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VOLUNTEERING
AT 365CPS
成为365CPS义工

As a service-based organization, our volunteers are truly the heart and soul of the Society. They are the kind souls who generously give their time to care for our beneficiaries, facilitate our workshops, and support in other essential functions needed for the Society to grow.
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成为365CPS义工

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VOLUNTEERING AT 365CPS 成为365CPS义工

At 365 Cancer Prevention Society (365CPS), we aim to meet the needs of cancer patients by providing support and services and that will support and encourage them as they battle the disease. As a service-based organization, our volunteers are truly the heart and soul of the Society. They are the kind souls who generously give their time to care for our beneficiaries, facilitate our workshops, and support in other essential functions needed for the Society to grow. They are also our cancer survivors, cancer fighters, family members and people who give hope to our friends who are battling cancer.

365防癌教育协会(365CPS)旨在通过提供支持和服务,满足癌症病人的需求,在他们与癌症战斗的过程中,给予支持和鼓励。本协会以服务为本,而我们的义工正是协会的骨干,是协会的灵魂。他们以善良的心,无私地付出自己的时间,关爱协会的受益人,帮忙组织协会的工作坊,并且在其他重要的活动和工作给予支持,让协会能够茁壮成长。我们的义工包括癌症康复者、癌症斗士、癌症患者的家庭成员,以及给抗癌病患以希望的善心人。

EVENTS AND ACTIVITIES 节目与活动

Enjoying life despite cancer gives one hope and encourages them in their battle against the disease. Community or outdoor activities are ways cancer fighters can regain self-acceptance and build meaningful friendships to support one another.

We hold monthly love lunch events where we prepare meals for cancer fighting friends and members of the public. Our Society also organises a tour once every three months for our cancer fighting patients to rejuvenate their mind and body through joyful activities. Such tours are usually to places of interest like the Botanic Gardens, cinemas or other scenic spots. In addition, we host charity events to raise funds and increase awareness in the fight against cancer.

If you enjoy performing or working behind the scenes to put together something memorable for a good cause, we are always happy to have one more helping hand.

即使患癌,病患也希望享受生活,好给自己希望,在与癌症战斗的过程中得到鼓舞。社区或户外活动是癌症斗士重拾自信的途径,同时他们也能由此建立有意义的友谊,互相扶持。

我们每个月都会举办爱心午餐,准备食物给我们的癌症斗士朋友与社会大众享用。协会每个季度也会组织癌症斗士出游,通过充满欢乐的活动给他们打气加油。出游时,我们多半会参观植物园、电影院或其他风景宜人的景点。

