

A SIMPLE GUIDE

ISSUE 70 | DEC'22 / JAN'23

Our Health
is in
*Our
Hands!*

Pg1

KEEPING ABREAST OF BREAST CANCER

UNDERSTANDING BREAST CANCER

Pg3

DIET AND CANCER

KNOW MORE ABOUT
CANCER-FIGHTING FOODS

Pg4

STAYING ACTIVE

WALK FOR GOOD HEALTH

KEEP WELL | GET WELL | LIVE WELL

This newsletter is jointly brought to you by:

Health Up!
Keep Well, Get Well and Live Well
A SingHealth community programme

ECHO
Eastern Community Health Outreach

Dear readers,



With Singapore embarking on a HealthierSG, the importance of regular health screening like cancer screening, healthy eating and regular exercise has never been more emphasized.

In this issue, Dr Xiong, a Family Physician, shares about Breast cancer — the most common type of cancer for women in Singapore — and about breast screening. Ms Lau Tze Ching, Principal Dietician, writes about the importance of nutrition and how healthy eating can reduce

the risk of cancer. Ms Susan Lok, Active Health Coach, discusses the benefits of staying active and what you can do to improve your fitness.

2022 is drawing to a close. While it is the season to eat and be merry, it is important to remember our health.

Wishing you a Blessed Christmas and a Happy New Year. Stay well and stay safe.

Health Up! Programme Director,
Dr Sabrina Wee Yi-Mei

All About Breast Cancer

Know The Risk of Breast Cancer and Importance of Screening

Breast cancer is the most common type of cancer among women in Singapore, with more than 1,300 new cases diagnosed every year. It occurs when breast cells become abnormal and divide rapidly without control. These abnormal cells accumulate to form a mass, and may spread to other parts of the body, such as the lymph nodes, bones, liver, lungs, and brain.

Risk Factors For Breast Cancer

A person's risk of developing breast cancer is influenced by multiple factors, including their genetic makeup, hormonal factors, and lifestyle. However, this process is not fully understood, as some women with several risk factors do not develop breast cancer, while some without additional risk factors develop cancer.

Some risk factors cannot be changed, such as:

- Age
- Hormonal-related factors: Early onset of menstrual periods, late menopause
- Family history of breast or ovarian cancer
- Genetic mutations
- Dense breasts (on mammograms)

However, by being aware of these risk factors, one can take precautions by having regular breast cancer screening.

You can also lower your breast cancer risk by the following actions:



AUTHOR
DR XIONG MENGFEI,
Family Physician, SingHealth
Polyclinic (SHP) Women's
Health Workgroup

Dr Xiong Mengfei is a Family Physician from SingHealth Polyclinics (SHP) and a member of SHP's Women's Health Workgroup. As a family physician, she hopes to promote preventive care and healthy living in our community.

Signs and Symptoms Of Breast Cancer:

Early breast cancer may not have any signs or symptoms and are commonly discovered in screening mammograms, which can pick up changes at a very early stage (including small breast cancer lumps, even before the lump can be felt with the hand).

As the cancer progresses, patients may notice changes such as:

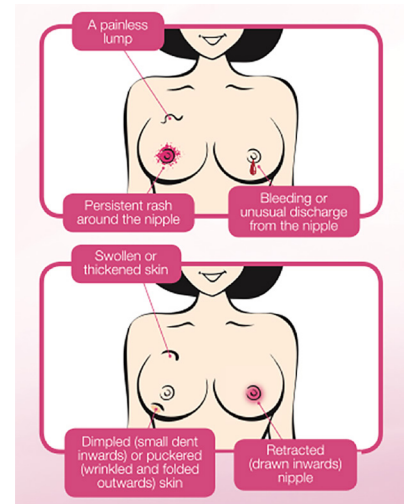
- New lump in the breast or armpit
- A change in appearance or shape of the breast, including the skin, areola, or nipple (e.g., dimpling, redness, peeling and scaling)
- Nipple changes (e.g., newly inverted nipple)
- Bloody discharge from the nipple

These changes may not necessarily mean cancer, but early consultation with a doctor is needed to find out the cause of these changes.

