

TOGETHER, WE ARE STRONGER

在一起，我们更强大

SUGAR AND SUGAR SUBSTITUTES

Sugar is a simple carbohydrate which is digested and absorbed quickly.

糖与代糖

糖是一种简单的碳水化合物，可以快速被消化和吸收。

You make me feel so full of love. I would also like to thank those who have silently given their love and support to cancer patients.

你们让我感受到满满的爱心，我也要感谢那些默默付出爱心和扶持癌友的捐款者。

- Koh Ah Leng
许雅玲

”

SPECIAL MENU FOR THIS MONTH

Healthy Wolfberry
Cupcake

本月特别食谱
健康枸杞蛋糕



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TOGETHER, WE ARE STRONGER

在一起，我们更强大

'Kopi Chat' is a members-only sharing on every Friday at 12.30pm with different themes specially curated as talking points to share experiences and fresh ideas. This session was first held on the 2nd of July 2021. 'Kampung Cares' is another programme specially designed for our members, which was first held on 13th October 2021. It is more hands-on compared to 'Kopi Chat' and it also has lesser people in a single session to ensure that each member can get more attention and help from the Care Leaders.

The purpose of 'Kopi Chat' & 'Kampung Cares' is to add another dimension to the Care Leader's interaction with 365CPS members. We strive to create a community of care (Kampung Spirit) and support so that we connect minds and hearts through collective sharing of life experiences, like making a blanket for each other to keep one another warm and protected.

What separates 'Kopi Chat' & 'Kampung Cares' from others is, we are member-driven and have the interests of the members at the heart of what we do. The themes of the chats and workshops are evolved around our daily lives, humanistic and unlike the regular expert speaker sessions, where there is only dissemination of information with no space to share ideas in voice.

'Kopi Chat' is an informal sharing where participants make new connections, reinforce existing knowledge, and gain new ideas from fellow participants. The regular 'Kopi Chats' have grown to be stronger in building ties and fostering knowledge, backed by experiences to help us weather through life's challenges. Such informal sessions help reinforce stronger will-power and acknowledge we are not alone as at some point in our lives, we will be faced with certain health/ life crisis.

'Kampung Cares' is a closed group workshop where participants come together to go through 4 sessions of lessons curated by the Care Leaders. It emphasizes on self-reflection in 4 areas - Backwards, Inwards, Outwards and Forward. We hope to empower participants through this workshop filled with different elements such as crafts and drawings. The feedback done by the participants revealed that they enjoyed the craft works and how we teach them practical skillset for them to pass it on to their own family member.

We hope 'Kopi Chat' and 'Kampung Cares' sessions continue to grow organically and inspire more members to join us on this magical journey.

To join us, you simply have to be a 365CPS member and reach out to your Care Leader and ask about it. They will guide you to join our 'Kopi Chat' or 'Kampung Cares'.

On behalf of the 365CPS Care Leaders team, we would like to wish everyone good health and happiness!

"午餐谈天说地"是一个会员专属的分享会，于每周五中午12时30分举行，其通过各种作为热点议题特别订制的题目让大家分享经验与新想法。我们的首场"午餐谈天说地"活动于2021年7月2日举行。"甘榜情怀"则是另一项特别为我们的会员设计的课程，而首场"甘榜情怀"聚会也于2021年10月13日顺利的举办。与"午餐谈天说地"相比，它更提倡亲身体验和手作的活动。每一场次的参与人数也较少，以确保每名学员都能获得关怀组长们更多的关注与帮助。

"午餐谈天说地"及"甘榜情怀"旨在为关怀组长提供与365CPS会员互动的新体验。我们致力于创造一个充满关爱与互助的社区，让我们能通过集体分享生活经验建立精神上与心灵上的连接为彼此给予鼓励和互助。

"午餐谈天说地"及"甘榜情怀"与众不同之处在于，我们以会员作为推动力，将会员心之所系摆在我们工作的核心。我们的主题和其工作坊的座谈会及工作坊，所谈论的话题围绕日常生活，这不同于常见只有单方面的资讯分享座谈会。

作为一个非正式分享会，参与者可通过"午餐谈天说地"建立新的联系、夯实已有的知识并从其他参与者同伴身上汲取新观念。因此，"午餐谈天说地"定期的分享会在建立连接与培养知识上已茁壮得更为壮实，当中还有帮助我们渡过人生诸多挑战的经验给予加持。这样子的非正式通过活动，帮助加强我们的意志力，并让我们认识到，即便在生活节点上会遇到健康/生活困境，我们并不孤单。

