

Understanding Cancer

An Overview

(with special focus on breast and colorectal cancers)



Life B-P Church

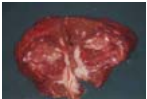
Care Givers'
Seminar

2 October 2010



National Cancer
Centre Singapore

SingHealth

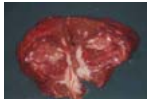


Understanding Cancer

Scope

- Cancer overview
- Diet - facts, fallacies and myths
- Helping to face the day
- Special needs to address
 - Colorectal cancer: looking after a colostomy
 - Breast cancer: handling breast prostheses and appliances

Cancer Overview

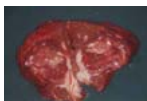


Cancer Overview

Introduction

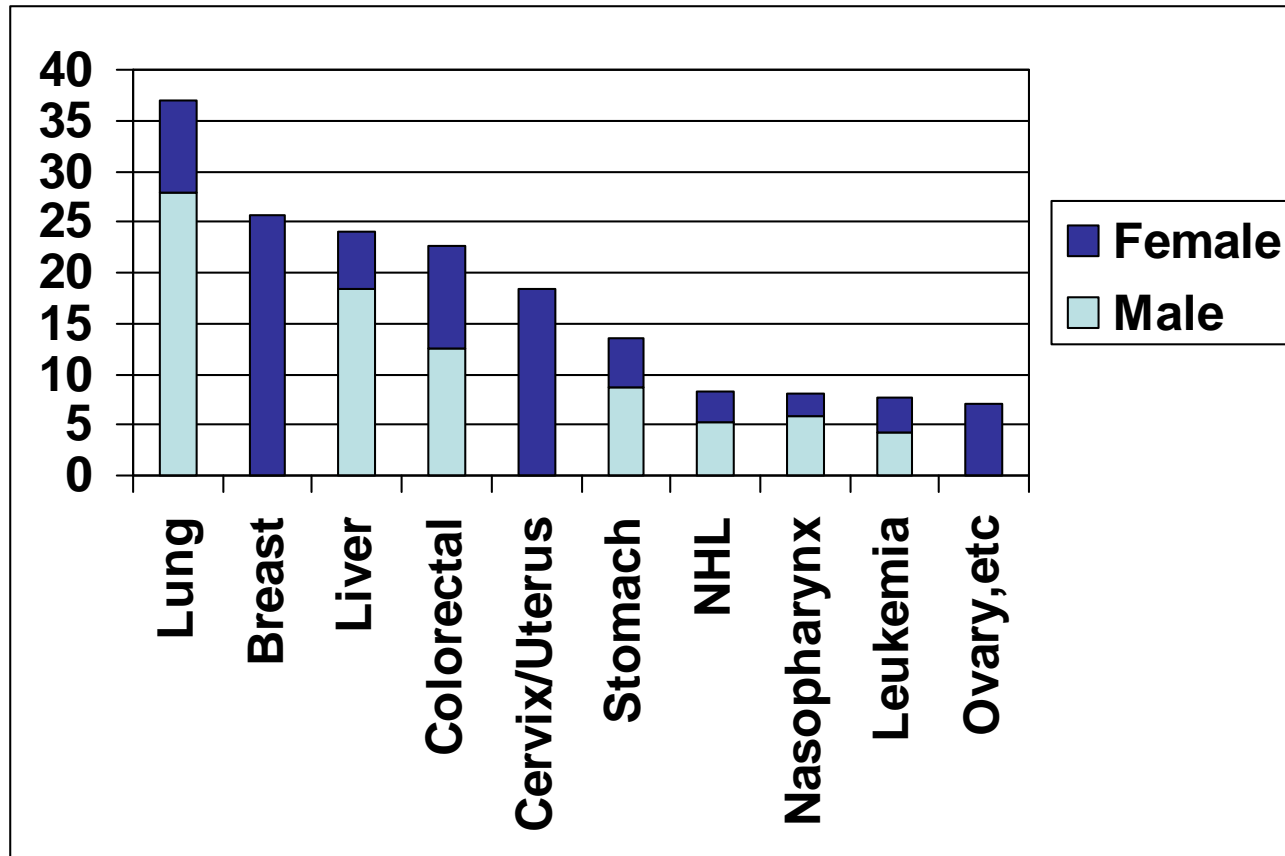
- Common worldwide problem
 - 5.3m men, 4.7m women in 2000
 - Increase 50% to 15m new cases by 2020
- Leading cause of death in many countries
 - 6.2m died in 2000
- Affects elderly but now younger
- Most present late
- Strong element of fear and fatalism
- Epidemiology linked to race, genetics & environment
- Strong lifestyle and diet link => largely preventable

