



ANNUAL REPORT 2006

SINGAPORE CANCER SOCIETY



新加坡防癌协会
SINGAPORE CANCER SOCIETY

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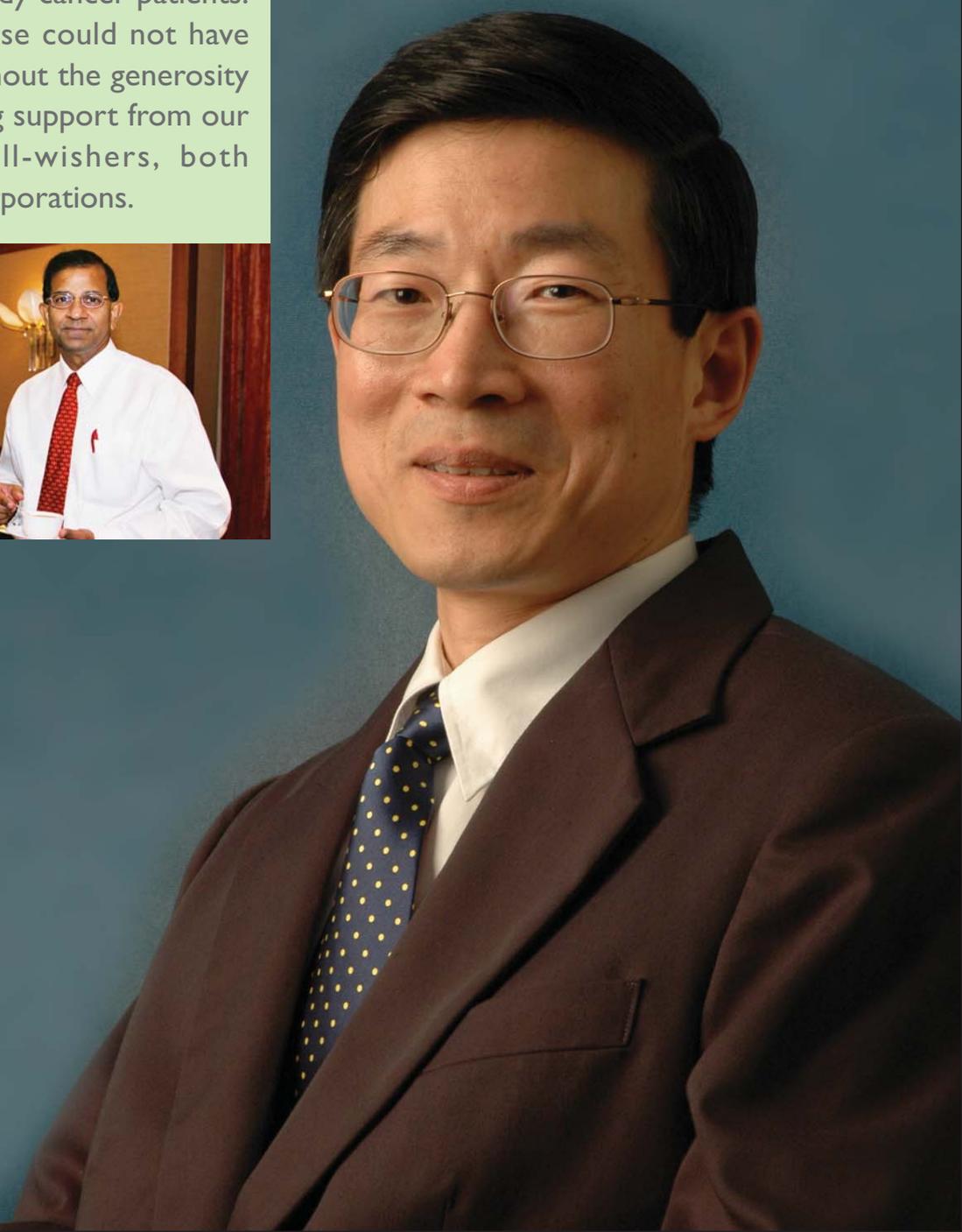
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CHAIRMAN'S MESSAGE

The Singapore Cancer Society has good reason to look back at the past year with much satisfaction and pride. We have not only initiated many new activities but more importantly, we were able to lend support and provide help for more needy cancer patients. In many ways, these could not have been possible without the generosity and the unflinching support from our donors and well-wishers, both individuals and corporations.



Despite the gray cloud that hung above the heads of charitable bodies, we were able to enjoy the public's confidence and raised about \$4.6 million during the fiscal year. A key event was the AIA-SCS Charity Golf Tournament which brought in some \$800,000. Other fund raising activities included the annual Flag Day, the Daffodil Day, Run for Hope (successor to the Terry Fox Run), and a charity concert, i.e. the Lee Yuk Chuan's Concert. An innovative fund-raising platform termed "Dine@mine" was introduced.

Our welfare scheme disbursed some \$1.2 million to help 499 patients tie over difficult periods in their lives when they were cancer stricken. \$ 1.5 million was fruitfully utilized to subsidize the cancer treatment of 532 patients, since the inception of the cancer fund in April 2005. Thorough means testing was implemented to ensure support for deserving cases. Networking with major hospitals such as KK Women & Children's Hospital, NUH, Tan Tock Seng Hospital etc was strengthened to extend our assistance to more needy patients.

Other funds we managed included the Jonathan Tan Fund to help children under 18 years who are diagnosed with leukemia, the Joan Chan Shu Fang Fund, set up in memory of Joan who succumbed to tongue cancer; and the Tan Geok Tian Bursary, set up in 2005 in memory of our late chairman, to aid children of needy cancer patients in their studies.

Given the size of our annual budget, together with other similarly large healthcare charities registered as Institutions of Public Character, we were scrutinized by the Ministry of Health through an audit by a major firm of public accountants. I am pleased to report that, as a whole, our Society met with many of the statutory requirements on corporate governance. The Ministry's recommendations will be implemented to further strengthen our administration.

Operationally, our Society kept a busy schedule, with a string of activities organized for public education, fund-raising, cancer screening, as well as for our patients and cancer survivors. We started a trend of including the family members of our patients in our programmes and activities where possible, as we believe their support would mean a lot in building up self-confidence for the patients and survivors. A Job Placement program was also initiated to help cancer patients and survivors re-integrate into society. Networking with Bizlink, a charity specializing in employment for the disabled, was established.

