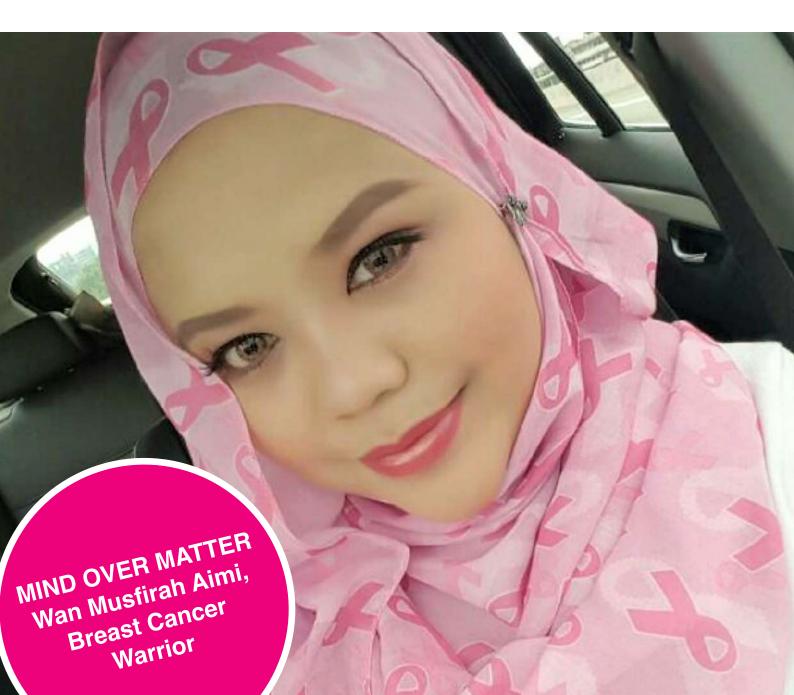


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EDITOR'S NOTE



Welcome to our first quarterly magazine of 2018.

I hope you are all having a good year so far. 2018 will be filled with plenty of events from Breast Cancer Foundation and I certainly hope to see all of you at the events. We plan to do many more things to build a stronger breast cancer com-

munity so that we can keep each other's spirits up, spread the message of Early Detection Saves Lives and support breast cancer patients and warriors.

Some of you are in longer term remission but the anxiety you sometimes feel when heading to your yearly appointment is a common feeling for many. We are here for you if you need some hand holding or to talk. If you know the signs of potential breast health issues and are aware of the symptoms or just that something doesn't feel right, you will help your doctor be aware of what's different and what to look for. That would be a good first step. Knowing and looking for these potential symptoms of breast health issues do not prevent breast cancer nor recurrence of breast cancer but watching for any signs can improve your chances for detecting it earlier and for better successful treatment.

As part of our ongoing support objective, I encourage you to share your inspiring stories of how you or your family have been touched by breast cancer. The stories shared so far have been powerful and will serve to help other families going through breast cancer treatments. Your stories will uplift and give them hope besides helping them know what they can expect although every treatment is different. Please contact our office to share your own story.

March 8th is International Women's Day. The theme for 2018 is "Press for Progress". With the World Economic Forum's 2017 Global Gender Gap Report findings telling us that gender parity is still over 200 years away (Can you believe that!) NOW, is more than ever, an important time to stay and keep motivated and Press for Progress. Though change will obviously not happen overnight, women are making positive gains on a daily basis. Together, we can make a change and make our lives better. International Women's Day belongs to women all over the world. There is a strong call to unite and motivate each other and together we will Press for Progress.

In Malaysia, 2018 has been declared a year of Women Empowerment by Prime Minister Najib. We have a lot of changes to look forward to.

Happy International Women's Day to all!

Azuwa Abdullah CEO

OUR TEAM

Chairman Puan Sri Dato' Azrene Abdullah

CEO Azuwa Abdullah

Operations Herrie Muhmad
Marketing Ammelia Mohd Ali
Fundraising Razlan Patrick Philip
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CHAIRMAN'S MESSAGE



Welcome to our first quarterly magazine of 2018! How has the New Year been for you so far? Here at Breast Cancer Foundation, we are working, as promised when we changed our name, to make sure that we stay connected with you; the breast cancer community and to spread our awareness message of Early Detection Saves Lives. There's plenty in our 2018 advocacy agenda so stay tuned to our updates on FB, Instagram and emails. You are all invited to get involved.

