Lung Cancer

It is well-known that heavy smokers, typically men, run a high risk of developing lung cancer due to the carcinogenic compounds found in tobacco smoke. Cigarette smoke contains complex chemicals and numerous toxic substances, including many polycyclic aromatic hydrocarbons (PAHs). There are several hundred types of PAHs and some of these are potent cancer-inducing substances known as carcinogens.

But while tobacco remains the main risk factor, there has been a rising number and trend of lung cancer patients, especially female, who have never touched a single cigarette in their lifetime. Recent research has shown that there are certain tumour genetic mutations that lead to lung cancer growth and these are more commonly found in Asian women who do not smoke. Lung cancer is unique in Asia. A mutation in the epidermal growth factor receptor (EGFR) may account for up to 50% of female lung cancer cases here. But for Caucasians, it's less than 10% due to genetic differences.³

References: 1. World Health Organization: Cancer Fact Sheet <https://www.who.int/news-room/fact-sheets/detail/cancer> (assessed 1st April 2019). 2. www.cancer.org/cancer/non-small-cell-lung-cancer/about/key-statistics.html. 3. Shi Y, Au JS, Thong-prasert S, et al. A prospective, molecular epidemiology study of EGFR mutations in Asian patients with advanced non-small-cell lung cancer of adenocarcinoma histology (PIONEER). Journal of thoracic oncology: official publication of the International Association for the Study of Lung Cancer 2014; 9(2): 154-62.



New Treatment Options

Thanks to new forms of treatment methods developed over recent years, those suffering from advanced stage lung cancer now have access to more personalised treatment options for better cancer control and survival. Lung cancer is the poster child for highly personalised cancer treatment. If it is caused by a specific mutation, they can consider targeted therapy instead of just chemotherapy. Another new approach would be to consider immunotherapy in suitable patients with particular molecular profile. Chemotherapy remains a treatment option, but it's no longer the only option now.

Patients diagnosed with lung cancer are usually advised to undergo several genetic/molecular tests to determine the cause of cancer as certain types of gene mutations can be treated with targeted therapy drugs or immunotherapy. For example, lung cancer patients who are positive for the EGFR (epidermal growth factor receptor) mutation have the option to take tyrosine kinase inhibitor (TKI), a type of oral targeted therapy, as first line of treatment.

Unlike chemotherapy, which typically affects most body cells, TKI mainly inhibits the growth and spread of cancer cells. Side effects are usually mild; diarrhoea and face pimples are some of the more common side effects.

In conclusion, non smokers can, unfortunately, develop lung cancer. However with latest advancement in recent years we have newer and more effective treatment options to personalise and individualise each patient's treatment.



10 MOST FREQUENT CANCER DEATHS IN SINGAPOREAN MALES & FEMALES FROM 2011 – 2015

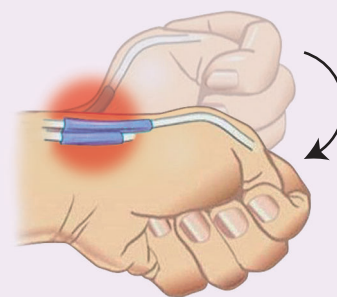
Source: Singapore Cancer Registry Annual Report 2015

MAN				
	Numbers	%	CR (95% CI)	ASR (95% CI)
Lung	3,934	27.1	41.6 (40.3 – 42.9)	28.0 (27.1 – 28.9)
Colo-rectum	2,017	13.9	21.3 (20.4 – 22.3)	14.5 (13.9 – 15.2)
Liver	1,836	12.6	19.4 (18.5 – 20.3)	13.0 (12.4 – 13.6)
Stomach	867	6.0	9.2 (8.6 – 9.8)	6.1 (5.7 – 6.5)
Pancreas	806	5.5	8.5 (7.9 – 9.1)	5.7 (5.3 – 6.1)
Prostate	795	5.5	8.4 (7.8 – 9.0)	5.7 (5.3 – 6.1)
Nasopharynx	588	4.0	6.2 (5.7 – 6.7)	4.2 (3.8 – 4.5)
Lymphomas	478	3.3	5.1 (4.6 – 5.5)	3.5 (3.2 – 3.8)
Kidney & other Urinary	430	3.0	4.5 (4.1 – 5.0)	3.0 (2.8 – 3.3)
Leukaemias	378	2.6	4.0 (3.6 – 4.4)	2.9 (2.6 – 3.2)
Others	2,395	16.5		
All	14,524	100.0	153.6 (151.1 – 156.1)	104.4 (102.7 – 106.1)

