

2015-2018 Progress Report

BHUTAN CANCER SOCIETY

www.bhutancancer.org





EMPOWERMENT THROUGH KNOWLEDGE AND HOPE

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OUR PATRON



HRH Ashi Kesang Wangmo Wangchuck

MESSAGE FROM THE SECRETARIAT

Empowerment through Knowledge and Hope

Since the inception of Bhutan Cancer Society in 2015, we are very happy to bring out our first Progress Report (2015-2018). Despite experiencing the hurdles of a young and small civil society organisation, we have achieved a lot within this short period of time.

Our biggest achievement was the receipt of the National Order of Merit (Gold) along with 22 other Civil Society Organizations (CSOs) from His Majesty the Druk Gyalpo coinciding with the historic 109th National Day in Trongsa on 17 December 2016. Being one of the youngest CSO in Bhutan, it was an honor and a privilege to receive this highest order. More importantly, the award symbolizes the importance of BCS establishment and our collective and concerted effort towards a cancer-free society.

Over the past years, BCS has directly touched the lives of more than 3000 Bhutanese citizens through awareness programs along with numerous health camps in 17 districts in Bhutan.

Towards the end of 2017, a health record book for our cancer patients was also launched by His Holiness the Je Khenpo and HRH Ashi Kesang Wangmo Wangchuck. The health record book was handed over to the Jigme Dorji Wangchuck National Referral Hospital to be distributed among the patients in order to enable them to have a single systematic record book to understand their status and progress.

This progress report provides an update on BCS's role to live upto the commendation on the plaque of the National Order of Merit (Gold): "For volunteering time and effort towards promoting values, our culture and tradition, and our national humanitarian objectives; for working passionately and tirelessly for the benefit of others; for taking on the responsibility to provide support and assistance wherever the government is unable to reach, and for keeping alive the sacred values of compassion and empathy."

We thank all our supporters and partners, and extend to them our deep gratitude and appreciation. We acknowledge the committed individuals who have volunteered time with us and those who provided resources and grants to enable BCS to take it's work further. We would like to offer our humble gratitude to our Patron, Her Royal Highness Ashi Kesang Wangmo Wangchuck for her benevolent support and guidance.

Wishing everyone a wonderful Year of Earth Female Pig Year, 2019.

ABOUT BHUTAN CANCER SOCIETY

Bhutan Cancer Society (BCS) is a public benefit organization registered under the Civil Society Organizations Authority (Reg no. CSOA/PBO-337).

BCS was officially launched by HRH Ashi Kesang Wangmo Wangchuck on 4th February coinciding with the World Cancer Day 2015. BCS is the only non-profit organization established for the benefit of cancer patient, caregiver and general population in Bhutan.

BCS primarily works under three major pillars: *Care and Support for cancer patient and caregivers, Cancer Prevention and Advocacy and Cancer Research.*

BCS provides palliative care and support to the terminally ill cancer patients as well as the caregivers beginning at diagnosis and continuing through treatment, follow-up-care and the end of life. On a need base, we also provide information on nutrition, post chemo care counselling to cancer patient and caregivers in addition to financial support for improvised cancer patients to avail treatment services in Thimphu and India.

What We Do



OUR MISSION

"We strive to improve cancer care and reduce the incidence of cancer in Bhutan through cancer control activities (education, prevention and research)"

OBJECTIVES

1. Optimize prevention of cancer in collaboration with national and international stakeholders through education, advocacy and research.
2. Provide social, spiritual, psychological and financial support (where needed) to cancer patients and their caregivers.
3. Advocate and mobilize resources for cancer prevention, treatment, care and support.
4. Enhance the quality of life for terminal cancer patients through targeted program.
5. Make available the most accurate cancer information for both health care provider and cancer patients.

We CAN. I CAN.

There is a "CAN" in cancer because we can beat it.



Over 639 cancer cases were reported in Bhutan in 2014 and it is steadily increasing.



Gastric (stomach) cancer is the top most common cancer in Bhutan. Other common cases include cervix, skin and breast cancer.



Tobacco, alcohol, unhealthy diet and physical inactivity are some of the most common causes of cancer in Bhutan.



