

# BREAST CANCER FOUNDATION

## MAGAZINE



# BREAST CANCER FOUNDATION

## LAUNCHED ON 31 July, 2017

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COOK WITH PRIDE



DATO DR IBRAHIM : SPECIAL ARTICLE



LETS TALK ABOUT HEALTHY LIVING



FEARLESS JOURNEY

## EDITOR'S NOTE

**Azuwa Abdullah**  
**CEO / Editor**  
**03—79600366**

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**Advisors:** Dato' Azrene Abdullah  
Nasirah Aris

**Editor In Chief:** Azuwa Abdullah

**Contributors :**  
Dato Dr Mohamed Ibrahim  
Nancy Doell

### Thank you to Breast Cancer Foundation team :

Herrie Muhmad  
Ammelia Mohd Ali  
Razlan Patrick Philip  
Norashekin Alias

*Welcome to our 7th issue!*

Dear friends,

Time flies when you're having fun! So true indeed. We are now in the 3rd quarter of 2017!

On the 31st July 2017, we announced our new name, Breast Cancer Foundation. We were humbled and elated to see so many of you came and support the event. Thank you for your continuous support. Together we can make a difference!

Of course, our work does not stop there. October month is going to be a very pink month. Breast Cancer month is coming up in October! It's going to be a very meaningful month with plenty of activities worldwide for breast cancer survivors, newly diagnosed patients and healthy women. In Malaysia, many hospitals will be offering free or low cost mammograms to women.

Do keep a lookout as these services will be well publicized. I encourage you to take advantage of the incentives and go for your mammograms.

We also look forward to participating in the "JUST RUN LAH" event on 19th November in Kuala Lumpur. This will also help raise funds for the Breast Cancer Foundation. More news and information will follow on our FB pages if you are interested in participating in the 5km, 10km or 21km running around the iconic landmarks of Selangor. Definitely join us!

Lastly, we expect that by renaming Pride Foundation to Breast Cancer Foundation, we will have a better impact in helping the public recognise who we are and our mission to raise awareness and spread the message of early detection saving lives. Please continue to help us spread the word and direct those who need our help in the face of breast cancer to us. If you are a breast cancer survivor who would like to share your story that can help others on their breast cancer journey and to uplift their spirits and hopes, please contact our office. We would be so glad for it to reach a wide readership, and of course sharing your journey would be a wonderful gift.

Best wishes.

CEO  
Azuwa Abdullah

**Do you have an idea or a success story to share with us?**

**Send your ideas to us so we can help support each other and grow together.**

**[www.breastcancerfoundation.org.my](http://www.breastcancerfoundation.org.my)**

**MESSAGE by  
BREAST CANCER FOUNDATION  
CHAIRMAN**



Dear friends,

Welcome to our quarterly newsletter.

The last 3 months have been very eventful with a lot happening! I can't tell you how happy I was to see all of you at the 12th anniversary celebration of our foundation. Thank you once again for taking the time to join us at our commemorative event. Being able to announce the renaming of Pride Foundation to Breast Cancer Foundation with you brought me a lot of joy. What could be better than to see my family and friends at an event that was so dear to my heart.

A lot of planning and background work was laid to enable us to enjoy the special occasion with you, and thus seeing all of you coming together smiling, greeting one another and sharing the stories of your lives made it all worthwhile. You have all uplifted my spirits and I am very grateful. A special thank you to the wonderful team at Breast Cancer Foundation for helping make it all come together.

No matter where we may find ourselves in life, I believe that we are all blessed in different ways. One of my blessings is to have the opportunity to spread the message that early detection saves lives. And to bring awareness, empowerment and support programs for women all around Malaysia through Breast Cancer Foundation.

I really hope that you continue to take our message to heart and keep up with your self-breast examinations, your treatments and your doctor's appointments. And remember, if there's any way that we may be of assistance to you, please reach out to us. All of us at the Breast Cancer Foundation are here to help you!

We keep you all in our hearts as we send you positive thoughts, strength and blessings.

To your health,

Puan Sri Azrene Abdullah





## BREAST CANCER FOUNDATION RE-LAUNCHING : 31st JULY, 2017



On 31st July, 2017, Dato' Azrene Abdullah officially announced the change of name from **PRIDE FOUNDATION** to **BREAST CANCER FOUNDATION (MALAYSIA)**. A name that more accurately reflects the work that we have done, are doing, and that we will continue to do. It was also our 12th Anniversary and Raya Celebration for us. About 200 people came and celebrated our 12<sup>th</sup> birthday. We want to thank all of our supporters including our survivors, patients, associates and media friends.





