



BRAIN TUMOUR SOCIETY (SINGAPORE)

NEWSLETTER

JANUARY – MARCH 2022 ISSUE: 03

TABLE OF CONTENTS

PRESIDENT'S MESSAGE	2
EVENTS & UPDATES	4
ENCOURAGE: REGINA'S JOURNEY	5
EDUCATE: ALL ABOUT SUGAR	8
ENTERTAIN: NEWSLETTER QUIZ!	9
UPCOMING PROGRAMMES	10

Message from our President

In 2021, BTSS adopted Live Life to the Fullest as our motto in honour of our committee member, the late Shawn Low, who lived his life so courageously despite brain cancer. I really want our community to continue this journey of Living Life to the Fullest in 2022 and so spent my New Year pondering on a way forward in this mission. I am excited to share the fruit of my contemplation which I have termed 'ABC for 2022'.

A stands for ARISE. When major sickness and giant setbacks are thrust upon us, and dealing with hardship and suffering is the mundane norm, we often become discouraged, drained and joyless in our quest to quell the storms of life.

We need to awaken our senses to appreciate the silver lining of the dark cloud, and stir up our appreciation and gratitude for what we have and enjoy. For example, our loving family members and friends, the comfort of our homes, glorious food, the magnificent nature and other small blessings around us that are taken for granted and easily missed. We need to ARISE from our gloom and be ready to meet each new day with love, joy and hope regardless of our circumstances.

B is for Behold. What are you focusing your attention on? The thing that captivates our eyes and our mind would naturally become the centre of our life. For example, when we are beholden to success, we would spend our time and energy on achieving. Those who are beholden to pleasure will indulge in a lifestyle that pleases themselves. When we are beholden to finding a cure for our illnesses and challenges, it becomes a mission consuming our time and energy. While it is important for us to focus on getting well, we must not let it overshadow all other good purposes we can set for ourselves. Regardless of our situation, we still have the capacity to be kind and do good to others. We can delight others through our creative pursuits or sharing positive thoughts or by making things easier for them. Let's BEHOLD the precious opportunity given to us to make a positive difference while we still can.

(Continue in the next page..)

Please share your feedback on how you feel about our third 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 or +65 8738 5669.

Message from our President

(....continue from previous page)

C is for Celebrate. When we arise from our gloom and behold a meaningful life purpose, we will find joy and strength to celebrate our days even when we are sick or in great need. A sickness does not change our identity and purpose in life. We are all born cheerful, curious to learn and capable of adapting. Our ability to CELEBRATE our lives will inspire others and may even bring courage to someone who has yet to see light in his tunnel. When our lives become a celebration of faith and resilience in the face of adversity, we taste the sweet victory of overcoming discouragement and setbacks to live each day fully.

This is my **ABC for 2022** and I invite you to join me in our journey of arising from our challenges to behold a meaningful purpose for this year to celebrate each day of our lives.



**BRAIN
TUMOUR
SOCIETY
(SINGAPORE)**

In your service, always

*Melissa Lim
President*

Brain Tumour Society (Singapore) Limited

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EVENTS AND UPDATES

ACTIVITIES

ZOOM Support Group Meetings

Please contact BTSS if you are interested to join.

ZOOM Parent-Caregiver Support Group Meetings

Please contact BTSS if you are interested to join.

Birthday Blessings

Beneficiaries have an option to choose e-voucher or birthday cake deliveries to them during their birthday month. Cake delivery are done by BTSS-Volunteers.

BTSS Talk Living with Seizures as Brain Tumour Patients

Dr Lin Xuling shared the causes of seizures and the medical intervention to manage the symptoms.

Announcement of winner for the Self-Care Mission Challenge on the 11th December 2021

Joseph Lee won the ultimate prize of 2D1N staycation at Amara Resort Sentosa. Our participants received consolation prizes.

F45 Farrer Park donation drive on from 13th to 19th December 2021

Donation drive for BTSS as part of their December Events

Project DEKO Comic Workshop on the 9th and 11th December 2021

Event organized by DEKO (YALE-NUS students) where our BTSS Kids learn more about Covid-19 through comics.

BTSS Youth Zoom Xmas Party on the 18th December 2021

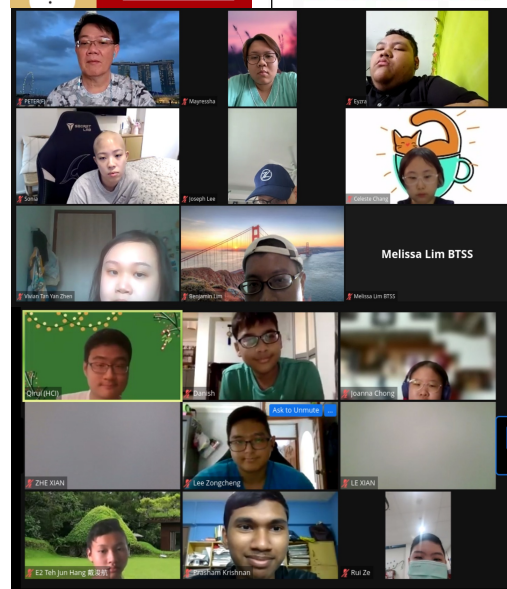
The event was facilitated by Youth Team Leads, Felicia and Ashley. Our youth participated in gift exchange, got to know one another better and enjoyed the fun and games that were planned out.

