



WellnessBuzz

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More Are Surviving Cancer

There was a time when a cancer diagnosis meant a death sentence for many. Today, however, as the latest studies suggest, more cancer patients are surviving longer, with better quality of life and a better chance of beating the cancer.

With reference to data collected from the Singapore Cancer Registry (1998 to 2009), the study – Singapore Cancer Trends In The Last Decade – found that women now have a 52.8% chance of survival while men have a 40.7% chance. This is a marked improvement compared to 1988-1992 where the 10-year survival ratio for women was at 32.2% and 20.4% for men.

Survival 101: 3 steps to even the odds against cancer

While these encouraging results could be largely attributed to the advances in medicine and technology today, sometimes a little change in our modern lifestyle can help eradicate the threat of cancer. The following prevention measures can help reduce the chances of being stricken by the silent killer while keeping your overall health in check.

STEP 1 Get a survival jab

1

Some types of cancer which are caused by viruses, such as cervical and liver cancers, can be prevented with vaccinations. With an increasing number of virus-associated cancers occurring in the developing world (e.g. the Hepatitis B virus that is prevalent in Asia),



vaccine development and use can serve as effective preventative tools. These vaccines help to curb infections brought on by cancer-causing viruses and could potentially treat and prevent cancer development in high-risk persons.

STEP **Detect It Early**

2 Survival ratios for cervical and breast cancer patients have been rising. For the former, it rose from 47.8% in the late 80s-90s to 61% in the late 90s-2002, thanks to the recommended screening and early detection. For instance, a Pap smear screening every three to five years can reduce the likelihood of cervical cancer, as any abnormal result will be followed up with early examination and possible preventive treatment. With early monitoring and treatment, survival rates and fertility can both be improved.

Other forms of cancer which affect less accessible organs or body parts, such as the lungs and pancreas, can be harder to monitor. Thus, their malignancies can be more dangerous. While advances in detection may have been made, doctors agree that more Singaporeans should make an effort to screen themselves for cancer, based on their age and gender. These include having regular health tests and cancer-related check-ups. To encourage this practice and to lighten the burden of high screening costs, the Singapore Government has liberalised the use of Medisave for breast cancer and colorectal screening last year.

STEP **Change Your Habits, Save Your Life**

3 Studies on breast cancer survivors have found hopeful links between a healthier diet and lifestyle, and survival. One extensive 13-year study that examined the diets of 1,982 women after diagnosis found some hopeful results. Among those whose cancer had spread widely, women who ate the largest amount of poultry, total protein and omega-3 fatty acids had a higher chance of survival than those who ate the least amount of these foods and nutrients. However, diet isn't the only factor that may improve survival rates. A study from the University of Michigan's Comprehensive Cancer Center shows that people diagnosed with head or neck tumours can improve their survival outcomes simply by living a healthy lifestyle. This include eating more fruits and vegetables, exercising, getting enough sleep and giving up cigarettes and alcohol.

A Hopeful Future

Although cancer survival ratios are on the rise, they can continue to improve if we stay vigilant with regular screenings and check-ups, and keep an open mind to the treatment possibilities. While medical advances have been made in the battle against cancer, a better quality of life and early prevention and treatment can be the best weapons against it.





Article contributed by

Professor Ng Soon Chye
MBBS, MMed (O&G), MD, FRCOG,
FAMS
Medical Director,
Sincere IVF Center and Sincere
Medical Specialist Center for Women
Novena Specialist Center

The ART Of (In)Fertility

With changes in lifestyles such as higher work stress and delayed family planning, more married couples in Singapore have turned to various infertility treatments and Assisted Reproductive Techniques (ART) for help in conceiving that precious bundle of joy.

There are many reasons why couples are faced with infertility issues today. Not surprisingly, men contribute 50% to the causes due to problems in the sperm. The woman can be infertile due to her advancing age, ovulation problems, endometriosis or obstruction in her Fallopian tubes. Social stresses and lifestyle can also play a role, including work pressure, postponement of conception and cigarette smoking. The good thing is, infertility can be overcome with the right treatment.

