

For Prostate Cancer Patients



# ALL ABOUT YOUR DIET



## ABOUT THIS BOOKLET

This booklet is for men who have been diagnosed with prostate cancer. In this booklet, you will be provided with information concerning your diet, the importance of consuming an adequate nutritional intake while you undergo treatments and an overall approach to building a better quality of life for yourself by leading a healthy lifestyle.

We hope this booklet will be useful to you and help you with making healthier and body beneficial choices where your diet is concerned.

### About Singapore Cancer Society



The Singapore Cancer Society (SCS) is a community based voluntary welfare organisation dedicated to minimising the impact of cancer through public education, screening, patient services, financial assistance, research and advocacy.

As a self-funded charity, SCS is dependent on public donations to provide quality services to cancer patients, their families and the community at large.

SCS was established in 1964, registered as a society in 1984 and was accorded IPC (Institution of a Public Character) status as a charity in 1995 by the Ministry of Health.

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# The Daily Nutrition

## Your Body Requires

### The Importance of a Well-Balanced Diet

While being treated for cancer, you need to be well nourished. This gives your body the best chance to fight the cancer and cope with treatment. If you are being treated for prostate cancer, the right nutrition will help you cope better with treatment; and, if you have recovered, good nutrition will help you stay well.

There are no scientifically proven ways of preventing prostate cancer, but a healthy diet and lifestyle may be important. Eating healthily and being active can help you maintain a healthy weight. This may mean that you are less likely to be diagnosed with aggressive or advanced prostate cancer. A healthy lifestyle can also improve your general wellbeing and reduce your risk of other health problems such as diabetes, heart disease and some other cancers.

### Lay a Healthy Food Foundation

Use the “My Healthy Plate”, a friendly visual tool designed for Singaporeans by the Health Promotion Board (HPB) to eat the right types and proportions of food from each of the three food groups — Brown Rice and Wholemeal Bread, Fruit and Vegetables as well as Meat and Others.

- Select a wide variety of food from each food group to get all the nutrients you need and reduce exposure to too much of any food, nutrient or substance in food.
- Eat the right proportion from each food to get the right balance of nutrients from each food group.
- Prepare each food carefully, to retain the nutrients and, reduce intake of sodium and sugar.

The “My Healthy Plate” encourages individuals to:

- Fill half the plate with fruit and vegetables.
- Fill a quarter of the plate with whole-grains.
- Fill a quarter of the plate with meat and others.
- Use healthier oils; Choose water; Be active.





### Fill Half Your Plate with Fruit and Vegetables

Fruit and vegetables are rich in vitamins, minerals, dietary fibres and many other plant-based substances (phytochemicals) that are beneficial to health. Research shows that vegetables and fruits probably protect against a range of cancers, including mouth, pharynx, larynx, oesophagus, stomach, lung, pancreas and prostate.



#### TOP TIPS

- ✓ Select a variety of fruit and vegetables each day.
- ✓ Pick brightly-coloured ones more often.
- ✓ Eat fresh fruit and vegetables more often.
- ✓ If you do cook vegetables, use less oil and salt.

### Fill a Quarter of Your Plate with Whole-grains

Whole-grains products include brown rice, wholemeal bread and wholegrain noodles, wholemeal noodles, wholemeal biscuits, chapatti and oats. Whole-grain foods contain vitamins, minerals and plant-based substances that are beneficial to overall health.



#### TOP TIPS

- ✓ Select a variety of whole-grain foods each day to make up your meals and snacks.
- ✓ Prepare whole-grain foods with less oil, salt and sugar.



### Fill a Quarter of Your Plate with Meat and Others

Fish, tofu, legumes, eggs, skinless poultry, lean meat, milk and dairy products such as yogurt and cheese belong to this group. These foods are good sources of protein and help with tissue repair and maintenance.



#### TOP TIPS

- ✓ Eat 2 portions of fish each week, especially oily fish such as salmon, tuna, and mackerel.
- ✓ Select lean meat, skinless poultry and low fat dairy products.
- ✓ Prepare protein rich-foods with less oil, salt and sugar.

