

OCT 24  
十月季刊

NEWS



## SPECIAL MENU

本月特别食谱

Fluffy Cauliflower  
Fried Rice  
蓬松花椰菜炒饭

Effective Strategies For  
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# We Are Stronger Together

让我们一起携手共进

# VOLUNTEERS APPRECIATION DAY 2024

## 2024年义工感谢日

Our annual Volunteer Appreciation Day took place on 6th July 2024, and it was a resounding success! We gathered to express our sincere gratitude to the incredible individuals who dedicated their time and energy to our organisation.

The day was filled with fun and laughter, including delicious food, engaging games, and captivating performances by staff, clients and volunteers. We also took the opportunity to honour our long-serving volunteers with well-deserved awards. Their unwavering commitment is crucial to the work that we do.

Thank you to all our volunteers for your invaluable contributions. Your dedication makes a world of difference!

我们一年一度的“义工感谢日”于2024年7月6日举行，并取得圆满成功！我们齐聚一堂，向为我们协会奉献时间和精力义工们表示衷心的感谢。

这一天充满了欢笑声，还有令人垂涎欲滴的美食、引人入胜的游戏，以及协会员工、抗癌勇士和义工们的精彩表演。我们也借此机会向长期为协会做出贡献的义工颁发奖项。他们坚定不移的奉献精神对我们的工作至关重要。

由衷感谢义工们的宝贵贡献。是大家无私的奉献我们才能够继续我们支持抗癌勇士的工作。



Scan to watch our volunteer appreciation video!

扫描观看我们的义工感谢视频!

## CLEMENTI CSN NATIONAL DAY WALK-A-JOG

### 金文泰社区体育联系网国庆日健步慢跑活动



The community came together to celebrate National Day at the National Day Community Walk-A-Jog, jointly organised by Clementi Community Sports Network and 365CPS. Held at the Clementi Community Centre, the event embodied the spirit of unity and togetherness. It was a morning filled with laughter, and shared joy, truly reflecting the theme "Together, as one united people."

我们与金文泰社区体育联系网 (CSN) 健步慢跑活动中共同欢庆国庆日! 活动在金文泰民众俱乐部举行, 体现了社区团结一致的精神。这是一个充满欢声笑语、共享喜悦的早晨, 完全体现了今年“全民一心, 团结一致”的国庆主题。

## A SWINGING GOOD TIME AT KEPPEL CLUB

### 吉宝乡村俱乐部, 乐享高尔夫

Our clients enjoyed a fantastic day out at Keppel Club on 16th July 2024, as part of Care & Support Support Group outing. Under the glorious sunshine, everyone had a blast trying their hand at golf simulation and the driving range with some pretty impressive golf swings! It was definitely a hole-in-one of a good time!

抗癌勇士们于2024年7月16日的支持小组活, 在吉宝乡村俱乐部度过了愉快的早晨。在阳光明媚的早晨, 抗癌勇士们聚精会神在高尔夫模拟器和练习场上挥杆自如, 大家都玩得非常开心。这绝对是一次让人身心愉悦的体验!



## GARDENS BY THE BAY – A GARDEN OF DELIGHT

### 滨海湾花园 – 欢乐之园



On 31st July 2024, our clients traded the usual view of a concrete jungle for the urban oasis of Gardens by the Bay. Surrounded by vibrant floral displays and lush greenery, our clients laughed, explored and soaked up nature's beauty. It was truly a treat for the senses!

Are you a cancer fighter or know of someone that is a cancer fighter? Scan the QR code and join us as a client at no cost and be part of a supportive and cancer-fighting community! The fight against cancer is a journey no one should take alone. Let us walk with you today.



Scan the QR code and join us as a client!  
请扫描二维码成为我们的会员吧!

抗癌勇士们于7月31日, 暂时离开了平时常见的钢筋水泥丛林, 来到了城市绿洲——滨海湾花园。在鲜艳的花卉展示和茂盛的绿植环绕下, 抗癌勇士们尽情欢笑、探索, 并彻底享受大自然的美丽。

您是抗癌勇士吗? 或您身边有亲友是个抗癌勇士? 请扫描二维码, 欢迎大家免费加入我们的抗癌支持网络。抗癌之路我们与您携同行。今天就加入我们吧。

# STORIES OF HOPE

## 希望的故事

Hi, my name is Katherin. In April 2016, I received the diagnosis of breast cancer, specifically invasive ductal carcinoma. The tumor was found in my milk duct, and my cancer was zero on both estrogen and progesterone. Additionally, I was HER2+, which means I had the protein that promotes the growth of cancer cells.

At the time of my diagnosis, I had no money for treatment and was also let go from my job. I've always struggled with insecurity and felt unloved, especially after experiencing two failed relationships. However, during my cancer journey, the people around me showed immense love and support, even going as far as contributing towards my treatment expenses.

