

SUPPORTING OUR CANCER PATIENTS WITH COUNSELLING

为我们的抗癌勇士提供心理咨询

ENERGY DENSITY AND NUTRIENT DENSITY

*Important terms to understand
when making food choices
and managing body weight.*

食物能量密度 和营养密度

在选择食物和控制
体重时，能量密度
和营养密度扮演者
最重要的角色。

*“ I want to thank
you 365CPS staffs,
volunteers, donors for
your kind thoughts, help,
donations, love & care. ”*

- Leana Ong

*“ 我要感谢 365 CPS 的
工作人员、志愿者、捐助
者，感谢你们的善意、帮
助、捐赠、爱和关怀。 ”*

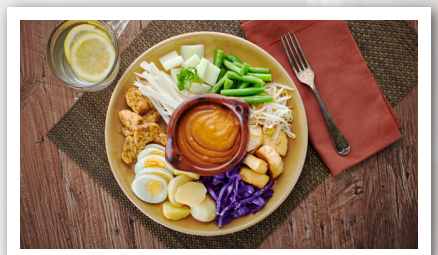
- 王丽萍

SPECIAL MENU FOR THIS MONTH

Sedap Gado-gado

本月特别食谱

美味加多加多



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COUNSELLING SERVICES

心理辅导服务

At 365 Cancer Prevention Society (365CPS), your health and welfare matters to us.

We recognize that emotional wellness is a crucial pillar in cancer prevention and recovery. Hence at 365CPS, caring for your mental health is our priority. This is done through our robust counselling services, structured around the 365CPS Tri-Fold Mission of cancer prevention, cancer fighting and cancer education, that help and support you through your fight against cancer.

365CPS Counselling Department offers professional psychological counselling delivered by qualified counsellors who are compassionate and always ready to lend a listening ear to your concerns, worries, life adjustments, relationships or family problems. Be it emotional, social or psychological, our caring counsellors are right beside you in your cancer journey.

Since the pandemic, the Counselling Department has started two new initiatives - Therapeutic Support Programmes (TSP) and 365 Healthy Minds, building a platform for our beneficiaries to connect with them and provide emotional support.

TSP includes workshops such as Mindfulness and Creative Arts sessions. These are exclusive to 365CPS beneficiaries and focus on improving emotional wellbeing. 365 Healthy Minds are talks open to the general public, where our passionate counsellors give insightful and relevant strategies around mental health topics such as depression and pandemic fatigue. If you are interested in knowing more about TSP and 365 Healthy Minds, more information can be found on our 365CPS website (<https://365cps.org.sg/>).

Additionally, our counsellors are regularly curating bite-sized mental health content such as Self Care, Cancer Survivorship, Cultivating Mindset, Grief and Loss on our social media platforms. For more updates about different mental health topics, check out the content on our Facebook (<https://www.facebook.com/365cps>), Instagram (<https://www.instagram.com/365cancerpreventionsociety/>) or Telegram (<https://t.me/cpslounge>)!

365防癌教育协会 (365CPS) 重视每一位会员的健康及福利。

我们充分认识到情绪健康是癌症预防和康复的关键。因此, 365CPS以心理健康为优先, 通过有效的辅导服务, 环绕着防癌、抗癌与教育的三重使命, 协助并支持我们的会员与癌症作战。由专业辅导员组成的365CPS心理辅导部门将为患者提供心理辅导服务。我们富有同理心的辅导员们时刻都准备好倾听患者的忧虑、生活作息变化、人际关系与家庭等问题。无论是情感、社交还是心理困扰, 365CPS的辅导员都将以关怀备至且富有同理心的专业态度陪伴患者度过抗癌历程。

自新冠疫情爆发以来, 心理辅导部门也开展了两项新的服务, 疗愈支持小组 (TSP) 及365健康心灵 (365 Healthy Minds), 为受患者们搭建一个能够提供情感支持的沟通平台。

TSP项目中包括正念和创意艺术等工作坊。这些工作坊专注于服务365CPS的受患者, 帮助他们改善情绪方面的健康。365健康心灵则是面向公众的讲座, 我们热情的辅导员会围绕着抑郁症和抗疫疲劳等心理健康话题提供具有深度的见解和应对策略。如果您有兴趣了解更多有关治疗支持计划及365健康心灵计划的详情, 请浏览我们的官网 (<https://365cps.org.sg/>)。

此外, 我们的辅导员也会定期在365CPS的社交媒体平台上发布一些有关自我关怀、癌症幸存者、建立良好心态、悲伤与失落等简单易懂的心理健康小知识。如果您想获得更多与心理健康相关的最新资讯, 可关注365CPS的Facebook (<https://www.facebook.com/365cps>)、Instagram (<https://www.instagram.com/365cancerpreventionsociety/>) 或Telegram (<https://t.me/cpslounge>)。



LEANA ONG'S TESTIMONY

王丽萍的分享

My name is **Leana Ong**, 57 years old. I was diagnosed with 2nd stage breast cancer in 2019. I went through 2 surgeries to remove cancer lumps and 20 limb nodes, 16 chemotherapy sessions and 20 radiation sessions.