BTSS Kids Zoom Xmas Party on the 23rd December 2021

Event was facilitated by Hwa Chong Institution students. Our BTSS Kids participated in Xmas Carols and quizzes. Each participant received Xmas Gifts well.

AND

ENGAGEMENTS



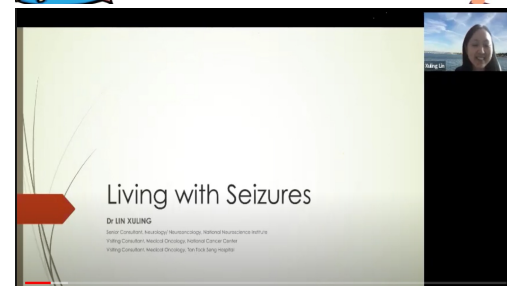
BTSS TALK DIET AND NUTRITION FOR BRAIN TUMOUR PATIENT

Brain Tumour, its treatment and other medication can all cause symptoms that make eating and drinking challenging. As a result, the usual advice on a healthy diet may need to be modified to meet your nutrition needs. Join us to learn more on Diets and Nutrition for Brain Tumour patients on our BTSS Talk. Open to all Brain Tumour patients and caregivers. Register below!



DETAILS
30 October 2021, Saturday
3:00 pm to 5:00 pm
Online Via ZOOM

Guest Speaker
Mette Koch Petersen
Clinical Dietitian



ENCOURAGE: REGINA'S JOURNEY



In our 3rd issue of BTSS e-Newsletter, we will be sharing Regina Tan's Journey with Brain Tumour. Regina is our BTSS Youth Member who just turned 21 years old this January.

(Psst... Please wish her a happy birthday!)

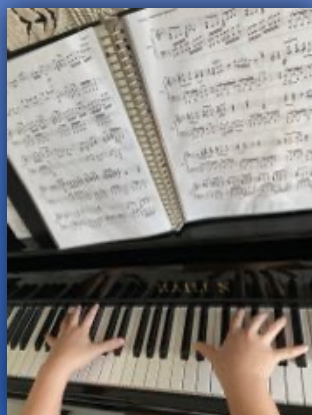
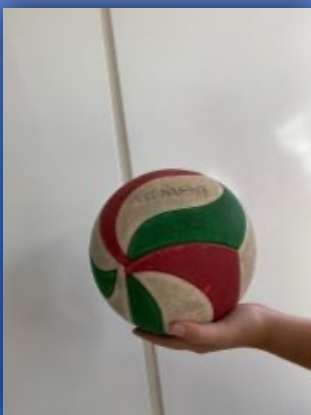


At every BTSS ZOOM Support Group session, you can be sure to find Regina with her lovely smile and a joyful personality that are incredibly contagious.

Regina's journey with brain tumour began about a year ago in January 2021. After about 2 weeks of throbbing and persistent headaches that did not go away despite taking strong painkillers, Regina was admitted into the A&E. The doctors ordered an MRI and discovered a tumour in her brain.

She was diagnosed with a [rare benign intraventricular tumour](#) and was sent to the operating theatre for an emergency brain surgery the next day.

After the surgery, she stayed at Tan Tock Seng Hospital (TTSH) for a week, followed by 2 weeks of occupational therapy, speech therapy and physiotherapy at a rehabilitation hospital.



Volley Ball, skating and playing the piano are some of the many activities that Regina Enjoys.

ENCOURAGE: REGINA'S JOURNEY



Regina is currently studying Mechanical Engineering at the National University of Singapore (NUS), but in order to fully focus on her recovery, she had to take a semester-long leave of absence.

Her short-term memory was significantly impaired, which meant that she had a very difficult time remembering conversations and tended to repeat herself.



Sudoku
16 x 16

Spend her time doing sudoku during her recovery. It keeps her mind stimulated



Quizlet
Application to practice Japanese



Notes Application, to write down conversation

Through occupational therapy, Regina found a strategy to cope with her memory loss.

After conversations with others, she would type as much of the conversations she could possibly remember in the notes application in her phone to avoid forgetting and repeating herself and refer to them when necessary.

Regina also utilises learning applications to help in her schoolwork.

For example, she made use of Quizlet flashcards to remember new vocabulary for a Japanese module that she read in her undergraduate studies.

Acceptance had been a gradual process for Regina.

Although her health crisis emerged unexpectedly like a whirlwind, she has managed to pull through thanks to the dedicated care and strong support of her doctors at National Neuroscience Institute (NNI) @ TTSH Campus, and subsequently at Ang Mo Kio - Thye Hua Kwan Hospital.

She is incredibly grateful to her team of dedicated doctors who were an integral part of her diagnosis and recovery. To name a few, they are: Dr David Low, Dr Qiu Liming, Dr Karen Chua, Sue and Dr Huang Wanping.