World Cancer Report, WHO 2003



Cancer Overview

Introduction – Top 10 S.E. Asia

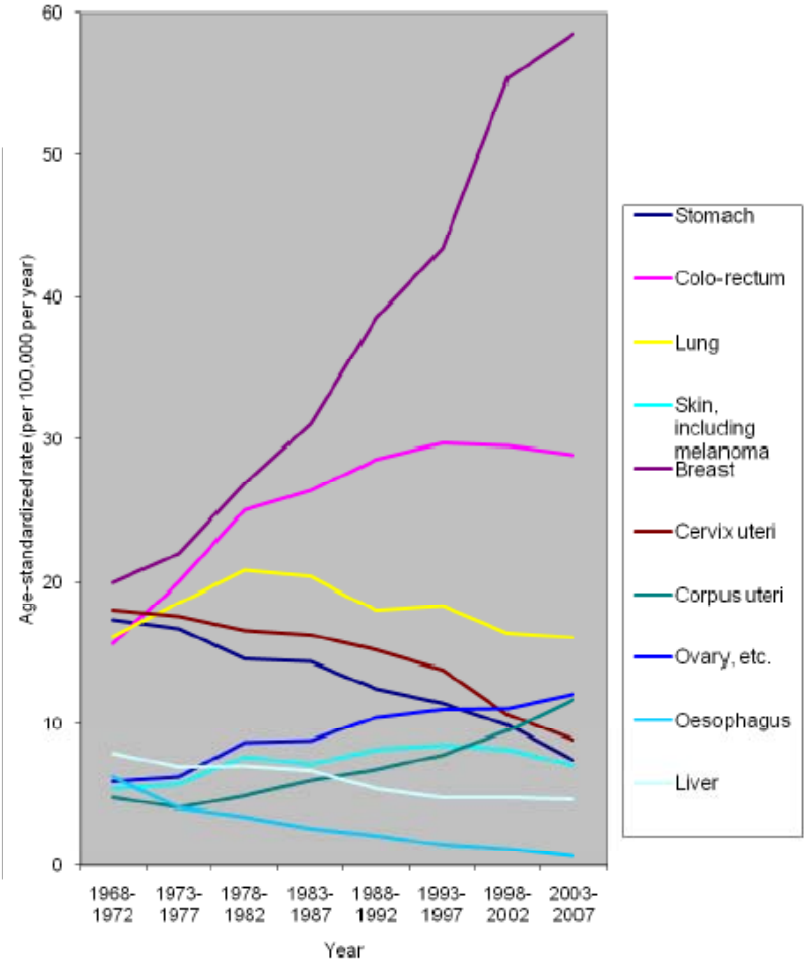
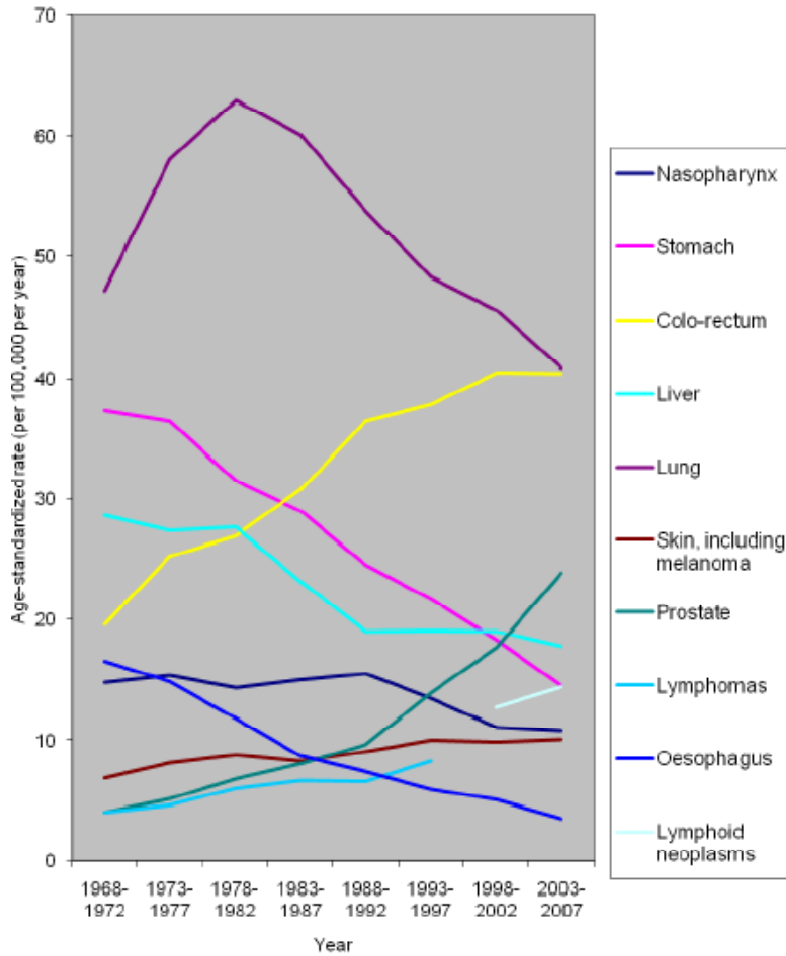