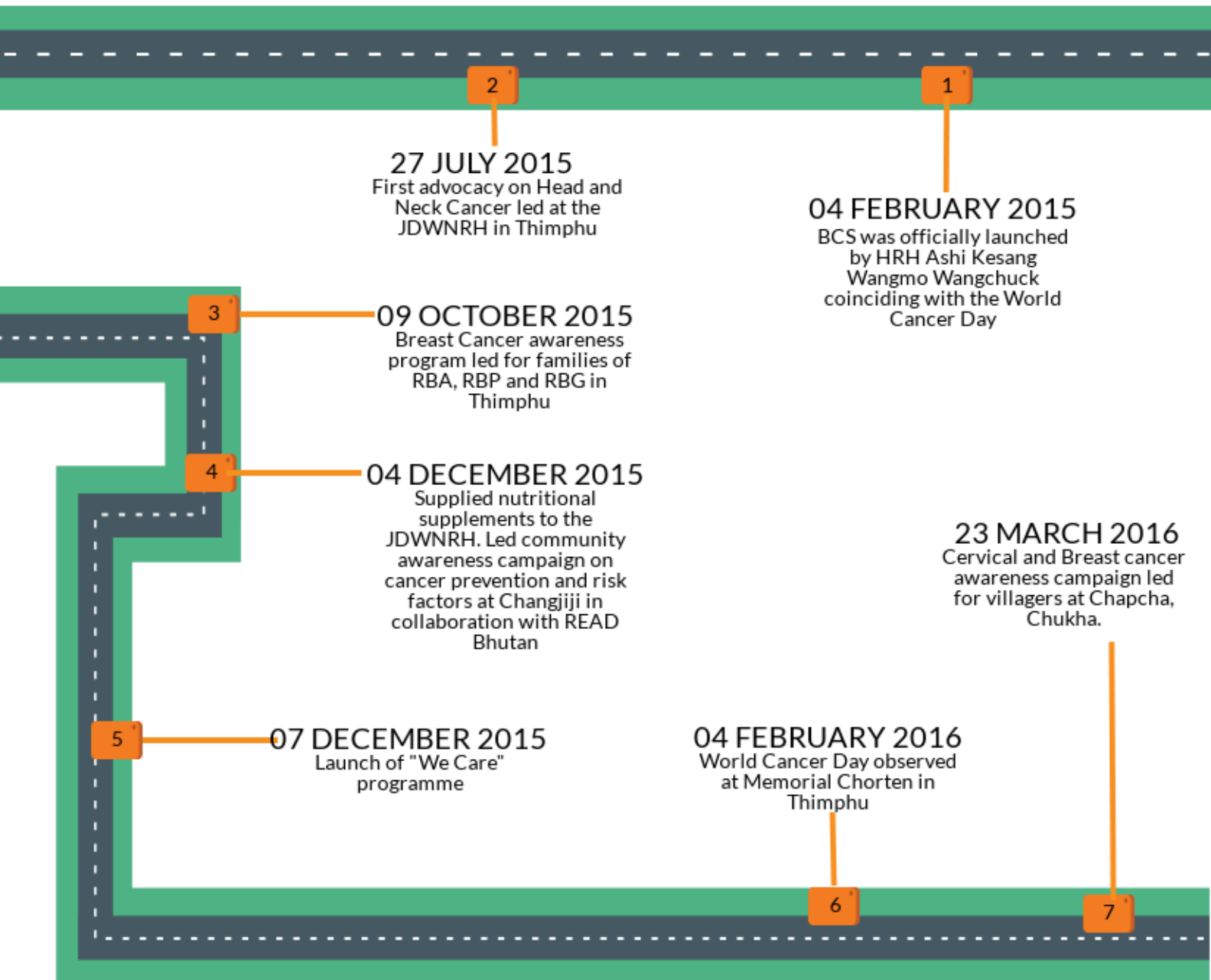
At least 1/3 of all cancer are preventable.

