

SINGAPORE HEALTH
INSPIRATIONAL
PATIENT
AWARDS 2017



About the Awards	03
INSPIRATIONAL PATIENTS	04
Assisi Hospice Mr Simon Tan	06
Bright Vision Hospital Mr Leong Tuck Weng Mr Victor Hoon	08 10
Home Nursing Foundation Mr Tee Choon Ann	12
KK Women's and Children's Hospital Mr Jeremiah Tan Ms Le Hoang Phuong Uyen Ms Nurashikin Bte Mohamad Zulkifli Ms Veronica Wee	14 16 18 20
National Cancer Centre Singapore Mdm Catherine Khor Ms Keok Yanhui Dr Khoo Sork Hoon Ms Lyn Ee Mr Tan Peng Yang	22 24 26 28 30
National Heart Centre Singapore Mr Oh Jun Rui Mdm Pusppavalli D/O Andan Seeni Mdm Rohaya Bte Mohamed	32 34 36
National Neuroscience Institute Mr Cheng Shi Xing Mdm Hung Yit Leng	38 40
Singapore General Hospital Mr Ellil Mathiyan Lakshmanan Mrs Karen Alexandra Tan Mdm Koo Tsyrr Hsin Mr Mohd Amin bin Haji S.S. Mubarak Mr Ong Chin Huat Mr Rahman Mohammed Ataur Ms Sarah Low Mr Seah Kim Swee Ms Selene Tan	42 44 46 48 50 52 54 56 58

Organised by



Participating Institutions



Singapore National Eye Centre	
Ms Pamela Chan	60
Ms Stephanie Ow	62
SingHealth Polyclinics	
Mr Edgar D'Souza	64
Mr Koh Him Siong	66
Mdm Mary Lee	68
Yishun Community Hospital	
Mdm Amnah Bte Ahmad	70
INSPIRATIONAL PATIENT SUPPORT GROUPS	72
MWS Bethany Methodist Nursing Home	
Sunshine Group	74
KK Women's and Children's Hospital	
Diabetes Support Group	76
National Cancer Centre Singapore	
Gynae-Onco Self Help Group	78
National Neuroscience Institute	
Multiple Sclerosis Care	80
Singapore General Hospital and National Cancer Centre Singapore	
SGH-NCCS Colorectal Cancer Support Group	82
PAST WINNERS	84

About the Awards

The Singapore Health Inspirational Patient Awards is an annual award which honours individuals for their strength, courage and resilience in the face of healthcare challenges.

In its eighth year, the winners continue to inspire us with their ability to overcome adversity and provide valuable learning for the doctors, nurses, allied health professionals and other healthcare workers who care for them.

We are also pleased to honour outstanding patient support groups who have provided invaluable support to our patients and caregivers.

This year, we recognise 38 winners who have motivated healthcare professionals to deliver better care to their patients and inspired many with their zest for life.

Inspirational Patients

Mr Simon Tan

Mr Leong Tuck Weng

Mr Victor Hoon

Mr Tee Choon Ann

Mr Jeremiah Tan

Ms Le Hoang Phuong Uyen

Ms Nurashikin Bte Mohamad Zulkifli

Ms Veronica Wee

Mdm Catherine Khor

Ms Keok Yanhui

Dr Khoo Sork Hoon

Ms Lyn Ee

Mr Tan Peng Yang

Mr Oh Jun Rui

Mdm Pusppavalli D/O Andan Seeni

Mdm Rohaya Bte Mohamed

Mr Cheng Shi Xing

Mdm Hung Yit Leng

Mr Ellil Mathiyan Lakshmanan

Mrs Karen Alexandra Tan

Mdm Koo Tsyrr Hsin

Mr Mohd Amin bin Haji S.S. Mubarak

Mr Ong Chin Huat

Mr Rahman Mohammed Ataur

Ms Sarah Low

Mr Seah Kim Swee

Ms Selene Tan

Ms Pamela Chan

Ms Stephanie Ow

Mr Edgar D'Souza

Mr Koh Him Siong

Mdm Mary Lee

Mdm Amnah Bte Ahmad

“Life is not about looking back but accepting changes and moving on to make the most of what you have.”

MR SIMON TAN, 59 *Retiree*

I was in my teens when I first came into contact with drugs. Back then, I worked as a fisherman on a trawler that sailed in the South China Sea. It all started when a group of crew members spiked their cigarettes with heroin and offered one to me.

It was so easy to get hooked. Heroin made me feel good, and my pay of about \$2,000 a month, which was quite high during the 1970s, financed my addiction.

I was arrested the following year and was imprisoned for six months. But it didn't deter me and I was soon back on the streets looking for drugs again. I could no longer go back to my fishing job, so I took up odd jobs instead.

Almost all the money I earned was spent on buying drugs such as heroin, marijuana and pills. When I ran out of money, I borrowed from my friends and parents.

It broke my mother's heart. Every time she cried and begged me to quit, I would just say “okay” to pacify her. I made no attempts to quit because it was just too difficult. I would shiver uncontrollably, suffer from body aches and vomit whenever I tried to lay off drugs.

I was arrested again in 1992 and spent two years in prison. Still, the jail time did nothing to stop me.

My turning point came in 2015, when I looked in the mirror one day and was horrified by my reflection. I looked gaunt and haggard. I weighed only 60kg and it hit me that I had lost 15kg over a span of five years.

Determined to kick the habit once and for all, I checked myself into the National Addictions Management Service, Institute of Mental Health, where I spent two weeks in rehabilitation. I was subsequently referred to The Helping Hand, a halfway house for former drug addicts.

When my mother found out that I was at the halfway house, she was overjoyed. She told me to stay at The Helping Hand for as long as I could, so I would not risk running into my old friends and be tempted back to drugs.

In August 2016, I learnt the real reason for my weight loss. I was suffering from bile duct cancer, which had spread to my bone, liver and coeliac lymph nodes.

I am now on palliative chemotherapy. I hope to live a little longer so I can repay my parents for all that they have done for me.

As a befriender at The Helping Hand, I counsel and advise young residents who struggle with their addiction. Their whole lives are ahead of them, and I hope they will not make the same mistakes as I did.

“Simon has shown remarkable bravery and calmness in coping with life's trials. Despite being diagnosed with a terminal illness, he chose to make the most of his time by caring for those around him.”

Samantha Soh and Sandra Lim
Medical Social Worker
Psychosocial Support Services
Assisi Hospice



AN INDOMITABLE SPIRIT

MR LEONG TUCK WENG (1943 - 2016)

Our father had a recurrence of skin cancer in his jaw and lip in November 2015. He underwent a 16-hour 'commando' surgery to remove the affected areas followed by a reconstructive surgery.

A month later, he underwent 33 sessions of radiation therapy, two sessions of chemotherapy and numerous physiotherapy, occupational and speech therapy sessions. He stayed in both acute and community hospitals for more than 120 days. He passed away from pneumonia in late 2016.

Our father was extraordinary in how he stood up to cancer. He was a very positive patient who never gave up. Despite the devastating facial disfigurement post-surgery, our father did not wallow in self-pity or shame. Instead of hiding himself from public view, he made the brave decision to step out from the 'safety' of his ward, heading to the rehabilitation centre for his therapy or visiting some of his favourite spots in Singapore. He courageously ignored stares, gasps and whispers from people. He said we must not let unfortunate turn of events dishearten us and be affected by how others see us.

With the removal of his lower jaw and lip and having a reconstructed mouth with a restricted small opening lacking in elasticity, our father had difficulty chewing, swallowing and speaking. He needed extra effort and a longer time to clean his mouth, eat and speak. During mealtime, he had to feed himself slowly through one side of his mouth. The process was tiring and challenging but he would press on till he finished his meal. He undertook the cumbersome multi-step process of cleaning his mouth several times a day. Meal after meal, conversation after conversation, he persevered. He experimented with new ways to work around his difficulties in swallowing, speaking and cleaning. He accepted and adapted to the frustrating and debilitating medical conditions and created his own new normalcy over time.

The physiotherapists found our father very cooperative as he was self-motivated and determined to regain his functional independence.

He had an earnest learning attitude, evident in how he readied himself daily for his sessions ahead of time; by wearing his shoes early or preparing the required aids. Our father was attentive in learning the exercises needed and conscientious in doing the "homework" given by the physiotherapists. He was ever ready to carry out even more physically-demanding physio exercises such as the progressive lifting of heavier weights or increased repetitions of an exercise.

Despite the challenges that stood in his way, his unwavering practice always was to "wake up, dress up and face the world". To him, "life must go on" and a daily schedule helped to keep him focused and productive.

We remember our father as a great family man, an audiophile, a motorcycle and cycling enthusiast, a Singapore 'explorer', 'Mr Gadget' and our dear 'household' operations manager.

Pa, we love and miss you.

Recounted by Kelvin and Alan Leong, sons of the late Mr Leong Tuck Weng

"Mr Leong has taught me what it means to be courageous and hopeful in the face of illness and pain. He created a new normalcy over time, embracing the challenge of change with grace and dignity."

Sandy Koh
Principal Medical Social Worker
Medical Social Services
Bright Vision Hospital



“I’ve held on to the belief that something better awaits us if we have the courage to keep reaching and working hard for it.”

MR VICTOR HOON, 31
Mouth painter

I started watercolour painting in 2015. With a pencil in my mouth, I would first sketch very lightly on the watercolour paper and erase with an eraser held between my fists when needed. Next, I would pick up the brush with my fists, adjust its position in my mouth and mix the colours with water before painting. All these steps are not difficult. The challenge lies in controlling the strokes with my mouth. I practice five to six hours daily. It gives me great satisfaction as I see the gradual progress in my work.

When my friends heard that I wanted to take up painting, they were very encouraging, and eagerly contributed to my stash of art materials. They are my childhood friends whom I have known since primary school. They were the same friends who were with me when the fateful accident happened in 2005.

It was past midnight. I was on a motorbike and my friends were behind me in a taxi. Suddenly, I was thrown off my bike and lost consciousness. I’ve no recollection of what happened.

When I woke up in the hospital, the doctor told me I would be bedridden for the rest of my life.

I was only 19 and waiting for my National Service enlistment. I had my whole life ahead of me. But the accident left me paralysed overnight.

After the accident, my mother quit her job to take care of me. My father, who is a driver, had to work harder to afford a domestic helper to help out.

Taking care of me was challenging. Every helper we had did not stay long. That was when I asked to go to a community hospital, so it would be less draining for my mother and easier on my family’s finances because my stay would be subsidised.

The stay at Bright Vision Hospital (BVH) has been helpful to my recovery. My mood started improving as well.

The nurses told me not to look back. Chen Ju, my occupational therapist, kept encouraging me to try sitting up on a reclining wheelchair. I would feel dizzy each time, but I worked to build my endurance. Slowly, I could sit up and even regain some movement in my arms after years of therapy and a hand surgery.

It took me two years to come to terms with my current self. Now, I can feed myself and even move around in a motorised wheelchair.

I am grateful to my family, friends, the healthcare team at BVH and SPD for their unwavering support.

I picked up mouth painting at the SPD, and recently sold two of my works at an exhibition. It’s great to know that someone appreciates my artwork.

I am now on a scholarship with the Association of Mouth and Foot Painting Artists of the World. I hope to improve on my craft and inspire others with my work.

“Victor’s life is inspiring. It is never about settling for less. He has made great strides in both his physical and emotional recovery. This is a great encouragement to patients he reaches out to.”

Lee Shu Hui

Senior Occupational Therapist, Paramedical

Lo Chen Ju

Principal Occupational Therapist, Paramedical
Bright Vision Hospital



“I don’t feel sorry for myself. I would rather focus on leading a happy and meaningful life. This is the best way to express my gratitude for those who care for me.”

MR TEE CHOON ANN, 58
Retiree

Before I fell ill, I worked as a deliveryman for about four years, delivering poultry to markets and food stalls. The job required me to work night shifts. Usually, after a long night’s work carting boxes that could weigh up to 10kg each, I could still go jogging.

In 2011, my health saw a marked decline. My immune system was so weak that I fell ill all the time.

I was referred to Tan Tock Seng Hospital to take a blood test and the test showed that I had Human Immunodeficiency Virus (HIV).

The initial treatment was hard. The side effects took a toll on me – my senses became weak over time and I couldn’t keep track of my medication schedule. I ended up quitting my job as a deliveryman.

The Communicable Disease Centre (CDC) referred me to Home Nursing Foundation for follow up care. For the past two years, Senior Staff Nurse Janet Tan visited me regularly to make sure I was taking my medication on time. She also helped me to pack my medications and kept me organised with my medical appointments.

As I live alone, her support and concern helped improve my well-being over time. Initially, I had to move around in a motorised scooter but now, I am able to walk without any aid.

I spend my mornings at the CDC’s Patient Care Centre every Monday to Friday, taking part in its activities. I learn how to make handicrafts from the volunteers and sell them to raise funds for other HIV patients who need help with their daily necessities, medical and transport expenses. I also help with the gardening at the Centre.

The doctors, nurses and volunteers have been looking after me so well that this little effort on my part is no big deal compared to theirs.

I think of HIV like any other infectious disease – we have to act responsibly to ensure we do not spread it. The healthcare staff are not scared to be near me; why should anyone else be?

I am very close to my five siblings and I told them the minute I was diagnosed. Nothing has changed between us. Our mother died when I was 10 and we have looked after one another ever since.

I am grateful for all the support from my family and the healthcare team. I want to continue to lead a happy, meaningful life and take good care of myself. I think that’s the best way to express my gratitude for all that they have done for me.

“I am very encouraged and happy to see the positive transformation in Mr Tee. From one who was depressed and alienated from the society, he has found strength to live his life and make each day count. Most importantly, he is a stellar example of how a person can rise above his own challenges to take charge of his life and along the way, inspire others to do the same.”

Janet Tan
Senior Staff Nurse

Renuka D/O Nagalingham
Assistant Nurse Clinician
Home Nursing Foundation



“There’s a sense of purpose in everything I do. That’s what drives me.”

MR JEREMIAH TAN, 22 *Student and Para-athlete for the Singapore Cerebral Palsy football team*

I was two when I was diagnosed with hypophosphatemic rickets, a genetic disorder which causes my bones to become painfully soft and easily bent.

The KK Women’s and Children’s Hospital was like a second home to me as I was visiting it so often. I was seeing six different doctors who treated me for rickets and other conditions like sinus, bilateral squint and dyslexia.

My mother quit her job to take care of me. Although she was protective of me, she felt that I should be able to enjoy life the way other boys my age did. I was a stubborn child who wanted to try my hand at everything, despite knowing I was different. She allowed me to test my own limits, letting me play football with my classmates after school before I needed walking aids. I also picked up taekwondo and robotics! I remember learning swimming at a young age and feeling normal for once as I felt free in the water. It was encouraging to not be limited by my disability and to be on par with others.

Living with rickets meant that I walk with an unusual gait. I often got teased in school but my classmates were very protective of me and would always jump to my aid. Without them, I would have had a very dismal childhood. These classmates remain my best friends till today. I will never forget how they accepted me even though I was physically different.

Despite all the health challenges I had growing up, nothing beats the next biggest hurdle that came my way. I was nine when we discovered I had a brain tumour. I had to undergo a seven-hour surgery to remove it. That was the worst time of my life.

I lost the ability to walk and write after the surgery; suffered memory loss and could not identify letters of the alphabet. It was physically demanding to relearn the most basic motor skills but I refused

to give up. I wanted to regain normalcy as quickly as possible. It was the constant support from my family that helped me to persevere and regain full use of my arms and legs after a year of therapy.

I am on lifetime medication for rickets and the corrective surgeries on my legs have helped me to walk again and venture towards living my life fully.

I am currently pursuing a diploma in Broadcast Media at the LASALLE College of the Arts. I hope to be able to join the media industry one day and use what I have learnt to educate and remove the stigma for people with disabilities.

I am also part of the Singapore Cerebral Palsy football team where we train three times a week. As an athlete with the Singapore Disability Sports Council, we also reach out to the public to share on how sports can help people with disabilities.

