



BRAIN  
TUMOUR  
SOCIETY  
(SINGAPORE)

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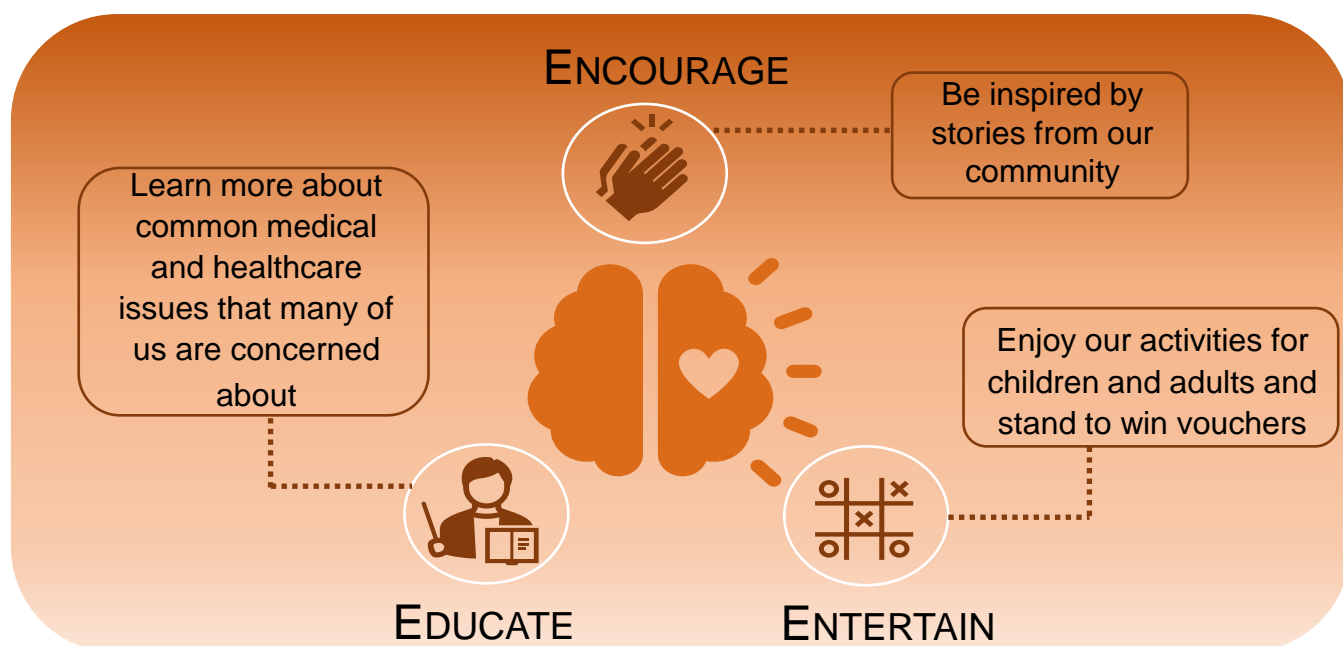
# BTSS Newsletter

JULY – SEPTEMBER 2021 ISSUE: 1

## Message from our President

*Dear BTSS Family*

*I am pleased to launch our first e-Newsletter which allows you to catch up on what is happening in BTSS at one glance. In addition, our quarterly e-Newsletter seeks to fulfil **3E** objectives; namely to*



*Please share your feedback on how you feel about our first edition. If you have suggestions for healthcare topics or like to contribute your warrior stories or engagement activities for future editions, please feel free to get in touch with our office at [services@braintumoursociety.org.sg](mailto:services@braintumoursociety.org.sg) or +65 8738 5669.*

*Finally, I would like to thank our volunteer designers, Dr Neha Jain and Mr K T Vishnu for their contributions towards this newsletter.*

*Warm Regards*

*Melissa Lim*

*BTSS President*



# EVENTS AND UPDATES

- *All underlined headers are clickable*

## [ZOOM Support Group Meetings](#)

Please contact BTSS if you are interested to join.

## [Birthday Blessings](#)

The program is volunteer- driven to deliver a birthday cake in the birthday month of the recipients.

## [BTSS Community on Facebook](#)

This was launched to connect patients and caregivers through asking questions and interacting in engagements.

## [Educational Talks by BTSS](#)

[Part 1](#): Possible side effects and brain injuries from neurosurgery, chemotherapy & radiotherapy.