此外,我们也举办慈善活动筹款,并提高大众抗癌的意识。如果您热爱表演或在幕后帮忙,一同为慈善出力,我们绝对欢迎您加入。

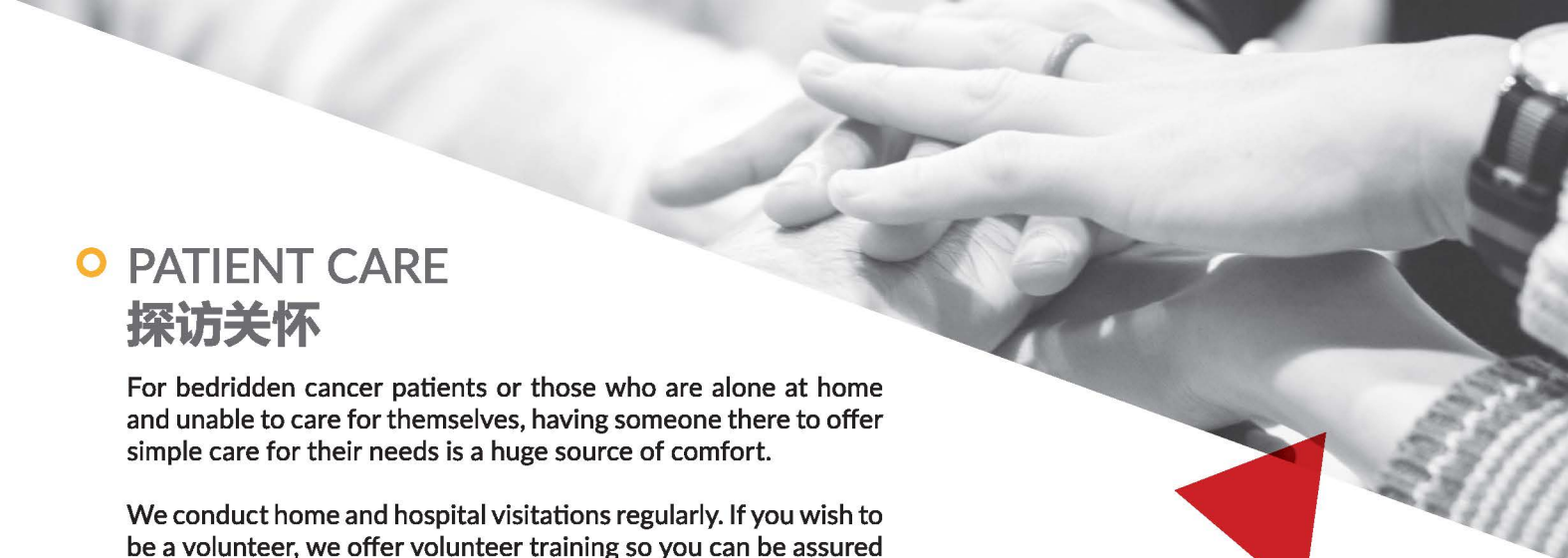
NUTRITION THERAPY 食疗

Nutrition plays an important part in the fight against cancer, but not everyone has the knowledge or ability to take care of their diet. By providing healthy meals at the Day Activity Centre, we make sure cancer patients are getting the healthy and nutritious meals they need on their road to recovery.

Not sure if your cooking is up to par? Not to worry, volunteers can undergo food preparation training and join our kitchen volunteers.

在与癌症战斗的过程中,营养是非常重要的。但是,并非每一个人有这方面的知识或能力处理他们的饮食。通过每月爱心午餐,我们能够确保癌症病人在康复的路上获取所需的营养和健康的饮食。

担心自己煮的不够水准吗?没问题,义工们会先接受食物治疗培训与我们的厨房义工一起工作。



○ PATIENT CARE 探访关怀

For bedridden cancer patients or those who are alone at home and unable to care for themselves, having someone there to offer simple care for their needs is a huge source of comfort.

We conduct home and hospital visitations regularly. If you wish to be a volunteer, we offer volunteer training so you can be assured in providing care to patients during visitations.

对于卧病在床或独居而且无法自理的癌症病人，如果有人协助护理，将是莫大的帮助和安慰。

我们会定期到家里或医院探访癌症病人。如果您想成为义工，我们会提供义工培训，确保您在探访时能够为病人提供护理。

○ CREATIVE MEDIA 创意媒体

Do you enjoy telling vivid stories through a lens, and sharing stories of hope with your creativity? Do you have a passion for using words to share the hearts of those in need or to convey a meaningful message to the community? Most of the stories you see on our website would not have been possible without the kind help of the people from our creative team.

Help us continue to give fellow cancer fighters and family members hope through shared stories and let them know they are not alone in their fight. Join our creative team today.

您是否喜欢透过镜头，生动地述说一则则的故事，并注入自己的创意加以分享，希望能激励和鼓舞人心？您是否充满热情，想透过文字来分享需要帮助的人的心事，或向社群传达有意义的信息？我们网站上牵动人心的故事，其实都是我们创意团队齐心协力付出的成果。

请协助我们透过分享故事，继续给予癌症斗士和他们的家人希望，让他们知道自己在抗癌路上并不孤独。今天就加入我们的创意团队吧！

○ TRANSPORT SERVICES 交通服务

Some of our cancer patients have financial difficulties or live alone where simple things like transport to us can be a big problem for them. On occasion, we are also in need of volunteers who can help us deliver publications and informative material.

If you own a vehicle and would like to help even in small ways, kindly contact us for more details.

协会的癌症病人，有的财务困难，有的独居。交通对我们而言是小事，对他们来说就成了大问题了。我们有时候也需要义工帮忙递送刊物和信息材料。

如果您有车子，而且想尽一份心力，请与我们联系。



VOLUNTEERS' REFLECTIONS

义工的感想

► Lim Khim Tee 林琴治



I am Lim Khim Tee. I am 68 years old this year and a full time housewife.

I was recommended by my friend to join 365CPS. So one day, I followed my friend to take a look. There are a lot of activities, such as ukulele classes, Arts and Crafts sessions, and fitness programmes at the Society's Day Activity Centre. The people there are also very friendly. I began to like the environment! Feeling touched by the positive

environment, I started to contribute by teaching arts and crafts to the cancer patients, which helped to add positive vibes to the environment.

I made a lot of friends during the process and we were able to chat and confide in one another. There is a lot of support that I find here.

I would like to encourage everyone to come forward to volunteer for a good cause. There are many people out there who need help and support. Many cancer patients that I saw in the centre are very optimistic and engaged; it made me feel supported and not alone. With many coming together, one will find strength. I am very happy to be part of this 365CPS family.