Even though I am born with a disability and suffer from other debilitating medical conditions, my family, friends and the healthcare team have helped me overcome them. I hope to pay it forward by helping others with disabilities.

“It’s inspiring to see how Jeremiah focuses on what he can do instead of what he can’t. He has emerged stronger from all the health setbacks he’d to face. He is grateful for everything he has received. He never gives up and is happily pursuing his dreams.”

Isabella Sim
Senior Associate Executive
Pharmacy Department
KK Women’s and Children’s Hospital



“We have one life to live. Live in the moment and live it to the fullest.”

MS LE HOANG PHUONG UYEN, 20 *Student*

I’ve always had fond memories of my childhood in Vietnam. But at nine, I decided to come to Singapore to study. As a child, I was very driven and goal-oriented. I had set my sights on pursuing an education in Singapore. I am thankful to have my parents’ and my aunt’s family support on this.

My family is not wealthy. My parents had to sacrifice a lot for me to be here. It was not easy for me as well as I could not speak a word of English or Mandarin back then but I persevered. I didn’t want to disappoint my parents and would study for at least two hours a day. I set my own learning targets, for instance learning five new Chinese words a day. I knew from young that if I wanted something to pan out, I’d have to work hard for it. My efforts eventually paid off and I started getting better grades. I was thrilled when I got an ‘A’ for my Chinese in PSLE. In secondary school, I was also appointed President of Student Council and took up part-time jobs to help pay for my school fees.

All was well but my health started to go downhill when I turned 14.

It started with persistent fever, painful and swollen joints. At first, my family thought it was just an inflammation and gave me traditional medicine. Things got worse over time. My body was so wracked with pain that it was hard for me to get out of bed, feed myself or to use the toilet on my own.

The doctors at KK Women’s and Children’s Hospital (KKH) ran countless tests before I was diagnosed with systemic lupus erythematosus.

At first, my family and I could not come to terms with the disease. It was hard to understand that the condition caused my own immune system to attack my healthy cells. At one stage, I had to spend three months in hospital due to an inflammation. I was not only worried about missing school but the hospital bill as well.

Although I felt overwhelmed, I knew my mother was worried and hurting more than me. To stop her from worrying, I would try to put on a brave front even though I was feeling miserable with the constant pain.

My mother is my rock and my refuge. With her constant encouragement and care, I slowly learned to deal with my condition. I also managed to return to school after five months of treatment and continued to pursue my passion in modern dance.

I am very fortunate to have received support from my family, school, KKH, and a philanthropy foundation in my medical journey. There are uncertainties ahead but I will continue to look forward. There is so much more I want to accomplish in life.

“Uyen’s resilience in overcoming challenges posed by her autoimmune disease has been impressive. She also has a very positive outlook in life and looks forward to getting a job after graduation so she can provide for her family.”

Zhang Lijuan
Medical Social Worker
Medical Social Work Department
KK Women’s and Children’s Hospital



“I want to help patients manage their condition so they too, can pursue their dreams and live life to the fullest.”

**MS NURASHIKIN BTE
MOHAMAD ZULKIFLI, 28**
Staff Nurse

When I was first diagnosed with Type 1 diabetes at 13, I was angry and in denial. My doctor tried to explain my condition and the importance of self-care but I thought it was boring and didn't take him seriously.

I was supposed to give myself insulin injections and monitor my blood sugar level by pricking my finger three times a day, but I only did them when I felt like it — sometimes as infrequently as once a week. The routines reminded me that I had diabetes, which I did not want to acknowledge at that time.

As a result, my blood sugar level went haywire. Once, it was so low that I had a hypoglycaemic fit and fell off my bed in the middle of the night, hitting my right eye on the bed frame. My face was bruised so badly that the doctors thought I had been abused!

Over the course of three years, I was admitted to KK Women's and Children's Hospital (KKH) multiple times as I struggled to keep my condition under control.

My father, too, suffered from diabetes. He had been a patient for over 20 years and had not been compliant with the treatment. When his kidneys failed and his toes had to be amputated, I was very scared. I was afraid that if I did not take care of myself, I would end up like him.

My father passed away when I was 16, which was a wake-up call for me. I became more diligent with monitoring my blood sugar level and administering insulin.

Around that time, I started a nursing course at the Institute of Technical Education (ITE), where I met a friend and fellow diabetes patient. He was doing well in school and coping well with diabetes, and would regularly remind me about my insulin jabs. I asked myself: If he could do it, why couldn't I do the same?

Upon graduation, I had some difficulty in getting a job. I worked various part-time jobs for a year but it wasn't what I wanted. It was demoralising to watch my schoolmates secure nursing jobs while I was unable to do the same.

Thankfully, Nurse Clinician Lim Pei Kwee, the Chairperson of the KKH Diabetes Support Group, which I have been a part of since I was 16, told me about a job opening at the hospital and encouraged me to apply for it. I started work as an enrolled nurse in a paediatric medical ward in 2008. After working for two years, KKH offered me a scholarship for a nursing diploma at Nanyang Polytechnic. I was very thankful.

There will always be ups and downs. Sometimes I get tired of monitoring my insulin and blood sugar level, but I know I need to take care of myself, so that I can be there for my patients. I want to help them manage their condition so they too can pursue their dreams and live life to the fullest.

“Nurashikin lost her father to diabetes, but instead of wallowing in sorrow, she resolved to take good care of herself and even took up nursing so she can help others. I'm very inspired by her tenacity amid the challenges she faced.”

Nurse Clinician Lim Pei Kwee
Diabetes Nurse Educator
KK Women's and Children's Hospital



“I’ve learned to look on the bright side of life and hope to bring joy to the people around me.”

MS VERONICA WEE, 55 *Retiree*

I have always had a flair for the arts and was in the graphic design field for more than 10 years. The work was so demanding with such long hours that it took a toll on my health. I had vaginal bleeding every day but thought it was just my menstrual cycle going haywire.

I didn’t see the doctor but I knew it was time to take better care of myself. I switched to a less stressful job and became a clinic and personal assistant to a cardiologist.

My condition failed to improve and alarm bells rang when I was bleeding in the shower one morning in 2014. I knew that it was no longer due to my menstruation. I went to see a gynaecologist and was then referred to KK Women’s and Children’s Hospital. After a series of tests, I was diagnosed with Stage 3 endometrial cancer.

I was calm when I heard the news but my sister, who accompanied me to the hospital, took it badly and was in tears.

Buddhist teachings help me to understand that there are things I cannot change. I treat my illness as a blessing because it has given me a chance to prepare for the inevitable and to plan ahead for my health and personal care with Advance Care Planning.

I went for surgery to remove my uterus, ovaries and lymph nodes. I move around in a wheelchair now because the chemotherapy and radiotherapy sessions have damaged my nerves and affected my mobility, causing me to lose my balance and fall easily. Thanks to the daily physiotherapy exercises, I can now stand on my own for longer periods of time. I have also quit my job to focus on getting better.

Growing up, I have always been very active and athletic. At Crescent Girls’ School, I played badminton, basketball and netball. I was also a javelin thrower, relay runner and a sharp shooter

in the National Police Cadet Corps. My other hobbies include social dance, bowling, swimming, car rally and playing the guitar.

I may not be able to take on any of these physical activities anymore, but what’s important is to accept my situation and move on with life.

During my free time, I volunteer as a Befriender with the KK Women’s Cancer Support Group. I find it meaningful to share my cancer journey with other patients and their caregivers. Whenever we discuss our irregular bowels and talk about the different diaper brands, everyone lightens up! I’ve learned to look on the bright side of life and hope to bring joy to the people around me.

I am very blessed to have so many people standing by and rooting for me. Besides my faith and the unwavering support from my family, my godmother Mary Lim Mook Lan, Dr Ho Kheng Thye, and close friends Christina Loh and Nathalie Surjawidjaja have also greatly inspired and supported me during my treatment journey. I hope to pay it forward by spreading love and joy to others too.

“Veronica had poorly controlled blood sugar and blood pressure levels but was able to normalise the levels within a month through sheer determination and discipline.

It’s also encouraging to see how Veronica stays active in the community and makes every effort to reach out to other patients.”

Jiang Saimin
Nurse Clinician, Women Day Therapy Centre

Li Yajie
Nurse Clinician, Ward 71
KK Women’s and Children’s Hospital



“Once diagnosed, face it. Accept it. Deal with it. Stay strong. Stay positive. Stay happy. March on and live your life to the fullest!”

MDM CATHERINE KHOR, 68
Retiree

I am generally known as an easy going and happy-go-lucky person. I don't fuss over small things, hence when I started going to the toilet after every meal and several times at night, I didn't think much about it. Instead of seeing a doctor, I self-medicated with traditional Chinese medicine, hoping that it would solve the problem. My advice to all is never misinterpret the signals from your body.

It turned out that I was suffering from Stage 3 colon cancer. I was thankful my surgeon gave me a lot of confidence by telling me not to focus on the cancer staging but to prepare myself for the surgery. I chose to go for the surgery with a calm mind. Parts of my large intestine were removed and I carried a stoma bag for one-and-a-half year before I had a minor surgery to reverse my stoma. Less than a year later, I had to go for a hysterectomy as my cancer had spread to my ovaries. I also went through procedures for CVC line insertion twice and thereafter, a Port-a-Cath insertion to help with my chemotherapy infusions.

I have been on chemotherapy since 2013 and am still going for weekly sessions. Despite the many side effects - mouth ulcers, diarrhoea, skin discolouration, skin irritation, numbness and hair-loss - all these did not deter me from living my life in the most positive way that I would like to. I would dress up and wear my wig whenever I go out, even for my medical appointments! When new patients see me smiling and all dressed up, they ask if it is my first time doing chemotherapy. I tell them I have been doing chemo for four years!

During this trying period, a very important pillar of support is my family who has been rallying around me. My husband has taken over the household chores and cooking while my two daughters take turns to accompany me for my chemotherapy and medical appointments. My siblings visit me every weekend.

My family had to grapple with another blow when my older daughter, Shiao Woi, was diagnosed with Stage 1 endometrial lining cancer in 2014. Even while doing my chemotherapy, I continued to encourage her. She recovered fully after her surgery and we are now members of the Gynaecology Self Help Group.

Rather than feeling bitter about getting sick, I believe in maintaining a happy state of mind. I enjoy going for morning walks, colouring, gaming, and reading. My persistent mouth ulcers do not deter me from eating my favourite curry and laksa in moderation!

I would like to tell other cancer patients that cancer is not the end of the world. Yes, the side effects can be really hard to handle and very trying for you and your family. But we need to always stay positive and see the good in everything. For me, I liken cancer to major flu and chemotherapy to a tonic that kills the naughty cancer cells. Life is always beautiful!

“Mdm Khor's courage and resilience inspires other patients that they too, can overcome hard times.”

Looi Woan Tyng
Senior Staff Nurse, Nurse Clinician Dept

Peggy Cheng
Senior Nurse Manager, ATU
National Cancer Centre Singapore



“I am a person of hope even at the bottom of my despair. It inspires strength and certainly keeps me going when times are tough.”

MS KEOK YANHUI, 36

When my husband and I got married, having kids was always a given but not a priority in the first few years of our marriage. When we finally decided to start having children, I was instead, unfortunately diagnosed with Stage 4 uterine cancer.

This put a stop to all our plans of having children. Cancer is hardly something that a young couple ever thinks about and to go from having expectant hopes of a new life to clinging on to my own was devastating.

I was immediately put through surgery and chemotherapy as the doctors felt that it was necessary to start treatment as quickly as possible because it was an aggressive form of cancer and survival rates were not high.

Shortly after I had started my chemotherapy sessions, my blood counts plunged. I had such terrible reactions that I was unable to ingest food and experienced nausea and diarrhoea for a month. It would be almost two years later, after we decided to go to National Cancer Centre Singapore for treatment, that I was diagnosed with an underlying genetic condition called Fanconi Anaemia, which makes me hypersensitive to chemotherapy and radiotherapy.

Another side effect that I experienced was the development of lymphoedema as a result of the removal of lymph nodes from the cancer staging.

The journey has been long and arduous, and it seems as though my condition is getting worse and the options I have are more and more limited. The treatments seem to have little effect on the tumours and I am finding it hard to even eat small amounts of food. However, where I would ordinarily have found despair, I am actually in a good place.

God has placed me in a community of brothers and sisters that have journeyed with me and supported me. I have learnt to look past my debilitating condition and to see how I can bring a little sunshine to other people's lives.

I have enjoyed building new relationships, reaching out to those suffering from lymphoedema and encouraging others who also suffer from cancer with my handmade cards.

It is hard to live with cancer and it is easy to feel sorry for myself, but I don't want to be remembered as “the cancer girl”. I want people to remember me for the life I led in spite of it all and for the times that I have touched their lives. I have lived a good life and God has been gracious to me. I hope that whatever I have done is pleasing to Him as well.

“Yanhui's tremendous courage to accept the inevitable has truly touched us and reminded us never to take life for granted.”

Dr Joanne Ngeow
Head, Cancer Genetics Service
Division of Medical Oncology

Dr John Chia
Senior Consultant
Division of Medical Oncology

Chen Yanni
Senior Medical Social Worker
Psychosocial Oncology

Tannis Walker
Director
Campaign, Division of Community
Outreach & Philanthropy
National Cancer Centre Singapore



“I am always ready to use my story to encourage others going through similar trials; so they too, can have a lemon-infused party with the lemons life throws at them.”

DR KHOO SORK HOON, 58
Family Physician

As a family physician, I have always been an advocate of healthy living and regular health screening. I practice what I preach and it was through a routine mammogram that I discovered I had breast cancer in October 2010.

As I raced from one scan to another, I only had time to be still and gather my thoughts while being strapped on the MRI machine.

As a Christian, death does not frighten me. Rather, the anticipated pain and suffering daunted me. I had been blessed with good health thus far, and had been enabled to care for the infirmities of others – always the doctor, never the patient.

I cried to God, “Why ME?”
God answered, “Why NOT you?”

Indeed, why not me? Breast cancer is the second commonest cancer among women. Surely, I cannot expect life to be a stroll in the park; without any challenges?

This cancer is a lemon that life threw at me. Instead of sulking in a corner by myself and biting on a bitter lemon, I will make lemonade, bake lemon meringue pies, cook lemon chicken rice and invite people to a party filled with the fresh smell of lemons, brightened by bright lemon yellow color.

My wish for my life is to leave a memorable legacy of love, hope, joy and laughter. I was determined to use my fight with cancer to write such a legacy. I hopped off the MRI machine infused with zest for life and courage to fight on.

As I had Stage 2 cancer, I had to undergo surgery, chemotherapy and radiotherapy. I was blessed with two skilled surgeons, Dr Ho Gay Hui and Prof Koong Heng Nung, who invited me to help out in their Breast Cancer Survivor Clinic in National Cancer Centre Singapore after completing treatment.

My patient and caring oncologist is Prof Koo Wen Hsin. He would prepare me for treatment side-effects so I could be a cheerful and courageous cancer-warrior.

Knowing that I would lose my hair, I went wig-shopping with my hairdresser, Mei, who cried when she heard my diagnosis. We turned tears into laughter when I paraded in different wigs. She shaved my head at the first sign of hair loss. I left her salon looking glamorous with my wig.

Through sleepless nights following chemotherapy, I baked breakfasts for my family. I caught up with reading, writing, singing, drama serials, and long-lost hobbies. I spent quality time with my dear family and friends who rallied around me. With their love, tears were often turned to laughter.

My cancer journey has been filled with different memories; but I only choose to remember the happy ones.

I am grateful to God for a chance to live, to enjoy precious time with my loved ones and continue my work to care for others. I am always ready to use my story to encourage others going through similar trials; so they too, can have a lemon-infused party with the lemons life throws at them.

“Dr Khoo has been placed exactly where she was set out to be. Her tenacity and optimism as shown in her own fight against cancer has encouraged many others.”

Assoc Prof Koo Wen Hsin
Senior Consultant
Division of Medical Oncology
National Cancer Centre Singapore



“Looking back, the one thing that kept me going is my faith.”

