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七月季刊

NEWSLETTER



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A TRIP TO THE NATIONAL GALLERY

探索新加坡国家美术馆

Social Service Centre Outing

On May 29, our clients had the opportunity to visit the National Gallery Singapore, stepping into the vibrant world of Southeast Asian art. The trip offered a refreshing escape for our cancer fighters as they immersed themselves in the vibrancy of Singapore's heritage and arts scene.

Beyond exploring the diversity of artistic expression across the region, the day was also about coming together to foster connections and a space for shared experiences. As part of the programmes and services at the Social Service Centres, outings like this offer our clients respite from the challenges of their cancer journey.

社区服务中心一日游

抗癌勇士们于5月29日在新加坡国家美术馆踏上了艺术之旅，进入了东南亚艺术瑰宝的世界。这次的一日游让抗癌勇士们沉浸于新加坡丰富多彩的文化遗产及艺术氛围中，暂时远离癌症康复过程中的诸多挑战。

除了领略该地区艺术的多姿多彩，当天的活动还旨在增进彼此的关系，并提供一个分享经验的平台。作为社区服务中心的活动之一，这类一日游让抗癌勇士们在抗癌过程中有个歇息的机会。



STORIES OF 365CPS

365CPS的故事

I am Ng Meng Kwang, a 65-year-old retiree. I am very thankful for this opportunity to share with everyone my cancer diagnosis and treatment journey. In September 2023, I went to the doctor for a lump at the bottom right of my face, near my neck. Initially, I thought it was what we call "Pig's head skin" in Hokkien but the lump did not subside even after taking antibiotics for two weeks. Eventually, the doctor gave me a referral to the National University Hospital for a body check. I was diagnosed with cancer on the right side of my tongue and was recommended to start treatment as soon as possible. Treatment commenced in November with 33 radiotherapy sessions and 5 chemotherapy sessions.

After undergoing treatment for approximately two months, I was told by the doctor that the affected area has improved, but I was still required to be cautious and return to the hospital for checks and observations. I was very thankful to hear the good news. During the two months of treatment, I had to visit the hospital for radiotherapy and chemotherapy every Friday. My neck suffered from the side effects of the treatment, the skin started peeling and there were fluid coming out from the wound. My hearing was also affected due to the treatment and my throat was swollen and sore. It was difficult for me to consume food and I could not speak. I lost a significant amount of weight as my only source of sustenance was formula milk. I felt lethargic and my body was hot, I could not sleep well, and it affected me negatively both physically and psychologically. I became a completely different person; I became reclusive and did not want to interact with others. I lived in a constant state of stress, and I felt helpless and afraid. The first three to four months post diagnosis was a very difficult time for me.

With the encouragement and care from my family, the wound at my neck got better gradually and started healing. I could consume porridge and soups and started gaining back some weight and my mood was much better. I would like to express my gratitude to 365 Cancer Prevention Society and Mr Lee Wing Thong for the monthly house visits, checking in on me and encouraging me. This gave me immense confidence. I would also like to thank the staff at 365CPS Bukit Panjang Social Service Centre for encouraging me to take part in the activities there and to make new friends who are all cancer fighters themselves. I have also learned a lot from the experienced dieticians such as the type of food to consume in ensuring sufficient nutrient intake to strengthen my body and overcome cancer, for that I am thankful.

There are people constantly getting diagnosed with cancer every day. I too took a few days to come to terms with my diagnosis and accept treatment when I got diagnosed with cancer. With the medical technology advancement these days, anyone diagnosed with cancer should receive treatment as soon as possible. Despite the difficult journey ahead, we are not alone. Our family and friends and everyone at the social service centre will come together to help, guide, and encourage us on our cancer fighting journey. Stay strong with confidence and stay positive, let's fight cancer courageously!



我是黄明光，今年65歲，现在是一名退休人士。非常的感恩有这么一个平台，可以和大家一起分享一下我的患癌和治疗的过程。于去年2023年的九月间，我因为右边脸的下方，在靠近颈项的地方，发现了肿痛，起初以为是福建话所说的猪头皮，可是去诊所看了医生，吃了两个星期的抗生素，也没有消肿。后来医生写信，叫我到国大医院检查。经医生证实，我患了舌根尾部右侧癌，並见意我尽快接受治疗，安排我于11月尾接受33次的电疗与5次的化疗。

在差不多二个月的疗程之后，医生说暂时患处已经改善，但今年内，还须要到医院复诊，观察，不可大意，我心理非常的感恩。在长达两个多月的治疗过程，每个星期有5天要到医院做电疗，化疗。我整个颈项的皮膚都电伤了，腐烂脱皮流脓，而且耳朵也电伤了影响到听力，喉咙肿痛，无法进食，无法说话表达，每日三餐只能靠喝奶粉充饥，而且体重严重下降，全身無力，每天身体燥热无法安眠，精神及身心各方面都非常的差，变成完全不一样的人，封闭自己，不想与人接触，每一天都是活在一种无形的压力，無助，恐惧。所以说前三四个月是非常辛苦的。