"甘榜情怀"是一个的小组式工作坊，参与者聚在一起共渡四堂由关怀组长精心策划的课程。它专注于在后察、内省、外化、前瞻四方面进行自我反思。我们希望通过充斥着做手工、绘画等不同元素的工作坊赋予参与者多方面能力。参与者的反馈披露，他们享受做手工以及教导他们实用技能，而与家人分享。

我们希望"午餐谈天说地"和"甘榜情怀"活动能持续地茁壮发展，并激发更多新成员加入我们这个奇幻之旅。

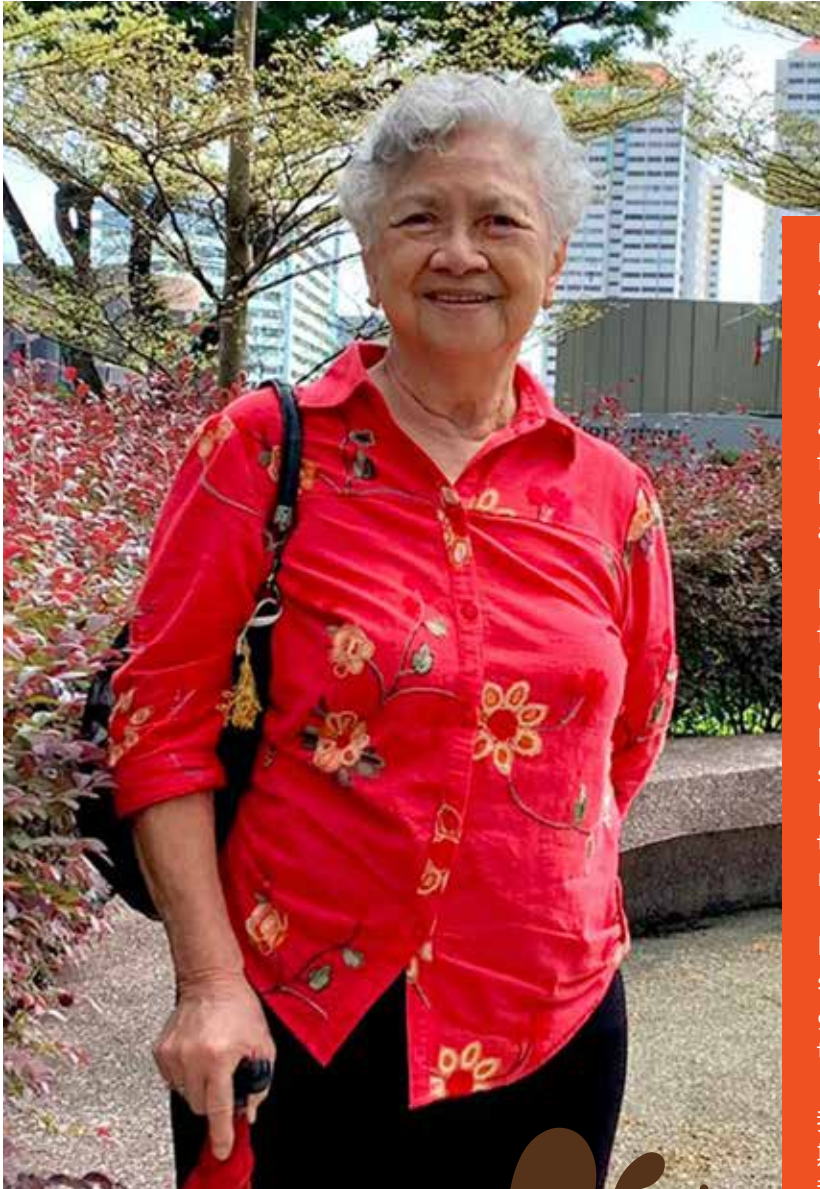
您只需成为365CPS的会员，即可从我们的关怀组长获得如何加入我们的"午餐谈天说地"和"甘榜情怀"。

我们谨代表365CPS 关怀组长团队祝愿大家身体健康，生活愉快！



“ Through 365CPS 'Kopi Chat' sessions, I can meet different friends to chat, exchange stories, experiences and wisdom. ”

通过365CPS“午餐谈天说地”活动，我可以与不同的朋友聊天，一起分享事、经历和智慧。”



My name is Annie. I am 82 years old this year and I am a breast cancer survivor. It is difficult for everyone to go out during this pandemic period. As such, I rarely have the opportunity to meet up and connect with my friends. Technology has always been a challenge to me but I am grateful for the opportunity to learn how to use Zoom meeting so I can tap into many other resources and activities.

