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APRIL - JUNE 2018

About the Cover Page:

**ALONG THE OTHER MANDALAY ROAD**



» The sharp and modern façade of the robustly designed National Centre for Infectious Disease (NCID) (middle) etches a sharp backdrop between the beautifully restored Palladian-style Heritage Building (left) and the Clinical Sciences Building of the NTU-Imperial College Lee Kong Chian School of Medicine (LKCMedicine) (right) in the Novena HealthCity Campus. The Heritage Building was formerly Nursing Quarters and later Administrative Offices for TTS before becoming the proud headquarters of the LKCMedicine.

The quiet route that leads from Balestier Road to the big hospital on top of the hill at Jalan Tan Tock Seng, traverses a myriad of roads and streets thematically named, since the 1920s, after Burmese cities. This unusual legacy and lattice of evocative names (e.g. Moulmein, Mandalay, Martaban, Irrawaddy, Pegu, Bassein, Shan, Akyab) lends a pastoral and laid-back atmosphere to the neighbourhood, a stone's throw away from the bustle of the Whampoa area. Arguably, this latter district exudes old world charms, a shady and somewhat sleepy town with familiar shops, kopitiam (in the old style), and the famous market that bears its name. Fresh amenities, services and

re-development have brought new residents and the young into the heart of the estate. The image of this transition from old neighbourhood to a mega health-city bears a sharp contrast to a route steeped in history and its unique stories. Hopefully, time will show that it will continue to bring us who serve, closer to those whom we serve. GPBUZZ



» 13 Martaban Road is a restored pre-war terrace house used as a dormitory for orderlies from Tan Tock Seng Hospital. Martaban was the old name for Mottama, a town located in the Mon State, Myanmar.

NEW DISCHARGE CAREPATHS FOR TAN TOCK SENG HOSPITAL'S COMMUNITY RIGHT-SITING PROGRAMME (CRISP):

# GOUT AND OSTEOPOROSIS

Dear Partners and Friends,

The TTSH Community Right-Siting Programme (CRiSP) has successfully decanted patients beyond the 19 Chronic Disease Management Programme (CDMP) conditions, and looks forward to expanding more chronic conditions for discharges to primary care.

Coming May 2018, we will be commencing right-siting of patients with Gout and Osteoporosis to our GP partners. TTSH Pharmacy will continue to dispense drugs upon doctor's prescription.

We are pleased to have TTSH Department of Rheumatology, Allergy and Immunology conduct a masterclass on the care management for this group of patients on 28 April 2018, Saturday for our GP partners. Refer to page 3 for more information on the masterclass and other CMEs.

Thank you for your ongoing support! We look forward to building closer partnerships with you. [GPBUZZ](#)

CRiSP is a partnership between TTSH and our GP partners, where stable patients at Specialist Outpatient Clinics with selected chronic conditions are appropriately reviewed and managed at the GP setting.

Currently, CRiSP is implemented in the following regions:

- |               |                            |
|---------------|----------------------------|
| 1. Ang Mo Kio | 5. Hougang                 |
| 2. Toa Payoh  | 6. Serangoon               |
| 3. Bishan     | 7. Rochor, Novena, Kallang |
| 4. Geylang    |                            |



If you are interested to learn more about CRiSP, please email us at [gp@ttsh.com.sg](mailto:gp@ttsh.com.sg)

## Advocate Vaccination without Hesitation

Immunisation saves millions of lives, and is widely recognised as one of the world's most successful and cost-effective health interventions. World Immunisation Week - celebrated in the last week of April - aims to highlight the collective action needed to ensure that every person is protected from vaccine-preventable diseases.

The World Health Organisation (WHO) has set this year's theme as "**Protected Together, #VaccinesWork**", encouraging people at every level - from donors to the general public - to go further in their efforts to increase immunisation coverage for the greater good.<sup>1</sup>

In Singapore, while childhood immunisation rates are high, vaccination remains an under-utilised resource among adults, especially seniors and those with chronic diseases. Influenza and pneumococcal vaccinations are recommended for all patients 65 years and above, as well as for younger patients with chronic diseases.

