

VOLUNTEERING AND REACHING OUT TO CANCER FIGHTERS

义工服务与帮助抗癌勇士

BENEFITS OF PROBIOTICS

Probiotics are known to improve human gut health.

益生菌的好处

众所周知，益生菌可以改善人体肠道健康。

To fellow cancer warriors, cancer is tough but we are tougher. Cancer is a 'troublesome' illness but not a death sentence.

对于癌症战士们来说，癌症很艰难，但我们更坚强。癌症是一种“麻烦”的疾病，但不是死刑。

- Chan Chui Eng
陈翠英

SPECIAL MENU FOR THIS MONTH

Tempeh Rendang

本月特别食谱

豆豉仁当



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365CPS VOLUNTEERS IN THE COVID-19 PANDEMIC

新冠肺炎大流行病中的365CPS义工

At 365 Cancer Prevention Society (365CPS), we aim to provide holistic support for cancer fighters, caregivers, and their loved ones. Our volunteers support 365CPS' daily operations and needs from each department to serve the community and our beneficiaries based on the Society's Tri-Fold mission (Cancer Prevention, Cancer Fighting, and Cancer Education). The ultimate goal of volunteering at 365CPS is to provide an avenue for individuals to be able to support our beneficiaries together with our staff.

At 365CPS, volunteers are able to start their volunteering journey in these four key areas:

- Services Support - Befriending, Kitchen Support, Patient's Care & Support, Engagements Programmes and Services
- Administration - Covers the scope of filing, archiving, data entry, and any other administrative duties.
- Fundraising - Support in Fundraising events, campaigns and initiatives
- Marketing Support - Covers the scope of creative designing, video production, editorial, collaterals production and other projects undertaken by the Marketing Team.

Despite the limitations and difficulties our volunteers face during the pandemic, the Society planned and implemented safe management practices to ensure volunteers are able to continue volunteering with us physically. A transformation of Volunteer Management practices and strategies were also needed to align with Singapore's Government transition to endemic in the near future.

In 2021, a total of 3177 volunteering hours were recorded and clocked by 365CPS volunteers. The Corp of Volunteers has an increase of 13.3% to the strength of 196 as compared to 173 in the year 2020. We hope to provide more opportunities for volunteers who wish to volunteer their time and provide a charity of choice for students to complete their Value-In-Action (VIA) programme.

Our Detox Exercise Volunteer instructors have resumed several Detox Exercise locations island-wide. The Society looks forward to collaborating with more community partners as we are restructuring our Detox Exercise services to reach out to more people in the community.

As a Social Service Agency, we hope to meet more like-minded volunteers where we can come together to help 365CPS continue to provide quality services for our beneficiaries. If you wish to join our team as a volunteer, do scan the QR code below or reach out to our Volunteer Management Executive at 9233 5933 to find out more of our volunteering opportunities and upcoming activities.

在365防癌教育协会(365CPS), 我们的目标是癌症斗士、护理人员及其亲人提供全面的支持。我们的义工遵循协会的三重使命(癌症预防、抗癌和癌症教育)以支持365CPS的日常运营和每个部门的需求, 为社区和我们的受益人服务。365CPS义工服务的最终目标是每位义工提供一个途径, 让他们能够与我们的员工一起支持我们的受益人。

在365CPS, 义工可以在以下四个关键领域开始他们的义工服务之旅:

- 服务支持— 友伴协助、厨房支援、患者护理和支援、活动和服务支援。
- 行政—涵盖归档、数据输入和任何其他行政职责的范围。
- 筹款—支援与协助筹款活动, 专项活动和倡议项目。
- 宣传援助—涵盖创意设计、视频制作、编辑、宣传品制作和宣传团队承担的其他项目的范围。

尽管我们的义工在新冠肺炎流行期间面临很多限制和困难, 协会着手计划并实施了安全管理措施, 以确保义工们能够继续参与与我们, 一并为社区服务。我们也需要转变义工管理实践和策略, 以配合新加坡政府在不久的将来对于与新冠肺炎共存策略的。

在2021这一年里, 义工们总计了高达3177的义工服务小时。与2020年的173人相比, 义工团的活跃人数增加了13.3%, 达到196人。我们希望为更多义工提供更多服务的机会, 也为学生提供一个平台来协助他们完成德育在于行动 (VIA) 计划。

我们的淋巴排毒操义工教练已经在全岛重启了几个实体排毒操地点。我们也正在规划推广我们的排毒操服务, 以接触更多社区中的团体和邻里, 期待与更多社区合作伙伴合作。

作为一家社会服务机构, 我们希望结识更多志同道合的义工, 携手帮助365CPS继续为我们的受益人提供优质服务。如果您想以义工的身份加入我们的团队, 请扫描以下的二维码或致电 9233 5933 与我们的义工管理主管联系, 以了解更多我们的义工机会和来临的活动。



BECOME A VOLUNTEER

CANDICE CHIEW'S TESTIMONY

赵秀娟的分享

I am **Candice Chiew**, 40 years old with 2 young children. I was diagnosed with Stage 4 Hodgkin's Lymphoma in February 2019. I went through 12 sessions of chemotherapy and 24 sessions of radiotherapy. Now, I am currently well and healthy. Before I was diagnosed, I was working in the Social Service Sector for over 10 years. I am professionally trained as a Social Worker and Counsellor.