Public education is an important channel to stem the flow of cancer. Dedicated campaigns were organized to raise public awareness on major cancers such as colorectal, prostate, cervical, breast and lung cancers. Gastric cancer campaign was a new addition, with a very successful inaugural forum held jointly with NUH in Nov 07 in conjunction with the 1st Asia Pacific Gastric Cancer Conference. Our series of public Forums attracted a total of close to 5000 participants, with another around 500,000 reached through our campaign publicity over print media, radio and TV broadcast.

As early screening is still the best defence against cancer apart from leading a healthy lifestyle, free cancer screening was promoted along with our various cancer campaigns. This year, close to 12,000 Singaporeans benefited from our "FOBT (Faecal Occult Blood Test)" screening program to check for colorectal cancer.

To widen our reach to more people, especially with the graying of our population, a conscious effort was made to engage the community. We held public talks, screenings and took part in exhibitions in HDB housing estates, through collaborations with grassroots organisations. Cancer and smoking cessation talks were also held at schools and corporations.

Apart from the HQ and Boon Keng clinics, our satellite service office at NCCS (National Cancer Centre, Singapore) has been restructured to operate throughout the week, to provide quality services to the public who turned to us for enquiries and assistance.

The Society hosted attachment programmes for medical officers from NCCS, as well as to junior college students. Our doctors and nurses also took part in overseas workshops such as the International Congress on Care of the Terminally Ill in Canada, Palliative Care Conference in China, for professional upgrading. Palliative care nurses from the Taiwan University Hospital visited us to share experience on hospice care.

Our Support Groups continued to grow and flourish. The Ostomy Club members, together with families and friends, celebrated World Ostomy Day with a grand party at the SAF Yacht Club. Apart from the usual festive celebrations, the NewVoice Club members organized a successful trip to Kukup. The RTR (Reach-to-Recovery) – our breast cancer support group held monthly meetings and talks to enrich the knowledge of its members, and to facilitate sharing of experiences. Key members of the group attended a breast cancer support group leaders' seminar held in Taiwan.

We took a deliberate decision not to hold a TV Show in 2006 and drew down on our reserves, to anchor our policy of raising funds only when necessary. Our current reserve is much lower than twice our average annual budget of around \$ 8 million. We plan to work towards the best practice guideline of ensuring that critical services to our patients are not disrupted, by maintaining 3 times the annual budget as reserves. More funds will be needed in 2007 and beyond, due to our expansion of services, increased number of patients, and rising health care costs.

The coming year promises to be just as exciting and challenging as we see new discoveries being made in the field of cancer research. Certainly there is greater awareness of cancer today than in the past. The challenge is to help Singaporeans translate knowledge into action by coming forth to participate in cancer screening. This would be achieved through aggressive promotion of screening as part of our cancer campaigns. Capability building, such as the introduction of mammogram machine, will be explored to enhance our screening services. To meet the expansion of services, efforts would also be made to strengthen our Society internally. A review on our database system will be conducted to meet the demand for an integrated system comprising information on patients, donors and volunteers. We will need to review our activities against the backdrop of an ageing population and the growth of other cancer charities. We should explore the synergies and work with them for the common good of society.

In concluding, I wish to thank all our staff for their commitment and dedication, many of whom often went beyond the call of normal duty. Sincere gratitude also goes to my Council members for their wise counsel and guidance during the year. I would like to record my heart-felt gratitude to our many donors for their generous contributions, and our volunteers for their committed services. Without them, the Society would not have come so far. I also wish to thank the Ministry of Health for its unstinting support and policy guidance. With the continued support from all quarters, I am confident that the Society will be able to manage changes and grow from strength to strength in years to come.

DR KOO WEN HSIN

Chairman

THE COUNCIL & SUB-COMMITTEES

THE 42ND COUNCIL



Chairman
Dr Koo Wen Hsin,
*Head, Medical Oncology Dept,
National Cancer Centre*



Vice-Chairman
Dr Ang Peng Tiam
*Oncologist in private practice,
Mount Elizabeth Hospital*



Honorary Secretary
Ms Lim Soo Hoon
*Permanent Secretary,
Prime Minister's Office*



Assistant Honorary Secretary
Dr Lim Hong Liang
*Oncologist in private practice,
Mount Elizabeth Hospital*



Honorary Treasurer
Mr Chew Mei Kwang, Kenneth
Businessman



Assistant Honorary Treasurer
Mr Gerald Minjoot
Businessman



Council Member
Mr Tan Kok Hiang, Henry
Managing Director



Council Member
Dr Tan Kok Kheng
Managing Director / Scientist



Council Member
Mr Mark O'Dell
Executive Vice-President, AIA



Council Member
Mr Wee Sin Tho
Chief Investment Officer, NUS



Council Member
Ms Sim Beng Mei, Mildred
Partner, Ernst & Young



Council Member
Mr Chng Kee Cheong, Ben
*Managing Director,
Quantity Surveyor*

Not in picture

Council Member
Mr Kuek Buck Hiong
*Managing Director, Accounting Firm,
CPA*

SUB-COMMITTEES

Fund Raising

Chairman

Mr Mark S O'Dell /
Dr Ang Peng Tiam

Members

Dr Tan Kok Kheng
Mr Wee Sin Tho
Dr Koo Wen Hsin (Ex-officio)

Medical Service

Chairman

Dr Lim Hong Liang

Members

Dr Khoo Kei Siong
Dr Wong Nan Soon
Dr Robert Lim
Dr Koo Wen Hsin (Ex-officio)

Public Education

Chairman

Dr Ang Peng Thiam

Members

Dr Tang Choong Leong
Dr Koong Heng Nung
A/Prof Tay Eng Hseon
Dr Koo Wen Hsin (Ex-officio)

Finance

Chairman

Mr Chew Mei Kwang,
Kenneth

Members

Mr Gerald Minjoot
Mr Wee Sin Tho
Dr Koo Wen Hsin (Ex-officio)

Welfare

Chairman

Dr Kuek Buck Hiong

Members

Medical Social Workers from
various hospitals
Dr Koo Wen Hsin (Ex-officio)

