

For Prostate Cancer Patients



YOUR
EMOTIONAL
WELL-BEING



ABOUT THIS BOOKLET

This booklet is for men who are living with prostate cancer. In this booklet, you will learn about coping with your emotions and other psychosocial matters brought upon by your condition and treatment side effects. You will learn about the usefulness of building a support network of friends, family and professional experts who can support you through your journey to recovery.

We hope this booklet will be of valuable assistance to you and inspire you to leading life with a pro-active outlook and lifestyle that will greatly benefit your well-being.

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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"One is always fearful of the unknown.
Read up or talk to people to find
out as much you can on prostate cancer.
Take positive action whenever you can.
Don't wallow in self-pity and negativity,"

*Mr Tan Tai Jong
Prostate Cancer Survivor*



Your Feelings & Relationships

Being Diagnosed With Prostate Cancer

Hearing the news of your prostate cancer may bring out mixed emotions in you. You may be feeling a sense of shock, denial, worry, anger or distress. You may also be overwhelmed with different concerns, such as its impact on your life and your future. These reactions are normal and you may experience them at different points of the cancer journey.

Prostate cancer affects a lot of men. You may have a lot of questions about the illness, and the severity of your condition. Remember that everyone's condition may be different; it will be useful for you to speak to your doctor and nurses to have a better understanding of your condition and treatment options.

Remember, you are not in this journey alone and others have been in your position too. There are ways and avenues present that may offer help and support.

Speaking Up on Issues that are Affecting You

Don't bottle up your concerns or issues. During your treatment, you may have many questions or clarifications that you need to make. Do talk to your doctor or nurses regularly about it. Some of these issues can be better understood when a medical professional explains it to you and advises you accordingly. Having the necessary information may help empower you to make the necessary decision about your treatment and allow you to feel more in control of the situation, and make planning for the future.

It may be difficult to talk to your family and loved ones about your cancer condition. You may be wondering if you should tell, whom to tell or even how much to say. It is important to let your loved ones know about the



diagnosis. The diagnosis does not just affect you individually; it will affect everyone who is linked to you.

In some cases however, it can also bring the family closer together. Opening up to your loved ones on your feelings and problems will allow them to understand you, your needs and your experience better so that both you and your loved ones can better support one another through this time.

Ask yourself what other help will you need from here on? Who are the people who can help and what are the resources available to you? How about joining a support group? Draw up a list of these useful information as a way of your personal preparation in battling prostate cancer. Remember, you don't have to be alone in your battle against this disease.



Making Adjustments to Your Life & Relationships

Here's what you can do to prepare yourself for the journey ahead:

- Arm yourself with up to date information on prostate cancer (be sure the information is from a medically approved source).
- Take the time to learn about your cancer diagnosis, the risk and benefits of the different treatments, and the impact they may have on you.
- Be prepared to make changes to your diet due to the treatments you undergo.
- Exercise and maintain a healthy weight.

Relationships

Prostate cancer can have an effect on your relationships with your partner and other family members. You may not be open to talking about certain things such as sexual and intimacy issues, fertility concerns, physical limitations and body-image issues. By limiting your partner on details about your condition, you prevent the opportunity for both of you to talk openly to each other about what is happening, and share in each other's feelings. This may create patterns of miscommunication and in turn affect your relationship. It's important to be flexible, so speak to

your partner and listen to each other's needs.

You can also share your knowledge with your loved ones. This will be helpful in letting them figure out how they can support you better. Support can be mutual. Being ill does not mean that you are only on the receiving end of support. Some individuals though being the ones who are ill have been a source of inspiration for their family members in the ways they have faced and dealt with their illness.

All of us are different, and the way we express our love and concern for our loved ones are also different. Through the 5 languages of love, think about how you may support each other, and find out how best your loved ones would feel that he/she is being supported:

- Acts of Service (e.g. helping to run errands; accompanying for medical appointments)
- Words of Affirmation/Encouragement
- Gifts
- Quality time
- Physical touch

Bear in mind to give yourself and your loved ones time to adjust to the changes in the home, relationships and family brought about from your condition and treatment for the disease.

