



▶ OCTOBER 2017 (QUARTERLY)

365CPS社区外展

朱琦，社区服务发展经理



防癌教育和社会社区的各个方面息息相关。365防癌教育协会充分认识到教育公众预防癌症的重要性，并为公众提供了一系列相关活动。活动包括防癌教育讲座、健康知识讲座、以及认识癌症的座谈会（关于营养管理和基本癌症知识）。

这些活动使365防癌教育协会的服务和课程更广泛地为公众所知所用，而且也让公众获得有用的健康知识。在过去的几个月，我们举办了一些健康教育讲座和专题讨论会，并收到积极的反馈。参与者普遍反映他们学习到人类细胞，特别是癌细胞的行

许多人表示，这些讲座和研讨会信息丰富且具适用性，尤其是问答环节，讲师所提供的答案既全面又有益。鉴于上述种种，365防癌教育协会经常收到举办类似讲座和研讨会的再次邀请。

若有意咨询企业或社区讲座的相关事宜，请于午餐或办公时间与我们的专家小组 包括医生及营养师，讲座时间通常为一至一个半小时。如果你有兴趣在你的工作场所举办类似讲座，请联络我们。

365CPS Community Outreaches

By Choo Qi, Community Service Development Manager

The fight against cancer involves all sectors of society and the community. 365CPS recognises the importance of educating the public on cancer prevention and has since established a community initiative which includes on-site cancer prevention talks, health education talks, seminars and workshops that promote cancer prevention awareness with a focus on nutritional management and basic cancer knowledge.

Not only has this initiative helped to make existing services and offerings by the Society more widely available and accessible to the public, it has also imparted useful health knowledge to the public audience.

Some of the health education talks and workshops that were organized in the past months have received many positive

feedbacks with audience remarking that they have gained good understanding of the human cells, particularly cancer cell behaviour and have acquired new knowledge on the various types of food that are good for preventing different types of cancer. Many also felt that the educational sessions were informational and applicable, especially during the Q&A session as the answers provided by the speaker were comprehensive and helpful.

All health education sessions are conducted by our panel of qualified speakers with each session lasting for 1 to 1.5 hours.

Register your interest with us today!

Lots of good information about fraudulent food and labels. Very interesting and lively speaker.
— **Staff of Singapore Management University**

我学到了关于欺诈性食品和标签的知识。非常有趣活泼的讲员。
——新加坡管理大学职员



The speaker was very engaging and clear
— **Student of Republic Polytechnic**

讲员表达地很清楚也很有趣。
——共和理工学院的学生

FEEDBACKS

I learnt the myths of cancer which I thought were facts
— **Student of Republic Polytechnic**

我学习到许多有关癌症的信息，尤其是改正了我对癌症的误解。
——共和理工学院的学生



Q & A session was very insightful
— **Wing Tai Holdings Limited**

问答环节非常的有见解
——永泰控股有限公司

刘秀英

PATIENT STORIES:

Phyllis Lau

我是秀英，第四期肺癌患者。我的症状从背痛开始，接着会呼吸困难，所以我去看了医生。医生从X光片上发现我肺上有个黑影。然后我马上去做了CET扫描，情况看起来不太好。我明白这不是好消息。后来证实已经扩散到了骨头。当癌细胞扩散到一个重要器官时，就会被归类为第四期。

在被诊断出癌症之前，我充满了希望，想要追逐我的梦想。我照顾孩子很多年了。随着我的孩子们长大，我想要服侍社会了。我去考了辅导证书，也找到了一份我非常喜欢的工作。然而，生活是我们无法预知的。工作三个月后，我被检查出肺癌。

我问了一些问题，比如为什么是我？但同时，我也有心理准备，因为我周围的很多朋友都得了癌症。但我的问题是“为什么是第四期？为什么是第4期？”就在那一刻，我的两个儿子和丈夫不知所措。我们很困惑。有很多治疗方法和建议。我真的不确定该怎么办，我抱着我的丈夫哭了起来，因为儿子还年轻，丈夫很快就要退休了。我本想我们可以平安地享受晚年了。但现实让我不知所措。

