



**SINGAPORE
CANCER
SOCIETY**



UNDERSTANDING WOMEN'S CANCERS

Check early. Live fully.

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While the information provided has been reviewed by healthcare professionals, it is not intended as medical advice. We recommend that you speak to your doctor if you have concerns.

Published in 2026

LETTER FROM DR PRI

*Director of Cancer Prevention and Control
at Singapore Cancer Society*



“Looking after your health is not a luxury. It is one of the most important things you can do for the people you love.”

I know how full your days are. Between work, family, and the many people who depend on you, it can feel like there is never quite enough time to stop and think about yourself. But here is something I have learned, both as a doctor and as a woman: looking after your health is not a luxury. It is one of the most important things you can do for the people you love.

This booklet was created to help you understand some of the cancers that affect women most in Singapore, and to share what you can do to protect yourself.

Cancer affects 1 in 4 people in Singapore by the age of 75. That can be a difficult number to read. But cancer is not a death sentence. When it is caught early, many cancers can be treated successfully and some can even be prevented altogether. Cervical cancer is a powerful example: while it is not the most common cancer among women here, it is one of the most preventable. Through HPV vaccination and regular screening, we have the tools to stop it before it ever starts.

Knowledge is power, and this booklet is your starting point. By learning to recognise warning signs, going for regular screenings, and understanding your personal risk factors, you are taking charge of your own health. You do not have to do this alone. Singapore Cancer Society (SCS) is here to walk this journey with you.

The State of Cancer IN SINGAPORE



Age Group	Rank and Type of Cancer		
0 – 29	1  Leukaemia and Lymphoma	2  Thyroid	3  Ovary
30 – 39	1  Breast	2  Thyroid	3  Uterus
40 – 49	1  Breast	2  Uterus	3  Thyroid
50 – 59	1  Breast	2  Uterus	3  Colorectal
60 – 69	1  Breast	2  Colorectal	3  Lung
70 – 79	1  Breast	2  Colorectal	3  Lung
80 and above	1  Colorectal	2  Breast	3  Lung

Based on Singapore Cancer Registry Annual Report 2023.

CANCER RISK Factors

Risks you can control:

According to the World Health Organization, 4 in 10 cancer cases are preventable¹. These are some of the steps that you can take to reduce your risk of getting cancer:



Quit smoking



Avoid or reduce alcohol consumption



Lead a healthy lifestyle

- Maintain a healthy body weight
- Eat a healthy diet, including fruit and vegetables
- Do physical activity on a regular basis



Avoid UV exposure



Reduce exposure to air pollution and occupational hazards



Get vaccinated against HPV

Risks you cannot control:

Things like genetics, age, biological sex, and family history may increase your risk of getting cancer. While these risks are beyond your control, knowing your risk can help you make more informed decisions about your health.

There are some conditions that may increase your risk of cancer. A small percentage of cancers (about 5-10%) are hereditary or caused by inherited gene faults.

People at high risk of getting certain cancers can consider getting screened more regularly, or going for different screening tests. This helps to detect cancer early.

If you suspect that you might be at high risk of getting cancer, speak to your doctor about your concerns.

Find out more about the conditions and factors that may increase your cancer risk in the individual cancer sections.



Thinking about your health can be stressful. Take a moment to practise mindfulness by focusing on your breathing.

Pay attention to how the air flows in and out of your nostrils. There is no need to breathe harder than usual, you can just follow your usual breathing pattern.

When you feel ready, you can read on!



How Can I REDUCE MY RISK?



Go for regular screenings:

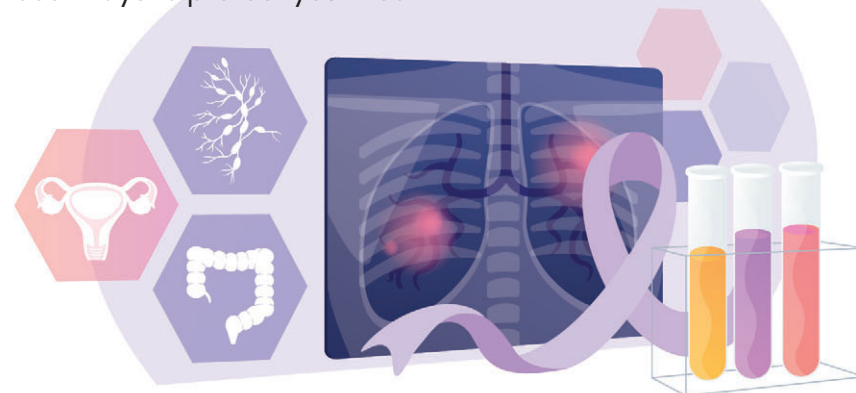
Regular screenings are crucial for maintaining your health because most early cancers do not cause any symptoms.

You might feel completely fine, yet cancer could be developing silently. This is why regular screening is important even when you feel healthy.