This experience made me realise that I was not alone and that I am loved. It allowed me to become more aware of my surroundings and take better care of myself. Once I recovered, I made it my mission to help other cancer survivors thrive and remain cancer-free. Organisations like 365CPS have supported me emotionally through counselling and helped me maintain a healthy diet with a personal dietitian.

Cancer has transformed me, almost like starting over as a newborn. It's made me reconsider how I live, how I talk to myself, and how I treat others. For example, when negative thoughts arise, like "I'm stupid," I remind myself that it's not true. Instead, I focus on the fact that I'm always learning and improving, which is something to be proud of. I've also become more mindful of what I eat, prioritising foods that nourish my body. More veggies, less processed foods. But I don't stress over it too much because being good enough is okay—nobody's perfect.

In my relationships, I've learned to prioritise and say no to things that don't serve me well. I've also stopped trying to please everyone. Although I sometimes feel anxious about missing out or rushing through things, I reassure myself that opportunities will always come. It's all about finding balance and having confidence that everything will be okay.

While nobody wants to have cancer, it's not something we choose. However, having it doesn't mean you're unlucky or cursed. Instead, it can be an opportunity for growth. I believe cancer has changed me for the better. The experience has made me stronger and more resilient. In a way, cancer has been a blessing. If you're going through it, know that it's okay. You're not alone. We're here for you, and we're in this journey together.

**Katherin**, Cancer Fighter  
抗癌勇士



您好, 我的名字是Katherin。2016年4月, 我被诊断出患有乳腺癌。肿块位于乳腺导管内, 我的雌激素和孕激素呈阴性, 癌细胞对这两种激素不依赖。此外, 我的HER2为阳性 (HER2+), 这表示我体内存在一种促进癌细胞生长的蛋白质。

当我被确诊时, 我既没有钱支付治疗费用, 同时也丢了工作。我一向对自身缺乏安全感, 觉得自己不被疼爱, 尤其是在经历了两段失败的感情之后更是如此。然而, 在我罹患癌症的过程中, 周围的人给予了我无尽的关爱和支持, 甚至为我捐助了治疗费用。

这段经历让我意识到自己并不孤单, 是被人疼爱的。它让我更加留意周围的人事物, 也更加懂得照顾自己。康复后, 我的使命变成了帮助其他抗癌勇士们茁壮成长, 远离癌症。像365防癌教育协会这样的组织通过辅导为我提供了情感上的支持, 并且通过饮食治疗师的帮助让我保持健康的饮食习惯。

癌症让我焕然一新, 就像一个刚出生的婴儿般重新开始。它让我重新思考我的生活方式、与自己的对话方式, 以及对待他人的态度。比如说, 当消极的想法在我脑海里冒出来, 例如“我真笨”, 我便会提醒自己这不是事实。相反地, 我会专注于自己不断的学习和进步, 这是一件让我值得骄傲的事。我也更加注重饮食, 优先选择滋养身体的食物, 多吃蔬菜, 少吃加工食品。但我也不会给自己施加太大的压力, 因为“够好”就足够了, 没有人是完美的。

在人际关系方面, 我学会了优先级排序, 并学会对我无益的事情说不。我也停止了取悦所有人的想法。尽管有时我会因为错失机会或感觉事情进展太快而感到焦虑, 但我总是会告诉自己, 新的机会总会到来。关键在于怎么找到平衡, 并对自己充满信心, 相信一切都会好起来。

没有人会想要患癌, 但这并不是我们能够选择的。然而, 患癌并不意味着您倒霉或被诅咒了。相反的, 它可以是个让您成长的机会。我相信癌症让我成长了许多。这段经历让我更加坚强和有韧性。从某种意义上说, 癌症是一种祝福。如果您正在对抗癌症, 没关系。您不是孤独的。我们在这里支持您, 我们将一起面对着抗癌之旅。

To commemorate World Mental Health Day on 10th October, let us take a look at some effective strategies for managing stress and distress. Stress is a universal experience, that affects everyone in their daily lives.

Individuals battling cancer often experience the following stressors:

- What are the potential side effects of my cancer treatment?
- Is there a risk of relapse?
- Can I afford long-term cancer treatment?

Even for those without cancer, it is common to feel stressed about the following:

- How will technological advancements impact my job security?
- Can I afford the rising cost of living?
- Are there potential global crises (e.g. war and pandemic) that will emerge in the coming years?

Effective stress management strategies can help reduce the risk of cancer development associated with chronic stress and improve the chances of recovery for cancer patients. (Stanford Medicine, n.d.).

