

Magazine

July 2018



Breast Cancer
Foundation

www.breastcancerfoundation.org.my



@breastcancerfoundationmalaysia

MY "BIG C" JOURNEY
Noorunn Jakaria,
Breast Cancer
Warrior



CONTENTS

3	Editor's Note Welcoming & Initiating Change
4	Chairman's Message Aidilfitri & Forgiveness
5	Cook With Pride La Cocina Española
6	Ramadhan Feast Buka Puasa with Breast Cancer Warriors
7	Raya Potluck Party A Festive Celebration of Raya, Sharing & Love.
8	Let's Talk About Emotional MakeOver By Fathiah Shamsudin
10	Fit With Pride Hiking Up Puncak Denai Tiga Puteri
11	Collaborations Hey Ladies Bazaar, UM Media Arts
12	Awareness Talks NR Imaging, Winpro Unza, Prima Baguz & SJAM
16	In The Media Emotional Makeover & Iftar at Crystal Crown, PJ
17	H2O: The Essence of Life Fascinating Facts About Water by Dr. Safiza
18	Exercise & Fitness Making Your Workout Work for You
18	A Cancer Poem By Nancy Doell
20	Fearless Journey My Journey with The Big C by Noorunn Jakaria
21	Patient Visitation Patient Visitation & How Can You Help?
23	Merchandise Highlights Great Products Perfect for the Festive Season



EDITOR'S NOTE



Welcome to Breast Cancer Foundation's 2nd magazine offering for year 2018!

First off, I'd like to wish all our readers Selamat Hari Raya Aidilfitri. I hope the celebrations with loved ones have left you sated, happy and ready to take on the second half of 2018. We have a multitude of interesting and fun programmes lined up till end of the year, and we certainly hope that you will find the time to join us.

What an exciting quarter we've had thus far! Plenty of significant changes took place, etching itself into the history books. The most significant to date is definitely the change of Malaysia's political climate. The recent change of power in our country during the recent GE14 is testimony to what a great multi-racial nation we are. Change happened in an orderly and peaceful nature, earning us the admiration of many great countries of the world. All this happened simply because the people wanted change, and they rallied together to achieve that goal, all for the love of our great country, Malaysia. I'm sure we all look forward to a positive change in our country, and hopefully to a better and more prosperous future ahead.

With change in mind, Breast Cancer Foundation is also slowly evolving into a better and improved version of ourselves. To keep up with the ever-changing digital era, we have put extra effort to make our presence known in the digital world. We have a brand new website that we constantly upgrade to better serve you with up-to-date information and to better help those who are in need. We have also boosted our social media presence, to better create awareness around breast cancer and those affected by it. Getting in touch with us has never been easier, as we are a mere click away!

Likewise, I hope all this positive change movement will be adopted into our personal and daily lives as well. We should always try to learn, evolve and grow into better versions of ourselves. There are many ways to achieve this, but it all starts with setting a goal for yourself. Once you have decided on what you want, find the correct path to achieve that goal, be it living a healthy lifestyle or even battling cancer. To achieve that goal, I encourage you to seek knowledge and tutelage from those who have the expertise required, and to seek out help when you need it. Slowly but surely, your confidence will grow and that goal you set for yourself will be a mere arm's reach! It all begins with YOU.

So, here's to being your own catalyst for positive change in all aspects of your life. I wish you all the best in your journey to self-discovery and fulfilment.

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

Programmes Nurul Syazwani Subhan,
Syarizat Idris

Public Relations Puteri Karima Khaled El
Sherief

Media & Communications Nurhanani Mohd Nor

Panel Doctors Dato' Dr Mohamed Ibrahim,
Prof. Dr. Mohd Nahar Azmi and Dr. Safiza Mo-
hamad Nor

Contributors Dr Safiza Mohamad Nor, Dr Mary-
ati Maharon & Nancy Doell

CONTACT

Telephone +60 3 7960 0366

Fax +60 3 7960 1366

f @breastcancerfoundationmalaysia

www.breastcancerfoundation.org.my



***We should always try to
learn, evolve and grow
into better versions of
ourselves.***



***Have an idea
or success story?***

***Share them
with us!***

CHAIRMAN'S MESSAGE



Hello again! Welcome to Breast Cancer Foundation's second magazine edition for 2018. I hope your year has been amazing thus far, just as it has been for us in Breast Cancer Foundation. Our team continues to grow and evolve into a well-oiled machine, with the sole purpose of creating awareness on breast cancer, support those who are affected by it as well as empowering you to be a better version of yourself.

I would like to take this opportunity to wish you Selamat Hari Raya Aidilfitri, and on behalf of our team, I would like to seek your forgiveness should there be any grievances or if any of our actions had unintentionally hurt you in any way. Should there be any unresolved issues between us, I hope that we could resolve them in a good way so that we can maintain a healthy relationship with one another. For we are merely human and bound to make mistakes, and in order to move forward in life, I always believe in doing so with no ill-feelings and blessing of all those around us.

Aidilfitri is a perfect time to seek forgiveness. After a month of committing to religious duties, giving back to society and self-reflection, people are often more open to forgiveness. This is the best time to mend broken bridges and re-connect ties that were broken throughout the course of the year. By seeking forgiveness, we get to clear our conscience and better remind ourselves to do better in future, and by forgiving others, we set ourselves free from anger, heartache and discontent, allowing us to move forward to better and positive things that were otherwise clouded by the haze of disharmony and bitterness. All of this is essential for us to incur positive change in ourselves. Isn't that what we all aspire to do in life?