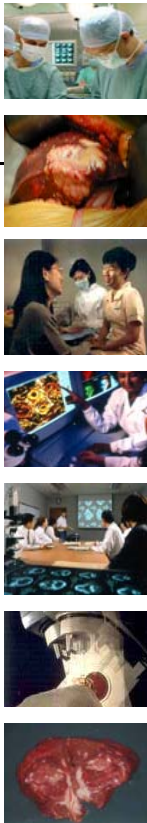
World Cancer Report, WHO 2003



Cancer Overview

Introduction – Common Cancers Singapore





Cancer Overview

Introduction – Common Cancers Singapore

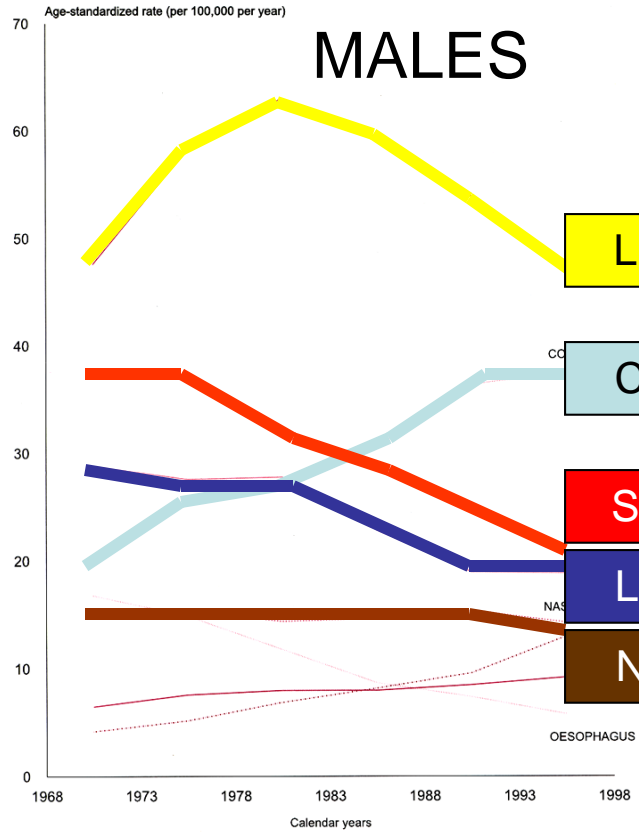


Fig. 8.3(a): TRENDS IN AGE-STANDARDIZED INCIDENCE OF SELECTED CANCER SITES IN MALES, 1968-1997.