因为我有家人的一直陪伴，鼓励与关心，慢慢的喉咙患处的伤口好多了，可以进食一些粥水与湯类的食物，体重也逐渐的回升，精神和心情也开朗多了。在这里特别感谢365CPS中心的李永堂导师，每个月都來家访，细心的问候与鼓励，给了我很大的信心，同时也感谢武吉班让社区服务中心的负责人，鼓励我去参加中心举办的一些活动，希望可以多认识一些也曾经患病的朋友，她们都是抗癌的勇士。同时也得到中心营养师的指导如何从哪一些食物中攝取到足够的营养，强化体格，对抗病毒。非常的感谢他们。

总之，每一天都有人得知自己患癌了，我之前也是好几天在克服自己，接受治疗，而且以现今的医学科技，这么发达，初患者如我或其他人，必须尽快的勇敢的接受治疗。虽然抗癌这条道路充满荆棘不好走，但我们並不孤单，因为我们的家人，朋友们，还有癌症中心的所有有心人士，他们都会协助，引导，鼓励我们來一起走下去，坚定信心，放松心情，勇敢的接受并面对它吧！感恩。

Ng Meng Kwang, Cancer Fighter
黄明光，抗癌勇士

TALKING TO YOUR LOVED ONES: EFFECTIVE COMMUNICATION

与亲人对话: 与亲人之间的有效沟通

Battling cancer is a gruelling experience for both cancer fighters as well as their caregivers. While we try our best to support our loved ones on their cancer-fighting journey, appreciation is not always guaranteed and can lead to self-doubt. The truth is that clear communication is often the missing piece between us and our loved ones.

Here are some useful tips that you can try when communicating with your loved ones!

- **Express yourself clearly with “I” statements**
Instead of blaming statements like “You don’t really care about me,” try statements that focus on your feelings and needs.
- **Actively listen and reflect back to understand**
Effective communication goes beyond just speaking. Take time to truly listen to your loved one. After they express themselves, try reflecting back on what you heard to ensure understanding.
- **Convey attentiveness through nonverbal cues**
Your body language can speak volumes! When your loved one is talking, show them you are fully engaged through nonverbal cues such as maintaining an open posture and leaning in slightly, maintaining eye contact while using encouraging nods and smiles and minimising distractions by putting away your phone.
- **Adjust your communication style to foster connection**
During conversations, consider how your tone and approach might be perceived. Are you having a conversation with your loved ones as an adult, parent or child?

Empower yourself with daily coping skills and techniques! “Words that W.O.R.K!” is a fun and engaging Therapeutic Support Programme (TSP) that uses playful techniques to help you become more mindful of your communication style. Through this programme, you will discover both verbal and non-verbal habits that might hinder or strengthen your daily interactions with the people around you. You will explore ways to express your needs clearly and effectively and navigate the inevitable miscommunications that arise in conversations. Join our Therapeutic Support Programmes to learn more.



对抗癌症对患者及其看护人来说都是一段艰难的经历。虽然我们尽力在亲人的抗癌路上给予支持，但并非总是能够得到认可也可能会导致自我怀疑。事实上，清晰并有效的沟通往往是我和亲人之间缺失的一环。

以下是一些与亲人沟通的实用技巧！

- **用“我”开头来清晰表达自己**
例如，与其责怪对方“你根本不在乎我”，不如试着将陈述重点放在您的感受和需求上。
- **积极聆听并复述以示理解**
有效沟通不仅仅在于表达。您需花时间真正聆听您的亲人的话语。当他们表达完毕后，尝试复述您所听到的内容，以确保理解一致。
- **通过肢体语言传达关注**
肢体语言也能传达很多！在您的亲人说话时，您可通过保持开敞的身体姿势、微微前倾、保持眼神交流并鼓励性地点头微笑，以及将手机收起来减少干扰等非言语的方式，向他们展示您正在全神贯注地聆听。
- **调整沟通方式以促进联系**
在交谈过程中，请考虑您说话的语气和方式将如何被对方理解。您是在与您的伴侣、父母还是孩子进行对话？

掌握日常应对技巧和方法，让沟通更顺畅！“Words that W.O.R.K!” 工作坊是一个有趣且引人入胜的疗愈支持计划(TSP)，它通过运用趣味技巧帮助您更加意识到自己的沟通风格。通过该活动，您将发现可能会阻碍或强化您日常人际互动的语言和肢体语言习惯。您将学习如何清晰、更有效地表达您的需求，并驾驭对话中不可避免的误解。快来加入我们的疗愈支持计划了解更多详情。



Scan the QR code to learn more!
请扫描二维码查看更多！

USEFUL TIPS FOR EFFECTIVE COMMUNICATION 有效沟通的实用技巧



Express yourself clearly
with “I” statements
用“我”清楚地表达自己



Actively listen and reflect back
to understand
积极倾听并反思且表达理解



Convey attentiveness
through nonverbal cues
以身体语言表示仔细倾听



Adjust your communication
style to foster connection
调整沟通方式以便促进联系

HEALTHY COOKING DEMONSTRATION

健康烹饪示范



We recently launched our new healthy cooking demonstration programme at both our physical and virtual Social Service Centres! This engaging and informative programme is designed to guide and empower participants on their wellness journey by equipping them with delicious easy-to-make recipes packed with essential nutrients.

Led by our Nutrition & Dietetics department alongside our teams of experienced cooks, the demonstration showcased a variety of dishes perfect for supporting overall health and well-being. Participants learned how to make their very own pumpkin kaya, a unique rendition of the local favourite breakfast spread, a nutritious and healthier version of mushroom soup, a mass favourite in restaurants as well as a healthy stir-fried udon that is perfect for a quick and easy meal!