Recommendations for Breast Screening

BREAST SCREENING		
Age	Breast Self-Examination	Mammogram
40-49	Once a month (a week from Day 1 of menses)	Speak to your doctor on the benefits and limitations of a mammogram. If screening is decided, it is annual.
50 and above		Once every 2 years

(Credit image: "Your Breast Health" Health Booklet, from <https://www.singhealth.com.sg/patient-care/conditions-treatments/breast-screening-self-exam-mammogram>)



(Image Credit: HPB Booklet, from https://www.healthhub.sg/sites/assets/Assets/Programs/breast-cancer-screening/pdfs/HPB_Guide_to_Breast_Cancer_Screening_English_Chinese.pdf)

Early Detection and Screening:

Regular breast screening allows early detection and treatment of abnormalities, resulting in better outcomes.

Women with family history of breast cancer should discuss with a doctor about the frequency of screening.

Covid-19 Vaccines and Mammogram

Some people develop swollen lymph nodes after Covid-19 vaccination, which may affect the interpretation of mammogram results.

Schedule your mammograms either before your Covid-19 vaccination or at least 4-6 weeks after the vaccination.

Subsidies for Mammogram

Singapore's National Health Screening Program: "Screen for Life" (SFL) by Health Promotion Board provides subsidized health screening for selected chronic diseases and cancers.

CLICK HERE TO LEARN MORE ABOUT SFL



Screening At SingHealth Polyclinics:

Make an appointment by calling 6536 6000 or book your mammogram appointment by clicking on the image below:



Appointment Hotlines of Other Screening Centres:

- **Singapore Cancer Society:** 1800 727 3333 (provides additional subsidies for women with a valid Blue or Orange CHAS card)
- **National Healthcare Group Polyclinics:** 6275 6443
- **National University Polyclinics:** 6370 6556

Nutrition and Cancer Prevention

Eat well to beat cancer.



AUTHOR
LAU TZE CHING,
Principal dietitian,
Singapore Cancer Society

Ms Tze Ching is currently the Principal Dietitian at Singapore Cancer Society, holding a bachelor's degree in Dietetics and a master's in applied Gerontology. She had 15 years of clinical dietetics experience in acute hospital and step-down care and her interest is in cancer and geriatric nutrition care.

Nutrition is undoubtedly a hot topic in cancer prevention.

It is important to follow credible nutrition information based on evidence, which is backed by years of research. Read on to find out what are the factors to prevent cancer.

Keep a healthy weight

Excess body fat is strongly linked to an increased risk of various cancers. The goal is to keep your weight within the healthy body mass index (BMI) range of 18.5 to 22.9kg/m². Measuring the waistline is another easy and effective way to estimate your abdominal fat. A wider waistline means a higher fat deposit at your belly and around your internal organs. A waist circumference of above 80cm for Asian women and above 90cm for Asian men may imply central obesity.

Stay active physically

Keeping active physically is not only an effective way to prevent excess weight gain, it is also proven to reduce the risk of cancers, especially those strongly linked to obesity. To keep yourself active, it does not need to feel like a chore. It can be as simple as walking more. Read up on our Keep Well & Stay Fit column on page 3 to learn the benefits of walking!

Limit heavily processed food high in fat, sugar and starches

Fast food, baked goods and desserts are high in calories and lower in micronutrients. Frequent consumption of this group of food is one of the major factors of excess energy intake which causes weight and obesity issues.

Limit sugar-sweetened drinks

We need to drink adequate fluids to stay hydrated. To prevent excessive weight gain, choose water and unsweetened drinks as you can easily consume extra calories from drinking too many sugary drinks. We recommend keeping calories from sugar to not more than 10% of your daily calorie intake. For most adults, that translates to less than 10 teaspoons of sugar per day, based on a 2000-calorie diet. Reducing added sugar intake to less than 5 teaspoons a day can bring extra health benefits. Do take note that overconsumption of "natural sugar" such as 100% fruit juices and honey can lead to weight gain too.