### Grounding Through Senses

Did you know that our five senses (sight, touch, hearing, smell, and taste) can help us in relaxation? By focusing on the present moment, we can temporarily escape from feelings of anxiety.

## EFFECTIVE STRATEGIES FOR MANAGING STRESS

### 管理压力的有效策略

10月10日是世界精神卫生日, 让我们一同探索缓解压力以及焦虑的妙招。压力无处不在, 人们在日常生活中都会感到压力。

癌症患者们经常会经历以下几种压力:

- 癌症治疗有哪些潜在的副作用?
- 我有癌症复发的风险吗?
- 我能负担得起长期的癌症治疗费用吗?

即使没有患上癌症, 以下几种压力也很常见:

- 技术方面的不断进步将如何影响我的就业安全?
- 我能负担得起不断上涨的生活费吗?
- 未来几年是否会出现全球危机? (例如战争或流感)

有效的压力管理策略可以帮助降低与慢性压力相关的癌症发展风险, 并提高癌症患者的康复机会。(Stanford Medicine, n.d.).

### 感官发掘

您是否知道我们可以通过我们的五种感官(视觉、触觉、听觉、嗅觉、味觉)来帮助我们放松吗? 通过专注于当下, 我们可以暂时摆脱焦虑。

**Choose an object in your immediate environment and examine its characteristics closely:**

**选择您周围的一个物体, 然后仔细观察它的特征:**



Sight (视觉)

Colour (颜色)  
Shape (形状)  
Size (大小)



Touch (触觉)

Weight (重量)  
Texture (质感)  
Temperature (温度)



Hear (听觉)

Sound (声音)  
Volume (音量)



Smell (嗅觉)

Pungent (刺鼻)  
Floral (花香)  
Citrus (柑橘味)



Taste (味觉)

Sweet (甜)  
Sour (酸)  
Salty (咸)

**After the exercise, do you notice any differences in how you are feeling?**

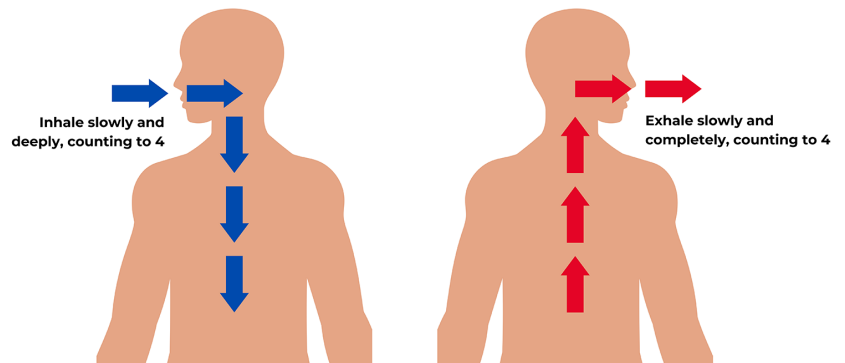
完成这项活动后您是否注意到自己的感觉有所不同?

### Take A Deep Breath

When feeling stressed, do you notice your breathing quicken and become shallow? In the midst of life's chaos, it's important to remember to pause and take a deep breath.

#### 深呼吸

感到压力时, 您有没有注意到自己的呼吸加快变浅? 在日常生活中忙得团团转的时候, 切记要适时的停下脚步深呼吸。



Repeat this breathing exercise for a few minutes, focusing on a steady and comfortable pace. To ensure proper technique, place one hand on your chest and the other on your belly. You should feel more movement in your belly hand.

Armed with mindfulness and relaxation techniques, it's time to incorporate them into your daily routine for optimal stress management. Consistent practice can significantly enhance your well-being.

以平稳舒适的速度重复练习深呼吸几分钟。为确保正确的呼吸技巧, 请将一只手放在胸口上, 另一只手放在腹部。您应该能感觉到放在腹部的那只手有较大的起伏。

掌握了放松技巧后, 请将技巧融入自己的日常生活中以达到最佳的压力管理效果。持续的练习有助于提高您的身心健康。

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Stanford Medicine. (n.d.). Stress and Cancer: An Overview. <https://med.stanford.edu/survivingcancer/cancer-and-stress/stress-and-cancer.html>



Should you need someone to talk to, you may reach out to our counsellors for support.

如果您需要找人倾诉, 可以联系我们的辅导员寻求帮助。

In Singapore, a health survey done from 2017 to 2021, reported that lung cancer is the third most common cancer among the population. It is the first cause of death for men and it is the third cause of death for women. In this article, we'll discuss the various treatments available, common side effects, and tips for maintaining your health through nutrition.

The types of treatments for lung cancer depends on several factors, including the stage of the cancer and your overall health. Common treatment options include surgery, chemotherapy, radiotherapy, targeted therapy and immunotherapy.