我是林琴治,今年68岁,是全职家庭主妇。

我是经朋友介绍而加入365CPS。有一天,我跟着朋友来这里看看,了解情况。协会的日间活动中心举办很多活动,比如尤克里琴(四弦小吉他)班、美术和手工课,还有健身课程。中心的人很友善,我开始喜欢上这里的环境!由于受到这里充满正能量的环境的感召,我也开始在这里给癌症病人上美术和手工课,让这里充满更加积极而有活力的气氛。

在这期间,我认识了很多新朋友,大家都聊得很愉快,还能互说心事。这里给了我很大的支持。

我鼓励大家献出爱心,来这里当义工,因为有很多人需要我们的帮助和支持。我看到中心的癌症病人都乐观积极,让我深受鼓舞,知道自己并不孤独。大家聚在一起,就能找到力量。我很高兴能成为365CPS大家庭的一份子。

► Chau Kwan Yuen 周军元

I am Kwan Yuen, 47 years old, and I am a housewife. I joined the 365 Cancer Prevention Society (365CPS) as a volunteer because I truly care for cancer patients, and because I was moved by their determination in actively battling cancer.

This was what motivated me to do my part at the society, first by making phone calls and showing members some care and concern, and then by joining other volunteers on visits. It was through these services that I had more opportunities to interact with these cancer fighters, and to know more about them. Today, I have volunteered at 365CPS for close to three years.

There have been times when I faced some challenges which discouraged me as a volunteer. Even though my phone calls were picked up, they were sometimes responded to with indifference. There have also been times when the phone is hung up even before I've finished talking. Of course, there are also enthusiastic patients who are more than happy to talk when they receive a call from us. That aside, the society has provided me with the proper training, so that I am able to better empathise with patients and respond accordingly. Gradually, I was able to adjust my mood and return to making phone calls.

If you think about it, when a person falls sick, their whole family gets worried. I can understand how difficult it must be for cancer patients and their family members during this process. Even though I am only able to offer up a little warmth and support, I have gained so many meaningful experiences from visiting and caring for these cancer fighter in their battle against cancer.

Every time I volunteer and get to show some love and support, I feel that I get so much more back than what I give. I am very thankful for having the opportunity to volunteer at 365CPS. As the saying goes, "It is more blessed to give than to receive." For me, knowing that I can bring some joy to someone else is also a blessing. Sometimes, when these cancer fighters welcome me on my visits, they treat me in such a genuine and friendly manner, just like they would their family members. This really gives me a sense of satisfaction.

All these experiences have made me realise how precious time is and how beautiful it is to love and to care for others.

Lastly, I would like to take this opportunity to encourage more kind-hearted volunteers to share their precious and beautiful love and care to those in need. The world will be all the better for your efforts!

Remember, you are not alone in the battle against cancer and that there is nothing to fear. Love and the 365CPS will always be by your side!

我是军元,47岁,是一名家庭主妇。我来到365防癌教育协会(365CPS)做义工是出于心中对癌症病人的爱,以及对他们积极抗癌的毅力而被感动。

因此,我怀着这样的感动,在协会打电话关怀会友,后来随着同工外出探访。因着这样的服务,我和生命斗士们的接触便多了许多,对他们的认识也更深了。至今,我在365CPS做义工也约有三年了。

当义工的过程中,我也会面对一些挑战。在我打电话访问生命斗士时,他们有的虽然会接听电话,但只是冷漠地回应;有时话还没说完就挂断电话等等的情况都碰过。当然,也有一些热情的病友,听到是协会的关怀电话,就很乐意地畅谈。此外,协会也让我接受培训,我学着用同理心去理解病友们的情况并给予回应。渐渐地,我很快调整好自己的心情又再重新打电话。

试想,当一个人生病,全家都会担忧。我感受到病友和家属在这过程中所面对的艰难。从探访关怀一路陪伴着生命斗士们一同走过这抗癌的道路上,虽然只能给予他们一些温暖和力量,但这些经历却对我来说是充满意义的。

每当我愿意付出一些时间,献出爱心时,我感受到我所收获的远比所付出的还要多。我很感恩,能有机会在365CPS做义工。有句话说:"施比受更为有福",我晓得能给别人送上祝福,对我自己而言,也算是一种福份。偶尔,生命斗士们见到我登门探访,看到我如看到家人般那样真实、亲切,这让我感到十分满足。

这些种种的经历,让当义工的我领悟到时间是多么地珍贵、爱心是多么地美好。

最后,我想借此机会来鼓励更多美丽的天使义工们,把这珍贵又美好的爱心传递给有需要的人,世界也会因着你的付出变得更美好。记住,抗癌路上并不孤单、不害怕,因为有爱、有365陪你一起度过!



► Ng Lee Cheng Ivy 黄丽清

My name is Ng Lee Cheng and I am a housewife. My youngest son used to be very rebellious when he was growing up. Thanks to the guidance given by my brother-in-law who is also a priest, my son turned over a new leaf and I was relieved. Therefore, I wanted to give back to the society.