### Choosing the Healthier Fats

Cut out on foods high in saturated fats and trans fats. Opt for more healthy fats like polyunsaturated fats and monounsaturated fats to lower overall calorie intake.

#### Polyunsaturated Fat (Omega-3)

- Salmon, sardines.
- Walnuts.
- Canola and soybean oil.



#### Polyunsaturated Fat (Omega-6)

- Vegetable oils (e.g. corn, soybean and sunflower oil).
- Seeds (e.g. sunflower seeds and sesame seeds).



#### Monounsaturated Fat

- Vegetable oils (e.g. canola, olive and peanut oil).
- Most nuts (e.g. almonds, cashew nuts and hazelnuts).
- Avocados.



## Reduce Your Consumption of the Following Fats

### Saturated fat

- Animal fat (e.g. fatty meat, chicken skin, lard).
- Full-fat dairy products (e.g. full cream milk, butter, ghee).
- Dishes containing coconut milk or coconut cream.
- Food and products containing palm oil.



### Trans fat

- Pastries and cakes.
- Cookies and biscuits.
- Deep-fried food.
- Products containing vegetable shortening, hydrogenated or partially hydrogenated oils.

## Use Healthier Oils

- Limit the use of saturated fats and avoid trans fats.
- Use moderate amounts of healthier unsaturated oils for food preparation.



## Choose Water

- Make water your preferred beverage. Drink enough to stay well hydrated each day.



## Get the Healthy Food Portions Right

This table illustrates the daily recommended servings for each food group.

Food Group	No. of Servings/Day	Example of 1 Serving
Brown Rice & Wholemeal Bread	<ul style="list-style-type: none"> <li>• 19–50 years: 5–7</li> <li>• 51 years &amp; above: 4–6</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices wholemeal bread (60g)</li> <li>• ½ bowl brown rice (100g)</li> <li>• ½ bowl whole-grain noodles or beehoon (100g)</li> <li>• 4 wholemeal biscuits (40g)</li> <li>• 2 wholemeal chapattis (60g)</li> <li>• 1 ½ cups wholegrain breakfast cereal (40g)</li> <li>• 2/3 bowl uncooked oatmeal (50g)</li> </ul>
Fruits	2	<ul style="list-style-type: none"> <li>• 1 small apple, pear, orange or mango (130g)</li> <li>• 1 wedge pineapple, papaya or watermelon</li> <li>• 10 grapes or longans (50g)</li> <li>• 1 medium banana</li> <li>• ¼ cup dried fruit (40g)</li> <li>• 1 glass pure fruit juice (250ml)</li> </ul>
Vegetables	2	<ul style="list-style-type: none"> <li>• ¾ mug cooked leafy or non-leafy vegetables (100g)</li> <li>• ¼ round plate cooked vegetables</li> <li>• 150g leafy raw vegetables</li> <li>• 100g raw non-leafy vegetables</li> </ul>
Meat & Others	<ul style="list-style-type: none"> <li>• 19–50 years: 3 (of which ½ should be a Calcium-rich food choice)</li> <li>• 51 years &amp; above: 3 (of which 1 should be a Calcium-rich food choice)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 palm-sized fish, lean meat or skinless poultry (90g)</li> <li>• 2 small blocks soft beancurd (170g)</li> <li>• ¾ cup cooked pulses (e.g., lentils, peas, beans) (120g)</li> <li>• 5 medium prawns (90g)</li> <li>• 3 eggs (150g)</li> <li>• 2 glasses reduced-fat milk (500ml)</li> </ul>





### Point to Note: Salt, Sugar and Alcohol Limits

- **Salt:** 1 teaspoon (5g) per day
- **Sugar:** 11 teaspoons per day
- **Alcohol:**
  - Do not start drinking if you do not.
  - If you do drink alcohol, daily limit recommended is:
    - **Men:** No more than 2 standard drinks
    - **Women:** No more than 1 standard drink
  - 1 standard drink is defined as
    - 1 can of beer (330 ml)
    - ½ glass of wine (175 ml)
    - 1 shot of hard liquor (35 ml)

### Coping with Cancer-Induced Weight Loss

During cancer treatment, while you are trying to eat well, you may find it hard to eat the right foods or to eat enough. Here are some tips to help you maintain your weight.