We aim to create even greater awareness of breast cancer, and empower and support people that are affected by it.

Of course, our vision, mission and objectives remain the same.

We thank all of you for your support over the years, and we are grateful for your continued support for this next stage of our mission.

Picture on the top left :

Nori Abdullah from Yayasan Budi Penyayang, brought us this beautiful 3-tiered cake to celebrate.

Picture in the middle left :

Breast cancer survivors from having a group shot with Dato Azrene and Azuwa Abdullah.

Picture at the bottom :

Some breast cancer survivors with Dato Azrene and Azuwa Abdullah.







## RAYA POT LUCK : 31 st JULY, 2017



This year, Raya Potluck was organised in conjunction with our 12th Anniversary with breast cancer patients, survivors with their family members, care givers and friends. We shared and bonded over food for the triple celebration of Hari Raya, Pride's 12th anniversary and the re-naming of the foundation to 'Breast Cancer Foundation'.

For this auspicious event, we chose to mark this meaningful and historical moment with fun and laughter with a simple celebration with our guests at our office.



Guests having fun time with friends and picture time at our Raya deco.

Makan time :) with lots and lots of potluck food from friends.





## COOK WITH PRIDE : 29th AUGUST, 2017



In conjunction with 60th Merdeka celebration, Cook With PRIDE was organized on 29th August, with our guest Chef Ms Rahayu Wakiman and help from her daughter, Atherra Munira. Chef Rahayu cooked daging lemak cili padi with mangga muda, ayam goreng berempah and gulai nenas ikan masin. She also shared the menu with everyone on that day.

Breast cancer survivors and guests arrived, clad in Merdeka colors and 'Baju Kebangsaan'.

It was a day of patriotic spirit and pride with everyone singing the famous song from Sudirman 'Tanggal 31'.

Independence Day is for everyone !

**MERDEKA ! MERDEKA ! MERDEKA !**







## COOK WITH PRIDE : 28th SEPTEMBER, 2017.



September COOK WITH PRIDE with Mohana Gill , the famous 5 time award winner of the Gourmand World Cookbook Awards.

Menu: Jackfruit Biryani. Sweet and sour mango salad, Hummus with crudités and Three Melon salad.







## FIT WITH PRIDE ... WALK2INSPIRE



Walk2Inspire was organized by PeopleGiving, a fund-raising health walk which was held on 13th August, 2017 at Lake Garden KL.

10 breast cancer survivors took part in this walk and Renee'e Abd Aziz was chosen as our nominated individual with her inspiring story.

Total fund collected was RM 37,500.00 and was divided amongst the 7 NGOs proportionally. About 400 participants registered for this event.





**FIT WITH PRIDE ... AT TAMAN RIMBA BUKIT KERINCHI**

Breast Cancer Foundation organised a Fit With PRIDE session for the survivors on 19<sup>th</sup> August 2017. This was a collaboration with Johnson Control (York). It was a half day (8.00am – 1.00pm) outdoor event carried out at Taman Rimba Bukit Kerinchi. This event incorporated fitness with team efforts. The activities combined both physical and mental elements. Survivors were grouped into 3 teams and given task to perform. Each team was named after our objectives which are Awareness, Empowerment and Support. A total of 23 breast cancer survivors took part in the games and 20 volunteers from Johnson Control assisted throughout the event. The survivors learned how to plan, discuss and execute each activity. At the end of each activity, they were briefed of the lesson learnt from that activity. The winning team was Empowerment followed by Support and Awareness. Participants had much fun in the sun and were served breakfast and lunch.







## FIT WITH PRIDE.... WITH LOLA FITNESS STUDIO



On 27th August, Fit With PRIDE weekly session was sponsored by Lola Fitness Studio at their Fitness Dance Party.

The event was in conjunction with their 5th Anniversary at Dewan Semarak, University Malaya.

16 breast cancer survivors attended this event, and had a great time doing yoga, Zumba and hip hop dance.





## LET'S TALK ABOUT..... HEALTHY LIVING, ON THE 29/7



The venue for LTAHL this year was held at and sponsored by Berjaya Times Square Hotel KL. We had a total of 98 guests. The first session was conducted by Dr Azura of Beacon Hospital, with a speech on 'Moving On After Cancer' and the second session was sponsored by KANEBO with a grooming session.