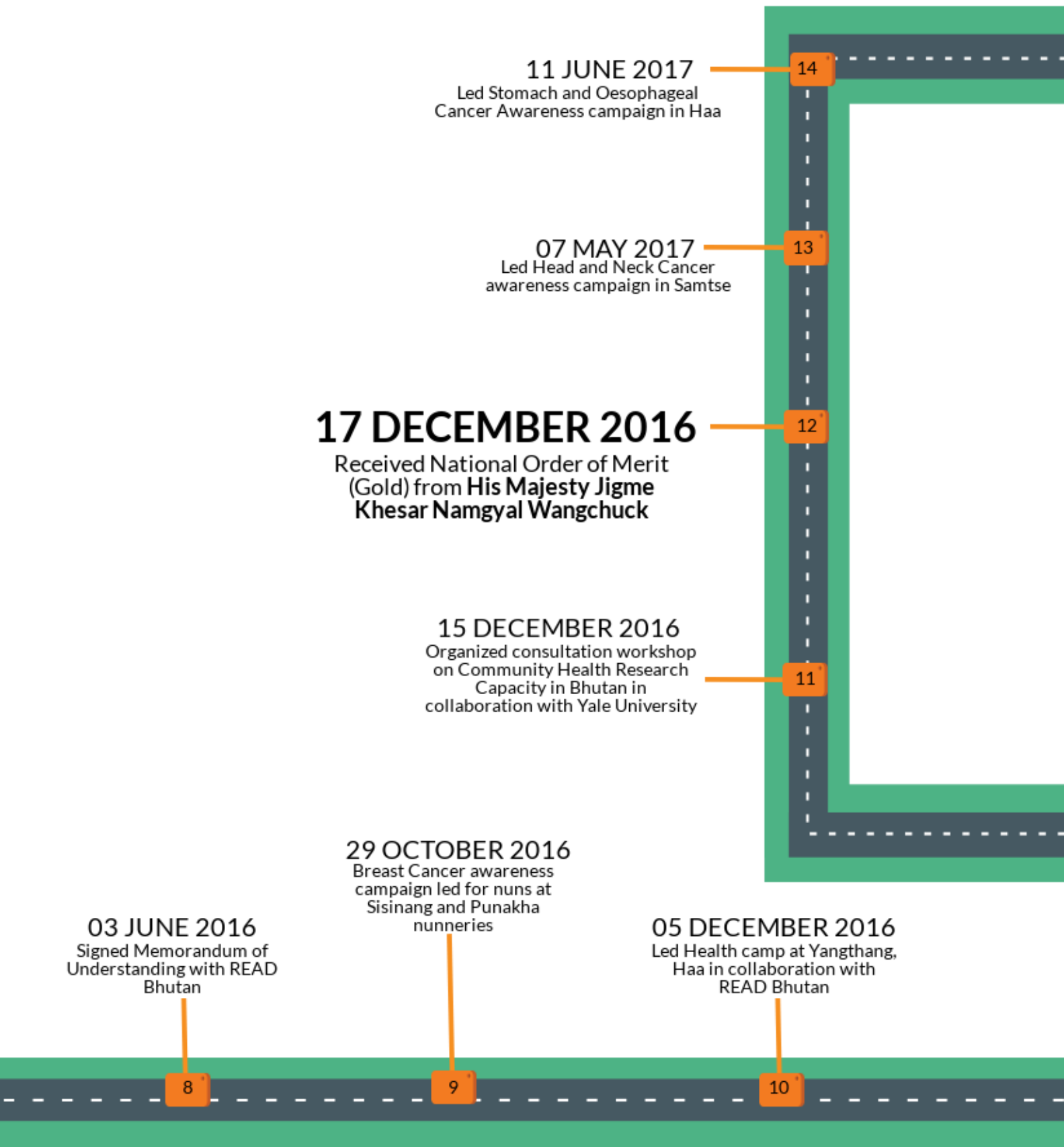
OUR WORK



AT-A-GLANCE

BCS is the only non-profit organization established for the benefit of cancer patient, caregiver and general population in Bhutan.





05 NOVEMBER 2017

15

Health Camp in Punakha and Sarpang in collaboration with READ Bhutan with funding support from Canada Fund for Local Initiatives (CFLI)

10 NOVEMBER 2017

16

Launch of 'Cancer prevention program in Religious Institution in Bhutan' and Health Record Book for cancer patients.

14 DECEMBER 2017

Health Camp in Bumthang, Tashigang, Pemagatshel and Zhemgang in collaboration with READ Bhutan with funding support from CFLI

17

04 FEBRUARY 2018

Observed World Cancer Day at the Memorial Chorten, Thimphu.

18

20 APRIL 2018

Started our Nutritional, Psychosocial and Yoga sessions for the cancer patients and caregivers. The project is funded by EU, Helvetas Bhutan.

19

03 JUNE 2018

BCS organized a Relay for Life to celebrate cancer survivorship. The event was funded by TATA Motors and Samden Vehicles Pvt.Ltd

20

09 JULY 2018

Breast and Cervical Cancer prevention health camp in the nunneries in Thimphu and Punakha with funding support from Bhutan Foundation

21

05 NOV 2018

Breast and Cervical Cancer prevention health camp in the nunneries in Paro, Bumthang and Zhemgang with funding support from Bhutan Foundation

22



Media coverage of all campaigns on National and other newspapers.