Key Management Staff

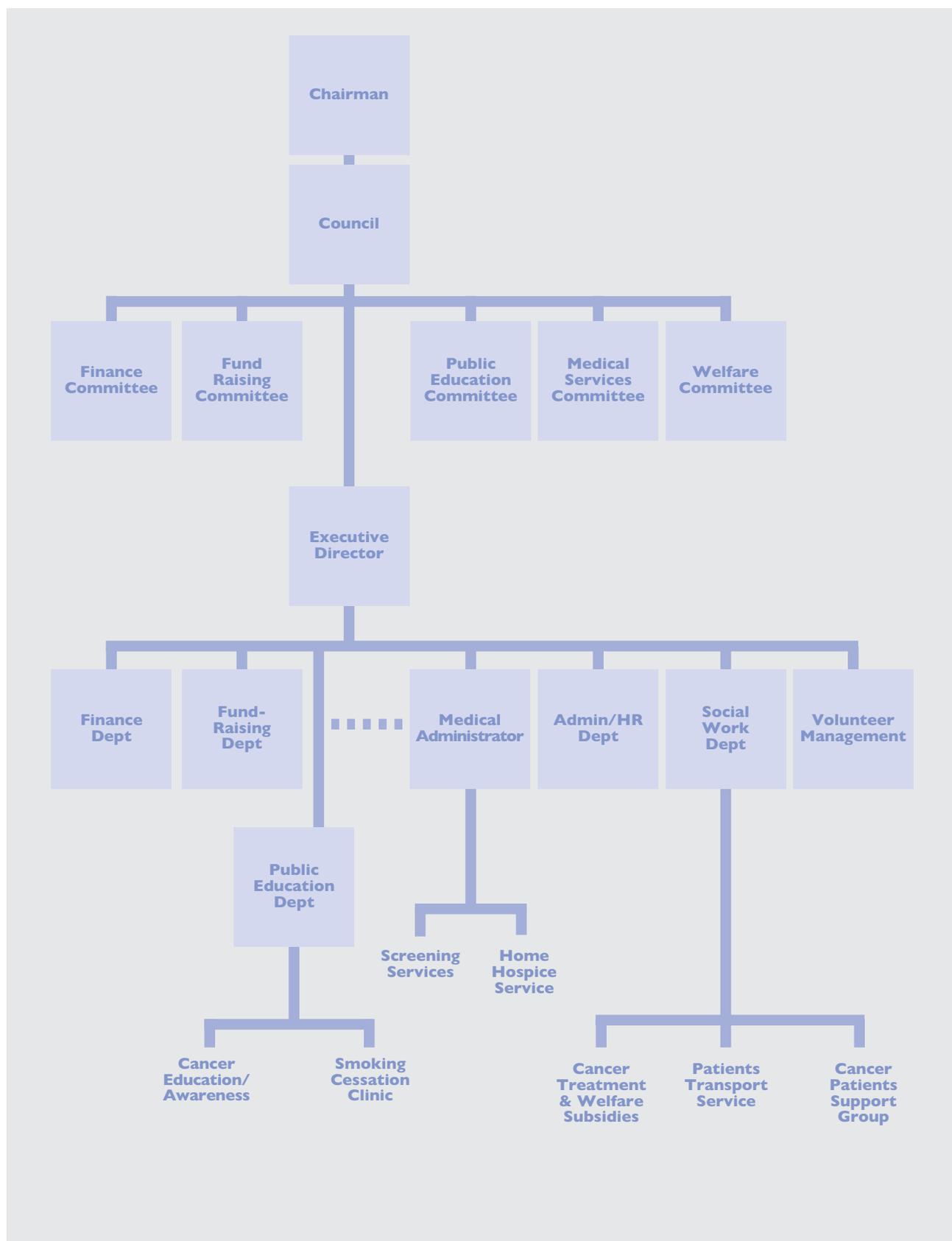
Executive Director

Mr Aaron Ng

Medical Administrator

Dr Khin Khin Win

ORGANIZATION CHART





COMPOSER LEE YUK CHUAN'S CONCERT

'Wishing you Good Health' Concert was held on 3 March 2006 at the Victoria Concert Hall. This charity concert showcased selected musical pieces of Mr Lee Yuk Chuan, a renowned composer and conductor in the Chinese choral community. The event was jointly organised by the Choral Association (Singapore) and the Association of Composers (Singapore).

A total of S\$69,830.44 was raised.

March 2006

DAFFODIL DAY

The Daffodil is an international symbol of hope and represents the spirit of renewed life for all whose lives have been touched by cancer.

On 23 April 2006, SCS held its annual Daffodil Day to raise funds for cancer sufferers. Daffodil pins were specially produced and sold across the island to raise funds.

With primary registration points situated at Plaza Singapura Shopping Centre and Toa Payoh HDB Hub, our volunteers helped to peddle the pins to the public. In a generous show of support from the public and dedication from our volunteers, a total of S\$34,150 was raised.

April 2006





CHARITY GOLF

The AIA-SCS Charity Golf Tournament was held on 16 May 2006 at Tanah Merah Country Club, Tampines Course. American International Assurance Company, Limited (AIA) sponsored S\$1 million for the Hole-in-One prize, the highest cash prize ever offered for a Hole-in-One Challenge in Singapore. Associate Professor Ho Peng Kee was the Guest of Honour.

With the tremendous effort put in by AIA, S\$839,018 was raised from the event. The proceeds will be used to fund SCS's various programmes in the fight against cancer such as cancer treatment subsidies, welfare assistance, hospice home care, rehabilitation support, free cancer screenings and public education.

PFIZER CHARITY BOWL

Organised by Pfizer Asia Pacific Pte Ltd, and supported by six other pharmaceutical firms, the Pfizer Charity Bowl was not just another fund raising event, but provided an opportunity for Pfizer staff and other participants to get to know SCS patients and their families better through a night of fun-filled bowling competition. Held at Jurong Superbowl on 26 May 2006, the event raised S\$56,402 which went towards supporting the Society's various patient care and welfare programmes.



May 2006





September 2006

SCS-RUN FOR HOPE

The inaugural SCS-Run For Hope 2006, formerly known as the Terry Fox Run, was jointly organised by the Four Seasons Hotel, The Regent Singapore and SCS, in cooperation with Canadian High Commission to raise funds for cancer research. The run was held on 17 September 2006, Sunday, in Sentosa, and graced by Guest of Honour, Dr Vivian Balakrishnan, Minister for Community Development, Youth and Sports.

In a show of support for this charitable cause, around 6000 participants gathered at Tanjong Beach, Sentosa early in the morning, and despite the light rain, embarked cheerfully on the two routes: the 5-km one for amateur runners and the 9-km one for more serious runners.

Through corporate sponsorships, private donors, individual registration and sale of raffle tickets, the event raised a total amount of S\$375,942.



FLAG DAY

SCS Flag Day was held on 7 October 2006 with a collection centre at Somerset MRT Station. As the balloted Flay Day fell in the midst of the school examination period, only around 400 student volunteers were recruited for the street sale. However, through their diligent efforts and dedication, a total of S\$47,912 was raised from this fundraising drive.