During my chemotherapy, my friend introduced 365 Cancer Prevention Society (365CPS) to me so I started to attend activities and classes conducted there. I have joined most of the activities as they can help to build up my body strength and mind, sharing knowledge about our cancer treatments and make new friends.

Lately, I attended a mindfulness and mask painting workshop conducted by the counselling team. We were allowed to paint whatever that comes to our minds and the workshop was very therapeutic. It has helped me to calm down and paint. Through painting or writing, we also learnt how to express ourselves.

I want to thank you 365CPS staffs, volunteers, donors for your kind thoughts, help, donations, love and care. A word for cancer patients, stay positive!

Remember that we are not alone.

ZHOU SU MEI'S TESTIMONY

周素梅的分享

My name is **Zhou Sumei**. I was diagnosed with colon cancer in March this year. After undergoing surgery, I learned that I was in the third stage of colon cancer and needed chemotherapy. I suddenly felt like my life was plunged into a dark abyss. At that time, I couldn't sleep all night and was irritable. I was unable to shed any tears even though I felt sad. I was a mess when I went to see the oncologist.

Fortunately, the kind-hearted doctor introduced me to the 365 Cancer Prevention Society (365CPS) for psychological counselling. When I met with the counsellor for the first time, her kind words filled me with warmth, especially the line "We will never leave you behind!", which moved me deeply. I no longer felt isolated, and there were many kind people around me who offered both tangible and non-tangible help. I had no reason to continue wallowing in negative emotions,



我叫**王丽萍**，今年57岁。我在2019年确诊乳癌第二期后，经历了2场手术移除了肿瘤和20个淋巴结，并且前后经历了16次化疗和20次放射治疗。

在我做化疗期间，我的朋友向我介绍了365防癌教育协会（365CPS），于是我开始参与那里的活动和课程。我参加了许多365CPS主办的活动，也得到了很多帮助来恢复身心健康，学习有关癌症治疗的相关知识，也结交到了许多朋友。

最近，我参加了由辅导组举办的冥想与面具绘画工作坊。这是一个十分治愈的工作坊，在那里，我们可以将脑海中所想的任何东西画出来。这样的活动能让我放松心情，专心绘画。我也在绘画和写作活动中，学习到如何表达自我。

我要感谢365CPS的同工、义工和捐助者，感谢你们的善心、帮助、捐款、关爱与关怀。希望其他的癌症患者们也能一起保持正面！

记住，我们并不孤单。



我是**周素梅**，今年三月在新加坡国大医院经检查患了结肠癌。在经历了手术后得知自己处于结肠癌第三期需要接受化疗，顿时觉得自己的人生陷入黑暗的深渊，那段时间我整晚难以入眠，易怒，虽然悲伤却流不出眼泪，当我去见化疗医生时，整个状态都很崩溃。

所幸医者仁心，国大医生将我介绍给了365防癌教育协会接受心理辅导，当我第一次与辅导员洪豆见面时，她亲切和善的话语，让我感到温暖，尤其是那句“我们不会放弃你的！”，让我深深感动，我

and cause trouble to my family and those who care about me. Through the mindfulness workshop conducted by the counselling team, it has helped us to clear up the myths in life with their professional knowledge and taught us many techniques for relaxing the mind and body. This has helped me to ignite my confidence and rekindle hope in life. After undergoing counselling, I felt I could better identify my emotions in the moment, manage them appropriately and live my life with peace and stability.

The fight against cancer is a long road ahead, and it is important to maintain a positive attitude. I would like to sincerely thank the 365CPS psychological counselling team for the timely help offered.

PATRICIA LEE'S TESTIMONY

李运莲的分享

My name is **Patricia Lee** and I am 64 years old. In August 2019, I was diagnosed with stage 1 lung cancer.

A couple of months after my surgery, I was feeling very helpless and worried because of the unknown of my illness. It was a very difficult time for me and I kept on asking myself why it happened to me. A lot of times, my mind was full of negative thoughts which led to my sleeping problem.

In July 2021, I joined 365 Cancer Prevention Society (365CPS) which I came to know through Facebook. The staff is very caring and efficient. They introduced the various activities to me. I have attended "Mindfulness Workshop" via Zoom which has benefited me. One good example is "To live at this present moment" and "Not in the Past or Future". It makes me think and re-phase my life.

Currently, I am undergoing counselling with 365CPS. The counsellor is very professional and a good listener. After a few sessions, I have learned how to take things one step at a time, not to think too much, to recognise the distortions in thinking and address the negative thoughts. I started to open up more and learnt to accept whatever I have encountered, live at this present moment, and to appreciate the people and environment around me.