4th of February was World Cancer Day. It's a cancer awareness day. It's also a day to remind us of the fact that no one should have to face cancer alone. Breast cancer continues to be a disease that will afflict women all over the world. We hope to continue to be a wonderful, helpful and relevant resource for patients, survivors and caregivers. Life immediately changes when you hear the words, you have cancer. We are here to tell you that we get it and we are here to listen and help. As terrified as we can expect to be when given the diagnosis, I'd like to encourage positivity and a proactive attitude towards managing your health and cancer treatment. Choosing to stay positive will change how you feel on a daily basis, whether you are healthy, in remission or receiving treatment and its impact can really reflect on your overall health. Naturally,

when you feel a lump in your breast, it can immediately cause a screaming or a quiet panic and trigger the sheerest of terror. It is terrifying. Absolutely nothing can accurately describe that sinking feeling.

Many of us know that feeling. However, being positive has nothing to do about not feeling the initial terror nor is it being about 100% brave and putting on a happy face always. The pressure to adopt a 'warrior mentality' can be just as detrimental. It's alright to say you are having a rough time coping with treatment. Whether you are a man or woman, breast cancer affects us all. When you are feeling down or scared, you deserve to say, 'this is all bad and I hate it. I hate what is happening.' There is no need to put more pressure on yourself and look happy all the time in a bid to stay positive and be a warrior. It's truly hard to stay strong ALL the time! Armed with information. talking over options with your doctor and staying on top of your treatment will give you some control over what is happening with your body.

That and having enough rest in between, staying active physically as much as you can will contribute to a positive outlook and well-being. Cancer affects everyone in different ways. Having a good support system is very important and communicating your needs and getting help will definitely

ease your responsibilities and give you time to fight cancer. Fighting cancer is the only way to go. Many do and life takes on a new meaning. As we celebrate International Women's Day, let's also celebrate the women who have fought breast cancer successfully and for those who put up a good fight but have left us. We remember them and their courage and what they fought for.

During the 2018 budget presentation last year, our Prime Minister Dato' Seri Najib Razak has declared 2018 to be the year of Women Empowerment in Malaysia. PM Najib also expressed a desire for more women to be involved in politics as their presence would better reflect the electorate and enable the political process to be more inclusive. The government has announced initiatives aimed at supporting and improving women's working conditions, opportunities, pay, etc and to introduce measures that would enable women to re-enter the workforce equally after maternity leave. There are many newly announced initiatives to support his bid for Women Empowerment, we are excited to see what 2018 will bring!

Puan Sri Dato' Azrene Abdullah

Agrere

COOK WITH PRIDE















A TOUCH OF THAI BY CHEF ZOE RAI

Breast Cancer Foundation's Cook With Pride programme kicked off the brand new year with something hot... and spicy!

In conjunction with 2018's International Cuisine theme, our January cooking class was aptly titled "Sawadee Krap", featuring mouth-watering Thai dishes whipped up by the

talented Chef Zoe Rai.

After the cooking demonstration, our cooking class participants were treated to a delicious Thai meal that consisted of Thai Chicken Green Curry, Phad Thai and creamy Red Rubies with Jackfruit as dessert.

We were also treated to a great scarf styling demonstration by the stylish Che Puan Datin Mimi Wahedah. Let's just say everybody went home with happy tummies and stylish brand new looks!

COOK WITH PRIDE















INDONESIAN CUISINE BY MS. ERLINDA MUSLIM

For this year's second edition of International Cuisine cooking class, Breast Cancer Foundation's February Cook With Pride showcases the full-bodied flavours of Indonesian Cuisine. Our guest chef, Ms. Erlinda Muslim shared the recipes for Nasi Ambeng and its full army of side dishes as well as Biji Salak as dessert.