Dear primary care colleagues, do opportunistically vaccinate your eligible patients and make it a part of routine patient care! Vaccinations will reduce their risk of infections and subsequent hospitalisation. [GPBUZZ](#)



<sup>1</sup> World Health Organisation. World Immunization Week. Available at: <http://www.who.int/mediacentre/events/2018/world-immunization-week/en/>. Accessed 08 February 2018.

# GENERAL PRACTITIONERS CAN PLAY A ROLE IN ADVANCE CARE PLANNING TOO

GPs in the community can be advocates and facilitators for Advance Care Planning (ACP), as they can build closer and long-term relationships with patients and their families.

ACP is a meaningful voluntary conversation that helps one define his or her preferred type of care in the event of sickness and inability to make healthcare decisions for themselves. It is a process which helps family members and healthcare professionals understand the individual, and foster closer relationships between one another.

On 12 January 2018, Tan Tock Seng Hospital's (TTSH) ACP team conducted a briefing to provide an overview of ACP to the GPs. Having these ACP conversations before patients are hospitalised can reduce the anxieties and uncertainties associated with urgent care admissions.

Dr Raymond Ng, Consultant, Department of Palliative Medicine, shared on the importance of ACP and how it can help patients in the primary care setting. This briefing is part of the ACP team's efforts to raise awareness and train our primary care partners to facilitate ACP conversations.



▲ Dr Raymond Ng sharing on the ACP programme with our GPs.



▲ Dr Raymond Ng answering queries by the GPs.

To facilitate General ACP conversations, primary care partners will have to attend two half-day training sessions conducted by TTSH and Agency for Integrated Care (AIC). During these sessions, participants will learn more about the ACP facilitation framework, and communication skills through role-play exercises. AIC will also provide trained GPs with access to the National ACP IT platform. **GPBUZZ**

## Be trained as an Advance Care Planning facilitator!

If you are a GP practising in the central region of Singapore, email [acp@ttsh.com.sg](mailto:acp@ttsh.com.sg) to find out how you can facilitate Advance Care Planning.

- Ang Mo Kio
- Toa Payoh
- Bishan
- Geylang
- Novena / Rochor / Kallang
- Hougang
- Serangoon

## CME (APRIL – JUNE 2018)

TITLE	CME POINTS	DATE	TIME	VENUE	REGISTRATION DETAILS
Update on Liver Diseases	2 CME points	21 April 2018	1.00pm to 4.30pm	Tan Tock Seng Hospital, Theatre, Level 1	<b>Ms Chiang Han Fong</b> 6357 7897 <a href="mailto:han_fong_chiang@ttsh.com.sg">han_fong_chiang@ttsh.com.sg</a>
CRISP Rheumatology Masterclass	2 CME points	28 April 2018	2.00pm to 5.00pm	Tan Tock Seng Hospital, Medical Centre, Level B1, Clinic B1A	<b>Ms Jac Ang</b> 6357 7819 <a href="mailto:jac_ac_ang@ttsh.com.sg">jac_ac_ang@ttsh.com.sg</a> Registration fee: \$10/pax
Common Foot & Ankle Conditions	2 CME points*	5 May 2018	1.00pm to 4.30pm	Tan Tock Seng Hospital, Level 3 (Use Lobby H), Seminar Rooms 1 & 2	<b>Ms Jayabarathy Singeraju</b> 6357 7708 <a href="mailto:jayabarathy_singeraju@ttsh.com.sg">jayabarathy_singeraju@ttsh.com.sg</a>
8 <sup>th</sup> Asean Dengue Day	2 CME points*	23 June 2018	12.30pm to 5.30pm	Tan Tock Seng Hospital, Theatre, Level 1	<b>Ms Grace Ho</b> 6511 5016 <a href="mailto:iide_cme@ttsh.com.sg">iide_cme@ttsh.com.sg</a>

\*Pending SMC approval

A confirmation email will be sent after your registration. Kindly email the contact person if you do not receive any confirmation after your registration. Thank you.

# TTSH ANNUAL GP LOHEI CELEBRATORY LUNCHEON AND CME: TOSSING TO ANOTHER YEAR OF BLOSSOMING PARTNERSHIP WITH OUR GPs!

Kicking off to a ‘paw-sperous’ year of the Dog, Tan Tock Seng Hospital (TTSH) brought General Practitioners (GPs) together for an engaging *Lohei* Luncheon and Continuing Medical Education (CME) session on ‘Protecting Our Community Against Infectious Diseases’.

Held on 3 March 2018, the event welcomed 70 GPs and TTSH clinicians at the Sheraton Towers Singapore to toss up good fortune with a colourful and lively *Lohei*.



▲ A/Prof David Foo, Clinical Lead for Primary Care addressing the attendees.



▲ A toss to closer collaborations between our GP partners and TTSH.

Associate Professor Ian Leong, Clinical Director, Division for Central Health, welcomed the guests and shared on how the mission for TTSH has expanded to integrate and provide healthcare for the population in the Central Zone of Singapore. He introduced TTSH’s function as an integrated care organisation - **Central Health**, which aims to forge stronger partnerships and grow an alliance of providers to provide coordinated and seamless care for the population.

Adjunct Associate Professor David Foo, Clinical Lead for primary care, shared the importance of primary care physicians in the management and upkeep of the population’s health. He also thanked our partners for their commitment and dedication in providing care in the community.

The CME on ‘Protecting Our Community Against Infectious Diseases’ covered topics such as influenza, adult immunisation, as well as HIV care in the primary care setting. The GPs gleaned valuable insights on the identification, treatment and control of the spread of these infectious diseases within the community.

Through the *Lohei* Celebration with our GP partners and raising their preparedness to handle infectious diseases in the community, the event marked an auspicious beginning to stronger partnerships in developing better care for the population we serve.



▲ Dr Hanley Ho, Consultant from Institute of Infectious Diseases and Epidemiology sharing on prevention, protection and pandemic preparedness of influenza.

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## MULTI-DISCIPLINARY SPECIALIST CARE

TTSH PEARL's suite of clinics and services is guided by the four pillars of care through **Evidence Care, Destination Care, Team Care and Personalised Care**. We remain committed to delivering a higher level of patient care as *We Value Our Patients Most*.

For the full range of services in Tan Tock Seng Hospital, please visit our website at [www.ttsh.com.sg](http://www.ttsh.com.sg).

### PEARL CLINICS AND SERVICES (NON-SUBSIDISED)

**GP Appointment Hotline: (65) 6359 6500**

#### CLINIC B1B

- **Orthopaedic Surgery**  
Tel: (65) 6889 4055  
Email: [ClinicB1B@ttsh.com.sg](mailto:ClinicB1B@ttsh.com.sg)
- **Rheumatology, Allergy and Immunology**  
Tel: (65) 6889 4027  
Email: [Contact@ttsh.com.sg](mailto:Contact@ttsh.com.sg)

#### CLINIC 2B

- **Gastroenterology and Hepatology**
- **General Surgery**
- **Urology**  
Tel: (65) 6889 4242  
Email: [Clinic2B@ttsh.com.sg](mailto:Clinic2B@ttsh.com.sg)

#### CLINIC 4B

- **Diabetes and Endocrinology**
- **General Medicine**
- **Haematology**
- **Infectious Diseases**
- **Medical Oncology**
- **Psychological Medicine**
- **Psychological Services**
- **Renal Medicine**
- **Respiratory and Critical Care Medicine**  
Tel: (65) 6889 4445  
Email: [Clinic4B@ttsh.com.sg](mailto:Clinic4B@ttsh.com.sg)

#### CLINIC 6B

- **Complementary Integrative Medicine**  
Tel: (65) 6889 4628  
Email: [Clinic6B@ttsh.com.sg](mailto:Clinic6B@ttsh.com.sg)
- **Dental**  
Tel: (65) 6889 4627  
Email: [Clinic6B@ttsh.com.sg](mailto:Clinic6B@ttsh.com.sg)

#### WELLNESS SERVICES

- **Health Enrichment Centre**  
Tel: (65) 1800-73275-00  
Email: [HEC@ttsh.com.sg](mailto:HEC@ttsh.com.sg)
- **Travellers' Health and Vaccination Clinic**  
Tel: (65) 6357 2222  
Email: [THVC@ttsh.com.sg](mailto:THVC@ttsh.com.sg)

#### PEARL LIAISON CENTRE (PLC)

Tel: (65) 6357 1590  
Email: [PLC@ttsh.com.sg](mailto:PLC@ttsh.com.sg)



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# EYE DISCOVERIES: AT THE HEIGHT OF LASIK TECHNOLOGY

Tan Tock Seng Hospital LASIK Centre



Since its inception in 2001, the National Healthcare Group (NHG) Eye Institute has continued to address the increasing demand for eye care services with a strong focus in areas of clinical services, research and training to deliver quality eye care and technological advancements to patients in Singapore and the region.