With positive change in mind, my hope is that we start with the basics, such as the daily routines of our lives. Let's all

try to live a little healthier than before. We all know that eating healthy during the festive season is an ordeal most of us are not willing to undertake, but if we set our mind to it, I am sure we can do great things! Let's start by halving our plates, and perhaps opt to prepare healthier versions of the popular staples we serve to our guests. I'm sure many of your guests will appreciate the effort, or at the very least, make for interesting conversation during open houses this Raya.

We could also keep our daily workout program going despite all the festivities. After all, if we want to enjoy those yummy rendangs and raya cookies, we have to find a way to burn it all off! I am so excited to get this going as Breast Cancer Foundation has recently gained two new experts in diet and exercise fields, namely Dr. Safiza and Prof. Dr. Nahar, to our list of panel doctors. They will be lending us their expertise by contributing articles and content on their respective fields, and I am excited to share them with you via our social media channels and magazine. Hopefully, the second half of 2018 will lead to a healthier us, and perhaps continue to empower us to battle breast cancer by leaving our old dormant lifestyle behind.

I wish you all the best in your pursuit of health and happiness.

Puan Sri Dato'
Azrene Abdullah

COOK WITH PRIDE



LA COCINA ESPAÑOLA

On April 24th, we organised our first and only cooking class for this quarter. Themed “La Cocina Espanola”, this Cook With Pride session focuses on the delectable flavours of Spanish cooking.

Our guest chef, Chef Annette Isaac introduced us to the delicious flavours of Paella Mixta, Gazpacho & Tres Leches cake. Some breast cancer warriors even got the chance for some hand-on lessons in preparing these yummy dishes, much to their delight!

Our invited guest, Mr. Damien Loke from Can-Care also honoured us with a very informative talk about

lymphedema and ways to prevent it. All in all, it was a great afternoon filled with yummy food, laughs and bonding! Everybody returned home with happy smiles and happy tummies.

If you love food and cooking, keep a look out for the next exciting event with Breast Cancer Foundation on our Instagram and Facebook accounts!

RAMADHAN FEAST



To celebrate the month of Ramadhan, Breast Cancer Foundation organised a series of Buka Puasa sessions with our beloved breast cancer survivors. These sessions were held back-to-back from 9-11th July, 2018 at three different venues; The Pullman Putrajaya, Restoran Rebung Dato' Chef Ismail and Crystal Crown Hotel, PJ.

Each venue prepared a marvellous spread of delectable food and drinks,

a feast worthy of kings. The delectable spread varied from the comforting and familiar local cuisines, fresh international fare and even a rare durian buffet! The breast cancer survivors who attended had an amazing time catching up with fellow survivors and the team, making new friends while they enjoyed the sumptuous buffet. Some were even lucky enough to rub shoulders with Malaysian celebrities, Dr. Sheikh Muszaphar and the owner

of Restoran Rebung himself, Dato' Chef Ismail while they break their fasts.

A heartfelt thank you to the generous sponsors, Pullman Putrajaya, Restoran Rebung Dato' Chef Ismail & Crystal Crown Hotel, PJ for having us and treating our breast cancer survivors to such a treat. May your generosity be returned tenfold in the future to come.

RAYA POTLUCK PARTY



On 3rd July, Breast Cancer Foundation organised our annual Raya Open House Potluck Party. 120 guests attended our afternoon affair, bringing delicious homemade dishes that was cooked with love, an extensive amount of delectable desserts and juicy fresh fruits.

On top of all that yumminess, we also served mouth-watering Nasi Beriyani

and its condiments as well as piping hot Mee Siam, catered by Haji Chief Catering.

The guests came in their best colourful baju raya and traditional attire, lending a festive feel to the occasion. The breast cancer warriors, sponsors and volunteers had a great time mingling and catching up over their plates of food.

Despite the slightly gloomy weather, the Hari Raya mood was clearly in the air with the kampung decor and twinkle lights set up by the Breast Cancer Foundation team.

Thank you to all who came to make our event a success, and kudos to the Breast Cancer Foundation team for their hard work and dedication in making this Raya event a reality.

LET'S TALK ABOUT HEALTHY LIVING



EMOTIONAL MAKEOVER

Breast Cancer Foundation organised our first Let's Talk About Healthy Living event for 2018 on April 15th at Shah's Village Hotel, Petaling Jaya. Titled "Emotional MakeOver", this empowerment workshop revolves around mindset reprogramming, visu-

alisation and motivation, delivered by our esteemed speaker, Pn. Fathiah Shamsuddin who gave a powerful and impactful presentation that left the participants excited and motivated to create positive change in their lives by the end of the workshop.

What a fun workshop it was! Jam-packed with great knowledge and loads of laughter. Apart from sharing

her knowledge, Puan Fathiah also used interactive techniques such as fun games for ice-breaking, physical demonstration to visualise the emotional and mental connection and many more. For lunch, the participants were also treated to a delicious spread by Shah's Village Hotel where they got to mingle and catch up with each other.

LET'S TALK ABOUT HEALTHY LIVING



Breast Cancer Foundation Chairman, Puan Sri Dato' Azrene Abdullah also took time off her busy schedule to drop by and join the participants for lunch and photo session at Shah's Village Hotel's lovely poolside garden.

We are eternally grateful to Puan Fathiah for such a great session, Shah's Village Hotel for the venue, our generous goodie bag & lucky draw sponsors, Berita Harian for the media coverage and most of all, our beloved breast cancer warriors for participating in this empowerment workshop.

We are happy to report that everyone enjoyed themselves at this event. We believe everyone brought home a wealth of knowledge and joyful memories that day.