Before the exercise, all volunteers underwent a special round of briefing on SCS' services, the purpose of the donations, and basic manners when approaching the public. This was to better equip them to carry out their duties.

DINE@MINE

Dine@Mine is a new initiative launched by SCS, to raise funds for the Society. Originating from UK, Dine@Mine is an innovative fund-raising idea where members of the public organize gatherings, dinner or meals, either at the host's place or outside. The invited guests would then make donations towards SCS when attending the meal.

DIRECT MAIL APPEALS

Leveraging on its established credential and the goodwill of its supporters, SCS sent out direct mailers to appeal for donations. A total of five appeals were sent out in 2006.

They were sent to:

- NTUC Lifestyle and NewsPlus magazines' pool of subscribers.
- SCS's Faecal Occult Blood Test database
- SCS's database of regular donors, who were given a car decal in appreciation of their support
- Singapore Power
- SCS's database of regular donors, who were given greeting cards in appreciation of their support

October 2006



**Welfare
Services**

FINANCIAL ASSISTANCE – WELFARE AID SCHEME

Singapore Cancer Society (SCS) has been helping needy cancer patients since 1964 under our welfare aid scheme. Our patients are usually referred by Medical Social Workers and health care workers from various hospitals, hospices and other voluntary welfare organisations involved in cancer patient care services. We provide assistance in terms of monthly cash aid, medical supplements such as milkfeeds, stoma appliances, diapers and other miscellaneous needs. Other cash aid includes a one-time compassionate aid for funeral expenses and the rental of oxygen concentrators for needy patients.

The application and approval process for welfare aid cases is subjected to an eligibility criteria and a financial assessment, which is reviewed by a Welfare Committee comprising professionals specializing in patient care matters. They hold monthly meetings to discuss all new applications and cases that require special attention. A total amount of \$1.2 million was disbursed under this welfare aid scheme to 499 welfare patients.

Social activities were also organized for our welfare patients and their families to enhance their quality of life. For instance, "Jingle Bonanza" - a party for 150 children and family members of cancer patients, was organized on 14 December 2006 at the Singapore Expo. The BMW Bikers Association supported the occasion by giving rides down Orchard Road, with Ezra Holdings sponsoring the costs of the party. Extensive media coverage was given for the event.

The newly revamped database of welfare patients in 2006 provided much ease and efficiency towards the planning, organisation and execution of welfare patients' services and events. For instance, we were able to shortlist welfare patients' young children for a complimentary movie screening on 2 December 2006, at short notice. Furthermore, the procedures for monitoring and follow-up on patients' needs were greatly enhanced with the implementation of improved internal audit controls and accounting procedures.





SCS CANCER TREATMENT FUND

In its second year of operation, the SCS Treatment Fund continues to provide essential financial aid to eligible cancer patients. After the National Kidney Foundation (NKF) Cancer Fund was transferred to SCS in November 2005, all ex-NKF patients have since received funding from this SCS Cancer Treatment Fund. Besides the National Cancer Centre, Singapore (NCCS), funding is also extended to patients from The Cancer Institute (TCI), KK Women & Children's Hospital (KKH) and Tan Tock Seng Hospital (TTSH). Besides funding for 345 applicants from the National Cancer Centre (NCC), a total of 66 applications from TCI / National University Hospital, TTSH and KKH were also approved as of December 2006. The amount funded increased from \$ 859,183 in Year 2005 to \$ 948,224 in year 2006. We have helped a total of 532 cancer patients reconstruct their lives, with a disbursement of \$1.5 million since the scheme first started in Apr 2005. A further \$2 million will be needed in 2007 to help 500 patients.



OTHER FUNDS

The society continues to administer the Jonathan Tan Fund (JTF) under the Welfare Cash Aid Scheme, where financial assistance is offered to children and youth aged 18 years and below, and are diagnosed with leukemia. With another welfare agency providing aid to children with cancer, the JTF has reached its peak funding performance. The Tan Geok Tian Bursary was launched in October 2005 for students who suffer from cancer, and whose parents are cancer patients themselves. The Joan Chan Shu Fang Fund was also set up in memory of Joan, who succumbed to tongue cancer. The sum of \$ 156,746 for the fund was raised by her classmates at Raffles Girls School, meant originally for her treatment, but was subsequently transferred to SCS after her demise.





**Hospice
Homecare
Services**

HOSPICE HOMECARE

SCS's homecare team has been providing palliative care to advanced and terminally ill patients at home since 1987.

The team, consisting of doctors and nurses, provides a holistic approach of care through pain and symptomatic management, counselling and psychosocial support to patients, caregivers and family members. The team also provides caregivers' training and coordinates the loan of equipments such as wheelchairs, commodes and walking aids to assist patients at home. During the year, the team made 3272 home visits.

A breakdown of the number of cases in 2006 is as follows:

<i>Patients</i>	<i>FY 2006</i>
At start of the Year	82
New Referrals	175
Total cases	257
No of Deaths	115
No of Discharges	48
Total Balanced cases	94

Medical Student Attachment with SCS Palliative Team

Palliative Medicine had been incorporated into the Medical Undergraduates Curriculum since 2002. In 2006, the clinical attachment to SCS consisted of four medical students in each group. There were a total of three groups and each had a one-day attachment with the society's hospice homecare team on 28 March, 4 April and 1 August 2006 respectively.

Post Graduate Course in Palliative Medicine

The 17th and 18th Post Graduate Course was held from 19 to 20 January and from 20 to 21 July 2006 respectively. Course participants were able to acquire a better understanding of the difficulties and challenges faced in palliative and hospice homecare.

Weekly meetings at Alexander Hospital

Every Tuesday, the homecare team participates in the multi-disciplinary meeting at Alexander Hospital for case discussions and continuous education. These meetings are also graced by other doctors, nurses, pharmacists and medical social workers.





Junior College Students' Attachment Programme

Held in May and November 2006, the aim of the programme was to introduce students to the different career options available in the job market, as well as the various demands and challenging decision-making processes encountered in daily work. Four students each from Hwa Chong Junior College & Meridian Junior College had their attachments from 29 to 31 May & 20 November 2006, respectively. The various services and programs offered by the society, such as public education, cancer awareness activities, and support groups, were introduced to the students. They also made home visits with the hospice nurses.

Monthly Journal Club

The Journal Club is organised by the Singapore Hospice Council and other hospice organizations. On a monthly basis, members from the hospice sector meet to share information, knowledge and developments in the care sector. The club offers a platform for continuous education and sharing among the hospice professionals and the community.