“First and foremost, one must accept the fact that you are a cancer patient. Be positive and change what things that are within your control and accept what you cannot control. For instance, don't have sleepless nights over your illness as sleep is important for your recovery. Reduce your stress by being more tolerant of others, be less fastidious, more forgiving, less demanding and lower your expectations,”

*Mr Tan Tai Jong
Prostate Cancer Survivor*



Dealing With The Side Effects

From Your Condition and Treatments

Be Informed on the Treatments Available to You

Long term and short term side effects will be a common occurrence from the treatments you go through and they can be often managed or treated. Feeling uncertain about the cancer treatments, their possible side effects and whether it will work can be a source of worry for men. However, try to learn more about the treatments available to you and keep in mind that these treatments do not always work the same for every person.

Your doctors and nurses are there to advise and help you. Speak with them about your problems and they will be able to recommend to you appropriate solutions.

Types of Side Effects

Sexual Health and Intimacy Issues

In treating prostate cancer, symptoms and side effects could present themselves and affect your sexual health. You may find these changes influencing how you feel about yourself sexually, your interest to have sex, your ability to get an erection, ejaculate, achieve an orgasm, and your overall sexual satisfaction. These issues can also impact the relationship you have with your partner.



These changes do not necessarily mean you have to give up on enjoying intimacy with your partner. Try exploring other ways of sharing intimacy without necessarily having penetrative sex. Spending time together, kissing, cuddling and caressing are some ways of also being intimate with your partner. In some cases, men become closer to their partners despite these sexual issues.

There is treatment and support available for these sexual issues. You can ask your doctor and nurses for more information. You may be referred to a specialist who treats problems like erectile dysfunction (ED).

Hot flushes

A hot flush is a sudden occurrence of warmth, beginning in the face and chest and spreading in waves to other parts of the body. It occurs after hormone therapy treatment. The symptoms you get when having a hot flush include sweating, reddening of the skin, racing heart and feelings of anxiety, irritability and panicking. It can be difficult to live with and its occurrence varies in different individuals. Some get a hot flush every day, some get a few every month and they can last for months or years.

The flushes occur due to dropping levels of testosterone. Smoking, drinking



coffee or tea and being overheated can make the flushes worse. You may want to look into keeping your room cool and wearing light clothing. If you sweat a lot at night, it helps to have a towel by your bed side. Cut down your intake of alcohol and opt for a lukewarm shower instead of a hot one. There are medicines available to treat hot flushes too.



Urinary problems

Problems with peeing, leaking urine (incontinence) and difficulty emptying your bladder (urine retention) are some common urinary problems after undergoing treatment for prostate cancer.

Try to keep yourself fit by staying at a healthy weight and give up smoking as they can help you lessen your urinary problems. Drink plenty of fluids daily but cut down on things like fizzy drinks, alcohol and highly caffeinated drinks like tea and coffee as these are prone to irritating the bladder.



A urinary specialist can help you with your problems. You can ask your doctor and nurses for a referral.

Bowel problems

Bowel problems occur in some men as a side effect after Radiotherapy treatments (external beam radiotherapy and brachytherapy). Due to radiation, the lining of the bowel may become inflamed (proctitis), leading to occurrences like loose and watery stools (diarrhoea), pain in the stomach area (abdomen) or back passage.

These bowel problems can either be a temporary condition or become permanent. In some cases, these problems occur in men months or years after the treatment is over.

If you are having a diarrhoea problem, cut down your consumption of fibre in your diet temporarily. Some examples of low-fibre foods you can consume include white rice, bread, pasta, eggs, potatoes and lean white meat. Drink plenty of fluids but avoid drinks like fizzy drinks, alcohol, coffee and tea.

There are medicines available to manage your bowel problems and to control diarrhoea. If you are having long-term bowel problems, you can request to consult with a bowel specialist (Gastroenterologist). Tests will be conducted to ascertain any damage to the bowel.



Fatigue

Fatigue is a common occurrence in men after undergoing any of the treatments for prostate cancer. The feelings of fatigue can range from feeling tiredness to utter exhaustion and it occurs in different levels in all men. Some men don't feel the tiredness after treatment and other men feel so tired until it becomes challenging for them to go about their daily activities.

Common feelings include feeling

weak, lethargic and drained of energy. You might find your energy levels, motivation, emotions, concentration and sex drive affected as a result of fatigue. Sometimes, you will find rest alone does not relieve the problem. Having advanced prostate cancer increases the likelihood of having a fatigue problem.