- **Flavour your food**
  - Make your food tasty with herbs.
  - Use oil and sugar in food preparation to help increase calories as well.



- **Snack**
  - Eat plenty of calorie- and protein-rich snacks throughout the day.
- **Get liquid nutrition**
  - Try complete and balanced nutrition supplement drinks, soups, juice, milkshakes and smoothies as they are easier to swallow than solid foods.



## Beneficial Foods And The Foods To Avoid

A heart healthy diet is a prostate healthy diet. Diet and exercise go together in building a healthy heart, leading to better overall health, which translates to a healthier prostate. A heart healthy diet with a variety of fruits and vegetables and a reduced intake of red meat or animal fat on your plate is the way to go.

Limited scientific evidence suggests that there are a number of foods which may be beneficial to your body. They may help in limiting the growth of prostate cancer. They may also work in ensuring prostate cancer does not return after a successful treatment. Consider adding these foods into your diet as part of your well-balanced and healthy diet.

## Help Yourself to More of These Foods

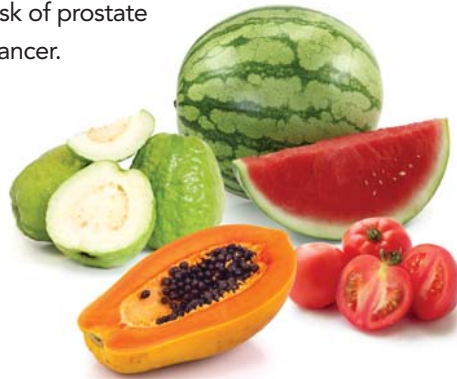
### Soy & Pulses

Soy foods include soy milk, tofu, soy yogurts, miso and tempeh. Epidemiologic studies have generally found high consumption of non-fermented soy foods to be associated with a decreased risk of prostate cancer. A few clinical trials of soy protein or whole soy products have provided early evidence of the ability of these products to lower PSA levels in men with prostate cancer. Other pulses food such as kidney beans, chick peas and lentils can also be consumed as they contain plant chemicals that may be beneficial.



### Lycopene

Lycopene is a plant chemical found in fruits like watermelons, guavas, tomatoes, papayas and apricots. It is an anti-oxidant compound that gives fruits and vegetables their colour. There is some limited evidence that lycopene may lower the risk of prostate cancer.



### Cruciferous Vegetables

Cruciferous vegetables include broccoli, cauliflower, cabbage, brussel sprouts and spinach. They contain vitamins, minerals, other nutrients, and unique phytochemicals. Some of these compounds have shown anticancer effects in cells and animals, but the results of studies with humans have been less clear.



### Green Tea

You may choose to swop your usual hot drinks for a cup of brewed green tea. Pick the unsweetened and decaffeinated versions. Some studies suggest that green tea may protect against some types of cancer, including prostate cancer. There is not enough evidence to show whether green tea is effective in treating prostate cancer.

### Fish

The benefit of eating fish is due to the omega-3 fatty acids found in oily fish. It is good to eat at least two portions of fish each week. Oily fish which you can eat include salmon, mackerel, sardines, trout, herring and fresh tuna. Oily fish also contain vitamin D and selenium.



## Foods that You May Want to Limit

### Meat

There is limited evidence suggesting that processed meat is a cause of prostate cancer. Avoid processed meats like ham, bacon, salami, hot dogs and sausages. To reduce overall cancer risk, eat no more than 510 grams (cooked weight) per week of red meats, like beef, pork and lamb. Cook meat at moderate temperatures and avoid charring.



### High Sugar Foods

Reduce your intake of foods high in sugar. These include chocolates, cakes, biscuits and sugary or fizzy drinks. Regularly consuming sugar-rich foods may contribute to weight gain.