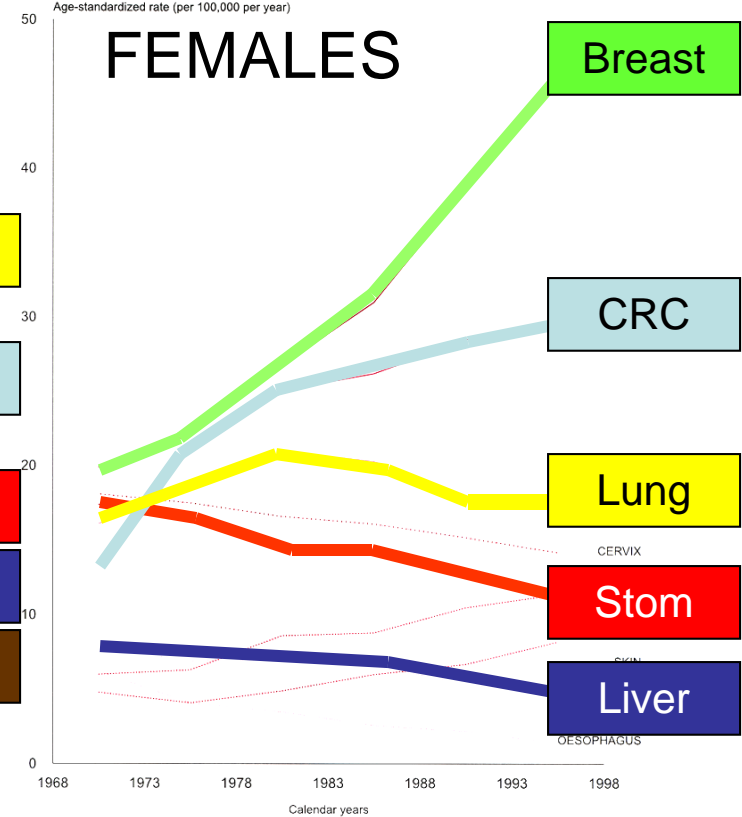


Fig. 8.3(b): TRENDS IN AGE-STANDARDIZED INCIDENCE OF SELECTED CANCER SITES IN FEMALES, 1968-1997.

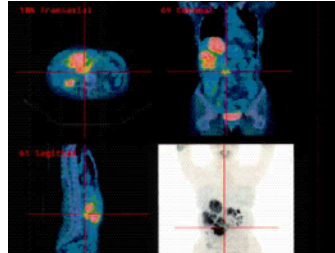


Cancer Overview

Cancer Care Delivery - Multidisciplinary Approach



Surgical Oncology



Oncologic Imaging



Counseling/Support



Medical Oncology



Joint Boards/Clinics



Oncologic Nursing



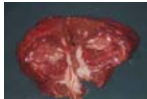
Radiation Oncology



Palliative Care

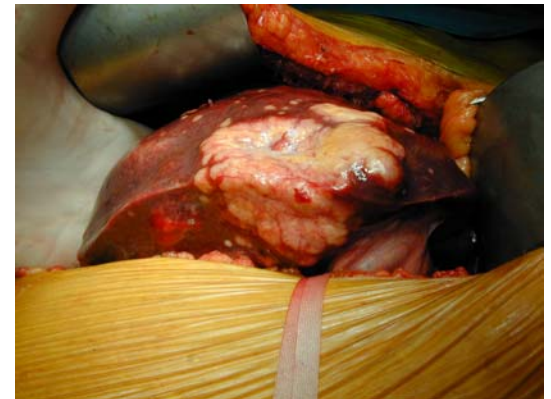
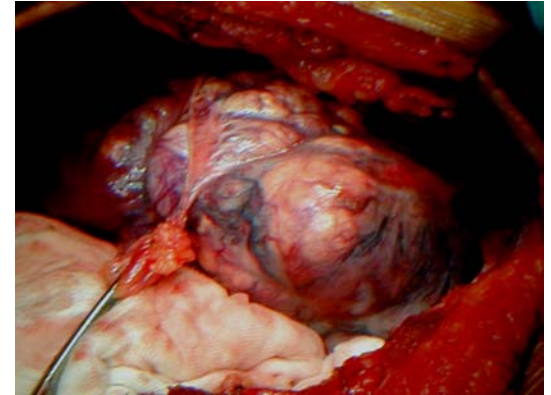


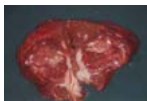
Research



Cancer Management Therapy – Surgery

- Most cancers cured by surgery
- Need to remove the primary tumour & draining lymph nodes
- Aim is radical surgery with preservation of structures and function
- Sub-specialty surgery
- High volume predicts outcome





Cancer Management Therapy - Chemotherapy

- Rarely as main treatment modality
- Chemotherapy used to tackle systemic disease
- Adjunct to surgery
- Palliation therapy
- Neoadjuvant therapy

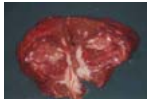




Cancer Management Therapy – Radiation Therapy

- Rarely as main treatment
- Use of particles to treat localised tumours
- Intensity modulated RT
- Brachytherapy
- Neoadjuvant therapy
- Radioactive compounds therapy – I^{131} , Re^{88} , P^{32} , Yt^{90} SIRS microspheres

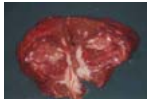




Cancer Overview

Key to Management - Prevention

- Ultimate aim is to prevent cancer formation
- Eradicating risk – HBV (HCC), HPV (CaCx)
- Identifying risk – HNPCC (CRC), BRCA (breast CA)
- Reduction of exposure – smoking, poisons
- Lifestyle changes
- Dietary changes
- Screening, awareness and education



Cancer Overview

Screening

- PAP smear for cervical cancer – yearly after 40
- Mammogram for breast cancer – yearly after 40 (?)
- Faecal OB +/- colonoscopy for colorectal cancer – 5 yearly after 45 unless at risk group
- AFP + US for liver cancer – 6 monthly for at risk group

Diet

Facts, Fallacies & Myths

Diet – Facts, Fallacies and Myths

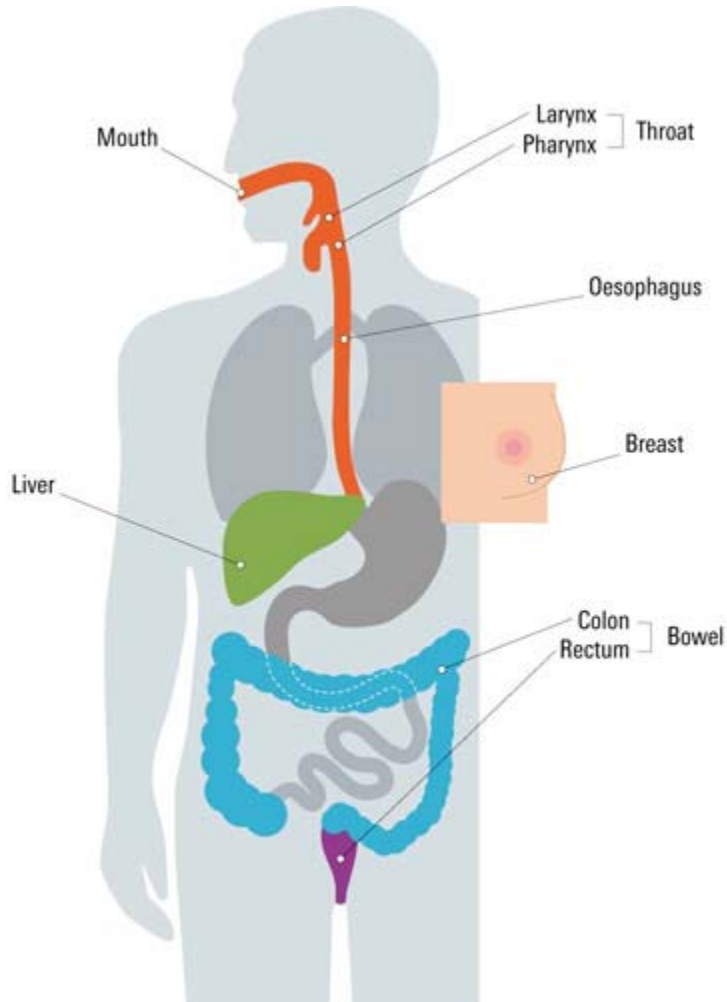
Harmful Foods - Nicotine





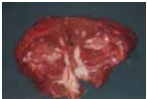
Diet – Facts, Fallacies and Myths

Harmful Foods - Alcohol



Diet – Facts, Fallacies and Myths

Harmful Foods – Meat ?



Diet – Facts, Fallacies and Myths

Harmful Foods – Fast Foods ?



You are what
you eat !

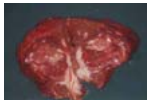
Diet – Facts, Fallacies and Myths

Harmful Foods – Seafood ?

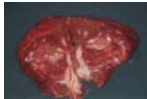


Diet – Facts, Fallacies and Myths

Harmful Foods – Traditional Medicines ?



Helping to Face the Day



Helping to Face the Day Issues That Patients Face

- Hearing the news – denial or disbelief
- Understanding & accepting options
- Going through treatment
- Symptoms effects & control
- Seeing beyond
- When is tomorrow? - Living day-to-day
- Effect on family and friends



Helping to Face the Day Issues That Patients Face – How Can You Help

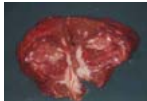
- Being there – wise counsel and support
- Looking after physical needs
 - Nutrition
 - Activities of daily living
 - General overall physical health
- Looking after emotional needs
- Financial



Helping to Face the Day Issues That Patients Face - Emotional

Ability to find meaning and peace in life is the more influential contributor to favourable adjustment during cancer survivorship

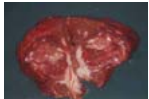
Facets of Spirituality as Predictors of Adjustment to Cancer: Relative Contributions of Having Faith and Finding Meaning. Yanez B, et al. J Consult Clin Psychol 2009;77:730-41.



Helping to Face the Day Issues That Patients Face - Emotional

Survivors often **rely on religious/spiritual beliefs to derive meaning** during illness and survivorship, as well as coping with and coming to terms with death.

