

10
REGISTRATION FEE

A COMMUNITY OUTREACH INITIATIVE BY LIONS CLUBS OF SINGAPORE

Pediatric Cancer

A CHILDHOOD CANCER SEMINAR

30th
NOV
2019

Lifelong Learning Institute

11 Eunos Rd 8, Singapore 408601
Lecture Theatre, Level 2



1:00 - 1:10pm

District Governor
Gareth Goh PBM

District Governor 2019-2020,
Lions Clubs International
District 308-A1, Singapore



Opening Address by the
Guest of Honour

REGISTRATION & PAYMENT

Priscilla LCS Changi



9270-4713



priscilla2993@gmail.com

1:10 - 2:00pm

Dr Anselm Lee

Specialist in Paediatric Medicine,
Paediatric Haematology and
Oncology; Senior Consultant,
Parkway Cancer Centre,
Mount Elizabeth Hospital



1

Cancer in Children: Myths and Facts

In developed countries, cancer is the leading illness mortality in children. A common misconception is that childhood cancers behave the same way as adult cancers. Even if you allow all infants to smoke right after birth, none of them will get lung cancer before they're 18. In this talk, we shall debunk the common myths about childhood cancer and discuss the major medical advancements in treatment.

2:00-2:50pm

Dr. Gurpal Singh

Orthopaedic Surgeon,
Centre for Orthopaedics,
Mount Elizabeth Hospital



2

Childhood Cancers of the Bone and Soft Tissues

We all want our children to be healthy and active. Although childhood cancer is rare, it is of utmost importance to recognize when something is not right. Learn about cancer in children with a special focus on bone and soft tissue cancers.

3:20 - 4:10pm

Ms. Natalie Goh

Chief Dietitian,
Mount Elizabeth Novena Hospital



3

Nutrition Tips for Children with Cancer

Good nutrition is important for children with cancer to ensure adequate growth and development while addressing challenges that affect their ability to eat throughout the treatment and recovery journey. Each child is unique and eating should be fun and flexible. When a child needs to eat more; or better but in lesser amounts, adopt different ways to help them achieve an appropriate weight. Similarly, caregivers should also try multiple approaches to help a child eat well.

4:10 - 5:00pm

Dr. Tracie Lazaroo

Clinical Psychologist,
LP Clinic Pte Ltd and
Inner Light Psychological Services



4

Managing Caregiver Psychological Stress

Caregivers experience numerous burdens that can feel overwhelming, especially if the person feels emotionally distressed or ill-equipped for the task. Caregiver stress is becoming increasingly important as it impacts the individual's mental, physical health and relationships. Self-care should be taken as an integral part of care-giving. Learn to identify emotional triggers and responses to stress and strategies on how to manage difficult emotions, burn out and maintain balance in your life.

Organised by:



Supported by:

