

Understanding & Managing

STRESS • ANXIETY • DEPRESSION

A guide for cancer patients and their families



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INTRODUCTION

Living with cancer can be a difficult time for you and your loved ones, and it is common for many patients to experience varying emotions during their journey. Studies show that about 20–30 percent of cancer patients experience clinical levels of anxiety and depression at any one point during their treatment. Hence, it is just as important to learn how to take care of your psychological wellbeing as it is your physical health, before problems arise.

We hope that this booklet will serve as a guide on how to manage stress better, work relaxation into your routine, and cope with difficult emotions when they appear. However, it is not meant to be a replacement for professional help from a trained counsellor or psychologist. Please seek advice from your nurse or doctor if you feel overwhelmed by worries or when you feel low.



understanding & Managing Stress

01 | STRESS



WHAT IS STRESS?

Stress is a part of normal life, and it is experienced by everyone from time to time. However, some people suffer from stress that is so severe that it can seriously impact their quality of life.

Stress can arise from various sources:

- ◆ Interpersonal relationships
- ◆ Work-related issues
- ◆ Study demands
- ◆ Coping with illness
- ◆ Life changes such as marriage, retirement, and divorce
- ◆ Day-to-day activities and tasks
- ◆ Positive events, such as organising holidays or parties
- ◆ Juggling many roles or tasks at the same time

Some people are aware of what tends to trigger their stress. This increases their ability to either prevent stress or to handle it more effectively. Others are less able to deal with stress, and identifying stressors is a key step.



WHAT ARE THE SYMPTOMS?

Sometimes, people do not even notice that they are stressed until symptoms begin to occur, including:

- ◆ Irritability or moodiness
- ◆ Interrupted sleep
- ◆ Worrying, or feelings of anxiety
- ◆ Back and neck pain, or body aches
- ◆ Frequent headaches
- ◆ Upset stomach
- ◆ Increased blood pressure
- ◆ Changes in appetite
- ◆ Rashes or skin breakouts
- ◆ Chest pains
- ◆ Worsening of existing physical problems
- ◆ More susceptible to cold/flu and slower recovery

These symptoms reduce quality of life, and people suffering from stress may notice that work performance or relationships suffer as a result.





HOW STRESSED AM I?

Check off any of the following stress symptoms you experienced in the last week:

Physical Symptoms

- | | |
|---|---|
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Back pain |
| <input type="checkbox"/> Indigestion | <input type="checkbox"/> Tight neck and shoulders |
| <input type="checkbox"/> Stomach aches | <input type="checkbox"/> Racing heart |
| <input type="checkbox"/> Sweaty palms | <input type="checkbox"/> Restlessness |
| <input type="checkbox"/> Sleep difficulties | <input type="checkbox"/> Tiredness |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Ringing in ear |

Behavioural Symptoms

- | | |
|--|---|
| <input type="checkbox"/> Smoking | <input type="checkbox"/> Overuse of alcohol |
| <input type="checkbox"/> Bossiness | <input type="checkbox"/> Compulsive eating |
| <input type="checkbox"/> Critical attitude | <input type="checkbox"/> Inability to get things done |
| <input type="checkbox"/> Grinding teeth at night | |

Emotional Symptoms

- | | |
|---|---|
| <input type="checkbox"/> Crying | <input type="checkbox"/> Overwhelming feeling of pressure |
| <input type="checkbox"/> Nervousness, anxiety | <input type="checkbox"/> Anger |
| <input type="checkbox"/> Boredom, feeling that things are meaningless | <input type="checkbox"/> Loneliness |
| <input type="checkbox"/> Edginess, ready to explode | <input type="checkbox"/> Unhappiness for no reason |
| <input type="checkbox"/> Feeling powerless to change things | <input type="checkbox"/> Easily upset |



HOW STRESSED AM I?

Cognitive symptoms

- | | |
|---|---|
| <input type="checkbox"/> Trouble thinking clearly | <input type="checkbox"/> Indecisiveness |
| <input type="checkbox"/> Forgetfulness | <input type="checkbox"/> Thoughts of running away |
| <input type="checkbox"/> Lack of creativity | <input type="checkbox"/> Constant worry |
| <input type="checkbox"/> Memory loss | <input type="checkbox"/> Loss of sense of humour |