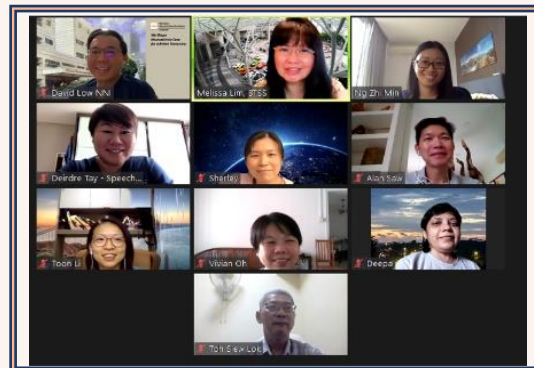
[Part 2](#): Rehabilitation to recover from side effects and brain injuries.

## [Outings to Changi Airport Kampong Tours](#)

## [Youth Group Engagements](#)

## [Easter Care Pack Distribution](#)

## [BTSS wins Singapore Health Inspirational Patient Group Award, 2020](#)



Support group meetings over Zoom



**Brain Tumour Society  
(Singapore) Limited**  
**UEN No: 201912577E**

## **BTSS Flag Day '2021**

BTSS is launching our first flag day in August 2021. We would be very encouraged if you would give generously towards our programmes for our beneficiaries. No minimum amount. You can even donate as little as a dollar!

### **If you are viewing this on desktop:**

1. Log in to your mobile banking app.
2. Scan this QR Code with your banking app's Scan and Pay function.
3. Enter your preferred amount and donate.

### **If you are viewing this on your mobile:**

1. Screenshot the QR Code and the image will be in your gallery.
2. Log in to your mobile banking app.
3. Open your banking app's Scan and Pay function.
4. Upload the image of the screenshot.
5. Enter your preferred amount and donate.

**Thank you for giving!**

# ENCOURAGE: Toby's Story



**Toby** was only 4 years old when he was diagnosed with Stage 4 Brain Cancer, Medulloblastoma with Spinal Metastasis in March 2017. Devastated and unprepared, his parents made a difficult decision to put their little boy through a major brain surgery to remove the tumour in his cerebellum. They could not do much but to wait anxiously as they hoped for the best.

While they were relieved that Toby survived the surgery, they were saddened to note that their once vivacious boy had developed Posterior Fossa Syndrome and Cerebral Mutism Syndrome from his surgery. He was unable to talk, walk, eat, or swallow and his eyes did not seem to register anything.

Soon after the surgery and through 2018, Toby had to undergo 4 rounds of chemotherapy in tandem with stem cell transplants, 33 rounds of radiotherapy while under general anaesthesia, and 2 more brain surgeries and procedures. As a result of the chemotherapy, Toby developed a permanent moderate hearing loss in his right ear, and a severe loss in his left ear.

*Never give up as you can still be an encouragement and inspiration to those around you...*

*~Hui Ching, Mother of Toby, 2021*

He also contracted pneumonia and meningitis due to his weakened immune system. It was a tough period for the family while they struggled with Toby's condition and caring for the 2 older boys at home.



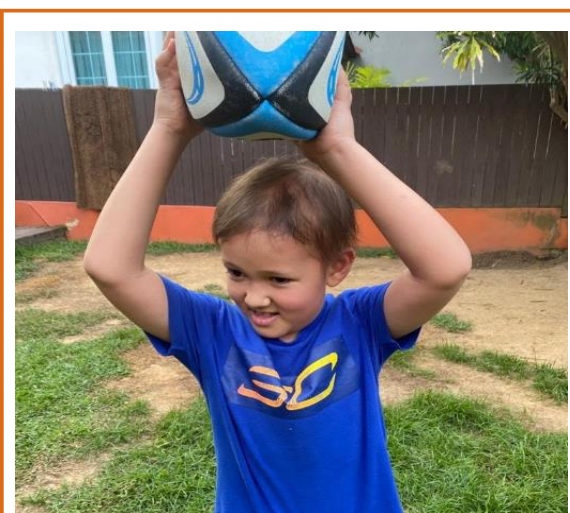
Toby's mother stayed by his side throughout the 8 months stay in KK Women & Children Hospital (KKH). Fighting on hard, Toby overcame his illnesses and proceeded with a tandem stem cell transplant

Friends and families came around to provide their help & support, as Toby's parents psychologically braced themselves for a tough journey ahead to get Toby back to his usual self. In addition, Toby's parents found **Brain Tumour Society Singapore (Limited)** and connected with parent caregivers in similar situations that provided them with solace and encouragement through peer support and shared information





## IT'S TOBY'S PLAY TIME!!



At the beginning of 2019, Toby's parents were amazed and encouraged when Toby showed signs of learning to walk again.