Meaning, spirituality, and wellness in cancer survivors.
Vauchon ML. Semin Oncol Nurs 2008;24:218-25



Helping to Face the Day Issues That Patients Face - Emotional



**Prayer & Faith
Helps**

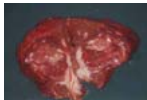
Special Situations: Colorectal Cancer & Stoma Care



Colorectal Cancers

Overview

- Commonest cancer
- Surgery with adjuvant chemo/RT usually curative
- Most don't require colostomy
- Stage IV disease sometimes “curable”



Colorectal Cancers

Abdomino-Perineal Resection (APR)

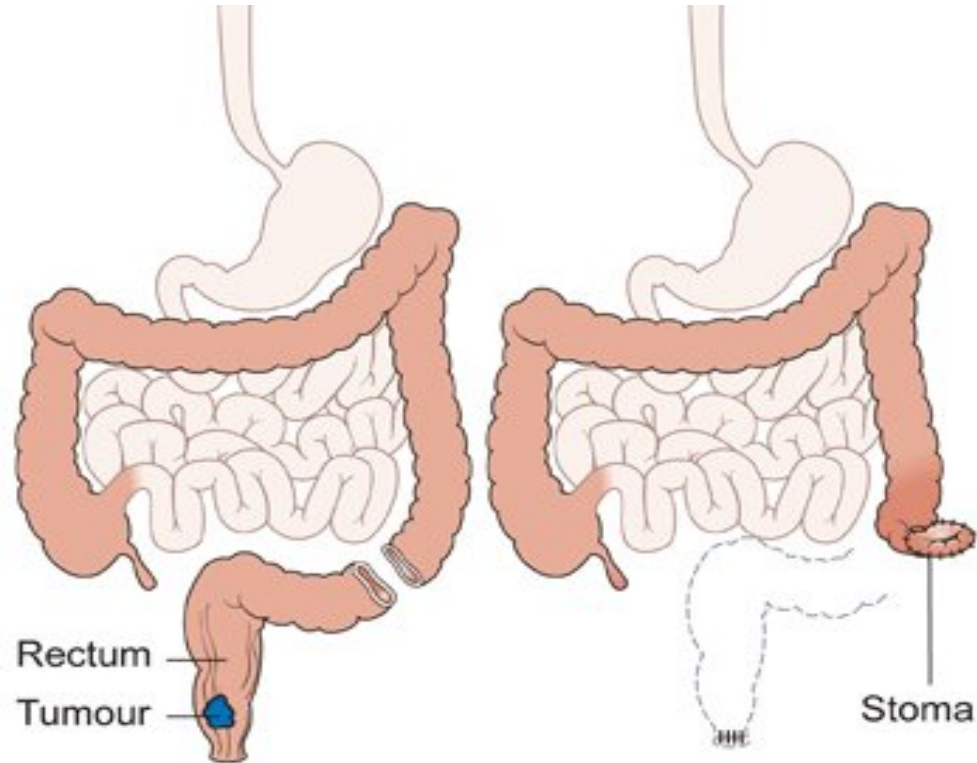


Diagram showing an abdomino-perineal resection of the bowel
Copyright © CancerHelp UK