Coupled with the SCHWIND SIRIUS® corneal diagnostic imaging device, this sophisticated system offers the combined solution for refractive and therapeutic corneal surgery in terms

In 2017, TTSH LASIK Centre acquired the SCHWIND AMARIS® 1050RS Excimer Laser system with a sophisticated high performance eye-tracker that tracks eye movements in 7 dimensions.

of treatment safety and precision. Recognised for its rapid speed, the AMARIS® 1050RS Excimer Laser can treat 1000 degrees of myopia in as fast as 13 seconds! A short treatment time minimises the chance for significant eye movements to occur, thus providing greater accuracy and comfort.

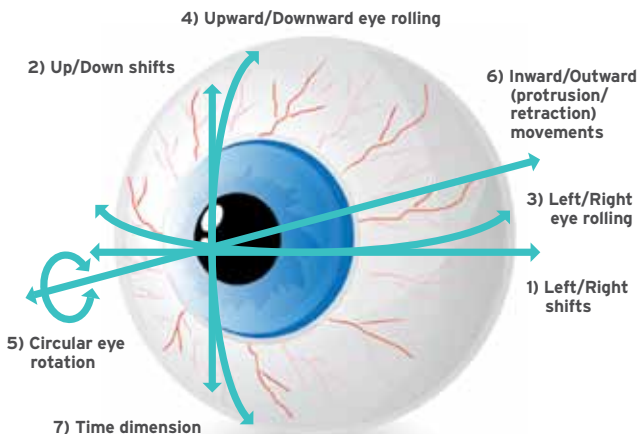
**These 7 dimensions are:**

1. Left/Right shifts
2. Up/Down shifts
3. Left/Right eye rolling
4. Upward/Downward eye rolling
5. Circular eye rotation
6. Inward/Outward (protrusion/retraction) movements
7. Time dimension - the new, revolutionary latency-free tracking laser predicts the next position of the eye and directs the laser pulse accordingly

The eye tracker camera in the system monitors the position of the eye 1050 times per second with a reaction time of three-thousandths of a second. This high tracking rate and extremely short reaction time ensure that the laser will be applied at the correct position on the cornea for every single laser pulse.

The Excimer Laser also has an Intelligent Thermal Effect Control (ITEC), a software tool that directs and distributes the laser pulses over the corneal surface optimally, to prevent thermal damage to the corneal tissue.

Together with its enhanced reliability and accuracy in treatment outcome, the extreme precision of the SCHWIND AMARIS® 1050RS Excimer Laser makes it uniquely suited to the task of refractive corneal surgery. Most patients after LASIK report almost perfect vision the next day, and resume normal activities within the first few days. **GPBUZZ**



For LASIK pre-assessment appointment with Tan Tock Seng Hospital LASIK Centre, please contact 6357 2255 or email us at [lasik@ttsh.com.sg](mailto:lasik@ttsh.com.sg)



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# WHAT'S THE NUMBER ONE KILLER AMONG ALL CANCERS?

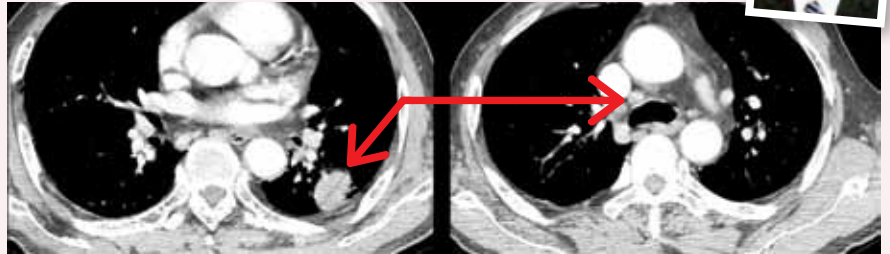
By **Adj Assistant Professor Verma Akash**, Senior Consultant, Department of Respiratory & Critical Care, Tan Tock Seng Hospital



Approximately 1500 people are diagnosed with lung cancer in Singapore every year. **Lung cancer is the number one killer among males, and second among females in Singapore.** Although it is the second most common cause of cancer deaths among females, the difference between the number of patients dying from breast and lung cancer is only 100.