FIT WITH PRIDE



On 12th May, we organised a fun hiking excursion for our breast cancer survivors. The Breast Cancer Foundation team, breast cancer warriors along with family and friends gathered at the foot of Denai Tiga Puteri hill, in the Kota Damansara Forest Reserve. After a quick warm-up, we headed along the trail towards the peak.

The challenging journey to the peak

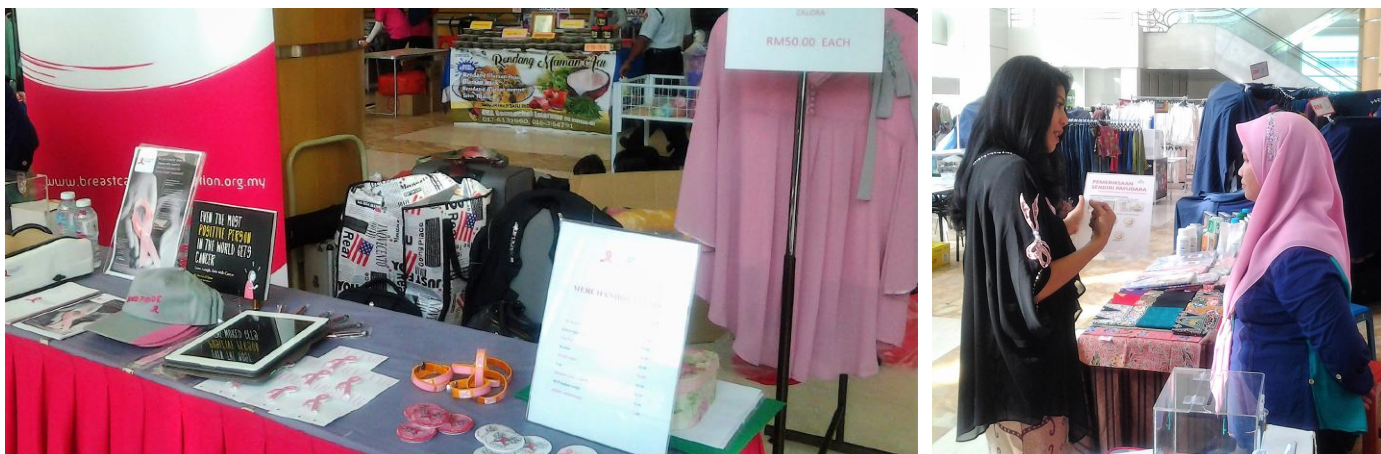
took 2.5 hours, but despite all odds, everybody made it safely and happily. It was a fun excursion, with loads of laughs and good spirits to go around. As this was a maiden hike for some of the participants, it was quite an eye-opening experience that was unforgettable.

This Fit With Pride programme was a great demonstration of teamwork and

support among breast cancer warriors, friends and family as well as the Breast Cancer Foundation team! We are happy to report that everyone went home with smiles and happy memories.

If you want to take part in our future excursions into the wilderness such as this, check out our Instagram & Facebook updates.

COLLABORATIONS

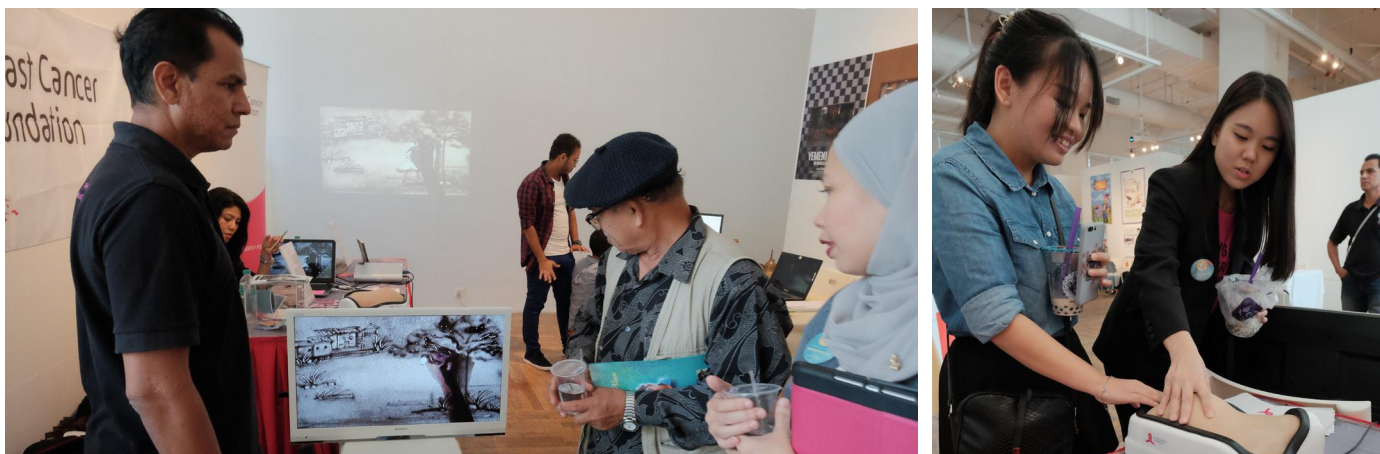


Hey Ladies Bazaar (Perbadanan Putrajaya)

Breast Cancer Foundation was invited to open a booth during the “Hey Ladies Bazaar” on 4th May, 2018 at the Perbadanan Putrajaya building. The event was held from 9 am to 4 pm.

There were many vendors and small businesses selling and promoting their products and services at the Hey Ladies Bazaar. Various Breast Cancer Foundation merchandise were also put up for sale help raise funds for our cause.

