

AKHBAR : STAR SPECIAL

HARI : AHAD

TARIKH : 23 MARCH 2014

8 FOOD &amp; HEALTH StarFittLife SUNDAY 23 MARCH 2014

# Food recipes in cancer

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Learn more about cancer and related food recipes during an upcoming talk in Kuala Lumpur.

**C**ANCER is a serious problem that is rapidly becoming a common affliction. According to the National Cancer Society of Malaysia, cancer is becoming a leading cause of death, due to avoidable risk factors like smoking and tobacco exposure, poor diet, alcohol, inadequate exercise or obesity.

The society also estimates there are about 90,000-100,000 people in Malaysia living with cancer at any one time. It estimates that one in four Malaysians will develop cancer by the time they are 75 years old.

In the Cancer Cancel - Live Right Eat Well medical talk tour hosted by Popular Bookstores on March 30, Singaporean medical oncology specialist Dr Wong Seng Weng and celebrity chef Eric Teo will join forces to share tips on effective ways to fight cancer.

Their talk will include practical tips on prevention and recovery from the disease, as well as recipes for cancer patients and for good health.

The two will also share knowledge from their jointly written book, also named *Cancer Cancel - Live Right Eat Well*.

The book aims to correct the misconceptions most people have about cancer, as well as answer frequently asked questions about this deadly disease.

"Cancer is a clear and present danger. A head-in-the-sand attitude of trying to avoid the dreaded subject will no longer do.

"Putting faith in hearsay, or baseless treatment methods, will only worsen your health and cause you to lose the fight against cancer," Dr Wong said.

Combining useful and comprehensive information with relatable and easy-to-apply tips, Dr Wong and Chef Teo's talk will no doubt be an eye-opener, and a potentially life-changing experience.

The public is encouraged to attend the talk to gain new understanding about this often-misunderstood disease.

Dr Wong is the medical director of The Cancer Centre, Singapore. He specialises in the diagnosis and treatment of adult cancers, with special interest in breast, lung and gastrointestinal cancers. He is currently also a visiting consultant at the National University Hospital, Singapore.

Apart from his clinical practice, Dr Wong was an investigator in over 20 clinical trials exploring new methods of cancer treatment.

He is a member of the American Society of Clinical Oncology and Royal College of Physicians of the United Kingdom, as well as the European Society for Medical Oncology and Singapore Society of Oncology.

Chef Teo, on the other hand, is a celebrity chef with over 28 years of experience in the Singaporean food and beverage industry.

He has won the title of World Gourmet Summit Executive Chef of the Year three times (2006, 2008 and 2009), and subsequently entered the Awards of Excellence Hall of Fame in 2010.

He is currently running ET Culinary Arts, his own food consultancy company, founded in 2011.

The bubbly chef is very much involved in cook-



The book aims to correct the misconceptions most people have about cancer, answer frequently asked questions about the disease, as well as offer food recipes for those living with cancer.

ing demonstrations and has made numerous TV appearances. He has also served as an International Culinary Judge at the IKA Culinary World Olympics in 2012, and is the first Singaporean to be appointed president of the Singapore Chefs Association, serving from 2005-2013.

Don't miss this opportunity to gain invaluable tips on healthier living from these highly experienced personalities.

■ The Cancer Cancel - Live Right

*Eat Well medical talk tour will take place on March 30 at the Sunway University Auditorium 7, Bandar Sunway, Selangor, 2-4pm. Admission is free. For more information, contact Danny Choong at 03-91796146 or fax 03-91796339. Popular Bookstores are also running a promotion for Dr Wong and Chef Teo's book, *Cancer Cancel: Live Right & Eat Well*. Drop by your nearest Popular outlet to pick up a coupon offering a RM13 rebate on the book (Usual price: RM39.90).*

## Let's fight obesity

Celebrating the nation's biggest nutrition initiative of the year.

THE Nutrition Month Malaysia (NMM) programme is back for the 12th consecutive year. Experience the joy of healthy living at the programme's major attraction, Nutri-Fun Land Carnival - the nation's biggest nutrition event of the year - with the theme "Eat Right, Move More, Fight Obesity" at the Mid Valley Exhibition Centre (Hall 1), Kuala Lumpur on March 29 and 30.

The Carnival promises two days of fun-filled and informative activities for the whole family.

The public can also take the opportunity at this all-in-one event to obtain free glucose and cholesterol tests, body weight status screening and nutrition counselling from qualified nutritionists and dietitians.

In addition, you stand a chance to win attractive prizes by entering the NMM's "Healthy Meal: Snap & Win" contest prior to the carnival which is currently running until March 25.

Participants need to post a photo of their version of a healthy meal and add an interesting caption depicting why they think their meal is healthy.

Further details of the contest can be found at Nutrition Month Malaysia Facebook page. Winners of the contest will be announced on March 30, the second day of the Carnival.

NMM has been observed every April since 2002.

It is co-organised by the Nutrition Society of Malaysia, Malaysian Dietitians' Association and the Malaysian Association for the Study of Obesity.

This annual initiative aims to promote a greater awareness and practice of healthy eating, in line with the Government's healthy lifestyle programme.

The NMM 2014 initiative also comprises NMM's yearly publication - the *Eat Right, Move More, Fight Obesity* guidebook, school roadshows in April and May, updates on nutritional information on their Facebook page and website, a series of educational press articles in leading newspapers, community health messages on radio, television interviews, and other relevant activities conducted by state nutritionists and dietitians.

For enquiries or more information about the event, call 03-5632 3301, drop by the NMM's Facebook page or visit [www.nutrition-monthmalaysia.org.my](http://www.nutrition-monthmalaysia.org.my).