MS LYN EE, 66
Founder of Knit for Hope

When I first learned that I had breast cancer, I had mixed feelings. Five months earlier, my golden retriever Luke was diagnosed with osteosarcoma, an aggressive form of bone cancer. With only two months to live, I did my best to nurse him day and night. He died on 29 February 2012.

Two months later, I felt a lump in my left breast. I was living in Chiang Mai then and decided to have it checked. It was confirmed the tumour was malignant. I immediately arranged to fly back to Singapore for treatment. My surgeon explained the different options available and I chose to have a mastectomy and a date was fixed. That day when I went home, reality finally hit me - I was going to lose my breast. I could not control my tears any longer and for the first time I cried.

Two weeks after my first chemotherapy, my hair started to fall and I wore a beanie I had knitted. Cancer patients whom I met at the National Cancer Centre Singapore (NCCS) and the Look Good Feel Better workshop asked me where I bought my beanie and I said I knitted it myself. Sensing their interest, I decided to knit hats to give to cancer patients and I completed 100 hats in four months.

The knitted hats were very well received so in 2015, I started the Knit for Hope at NCCS to teach cancer survivors, caregivers, volunteers and staff to knit hats to give to cancer patients undergoing chemotherapy. Knit for Hope gives volunteers an opportunity to touch lives and to tell cancer patients they are not alone in their fight against cancer. We now have more than 140 volunteers who have made more than 700 hats to date.

In the same year, I also learned about Knitted Knockers, a US organisation that knits and gives away breast prostheses. The knitted knockers are soft and comfortable and takes the shape of a real breast when fitted into the bra. When I knitted my first knocker and wore it, I knew that it was the answer for many women like myself who simply cope with their loss in whatever way they can. I wrote to the founder of Knitted Knockers and registered with them as a Singapore

representative, raised funds and taught some of the more experienced volunteers how to knit the knockers. Together with a team of volunteers, we have since given away 1,940 knitted knockers to NCCS, KK Women's and Children's Hospital, Changi General Hospital, National University Hospital and have also introduced it to hospitals in Thailand.

Looking back, the one thing that kept me going is my faith. When we put God in the centre of our lives, we see and feel things differently. I've lived a full life and I intend to continue my community work here and in Thailand.

“Lyn is always looking out for others. Her resilience and kindness to help as many patients as possible is inspiring. She has taught us that we may not be able to reach out to everyone but what counts is the hearts we have touched.”

Dr Gilbert Fan
Chairperson for Volunteer Engagement

Priscilla Li
Senior Manager, Governance & Administration

Adeline Teo
Volunteer & Project Management Lead

Delphine Huang
Executive, Volunteer Engagement
Division of Community Outreach & Philanthropy
National Cancer Centre Singapore



“In a way, I am thankful for the illness because it made me who I am today.”

MR TAN PENG YANG, 25 *Research Officer*

I was 18 and it was during my ‘A’ Levels when I started feeling fatigued all the time. I was very active in my junior college soccer team and even when there weren’t training sessions, my teammates and I would still meet to play. I attributed the fatigue to the football sessions and the stress from studying for my exams.

It was only after I went for my National Service health check-up that they discovered I had myeloid dysplastic syndrome, an early stage of leukaemia. My dad, who accompanied me to the doctor’s visit, broke down in the car as we made our way home. Seeing him cry hit me harder than the diagnosis.

As a pessimist by nature, I felt resigned to my fate. I was also against spending a large sum of money on chemotherapy and a bone marrow transplant, which had no guarantee of a cure. Seeing my parents work so hard every day at their noodle stall, I didn’t want to be a financial burden to them. But my parents were adamant that I should go for treatment and encouraged me not to give up.

Soon, my condition progressed to acute myeloid leukaemia and a bone marrow transplant was my only life-saving option. The transplant was a success and I stayed in the isolation ward for three months. During this time, my mother would cook my favourite food and visit me daily. Because of the love and support from my parents, my recovery was relatively smooth.

Having gone through the battle with cancer, it made me want to do something that could help other cancer patients. A student then at the National University of Singapore, where I was pursuing a Bachelor of Science (Life Sciences) degree, I decided to switch my major from Chemistry to Biology and began doing research on liver cancer at the National Cancer Centre Singapore (NCCS) as part of my final year project. But in my final semester, just four-and-a-half years after surviving the first cancer, I was diagnosed with myeloid sarcoma, an extramedullary relapse of my previous cancer.

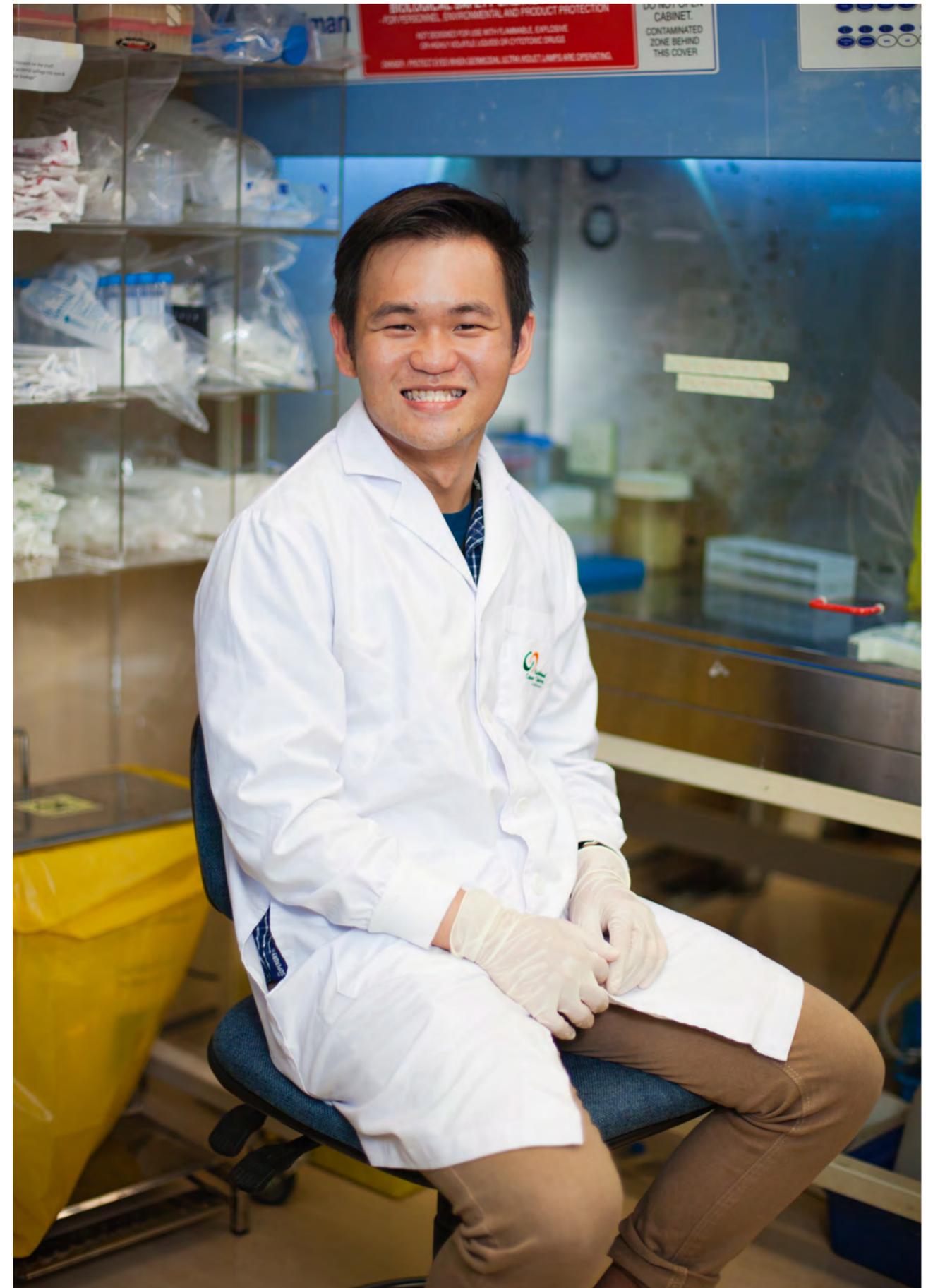
I was devastated. It was a very dark time for me and the only thing that kept me going was my family. I bit the bullet and proceeded with the treatment. Thankfully, it went smoothly. I went back to school almost immediately, finished my final year research project and graduated with second-class honours.

Now, I work as a Research Officer specialising in liver cancer research at NCCS. Together with my colleagues, we are looking at the possibility of early screening for high risk liver cancer patients and personalised drug for cancer treatment. Eventually, I hope to start researching on leukaemia and have applied to do a PhD in the hope of further contributing to the fight against cancer.

My battles with cancer have taught me not to take life for granted and that it is very much worth fighting for. I hope to be able to uncover new ways to fight cancer because every patient deserves a second chance at life.

“Despite life’s many harsh challenges, Peng Yang never lost hope and persevered. He is a colleague I am proud to have at NCCS, dedicating his research to the improvement of cancer care.”

Dr Wang Yu
Research Fellow
CMR – Laboratory of Cancer Genomics
National Cancer Centre Singapore



“I don’t believe in wallowing in self-pity. It’s important to me to accept my condition and move forward in life.”

MR OH JUN RUI, 22
Undergraduate

I’m the eldest of four boys in my family, and the only one with a heart condition. My family has never treated me differently and that helped me to look beyond my health issues and move on to pursue my dreams like everyone else.

Although I was too young to remember the surgeries I went through as a toddler, I did feel sad when I was old enough to understand that my heart is not normal.

Over the years, my heart condition required frequent hospitalisation, and it pained me to see my mother being worried and tired from visiting me in hospital.

The most challenging period took place last year when I suffered a heart valve infection and had to stay in hospital for three months. I tried to make the most of my time by teaching myself ‘A’ level Maths. Having graduated from the polytechnic, I didn’t have the same foundation in Maths as my classmates who studied in junior college. I wanted to learn as much as I could on my own so as to keep up with my Mechanical Engineering course at Nanyang Technological University (NTU).

I would also talk to other patients who were feeling lonely or worried about their impending surgeries. I think sharing my experience helped them to better manage their anxieties and fears.

I don’t believe in wallowing in self-pity. It’s important to me to accept my condition and move forward in life.

My passion in dance has given me a focus in life and instilled some level of self-discipline. This was a huge turnaround for I was such a hard-core gamer back in my younger days. Outside of school, I would spend every waking hour playing games on my computer.

I first tried urban choreography, hip-hop and street dance during my poly days and would train rigorously for performances. In order to juggle

my dance training and studies, I had to study smart and manage my time well. It was then that I realised that I could achieve what I put my mind to so I set myself the goal of getting a Mechanical Engineering degree from NTU.

I have another surgery scheduled in May this year, during my school holidays. It’ll be my sixth surgery. When other patients ask me how I cope with my condition, I tell them to stay positive and to focus on their goals. After all, we must all move on in life so we should try to do it as cheerfully as possible.

“Jun Rui was diagnosed with Tetralogy of Fallot at birth and had to undergo multiple heart surgeries since he was three years old. He has since grown and matured into a diligent and stoic young man, taking his health challenges in his stride and planning for his future by staying focused.”

Stella Kwek
Senior Staff Nurse, Ward 56
National Heart Centre Singapore



“I believe a positive mental attitude can help one get through even the darkest moments.”

MDM PUSPPAVALLI D/O ANDAN SEENI, 46
Senior Enrolled Nurse

As a nurse, I have always strived to be a role model for my patients and family – keeping to a healthy diet and exercising regularly. I rarely fall sick so I was overwhelmed when I was first diagnosed with deep vein thrombosis (DVT) two years ago, followed by multiple embolisms in both lungs.

A recent CT scan also confirmed that I had chronic thromboembolic pulmonary hypertension. As the saying goes, when it rains, it pours. This seemed to be the case for all the health issues I was forced to deal with over the last two years.

Undergoing a pulmonary endarterectomy to remove blood clots in the lungs was my only option and though I was scared and uncertain, my loving and supportive family kept reassuring me that they would be there for me. They put on a brave front but I knew they were worried stiff.

The surgery went smoothly but I subsequently suffered from a brain haemorrhage and had to undergo two more surgeries.

I have been taking care of patients for the last 24 years but nothing prepared me for the long recovery as a patient myself. I reminded myself to be patient and that I would eventually get well.

Thankfully, all three surgeries improved my quality of life. It has been three months and I haven't experienced any swelling in my knee nor do I suffer as much from breathlessness. I have also regained some stamina and energy.

Dealing with DVT was not easy. I couldn't go swimming or take my family out on picnics like I used to. Cooking for my loved ones, which is one of my favourite things to do, took almost twice the usual length of time.

Now that I am on the road to recovery, my husband and two children are excited that I can start cooking for them again. I am excited too! They are

also planning a family holiday when I feel better so I have something to look forward to.

Because of DVT, going to work also takes twice as long as I have to walk slowly and rest often. My colleagues have been very supportive and wonderfully caring; always making sure I'm eating healthy and not overexerting myself because of my condition.

I'm thankful to be back at work after being on medical leave for six months. Nursing brings me great joy and satisfaction and I miss my patients!

This period of recuperation has given me time to reflect on the kindness and support that was shown to me. I am ever so thankful for my family, friends, colleagues and even patients who showed me love and concern. It is little things like these that motivate me in my recovery journey. I hope to be able to encourage my patients and others in this manner as well.

“Pusppa's positive attitude has served her well – even when facing the impact the various conditions had on her and her loved ones. Her determination to never give up has inspired me and many patients alike.”

Rosnita Binte Ismail
Assistant Nurse Clinician, Ward 56
National Heart Centre Singapore



“It hurts and I still cry each time I think or talk about it.”

MDM ROHAYA BTE MOHAMED, 49
Assistant Director

I only heard of pulmonary arterial hypertension (PAH) when I was diagnosed with it in 2007. My cardiologist, Prof Lim Soo Teik explained that PAH makes it harder for my heart to pump enough blood through my lungs, and to the rest of my body. I am often breathless, and performing simple everyday tasks is a challenge.

PAH is a condition of high pressure in the blood vessels of the lungs. Patients feel breathless and faint, and in some cases, experience chest pains. It is a serious chronic condition that leads to poor quality of life and eventually right heart failure and death, especially if patients do not seek proper treatment.

I could not bear the thought of my sons losing me at such tender age. They were only three and six years old then. I would like to personally nurture and mould their spiritual and character development and guide them in their academic and professional goals.

I asked my cardiologist how PAH deteriorates and how patients will end. What will my family go through before I pass on? Will it be a sudden one, or a slow process where they can be prepared for it?

Initially, I only needed oral medications. As my illness progresses, I started on a new drug, Iloprost using a nebuliser every two to four hours. When the drug loses its effectiveness, I started on a new drug, Epoprostenol. It is infused into me continuously by a CADD pump via a central venous catheter (CVC) line. This is critical in view of its extremely short half-life. It cannot be stopped even during emergencies. Taking a shower became cumbersome as I have to cover the CVC line and dressing, or I risk getting an infection. Nurse Aidila from National Heart Centre Singapore patiently trained me on how to dilute Epoprostenol, troubleshoot my pump and explained the ways to minimise infections which can disrupt my infusion.

I will be happy to share my experience with other PAH patients considering this therapy.

This is my tenth year living with PAH. I would not have been able to go through this without the inspiration left by my late father and my family's support. He was indeed a model father! How I miss him so much!

