Press Release

For Immediate Release

30 September 2015

KEEP ABREAST OF CHANGE

Breast Cancer Awareness Month 2015 encourages women to proactively pay more attention to themselves and their health.

SINGAPORE – One in 11 women in Singapore will get breast cancer in their lifetime\(^1\). While this is a worrying statistic, women can take charge of their health by keeping a healthy lifestyle, attending screening mammogram regularly, and staying abreast of symptoms.

“The campaign theme for this year’s Breast Cancer Awareness Month (BCAM) focuses on encouraging women to ‘keep abreast of change’ – not only by being sensitive to changes in their breasts, but also by being more aware of new developments in trends, treatment and technology for breast cancer, especially when it is such a common disease,” said Dr Chan Ching Wan, Chairman of BCAM 2015 Organising Committee and Senior Consultant, Division of Surgical Oncology, National University Cancer Institute, Singapore (NCIS).

However, very often, women today do not have the time to pay attention to their health, as they are busy with other aspects of their lives, playing multiple roles every day as a mother, daughter, wife and working professional. With this in mind, the Committee calls on women in Singapore to take the initiative to learn the signs and symptoms of breast cancer, self-examine their breasts once every month and more importantly go for regular mammogram screening and follow up with their doctor.

Breast cancer is currently the most common cancer among Singaporean women, with over 9,200 women being diagnosed with breast cancer between 2010 and 2014\(^2\). However, only about one in three Singaporean women aged 50 to 69 years old had a mammogram done in the last two years\(^3\).

“Regular screening allows early detection for most breast cancers, which means that patients are identified when the disease is not so advanced and is easier to treat. Chances of survival are higher and patients will be able to recover to normal health faster,”

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\(^1\) National Registry of Diseases Office (NRDO)  
\(^3\) Health Behaviour Surveillance of Singapore 2014. Health Promotion Board
added Dr Chan. It is recommended for women aged 50 years old and above to go for mammograms once every two years.

**Pink Ribbon Walk**

To raise awareness of breast cancer amongst all levels of society and kick-start BCAM this year, the Pink Ribbon Walk, a signature event organised by the Breast Cancer Foundation (BCF), will take place on 3 October, Saturday at Marina Bay Events Square. Through this event, BCF emphasises the importance of taking good care of one’s body through healthy lifestyle and exercise. It includes a family-friendly carnival featuring Singaporeans’ perennial favourites such as the Milo Van, carnival booths, roving mascots, balloon sculpturists and glitter tattoos.

**Looking and Feeling Good During Cancer Treatment**

Beyond screening, the Committee is also placing emphasis on helping women who are already diagnosed with breast cancer through their cancer journey, so as to help them cope with the physical demands and emotional turmoil of having the disease and going through treatment.

Ms Joan Ng, 51, was diagnosed with Stage 3 breast cancer in 2009. “A positive mindset is important,” said Joan. “Breast cancer is not the end. I fought it with help from family, friends, colleagues, doctors, nurses and the Cancer Care support team. Be patient and don’t give up. It’s never an easy journey, but there’s a light at the end of the tunnel. I came out changed and stronger. Breast cancer has taught me that life is precious so I am determined to lead a fuller life than before. I continued with my travels, but I also took up photography and now help out children in poorer countries. There’s life beyond cancer.”

For many cancer patients, changes in appearance can be devastating and sometimes an unpleasant reminder of their illness. For instance, hair can fall out, eyebrows and eyelashes can be lost temporarily and sometimes skin can dry out, thin out or darken.

When Joan was undergoing chemotherapy, her hair dropped and her nails turned black. “It was quite scary at first, but I learnt from the “Look Good, Feel Better” programme how to use cosmetics, select and wear wigs, as well as accessorise with scarves to manage the physical changes brought about by the treatment’s side effects, which made me feel more confident when I go out.”
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In support of breast cancer patients and survivors, and to enable them to keep abreast of change, NCIS is organising a public forum titled ‘Cancer Hair & Skin’ on 24 October this year. This public forum will focus on strategies to cope with breast cancer, skin camouflage, and combat the appearance-related side effects of cancer treatment. It aims to help patients learn how to cope with the diagnosis and camouflage treatment marks left on the skin post-treatment. There will be step-by-step makeover demonstrations led by cosmetology professionals as well as professional advice on how to use cosmetics and deal with hair loss using scarves, hats and other accessories. Breast cancer survivors will also share how they managed to continue to lead normal lives with support from their loved ones and friends, as well as their experiences on coping with changes in their skin and hair during treatment. The symposium will also enable patients and survivors to connect with one another. In addition, a short film – “Cancer Hair” will be aired for the first time in Singapore.