In conjunction with Chinese New Year, all our guests were dressed in Prosperous Red outfits, setting a wonderful festive mood that afternoon. We were also treated to a fun mini art and crafts workshop by Ms. Julie Mohd Daud. Our Cook With Pride participants were taught to make pink ribbon pendants and brooches, in support of breast cancer survivors worldwide.

It was such a deliciously fun session! Look out for more fun days with fellow breast cancer survivors and supporters in the future.

COOK WITH PRIDE















SPICE OF INDIA

On 27th March, the Breast Cancer Foundation team organised our third installment of our International Cuisine cooking class. This time, the rich spiciness of South Indian cuisine was highlighted in our Cook With Pride program.

Aptly titled "Spice of India", our guest chefs Ms. Keerthana and Ms. Sundareswary taught us how to prepare and cook Vege Briyani, Chicken Curry, Raita and other condiments to pair with these delicious dishes.

As a special treat, Ms. Norhuda Yunos also shared with the participants on personal grooming using organic wax. In the spirit of the South Indian cuisine, all the participants of this round's Cook With Pride were fabulously dressed in colourful Bollywood-themed attire.

Breast Cancer Foundation's Chairman, Puan Sri Dato' Azrene Abdullah also took time to join the breast cancer survivors in this month's cooking class with her family. Despite the rainy weather that afternoon, everybody enjoyed the delicious dishes and lovely company!

FIT WITH PRIDE



ZUMBA

For our very first Fit With Pride this year, Breast Cancer Foundation organised a small zumba session for our fun-loving breast cancer survivors and friends on 11 January 2018. The zumba session was held at the Chubby Bubbly Dance Studio in Kota Damansara. A total of 7 women participated that day. What a fun way to kick-start the year's fitness program!

FIT WITH PRIDE









BOWLING FOR SUCCESS

Breast Cancer Foundation organised our second Fit With Pride event for 2018 on the 1st February 2018.

Eleven breast cancer survivors arrived at U-Bowl Bowling Center, One Utama Shopping Mall that day, clad

in the striking pink Fit With Pride t-shirts and bubbling with excitement.

All participants showed immense bowling skills at the bowling alley that day, and with their cheers and strikes, they were easily the most striking group of bowlers that afternoon.

What a great way to break some sweat and bond with fellow survivors!

All who took part please look out for more fun Fit With Pride programmes in the future!

FIT WITH PRIDE









BREAST CANCER FOUNDATION FRIENDLY TOURNAMENT

On 20th March, 2018, Breast Cancer Foundation organised our first ever bowling tournament. Held once again at U-Bowl, 1 Utama Shopping Mall, participants were split into 2 competitive groups; the Breast Cancer Foundation Team, consisting of our staff members and volunteers;

against the Breast Cancer Foundation Warriors, made up of breast cancer survivors.

A total of 17 people participated in this tournament. After 2 hours of fun-filled bowling action between these two teams, the Breast Cancer Foundation team won the tournament by a mere 23 points. The star players for this match was Mr. Razlan & Ms Elaine, with both scoring 312 and 283 points respectively.



EMOTIONAL MAKE OVER

Empowerment Programme With Fathiah Shamsuddin

Date: 15 April 2018

Time: 9am - 5pm

Venue: Shah's Village Ho-

tel, Petaling Jaya

BOOK NOW!

Breast Cancer Warriors:

RM 60.00

Public:

RM 100.00 Per Person

Lucky Draw Prizes & Goody Bags!

COLLABORATIONS











SURVIVAL CHARITY RUN

Survival Charity Run is a fun multiple-tasked run organised by Methodist College Kuala Lumpur (MCKL) on 24th February 2018. As this was a fundraising platform; Breast Cancer Foundation, along with SPCA were invited as NGO collaborators for this event.

Located at the Botanical Gardens, Kuala Lumpur, it drew quite a turnout that Saturday morning. Participants were split into groups and asked to complete several games in order to proceed to the next step of the race. Breast Cancer Foundation manned one of the pit stops and assisted the MCKL organisers in the games.

We also set up a booth to further spread breast cancer awareness to all the participants and organisers. It was truly a fun and memorable event.