It's important to be aware of the potential side effects associated with each treatment. These can vary depending on the individual and the specific treatment plan. Some common side effects include:

### Surgery

Temporary decrease or loss of appetite, pain, difficulty in breathing

### Radiation Therapy

Fatigue, heartburn, skin changes, difficulty swallowing

### Chemotherapy

Anemia, fatigue, breathing harder, dizziness, lower immunity, mouth ulcers, nausea, vomiting, constipation, hair loss

### Targeted Therapy

Breathing difficulty, acne-like rash, diarrhea, nausea or vomiting, fatigue

### Immunotherapy

Flu-like symptoms, pain at the needle insertion site, nausea, vomiting, rashes.

## LUNG CANCER – HOW DO YOU OPTIMISE NUTRITION? 肺癌 – 如何优化营养

在新加坡的一项健康调查报告显示, 从2017年至2021年, 肺癌是全国人口中的第三大常见癌症。肺癌是导致男性死亡的主要原因, 也是导致女性死亡的第三大原因。本文将讨论可用的各种治疗方法、常见副作用以及通过营养维持健康的技巧。

肺癌的治疗类型包括了手术、化疗、放射治疗、靶向治疗和免疫治疗。肿瘤科医生会根据癌症的阶段和严重程度建议相应的治疗方法。

患者在接受治疗时可能出现不同的副作用, 具体症状因接受的治疗而有所不同。每个人的身体对癌症治疗的反应不同, 因此副作用的严重程度也会因人而异。

### 手术

暂时性食欲减退或丧失、疼痛、呼吸困难

### 放射治疗

疲劳、胃灼热、皮肤变化、吞咽困难

### 化疗

贫血、疲劳、呼吸困难、头晕、免疫力下降、口腔溃疡、恶心、呕吐、便秘、脱发

### 靶向治疗

呼吸困难、痤疮样皮疹、腹泻、恶心或呕吐、疲劳

### 免疫治疗

流感样症状、注射部位疼痛、恶心、呕吐、皮疹

## Lung Cancer: Tips for boosting your health nutritiously 肺癌: 增强健康的营养小贴士



Consume good quality protein  
摄取优质蛋白质



Ginger to counteract nausea  
生姜可帮助缓解恶心/呕吐



Fruit and Vegetables high in Beta-Carotene  
富含β-胡蘿蔔素的蔬菜水果

The numerous side effects experienced during and after treatment often led to decreased food intake, resulting in malnutrition among many lung cancer patients. A healthy diet can play a crucial role in supporting your body during and after treatment. Here are some tips for maintaining a nutritious diet:

B12 in meat aids the reproduction of red blood cells. Foods that are rich in carotenoids and retinoids (yellow, red and orange fruit and vegetables) have been proven to aid the production of white blood cells which increases the immunity of the body to fight against bacteria and viruses.

治疗期间和治疗后所出现的一系列副作用往往导致饮食摄入量减少, 导致许多肺癌患者营养不良。健康饮食可以在治疗期间和之后支持您的身体发挥重要作用。以下是维持营养饮食的一些技巧:

肉类中的B12有助于红细胞的再生。富含类胡萝卜素和视黄素(黄、红、橙色水果和蔬菜)的食物已被证明有助于白血球的生产, 从而增加身体抵抗细菌和病毒的免疫力。

There are many undesirable side effects during and after treatments and can be a stressful time for patients and caregivers. A nutritious diet can be simple and have good positive outcomes for health.

Remember, everyone's experience with lung cancer is unique. If you have questions or concerns about your treatment or recovery, please don't hesitate to reach out to your healthcare team. For personalised dietary advice, you can consult with our in-house dietitians or explore our collection of 365 healthy recipes.

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患者在癌症治疗期间以及治疗后会出现不良的副作用，给患者及看护者带来较大的压力。这时候，吃一些健康的食物，虽然很简单，但却能帮助身体恢复得更快。

请大家切记，以上建议仅供一般参考，不适用于特定及较复杂的病情。请向您的肿瘤科医生或饮食治疗师咨询以便获得个性化的饮食建议。您也可以联系我们的饮食治疗师以获得个性化的建议。或上网浏览我们的一些列365健康食！

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## FLUFFY CAULIFLOWER FRIED RICE 蓬松花椰菜炒饭

Preparation Time: 10 min      准备时间: 10分钟  
Cooking Time: 15 min        烹饪时间: 15分钟  
Serving Size: 2 pax         份量: 2人份

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

231	Energy (kcal) 热量 (卡路里)
13.8	Carbohydrates (g) 碳水化合物 (克)
10.6	Protein (g) 蛋白质 (克)
15.3	Fats (g) 脂肪 (克)
392.8	Sodium (mg) 钠 (毫克)