Work on organising your day well in advance so you reserve your energy for the events and activities that require them. Save your energy for these things by cutting back on other activities and preparing ample time to achieve a proper rest for yourself.

Exercising and adhering to a healthy and well balanced diet can give you the adequate energy you need daily as well as reduce occurrences of tiredness.

Sleep problems

Having sleep problems can cause you some difficulties. You may be feeling tired during the day as you go about your normal activities or it may make any tiredness you already have worse. Ensure you get a good rest when you go to sleep. You may want to look into dealing with any possible worries that are keeping you awake at night. Relaxation techniques, exercise and a good, balanced diet are essential for a good night's sleep.



Feelings of stress

Stress can be a constant occurrence throughout your journey with prostate cancer. You may find your moods and emotions changing as time goes by and increasing your stress levels as a result. Stress can also result when you need to make changes to your lifestyle in order to cope with the demands of



the disease and treatment side effects. When high stress levels continue for a period of time, you will find yourself experiencing an eventual burnout or exhaustion.

Look out for the following signs of stress:

- Inability to sleep regularly
- Headaches
- Heart problems
- Feeling tired constantly
- Falling ill
- Becoming oversensitive increasingly

Relax yourself through activities such as reading, taking a walk or listening to music. Limit your intake of alcohol. Try to get proper and adequate rest time for yourself. If you wish to, you may request to speak to a social worker or counsellor on the issues affecting you and contributing to your feelings of stress.



healthy lifestyles to combat stress are generally helpful in your overall well-being. However, if feelings of anxiety and fear are prolonged, or if you start to experience depression to the extent it affects your day to day activities, you may need professional help. Your doctor is able to refer you to a specialist who can help you.

Coping with anxiety & fear

It is normal to feel anxious over your cancer condition and during treatments. You may worry over pain, side-effects of treatments and uncertainties ahead or fear of your mortality. Sometimes, you may even feel apprehensive towards seeking treatment. Family members may feel the same way too.

With support from your loved ones, being able to talk about your feelings to someone you trust and adopting



“My outlook of life now is quite simple. Always think positively; every issue has a solution; nothing is hopeless unless you give up. Lower your expectations. Only meet your 'needs' and minimise your 'wants'. Be gregarious and friendly. Smile and laugh more. Accept others as they are and be less sensitive with negative comments,”

*Mr Tan Tai Jong
Prostate Cancer Survivor*



Reaching Out For Support

Why Developing a Support System is Beneficial

The cancer journey can be quite lonely and having a support system can serve as an added boost for a prostate cancer patient and his recovery process. When you might need help, where you might need advice or assistance, or to share your feelings, a support system can help you cope with the demands and complexities you go through due to the disease.

This support system can be made up of close family members, friends, counsellors, medical staff and cancer support groups. Bear in mind to reach out to the people whom you are confident will be able to give you the answers you ask and who can assist you with your needs.

Keep in Touch with Your Friends and Family

Keeping in touch with your family and friends can help to alleviate some of the loneliness faced by prostate cancer patients as they go through the grind of treatment, medication and a general sense of uncertainty. Sharing your thoughts and experiences with your close ones can help strengthen relationships. Feel free to talk to them and share updates on what treatments you are currently undergoing and how the results are showing.



You can also join the Singapore Cancer Society Walnut Warriors, a support group for men with prostate cancer. For more information on the **SCS Walnut Warriors**, refer to page 19.

Involve Yourself in Regular Activities

Consider participating in some light physical activities. What are your hobbies? Or are there activities that you enjoy?

Participating in them can help in reducing stress and worry. Find an activity that you are comfortable with physically and if you have any medical concerns, consult your doctor. Activities like walking, swimming, cycling and gardening are some regular activities that you can look into doing if you enjoy them.

Consider joining an interest group where you can meet new people and exchange knowledge on common



interests. Take up new hobbies or learn some new skills. Doing something you are good at can make you feel more positive. Regular social activities with friends and interest groups can serve as a good getaway from the routine grind of treatments and recovery. Don't dwell on the condition and the problems that come with having prostate cancer. Try to look forward to life with a positive outlook and you will be able to handle changes and the uncertainty of your condition better.

Where Help and Support is Available

It will be useful to know who and what avenues are available to provide help and support for your needs. Sometimes, it can be hard to make decisions on your own or find a way to deal with



the stress and problems that you face. Do not keep these problems to yourself in such circumstances.