ENCOURAGE: REGINA'S JOURNEY



The medical team aside, her family is her main pillar of support. They visited her daily during her hospitalisation stay, especially during Chinese New Year, providing her a lot of encouragement through her recovery.

Her close friends from secondary school and university were also incredibly caring and understanding of her situation, which was very important as she slowly re-adapted to school life.

With a strong support system from family and friends, she has made significant recovery and is still gradually improving.

***“Life
is quite
fun!”***

***~
Regina***



Here are some words from Regina for our newly diagnosed friends:

“Things will get better. It is good to use the time in recovery to rest and relax. Stay strong and keep the mind engaged by continuously learning!”



What is Sugar?

Sugar is a carbohydrate that occurs naturally in a wide range of foods. From lactose in milk to fructose in fruits and honey, sugar is commonly used to enhance the taste of our food. We need some sugar in our diet to supply quick energy for our muscles and brain to function.

The Problem with sugar

Sugar provides energy in the form of calories, but is packed with little or no nutrients. When we take too much sugar, the body stores the excess sugar in the form of fats. When too much visceral fats are stored in our body, we placed ourselves at risks of obesity, heart diseases, diabetes and other health problems.



Managing Sugar Intake

Our sugar consumption should be no more than 10 percent of our daily energy intake. For most adults, that is about 10 teaspoons of sugar (based on a 2000-daily calorie intake). If you are determined enough, a further reduction to 5 teaspoon (25g) of sugar a day can bring about additional health benefits such as a decrease in weight.

Learning the food label

Sometimes the added sugars may be disguised under different names. The commonly known ones are glucose, fructose, sucrose etc. Other names may be corn syrup, maltose, malt syrup, agave nectar, honey, cane sugar and brown sugar.



When shopping, it's a good practice to compare the items from the same category. For example, you compare a brand of milk with another brand of milk, and not with ice-cream or yoghurt. Next, you compare the nutritional values.



Looking at the values of the same nutrient per 100g, choose the product that's lower in calories, saturated and trans fat, cholesterol and sodium. The more fibre, vitamins and minerals it has, the better!

What about sweeteners and sugar substitute?

The different terminology of sugar substitutes may be confusing. While some manufacturers can call their sweeteners “natural”, they may just be derived from naturally occurring sources, and have been chemically processed or refined. When choosing sugar substitutes, it pays to be a savvy consumer.

To date, there's no evidence of sugar substitutes being less than ideal for the human body. When choosing sugar substitutes, also do bear in mind the other nutritional value it contains. Be it sugar or sweetener, moderation is the key.

ENTERTAINMENT

If you have read all the pages of the e-newsletter so far, here is the fun bit!
In this newsletter, we are running a quiz. Just like the previous e-newsletter, the prize is going to be just as exciting!

How to play the game:

1. Read all the contents of this e-Newsletter
2. Click on the link: <https://www.quiz-maker.com/QB0APJRJY>
3. Answer all the questions correctly
4. Screenshot the last page
5. Post the screenshot in the SG BTSS Facebook Group : <https://www.facebook.com/groups/sqbtsscommunity>.
Caption, *"(Name) completed the quiz!"*

Rules:

1. You may do the quiz multiple times
2. Post the screenshot to show you have completed and scored the full marks in the quiz
3. The screenshot must be uploaded by 28th February 2022
4. Winners will be announced in March 2022

Prizes

1. All participants will stand a chance to win the prizes
2. There will be 3 Top prizes and consolation prizes to all who participate

How much should the % of sugar be for our daily energy intake?

☐ No more than 20% ☐ No more than 15%

☐ No more than 10% ☐ No limit

1 2 3 4 5 6 7 8 9 10 ★ 7 »

What does the ABC stand for?

☐ Apple Ball Carrot ☐ Arise Behold Celebrate

☐ Aspire Believe Care ☐ Achieve Bravery Compassion

1 2 3 4 5 6 7 8 9 10 ★ 0 »

"(Name) Completed the quiz!"

BTSS e-newsletter

10/10

MONTHLY SUPPORT MEETING SCHEDULE

Every 2nd Saturdays
of the Month

BTSS-WALK

Lead by our new EXCO,
Peter Koh.

Our 1st BTSS-Walk was on
the 22nd January 2022.

Our BTSS-walks will be
held quarterly, in small
groups in accordance to the
Safe Management Measure.

TUITION GRANTS

Reach out to BTSS office, if
anyone wishes to apply.

BTSS-BUDDIES

February 2022.

BTSS Buddies can be
engaged to provide
child minding support in the
following areas for
(2-4hours):

- Play Buddy
- Creative Buddy
- Study Buddy

Launching of Brainy Car Rally In April 2022!

Brainy Car Rally date has been confirmed!
Keep a lookout for more details in the
mean time...

We would be very encouraged if you would
give generously towards our programmes for
our beneficiaries. Thank you!



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

*If you have any
suggestions, programmes ideas,
or feedback reach out to BTSS
Programme Executive, Ratnah.*

Details Below



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