Overseas Palliative Care Conference

Two hospice nurses attended the Palliative Care Conference in China, Hangzhou, from 5 to 10 June 2006. The conference not only offered an interactive platform for all participants to be introduced to hospice practices in other countries, but also provided opportunities for discussions and exchange of ideas with the local delegates.

National Cancer Centre Doctors' Attachment Programme

Five medical officers from the National Cancer Centre each had their one week attachment on a rotational basis in July and October 2006. They commented that the home visits conducted together with the hospice team had offered them fresh perspectives in patient care.

Trip to Kukup with New Voice Club Members

Two hospice nurses accompanied the New Voice Club members on an excursion trip to Kukup, Malaysia. They were on standby to tend to the members, should medical assistance be required.

Visitors from Taiwan

Palliative care and oncology nurses from Taiwan University Hospital visited us on 22 November 2006. They were introduced to services provided by SCS, exchanged experiences with our staff and made home visits together with the hospice nurses.



Cancer Screening Services

CANCER SCREENING SERVICES

Screening helps to detect cancer even before symptoms appear. Treatment at an early stage offers a much better chance of cure. The Society provides free cancer services for:

1. Clinical Breast Examination for Breast Cancer
2. Pap Smear for Cervical Cancer
3. Stool examination (through the Faecal Occult Blood Test) for Colorectal Cancer

SCS offers these services at its Headquarter at Realty Centre (Enggor Street), and the branch at Boon Keng Road. We also extend these services to the public at Community Centres, corporations, institutions and public places during our Community Outreach programmes.

A total of 19,528 people were screened for breast, cervical and colorectal cancers in 2006.

BREAST CANCER SCREENING

The Society conducts Clinical Breast Examination (CBE) and also explains to the participants how to carry out Breast Self Examination (BSE). Our activities were publicised widely by the print and broadcast media.

In addition, we participated in an extensive screening during the Breast Cancer Awareness Month in October 2006. Breakdown of Breast screenings is as follows:

Breast Cancer Screenings

Total number of breast examination done	5570
Referred for Mammogram	279
Referred for Ultrasound Breasts	197
Referred to specialists	59
Breast Cancer found	4

CERVICAL CANCER SCREENING

Pap smear is able to detect pre-cancerous changes or early cancer in the cervix. In its early stages, cervical cancer can be completely cured by simple treatment. All Pap smear Class III were referred to gynaecologists for further investigations and treatments

Cervical Cancer Screening

Total number of PAP smear done	5534
PAP smear Class II	121
PAP smear Class III	11
Referred for Ultrasound Pelvis	71
Referred to Gynecologist	35
Cervix Cancer found	2



COLORECTAL CANCER SCREENING

This preliminary screening test for presence of blood in the stools is one effective weapon to fight colorectal cancer. Men and women, aged 50 years and above or those with a family history of colon cancer, should take this Faecal Occult Blood Test (FOBT) annually.

During March 2006, participating polyclinics under the National Healthcare Group and Singhealth Group distributed free FOBT test kits sponsored by SCS to the public to support the Society's 5th Colorectal Cancer Awareness Month. We also distributed FOBT kits at our two clinics. A total of 12,162 people were screened during the year. The extensive media coverage helped to generate greater awareness amongst members of the public on the need for screening.

Outdoor events such as public forums, community health fairs and cancer education talks were also held to create awareness.

Colorectal Cancer can be prevented by removing the polyps. In 2006, a total of 161 patients were detected to have colon polyps, all of whom opted to be treated with polyps removal. Last year, 26 people were diagnosed with the early stage of colorectal cancer.

Colorectal Cancer Screening

Total number tested FOBT	12162
Colonoscopy done	580
Colon Polyp found and removed	161
Colon Cancer found	26





**Public
Education**



PUBLIC EDUCATION

Raising public awareness on cancer and emphasizing the importance of early screening in saving lives, through the various Public Education campaigns, has always been a principal service offered by the Society.

With the implementation of strategic partnership with major healthcare groups and hospitals, Public Education has been successful in providing credible information and reaching out to the masses. Subsidized follow up investigations such as Mammogram were also extended to needy patients who have been discovered with symptoms through our nationwide screening campaigns, and these measures have been met with appreciative response from the public. SCS has seen a heightened interest in cancer-related issues and cancer screenings, with enthusiastic participation at cancer forums, increased returns of test kits as well as more cancer inquiries.

Campaigns conducted:

- Colorectal Cancer Awareness Campaign in March 2006
- Prostate Cancer Awareness Campaign in April 2006
- Cervical Cancer Awareness Campaign in May 2006
- Breast Cancer Awareness Campaign in October 2006
- Lung Cancer Awareness Campaign in November 2006
- Gastric Cancer Awareness Campaign in November 2006

Collaboration with other organizations:

- National Cancer Center, Singapore
- National University Hospital
- Singapore Heart Foundation
- Singapore Urological Association
- National Foundation for Digestive Diseases
- Kwong Wai Shui Hospital



Cancer Awareness Campaign

Colorectal Cancer Awareness Month
(CCAM - March 2006)

The 5th Colorectal Cancer Awareness Month (CCAM) was launched once again at Meritus Mandarin Hotel on 4 March 2006. Professor Satkunanantham Kandiah, Director of Medical Services, Ministry of Health, graced the event as the distinguished Guest of Honour.

This event was well received by the public, with a turnout of more than 1000 participants for both Mandarin and English forums.

In order to advocate early colorectal cancer screening and detection, a total of 11,945 FOBT kits were given out to Singaporeans and Permanent Residents aged 50 and above, with the kind assistance of Singhealth and National Healthcare Group Polyclinics. Sale of the Blue Ribbon Pin for CCAM was conducted at all Singhealth Clinics too.





**Prostate Cancer Awareness Month
(PCAW - April 2006)**

For the last two years, the Prostate Cancer Awareness Forum has been jointly organised by SCS and Singapore Urological Association (SUA). The Society is pleased to be able to work together with SUA once again, in heightening the public's awareness about Prostate Cancer.

Approximately 500 participants turned up at Inland Revenue Authority of Singapore (IRAS) auditorium for the two forums, conducted in both English and Mandarin respectively. Local and overseas medical professionals were invited to speak at the forum on prostate cancer detection and treatment.

**Cervical Cancer Awareness Campaign
(CvCAM – May 2006)**

SCS' 1ST Cervical Cancer Awareness Campaign was launched in May 2006 in collaboration with the Gynecological Association of Singapore. A large scale forum held at Sheraton Towers with English and Mandarin sessions, was attended by close to 800 participants. The Guest of Honour was Dr Fatimah Lateef, Member of Parliament, Marine Parade GRC.