WOMAN				
	Numbers	%	CR (95% CI)	ASR (95% CI)
Female Breast	2,105	17.3	21.6 (20.6 – 22.5)	13.5 (13.0 – 14.1)
Lung	2,015	16.6	20.6 (19.7 – 21.5)	11.5 (11.0 – 12.0)
Colo-rectum	1,889	15.6	19.3 (18.5 – 20.2)	10.5 (10.1 – 11.0)
Liver	778	6.4	8.0 (7.4 – 8.5)	4.3 (4.0 – 4.6)
Stomach	719	5.9	7.4 (6.8 – 7.9)	4.0 (3.7 – 4.3)
Pancreas	709	5.8	7.3 (6.7 – 7.8)	4.1 (3.8 – 4.4)
Ovary etc.	634	5.2	6.5 (6.0 – 7.0)	4.0 (3.7 – 4.3)
Cervix Uteri	361	3.0	3.7 (3.3 – 4.1)	2.3 (2.0 – 2.5)
Lymphomas	308	2.5	3.2 (2.8 – 3.5)	1.9 (1.7 – 2.1)
Leukaemias	290	2.4	3.0 (2.6 – 3.3)	1.9 (1.7 – 2.1)
Others	2,329	19.2		
All	12,137	100.0	124.3 (122.1 – 126.5)	72.0 (70.7 – 73.3)

SELF-MANAGEMENT FOR DE QUERVAIN'S TENOSYNOVITIS

Part of the Cancer Rehabilitation Programme by Singapore Cancer Society

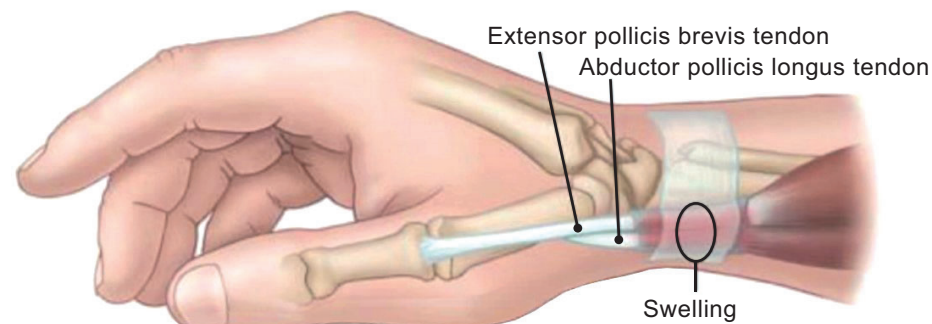


Chronic overuse of your wrist is commonly associated with de Quervain's tenosynovitis.

It may be hard and painful to move your thumb, particularly when you try to pinch or grasp things. The pain may get worse when you move your thumb or wrist.

What is De Quervain's Tenosynovitis?

De Quervain's tenosynovitis (DQT) is a painful condition that affects the tendons on the thumb side of the wrist. The tendons pass through a tunnel known as tendon sheath, which helps the tendons to glide smoothly when the muscles contract. When the sheath thickens and swells, the abductor pollicis longus and the extensor pollicis brevis cannot easily move through the sheath. The increased friction through constantly using the thumb results in tendon irritation, inflammation and pain.



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What are the Symptoms?

The main symptoms are pain, swelling, or tenderness near the base of the thumb. Persons with DQT have difficulty gripping objects and performing daily activities as the pain may worsen with any thumb and wrist movements, especially with grasping, pinching, twisting, and lifting actions.

How is the Condition Diagnosed?

Ultrasound is very often diagnostic. However, Finkelstein's test is a simple test used by clinician in physical examination to diagnose DQT.