In 2021, I felt I had rested enough as I focused on my recovery when I was going through my treatments. I was looking to give back the life I have to encourage fellow cancer warriors or survivors.

I knew about 365CPS as I was going to the polyclinic one day for my WBC booster jab. I saw 2 people asking for donations for 365CPS. They asked me to donate to support, but I said I will contribute with my time instead. That is how I got to know 365CPS.

Out of the activities provided by 365CPS, I benefitted from Ukulele Class and Mindfulness sessions. Ukulele lessons help to lift up my spirits and gives me something to work on. I am greatly encouraged by the staff and the activities that 365CPS provides for its members. I am inspired by all the good work that 365CPS has done and feel that sharing my counselling skills is a small way in which I can contribute to the Society.

I am blessed to meet with the staff from the Counselling team. They have been very patient in guiding me from the beginning, providing me with the necessary training and helping me set up the computer systems needed for virtual counselling support. I am very impressed to know how organised the team is and it made the volunteer work smooth.

I realised that 365CPS plays a big part in the members' life. Many are very appreciative of 365CPS's activities and really like the engagements 365CPS conducts. It can be a simple phone call to the friends they make from the activities.

The road may seem scary at the beginning when you diagnosed. But remember that you have the support of friends, family and 365CPS. There will be someone to journey with you, whom you can share your worries and pains with. A cancer diagnosis is not the end. Live every day in the present moment, treasure every breath that you have and laugh a lot.



我叫**赵秀娟**，四十岁，我有两个小孩。2019年2月，我被诊断出患有第四期霍奇金淋巴瘤。之后我接受了十二次化疗和二十四次放疗。目前，我身体状况良好。在被确诊癌症之前，作为一名受过专业培训的社会工作者和辅导员，我在社会服务部门工作了十多年。

到2021年时，经过治疗和恢复阶段，我的身体已经得到了足够的休养。因此我希望能用我的亲身经历鼓励那些和我一样的和抗癌勇士和幸存者。

有一天，在去综合诊所打白细胞强化注射的时候，我遇到两个人为365CPS征求募捐。当他们要求我捐款支持时，我告诉他们我要捐献我的时间。就是这样我认识了365CPS。

在365CPS提供的活动中，我从乌克兰课程和正念课程中受益。乌克兰课程帮助改变我的心境，让我觉得有事情可做。365CPS的员工和它成功地组织的活动让我深受鼓舞。我觉得能够使用我的辅导技能做些贡献是我个人对社会的小小回报。

我很幸运能见到辅导团队的工作人员。他们从一开始就非常耐心地指导我，为我提供必要的培训，并帮助我设置线上辅导所需的电脑系统。团队的有组织性给我留下了深刻的印象。这使得义工的工作能够顺利地进行。

我意识到365CPS在会员的生活中扮演着重要的角色。许多人非常感谢365CPS组织的活动，并且非常喜欢参加这些活动。这可以是一个简单的电话打给他们在活动中结交的朋友。

刚确诊癌症时，前程看起来可能很可怕。但是请记住，你有朋友、家人和365CPS的支持。会有人陪伴着你，聆听你的烦恼和痛苦。癌症确诊不等于生命的尾声。珍惜生活，珍惜你拥有的每一次呼吸。请你面对生活，多笑一笑！



BENA LIM'S TESTIMONY

林莹的分享

I am a senior medical writer at a medical communications agency that specialises in helping pharmaceutical companies publish research findings in journals and congresses. Outside of work, I play traditional Chinese bowed-string instruments, such as the erhu, and volunteer with 365 Cancer Prevention Society (365CPS) as a writer/editor. I joined the 365CPS team in March 2021 and have since edited patient stories as well as prepared social media posts for the "Let's Fight Cancer Together" Campaign.

My volunteering journey began when I was researching on charity organisations for my company's corporate social responsibility activity. Due to the COVID-19 pandemic, interactions at the Social Service Centres were restricted and we didn't proceed with our plans to collaborate. However, when I learnt that 365CPS needed volunteers to edit content, I thought that it would be a great opportunity for me to use my writing skills to contribute to their cause.