I have been attending 365CPS 'Kopi Chat' sessions for some time now and I would like to encourage more people to join us through this short sharing of mine. Through 365CPS 'Kopi Chat' sessions, I can meet different friends to chat, exchange stories, experiences and wisdom. It really uplifts my mood and gives me a chance to think about the different topics every Friday as well as a small mental exercise for me.

I am grateful to 365CPS for having 'Kopi Chat' sessions. I want to take this opportunity to wish for good health and happiness to all who are reading this. Stay strong!

我叫安妮。我今年82岁，是一名乳腺癌抗癌勇士。在这个疫情期间，每个人都很难出门。因此，我很少有机会与朋友见面和交流。科技对我来说一直是一个挑战，但我很感激有机会学习如何使用Zoom视频通讯，这样我就可以利用许多其他资源和活动。

我参加365CPS“午餐谈天说地”活动已经有一段时间了，我想通过我的简短分享来鼓励更多的人加入我们。通过365CPS“午餐谈天说地”活动，我可以与不同的朋友聊天，一起分享故事、经历和智慧。它真的提升了我的心情，让我有机会在每周五思考不同的话题，这对我来说也是在进行一次小小的心理锻炼。

我感谢 365CPS 举办“午餐谈天说地”活动。我想借此机会祝所有阅读者身体健康，幸福快乐。坚强下去！



“ I felt that the sessions really help me to slow down my pace in life and set aside quiet time for myself.

我觉得这些活动真的帮助我放慢生活节奏，为自己留出安静的时间。”

My name is Joyce and I am 57 years old this year. I would like to share my experience after joining 'Kampung Cares' in 365 Cancer Prevention Society (365CPS).

The reason why I join 'Kampung Cares' is because my Care Leader invited me to join and I felt that the programme was very interesting. After joining the first session, I continued to join and finished all 4 sessions of it. In hindsight, I think the 'Kampung Cares' was conducted with a lot of heart and I could see the preparation by the Care Leaders behind it. It gives cancer survivors like me a platform to reflect about my life and give insight on how to move forward and live a meaningful life. Throughout the 4 sessions, I never felt left behind because the Care Leaders will devote their attention to us and are very patient to guide us through the sessions.

I felt that the sessions really help me to slow down my pace in life and set aside quiet time for myself. I also learnt to appreciate people around me and it serves as a reminder to spend more time with them. The 'Kampung Cares' comprise of different elements but the most memorable one was the craft works we had to do with simple materials provided. The Care Leaders never fail to make everyone feel inclusive even though one or two might be lacking behind. It reminds me of my childhood when we do arts and crafts in school.

I would like to take this opportunity to share a few words to fellow cancer survivors of 365CPS. Don't be shy! Come join the 'Kampung Cares' session when you are avail to it. Come experience it for yourself and feel yourself grow in the process. I want to thank the donors for being there for us as well as through your kind donation. It is because of your donations that 365CPS is able to curate programmes and services for us. Lastly, a big thank you to the Care Leaders for organising this programme and journeying with us through the difficult times.



我叫Joyce, 今年57岁。我想分享我在加入365防癌教育协会(365CPS)的“甘榜情怀”后的经验。

我加入“甘榜情怀”的原因是因为我的关怀组长邀请我加入, 我觉得这个项目很有趣。加入第一届活动, 我继续加入并完成了所有4节活动。事后看来, 我认为“甘榜情怀”是用心举办的, 我可以看到背后的关怀组长们的准备工作。它为像我这样的抗癌勇士提供了一个平台来反思我的生活, 学习如何向前迈进并过上有意义的生活提供见解。在这4节活动中, 我从未感到落伍, 因为关怀组长会专注于我们, 并且非常耐心地指导我们完成这些活动。

我觉得这些活动真的帮助我放慢生活节奏, 为自己留出安静的时间。我还学会了珍惜我周围的人, 这提醒我要花更多的时间和他们在一起。“甘榜情怀”由不同的元素组成, 但最令人难忘的是我们必须使用提供的简单材料制作的手工艺品。即使有一两个人无法跟上大家的进度, 关怀组长也总是让每个人都感到包容。这让我想起了我在学校做艺术和手工艺的童年。