Health professionals

Clarify with your doctors or nurses on any issues that you are having. If you are facing heavy loads of stress or psychological problems, they may refer you to another medical expert who can help you overcome your problems. So, do not feel shy or afraid to speak up.

Prescribed medicine

You may require medication like antidepressants if you suffer from depression. Bring up the issue with your doctor. If you are taking any other medications or complementary therapies, be upfront about it with your doctors and nurses.

Counsellors

Seeking counselling support is an ideal option if you are a person who finds it easier opening up about your issues to a stranger as opposed to a close family member or spouse. You can discuss your concerns as they are trained to listen and help you find effective ways to cope. You may choose to find a counsellor yourself or your doctor may refer you to one if needed.



At Singapore Cancer Society, we provide free psychosocial support and counselling services for cancer patients, their caregivers or family members. You can call **6661 0592** or send an email to us at scs_pss@singaporecancersociety.org.sg for enquiries.

Spiritual Care Professionals

A spiritual care professional provides culturally-appropriate care and support to help you discover meaning and purpose as part of the healing process,



regardless of race, religion, belief system or gender.

At Singapore Cancer Society, we have a spiritual care professional providing this service for cancer patients. You can call **6661 0592** or send an email to us at scs_pss@singaporecancersociety.org.sg for enquiries.

Support groups

A support group allows you to come together with other people who are also diagnosed with a similar condition and share your experiences together. Patients can discuss their treatments and diagnosis and exchange information. Support group meetings usually occur in an informal setting and are carried out by local health professionals or people with prostate cancer. It is a good place to be a part of as you will feel less alone with the support of a peer group.

Learn more about Singapore Cancer Society's prostate cancer support group, SCS Walnut Warriors, on the next page.

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 2.00pm to 5.00pm, 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 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) 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.



"I never thought of it as a problem. To me it was just a sickness that I need to recover from. Initially I was a bit worried, but with support from my family and church friends (with prayers), I was positive. To-date I am still as happy as anyone else.

I have a healthy lifestyle, enjoying my hobbies like photography, making costume jewellery, attending pet shows etc. My expectation of life is to stay positive, be happy, enjoy those friends around you and help others. Stay healthy, be happy with what you have and make more friends,"

Mr Simon Tan
Prostate Cancer Survivor



Daily Life With Prostate Cancer

Workplace and Home

Your working life may get affected due to the treatments you undergo for prostate cancer. You may need to take time off to attend your treatments and also time to recover. Discuss with your employer on solutions that can help you as well as cause minimal inconvenience to your employer. For instance, would it be possible to change your job roles and duties temporarily? How about working from home or with flexible hours?

If you are attending radiotherapy, you will need to set aside time as the process can take anything from five days a week up to several weeks. If you go for surgery (radical prostatectomy), you will need recovery time for yourself which

can take up to 8 weeks or even longer. After the operation, you may need to avoid doing certain activities like lifting heavy objects and manual labour. Clarify with your doctors and nurses on how much recovery time you will need and what activities you need to avoid. You may need extra time off from work to recover from the side effects caused by your treatments.

Some men continue working as it can help with their recovery and return to normal life. But there are also some men who are unable to continue their full work commitments, so they pursue other options like part time work or an early retirement. Draw a good balance for yourself between your work requirements and managing your treatments and condition.

At home, your normal roles and responsibilities may change. There can be difficulties in carrying out your usual activities. Side effects and occurrences like pain can make some men less mobile than they were before. You may need the assistance of your family members to help with the household chores as you need time to rest and recover from your treatments. Communicate with them on any help you may require.



Dealing with Expectations of Recovery

Over time, you may find that your experience becomes a routine filled with numerous consultations, tests and treatments. You might also begin to get familiarised with the hospital settings and treatment schedules and your recovery process might not always be a smooth journey. However, the feelings and emotions that accompany us are ever changing, and it is equally important to pay notice to how we feel and reflect on how they affect us.

The Prostate Specific Antigen (PSA) test which monitors your cancer and how successful your treatments have been can make you anxious and keep you worrying about your future where the cancer is concerned. The possibility of the cancer returning can also worry

some men. These feelings may stay with you for a long time. However, some men also report seeing these feelings eventually change as time go by and they do not worry about it as much as they used to.