It was a stroke of luck that I joined the 365 Cancer Prevention Society. At the time, the society needed more volunteers to help out, so I joined the society and have been with them since 2008. When I first joined the society, I participated in the lymphatic detox exercise. As I found myself benefiting a lot from the exercise, I participated in it very often. I also received training from the society and became one of the volunteer trainers. From 2010 up until today, I have been teaching the detox exercise in Bishan Park from Mondays to Fridays. In 2014, I started teaching the detox exercise in Hong Lim Park too. My health has also greatly benefited from many years of doing detox exercise. Previously, my cholesterol level was on the high side. However, it has dropped significantly since I started teaching the exercise regularly. Nowadays, my annual health checkups always come back with good results.

I remember there was one year when I traveled to Mount Kinabalu in Sabah with a group of cancer fighters. Everyone had a great time during the trip. Over the years, I am very thankful that I have been able to meet a group of like-minded friends who help each other, support and encourage people in need to step out of their homes. Not only have we invited them to interact with everyone at the 365 Cancer Prevention Society, but we have also made them feel comfortable and helped broadened their horizons. Seeing them feeling so happy makes me feel extremely satisfied too.

我姓黄，名丽清，是名家庭主妇。当年小儿子在成长的过程中非常地叛逆，感谢妹夫牧师的指点而改过自新，我才松了一口气，所以就想要回馈社会。

在机缘巧合之下，我加入了365防癌教育协会。协会当时刚好需要义工帮忙，所以我便从2008年加入协会直到现在。加入协会之初，我参加了淋巴排毒操运动，由于身体获益不浅，我便常常参与。我也接受协会培训，成为其中一名义工教练。从2010年到至今，我每逢星期一至五都在碧山公园教导排毒操。在2014年，我也在芳林公园开始教排毒操。做了那么多年的排毒操，也让我的健康得到益处。之前我的胆固醇偏高，但因为常常教排毒操，我的胆固醇已经降低了许多。如今我每年做身体检查，检验报告都显示良好。

记得有一年，我跟一群生命斗士前往沙巴的神山旅游与散心，大家玩得很开心。这么多年来能遇到一群志同道合的朋友一起互相帮忙、扶持并鼓励有需要的人走出家门，让我感到很欣慰。让他们不仅来365防癌教育协会跟大家交流外，也能使他们心情舒畅、视野更加开阔。看到他们这么开心，我内心也感到十分满足。



► Chong Li Ming 庄立明

For the purpose of anonymity, I will call this person Ms. M. I did not follow the main group into Coney Island, but accompanied Ms. M as she lagged behind everyone. She told me her legs were hurting and there was no reason to walk all the way into Coney Island just to turn back due to the tight schedule.

Even though she urged me to join the main group, I was quite reluctant to leave her behind. Both of us decided to turn back to the bus drop-off point. Along the way back, she shared with me a little about herself. She is a patient in remission, and frequently visits 365CPS.

Ms. M's life reminded me that there are many other individuals suffering from the same disease who are going through this vulnerable period without the support of their loved ones. At least Ms. M has the company of her friends who journeyed with her during those days. What about those individuals who have been neglected by their families, have very few friends and are most probably not financially well off? As a volunteer, there is not much

we can do. However, a little act of kindness can go a long way. The simple act of just lending a listening ear to these individuals means a lot to them.

A disease like cancer can be very debilitating and adversely affect the quality of life. However, many individuals suffering from it do not wish to be a burden or become overly dependent on

the people around them. With an aging population in Singapore, the number of elderly people suffering from disease like Ms. M is on the rise. There is a more urgent need than ever for patient-centric healthcare. One that is able to care for the patient as a whole and not just one aspect. As an inspiring medical research scientist, this has given me a strong motivation for my research. I hope my research can improve therapeutic treatments and improve their overall quality of life.

在一次科尼岛徒步活动时，我认识了M小姐。由于M小姐当时落后大队，所以我就放慢脚步，陪着她一起走。她告诉我她两腿都很痛，但人都专程来到科尼岛了，没有理由因为行程赶不上就往回走。

虽然她叫我跟上大队，但我不想丢下她一个人。于是我们决定一起调头走回巴士下客的站点。在回程中，她告诉我一些关于她的事。她是一名缓解期癌症病人，经常会到365CPS。

M小姐的故事让我想到还有许多其他人也受到一样的病痛折磨，而且也没有亲人支持着走过这段容易受伤害的历程。不过M小姐至少在这段期间有朋友陪伴。那些被亲人弃之不顾，朋友不多，而且经济可能并不充裕的人又该怎么办？作为一名义工，我们能做的其实非常有限。但是，点滴善举也能有深远的影响。单纯地、用心地聆听，对他们或许已经是莫大的帮助了。

患上像癌症这样的疾病，会使人变得非常虚弱，并且降低生活质量。但是，许多病人并不想成为别人的负担，或者过度依赖身边的人。随着新加坡社会人口老化，像M小姐那样患上癌症的乐龄人士也会逐步增加，以病患为中心的护理中心，其需求也更为迫切。类似的护理中心不只是照顾病患某方面的需求，而是提供全面的护理。作为一名希望激励人心的医学研究人员，这给了我强烈的研究动力。我希望我的研究能够改进治疗方法，并且改善他们的整体生活质量。



Lui Man Wah 吕曼华

I am Lui Man Wah. I am 70 years old this year and have retired for 10 years. I am now a housewife. 我是吕曼华, 今年70岁, 退休10年了, 如今是名家庭主妇。

I remember it was in early 2008 when I noticed a lump on the left side of my neck; it was roughly half the size of an egg. As it did not hurt or itch, I did not think much of it, and thought that it might have been caused by heatiness and just drank more water and herbal tea. However, the lump did not subside even after six months and it was when I got worried and decided to see a doctor.