Our team also took the opportunity to help create awareness around breast cancer by sharing information, conducting breast self-examination demonstrations as well as getting the bazaar attendees to sign up to our newsletter.

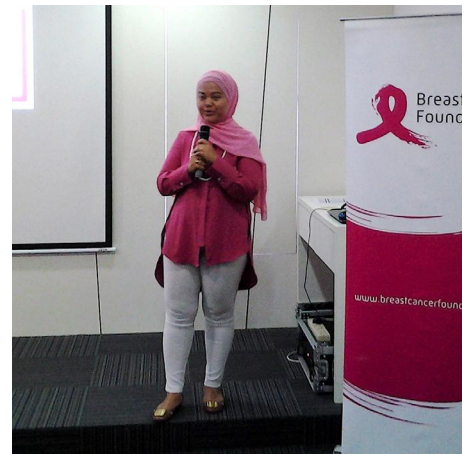


Momentum 2.0 (White Box, MAP, Publika)

On 6th May 2018, Breast Cancer Foundation was invited to open a booth during the “Momentum 2.0” event. This event is a final project exhibition where University Malaya’s Masters students in Media Studies each open a booth to display their projects for assessment. All aspects of media related products are put on display by students.

Breast Cancer Foundation joined the event as a collaboration project with Ms. Wong Sin Yee, a Masters student who created a one-of-a-kind Sand Art Animation video for breast cancer awareness. This sand art animation was beautifully made about the life of a mother who was diagnosed with breast cancer. This video displays the devastation of the diagnosis as well as the strength and bravery she mustered to overcome her cancer. We were there to support Ms. Wong’s project by promoting her video, share information on breast cancer and our cause as well as getting the young event participants to sign up to our newsletter.

AWARENESS TALKS



NR IMAGING

NR Imaging invited Breast Cancer Foundation to their office in NR Diagnostic Centre, Shah Alam for a half-day breast cancer awareness talk and knowledge sharing on 14th April, 2018.

This was one of the biggest talks we've conducted this quarter with a total of 48 people attended the talk. The Breast Cancer Foundation team gave an informative introduction to breast cancer and continued to spread aware-

ness around breast cancer and the people affected by it to the participants. Ms. Wan Musfirah Aimi, our guest breast cancer warrior also shared her experience battling breast cancer and what keeps her going in the fight against cancer.

It was an interesting and beneficial knowledge sharing session indeed.

AWARENESS TALKS



WIPRO UNZA

On 17th April, 2018, the Breast Cancer Foundation team was invited to the offices of Wipro Unza in Subang Jaya to conduct a half-day breast cancer awareness talk and knowledge sharing session to their staff.

We invited Dr. Puvaneswary, an esteemed doctor from Columbia Asia Hospital, Cheras to deliver the breast cancer awareness talk to the 45 Wipro Unza staff who participated that day. It was a great sharing session. The participants also took the opportunity to show their support for our cause by purchasing our limited edition merchandies that was up for grabs that day.

AWARENESS TALKS



PRIMA BAGUZ

The Breast Cancer Foundation team was invited by Prima Baguz to conduct a breast cancer awareness talk in their premises in Bangi on 14th May 2018.

Once again, we invited Dr. Puvaneswary from Columbia Asia Hospital, Cheras to be our guest speaker for this event. A total of 40 participants attended the awareness talk and knowledge sharing session.

It was an interesting and beneficial event for the participants, as the half-day event also allowed us and our guest doctor to conduct clinical breast examination for the Prima Baguz staff.

AWARENESS TALKS



ST. JOHN AMBULANCE MALAYSIA ROADSHOW

On 24th June, Breast Cancer Foundation was invited to collaborate with St. John Ambulance Malaysia (SJAM)'s Free First-Aid Talk and Mobile Health Screening 2.0 roadshow that was

held at the Empire Shopping Gallery, Subang Jaya. The full-day event was jam-packed with various health and awareness activities that included a blood donation drive, an organ donation pledge awareness, eye health screening as well as a first aid demonstration.

Breast Cancer Foundation set up a booth for knowledge sharing and to educate the public on how to conduct

a Breast Self-Examination.

Our guest doctor, Dr. See, an esteemed breast surgeon from UMMC also lent her support and gave a talk on breast cancer to the attendees.

What a great programme to spread awareness on health and well-being to the public! Thank you SJAM for inviting us to be a part of this amazing roadshow.

IN THE MEDIA

Bekas pesakit barah payudara perlu terus positif



Bekas pesakit barah payudara perlu melupakan episod yang pernah dilalui dan tidak terbelenggu dengan kebimbangan"

Fathiah Shamsuddin,
Pengasas Uptown Dreamers Sdn Bhd.



BCF menjalankan pelbagai program secara berterusan untuk memberikan motivasi dan kesedaran kepada wanita "

Azrene Abdullah,
Pengerusi Breast Cancer Foundation

Petaling Jaya: Memprogramkan semula otak atau cara berfikir adalah kaedah penting dalam proses membebaskan daripada belenggu sel barah yang lazim dihadapi pesakit kanser payudara.

Ini boleh dilakukan dengan melupakan kesedihan, penyakit yang dialami dan ketakutan akibatnya serta menggantikannya dengan berfikir secara lebih positif.

Pengasas Uptown Dreamers Sdn Bhd, Fathiah Shamsuddin, berkata terlalu melayan emosi negatif seperti mengenang kesakitan yang dialami boleh memburukkan lagi tahap kesihatan.