我想借此机会与365CPS的抗癌勇士们分享几句话。不要害羞! 当您有空时, 请加入“甘榜情怀”活动。快来亲身体验, 感受自己在这个过程中成长。我要感谢捐款者们的善意捐款, 使我们感受到你们的支持。正是因为您的捐款, 365CPS才能够为我们策划项目和服务。最后, 非常感谢关怀组长组织了个项目, 并与我们一起度过了困难时期。



“ I really enjoyed the different topics being brought to us each week and it also gives us a platform to share our stories with other cancer survivors.

我真的很喜欢每周给我们带来的不同主题，它也为我们提供了一个与其他抗癌勇士分享故事的平台。”

My name is Rose and I am 77 years old this year.

I was diagnosed with uterine cancer back in 2017. After a series of consultation with doctors and surgeons, I was directed for a surgery and chemotherapy. Going through all these at my age is not easy and it took a toll on my body physically. I felt weak and lethargic. However, I got to know 365 Cancer Prevention Society (365CPS) and the amount of care and concerns they provided me kept me going and gave me strength to carry on.

When the pandemic hits Singapore, I was suddenly at a loss of what to do because I was so used to going out all the time, doing volunteer work and generally keeping myself occupied. I was elated when my Care Leader invited me to join 'Kopi Chat' sessions every Friday noon. I really enjoyed the different topics being brought to us each week and it also gives us a platform to share our stories with other cancer survivors.

I look forward to every Friday to attend the 'Kopi Chat' sessions and I find myself making arrangements around the session so that I do not miss it. I am appreciative to 365CPS for having such activities to keep us occupied virtually. I would like to encourage more people to come and join us to add some colours in your life!



我叫Rose, 今年77岁。

早在2017年，我就被诊断出患有子宫癌。在与医生和外科医生进行了一系列咨询后，我被指示进行手术和化疗。在我这个年纪经历所有这些并不容易，而且对我的身体造成了影响。我感到虚弱和昏昏欲睡。然而，我认识了365防癌教育协会（365CPS），他们为我提供的支持与关怀让我能够继续前进，也给了我坚持下去的力量。

疫情开始在新加坡扩散时，我突然失去了自己的目标。因为通常我会让自己忙起来，也习惯了一直外出，以及做义工的工作。当我的关怀组长每周五中午邀请我参加“午餐谈天说地”活动时，我很高兴。我真的很喜欢每周给我们带来的不同主题，它也为我们提供了一个与其他抗癌勇士分享故事的平台。

我期待着每周五参加“午餐谈天说地”活动，我发现自己会围绕活动进行安排，以免错过。我很感激365CPS举办这样的活动来丰富我们的线上生活。我想鼓励更多的人来加入我们，为你的生活增添一些色彩！



KOH AH LENG'S TESTIMONY

许雅玲的分享

My name is Koh Ah Leng and I am 61 years old. I was diagnosed with breast cancer in April 2014.

I had a mammogram in January 2013 and everything was fine. In October, I noticed a dent next to my breast, but I did not pay attention to it. In March 2014, I read in the newspaper that dimples on breasts are a bad sign. I went to the hospital for an examination, and finally confirmed that it was the second stage of breast cancer. My health has always been good with no illnesses or pain - how could I have cancer? I was so scared, confused and overwhelmed that I ended up opting for a partial excision. In May, I had surgery to remove the tumor and the lymph nodes in my armpit. At that time, I was most afraid not of surgery but of blood test and chemotherapy, because I was most afraid of needles. During the 6 months of chemotherapy and radiotherapy, what upset me the most was the loss of hair & appetite, insomnia, and numbness of hands & feet. I constantly felt that others would give me strange looks, and just hoped to get through this arduous treatment as soon as possible so that my hair could quickly grow back and I could go back to work. However, I consoled myself that since I was already sick, I had to face it and treat it as an ordinary flu or cold, and that I would get better after medical treatment.

Through the introduction of a friend, I got to know 365 Cancer Prevention Society. Before I joined the Society, my life was disorganised, and I often felt anxious and cranky. After coming to 365CPS, I participated in detox exercises, Zumba, handicrafts, painting and health talks. I feel that since taking part in these classes, I have become more cheerful and relaxed - every week I look forward to attending classes, and have since made many friends.

