Understanding Cancer
An Overview
(with special focus on breast and colorectal cancers)

Life B-P Church
Care Givers’ Seminar
2 October 2010
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

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
- Medical Oncology
- Radiation Oncology
- Oncologic Imaging
- Joint Boards/Clinics
- Palliative Care
- Counseling/Support
- Oncologic Nursing
- 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 – $^{131}$I, $^{88}$Re, $^{32}$P, $^{90}$Yt 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.

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.

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)
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 Prosthesis

Breast Bra
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