The week-long activities comprising forums and island-wide pap smear screening subsidized by SCS and participated by 65 GPs/specialist clinics, have created a significant level of awareness in the Singapore community with good media support.

**Breast Cancer Awareness Month
(BCAM – October 2006)**

BCAM was a joint effort between SCS and Breast Cancer Foundation, National Cancer Centre, and The Cancer Institute, with various activities organized to promote breast cancer awareness and life after cancer. Themed "Don't Say Goodbye Before Your Time", a major focus was to encourage women to go for early screening for breast cancer. SCS organized a successful forum at Kallang Community Club with an attendance of 400, jointly with KK Women & Children's Hospital. Mammography screening was offered to the public at subsidized rates, sponsored by SCS.

A cancer art competition entitled "Hope for Tomorrow" was held in support of BCAM, in memory of Joan Chan, a former Raffles Girl's School student who fought bravely against tongue cancer. Through their artworks, participants expressed their feelings, reflections and understanding of the cancer journey.



Lung Cancer Awareness Month (LCAM - November 2006)

Lung Cancer Awareness Month (LCAM) was organized in partnership with the National Cancer Center, Singapore. A forum with English and Mandarin sessions took place on 11 November 2006 at Meritus Mandarin Hotel, with close to 800 participants. "Lung Cancer: Not All Is Lost" was the message sent across to the public, in an effort to remind all that lung cancer is a disease that can be prevented. A well acclaimed video on lung cancer was screened on TV Channel 8. Collaboration was made with the SAF and corporations to promote smoking cessation.

Gastric Cancer Awareness Campaign November 2006

An inaugural Gastric Cancer Forum was held on 25 November 2006, in conjunction with the 1st Asia Pacific Gastric Cancer Conference, in partnership with the National University Hospital. The forum was attended by close to 750 members of the public, who enthusiastically asked questions such as the significance of diet as a cause of gastric cancer; how to eat and live healthily, and the effect of Chinese herbs etc. The excellent response prompted SCS to anchor the gastric cancer movement as part of the regular public education campaigns, in partnership with NUH.

Participation in other Cancer Initiatives:

- a) "Corporate Pap Smear Screening" - Boon Keng (27 & 28th February 2006)
- b) "I Can Survive - The Amazing Journey" NCCS (3 June 2006)
- c) "Health in the Heartlands Public Forum" NCCS (1 July 2006)
- d) "Women's Cancer Talk" Thomson Community Club (8 July 2006)
- e) "The Whole Person, Whole Family, Whole Process Mandarin Public Forum" Singapore Hospice Council (11 November 2006)

Calendar of Events 2006

Month	Event	Topic	Venue
January	Cancer Education Talk	Colorectal Cancer Talk	DP Architects
February	Corporate Pap Smear Screening at Boon Keng		Coilcraft Singapore Pte Ltd
March	COLORECTAL CANCER AWARENESS MONTH (CCAM) LAUNCH & FORUM		
	TTSH - Colorectal Cancer Seminar	FOBT Screening	TTSH - Dr Richard Sim
	Healthy Lifestyle & Cancer	Healthy Lifestyle & Cancer	PeiCai Secondary School
	Northern Hope Medical Public Forum	FOBT Screening	Northern Hope Medical Specialists
April	PROSTATE AWARENESS WEEK 17TH - 22ND		
	Cancer Education Talk	General Cancer & Diet	Frost & Sullivan Pte Ltd
	Cancer Education Talk	General Cancer & Diet	Queensway Secondary School
	Cancer Education Talk	Cervical Cancer	DP Architects
	SingHealth Women's Forum	Women's Health Topics	SingHealth
	Cancer Screening (Pap)		Queensway Secondary School
	PROSTATE CANCER Public Forum	Prostate Cancer	SUA & SCS
	Cancer Education Talk	Colorectal Cancer	Chartered Semiconductor
	Cancer Education Talk	Cervical Cancer	The British Club
	CAAS Adoption Launch & Bazaar	Launch Talk-General Cancer	CAAS
May	CERVICAL CANCER AWARENESS MONTH (CvCAM) LAUNCH		
	Cancer Education Talk	Cervical Cancer	Bukit Panjang CC
	Cancer Education Talk	Breast Cancer	Pacific International Lines
	Cancer Screening (all 3 screenings)		Henderson Secondary School
	Cancer Education Talk	Diet & General Aspects of Cancer	Hougang Primary School
June	"I Can Survive - The Amazing Journey"	CanSurvive Day	NCCS
	Cancer Education Talk	Smoking & Lung Cancer	CAAS
	Cancer Education Talk	Smoking & Lung Cancer	Chartered Semiconductor
	Cancer Education Talk	Cancer Screening (Mandarin)	Henderson CC
July	Health in the Heartlands Public Forum	Cancer Screening (FOBT)	NCCS
	Cancer Education Talk	General Aspects of Cancer	Republic Polytechnic
	Cancer Screening (all 3 screenings)		Bedok Town Secondary School
	Women's Cancer Talk	Breast & Cervical Cancer	Thomson Community Club
	Cancer Education Talk	Breast Cancer	CHIJ St. Joseph Convent
	Cancer Education Talk	Diet & General Aspects of Cancer	Institute of Microelectronics
	Cancer Education Talk	Colorectal Cancer	ST Microelectronics Pte Ltd
	Cancer Education Talk	Smoking and Lung Cancer	Ukulele Brand consultants
	Cancer Education Talk	Cancer Screening (Mandarin)	Toa Payoh East CC
	CANHope Public Forum	Cancer Screening (FOBT)	Parkway Group & CanHOPE
	Cancer Education Talk	Smoking & Lung Cancer	RSAF
	Cancer Education Talk	General Aspects of Cancer	Raffles Town Club
	Cancer Education Talk	Smoking & Lung Cancer	Tanjong Katong SSch
	Cancer Screening (all 3 screenings)		RSAF
	Engineer Formation Healthy Lifestyle	Exhibition	35th Singapore Combat Day (Exhibition) Engineers - SAF
	Cancer Education Talk & FOBT	Colorectal Cancer & FOBT	Macpherson CC
	Cancer Education Talk	Smoking & Lung Cancer	Bedok Town Secondary School
	Cancer Screening (all 3 screenings)		Nurses Oncology Chapter
	Cancer Education Talk	Preventing Cancer-What can I do?	Tanglin SSch