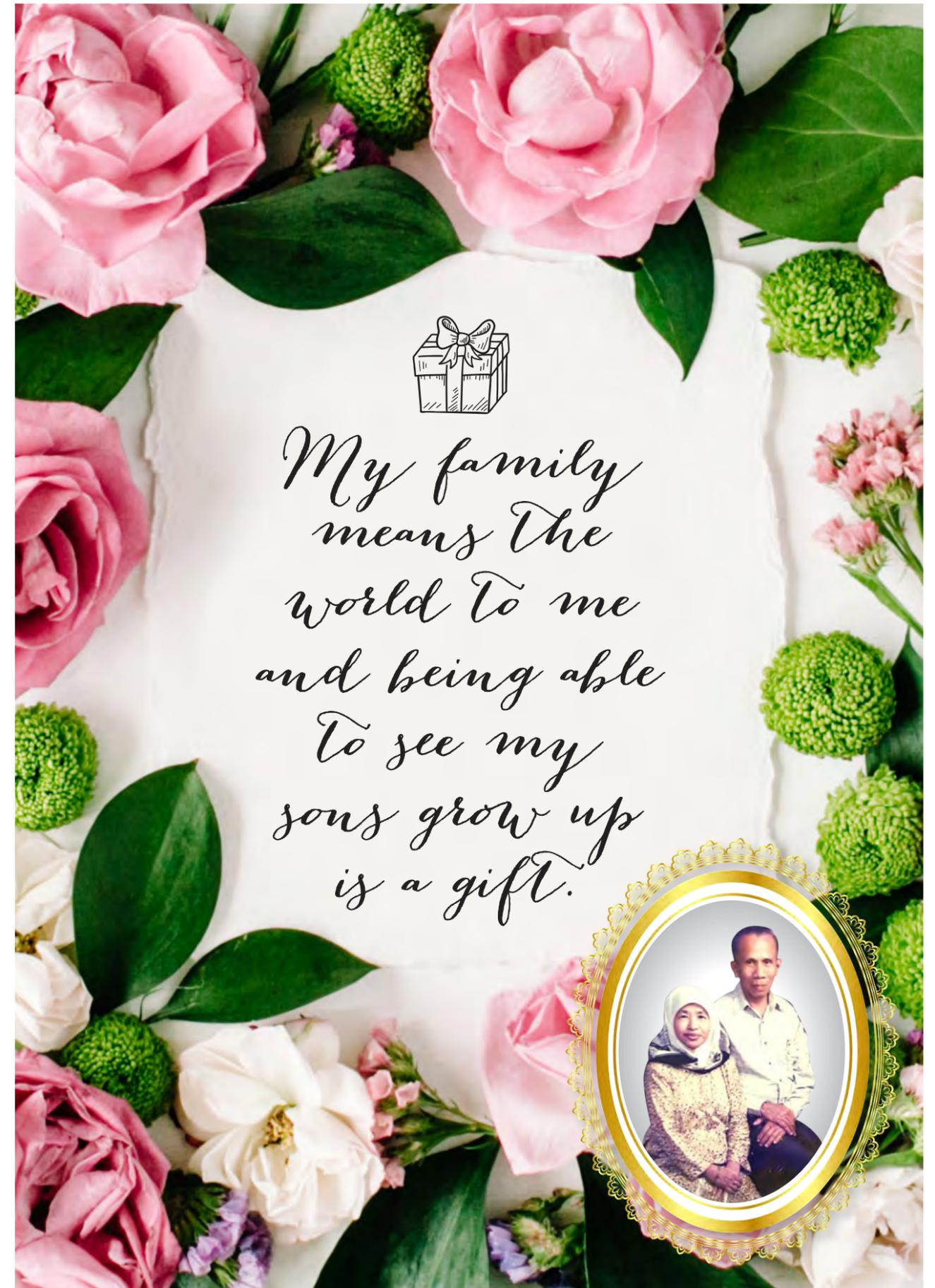
My mother, 79 years old, cooks healthy meals for me and takes care of me and my sons. She inspires me with her grit and determination despite her own health conditions. My sister is the candle in our family, burning herself to take care of us. She does the marketing and takes care of my sons when she is home. My husband takes care of our children when I am not well. My sons attend to my needs daily after school.

I still “owe” my elder son a trip to Germany, a promise which I have not been able to fulfil since 2013. Even at that young age, he was so understanding. Yet, it hurts me. I cry each time I think or talk about it, and even as I'm writing this.

And today, he's here with me at this event!

“Rohaya embraced every treatment possible and never once give up hope. It is inspiring to see how she soldiers on for the sake of her loved ones.”

Aidila Ismail
Assistant Nurse Clinician
Nursing Specialty Care Unit
National Heart Centre Singapore



“I’ve learned to accept my condition. I just take it one day at a time and do my best to move forward with my life.”

MR CHENG SHI XING, 31

As a kid, I was often fascinated by the sight of a lion dance troupe. I was drawn to the lion’s majestic costume, the kung fu repertoire and rhythmic sounds of the drums, cymbals and gongs.

I wanted to learn the craft and joined a lion dance troupe when I was in Primary 3. From being the dancer to the drummer, I’ve done them all. It was not only a hobby but a good way for me to earn some pocket money during Chinese New Year.

I also loved being outdoors and playing basketball and football. You would never find me sitting around at home. After a game, I’d go home just for a fresh set of clothes and then head out again with my friends.

I was serving my last six months of National Service when I woke up one day with numbness in my right hand. I thought I’d slept for too long on my arm and ignored it. But the numbness never went away. I also had severe migraine.

I went for a checkup and the scan showed a tumour in my brain. Being the carefree guy that I was, I just shrugged it off and refused to go for surgery. I was 20 then and wanted to take my driving test and start work after completing NS.

But I soon started having seizures and had no choice but to have the tumour removed.

Unfortunately, the tumour kept coming back, more aggressively each time. After my first surgery in 2006, I had to have four more operations. In between, I underwent radiation and chemotherapy.

My right hand grew weak after the first surgery, and I had to learn to use my left hand for daily routine activities like brushing my teeth and eating.

I also grew weaker with each chemo cycle. I used to be able to help out with household chores but now I tire easily and have back pains. I can’t sit for long nor can I walk steadily. I end up staying home most of the time, watching comedies and checking out my friends’ Facebook feeds.

I do feel a bit down after every review because it’s been only bad news so far. But I remind myself to take things as they come.

I know there is little chance of me doing all my favourite hobbies again – lion dance, basketball and football. So I try not to dwell on it and focus on the things that I can do.

Soon, I’ll be able to move around with the help of an electric wheelchair. It’s not easy because the joystick is very sensitive but I’m looking forward to it!

“Even though he’s drained from radiation and chemotherapy, Shi Xing never fails to greet his visitors and healthcare team cheerfully. He believes that his cheerfulness will bring happiness to those around him. He has never given up on getting better. We are all cheering for him!”

Zhou Lifeng
Nurse Clinician II, Neurosurgery
National Neuroscience Institute



“I believe exercise played a big part in my recovery. Now, I feel stronger and healthier than ever.”

MDM HUNG YIT LENG, 60
Housewife

I get a lot of odd looks when I say that my falls helped save my life. I was diagnosed with Systemic Lupus Erythematosus (lupus), cervical spondylosis (neck arthritis), lung cancer and brain tumour after a visit to the hospital, following my falls in 2014.

During that period, I found myself falling for no apparent reason. I suffered many bruises from my multiple falls. Various tests were ordered and I was shell-shocked when doctors at the National Neuroscience Institute diagnosed me with these conditions.

I knew I could not afford to delay treatment. Within six months, I had six operations for my brain tumour and spine, and radiotherapy for my lung cancer.

Although I was physically drained by the treatment, I saw my illness as a challenge which could be overcome. I also had full trust in the medical team who supported me every step of the way, and encouraged me to be positive about my recovery.

The side effects were debilitating - I could not walk, write, or even wave my hand. But what was worse was the tube-feeding which I had to endure for a year. It was agonising to feel hunger and yet not be able to eat.

My husband and two children visited me every day and helped pull me through those tough times. After my discharge from the hospital, I stayed for six months at Ang Mo Kio-Thye Hua Kwan Hospital, where I underwent rehabilitation to relearn how to use my limbs and walk again.

I was fortunate to receive a lot of support from my siblings as well. Like me, they didn't believe in quitting or giving up easily. They encouraged me to look ahead and not dwell on unhappy things.

Besides the support from my family and friends, my Catholic faith helped me stay focused on getting well. I think my yoga practice also helped me regain my ability to walk.

Now, I am glad to be able to walk and eat independently once more. About six months ago, I started doing household chores again and practising yoga which I have always enjoyed. I am no longer on medication and try to keep fit by going for walks.

My daughter does not exercise much but she accompanies me for walks. I want to get fitter for the Italy trip I am planning with my younger sister.

I wish to share with other patients that it is important not to give up even when life feels overwhelming and impossible. Have faith in your medical team, cooperate with them, stay positive, and you can get well again!

“Mdm Hung showed great resilience and courage in the face of multiple cancers. I believe her optimistic outlook and perseverance helped her to make a near-miraculous recovery. We are very encouraged by her faith in our medical care.”

Dr Vincent Ng
Consultant, Neurosurgery
National Neuroscience Institute



“I have received so much help in my cancer journey. I would like to pay it forward by supporting other cancer patients.”

**MR ELLIL MATHIYAN
LAKSHMANAN, 58**
Tutor

From a young age, I've always been up for a challenge. I was the chief librarian and sub-editor of a school magazine when studying in Victoria School.

Upon graduation, I signed on with the Air Force, then I worked in sales and took on several roles in a friend's scrapyards business. I have always believed in the power of positive thinking and never bothered sweating the small stuff.

In 2010, I started having difficulty passing motion. I self-medicated for a good six months, thinking it was just constipation.

But in October that year, I started to bleed quite badly. It turned out to be Stage 2 colorectal cancer. As the tumour was near the anus, the doctors couldn't save the rectum and I have to wear a stoma bag for life.

I've since passed the five-year mark and my cancer is officially in remission. I have been working hard to stay healthy because I still have a lot of things I need to do and I want to be around for my mum and wife - the two most important women in my life.

My mum is 84 and a Stage 4 bladder cancer survivor. I visit her weekly and we often chat and watch Tamil movies together.

My wife and I have been married since 1990. We share similar interests like travelling and football. She's my pillar of support and I can't imagine life without her.

To maintain a healthy diet, I've cut down on red meat and switched from kopi to kopi-C-kosong. I've also quit smoking and keeping late nights. I've lost about 10kg so far and I hope to bring my weight down further with regular exercise.

I also enjoy my volunteer work with the Colorectal Cancer Support Group at Singapore General Hospital. I had received a lot of guidance and support from the members and would like to pay it forward by supporting other cancer patients as well.

When we meet new patients, it really puts their minds at ease when they see how we are able to lead a normal life with a stoma bag. We talk freely about our condition, from the food that we eat to ways to manage the colostomy.

In 2014, along with a few other ostomates, we formed the Ostomy Association of Singapore to promote better understanding and provide support for colorectal cancer survivors. We are currently working with different suppliers to get discounts for our stoma appliances and funding for events such as hosting the upcoming World Ostomy Day Seminars and the 2020 Asia South Pacific Ostomy Association Conference.

If you've never had a life-threatening disease, you take a lot of things for granted. That's why I like to meet up with other cancer survivors because we share a similar outlook on life; we value our time here and we don't sweat the small things.

“Ellil truly exemplifies the spirit of giving, always going all out to help other patients regain their confidence. He is genuinely empathic, which helps to build trust and rapport with the patients he meets.”

Ong Choo Eng
Senior Nurse Clinician
Speciality Nursing
Singapore General Hospital



“I hope my sharing, and the work of the support group will be encouraging and helpful to patients and their caregivers.”

MRS KAREN ALEXANDRA TAN, 60
Housewife

Before I had epilepsy, I was a happy, healthy child. My life changed when I had my first seizure when I was aged 10.

I was born in UK where epilepsy wasn't widely talked about in the '60s. But my parents and schoolteachers were supportive and took good care of me. I had to take anti-convulsant medication, which comes with several side-effects. I was often tired, and my thought processes and learning were slower.

With my epilepsy under control, I went on to study nursing at Guy's Hospital School of Nursing, London. In 1979, I qualified as a State Registered Nurse. I really enjoyed nursing! It brought me much joy and satisfaction; perhaps my experience with epilepsy had made me more sympathetic toward other patients.

I met Ken and we were married in England in 1982. My epilepsy was in remission, and I was well. We moved to Singapore shortly afterwards and life looked rosy!

But in less than two years, my epilepsy struck again. It was brought under control for a few years. Although I wasn't able to practice nursing anymore, in case I had a seizure at work, we were able to start a family, and we had three children.

Over time, I developed resistance to the medication I was taking. I was referred to an epilepsy specialist at Singapore General Hospital. After tests, consultations and careful consideration, Ken and I decided that I should go for brain surgery, to remove the part of my brain where my seizures would start. After the first operation I was well for almost a year, but then my seizures recurred. I went for a second operation which wasn't successful either. But – and this has made a great difference to me – my seizures had changed to nocturnal seizures. This means that my seizures don't occur during the day. Now I can be active in the day, including caring for our grandchildren.

But I mustn't get over-tired and I must always take my medication at night.

It's not impossible to live with epilepsy! People with epilepsy shouldn't be ashamed they have it. Support from my parents, when I was young, and then from my husband, family and friends has helped me more than I can say. I was grateful when SGH started the Epilepsy Support Group (ESG) in 2014. ESG members meet to share and encourage one another. The group has kept going, although it's not always easy for people to come, especially if they've had a seizure or been unwell.

In 2016, I participated in the first SingHealth and Singapore Epilepsy Foundation (SEF) Epilepsy Support Group Year End Educational Event, organised to help raise public awareness of epilepsy.

I hope my sharing, and the work of the ESG and SEF, will be encouraging and helpful to patients and their caregivers.

“Epilepsy presented Karen with some real challenges but she has taken it all in her stride and learned how to deal with the spontaneity of life. She is ever-ready to share her experience and encourage people with epilepsy and their caregivers.”

Stella Wang
Nurse Clinician I (APN), Speciality Nursing
Singapore General Hospital



A MOTHER'S LOVE

MDM KOO TSYR HSIN
(1964 - 2016)

My mum devoted her life to caring for my family.

She was a talented bilingual and much sought after scriptwriter for variety shows and documentaries, but chose to work from home as a freelance translator so she could take care of us full time.

She was an all-loving mum and disciplinarian in the family. During our school holidays, she would always put aside her work to take us out or play board games with us. Some of her favourite games were "Game of Life" and "Monopoly". We took family holidays once a year, visiting places such as Taiwan, Australia and Vietnam.

When mum was diagnosed with Stage 4 lung cancer in 2013, it was a big blow to the family. She was a strong woman and was often more concerned about our well-being than her own.

Mum always had a heart for others. In the hospital, she would chat with the nurses and ask how their day was going. She hoped these conversations would bring cheer to them, knowing their work can be emotionally draining.

Mum didn't want our lives to be affected by her diagnosis, so she continued to live as normally as she could. She continued to help my dad with simple housework, cooked small meals, and even carried on with her translation work right up to the last two months before she passed on.

During that time, we grew closer. I told her everything — from daily life in junior college, to my aspiration to become a doctor. When I was getting to know my current girlfriend, I also sought her advice on how to ask a girl out and what to talk about on the first date. Thinking back, it was quite hilarious having such intimate conversations with mum but those are moments I now cherish.

About two years after her diagnosis, mum's cancer mutated into a more aggressive form. She told me that she wasn't afraid of the cancer, but she couldn't bear to leave our family behind.

On her last night, I kept her company in the hospital as my family and I didn't want her to be alone in the ward. I heard her struggling to breathe in the middle of the night. All I could do was to hold her hands to comfort her. Although she was sedated at that point, she squeezed my hands very tightly, and I told her that I loved her. Little did I know that would be the last time I got to tell her that.

Mum passed on in the early evening on 18 December 2016.

Dealing with my mum's passing has not been easy and this year, my dad, brother and I will be going for a two-week family vacation in San Francisco. Although it will be very different without mum and her comforting presence, we know that she will always be with us in spirit, watching over us, caring for us and loving us, just as she always has.

Recounted by Mr Ho Han Yao, son of the late Mdm Koo Tsyrr Hsin.

"Mdm Koo remembered all of our names and always took time to thank us. This simple and gentle gesture made us feel very appreciated and encouraged at work."

Clarissa Atchiah
Senior Staff Nurse

Annie Lau
Senior Nurse Manager
Ward 48, Medical Oncology
Singapore General Hospital



“I have always been very driven and I try to make the most of every opportunity that is given to me.”

**MR MOHD AMIN BIN
HAJI S.S. MUBARUK, 52**
*Development Director
Pulmonary Hypertension Singapore*

My favourite football team is Manchester United, and my favourite player is midfielder Juan Mata.