癌症就像一个生活的老师。它教导我们以另一种视角看待生活。我曾经认为重要的事情，现在学会去放手。我曾经以为，学习和准备退休很重要。很多人也都在这么做。这并没有错，但当你知道你的生命正在结束的时候，这些都不再重要了。人与人的关系比考试的好坏更重要。不要在小事上争吵。我不知道我是否还能在明天甚至下个月见到他们。

来到365防癌教育协会，我觉得非常舒服。每个人都患病，有相似的经历。首先，我看到协会的员工无偿地服务癌症病人。与这些员工同行，让我感觉充满力量。而且有很多病人正积极地面对这场与癌症的战斗。你不会看到他们消极或沮丧。而是，我们可以在一起互相支持，互相帮助，继续我们的旅程。我认为这是一个非常棒的地方。我很高兴来到这里。

如果今天我想要做某件事，我今天就会去做。如果我能走，我会走出去。如果我能安慰某人，我就会安慰某人。因为我不知道下个月会发生什么事。这不是消极的，而是活在当下。即使我们生病了，我们依然可以尽情地享受生活！

My name is Phyllis Lau and I am a stage 4 lung cancer patient. My journey with cancer started off when I started to have backaches and breathing difficulty. The visit at the doctor returned with an X-ray report which showed a black shadow in my lungs; this was further investigated with a CET scan and that was when I realized the cancer in my lungs have already spread to my bones.

Before I was diagnosed with cancer, I was full of hopes and dreams and spent many years focusing on bringing up my children well. As my children have grown up, I thought it was time for me to return to work and I found myself a job in counselling, an area which I enjoy.

However, life took a turn when I found out about my cancer diagnosis 3 months after I started working. I could not understand why it has happened to me, but I was mentally prepared to face the battle as many people around me are plagued with cancer as well.

When my family found out about my diagnosis, they were at a loss and thrown into confusion. Even though there were a lot of advice given, we were all uncertain about what is to happen, especially when my children were still young and my husband was retiring. Our hopes of wanting to retire peacefully were dashed.

Being diagnosed with cancer has taught me a lot about life. It made me realize that things like studies and retirement are no longer important when life is coming to an end, and that I should be focusing on my relationships with the people around me. Petty quarrels are no longer important when I do not even know if I could live till tomorrow.

My experience in 365CPS has been wonderful; everyone was treated equally. With the dedicated team of staff journeying with us, it has made this journey a lot easier for me. Instead of feeling discouraged and defeated, many of the cancer patients in 365CPS face this battle with joy, strength and positivity! I am indeed very blessed to be here.

To conclude my journey, I have learnt to live the moment and not delay in the things that I want to do. Being sick does not stop me from living life to the fullest!



PATIENT STORIES:

Ong Soh Khim

翁素琴

我是翁素琴，今年55岁。我是一名设计师。我本来应该很开心，今年可以拿第一份公积金了，但是事与愿违，想不到患了癌症，还是第4期肺癌。医生说不能开刀，已经扩散到其他部位。

我是如何得知的呢？早在去年7月，我就有些咳。我反反复复咳了很久，还看了三次的私人门诊，医生没察觉有什么不妥。我也没有在意，还出国两次。今年三月，出国回来后，我依然在咳嗽，所以决定去政府诊所做彻底检查。之后，一幕幕恶梦就开始了。

还记得医生看了我的报告说两种可能性。一是肺病，吃药六个月就会好；另外一个就是癌症。照了CT scan之后，医生确定地对我说我是肺癌。听到医生说肺癌，我头脑一片空白。之后医生说的话，我都没有听清楚。

