

RELEASE 2020



## *I Thought I Knew* *A professor turned patient*

*I Thought I Knew* is a poignant, blow-by-blow account of a leading urologist whose world collapsed when he discovered he himself faced the very condition he was expert in – prostate cancer. Lying on a cold operating table one Saturday morning in December 2017, Prof Christopher Cheng realised he had entered the dusk of unknowns. Not even his 37 years of professional life in the field could prepare him for the momentous episode – a *professor turned patient*. Ironically, it is with these two diametrically opposing pairs of optics that Prof Cheng wears today – as a *professor* and *patient* – that he aspires to achieve through this book: to unravel the crucible of what a cancer patient goes through, to inspire compassionate practice in the medical fraternity, and finally, to illuminate readers – patients and caregivers – in making informed decisions when confronted with the news of cancer or any chronic disease. Prof Cheng concludes the book by impelling doctors to vigorously embrace empathy in their pursuits, and envisioning a robust yet caring healthcare system that society deserves. Written in a raw, no holds barred, yet sensitive manner, *I Thought I Knew* sets the tone to manifest the triumph of the indomitable human spirit – overcoming adversities and coming to terms with acceptance.

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## ABOUT THE AUTHOR



PROF CHRISTOPHER CHENG is the Chief Executive Officer of Sengkang General Hospital and Senior Consultant Urologist at Sengkang General Hospital and Singapore General Hospital. A pioneer in using robots in surgery, Prof Cheng has written over 100 publications in local and international peer-reviewed journals on prostate cancer, bladder cancer and stone disease. In addition, he is an Adjunct Professor at several leading local and overseas universities. He previously sat on a number of core committees, including the Transplant Advisory Committee, Ministry of Health Singapore. Prof Cheng was awarded the National Outstanding Clinician Award at the National Medical Excellence Awards 2017 and was conferred the Public Administrative Medal (Silver) at the National Day Awards 2015. He is the first urologist from Singapore to be fellowship-certified in Uro-oncology at the Mayo Clinic in 1992.

## PRAISE FOR *I THOUGHT I KNEW*

“This book carries lessons for everyone . . .  
 Readers will be inspired by Prof Cheng’s candour, humility and courage –  
 which come across powerfully in this book.

PRIME MINISTER LEE HSIEN LOONG ■ Singapore ■ *In His Foreword*

“In this frank, personal account, Prof Cheng describes his shock,  
 anguish and terror, confronting a cancer which he thought he knew  
 . . . (and) prescribes calm, empathy and love as we live each day.

TONY CHEW ■ Founding Chairman ■ Duke-NUS Medical School, Singapore

“This excellent book will show how by acceptance and mindfulness,  
 a person can overcome difficulties, and be at peace.

PROF FOO KEONG TATT ■ Emeritus Consultant and Advisor ■ Department of Urology, Singapore General Hospital