Football has been my love and passion even before I was 10 years old, when I was diagnosed with a rare congenital bone contracture known as Arthrogryphosis Congenital Multiplex which affects my wrist and feet. I have such fond memories of the regular football games I had with my friends. I continued playing football after a surgery in 1973 that allowed me to walk with more stability.

My condition does not affect my mobility and I have never deemed myself as a disabled person. I've worked many jobs in sales, operations, and credit control. I have always been very driven and try to make the most of every opportunity that is given to me. Life is simple and I am just happy to live life on my own terms.

In my 30s, I was further plagued by another rare medical issue. I was diagnosed with Patent Ductus Arteriosus, which resulted in severe pulmonary hypertension over time, one of the main causes for my constant tiredness and breathlessness.

When I was diagnosed, I asked if there were other patients like me. I realised there was no such support group so I started the Pulmonary Hypertension Support Group in 2004, which serves to educate and reach out to patients with this rare terminal disease. Patients and family members meet quarterly for educational talks and workshops. The support group was subsequently registered as a non-profit organisation called Pulmonary Hypertension Singapore in December 2015.

I used to be a smoker and in 2006, I contracted Chronic Obstructive Pulmonary Disease (COPD), another degenerative disease. Again, I started a support group with SGH Department of Respiratory and Critical Care Medicine. The

COPD Support Singapore provides a platform for patients to interact and share their experience. I hope to integrate all the COPD support groups in Singapore into one national organisation one day.

I have stopped working because my pulmonary hypertension has worsened in recent years. To avoid lethargy, I make it a point to move around every day. I also go for regular pulmonary rehabilitation in SGH.

The typical life expectancy of a patient with pulmonary hypertension without treatment is two to five years. With advanced therapy, patients can enjoy better quality of life. I do not think about my diseases as I've done whatever I've set out to do. I will continue to live my life to the fullest and make a difference along the way, where possible.

“Amin has physical limitations yet he does not use his condition as an excuse to wallow in self-pity. He gives his all in his volunteer work as he believes it will benefit other patients and their caregivers.”

Dr Jessica Tan
Consultant, Respiratory & Critical Care Medicine
Singapore General Hospital



“True strength comes from the heart. Keep up the fighting spirit and never give up.”

MR ONG CHIN HUAT, 58 *Technical Officer*

I was diagnosed with Parkinson’s disease in 2008. It started with tremors in my right hand. When my symptoms worsened, my body would shake uncontrollably and I was reluctant to step out of the house, for fear of being stared at. Nonetheless, I continued working full-time as I was the sole breadwinner of my family.

I felt resigned and my wife was feeling the most stress as she had to stay vigilant to ensure that I did not fall. She also had to help me with simple tasks such as buying food when we eat out and helping me put on my shirt on days when I simply could not manage.

As medication became less effective for me, my neurologist Prof Tan Eng King recommended Deep Brain Stimulation surgery. The surgery regulates parts of the brain to improve my motor symptoms by implanting electrodes to stimulate the brain.

Since there is no cure for Parkinson’s disease yet and my condition will get worse with time, I thought why not have a try? I was aware of the benefits but resisted going under the knife as my two children were still studying then. Last year, they finally graduated and started working. I decided it was time.

The procedure involves both brain and chest wall surgeries. I had to be awake throughout the surgery so that my neurosurgeon Dr Nicolas Kon could identify areas of the brain to be stimulated based on my responses. Though sedated, the thought of being wide awake while the surgeon worked on my brain was frightening. I was also worried about the risks involved.

My brain surgery took eight hours followed by a three-hour long chest wall surgery the next day. It was a challenging experience, lying there with my head held in place by a frame while the surgeon worked on my brain. But I am glad that I did it as my tremors have been reduced and I am now

on less medication than before. I was also able to return to work within five weeks and I have recently started travelling with my family again.

Since joining the SGH Parkinson’s Disease Support Group and Deep Brain Stimulation Support Group in 2016, I have been sharing my experiences with other patients at the bimonthly gatherings. It makes a difference for them to hear from someone who understands what they are going through.

I hope a cure can be found for Parkinson’s disease one day. Until then, I wish to encourage other patients to find the strength to face and accept their illness, and not to be defeated by it.

“Mr Ong’s positive outlook has helped him to cope well with Parkinson’s disease. Though there is no known cure, he has never given up hope and gone on to plant the seed of hope in the lives of other patients.”

Cheok Poh Gek
Senior Staff Nurse
Ward 52B, Neurosurgery
Singapore General Hospital



“After all that has happened, I am just thankful to be alive.”

MR RAHMAN MOHAMMED ATAUR, 23

I was cleaning a water tank in a three-meter deep manhole when the explosion happened. The blast was so powerful that one of my colleagues was blown out of the manhole, while I suffered burns to 73 per cent of my body.

I tried climbing out of the manhole but my hands were so badly burnt that I could not hold on to the ladder, and fell after two to three rungs. After countless tries, I finally managed to climb out of the manhole with my colleagues' help.

I was so badly burnt that even up close, my colleagues could not tell who I was. “I’m Rahman, can’t you recognise me?” I asked. “No,” they said, “all the skin on your face and arms are gone.” As they looked at me, some of them started crying. I cried too, because it was so painful.

I was rushed to the Singapore General Hospital (SGH), where doctors grafted skin from my legs onto the affected burned areas like my arms, back and face. Besides the burns, I also suffered acute kidney damage and was in the intensive care unit for three months before being transferred to the high dependency unit and general ward where I stayed for another two months.

During the initial stages, I had to rely on the nurses to do everything for me — they fed and bathed me, changed my bandages, and helped me put on and remove the splints to support my deformed fingers. Wearing the splints was very painful, but I was determined to recover as quickly as possible so I could return to work.

I am the eldest of four children, and came to Singapore from Bangladesh to work when I was 20. My father is a paddy farmer and our family is poor. My job in a gardening and construction company helped to support them. When I called them after the accident, we cried together but I told them not to worry, and that I would be okay.

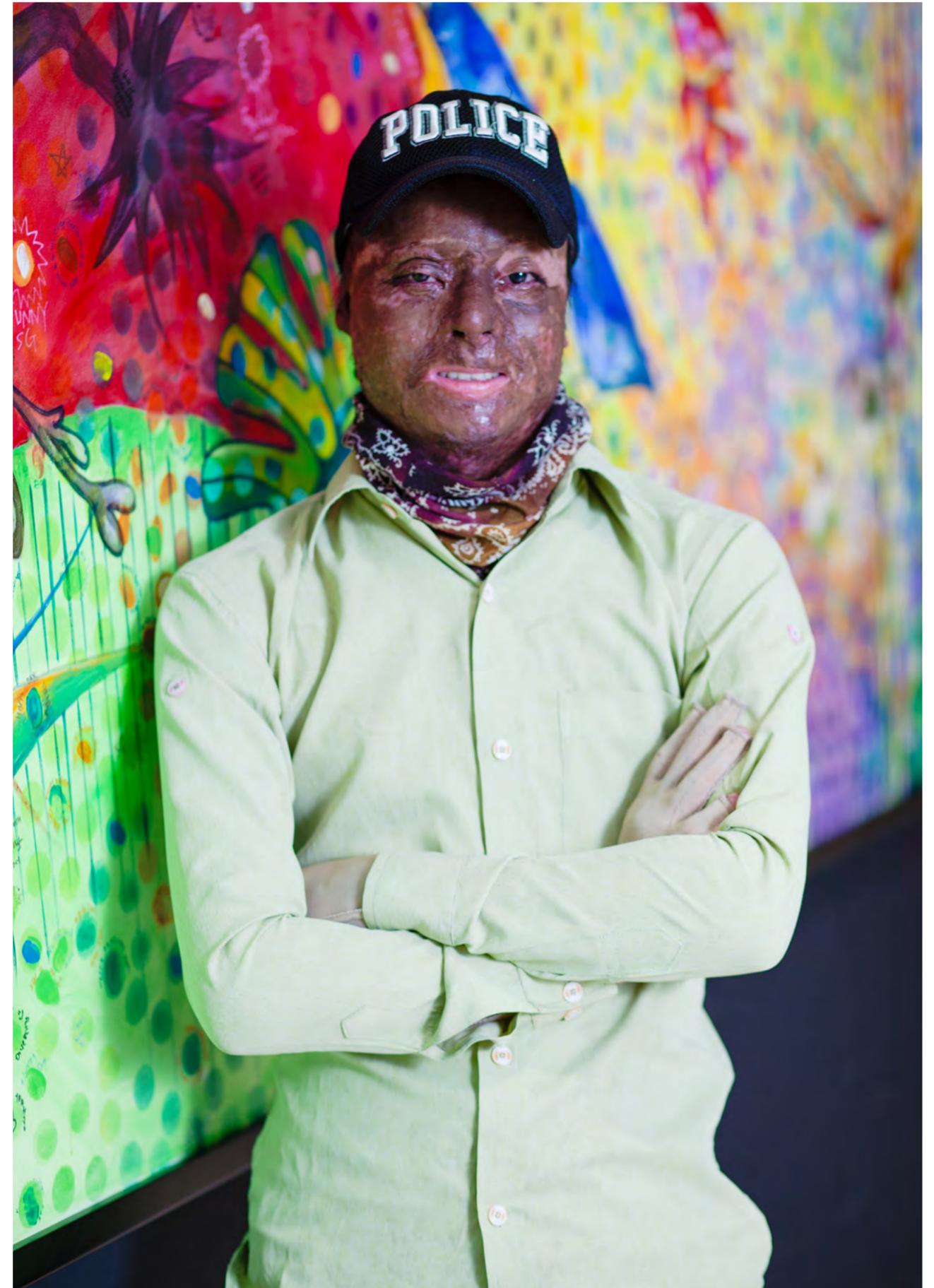
I was discharged in December 2016, and I continue to visit SGH three times a week for physiotherapy and occupational therapy. To my colleague who

survived the blast with me, I often tell him not to worry, and to just put in the effort he needs to recover.

For me, I’m thankful to be alive. Eventually, I hope to have plastic surgery so my face can look normal again.

“Despite the setback, Rahman displayed resilience and was very motivated in self-care. He would ask me to help him apply olive oil on his skin to promote healing, and to put the hand splints on for him though it’s painful for his fingers. While still recovering himself, Rahman also encourages his colleague who was also a victim of the explosion, but in a much better shape than him.”

Angie Goh
Senior Staff Nurse
Medical Intensive Care Unit
Singapore General Hospital



“The kindness and compassion from the SGH team has been my source of strength that helped me pull through those trying years.”

MS SARAH LOW, 26
Undergraduate

I had persistent mouth ulcers as a child but I was able to ignore them given my high threshold for pain.

My intestinal problems started in 2008, with abdominal pain and nausea which became increasingly worse. The pain was “off the scale” and I vomited everything I ate.

I was warded in Singapore General Hospital (SGH) and was seen by many different specialists before I was diagnosed with Behcet’s Disease, a rare autoimmune condition that causes inflammation in the blood vessels.

I’ve been in and out of SGH for the past eight years and continue to do so till today. I had four surgeries done on my intestine but the ulcers never seemed to heal.

There was a point in time when I had two colostomy bags – one for the fistula, and another for the stoma. I was also fed intravenously for 10 months. As I got better, I was able to take milk but could not eat any solid food for two years. Although it was really tough and depressing to not be able to eat, I tried to stay focused on getting well, and being able to eat again!

I am most thankful for my family’s love and support. Whenever I was hospitalised, my mum would stay with me, the longest stretch being seven months. Her sacrifice and devotion in caring for me so impressed the medical team that they nominated her for the Singapore Health Inspirational Caregiver Award in 2013. I was really touched when I joined her on stage to receive the award for I truly think she deserves the recognition.

Besides my family, I am also extremely grateful to Dr Ling Khoon Lin and Sister Loy who have taken such great care of me for the past eight years. The kindness and compassion that the SGH team has shown me has been my source of strength that helped me pull through those trying years.

The multiple surgeries have left me with short intestines. What this means is that I cannot eat much and need to be careful with what I eat. I still wear a central line in my chest to allow me easy intravenous access to drugs. I am also quite restricted physically and am unable to take part in strenuous activities.

I am determined to complete my degree in Business Analytics at Nanyang Technological University so that I can contribute insights on preventing, predicting and managing autoimmune diseases. This drives me to keep on going despite the challenges.

“Behcet’s Disease has changed Sarah’s life but it has not changed who she is. Her quiet determination and courage are traits that I admire most. She strives to make the best of every situation and her desire to use her experience to help and encourage other young patients is admirable.”

Loy Kia Lan
Senior Nurse Clinician (APN)
Speciality Nursing
Singapore General Hospital



“To live is to experience every stage of our life, be it in sickness or in good health.”

MR SEAH KIM SWEE, 70

Independent Corporate Service Professional

When I was told that I had Stage 3 colorectal cancer in December 2009, it was like being handed a death sentence. My family and I were in a state of shock.

Soon after, I found out that my younger sister was also diagnosed with Stage 3 colon cancer. It was an extremely distressing time for all of us.

I was devastated by my diagnosis but I refused to allow cancer to run my life. I came to terms with my illness, and braced myself to undergo the treatment recommended by my medical team - laparoscopic colorectal surgery followed by chemotherapy and radiotherapy which lasted seven months. I also had to wear a stoma bag for about nine months during my treatment.

I was fortunate that I had a lot of support from my family, colleagues and friends, including those from my Australian university alumni. Their support meant everything to me. It gave me strength, hope and confidence in my recovery.

Now, my colon is 22 cm shorter and I have to live with the inconvenience of irregular bowel movements. But I am grateful that the cancer is now in remission and I am well enough to do some freelance work with my professional practice.

I have been volunteering with the SGH-NCCS Colorectal Cancer Support Group for six years. I see this as an extension of the volunteer work that I have been doing with various welfare and community services in the constituency. As a cancer patient, I feel the need to help other patients. I know how difficult the treatment process can be, both physically and emotionally. I saw how tough it was on my loved ones so I try to share my experience with other patients and their caregivers. By offering a helping hand, I want to tell them that they do not walk alone in their cancer journey.

The post-surgery period is very crucial to one's recovery. At the support group meetings, I try to speak to as many patients as I can, answer their

questions, share with them what I went through and give them suggestions on how to cope after the surgery.

Language is no barrier in our outreach to patients. Recently, I met some patients from Myanmar and Vietnam. I had to rely on translation apps to answer their questions. It took a while but I could tell that they appreciated our efforts.

I always remind myself that to live is to experience every stage of our life, be it in sickness or in good health. When I look back on my own experience, I am glad that I was able to turn adversity into a meaningful experience for myself and those around me.

“Following his diagnosis and successful treatment, Mr Seah not only stood up to cancer, he triumphed over it by sharing his cancer journey to encourage fellow patients.”

Carol Loi
Genetic Counsellor
Department of Colorectal Surgery
Singapore General Hospital



“For me, the one thing that keeps me going is my family. Every moment counts and I look forward to creating even more lasting memories with them.”

MS SELENE TAN, 37
Operations Executive

My son, Tian En, was only four when I was diagnosed with acute myeloid leukaemia in 2015. At that time, I had been having high fever for a few days and my family was worried that it was due to the dengue virus.

It turned out to be far worse - I was suffering from an aggressive form of cancer of the blood and bone marrow and needed a stem cell transplant to survive.

The prognosis was devastating but I simply could not afford to dwell on it as my son needed me. I was prepared to do whatever it took to fight cancer. The treatment included two rounds (7 days, 22 hours daily) of chemotherapy where I experienced terrible side effects like mucositis and blood in urine.

It was a very low point for me but I felt very blessed to have my parents and sibling with me. We are a very close-knit family and my parents made sure I was never alone when I was in the hospital. I was also very grateful to have my family's support in caring for Tian En when I was going through treatment.

Following chemotherapy, I had to brace myself for the stem cell transplant. My younger sister, Pearlyn, was found to be the best match for me. It was not easy for her to go through the donation of bone marrow, but she kept up a brave front, often cheering me on with jokes and funny stories.