But the learning doesn't stop at the recipes! Our expert dieticians weaved in bite-sized information about the ingredients throughout the demonstration, allowing participants to cook healthier and gain a deeper understanding of the ingredients used.

The best part? In-person participants get to enjoy a taste test of these delicious and nutritious creations at the end of the session!

我们推出的全新健康烹饪示范现已登陆社区服务中心以及线上社区服务中心! 这精彩纷呈的活动为参与者提供一系列美味且易做的食谱, 不仅营养丰富, 而且又方便简单, 帮助大家开启健康生活方式。

在营养与饮食治疗部和经验丰富的厨师团队的带领下, 该健康烹饪示范展示了各种有助于整体健康的佳肴。参与者学习如何以独特演绎方式制作自己的南瓜咖喱酱; 餐厅里众人所爱的健康蘑菇汤; 以及一道健康且快速简便用餐的炒乌冬面!

学习并不仅仅在于食谱! 我们专业的饮食治疗师在整个示范过程中穿插讲解了有关食材营养价值的有关信息, 让参与者不仅可以烹饪出更健康的菜肴, 还能更深入地了解自己所使用的食材。

最棒的是? 现场参与者在活动结束后还可以品尝这些美味营养菜肴!



Scan the QR code and join us as a client to be a part of the exciting programmes and services offered at the various social service centres!

有兴趣的抗癌勇士们请扫描二维码加入我们, 参与社区服务中心里的一系列精彩活动与服务!

IS PROCESSED FOOD REALLY BAD?

加工食品有害健康?

Is processed food really bad for you? We have all heard the warnings: processed food is bad for health! It will lead to cancer! But what exactly is processed food, and how does it impact your well-being? You might be surprised to learn that not all processed foods are created equal.

Processed food is food that has been altered in some way from its natural state. This can include processes like canning, freezing, pasteurization, or adding preservatives. However, the level of processing can vary greatly. To understand the impact of processed food on your health, we need to differentiate between three categories: unprocessed or minimally processed, processed, and ultra-processed foods.

Minimally Processed Food

Food that is minimally processed has undergone basic procedures to prepare them for consumption. This includes cleaning and removing inedible parts, grinding for easier use, and chilling or freezing for a longer shelf life. Vacuum packaging is another method used to preserve freshness and minimise spoilage. It is typically made from a single ingredient, and it retains most of its inherent nutritional content.

Processed Food

Processed foods undergo various methods to enhance their convenience and shelf life. This includes pasteurisation to eliminate harmful bacteria to improve safety, fortification to enrich food with essential vitamins and minerals and preservative addition to extend shelf life and minimise spoilage. It typically combines at least two or three ingredients, but the key is finding options with minimal additives.

Ultra-processed Food

Ultra-processed foods undergo significant transformations, losing their original form and racking up a long list of ingredients. These include added sugar and sodium, unhealthy fats, artificial ingredients and preservatives,



加工食品真的对身体有害吗? 我们都听过这样的警告: 加工食品对健康不利! 会导致癌症! 但是, 什么是加工食品, 它又会如何影响您的健康呢? 令人惊讶的是, 并非所有加工食品都一样糟糕。

加工食品是指经过某种方式改变其天然状态的食物。加工过程可包括罐头装填、冷冻、巴氏灭菌或添加防腐剂等。然而, 加工程度可能有所差异。为了理解加工食品对您健康的影响, 我们需要区分为三个类别: 未加工食品或微加工食品、加工食品以及超加工食品。

微加工食品

微加工食品仅经过了一些基本的处理程序, 使其更容易食用。这些程序包括清洗和去除不可食用部分、研磨方便使用以及冷藏或冷冻以延长保质期。真空包装也是一种用于保持新鲜和减少腐坏的方法。微加工食品通常只由单一原料制成, 并且保留了大部分天然营养成分。










加工食品

加工食品通常会经过多种方法来延长保存期限并提高便利性。这些方法包括: 巴氏杀菌, 可以消除有害细菌, 提高食品安全性; 强化, 在食品中添加维生素和矿物质; 添加防腐剂, 延长保质期并尽量减少腐坏。加工食品通常会混合两种或以上的成分, 但关键是要选择添加剂较少的种类。添加剂越少, 其营养价值保的就越高。

超加工食品

超加工食品经过了大幅度的加工处理, 失去了原始形态, 并且添加了一长串的配料在内。这些添加剂包括添加糖、钠、不健康脂肪、人工成分和防腐剂、增稠剂和乳化剂。虽然超加工食品为人们提供了便利性, 但通常是以牺牲人体健康为代价, 因为这类食品往往营养成分和膳食纤维含量低, 通常由五种以上的配料制成。

EXAMPLES 例子

Minimally Processed Food 微加工食品	Processed Food 加工食品	Ultra-Processed Food 超加工食品
 <p>Frozen Fruits & Vegetables 冰冻蔬菜水果</p>	 <p>Dairy Products 乳制品</p>	 <p>Packaged Potato Chips & Snacks 包装薯片和零食</p>
 <p>Roasted Nuts 烘烤坚果</p>	 <p>Olive Oil 橄榄油</p>	 <p>Ice Cream 雪糕</p>
 <p>Brown Rice 糙米</p>	 <p>Bread 面包</p>	 <p>Sweetened Beverages 含糖饮料</p>

thickeners and emulsifiers. While ultra-processed food offers conveniences, it often comes at a cost to your health since it is often low in nutrients and dietary fibre and is typically made from more than five ingredients.