I am deeply appreciative of the care and concern of 365CPS Care Leader, as well as the dedication and sacrifice from staff and volunteers at the Centre. You make me feel so full of love. I would also like to thank those who have silently given their love and support to cancer patients, so that we can get help from the service.

Finally, I would like to say that cancer is not scary, as long as we face it positively, stay cheerful, and don't let negative emotions affect us, we will be able to overcome it.



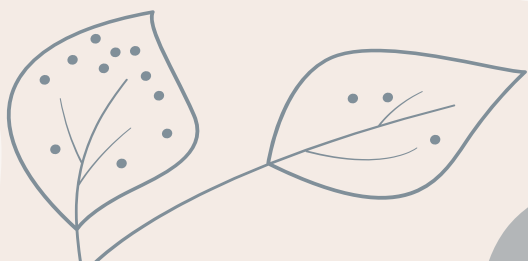
我是许雅玲, 今年61岁。在2014年4月确诊患乳癌。

我在2013年1月已经做了乳房X光检查,一切正常。在10月的时候,我发现乳房旁有凹陷,我并不在意。在2014年3月间,我在报纸上看到乳房有酒窝状凹陷是不好的征状。我就去医院验查,最后确定是乳癌第二期。我的身体一直都很健康,没有什么病痛,怎么癌症会找上我。当时的我很害怕、迷惘和不知所措,最后只选择了局部切除手术。在5月时,我就做了切除肿瘤和腋下淋巴的手术。当时我最怕不是手术而是抽血和化疗,因为我怕针。在长达6个月的化疗和电疗中,我最沮丧的就是没头发,没胃口,失眠和手脚麻痹。我总觉得别人会用异样的眼光看我,只盼望赶快度过这段辛苦的疗程,好让头发快点长出来,然后回去做工。但我告诉自己,既然病了,就要面对它,把它当成伤风感冒,医治了就会好起来。

通过朋友的介绍,我认识了365防癌教育协会。还没加入协会时,我的生活很没有规律,时常很焦虑,爱胡思乱想。来到365CPS后,我参加了排毒操, Zumba, 手工, 绘画和健康讲座。我觉得自从参加了这些课程,我整个人都比较开朗,心情得到舒缓,每星期都很期待上课,也认识了很多朋友。

我衷心的感谢365CPS关怀组长爱心的关怀和慰问,还有中心的工作人员和义工尽心的照顾和付出。你们让我感受到满满的爱心。我也要感谢那些默默付出爱心和扶持癌友的捐款者,让我们能够从服务中得到帮助。

最后,我想说癌症并不可怕,只要积极面对它,保持心情开朗,不要让负面情绪影响我们,我们一定能战胜它。



SUGAR AND SUGAR SUBSTITUTES

糖与代糖

Sugar is a simple carbohydrate which is digested and absorbed quickly, causing 'spikes' in blood glucose levels. They can be found naturally in fruit and dairy products, and also to be added in food products during manufacturing or production (beverage, desserts or cooking sauce).

Excessive added sugar intake will cause adverse health effects, such as overweight or obesity, diabetes, cardiovascular disease, tooth decay and certain cancers. Hence, it is important to control daily added sugar intake. Singapore Health Promotion Board recommends daily intake of 10 teaspoons (50g) of added sugar, while a further reduction to 5 teaspoons (25g) brings additional health benefits.

While controlling daily added sugar intake, we can consider using sugar substitutes in our meal preparation and intake. Sugar substitutes are chemical-based sugar compounds or derived from natural resources, offering sweetness without as many calories as other added sugar. There are two categories of sugar substitutes:

1. Sugar alcohol

- Derived from plant sources
- Contributes to fewer calories than sugar
- Isomalt, sorbitol, xylitol

2. Non-Calorie Sweetener

- Contribute to very few or no calories; hence assisting in weight management
- Approved by the Agri-Food and Veterinary Authority (AVA) for safe consumption
- Aspartame, Stevia, Sucralose

Henceforth, it is crucial to control added sugar intakes at home and when eating out. Tips of healthy eating as below:

- Choose natural ingredients in home soup preparation: Carrot, tomato, celery, mushroom, potato, onion, corn, mushroom, wolfberry, red dates
- Opt for beverage with no added sugar: plain water, black coffee, plain tea
- Substitute biscuit, cakes and desserts with fresh fruits, low fat plain yogurt, unflavoured nuts and seeds
- Request for less or no syrup when purchase ice kacang, cendol or tauhuay