Consume more whole grains, vegetables, fruits and beans

A diet rich in plant-based food and fibre can help protect against certain cancers, in addition to weight management. Aim for at least half of your grain consumption to be from wholegrain sources like brown rice, wholemeal bread, wholegrain noodles, barley, quinoa etc. Eat a variety of vegetables and fruits to ensure adequate consumption of essential micronutrients, which prevents nutrient deficiency.

Limit red and processed meat

Processed meats that have been prepared through salting, curing, fermentation, or smoking as Group 1 carcinogens, which means that there is strong evidence that these foods can cause cancer. Processed food includes foods such as ham, bacon, salami, and sausages. Red meats such as beef, pork, mutton, and lamb are classified as Group 2A carcinogens, meaning they are probable carcinogenic food. The guideline is to consume less than 500g of cooked red meat per week. Choose more lean meat and reduce cooking methods that use very high heat.

Limit alcohol intake

Alcohol consumption increases the risk of various cancer and every 10 grams of alcohol intake increases the risk of cancer by 4-25%. You should limit your intake to not more than 1 standard drink for women and not more than 2 standard drinks for men in a day. One standard alcoholic drink is defined as a can (330ml) of regular beer, half a glass (100ml) of wine or 1 nip (30ml) of spirit.

Lastly, you might come across claims that certain foods or supplements can prevent cancer. However, scientists have not found specific food or supplement that can eliminate cancer to date. Experts recommend meeting our daily nutritional needs through diet alone by consuming a balanced diet rich in varieties of plant-based food. Let's live healthier through a well-balanced diet and better lifestyle habits. Together, we can beat cancer.



Visit our Oncology Dietician at Singapore Cancer Society Rehabilitation Centre for a more customised diet prescription.

For more information call 1800-727-333.

Keep Well and Stay Fit!

Staying Active – Move Strong & Be Balanced



AUTHOR
SUSAN LOK,
ActiveHealth Coach

Susan Lok is an Active Health Coach with Sport Singapore and is Exercise is Medicine certified as well as in health and wellbeing coaching. Graduating with a degree in Sport Science & Management from Nanyang Technological University, she is passionate in educating and coaching individuals toward their health and fitness goals by tapping on intrinsic motivations to make sustainable lifestyle changes to enhance quality of life.

Walking is one of the most common modes of travel for older adults. In the 2021 National Sport Participation Survey, 47% of adults aged 40 and above indicated that walking or brisk walking was their top physical activity. Since walking is a habit for most of us, the question is how can we use it to maximise the benefits that can be gained from physical activity?

Case Study: A Peek into Raymond's Routine

Raymond, 65, goes for his 30-minute leisure walk in the neighbourhood with his wife every day. As time goes by, he and his wife noticed that their regular tasks were getting tougher, i.e., climbing stairs, walking long distances, carrying groceries, and playing badminton with friends. Raymond decided to sign up for a Fitness and Health Assessment at his nearest Active Health Lab (AHL). After taking his measurements, the Active Health Coach introduced him to the refreshed Singapore Physical Activity Guidelines (SPAG) for his age segment. He subsequently became more intentional in his exercise regime by ensuring that he moves in the moderate intensity zone and began incorporating resistance exercises in his usual walking trail. After 3 months of consistent structured activity, this new routine became habitual and he also found out that he gained more skeletal muscle mass when he returned to the AHL. Importantly, he now performs his daily tasks with less effort and enjoys his badminton even more.

Do you know your intensity?

Intensity	Subjective Measure	Training Heart Rate Zone *Estimated Maximum Heart Rate = 220 - your age	Example: Raymond's Heart Rate Zone Estimated Maximum Heart Rate = 220 - 65 = 155
Light	Can talk and sing	<64% Maximum Heart Rate*	<99 (65% of 155)
Moderate	Can talk and can't sing	64-76% Maximum Heart Rate*	99-117 (64-76% of 155)
Vigorous	Can't talk and sing	77-90% Maximum Heart Rate*	118-139 (77-90% of 155)

Where to Learn More

Regardless of your age and abilities, everyone benefits from moving more. But first, we encourage you to measure up to find out about your current health and fitness for a more tailored approach to achieve your goals, through our Fitness and Health Assessment (FHA) guided by our Active Health Coaches!