Tips for Consumption of Processed Food

- Opt for food that is minimally processed and follows guidelines for consumption
- Look out for healthier choice symbols such as lower in sodium or lower in sugar
- Select canned foods that are water-based and remove liquid/gravy (tuna in water, kidney beans etc.)
- Compare similar products and choose healthier options (compare sodium, fats and added sugar)
- Read the ingredients list - choose the products with added sugar, fats and sodium listed towards the end of the list
- Limit consumption of food that is ultra-processed

Understand the different types of foods and how they are processed, so you can make informed choices about what you eat.

Choose wisely when purchasing food and consume all food in moderation. Follow the concept of My Healthy Plate (a quarter amount of wholegrain carbohydrates, a quarter amount of lean protein, half the amount of fruits and vegetables) to help you consume in moderation. Check out the various 365 recipes to help you eat happily and healthily!

TUNA IN A CUP 杯子金枪鱼

Preparation Time: 10 minutes
Cooking Time: 10 - 15 minutes
Serving Size: 6 pax

准备时间: 10分钟
烹饪时间: 10 - 15分钟
份量: 6人份



Scan the QR code to access 365 recipes!
 请扫描二维码查看365食谱!

Ingredients 食材

- | | |
|-------------------------------------|---------------------|
| • 6 slices wholemeal bread | • 6 片全麦面包 |
| • 150g drained tuna flakes in water | • 150 克罐头水浸金枪鱼块, 沥干 |
| • 3 slices reduced fat cheese | • 3 片低脂芝士片 |
| • 1/2 cucumber, cubed | • 1/2 根黄瓜, 切丁 |
| • 3 tablespoon raisin | • 3 汤匙葡萄干 |
| • 2 tablespoon olive oil | • 2 汤匙橄榄油 |
| • Black pepper to taste | • 少许黑胡椒粉调味 |

Method 做法

1. Preheat oven to 180 degrees
2. Lightly brush muffin tin with olive oil
3. Roll to flatten wholemeal bread with crust on
4. In a bowl, mix drained tuna flakes, cubed cucumber, raisin and remaining olive oil, and season with black pepper powder
5. Add one slice of bread into each muffin tin circle
6. Add in tuna mixture and top with cheese slices. Bake for 10 minutes at 180 degrees, until cheese melts or desired crispiness

Nutrition Facts (per serving) 营养成分 (1人份)

196	Energy (kcal) 热量 (卡路里)
20.1	Carbohydrates (g) 碳水化合物 (克)
11.9	Protein (g) 蛋白质 (克)
7.5	Fats (g) 脂肪 (克)
226.9	Sodium (mg) 钠 (毫克)

1. 预热烤箱至180度
2. 在烤模上刷上薄薄一层橄榄油
3. 将全麦面包连皮压平
4. 在碗中加入沥干的金枪鱼、黄瓜丁、葡萄干和剩余的橄榄油, 再用少许黑胡椒粉调味
5. 在烤模的每个圈圈内放入一片面包
6. 加入金枪鱼内陷再铺上芝士片, 以 180 度的高温烘烤 10 分钟, 直至奶酪融化或达到所要的酥脆度

加工食品的食用小贴士

- 选择微加工, 并且符合食用指南的食品
- 留意更健康选择标志, 例如钠含量较低或糖含量较低的食品
- 选择水基罐头食品, 并去除液体/肉汁 (金枪鱼罐头 (水)、罐装芸豆等)
- 比较类似产品并选择更健康的选项 (比较钠、脂肪和添加糖含量)
- 阅读配料表 - 选择添加糖、脂肪和钠列于配料表末端的食品
- 限制摄取超加工食品

了解不同类型的食物及其加工方式, 这样您才能为自己的饮食做出更明智的选择。

购买食物时请务必仔细选择, 并适量食用所有食物。遵循“我的健康餐盘”理念 (四分之一的全谷物碳水化合物、四分之一的瘦蛋白、一半的水果和蔬菜) 可以帮助您适量摄取营养。上网查看各种365健康食谱, 让您吃得开心又健康!



PROTECT YOUR LIVER: THE UNSUNG HERO IN YOUR BODY

保护您的肝脏：人体内的幕后功臣

Did you know your liver is something of a superhero in your body? As one of your largest and most vital organs, it performs over 300 essential functions. It detoxifies the body, aids in digestion, and even supports other organs to function properly. Despite its crucial roles, liver health often goes overlooked.

Liver disease, particularly MASLD (metabolic dysfunction associated steatotic liver disease) and its more severe form, MASH (metabolic dysfunction associated steatohepatitis), commonly known as fatty liver is on the rise globally and in Singapore. A recent study suggests that MASLD could affect 40% of the adult population in Singapore.¹ Linked closely with common metabolic conditions like hypertension, high cholesterol, diabetes, and obesity, MASLD can progress to serious complications such as end-stage liver failure and liver cancer if not addressed early. MASLD is now the leading cause why people require liver transplants.

How Does Fatty Liver Disease Lead to Liver Cancer?