The National Cancer Centre Singapore (NCCS) will organise a public forum on 3 October, covering topics such as breast cancer treatments, oncoplastic surgery and rehabilitation after surgery, as well as a CancerWise Workshop to address sexual and body image concerns in breast cancer during the course of treatment.

On 17 October, NCCS will be holding a roadshow at Woodlands Civic Centre to create awareness through educating the public on signs and symptoms as well as ways to reduce the risk of cancer. The Cancer Education Bus which was launched earlier this year will be exhibited along with the roadshow.

SCS Pink Card: $25 Funding Assistance for Mammogram Screening

To encourage women aged 50 and above to go for regular mammogram screening, the Singapore Cancer Society (SCS) will be distributing Pink Cards at 68 Guardian Stores, 60 Unity Pharmacy outlets and one Unity family medicine clinic. An e-version of the card is also available on www.bit.ly/scspinkcard.

The Pink Card provides a funding assistance of $25 to eligible women to book their mammograms at one of 44 participating breast screening centres during the month of October 2015. The mammogram screening must be done by 31 January 2016.

SCS SG50 Cancer Screening Initiative

However, for Singaporean females aged 50 and above who possess a valid Community Health Assist Scheme (CHAS) card, mammogram screening is available to them, at no
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charge, until 31 December 2015 at 17 breast screening centres participating in the SG50 Cancer Screening initiative.

Please refer to Appendices I and II for the full calendar of events and activities during BCAM 2015.

– End –

The BCAM Organising Committee includes:

1. National University Cancer Institute, Singapore (NCIS)
2. Breast Cancer Foundation (BCF)
3. Health Promotion Board (HPB)
4. National Cancer Centre, Singapore (NCCS)
5. Singapore Cancer Society (SCS)

Enclosed:

Appendix I – BCAM Calendar of Events & Activities
Appendix II – Third Party Events & Activities

For more information, please contact:

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About the National University Cancer Institute, Singapore (www.ncis.com.sg)
The National University Cancer Institute, Singapore (NCIS) offers a broad spectrum of cancer care and management covering both paediatric and adult cancers, with expertise in prevention, screening, diagnosis, treatment, rehabilitation and palliative care. The Institute’s strength lies in the multi-disciplinary approach taken to develop a comprehensive and personalised plan for each cancer patient and his or her family. NCIS draws on the expertise of its specialists in the fields of haematology-oncology, radiation oncology, gynaecologic oncology, paediatric oncology, surgical oncology, oncology nursing, oncology pharmacy, palliative care, pathology, radiology, medical specialties including gastroenterology and hepatology, infectious diseases, pulmonary and critical care, psychiatry, epidemiology and public health as well as other allied health sciences. NCIS’ strength in research allows patients to access drugs and devices before they are commercially available. NCIS is also closely affiliated with the Cancer Science Institute of Singapore, National University of Singapore. NCIS is a member of the National University Health System (NUHS).

About Breast Cancer Foundation (www.bcf.org.sg)
Breast Cancer Foundation (BCF) is a non-profit, lay-led organisation set up in 1997 with the mission to eradicate breast cancer as a life-threatening disease. To achieve this, it propagates awareness and education through talks, seminars, exhibitions and publications, and advocates early detection through regular screening. Support and volunteer programmes are organised for survivors and their families through counselling, and healing through art activities -- all with the aim to help survivors regain their active life after breast cancer. BCF is one of the few breast cancer advocacy groups in the world with a Men’s Support League to emphasise men’s role in society’s fight against this affliction. There are exciting plans to initiate new platforms which will provide men the opportunity to share their views, experiences and thoughts.

About Health Promotion Board (www.hpb.gov.sg)
The Health Promotion Board was established as a statutory board under the Ministry of Health, Singapore, in 2001 with the vision of building “A Nation of Healthy People”. The Health Promotion Board aims to empower the people of Singapore to attain optimal health, increase the quality and years of healthy life and prevent illness, disability and premature death. As the key agency overseeing national health promotion and disease prevention programmes, HPB spearheads health education, promotion and prevention programmes as well as creates a health-supportive environment in Singapore. It develops and organises relevant health promotion and disease prevention programmes, reaching out to the healthy, the at-risk and the unhealthy at all stages of life – children, youths, adults and older Singapore residents. Its health promotion programmes include nutrition, mental
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health, physical activity, smoking control and communicable disease education. HPB also promotes healthy ageing, integrated health screening, and chronic disease education and management.