FIND OUT MORE
ABOUT FHA ON



Try this out!

Active Health Discovery Walk-in the park

Tip: Make use of the outdoor fitness equipment at your neighbourhood park as you walk!



“

Active Health programmes have equipped me with the techniques to perform different movements as I build new routines. Ever since the AH2 Programme, I have increased my exercise frequency and have consistently been doing resistance exercises. The Discovery Walk-in-the-Park was very useful in teaching me what resistance exercises I can do during my walks. The walks, led by the Active Health Coach and Team Nila volunteers, help to release endorphins to manage my stress and make me happy!

Heidi Wu, 56,
Participant of Health Up!
AH² Programme

”

Examples of Strength and Balance Exercises:

A) High Knee with Bicep Curl

- Targets your lower body and arms

- Start with feet shoulder-width apart
- Raise knee up towards chest and bring fist of opposite arm towards the shoulder
- Repeat exercise with the other knee and arm



B) Hip Abduction-Adduction

- Targets your lower body, arms and hips

- Start with feet shoulder-width apart
- Swing left leg out to the side
- Bring leg back across the body
- Repeat exercise with other leg



Measure Up, Mix It Up and Make Every Move Count!

Although sustaining low-intensity daily activities such as walking is easier, it is insufficient to improve one's fitness to perform other movements required in daily living and sports. By stressing our body in different ways and mixing it up through varying types of exercises with different load, it increases our body's adaptability and capacity to perform better in our favourite activities. To achieve that, you can choose to combine aerobic, muscle-strengthening, and balance training into a session, or try out different types of sports which allows you to move in different directions at different intensities.

REGISTER HERE TO JOIN US IN OUR
DISCOVERY WALK-IN-THE-PARK





Lean chicken breast is a good source of protein and great for anyone who wish to eat protein without excess fat. These tasty, nutritious chicken and asparagus rolls prove that a low-fat dish need not compromise on taste!

Live Well by Eating Right!

Chicken and Asparagus Roll with Peanut Mayonnaise

Preparation Time: 30 minutes
Serves 4

PER SERVING

Calories	235 kcal	Cholesterol	60.3g
Carbohydrate	6.4 g	Fibre	0.6g
Fat	11.5 g		

This recipe is brought to you by the Department of Dietetic and Food Services, Changi General Hospital.

INGREDIENTS:

Chicken breasts – 4pcs, about 100 g each (3½ oz)
Salt and black pepper – for seasoning
Powdered gelatine - 4 levelled tsp
Chilli flakes – 1½ tsp
Seaweed (nori) – 2 sheets, cut into 4 pieces
Thai asparagus – 4, trimmed and blanched
Low-fat mayonnaise - 4 tbsp
Low-cholesterol peanut butter – 2 tbsp

METHOD:

- ① Using a sharp knife, butterfly chicken breasts to approximately 0.5cm (¼ inch) thickness. Season with salt and pepper thoroughly, then sprinkle with gelatine and chilli flakes.
- ② Place a piece of seaweed on top of one breast. If seaweed overlaps, trim or fold to fit. Place a stalk of asparagus in the centre, then roll up like a spring roll. Wrap tightly with aluminium foil. Repeat step for remaining chicken breasts.
- ③ Steam chicken rolls over high heat for about 7 minutes, or until chicken changes colour. Remove from heat, unwrap and set aside to cool.
- ④ In a mixing bowl, combine mayonnaise and peanut butter until well mixed.
- ⑤ Serve warm or cold, with peanut mayonnaise on the side.



Eastern Community Health Outreach

Health Up![™]

A SingHealth community programme

CONTACT US!

SEND IN YOUR INQUIRIES TO:

- ECHO Programme: echo@cgh.com.sg
Visit ECHO website: <https://www.singhealth.com.sg/rhs/keep-well/Health-Screening-in-the-East>
- Health Up! Programme: health.up@singhealth.com.sg
Visit Health Up! website: <https://www.singhealth.com.sg/rhs/health-up>



ALWAYS WANTED TO GET HEALTHIER
BUT TOO BUSY TO ACT?