Getting help to conceive

Infertility treatments range from simple methods such as oral medication to induce and regulate ovulation, to advanced treatments such as intra-uterine insemination (IUI) where the semen sample is placed into the uterus to aid conception. If more help is needed, the next infertility treatment to consider is the range of Assisted Reproductive Techniques (ART), which includes the 'test-tube' baby programme (also known as in-vitro fertilisation, IVF) and direct sperm micro-injection to the egg treatment (also known as intracytoplasmic sperm injection, ICSI).

More about ART

Assisted Reproductive Techniques (ART) calls for an operation to collect the eggs from the woman, which will be fertilised outside the body. These are usually done in the laboratory, either via IVF or ICSI. Once the eggs are fertilised, they are placed back into the woman's womb through another small operation.

Success Rates

The success rate of the ART treatment that would eventually lead to pregnancy is greatly dependent on the age of the woman. The best pregnancy rates (about 40% per attempt) usually take place in women below 35 years old. This then drops to about 10-15% when they hit 40 years old, and less than 1% by 45 years old. Thus, it is advisable to try for a pregnancy, with or without ART, when the woman is at her child-bearing years (between 20 and 35 years old).

Where to get help

With approximately 10 ART centres in Singapore today, getting started on your infertility treatment has never been easier. All the infertility treatments mentioned above are also available at the Sincere Medical Specialist Center for Women and the soon-to-be-opened Sincere IVF Center.

Professor Ng Soon Chye is the Medical Director of Sincere IVF Center and Sincere Medical Specialist Center for Women. A graduate from the then University of Singapore (1974), he currently holds Adjunct Professorships in NUS and NTU. He pioneered the IVF technique in Singapore with Asia's first test-tube baby born in May 1983 and the world's first sperm micro-injection (SUZI) baby in 1988.

Turn the flap to find out more about the clinic.



Common Cancers To Watch Out For

As a cancer specialist, I am at the leading edge of new tests and treatments. While the majority of the patients I see are over the age of 50, I am noticing an increase in young adults with cancer. There are many important strategies to help prevent cancer and the best of these are education and awareness.

Fact 1:

Breast cancer is the most frequently diagnosed cancer and leading cause of cancer death in women worldwide. It accounted for 1.38 million new cancer cases and 458,400 cancer deaths in 2008.*

Recent statistics point out that while breast cancer cases are at a high in Asia, it is also affecting an increasing number of younger women. For example, in Hong Kong, the rate of breast cancer in the 30-39 age group has grown by an astounding 43%. While this increase may be due to early detection, such as more women getting mammograms, experts report that it is not the only explanation since current guidelines recommend that women start their mammogram screenings at age 40. Clearly, there are additional risk factors at play, but early detection coupled with the right treatment can help women save their breast and be cured of the cancer.

Fact 2:

Lung cancer is the most commonly diagnosed cancer and the leading cause of cancer death in males globally. It accounted for 1.6 million new cases and 1.4 million deaths in 2008.*

A more dangerous form of cancer, lung cancer is also increasing in younger Asian women. While this is usually linked to smoking and tobacco usage, there is also an increased lung cancer diagnosis in young "non-smoker" Asian women due to possible factors such as environmental pollution and exposure to second-hand smoke. Although CT scans are usually initiated to find out the condition of the affected lung and plan for a suitable treatment, these scans should be determined and administered by a qualified cancer doctor only. This is due to the growing number of reports that warn of the risk of

how unsupervised scans can expose healthy patients to unnecessary levels of radiation.