About National Cancer Centre Singapore (www.nccs.com.sg)
National Cancer Centre Singapore (NCCS) provides a holistic and multidisciplinary approach to cancer treatment and patient care. We treat almost 70 per cent of the public sector oncology cases, and they are benefiting from the sub-specialisation of our clinical oncologists. NCCS is also accredited by the US-based Joint Commission International for its quality patient care and safety.

To deliver among the best in cancer treatment and care, our clinicians work closely with our scientists who conduct robust cutting-edge clinical and translational research programmes which have been internationally recognised. NCCS strives to be a global leading cancer centre, and shares its expertise and knowledge by offering training to local and overseas medical professionals.

About Singapore Cancer Society (www.singaporecancersociety.org.sg)
Established in 1964, Singapore Cancer Society is a self-funded voluntary welfare organisation which provides patient care services to needy cancer patients through its welfare, hospice home care, financial assistance for cancer treatment and rehabilitation support programmes. In addition, the Society also provides free cancer screening services and promotes cancer awareness and prevention through its public education and community outreach programmes.
Wear The Pink Ribbon
Organiser: Breast Cancer Foundation
1 October – 31 October, Available island-wide

October is recognised internationally as Breast Cancer Awareness Month (BCAM). Wear The Pink Ribbon (WTPR) Campaign is one of the two signature events organised by Breast Cancer Foundation (BCF) annually during BCAM to increase awareness as well as raise funds for us to continue our mission of eradicating breast cancer as a life-threatening disease. Through WTPR Campaign, specially designed pink ribbon pins will be made available island-wide during October, as pink ribbon is an international symbol representing awareness and hope for breast cancer patients. The pink ribbon pins are available for a minimum donation of S$2.00 (plain design) or S$5.00 (crystal solitaire).

Besides raising funds, BCF hopes that through the act of wearing pink ribbon pins, members of the public can help spread the importance of early detection and breast screening.

In October, these pins will be available all over Singapore through various participating organisations including corporations, retail outlets, and restaurants, amongst many others. The public visiting these merchants are encouraged to donate generously.

BCF volunteers will go to various public areas such as Central Business District, Orchard Road, shopping malls, MRT stations, the heartlands, hospitals, corporations and more, to spot for public members wearing the pins. Those spotted wearing the pins will stand a chance to win attractive prizes in a Grand Lucky Draw after the event.

This is a simple yet meaningful gesture to champion an issue of importance to women. Encourage your family, friends, colleagues and staff to wear the pin and help spread the breast cancer awareness message this October.

There will be booths hosting both 2015 pins and BCF merchandise available at the following locations as well:

<table>
<thead>
<tr>
<th>Venue</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Takashimaya Level 1, The Atrium</td>
<td>2 – 4 October</td>
<td>10.00am – 8.00pm</td>
</tr>
<tr>
<td>Singapore Pools HQ</td>
<td>5 October, Monday</td>
<td>11.00am – 4.00pm</td>
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<tr>
<td>Singapore Pools HQ</td>
<td>12 October, Monday</td>
<td>11.00am – 4.00pm</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Location</th>
<th>Date/Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marks &amp; Spencer (Wheelock Place,)</td>
<td>17 Oct, 1.00pm - 5.00pm</td>
</tr>
<tr>
<td>Parkway Parade, Vivocity, JEM)</td>
<td></td>
</tr>
<tr>
<td>Singapore Pools HQ</td>
<td>19 Oct, 11.00am - 4.00pm</td>
</tr>
<tr>
<td>Singapore Pools HQ</td>
<td>26 Oct, 11.00am - 4.00pm</td>
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For more information, please email: wearthepinkribbon@bcf.org.sg or log on to: http://wearthepinkribbon.com/

Pink Ribbon Walk
Organiser: Breast Cancer Foundation
3 October, Saturday, 2.00pm (Carnival) 5.00pm (Flag-off)
Event Square @ Waterfront Promenade

Guest-of-Honour: Ms Low Yen Ling (Parliamentary Secretary, Ministry of Education & Ministry of Trade and Industry and Mayor, South West District)

The annual Pink Ribbon Walk (PRW) typically marks the start of Breast Cancer Awareness Month (BCAM) in Singapore, and is one of Breast Cancer Foundation’s signature events in BCAM to raise awareness on breast cancer amongst all levels in the society. Many Singaporean families subscribe to a dual income livelihood, and most of them depend heavily on the women in their families as well. Breast cancer is therefore not just a women’s issue, but a societal one.