The doctor advised me to undergo a specialist examination at the hospital immediately. On the day itself, the specialist collected blood from the lump and tested it with a microscope, but could not find the root of the problem. Then he proceeded to check my throat and it was then he discovered the tonsils at the back of my throat were swollen. The specialist advised me to undergo surgery to get them removed as soon as possible, and I did. The surgery was a success, and I was discharged after one day in the hospital, but the doctor suggested to send the tonsils for a laboratory examination.

The lab report returned and it turned out that the tonsils were Stage 3 cancer cells (tonsil cancer)! I was shocked to receive the news, and even though I looked calm on the outside, I was actually feeling extremely scared and uneasy.

In August 2008, I started my chemotherapy and radiotherapy sessions - 7 chemotherapy sessions and 43 radiotherapy sessions in all. The entire treatment process was very tough; I was physically weak, lost 8-9kg, lost my appetite and could not speak due to the burns in my throat caused by the electrotherapy. I knew that being courageous, staying optimistic and believing in the doctor's arrangements and instructions are the what I could do best at that point. There were still things that I went to do, hence I held on to the belief that I would survive, and bravely persevered.

After 2 months of treatment, the doctor said that my progress was good, told me to pay more attention to my diet and exercise more and to go back for regular review at the hospital.

Years passed since the episode, and a fellow cancer fighter introduced me to 365CPS. I never knew that there was an organization set out to help cancer fighters with such well-designed courses, what's more, the staff and volunteers were all very kind and caring to us. Since joining 365CPS, not only have I acquired lots of knowledge about healthy living, learnt to take better care of my health, more importantly, I have also made many friends who are fellow cancer fighters! They are the ones who supported and encouraged me on my journey ahead.

Over time, my body was gradually being nursed back to health, and my life has also changed! I now eat more vegetables and fruits, make sure I relax and unwind, remain optimistic, interact more with my friends, cultivate interests and attend talks on physical and emotional health at 365CPS.

I have now lived healthily for the tenth consecutive year!

记得那时是2008年初, 一天早上突然发现我的颈项左边有肿块, 大约像半个鸡蛋大小。由于不痛不痒, 就不以为意, 心想可能是发热所引起, 认为多喝些凉茶或水就会没事。但过了半年, 肿块却没消退。这时, 我才紧张地去找医生。看了医生后, 他劝我赶紧去医院接受专科医生检查。当日, 专科医生从肿块抽血检查, 并当场用显微镜测试, 却找不出问题所在。接着医生检查我的喉咙, 才发现在喉咙后方的扁桃腺红肿, 医生建议我尽快动手术切除。我听从医生的话, 一个星期后底切除扁桃腺。手术很成功, 一天内便出院了。当时医生提议把扁桃腺拿去化验, 化验结果证实有癌细胞(扁桃体癌), 属于第三期。当时我听到消息, 非常震惊, 但我坦然接受患病的事实, 虽然表面看起来似乎很平静, 其实我内心深处感到十分惧怕与不安。

接着医生告诉我, 还需要接受放射电疗和化疗来抑制细胞的扩散或复发。我听后只好鼓起勇气、乐观面对, 相信医生的安排与指示。在2008年8月开始, 我接受了43次的放射疗法, 期间也同时进行7次的化疗。治疗过程实在很痛苦, 我不但身体虚弱, 全身无力, 胃口也没有了, 也不能说话 (因电疗导致喉咙被烫伤)。那时消瘦了8、9公斤, 但我还有很多事还未完成, 坚信自己能活下去, 便勇敢地坚持。我在2个多月内, 顺利完成全部的疗程。在疗程结束的一星期后, 我回院重新检验, 医生说我的进展很好, 往后须多注意饮食及运动, 并按时到医院检查。

多年后, 我一位患有肺癌的朋友邀我一起参加365CPS。在观察中, 真没想到有这样的组织和精心设计的课程。当时, 工作人员及义工们对我们很友善与关怀。自那天开始, 我就受到吸引, 还加入365CPS的活动。因在365CPS的所有活动使我学习到很多有益健康的知识, 不但使我能更好地照顾自己的健康, 更重要的是, 我还结交了许多癌友, 聆听他们的心声, 彼此互相扶持与勉励。

身体经过调养后健康也逐渐恢复, 当然我的生活也有了改变, 如多吃水果与蔬菜、放松心情、保持乐观开朗、多与朋友交流、培养一些兴趣, 或多听一些有关身心健康的讲座。如今我已健康地活到第十个年头了!