Unfortunately, I suffered complications from the transplant and had Grade 4 graft-versus-host disease. It was an extremely trying time as I had severe infections of the gut and kidney that kept me hospitalised for three months.

Although I often feel tired and helpless from my battle with cancer, being able to see my son grow up keeps me going. I treasure all the time I have

with him. I look forward to the games we play together, and the delightful chats we have when he is back from school.

Tian En is in Primary One this year. I was very glad I was able to accompany him for his orientation despite my condition. The school hall was on the second floor on a hill, and I was out of breath after climbing two flights of stairs! But I told myself not to give up because it meant the world to my son that I was there with him.

Besides my family, my friends and colleagues have also been incredibly supportive. My company kept my position even though I have not been able to work for two years now.

A fellow patient once advised me to focus on one important thing in life that I can look forward to after I get well. For me, it is to be with my son as he grows up.

“I admire Selene for her courage and positivity. Despite the difficulties she faced during her treatment, she is ever willing to reach out to fellow patients to offer help and support. She has a quiet strength in her and a genuine desire to lift others up.”

Lee Zhao Yuan
Senior Staff Nurse I
Ward 72, Haematology
Singapore General Hospital



“I have never let my disability define me. Nothing is impossible if you put your heart into it.”

MS PAMELA CHAN, 60 *Retiree*

As a child, I had always loved mathematics. I eventually pursued a career in accounting where I started out as a bookkeeper. The hours were long but it was a job I really enjoyed so I wasn't too bothered by it.

Even when my eyes became painful over time and I started seeing stars at work, I didn't think about seeking treatment. I was just so focused on my work.

I only realised the severity of my condition when I started making mistakes at work due to my blurred vision. When I finally got my eyes checked, my left eye was totally blind due to glaucoma, and I was losing sight in my right eye.

At that time, I was in my 20s. My husband and I had just got married and were looking forward to starting a family. He was very calm about my condition. He also believed that we would be able to cope, and he was right. We went on to have two daughters, and managed to cope quite well!

Being familiar with the home environment helped me to take good care of my daughters despite my condition. From making milk to bathing them, I did it all on my own. It was rewarding to see my daughters grow, but from time to time, I felt depressed from the social isolation. I often asked, “Why me?”, especially when it was hard to return to the workforce.

I knew I needed help and I wasn't afraid to ask for it. I took the first step to approach the Singapore Association for the Visually Handicapped for assistance. I started taking Braille and switchboard classes and eventually received a few job offers with the Association's help.

I chose the job at the Singapore National Eye Centre (SNEC) partly because I had regular medical appointments at the Centre. I worked as a switchboard operator before becoming a receptionist. To keep up with my colleagues, I even came up with my own system of coding

and filing. My colleagues – including the doctors – were very understanding and accommodated the way I worked.

I retired last year after working 25 years in SNEC. By then, I could only see mostly shadows with my right eye so it was time to stop working.

I really treasure the friends I made at SNEC and the fond memories of my time there. I know new opportunities lie ahead and I look forward to what life brings to me.

“Pamela has maintained a positive outlook on life and continued to work for as long as she could manage. She was very independent but would take the initiative to ask for help if she faced difficulties.”

Dr Chan Choi Mun
Senior Consultant
Medical Retina Department
Singapore National Eye Centre



“I want to use my gift of music to inspire disadvantaged kids to find their place in society, and to let them know that they are beautiful in their own way.”

MS STEPHANIE OW, 21
Student

I was born with a hereditary retinal disease known as Retinitis Pigmentosa. My world is mostly covered in darkness, save for tiny silver of light.

That led me to explore the world through music. Growing up with my aunt and uncle, who are my adoptive parents, I always heard strains of Chinese classical music around the house. My uncle played the *dizi* (bamboo flute) and *erhu* (a string instrument).

When I was studying at Ahmad Ibrahim Secondary School, I wanted to learn a musical instrument. It was too expensive for my uncle, who works as a Taoist priest and part-time handyman, to send me for piano or violin lessons, but he found me a teacher in Chinatown who could teach me the *erhu*.

I wasn't very keen at first, having heard how squeaky the *erhu* could sound if it wasn't played well. Looking back, I'm glad I gave it a shot!

My teacher was strict, and I could feel her patience wearing thin whenever she had to correct my pitch or tone more than once. Thankfully, after two or three months, I learned how to control the pressure and angles of the bow, and could play simple pieces.

A chance encounter with Mr Quek Ling Kiong, the conductor of the Singapore Chinese Orchestra (SCO) changed my life and opened doors that I never thought was possible. I was invited to perform with the SCO. I subsequently joined its youth wing and became the first recipient of the Deutsche Bank-SCO Music Scholarship. I am very thankful for the many opportunities to perform with the SCO, including a solo at a Mother's Day concert last year.

I love playing the *erhu* because it is like a voice that can portray emotions. The sound it creates comes from the core and soul of a person. When I play, I can relate to the messages, especially those which touch on overcoming a difficult past and looking forward to a better life.

My life has not been a bed of roses - I was given up for adoption when I was five years old as my parents could not afford to take care of me. Studying in a mainstream secondary school was a privilege that comes with many challenges, given the condition of my eye.

When I was younger, I wished I could see because I thought that would solve all my problems. But I now realise that sighted people face difficulties too. I am just happy to be myself.

I am now a student at the Nanyang Academy of Fine Arts, School of Music. When I graduate, I hope to become a performing musician and to be music teacher eventually. I want to use my gift of music to inspire disadvantaged kids to find their place in society, and to let them know that they are beautiful in their own way.

“Stephanie has shown sheer grit in overcoming her visual condition and emotional turmoil.”

Dr Ranjana Mathur
Senior Consultant
Medical Retina Department
Singapore National Eye Centre



“A healthy diet, medication and regular exercise are the cornerstones of diabetes management.”

MR EDGAR D’SOUZA, 83 *Retiree*

I was a very good dancer when I was young. Cha cha, waltz, foxtrot – those were some of my favourite dances. My wife, Catherine can’t dance, so at functions, she would sit with my brother while I danced with my sister-in-law. Still, we had a good time and I will always cherish those fun moments.

Catherine and I first met when we were working at my father’s menswear store. I was the retail manager and she was one of the sales staff.

We fell in love and got married in 1983. We enjoy each other’s company and show our affection through little acts. When she was still working, I would wait for her at the bus stop no matter how late it was and walk her home. Catherine would join me for my walks though she’s not very keen on exercise.

When I was diagnosed with diabetes in my 60s, I was in shock because I had considered myself fairly healthy. Both of us have diabetes now, but we don’t think of ourselves as ill at all!

We always surprise people when we say that we don’t restrict our diet too much. My wife, who is also Eurasian, doesn’t cook Eurasian dishes often because they are too rich for us. She prepares clear vegetable soup, fishball beehoon soup, and simple curries and rice, which I love. Once a month, we go for an international buffet where we eat whatever we like – seafood, roast meat and desserts.

We can eat confidently because we take our medication religiously. We put the pills in our pill boxes and take them like clockwork – every morning, evening and at bedtime. We also exercise a few days a week at the park near our flat and walk for 4km until we perspire. It’s no use if you are just strolling.

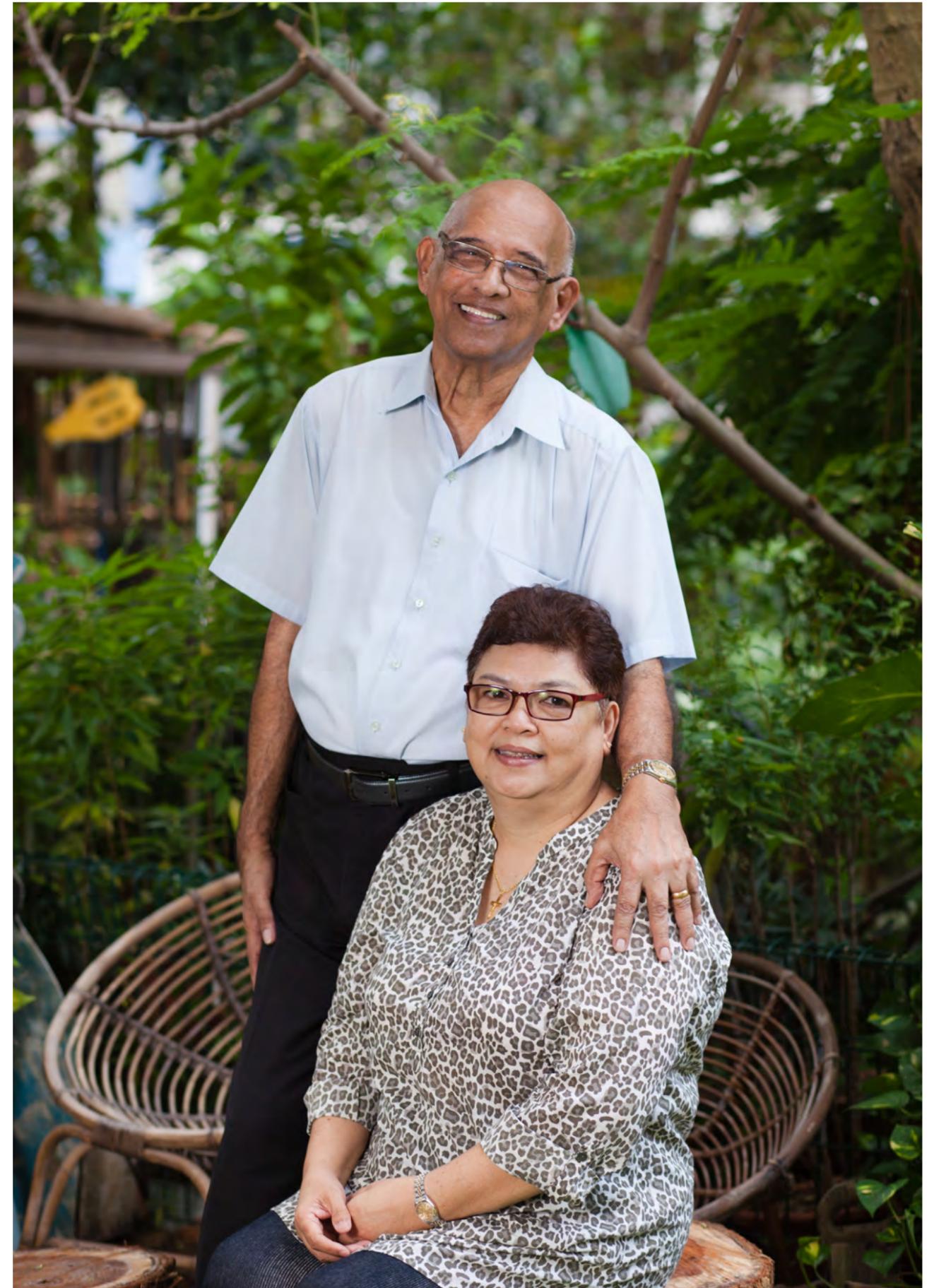
Friends with diabetes sometimes struggle to keep their diet and blood sugar levels under control. We always tell them, you must do all three – healthy diet, medication and regular exercise. You cannot do just one without the other.

We are so disciplined because we don’t ever want to suffer the complications that come with diabetes, like eye and kidney trouble, amputation and immobility. We also trust Dr Swah and Sister Azizah, both of whom we have grown close to over the years. Thanks to them and all the staff at Bedok Polyclinic, we feel assured whenever we visit them when feeling unwell.

Now that we are retired, we are free to do whatever we like. We enjoy watching Korean dramas, and travelling. Our favourite destination is Hawaii. We went there for our honeymoon, and loved how easy-going the people were. Waikiki Beach was beautiful, and the Pina Colada cocktail was delicious! We plan to visit again very soon.

“Growing old is inevitable but keeping a healthy mind and body is a choice. Mr D’Souza has made that choice and shown that life, even in old age, can be fulfilling.”

Dr Swah Teck Sin
Senior Consultant
SingHealth Polyclinics – Bedok



“Every day is a blessing and I want to continue doing all the good I can.”

MR KOH HIM SIONG, 67 Retiree

Diabetes runs in my family — my grandfather, father, three brothers and I all suffer from the disease, and my second brother passed away from it.

Still, before I was diagnosed, I wasn't paying much attention to my health. I have a sweet tooth, and for many years, I indulged in desserts such as ice cream, chocolate and soft drinks every day after dinner.

All that changed after I was diagnosed with diabetes about two decades ago. At first, I was very upset and didn't know what to do. I eventually took my doctor's advice and gradually cut back on sugary and oily food. I also started eating food with complex carbohydrates and lower glycemic index such as brown rice and oats which helped regulate my blood sugar levels. It took me a while to get used to the taste, but now I look out for brown rice when eating out.

My wife passed away from cancer 11 years ago. I have three grown daughters who live near me and often encourage me to lead a healthy lifestyle. I cycle around my Marine Parade neighbourhood daily to buy food. I also swim weekly at my daughter's condominium while my grandchildren have their swimming lessons. I try to complete 20 laps each time, taking breaks in between.

I look forward to family gatherings every Sunday, where I get to meet my daughters and my seven grandchildren, aged between four months and 12 years. Last year, we took a family trip to Taiwan, where we climbed mountains and explored the city together. Although the trekking was tough and I had to use an umbrella as a walking stick, I am glad I was fit enough to create these memories with my loved ones.

I worked as a shipyard mechanic for 28 years and as taxi driver for the next 14 years before retiring in 2014. Since then, I have been volunteering as a patient ambassador at the Marine Parade Polyclinic. I go there every Monday, which is the

busiest day of the week, and spend half a day assisting elderly patients. I can speak English, Mandarin, Hokkien, Teochew, Cantonese and a bit of Malay, so I help them read and translate their appointment letters. I also help those who are less mobile get into wheelchairs and move around.

The staff nurses and other patient ambassadors that I work with are very friendly. I can recognise many of the patients from Marine Parade, having lived in the area for 40 years. When they smile and thank me for my help, I feel very happy. As long as my health allows it, I want to continue volunteering at the polyclinic.

Although I suffer from kidney disease, hypertension and hyper-lidemia, I am contented with my life. Every day is a blessing and I want to continue doing all the good I can.

“Mr Koh is a very hands-on patient ambassador and his affable personality has contributed greatly to the care experience in the polyclinic.”

Dr Agnes Koong
Clinic Director
SingHealth Polyclinics - Marine Parade



“It makes my day to be able to give a little joy and hope to someone else.”

MDM MARY LEE, 67
Retiree

I was a secretary when I met my husband JH, a contractor who was servicing the air conditioner in my office. We got married after dating for 10 years.

Life was good initially but JH's business hit a rough patch during the 1980s recession and had to file for bankruptcy. To start anew, we moved to China where the cost of living was lower. The initial period was challenging but the herbal oil business which he started eventually did pick up till we got swindled by our business partner and lost most of our capital.

To make ends meet, we sold our house and started living in a rented room. My husband also took up a job as a security guard.

It wasn't easy for him, having lost all that he had worked hard for. His health was also suffering and he started losing his vision due to glaucoma. As he had other health problems like diabetes, we decided to move back to Singapore in 2013 to seek treatment.

A year later, I was diagnosed with a brain tumour and atrial fibrillation (irregular heartbeats). I went for a checkup after having constant cramps on the left side of my body for about six months.

I have since completed chemotherapy and need to be on lifetime medication to keep the tumour at bay.

JH and I have several medical appointments a month. He has turned blind and deaf while I'm experiencing gradual memory loss and poor vision.

I'm also the main caregiver for my husband's sister, who has dementia and Parkinson's disease and is living in a nursing home. We visit her weekly and accompany her for her medical appointments.

Our combined daily and medical expenses have started to drain our savings. I don't know how long more we can last. Thankfully, we get free

meals every day from a church and some subsidies for our medication. The church also takes us on outings for free, which I am grateful for.