MASLD begins with the accumulation of fat in the liver, which leads to inflammation and scarring (fibrosis). Over time, this can result in cirrhosis, or the hardening of the liver, and in severe cases, liver failure or liver cancer. In fact, MASLD is a leading cause of liver cancer in the South East Asia, following viral hepatitis.²

Unfortunately, MASLD often doesn't show early symptoms and is usually detected at advanced stages when the disease is irreversible. With liver cancer cases expected to rise, early detection through regular screening is crucial.

What Can You Do to Detect Liver Disease Early?

Screening is key to catching liver issues before they worsen. The liver's remarkable ability to heal and regenerate means early detection can prevent serious conditions like MASLD from escalating to liver cancer.

Screening is important if you have risk factors such as a family history of liver disease, obesity, or diabetes. Current guidelines published by the American Association of Clinical Endocrinology³ recommend a multi-step screening protocol that starts with a simple blood test like the Fibrosis-4 (FIB-4), which helps assess the risk of fibrosis. Depending on FIB-4 results, this may be followed by a safe, bedside test called transient elastography, which uses sound waves to measure liver stiffness.

How Can You Actively Reduce Your Risk of Liver Disease?

Apart from screening, prevention is better than cure. Maintaining a healthy lifestyle is essential for liver health. Good habits include maintaining a balanced diet, reducing alcohol intake, and engaging in regular exercise.

By increasing awareness and encouraging regular screenings, we can manage and potentially reverse the course of liver diseases. Let's take action to support our liver's health, ensuring it continues to perform its critical functions effectively.

¹Goh GBB, et al. Perceptions of Non-alcoholic Fatty Liver Disease—an Asian Community-based Study. *Gastroenterol Rep* 2016; 4:131–135.

²Tan DHH, et al. Clinical Characteristics, Surveillance, Treatment Allocation, and Outcomes of Non-alcoholic Fatty Liver Disease-related Hepatocellular Carcinoma: A Systematic Review and Meta-analysis. *Lancet Oncol* 2022; 23(4):521–530.

³Cusi K, et al. American Association of Clinical Endocrinology Clinical Practice Guideline for the Diagnosis and Management of Non-alcoholic Fatty Liver Disease in Primary Care and Endocrinology

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Senior Consultant, Division of Gastroenterology & Hepatology, Department of Medicine, National University Hospital
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您是否知道肝脏就像人体内的超级英雄？肝脏是人体内最大、也是最重要的器官之一，它承担着超过三百项的重要功能。它可以帮助身体排毒，消化，甚至还能支持其他器官的正常运作。尽管肝脏扮演着如此关键的角色，然而它的健康却常常被人们忽视。

脂肪性肝病，尤其是代谢功能障碍相关脂肪性肝病(MASLD)及其更严重的形态代谢功能障碍相关脂肪性肝炎(MASH)，在全球及新加坡都呈上升趋势。一项最新研究显示，新加坡约40%的成年人口可能患有MASLD。¹ MASLD与高血压、高胆固醇、糖尿病和肥胖症等常见代谢性疾病密切相关，如果不及及时治疗，可能会发展成末期肝衰竭和肝癌等严重并发症。目前，MASLD已是人们需要肝脏移植的首要原因。

脂肪肝如何导致肝癌？

MASLD 的发病过程始于肝脏脂肪堆积，进而引发炎症和纤维化（肝纤维化）。随着时间的推移，可能会发展成肝硬化（肝脏硬化）以及更严重的肝功能衰竭或肝癌。事实上，在病毒性肝炎之后，MASLD已是东南亚肝癌的主要诱因。²

遗憾的是，MASLD在早期往往没有明显症状，通常在疾病难以逆转的晚期才被发现。由于肝癌病例预计将会增加，因此通过定期筛查进行早期发现至关重要。

如何早期发现肝病？

定期筛查是早期发现肝脏问题并且避免恶化的关键。肝脏具有惊人的修复和再生能力，这意味着早期发现可以防止MASLD等严重疾病恶化为肝癌。

如果您具有肝病风险因素，例如家族肝病史、肥胖症或糖尿病，定期接受筛查是非常重要的。美国临床内分泌学会发布的最新指南³建议采用多步骤筛查方案，首先进行简单的血液检测，例如纤维化-4指数（FIB-4）检测。FIB-4 可以帮助评估肝纤维化的风险。根据 FIB-4的结果，可能会紧接着进行一种叫做瞬时弹性成像（transient elastography）的安全床旁检测，使用声波测量肝脏的硬度。

如何积极降低患肝病的风险？

除了筛查之外，预防胜于治疗。保持健康的生活方式对肝脏健康至关重要。良好习惯包括：保持均衡饮食、减少酒精摄入量以及定期运动。

提高对肝脏疾病的认识并倡导定期筛查，对于控制甚至逆转肝病的进程至关重要。让我们携手采取行动，多加注意肝脏健康，确保肝脏能够继续健康运作。

¹Goh GBB, et al. Perceptions of Non-alcoholic Fatty Liver Disease—an Asian Community-based Study. *Gastroenterol Rep* 2016; 4:131–135.

²Tan DHH, et al. Clinical Characteristics, Surveillance, Treatment Allocation, and Outcomes of Non-alcoholic Fatty Liver Disease-related Hepatocellular Carcinoma: A Systematic Review and Meta-analysis. *Lancet Oncol* 2022; 23(4):521–530.