COLLABORATIONS









TEMANITA

The Breast Cancer Foundation team was invited to be a part of TEMANITA's empowerment programme for women on 10th March 2018.

Our team came bright and early to set up a booth to help spread awareness on breast cancer and the foundation's cause. Puan Azuwa Abdullah, the CEO of Breast Cancer Foundation also helped to demonstrate Breast Self-Examination (BSE) methods to the participants to enforce the importance of early detection. It was a great knowledge sharing session.

COLLABORATIONS









BENGKEL HARI WANITA SEDUNIA, NONA

In conjunction with International Women's Day, NONA, a women's magazine under the publishing company of Kumpulan Media Karangkraf honoured us by inviting Breast Cancer Foundation as a collaborator in their full-day event on 28th March 2018 at the Jabatan Kastam DiRaja, Putrajaya.

Our CEO, Puan Azuwa Abdullah was asked to give a presentation on breast cancer as well as the foundation's mission and projects, while Puan Zainah Ismail and Puan Umi Purwati Sunoto, breast cancer survivors had a sharing session on what it's like to live and cope with breast cancer.

Breast Cancer Foundation also set up a booth to further spread awareness on breast cancer and our cause, as well as raising funds by selling a variety of our signature Breast Cancer Foundation merchandise.

AWARENESS TALKS





Cyberjaya University College of Medical Sciences (CUCMS)

Cyberjaya University College of Medical Sciences, in collaboration with KPJ Kajang Hospital invited Breast Cancer Foundation to present a breast cancer awareness talk at their campus on 5th March 2018.

Dr. S. Malar from KPJ Kajang Hospital and Ms. Zainah Ismail as representative from Breast Cancer Foundation were invited to share their knowledge on breast cancer to the participants. We also set up a booth to help spread knowledge on how to conduct Breast Self-Examinations as well as selling Breast Cancer Foundation exclusive merchandise to help raise funds for our cause.

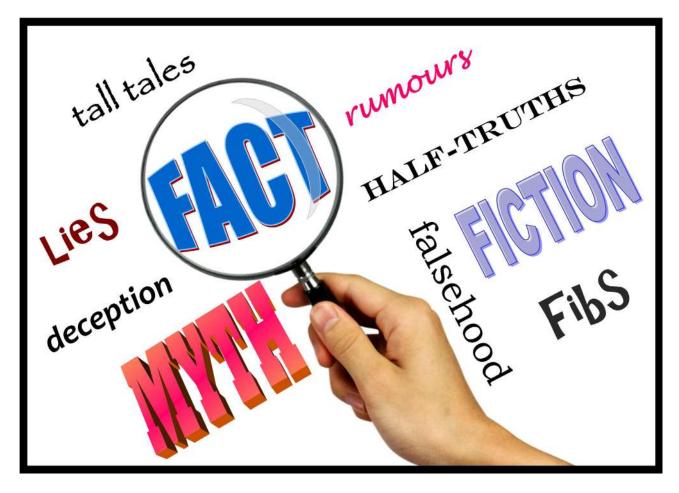




Hitachi

In conjunction with International Women's Day this March, Hitachi invited Breast Cancer Foundation to deliver a talk at their office on 7th March, 2018. A small group of 15 staff participated in this event. Pn. Zainah Ismail presented on behalf of Breast Cancer Foundation. It was a good knowledge sharing event.

MYTHS VS FACTS



Many of us know that breast cancer is the most common form of cancer affecting women in Malaysia. About 1 in 19 women are at risks but in Malaysia, survival outcome may be lower compared to western countries as our patient often presents late. Among those who present early, some may opt for non-conventional treatment or choosing complementary therapy instead.

The journey for a woman with breast cancer usually starts with diagnosis. Once diagnosed, the woman's spouse, friends, family members and healthcare professionals play important roles as information providers and supporters at different stages of treatment decisions. The final treatment decision, however, is often influenced by women's own experiences, knowledge and understanding.

It is therefore very important for a woman who has been diagnosed with breast cancer to seek early treatment and not rely on the many myths that surround breast cancer. What are some of these myths?