Through PRW, BCF wishes to emphasise the importance of taking good care of one’s body, including through healthy lifestyle and exercising.

Besides that, the event also includes a family-friendly carnival which will commence from 2pm onwards featuring Singaporeans’ perennial favourites such as Milo Van, carnival booths, roving mascots, balloon sculpturist, glitter tattoos and much more!

There will be special appearances by some of the cast members of Pangdemonium’s upcoming play, Chinglish, including Adrian Pang, Oon Shu An, Matt Grey and Audrey Luo.

For more information and online registration, please log on to: www.pinkribbonsingapore.com

Public Forums: How far away are you from the number one female cancer?
Organiser: National Cancer Centre Singapore
3 October, Saturday, 9.15am – 11.10am (Mandarin) / 1.15pm – 3.10pm (English)
Peter & Mary Fu Auditorium Level 4 @ National Cancer Centre Singapore

National Cancer Centre Singapore will be organising Public Forum on Breast Cancer as part of Breast Cancer Awareness Month.
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Bringing together experts who will touch on the topics on breast cancer treatments, oncoplastic surgery as well as rehabilitation after surgery.

Admission is Free. Refreshments will be provided.

Registration / Enquiries: 6225 5655 / www.nccs.com.sg

CancerWise Workshop: Sexual and Body Image Concerns in Breast Cancer
Organiser: National Cancer Centre Singapore
3 October, Saturday, 1.30pm – 3.30pm
Function Room, Level 4@ National Cancer Centre Singapore

Organised by National Cancer Centre Singapore, the CancerWise workshop helps to shape the perspectives of beauty and image for breast cancer patients.

Participants will learn first-hand tips on how to look good and feel good during cancer treatment.

Admission is Free (Open to ladies only). Refreshments will be provided.

Registration / Enquiries: 6225 5655 / www.nccs.com.sg

Breast Cancer Foundation Street Collection
Organiser: Breast Cancer Foundation
10 October, Saturday, 8.00am – 6.00pm & 11.00am – 7.00pm
Jurong East MRT Station, Tampines MRT Station, Woodlands MRT Station & Wheelock Place’s Marks & Spencer

As part of Wear The Pink Ribbon Campaign, an island-wide street collection will be carried out by BCF volunteers on 10 October 2015, Saturday at the following locations:

<table>
<thead>
<tr>
<th>Venue</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jurong, Tampines &amp; Woodlands MRT Stations</td>
<td>10 October, Saturday</td>
<td>8.00am – 6.00pm</td>
</tr>
<tr>
<td>Marks &amp; Spencer (Wheelock Place)</td>
<td>10 October, Saturday</td>
<td>11.00 – 5.00pm</td>
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</tbody>
</table>

For more information, please email: wearthepinkribbon@bcf.org.sg or log on to: http://wearthepinkribbon.com/
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Breast Cancer Awareness Month Roadshow
Organiser: National Cancer Centre Singapore
17 October, Saturday, 10.00am – 3.00pm
Woodlands Civic Centre Outdoor Plaza & Atrium

Breast Cancer is the most common cancer among Singaporean females, resulting in more than 9,200 diagnosed cases between 2010 – 2014. The annual Breast Cancer Awareness Month roadshow aims to create awareness through educating the public on signs & symptoms as well as ways to reduce the risk of getting cancer.

Besides cancer information exhibits, screening and game booths, our cancer education bus that was launched recently will be stationed on site. Participants will get to know more about cancer through an interesting and interactive way.

In addition, participants can take a fun snap at the photobooth and tokens of participation as well as pink goodie pouch will be given away upon a return demonstration of Breast Self-Examination.

Price: Free admission

Enquiries: 6225 5655 (Mon to Fri: 8.30am – 5.30pm) /www.nccs.com.sg

Breast Cancer Public Forum: Cancer Hair & Skin
Organiser: National University Cancer Institute, Singapore
24 October, Saturday, 9.30am – 12.00pm
NUHS Tower Block Level 1 Seminar Room T01-01, 1E Kent Ridge Road

For many cancer patients, changes in appearance can be devastating and sometimes be an unpleasant reminder of their illness. For instance, hair can fall out, eyebrows and eyelashes can be lost temporarily and sometimes skin can dry out, thin out or darken.