Spiritual Symptoms

- | | |
|--|---|
| <input type="checkbox"/> Emptiness | <input type="checkbox"/> Loss of direction |
| <input type="checkbox"/> Feeling that things are meaningless | <input type="checkbox"/> Cynicism |
| <input type="checkbox"/> Doubt | <input type="checkbox"/> Unforgiving of self and others |
| <input type="checkbox"/> Martyrdom | <input type="checkbox"/> Need to prove self |
| <input type="checkbox"/> Apathy | |

Relational Symptoms

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> Isolation | <input type="checkbox"/> Lowered sex drive |
| <input type="checkbox"/> Intolerance | <input type="checkbox"/> Nagging |
| <input type="checkbox"/> Resentment | <input type="checkbox"/> Lack of intimacy |
| <input type="checkbox"/> Loneliness | <input type="checkbox"/> Using people |
| <input type="checkbox"/> Distrust | <input type="checkbox"/> Fewer contacts with friends |
| <input type="checkbox"/> Hiding | <input type="checkbox"/> Lashing out |
| <input type="checkbox"/> Clamming up | |

What did you notice as you complete the checklist? Are you surprised with the high number of check marks?

What is important is getting acquainted with your personal patterns of stress reacting. Remember that everyone is different and has varying reactions to stress. Identifying your characteristic pattern of stress reacting helps you become more aware of instances when you need to take action.



HOW CAN I MANAGE STRESS?

1. Identify your stressors, and see if there are some things within your control that you can manage better. For example, schedule to have at least a short lunch break each day, or go to bed earlier so that you have more energy to cope the next day.
2. Build regular exercise into your life and maintain a healthy lifestyle.
3. Make sure that your diet is healthy and well-balanced.
4. Take time out for family, friends and recreational activities. Take deliberate steps to have time out, such as set aside one evening a week where you meet up with friends or enjoy a hobby, or set aside one day of the weekend for relaxing at home.
5. Use problem-solving techniques such as brainstorming possible solutions, listing the pros and cons of each option, and then choosing to put one into action.
6. Learn calming techniques such as controlled breathing and progressive muscle relaxation, to train your mind and body to become more relaxed.
7. Learn assertiveness and communication skills which can help you to deal with challenging situations more effectively, thereby reducing stress.
8. Consider whether there is negative thinking which is contributing to your stress. Negative thinking can make us worry more than is necessary, increasing stress, and generally does not motivate us to take positive actions.



STRESS MANAGEMENT TIPS

#1 Sleeping Well

Good sleep can be affected by many factors. Record the number of times you have done the following things in the last week and consider making changes to your routine.

Factors that affect quality of sleep are:

- ◆ Napping during the day.
- ◆ Watching television in bed.
- ◆ Using a device with a bright screen in the hour before bedtime (e.g., a smartphone, a laptop, or a tablet computer like an iPad).
- ◆ Consuming caffeinated drinks (e.g. tea, coffee, coca cola, energy drinks, hot chocolate).
 - Reduce the number of caffeinated drinks per day.
 - Try to avoid caffeine after 6pm.
- ◆ Consuming alcohol - *even 1 glass of alcohol can lead to interrupted sleep.*
- ◆ Eating a heavy meal less than 3 hours before bedtime.
- ◆ Staying in bed even if you are unable to fall asleep - *it is better to get up and do something relaxing, and then try again later.*



STRESS MANAGEMENT TIPS

Things that are known to improve sleep:

- ◆ Regular exercise:
 - It is recommended to do at least 30 minutes of exercise 3 times a week.
 - It is best not to exercise in the 3-4 hours before bedtime.
- ◆ Setting aside some 'worry time' each day to write down any issues that are bothering or concerning you, then deciding the to leave those worries behind until tomorrow (make sure to do this at least one hour before bedtime).
- ◆ Relaxation exercises (e.g. relaxed breathing exercises, progressive muscle relaxation).
- ◆ Having a relaxing bedtime routine (e.g. taking a bath or a shower, reading a comforting book).
- ◆ Setting the conditions for sleep:
 - Make sure the bedroom is completely dark.
 - Make sure the mattress and pillows are comfortable.
 - Make sure the bedroom is the right temperature.



STRESS MANAGEMENT TIPS

#2 Relaxation Through Breathing

What is “Calm Breathing” and why is it important?

Calm breathing (sometimes called “diaphragmatic breathing”) is a technique that helps you slow down your breathing when feeling stressed or anxious.

When we are anxious, we tend to take short, quick, shallow breaths, or even hyperventilate; this is called “overbreathing”. “Overbreathing” can make you feel even more anxious (e.g., due to a racing heart, dizziness, or headaches)! Calm breathing is a great tool that you can use whenever you are feeling anxious; however, it requires regular practice.

