

• 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), the 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)

Cancer Centre

NUH Medical Centre, Level 10

Chemotherapy Centre and Stem Cell Therapy Centre

NUH Medical Centre, Level 9

Radiation Therapy Centre

NUH Medical Centre, Level 8

For Appointments

Tel: (65) 6773 7888 (Mon - Fri, except PH: 8.30am - 5.30pm)

Fax: (65) 6777 4413

Email: CancerApptLine@nuhs.edu.sg

For International Patients & Visitors

The NCIS Concierge is a one-stop centre, offering assistance and a myriad of services for international patients seeking cancer treatment in Singapore.

Tel: (65) 6773 7888 (Mon - Fri, except PH: 8.30am - 5.30pm)

Fax: (65) 6777 4413

Email: ncisip@nuhs.edu.sg

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 directions to NUH, visit www.nuh.com.sg.

For specific directions to NCIS Clinics, visit www.ncis.com.sg.

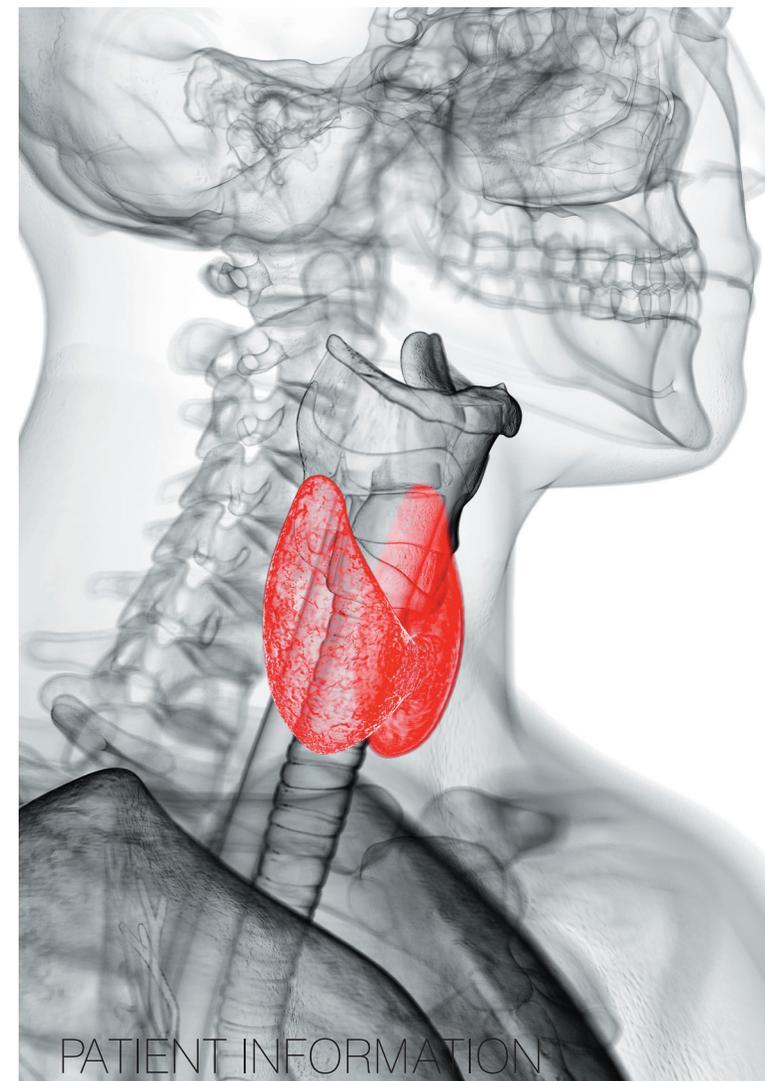


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Information in this brochure is given as a guide only and does not replace medical advice from your doctor. Please seek advice from your doctor if you have questions related to surgery, your health or medical condition.

Information is correct at time of printing (June 2017) and subject to revision without notice.