Seasonings  
调味料

- 1 tbsp low sodium light soy sauce
- 1 tsp lime juice
- 1 tsp sesame oil
- Black pepper powder
- 1汤匙低钠酱油
- 1茶匙酸柑汁
- 1茶匙麻油
- 少许胡椒粉

Ingredients  
食材

- 1 tbsp olive oil
- 1/2 onion, diced
- 1/2 cup red bell pepper, diced
- 1/2 cup frozen mixed vegetables
- 1 cup cauliflower, grated
- 2 eggs
- 2 tbsp spring onions, chopped
- 1 汤匙橄榄油
- 1/2 颗洋葱, 切丁
- 1/2杯红甜椒, 切丁
- 1/2 杯冷冻什锦蔬菜
- 1 杯切碎的花椰菜
- 2 粒鸡蛋
- 2 汤匙葱末

Method  
做法

1. Heat olive oil over medium heat. Add onion and saute for 5 minutes.
2. Add red bell pepper and mixed vegetables and saute for 2 minutes until the onions are softened.
3. Turn the heat up to high and add cauliflower.
4. Cook and stir-fry for 3-4 minutes. Move cauliflower mixture to one side. Scramble egg at the empty space and mix well.
5. Season the rice with light soy sauce, lime juice and black pepper powder.
6. Drizzle sesame oil and garnish with spring onion before serving.
1. 在平底锅中放入油加热。加入洋葱，用中火搅拌5分钟。
2. 洋葱变软后，加入红辣椒丁和冷冻什锦蔬菜，再煮2分钟。
3. 接着，转大火，并加入磨碎的白菜花。继续将所有食材搅拌在一起。
4. 花椰菜大约煮3-4分钟即熟。在平底锅里炒鸡蛋，并将所有食材搅拌均匀。
5. 加入低钠酱油，酸柑汁和黑胡椒粉调味。
6. 在白菜花饭上淋上麻油，并撒上葱末，即可上菜。



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

# NEWLY LAUNCHED **CANCER SCREENING CAMPAIGNS**

## 最新癌症筛查活动

365CPS has been championing early detection, that is why we have introduced a series of sponsored screening campaigns that empower individuals to proactively take steps towards early detection and a healthier future.

Scan the QR code to visit our website for more information and eligibility criteria for the respective screening campaigns. Take charge of your health today!

365防癌教育协会一直倡导早期癌症检测，因此我们推出了一系列免费癌症筛查活动，鼓励大家积极参与，守护健康，走向更健康的未来。

请扫描二维码上网浏览以获取更多详情以及资格标准。今天就开始掌控自己的健康吧！



### ARE YOU AT RISK?

您是否面风险?

## Are You at Risk?

Early detection can save lives. When detected in its early stages through proactive screening, lung cancer responds better to treatment.

From 2017-2021, **8,955 cases** of lung cancer were diagnosed, with **over 60%** of the diagnoses at Stage IV.

Number of packs of 20 cigarettes per day	Number of years you smoked	Total pack-year history
1/2	20	10
	30 or more	15
3/4	20	20
	30 or more	22.5
1	20 or more	20
	5	10
2	10 or more	20

**Screening eligibility:**

- 50 to 80 years old
- Smoked 20 pack years & continuing to smoke OR quit less than 15 years ago
- Valid blue/orange CHAS cards

**50 to 75 years old** Family history of lung cancer, regardless of smoking history (parents, children, siblings)

Register:

Registration ends on **15 NOVEMBER**

\*Singapore Cancer Registry Report 2021

### STAY CLEAR OF GASTRIC CANCER

远离胃癌

Gastric cancer is preventable. Don't wait for symptoms to appear.

From 2017-2021, **2795 cases** of gastric cancer were diagnosed, with more than 50% of patients diagnosed at Stage III or IV.

## Stay CLEAR of Gastric Cancer

Gastric cancer, also known as stomach cancer, is a silent killer as symptoms often only appear at a late stage. If cancer is detected early, timely life-saving treatment can be administered.

Supporting partners:

**Risk factors:**

- Age: Gastric cancer is more common after 40 years old.
- Family history of gastric cancer.
- Medical history of gastritis and other stomach illnesses.
- History of Helicobacter pylori.
- Lifestyle and diet:
  - Obesity
  - Tobacco smoking
  - Alcohol drinking
  - High intake of salted, pickled, and smoked foods.
  - Low intake of fruits and vegetables.

**Screening eligibility:**

- 40 years old and above
- Valid blue/orange CHAS card

Register by 30 Nov

### #MY1STPROSTATECHECK

我的首次前列腺检查

**1 OCT - 30 NOV**

## #My1stProstateCheck

Pre-Consultation → Risk Level Assessment → Blood test and/or Ultrasound → Post-Consultation

Prostate cancer is the most common cancer in Singaporean males from 2017 to 2021, accounting for almost 17% of cancer diagnoses in males.