Month	Event	Topic	Venue
August	Cancer Education Talk	Diet & General Aspects of Cancer; Colorectal	Anglo Chinese Primary School
	Cancer Education Talk	Colorectal Cancer	CAAS
	Cancer Screening (FOBT)		Almukminin Mosque
	Cancer Education Talk	Breast Cancer	The Cheverons
	Cancer Education Talk	Cancer Screening (Mandarin)	Toa Payoh East CC SCEC
	Cancer Education Talk	Diet & General Aspects of Cancer	Hougang Secondary School
	Cancer Education Talk	General Aspects of Cancer	Chartered Semiconductor
	Cancer Screening (all 3 screenings)		Natsteel Asia
	Cancer Education Talk	Breast Cancer & BSE Demo	Metro Compass Point
	Family Against Cancer	Colorectal Screening	NCCS
	Cancer Screening (FOBT)		Northern Hope Medical Specialists
September	Cancer Education Talk	Colorectal Cancer	Assayfaah Mosque
	Cancer Screening (FOBT)		Woodlands CC
	Cancer Education Talk	Colorectal Cancer	Assayfaah Mosque
	Cancer Education Talk	General Aspects of Cancer	ST Microelectronics Pte Ltd
	Cancer Education Talk	Breast Cancer	Geylang Serai CC
	Cancer Education Talk	General Aspects of Cancer	Wieland Metals Singapore
	Cancer Education Talk	Lung Cancer	Natsteel Asia Pte Ltd
	Cancer Education Talk	Lung Cancer	Panasonic Electronic Devices S'pore Pte Ltd
	Cancer Screening (FOBT)		Church of Our Lady of Lourdes
	Cancer Screening (FOBT)		Church of The Risen Christ
	Cancer Screening (FOBT)		Church of Holy Family
	Cancer Education Talk	General Aspects of Cancer	Wieland Metals Singapore
	Cancer Education Talk	Breast Cancer	Thomson CC
	Cancer Education Talk	Smoking & Lung Cancer & General Aspect of Cancer	Pratt & Whitney Canada (SEA) Pte Ltd
	Cancer Education Talk	Cancer Prevention	Prudential
	Cancer Education Talk	The Relationship between Food & Cancer	Keppel Shipyard Ltd (Tuas)
	Cancer Screening (Pap+BSE)		Panasonic Electronic Devices S'pore Pte Ltd
October	Cancer Education Talk	Colorectal Cancer	Singapore Power Limited
	Cancer Screening (FOBT)		Church of Our Saviour
	Cancer Screening (FOBT)		Church of St Mary
	Cancer Education Talk	Breast Cancer	National University Hospital
	Cancer Education Talk	Smoking & Lung Cancer & General Aspect of Cancer	Pratt & Whitney Canada (SEA) Pte Ltd
	BCAM Public Forum		Kallang CC
	Cancer Screening (all 3 screenings) Cancer Education Talk	General Talk on Cancer & the Importance of Early Detection & Early Prevention	Kovan CC
	Cancer Screening (FOBT)	NFDD Day Public Symposium Diseases - TTSH	National Foundation for Digestive
	Cancer Screening (Pap+BSE)		Pratt & Whitney Canada (SEA) Pte Ltd
	Cancer Education Talk	Colorectal and Prostate Cancer	National University Hospital
	Cancer Screening (all 3 screenings)		Oncology Nurses Chapter
	Cancer Education Talk	Lung Cancer	Keppel Shipyard Ltd
	Cancer Screening (FOBT)	Free Public Health Screening	Medical Society of National University of Singapore

Month	Event	Topic	Venue
November	Cancer Education Talk	General Aspect Of Cancer	St Anthony Church
	Cancer Education Talk	Understanding the nature of Gastric Cancer	Civil Aviation Authority of Singapore
	The Whole Person, Whole Family, Whole Process Mandarin Public Forum		Singapore Hospice Council
	Methodist Welfare Assoc. Health Fair	Colorectal Screening	Methodist Welfare Assoc.
	LCAM Public Forum		Meritus Mandarin Hotel
	Cancer Screening (FOBT)	Colorectal Screening	Ace The Place CC
	Cancer Education Talk	Prostate Cancer	Natsteel Asia Pte Ltd
	Cancer Screening (FOBT)	Colorectal Screening	Church of St Francis of Assisi
	Cancer Screening (FOBT)	Colorectal Screening	Church of St Ignatius
	Cancer Screening (all 3 screenings)		St Anthony Church
	Cancer Education Talk	Colorectal Cancer	Panasonic Semiconductor Singapore
	Gastric Cancer Public Forum		Kallang CC
	Buddhist Libarary Fun Fair	FOBT Screening	Buddhist Library
	Cancer Screening (FOBT)	FOBT Screening	Ciyuan CC
	Cancer Education Talk	Breast Cancer	Estee Lauder Cosmetics Pte Ltd
December	Kwong Wai Shiu Hospital 96th Anniversary Celebrations	FOBT Screening (FOBT)	Kwong Wai Shui Hospital
	Cancer Education Talk & Cancer Screening	Breast Cancer	Teck Ghee Zone "F" RC
	Cancer Education Talk	Healthy Lifestyle & Diet Relating To Cancer	National Heart Centre of Singapore Pte Ltd
	Cancer Education Talk	Prostate Cancer	Chartered Semiconductor
	Cancer Education Talk & Cancer Screening	Breast & Cervical Cancer	Nanyang Constituency Office c/o Nanyang CC
	Silver Connect Anniversary Programme	FOBT Distribution	Tampines Changkat CC

CANCER INFORMATION SERVICE

The Society's Cancer Information Service hotline is a bilingual telephone service offering cancer-related information to the public. During the year, the service received a total of 10,044 calls from the public. The four most sought after information about cancer are as follows:

Types of cancer information No. of calls received:

Colorectal Cancer	5342
Breast Cancer	1462
Liver Cancer	1254
Lung Cancer	1126

Smoking Cessation Clinic

Conducts smoking cessation sessions to support and counsel smokers who wish to quit the habit. Around 30 clients, mainly students referred due to smoking incidents, were served.

TERRY FOX RUN RESEARCH GRANT 2006

Singapore Cancer Society has been in the forefront of propelling cancer research through the grant given annually under the Terry Fox Run. From 2006, the Society, together with its corporate partners : Four Seasons Hotel & Regent Hotel, will continue with the annual fund-raiser under the banner of "Run-for-Hope", perpetuating the spirit of Terry Fox.

A panel comprising renown doctors from various medical institutions, such as Dr Kong Hwai Loong, Dr Lim Hong Liang & Dr Benjamin Mow, was formed to select the winners for this year's cancer research grant. S\$200,000 was granted to two projects submitted by Dr Darren Lim Wan Teck and Dr Yap Yoon Sim.