过后，我住院做切片手术和MRI检查。这些都是我从来没有做过的事。说真的，当时根本没有给我时间多想。在住院的过程中，我感到疲惫，也感到身体越来越虚弱。

切片手术一星期后，肿瘤医生对我说：“我们还在等切片检验的结果，但是人命关天，你要准备打化疗针了。”我一听到“打化疗针”就害怕，问医生可以用口服的药嘛。医生说“可以，现在你就要开始用口服药了，但是如果切片结果没有呈现【+】，就得打化疗针。”听到医生说也可以使用口服药，就觉得有希望，心里有些轻松。于是，我就一直祷告，我的家人和教会兄弟姐妹也一直为我祷告。我记得当时真的很害怕，等待中的黑夜如此漫长。我经历了人生中最漫长痛苦的等待。熬过了漫长的等待，我心情忐忑地去见医生。我依然记得那天的情景，医生说，口服药对我有帮助，我的X Ray报告也有进步。听到这个结果，我和家人都高兴！

治疗过程中，我有两个棘手的困难。第一是家务事情。因为患了肺癌，我对灰尘非常敏感，身体也很虚弱，需要请人照顾家务。感谢一位热心姐妹的帮忙，我找到了钟点女佣解决了家务这件事。

第二个烦恼是吃方面。我听说癌症病人不可以吃外面的食物，因为有糖，或者有加工食品。我正为吃的事烦恼。没想到，似乎早有安排，妹妹有一天带我去365防癌教育协会。我本来以为是去辅导，见了负责人，她明白我的情况后，告诉我去365日间活动中心调理。我那时有一种错误的想法，以为日间中心是老人的疗养院，心想自己还这么年轻就要住在疗养院，心里很不情愿，后来我还是去了，也解决了我食物的烦恼。

当时，吃了一个月的口服药，一些副作用慢慢出现了，像口腔生疮，口腔每天都有血腥味；吃东西不像以前那样美味，简直完全不是滋味；手和脚趾出现干燥而痒；眼睛干燥，泻肚子等。365日间活动中心的人都是过来人，知道我所经历的，纷纷提供建议，说可以买椰油来漱口等等。这让我的副作用慢慢地减轻。

365日间活动中心还有很多的活动可以参与。早上排毒操，还有舞蹈。我非常喜欢那位舞蹈老师的一句话：“你们有很多时间。记住，你们很有时间”。是啊，我们有很多的时间，不用那么急。想在以前，工作上经常赶截止日期，忙碌的生活让我不能放松自己。在舞蹈里，我可以暂时放下，让身心灵恢复。

还有绘画治疗也是我所喜欢的。虽然每次上课，我都迟到，但听到病生命斗士们分享自己的病，让我觉得自己不孤单。虽然有些人已经康复了好几年，但还是会有疼痛。他们因为生病，所以体会到人生的另一个层面，即“活在当下”，要做就去做不要再等。大家的分享让我好感动。365日间活动中心还有绘画班，我也喜欢的。在绘画时，我可以集中精神放松自己，把美丽的大自然画在眼前。



我还喜欢烹饪班，老师们不但让我们认识食材，又教我们煮一道道健康的菜。这对癌症病人是一个喜讯。癌症最大的苦恼就是吃了。之前我因为听说不能吃糖和牛油，所以早餐天天都是全麦面包，天天这样枯燥地啃同样的面包。但一位烹饪老师的课改变了我的想法，她煮pancake，涂上香蕉，涂蓝莓。这让我好兴奋，回家试一试，没有想到一试就不能停下来。我找到创作食物的乐趣，吃得健康，又把我的感受表达出来，也分享出来鼓舞别人，简直是三合一！365日间活动中心是我人生另一个启蒙的地方，是我的另一个家，是我的避风港！

患病以后我有很多领悟：

- 第一，放下自己，凡事不要太在意，要活在当下，要做的事就尽快去做！
- 第二，每天要好好地活着，也算是对爱我的人和我爱的人负责任。
- 第三，开始对人的灵命信仰关心。以前认为时间很多，现在觉得时间不太够。
- 第四，体会到很多事不要太急。我以前会很急，现在懂得放慢脚步，去欣赏和注意大自然的美，就可以看到以前所看不到的细节。也让我对周围的事和人更加敏感。
- 第五，我知道不要以自己的想法强加于别人，让我更懂得体谅别人，懂得知足。