Katanya, terlalu menghayati emosi negatif atau fokus dengan penyakit yang dialami secara langsung tidak boleh membebaskan hormon kortisol yang menyebabkan kesihatan terjejas.

"Justeru, bekas pesakit barah payudara perlu melupakan episod yang pernah dilalui dan tidak ter-

belenggu dengan kebimbangan atau ketakutan penyakit sama ada penyakit itu bakal berulang atau sebaliknya," katanya pada bengkel 'Emotional Make Over' yang dihadiri lebih 40 bekas pesakit barah payudara, anjuran Breast Cancer Foundation (BCF), di sini, semalam.

Yang turut hadir, Pengerusi BCF, Puan Sri Datuk Azrene Abdullah dan Ketua Pegawai Eksekutifnya, Azuwa Abdullah.

Program perkasa bekas penghidap

Azrene berkata, bengkel berkenaan adalah antara aktiviti yang dijalankan oleh BCF sebagai usaha untuk memperkasakan bekas penghidap barah payudara dalam menjalani kehidupan selepas berjaya mengharungi serangan penyakit itu.

"Penghidap barah payudara perlu menjalani pengembaraan yang panjang, berbeza dengan penyakit

yang boleh disembuhkan dalam jangka masa pendek."

"Penyakit ini boleh menyerang kembali walaupun selepas lima hingga 20 tahun disahkan bebas daripada sel barah selain ada turun naiknya," katanya.

Katanya, menyedari hakikat itu, BCF menjalankan pelbagai program secara berterusan untuk memberikan motivasi dan kesedaran kepada wanita termasuk ahli keluarga terdekat mengenai hidup dengan barah.

Barah bukan saja membenkan kesan teruk ke atas pesakit tetapi juga individu di sekeliling mereka seperti anak, suami, ibu bapa dan keluarga.

BCF yang kini dianggotai kira-kira 400 ahli menjalankan pelbagai program sekurang-kurangnya dua kali setahun, termasuk di luar Lembah Klang seperti motivasi, kesihatan dan penyediaan masakan sihat bersama chef terkenal.

BERITA HARIAN

Breast Cancer Foundation's first Let's Talk About Healthy Living program for 2018 was highlighted in Berita Harian the day after the event, on 16th April, 2018. The article included the highlights of the Emotional MakeOver programme as well as the role Breast Cancer Foundation plays in the lives of breast cancer survivors and caregivers in Malaysia, as per their interview with our Chairman, Puan Sri Azrene Abdullah and our speaker, Puan Fathiah Shamsuddin.

[BERITA VIDEO] Majlis Berbuka Puasa Bersama Anak Yatim & Breast Cancer Foundation Di Hotel Crystal Crown, PJ