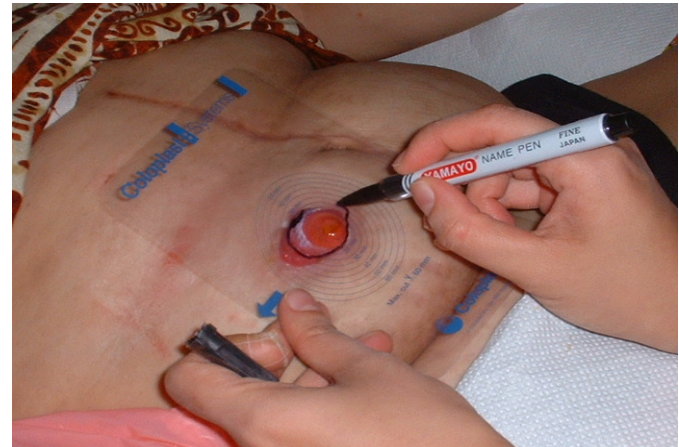
Colorectal Cancers

Looking After A Colostomy



Colorectal Cancers

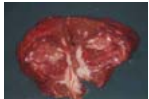
Looking After A Colostomy



Colorectal Cancers

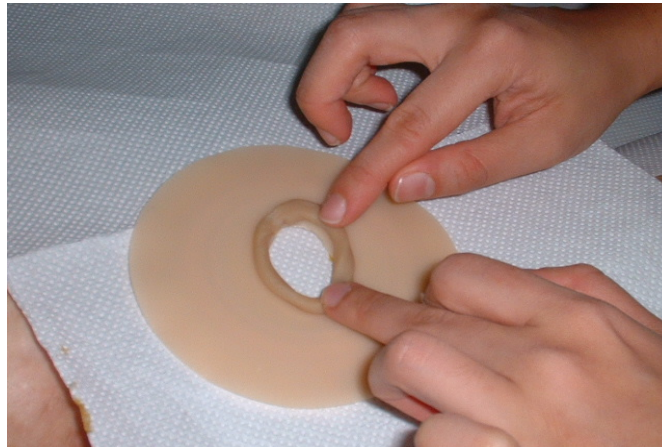
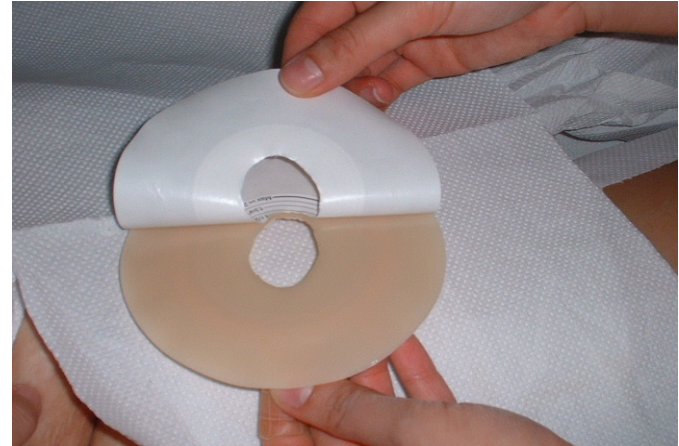
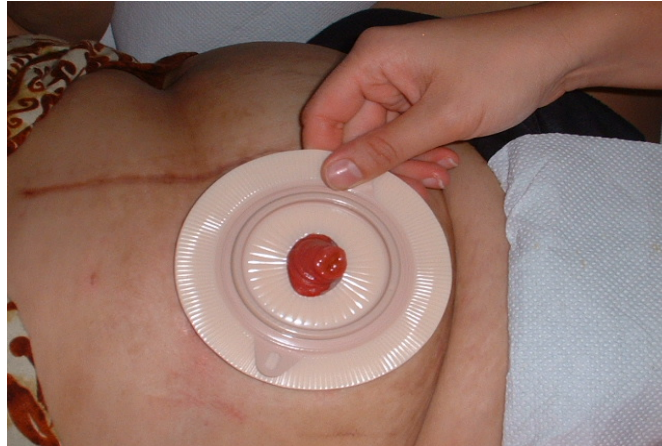
Looking After A Colostomy





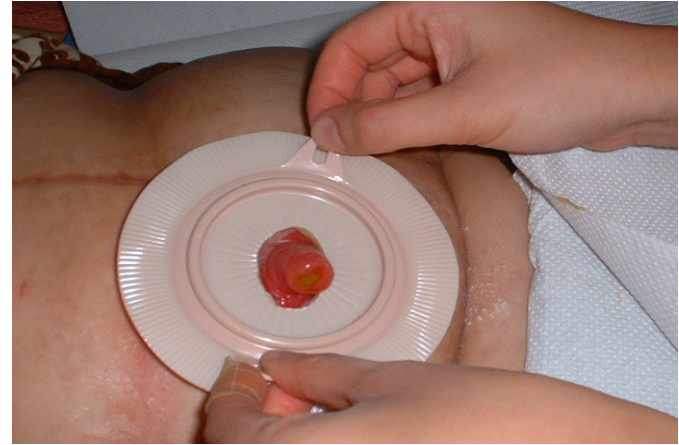
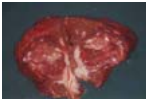
Colorectal Cancers