In support of breast cancer patients and survivors and enabling them to keep abreast of change, NCIS is organising a public forum titled ‘Cancer Hair & Skin’ on 24 October. This public forum will focus on strategies to cope with breast cancer, skin camouflage, and combat the appearance-related side effects of cancer treatment. It aims to help patients learn how to cope with the diagnosis and camouflage treatment marks left on the skin post treatment. There will be step-by-step makeover demonstrations led by cosmetology professionals as well as professional advice on how to use cosmetics and deal with hair loss using scarves, hats and other accessories. Breast cancer survivors will also share how they got back to normal life with support from their loved ones and friends, as well as their experiences on coping with changes in their skin and hair during treatment. The symposium will also enable patients and survivors to connect with one another. In addition, a short film – “Cancer Hair” will be aired for the first time in Singapore.
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Come join NCIS for an empowering morning to improving total well-being and self-esteem!

Register before 12 October for the Early Bird Ticket Price @ $5 per pax. Limited seats only! Seats confirmed only upon payment.

Registration: 6772 7637 / Email: ncis_events@nuhs.edu.sg

For more information, please visit the website www.ncis.com.sg

SCS Pink Card: $25 Funding Assistance for Mammogram Screening
Organiser: Singapore Cancer Society
Pink card collection: 1 – 31 October
Mammogram appointments: completed by 31 January 2016

To encourage women aged 50 and above to go for regular mammogram screening, the Singapore Cancer Society will be distributing Pink Cards at 68 Guardian Stores, 60 Unity Pharmacy outlets and 1 Unity family medicine clinic. An e-version of the card is also available on bit.ly/scspinkcard.

The Pink Card provides a funding assistance of $25 to eligible women to book their mammograms at one of 44 participating breast screening centres during the month of October 2015. The mammogram screening must be done by 31 January 2016.

For a list of distribution outlets and breast screening centres, please visit:

Enquiries: 6221 9578 / enquiries@singaporecancersociety.org.sg

SCS SG50 Cancer Screening Initiative
Organiser: Singapore Cancer Society
1 July – 31 December 2015

If you are a Singaporean female aged 50 and above and possesses a valid Community Health Assist Scheme (CHAS) card, mammogram screening is available to you, at no charge, until 31 December 2015 at 17 breast screening centres participating in the SG50 Cancer Screening initiative.

For more information about the SG50 Cancer Screening initiative, please visit
http://www.hpb.gov.sg/HOPPortal/health-article/HPB076491

For a list of the breast screening centres participating in the SCS SG50 Cancer Screening initiative, please visit
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Appendix II

BCF 3rd Party Events & Activities

Estée Lauder – BCAM Light-Up 2015
30 September, Wednesday, Merlion @ Sentosa, 7:00pm

THE ESTÉE LAUDER COMPANIES’ 2015 BREAST CANCER AWARENESS (BCA) CAMPAIGN INSPIRES PEOPLE WORLDWIDE TO TAKE ACTION TO DEFEAT BREAST CANCER.

Over the past two decades, The Estée Lauder Companies’ BCA Campaign, launched by the late Evelyn H. Lauder, co-creator of the Pink Ribbon and founder of BCRF, has been a leading voice for breast cancer awareness around the world, sparking a global movement that has helped save millions of lives and fund groundbreaking breast cancer research. Today, the BCA Campaign is active in more than 70 countries and has raised more than USD$58 million to support global research, education and medical services, with nearly USD$46 million funding 185 BCRF research projects worldwide in the past 21 years.

Annually, the global BCA Campaign has also been illuminating buildings, monuments and landmarks worldwide in glowing pink lights to focus attention on the importance of breast health and early detection.

The Singapore landmark illumination will take place on Wednesday, 30 September 2015.
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Singapore Cancer Society (SCS) and Eisai to launch Chinese edition of educational booklet for Advanced Breast Cancer (ABC) patients in Singapore

In conjunction with Breast Cancer Awareness Month, Singapore Cancer Society (SCS), through an educational grant from Eisai, will launch a Chinese edition of educational booklet for Advanced Breast Cancer (ABC) patients in Singapore.