Several of my close relatives and friends have battled cancer so I understand that everyone's journey is different and can often be lonely. Hence, I find it very meaningful to contribute to 365CPS' efforts in providing patients with a platform to share their experiences and provide emotional support for each other through their inspiring stories.

As the saying goes, "prevention is better than cure". When writing summaries of the talks given during the "Let's Fight Cancer Together" Campaign, I felt honoured to be part of 365CPS' mission to educate the public on cancer prevention. Most of the content that I prepare at work is mainly for doctors so my writing is usually very technical. Participating in this campaign allowed me to challenge my ability to write in plain language and motivated me to take more active measures to lead a healthier lifestyle, such as exercising more regularly and maintaining a healthy diet.

To all patients with cancer and their caregivers, stay strong and reach out for support if you need any. 365CPS offers a wide range of resources and services that can help you cope with difficult times - you are definitely not alone! To all the volunteers, staff and instructors at 365CPS, thank you for bringing solace to the lives of many patients, especially during the pandemic. I hope to be able to meet and play music for everyone soon.

Stay safe!



我在一家医学交流公司担任高级医学写作。我们的公司专门协助制药公司在医学期刊和会议上发表研究成果。工作之余，我弹奏二胡等中国传统的弓弦乐器，并在365防癌教育协会（365CPS）当义工写作兼编辑工作。在2021年3月，我加入了365CPS这个团队以后，我不仅编辑了癌症患者故事，还为“让我们一起抗击癌症”运动准备了社交媒介帖子。

为公司的企业社会责任活动做慈善组织研究，是我踏上义工之旅的起源。由于疫情肆虐，社区服务中心的互动受到限制，我们无法继续我们的合作计划。然而，当我得知365CPS需要义工编辑时，我认识到这是一个可以利用我的写作技巧，为他们的事业做出贡献的好机会。

目睹几位亲戚朋友的抗癌经历，我懂得每位患者都走过了一段不同的抗击癌症的旅程，而且这段旅程常常是很孤独的。365CPS为癌症患者提供一个可以分享各自经历，并通过鼓舞人心的故事互相提供情感支持的平台。我觉得能为这样的机构献出一份微薄之力是非常有意义的。

俗话说“预防胜于治疗”。在撰写“让我们一起抗击癌症运动”的演讲摘要时，我很荣幸地参与了365CPS教育公众预防癌症的活动。因为日常工作中准备的内容主要是针对医生们的，我的写作通常都是技术性很强。在参加活动的过程中，我面临了使用通俗易懂的语言来明确表达的挑战。这项活动也促使我个人积极地采用更健康的生活方式，例如更有规律地参加体育运动，保持健康的饮食习惯。

致所有癌症患者及他们的护理人员：保持坚强！在需要时请寻求帮助。365CPS拥有广泛的资源，提供各种服务，可以帮助你渡过困难的时期。你绝对不是独自一人！

致所有365CPS的义工、工作人员和讲师：感谢你们，尤其在冠病疫情期间，为众多的患者的生活带来了安慰。

我希望能够很快见到你们，并为大家演奏一曲我的音乐。

疫情期间，请大家注意安全！

SIM LEE HWANG'S TESTIMONY

沈丽芳的分享

I am **Sim Lee Hwang**, and I am 61 years old this year. I am a tongue cancer fighter.

In 1997, I discovered a small sore on my tongue which did not recover after a long time. After undergoing a laboratory test, the doctor confirmed that I had Stage 1 Tongue Cancer. Therefore, I underwent surgery immediately to get it removed. Six years later in 2003, another sore grew on the same spot in my mouth. After undergoing another laboratory test, the doctor confirmed the recurrence of tongue cancer, which had entered Stage 3. After receiving surgery, I had to return to the hospital every week to stitch up my wound, see the speech therapist to learn to speak and eat, and see the dentist. I felt completely powerless and helpless.

By chance, I got to know 365 Cancer Prevention Society (365CPS) and participated in some activities organised by the Society. I have made a lot of friends here and have learned how to prepare healthy food and how to exercise. Due to countless surgeries and electrotherapy sessions, I experienced many sequelae, such as not being able to move my cervical spine when speaking, and issues with my limbs. However, the Society's lymphatic detox exercise has helped me improve my body condition significantly. After my body had recovered, I told myself that it was time to give back to the society! Therefore, I signed up to become a volunteer at 365CPS. While taking on responsibilities of caring for patients, I also participate in the monthly love lunch activities and lead detox exercise sessions.