I would like to express my gratitude to 365CPS staff, volunteers and donors for the support and care during this journey and to tell all my fellow cancer fighters that we are not alone. There is always "HOPE" and wishing everyone all the best.

觉得自己不再是一座孤岛，身边有许多善心人士给予有形和无形的帮助。我没有理由让自己一直沉浸于负面情绪中，给自己的家人和关心帮助自己的人带来困扰。接下来辅导员洪豆和她所在的心理辅导团队针对性地开展了正念工作坊，用专业知识帮助我们厘清生活中的迷思，并教给了我们很多放松头脑和身体的技巧，帮助我点燃自信，重新燃起对生活的希望。在接受辅导后，我感觉自己能够更好地辨别当下的情绪，并进行适当调控，让生活回归平稳、和谐。

抗癌路程漫漫，保持良好的心态至关重要，衷心感谢365防癌教育协会心理辅导团队给予的及时帮助。同时也要感谢营养支持、关怀等其他部门的各种协助。感恩365台前幕后的工作人员，你们为癌症病人的无私付出，让伤痛的人能感受到满满温情，告诉自己：人间值得！谢谢！！



我是**李运莲**，今年64岁。我在2019年8月进行定期健康检查的时候确诊患上了肺癌第一期。

在手术后的好几个月，我一直因为病情的不确定性觉得既无助又担心。那段时间对我来说是很艰难的时期，我一直问自己：“为什么这样的事情会发生在我身上？”很多次我的脑海里充斥着许多负面的想法，甚至因此影响了我的睡眠。

2021年7月，我在Facebook上接触到并加入了365防癌教育协会（365CPS）。这里的同工既有耐心又有效率，他们向我介绍了协会中的各项活动，而我也通过Zoom参与了其中一场线上的“冥想研习会”并且受益良多。比如我认识到了要“活在当下”而非“纠结于过去和未来”。这让我有机会重新审视并规划我的生活。

我目前正在参与协会所提供的辅导服务。我的辅导员不仅十分专业，也是个非常好的倾听者。几次对话下来，我学习到如何抛开杂念按部就班行事，同时也认识到如何处理负面和扭曲的想法。我渐渐学会敞开心扉并接受我所遭遇的一切，活在当下并感恩身边的人事物。

我由衷地感谢365CPS的同工、义工和捐赠者所给予的支持与关爱，同时也希望借此机会告诉其他抗癌勇士们“我们并不孤独！”世间总是充满希望，祝福大家一切顺利。

SUSAN YONG'S TESTIMONY

杨淑真的分享

I am **Susan Yong**, 62 years old, diagnosed with ovarian cancer (third stage).

One day, I felt a sudden pain in my lower abdomen. I was admitted in the emergency department on the same day due to the severe pain. However, no diagnosis could be found after performing many tests. It was after more than a month, the doctor diagnosed me with third stage ovarian cancer. I felt frightened and helpless at that moment. Immediately, I began receiving chemotherapy and followed by surgery according to the doctor's advice.

During my fight against cancer, the hardest and most painful part for me was the weekly chemotherapy due to the many side effects. I often had no appetite after chemotherapy and felt nauseous. As my sleep was disrupted and I could not get enough rest, I was in a state of exhaustion for a long period of time. Although it was difficult, I never thought about giving up. I just wanted to carry on living.

My family has been my biggest motivation to actively fight cancer. After my diagnosis with cancer, I realized how important it is to live in the moment. To live every day well, wake and sleep early, and increase physical activity. I also adjusted my diet and focus on having a balanced nutrition.

In 2016, I joined 365 Cancer Prevention Society (365CPS). As my neighbour's husband is also a cancer patient and has received help from 365CPS, she introduced me to seek help from 365CPS after knowing my condition.

After joining 365CPS, I took part in many different activities including detox exercises, Zumba, painting, calligraphy, and vocal lessons. During the pandemic, 365CPS held online classes. One of the activities I participated in was Zentangle Art. The physical exercise classes were a great help to me, especially the detox exercises. The stretching exercises helped me to relieve the side effects from chemotherapy. The painting and calligraphy classes helped me to focus and prevent me from feeling restless. Aside from these services, I have made many friends who support one another.

Here, I would like to thank the 365CPS staff and volunteers for their dedication and kindness, especially the volunteers, who were willing to take time out of their busy schedules to offer their help to us selflessly. I am also grateful for the generosity and support of the donors. I would also like to encourage cancer patients not to



be afraid. Cancer is not a terminal illness these days, and new drugs are being developed to treat it. I encourage everyone to avoid having negative thoughts and to think positively, and you will definitely be able to overcome difficulties. If you require any help, you can seek it from 365CPS, who will help you through their services.