Catching cancer early offers several benefits:

- 1 Early-stage treatment often means less surgery, fewer medications, and faster recovery. This can also mean lower medical costs.
- 2 Most importantly, early detection greatly improves your chances of survival. Many cancers can be cured if found early. The sooner you know, the more treatment options you have and the better your chances of recovery.

Taking proactive steps through regular screenings is one of the best ways to protect your health.



Nationally recommended screenings at a glance

Recommended Cancer Screenings	Where Can I Screen At?	Age Group			
		25 – 29	30 – 39	40 – 49	50 & above
Pap Test (Females Only) - Screening for cervical cancer - For females who have not done Pap test in the last 3 years - Recommended frequency: Once every 3 years	- SCS Clinic @ Bishan - Healthier SG Clinic / Family Clinic				
HPV Test (Females Only) - Screening for cervical cancer - For females who have not done HPV test in the last 5 years - Recommended frequency: Once every 5 years	- SCS Clinic @ Bishan - Healthier SG Clinic / Family Clinic				
Mammogram (Females Only) - Screening for breast cancer - Recommended frequency: - Females aged 40 to 49: Once every year - Females aged 50 and above: Once every 2 years	- SCS Clinic @ Bishan - Healthier SG Clinic / Family Clinic - Community Mammobus				
Faecal Immunochemical Test (FIT) - Screening for colorectal cancer - For males and females who have not done a FIT test in the past 12 months or a colonoscopy in the past 5 years - Recommended frequency: Once every year	Healthier SG Clinic / Family Clinic				

***SCS Clinic @ Bishan offers screening at no cost for eligible females.**

**SCS Clinic @ Bishan is located at 9 Bishan Place, Junction 8 Office Tower, #06-05, Singapore 579837*

Nationally recommended vaccination

The HPV vaccine is recommended for women aged 9–26 years. Read more about the available vaccines on page 19.

Screen with SCS

Cancer Screenings at SCS Clinic @ Bishan	Females Aged			
	25 – 29	30 – 39	40 – 49	≥ 50
Pap Test - Have had sexual activities - For females who have not done Pap test in the last 3 years				
HPV Test - Have had sexual activities - For females who have not done HPV test in the last 5 years				
Mammogram - CHAS Blue / Orange card required - For females aged 40–49 who have not had a mammogram in the last year - For females aged 50 and above who have not had a mammogram in the last 2 years				



Early detection saves lives! Go for a Screening!

Scan the QR code for more information about cancer screening at SCS Clinic @ Bishan. Alternatively, speak to your Healthier SG doctor to schedule a screening today!



NOREN'S STORY: Screening, Strength, and Survival

“ Screening should never be delayed, and family members play a crucial role in reminding and encouraging loved ones to go for regular check-ups. ”

Noren is 66 years old this year. Having gone for regular mammograms since her 40s, she was familiar with the importance of screening.

After missing a scheduled mammogram, Noren finally went for one after her daughter encouraged her to.

An abnormality was detected in her breast at this mammogram. By the time of diagnosis, the cancer had spread to her lymph nodes. This was the start of Noren's journey with cancer.

Treating breast cancer involved a rollercoaster of emotions and difficult side effects, but Noren stayed strong and stayed busy to cope: playing music loudly at home, cooking, spending time with her daughters, and avoiding isolating herself. Throughout this experience, mindfulness was the anchor that kept her grounded.

After surgery and rounds of treatment, Noren's cancer is currently in remission.

Having gone through an intense and life-altering experience, Noren is passionate about raising awareness about breast cancer screening. She believes that much of what she endured could have been avoided with timely detection.

Her message: screening should never be delayed, and family members play a crucial role in reminding and encouraging loved ones to go for regular check-ups. For Noren, it was her daughter who urged her to attend the mammogram she had missed — a reminder that proved life-saving.

She hopes that by sharing her story, the community can better understand cancer, reduce stigma, and encourage early detection so that fewer people face such a difficult journey.

BREAST CANCER



What is breast cancer?

Breast cancer is the most common cancer amongst women in Singapore².

The female breast is made up of milk glands and ducts surrounded by a layer of fat. Breast cancer forms when the cells lining these ducts and glands grow in an uncontrolled manner.

Through regular breast self-examination and screenings, breast cancer can be detected early when it is easier to treat.

What are the symptoms of breast cancer?



Lump or thickening
in the breast or
underarm area



Change in size
or shape of
breast



Recent history
of nipple
retraction



Bloody nipple
discharge



Itch and rash
on the nipple



Skin redness or skin
sore on the breast

If you notice any lumps or changes in your breast, do not be afraid to consult your doctor. About 9 out of 10 breast lumps are non-cancerous, but you should still have your doctor check it out³.

What are the risk factors for breast cancer?

Risks you can control:

- High BMI, or obesity
- Low physical activity, or a sedentary lifestyle
- Smoking
- High alcohol consumption
- Excessive intake of female hormones



Risks you cannot control:



Age (being over 40 years old) and gender (being female)



Early onset of menstruation and late menopause



High-risk genetic mutations like BRCA1/2



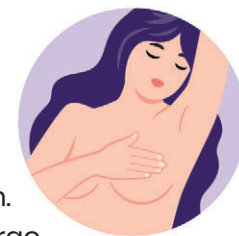
Family history of breast cancer



History of chest radiation therapy

What screening options are available for detecting breast cancer early?

- Women aged 20 and above are recommended to do a Breast Self-Examination (BSE) every 1 month.
- Women aged 40 to 49 are recommended to undergo a mammogram every 1 year.
- Women aged 50 and above are recommended to undergo a mammogram every 2 years.



Mammogram

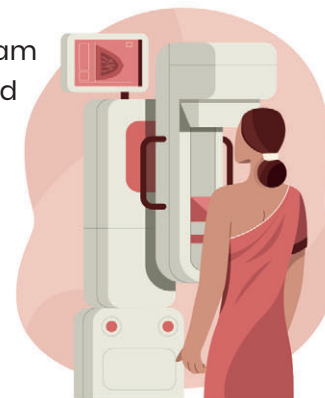
A mammogram is a low dose X-ray examination of the breast to detect unusual changes (abnormalities) before they can be felt. It works by collecting images of the breast from various angles.

• Frequency

Women aged 40 to 49 should do a mammogram every 1 year. Women aged 50 and above should do a mammogram every 2 years.

• Availability

- SCS Clinic @ Bishan
- Selected Healthier SG clinics and polyclinics
- Community Mammobus Programme – a community programme by SCS, BCF and NHGD



How are you feeling?

Take a second to pause and collect your thoughts.

Remember that early detection is a form of self-care. Regular checks and screenings can be scary, but they offer you peace of mind and actionable steps that you can take to care for yourself.

Breast Self-Examination (BSE) 3 EASY STEPS

STEP 1: LOOK



Put your hands on your hips.
Look for changes in your breast **shape, skin surface**, and **nipples**.



Raise your arm over your head.
Look for changes especially dimples on the **underside** of your breasts.

STEP 2: FEEL



Use your **middle 3 fingers** to feel your breast.
Follow a **circular motion** to make sure that you feel the whole breast.



Gently **squeeze your nipple** to see if there is any discharge.

STEP 3: CHECK



Check your whole breast for **lumps**.
Check from your **armpit** to **in between your breasts**, pressing with different pressure.
Repeat the same steps on your other breast.

Do your breast self-check 7 to 10 days after the start of your period!

Noticed any of these changes?



Sunken nipple



Skin sores



Crust



New shape / Size



Fluid



Hard lump



Red / Hot



Orange peel skin



Bump



Growing vein



Thick area

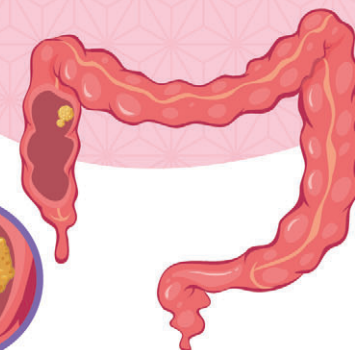


Dimple

9 out of 10 breast lumps are not cancer³.

But if you notice a lump, see your doctor right away.

COLORECTAL CANCER

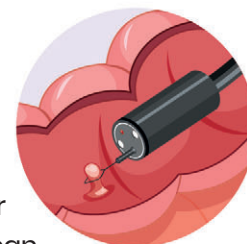


What is colorectal cancer?

Colorectal cancer develops in the colon or rectum. It is the 2nd most common cancer amongst women in Singapore².

Colorectal cancer often begins with the formation of small growths called polyps on the inner lining.

While many polyps stay non-cancerous (benign), some polyps change and become cancerous over time. Detecting and removing these polyps quickly can prevent colorectal cancer from developing or spreading further.



Regular screening can detect signs of colorectal cancer early.

What are the symptoms of colorectal cancer?

In its early stages, colorectal cancer may not cause any noticeable symptoms, which is why screening is key for early detection.

As it progresses, common signs to watch for include:

- Blood in the stool, which may appear dark or black
- Abdominal pain or discomfort
- Rectal bleeding
- Persistent changes in bowel habits, such as diarrhoea, constipation, or a change in stool consistency

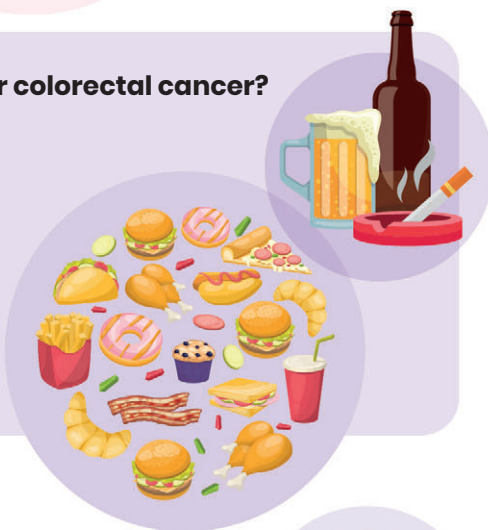
If any of these symptoms persist, do not be afraid to consult a healthcare professional for evaluation.



What are the risk factors for colorectal cancer?

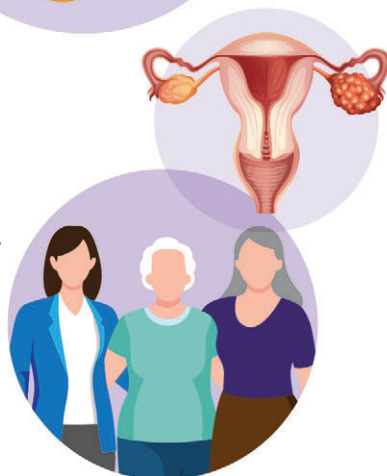
Risks you can control:

- A low-fibre, high fat diet
- High BMI, or obesity
- High alcohol consumption
- Low physical activity, or a sedentary lifestyle
- Smoking



Risks you cannot control:

- Personal history of:
 - Colorectal polyps
 - Colorectal cancer
 - Ovarian or endometrial cancer
- Family history of colorectal cancer:
 - In a first-degree relative (parent or sibling) aged ≤ 60 years old, or
 - In 2 or more first degree relatives
- Familial Adenomatous Polyposis
- Lynch Syndrome



Worried You Might Be At Higher Risk?

Increased Risk Group

- Parent or sibling diagnosed with colorectal cancer before age 60
- Personal history of colorectal polyps, colorectal cancer, ovarian cancer, or endometrial cancer

High Risk Group

- Family history of Hereditary Colorectal Cancer Syndromes (like FAP or Lynch Syndrome)
- Inflammatory Bowel Disease (IBD), including left-sided colitis and pan-colitis cancer

What screening options are available for detecting colorectal cancer early?

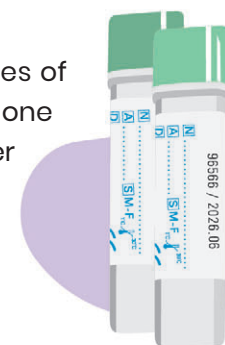
Women aged 50 and above are recommended to do a Faecal Immunochemical Test (FIT) every year or a colonoscopy every 5 to 10 years.

FIT (Faecal Immunochemical Test) Kit

This simple, non-invasive test detects tiny traces of blood in stool samples. It can be conveniently done at home and can detect signs of colorectal cancer before symptoms appear.

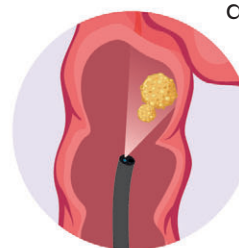
Frequency: Women aged 50 and above should do a FIT every year.

Availability: Healthier SG GP clinics, polyclinics.



Colonoscopy

A colonoscopy involves inserting a long, flexible, illuminated tube with a camera through the anus to examine the entire large intestine. The procedure typically takes about 20 to 30 minutes and is performed by a specialist. It allows direct visualisation of the colon lining and enables removal of any abnormal polyps during the same procedure.



Frequency: Women aged 50 and above should do a colonoscopy every 5 to 10 years.

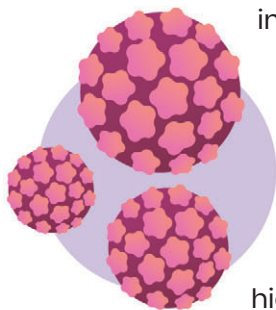
Availability: Selected clinics, hospitals.



CERVICAL CANCER

What is cervical cancer?

Cervical cancer is the cancer of the cervix (also sometimes known as the neck of the womb). It is the 10th most common cancer amongst women in Singapore².



The most common cause of cervical cancer is human papillomavirus (HPV). HPV is an extremely common infection transmitted through sexual contact.

When the cervix is repeatedly infected with high-risk types of HPV and is not treated, cervical cancer may develop.

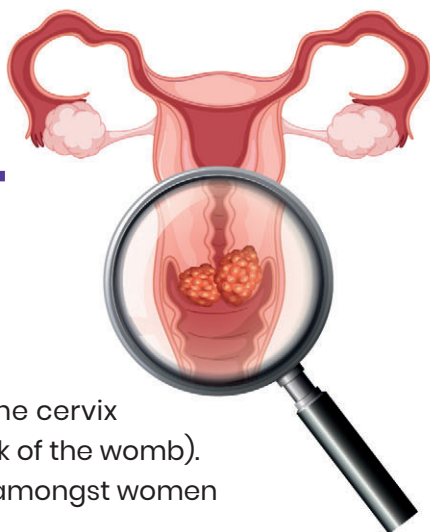
Cervical cancer is largely preventable through HPV vaccination and regular screenings. It can be cured if it is detected early and treated quickly.

What are the symptoms of cervical cancer?

Cervical cancer usually has no signs or symptoms in the early stages.

When the cancer is more advanced, some of the signs and symptoms are:

- Irregular or unusual vaginal bleeding – after having sex, between periods or after menopause



- Watery, bloody vaginal discharge with a bad smell
- Pain in the pelvis (lower tummy area) or pain during sex

What are the risk factors for cervical cancer?

- Being sexually active
- History of sexually transmitted infections
- Having a compromised immune system (due to medical conditions or treatments that affect the immune system)
- History of pre-cancerous cervical changes (i.e., cervical intra-epithelial neoplasia)



What screening options are available for detecting cervical cancer early?

Cervical cancer can be prevented and cured when it is detected through regular screenings and treated early.

Cervical cancer takes a long time to develop. Long before the cancer even grows on the cervix, the cells of the cervix will go through unusual changes. This cell change is known as cervical pre-cancer.

Cervical pre-cancer can be treated when it is found in the cervix. The most reliable way to detect cervical pre-cancer early is to go for regular screenings.

Screening Frequency			
PAP TEST		HPV TEST	
Every 3 years	Women aged 25 to 29	Every 5 years	Women aged 30 and above

Pap test

In a Pap test or Pap smear, cells from the cervix and vagina are examined for abnormalities. As most cervical pre-cancers grow very slowly, having a Pap test at regular intervals can find almost all abnormalities before they can progress to cancer.

Frequency: Women aged 25 to 29 should do a Pap test every 3 years.

Availability: SCS Clinic @ Bishan, Healthier SG CHAS GP clinics, polyclinics.



HPV test

In an HPV test, cells from the cervix and vagina are examined for signs of high-risk HPV infection. The presence of high-risk HPV infection in the cervix indicates a higher risk of developing cervical cancer.

Frequency: Women aged 30 and above should do an HPV test every 5 years.

Availability: SCS Clinic @ Bishan, Healthier SG CHAS GP clinics, polyclinics.



What else can be done to reduce cervical cancer risk?

HPV Vaccination

There are many types of HPV, where some types are more likely to cause cervical cancer. The HPV vaccine provides protection against some of these high-risk types of HPV.

There are 2 types of HPV vaccine, HPV2 (Cervarix), and HPV9 (Gardasil 9).

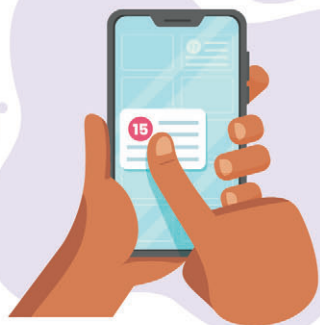
Cervarix provides protection against HPV types 16 and 18, which account for 70% of all cervical cancers.

Gardasil 9 provides protection against an additional 20% of cancer-causing HPV types, as well as some types of HPV that cause genital warts.



	Cervarix (Bivalent)	Gardasil 9 (9-valent / Nonavalent)
Vaccine frequency	Females aged 9 to 14 Two doses, between 5 to 13 months apart	Females and males aged 9 to 14 Two doses, between 5 to 13 months apart
	Females aged 15 to 25 Three doses: • Second dose to be taken 1 to 2.5 months after the first dose • Third dose to be taken 5 to 12 months after the first dose	Females and males aged 15 to 45 Three doses: • Second dose to be taken 2 months after the first dose • Third dose to be taken 4 months after the second dose

Availability: Since 2019, the HPV2 vaccine has been offered as part of the school-based vaccination programme. If you are 26 or below and have not received your vaccination yet, make your appointment to get vaccinated now.



Make your appointment today!

Scan the QR code or visit <https://vaccine.gov.sg/hpv> to make your appointment to get vaccinated.



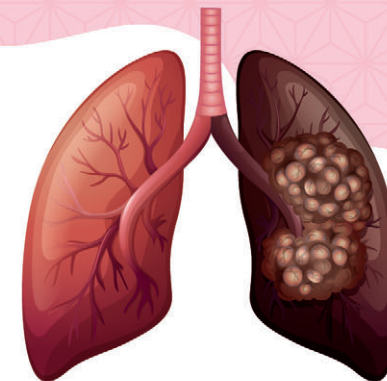
The number of screenings and vaccines may be overwhelming to read about because there are so many things to do.

Rest assured, we have combined all the recommended screenings and vaccinations into a single page for quick reference.

Visit pages 6 & 7 to see all of the recommended cancer prevention measures at a glance.



LUNG CANCER



What is lung cancer?

Lung cancer is the 3rd most common cancer amongst women in Singapore².