糖是一种简单的碳水化合物，可以快速被消化和吸收，导致血糖水平升高。它可以是存在于水果和奶制品的天然糖，也可以在制造或生产过程中添加到食品中（饮料、甜点或烹饪酱汁）。

摄取过多糖份对健康造成不利影响，例如超重或肥胖、糖尿病、心血管疾病、蛀牙和某些癌症。因此，我们必须控制每日添加糖份摄取量。新加坡健康促进局建议每天摄取10茶匙（50克）的添加糖，而进一步减少到5茶匙（25克）会带来额外的健康益处。

在控制每日添加糖摄取量的同时，我们可以考虑使用代糖。代糖是化学的糖化合物或源自天然来源，提供甜味，但比起其它添加糖提供较少卡路里。代糖分为两类：

1. 糖醇

- 源自植物来源
- 比糖提供较少卡路里
- 异麦芽酮糖醇、山梨糖醇、木糖醇

2. 无热量代糖

- 提供很少或没有卡路里；因此有助于体重控制
- 经农业食品和兽医管理局 (AVA) 批准，可安全食用
- 阿斯巴甜、甜叶菊、三氯蔗糖

所以，在家中和外出就餐时控制添加糖的摄取量至关重要。以下是健康饮食提示：

- 在家熬汤时选用天然食材：胡萝卜、番茄、芹菜、蘑菇、土豆、洋葱、玉米、蘑菇、枸杞、红枣
- 选择无添加糖份的饮料：白开水、黑咖啡、纯茶
- 用新鲜水果、低脂原味优乳、原味坚果和种子代替饼干、蛋糕和甜点
- 购买红豆冰、煎蕊或豆花时，要求减少糖浆或不加糖浆



HEALTHY WOLFBERRY CUPCAKE

健康枸杞蛋糕

Ingredients

- 200g Plain Flour
- 60g Table Sugar
- 10g Equal Sucralose
- 1 Eggs, room temperature
- 2 tsp Baking Powder
- ½ tsp Salt
- 50 ml Olive Oil
- 100ml Low Fat Milk, room temperature
- 50g Wolfberry

食材

- 200 克普通面粉
- 60 克白糖
- 10克 Equal Sucralose 代糖
- 1 粒鸡蛋, 室温
- 2茶匙 发粉
- ½ 茶匙 盐
- 50 毫升 橄榄油
- 100毫升 低脂牛奶, 室温
- 50克 枸杞



Instructions 煮法

1. Preheat oven at 180 °C.
2. Soak wolfberry in warm water for 10 minutes. Sieve the wolfberry and set aside.
3. In a bowl, mix plain flour, baking powder & salt. Sieve the mixture and set aside.
4. In another bowl, whisk egg for about 1-2 minute until thick (cream-like texture). Stir in half of the table sugar and whisk again for another minute. Put in another half of the table sugar and Equal sucralose, mix well on low speed. All stir in the same direction (either clockwise or anti-clockwise). Add in low fat milk and olive oil, mix well and slowly.
5. Pour the flour mixture into the egg mixture, stir well until no lumps seen. Mix 80% of the wolfberry.
6. Pour the batter into muffin mould until 90% full. Sprinkle the remaining wolfberry evenly on each top.
7. Bake at a high temperature 180 °C for 20-25 minutes (test doneness using toothpick until it comes out clean without wet batter).
8. Cool muffins for 10 minutes before packing.

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UNDERSTANDING SARCOMAS & THE IMPORTANCE OF SPECIALISED CARE IN OPTIMISING TREATMENT OUTCOMES IN THIS RARE AND COMPLEX CANCER.

了解作为一种罕见并且复杂癌症的肉瘤，以及专业护理在优化肉瘤治疗结果中的重要角色。

Sarcoma is a rare type of cancer that arises in the bone and soft tissue, which includes fat, muscles, blood vessels, nerves and fibrous tissue. Sarcomas can develop in any part of the body, though they are most commonly seen in the arms and legs.

There are more than 80 different types of sarcomas. Knowing which type you have helps doctors predict how the tumour will respond to specific treatments. It also allows them to personalize your treatment for a better outcome.