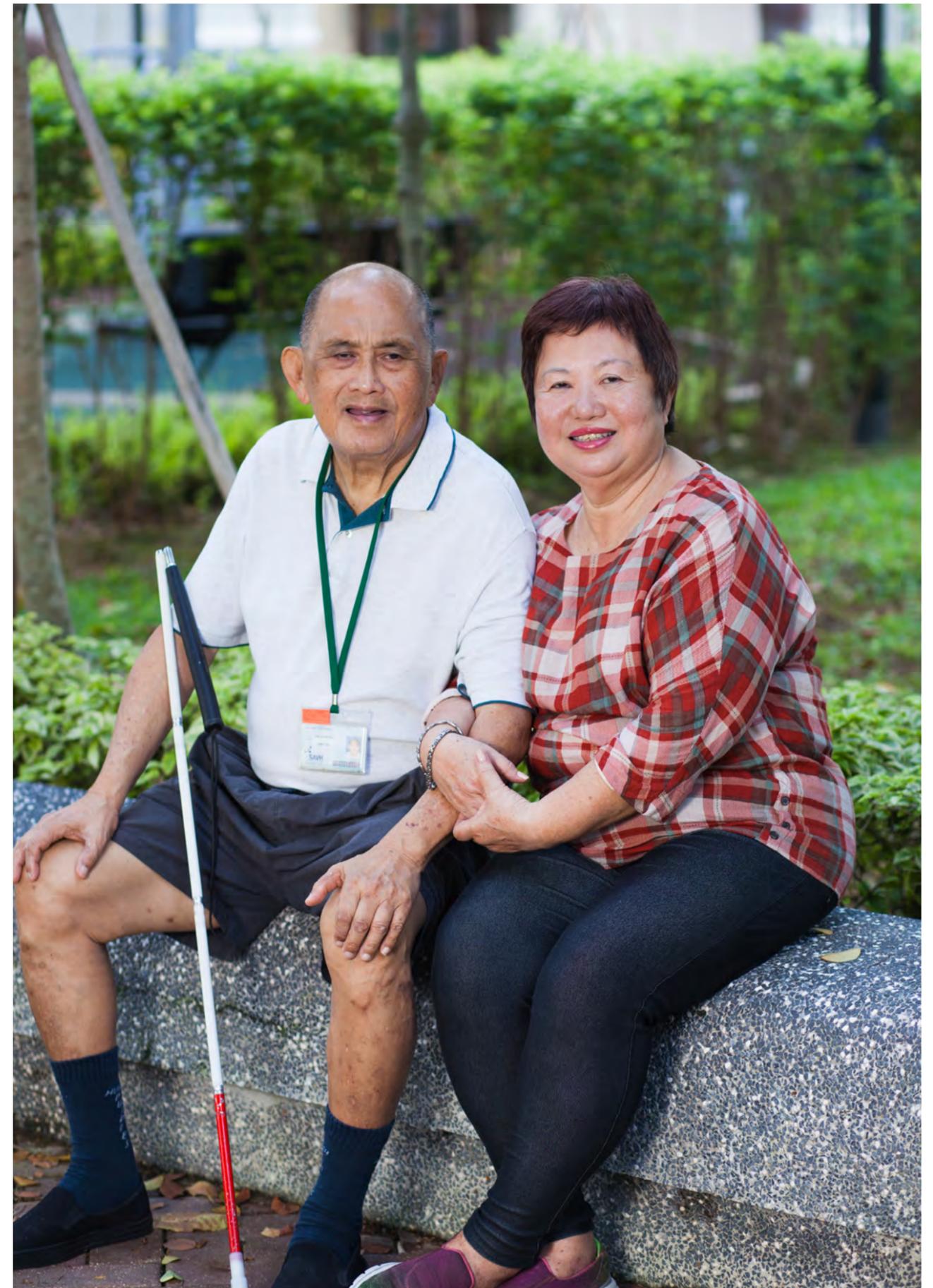
JH and I have been married for 35 years. He is a really loving and understanding husband. He never fails to remember our wedding anniversary and makes sure we do something special on that day and that means going for a simple meal at the coffee shop!

Every morning, I join other seniors at Pasir Ris Park to exercise. It is my way of taking time out. Even though JH feels insecure being at home alone due to his condition, he tells me not to hurry back. I'm very touched by his thoughtfulness. He knows it's not easy to be a caregiver, and that hours of break is important to me.

I am a Buddhist and believe in karma. I always joke that I may have owed JH in my previous life and have to repay him now! So whenever I'm about to get angry with him, I just take a deep breath and say a prayer. I believe good cells die when we get angry so I must stay happy!

“Despite Mary's challenges, she maintains a positive attitude and takes good care of her husband and her sister-in-law selflessly. We should always count our blessings and appreciate our loved ones, just as Mary does.”

Dr Peter Moey
Clinic Director
SingHealth Polyclinics - Pasir Ris



“Be brave to accept your prognosis and work hard on your recovery. You will see the reward of your efforts eventually.”

MDM AMNAH BTE AHMAD, 80
Retiree

I used to lead a busy and active life. With five children, 12 grandchildren and seven great-grandchildren, there was never a dull moment!

The daily household chores like going to the wet market, cooking and cleaning also kept me on my feet. I enjoyed cooking so much that I would cook occasionally for my relatives' or friends' weddings.

I had to slow down my pace after experiencing a bad fall at home in November 2016. I felt so much pain that I could not walk.

It turned out that I had suffered a fracture to the neck of my femur and needed to have a half-hip replacement. I was not afraid of the surgery. I knew it was necessary if I wanted to get well and walk again.

After my surgery, I spent about a month at Yishun Community Hospital to undergo rehabilitation. I am cheerful by nature and speak a smattering of Mandarin and Hokkien so I have no qualms greeting other patients and soon made many new friends at the ward.

My stay at the hospital turned out to be really enjoyable! The medical team, especially the nurses, were so kind and patient with me. They really “sayang” me, helping me learn and do my exercises so I could get back on my feet. As part of my rehabilitation, I got to cook in the kitchen at the ward’s communal dining area. I enjoyed dishing out my specialities like ayam soup and mee soup, which they all loved!

Whenever my fellow patients were feeling down, I would encourage them to join activities like drawing and table-tennis, to take their minds off their problems.

I believe that life needs to go on regardless of the setbacks that come our way, so I would rather be happy than to be sad or angry.

I am grateful that I can walk again. I’ve been doing my rehabilitation exercises diligently. If my health improves even more, I hope to visit my ancestral home in Yogyakarta, Indonesia again. I have fond memories of the place when my eldest son took me there two years ago.

For patients who have suffered falls like me, I hope they will heed their doctor’s advice, be brave to accept their prognosis and stay positive about their recovery!

“Mdm Amnah’s positive attitude and cheerful disposition is very infectious. The hospital staff are always happy to be in her company. She has also shown great resilience during her physiotherapy and never failed to encourage other patients to press on.”

Soong Sau Leng
Senior Nurse Manager
Yishun Community Hospital



Inspirational Patient Support Groups

MWS Bethany Methodist Nursing Home
Sunshine Group

KK Women's and Children's Hospital
Diabetes Support Group

National Cancer Centre Singapore
Gynae-Onco Self Help Group

National Neuroscience Institute
Multiple Sclerosis Care

Singapore General Hospital and National Cancer Centre Singapore
SGH-NCCS Colorectal Cancer Support Group

SENIORS WITH A PURPOSE

SUNSHINE GROUP MWS Bethany Methodist Nursing Home

Every Thursday morning feels like rush hour at MWS Bethany Methodist Nursing Home.

At around 10am, lines start to form in the hallways as residents in wheelchairs start making their way to the chapel, where the Sunshine Group meets.

Formed about 30 years ago, volunteers of Sunshine Group gather weekly, carpooling from different parts of Singapore to bring cheer to the residents. As part of Methodist Welfare Services, the nursing home caters to the chronically ill, destitute and frail.

Led by Mdm June Cheong, 87, Sunshine Group's youngest volunteer is in her 60s while the oldest is 90. Being elderly themselves, they relate well to the residents, especially when they need a listening ear for their health issues and worries.

"Some of the residents have weaker family support," says Mdm Cheong, a former counsellor. "They often feel abandoned and depressed, and lose interest in life. The work of the volunteers complement that of the staff as we work together to provide holistic person-centred care to the residents."

Mdm Cheong recalls how a late resident, a samsui woman who had a tough life working at construction sites, was rather withdrawn and often kept to herself.

Her love for singing led her to join Sunshine Group. She eventually opened up and broke into smiles when she won applause for her powerful renditions of the popular Cantonese song 上海滩. "We saw her become a happier person over time," says Mdm Cheong.

The volunteers assume different responsibilities in the group and pass on messages the old-fashioned way - through phone calls, says Mdm Cheong with a laugh. The group funds itself, with each member contributing \$30 a year towards buying gifts and snacks for the residents.

Mdm Molly Yap, 77, is the group's treasurer and "Snack I/C", who ensures that everyone has something yummy to eat. Hae bee hiam (dried shrimp sambal), which is typically sprinkled on rice, is an all-time favourite among the residents.

Before each gathering, Mdm Cheong prepares a comprehensive song list covering hymns, Teresa Teng classics, Chinese pop hits and festive tunes. The volunteers also learned songs in Tamil so the Indian residents can join in for the sing-along.

"We look forward to the Thursday sessions and find joy in seeing the residents happy," adds Mdm Cheong. "It's a therapeutic activity for us too! Working with friends who share the same passion must have reinforced the purpose and sustained our commitment in this ministry for so many years. We look forward to continuing with this meaningful work."

"Sunshine Group has served at MWS Bethany Methodist Nursing Home since its humble beginnings in a void deck. The volunteers' palpable energy bears testament that volunteering is not hampered by age. They are a source of comfort, solace and friendship to residents and staff alike."

Diana Ooi
Head of Centre
Bethany Methodist Nursing Home
Methodist Welfare Services



FRIENDS FOR LIFE

DIABETES SUPPORT GROUP KK Women's and Children's Hospital

In his youth, Rajwinder Singh used to spend his school holidays with friends who were just like him. They went rock climbing, visited the zoo and bird park, and attended ice-cream making and baking workshops. Their routine also included checking their own blood sugar levels after a meal, administering insulin injections and discussing what they ate and how much carbohydrates the foods contained.

For Rajwinder who was diagnosed with Type 1 diabetes at age five, being around other children who had the same condition made him feel "normal" and "accepted". The strong peer support was made possible by the Diabetes Support Group at KK Women's and Children's Hospital (KKH).

In 1998, the healthcare team at KKH's Endocrinology Service saw the need to form a support group for these young patients and their parents. "Their sharing is powerful and carries more weight since they are living with the condition," says Associate Professor Fabian Yap, Head and Senior Consultant, Endocrinology Service, Department of Paediatrics, KKH.

Together with a group of 10 nurses, doctors, allied health professionals and patient volunteers, Assoc Prof Yap started the Diabetes Support Group, which has since grown from 30 to 180 members.

Nurse Clinician Lim Pei Kwee, a Diabetes Nurse Educator at KKH and the Chairperson of the Diabetes Support Group says the support group's mission is to facilitate learning, provide support in diabetes management, and organise activities that will empower young patients in their independence and self-care.

The support group holds about three events a year, and a biennial camp that is so popular, it attracts scores of families each time.

Parents such as Mdm Irene Goh are extremely grateful for the support group and how it helped her through the initial years, when her daughter Yu Tong was diagnosed with Type 1 diabetes at age two and a half years.

"I felt guilty and wondered if there was something I did wrong during my pregnancy, even though the doctor said there was no link," she recounted.

Mdm Goh had to learn how to inject her child with insulin three to four times every day – a process which often left her in tears. Initially, she found herself shutting out doctors and nurses who were trying to help, but eventually opened up during a camp when she and her husband met other parents of diabetes children who were coping well.

Mdm Goh is now one of the facilitators of the support group's Whatsapp chatgroup for mums, which acts like an instant helpline and ring of friendship for parents.

To reach out to teenagers and young adults with diabetes, Rajwinder and his peers formed a separate support group known as Sugar Rush in 2011. "It provides a different form of support from the original family-based group. We also created social media groups for them to interact in, while incorporating leadership skills and a spirit of volunteerism into the activities," says Rajwinder.

"I've watched the young support group members grow and I'm so proud that they've stepped up to improve diabetes care for their peers. The kids have an unyielding 'Yes, I can' attitude and it's amazing how they have committed themselves to further contribute to the work of the support group."

Lau Gek Muay
Deputy Director of Nursing, Division of Nursing
KK Women's and Children's Hospital

For more information on
Diabetes Support Group,
please call 6394 3770 or
email childdm@kkh.com.sg



SISTERS OF SOLIDARITY

GYNAE-ONCO SELF HELP GROUP National Cancer Centre Singapore

In 1998, a group of seven women suffering from gynaecological cancers gathered together for a Christmas party organised by Assistant Nurse Clinician, Tan Tiew Yah. Despite meeting for the first time, there was an instant connection and the ladies became fast friends.

19 years on, the group has since grown to more than a hundred members who meet bi-monthly to share their personal experiences and to encourage one another.

The idea of forming a support group started with Professor Tay Sun Kuie, Senior Consultant, Department of Obstetrics and Gynaecology, Singapore General Hospital and Tiew Yah from the National Cancer Centre Singapore.

Known as the Gynae-Onco Self Help Group, it is a platform for patients and survivors to support one another as they undergo treatment. The group also refers members to social care services in the community when needed.

Besides meeting up regularly, members keep in touch via telephone calls and text messages. Ms Quek Peck Eng, a member since 1997, is a two-time survivor of ovarian cancer. "Besides visiting patients in the hospital, I often accompany them as they sit through chemotherapy by chatting with them over the phone. Many of them are worried about how treatment will affect them. But as I share my experiences and when they see that so many of us have overcome these hurdles, they are often motivated to keep fighting," says Peck Eng.

Tiew Yah and Peck Eng not only counsel women with cancer, they reach out to their families too. "We've had to explain to family members that cancer is not contagious," Peck Eng shared. "And to remind them that their wives or mothers need them to stay strong and not let fear overcome them."

While the close-knit group of ladies found comfort in their burgeoning friendships, they've had to deal with the loss of some members as well.

Tiew Yah shared, "It's always difficult to lose someone you've come to know and love. But we mourn together and this makes it easier to move on. We take comfort in knowing their suffering is over." The members also comfort the grieving families, some of whom have become their good friends.

Besides building a strong support network for patients, the group also organises outreach events to raise public awareness of O&G cancers. In 2014, they constructed a multimedia art installation, Rainbow of Hope, where survivors created their own ceramic pieces to document their journey with cancer. It was also educational as it explained the different forms of gynaecological cancers.

Moving forward, the group hopes to be able to reach out to even more women suffering from gynaecological cancers, standing in solidarity in their courageous battle against cancer.

"It's amazing to see the group band together to support one another. It gives patients a sense of empowerment and control and the all-round support helps patients better cope with their situation."

Tan Tiew Yah
Assistant Nurse Clinician
Specialist Oncology, Clinic D
National Cancer Centre Singapore

For more information on
Gynae-Onco Self Help Group,
please call 64368743.



A LIGHTHOUSE IN THE STORM

MULTIPLE SCLEROSIS CARE National Neuroscience Institute

Uncertainty is the biggest fear of patients living with Multiple Sclerosis (MS), a chronic disease that causes the immune system to disrupt the flow of information within the brain, and between the brain and body.

The attacks are unpredictable and they affect every patient differently. Some lose the ability to speak while others lose the ability to walk or coordinate their limbs. Patients often live in fear as they are unable to anticipate when an attack will strike and how severe it will be.

“The first six months were the darkest period of my life – there was a sudden loss of vision in my right eye; my legs were so heavy that I could hardly walk from my bedroom to the kitchen. I lost my freedom and self-confidence overnight,” recounts Ms Tay Soh Wah, who was diagnosed with the disease in 2000.

The MS Care was formed in 2003 to reach out to patients like Ms Tay. The support group organises talks conducted by doctors, nurses, psychiatrists and patient volunteers as well as bi-monthly gatherings for a community of about 50 patients.

“When patients share a difficult patch they have gone through and how they have overcome it, it motivates and encourages other patients. It reminds them they are not alone and that is greatly comforting,” says MS Care co-founder Ms Amelia Mok.