Fact 3:

Cervical cancer is the third most commonly diagnosed cancer and the fourth leading cause of cancer death in women worldwide. It accounted for 529,800 new cancer cases and 275,100 cancer deaths among women in 2008.*

Most cervical cancer cases are caused by the exposure to specific viruses, particularly the 'specific types' of the Human Papilloma Virus (HPV). While cervical cancer generally affects older women, there is much that young women can do today to prevent its occurrence. This comes in the form of a new vaccine therapy that helps to block 100% of the 'dangerous types' of HPV and up to 70% of the less common types. However, an important fact to note is that the vaccine (which is given over a series of three shots) should ideally be administered between the ages of 15 and 26.

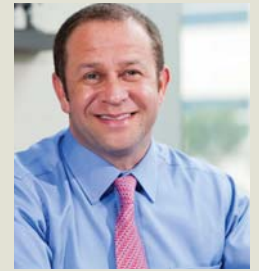
Where to get help

Despite the seriousness of the cancer facts and statistics above, there is still hope with the rapid development in medicine and technology today. Treatments and preventive measures for the various types of cancers are available at Tucker Medical.

Dr Steven Tucker is a leading American-Board-certified physician that oversees the health screening and oncology programmes at Tucker Medical. He is also a frequent lecturer, writer and medical reviewer on the topics of prostate and breast cancer, nutrition and weight loss, personalised medicine and cancer prevention.

* Source: <http://globocan.iarc.fr>

Turn the flap to find out more about the clinic.



Article contributed by

Dr Steven Tucker

MD: USA, FACP: USA, FAMS:

Medical Oncology

Medical Director, Specialist

Oncologist and Internist

Tucker Medical

Novena Specialist Center

Dr Tucker's Top Cancer Prevention Tip:

Eat well and exercise regularly!

Being smart about nutrition (what you eat) and exercise (what you do) is critical to preventing not only cancer but a host of other common chronic diseases as well (e.g. heart attack, diabetes, high blood pressure and Alzheimer's disease).

The Sincere IVF Center and Tucker Medical are just some of the clinics that are available at the Novena Specialist Center. To look for a specific healthcare and medical specialist, please refer to the directory listed at the back of this booklet.



Sincere IVF Center

Sincere IVF Center is the latest ART centre in Singapore which is due to open in June 2012. Spreading across three units on the sixth floor of the Novena Specialist Center, the Sincere IVF Center is fitted with the latest state-of-the-art facilities and equipment to give the best possible outcome for couples with infertility issues.

Sincere IVF Center

8 Sinaran Drive
#06-09 Novena Specialist Center
Phone: +65 65070766
Email: enquiries@shg.com.sg
Website: www.sincerehealthcaregroup.com



Tucker Medical

Tucker Medical offers personalised healthcare, which ranges from general medicine to cancer diagnosis, treatment and recovery care. As your primary care doctor and specialist physician, Tucker Medical incorporates the best of evidence-based medicine, clinical research, traditional medicine and genomic testing when creating a treatment plan for you.

Tucker Medical

8 Sinaran Drive
#04-03 Novena Specialist Center
Phone: +65 66596918
Email: info@tuckermedical.com
Website: www.TuckerMedical.com

DIRECTORY OF SERVICES

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NOVENA
Medical Center

10, Sinaran Drive, Singapore 307506 | Tel +65 63976861 | www.novenamedicalcenter.com

