

Leading a Healthy Lifestyle

Sleep Well	6 to 8 hours
Eat Right	<p>Eat a balance diet, including proteins, carbohydrates, fats, vegetables and fruits. Take more colourful fruits and cruciferous vegetables such as broccoli, cauliflower, cabbage, kalia and watercress.</p> <p><i>(Above diet advice may not be applicable to all patients immediately after surgery)</i></p>
Drink	Two litres of water daily
Avoid	Smoking, alcoholic drinks and food containing saturated fats
Exercise Regularly	<p>1) Exercise can increase your oxygen intake. E.g. breathing exercises, deep abdominal breathing exercise, qigong, tai-ji, walking</p> <p>2) Strengthens your bladder and rectum. E.g. Kegel exercise</p>
Stay Positive	Develop a positive mindset and attitude
Communicate	Maintain open communication channels with your spouse, children and friends
Stay Active	Volunteer and join the Colon Cancer Support Group

Colon Cancer Support Group

Contact:
6357 8366



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

Was this information helpful?
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Department of
General Surgery

Colon Cancer Support Group



Colon Cancer Support Group

The Colon Cancer Support Group (CCSG) at Tan Tock Seng Hospital was founded in 2004 with the support of TTSH Department of General Surgery, Colorectal sub-specialty.

All colon cancer patients and their caregivers are strongly encouraged to join the support group!

Membership is free.

What Do the Members Do?

Colon cancer is the one of the top leading causes of death among Singaporeans.

CCSG members who are colon cancer survivors provide strength and support to one another.

The members meet regularly to share their experiences on diet, stoma care, side effects of chemotherapy and radiotherapy, and ultimately to encourage each other to lead a healthy and happy lifestyle. Health professionals are also invited to give health talks and show you how to live a quality life.

Our Volunteers

CCSG is operated by volunteers who are colorectal patients themselves.

What Do Volunteers Do?

- Hotline Counseling every Monday, Thursday and Friday (3 -5 pm)
- Face-to-face counseling at Clinic 2A. Tan Tock Seng Hospital
- Monthly social gathering at Tan Tock Seng Hospital every Third Saturday of the month at 2.00pm
- Outdoor and leisure activities to promote group bonding
- Public forum and stage performances to create colorectal cancer awareness and to encourage early detection via screenings



Health Tips

Colon cancer is curable if diagnosed early.

- Cultivate good bowel movement habits such as emptying your bowels daily and take a look at your stool before flushing. Any change of bowel habit should be evaluated.
- Observe the colour, size and shape of your stool.
- Signs to see a doctor:
 - Your stool is black and pencil thin
 - Observe blood in stools
 - Experience unintended weight loss
 - Notice change of bowel habits



Colon Cancer Support Group members gathering for social activities during pre-Covid days