我已经把365日间活动中心的生命斗士当成我的家人。我很感谢365防癌教育协会给予我的不单是健康营养的食物，还是一个生命勇士互相鼓励，互相安慰扶持的家。我感谢我的家人，朋友，还有我的同事和老板的关心支持与鼓励才能熬过去。最后我要分享一句话：【只要坚信、坚持、吃得健康、加上运动，保持心情愉快，敞开自己的心，靠着信仰给我们的信心、恩典，风雨过后一定会有彩虹！】



PATIENT STORIES: Ong Soh Khim 翁素琴



I am Soh Khim, 55 years old and working as a designer. I should be happily retiring after getting my first instalment of the provident fund this year, however, things backfired when I was diagnosed with stage 4 lung cancer. The doctors said that operation was not an option as the cancer cells have already spread to other parts of my body.

The discovery of my cancer started with my chronic coughs which the private doctors did not think much about. Thinking that the cough would go away, I went abroad twice, only to return with persistent coughs. The nightmare began when I finally decided to do a thorough examination at the government hospital.

I could still remember the two possible diagnoses of my report - tuberculosis, which could be managed with a 6-month course of medication, and the other possibility was cancer. The doctors further confirmed the diagnosis with CT scans, my mind blanked when I was told I had lung cancer. I was hospitalized for biopsy and MRI scans and throughout the process, I felt tired and was getting weaker by the day.

A week after the biopsy, the doctor said this to me, "We are still waiting for the results, but with the severity and urgency nature of cancer, we will recommend that you start chemotherapy injections now." Fear struck me when I heard "injection", so I asked if I could start with oral medications and doctors agreed to the plan and only to start the injections when my condition did not improve.

My family, brothers and sisters in church, have been praying for me during this period of fear and uncertainty as I await my scan reports. Having survived the long waiting period, I went to the doctor for my review with a perturbed mind. Hearing that the oral medications were helpful and that my X-ray reports have shown good progress of my condition, I was really overjoyed!

I was faced with 2 issues during the course of treatment-housework and diet. Being diagnosed with cancer has caused me to become very sensitive to dust, and with a weaker immunity at hand, I was not able to do any housework at all. Thanks to the help of a zealous friend, I managed to find a part-timer to clean my house.

Secondly, I was told that cancer patients are supposed to watch their diet very closely and had to avoid processed food and food that contains sugar. While I was worried about my diet, my sister actually helped to address this concern when she brought me to 365 Cancer Prevention Society. Initially, I thought it would just be another counselling session, after the visit, I was told to join their Day Activity Centre (DAC) whereby my body, mind and soul would be reconditioned. Back then, my impression of the DAC was a sanatorium and I thought I was too young to be going to a sanatorium! But I went ahead nonetheless, and I am glad I did because going to the DAC has helped to solve my diet woes!

Being on oral medication has caused some side effects to slowly surface; mouth sores, mouth odour, food tasted bland, dry hands, toes and eyes, diarrhoea were just some examples. The staff at DAC are experienced in helping me to manage these side effects and a practical tip, such as gargling my mouth with coconut oil, has really helped to ease the side effects in my mouth.

Besides helping patients with managing side effects, the other services and programs provided at the DAC include detox exercise classes, dance classes and other various activities. Something that the dance instructor said has impressed me very much, "You've got a lot of time. Heed my words." This is so true, we have so much time in life that there is no need to rush. I recalled my life before I had cancer; I often had to rush to meet deadlines and was always too busy to relax. Now that I can slow my pace, I will take my time to recover and put all my worries aside.

Art therapy sessions are also something I enjoyed very much; it helps me to feel less alone whenever I listen to the stories of other fellow cancer patients and how they encourage me to seize the day. I am deeply touched by their sharings and was able to stay relaxed while I paint the beautiful nature.