By Toby's 8th birthday, he was ABLE to walk very fast and enjoy himself at the playground. While his parents were so glad about the progress in his recovery, they knew he still had a long way to go to in recovering his speech to relate normally with the rest of his family and integrate back to society.

*Despite all the hardship that Toby and his family has endured, they continue to remain positive with the zeal and perseverance to carry on.*

## WHAT ARE SEIZURES?



A seizure is a sudden surge of electrical activity in the brain. A seizure usually affects how a person appears or acts for a short time. It can cause a person to have abnormal jerking movements in one or more limbs or in the face. It can also cause one to lose consciousness and fall to the ground....

[Read more](#)

## HOW ARE SEIZURES RELATED TO BRAIN TUMORS?

Seizures can be associated with Brain Tumours and may represent the first clinical sign of a brain tumour. Both malignant and benign (non-cancerous) brain tumours can cause seizures or other neurologic problems, such as paralysis and speech difficulties... [Read more](#)



## WHAT ARE THE DIFFERENT TYPES OF SEIZURES?



Seizures can be focal (affecting one part of the body) or generalised (affecting multiple areas). They can be partial (no loss of consciousness) or complex (associated with loss of consciousness) Some other characteristics of seizures include the following:

- Tonic: Muscles in the body become stiff.
- Atonic: Muscles in the body relax completely and causes one to fall to the ground.
- Myoclonic: Short jerking in parts of the body.
- Clonus: Periods of shaking or jerking parts on the body

[Read more](#)

## WHY DOES A BRAIN TUMOUR CAUSE SEIZURES?

Brain tumours result in an abnormal growth of cells and may cause swelling and irritation to surrounding brain cells. This affects the normal electrical activity in the brain which triggers a seizure..... [Read more](#)



## FACTORS THAT CAN TRIGGER AND INCREASE FREQUENCY OF SEIZURES



- Fatigue and Sleep Deprivation
- Stress and anxiety
- Flashing Light Patterns
- Low Blood Sugar
- Fever and illness..... [Read more](#)



## WHAT'S NEXT

### MONTHLY SUPPORT MEETING SCHEDULE

Every *second* Saturdays of the month from July to September

- 10<sup>th</sup> July 2021
- 14<sup>th</sup> August 2021
- 11<sup>th</sup> September 2021

### PARENT'S SUPPORT MEETING SCHEDULE

Every *third* Saturdays of the month from July to September

- 17<sup>th</sup> July 2021
- 21<sup>st</sup> August 2021
- 18<sup>th</sup> September 2021

### QUARTERLY MEDICAL TALKS

Next \*Talk will be on the 31st July 2021

- Living with Permanent Deficits and Brain Injuries

\*Details of speakers will be released closer to date.

## CONTACT



[services@braintumoursociety.org.sg](mailto:services@braintumoursociety.org.sg)



+65 8738 5669

Follow us on...



• Clickable Icons

## ENTERTAIN



### Kid's Colouring Contest!!



- Print (next page)
- Colour
- Send physical copy\*

Please post your entries by snail mail in an A4 envelope with the following written behind:

- Full name of Participant
- Contact number
- Email address

Send to: **Brain Tumour Society (Singapore)**  
**10 Raeburn Park #02-08, Singapore 088702**  
**by Monday, 30<sup>th</sup> August 2021**

\*Contact Programme Executive Janie, should you need a physical copy to be mailed out to you.



### Trivia Quiz!!

- Q1: What award did BTSS win in 2020?
- Q2: What types of support group does BTSS offer on Zoom? With effect from July 2021
- Q3: What are the 4 types of Seizures?

**Click [HERE](#) to Participate**  
**By Monday, 30<sup>th</sup> August 2021!**

Prizes to be won, Announcement of Winners

- 11<sup>TH</sup> September 2021 during Zoom Support Group Meeting by President Melissa Lim
- Winners will be contacted by email

## T R I B U T E

*In loving memory of Shawn Low,  
our committee member and  
courageous warrior who passed  
away on 22<sup>nd</sup> March 2021.*

*Click below to read our President's  
Eulogy on his inspirational life.*

**"Live Life To The Fullest"**  
**~Shawn Low~**

Clickable Icon