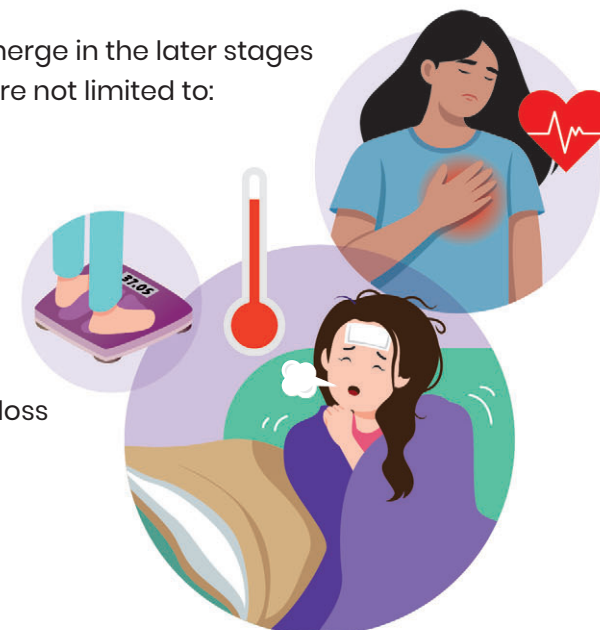
Lung cancer occurs when abnormal cells in the lungs grow uncontrollably, impairing lung function. These cancerous cells can spread to nearby lymph nodes, other parts of the lungs, and distant organs such as the bones, brain, and liver.

What are the symptoms of lung cancer?

Lung cancer often shows no symptoms in its early stages, making early detection difficult.

Symptoms typically emerge in the later stages and may include, but are not limited to:

- Shortness of breath
- Change in voice
- Persistent cough
- Constant chest pain
- Loss of appetite
- Recurring fever
- Coughing up blood
- Unintentional weight loss
- Swollen lymph nodes



What are the risk factors for lung cancer?

Risks you can control:



Smoking and/or vaping



Air pollution



Exposure to radiation



Exposure to second- and third-hand smoke

Risks you cannot control:

- Age (the risk increases as you get older)
- Family history of lung cancer (especially in parents or siblings)
- Previous lung conditions like past lung injuries or diseases

What screening options are available for detecting lung cancer early?

The only recommended screening test for lung cancer is low-dose computed tomography (also known as a low-dose CT scan, or LDCT).



An LDCT scan of the lungs is performed to look for abnormalities in at-risk individuals who do not have symptoms. The goal of LDCT screening is to detect lung cancer at a very early stage, when it is more likely to be cured.

At present, annual lung cancer screening is recommended for long term smokers who fulfil specific criteria as determined by their doctors.

Availability: Selected clinics, hospitals.

UTERINE CANCER



What is uterine cancer?

Uterine cancer (also known as womb/endometrial cancer) is the cancer of the uterus, also known as the womb. It is the 4th most common cancer amongst women in Singapore².

The endometrium is the inner lining of the uterus. This is the lining that sheds during menstruation (periods) and is where uterine cancer forms.

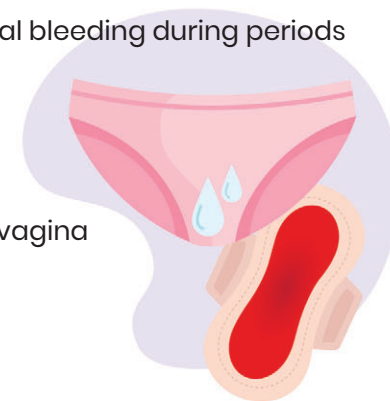
Uterine cancer can be detected early because it causes symptoms in the early stage. If it is detected early, uterine cancer can be treated with a high success rate.

What are the symptoms of uterine cancer?

Most uterine cancer presents early with some form of abnormal bleeding. Majority of the cases occur in post-menopausal women.

Some common symptoms are:

- Unusually heavy or irregular menstrual bleeding during periods
- Unusual vaginal bleeding:
 - After menopause
 - In between periods
 - Over a long time
- Pink, watery or white discharge from vagina
- Pain in the lower belly area (pelvis)
- Pain during sex
- Weight loss



What are the risk factors for uterine cancer?

Risks you can control:



High BMI,
or obesity



High blood
pressure



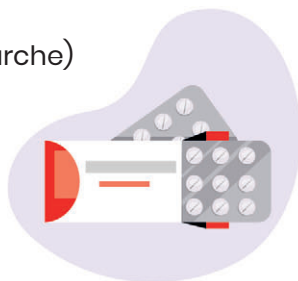
Diabetes



Never
having been
pregnant

Risks you cannot control:

- Age (being over 50 years old)
- First period before 12 years old (early menarche) and late menopause
- Usage of Tamoxifen, a hormonal therapy for breast cancer treatment
- Polycystic Ovarian Syndrome (PCOS)
- Lynch Syndrome



What screening options are available for detecting uterine cancer early?

Screening for uterine cancer is not recommended for women with an average or increased risk for uterine cancer.

To detect uterine cancer early, consult a doctor if you notice any unusual bleeding, especially any bleeding after menopause.

Women with Lynch Syndrome may consider annual screening for uterine cancer starting from ages 30 to 35, after discussion with their gynaecologist.