Television Program on BCS and Cancer Prevention



Radio program on BCS and Cancer Prevention

PROGRAMME AREA

CARE & SUPPORT

"Helping cancer patients become stronger and stay nourished"

Commemorating the 60th birth anniversary of His Majesty the Fourth Druk Gyalpo Jigme Singye Wangchuck, Her Royal Highness Ashi Kesang Wangmo Wangchuck launched the "WE CARE" program. The program excels in diversity with projects ranging from providing guidebooks for patients and families living with cancer to providing nutritional supplements and support to underprivileged patients.



We focus on care and support to enhance quality of life for terminal cancer patients by providing social, spiritual and psychological support to cancer patients and caregivers.

We supply B-Protein every month to Jigme Dorji Wangchuck National Referral Hospital (JDWNRH) oncology ward as a majority of the cancer patients come from underprivileged background who cannot afford the nutritional supplement.

We have also created a platform for cancer patients to share their concerns and experiences in full confidentiality and where we try to solve their concerns when needed.

We work on creating a network of cancer patients and cancer survivors to help create a sense of community. Given that cancer treatment is provided only in Thimphu, most patients are in no position to manage accommodation while undergoing treatment in Thimphu. Currently we are trying to mobilize resources to operate and manage a transit home for patients in Thimphu.

OUR REACH

There are more than
2153 cancer patients
and their families who need
our support.



About 44% of them
are men. Stomach
cancer is most
common in men.

About 56% of them
are women. Cervical
cancer is most
common in women.



More than 500 cans
of B-Protein
supplements
provided to cancer
patients at JDWNRH

46 registered cancer
patients and their
families receive
financial support

More than 3000
guidebooks provided
for cancer patients
and their families

PROGRAMME AREA

PREVENTION & ADVOCACY

**“An ounce of prevention is worth a pound of cure.”
-Benjamin Franklin**



Bhutan Cancer Society has launched a number of aggressive public awareness campaigns targeting the general public and health care professionals. Bhutan Cancer Society works tirelessly to educate the public, the media, and health professionals about the steps people can take to stay well, and fight back against the disease.

The Society effectively advocates for all groups of people who can help us win the fight against cancer. Furthermore, BCS actively takes part in the prevention, detection, and treatment of cancer in collaboration with Ministry of Health and Jigme Dorji Wangchuck National Referral Hospital.



AWARENESS CAMPAIGNS

Reached out to more than 2500 individuals in 22 different communities since 2015

04 December 2015: READ Bhutan Center Coordinator Training

13 READ Centre Coordinators, 2 READ facilitators and 10 women participants reached.

Bhutan Cancer Society conducted training for READ centre Coordinators, facilitators and women participants on the promotion of self-breast examination for early detection and papsmear uptake for cervical cancer screening in the rural community. The training gave the READ centre coordinators proper knowledge on self-breast examination and papsmear tests that can be shared with their respective communities. The participants enjoyed learning and conducting breast examinations on the breast models used during the training and agreed that it was beneficial to have these trainings in all rural communities where access to information is limited.



23 March 2016: Breast & Cervical Cancer Awareness



35 women from the community took part and actively engaged in the awareness workshop

The community of Shemagangkha, Chapcha, Chukha requested BCS to conduct a cancer awareness program in their community. Therefore, BCS and READ Bhutan collaborated and organized a Cervical and Breast Cancer awareness program for women at the READ community centre. The program introduced the importance of self-breast examination for early detection, information and ways to prevent cervical cancer and informed the women about cancer treatment resources that are available in the country.

AWARENESS CAMPAIGNS

30 October, 2016: Breast Cancer Awareness

186 nuns aged between 15-65 years old reached through the program

Bhutan Cancer Society in collaboration with Bhutan Nuns Foundation and the Faculty of Nursing and Public Health organized a Cervical & Breast Cancer awareness program for the nuns at Shechen Orgyen Chodzong nunnery in Thimphu and Sangchhen Dorji Lhendrup nunnery in Punakha. The program introduced the importance of self breast examination for early detection, information and ways to prevent cervical cancer. The program also created awareness of other non-communicable diseases (NCD).



06 December, 2016: Health Camp in Haa

96 women attended a health camp held at Yangthang READ Centre in Haa



A group of 96 women attended a health camp held at Yangthang READ Centre in Haa on 5th and 6th December, 2016. The two day camp conducted by Bhutan Cancer Society in collaboration with READ Bhutan and Ministry of Health aimed at raising awareness on non-communicable diseases, cervical cancer, breast cancer and cancer in general. Dr. Ugyen Tshomo, Bhutan's only Gynae-oncologist and co-founder of BCS led the camp facilitated by the officials from BCS. On top of demonstrating accurate self-breast examination, papsmear tests and colposcopy, the community members were also screened for NCD both at the Yangthang READ Centre and Haa BHU.