CLINIC / SPECIALTY

A Life Clinic General Practice #11-20 Tel: +65 67372283
About Braces Dental Surgery Dentistry #10-21 Tel: +65 63977177
Advance Renal Therapy Renal Medicine & Kidney Dialysis #11-14 Tel: +65 63976468
Ageless Revival Medical Centre General Practice with Aesthetic Services #10-31 Tel: +65 63976878
Ambulatory SurgiCare General Surgery #09-01 Tel: +65 63976979
American International Clinic Internal Medicine #10-10 Tel: +65 63977129
Braces & Aesthetics Dental Clinic Dentistry #10-36 Tel: +65 67322706
Centre for Ear Nose Throat Allergy & Sleep ENT (Ear, Nose, Throat) #11-23 Tel: +65 65860988
Centre for Hands & Reconstructive Microsurgery (Novena) Pte Ltd Hand Surgery #11-17 Tel: +65 63976850
ClearSK™ Medi-Aesthetics Clinique (Novena) Aesthetic Services & Wellness Care #10-01 Tel: +65 63977250
Clinic 10 Preventive Healthcare #09-31 Tel: +65 63360504
Cozy Dental Group Dentistry #08-15/16 Tel: +65 63976566
CSK Novena Laser Aesthetic Clinic Aesthetic Services & Wellness Care #10-26 Tel: +65 63977050
Dr Roby Marcou Developmental and Behavioural Paediatric Clinic Developmental and Behavioural Paediatrics #10-12 Tel: +65 63976637
Executive Health Screeners Health Screening #08-17 Tel: +65 63977248
Fema Clinic & Surgery Medical Clinic #09-01 Tel: +65 68543720

CLINIC / SPECIALTY

Healthway Medical Assessment Centre Wellness Care #10-06 Tel: +65 62382290
H L Kong Medical Oncology Centre Medical Oncology #11-08 Tel: +65 63977123
K O Chan Ear Nose Throat Sinus & Sleep Centre ENT (Ear, Nose, Throat) #10-11 Tel: +65 63976454
LifeSource Medical Centre Aesthetic & Regenerative Medicine #11-16 Tel: +65 63976080
Lim K.A Oral & Maxillofacial Surgery Oral & Maxillofacial #09-25 Tel: +65 67354526
Loke Skin Clinic Dermatology #09-13 Tel: +65 63374926
LQ Dental Centre Dentistry #11-10 Tel: +65 65380890
Medifast Medical Centre Health Screening #11-27 Tel: +65 62223373
Naaman Skin and Laser Centre Dermatology #09-27 Tel: +65 63972833
Neuglow The Aesthetics Doctors Aesthetic Services #10-35 Tel: +65 63972552
Nihon Premium Clinic Japanese Medical & Specialists HealthCare #11-12 Tel: +65 63972002
Nobel Psychological Wellness Psychiatry #09-35 Tel: +65 63972993
Noel Leong Fertility and IVF IVF Obstetrics and Gynaecology #09-14 Tel: +65 62556883
Novena Children Clinic Paediatric Medicine #10-32 Tel: +65 63976960
Novena Dental Aesthetic Practice Pte Ltd Dentistry #09-34 Tel: +65 63977097
Novena Heart Centre Cardiology & Cardiothoracic Surgery #09-05 Tel: +65 63972004

CLINIC / SPECIALTY

Novena Medical Center Family Clinic General Practice #11-19 Tel: +65 63977318
Novena Medical Screening Centre Health Screening #08-23 Tel: +65 65132770
Novena Psychiatry Clinic Psychiatry #10-18 Tel: +65 63972688
Novena Surgery Day Surgery #08-18 Tel: +65 63972251
OrthoSm;e Dental Practice LLP Dentistry #09-29 Tel: +65 63976880
Parkway Laboratory Services Ltd Medical Lab Testing #08-01 Tel: +65 63976930
Preventicine Centre Pte Ltd Preventive Healthcare #09-24 Tel: +65 63338489
Profile Dental Surgery Pte Ltd Oral / General Dentistry #09-32 Tel: +65 63396806
Psych & Psych Consultants Pte Ltd Psychological Services #10-25 Tel: +65 63976554
Radiologic Clinic X-Ray Services #08-02 Tel: +65 63976686
Roots! Advanced Endodontics Endodontics #11-32 Tel: +65 63972939
Singapore Aesthetic Centre Aesthetic Services #08-12 Tel: +65 68371000
Singapore Lipo, Body & Face Centre Aesthetic Services #08-05 Tel: +65 637361000
Singapore Sports Medicine Centre Sports Medicine #08-08 Tel: +65 67371000
Smile Avenue Dentistry Pte Ltd Orthodontics #11-18 Tel: +65 63972818
Smile Makers Dental Clinic Dentistry #09-26 Tel: +65 63972739
Soon Diabetes Thyroid and Endocrinology Clinic Endocrinology #10-08 Tel: +65 63977101