Recovering From Chemotherapy

从化疗中康复

The battle with cancer is an arduous journey and I certainly hope you that you will find this article useful. If you are on your road to recovery, let me first congratulate you for having beaten cancer. If you are still undergoing chemotherapy, I want to let you know that you are not alone and that your time for success will come.

Considering your health status after chemotherapy is something you need to consider before plunging into actions. Chemotherapy drugs are highly toxic, even though they are kept at therapeutic doses. Certain long term side effects such as weakened immunity, muscle weakness, malabsorption of nutrients and neuropathy may still remain following treatment. Your body may not be ready to commit to with big changes right after. Therefore, the key to recovering requires you to take things at a proper pace, listen to your body, and make flexible adjustments.

To fully restore your health comes with consistent effort in both your dietary and lifestyle habits. Elements such as antioxidants, phytochemicals, fats, fibre and meat are helpful for one's recovery. Antioxidants and phytochemicals can be found largely in fruits, vegetables and other plant-based foods. Phytochemicals are bioactive non-nutrient plant compounds in fruit, vegetables and wholegrains. Research has shown that phytochemicals may prevent, decrease, or delay the oxidation of DNA and affect cellular signal transduction pathways which are responsible for controlling cell proliferation and apoptosis.

Hence, try to incorporate as many different types of vegetables with different kinds of colours in your diet, at least 2 to 3 cups of vegetables and 1½ to 2 cups of fruits each day. Dietary fibre, which consists of non-digestible carbohydrates, can be either soluble or insoluble. Fibre is largely linked with improved digestion and bowel movement. Good sources of fibre are beans, vegetables, whole grains, nuts and fruits.

Another way of ensuring variety to your diet includes juicing, especially when you have trouble chewing or swallowing. However, it is critical to take note of your daily intake to prevent over-consumption as fruit juice can add extra calories into your diet. Many people often ask if they should avoid eating meat. Although it has been proven that large amounts of red and processed meat are linked to an increased risk of colorectal, prostate and stomach cancer, you do not have to completely eradicate it from your diet. Start by consuming white meat such as fish and chicken. Take note of the cooking method you use: prevent cooking protein with higher fat content at high temperatures namely frying, broiling or grilling.

After treatment, your immune system may still be compromised. Therefore, it is vital to ensure that the food you eat is handled safely to prevent yourself from falling sick. Avoid raw honey and milk, and choose their pasteurised versions instead. When eating out, avoid salad bars, sushi, and raw or undercooked meat as these foods are more likely to contain harmful bacteria.

Research strongly suggests that exercising is safe, and can contribute to improved physical functionality and quality of life. However, you may need to do so at a lower intensity and build up more slowly according to how well your body permits.

Life is not about waiting for the storm to pass but about learning to dance in the rain. Whenever you feel like giving up, look at how far you have pulled through to get you here! Let us close this chapter together and open up to a brand new beginning!

Jasmine Low
Nutritionist



与癌症的搏斗很艰难，希望看了本文，能对您有帮助。如果您已经接受了化疗，正在康复中，我在此恭喜您战胜了癌症。如果您还在接受化疗，那么我要告诉您：您并不孤独，而且您一定会康复。

在采取行动之前，最重要的是在您接受化疗之后的健康状况。即使只是用以治疗的剂量，化疗药物也具有高度毒性。在接受治疗后，一些副作用可能还会长期存在，例如免疫力减弱、肌肉无力、营养吸收不良，以及神经疾病。您的身体在化疗后未必能承受得了这些副作用。所以，康复的关键是按部就班，留意身体的反应和信号，做出灵活的调整。

要全面恢复健康，就得一直注意自己的饮食和生活习惯。我要强调和说明几样东西：抗氧化剂、植物化学物质、脂肪、纤维和肉类。抗氧化剂主要存在于水果、蔬菜和其他植物性食品。植物化学物质是水果、蔬菜 and 全谷物中具有生物活性的非营养植物化合物。

研究显示，植物化学物质可防止、减少或延缓DNA的氧化，影响负责调控细胞增殖和凋亡的细胞信号转导通路。所以进食时，您应该多吃不同颜色和种类的蔬菜，蔬菜每天至少吃2至3杯，水果则是1½ 至2杯。膳食纤维由无法消化的碳水化合物所组成，它可以是可溶性或非可溶性的。在很大程度上，纤维与改善消化和促进排便有关。