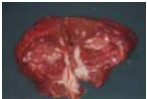
Looking After A Colostomy



Colorectal Cancers

Looking After A Colostomy

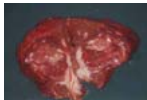




Colorectal Cancer Support Groups

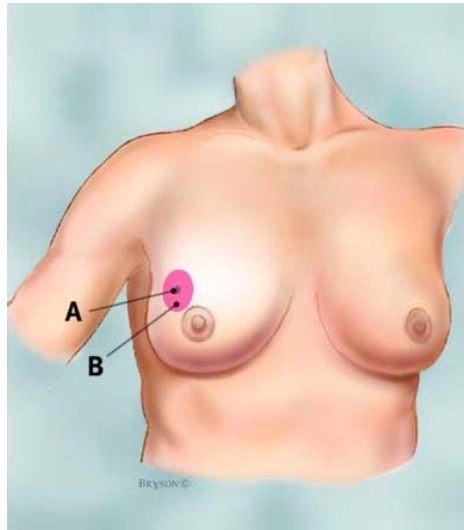
- NCCS Programmes (Enreach Retreat, Look Good Feel Better, CanSurvive, Growth Club – Grief in Recovery)
- Stoma Care Nurse Service (SGH)
- Ostomy Club (Singapore Cancer Society)
welfare@singaporecancersociety.org.sg
- Touch Community Care Cancer Support
- Stoma Support (CGH)

Special Situations: Breast Cancer Care

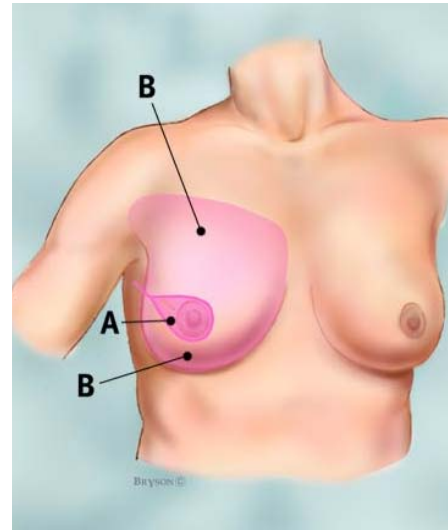


Breast Cancer

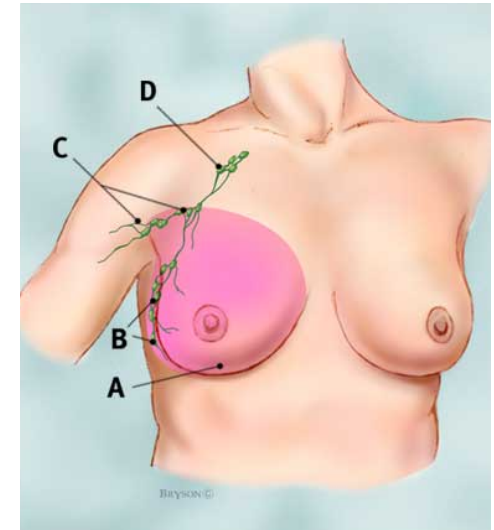
Types of Surgery



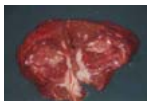
Lumpectomy



Skin-Sparing
Mastectomy

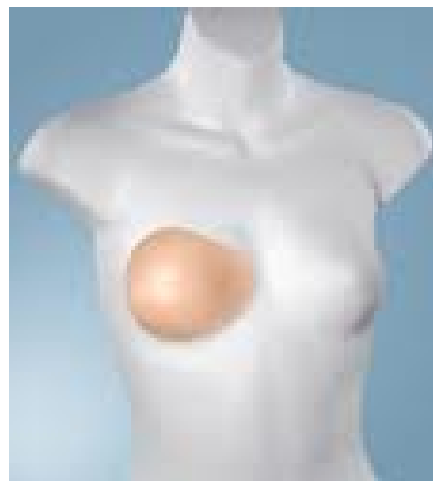


Modified Radical
Mastectomy



Breast Cancer

Post Surgery Support – Prostheses & Appliances



Breast Bra



Breast Prosthesis

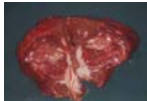


Breast Cancer

Post Surgery Support – Prostheses & Appliances



Lymphoedema Sleeve



Breast Cancer Support Groups



- NCCS Programmes (Enreach Retreat, Look Good Feel Better, CanSurvive, Growth Club – Grief in Recovery)
- Breast Cancer Support Group (SGH)
- Reach to Recovery (Singapore Cancer Society)
welfare@singaporecancersociety.org.sg
- Touch Community Club Cancer Support
- Breast Cancer Support Group (BCF)
- Breast Cancer Support Group (CGH)

Take Home Message



- Cancer consistently **top killer** in Singapore
- Most cancers caused by **lifestyle & diet** habits
- Cancer is **preventable** to some extent
- Most cancers are **asymptomatic** when early
- **Screening** detects cancer earlier
- **Surgery** is the only “cure” for most cancers
- See a doctor **early**, see the **right doctor**

National Cancer Centre Singapore

Cancer Helpline

6 22 55 6 55

www.nccs.com.sg



*There is always **HOPE***