“Eisai is a Japanese based pharmaceutical company focusing its R&D efforts in Neuroscience and Oncology. We are committed to adding value to patients through our corporate philosophy of HHC (Human Health Care) – ‘We give first thought to patients and their families, and to increasing the benefits health care provides,’” said Ms Celine Ting, Managing Director, Eisai (Singapore) Pte Ltd.

In 2013, SCS and Eisai partnered to conduct a survey to identify the unmet needs of advanced breast cancer patients in Singapore. From the survey, it was found that educational materials specifically relating to advanced breast cancer was lacking locally.

SCS and Eisai then began development of the educational booklet with the support of medical oncologists from the National Cancer Centre Singapore (NCCS), Tan Tock Seng Hospital (TTSH) department of nutrition and dietetics and medical social workers from National University Hospital (NUH).

In 2014, the English edition of the advanced breast cancer educational booklet was published. The educational booklet covers an overview of advanced breast cancer treatments and frequently asked questions (FAQs) on nutrition & diet and how to accept and give psychosocial support.

This year, Eisai wishes to continue to add-value and support breast cancer patients in partnership with SCS in Singapore. The chinese edition of the educational booklet will be launched in the 4th quarter of 2015.

The educational materials will be made available at the Singapore Cancer Society. It will also be distributed through selected hospitals.

For more information on the educational booklet, please contact the Singapore Cancer Society at 6221 9578 or visit www.singaporecancersociety.org.sg
GrabCar and Singapore Cancer Society join hands to beat breast cancer

This October, GrabCar, the app-based car with driver service powered by the GrabTaxi mobile app will be running #GrabItBeatIt, a regional campaign to promote breast health awareness and educate women on the importance of self-examination and early detection to beat breast cancer, one of the most common cancers in women. This campaign is part of GrabCar’s continued focus on enabling women’s health and safety.

Activities lined up for the #GrabItBeatIt campaign include:

- **‘Love boobs? So does cancer’ t-shirt sales**
  The limited edition #GrabItBeatIt t-shirts, designed by fashion brand Pestle and Mortar, come with the cheeky tagline ‘Love boobs? So does cancer’ – to spur conversation around breast cancer and action for early detection. Each t-shirt is priced at $15 and all proceeds from the sale will be donated to SCS to support breast cancer awareness.

  From 5 to 16 October 2015, customers can purchase #GrabItBeatIt t-shirts via the GrabTaxi app by selecting the #GrabItBeatIt fleet icon, with free delivery. Each t-shirt comes in a special Pink Kit, comprising an instruction card for self-examination and button badges.

- **GrabCar rides to send women to breast cancer examination centres**
  GrabCar is providing discounts of up to $8 on rides, from 1 to 31 October, to participating breast screening centres of the Breast Cancer Awareness Month (BCAM) 2015.

  First-time users of the GrabTaxi app or of GrabCar can use the promo code* ‘GRABPINK’ when booking a GrabCar to these centres for their breast examinations. The list of breast screening centres can be found here: http://grabtaxi.com/singapore/grabpink/

  *The ‘GRABPINK’ discount promo code is limited to one GrabCar ride per unique GrabTaxi account, registered with a Singapore mobile number.

- **Selfie contest to spread the word on early detection**
  From 12 to 31 October, customers can take a photo in their #GrabItBeatIt t-shirts to show their support for the cause, and encourage their friends and families to do preventive self-examinations. The people with the three most creative photos will win a staycation package and be among the first to enjoy a stay at a newly launched hotel in Singapore.

- **Tips on how to conduct self-examination of breasts**
  These will be shared on GrabTaxi’s Facebook Page: http://www.facebook.com/GrabTaxiSG
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NTUC U Live: Bowl for Pink!
10 October, Saturday, Orchid Bowl @ SAFRA Tampines, 2-6PM

In support of the Breast Cancer Awareness Month, NTUC U Club will be organising a Breast Cancer Awareness Bowling Event “Pink for Bowl” on 10 Oct 2015. The event aims to raise awareness through healthy lifestyle and sharing by cancer survivors from SCS. A team made of cancer survivors from SCS will also take part in the game with the participants. There will also be fringe activities for children attending the event.

In addition, to make screening more accessible, NTUC U Club also engaged SATA CommHealth for their mobile mammogram service to provide mammogram screening on the spot. Pre-registration is required for the mammogram service.