Why am I able to persist for so many years? Maybe it is just because of my passion! Some students told me that their body condition has improved a lot after learning the detox exercises. One student, who has high blood pressure for years, told me that her blood pressure has returned to normal after doing the exercise on a daily basis! I feel very happy whenever students share their joy with me. Not only have I regained my health, but everyone can also strive to regain their health under my guidance and lead!

The COVID-19 pandemic has caused a huge impact on the world. Patients were not allowed to visit the Social Service Centres, and all activities were suspended. Thankfully, 365CPS did not stop running because of this pandemic, but responded by conducting exercise via online platforms. Hence, I was also assigned to lead detox exercise sessions online. This pandemic has taught me how to adapt as a detox exercise volunteer instructor. We also need to maintain a sense of crisis, live for the moment, and cherish the love from our family and friends.



我是**沈丽芳**，今年61岁，我是舌癌抗癌勇士。

1997年发现舌头长了一粒小疮，久不康复，经医生化验后，证实是舌癌初期，马上接受手术切除。6年后，就在2003年，口腔同样的地方又长出了一个疮。经过我的主治医生化验后，化验结果是舌癌复发，已进入第3期。手术过后，我每个星期都需要回去医院缝合伤口，见语言治疗师，学讲话，学吃东西，见牙医等等。我感到非常无奈也很无助。

在一个很偶然的的机会下，让我认识了365防癌教育协会，当时还参与了协会所主办的一些活动。在这里我认识了很多朋友，也学会了怎么样煮健康的食物，怎么样做运动等等。我因为无数次的手术及电疗，留下了很多的后遗症，如说话颈椎不能转动及手脚的问题。但365淋巴排毒操的运动，让我的身体得到了很大的改善。当我身体逐渐恢复状况后，我告诉自己，是时候给予协会回馈了！于是我就报名成为协会的一名义工，负责关怀病人。同时我也会参加每个月一次的爱心午餐，并带领排毒操。

为什么我能坚持到这么多年呢？可以说是我的执着吧！有的学员告诉我他学了排毒操后，身体的状况都好了很多。也有学员说她被高血压困扰了很多年，但经过日常的运动，血压已经恢复正常了！每当学员跟我分享她们的喜乐时，我就觉得很开心。不单单是我找回了自己的健康，在我的带动及坚持带领下，大家也能一起努力把健康找回来！

这次因2019新型冠状病毒疫情，造成非常大的影响。病人不能来到社区服务中心，所有活动都被停止运作。可是，感恩协会并没因这次的疫情而停下了脚步，反而通过在线上平台进行了运动。我也因此被安排上网带操。作为排毒操教练，这次的疫情教导我如何适应环境的改变。我们也需要保持一定的危机意识，活在当下，好好珍惜身边的家人和朋友给予的爱。



CHAN CHUI ENG'S TESTIMONY

陈翠英的分享

My name is **Chan Chui Eng**, 62 years old this year, and I am diagnosed with Lung Cancer. It was an incidental finding of my condition as I did not experience any symptoms of lung cancer. One day, I was hanging out laundry at home and had a fall. I landed on my chest, sustained some injury, and went to see a doctor. The x-ray showed a lump in my lung, and I was referred to a hospital for a follow-up and was diagnosed with lung cancer. At first, I did not think much about it until the oncologist informed me that I needed to go through chemotherapy. I dreaded chemotherapy after witnessing how my mother suffered. However, I know that the 'pain' is temporary and told myself to focus on recovery.

Fighting cancer was a long and arduous journey for me, both emotionally and physically. Due to family issues and having to handle the illness independently, there were moments where I wanted to give up, especially during chemotherapy. The discomfort of treatment took an immense toll on me, and I felt that I had 'nowhere' to go.

One day, my daughter said to me, "Mom, I only have you as a family member and am not prepared to be an orphan." Her words made me persevere, and I told myself to keep going for my daughter and myself. Cancer made me realise that life is unpredictable and fragile. I need to be less demanding on myself and others and be less uptight.

During my medical journey, I googled and found out about 365 Cancer Prevention Society (365CPS). Since then, I started participating in 365CPS' activities as a member. Out of the activities and services, I enjoyed the "Kopi Chat" sessions, daily online activities, exercises, and counselling services very much. Through the "Kopi Chat" session, it provides a platform for us to interact with other cancer warriors and our care leaders. The daily activities via zoom have also helped me continue to exercise, detox and distress. The counsellor from 365CPS has also helped me see things from a different perspective and provided me with a channel to reach out for emotional help. I am thankful that 365CPS has supported us in many aspects, and I have realised that I am no longer fighting cancer alone.

Thank you to the donors for donating generously. It will be heart-breaking if cancer patients are denied treatment and care because of financial difficulties. To fellow cancer warriors, cancer is tough, but we are tougher. Cancer is a 'troublesome' illness but not a death sentence.