### Preserved Foods

Avoid preserved foods like century eggs, pickles, jams and salted mustard greens. Studies have shown that high salt intake can damage the lining of the stomach. Salt and salt-preserved foods probably increase the chance of developing stomach cancer.



### Calcium

Calcium is important for stronger bones and your overall health. The daily recommendation is to keep to 3 servings of calcium per day. More than 5 servings is not recommended. Avoid low fat dairy products altogether. You may also take in non-dairy sources of calcium like almonds, oranges, black eyed peas, tofu and Chinese cabbage.



### Selenium

Selenium is an essential trace mineral found in meat, vegetables, and nuts. Early studies suggested that selenium may reduce the risk of prostate cancer. However, the large trial, the Selenium and Vitamin E Cancer Prevention Trial (SELECT) investigating this found that taking selenium supplements did not reduce the risk of prostate cancer, and in some cases of men who have high baseline levels of selenium, it may actually increase the risk of being diagnosed with high grade prostate cancer. Consumption of selenium supplements should be avoided.

### Recommended Methods of Cooking

- Avoid grilling, deep frying, barbequing and baking your foods. Instead, opt for healthier cooking methods like steaming, boiling and stir-frying.
- Reduce your intake of salt, sugar and oil.
- When shopping at the supermarket, select items that are lower in fat, salt and added sugars and select vegetable oils like olive and canola oil.



### Nutritional Supplements to Support Your Health

To reduce your risk of cancer, choose a balanced diet with a variety of foods rather than taking supplements. As the name 'supplement' suggests, these products are to be used with a healthy and well-balanced diet.

There are several ways that supplements can cause problems for people during cancer treatment.

- For example, some dietary supplements can cause skin sensitivity and severe reactions when taken during radiation treatment.
- People getting chemotherapy may be at higher risk for drug interactions if they take dietary supplements.

**Cancer experts often recommend that patients avoid dietary supplements altogether until their cancer treatment is over.**

If you decide to take supplements anyway, be sure to let your doctor know exactly what you are taking.

Here are some practical tips to guide your decision to take supplements, if needed:

1. You are eating less than you should.
2. You are avoiding particular foods or food groups.
3. You are losing weight.

In these situations, you may want to supplement your diet with one of the following:

- Higher energy complete and balanced nutritional supplement drinks.
- Complete and balanced nutritional supplement drinks.
- Multi-vitamin and mineral supplement pills.







# Managing The Side Effects From Your Treatment

## Some Common Side Effects

There will be some side effects when you undergo cancer treatments. You may need to change your food intake to manage these effects and to achieve the nutrition that your body needs.

Here are some recommendations that may help you cope with the side effects. If the side effects persist or worsen, consult your doctor for medications that can help you.

### **Nausea/Vomiting**

Switch to eating a small and light meal before going for your treatment as it may help to reduce nausea. Avoid high fat, heavily spiced and overly sweet foods. Choose bland foods like dry crackers and toast. Drink plenty of water to avoid dehydration.

### **Diarrhoea**

High-fibre foods like fruits and vegetables should be avoided if you have diarrhoea. Milk and dairy products should be avoided as you may have lactose intolerance due to the diarrhoea.

### **Poor Appetite**

When you have poor appetite, try to consume small frequent meals throughout the day. Do not wait until you get hungry. You can select nutrient and energy dense foods or drinks to get your nutrition in smaller portions.

### **Constipation**

Eat high fibre foods such as fruits, vegetables and whole-grain breads. Drink 8-10 cups of water daily including warm, non-caffeinated beverages.

### **Gas/Bloating**

Do not consume foods like cabbage, cauliflower, broccoli, dried beans, peas and avoid fizzy drinks.

### **Altered Sense of Taste**

Some foods that you did enjoy in the past may not taste or smell as good during treatment. You can replace them with nutritional alternatives or serve them up chilled, masked with spices or even covered and sipped through a straw.

### **Possible Conditions Arising from Hormone Therapy Treatment**

After undergoing hormone therapy as part of your treatment, expect some side effects to occur. Here is a list of them and how you can reduce these side effects through a combination of diet and physical activity.