The outcome of this year's research projects will give the medical community a better understanding of the pattern and the treatment of certain types of cancers.

The first project is on lung cancer. The researcher hopes to understand why while there are not as many smokers among the women with lung cancer in Singapore compared to the West, the incidence of women with lung cancer is as high. Another research is to study the use of pyridoxine to prevent the side effects of Capecitabine, an oral chemotherapy drug, for the treatment of various cancers. The researcher wants to confirm the validity of pyridoxine, the use of which is not well researched.

For future grants, the Society is endeavouring to encourage research across a wide spectrum of subjects relevant to the quality of life, quality of care and quality of treatment for cancer patients, including the psychosocial aspects which are critical yet hitherto not given emphasis.



Rehabilitation & Support Groups



REHABILITATION & SUPPORT GROUPS

New Voice Club

Set up in 1985, the New Voice Club is meant for head and neck cancer patients to receive rehabilitative support during their journey towards speech recovery, with support from peers in regular social and family activities organized by members, facilitators, volunteers and staff of SCS. The club members not only provide emotional support for newly operated patients whose voice boxes have been stricken by cancer, but also help them cope with difficulties in their daily life.

Club members meet weekly on Tuesdays for voice training and social activities. Professionals such as Ear, Nose and Throat Specialists, therapists, nurses and nutritionists join the group at times to share information and dispense advice.

Every year without fail, a Lunar New Year celebration, a Mid-Autumn festival gathering and an annual day trip will be organised. A day trip was made to Kukup in 2006 for a seafood lunch, followed by tours at a tropical fruit farm and a Batik painting factory in Johor Bahru.

The Ostomy Club

Since its inception in 1981, the Club has grown to a membership of about 180 members and a pool of 30 volunteers. The programmes and activities provide avenues of support and rehabilitation for newly operated colorectal cancer patients. Patients have to adjust to a new lifestyle with a stoma, and members conduct visits either to hospitals or homes to provide assistance. Besides Club members, the hospital's nursing and patient care services also augment the support system with emotional, nursing and social care for new members of the Ostomy Club.

Club members continue to meet every Saturday, during which they share experiences; exchange notes and learn from each other on how to cope with a new lifestyle. Nurses are usually present to share their expertise, and doctors are also invited to update on the latest medical developments. Other professionals are also invited at times for such gatherings.

The ostomates, together with their families and friends celebrated World Ostomy Day on 14 October 2006, with support from SCS. A grand party was held at the SAF Yacht Club, complete with yacht sailing, karaoke, treasure hunts and a sumptuous dinner. The joyous celebration themed: "Living Life to the Full", was aimed at drawing attention to cancer patients who have bravely battled and overcome their sickness.

SCS threw a Christmas party for its ostomates, caregivers, nurses, volunteers and suppliers on 16 December 2006 at the society's premises. Around 80 participants were treated to a sumptuous buffet spread as well as lucky draws, gifts exchange, talent time and dances, organized by our own volunteer support committees. Members raised \$254 through an auction of paper lanterns created by themselves.





Reach To Recovery (RTR) Programme and Support Group

Reach To Recovery (RTR) is a support group for women who are battling breast cancer. Its Committee and members holds monthly social gatherings on the last Saturday of the month at the founders' residence. This programme started in 1973, adapted from the American Cancer Society.

Monthly meetings are also held for members to facilitate the sharing of experiences, updates on strategies to cope with breast cancer and rehabilitation issues. Professionals from the medical fraternity are invited to grace these monthly occasions to provide updates and knowledge on breast cancer. Sales and marketing personalities are also present to provide updates on any suitable related products for the breast cancer patients.

The RTR Patient Support Volunteer Movement has also established itself in two major hospitals, namely KKH and Mount Alvernia Hospital. RTR member/volunteers reach out to the referred breast cancer patients, either at the hospital, home or via phone support. Through sharing of experience and training, they offer hope, encouragement, emotional support and information for all newly diagnosed patients.

A monthly newsletter entitled BLOOM RRI is produced twice annually for our RTR members, to promote exchange of information on outreach and recovery issues. This newsletter aims to improve the quality of life for women who are dealing with breast cancer, as well as involving their families in the rehabilitation process. It also aims to promote services to meet the needs of women with breast cancer globally.

Look Good Feel Better Programme

The Look Good Feel Better Programme helps women with various types of cancer to cope with the temporary side effects of chemotherapy and/or radiation therapy; such as hair loss and skin damages. This programme has been in existence since 1987, but SCS only adopted it in 2002. Workshops are conducted by trained cosmetologists to teach make-up techniques and dispense skin care advise on a voluntary basis. Other trained professionals offer tips on hair care, use of wigs and the use of various hat gears.

A total of 53 participants attended the programme adopted by SGH, NUH, TTSH and KKH in 2006.





**KEY
PERFORMANCE
INDICATORS**

KEY PERFORMANCE INDICATORS

CANCER TREATMENT SUBSIDY

	In 2006
Funds disbursed	\$ 948,224
No. of Patients	411

[\$ 1,513,879 was disbursed to benefit 532 cancer patients, since Apr 2005 when the scheme first started.]

WELFARE AID

	In 2006
Funds disbursed	\$ 1,210,060
No. of Patients	499

HOSPICE HOME CARE

Patients	2006
At start of the Year	82
New Referrals	175
Total cases	257
No of Deaths	115
No of Discharges	48
Total Balanced cases	94

CANCER SCREENING

Total number of Screening	23266
Breast examination	5570
Referred for further investigations	
Ultrasound Breasts	256
Cancer found	4
PAP smear done	5534
Referred for investigations	106
Cervix Cancer found	2
FOBT Test	12162
Colonoscopy done	580
Colon Polyp found and removed	161
Colon Cancer found	26

PUBLIC EDUCATION

	In 2006	Remarks
Major Cancer Awareness Campaigns conducted	6	
No. of Forum Attendants	5000	
No. reached through media, publicity & exhibitions	500,000 (estimated)	Based on TV and newspaper viewership / readership
Other Cancer Talks in schools, corporations & institutions	98	

SUPPORT GROUPS / REHABILITATION SUPPORT

	No. of cancer survivors / members served (2006)
New Voice Club	98
Ostomy Club	180
RTR	238
"Look Good Feel Better" program	120 (estimated)

FUND RAISING

	In 2006	Remark
Funds / Donations garnered	\$ 4.3 million	A deliberate decision was made by the Council not to hold a TV Cancer Show in 2006, owing to sufficient funds in the reserve for the year's operation.
No. of Major Fund-raising activities	8	