

• ABOUT NCIS

The National University Cancer Institute, Singapore (NCIS) is the only comprehensive public cancer centre in Singapore treating both paediatric and adult cancers in one facility. Located at the National University Hospital (NUH), NCIS offers a broad spectrum of cancer care with expertise in prevention, screening, diagnosis, treatment, rehabilitation and palliative care.

• CONTACT INFORMATION

National University Cancer Institute, Singapore (NCIS)

Radiation Therapy Centre and Breast Care Centre

NUH Medical Centre, Level 8

Chemotherapy Centre and Stem Cell Therapy Centre

NUH Medical Centre, Level 9

Cancer Centre

NUH Medical Centre, Level 10

Opening Hours: 8:30am – 5:30pm
(Mon – Fri: except on Public Holidays)

For appointments, please contact

Tel: (65) 6773 7888

Email: CancerApptLine@nuhs.edu.sg

For International Patients and Visitors

The International Patient Liaison Centre (IPLC) is a one-stop centre to support all the medical needs of our foreign patients.

Tel: (65) 6779 2777 (24-hour Helpline)

Fax: (65) 6777 8065

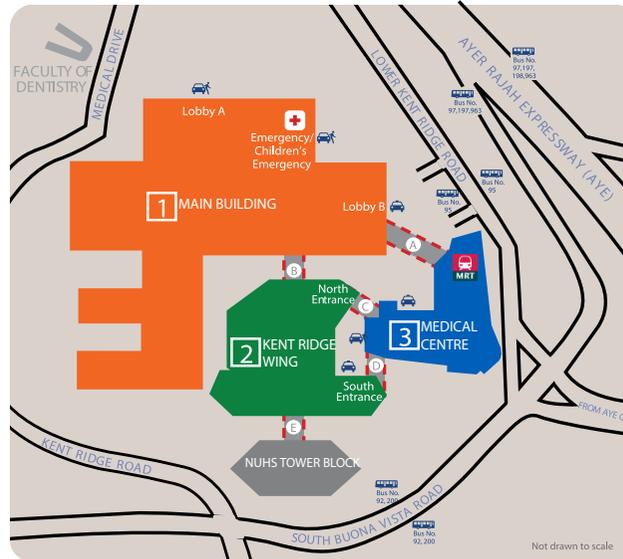
Website: www.nuh.com.sg/iplc

For all other general enquiries, please contact
National University Cancer Institute,
Singapore (NCIS)

1E Kent Ridge Road,
NUHS Tower Block, Level 7,
Singapore 119228

Email: ncis@nuhs.edu.sg

Website: www.ncis.com.sg



Nearest MRT Station : Kent Ridge Station (Circle Line)

Commuters can alight at the Kent Ridge Station, right at the doorstep of the NUH Medical Centre. Please exit the station via Exit C. NCIS is located on levels 8, 9 and 10 which are accessible via Lift Lobby B.

For more information on directions to NUH, log on to www.nuh.com.sg.

For more information on specific directions to NCIS Clinics, log on to www.ncis.com.sg.



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5 Lower Kent Ridge Road,
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Website: www.nuh.com.sg

Information in this brochure is given as a guide only and does not replace medical advice from your doctor. Please seek advice from your doctor if you have questions related to the surgery, your health or medical condition.

Information is correct at time of printing (Oct 2012) and subject to revision without notice.

