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EXPLORING NEW FRONTIERS: PARKWAY CANCER CENTRE CLINIC RELOCATION

Last November, Parkway Cancer Centre (PCC) clinic at Mount Elizabeth Hospital Level 2 was relocated as part of Project Renaissance (Project R) by Mount Elizabeth Hospital. The relocation was accompanied by excitement and opportunities for many.

In January 2023, Mount Elizabeth Hospital initiated Project R to improve building safety, future-proof the infrastructure, and most importantly, to improve patient experience. The project is being carried out in phases to minimise disruption and is expected to be completed in the next two years. As part of Project R, the clinic was also refurbished and relocated to Mount Elizabeth Medical Centre.

The culmination of these efforts was celebrated on 24 November 2023 and marked by a ribbon-cutting ceremony. The ceremony was attended by many esteemed guests including Dr Peter Chow, Acting Chief Executive Officer, IHH Healthcare Singapore and Mr Yong Yih Ming, Chief Operating Officer, IHH Healthcare Singapore & Chief Executive Officer, Mount Elizabeth Hospital.

During the ceremony, Mr Yong and Dr Ang Peng Tiam, Medical Director and Senior Consultant, Medical Oncology, Parkway Cancer Centre, gave an opening speech to address the relocation and thank all those involved.

Mr Yong extended his gratitude to the PCC team and expressed hope that the new clinic will offer a different outlook on patient care for the staff. He looks forward to a better care environment for patients and believes in the collective support among everyone involved.

Meanwhile, Dr Ang emphasised the primacy of care over physical ambience while also acknowledging the importance of creating an environment that is conducive to the healing process.


In highlighting a distinctive aspect of the new clinic, Dr Ang revealed a unique layout where the treatment centre is not directly connected to the consultation area. This innovative design aims to streamline patient flow without overcrowding the waiting areas.

The clinic officially started its operations on 27 November 2023. Visitors can expect a fresh new look and equipment, including twelve chemotherapy chairs and three beds.

What's next for patients?

Project R holds the promise of transforming Mount Elizabeth Hospital into a modern, integrated, multiservice hub that offers patients greater convenience, privacy, and seamless care. With its completion, Mount Elizabeth Hospital will be another step closer to reaching IHH Healthcare's aspiration to Care. For Good.

Meanwhile, PCC will continue to be committed to patients and provide a comprehensive and integrated premier cancer service that is patient-focused, with utmost care, comfort, and compassion. ■

 PCC's new clinic is located at
**3 Mount Elizabeth #02-02/03/04,
Mount Elizabeth Medical Centre,
Singapore 228510**





CANHOPE REGIONAL MEETING 2023

Last November, CanHOPE held its annual regional meeting in Penang, Malaysia to address the significant updates on the different fields of oncology while having networking meals to encourage conversations and opportunities to connect for the attendees. The two-day, one-night event was filled with enriching programs and concluded aptly with a Peranakan-themed gala dinner.

The event hosted over 60 attendees that comprised Parkway Cancer Centre (PCC) doctors and Allied Health team, CanHOPE's regional representatives, and PCC's administrative colleagues from the Operations, Marketing, and Guest Relations teams.

The programme for the first day focused on the many different aspects of cancer care, including The PCC Experience – the

experience of PCC's patients in their cancer journey – and how CanHOPE's regional representatives play an important role.

This was followed by the various updates on medical oncology, haematology, and radiation oncology given by PCC's doctors. The informative sharing session provided valuable insights for all attendees from a multidisciplinary perspective. There were also Q&A sessions that sparked fruitful discussions among the doctors and regional representatives.

The event concluded with a Peranakan-themed gala dinner where attendees could don the traditional Batik or Kebaya apparel and savour the exquisite cuisine while listening to the live band music playing in the background.

Throughout the event, attendees were able to capture precious memories with their colleagues at the photo booth while showcasing their beautiful Peranakan outfits. Various awards were given out to celebrate cities with the best performance, the best growth, as well as best dressed individuals.

Attendees left the event with their hearts full and were also given a Peranakan-themed goodie bag as a thoughtful memento of the dinner.

All in all, the regional meeting was a glowing success. Everyone had something memorable and insightful to take away, whether it was the insights on cancer care, the joyful moments shared with colleagues, or the delicious food that was served throughout the two days.