豆类、蔬菜、全谷物、坚果和水果都是摄取纤维的良好来源。确保饮食多样性的另一种方法是榨汁，这对咀嚼或吞咽有困难的病人特别有帮助。不过，关键是要注意每日蔬果汁的摄取量，喝过多的蔬果汁会增加额外的卡路里。许多人会问他们是否应该避免吃肉。虽然已经证实，摄取大量红肉和加工肉类会增加结直肠癌、前列腺癌与胃癌的风险，但是日常饮食无需完全不吃肉类，您还是可以吃鱼和鸡等白肉。不过，要注意烹煮的方法，不要以高温烹煮脂肪多的蛋白质。简单地说，较肥或带皮的肉类，应该避免油炸、烘焙或烧烤。

在接受治疗后，您的免疫力可能还是会降低。所以，食物一定要经过安全的处理，以免生病。生蜂蜜和牛奶最好不吃，而应该选择经过巴氏杀菌的蜂蜜和牛奶。出外用餐时，应避免吃沙拉、寿司、生肉或未煮熟的肉，因为这些食品含有害细菌的几率较高。

研究结果有力地显示，运动是有益且安全的，有助于改善身体机能和生活质量。开始时，您可先进行低强度的运动，然后根据身体状况慢慢增加强度。

我们不应坐等风暴过去，而是应该勇敢地逆流而上。每当您想要放弃的时候，请回头看看您自己走过的康复历程，想想自己付出了多少努力。让我们携手掀开生命篇章的新一页吧！

刘慧敏
营养师



JAPANESE STEW

日式烧

Serving Size - 3 pax

Preparation Time - 15 minutes

Cooking Time - 20 minutes

份量 - 3 人份

准备时间 - 15 分钟

烹饪时间 - 20 分钟

Ingredients

40g Lotus Root
50g Carrot
100g San Yao (Chinese medicine)
½ box Tofu
50g Radish
30g Burdock
1 Red Bell Pepper
1 Green Bell Pepper

Seasonings

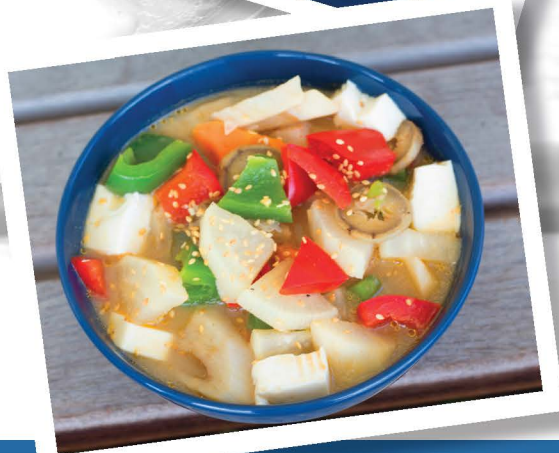
15g Sesame Sauce
30g Organic Miso
Garnish: 1 tsp Sesame Seeds

材料

40g 莲藕
50g 红萝卜
100g 山药
½ 盒豆腐
50g 白萝卜
30g 牛蒡
1粒红灯笼椒
1粒青灯笼椒

调味料

15g 芝麻酱
30g 有机味噌
洒面: 1茶匙炒香芝麻



Directions

1. Cut the lotus root into slices, rollcut all the other root vegetables, cut tofu into cubes.
2. In a pot, add in all the ingredients. Fill in water just as it reaches the surface of the vegetables. Cover the lid and boil, then switch to small heat and cook the vegetables until soften. Off the fire, add in seasonings and mix them evenly.
3. Sprinkle sesame seeds before serving.

做法

1. 莲藕切片, 其他根茎菜全部切成滚刀, 豆腐切块备用。
2. 准备一个锅, 加入所有的材料。加入水淹过材料面, 加盖煮滚, 再改用小火煮至蔬菜变软, 熄火, 放入调味料拌匀。
3. 吃时洒上炒香芝麻。

► Commonwealth (CW) Schedule

July

5/7 - Love Lunch @ Bukit Batok Reach Youth Powerhouse
7/7 - Love Lunch @ St Andrew's Community Hospital
28/7 - Love Lunch @ CW Day Activity Centre

August

2/8 - Love Lunch @ Bukit Batok Reach Youth Powerhouse
4/8 - Love Lunch @ St Andrew's Community Hospital
25/8 - Love Lunch @ CW Day Activity Centre
29/8 - Half-day Outing

September

1/9 - Love Lunch @ St Andrew's Community Hospital
6/9 - Love Lunch @ Bukit Batok Reach Youth Powerhouse
22/9 - Love Lunch @ CW Day Activity Centre

For Clients Only

Monday - Detox Exercise, Vocal Class
Tuesday - Line Dance, Art Class
Wednesday - Support Station/Nutrition Station, Cooking Class
Thursday - Ukulele Class for basic, Art Class
Friday - Ukulele Class for intermediate, Karaoke, Chinese, Calligraphy Class

► Ang Mo Kio (AMK) Schedule

July

14/7 - Love Lunch @ AMK Day Activity Centre

August

11/8 - Love Lunch @ AMK Day Activity Centre

September

8/9 - Love Lunch @ AMK Day Activity Centre

For Clients Only

Monday - Art Class
Tuesday - Detox exercise, Calligraphy
Thursday - Bong bong Detox Dance, Ukulele
Friday - Art Class, Vocal Class

Lessons are subjected to changes. Please contact the Society for the latest update. Thank you!