我叫**陈翠英**，今年62岁，是一名肺癌患者。在确诊之前，我并没有显示任何症状。在一个很偶然的机会，使我得知自己已患上了肺癌。某天，我在家里晾衣服时，前胸朝下地摔倒了，受了一些伤。我去看医生，因为X光片上显示肺部有肿块，我被转诊到医院进行深入检查，之后被诊断患有肺癌。起初，我并没有多想。直到肿瘤科医生告诉我需要化疗时，我才开始感到恐惧不安，因为我曾经目睹母亲经受化疗的痛苦。但是，我知道这个“痛苦”是暂时的，并且告诉自己要专注于康复。

对抗癌症，对我来说，无论是在情绪上还是身体上，都是一段漫长而艰难的旅程。由于家庭问题和只能独自承受疾病，有些时候，尤其是在化疗期间，我真的想放弃。治疗期间的不适感对我造成了巨大的伤害，我觉得对未来失去了信心。

有一天，女儿对我说：“妈妈，我只有你这一个亲人，我可不想当孤儿。”她的话让我坚持了下来。我告诉自己要为女儿和我自己继续努力。癌症让我意识到生命是不可预测与脆弱的。我需要放松自己对生活的态度，宽以待人，宽以待己。

在治疗过程中，我通过谷歌，搜寻并发现了365防癌教育协会(365CPS)。从此，我开始以会员的身份参加365CPS的活动。在各项活动和服中，我最喜欢的有“Kopi Chat”（“午餐谈天说地”）、每日线上活动、运动和咨询服务。“Kopi Chat”（“午餐谈天说地”）为我们提供了一个和其他抗癌勇士，我们的护理领导者互动的平台。通过zoom进行的日常活动也帮助了我坚持锻炼、排毒和解除苦恼。365CPS的辅导员让我从不同的角度来看待事物，为我提供了一个寻求情感帮助的渠道。感谢365CPS在很多方面给予我们的支持。这让我意识到我不再是孤军奋战。

感谢捐助者的慷慨捐助。如果癌症患者因为经济困难而被拒绝治疗和护理，那真是一件令人心碎的事情。致抗癌勇士们：癌症是艰难的，但我们更坚韧。癌症只是一种“麻烦”的疾病，并不意味着被宣判了死刑。

BENEFITS OF PROBIOTICS

益生菌的好处

Probiotics are known to improve human gut health. For example, it can help to alleviate symptoms of diarrhoea and irritable bowel syndrome. Research suggests that it may be helpful in treating or preventing urinary tract infections and vaginal infections as well.

众所周知，益生菌可以改善人体肠道健康。例如，它可以帮助缓解腹泻和大肠激躁症的症状。研究表明，它也可能有助于治疗或预防尿路感染和阴道感染。

How about prebiotics? And what is postbiotics? Let's take a look at these terms: 那益生元是什么？后生元又是什么？让我们来看看这些术语：

	Prebiotics 益生元	Probiotics 益生菌	Postbiotics 后生元
Description 形容	Nondigestible food that is utilised by microorganisms to provide health benefits. (Food for probiotics) 被微生物利用以提供健康益处的不易消化的食物。 (给益生菌的食物)	Live microorganisms 活微生物	End product of probiotics + prebiotics activities 益生菌+益生元的活动终产物
Function 功能	To feed probiotics which contribute to human health. 喂养有益于人类健康的益生菌	Maintain a healthy microbiome in our body. Prevent and treat human gastrointestinal and systemic disorders. 维持我们体内健康的微生物群。 预防和治疗人类胃肠道和系统性疾病。	Promote the growth of probiotics and inhibit the growth of harmful bacteria. 促进益生菌的生长，抑制有害细菌的生长
Example 例子	Fruto-oligosaccharides (FOS) eg: Inulin Galato-oligosaccharides (GOS) 低聚果糖， 例如：菊粉 低聚半乳糖	Lactobecillus Bifidobacteria 乳酸杆菌 双歧杆菌	Short Chain Fatty Acid (SCFA) 短链脂肪酸
Food sources 食物来源	Fibrous food, whole grains, vegetables (eg: onion, garlic, asparagus), fruits (eg: banana, apples, mangos), beans 纤维食物、全谷物、蔬菜 (例如：洋葱、大蒜、芦笋)、水果 (例如：香蕉、苹果、芒果)、豆类	Fermented food, eg : Yogurt, kerfir, miso, kimchi, sauerkraut 发酵食品，例如：酸奶、味噌、泡菜、酸菜	Fermented food 发酵食品

*Synbiotics: combination of probiotics and prebiotics in food or supplement.
合生元：益生菌和益生元在食品或补充剂中的组合。

Takeaway: Our gut microbiome is created through the simultaneous and combined action of probiotics and prebiotics. By including both probiotics and prebiotics in our diet, we can reap even more benefits. Food sources that contain probiotics are yogurt, kefir, and fermented vegetables, while prebiotic foods include fibrous vegetables, fruits, and grains. We would advise that you speak to your doctor if you are considering to start a probiotic regimen to treat your health condition.