CanHOPE today and beyond

As we reflect on the success of the 2023 CanHOPE Regional Meeting, it is important to understand how CanHOPE started, along with its values, mission, and goals.

CanHOPE is a non-profit cancer counselling and support service by Parkway Cancer Centre. Patients come from all over the world to receive the holistic care we are known for. Even when they return to their home country, we continue to support them on their healing journey.

That was our motivation for setting up CanHOPE offices outside Singapore. Bridging geographical, cultural and language borders, our cancer care reaches patients in more than 15 cities around the world.

With CanHOPE as a pillar of support, it is more than just a source of guidance; it is a beacon of light that nurtures hope, strength, and unity in our collective pursuit of a better tomorrow. ■





10 QUESTIONS YOU SHOULD ASK YOUR ONCOLOGIST ABOUT TREATMENT

A cancer diagnosis may be overwhelming, but know that you do not have to go through the journey alone. Your medical oncologist will be there for you every step of the way. As a patient, you can become a self-advocate by asking questions and actively participating in your cancer care.

If you have just been diagnosed with cancer, you may be wondering, "what's next"? The first step is to bring a list of questions you may have regarding your disease to your next appointment.

You can also bring along a loved one who can not only help take down any important advice given by the oncologist, but also provide emotional support when needed.



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Dr. See was previously a Consultant in Medical Oncology at the National Cancer Centre as well as a visiting Consultant at the KK Women's and Children's Hospital specialising in adult breast and gynecologic cancers. She is a member of the International Gynecologic Cancer Society, American Society of Clinical Oncology and the Singapore Medical Association.

1. What type of cancer do I have and what stage is it?

Understanding the specific type of cancer you have is pivotal in developing an effective treatment plan. Cancer is an immensely complex disease; different types and stages of cancer may require different approaches.

The more information you have about your condition, the better prepared you'll be to make informed decisions regarding your treatment and care.

2. What are my treatment options?

After clarifying the type of cancer you have and what stage it is, you can discuss with your oncologist about your treatment options. Understanding the potential therapies and the possible combinations is essential in your cancer journey.

3. What are the benefits and risks of each treatment?

Every treatment option has its own set of benefits and risks. Your oncologist will explain the potential side effects, success rates, and long-term outcomes associated with each treatment option so that you can weigh the pros and cons and make an informed decision.

4. When will I need to start treatment?

The timing of treatment is a critical aspect of your cancer care. Knowing the timeline of your personalised treatment plan will also enable you to plan and make the necessary arrangements in other aspects of your life.

5. What new symptoms should I look out for after I begin treatment?

Recognising and addressing treatment-related symptoms can not only enhance your quality of life and comfort, but can also prevent further complications. It can also lead to timely treatment modifications if needed, which may result in more effective management and even improve outcomes.

6. How will treatment affect my daily routine?

Cancer treatment may impact your daily routine, work, and relationships. It is important to speak with your oncologist and be equipped with the knowledge on how to manage these changes.

7. Will treatment affect my fertility?

Cancer treatments, such as chemotherapy and radiation therapy, may cause temporary or permanent infertility. As such, you should explore fertility preservation options with your oncologist who may refer you to a fertility specialist if needed.

8. What support services are available to help me cope with my diagnosis?

Throughout the whole cancer journey, you may require support services to help you cope with the psychological aspects of the disease.

CanHOPE – a non-profit cancer counselling and support service provided by Parkway Cancer Centre – offers cancer counselling, nutrition in cancer care, rehabilitation, palliative care, and support group activities and programmes. Do discuss with your oncologist about the services you need.

9. Should I consider joining a clinical trial?

Participating in a clinical trial is a possibility that can offer patients access to cutting-edge treatments. Ask your oncologist about the availability of relevant clinical trials, potential benefits, and associated risks. Discuss whether it is a suitable option for your specific cancer type and stage.

10. What are my long-term survival chances?

You should definitely discuss your prognosis (outcomes) with your oncologist and make sure to clarify any doubts you have. Understand that conversations about prognosis are complicated, as cancer is a very complex disease and every patient is unique, which means that each patient can respond very differently to treatment.