我是**杨淑真**, 62岁, 卵巢癌 (第三期)。

有一次, 下腹部突然觉得疼痛。由于剧烈疼痛, 当天被送进急诊部门。做了很多的检查之后都没有诊断出任何结果。一个多月之后, 医生才诊断出我患上卵巢癌第三期。当下觉得很害怕, 也很无助。根据医生的建议, 我很快的就开始接受治疗, 之后再切除手术。

在这抗癌当中, 对我来说最艰难也让我觉得很痛苦的是每一个星期的化疗, 因为很多副作用。化疗之后很常没有胃口也想呕吐。由于睡眠方面受到影响, 没办法得到充分的休息, 所以长时间在疲惫的状态下。虽然很艰难, 从来没有想过要放弃, 只想要活下去。

家人是我坚持积极抗癌最大的动力。患上癌症之后意识到活在当下很重要。把每一天过好, 早睡早起, 增加运动量。饮食方面也因此做了调整和比较注重营养均衡。

在2016年, 我加入365防癌教育协会 (365CPS)。因为邻居的先生也是癌友, 也受过365CPS的帮助。所以在得知我的病情, 她介绍我到365CPS寻求帮助。

来到365CPS之后, 我参加很多不同的活动, 其中的有排毒操, 尊巴, 绘画课, 书法课以及声乐课。在疫情期间, 365CPS有举办线上课程。其中我参加的一项是禅绕画。运动课给我带来的帮助很大, 尤其是排毒操。那些拉伸动作帮助我舒展化疗后带来的副作用。而绘画课和书法课帮助我专注和集中, 避免我胡思乱想。除了这些服务之外, 我还结交了很多互相扶持的朋友。

在这里, 非常感谢365CPS的工作人员和义工们的付出与爱心, 尤其是义工们愿意抽出你们忙碌的时间来给予我们无私的帮助。也感恩捐款者的慷慨解囊和支持。我也鼓励患者们不要害怕, 现在患上癌症不是绝症, 都在研发新药来医治。鼓励大家避免抱有负面的思想, 思想要正念, 一定能度过难关的。有任何需要帮助可以寻求365CPS, 他们会透过他们的服务来帮助你们。

UNDERSTANDING CERVICAL CANCER IN YOUNG WOMEN

Cases of cervical cancer for people aged 49 years or younger are on the rise. Cervical cancer is the tenth most common cancer in Singaporean women. While cervical cancer can occur in women of all ages, it is more commonly diagnosed in younger women aged between 30 and 49 years old. Cervical cancer is the fifth and sixth most common women's cancer for 30 to 39 years old and 40 to 49 years old respectively. It is very rare for young women under the age of 25 to develop cervical cancer. Cervical cancer can be effectively treated and cured in its early stages. However, symptoms are unlikely to manifest until the disease becomes advanced. These symptoms are consistent in women of any age, including unusual vaginal bleeding, discharge, painful periods, pain during intercourse and pelvic pain. Despite this, young women may not understand the significance of symptoms, delaying their diagnosis. This is why HPV vaccination and regular screening are so important, where approximately 70% of cervical cancers caused by an infection the human papillomavirus (HPV).

TREATMENT FOR CERVICAL CANCER

Treatment for cervical cancer will depend on the type and stage of your cancer, your medical history and your individual treatment preferences.

1. Surgery

There are a number of different surgical options depending on how far the cancer has spread. Each surgery will have a different impact on your fertility. Although any cancer treatment can affect fertility, there is less of an effect on early-stage cancer that has not spread outside the cervix.

2. Radiation therapy

Radiation therapy may be used on its own or after surgery to help destroy any remaining cancer cells. For women with more advanced cervical cancers, it can be used in combination with chemotherapy to make the cancer cells more sensitive to radiation. This is called chemoradiation.

3. Systemic therapy

Systemic treatments are delivered through the bloodstream. It includes chemotherapy, targeted therapy and immunotherapy.

If you wish to find out more about cervical cancer, attend our Facebook Live Health Talk on 22 Jan 2022 by Dr Lee Guek Eng, Medical Oncologist from Icon Cancer Centre. RSVP via QR code today!

**This article is contributed by Dr Lee Guek Eng, Medical Oncologist from Icon Cancer Center.*

了解年轻女性与子宫颈癌

子宫颈癌是新加坡女性中，第十个最常见的癌症。患者的年龄一般介于30至49岁，但任何年龄的女性均有可能患上子宫颈癌。在30至39岁的女性中，子宫颈癌是第五个最常见的癌症，在40至49岁的女性中则排名第六。一般而言，子宫颈癌较少年龄低于25岁的患者。虽然早期的子宫颈癌可被有效治愈，但由于年轻女性对子宫颈癌的症状缺乏认识，往往容易导致耽误诊断，错失良机。子宫颈癌的症状可在任何年龄层的女性中出现，其中包括阴道异常出血、异常分泌物、痛经、骨盆疼痛和行房不适等。由于70%的子宫颈癌是由人乳头状瘤病毒（HPV）感染所致，因此接种HPV疫苗和定期检查对预防子宫颈癌至关重要。