Dietary myths such as drinking milk or eating meat products can cause breast cancer or biopsying the lump in your breast and having mammogram can cause the spread of breast cancer and as a result of this, it will delay patients seeking the appropriate treatment.

The truth, however, is that over several decades, studies have shown that dairy consumption does not increase the

risk of breast cancer. While a lump may be a cause for concern studies show that only a small percentage of breast lumps turn out to be cancer. A mammogram and biopsy of suspicious lump, currently remains the gold standard for the early detection of breast cancer. Breast compression while getting a mammogram cannot cause cancer to spread.

The belief that a woman with family history of breast cancer is likely to develop breast cancer, is also not true as while women who have a family history of breast cancer are in a higher risk group, most women who have breast cancer have no family history. Statistically only about 10% of individuals diagnosed with breast cancer have a family history of this disease.

Breast cancer is also not contagious. You cannot catch breast cancer or transfer it to someone else's body. Breast cancer is the result of uncontrolled cell growth of mutated cells that begin to spread into other tissues within the breast.

However, an individual can reduce risk by practicing a healthy lifestyle, being aware of the risk factors, and following an early detection plan so that diagnosis is early if breast cancer were to occur.

Some people even believe that antiperspirants and deodorants can cause breast cancer. The truth, however is that

so far there are no conclusive evidence linking the use of underarm antiperspirants or deodorants and the subsequent development of breast cancer.

What studies have shown us is that early detection and screening can save lives. Screening mammography with or without clinical breast examination may decrease the mortality of breast cancer. A mammogram can detect small cancerous lumps as well as cancer cells, which may be missed in a clinical examination. A mammogram is recommended for women above the age of 50 years. For high-risk women (with family history), screening is advisable at an earlier age (40 years to 49 years old).

Oncologists say that mammography is advisable every one to two years but for younger women (below 35 years), the ultra sound scan of the breast may be helpful for patients with symptoms.

Despite the widespread myths and women presenting late, breast cancer is curable if detected early. Cure rates for Stage I and II cases may be as high as 80 per cent and above. For Stage III disease the percentage of cure is lower but for Stage IV disease the aim of the treatment is palliative or controlling the symptoms of cancer.

In one Malaysian study conducted from the year 2000-2005, the overall 5-year survival rate for breast cancer was 49%. Indian women had a higher survival rate of 54% compared to Chinese women (49%) and Malays (45%), although this ethnic differences were not explained.

But what the studies did not elaborate was there was a huge difference in survival outcome in the various cancer centres in Malaysia. Centres with well-trained Oncologist generally have a much higher survival rates than those centres given by non-oncologist. The studies published in UMMC in early 2000 have shown 10% to 20% difference in survival for each stage when breast cancers was managed by Oncologist compared to non-oncologist.

The overall 5-year survival rate of breast cancer patient among Malaysian women is still lower as compared to survival rates in developed nations. Therefore, it is necessary to enhance the strategies for early detection and intervention.

Equally important is consulting the right cancer specialist for diagnosis and treatment. From a potential diagnosis of breast cancer, a patient is usually referred to an oncologist who will manage all aspects of care.

Following initial tests, if necessary, the oncologist will typically request additional imaging and biopsies. In addition, the oncologist will examine the pathology report in order to stage the breast cancer.

Furthermore, it is the oncologist that ultimately decides the appropriate course of treatment. But the oncologist liaises with the team of surgeon, radiologist, and the pathologist before making any final decisions on management.

Support groups can be an important resource for people diagnosed with breast cancer as they help increase the support network of the people in the group. Some data

suggest women with breast cancer who have more social support from social networks (such as from friends and family) have better survival outcomes.

There are different types of support groups - some groups mainly provide information and education while other groups focus on emotional support. These groups encourage people to share their feelings. Both types of support groups play a role in the recovery process after diagnosis and treatment.



In conclusion, breast cancer is a potentially curable disease if detected early. Clinical or self-examination combine with screening mammography can detect the disease early. With appropriate treatment, cure rates are high. Patients should not take risks with their lives by delaying treatment or seeking alternative therapies that have not been proven.

