



PRESS RELEASE

FOR IMMEDIATE RELEASE

Cancer prevention initiatives, comprehensive health education at forefront of Public Health Service 2022

Singapore, 20 August 2022 -- Cancer is the leading cause of death in Singapore, and 1 in 4 Singaporeans will develop it in their lifetime. This stresses the paramount importance of early cancer detection and prevention—which is at the forefront of this year’s Public Health Service (PHS), held on 20 and 21 August 2022, at the Canopy @ J-Link.

A preventive health project organised by the NUS Medical Society, the student body of the NUS Yong Loo Lin School of Medicine (NUS Medicine), the PHS is an annual initiative that began since 2004, involving Singapore’s three public healthcare clusters: the National University Health System, the National Healthcare Group and SingHealth. The upcoming comprehensive health screening event would be engaging about 600 volunteers across both days of the event, including medical, nursing and dental students, doctors as well as allied health professionals such as physiotherapists, occupational therapists and audiologists, supported by PHS alumni.

The PHS motto, “Promoting Health, Spreading Awareness”, effectively summarises what PHS aims to accomplish as a health service. Firstly, it promotes the health of our local community through a population-based approach, by employing primary and secondary prevention strategies that reinforce positive health behaviour in the public. This is reinforced by spreading awareness of the need and the means to look after one’s own health through our health education programmes.

As the first in-person event since a two-year hiatus due to the COVID-19 pandemic, the NUS Medical Society aims to not only kick start PHS’s engines of health screening and disease detection, but also expand its focus on more diseases—particularly the detection and education of various types of cancer.

Attended by Guest-of-Honour Ms Grace Fu, Minister for Sustainability and the Environment and Member of Parliament for Yuhua, the 15th edition of the free annual health screening event aims to reach 1,000 residents over the weekend. Open to all Singaporeans and Permanent Residents 40 years-old and above, the health screening aims to re-integrate them into the health system, if necessary.

“The Public Health Service complements new Singapore’s Healthier SG initiative well. This inter-disciplinary approach to health screening has been fostering inter-professional collaborative practice and continues to encourage healthcare students to understand and appreciate the intricacies of looking after patients on ground. Indeed, the goals of PHS is closely aligned with NUS Medicine’s vision: “Inspiring Health for All”, said Associate Professor Lau Tang Ching, Vice-Dean of Education, NUS Yong Loo Lin School of Medicine.

Importance of early cancer detection

The health screening would include risk assessment and screening for various cancers and chronic diseases, such as metabolic syndrome, and common geriatrics conditions. PHS 2022 would also educate residents on the importance of disease prevention, through 13 newly updated modalities, such as the Women’s Cancer Education and Faecal immunochemical Test (FIT), as well as partnerships with various organisations.

Mr. Yeo Sheng Yep, Brian, Co-Project Director of PHS 2022 and third-year student at NUS Medicine, said, “Cancer is one of Singapore’s leading causes of death. A cancer diagnosis could leave a detrimental impact on both patients and their families. Substantial medical literature to date has shown that detecting some cancers early can significantly increase the probability of survival and remission. Hence, PHS strives to provide a comprehensive health screening for our community, and deepen our emphasis on the prevention and early detection of cancers.”

Streamlining its focus on a holistic programme of prevention and education, the PHS team would be setting up a comprehensive exhibition beside their health screening, with close to 20 partner organisations, including National Cancer Centre Singapore (NCCS), National University Cancer Institute, Singapore (NCIS) and National Kidney Foundation (NKF), to educate the public about a variety of common conditions seen in Singapore. The collaborative efforts between PHS and its partner organisations reflect a common goal in promoting health in the community.

Increasing health literacy among population

Tying in the objective of increasing health literacy among the population, the PHS 2022 team has also developed the Public Health Catalogue (PHC) as an initiative to help educate the general public.

The catalogue includes health tips and advice for common conditions such as high cholesterol and metabolic syndrome. It also seeks to address common health-related misconceptions, and offers information about government subsidies, to aid readers in taking charge of their own health.

Ms Surabhi Riya Vig, Co-Project Director of PHS 2022 and third-year student at NUS Medicine, said, “We are grateful for the positive uptake and feedback from the residents in Jurong East who received our PHC booklets. The PHC serves as a comprehensive and

convenient guide to encourage residents to take responsibility for their own health. We hope our recipients would be incentivised to adopt healthy living practices!"