治疗子宫颈癌

子宫颈癌的治疗将根据癌症的种类和程度、病史和个人意愿进行调整。

1. 手术

医患可根据癌症的扩散程度，从不同的手术选项中择优，唯手术可对患者的生育能力造成不同程度的影响。虽然任何癌症治疗都有可能影响生育能力，但对于尚未扩散至子宫外的初期癌症一般影响较少。

2. 放射治疗

放射治疗既可单独进行，也可作为术后治疗，以帮助消灭剩余的癌细胞。对于子宫颈癌症状较为严重的患者，放射治疗可与化疗配合，通过放化疗（chemoradiation）的手段使癌细胞对放射更为敏感。

3. 全身治疗 (Systemic therapy)

全身治疗通过血流进行，其中包括化疗、靶向治疗和免疫疗法。

如果您想了解更多有关子宫颈癌的信息，请参加我们于2022年1月22日由ICON癌症中心李月英医生（高级顾问医生，肿瘤内科专科医生）主持的脸书现场直播讲座。今天通过这里的QR码回复！

**本文章由ICON癌症中心李月英医生（高级顾问医生，肿瘤内科专科医生）提供。*



Scan the QR to join us for Facebook Live Health Talk
扫描这个QR码与加入我们的脸书现场直播讲座



ENERGY DENSITY AND NUTRIENT DENSITY

食物能量密度和营养密度

Energy density and nutrient density are important terms to understand when making food choices and managing body weight.

在选择食物和控制体重时，能量密度和营养密度扮演者最重要的角色。

What is energy density?

Energy density is the amount of calories in a gram of food (kcal/g). The lower the energy density, the lesser the energy provided by the food. Thus, for the same amount of calories, a person can consume a larger portion of a food lower in energy density than a food higher in energy density.

什么是食物能量密度?

食物能量密度是每克食物中的卡路里份量(kcal/g)。能量密度越低，食物提供的能量就越少。因此，对于相同份量的卡路里，一个人能吃更多低能量密度的食物。

Table below summarises the food composition contributing to energy density values of food:

以下列表总结不同食物成分的能量密度:

Food Composition 食物成分	Energy Density (kcal/g) 能量密度 (kcal/g)
Water 水分	0
Fibre 膳食纤维	1.5 - 2.5
Carbohydrate 碳水化合物	4
Protein 蛋白质	4
Fat 脂肪	9

Water and fibre contain lower energy density, while fat is the most energy dense component of food. In general, food with lower energy density tend to be food with either a high water content, lots of fibre, or little fat, such as legumes, fruits, vegetables and broth-based soups. On the other hand, most high-fat food and processed food (with addition of large amount of sugar or fat) have high energy density.

水和膳食纤维含有较低的能量密度，脂肪含有最高的能量密度。一般来说，能量密度较低的食物往往是含水量高、纤维多或脂肪少的食物，如豆类、水果、蔬菜和清汤。大多数高脂肪食品和加工食品（添加大量糖或脂肪）具有高能量密度。

What is nutrient density? 什么是食物营养密度

Nutrient density refers to the nutrition concentration of food. Nutrient-dense food is rich in vitamins, minerals and other nutrients important for health, without too much saturated fat, added sugar and sodium. Examples include fruits, vegetables, whole grains, beans and peas, unsalted nuts and seeds, non-fat and low-fat dairy, fish and seafood, unprocessed lean meat and skinless poultry.

食物营养密度是食物营养成分。营养丰富的食物含有维生素、矿物质和其他对健康很重要的营养素，不含过多的饱和脂肪、添加糖和钠。例如，水果、蔬菜、全谷物、豆类和豌豆、无盐坚果和种子、脱脂和低脂乳制品、鱼和海鲜、未加工的瘦肉和去皮家禽。

Energy density and nutrient density work hand-in-hand to optimise nutrient intakes while control body weight. Here are the 3 collaborative health benefits:

食物能量密度与营养密度携手控制营养摄取及体重控制。以下为3大好处:

Control feeling of hunger and promote satiety 控制饥饿感，促进饱足感

Food that are high in fibre, such as wholegrain breads and cereals tend to have a lower energy density, providing feelings of satiety and controlling feelings of hunger.
富含纤维的食物，如全麦面包和谷物，往往能量密度较低，提供饱足感并控制饥饿感。

Manage body weight 体重管理

People who ate more nutrient-dense food that are naturally low in energy, high in fibre and water - vegetables and fruits, whole grains, non-fat dairy and lean sources of protein, weighed less than people who consumed more food that are higher in energy and lower in nutrients.
摄取营养丰富食物的人(能量密度低，纤维和水含量高 - 蔬菜和水果、全谷物、脱脂乳制品和未加工的瘦肉)，比摄取能量密度高但营养含量低的人，体重更轻。