Diagnosis begins with a chest radiograph, as it is effective in raising any suspicion of advanced stage lung cancer. However, a chest radiograph is not an ideal tool, as it will miss cancer tumours <1 cm in size, and cannot detect early or curable stage lung cancers for potentially meaningful outcomes. Instead, chest Computed Tomographies (CTs) are the essential choice of imaging.

Once a CT has discovered the suspected lesion, the next step is to biopsy the lesion to confirm the initial diagnosis. This can be done through various techniques, with choices depending on location of lesion, patient's preference, and the availability of skills/techniques involved. Lesions with airways leading to it are best diagnosed



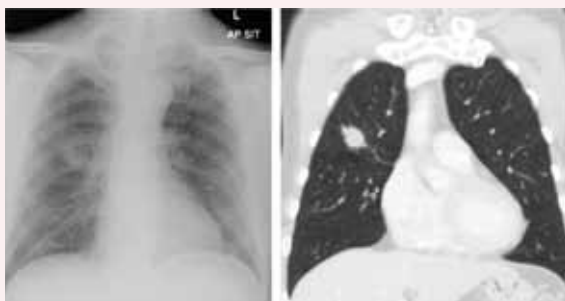
Advanced stage lung cancer.

with bronchoscopy. Central lesions or patients with mediastinal involvement can be best diagnosed with Endobronchial Ultrasound-guided Trans-Bronchial Needle Aspiration (EBUS-TBNA). Traditionally, peripheral lesions are best diagnosed using CT-guided biopsy, as the conventional bronchoscopy for such lesions can carry high failure rates.

**Recently available technology has since improved the guidance of bronchoscopy, through a 3D road map that makes it easier for physicians to reach the suspected lesion with greater accuracy and safety.**

Patients with extra-thoracic spread of cancer or pleural effusion could be diagnosed by the biopsy of the extra-thoracic site or pleural fluid analysis respectively.

Once the diagnosis is established, patients need staging because therapy is determined according to the stage of cancer. Positron Emission Tomography (PET) and MRI brain scans are ideal, and necessary for staging.



Early stage lung cancer.

## Treatment Recommendations for the Different Stages of Lung Cancer

### Stages 1 and 2

- Surgical resection, regardless of histological subtype

### Stage 3a

- Chemotherapy and radiotherapy,
- Surgery
- Subsequent chemotherapy and radiotherapy
- Requires multi-disciplinary discussion (tumour board meetings) among Respiratory Physician, Thoracic Surgeon, Radiologists & Oncologists

### Stages 3b and 4

(For histological subtypes other than adenocarcinoma)

- Chemotherapy with or without radiotherapy

In addition to the above-mentioned targeted therapy, a new therapy called immunotherapy is emerging rapidly, and showing significant benefits for the treatment of lung cancer. **GPBUZZ**

For more information on lung cancer diagnosis, treatment and referral, email to [Clinic4B@ttsh.com.sg](mailto:Clinic4B@ttsh.com.sg)

# A MULTI-DISCIPLINARY APPROACH TO POPULATION-WIDE CANCER CARE

By **Adj Associate Professor Chong Yew Lam**, Divisional Chairman (Surgery), Head and Senior Consultant, Department of Urology, Tan Tock Seng Hospital



The Joint Oncology Innovation Taskforce (JOINT) was established by TTSH in June 2012 to provide a comprehensive integrated oncology care framework for the coordination of TTSH's oncology care. Recognising the increasing complexity of oncology care, JOINT aims to provide a strong multi-disciplinary approach to collaborative care support for our patients - providing them with access to a comprehensive and integrated oncology care service of high efficiency and standard of care. The taskforce also oversees the development of research capabilities to enhance oncology care efficiencies and outcomes for our patients.