June 12, 2018 in Nasional, Video

161 0



[BERITA VIDEO] "Potluck Raya" Bersama Breast Cancer Foundation

June 13, 2018 in Chat Y, Video

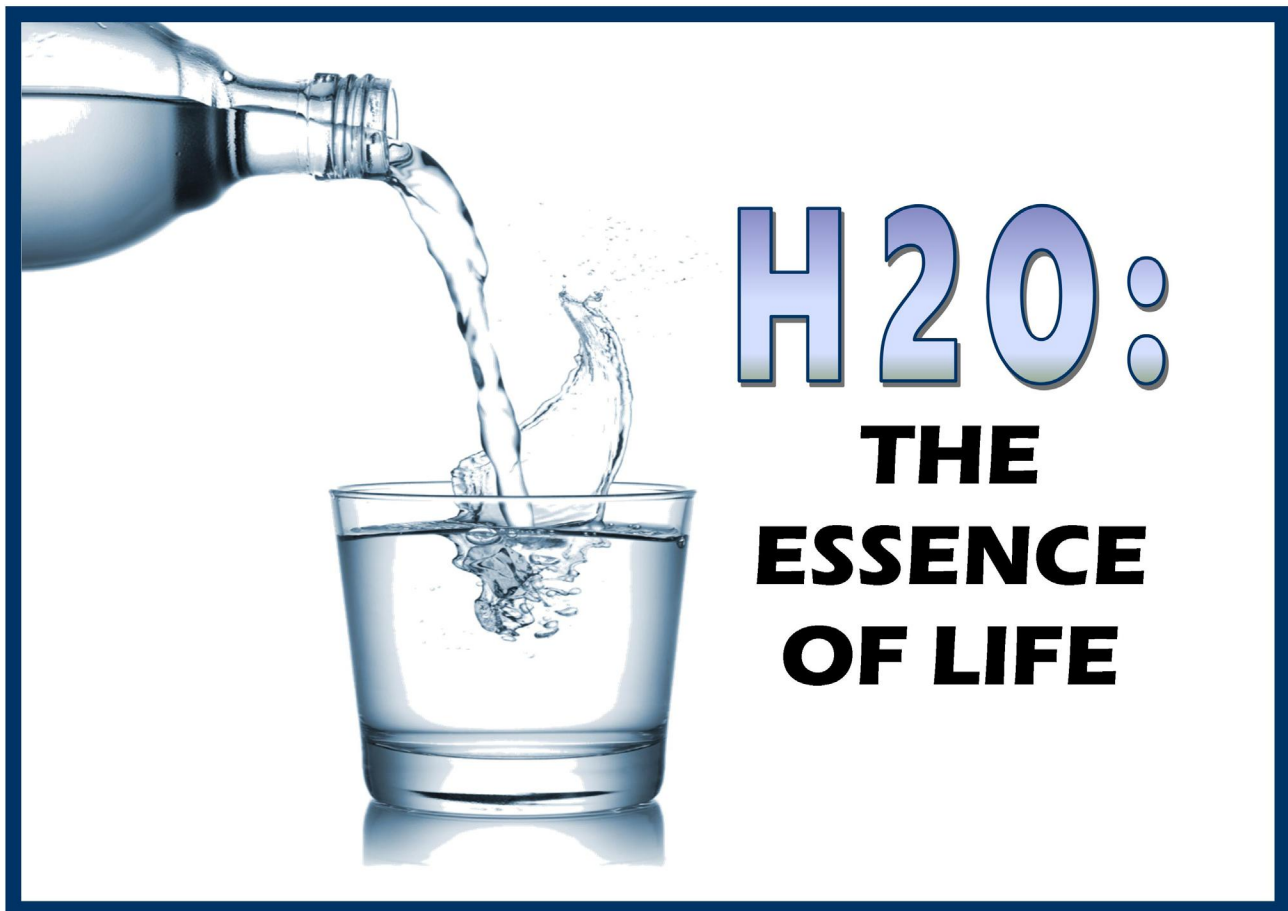
137 0



BACALAH MALAYSIA

One of our buka puasa feasts with our beloved breast cancer warriors this Ramadhan was covered by Bacalah Malaysia, an online portal that attended the buka puasa event at Crystal Crown Hotel on 11th July, 2018. Bacalah Malaysia also aired an interview with Puan Azuwa Abdullah, the CEO of Breast Cancer Foundation during this event that revolved around the work we do to spread awareness around breast cancer, support and empower those affected by it.

H₂O: THE ESSENCE OF LIFE



FASCINATING FACTS ABOUT WATER

BY DR. SAFIZA MOHAMAD NOR



Did you know that our body consists of 55%-75% of water? Our body uses water for several reasons. The water inside our body helps to protect the body organs and tissues, transports the nutrients, removes toxin and waste product, lubricate the body joints and controls the heart rate and blood pressure.

It is important to keep our body hydrated throughout the day especially during hot and dry seasons. We need to drink plenty of water and eat foods with high-water content in order to maintain the body fluid balance, body temperature and body function or system.

Below are the fascinating facts about water and food that you should know:

- Water carries oxygen and important nutrients around the body
- Our body constantly loses water through breathing, sweating, urination and food digestion
- Fruits and vegetables such as watermelon, pineapple, orange, cabbage, carrots, tomato and spinach are high-water content foods (more than 80% water).
- Fruits and vegetables are not only refreshing and hydrating, but they are also high in vitamins, minerals and fibre.
- Most healthy individuals can stay hydrated by drinking 8 glasses of water* and other fluids, but other people might need more than this recommendation.
- There are several factors that increase individual water needs which include physical activity level, environment (humid weather), pregnancy, breast feeding, vomiting or diarrhoea.
- Guess what? Plain water also acts as a weight-loss aid because it can make you eat less with zero calories!

DRINK MORE WATER TO STAY HEALTHY!!

EXERCISE & FITNESS

MAKING YOUR WORKOUT WORK FOR YOU

BY DR. MARYATI MAHARON

When we talk about exercise, we usually get mixed reaction from people. Some energised bunnies would be so enthusiastic about exercise whilst others would be giving a million and one excuse as to why they don't. Scientific evidence shows that exercise does give multiple benefits to the person, ranging from the physical benefits of building and toning muscles and maintaining weight, to the mental and psychological affects of reducing depression, increasing mood and confidence, enhancing focus, stabilising hormones and many more.

These findings has fuelled the fitness industry massively and has led to the increase in gym chains and fitness trainers as the demand increases from awareness. Wherever you go, you will see a gym or fitness centre, or even a quick stroll in the park on a weekend you can usually bump into yoga groups, or zumba groups or group runners.

But not all exercises are suitable for everyone. Some people do really well with aerobic like exercises such as running, jogging, cross training and aerobics that focuses on your heart muscles. Usually the typical types are the leaner built ones, also called ectomorphs. However, most people tend to be categorised as endomorphs (apple-shaped body, with more flesh or fats accumulated around the tummy and thighs area) or mesomorphs (hourglass-shaped body), both being generally stockier. Especially when you get older, when your metabolism is not working as optimum as it should be and with hormone imbalances and external influences such as stress and food, we tend to accumulate more fats around the organs and thus losing that lean abdomen that we all want.

The main thing we need to under-

stand is that exercise is not for losing weight. It is more of weight maintenance once you have lost it, and it is also important for your physical and mental well-being. Weight loss is still related to food intake and many studies have concluded that your diet contributes to 80% of weight loss. Physical activity or exercise plays only 20% role. Even so, that does not mean you should just chuck your trainers and go on a crash diet. Crash diets work only on the short run, but sometimes may have long term side effects on to the body such as slowing down of metabolism due to prolonged starvation and malnutrition.

So why exercise? There are a lot of studies linking exercise and mental finesse. Regular exercise helps wire the brain differently and helps increase focus and productivity. The sweat and work out also releases a lot of endorphins or happy hormones that makes you feel good about yourself and also lowers depression. Strength and flexibility exercises such as weight lifting or stretching are also important for muscle tone and balance and indirectly affects your cerebellum that is involved in proprioception. Endorphins also give you a rush of high, which makes you feel like you need to get active after a period of being passive.

The best is to have a daily habit of exercise, but even 3 times a week gives you as much benefit. Some studies show that even as short as 15 mins is sufficient, and leg exercises are linked with rewiring the brain. My standard advice to my patients would be to build up the core muscles to keep the metabolism high. For weight maintenance, the giant muscle groups such as thighs, buttocks, calves and arms play a good role too especially when you already have a strong core.