How to do it?

Calm breathing involves taking smooth, slow, and regular breaths. Sitting upright is usually better than lying down or slouching, because it can increase the capacity of your lungs to fill with air. It is best to support your arms on the arms of a chair or on your lap.

1. Imagine that you have a balloon in your tummy. Every time you breathe in, the balloon inflates. Each time you breathe out, the balloon deflates.
2. Take a slow breath in through the nose, breathing into your lower belly (for about three seconds).
3. Hold your breath for one or two seconds.
4. Exhale slowly through the mouth (for about 3 seconds). You may choose to say the word ‘relax’ to yourself in your mind while you exhale.
5. Wait a few seconds before taking another breath.



STRESS MANAGEMENT TIPS

How to do it better?

- ◆ Make sure that you aren't hyperventilating; it is important to pause for a few seconds after each breath.
- ◆ Try to breathe from your diaphragm or abdomen. Your shoulders and chest area should be fairly relaxed and still.
- ◆ It can be helpful to first try this exercise by placing one hand on your heart, the other hand on your abdomen. Feel the hand on your abdomen rise as you fill your lungs with air, expanding your chest. The hand over your heart should move only slightly.

How often should I do this?

- ◆ Try calm breathing for at least five minutes twice a day.
- ◆ You do not need to be feeling anxious to practice – in fact, at first you should practice when you feel relatively calm. You need to be comfortable breathing this way when feeling calm, before you can feel comfortable doing it when anxious. You'll gradually master this skill and feel the benefits!
- ◆ Once you are comfortable with this technique, you can start using it in situations that cause anxiety.



Understanding & Managing Anxiety



WHAT IS ANXIETY?

Anxiety is a common emotion that anyone can experience in everyday life. It occurs in response to perceived threats and can present with physical, emotional, and behavioural reactions. It becomes a problem when it:

- ◆ Affects daily life
- ◆ Increases in intensity and/or duration
- ◆ Causes unexplained physical symptoms, and/or
- ◆ Leads to avoidance of situations and places

The term “Anxiety Disorders” includes *Generalised Anxiety Disorder, Obsessive Compulsive Disorder, Phobias, and Acute and Post-traumatic Stress Disorder*. Although anxiety is a common feature, the different types of anxiety disorders have different symptoms but generally, all respond well to treatment.



HOW DO I RELIEVE ANXIETY?

1. Positive thinking. Look for the opportunity instead of the negative.
2. Task oriented. Feel good about your efforts and accomplishments.
3. Accept yourself. Don't be self-critical. If there is something you want to change then change it.
4. Be flexible. Not everything is black and white. Be open to the grey area of things.
5. Develop realistic goals. Evaluate what it will take to reach a goal.
6. Develop a positive view of life.
7. Nurture your spirituality.
8. Distract yourself from stressors. Sometimes you have to put everything aside to relax and have fun.
9. Deep breathing, relaxation, mediation, or visualization.
10. Finding humour in things.
11. Spending time with people you enjoy.
12. Keep a journal for venting, and at the end of every entry close with something positive.
13. Take time regularly to do activities that you enjoy.
14. Utilize your support system. This could be friends, family, individual therapy, group therapy, or community support groups.
15. Practice being assertive. You will feel better for taking care of yourself.



HOW DO I RELIEVE ANXIETY?

16. Practice Good communication.
17. Take short breaks throughout the day. Take 5 to 10 minute breaks throughout the day to relax and remove yourself from stressors or demands.
18. Exercise regularly - walking is excellent for decreasing body tension and alleviating stress.
19. Get adequate rest and sleep. If you don't get enough sleep you can't cope well.
20. Practice good nutrition.
21. Massage. A good way to relieve muscle tension and relax.
22. Choose to be in environments that feel good to you.
23. Work on your financial security.
24. Practice good time management.
25. Do things that demonstrate respect, care, and nurturing of the self. That means taking good care of yourself.

Develop a self-care plan. Incorporate these strategies and others to develop a plan of self-care behaviours, beliefs, and attitudes that can become your new and healthy lifestyle.



ANXIETY MANAGEMENT TIPS

#1 Practice Positive Self-statements

Preparation

- ◆ It is not going to be as bad as I think.
- ◆ It will not last long and I can cope with it.
- ◆ I am getting better and need to rebuild my confidence.
- ◆ If I do get bad feelings, I know they will not last long and I can cope with them.
- ◆ It is better to go than not to go. Worry does not help.
- ◆ I might enjoy it if I go.