For men with advanced prostate cancer, the uncertainty of the disease may be more upsetting and negatively affect a patient's outlook with regards to the future. A good way to deal with this uncertainty is to be in regular communication with your doctor and be kept updated on how your condition is progressing. Look into making plans to prepare yourself for what the future may hold. It is also important to talk

openly with your loved ones to help them understand your thoughts and what is important to you, and vice versa. Be realistic and specific for what you plan for in order to achieve a sense of reassurance for yourself.

Living with a prostate cancer condition can be a tough experience mentally, physically and emotionally. If you find you are unable to deal with the stress you are going through, get some help and recommendations by contacting a social worker or psychologist. You may learn some appropriate strategies from a professional to help you overcome these fears and forge ahead positively and boost your overall well-being.

Types of Financial Assistance Schemes Available

Medisave

If you are a Singaporean or Permanent Resident and have a Medisave account, you may use your Medisave to pay for the hospitalisation and certain outpatient expenses incurred at any hospital in Singapore. Medisave is a national medical savings scheme which helps individuals put aside part of their income into their Medisave Accounts to meet their future personal or immediate family's hospitalization, day surgery and certain outpatient expenses.

You can claim Medisave for the following treatment:

Outpatient MRI scans, CT scans and other diagnostics for cancer patients

– Claimable up to \$600 per year

- **Outpatient radiotherapy** for cancer patients
 - For External radiotherapy, S\$80 per treatment
 - For Brachytherapy with external radiotherapy, S\$300 per treatment
 - For Brachytherapy without external radiotherapy, S\$360 per treatment
 - For Superficial X-Ray, S\$30 per treatment
 - For Stereotactic radiotherapy, S\$2,800 per treatment
- **Outpatient radiosurgery treatment** for cancer patients (namely Novalis radiosurgery treatment and Gamma Knife treatment)
 - \$7,500 per treatment and \$300 per day for daily hospital charge
- **Outpatient chemotherapy** for cancer patients

Includes analgesic medication and suppressive treatments (neuro-endocrine and nuclear medicine treatments)

 - \$300 for 7-day treatment cycle or \$1,200 for 21/28-day treatment cycle

Medishield Life

With effect from 1 November 2015, Medishield Life will replace the previous Medishield scheme.

Medishield Life is a basic health insurance scheme. It is designed to help Singaporeans cover the inpatient and outpatient

medical expenses where your Medisave may not have sufficient funds to cover.

If you have purchased a Medishield Life plan with your CPF savings, the coverage for your medical treatment is as follows:

Types of Outpatient Treatment	Claims Limit
Chemotherapy for Cancer	\$3000 per month
Radiotherapy for Cancer (External or Superficial)	\$140 per session
Brachytherapy	\$500 per session

If you have bought a Medisave-approved Integrated Shield Plan offered by the private insurers, you will enjoy additional benefits and higher coverage for your

medical treatment. You may want to check with your insurer on the coverage offered.

Insurer	Medisave-Approved Integrated Shield Plans
NTUC Income	IncomeShield and Enhanced IncomeShield
AIA Singapore Private Limited	HealthShield Gold
Great Eastern Life Assurance Co	SupremeHealth
Aviva Ltd	MyShield
Prudential Assurance Co	PRUshield

Medifund

Medifund is an endowment fund set up by the Government to help low income and needy Singaporeans who are unable to pay for their medical expenses despite Medisave and Medishield Life coverage.

Medifund applications are put up by the Medical Social Workers in the restructured hospitals.

Medication Assistance Fund (MAF)

The Medication Assistance Fund (MAF) helps eligible patients pay for expensive drugs that are not in the Standard Drug List but have been assessed to be clinically necessary, and covers conditions such as cancer and heart failure. You can speak to your doctor who will refer you to see a Medical Social Worker for the application of the Medication Assistance Fund.

Types of Assistance from Singapore Cancer Society (SCS)

SCS provides assistance to needy cancer patients through the:

- SCS Cancer Care Fund
- SCS Welfare Aid
- SCS Cancer Treatment Fund
- SCS Hospital Transportation Scheme

SCS Cancer Care Fund

As you learn to cope with your cancer diagnosis, you may also worry about your financial status. Unexpected, out-of-pocket expenses for transportation costs and other daily expenses can take a toll on your finances and add on to your worries.