### **Weight Gain**

Weight gain may occur when you are on hormone therapy and it raises the risk of heart disease and diabetes. It will be good to stick to a portion-controlled healthy diet and regular physical activity to bring the weight down to a normal level. Consult a dietician if you are finding it difficult to cut down your weight.





### **Bone Thinning**

Bone thinning also known as osteoporosis, usually occurs after six months of hormone therapy and may cause bone fractures. Doing gentle resistance exercises like brisk-walking; swimming and carrying small weights help strengthen bones. Do discuss your exercise plans with your doctor to confirm that they are safe for you. You may be referred to a physiotherapist who may tailor a specific exercise programme to meet your needs.

Calcium and Vitamin D are needed to maintain strong bones and appropriate supplements may be advised by your doctor or nurse. You can also get vitamin D from sunlight. Other food sources include oily fishes like sardines, mackerel and salmon. Your intake of calcium can be found in non-dairy foods like almonds, oranges, black eyed peas, tofu and Chinese cabbage.

### **Hot Flashes**

A common side effect from hormone therapy are hot flashes. When you're experiencing this, it's best to avoid consuming tea and coffee and getting yourself overheated. Try to relax in a cool environment, you may use fans or open your windows to allow air to flow in. Avoid hot baths and reduce alcohol intake.

### **Strength and Muscle Loss**

Muscle loss may occur due to hormone therapy. To counter this and improve on your strength, do some resistance exercises like swimming and lifting weights.



### **Tiredness**

This can occur as a side effect from treatments like hormone therapy, radiotherapy and chemotherapy. Boost your energy levels with light to moderate exercises such as walking and cycling. It is normal to feel a lack of motivation after treatment so what you can do is to start off with shorter exercise periods at a lower intensity and take regular breaks in-between your exercise routines.

### **Bowel Problems**

Radiotherapy may cause diarrhoea problems during and after treatment. Follow the recommended diet given by your hospital during the course of your treatment. It would be best to reduce total dietary fibre intake when having severe diarrhoea and then slowly increase it again to normal levels.

Lean white meat, cornmeal, eggs, white rice, pasta and bread are some foods you can eat. Avoid foods that are high in fat, spicy and items that contain lactose (milk sugar). Eat small, regular meals with adequate sodium and increase energy content over time. Stay well hydrated by drinking plain water, rehydrated solutions or isotonic drinks.



Some men may experience constipation due to pain-tablets given after surgery and in treating advanced prostate cancer. If you are experiencing constipation, drink plenty of fluids and consume high-fibre foods such as vegetables, fresh fruits and dried fruit like prunes. Gentle exercises can also help. If the condition persists, speak with your doctor for solutions. You may require a laxative which helps to empty your bowels.

### **Urinary Problems**

Passing urine can become a problem after treatments for prostate cancer, particularly if you have undergone surgery. You can manage this problem by maintaining a healthy weight, exercising regularly and avoiding constipation by eating high fibre foods. Drink plenty of fluids but try to avoid fizzy drinks, alcohol and drinks high in caffeine (tea, coffee, cola) as they are prone to irritating the bladder.

### **Erection Problems**

Erection problems can occur due to the variety of treatments used for prostate cancer. The effect of this problem can be reduced if you work on keeping yourself physically active and maintaining a healthy weight. There are medical options available to treat the condition so do speak to your doctor on what you can do to aid the condition.





# Exercise

## And Other Lifestyle Matters

### Maintaining a Healthy Weight

Research has shown that maintaining a healthy weight will reduce the risk of many health problems such as heart disease, diabetes and other forms of cancer. If weight is left unchecked, an overweight or obese person is more exposed to developing advanced prostate cancer.

Treatment procedures such as surgery and radiotherapy may yield better results when you are at a healthy weight. Paying careful attention to your weight will also lessen the occurrence of blood loss and urinary problems if you are required to undergo surgery.

If you are overweight, be sure to cut out foods high in fat and sugar from your diet. By eating a portion controlled balanced diet and exercising regularly, you will lose weight in a healthy way. Avoid going on a crash diet as you may lose out on the nutrients your body requires. Ask your doctor for a referral to a dietician for a diet plan or a weight loss programme.

If you are underweight, do make sure you eat enough. There is a higher risk of bone thinning for underweight men going through hormone therapy.



### Check Your Body Mass Index (BMI)

The Body Mass Index (BMI) value will tell you whether you are at a healthy or unhealthy range according to your height and weight. You can calculate your BMI by using your weight (in Kg) to divide the multiplication sum of your height (height in metre X height in metre).

$$\text{BMI} = \frac{\text{(weight in kilograms)}}{\text{height in meters}^2}$$



A BMI above 23 is considered as a moderate risk for chronic diseases like cardiovascular diseases and diabetes; and, above 27.5 the risk is higher. Being obese also increases the rate of certain cancers.



## Importance of Exercise

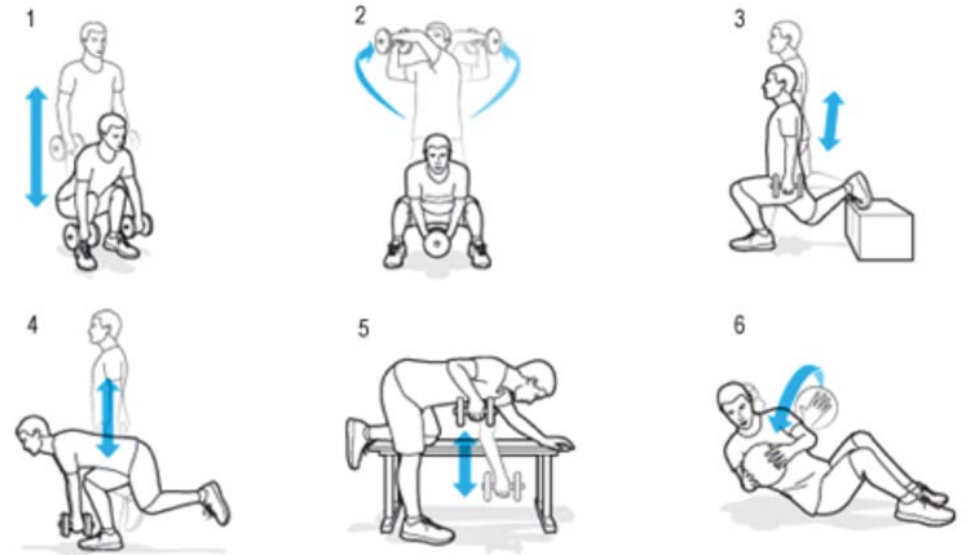
There are many benefits to exercise. It is a stress relieving activity that helps you regain body strength and keep your weight at a healthy level. It helps to reduce side effects arising from your treatments. Feelings of regular fatigue experienced after your treatments will be reduced. A moderate exercise regimen helps in building appetite, improving digestion and regulating your bowel movements. You will find that exercise plays a part in improving your overall mental health.

Being physically active is useful in stopping cancer from growing. Even for men who have had successful recoveries from prostate

cancer, a continuous commitment to regular exercise, a healthy diet and weight control will help further reduce the chances of the disease returning.



Exercise can be enjoyed in a number of ways. If you are unable to participate in fast and intense exercises, consider aerobics like walking, swimming and cycling as a way of staying active. Take the stairs instead of the elevator. Increase your walking everyday by parking your car at a further distance and walk a longer route to your destination. Or, you can find an activity that you enjoy and make a commitment to doing it. Start out slowly and do not force yourself to do strenuous activities.



**Resistance exercises** (like weight lifting) can be part of your exercise routine too. Incorporate resistance exercises into your regimen a few times in a week, alternating different body parts. Resistance training is done to increase the strength and mass of muscles, bone strength and metabolism. It can help to increase good cholesterol, reduce hypertension and improve glucose parameters (including insulin sensitivity) which are

considerable risk factors for erectile dysfunction.

Your regular exercise routine can consist of the following durations:

- 30 – 60 minutes a day.
- 2 – 3 times a week.

Do consult with your doctor on the feasibility of exercising and the types of physical activities that you can engage in.



### TIP

- ✓ If you are doing resistance exercises, work on different body parts in different sessions. Work on your chest muscles and triceps one day, followed by your back muscles and triceps on the next day, and then on your leg muscles and shoulders in the next session.



## Walnut Warriors Exercise Programme



This is an exercise program under the Singapore Cancer Society SCS Walnut Warriors. This program is free and it is suitable for prostate cancer patients that is undergoing hormonal therapy. Research has shown that resistance training helps reduce effect and even restore many side effects related to hormone treatment.

This program is introduced and developed by a psychology exercise expert, Michael Ross, who is qualified to offer treatment. In doing so, it helps to reduce fatigue and improve muscle strength. It is highly recommended for males who are undergoing hormone therapy.

The series of resistance exercises aims to improve muscle strength, joints function, mobility and balance.

For those who are interested, they need to undergo general evaluation. To register for this evaluation, please email: [rehab@singaporecancersociety.org.sg](mailto:rehab@singaporecancersociety.org.sg)



## Stay Away from Smoking

Smoking will promote the growth of cancer cells and progress to advanced prostate cancer. It also induces other forms of cancer at other parts of the body. After treatment like surgery or radiotherapy, the chance of prostate cancer reoccurring is higher if you continue to smoke. It is best to avoid smoking to lessen the side effects that arise from the treatments for prostate cancer.



In general, do not start drinking alcohol if you currently do not. If you do drink alcohol, daily limit recommended is:

- **For Men:** No more than 2 standard drinks.

### 1 standard drink is defined as:

- 1 can of beer (330 ml).
- ½ glass of wine (175 ml).
- 1 shot of hard liquor 35 ml).



## Limit Alcohol Consumption

Alcohol consumption may irritate the bladder especially if you have urinary problems after your treatment. A consultation with your doctor will reveal whether alcohol will affect your treatment process. It is best to moderate drinking alcohol to avoid putting on weight and being at risk of other health problems such as heart disease and other forms of cancer.



# SCS Walnut Warriors

*A Support Group For Men  
with Prostate Cancer in Singapore*



**SCS Walnut Warriors** is a support group that reaches out to men who have been diagnosed with prostate cancer. This support group provides psychosocial support and encouragement to its members. It helps them make the transition in life by enhancing their well-being through therapeutic and enrichment programmes.

Members meet to share their personal experiences, exchange information, and gain an insight into how others cope with their condition and the problems they encountered. Members also engage in a variety of activities such as educational talks or workshops, social and recreational events, enrichment and interest learning sessions, as well as peer-to-peer support.

Membership is voluntary and FREE. Meetings are held every second Saturday of the month, from 2.00 pm to 5.00 pm, at the Singapore Cancer Society's Multi-Service Centre located at 9 Bishan Place, Junction 8 Office Tower, #06-05, Singapore 579837.

Please contact us at **6499 9132** or [supportgroup@singaporecancersociety.org.sg](mailto:supportgroup@singaporecancersociety.org.sg) to join or to find out more.







SCS also conducts free Enrichment Programmes which are open to all cancer support group members. View the event schedule located on our website ([www.singaporecancersociety.org.sg](http://www.singaporecancersociety.org.sg)) to get a taste of the variety of activities being offered. Some of these activities include Tai Chi, Yoga, Art & Craft, Ukulele, Line Dancing, Gymnastics, Tea Appreciation, Chinese Calligraphy and more. To register, please contact us at [supportgroup@singaporecancersociety.org.sg](mailto:supportgroup@singaporecancersociety.org.sg).

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- National Cancer Institute (NCI): [www.cancer.gov](http://www.cancer.gov)
- World Cancer Research Fund / American Institute for Cancer Research: [www.dietandcancerreport.org](http://www.dietandcancerreport.org)





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