AWARENESS CAMPAIGNS

07 May, 2017: Head & Neck Cancer Awareness, Samtse

130 people attended the program in Samtse.

Bhutan Cancer Society in collaboration with the Ministry of Health and JDWNRH organized a Head and Neck Cancer Awareness Program in Samtse as the prevalence of Head and Neck cancer is highest in Samtse. The program was led by Dr. Ugyen Tshomo, Gynaecologist, Dr. Tika Ram, ENT Specialist and health officials from Samtse hospital facilitated by officials from Bhutan Cancer Society. The participants were briefed on the risk factors and treatment for head and neck cancer and they were also screened for non-communicable diseases.



11 June, 2017: Stomach and Oesophageal Cancer Awareness in Haa



104 people attended the awareness program in Haa.

Bhutan Cancer Society organized a Stomach and oesophageal Cancer awareness program in Haa - one of the priority districts with high prevalence of stomach cancer. A total of 104 people attended the program. The program was led by Dr. Tashi Dhendup, the only surgical oncologist in the country. The people were made aware of the signs and symptoms, risk factors and treatment options for stomach and oesophageal cancer. They were also screened for non-communicable diseases (NCD).

AWARENESS CAMPAIGNS

10 November, 2017: Launch of 'Cancer Prevention Program in Religious Institutions'

Launch of 'Cancer Prevention Program in Religious Institutions' and Health Record Book for cancer patients.

On the auspicious day of the descending day of lord buddha, HRH Ashi Kesang Wangmo Wangchuck joined the board and the secretariat of Bhutan Cancer Society for the launch of 'Cancer Prevention Programs in Religious Institutions' and 'Health Record Book' for the cancer patients. It was officially launched by His Holiness the Je Khenpo. The goal of the program is to raise awareness on cancer prevention, cancer care and support system and empower the communities with relevant information on NCD prevention and management.



November & December, 2017: Breast & Cervical Cancer Health Camp in 6 districts



835 women and girls in six districts attended the health camp.

Bhutan Cancer Society in collaboration with READ Bhutan and Ministry of Health organized a breast and cervical cancer health camp in the rural communities in Punakha, Sarpang, Bumthang, Tashigang, Pemagatshel and Zhemgang. The project was funded by Canada Funds for Local Initiatives (CFLI). A total of 835 women and girls attended the program. Of the total, 10 women were referred to the hospital for advance diagnostic test to rule out cervical cancer and 154 were treated for early infection of the cervix. For long term sustainability, 22 READ coordinators were trained on women's health program.

AWARENESS CAMPAIGNS

April, 2018 - March, 2019: Compassionate Transition

510 cancer patients and caregivers benefitted from the project.

Bhutan Cancer Society in collaboration with JDWNRH and Faculty of Nursing and Public Health (FNPH) started a pilot project to initiate palliative care services for patients with terminal diseases. JDWNRH is providing health services including pain management. BCS is designing the pilot palliative project and providing support for establishment of peer support group and providing psychosocial, spiritual and nutritional support. And FNPH is leading the development of module on palliative care services for training the future health care providers. The project will be completed in March, 2019. It is funded by Helvetas Bhutan.



July, 2018: Cancer Prevention program in the nunneries



599 nuns were reached through this project.

With funding support from Bhutan Foundation, Bhutan Cancer Society in collaboration with Bhutan Nuns Foundation and Ministry of Health organized a cancer prevention program in the nunneries in Thimphu, Bumthang, Zhemgang, Paro and Punakha. A total of 599 nuns attended the program. Of the total, 45 nuns underwent papsmear test. The nuns were provided with a package of services which included Gynae consultation (Papsmear Tests), Self-breast examination, Eye check up, Dental check-up, BMI, Sugar tests, BP, ultrasound and also general doctor consultations.

PROGRAMME AREA

RESEARCH

"If we knew what it was we were doing, it would not be called research, would it?" - Albert Einstein



Assessing Community Health Research Activity and Capacity in Bhutan with JDWNRH and KGUMSB with support from Helvetas Bhutan

Bhutan Cancer Society in collaboration with Yale School of Public Health and Khesar Gyalpo University of Medical Sciences of Bhutan (KGUMSB) conducted a research on "Assessing Community Health Research Activity and Capacity in Bhutan" in April 2016. The main purpose of the study was to assess the community health research capacities and activities among different researchers, clinicians and civil society in our country in order to enable identification of important capacity building needs and strengthen community health capacity in Bhutan.