Coping

- ◆ Concentrate on what is going on.
- ◆ This is just anxiety; it is an unpleasant feeling but this will not make me ill.
- ◆ The feelings are unpleasant but not harmful or dangerous.
- ◆ I can tolerate anxiety; I have managed it many times before.
- ◆ One step at a time.
- ◆ Concentrate on what I have to do.
- ◆ Remember to relax and think positive.
- ◆ I know I am going to be OK.
- ◆ The feelings always fade.



ANXIETY MANAGEMENT TIPS

Praise/Review

- ◆ If I keep this up I am going to get really good at this.
- ◆ I handled that; it should be easier next time.
- ◆ I did that well.
- ◆ I can be pleased with the progress I am making.
- ◆ I coped with that.
- ◆ I have achieved my goal; I am getting better.



From The Mental Health Handbook, A cognitive behavioural approach, 3rd edition, Powell T. (2010)

ANXIETY MANAGEMENT TIPS

#2 Progressive Muscle Relaxation

One of the body's reactions to fear and anxiety is muscle tension. Muscle relaxation can be particularly helpful in cases where anxiety is especially associated to muscle tension.

One method of reducing muscle tension that people have found helpful is through a technique called Progressive Muscle Relaxation (PMR). In progressive muscle relaxation exercises, you tense up particular muscles and then relax them, and then you practise this technique consistently.

Steps to prepare

Kindly note that. If you have any injuries, or a history of physical problems that may cause muscle pain, always consult your doctor before you start.

- ◆ Select your surroundings. Minimise distraction to your five senses. Such as turning off the TV and radio, and using soft lighting.
- ◆ Make yourself comfortable. Use a chair that comfortably seats your body, including your head. Wear loose clothing, and take off your shoes.
- ◆ Avoid practicing after big, heavy meals, and do not practice after consuming any intoxicants, such as alcohol.



ANXIETY MANAGEMENT TIPS

Things to take note

1. Once you have set aside the time and place for relaxation, slow down your breathing and give yourself permission to relax.
2. When you are ready to begin, tense the muscle group described. Make sure you can feel the tension, but not so much that you feel a great deal of pain. Keep the muscle tensed for approximately five seconds.
3. Relax the muscle and keep it relaxed for approximately ten seconds. It may be helpful to say something like “Relax” as you relax the muscle.
4. When you have finished the relaxation procedure, remain seated for a few moments allowing yourself to become alert.

Step-by-step guide

1. **Right hand and forearm.** Make a fist with your right hand.
2. **Right upper arm.** Bring your right forearm up to your shoulder to “make a muscle”.
3. **Left hand and forearm.** Repeat as per right hand and forearm.
4. **Left upper arm.** Repeat as per right hand and forearm.
5. **Forehead.** Raise your eyebrows as high as they will go, as though you were surprised by something.
6. **Eyes and cheeks.** Squeeze your eyes tight shut.
7. **Mouth and jaw.** Open your mouth as wide as you can, as you might when you are yawning.
8. **Neck.** Be careful as you tense these muscles. Face forward and then pull your head back slowly, as though you are looking up to the ceiling.



ANXIETY MANAGEMENT TIPS

9. **Shoulders.** Tense the muscles in your shoulders as you bring your shoulders up towards your ears.
10. **Shoulder blades/Back.** Push your shoulder blades back, trying to almost touch them together, so that your chest is pushed forward.
11. **Chest and stomach.** Breathe in deeply, filling up your lungs and chest with air.
12. **Hips and buttocks.** Squeeze your buttock muscles
13. **Right upper leg.** Tighten your right thigh.
14. **Right lower leg.** Do this slowly and carefully to avoid cramps. Pull your toes towards you to stretch the calf muscle. *Do this slowly and carefully to avoid cramps.*
15. **Right foot.** Curl your toes downwards.
16. **Left upper leg.** Repeat as per right upper leg.
17. **Left lower leg.** Repeat as per right lower leg.
18. **Left foot.** Repeat as per right foot.

Practice means progress. Only through practice can you become more aware of your muscles, how they respond with tension, and how you can relax them.



Understanding & Managing Depression



WHAT IS DEPRESSION?

Depression is a word used in everyday language to describe a number of feelings, including sadness, frustration, disappointment, and sometimes lethargy. However, in clinical practice, the term “Depression” or “Major Depression” differs from these everyday ‘down’ periods in three main ways: it is more intense, it lasts longer (two weeks or more), and it significantly interferes with effective day-to-day functioning. Depression can affect any kind of person at any stage of their life.