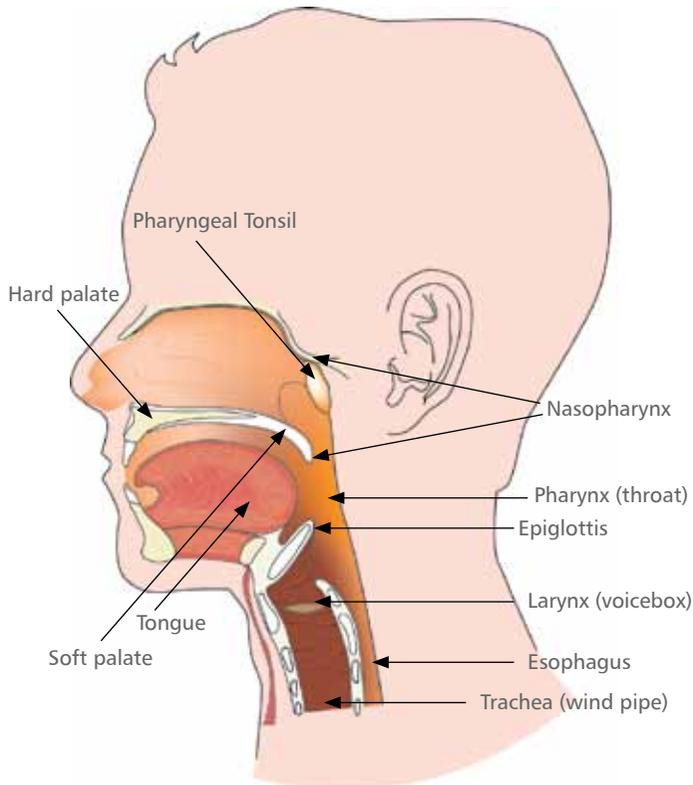


PATIENT INFORMATION

ABOUT NASOPHARYNGEAL CANCER

• WHAT IS NASOPHARYNGEAL CANCER?

Nasopharyngeal cancer begins at the junction of the back of the nose and the top of the throat (pharynx), an area called the nasopharynx. The cells lining the nasopharynx can become cancerous and give rise to nasopharyngeal cancer (NPC) – a form of nose cancer. This usually happens when the cells behave abnormally and a cancerous lump is formed in the nasopharynx.



• RISK FACTORS

- Family history of NPC
- The Epstein Barr Virus (EBV), which has been found to be associated with NPC
- Consumption of salted foods, which has been found to be associated with NPC

**People who think they may be at risk should discuss this with their doctor.*

• WHAT ARE THE SIGNS AND SYMPTOMS?

- Painless lump in the neck
- Blocked nose
- Nose bleeds
- Ear blockage
- Ringing sound in the ear
- Hearing loss
- Blood in saliva

A doctor should be consulted should the above symptoms occur.

• WHAT CAN YOU DO TO PREVENT NPC?

There is currently no firm way to prevent NPC. Family members of NPC patients may wish to be screened.

• HOW IS NPC DIAGNOSED?

If NPC is suspected, your doctor may suggest performing a nasal endoscopy. This involves inserting a thin flexible tube (with a camera mounted at one end) into your nasopharynx through your nose. A small tissue sample (biopsy) may also be removed for testing.

• WHAT ARE THE TREATMENT OPTIONS?

At NCIS, our patients are managed by a team of cancer specialists and health professionals from various disciplines. From pathologists and radiologists to medical oncologists and surgeons, we believe that a multidisciplinary approach will give our patients comprehensive and holistic care. A treatment plan will be developed to fit each patient's needs and may include one or a combination of the following treatments:

Radiation Therapy

Radiation Therapy is commonly used to treat NPC. NPC patients are usually treated with External Beam Radiotherapy (EBRT) which focuses high-energy radiation beams from outside the body on the cancer, killing the cancer cells in the process.

Chemotherapy

Chemotherapy is usually used as a supplementary treatment to radiation therapy and is either taken as a pill or through the vein. Two common ways in which it can be administered are:

- At the same time as radiotherapy: This can enhance the effectiveness of radiotherapy but the side effects of both chemotherapy and radiotherapy can be difficult to handle.
- After radiotherapy: This is used to kill any remaining cancer cells after radiotherapy.

Surgery

Surgery is seldom used as the initial treatment for NPC. It can be considered as an option when the cancer recurs after treatment and the cancer has not spread to other parts of the body.

• SUPPORT GROUP

NPC oneHeart is a voluntary support group formed to reach out to Nasopharyngeal (NPC) and Head and Neck cancer patients, survivors and caregivers. The group is open to everyone regardless of the hospitals they are from and all are welcome.

The NPC oneHeart aims to provide knowledge, psychological and emotional support to NPC and Head and Neck cancer patients and caregivers through organized activities, talks, care and sharing of experiences and practices.

To join NPC oneHeart or for any enquiries, please contact 6772 4876, or email npconeheart@gmail.com / therock.tang@gmail.com.



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