³Cusi K, et al. American Association of Clinical Endocrinology Clinical Practice Guideline for the Diagnosis and Management of Non-alcoholic Fatty Liver Disease in Primary Care and Endocrinology

LIVER IN FOCUS: BETTER LIVER, BETTER HEALTH 爱护肝脏：养肝、养生

Fatty Liver Disease Screening

Liver Disease is a growing concern worldwide as well as in Singapore. It is known as the “Silent Killer” and can silently progress towards more serious conditions such as liver damage and liver cancer. Liver cancer is the 5th most common cancer among males in Singapore. Although liver cancer is less common in females, it is still the third highest cause of cancer deaths in both genders.

Risk factors of Chronic Liver Disease:

- Family History/Hypertension/Hyperlipidemia
- Obesity
- Hepatitis B Carrier
- Hepatitis C Carrier
- Metabolic Conditions/Diabetic Patients

But there is good news! We have partnered with Roche, AstraZeneca and Icon Cancer Centre, to offer a sponsored fatty liver disease screening campaign for the community in need.

We hope to empower the community to get a clearer understanding of their liver health. If you own a blue or orange CHAS card, aged 50 to 75 years old, and you fulfil at least 2 out of 3 of the secondary criteria and are not already diagnosed with existing liver conditions, please scan the QR code and register for the fatty liver disease today!

Secondary Criteria (to fulfil at least 2 out of 3):

- At least one 1st degree relative with chronic liver disease i.e. parent/siblings/offspring
- BMI > 27.5
- Diagnosed with existing type 2 diabetes

Please check out our website for more information on the fatty liver screening campaign, together, let's prioritise your liver health!

GUIDING HANDS, COMPASSIONATE HEARTS 关爱无限，爱心相伴

Caregiver Training Workshop

Providing exceptional care for a loved one who is fighting cancer is a rewarding yet demanding journey. We organise caregiver training workshops to better equip new caregivers with practical tools and the confidence to enhance your role in caregiving for your loved ones.

This workshop is specifically tailored to address the unique challenges that caregivers face. Participants can gain insights into the various needs of a care recipient in the physical, psychological and social aspects.

- **Social Needs** - Preparation for the caregiving journey
- **Emotional Needs** - Supporting care recipients and discovering better ways to communicate with loved ones
- **Nutritional Needs** - Eating well during treatment. Cancer and Nutrition: myths and facts
- **Physical Needs** - Supporting care recipients' activities of daily living and home safety

Do follow our social media pages on Facebook and Instagram as well as our website for more updates on upcoming sessions!

脂肪肝检查

肝病在各国，包括新加坡都日渐受到关注。它被称之为“隐形杀手”，可悄无声息地发展成更严重的疾病，例如肝损伤甚至肝癌。肝癌是新加坡男性的第五常见癌症。虽然肝癌在女性群体中并不常见，但它仍然是男女因癌症而导致死亡的第三高原因。

慢性肝病的患病因素:

- 家族病史/高血压/高血脂
- 肥胖症
- 乙肝病毒携带者
- 丙肝病毒携带者
- 代谢性疾病/糖尿病患者

但是我们有好消息! 我们与罗氏制药、阿斯利康制药和Icon癌症中心合作, 为低收入群体提供免费的脂肪肝筛查。

我们希望通过此次活动让大众更了解自己的肝脏健康状况。如果您持有蓝色或橙色社保援助计划 (CHAS) 卡, 年龄介于 50 至 75 岁之间, 符合至少 2 项以下二级标准并且没有被诊断出现有肝病, 请扫描下方二维码并立即注册参加肝病筛查活动!

二级标准 (至少满足以下 3 项中的 2 项):

- 至少有一位一级亲属患有慢性肝病 (例如父母/兄弟姐妹/子女)
- 身体质量指数 (BMI) > 27.5
- 被诊断患有现有 2 型糖尿病

请浏览我们的网站查看更多有关脂肪肝筛查活动详情, 让我们携手关注您的肝脏健康!



看护培训工作坊

抗癌勇士们需要看护人的细心照料, 身为一名看护人这是一段既有意义又充满挑战的旅程。我们举办的看护培训工作坊, 旨在为新任看护人提供实用技巧并提升信心, 帮助您更好地承担照顾患癌亲人的角色。

该工作坊特别针对看护人所面临的独特挑战而量身定制。参与者可以深入了解照护对象在身体、心理和社会方面的各种需求。该工作坊将涵盖以下内容, 帮助看护人应对照护癌症患者过程中的各种挑战:

- **社会需求** - 为患癌亲人的看护做好准备
- **情感需求** - 支持看护对象, 探索与亲人更有效的沟通方式
- **营养需求** - 癌症治疗期间的饮食须知, 癌症与营养: 迷思与真相
- **身体需求** - 协助看护对象完成日常活动, 居家安全

请多关注我们的社交媒体页面以及我们的网站, 以获取该培训工作坊的最新信息!