CLINIC / SPECIALTY

Specialist Eye & Eyelids Centre Ophthalmology #09-11 Tel: +65 63976101
Specialist Oral Surgeons Oral & Maxillofacial #09-25 Tel: +65 62353688
SportsMed Central Sports Medicine #10-13 Tel: +65 64796822
Stellar Medical Aesthetic Clinic Aesthetic Services #11-31 Tel: +65 63972722
The Head & Neck Surgery Centre ENT (Ear, Nose, Throat) #11-02 Tel: +65 63977126
The Oral Care Centre Dentistry #10-17/29 Tel: +65 63976990
The Plastic Surgery Practice Plastic Surgery #11-33 Tel: +65 63976618
The Rafflesian Clinic & Surgery Medical & Aesthetic Services #11-06 Tel: +65 63382740
The Revival Medical Centre General Aesthetic & Regenerative Medicine #10-16 Tel: +65 63972472
The Sloane Clinic Plastic Surgery Centre Plastic Surgery #08-35 Tel: +65 63976848
Thomson Aesthetics Centre Pte Ltd Aesthetic Services #10-14 Tel: +65 62528558
Thomson Lifestyle Centre Wellness Care #10-14 Tel: +65 63526550
Thomson Paediatric Centre Paediatric Medicine #09-02 Tel: +65 62563291
Thomson Women Cancer Centre Breast, Colorectal & Gynaecology #09-15 Tel: +65 65918218
United Specialist Centre Multi-Disciplinary Medical Services, Physiotherapy and Podiatry Services #09-07/08 Tel: +65 63977077
Yap & Ang Surgical Associates General & Plastic Surgery #11-03 Tel: +65 68368238

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8, Sinaran Drive, Singapore 307470 | Tel +65 66596561 | www.novenaspecialistcenter.com

CLINIC / SPECIALTY

Centre For Assisted Reproduction Pte Ltd Obstetrics & Gynaecology #05-05/6 Tel: +65 66596638
Medical Associates Centre General Practitioner #04-06 Tel: +65 62351062
Novena Colorectal Centre Colorectal Surgery/Gastrointestinal Endoscopy #05-03/7/8 Tel: +65 63610230
Poon & Phay Dental Surgeons Pte Ltd Prosthodontics/Periodontics #05-01 Tel: +65 63383623

CLINIC / SPECIALTY

Sincere IVF Center Pte Ltd Fertility #06-09/10/11 Tel: +65 65070766
Sincere Medical Specialist Center For Women Obstetrics & Gynaecology/Fertility/Breast Surgeon/Cosmetic/Plastic Surgery/Health Screening #06-08/16/17/18/19 Tel: +65 65070766
The Resilenz Mind Psychological Medicine and Counselling Centre Pte Ltd Psychiatry #04-01 Tel: +65 66596830

CLINIC / SPECIALTY

Thomson Dental Centre General Dentistry #07-08/16/17/18/19 Tel: +65 62550770
Thomson Dental Surgeons General Dentistry/Orthodontics/Endodontics/Periodontology #05-12/13 Tel: +65 67379831
Thomson Fertility Centre Pte Ltd IVF (In-Vitro Fertilisation)/Obstetrics & Gynaecology #07-02/3/4/5/6/7 Tel: +65 62527766

CLINIC / SPECIALTY

Thomson Specialist Dentistry Orthodontics/Oral & Maxillofacial Surgeons #07-08/16/17/18/19 Tel: +65 62550770
Tucker Medical Medical Oncology & General Medicine #04-03 Tel: +65 66596918