要点：我们的肠道微生物群是通过益生菌和益生元的联合作用产生的。通过在我们的饮食中加入益生菌例如：酸奶和发酵蔬菜，以及益生元食物包括纤维蔬菜、水果和谷物对我们有益。如果您正在考虑开始益生菌疗法来治疗您的健康状况，请考虑咨询您的医生。感染。



TEMPEH RENDANG

豆豉仁当

Prep time: 15 minutes
Cook time: 30 minutes

准备时间: 15分钟
烹调时间: 30分钟

Ingredients

- 450g tempeh, sliced
- 6 garlic cloves
- 4 shallots
- 1 chilli pepper, seeded
- 1 lemongrass stalk
- 2 inches of ginger
- 2 tbsp soybean oil
- 1 cup (250ml) low-fat milk
- 1 cup (225g) tomato paste
- 2 tbsp low-sodium light soy sauce
- 2 tbsp sesame oil
- 1 tbsp turmeric powder

食材

- 450 克豆豉, 切片
- 6 瓣大蒜
- 4 粒 葱头
- 1 条辣椒, 去籽
- 1 根柠檬草茎
- 2 寸生姜
- 2 匙黄豆油
- 1 杯 (250毫升) 低脂牛奶
- 1 杯 (225 克) 番茄酱
- 2 汤匙低钠生抽
- 2 汤匙麻油
- 1 汤匙姜黄粉

Instructions 煮法

1. Bake sliced tempeh pieces in a preheated oven at 180 °C for 20 minutes until golden brown and crispy.
2. Meanwhile, place the garlic, shallots, chilli pepper, lemongrass and ginger in a food processor and run until you achieve a fine paste.
3. Heat a pan with oil and fry the paste over high heat for 2 minutes. Add low-fat milk, tomato paste, low-sodium soy sauce, sesame oil and turmeric powder to the pan, stir and cook over low heat for 10 minutes, stirring frequently. When all liquid is evaporated add in the crispy tempeh.
4. You may serve this with unpolished rice, cucumber slices, hard-boiled egg, baked anchovies and peanuts.



1. 将豆豉切片放入预热好的烤箱, 以180°C烤20分钟至金黄酥脆。
2. 同时, 将大蒜、葱头、辣椒、柠檬草和生姜放入食品加工器中搅拌, 直到形成细腻的糊状。
3. 用油加热平底锅, 用大火煎香料糊2分钟。锅中加入低脂牛奶、番茄酱、低钠酱油、麻油和姜黄粉, 搅拌均匀, 小火煮10分钟, 不时搅拌。当所有液体蒸发后, 加入脆豆豉。
4. 可以搭配糙米、黄瓜片、水煮蛋、烤江鱼仔和花生一起上桌。

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WHAT IS HEAD AND NECK CANCER?

Head and neck cancers arise when cancerous cells develop and grow in an uncontrolled way forming tumours. Not all tumours in the head and neck are cancerous. Most head and neck cancers begin in the squamous cells (thin, flat cells that form the surface of the skin, or lining of the throat).

Cancers of the head and neck include areas such as the mouth (oral cavity), larynx (voice box), pharynx (throat), nasal cavity, sinuses and salivary glands.

Cancers of the brain, thyroid gland, eye and oesophagus are not included in the classification under 'head and neck' cancer.

IS HEAD AND NECK CANCER HEREDITARY?

If your immediate family member such as a sibling or parent has head and neck cancer, then you will have an increased risk for developing them.

Some genetic conditions such as Fanconi anaemia and Dyskeratosis congenita (disorders of blood) lead to an increased risk of developing cancers of the throat and mouth.

SIGNS AND SYMPTOMS OF HEAD AND NECK CANCER

Here are some common signs of head and neck cancers. However, other conditions can also cause these symptoms thus please consult your doctor if you have any concerns.

- A sore that doesn't heal
- Bleeding in the nose/mouth area, or coughing up blood
- Pain with chewing or swallowing
- Pain of any kind or a lump in the mouth or neck area
- Ongoing sinus infections
- Ongoing blocked nose
- Headaches
- Patches of white or redness in the mouth area (i.e. tongue, lining of the mouth, gums)
- Loss of senses such as smell, having double vision or difficulty hearing
- Weight loss that cannot be explained by diet and exercise

Please visit Icon Cancer Centre's website www.iconcancercentre.sg for more information on head and neck cancer stages and treatment options.