Perhaps the more pertinent question is how to start if you are not in the habit of exercising yet. Some people prefer to engage personal trainers to help them exercise, but it may be costly. A usual rate for personal trainers are between RM 100-RM 350 per session and usually they would recommend 3 times a week for the results to be obvious. The pros would be exercising at your time, and your terms, with someone to look over your progress



and teach you exercises with the right stance and posture. However, in this country, this field is not regulated, hence many people claim to be a personal trainer to earn, but do not really have the proper qualifications or experience and sometimes this may cause more harm than good to you. Some people sign up to gyms or classes but again it is costly, time consuming and require more self-motivation.

So, how do you start and continue without spending a bomb? First of all, you will need to decide that you will allocate a specific time to do the exercise. Then you can choose which type of exercise. You can choose running in the gym or outdoors, alone or with friends. You can also follow youtube exercise channels which are not only free but teaches you the right techniques for doing certain movements. I find youtube channels one of the best when I am doing targeted muscle toning and building. It is also more convenient for home makers.

For the first month, consider the exercise as a to do on your list, three times a week. Allocate about an hour minimum for this activity so that you can fit it into your hectic schedule. The best time to exercise is before breakfast or before dinner. If you can't commit to these times, anytime will do but ideally more than 2 hours after food. Once you create the habit, it would be much easier to stick to it. Happy exercising!

A Cancer Poem

By Nancy Doell

Cancer, you don't have me.
I found you. I am making you leave.

Who invited you? You are not wel-
comed
Not in my body you are not.
You are nasty and cruel.

You gave me some dark, uncertain
times,
I even got mad real good, no, you
are not cool.

Chemo will zap you while I puke
and lose my hair
Meds may bless me with nausea
for now
You are no good and will be on the
out

Who's gonna be your friend?
Do your worst and I'll do mine.

The fight is tough
Time to give it up, you're a pain
I am in control, you don't get to
rough me up.

Chemo's done and kicked you out
Don't you come back no more.

I won't sit and cry
My friends are here with me
Saying hello to a new lease on life.



FEARLESS JOURNEY

My name is Noorunn Jakaria. My journey with the Big 'C' started in October, 2016. I was 52 years old then. I was beginning to enjoy being a housewife and taking care of my family. I had stopped work two years earlier after 23 years in employment.

In early 2016, I felt a new, painless lump on my left breast. I wasn't too alarmed due to my history of benign breast condition in both breasts. By October 2016, I noticed that the shape of my left breast has slightly changed with an inverted nipple. I knew right away that it was not a good sign. I made an appointment for a mammogram screening at the National Cancer Society Malaysia. Unlike the previous results of benign cysts, this time the mass was highly suggestive of malignancy. I was advised to do a biopsy at the Kuala Lumpur Hospital (HKL).

By November 2016, I was diagnosed with Ductal Carcinoma in-situ (DCIS). The biopsy couldn't rule out the possibility of an invasive lesion. My surgeon recommended mastectomy due to the size of the tumour. After discussion with my surgeon and seeking a second opinion, I opted for a mastectomy and TRAM flap reconstruction surgery at HKL on 28th December 2016. During TRAM flap surgery, an incision is made along the bikini line and an oval section of skin, fat, blood vessels, and muscle is taken from the lower half of the belly, moved up to your chest and formed into a breast shape.

The surgery which took about 7 hours went smoothly. I was hospitalized for 5 days and spent 2017 New Year holidays at the hospital surrounded by family and friends.

Looking back, I experienced mixed feelings during the one-month waiting period before the surgery. At times, I felt calm but at times I was scared and anxiety took over me. I knew I had to pull myself up and made sure that I ate well and went for regular walks to prepare myself emotionally and physically for the surgery.

My family and friends have been a huge part in my cancer journey and recovery process. My husband accompanied me for all my appointments and spent the nights at the hos-



pital. My children accompanied me during the day. My sisters, brother-in-law, nieces and nephews were at the hospital during my surgery. My school friends from my hometown in Kuantan travelled to KL to cheer me up.

After being discharged from the hospital, my 70 year-old mother came to stay with me and constantly assured me that everything will be okay and alright. I needed to hear that from her. My wonderful sister rushed after work and cooked awesome meals for me and cooking isn't exactly her hobby!

In February 2017, I started my treatment at the Oncology Department, HKL. My final diagnosis was Invasive Ductal Carcinoma Stage 2A, Hormone Receptor-positive, and HER2-negative. The oncologist explained the pros and cons of each treatment option. After the discussion, I decided not to go through chemotherapy and radiotherapy as the 11 lymph nodes taken were not affected. I started on Tamoxifen, a hormonal therapy drug used to treat breast cancer.