Population based Cancer Registry with JDWNRH with support from Bhutan Foundation

There are limited studies done on cancer in Bhutan. In order to make the most accurate cancer information available to the healthcare providers and cancer patients, Bhutan Cancer Society is working on maintaining the National Population Based Cancer Registry in collaboration with the Ministry of Health and JDWNRH with funding support from Bhutan Foundation. BCS also makes small research grants available for those interested in doing cancer related research. We will also explore other possible cancer related studies and carry out more research to obtain the most accurate information available for reference, in order to build a strong national database on cancer for cohort studies.

GLOBAL CANCER OBSERVANCE

Joining the global community to show solidarity towards the fight against Cancer



Bhutan Cancer Society (BCS) joined the world in observing the World Cancer Day on 4th February 2016 at the Memorial Chorten with the theme "We can I can". BCS launched the "5 by 5 Initiative", a personal pledge to 5 WE CANS and 5 I CANS. The event was jointly organized by Bhutan Cancer Society, Jigme Dorji Wangchuck National Referral Hospital and the Ministry of Health. Aimed at taking a proactive approach in the fight against cancer, the event brought together the Board Members and the secretariat of Bhutan Cancer Society, officials from various Ministries, Corporations, CSOs and senior citizens in Thimphu to address Bhutan's growing cancer burden to work on effective control and prevention measures, and to address sustainable treatment and care options in Bhutan. Some 300 participants took part in this campaign to promote cancer awareness and take advantage of the free health camp. Her Royal Highness Ashi Kesang Wangmo Wangchuck graced the observance. Her Royal Highness also participated with the public in the Health Camp and highlighted the importance of creating awareness on cancer prevention in the country.



GLOBAL CANCER OBSERVANCE

Joining the global community to show solidarity towards the fight against Cancer

27
JULY

The World Head and Neck cancer day was observed on the 27th July 2015 in collaboration with Ministry of Health and Jigme Dorji Wangchuck National Referral Hospital. The event was held at JDWNRH and was attended by around 150 people.

The program facilitated information on oral cancers related to human papilloma virus (HPV), screening for early detection and a Q&A session with doctor Tashi Dhendup (oncologist). Through such programs, Bhutan Cancer Society (BCS) intends to promote awareness of oral, head and neck cancer among the Bhutanese people. BCS will continue to organize similar programs in other parts of the country to make it accessible to different communities especially the rural population.



To mark the Breast Cancer month, BCS in collaboration with the Ministry of Health observed the Breast Cancer Day on 29th October, 2015 with the theme "Know Your Boobs". The event was a huge success and a total of 1900 participants attended the awareness program.

29
OCT

Four venue based targeted awareness programs were held at JDWNRH, Royal Body Guard (RBG), Royal Bhutan Army (RBA) and Royal Bhutan Police (RBP) communities led by Dr. Tashi Dhendup, Dr. Ugyen Tshomo and Dr. Duptho. The participants were sensitized on the benefits of self-breast examination for early detection to improve treatment outcomes. The understanding of accurate self-breast examination was further deepened through a question and answer session with medical experts to 'demystify cancer myths'. Due to the growing number of cancer in the country, BCS hopes to conduct more programs and collaborate with relevant stakeholders to reduce the incidence rates of cancer in Bhutan.

GLOBAL CANCER OBSERVANCE

Joining the global community to show solidarity towards the fight against Cancer



The Global Cancer Survivor month was observed on 3rd June, 2018 at the Bhutan Athletic Federation (BAF) ground. Recognizing the importance of survivorship from cancer, Bhutan Cancer Society (BCS) organized a 'Relay for Life'.

The event was a celebration of survival, a tribute to the lives of loved ones and to show collective solidarity towards the fight against cancer in Bhutan. Given the stigma that currently exists in our society regarding cancer being a death sentence, the 'Relay for Life' was our humble effort to raise hopes to showcase cancer survivorship in Bhutan.



COLLABORATION

"ALONE WE CAN DO SO LITTLE; TOGETHER WE CAN DO SO MUCH"
- HELEN KELLER

READ BHUTAN



Bhutan Cancer Society (BCS) and READ Bhutan signed a Memorandum of Understanding (MoU) on 3rd June 2016 in the presence of the Board of Directors and employees of the two NGOs. Her Royal Highness Ashi Kesang Wangmo Wangchuck graced the occasion. The MoU will serve as "an institutional mechanism for strengthening collaboration and cooperation between the two NGOs" in order to efficiently deliver preventive health related services in rural communities. As part of the agreement, READ Bhutan will mobilize the rural women while Bhutan Cancer Society will provide the technical expertise. BCS has been partnering with READ Bhutan to create health awareness especially cancer and other non-communicable diseases in rural areas since December 2015. With the formal agreement signed, the organizations now plan to carry out health programs in all the nine READ communities.