The other activity that I enjoy a lot is cooking class. The teachers would teach us how to use ingredients to prepare healthy dishes which is very important for cancer patients. I used to eat wholemeal bread for breakfast every day as I was told that cancer patients are not allowed sugar and butter; the cooking teacher corrected my mindset when she added in bananas and blueberries on pancakes. This really excited me, and I can't wait to try it at home!

Being able to eat healthily and sharing life with the other cancer patients are great experiences I have in 365CPS Day Activity Centre. It is just like another home to me!

PATIENT STORIES: Ong Soh Khim 翁素琴

Cancer warriors in 365CPS Day Activity Centre are now my family. I appreciate that 365 Cancer Prevention Society gives me more than healthy food, but also the encouragement from the cancer warriors, who have given me a home in which we help each other. I am also thankful to my family members, friends, colleagues and supervisors for their care and encouragement that have kept me going throughout this period. At last, I would like to share this: Your faith, insistence, healthy diet, regular athlete activities, positive mood and your open heart will fight with you against the disease. With the faith and luck from your belief, you will see the rainbow after storms!

I have learned a great deal after my diagnosis of cancer:

Firstly, humble myself. Learn to take things easy in life. Live for the moment and do what you wish to accomplish in your life.

Secondly, live well every day. It's your responsibility towards those you love and the ones whom love you.

Thirdly, start to care for the life of people. I used to think I had enough time; now I don't think of that anymore.

Fourthly, I realized that I need to slow down. I used to like to rush and now I learn to slow down to enjoy nature's beauty. I started to notice details that I failed to see and became more sensitive towards people and the things around me.

Lastly, I have learned not to force my perspectives on others, be empathetic towards people and be contented.

Special Thanks to our Sponsors



为自己的化疗做准备

我在365防癌教协会工作的时候，收到了很多病友提出的问题，其中一个最常见的问题是，“我在化疗前要怎么吃？”。事实上，不知道吃什么或怎么吃会让你不知所措。而且众所周知，食物是战胜癌症的重要因素之一。因此，我希望这篇文章能帮助那些有需要的人，也提供一个平台让他们分享所学到的。

在你的化疗开始之前，提高健康免疫力和增强体力是很重要的，你需要为你的治疗做准备。我们要严格遵循“平衡”这一关键点。首先吃一些健康的瘦蛋白，比如鸡肉和鱼。同时，避开火腿、热狗和香肠等加工肉类，因为根据研究表明，它们对结肠直肠癌有影响。同时，在你的饮食中加入全麦，比如糙米和燕麦。目前的证据表明，燕麦的摄入可以帮助抑制炎症，缓解动脉之间的紧张关系。这是由于全麦中存在一种独特的抗氧化剂 - 生物碱。生物碱具有抗炎和抗增殖的特性，这可能有助于降低结肠癌风险。增加水果和蔬菜的摄入量。水果和蔬菜是抗癌的助力军，含有抗癌的抗氧化剂，维生素和矿物质。这就引出了关于自由基的话题。自由基是一种非常活泼的化学物质，有可能损伤细胞。它们在体内自然形成，也参与了许多重要细胞的形成。然而，在高浓度的情况下，自由基会破坏细胞的各种成分，包括DNA、蛋白质和细胞膜，对人体构成危险。当抗氧化剂相互作用并中和自由基时，抗氧化剂起着关键的作用，从而防止它们造成损害。尽管超重与多种肥胖相关的癌症如乳腺癌、卵巢癌、肾脏癌和肝癌的发生有关，但在饮食中摄取健康脂肪仍然很重要，可以选择橄榄油、鳄梨、坚果和鲑鱼，以及富含脂肪的鱼类。这些健康的脂肪被称为单不饱和脂肪酸



(MUFA) 和多不饱和脂肪酸 (PUFA)。炎症在很大程度上与肿瘤的发生、发展和生长有关。摄取正确的脂肪酸可以帮助缓解炎症，从而对抗癌症。

要坚持运动！是的，这很重要的。持之以恒的运动将为接下来的治疗做准备。每天运动不仅能对抗癌症，还能增强骨骼和肌肉。在治疗前保持强健的骨骼和肌肉是很重要的，因为某些癌症治疗对骨骼会有影响，可能导致骨质疏松症。在治疗过程中服用的一些药物诸如类固醇之类，可能对骨骼产生不良的影响。