JOINT is a patient-centric, comprehensive framework that integrates oncology care into Medical, Surgery and Radiation Oncology services, and is supported by various clinical disciplines, allied health professionals, as well as nursing staff. Together, JOINT's multi-disciplinary approach enables a rapid turnaround time from diagnosis to treatment, which is critical for good cancer prognosis and treatment outcomes. Programmes in survivorship, as well as palliative care ensure meaningful, dignified living for cancer patients, and cancer survivors. **GPBUZZ**



# TAN TOCK SENG HOSPITAL'S (TTSH) MEDICAL ONCOLOGY SERVICES

By **Dr Lavina Bharwani**, Head and Senior Consultant, Department of Medical Oncology, Tan Tock Seng Hospital



The medical oncology services at TTSH have grown over the years, and with the consolidation of Johns Hopkins Singapore medical oncology services into TTSH, we are now able to dedicate our oncology-trained personnel towards managing patients at both the inpatient and outpatient settings. Cancer patients are managed by a multi-disciplinary team of specialised physicians, and on a weekly basis; TTSH has tumour boards in which clinical teams discuss new and complex cases across various types of cancer. The following specialised services have also been developed at TTSH:

- a) Breast multi-disciplinary clinic
- b) The Gastro-Intestinal Cancer Clinic (TGICC)
- c) Hyperthermic Intraperitoneal Chemotherapy (HIPEC) administration
- d) Neuro-oncology service
- e) Genetics counselling service
- f) Surveillance clinics **GPBUZZ**

For any queries on Medical Oncology services at TTSH, contact Ms Selin Fernandez at [selin\\_fernandez@ttsh.com.sg](mailto:selin_fernandez@ttsh.com.sg)





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# ARE CHIA SEEDS A TYPE OF 'SUPERFOOD'?

By **Ms Celia Jong**, Dietitian, Nutrition and Dietetics Department, Tan Tock Seng Hospital



Chia seeds have gained popularity among the list of well-known health foods. Coming from the desert plant, *Salvia Hispanica*, which commonly grows in Mexico, their use dates back to the ancient Mayan civilisation. Although packed with nutrients such as omega-3 fatty acids, carbohydrates, protein, fibre, and antioxidants, just how much of a 'superfood' are chia seeds?

**Fun fact 1**

The United States Department of Agriculture (USDA) reports that chia seeds contain 31% total fats, of which are mainly polyunsaturated fats, and have one of the highest known content of Alpha-Linolenic Acid (ALA) - an important omega-3 fatty acid. Did you know that omega-3 fatty acids are associated with cardio-protective benefits?

**Fun fact 2**

Chia seeds are also high in soluble fibre. A high fibre diet has many health benefits such as good colon health, a healthy weight as well as reduced risks of diabetes and heart disease.

**Fun fact 3**

Chia seeds have been touted to contain a higher complete protein content than most grains and cereals. Protein is essential for building muscles, and may also help support the immune system. However, chia seeds cannot be used as a sole source of protein, as they lack sufficient lysine - an essential amino acid that can be obtained

from other protein food sources such as meat, poultry, fish and nuts.

**Fun fact 4**

Chia seeds also contain antioxidants such as naturally occurring polyphenols. Dietary antioxidants protect the body against harmful cell damage. Generally, coloured fruits and vegetables are known to be rich in polyphenols.

Although a nutrient-dense food, research on whether chia seeds can help with diabetes management and weight loss has been inconclusive. Consumers should thus be aware of the possibly over-hyped and unsubstantiated health claims related to chia seeds.

If you are looking for a good all-rounded dietary source of fibre, protein and healthy fats, chia seeds are certainly a welcome consideration to add to an already varied and balanced diet. Remember that nutrients and foods often work in synergy, and that there is no such thing as a single 'superfood'! **GPBUZZ**

**Nutrition Facts**

Serving Size 1 Tablespoon (15g)

Amount Per Serving **70**  
Calories

	% Daily Values*
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 3.56g	
Monounsaturated Fat 0.35g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
Sugar Alcohol 0g	
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	0%
Calcium 95mg	8%
Iron 1.16mg	6%
Potassium 61mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Chia Seeds Nutrition Facts (based on 1 tablespoon, raw) Reference: USDA



# GP BUZZ

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APRIL-JUNE 2018

**TTSH MEDICAL  
ONCOLOGY  
SERVICES**

**AT THE HEIGHT OF  
LASIK  
TECHNOLOGY**

**WHAT 'S THE  
NUMBER ONE  
KILLER AMONG ALL  
CANCERS?**

**A MULTIDISCIPLINARY  
APPROACH TO  
POPULATION-WIDE  
CANCER CARE**



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