COLLABORATION

"ALONE WE CAN DO SO LITTLE; TOGETHER WE CAN DO SO MUCH"
- HELEN KELLER

JIGME DORJI WANGCHUCK NATIONAL REFERRAL HOSPITAL (JDWNRH)

According to one of Bhutan's only Cancer Report 2015, the total number of cancer cases (all types) has been steadily increasing over the years. In 2014 there were 639 cases reported across the country (Cancer report 2015). Aimed at achieving a systematic compilation of patient data, Bhutan Cancer Society and JDWNRH are working together to strengthen the population based cancer registry in Bhutan. The collected accurate and complete cancer data can be used for cancer control and epidemiological research, public health program planning, and patient care improvement. Bhutan Cancer Society in collaboration with JDWNRH has carried out four advocacy campaigns by setting up health camps for prevention, detection, and treatment of cancer. In these informative awareness programs, the public learns more on different cancers, gains a platform for healthy living, and increases the chance for early detection.

MINISTRY OF HEALTH AND KHESAR GYALPO UNIVERSITY OF MEDICAL SCIENCES OF BHUTAN (KGUMSB)



In partnership with Khesar Gyalpo University of Medical Sciences of Bhutan (KGUMSB) and Ministry of Health (MOH), Bhutan Cancer Society has carried out a number of advocacy programs such as "Breast Cancer Day, Head and Neck Cancer Day, and World Cancer Day". The campaigns received participants from different walks of life and created a positive outcome for future awareness programs that BCS can carry out. Bhutan Cancer Society has also collaborated with Yale school of Public Health and KGUMSB and conducted a research on "Assessing Community Health Research Activity and Capacity" in Bhutan. BCS intends to conduct further collaborations and research in coming years to promote research capacity in Bhutan. We hope for the continued expansion of all our collaborations with KGUMSB and MOH.

"I have been observing the CSOs to see if they are showing genuine interest and selfless dedication to serving our people. Now after many years, without any doubt, I can say that the CSOs present here today are serving our people and the country".

- His Majesty the King Jigme Khesar Namgyal Wangchuck



National Order of Merit (Gold)

December 17, 2016

Bhutan Cancer Society was awarded the National Order of Merit (Gold) by His Majesty the Druk Gyalpo coinciding with the historic 109th National Day celebration in Trongsa. Being one of the youngest CSO in Bhutan it was an honor and a privilege to share this prestigious award with our CSO fraternity. More importantly the award symbolizes the collective effort of every individual who believe in the cause of cancer free society.

This prestigious award was for volunteering time and effort towards promoting humanitarian values, our culture and tradition and our national objectives; for working passionately and tirelessly for the benefit of others; for taking on the responsibility to provide support and assistance wherever the government is unable to reach and for keeping alive the sacred values of compassion and empathy.



FINANCIAL

SUMMARY

Income and Expenditure Account, April 2015 - December 2018

INCOME



■ Grant (40.40%) ■ Donation (42.61%) ■ Membership (16.99%)

EXPENSE



■ Prevention & Advocacy (72.13%) ■ Care & Support (13.01%) ■ Administrative Cost (14.87%)

OUR TEAM



Dechen Wangmo
Former Executive Director-Pro Bono
(Feb 2015 - May 2018)

Ms. Dechen Wangmo is a public health specialist working as an independent consultant in the Asia Pacific region. She received her Bachelor in Cardiopulmonary Science from Northeastern University (2001) and MPH in Global Health Epidemiology from Yale University (2007). Besides working as a public health consultant, she is also a founding board member of Lhak-sam, a CSO that focuses on HIV/AIDS and a founder of Bhutan Cancer Society. Having lost her mother to cancer several years ago, she has been a strong advocate for improving care and support of cancer patients and strengthening cancer research in the country. She is now the Health Minister of Bhutan.

Ms. Tenzin Yangden is the Programme and Communications Officer for Bhutan Cancer Society. She received her degree in B.Tech (IT) from Anna University of Coimbatore. Prior to joining BCS, Ms. Tenzin worked as an Assistant IT Instructor at the Royal Institute for Tourism and Hospitality. Having joined Bhutan Cancer Society, she hopes to join the fight against cancer and honour the loved ones lost to cancer through her work.