Finkelstein's test

Eichhoff's test is very similar but requires you to hold your thumb into flexion with your other fingers while deviating the wrist towards the direction of your little finger.

A positive test will elicit pain along the radial wrist, near the base of the thumb.



Eichhoff's test

What to Expect?

Symptoms of DQT will usually improve with rest and a change in your activities to avoid aggravating movements over your thumb and wrist. If your symptoms persist, please consult your doctor for treatment that may include anti-inflammatory medication, corticosteroid injection and/or surgery.

What is Offered at SCS Cancer Rehabilitation Center for DQT Management?

Generally, intervention plan initially involves rest and splinting, pain-free range of motion exercises, and modalities for pain relief, and progresses to strengthening and gradual return to normal daily activities. Specifically, interventions may include:

- Use of thumb spica splint to immobilize the thumb and wrist and prescription of wearing schedule and exercises to prevent muscle tension and joint stiffness
- Application of therapeutic ultrasound to reduce pain and promote healing of injured tissues
- Education on soft tissue massage to relax tight musculature that can cause more pain
- Education on ergonomics, activity modification and use of adaptive equipment to prevent overuse and/or repetitive stress over thumb and wrist
- Prescription of strengthening exercises and functional tasks

Visit Singapore Cancer Society Rehabilitation Centre for a more customised exercise prescription. For more information call **1800-727-3333**.



Established in 1964, Singapore Cancer Society (SCS), a voluntary welfare organisation 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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CANCER IS UNPREDICTABLE

Ian Chia & Nathaniel Chin

SCS volunteers

Tan Soi Hong Anna, 72, is a passionate altruist, dedicating a significant portion of her adult life to being a strong advocate of lowering the risks of breast cancer through breast feeding. Anna would have never expected herself to be afflicted by the same circumstance.

Her golden years was abruptly halted by her diagnosis of Stage 1 Breast Cancer.

In 2007, she experienced a prolonged soreness and sharp pain in her breast. When she noticed the pain becoming more frequent and intense, she took no hesitation to seek medical attention despite being unable to detect lumps on her breast during self-examination. A mammogram test revealed a 0.7mm malignant tumour.

Within a few weeks of recovery, Anna faced pains on the other side of her breast. There were two tumours this time and were much larger in size, requiring further lumpectomy (a breast-conserving surgery) in order to survive. Anna had to endure two biopsy incisions, which she describes as excruciating.

Anna highlighted that despite the support from her husband, the emotional and physical turmoil was a heavy burden to bear as she often found herself alone. But when she saw patients who were suffering more than her, the realisation that we often focus on the greener side and overlook the sobering fact that everybody's circumstances are varied, dawned upon her.

Chancing upon Singapore Cancer Society (SCS), she was captivated by the multitudinous support network offered to aiding past and current cancer patients integrate back into the routines of life. Her recovery process was accelerated when she became a member of the SCS Reach to Recovery Support Group (RTR), a curated initiative aimed at helping women cope with the diagnosis of breast cancer. The companionship and activities organised successfully kept their minds off woes. From dragon boating, boxing, ukulele to zumba classes, there was never a boring time in SCS as Anna would fondly say. There were even avenues to contribute back to the community such as learning sign-language for patients who found difficulty speaking as a result of esophageal cancer.

Till this day, Anna is an active participant of RTR events and has forged an unbreakable camaraderie with her fellow peers. She smiles exuberantly on mention of how SCS has played an indelible role in her swift recovery and is eager to share experiences.



(L to R) Tan Soi Hong Anna with SCS Goodwill Ambassador Victoria Cheng

SCS SUPPORT GROUP Going through the cancer journey is not easy. At Singapore Cancer Society, we believe that no one should fight cancer alone and advocate that structured support for cancer survivors be incorporated into every patient's cancer journey as a necessary follow-up to treatment. Our support groups involve survivors, nutritionists, counsellors, social workers and caregivers, and are designed to educate, engage and empower survivors to take charge of their own well-being. For more info call **1800-727-3333** or email supportgroup@singaporecancersociety.org.sg.

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