Dato Dr. Mohamed Ibrahim Panel Doctor

IN THE MEDIA



TV AL HIJRAH

Breast Cancer Foundation's Chief Executive Officer, Puan Azuwa Abdullah was invited for an interview with TV AlHijrah on 17th March, 2018. The interview was aired on the television network's morning show called "Assalamualaikum", hosted by the lovely Ms. Irma Hasmie and Ms. Raja Sofie.

Puan Azuwa talked about Breast Cancer Foundation, from its conception, mission to the activities organised by the team to create awareness on breast cancer, to give support as well as empower those who are affected by it.

She also did a short demonstration on how to perform Breast Self-Examination (BSE) on the show, to further help viewers do regular checks on themselves as an early detection measure. It was a short and sweet knowledge sharing slot that was beneficial to everyone.

FEARLESS JOURNEY

My name is Wan Musfirah Aimi, 33 years old. Diagnosed with 'Infiltrating Multifocal Ductal Carcinoma In Situ Stage 3 with Lung Metastases. Or simply known as Advanced Breast Cancer, Stage 3 with metastasis to lungs. I am a married mother of 3 boys and have been working as an executive at Maybank since 2008. I was born in Terengganu but grew up in KL.

My cancer journey at Gleneagles Hospital as follows:

Jan 24, 2015 - Biopsies revealed I had cancer cells

Jun 16, 2015 - Breast mastectomy and findings suggest that cancer cells have spread to my lungs.

Aug - Dec 2015 - Chemotherapy (gr.3) for 6 cycles

Dec 2015 - Dec 2016 - Perception Hormone Therapy for 17 cycles

Aug 2017 - Diagnosed with stage 4 Bone and Lung Metastases

Sep 2017 - Radiotherapy

Oct 2017 - Hormone Therapy

Dec 2017 - Had scan that showed cancer cells and scheduled for 2nd round chemo after surgery, I was on "Prolonged Illness Leave" for 8 months after which I returned to work and had therapy every 3 weeks.

There are no words to describe how I felt on Jan 24, 2015. I had steeled myself for the worst yet was shocked beyond words when the doctor read me the results of the biopsy to confirm breast cancer. I focused on asking questions and talking over my treatment options so I could make plans and start treatment as soon as possible. Going back to the beginning, end of 2014, I suffered pain from a vein under my armpit near the left breast. I thought it was just hormonal but went for a check-up. Ultrasound and mammogram were suggested and the results were clear and the pain was gone with pain meds. However, the presence of lumps, although not painful, prompted my doctor to insist on a biopsy which is more precise. I was confident that it was nothing as I was generally healthy, active and ate well, never consuming too much meat. I had no family history of breast cancer as well. But it wasn't to be. There is much in our modern lifestyle that isn't 100% healthy nor stress free. I cried uncontrollably when I got home.

My life, my family, flashed before my eyes. My kids! I had so much guilt about imposing sickness upon my husband and children. My career, family finances, everything came at me at once. I remember thinking, my husband is a good person and will my kids cope! I was willing to accept if this is the Lord's answer to wipe out my sins but I wanted to absorb it all and have no fallout for my family. I wasn't sure how I would cope mentally, physically and emotionally. Upon discussing my treatment plan with my husband, we agreed to explore all avenues as well as going through with the mastectomy, which I chose to do on June 16th, 2015, date of the 1st Ramadhan. Surgery was smooth without complications.

However, subsequent CT scans showed the cancer had spread to the lungs even while I had no symptoms. I had to undergo chemo and had a chemo port inserted to facilitate treatment. I was devastated. I started chemo and had monthly scans of my lungs to monitor the disease. God is fair and by the 3rd round of chemo, the cancer cells had shrunk and gone. I still felt healthy despite the usual chemo side effects of nausea. lethargy, gastric pain and dizziness. I convinced the doctor to stop chemo and he suggested a hormone therapy instead with minimal side effects. I was happy with my doctor's care and recommendation.

All throughout the diagnosis to treatment, I felt healthy and remained positive. I had prepared myself physically and mentally by spending time at the gym before surgery. In fact, I'd lose weight and felt healthier than the previous year! I recovered quickly from the mastectomy though I suffered numbness due to surgery. I wore wireless bras and used a sponge to fill up to give me confidence. Meantime, my immune system was low and I stayed home to avoid getting sick.