WHAT ARE THE SYMPTOMS?

Low Mood

Individuals will usually feel low for more than two weeks, depending on the severity of depression.

- ◆ **Mild Depression:** They may not feel bad all day but still describe a dismal outlook and a sense of gloom. Their mood may lift with a positive experience, but fall again with even a minor disappointment.
- ◆ **Severe Depression:** Low mood could persist throughout the day, failing to lift even when pleasant things occur. The low mood may fluctuate during the day—it may be worse in the morning and relatively better in the afternoon. This is called '*diurnal variation*', which often accompanies more severe types of depression.

In addition to stress, another mood common to depression is anxiety.

Negative Thoughts

- ◆ **Negative Focus:** Individuals will usually dwell on how bad they feel, how the world is full of difficulties, how hopeless the future seems and how things might never get better.
- ◆ **Sense of Guilt:** Blaming themselves for everything, including the fact that they think negatively.
- ◆ **Low Self-esteem and Self-confidence.**



WHAT ARE THE SYMPTOMS?

Physical Symptoms:

- ◆ **Possible Change in Sleep Patterns:** Some might experience difficulty in falling asleep, or interrupted sleep. Others sleep more and have difficulty staying awake and some may have early awakenings.
- ◆ **Possible Changes in Appetite and Weight:** Some might experience a loss in appetite and weight loss, while others eat more than usual and thus gain weight.
- ◆ **Possible Decline in Sexual Interest.**
- ◆ **Fall in Energy Levels:** Feeling lethargic and tired.
- ◆ **Disinterest:** Lack of motivation to carry out everyday activities.

Daily Interaction with People:

- ◆ **Unhappy and Dissatisfied:** With family, and other close relationships.
- ◆ **Shy and Anxious:** In a group setting. They may also feel lonely and isolated, yet are unwilling or unable to reach out to others, even when they have the opportunities for doing so.

WHAT CAUSES DEPRESSION?

Depression is often caused by a combination of (biological and psychological) factors interacting with one another.

Biological Factors

The biological factors that might have some effect on depression include: genes, hormones, and brain chemicals.

- ◆ **Genetic factors.** Depression often runs in families, which suggests that individuals may inherit genes that make them vulnerable to developing depression; however, one may inherit an increased vulnerability to the illness, but not necessarily the illness itself. Although many people may inherit the vulnerability, a great many of them may never suffer a depressive illness.
- ◆ **Hormones.** Research has found that there are some hormonal changes that may account for some of the symptoms of depression. Medication can be effective in treating these conditions.
- ◆ **Brain chemicals (neurotransmitters).** During depression, there is reduced activity of neurotransmitters, and this disturbs certain areas of the brain that regulate functions such as sleep, appetite, sexual drive, and perhaps mood. Many anti-depressant drugs increase the neurotransmitters in the brain.



WHAT CAUSES DEPRESSION?

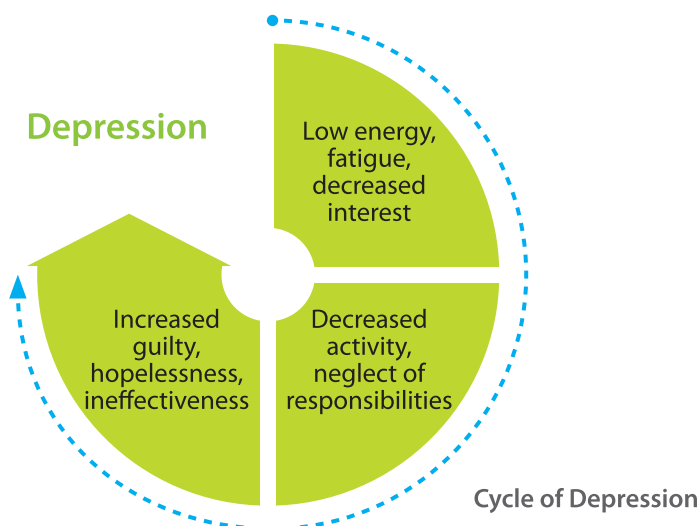
Psychological Factors

- ◆ **Thinking patterns** associated with depression include:
 - Overstressing the negative.
 - Taking the responsibility for bad events but not for good events.
 - Having inflexible rules about how one should behave.
 - Thinking that you know what others are thinking and that they are thinking badly of you.
- ◆ **Loss:** The experience of loss can bring on depression. This may include the loss of a loved one through bereavement or separation, loss of a job or a friendship, loss of a promotion or support, etc.
- ◆ **Sense of failure:** Some people may stake their happiness on achieving particular goals. If for some reason they are not able to achieve these goals, they might believe that they have failed somehow, and it is this sense of failure that can sometimes bring on, or increase, depression.
- ◆ **Stress:** An accumulation of stressful life events may also bring on depression. Stressful events include situations such as unemployment, financial worries, serious difficulties in relationships, physical illness, and major changes in life circumstances.