Overall health benefits and reduced risk of mortality 整体健康益处和降低死亡风险

Food with lower energy density but higher nutrient density contains a higher level of vitamins and minerals with little or no added sugars or fats. Their consumption shows a reduction in cardiovascular disease risk factors, cancer prevention, and a decrease in all-cause mortality.
能量密度较低但营养密度较高的食物含有较多的维生素和矿物质，几乎不添加糖或脂肪，有效减低心血管疾病风险，预防癌症和降低死亡率。

How should we reduce energy density and increase nutrients of our food choices?

1. Craving for snacks? Reach for fresh fruit like a handful of grapes or small oranges or even low fat fruit yogurt
2. Choose wholegrain products like brown rice instead of white rice, wholegrain bread instead of white bread, wholegrain breakfast cereal instead of processed cereal
3. Select healthy sources of protein, mostly from plant sources (legumes and nuts), fish or seafood, non-fat and low-fat dairy and lean cuts of meat
4. Replace sugar-sweetened beverage with water, unsweetened tea, or coffee.
5. Incorporate vegetables into meals and substitute creamy soup with broth-based soup
6. Reduce usage of oil, butter and cream in cooking and choose steaming, blanching or braising cooking methods over frying

我们该如何选择低能量密度的食物，增加营养摄取量?

1. 想吃零食? 选择新鲜水果，如葡萄或橙，甚至是低脂水果优乳
2. 选择全麦产品，如糙米代替白米，全麦面包代替白面包，全麦早餐麦片代替加工麦片
3. 选择健康的蛋白质来源，主要来自植物来源（豆类和坚果）、鱼或海鲜、脱脂和低脂乳制品以及瘦肉
4. 用水、无糖茶或无糖咖啡代替含糖饮料
5. 多摄取蔬菜，用清汤代替奶油汤
6. 烹调时减少油、牛油和奶油的用量，用清蒸、烫或炖的烹调方法代替油炸



SEDAP GADO-GADO

美味加多加多

Prep time: 25 minutes
Cook time: 15 minutes

准备时间: 25分钟
烹调时间: 15分钟

Ingredients

- 4 large hard-boiled Eggs (sliced or cut into quarters)
- 1 block firm Tofu, cubed
- 1 cup Tempeh (cut into strips)
- 1/2 cup Purple cabbage, blanched
- 1/2 Cucumber, cubed
- 1/2 cup Jicama / Chinese Turnip, cubed
- 1/2 cup Beansprouts, blanched
- 1/2 cup long bean/French bean, blanched
- 2 potatoes, peeled, cubed then boiled
- Drizzle of sesame oil

Peanut sauce:

- 1/2 cup 100% Peanut Butter
- 1/3 cup (80ml) Water
- 1 clove Garlic, minced
- 1/2 tsp Coriander powder
- 1/2 Lime, juiced
- 1 Tbsp Chilli paste
- 1 Tbsp Soy sauce

*Optional garnish: crushed peanuts, spring onion

食材

- 4 粒大粒的水煮蛋 (切片或切半)
- 1 块硬豆腐, 切方块
- 1 杯天贝黄豆饼 (切条)
- 1/2 杯紫包菜, 清烫
- 1/2 条黄瓜, 切丁
- 1/2 杯沙葛, 切丁
- 1/2 杯豆芽, 清烫
- 1/2 杯菜豆 / 四季豆, 清烫
- 2 粒马铃薯, 去皮切丁后煮熟
- 芝麻油少许

花生酱:

- 1/2 杯100%花生酱
- 1/3 杯 (80毫升) 水
- 1 瓣蒜头, 切碎
- 1/2 茶匙芫荽粉
- 1/2 粒酸柑, 榨汁
- 1 汤匙辣椒酱
- 1 汤匙酱油

*可选装饰: 碎花生、葱



Instructions 煮法

1. In a bowl, add all the peanut sauce ingredients and mix well until combined, then set aside.
2. Cut tempeh into 1cm strips, bake till crispy and golden brown.
3. In a frying pan, add cubed tofu with sesame oil and stir fry until golden and slightly crispy. Then set aside.
4. Add the hard boiled eggs, tempeh, long bean, cabbage, cucumber, jicama, beansprouts, tofu, and potatoes into a bowl and mix well with the peanut sauce, then garnish with spring onion and peanuts, and serve.