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12 BMS INDULGE StarSpecial, Sunday 30 March 2014

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# Testing for colorectal cancer

By DATUK DR  
MEHESHINDER SINGH

**C**OLORECTAL cancer is an important public health concern.

The global burden of colorectal cancer has been ever increasing.

Even countries previously thought to have a low level of risk have reported rising trends. In this region, colorectal cancer is the most common cancer among males.

Among females, it is ranked second after breast cancer.

The incidence rises exponentially with age, and current figures show that 90% of cases occur in those over 50 years of age.

The Chinese have a higher incidence than Malays or Indians.

Various experimental and epidemiological data suggest that colorectal cancer develops from complex interactions between inherited susceptibility with extraneous and environmental factors.

Adenomatous polyps are the pre-cursors of the vast majority of colorectal cancers; hence measures that can detect and reduce the prevalence of these polyps can reduce the risk of colorectal cancer.

The wide difference in survival rates between early- and late-stage diseases clearly indicates the advantage of timely detection.

The best method to achieve this would be to screen the population at risk and detect pre-cancer or early-stage disease.

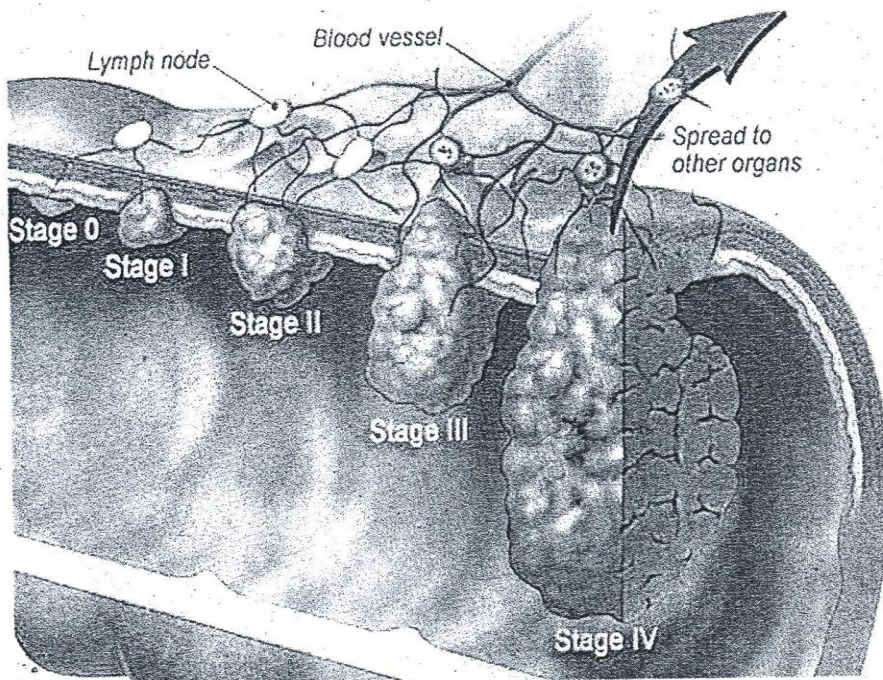
Now, there is clear evidence to suggest that screening for colorectal cancer can reduce mortality.

Most mass screening programmes have utilised tests to detect occult blood.

Subjects found to be positive are subsequently referred for further examination of the entire colon.

Currently available methods are colonoscopy, which is still the gold standard mode of choice, or a double contrast barium enema (DCBE) with flexible sigmoidoscopy.

In cases where one or the other investigation does not result in adequate visualisation of the whole colon, then the alternative investi-



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gation is required.

Virtual colonoscopy, which employs high resolution helical/spiral CT scanning, is an emerging form of investigation. However, this method requires bowel preparation, exposes the patient to radiation and does require further evaluation.

One of the main hindrances to screening is patient compliance.

Patients have been avoiding their routine screening due to the uncomfortable procedures involving stools or other invasive procedures.

Recently, a new blood test for colorectal cancer risk stratification has become available, which may just bridge the screening gap.

ColonSentry, developed by GeneNews Ltd, Canada, uses molecular technology to measure the expression levels of seven genes found in blood to assess an individual's current risk of having colorectal cancer.

It is an effective, safe and convenient blood-based test, which

can easily be incorporated into a patient's annual check-up.

By identifying patients at increased or decreased current risk of having colorectal cancer, ColonSentry helps prioritise patients for colonoscopy. Doctors can decide the urgency of colonoscopy for each patient according to the results of the blood test.

Patients at high risk should have an early colonoscopy whereas those at low risk can proceed with their routine lifestyle and return for a check-up on a yearly or bi-yearly intervals as advised by their clinicians.

Unlike genetic tests that are offered in the market that tests on the genetic predisposition of future risk, ColonSentry tests on the current risk of developing a colorectal cancer.

Based on the award-winning Sentinel Principle, ColonSentry measures the activity of seven mRNA biomarkers in the blood to

learn an individual's risk of developing the disease.

In addition, it differs from the tumour marker screening tests that are commercially available as tumour markers assess on proteins that are involved with the tumour, normally when the tumour has already developed while ColonSentry is a pre-screening test that assesses a person's likelihood in developing the disease.

ColonSentry is also available in the United States and China.

The test is distributed in Malaysia by GeneNews Diagnostics and is available in panel clinics and hospitals.

■ For details on ColonSentry, call 03-8991 2813, visit <http://www.genenewsdiagnostics.com> or email [inquiry@genenewsdiagnostics.com](mailto:inquiry@genenewsdiagnostics.com).

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