Sarcomas are usually classified & named after the cell of origin in the body. Some examples include :

- Lipo-sarcoma arises from fat cells
- Leiomyo-sarcoma arises from the smooth muscle
- Rhabdomyo-sarcoma arises from the skeletal muscles
- Angio-sarcoma arise from blood vessels
- Malignant peripheral nerve sheath tumour (MPNST or PNST) arises from the lining of nerve cells
- Gastro-intestinal stromal sarcoma (GIST) arises from nerve cells in the gut (treatment options differ from other types of soft tissue sarcoma)
- Uterine sarcoma arises from the muscles and supporting tissue of the uterus (womb)
- Osteo-sarcoma arises from bones

Due to the heterogenous nature and variable location of sarcomas, each patients' recommended treatment options will also vary, depending upon the histological subtype, stage, grade, and location of the tumour.

Like most cancers, an early diagnosis and timely treatment can save lives. Being aware of any changes in our body and seeking medical attention early is crucial.

Please visit **Oncocare** website www.oncocare.sg for more information.

肉瘤或称“恶性肉瘤” (Sarcoma) 是一种身体间充质层的罕见恶性肿瘤，一般源自于骨骼或软组织 (例如脂肪、肌肉、血管、神经和纤维组织)。尽管肉瘤最常见于手臂和腿部，身体的各个部位都有可能长肉瘤。

根据肿瘤分类，肉瘤的亚型多达80余种。了解您所患有肉瘤类型不仅有助于医生预测肿瘤对特定治疗的反应，也允许肿瘤专科医生为您量身定制最恰当的治疗方案以达到理想的治疗成果。

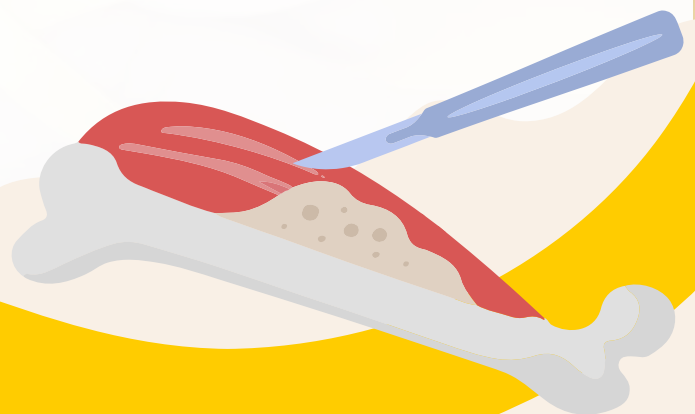
肉瘤一般以体内起源细胞分类与命名。例子有：

- 脂肪肉瘤起源于脂肪细胞
- 平滑肌肉瘤起源于平滑肌
- 横纹肌肉瘤起源于横纹肌
- 血管肉瘤起源于血管
- 恶性外周神经鞘瘤 (MPNST或PNST) 起源于神经细胞内层
- 胃肠道间质肉瘤 (GIST) 起源于肠道中的神经细胞 (治疗方案有别于其他类型的软组织肉瘤)
- 子宫肉瘤起源于子宫的肌肉以及支撑组织
- 骨肉瘤起源于骨骼

由于肉瘤的异质性和不同的所在位置，医生为每位患者推荐的治疗方案也会有所不同，具体取决于肿瘤的组织学亚型、分期、分级和位置。

有如多数癌症一样，早期诊断和及时治疗可以挽救生命。患者若意识到身体已有任何症状就应该尽早求医。

想了解详情，请浏览新加坡**Oncocare**的网站www.oncocare.sg。



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
Tue : Art Class, Living In The Moment Workshop, Vocal Class
Wed : 365 Lymphatic Detox Exercise, Outing
Thu : Chinese Painting, Fall Prevention Workout, Balloon Sculpting Class
Fri : Finger Painting Class, Zentangle Art

星期一: 尊巴, 绘画班
星期二: 绘画班, 活在当下工作坊, 声乐课
星期三: 365淋巴排毒操, 郊游
星期四: 水墨画, 预防跌倒运动, 气球造型课
星期五: 指画班, 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), Vocal Class (Effect 5 July onwards)
Wed : Finger Painting Class,
Zentangle Art (Only conduct in June, Aug, Sep, Nov & Dec)
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),
声乐课 (7月5日起生效)
星期三: 指画班, 禅绕画 (只在六、八、九、十一和十二月进行)
星期四: 尊巴, 黏土艺术
星期五: 水墨画, 绘画班