SOCIAL SERVICE CENTRE ACTIVITIES 社区服务中心活动

FOR CLIENTS ONLY 课程只限会员

ANG MO KIO SOCIAL SERVICE CENTRE 宏茂桥社区服务中心

Mon : Stretch and Release Class, Zumba Gold, Clay Art, Balloon Twister Art
Tue : Art Class, Ukulele (Basic), Vocal Class, Karaoke Session
Wed : Aerobics, 365 Rhythmic Stretching Exercise
Thu : Chinese Painting, 365 Rhythmic Stretching Exercise, Line Dance, Bag Weaving
Fri : Finger Painting, Fall Prevention Workout, Zentangle Art
星期一: 伸展运动, 尊巴, 黏土艺术, 气球艺术
星期二: 绘画班, 乌克兰班(基础), 声乐课, 卡拉OK
星期三: 有氧运动, 365拉筋伸展运动
星期四: 水墨画, 365拉筋伸展运动, 排舞, 编织课程
星期五: 指画班, 防摔锻炼, 缠绕画

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 武吉班让社区服务中心

Mon : 365 Rhythmic Stretching Exercise, Bag Weaving Class
Tue : Aerobics, Ukulele (Basic), Ukulele (Intermediate), Vocal Training, Karaoke Session
Wed : Finger Painting Class
Thu : Zumba Gold Toning, Zumba Gold, Clay Art, Zentangle Art
Fri : Chinese Painting, Art Class, Fall Prevention Workout
星期一: 365拉筋伸展运动, 编织课程
星期二: 有氧运动, 乌克兰班(基础), 乌克兰班(中级), 声乐课, 卡拉OK
星期三: 指画班
星期四: 尊巴塑身, 尊巴, 黏土艺术, 缠绕画
星期五: 水墨画, 绘画班, 防摔锻炼

Address 地址: Blk 108, Gangsa Road, #01-171, Singapore 670108
Contact No 联络号码: 9838 7073

CLEMENTI SOCIAL SERVICE CENTRE 金文泰社区服务中心

Mon : Art Class (Basic), 365 Rhythmic Stretching Exercise, Chinese Calligraphy, Chair Stretch
Tue : Zentangle Art, Line Dance, Balloon Sculpting, Crochet Class
Wed : Hoop Fitness, Fall Prevention Exercise
Thu : Clay Art, Zumba Gold, Ukulele (Basic), Art Class
Fri : Aerobics, Vocal Training, Finger Painting, Chinese Painting
星期一: 绘画班(基础), 365拉筋伸展运动, 书法, 椅子伸展运动
星期二: 缠绕画, 排舞, 气球艺术, 钩针编织班
星期三: 呼啦圈锻炼, 防摔锻炼
星期四: 黏土艺术, 尊巴, 乌克兰班(基础), 绘画班
星期五: 有氧运动, 声乐课, 指画班, 水墨画

Address 地址: Blk 331, Clementi Avenue 2, #01-132, Singapore 120331
Contact No 联络号码: 8318 9146

TAMPINES SOCIAL SERVICE CENTRE 淡滨尼社区服务中心

Mon : Piloxing Lite, Clay Art, Art Class, Chair Stretch Exercise
Tue : Zumba Gold, Line Dance, Nagomi Pastel Art
Wed : Terrarium Making, 365 Rhythmic Stretching Exercise
Thu : Chinese Painting, Release & Stretch Exercise, Zentangle Art
Fri : Fall Prevention Workout, Ukulele (Basic), Vocal Training, Karaoke Session/Games Day
星期一: 普拉提拳击班, 黏土艺术, 绘画班, 椅子拉伸运动
星期二: 尊巴, 排舞, 和谐粉彩画
星期三: 植物生态缸制作, 365拉筋伸展运动
星期四: 水墨画, 伸展运动, 缠绕画
星期五: 防摔锻炼, 乌克兰班(基础), 声乐课, 卡拉OK/游戏日

Address 地址: Blk 885A, Tampines Street 83, #01-123, Singapore 521885
Contact No 联络号码: 8028 9871

VIRTUAL SOCIAL SERVICE CENTRE 网上社区服务中心

Mon : Release and Stretch, Nagomi Pastel Art
Tue : 365 Rhythmic Stretching Exercise, Therapeutic Support Programme
Wed : Zumba, Line Dance, Zentangle Pastel Art
Thu : Korean (Basic), Fall Prevention Exercise, Chinese Painting, Piloxing Lite Exercise
Fri : Circ Mobility Exercise, Ukulele (Basic), Ukulele (Intermediate)

Contact No 联络号码: 8028 5905

星期一: 伸展运动, 和谐粉彩画
星期二: 365拉筋伸展运动, 疗愈支持小组
星期三: 尊巴, 排舞, 缠绕画
星期四: 韩语课(初级), 防摔锻炼, 水墨画, 普拉提拳击班
星期五: 活动维持运动, 乌克兰班(基础), 乌克兰班(中级)



Connect with us and join us as a client!
快来与我们联系, 成为我们的会员吧!

2024 MONTHLY EVENTS

每月活动

6th JUL	9.30 am - 12.00 pm Love Lunch at TMP SSC	3rd AUG	9.30 am - 12.00 pm Love Lunch at TMP SSC	7th SEP	9.30 am - 12.00 pm Love Lunch at TMP SSC
13th JUL	9.30 am - 12.00 pm Love Lunch at AMK SSC 8.30 pm - 9.30 pm 365Live on Facebook	10th AUG	9.30 am - 12.00 pm Love Lunch at AMK SSC 8.30 pm - 9.30 pm 365Live on Facebook	14th SEP	9.30 am - 12.00 pm Love Lunch at AMK SSC 8.30 pm - 9.30 pm 365Live on Facebook
20th JUL	9.30 am - 12.00 pm Love Lunch at BKP SSC	17th AUG	9.30 am - 12.00 pm Love Lunch at BKP SSC	21st SEP	9.30 am - 12.00 pm Love Lunch at BKP SSC
27th JUL	9.30 am - 12.00 pm Love Lunch at CMT SSC 8.30 pm - 9.30 pm 365Live on Facebook	24th AUG	9.30 am - 12.00 pm Love Lunch at CMT SSC 8.30 pm - 9.30 pm 365Live on Facebook	28th SEP	9.30 am - 12.00 pm Love Lunch at CMT SSC 8.30 pm - 9.30 pm 365Live on Facebook