To complement the current available financial and welfare schemes, SCS has introduced the Cancer Care Fund. This new one-off financial scheme helps newly-diagnosed cancer patients tide through the tough early days by easing some of their financial concerns so that they can focus on treatment.

Eligibility for SCS Cancer Care Fund:

- a. The applicant must not have received the SCS Cancer Care Fund previously.
- b. The applicant must be a Singapore citizen or Singapore Permanent Resident (PR); exceptions can be considered for non-residents whose parent, spouse or children are Singapore citizen or PR.

- c. The applicant must be newly diagnosed with cancer from 1 January 2015. The applicant would need to apply for this fund within 6 months of diagnosis.
- d. The applicant should meet the income requirements as stipulated by the Community Health Assist Scheme (CHAS).
- e. All applications must be supported with relevant documents.

SCS Welfare Aid

The SCS Welfare Aid is a temporary financial scheme set up with the objective of providing temporary financial assistance and/or medical supplies to enhance the well-being of needy cancer patients in view of their medical condition. Types of medical supplies includes milk feeds and colostomy bags, and/or as recommended by healthcare professionals.

Eligibility for SCS Welfare Aid:

- a. The applicant must be a Singapore citizen or Singapore Permanent Resident (PR); exceptions can be considered for non-residents whose parent, spouse or children are Singapore citizen or PR.
- b. Applicant must have a cancer diagnosis.
- c. Meet SCS Welfare Means Test with the following criteria:
 - i. Per Capita Net Income below \$1100.
 - ii. Patient and household have limited savings.

SCS Cancer Treatment Fund

The SCS Cancer Treatment Fund aims to provide financial assistance to help needy cancer patients subsidise part of the cost of their chemotherapy drugs and IMRT (Intensity Modulated Radiation Therapy) costs. Patients who wish to apply for the SCS Cancer Treatment Fund have to also submit a Patient's Referral Form (completed by your treating physician) together with the SCS Cancer Treatment Fund application form.

Eligibility for SCS Cancer Treatment Fund:

- a. The applicant must be a Singapore citizen or Singapore Permanent Resident (PR); exceptions can be considered for non-residents whose parent, spouse or children are Singapore citizen or PR.
- b. Subsidised cancer patient commencing or undergoing treatment at any of Singapore's restructured hospitals.
- c. Medisave, Medishield Life and Medifund should be used to defray the cost of approved chemotherapy/radiotherapy/laboratory-investigation procedures where applicable. SCS allows patients and their immediate family members to retain a balance of \$10,000 in each of their Medisave account and the balance to be utilised for the approved therapy of patient.

- d. Patient and immediate household have limited savings.
- e. Meet the Means Test criteria administered by SCS.
- f. Treatment is recommended by treating physicians and Medical Indication is approved by SCS CTF Medical Sub-Committee.

SCS Hospital Transportation Scheme

The SCS Hospital Transportation Scheme provides free transport services to needy cancer patients who require transportation to and from their treatments or appointments in the restructured hospitals. This scheme aims to ease the financial burden faced by these needy cancer patients and their families.

Selection is based on the recommendation of each hospital's medical social workers and is subject to availability. The service is currently provided by two passenger vans for patients receiving treatment at the following restructured hospitals:

- National Cancer Centre, Singapore (NCCS)
- Singapore General Hospital (SGH)
- Tan Tock Seng Hospital (TTSH)
- National University Hospital (NUH)



Eligibility for SCS Hospital Transportation Scheme:

- a. Singapore Citizen or Permanent Resident of Singapore.
- b. Applicant must be a cancer patient undergoing treatment at a restructured hospital.
- c. Applicant must be a patient meeting at least one of the following conditions:
 - i. Medifund recipient or a subsidized patient of B2 or lower wards at a restructured hospital.

ii. Currently receiving financial assistances from the Social Service Offices, Family Service Centres and/or other charity organizations, or in the past one year.

iii. Currently receiving Singapore Cancer Society's Welfare Aid and/or Cancer Treatment Fund

For all the above SCS assistance schemes, applicants may approach the respective restructured hospitals' medical social workers or our SCS welfare staff to complete the Application Form (available on the SCS website). For enquiries, please contact us at welfare@singaporecancersociety.org.sg.

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- Ministry of Health: www.moh.gov.sg



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