七月份

5/7 - 爱心午餐于武吉巴督
7/7 - 爱心午餐于圣安德烈社区医院
28/7 - 爱心午餐于联邦日间活动中心

八月份

2/8 - 爱心午餐于武吉巴督
4/8 - 爱心午餐于圣安德烈社区医院
25/8 - 爱心午餐于联邦日间活动中心
29/8 - 半日游

九月份

1/9 - 爱心午餐于圣安德烈社区医院
6/9 - 爱心午餐于武吉巴督
22/9 - 爱心午餐于联邦日间活动中心

课程只限会员

星期一：淋巴排毒操，声乐课
星期二：排舞，绘画课程
星期三：生命加油站/营养加油站，烹饪课程
星期四：乌克兰丽中级课程，绘画课程
星期五：乌克兰丽初级课程，卡拉OK、书法课

七月份

14/7 - 爱心午餐于宏茂桥日间活动中心

八月份

11/8 - 爱心午餐于宏茂桥日间活动中心

九月份

8/9 - 爱心午餐于宏茂桥日间活动中心

课程只限会员

星期一：绘画课
星期二：淋巴排毒操，书法
星期四：有氧舞蹈，乌克兰丽
星期五：绘画课，声乐班

课程可能会有变动。若需要更多详情，请联络协会。谢谢！

365淋巴排毒操



Ang Mo Kio Town Garden West (Opp. AMK Community Library) Tue to Sat, 6.30am Helen @ 9655 0709	639 Bedok Reservoir Rd Badminton Court Thu, 8pm Bok Soon @ 9679 1686	Bishan Park Mon to Fri, 6am 丽清 @ 9171 1144	9 Toh Yi Drive Mon to Fri, 6am (Garden); Sat, 6am (Basketball Court) Wong Lan Hiang @ 97940076
Bukit Gombak Stadium Mon to Sat, 7am 美美 @ 92250303	Commonwealth Field Mon to Sat, 6.45am Flossie @ 8198 9218	Blk 9 Holland Avenue Every Tuesday 8pm Monica @ 98292387	Hong Lim Park Mon, 6.15pm 丽清 @ 9171 1144
Bedok Reservoir Park Mon to Fri, 7.50am 翠玲 @ 90045360	704A Pasir Ris St 72 Mon to Fri, 7.30am Hai Wee @ 9451 1907	106 Simei St 1 Street Soccer Court Tue & Fri, 7.15am Judy @ 9799 3948	149 Simei St 1 Badminton Court Mon to Fri, 7.30am; Sat, 7.15am Bok Soon @ 9679 1686
494C Tampines Ave 9 Void Deck Mon to Sat, 7.30am Bok Soon @ 9679 1686	407 Yishun Ave 6 Mon to Fri, 6.30am 丽芳 @ 9878 5513	257 Tampines St 21 Mon to Fri, 7.20am except Thu; Wed, 8.30pm 淑霞 @ 8288 4679	

Please contact the respective detox exercise instructor for the latest update of classes.
请联络相应地点的排毒操老师来询问课程详情。

REGISTER
AS CLIENT
成为我们的
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心理辅导



Nutritional Support
营养咨询



Physical Exercise Classes
体育课程



Educational Talks
防癌教育



Financial Support
经济援助

About Us

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, counseling and therapy services.

As a non-profit organization, 365 Cancer Prevention Society depends on public donations to fund all its services and programs.

Advisors

Patron : Dr Teo Ho Pin
Legal Advisor : Mr Wu Yu Liang,
Mr Choong Thung Cheong

Management Staff

Executive Director : Mr Ben Chua
Programs & Services Director : Mr Khoo Chu En
HOD, Corporate Services : Ms Arlinda Chen
HOD, Programs & Services : Ms Kelly Kuo
HOD, Fundraising & Marketing : Ms Choo Qi

Executive Committee

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Vice President : Mr James Chia
Honorary Secretary : Mr Tan Soo Kee
Honorary Treasurer : Mr Lim Wee-Lim
Honorary Assistant Secretary: Dr Raymond Yuen
Honorary Assistant Treasurer: Ms Ang Pei Wen
Member : Mr Joshua Slow,
Ms Frances Loy,
Prof Lim Kah Meng,
Ms Anna Phua,
Mr Andrew Pang

关于我们

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，如排舞和有氧舞蹈、食疗实践、心理辅导以及心灵关怀四大项目。

顾问团

名誉顾问：张仰宾博士
法律顾问：吴微良先生，
钟道昌先生

管理层

执行长 : 蔡德森先生
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