在治疗开始前还要注意的一件事就是审查你正在服用的处方药和补充剂。当你正在接受化疗的时候，你可能不得不停止服用一些维生素、补充剂或过敏药物，因为其中一些可能与化疗药相互作用。重要的是你要和你的医生讨论所有的药物，包括你服用的维生素，泻药，感冒药，草药和止痛药，如阿司匹林或布洛芬。你可能要把你所服用的所有药物都带给医生，这样医生才能做出更有效的判断。在最后，我想推荐一个简单易行的食谱。还有记住，癌症不是死刑。当我们对癌症有了更好的理解，通过更精确的检查，合理的治疗方案和健康的生活方式，一切都有希望。

刘慧敏
营养师
365防癌教协会



Preparing yourself for chemotherapy

During my time here in 365 Cancer Prevention Society, I have received plenty of questions from our clients and one of the most frequently asked questions was, 'How do I eat before I go for my chemotherapy?'. Indeed, not knowing what or how to eat can really put you at a loss especially when it is widely known that food is one of the essential factors to beating cancer. Therefore, I hope that this article can help enlighten those in need and provide them a platform to spread the knowledge.

Before the start of your chemotherapy regime, it is important to boost your health and stamina to prepare yourself for the rigorous treatment. The key word that we need to strictly follow is balance. Start by consuming healthy lean protein such as chicken and fish. However, it is very important to steer clear of processed meat such as ham, hotdogs and sausages as according to research, they showed a positive association to colorectal and bowel cancer. At the same time, introduce whole grain into your diet such as brown rice and oats. Current evidence suggests that the consumption of oats can help to suppress inflammation, and relieve the tension between arteries, all of which are greatly due to the presence of a unique anti-oxidant; avenanthramides. It possesses anti-inflammatory and anti-proliferative properties which may contribute to the reduction of colon cancer risks. Increase the intake of fruits and vegetables. Fruits and vegetables are cancer-fighting powerhouses that contain various cancer-fighting antioxidants, vitamins and minerals. This brings us to the topic on free radicals. Free radicals are highly reactive chemicals that have the potential to damage cells. They are formed naturally in the body and are also involved in many important cellular processes. However, at a high concentration, free radicals can be dangerous to the body by damaging various components of a cells, including DNA, protein and cell membranes. That is when antioxidants come to play a crucial role as they interact and neutralize the free radicals, thus preventing them from causing damage. Although being overweight is linked to the development of several obesity-related cancers such as breast, ovarian, kidney and liver cancer, it is still important to include healthy fats in the diet. Focus on fats found

in olive oil, avocado, nuts and fatty fish such as salmon. These healthy fats are known as monounsaturated fatty acids (MUFA) and polyunsaturated fatty acids (PUFA). Inflammation is largely linked to tumour initiation, progression and growth, the right type of fats can help to ease inflammation and therefore fight cancer.

Remain active. Yes, that is right. Keeping yourself active by exercising is also a very crucial step to preparing you for the impending treatment. Exercising daily not only can help fight against cancer, it can also help to strengthen your bones and muscles. Building up strong bones and muscles before treatment is important as certain cancer treatments have major effect on bone health which could lead to osteoporosis. Some medications given in the process of treatment meant for relieving the side effects such as steroids may also have a negative impact on your bones.

One final thing to take note before the treatment begins would be the prescribed medicines and supplements that you are currently taking. You may have to cease the consumption of several vitamins, supplements, and allergy medicines while you're getting chemotherapy, since some of these can interact with chemotherapy. It is vital that you communicate with your doctor regarding all the supplements, and vitamins you take, including laxatives, cold medicines, herbs, and pain relievers, such as aspirin or ibuprofen. You may want to bring in the bottles of everything you take so as to help your doctor make better informed decision.