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TRIBUTE TO DR RAYMOND YUEN

向袁泉芳医生致敬

365 Cancer Prevention Society (365CPS) is saddened to have lost our beloved board member on 9 Oct 2021.

Since 2004, Dr Raymond Yuen has been actively serving our cancer patients and the communities via health talks, fundraising and visitations in the early years of 365CPS. He was also the Executive Committee Member, Vice President, Chairman and the Honorary Assistant Secretary of 365CPS. We are deeply moved by the love, passion and commitment he gave to the Society. In 2014, Dr Yuen initiated the start of our Social Service Centres which are currently benefitting many cancer fighters and caregivers of cancer fighters. We are forever grateful to Dr Yuen for his great contribution and on behalf of 365CPS, we would like to extend our sincerest condolences to his family. Dr Yuen will forever be missed by 365CPS.



365防癌教育协会 (365CPS) 在2021年10月9日失去了我们敬爱的董事会成员, 深感悲痛。

自2004年起, 袁泉芳医生在365CPS成立初期, 一直通过健康讲座、筹款和探访活动, 积极为我们的抗癌勇士和社区服务。彼亦为365CPS执行委员会委员、副主席、主席及名誉助理秘书。他对社会的爱、热情和承诺深深打动了我们。2014年, 袁医生推动了我们社区服务中心的成立, 这个项目目前正在惠及许多抗癌勇士和抗癌勇士的照顾者。我们永远感谢袁医生的巨大贡献, 并代表365CPS向他的家人致以最诚挚的慰问。365CPS将永远怀念袁医生。



UPCOMING EVENTS

近期活动

Activities in centres may be cancelled due to government's announcement/direction on latest COVID-19 update. Interested participants are advised to contact our Social Service Centres (SSCs) to get the latest activity status.

活动可能会随着政府的2019新型冠状病毒(COVID-19)报告/方向而取消。有兴趣的参加者请联系我们的社区服务中心以获取最新的活动详情。

ANG MO KIO SOCIAL SERVICE CENTRE (AMK SSC) ACTIVITIES

宏茂桥社区服务中心活动

For Members Only 课程只限会员

Mon : Zumba Gold, Art Class I
Tue : Art Class II, Line Dance, Ukulele Class (Basic Level)
Wed : 365 Lymphatic Detox Exercise
Thu : Chinese Painting, Fall Prevention Workout
Fri : Finger Painting, Zentangle Art

星期一 : 尊巴, 绘画班 I
星期二 : 绘画班 II, 排舞, 乌克兰丽班 (基础)
星期三 : 365淋巴排毒操
星期四 : 水墨画, 预防跌倒运动
星期五 : 指画, 禅绕画

Address 地址: Blk 621, Ang Mo Kio Ave 9, #01-68, Singapore 560621

Contact No 联络号码: 8809 8595

BUKIT PANJANG SOCIAL SERVICE CENTRE (BKP SSC) ACTIVITIES

武吉班让社区服务中心活动

For Members Only 课程只限会员

Mon : Fall Prevention Workout, 365 Lymphatic Detox Exercise, Bag Weaving Class
Tue : Release & Stretch, Aerobics, Ukulele Class (Basic Level)
Wed : Finger Painting
Thu : Zumba Gold, Clay Art
Fri : Chinese Painting, Art Class

星期一 : 预防跌倒运动, 365淋巴排毒操, 包包编制班
星期二 : 放松及伸展运动, 有氧健身操, 乌克兰丽班 (基础)
星期三 : 指画
星期四 : 尊巴, 黏土艺术
星期五 : 水墨画, 绘画班

Address 地址: Blk 108, Gangsa Road, #01-171, Singapore 670108

Contact No 联络号码: 9838 7073

CLEMENTI SOCIAL SERVICE CENTRE (CMT SSC) ACTIVITIES

金文泰社区服务中心活动

For Members Only 课程只限会员

Mon : Brush Calligraphy & Floral Watercolour, Chinese Calligraphy
Tue : Line Dance, Zentangle Art
Wed : Fall Prevention Workout
Thu : Zumba Gold, Ukulele Class (Intermediate Level)
Fri : 365 Lymphatic Detox Exercise, Finger Painting

星期一 : 西文书法与水彩花卉, 中国书法
星期二 : 排舞, 禅绕画
星期三 : 预防跌倒运动
星期四 : 尊巴, 乌克兰丽班 (中级)
星期五 : 365淋巴排毒操, 指画

Address 地址: Blk 331, Clementi Avenue 2, #01-132, Singapore 120331

Contact No 联络号码: 8318 9146

VIRTUAL SOCIAL SERVICE CENTRE

网上社区服务中心

Mon : 365 Lymphatic Detox Exercise, Therapeutic Support Programme
Thu : Release & Stretch
Wed : Zumba Gold
Thu : Fall Prevention Workout, Aerobics, Zentangle Art
Fri : Line Dance, Ukulele Class (Basic Level), Ukulele Class (Intermediate Level)