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 Program, Chinese Calligraphy
Tue : Line Dance, Zentangle Art (Basic Level)
Wed : Fall Prevention Workout, Digital Learning, Art Class
Thu : Zumba Gold, Ukulele Class, Vocal Training
Fri : 365 Lymphatic Detox Exercise, Finger Painting, Karaoke session

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, 数码学习课程, 绘画班
星期四: 尊巴, 乌克兰丽班, 声乐课
星期五: 365淋巴排毒操, 指画课, 卡拉OK

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, Therapeutic Support Program
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, 和谐粉彩画
星期二: 放松及伸展运动, 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

JUL 七月

华语

16/7 (六) 晚上8点半
主题: 我的健康外食

ENG

23/7 (Sat) 8.30pm
Topic: Sarcoma Cancer

AUG 八月

华语

20/8 (六) 晚上8点半
主题: 了解胃癌症状, 风险和治疗

ENG

27/8 (Sat) 8.30pm
Topic: Breast Cancer (TBC)

SEP 九月

华语

17/9 (六) 晚上8点半
主题: TBC

ENG

24/9 (Sat) 8.30pm
Topic: TBC

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。

	9 Holland Avenue
	Tue, 8pm
	106 Simei St 1 (Street Soccer Court)
	Tue, Thu & Fri, 7:15am
	112 Rivervale Dr
	Mon to Fri, 6:30am
	115A Commonwealth Dr (Sports@Buona Vista)
	Tue and Fri, 7am
	126 Ang Mo Kio Ave 3 (Ang Mo Kio Town West Garden)
	Tue to Sat, 6:30am
	149 Simei St 1 (Badminton Court)
	Mon to Fri, 7:30am; Sat, 7:15am
	238 Hougang Ave 1 (Open Court)
	Mon, Thu, Sat, 7:15am
	246 Hougang Avenue 3 (Hard Court)
	Tue, 7:30am

	257 Tampines St 21
	Mon to Fri, 7:20am except Thu; Wed, 8:15pm
	407 Yishun Ave 6
	Mon to Fri, 6:30am
	494C Tampines Ave 9 (Void Deck)
	Mon to Sat, 7:30am
	639 Bedok Reservoir Rd (Badminton Court)
	Every Thu, 8pm
	Bedok Reservoir Park
	Mon to Fri, 7:50am
	Bukit Gombak Stadium
	Mon to Sat, 7am
	The Peoples Presbyterian Church (45A Macpherson Rd)
	Thu, 10am
	Zoom Virtual Platform
	Every Wed, 8:15pm

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 services.

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。

Executive Committee 执行委员会

President : Revd (Dr) Eric Chiam
Vice President : Mr James Chia
Honorary Secretary : Mr Tan Soo Kee
Honorary Treasurer : Mr Joshua Siow
Honorary Assistant Secretary: Ms Ang Pei Wen
Honorary Assistant Treasurer: Ms Jenny Aw
Member : Mr Sam Ang
Ms Terri Chen
Dr Francis Chin
Mr Andrew Pang

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副会长 : 谢松兴先生
秘书 : 陈树基先生
财政 : 萧子强先生
副秘书长 : 洪佩文女士
副财政 : 胡慧敏女士
委员 : 洪汇权先生
陈慧敏女士
陈国俊医生
冯国明先生

Management Staff 管理层

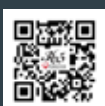
Executive Director : Mr Ben Chua
HOD, Corporate Services : Ms Arlinda Chen
HOD, Fundraising, Marketing, & Volunteer Management : Mr Andrew Soh
HOD, Clinical Services, Research and Resource Centre : Mr Andrew Ong

执行长 : 蔡德森先生
企业服务部门主管 : 陈美珍女士
筹款、宣传与义工管理部门主管 : 苏玮文先生
临床服务、研究与资源中心部门主管 : 翁国华先生

Advisors 顾问团

Honorary Patron: Dr Koh Poh Koon
Honorary Patron: Dr Tan Wu Meng
Honorary Patron: Dr Teo Ho Pin
Legal Advisor : Mr Wu Yu Liang

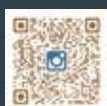
名誉顾问 : 许宝琨医生
名誉顾问 : 陈有明医生
名誉顾问 : 张仰宾博士
法律顾问 : 吴微良先生



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