Ms Mok previously worked for a pharmaceutical company that manufactured MS medication, and conducted home visits to teach patients how to inject the drugs.

“When I visited my first patient, I realised he and his family needed a lot more help, beyond medication, to cope with the condition,” says Ms Mok, who spent three hours talking to the elderly patient’s son that day.

She rallied a group of eight volunteers from the City Harvest Community Services Association to start the support group, all of whom have stayed with the group since. Besides emotional and social support, MS Care also helps patients find re-employment, where possible.

The group feels that more can be done to educate the public about the disease. “Some employers are reluctant to hire a patient, even though the condition is under control, because the disease sounds strange and unfamiliar,” notes Ms Mok.

With medication, MS patients can manage their condition and continue to work.

Ms Tay, who is a patient volunteer with MS Care, has been working as a Patient Services Associate at the Singapore National Eye Centre for the past six years. “I do have my bad days when I suffer an attack and need to rest a little more. But the moment I am back on my feet, I can work and help the elderly and needy as before. Life is about making the most of every moment I have.”

“MS Care has done incredible work for the patients over the years. The spirit of giving is evident in how they often go all out to make the most of every interaction they have with patients; providing not just emotional support but practical assistance that means so much to the patients.”

Dr Kevin Tan
Senior Consultant, Neurology
National Neuroscience Institute

For more information on Multiple Sclerosis Care, please call 68359916.



CANCER AS A TURNING POINT

SGH-NCCS COLORECTAL CANCER SUPPORT GROUP

Singapore General Hospital and National Cancer Centre Singapore

When Ms Cheong Lee Meng, 65, was first diagnosed with colorectal cancer 35 years ago, her biggest fear was losing her rectum and living with a stoma bag for the rest of her life. “Would it be smelly carrying the waste with me all the time? How am I going to dress for work?” she recalled. “Doctors and nurses tried to reassure me that it was going to be okay but I wasn’t convinced.”

It was a visit by a colorectal cancer survivor which turned things around for Ms Cheong and helped quell her fears.

“It was very reassuring to see a fellow cancer patient leading a normal life and going back to full-time work. He was totally at ease with his stoma bag and his sharing gave me hope,” says Ms Cheong, who has since overcome the disease and volunteers her time as a patient ambassador with the SGH-NCCS Colorectal Cancer Support Group.

Formed in 2008, the support group provides resources and support for patients at the Singapore General Hospital (SGH) and National Cancer Centre Singapore (NCCS). Educational talks on topics such as pre-and post-surgery care are held weekly for patients and caregivers, while support group meetings are held monthly.

“Patients are often afraid of the unknown. By hearing from people who have gone through similar experiences, they have a better idea of what to expect and become less anxious,” says Ms Carol Loi, a Genetic Counsellor at SGH and founding member of the group.

Fellow pioneer Ms Ong Choo Eng, a Senior Nurse Clinician specialising in stoma care, agrees. “For newly diagnosed patients, they want to hear more than just medical and professional advice. It is much more reassuring hearing from someone who has lived through the same thing,” says Ms Ong.

Knowing full well how his sharing could encourage other patients, colorectal cancer survivor and patient ambassador, Mr Louis Ng, shared his story with mainstream media, and was even

photographed with one of his two stoma bags, which he has carried for 18 years. “I’m very open about my condition, because it helps to create awareness and remove stigma,” says Mr Ng, who adds that acceptance is key to leading a normal life. Although he is no longer able to run marathons like he used to, Mr Ng continues to lead an active lifestyle and has picked up inline skating instead.

Having cared for colorectal cancer patients for over 30 years, Ms Ong’s greatest reward is seeing patients such as Mr Ng cope well with their condition. “Sometimes newly diagnosed patients would proudly show me their bags and say, ‘See, I can now manage my stoma bag on my own!’” she says with a smile.

And being part of the support group has proved just as rewarding for new members like Ms Nancy Lim, a patient ambassador who joined a year ago. She says, “Volunteering is not just about giving. As I volunteer, I find myself being supported by the patients, nurses and staff as well.”

“Patients are often afraid of the unknown. By hearing from people who have gone through similar experiences, they have a better idea of what to expect and become less anxious.”

Carol Loi
Genetic Counsellor
Department of Colorectal Surgery
Singapore General Hospital

For more information on SGH-NCCS Colorectal Cancer Support Group, call 63213615 or email carol.loi.t.t@sgh.com.sg



PAST WINNERS

2016

PATIENTS

Bright Vision Hospital

The Late Mr Wang Geok Soon

KK Women's and Children's Hospital

Mr Javier Tan

Mr Mohammed Aakif Bin Mohamad Asif

Mr Mohamed Imanuddin Bin Mohamed Salleh

National Cancer Centre Singapore

The Late Mdm Lam Ah Choo

Ms Laura Richardson

Mdm Rosni Binte Mohamed Yusof

Ms Zulfa Binti Anas

National Heart Centre Singapore

Mr Michael Wong

Mr Quek Ser Hwee

National Kidney Foundation

Mr Joseph Chan

Mr Koh Seng Chye

National Neuroscience Institute

Ms Kwan Yuling

Mr Lim Siak Teng

CAREGIVERS

Ang Mo Kio-Thye Hua Kwan Hospital

Mr Goh Hwoo Yan

Bright Vision Hospital

Mdm Salmah Bte Abdullah

KK Women's and Children's Hospital

Mdm Chong Nguk Chai

Mr Justin Chen

Mdm Teow Bee Lee

Mount Alvernia Hospital

Mr Victor Sim

National Dental Centre Singapore

Mr Tan Kheng Hock

PATIENT SUPPORT GROUPS

KK Women's and Children's Hospital

KK Alpine Blossoms Breast Cancer Support Group

National Cancer Centre Singapore

Nasopharyngeal Cancer Support Group

National Neuroscience Institute

Motor Neuron Disease Support Group

Ren Ci Hospital

Mr Abdul Majid Bin Abdul Salam

Mdm Chew Eng Huay

Singapore General Hospital

Mr Ahmad Hisham Bin Abdul Rahim

Ms Chong Hui Min

Mr Goh Weiming

Ms Heng Pei Yan

Mdm Loh Bee Kim

Mr Teo Kee Huat

Mr Thomas Lee

Singapore Eye Research Institute

Ms Ruth Tan

Singapore National Eye Centre

Ms Patricia Poo

SingHealth Polyclinics

Mr Chia Soon Keng

National Heart Centre Singapore

Ms Tan Kim Hiang

National Neuroscience Institute

Ms Cynthia Low

Mr Ng Swee Hin

Ren Ci Hospital

Mdm Juliana Ang

Singapore General Hospital

Mdm Annie Goh

Mdm Neo Geok Huwe

SingHealth Polyclinics

Mdm Joyce Yea

Singapore General Hospital

Burns Support Group

Singapore National Eye Centre

ADAPT Lah! Support Group

2015

PATIENTS

Home Nursing Foundation

Mr Seah See Seng

KK Women's and Children's Hospital

Ms Lan Linghai

Ms Nur Fatimah Binti Sabah

Mr Tan Kai Ern

National Cancer Centre Singapore

Mr Lim Khoon Huat

Mr Ow Weng Keong

Mr Samuel Seong Koon

National Dental Centre Singapore

Mr Stephen Chan

National Heart Centre Singapore

Mr Mohd Ali Bin Hashim

The Late Mr Daniel Tan

CAREGIVERS

Bright Vision Hospital

Mr Michael Koh

Home Nursing Foundation

Mrs Kaliyana Sundaresan

KK Women's and Children's Hospital

Mdm Keh Li Ching

Mr Low Swee Chai

National Cancer Centre Singapore

Mdm Tan Swee Eng

National Neuroscience Institute

The Late Mr Edwin Lim

Ms Teo Wei Shan

Ren Ci Nursing Home

Mr Marzuki Bin Repu

Singapore Eye Research Institute

Mr Deans Gordon Paul

Singapore General Hospital

Mr Alex Wong

Ms Helina Chan

Ms Jocelyn Suarez

Mr Lee Yong Jie

Mr Leong Teng Chow

Ms Melissa Lim

Mr Mustafa Kamal Bin Abu Bakar

Mdm Nancy Chua

Mr Poh Khoon Yong

National Heart Centre Singapore

Ms Choy Wenhui

Ren Ci Hospital

Mr Woo Sen Chuan

Singapore General Hospital

Mdm Chua Soh Chen

Singapore National Eye Centre

Mr Benson Sim

2014

PATIENTS

ECON Healthcare Group

Mdm Lee Siew Yin
Mr Lian Keng Heong

KK Women's and Children's Hospital

Ms Zhang Pei Shan
Mr Zul Kamuradin

National Cancer Centre Singapore

Mdm Rosita Mary Cedillo
Mdm Wong Poh Eng

National Heart Centre Singapore

Ms Serene Lee
Ms Tan Swee Hiang

CAREGIVERS

Bright Vision Hospital

Mr Kua Sim Choon
Mdm Mary Goh

KK Women's and Children's Hospital

Mdm Norahan
Ms Sharon Sia
Mr Vincent Tang
Mr Zaric Foo

National Cancer Centre Singapore

Ms Felinn Shoo

National Heart Centre Singapore

Mr William Tan

National Neuroscience Institute

Mdm Foo Yip Mun
Mdm Shannon Heo

Singapore General Hospital

Mdm Helen Wong
Mr Loh Wan Heng
Mr Michael Lee
Mr Royston Hogan
The Late Ms Tan Ai Ngin

SingHealth Polyclinics

Mr Vincent Francis Spykerman

National Neuroscience Institute

Mr Gan Cha
Mdm Pauline Goh

Singapore General Hospital

Mr Akhil Jain
Mr Ang Kim Seng
Mr Eddie Tan
Mdm Natalia Nugroho
Mdm Josie Liow

Singapore National Eye Centre

Mdm Cecilia Lee
Mdm Juliana Katherine Yip

2013

PATIENTS

Ang Mo Kio - Thye Hua Kwan Hospital

Mr Basheer Ahmad s/o Mohamed Jaffar
Mr Hazlan Bin Abas
Mdm Sara Bte Ariffin
Ms Doreen Goh

KK Women's and Children's Hospital

Ms Caline Chua
Mr Kenrick Seah
The Late Mr Mohamed Baasha
s/o Mohamed Yasin

National Cancer Centre Singapore

Mr Chong Ah Huat
Ms Merle McIntyre
Ms Jenny Teo

National Heart Centre Singapore

Ms Haziqah Binte Idris

CAREGIVERS

KK Women's and Children's Hospital

Mr Daniel & Mrs Karen Oon
Ms Fadiana Binte Dahlan
Ms Rae Mok

National Cancer Centre Singapore

Mr Chong Ah Tat & Ms Chong Shun Mei
Mr Sundarajoo Panirsilvam

National Heart Centre Singapore

Mr Atago Shuto
Mr Peter Lim

National Neuroscience Institute

Ms Angelia Choo
Mdm Mislina Kasman

Ren Ci Hospital

Mdm Doris Goh

National Neuroscience Institute

Ms Bridget Ang
Mdm Sumathi

Ren Ci Hospital

Mdm Wong Wai Chong

Singapore General Hospital

Ms Cheong Lee Meng
Mdm Leong Wah Kin
Mr Wilson Pay
Mr Ravinder Singh
Mr Shiv

Singapore National Eye Centre

Ms Ong Hui Xin

SingHealth Polyclinics

Mdm Ho Buay Geok

Singapore General Hospital

Mdm Chua Seng Lan
Ms Hayati Suaidi
Mrs Christine Peterson
Mr Shao Liwei
Mdm Tay L H

Singapore National Eye Centre

Mdm Keng C L
Mdm Toh Gea Kim

SingHealth Polyclinics

Ms Christine Chew
Mdm Pan Chiak Lin
Mdm Tan Bock Hway
Ms Rachel Wong

Tan Tock Seng Hospital

Ms Serena Siau

2012

PATIENTS

Eastern Health Alliance

Mr Andrew Ang
Mr Phillips Richard Edward
Ms Suzanah Shariff
Mr Tan Keng Kian

KK Women's and Children's Hospital

Ms Kelly Ang
Mdm Goh Bee Khim
Ms Dora Goh

National Cancer Centre Singapore

The Late Ms Yvonne Tan

National Heart Centre Singapore

Mr Rahman Bin Abdullah
Mr Senthil Nathan

CAREGIVERS

Eastern Health Alliance

Ms Grace Melican Etrata
Mr Ismail Bin Mohamed
Ms Parliyah Tariyo Sasmito
Mdm Sabita Devi d/o Amrit Lal

KK Women's and Children's Hospital

Mr Kenneth Mah
Ms Isabella Sim
Ms Yong Seek Ying

National Cancer Centre Singapore

Mr Mah Wai Meng
Ms Vivien Tan

National Heart Centre Singapore

Ms Diana Seet

National Neuroscience Institute

Ms Gracie Lim

Singapore General Hospital

The Late Ms Isabel Chua
Ms Felicia Lee
Mr Louis Ng
The Late Mr Su Kin Seng
Mr Tung Shee Kee

Singapore National Eye Centre

Ms Charmaine Tan

SingHealth Polyclinics

Mr Ang Huat Chye
Mr Benny Lee
Mr EJ

National Neuroscience Institute

Ms Ellen Goh
Mdm Pan Meng Zhu

Singapore General Hospital

Mdm Chan Geok Lian
Ms Chan Soh Chin
Mdm Faridah Abdul Rahman
Mdm Hoo Sew Lin
Ms Naw Hnin Wai Lwin

Singapore National Eye Centre

Mrs Neo (Mdm Lau Lee Ping)
Mdm Lee Siew Chow

SingHealth Polyclinics

Ms Catherine Tan

2011

PATIENTS

Changi General Hospital

Mr Abdul Muhaimin Bin Abdul Malik
Mr Chng Joo Cheng
Mdm Jane Lim

KK Women's and Children's Hospital

Mr Goh Chun Hui
Ms Tan Lay Sing
Ms Phyllis Yap

National Cancer Centre Singapore

The Late Ms Elizabeth Poey
Mdm Quek Peck Eng

National Heart Centre Singapore

Mr Kalaiselvan s/o Kalian
Ms Salina Binte Mohd So'ot

CAREGIVERS

Changi General Hospital

Mr John & Ms Martina Lim
Ms Belinda Layson Malate
Ms Suhana Binte Suhaimi

KK Women's and Children's Hospital

Ms Cheng Fong Mui
Ms Sharon Sia
Mdm Amanda Soh

National Cancer Centre Singapore

Mdm Leow Yuh Eng
Ms Sharon Tay

National Heart Centre Singapore

Mr Ravinder Prasad Pathak
Mdm Sarah B Binte Abdul Rasid

National Neuroscience Institute

The Late Mr Ong Geok Lam

Singapore General Hospital

Mr Kwek Joo Kwang
Mr Lim Zi Yang
Mr Mohideen Pillai Syed
Mdm Ng Gek Eng
Mr Kenneth Tan

Singapore National Eye Centre

Mr Clarence Chan

SingHealth Polyclinics

Mr Jeffrey Goh
Mr Seow Yoke Beng
Mdm Teo Pui Gek

Singapore General Hospital

Mdm Anjana Rai Chaudhuri
Mr Lee Peng Lee
Mdm Leela d/o Ramalingam
Mr Mok Siow Juay
Mr Salam Ismail

Singapore National Eye Centre

Mdm Fong Kam Ngoh

SingHealth Polyclinics

Mdm Ann Nah Miow Sim

2010

PATIENTS

Changi General Hospital

Mr Ronald Koh
Mr Roland Vivian Simon

KK Women's and Children's Hospital

Ms Susan Ginsberg
Mr Randy Tan
Ms Natalie Wong

National Cancer Centre Singapore

The Late Ms Helen Hee

National Heart Centre Singapore

Mdm Tan Chwee Suan

Singapore General Hospital

Mr Ho Soon
The Late Mr Joey Kong
Mr Linus Lin

Singapore National Eye Centre

Mr Tee Wee Leong

SingHealth Polyclinics

Mr Ho Kai Chiew
Mr Khoo Kay Lock
Mr Tan Thian Seng