 National University
Cancer Institute, Singapore



PATIENT INFORMATION

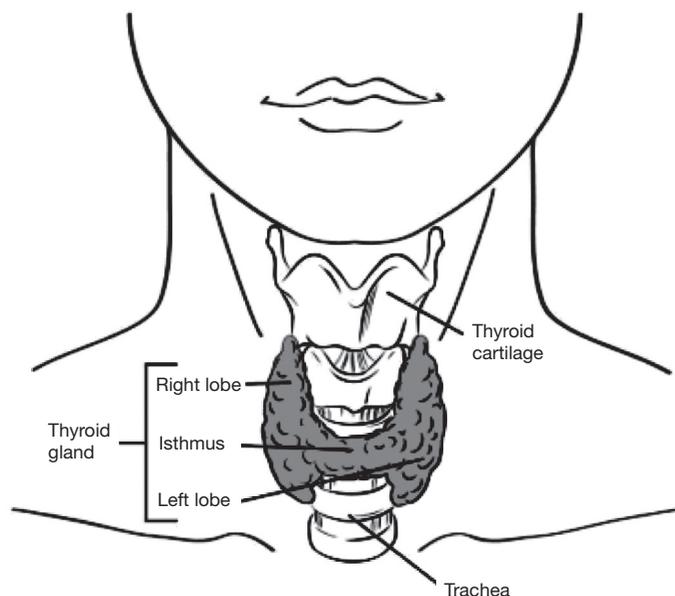
ABOUT THYROID CANCER

A member of the NUHS

• WHAT IS THYROID CANCER?

Thyroid cancer starts in the thyroid gland. It occurs when abnormal cells begin to grow in the thyroid gland.

The thyroid gland is below the Adam's apple in the front part of the neck. It is a butterfly shaped gland, with two lobes — the right lobe and the left lobe — joined by a narrow isthmus (see picture below).



There are five different types of Thyroid Cancers:

- Papillary
- Follicular
- Medullary
- Anaplastic
- Thyroid Lymphoma

• RISK FACTORS

- Female gender
- Women in their 40s – 50s, men in their 60s – 70s
- Family history of thyroid cancer
- Previous exposure to radiation

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

• WHAT ARE THE SIGNS AND SYMPTOMS?

- A lump or swelling in the neck
- Trouble swallowing and breathing with a central neck lump
- Hoarseness without obvious reasons

** A doctor should be consulted should the above symptoms occur.*

• WHAT CAN YOU DO TO PREVENT THYROID CANCER?

There is no firm way to prevent thyroid cancer. To help with early detection, you can perform a simple Neck Check Self-Exam by doing the following steps:

Step 1	Locate thyroid gland by focusing mirror on lower front area of neck, above collarbones and below voice box.
Step 2	Focus on this area while looking in the mirror, tip your head back, take a drink of water and swallow.
Step 3	As you swallow, check for any bulges or protrusions. You may want to repeat this process several times.
Step 4	See your doctor if you notice protrusions in this area. You may have an enlarged thyroid gland or a nodule.

• HOW IS THYROID CANCER DIAGNOSED?

Thyroid cancer may be diagnosed after a person goes to a doctor because of symptoms, or it might be found during a routine physical examination or other tests. If there is a reason to suspect you might have thyroid cancer, your doctor may do a biopsy of the thyroid gland to check for cancer cells. A biopsy is a simple procedure where a small tissue sample is removed for testing.

• WHAT ARE THE TREATMENT OPTIONS?

Thyroid cancer is usually treatable when detected early. The treatment options vary depending on cancer type and circumstances.

Surgery

Surgery is the removal of the tumour and some surrounding healthy tissue during an operation. It is the main treatment for most people with thyroid cancer. Depending on the diagnosis, the doctor will recommend one or more of the following:

- Thyroidectomy
- Central compartment dissection
- Modified radical neck dissection

Radioactive iodine treatment

A type of radiation therapy called radioactive iodine can find and destroy thyroid cells not removed by surgery and those that have spread beyond the thyroid.

• SUPPORT GROUP

NPC oneHeart is a voluntary support group for 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 organised 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.