For media enquiries, please contact:

Emma GOH
Assistant Director, Communications
Yong Loo Lin School of Medicine
National University of Singapore
DID: +65 8569 0984
Email: emmagoh@nus.edu.sg

Natalie TAN
Executive, Communications
Yong Loo Lin School of Medicine
National University of Singapore
DID: +65 9011 1459
Email: nat_tan1@nus.edu.sg

About National University of Singapore (NUS)

The National University of Singapore (NUS) is Singapore's flagship university, which offers a global approach to education, research and entrepreneurship, with a focus on Asian perspectives and expertise. We have 16 colleges, faculties and schools across three campuses in Singapore, with more than 40,000 students from 100 countries enriching our vibrant and diverse campus community. We have also established our NUS Overseas Colleges programme in more than 15 cities around the world.

Our multidisciplinary and real-world approach to education, research and entrepreneurship enables us to work closely with industry, governments and academia to address crucial and complex issues relevant to Asia and the world. Researchers in our faculties, 30 university-level research institutes, research centres of excellence and corporate labs focus on themes that include energy; environmental and urban sustainability; treatment and prevention of diseases; active ageing; advanced materials; risk management and resilience of financial systems; Asian studies; and Smart Nation capabilities such as artificial intelligence, data science, operations research and cybersecurity.

For more information on NUS, please visit www.nus.edu.sg.

About the NUS Yong Loo Lin School of Medicine (NUS Medicine)

The NUS Yong Loo Lin School of Medicine is Singapore's first and largest medical school. Our enduring mission centres on nurturing highly competent, values-driven and inspired healthcare professionals to transform the practice of medicine and improve health around the world.

Through a dynamic and future-oriented five-year curriculum that is inter-disciplinary and inter-professional in nature, our students undergo a holistic learning experience that exposes them

to multiple facets of healthcare and prepares them to become visionary leaders and compassionate doctors and nurses of tomorrow. Since the School's founding in 1905, more than 12,000 graduates have passed through our doors.

In our pursuit of health for all, our strategic research programmes focus on innovative, cutting-edge biomedical research with collaborators around the world to deliver high impact solutions to benefit human lives.

The School is the oldest institution of higher learning in the National University of Singapore and a founding institutional member of the National University Health System. It is one of Asia's leading medical schools and ranks among the best in the world (Times Higher Education World University Rankings 2022 by subject and the Quacquarelli Symonds (QS) World University Rankings by subject 2022).

For more information about NUS Medicine, please visit <https://medicine.nus.edu.sg/>

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(From left to right) Professor Chong Yap Seng, Dean of NUS Yong Loo Lin School of Medicine, Mr. Yeo Sheng Yep, Brian, Co-Project Director of PHS 2022, Ms Grace Fu, Minister for Sustainability and the Environment, Ms Surabhi Riya Vig, Co-Project Director of PHS 2022, and Associate Professor Lau Tang Ching, Vice-Dean, Education, of NUS Yong Loo Lin School of Medicine, officially launching PHS Health Screening 2022 at the ribbon cutting ceremony.



Group photo of Ms Grace Fu, Minister for Sustainability and the Environment (standing sixth from left), Professor Chong Yap Seng, Dean of NUS Yong Lo Lin School of Medicine, Associate Professor Lau Tang Ching, Vice-Dean, Education, of NUS Yong Lo Lin School of Medicine, Associate Professor Marion Aw, Vice-Dean, Office for Students, of NUS Yong Lo Lin School of Medicine, alongside the PHS Student Organising Committee.



Student volunteers helping residents with the registration process.



A resident getting an eye-check.



Mr. Yeo Sheng Yep, Brian (left), Co-Project Director of PHS 2022, and Ms Grace Fu, Minister for Sustainability and the Environment, speaking to a resident.



Mr. Yeo Sheng Yep, Brian (left), Co-Project Director of PHS 2022, and Ms Grace Fu, Minister for Sustainability and the Environment, speaking to a resident.



Ms Grace Fu, Minister for Sustainability and the Environment, taking part in an activity at the Diet and Nutrition booth, with Ms Surabhi Riya Vig (left), Co-Project Director of PHS 2022 looking on