**Signs and symptoms of prostate cancer:**

- Difficulty passing urine
- Frequent urination, especially at night
- Weak, interrupted urine flow
- Burning or pain during urination
- Blood in urine or semen
- Back, hip, chest, or pelvic pain
- Unexplained weight loss
- Weakness or numbness in your legs
- Loss of appetite
- Trouble walking or controlling your bladder or bowels

Supporting partners:

Register by 30 November 2024

**Screening eligibility:**

- 50 years old and above
- 45 years old and above for individuals with family history of prostate cancer (parents, siblings or children)
- Blue/orange CHAS card holders

CHAS CHAS

**365 Cancer Prevention Society**  
38 Jalan Pemimpin, #02-01 M38, Singapore 557178  
Tel: 6337 3368 Email: screenings@365cps.org.sg

Note: If you have blood in your urine, please see a doctor immediately.



# WHAT IS PROSTATE CANCER?

## 什么是前列腺癌？

The prostate is a walnut shape and size gland found in men and its main function is to produce the fluid in semen. It sits in front of the rectum and underneath the bladder. Prostate cancer developed gland cells turn malignant and become a tumour. It tends to occur at age 50 and above, which is when men can opt to start screening for prostate cancer using a blood test known as PSA (Prostate Specific Antigen).

### My PSA is abnormally high - what should I do?

It is important to recognise that high PSA may not be just due to cancer, but other causes like infection and benign enlargement of the prostate. However, further checks have to be done to exclude cancer as early diagnosis and treatment has a good chance of success. These checks involve further blood tests, prostate MRI scans and ultimately a biopsy of the prostate to confirm the presence of cancer.

### What are the different treatment options for prostate cancer?

The main curative treatment options for prostate cancer include:

#### • Radical Prostatectomy

Radical prostatectomy is a surgery done to remove the entire prostate gland using robotic technique.

#### • Radiation Therapy (RT)

Radiation Therapy comes in two forms – external beam or internal (brachytherapy). External beam radiotherapy is non-invasive and involves using a machine to direct X-rays focused on the prostate that kill the cancer cells within. Brachytherapy is the use of radioactive sources placed within the prostate via needles, under general anaesthesia. In one form, tiny rice-grain-sized seeds placed permanently within the prostate release radiation slowly and kill the cancer cells. Another form involves temporarily implanting radioactive sources into the prostate that are removed after one or two days.

#### • Active Surveillance

Active surveillance is used for small tumours with a low risk of growth and spread. The tumour will be monitored closely using the PSA blood test every few months, and periodic Magnetic Resonance Imaging (MRI) scans of the prostate. The rationale is to postpone aggressive treatment and its side effects, and only have surgery or RT when the cancer begins to grow.

### Are there any side effects from these treatments?

The most common side effects of prostatectomy are urinary incontinence and erectile dysfunction. The incontinence is usually temporary but there may still be occasional leakage in the long term for some patients. As for radiation therapy, there may be increased urinary and bowel frequency, mainly in the first six months after treatment, with subsequent recovery. While in the past having blood in the stool was a potential long term side effect post-radiation, this has become quite rare due to advances in targeting and delivery that minimise exposure of the rectum to high dose radiation. The placement of biodegradable hydrogel spacers between the prostate and rectum prior to radiation is now available to further protect the rectum.



前列腺是男性体内一种核桃形状和大小的腺体，其主要功能是生产精液中的液体。它位于直肠的前方，膀胱下方。前列腺癌的发生是因腺体细胞突变并变成肿瘤。它倾向于发生在50岁以上的男性。50岁以上的男性可以选择使用PSA（前列腺特异性抗原）血液检测开始筛查前列腺癌。

### 我的 PSA 异常偏高--我该怎么办？

大家必须意识到 PSA 指数偏高不一定是癌症引起的，也有可能是感染和良性前列腺增生等其他因素所引起的。然而，还是必须进一步检查以排除癌症的可能性因为早期诊断和治疗有较高的成功率。这些检查包括进一步的血液检查、前列腺磁共振成像扫描 (MRI) 以及前列腺活检以确认是否是患上了癌症。

### 前列腺癌有哪些不同的治疗方案？

前列腺癌的主要治愈性治疗方案包括：

#### • 根治性前列腺切除术

根治性前列腺切除术是一种通过机器辅助切除整个前列腺的手术。

#### • 放射治疗

放射治疗有两种形式——外束或内束（近距离放射治疗）。外束放射治疗是一种非侵入性的治疗方法，通过机器将X射线精确地聚焦到前列腺上，从而杀死癌细胞。近距离放射治疗是一种在患者全身麻醉的情况下直接将放射源通过针筒植入前列腺内的治疗方法。一种形式是将米粒大小的放射源永久性地植入前列腺内，持续释放辐射并杀死癌细胞。另一种形式是将放射源暂时植入前列腺内，并在一到两天后取出。

#### • 积极监测

积极监测适用于生长和扩散风险较低的小型肿瘤。将使用 PSA 血液检查每隔几个月监测肿瘤的生长，并定期进行前列腺磁共振成像扫描 (MRI)。其原理是推迟积极治疗及其副作用，只有当癌症开始生长才进行手术或放射治疗。

### 这些治疗方案有副作用吗？

前列腺切除术最常见的副作用是尿失禁和勃起功能障碍。尿失禁通常是暂时的，然而，一小部分患者可能会长期存在轻微的漏尿问题。放射治疗可能会导致尿频和便秘，尤其是在治疗初期的6个月内。虽然过去便血是放射后潜在的长期副作用，但由于靶向方面的进步，将高剂量辐射暴露于直肠的可能性大大降低，因此这种情况变得非常罕见。现在，医生可以通过在治疗前放置可生物降解的水凝胶间隔物来进一步保护直肠。

This article is contributed by Dr Jonathan Teh Yi Hui, Medical Director (Centre for Stereotactic Radiosurgery) & Senior Consultant Radiation Oncologist at Asian Alliance Radiation & Oncology (AARO).



Please scan the QR code for the full article.  
请扫描二维码查看全文。

# 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, Zumba Gold Toning, Fall Prevention Workout, Zentangle Art  
**星期一:** 放松与伸展, 尊巴, 黏土艺术, 气球艺术  
**星期二:** 绘画班, 乌克兰丽丽 (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, 编织袋课程  
**星期五:** 指画班, 尊巴塑身, 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 :** Line Dance, Finger Painting  
**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, 编织袋课程  
**星期二:** 有氧运动, 乌克兰丽丽 (基础), 乌克兰丽丽 (中级), 声乐课, 卡拉OK  
**星期三:** 排舞, 指画  
**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 :** Batik Painting, 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:** 蜡染绘画, 防摔锻炼  
**星期四:** 黏土艺术, 尊巴, 乌克兰丽丽 (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 :** Batik Painting, Zumba Gold, Line Dance, Nagomi Pastel Art  
**Wed :** Kpop Fitness, 365 Rhythmic Stretching Exercise  
**Thu :** Masala Bhangra Dance Workout, Chinese Painting, Ocarina, Zentangle Art  
**Fri :** Fall Prevention Workout, Ukulele (Basic), Vocal Training, Karaoke Session/Games Day  
**星期一:** 普拉提拳击运动, 黏土艺术, 绘画班, 椅子伸展运动  
**星期二:** 蜡染绘画, 尊巴, 排舞, 和谐粉彩画  
**星期三:** 韩流健身, 365拉筋伸展运动  
**星期四:** 班格拉健身操, 水墨画, 陶笛, 缠绕画  
**星期五:** 防摔锻炼, 乌克兰丽丽 (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, Art and Craft, Kpop X Fitness, Nagomi Pastel Art  
**Tue :** 365 Rhythmic Stretching Exercise, Crochet, Therapeutic Support Programme Workshop, Masala Bhangra Workout  
**Wed :** Zumba, Line Dance, Zentangle Art  
**Thu :** Korean Class (1), Fall Prevention Exercise, Chinese Painting, Piloxing Lite Exercise  
**Fri :** Korean Class (2), Circl Mobility Exercise, Ukelele (Basic), Ukelele (Intermediate)

**Contact No 联络号码:** 8028 5905

**星期一:** 放松与伸展, 美术与手工, 韩流健身, 和谐粉彩艺术  
**星期二:** 365拉筋伸展运动, 钩针编织, 疗愈支持小组, 班格拉健身操  
**星期三:** 尊巴, 排舞, 缠绕画  
**星期四:** 韩语课 (1), 防摔锻炼, 中国画, 普拉提拳击运动  
**星期五:** 韩语课 (2), 活动能力锻炼, 乌克兰丽丽 (基础), 乌克兰丽丽 (中级)

\*Subject to changes without prior notice.