To end this off, I have come up with a recipe for a great meal that is fun and easy to follow. Remember, cancer is not a death sentence. With better understanding, more precise detection, treatment options and better lifestyle decisions, there is always hope.

Jasmine Low
Nutritionist
365 Cancer Prevention Society

References

1. Aykan, N. (2015). Red meat and colorectal cancer. *Oncology Reviews*, 9(1).
2. Meydani, M. (2009) 'Potential health benefits of avenanthramides of oats'. *Nutrition Reviews*, 67(12), pp. 731-735. doi: 10.1111/j.1753-4887.2009.00256.x.
3. National Cancer Institute. (2017). Obesity and Cancer. [online] Available at: <https://www.cancer.gov/about-cancer/causes-prevention/risk/obesity/obesity-fact-sheet>.
4. National Comprehensive Cancer Network. (2017). Understanding the Effects of Cancer Treatment on Bone Health. [online] Available at: https://www.nccn.org/patients/resources/life_with_cancer/treatment/bone_health.aspx.
5. National Cancer Institute. (2017). Antioxidants and Cancer Prevention. [online] Available at: <https://www.cancer.gov/about-cancer/causes-prevention/risk/diet/antioxidants-fact-sheet> [Accessed 30 Aug. 2017].
6. Loviano, A., Riancho, S., Molino, A. and Fanelli, F. (2013). Omega-3 fatty acids in cancer. *Current Opinion in Clinical Nutrition and Metabolic Care*, 16(2), pp. 156-161.

鸡胸肉卷

材料

100克甜菜根，小块
50克姜，切片
10克胡萝卜，立方
100毫升水
芦笋（薄）
2片鸡胸肉
海盐
胡椒

其他用具

牙签

Stuffed Chicken Breast Wrap

Ingredients:

100 g Beetroot, smaller pieces
50 g Ginger, sliced
10 g Carrot, cubed
100 ml Water
Asparagus (Small)
2 Slices Chicken Breast
Sea Salt
Pepper

Others:

Toothpicks

做法:

1. 将5根芦笋和胡萝卜块放在鸡胸中撒入一些盐 and 胡椒粉后将鸡胸肉卷起来，用牙签固定。
2. 把鸡胸卷放入蒸笼中，蒸8分钟或直到熟。
3. 将在鸡胸肉顶部和底部多余的芦笋切除，供点缀用。
4. 在平底锅中加入水，甜菜根，胡萝卜和姜。让成分煮熟，用盐和胡椒调味，倒入搅拌机搅拌成酱汁。
5. 鸡胸肉卷与酱汁一同食用。

Method:

1. Place 5 stalks of asparagus and carrot cubes in the middle of the chicken breast, season with salt and pepper, roll up the chicken breast and secure with toothpicks.
2. Put the chicken breast roll in a steamer and let it steam for 8 minutes or until cooked.
3. Cut off the excess asparagus sticking out from the top and bottom of the chicken breast and set aside for garnishing.
4. In a saucepan, add in water, beetroot, carrot and ginger. Let the ingredients cook through, season with salt and pepper and pour it in a blender to blend.
5. Serve the chicken breast together with the sauce.

近期活动 UPCOMING EVENTS

十月份

5/10 - 爱心午餐于武吉巴督
7/10 - 爱心午餐于圣安德烈社区医院
28/10 - 爱心午餐于365CPS 协会

十一月份

2/11 - 爱心午餐于武吉巴督
11/11 - 爱心午餐于圣安德烈社区医院
18/11 - 爱心午餐于波东巴西联络所
25/11 - 爱心午餐于365CPS 协会

十二月份

16/12 - 爱心午餐于365CPS 协会

星期一：淋巴排毒操和有氧舞蹈，声乐课，卡拉OK
星期二：排舞，中医推拿，绘画课程
星期三：生命加油站，烹饪课程
星期四：Ukulele课程，绘画疗法
星期五：尊巴舞，中医门诊，卡拉OK