星期一 : 365淋巴排毒操, 疗愈支持小组
星期二 : 放松及伸展运动
星期三 : 尊巴
星期四 : 预防跌倒运动, 有氧健身操, 禅绕画
星期五 : 排舞, 乌克兰丽班 (基础), 乌克兰丽班 (中级)

FACEBOOK LIVE PROGRAMME

脸书现场直播节目

Saturday 8pm 星期六 晚上8点

ENG

8/1

Topic: Understanding Childhood Leukemia

22/1

Topic: Understanding Cervical Cancer in Young Women

26/2

Topic: Lymphoma

26/3

Topic: Kidney Cancer

华语

15/1

主题: 健康大脑、美丽心灵: 焦虑与忧郁

19/2

主题: 放射治疗和副作用管理

19/3

主题: 结直肠癌: 极容易避免, 但是如何开始

Event details are subject to changes. Please follow us on our Facebook page (www.facebook.com/365cps) for latest updates. 活动详情可能会改变。请关注我们脸书页面 (www.facebook.com/365cps) 的最新消息。

Anglican Senior Centre Tampines	Bukit Gombak Stadium	704A Pasir Ris Dr 10	257 Tampines St 21
Every Tue, 9:30am	Mon to Sat, 7am	Mon to Fri, 7:30am	Mon to Fri, 7:20am except Thu Wed, 8:15pm
126 Ang Mo Kio Ave 3	Commonwealth Field	112 Rivervale	494C Tampines Ave 9 (Void Deck)
Tue to Sat, 6:30am	Mon to Fri, 6:45am	Mon to Fri, 6:30am	Mon to Sat, 7:30am
Bedok Reservoir Park	107 Gangsa Road	106 Simei St 1 (Street Soccer Court)	407 Yishun Ave 6
Mon to Fri, 7:50am	Every Tue, 7pm	Tue, Thu & Fri, 7:15am	Mon to Fri, 6:30am
639 Bedok Reservoir Rd (Badminton Court)	9 Holland Avenue	149 Simei St 1 (Badminton Court)	Martha Seniors Activity Centre
Thu, 8pm	Every Tue, 8pm	Mon to Fri, 7:30am Sat, 7:15am	Every Mon, 9am
238 Hougang Ave 1 (Open Court)			
Mon and Thu, 7:15am			

OUR SERVICES 我们的服务项目



About Us 关于我们

365 Cancer Prevention Society is a society with approved Institution of Public Character (IPC) status, registered under Singapore's National Council of Social Service.

Our mission is to serve the community through cancer prevention measures. This is accomplished through health and nutrition education, promotion of healthy lifestyle and lymphatic detox exercise programs.

We also provide practical and emotional support and care for patients and their family members in their battle against cancer through residential and hospital visitations, counselling and therapy services.

365防癌教育协会是一个被政府承认的社区慈善机构，也是一所以“防癌”和“抗癌”为中心的机构。

“防癌”，就是通过传达健康资讯和鼓励运动，教导社会大众过一个健康的生活。

“抗癌”，就是与病患及其家属并肩作战，通过食疗、调整生活起居以及控制情绪，来增强病患体内免疫系统，促进身心灵的健康。

365防癌教育协会是从“身、心、灵”三个方面入手，缺一不可。目前，协会开设的服务包括运动指导、如排毒操和有氧舞蹈、食疗实践、心灵辅导以及心灵关怀四大项目。

Executive Committee 执行委员团

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Vice President : Mr James Chia
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Honorary Treasurer : Mr Joshua Siow
Honorary Assistant Secretary : -
Honorary Assistant Treasurer: Ms Ang Pei Wen
Member : Mr Sam Ang
Ms Jenny Aw
Prof Lim Kah Meng
Mr Andrew Pang
Mr Albert Tan

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副会长 : 谢松兴先生
秘书 : 陈树基先生
财政 : 萧子强先生
副秘书长 : -
副财政 : 洪佩文女士
委员 : 洪汇权先生
胡慧敏女士
林家明教授
冯国明先生
陈忠兴先生

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Assistant Director : Ms Phyllis Lim
(Programmes & Services)
HOD, Corporate Services : Ms Arlinda Chen
HOD, Marketing, Fundraising & Volunteer Management : Mr Andrew Soh
Manager, Counselling Dept : Mr Andrew Ong

执行长 : 蔡德森先生
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宣传、筹款与义工管理部门主管 : 苏玮文先生
经理、辅导部门 : 翁国华先生

Advisors 顾问团

Honorary Patron: Dr Koh Poh Koon
Honorary Patron: Dr Tan Wu Meng
Honorary Patron: Dr Teo Ho Pin
Legal Advisor : Mr Wu Yu Liang

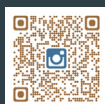
名誉顾问 : 许宝琨医生
名誉顾问 : 陈有明医生
名誉顾问 : 张仰宾博士
法律顾问 : 吴微良先生



Website



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365 Cancer Prevention Society 365防癌教育协会

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