** This article is contributed by Icon Cancer Centre.*

什么是头颈癌？

当头颈部恶性细胞以不受控制的方式生长并形成肿瘤时，就会形成头颈部恶性肿瘤。并非头颈部的所有肿瘤都是癌性的。大多数头颈部恶性肿瘤始于鳞状细胞（形成皮肤表面或喉壁的薄而扁平的细胞）。

头颈部癌症包括口（口腔），喉头（语音盒），咽（喉咙），鼻腔，鼻窦和唾液腺。

脑肿瘤、甲状腺癌、眼肿瘤和食道癌不包含在“头颈”部肿瘤分类中。

头颈部恶性肿瘤具有遗传性吗？

有直系亲属（例如兄弟姐妹或父母）患病的人患某些头颈部肿瘤的患病风险更高。

某些遗传性疾病，例如范科尼贫血和先天性角化不全症（血液紊乱）会增加患咽喉癌和口腔癌的患病风险。

头颈癌的体征和症状

以下是一些常见于头颈部肿瘤的症状，但是其他病症也会导致这些症状。请务必向医生咨询您的每个症状。

- 无法愈合的疮口
- 鼻子/口腔部位出血，或咳血
- 咀嚼或吞咽时疼痛
- 口腔或颈部区域出现任何疼痛或有肿块
- 持续的鼻窦感染
- 持续鼻塞
- 头疼
- 口腔区域出现白色或红色斑块（如舌头、口腔内膜、牙龈）
- 感官丧失，如味觉丧失、复视或听觉障碍
- 无法由饮食习惯和锻炼进行解释的体重减轻

若想了解头颈癌的阶段和治疗方案，请浏览新加坡ICON癌症中心的网站 www.iconcancercentre.sg。

* 本文章由ICON癌症中心提供。



Scan the QR to join us for Facebook Live Health Talk
扫描这个QR码与加入我们的脸书现场直播讲座



Scan this QR code to register for our closed group yum cha with doctor sessions.
请扫描此QR码来报名参加与医生饮茶专属线上讨论会。



UPCOMING EVENTS

近期活动

Activities in centres may be cancelled due to government's announcement/direction on latest COVID-19 update. Interested participants are advised to contact our Social Service Centres (SSCs) to get the latest activity status.

活动可能会随着政府的2019新型冠状病毒(COVID-19)报告/方向而取消。有兴趣的参加者请联系我们的社区服务中心以获取最新的活动详情。

ANG MO KIO SOCIAL SERVICE CENTRE (AMK SSC) ACTIVITIES

宏茂桥社区服务中心活动

For Members Only 课程只限会员

Mon : Zumba Gold, Art Class I
Tue : Art Class II, Line Dance, Ukulele Class (Basic Level)
Wed : 365 Lymphatic Detox Exercise
Thu : Chinese Painting, Fall Prevention Workout
Fri : Finger Painting, Zentangle Art

星期一: 尊巴, 绘画班 I
星期二: 绘画班 II, 排舞, 乌克兰丽班 (基础)
星期三: 365淋巴排毒操
星期四: 水墨画, 预防跌倒运动
星期五: 指画, 禅绕画

Address 地址: Blk 621, Ang Mo Kio Ave 9, #01-68, Singapore 560621

Contact No 联络号码: 8809 8595

BUKIT PANJANG SOCIAL SERVICE CENTRE (BKP SSC) ACTIVITIES

武吉班让社区服务中心活动

For Members Only 课程只限会员

Mon : 365 Lymphatic Detox Exercise, Bag Weaving Class
Tue : Aerobics, Ukulele Class (Basic Level)
Wed : Finger Painting Class
Thu : Zumba Gold, Clay Art
Fri : Chinese Painting, Art Class

星期一: 365淋巴排毒操, 包包编制课程
星期二: 有氧健身操, 乌克兰丽班 (基础)
星期三: 指画课
星期四: 尊巴舞, 黏土艺术
星期五: 水墨画, 绘画课程

Address 地址: Blk 108, Gangsa Road, #01-171, Singapore 670108

Contact No 联络号码: 9838 7073

CLEMENTI SOCIAL SERVICE CENTRE (CMT SSC) ACTIVITIES

金文泰社区服务中心活动

For Members Only 课程只限会员

Mon : Therapeutic Support Programme, Chinese Calligraphy
Tue : Line Dance, Zentangle Art (Basic Level)
Wed : Fall Prevention Workout, Art Class
Thu : Zumba Gold, Ukulele Class
Fri : 365 Lymphatic Detox Exercise, Finger Painting