After I have regained my strength fully, I joined activities organised by Breast Cancer Foundation and other NGOs supporting breast cancer. I soon realised that there is a whole community of us survivors out there who are strong, living a happy and fun life! I recently joined a hiking event organised by the Breast Cancer Foundation. It was my first hiking trip! I am grateful that

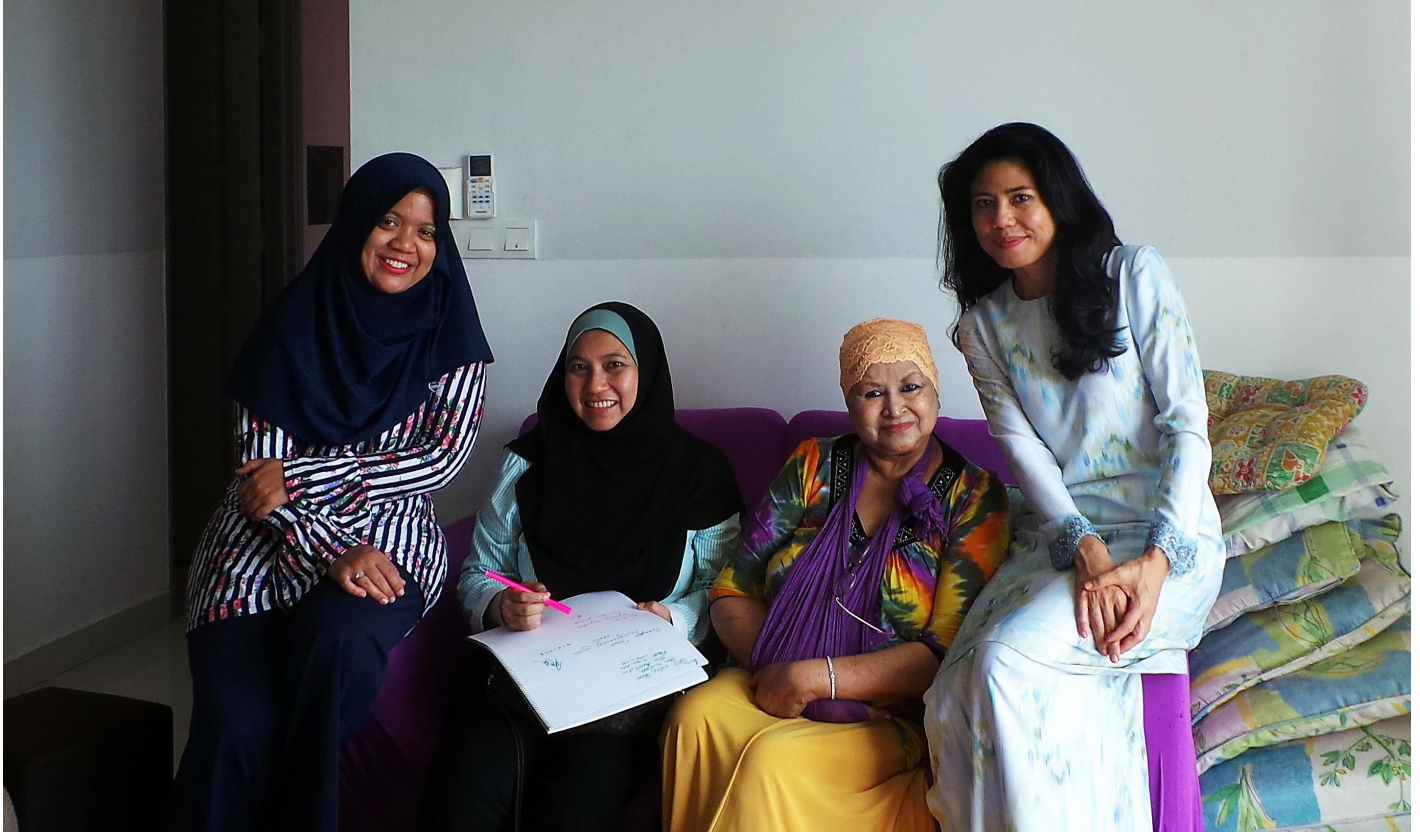
Breast Cancer Foundation created this opportunity to try out hiking as it is something that I would never have attempted on my own.

I am thankful to Allah for the years after cancer. My perspective of life has changed. My priorities are different. Most importantly, I have learned how to keep the faith in the face of adversity. My faith has been strengthened and every day I am grateful for the blessings that Allah has given me.

My breast cancer gave me the opportunity to share my experience with others and remind them not to skip those breast screenings! Some are still sceptical about having mammogram screening. It doesn't help prevent cancer but it can help find cancer early when it's most treatable. Remember, early detection saves lives.

“My perspective of life has changed. My priorities are different. Most importantly, I have learned how to keep the faith in the face of adversity.”

BREAST CANCER PATIENT VISITATION



On 18th May, Puan Azuwa Abdullah, the CEO of Breast Cancer Foundation and part of the team spent an afternoon to visit a breast cancer patient, Puan Any Haryati at her home. This visit was to give support in terms of emotional support as well as a humble financial aid to help ease her burdens as she battles breast cancer. We were also able to contribute some empowerment books to Puan Any to help boost her morale in her fight against cancer.

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



RM 10



RM 50



RM 50



RM 10

Get dolled up for festivities with these gorgeous designer tops and match them with these one-of-a-kind accessories! These versatile tops were especially designed by famous designer, Jovian Mandagie to suit every occasion -- from formal affairs to a casual day out with friends! Complete your look with the unique pink ribbon brooch with a funky twist, immaculately designed by another amazing designer, Melinda Looi. Don't forget to accessorize with our lovely charm bracelet, too!

Just remember that by purchasing these lovely products, you are supporting the Breast Cancer Foundation cause and aiding the needs of breast cancer patients who are in need of financial assistance. So do your bit for charity and purchase these gorgeous one of a kind items, 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 patients in need. Help ease their burden today.

Thank you.



Breast Cancer Foundation

734972-V Formerly known as Pride Foundation

23 Lorong Tanjung 5/4D Petaling Jaya
Selangor 46000 Malaysia

(t) +60 3 7960 0366

(f) +60 3 7960 1366

  @breastcancerfoundationmalaysia

www.breastcancerfoundation.org.my