Health Up!™

Keep Well, Get Well and Live Well
A SingHealth community programme



IS THE PROGRAMME FOR YOU!

Health Up! is a SingHealth initiative that aims to encourage individuals to adopt healthy lifestyle habits and complete age-appropriate health screenings.

Kickstart your journey to better health now!

- **Complete the Onboarding Survey** to help us understand your health status and lifestyle habits
- **Receive a Health Action Plan Personalised for You (H.A.P.P.Y)** based on your current health and fitness levels
- **Be recommended to selected health screening(s)*** if you are eligible
- **Get connected to various fitness activities** and pick up health and wellness tips from trained professionals



Register [now!](#)

Only open to:
Singapore Citizens & PRs
Aged 40 and above
Living in the East



*Obesity, Diabetes, Hypertension, High Cholesterol, Selected Cancer Screenings (i.e. Colon, Cervical and Breast) based on recommendation and eligibility. Subsidised fees applicable. For more enquiries, visit <https://www.singhealth.com.sg/rhs/health-up>

SingHealth

Defining Tomorrow's Medicine

MAKE THE SMART CHOICE. MAKE TIME FOR SCREENING.



Get your **FIT**
done once
every year

Faecal Immunochemical Test (FIT)
detects non-visible blood in the
stool which could be a sign of
cancer of the colon and rectum.

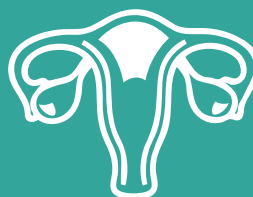
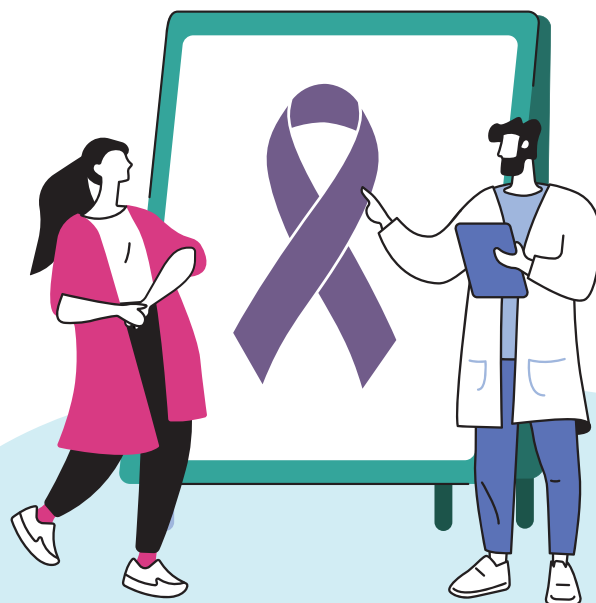
- Singaporean or Permanent Resident
- Aged 50 years & above
- Have not done a FIT in the last 12 months
- Have not done a Colonoscopy in the last 10 years



Get your
Mammogram
screening done
once every 2 years

A mammogram helps detect the
presence of breast cancer lumps
even before they can be felt.

- Women aged 50-69
- Singaporean
- Have a valid **blue or orange** CHAS
(Community Health Assist Scheme) card



Get screened
for cervical
cancer:

Pap Test
once every 3 years

HPV Test
once every 5 years

The Pap Test detects abnormal
changes in the cervical cells while
the HPV Test checks for
cancer-causing HPV strains.

- Singaporean or Permanent Resident
- Pap Test: Women aged 25-29
- HPV Test: Women aged 30 & above
- Ever had sex or sexually active
- Not pregnant

Singapore Cancer Society Clinic @ Bishan

9 Bishan Place, Junction 8 Office Tower #06-05, Singapore 579837

☎ 1800 727 3333 ✉ cs_appointment@singaporecancersociety.org.sg
☎ 6499 9140 🌐 www.singaporecancersociety.org.sg

Scan QR code to
book your screening
appointment NOW