A year passed and I found myself getting weaker though my routine hadn't changed. It took longer to recover when I got sick. It was a miserable time. My will power couldn't control my body as I wished. I was quick to tire and couldn't work properly. I have always been active so this was hard



for me. What has helped me through all this is the unwavering support and love of my family and friends. They were there all the way for me. I learn to appreciate everything and every one of them anew. I wanted to stay strong and fight for them.

The most important thing to me was achieving internal strength, strength of the heart, mind and emotion. I was up for God's challenge for me. I started being a cancer ambassador to share my story, to uplift others. I felt myself open to receiving others and did not want to be seen as sick anymore as I felt I was not. I trained my mind to be positive. I became active in cancer events and they were such positive experiences. My husband and I joined various charities to try and help other patients and also importantly, the caregivers too. They all should feel loved, needed and supported in every way.

My message to women out there is stay strong for your loved ones and not be discouraged. It is a struggle but you determine what you will take on. I strongly believe in "Mind Over Matter."

You can do it and I hope my story helped.

BREAST CANCER FOUNDATION PATIENT FUND







On 8th March, the CEO of Breast Cancer Foundation and part of the team spent an afternoon to visit a breast cancer patient, Puan Maimunah at her home as part of our Breast Cancer Foundation Patient Fund program. This visit was to to give support in terms of emotional support as well as a humble financial aid to help ease her burdens. We were also able to deliver some goods for her daily use.

Do you need or know of anyone who requires financial assistance for breast cancer treatment?

The cost of breast cancer treatment can quickly become a financial burden.

You may get many bills for just one procedure and struggle with your post treatment expenses.

At Breast Cancer Foundation Malaysia, we are committed to helping as many people as possible through those financial struggles with our Breast Cancer Foundation Patient Fund.

This fund provides financial aid to deserving breast cancer patients with a monthly household income of RM 5,000 and below.

Help Us Spread The Word

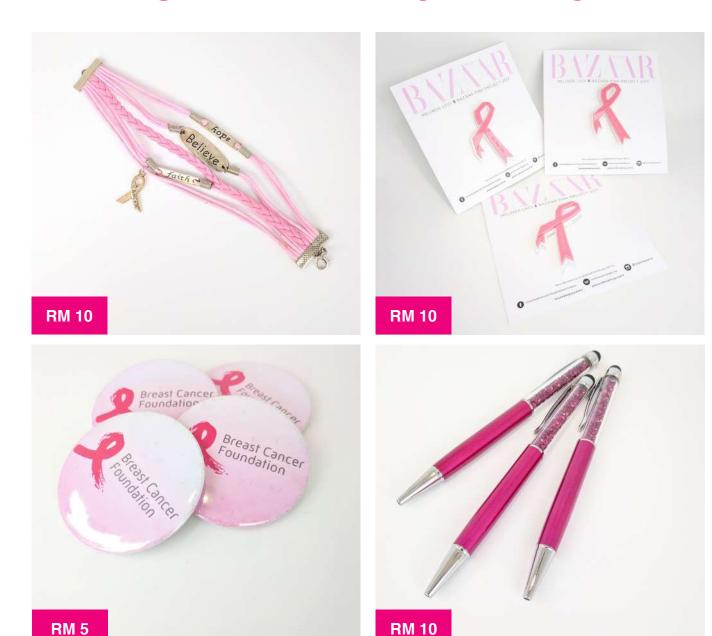
Application forms can be downloaded at www.breastcancerfoundation.org.my.

Or contact us on +60 3 7960 0366.

Terms and conditions apply.



HOT NEW MERCHANDISE



Do your bit for charity and purchase these gorgeous one of a kind gifts, specially crafted for Breast Cancer Foundation. All proceeds from sales of merchandise goes to the Breast Cancer Foundation Patient Fund.

With every purchase you make, you will be contributing towards helping other patients in need. Help ease their burden today.

Thank you.

Breast Cancer Foundation

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