课程可能会有变动，若需要更多详情，请联络协会。谢谢！

October

5/10 - Love Lunch @ Bukit Batok Reach Youth Powerhouse
7/10 - Love Lunch @ St Andrew's Community Hospital
28/10 - Love Lunch @ 365CPS

November

2/11 - Love Lunch @ Bukit Batok Reach Youth Powerhouse
11/11 - Health talk @ St Andrew's Community Hospital
18/11 - Love Lunch @ Potong Pasir Community Club
25/11 - Love Lunch @ 365CPS

December

16/12 - Love Lunch @ 365CPS

Monday - Detox Exercise and Dance, Vocal Class, Karaoke
Tuesday - Line Dance, TCM Massage, Art Class
Wednesday - Support Station, Cooking Class
Thursday - Ukulele Class, Art Therapy
Friday - Zumba, TCM Consultation, Karaoke

Lessons are subjected to changes. Pls contact the society for the specific details. Thank you!

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	6 Potong Pasir Ave 2 S358361 Every Saturday, 9.10am (Except 1 st Sat of the month) 杨承瑛@9002 2322
Bukit Gombak Stadium Mon to Sat, 7am 美美 @ 92250303	Commonwealth Field Mon to Sat, 7am Flossie @ 8198 9218	Blk 9 Holland Avenue Every Tuesday 8pm Monica @ 98292387	Hong Lim Park Mon, 6.15pm 丽清 @ 9171 1144
440 Pasir Ris Dr 4 Badminton Court Mon & Thu, 7.15am Bok Soon @ 9679 1686	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, 7.45am; Sat, 7.15am Bok Soon @ 9679 1686
494C Tampines Ave 9 Void Deck Mon to Sat, 7.30am Bok Soon @ 9679 1686	Tampines North East CC Wed, 8.30pm Leonard @ 9654 2760	257 Tampines St 21 Mon to Fri, 7.20am except Thu; Wed, 8.30pm 淑霞 @ 8288 4679	Bedok Reservoir Park Monday to Friday (Except Thursday), 7.50am, 翠玲 @ 90045360
9 Toh Yi Drive Mon to Fri, 6am (Garden); Sat, 6am (Basketball Court) Wong Lan Hiang@ 97940076	407 Yishun Ave 6 Mon to Fri, 6.30am 丽芳 @ 9878 5513		

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，也是一个以“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、心理辅导以及心灵关怀四大项目。

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.

顾问团

名誉顾问：张御宾博士
法律顾问：吴微良先生，钟通昌先生

管理层

执行长：蔡德森先生
财务与行政经理：陈美珍小姐
活动与服务经理：郭凯丽小姐
社区服务经理：朱琦小姐

执行委员团

会长：詹顺祥牧师
副会长：谢松兴先生
秘书：陈树基先生
财政：赖顺源先生
内部审计：萧子强先生
副秘书长：袁泉芳医生
副财政：黎文鸾小姐
委员：周志强先生，丘主恩牧师，林家明教授，潘秀霞小姐，刘万康先生

ADVISORS

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

MANAGEMENT STAFF

Executive Director: Mr Ben Chua
Finance & Admin Manager: Ms Arlinda Chen
Programs & Services Manager: Ms Kelly Kuo
Community Service Development Manager: Ms Choo Qi

EXECUTIVE COMMITTEE

President: Rev Eric Chiam
Vice President: Mr James Chia
Honorary Secretary: Mr Tan Soo Kee
Honorary Treasurer: Mr Lye Soon Ngian
Honorary Assistant Secretary: Dr Raymond Yuen
Honorary Internal Auditor: Mr Joshua Siow
Honorary Assistant Treasurer: Ms Frances Lay
Member: Mr Chow Chee Kuan, Rev Khoo Chu En, Prof Lim Kah Meng, Ms Anna Phua, Mr Gordon Liew



Facebook



Website

365 防癌教育协会 365 Cancer Prevention Society

1 Commonwealth Lane, ONE COMMONWEALTH Building, #03-10, Singapore 149544.

Donor Hotline: 6323 2012 365CPS Hotline: 6337 3368 Email: enquiry@365cps.org.sg