Pharmacological (e.g., antidepressants) and psychological therapies are available and effective in treating depression.

DEPRESSION MANAGEMENT TIPS

#1 Reversing the Cycle of Depression



Medication: Anti-depressants can help change your energy level and improve sleep.

Set Realistic and Achievable Goals: This can help you tackle your tasks and responsibilities with success.

Increasing Activity Level: Take part in activities that you enjoy and will make you happy. Becoming more active has a number of advantages: it helps you feel better, feel less tired, and can help you think more clearly.

Here's a list of possible fun things to do. You can add your own to this list.

1. Soaking in the bathtub
2. Collecting things (coins, shells, etc.)



DEPRESSION MANAGEMENT TIPS

3. Going for a day trip
4. Going to see a comedy
5. Going to the beach
6. Having a barbecue at the park
7. Going for a walk or a hike
8. Listening to uplifting music
9. Gardening

Try some of them out and evaluate how you feel before and after the activity. Chances are, you will find that you will feel a little better. The important thing is to persist.



DEPRESSION MANAGEMENT TIPS

#2 Understanding Yourself

What really makes us feel and respond the way we do is not the situation or the words and actions of another person, but how we **perceive** the situation or that person's actions. It is our thoughts and belief about an event that significantly influences our feelings and actions. We may not be aware of our thoughts and beliefs as they are often automatic and happen quickly.

If we are feeling anxious, depressed, and upset, it is very likely that we have been thinking negative thoughts. We call these **unhelpful thoughts** (simply because they lead to unpleasant feelings or unhelpful actions). All of us, at times, think things that make us feel sad or anxious, and that is a normal part of life; however, if you often feel distressed or upset, you might need to examine your thinking in order to improve how you feel.

What are unhelpful thoughts?

Unhelpful thoughts are patterns of thinking that have become a habit and contribute to a person feeling unhelpful negative feelings. Thoughts that are considered unhelpful are:

- ◆ Those that tend to focus on the negative aspects of a situation.
- ◆ Those that overestimate the chances of a negative event occurring.
- ◆ Those that place unrealistic demands on yourself or others.



DEPRESSION MANAGEMENT TIPS

What can I do?

There are lots of things you can do to help yourself feel better:

1. Identify how or what you are feeling. Then, ask yourself, “What am I thinking? What conclusions am I making?” to see how and why you are feeling distressed. Remember, unhelpful thoughts will lead to you feeling upsetting emotions.
2. Challenge your thinking by exploring other possible explanations and looking at a situation from different points of view.
3. Ask yourself, “How can I revise my original thoughts to take into account these other possible viewpoints?” Then, think of an alternative explanation. Replace your original, unhelpful thought with this new, balanced, and helpful belief.



MY IMPORTANT NOTES

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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

Appointment Line : (65) 6772 8208*
Fax : (65) 6734 2970
Email : CancerLineAppt@nuhs.edu.sg

Breast Care Centre @ NUH Medical Centre, Level 8

Appointment Line : (65) 6772 8208*
Fax : (65) 6734 2574

Cancer Line:

Staffed by trained oncology nurses, this is a FREE, anonymous and confidential information and counseling service for patients, their families and members of the public on cancer related issues.

Cancer Line : (65) 9722 0569*
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Fax : (65) 6779 5678
Website : www.nuh.com.sg

*Mon-Fri (Except PH): 8.30am -5.30pm



LOCATION

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 A.

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



A Linkway via
MRT station
@ Level 1

B Linkway
@ Level 1

C & D Linkway
@ Level 4

E Linkway @
Kent Ridge Wing
Level 8

MRT Kent Ridge MRT Station @ Level 1

Taxi Taxi Stand / Drop off

Bus Bus Stop

Drop off only

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

This brochure is jointly developed by NCIS, and the Department of Psychological Medicine, NUH.

Information is correct at time of printing (Mar 2014) and subjected to revision without notice.