LEUKAEMIA & LYMPHOMA

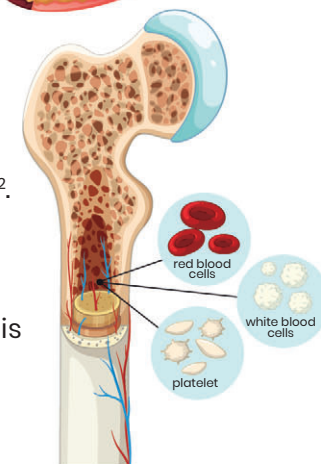


What are leukaemia and lymphoma?

Leukaemia and lymphoma are cancers that affect the blood cells. They are the 5th most common cancer amongst women in Singapore².

Leukaemia

Leukaemia starts in the bone marrow, which is where blood cells are made.



What are the symptoms of leukaemia?

Symptoms may differ between individuals, depending on the type of leukaemia.



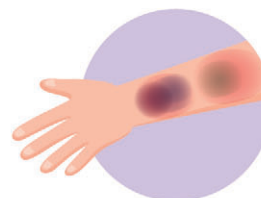
Tiredness and fatigue



Fevers and chills



Body and joint pains



Easy bruising of the
skin or bleeding



Swollen lymph
nodes (glands)



Loss of weight
and appetite

What are the risk factors for leukaemia?

Most people who develop acute leukaemia have no known risk factors and the leukaemia develops spontaneously. There are however some factors which may increase the risk of developing certain types of leukaemia.

Risks you can control:

- Previous cancer treatment — chemotherapy and radiation therapy
- Chemicals such as benzene and radiation exposure

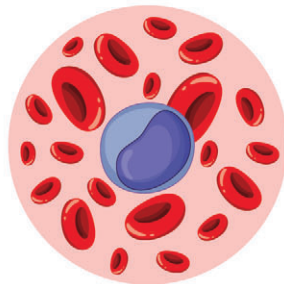


Risks you cannot control:

- Genetic disorders where there are abnormalities in the genes which contribute to the development of leukaemia

Lymphoma

Lymphoma starts in lymphocytes, which are a type of white blood cell that fight infections.



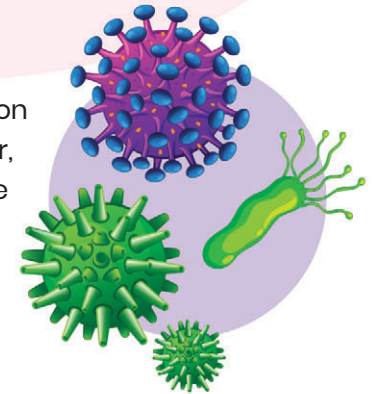
What are the symptoms of lymphoma?

- Painless swelling of the lymph nodes in the neck, underarm or groin. This is the most common symptom.
- Persistent fever
- Drenching night sweats
- Unexplained weight loss
- Patchy red skin and itching
- Shortness of breath
- Persistent fatigue, lack of energy or tiredness

What are the risk factors for lymphoma?

Risks you cannot control:

- Age (Some types of lymphoma are common in people aged 55 and above. However, some types of lymphoma are also more common in younger people.)
- Weakened immune system
- Human immunodeficiency virus (HIV)
- Epstein-Barr virus (EBV)
- Helicobacter pylori infection

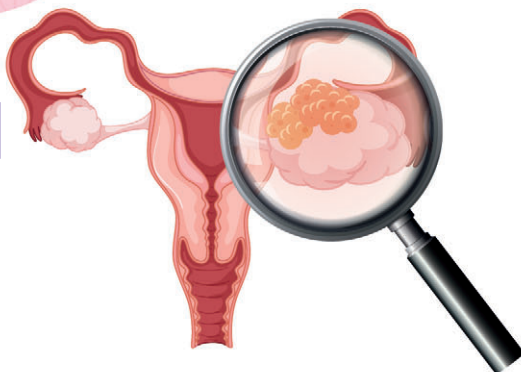


What screening options are available for detecting leukaemia and lymphoma early?

There is no recommended screening test for leukaemia or lymphoma. Please speak to your doctor to find out more.



OVARIAN CANCER



What is ovarian cancer?

Ovarian cancer is the 6th most common cancer amongst women in Singapore².

The ovaries produce eggs and female hormones (oestrogen and progesterone). The ovaries are made up of different cells with different functions. When these cells grow unusually, a cancer forms.

What are the symptoms of ovarian cancer?

Early ovarian cancer does not cause obvious symptoms. Symptoms of later stage ovarian cancer include:



Swollen or bloated feeling in the belly (abdomen)



Discomfort in the belly (abdomen)



Backache or ache in legs



Pain in the lower belly (pelvis)



Change in bladder habits – frequent urination



Unexplained loss of weight



Loss of appetite

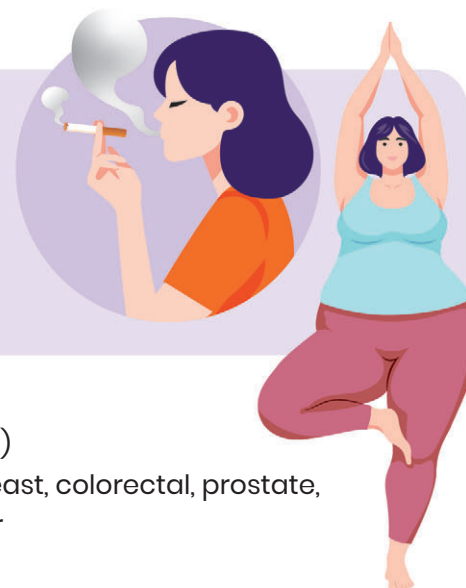
What are the risk factors for ovarian cancer?