星期一: 疗愈支持小组, 中国书法班
星期二: 排舞, 禅绕画 (初级)
星期三: 预防跌倒运动, 绘画班
星期四: 尊巴, 乌克兰丽班
星期五: 365淋巴排毒操, 指画

Address 地址: Blk 331, Clementi Avenue 2, #01-132, Singapore 120331

Contact No 联络号码: 8318 9146

VIRTUAL SOCIAL SERVICE CENTRE

网上社区服务中心

Mon : 365 Lymphatic Detox Exercise, Nagomi Pastel Art
Thu : Release & Stretch, Nutrition Workshop, Therapeutic Support Programme
Wed : Zumba Gold
Thu : Fall Prevention Workout, Aerobics, Zentangle Art (Intermediate Level)
Fri : Line Dance, Ukulele Class (Basic Level), Ukulele Class (Intermediate Level)

星期一: 365淋巴排毒操
星期二: 放松及伸展运动, 营养工作坊, 疗愈支持小组
星期三: 尊巴
星期四: 预防跌倒运动, 有氧健身操, 禅绕画 (中级)
星期五: 排舞, 乌克兰丽班 (基础), 乌克兰丽班 (中级)

FACEBOOK LIVE PROGRAMME

脸书现场直播节目

ENG

6/4 (Wed) 8.30pm

Topic: All You Need to Know About Colorectal Cancer

23/4 (Sat) 8.30pm

Topic: What is head and neck cancer?

28/5 (Sat) 8.30pm

Topic: Palliative Care

16/4 (Sat) 8.30pm

Topic: TBA

12/5 (Thurs) 8.30pm

Topic: Non-Melanoma & Skin Cancer

25/6 (Sat) 8.30pm

Topic: a group of 3 cancer survivors having live interview

华语

21/5 (六) 晚上8点半

主题: TBC

18/6 (六) 晚上8点半

主题: TBC

MALAY

9/4 (Sat) 8.00pm

Topic: u kanker paru-paru dan cara mengatasinya (Lung Cancer)

Event details are subject to changes. Please follow us on our Facebook page (www.facebook.com/365cps) for latest updates. 活动详情可能会改变。请关注我们脸书页面 (www.facebook.com/365cps) 的最新消息。

Anglican Senior Centre Tampines Every Tue, 9:30am	Bukit Gombak Stadium Mon to Sat, 7am	704A Pasir Ris Dr 10 Mon to Fri, 7:30am	257 Tampines St 21 Mon to Fri, 7:20am except Thu Wed, 8:15pm
126 Ang Mo Kio Ave 3 Tue to Sat, 6:30am	Commonwealth Field Mon to Fri, 6:45am	112 Rivervale Mon to Fri, 6:30am	494C Tampines Ave 9 (Void Deck) Mon to Sat, 7:30am
Bedok Reservoir Park Mon to Fri, 7:50am	106 Simei St 1 (Street Soccer Court) Tue, Thu & Fri, 7:15am	407 Yishun Ave 6 Mon to Fri, 6:30am	639 Bedok Reservoir Rd (Badminton Court) Thu, 8pm
9 Holland Avenue Every Tue, 8pm	149 Simei St 1 (Badminton Court) Mon to Fri, 7:30am Sat, 7:15am	238 Hougang Ave 1 (Open Court) Mon and Thu, 7:15am	

OUR SERVICES 我们的服务项目



About Us 关于我们

365 Cancer Prevention Society is a society with approved Institution of Public Character (IPC) status, registered under Singapore's National Council of Social Service.

Our mission is to serve the community through cancer prevention measures. This is accomplished through health and nutrition education, promotion of healthy lifestyle and lymphatic detox exercise programs.

We also provide practical and emotional support and care for patients and their family members in their battle against cancer through residential and hospital visitations, counselling and therapy sessions.

365防癌教育协会是一个被政府承认的社区慈善机构，也是一所以“防癌”和“抗癌”为中心的机构。

“防癌”，就是通过传达健康资讯和鼓励运动，教导社会大众过一个健康的生活。

“抗癌”，就是与病患及其家属并肩作战，通过食疗、调整生活起居以及控制情绪，来增强病体内免疫系统，促进身心灵的健康。

365防癌教育协会是从“身、心、灵”三个方面入手，缺一不可。目前，协会开设的服务包括运动指导、如排毒操和有氧舞蹈、食疗实践、心灵辅导以及心灵关怀四大项目。

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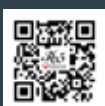
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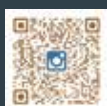
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名誉顾问 : 陈有明医生
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