365 拉筋伸展运动

RHYTHMIC STRETCHING EXERCISE

EAST

106 Simei St 1 S520106 (Street Soccer Court) Mon & Wed, 7.15am	257 Tampines St 21 S520257 Mon to Wed & Fri, 7.20am Wed, 8.15pm
149 Simei St 1 S520149 (Badminton Court) Mon to Fri, 7.30am Sat, 7.15am	Bedok Reservoir Park 760 Bedok Reservoir Rd, S479245 (Near to Car Park A) Mon to Fri, 7.50am

WEST

106 Gangsa Road S670106 Tue, 8pm	Sports @ Buona Vista 115A Commonwealth Dr, S149596 Tue & Fri, 7am
Bukit Gombak Stadium 800 Bukit Batok West Ave 5, S659081 Mon to Sat, 7am	Singapore Botanic Garden, Eco-Garden 469C Bukit Timah Rd, S259772 Mon, 7.45am

CENTRAL

45A Macpherson Road S348470 Tue, 10am	Renewal Christian Church 88 Saint Francis Road, S328070 Thu, 8am
NTUC Health Active Ageing Centre 41 Telok Blangah Rise, S090041 Wed, 9.30am	

NORTH-EAST

112 Rivervale Drive S540112 Mon to Fri, 6.30am	Glad Tidings Church 1 Valley Road, S534449 Tue, 10am
238 Hougang Ave 1 S530238 (Open Court) Mon, Thu, Sat, 7.15am	St Paul's Church 843 Upper Serangoon Road, S534683 Sat, 10.30am
246 Hougang Ave 3 S530246 (Hard Court) Tue, 7.15am	

NORTH

407 Yishun Ave 6 S760407 Mon to Fri, 6.30am	Ang Mo Kio Town Garden West 126 Ang Mo Kio Ave 3, S560126 Tue to Sat, 7am
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VIRTUAL

Zoom Wed, 8.15pm



Interested participants are advised to contact our office at 6337 3368 to get the latest event status.

有兴趣的参加者请联系我们的办公电话6337 3368以获取最新的活动详情。



VOLUNTEER WITH US

成为我们的义工

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SERVICES SUPPORT
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FUNDRAISING
筹款



MARKETING SUPPORT
宣传



Donate via PayNow by scanning the QR code. Your kind donation will help provide practical support to cancer fighters and their family members.

Contact us @6337 3368 or enquiry@365cps.org.sg for more details

您的爱心捐款将有助于为癌症勇士及家人提供实际援助。立即通过 PayNow 捐款吧！若想知道更多详情，请联系我们 @6337 3368 或 enquiry@365cps.org.sg

OUR SERVICES

我们的服务项目



Care and Support
关怀扶持



Counselling
心理辅导



Nutritional Support
营养咨询



Health Education
健康教育



365 Rhythmic Stretching Exercise
365拉筋伸展运动



Financial Assistance
经济援助

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, the promotion of a healthy lifestyle and our 365 Rhythmic Stretching 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防癌教育协会是一家公益机构，也是国家福利理事会的正式成员。

我们使命于通过癌症预防为社区服务。我们结合健康与营养教育和推广健康生活方式以及365拉筋伸展运动计划来实现目标。

我们通过家庭和医院探访，辅导及治疗服务为癌症患者及其家人提供实际与精神上的支持和关怀，一同携手对抗癌症。

Executive Committee 执行委员团

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 Vice President : Dr Francis Chin
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 Honorary Assistant Treasurer : Mr Jeremy Chan
 Member : Dr Fabian Lim
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 委员 : 萧子强先生
 委员 : 陈清温先生

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 Assistant Director, Corporate Services : Ms Arlinda Chen
 Assistant Director, Fundraising : Mr Andrew Soh
 Marketing, & Volunteer Management : Mr Andrew Ong
 HOD, Allied Health Services : Mr Terence Liam
 HOD, Psychosocial Services : Mr Terence Liam

首席执行官 : 蔡德森先生
 企业服务部副总监 : 陈美珍女士
 筹款、宣传与义工管理部副总监 : 苏玮文先生
 综合医疗保健服务主管 : 翁国华先生
 社会心里服务部主管 : 粘永顺先生

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 Honorary Patron : Dr Tan Wu Meng
 Honorary Patron : Dr Teo Ho Pin
 Legal Advisor : Mr Wu Yu Liang
 Honorary Advisor : Rev (Dr) Eric Chiam
 Honorary Advisor : Mr Tan Soo Kee

名誉赞助人 : 许宝琨医生
 名誉赞助人 : 陈有明医生
 名誉赞助人 : 张和宾博士
 法律顾问 : 吴微良先生
 荣誉顾问 : 詹顺祥博士
 荣誉顾问 : 陈树基先生



365 Cancer Prevention Society 365防癌教育协会

38 Jalan Pemimpin, #02-01 M38, Singapore 577178

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