\*如有更改, 恕不另行通知。

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

<b>5<sup>th</sup></b> <b>OCT</b>	<b>9.30 am - 12.00 pm</b> Love Lunch at TMP SSC	<b>2<sup>nd</sup></b> <b>NOV</b>	<b>9.30 am - 12.00 pm</b> Love Lunch at TMP SSC	<b>7<sup>th</sup></b> <b>DEC</b>	<b>8.30 pm - 9.30 pm</b> 365Live on Facebook
<b>12<sup>th</sup></b> <b>OCT</b>	<b>9.30 am - 12.00 pm</b> Love Lunch at AMK SSC <b>8.30 pm - 9.30 pm</b> 365Live on Facebook	<b>9<sup>th</sup></b> <b>NOV</b>	<b>9.30 am - 12.00 pm</b> Love Lunch at AMK SSC <b>8.30 pm - 9.30 pm</b> 365Live on Facebook	<b>14<sup>th</sup></b> <b>DEC</b>	<b>8.30 pm - 9.30 pm</b> 365Live on Facebook
<b>19<sup>th</sup></b> <b>OCT</b>	<b>9.30 am - 12.00 pm</b> Love Lunch at BKP SSC	<b>16<sup>th</sup></b> <b>NOV</b>	<b>9.30 am - 12.00 pm</b> Love Lunch at BKP SSC		
<b>26<sup>th</sup></b> <b>OCT</b>	<b>9.30 am - 12.00 pm</b> Love Lunch at CMT SSC <b>8.30 pm - 9.30 pm</b> 365Live on Facebook	<b>23<sup>th</sup></b> <b>NOV</b>	<b>9.30 am - 12.00 pm</b> Love Lunch at CMT SSC <b>8.30 pm - 9.30 pm</b> 365Live on Facebook		

\*Subject to changes without prior notice. \*如有更改, 恕不另行通知。

## 365 拉筋伸展运动

### RHYTHMIC STRETCHING EXERCISE

#### EAST

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

#### CENTRAL

<b>NTUC Health Active Ageing Centre</b> 41 Telok Blangah Rise, S090041 Wed, 9.30am	<b>Kallang Polyclinic</b> 701 Serangoon Road, Level 2 Health Studio Fri, 10am
<b>Renewal Christian Church</b> 88 Saint Francis Road, S328070 Thu, 8am	<b>Wan Min Community Services</b> 45A MacPherson Road, S(348470) Tue, 10am

#### NORTH

<b>407 Yishun Avenue 6 (Nee Soon Link Park)</b> S760407 Mon to Fri, 6.30am	<b>Ang Mo Kio Town Garden West</b> Ang Mo Kio Ave 3 S560126 (Open space overlooking Block 126) Tue to Sat, 7am
<b>Sembawang Polyclinic</b> 21 Canberra Link, Clinic 1C Level 1 Health and Wellness Studio Thu, 10am	<b>Khatib Polyclinic</b> 690 Yishun Ring Road, Level 1 Health Studio, Mon, 11.30am & Thu, 12.30pm

#### WEST

<b>106 Gangsa Road (Hardcourt in front of Block 106)</b> S670106 Tue, 7.30pm	<b>Spots @ Buona Vista (Basketball Court)</b> 115A Commonwealth Dr, S149596 Tue & Fri, 7am
<b>Bukit Gombak Stadium</b> 800 Bukit Batok West Ave 5, S659081 Mon to Sat, 7am	<b>Singapore Botanic Garden, Eco-Garden</b> 469C Bukit Timah Rd, S259772 Mon, 8am

#### NORTH-EAST

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

#### VIRTUAL

**Zoom** Wed, 8.15pm



\*Subject to changes without prior notice.  
\*如有更改, 恕不另行通知。



## VOLUNTEER WITH US

### 成为我们的义工

## MAKE A DONATION

### 爱心捐款



**ADMINISTRATION**  
行政



**SERVICES SUPPORT**  
服务支持



**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](mailto: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](mailto: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

President : Mr James Chia  
Vice President : Mr Sam Ang  
Vice President : Dr Francis Chin  
Honorary Secretary : Ms Ang Pei Wen  
Honorary Treasurer : Ms Jenny Aw  
Honorary Assistant Treasurer : Mr Jeremy Chan  
Member : Dr Fabian Lim  
Member : Mr Joshua Siow  
Member : Mr Jeremy Tan

会长 : 谢松兴先生  
副会长 : 洪汇权先生  
副会长 : 陈国俊医生  
秘书 : 洪佩文女士  
财政 : 胡慧敏女士  
副财政 : 陈锡偉先生  
委员 : 林进龙博士  
委员 : 萧子强先生  
委员 : 陈清温先生

## Management Staff 管理层

Chief Executive Officer : Mr Ben Chua  
Assistant Director, Corporate Services : Ms Arlinda Chen  
Assistant Director, Fundraising Marketing, & Volunteer Management : Mr Andrew Soh  
HOD, Allied Health Services : Mr Andrew Ong

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 : 苏玮文先生  
管理部副总监 : 翁国华先生  
综合医疗保健服务主管

## 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  
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  
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