Risks you can control:

- Smoking
- High BMI, or obesity

Risks you cannot control:

- Age (being over 50 years old)
- Family history of ovarian, breast, colorectal, prostate, pancreas and womb cancer
- Endometriosis
- High-risk genetic mutations like BRCA1/2

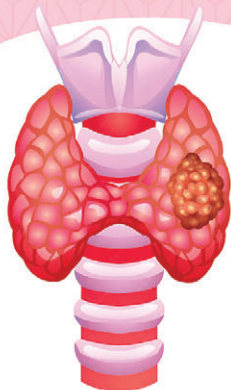


What screening options are available for detecting ovarian cancer early?

There is no recommended screening test for ovarian cancer. Please speak to your doctor to find out more.



THYROID CANCER



What is thyroid cancer?

Thyroid cancer is the 7th most common cancer amongst women in Singapore².

The thyroid is a butterfly-shaped gland in the neck that creates hormones. These hormones regulate the heart rate, body temperature, and weight.

What are the symptoms of thyroid cancer?

Thyroid cancer usually has no signs or symptoms in the early stages.

When the cancer is more advanced, some of the signs and symptoms are:

- A painless lump on the front of the neck, just next to the voice box / windpipe
- Voice changes, such as increasing hoarseness when speaking
- Difficulty swallowing
- Pain in the neck and throat
- Swollen glands in the neck (enlarged lymph nodes on the side of the neck)



What are the risk factors for thyroid cancer?

Risks you can control:

- Exposure to high levels of radiation



Risks you cannot control:

- Family history of thyroid cancer
- Hereditary thyroid cancer syndromes
 - Familial medullary thyroid cancer
 - Multiple endocrine neoplasia
 - Cowden syndrome
 - Familial adenomatous polyposis (FAP)



What screening options are available for detecting thyroid cancer early?

There is no recommended screening test for thyroid cancer in the general population. Please speak to your doctor to find out more.



As we reach the end of this booklet, it is natural to feel like there is a lot to take in.

Remember that you can revisit the different chapters whenever you need to.

If you are feeling overwhelmed, we invite you to take a moment to yourself. Practise self-care in whatever way that works best for you: meditation, yoga, or even just taking deep breaths.

If you have any further questions, you can speak to your doctor or reach out to our hotline at 1800-727-3333. You are not alone.



Scan the QR code and learn more here!

Support Throughout the Cancer Journey

CANCER SUPPORT



We provide a continuum of care across the cancer journey

No one has to face the cancer journey alone. Singapore Cancer Society (SCS) walks with you through every step by providing cancer patients and their loved ones through a continuum of care across the cancer journey.

What We Do	How We Do It	Our Services
Reduce Cancer Incidence	Bolster Cancer Prevention & Control	Screening Services
		Public Education
Increase Survival Rate	Provide Cancer Care & Support	Financial & Welfare Assistance
Improve Quality of Life		Cancer Rehabilitation Support
		Psychosocial Counselling
		Cancer Support Services
		Home Hospice Care
Greater Community Action	Rally the Community	Advocacy

Reach out to us at ☎ **1800-727-3333**

Hotline operating hours: **Mondays to Fridays, 9.00 am to 5.30 pm**
Closed on weekends and public holidays

DONATE TO US

Your Support Makes a Huge Difference

No one should have to fight cancer alone. Your gift helps us minimise cancer and maximise lives by bringing hope and strength to those who need it most.



References:

1. Four in ten cancer cases could be prevented globally, by World Health Organization, published 3 February 2026.
2. Singapore Cancer Registry Annual Report 2023, by National Registry of Diseases Office, published December 2025.
3. Understanding Breast Cancer, National Cancer Centre Singapore.



**SINGAPORE
CANCER
SOCIETY**

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30 Hospital Boulevard, #16-02
NCCS Building (Lobby B), Singapore 168583

Singapore Cancer Society Rehabilitation Centre @ NCIS

NUH Medical Centre (NUHMC), Level 10 Corridor G
5 Lower Kent Ridge Road, Singapore 119074

SCS Cancer Rehabilitation Centre

30 Hospital Boulevard, #16-02
Singapore 168583

NCCS-SCS Rehabilitation Centre

30 Hospital Boulevard, #16-02
Singapore 168583

**Singapore Cancer Society Clinic @ Bishan
(for Cancer Screening)**

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

Singapore Cancer Society Survivorship Centre

6 Woodlands Square, Tower 2
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