Tenzin Yangden
Programme Officer



Pema Yangchen
Asst. Finance Officer

Ms. Pema Yangchen works as the Assistant Finance Officer and she has her degree in B. Com from Royal Thimphu College. She joined Bhutan Cancer Society to encourage the cancer patients to fight against cancer and to never give up hope.

OUR TEAM

Ms. Sonam Wangden is the Research Officer for Bhutan Cancer Society. She received her B.Sc Public Health from Asian University for Women, Bangladesh. Having interned in BCS, she returned after graduation hoping to join the fight against cancer and work towards helping cancer research in Bhutan.



Sonam Wangden
Research Officer
(Feb 2018 - Dec 2018)



Sonam Yangden Tamang
Clinical Officer
(Nov 2017 - Feb 2019)

Ms. Sonam Yangden Tamang is working as the Clinical Officer for Bhutan Cancer Society. She has her Master of Science in Counselling Psychology, from Christ University, India. Her interest in improving the psychological and mental wellbeing of a person despite living with a terminal illness has led her to work with this organization.

Ms. Kencho is a class XII pass-out and she has previously interned with Kuensel Corporation. She hopes for a better cancer treatment options for cancer patients of Bhutan in the future.



Kencho Dema
Office Assistant



Rosy Chettri
Finance Officer
(March 2018 - August 2018)

Ms. Rosy Chettri worked as the Finance officer with Bhutan Cancer Society from March, 2018 till August 2018. She completed her MBA from Anna University, Tamil Nadu, India. Previously, she worked with Royal Thimphu College and Karma Group of Companies as Finance Officer. She joined BCS hoping she can contribute to the cause in her own small ways. Though she left BCS, she still continues to volunteer with us.

OUR BOARD



Dr. Sangay Thinley
Chairperson



Dr. Ugyen Tshomo
Board Member
Co-Founder



Dawa Penjor
Board Member



Dr. Tashi Dhendup
Board Member



Tandin Pemo
Board member



Tshewang Rinzin
Board Member



Dechen Choden Dorji
Board Member



Dr. Tashi Tobgay
Board Member



Tshering Dolkar
Board Member

OUR PARTNERS



Yale School of Public Health



འབྲུག་མཚན་མོ་སྐྱོད་ལྷན་ཁག་གི་འབྲུག་མཚན་མོ་སྐྱོད་ལྷན་ཁག་

BHUTAN NUNS FOUNDATION

WAYS TO GET INVOLVED



You can be a part of Bhutan Cancer Society's family by becoming a member. Our membership categories include;

- 1) Cancer Patients
- 2) Friends of Bhutan Cancer Society
- 3) Champion (Individual)
- 4) Benefactor (Organizations)



If you have time on your hands and want to volunteer in our events, you can contact us using a form that is available on our website or call us so we can save your number for any future events we will have.

We will be available during office hours.

WAYS TO GET INVOLVED



"Please donate TODAY.....! Your TAX deductible contributions can help WIN the fight against CANCER".

To support us and our cause to improve cancer care and reduce the incidence of cancer in Bhutan, you can donate to us by any of the following process.

Directly deposit your donation to Bhutan Cancer Society Bank of Bhutan account: 100927247

Make cheque payable to Bhutan Cancer Society

*Kindly note that any donation made to Bhutan Cancer Society is tax exempted: DRC/TAXA&L/EX/18A/2015/4868(E102)

FOR INTERNATIONAL DONORS:

Beneficiary Bank: Bank of Bhutan Limited,
Thimphu Main Branch,
Bhutan
Swift Code: BHUBBTBT022

Receiver's Correspondent Bank: Standard Chartered Bank,
One Madison Avenue,
New York,
N.Y. 10010-3603
Account No: Swift

3582036853001
Code: SCBLUS33
CHIPS ABA0256
FEDABA026002561

Ultimate Beneficiary: Account No: 100927247
Beneficiary Name: Bhutan Cancer Society
BOBL Branch Name: Thimphu Branch



WE CAN



I CAN

1. PREVENT CANCER
2. CHALLENGE PERCEPTIONS
3. IMPROVE ACCESS TO CANCER CARE
4. CREATE HEALTHY ENVIRONMENT
5. SHAPE POLICY CHANGES

1. LOVE, AND BE LOVED
2. MAKE HEALTHY LIFESTYLE CHOICES
3. TAKE RESPONSIBILITY FOR MY HEALTH
4. SUPPORT AND CARE FOR OTHERS
5. TAKE CONTROL OF MY CANCER JOURNEY

GET IN TOUCH WITH US



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Changlam, Thimphu



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