Taking control of your cancer journey

Navigating your cancer journey can be difficult, but it can be made easier by understanding everything you can about your disease and the possible treatment options.

More often than not, patients feel fear because of the uncertainty they have, but having your questions answered can empower you with the knowledge you need to face your disease. By actively engaging with your oncologist, you can take control of your cancer journey and equip yourself with the power, strength, and confidence to fight it. ■



SUSTAINABILITY DURING THIS FESTIVE SEASON

From the auspicious yusheng to the heartwarming reunion dinners, food is definitely one of the highlights of Chinese New Year (CNY). In this article, we will share some useful tips on how to eat sustainably during the festive season that is happening next month!

Also known as the Spring Festival or Lunar New Year, Chinese New Year (CNY) is no doubt the biggest event in the Chinese calendar. Every year, many locals will flock to

the various CNY pop-up stores across the country to stock up on popular goodies, such as bak kwa, pineapple tarts, and love letters.

When it comes to good food, many of us are open to splurge. Unfortunately, this may be harmful to the environment. As we move towards a sustainable future, it is important for us to consider the environmental impact of our food choices. Here are some tips on how we can eat sustainably to prepare for the coming CNY.



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Sustainable Eating tips for Chinese New Year

- 1. Source for sustainable ingredients**
- 2. Opt for more plants and less meat**
- 3. Avoid highly processed foods**
- 4. Reduce food packaging**
- 5. Reduce food waste**

1. Source for sustainable ingredients

One of the key principles of sustainable eating is choosing the right products. If the food is produced locally, it will have a lower carbon footprint in terms of both transportation and storage (refrigeration, etc). Furthermore, we may obtain fresher and cheaper items from local producers.

2. Opt for more plants and less meat

In contrast to growing plants, rearing and transporting livestock often require large amounts of food, water, land, and energy – all of which take a heavy toll on the environment. For this coming festive season, we can consider replacing one meat dish with a tofu or mushroom dish as it is not

only environmentally friendly, but also protein-rich and heart-healthy.

3. Avoid highly processed foods

Processed foods may seem like a good option as they often involve off-cuts of meats. However, much waste is generated from the production and canning processes.

We also know that most processed foods are unhealthy. For example, nitrite/nitrate salts are often added to processed meats along with other additives such as monosodium glutamate and colouring. These added ingredients may be harmful to our body.

While shopping for the upcoming CNY, we can try to purchase fewer highly processed food items such as bak kwa, lap cheong, and waxed duck. Instead, consider exploring alternatives like tempeh bak kwa.

4. Reduce food packaging

Non-recyclable food packaging, such as plastic and styrofoam, often takes many years to decompose, contributing to the accumulation of waste in landfills or oceans. Chemicals from the packaging materials, including ink and dyes, may also leach into groundwater and soil, posing a harmful threat to our ecosystem.

To reduce packaging, we can choose fresh fruits and vegetables without additional layers of packaging and place several items together in one bag. Additionally, bringing our own reusable bags and containers wherever possible or opting for packaging that is biodegradable, reusable, or made from recycled materials can help to reduce our carbon footprint.

5. Reduce food wastage

In 2021, we produced roughly 813 million kilograms of food waste¹. Considering how Singapore imports over 90% of our food supply only to throw a bulk of it away, our food wastage situation is not only economically wasteful but also environmentally unsustainable.



The first thing we should do in attempting to reduce food wastage is to plan ahead. Securing a guest list along with planning a suitable number of dishes to serve should be a priority on your to-do list before CNY arrives. Planning ahead will not completely eliminate leftovers, but it will certainly reduce the amount of wastage.

We can also explore upcycling ingredients in order to use most parts of food that would otherwise be thrown away as food scraps.

Towards a sustainable future

Many of us look forward to Chinese New Year because of all the delicious goodies it offers, but few of us are aware of how such festivities can harm our environment.

Being sustainable during CNY does not necessarily mean that you need to sacrifice all the joy and traditions of this important holiday. In fact, it is perfectly okay to start small by making conscious choices about the food you eat and serve.

By incorporating such habits, we will contribute to a more sustainable future and continue to enjoy the exciting celebrations of the Spring Festival for many years to come. Let this coming Chinese New Year be a time of renewal for both your family and the Earth that we call home. ■

¹National Environment Agency.

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