

**Stay Healthy, Stay Positive,
Stay Engaged & Stay Active.
Sleep, Eat & Hydrate Well.
Smile & Be Happy.**



**Active Surveillance
Group Gathering 2024**



**Kopi Session among
Walnut Avengers Members**

**Contact our TTSH Prostate Cancer
Support Group Coordinator**

Ms Li Jingling

jingling_li@ttsh.com.sg

Contact: **9726 1802**

(Mon-Fri, 9 am to 5 pm)



Scan the QR Code with your smart phone
to access the information online or visit
<http://bit.ly/TTSHHealth-Library>.

Was this information helpful?
Please feel free to email us if you have
any feedback regarding what you have
just read at
patienteducation@ttsh.com.sg



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professionals.

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**Department of
UROLOGY**

**Prostate Cancer Support
Group (Walnut Avengers)**



TTSH Walnut Avengers (Prostate Cancer Support Group)



Offers emotional support and shares personal experience on prostate cancer journey, cancer treatments and side effects.



Interacts with fellow prostate cancer members and their caregivers through social gatherings and kopi sessions after group activities.



Encourages members (Walnut Avengers) to participate in various weekly psycho-social group activities organised by Singapore Cancer Society or organised by fellow Walnut buddies.



Organises medical talks by TTSH healthcare professionals for members to understand latest development on prostate cancer treatments and prostate health.



Walnut Avengers 12th Anniversary



TTSH Medical Talk 2024

You Never Walk Alone

How To Join?



Contact TTSH Prostate Cancer Support Group Co-ordinator

Ms Li Jingling @ **97261802**
email: jingling_li@ttsh.com.sg
(Mon-Fri, 9 am to 5 pm)

or



Visit our Face to Face Patient Volunteer Buddy Station
@ Clinic 2A, 10am to 4 pm

Prostate Cancer Support Group



Prostate cancer is one of the most common cancer among men in Singapore.

Prostate cancer is curable when detected early.

Membership Form

Name: _____

Address: _____

Contact (Home): _____

Contact (Mobile): _____

Email : _____