There was also a lucky draw session and we sincerely thank our sponsors in making this event a success.

Dr Azura of Beacon Hospital spoke for about 1 hour 45 minutes, including a Q & A session at the end of the presentation.

Makeup demo session with Ms Jamie, a professional makeup artist from KANEBO Cosmetics Malaysia.

Kanebo generously sponsored each participant with an eye shadow palette, given as part of the event goody bag.



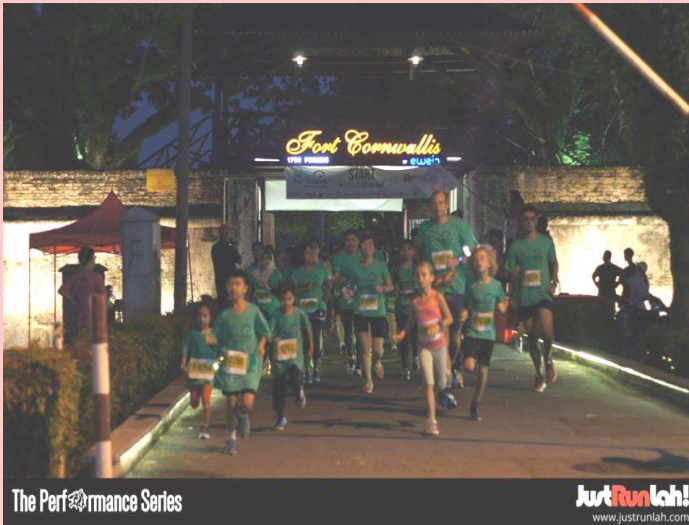
Yay ! Victory !

Ester Cheong won a Slow Juicer during lucky draw session.



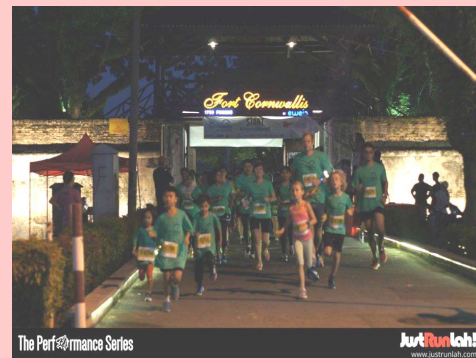


## FUND RAISING .... THE PERFORMANCE SERIES



The Performance Series was a collaboration between Just Run Lah and Breast Cancer Foundation. The series consisted of running races around Malaysia's iconic landmarks, with run distances of 5km, 10km to 21km. There was a fundraising platform for participants to help raise funds for Breast Cancer Foundation. We did well!

9/7 at Fort Cornwallis Penang.



The run at Kuching on 3/9 at Majlis Bandaran Kuching Selatan.





## LET'S TALK ABOUT..... BREAST CANCER



### Public First Aid Talk and Mobile Screening

15<sup>th</sup> July 2017

At Summit USJ Subang Jaya.

The St. John Ambulans Malaysia, Selangor central Southern Area (SJAM KSTS) invited PRIDE Foundation Malaysia to participate in the SJAM KSTS Free Public First-Aid Talk and Mobile Health Screening 1.0

This event aimed to create health awareness and the importance of first-aid as a life-saving skill among the community around the area of Subang Jaya, Seri Kembangan and Serdang.

This project is a pioneer CSR programme by SJAM KSTS, aiming to give back to the community, by adhering to their motto of "Community for Community".



Breast Cancer Foundation in collaboration with CIMB Foundation organised an awareness talk for the public in Kuching, Sarawak on 4<sup>th</sup> September, 2017 at Aline Hall, Grand Dormani Rajah Court Hotel, Kuching.

A total of 41 participants attended the talk. Azuwa Abdullah the CEO of Breast Cancer Foundation started the programme with her opening address and introduction. We had Dr Shehab Phung from KPJ Kuching Specialist Hospital giving the talk on breast cancer.

The next session was on healthy diet by Ms Ainnalina Mohd Ramdzan, dietician from KPJ Kuching Specialist Hospital







## MEDIA COVERAGE



3/9 WOW Sinar Harian.



Dato Azrene Abdullah, being interviewed for NONA magazine for their December issue.





## MEDIA COVERAGE



Press Conference on 31/7.

Media present for the event were, ntv7, RTM1, The Star, Berita Harian and Sinar Harian.

The news came out in ntv7 and RTM the following day and was posted in ntv7 Editon Facebook and RTM YouTube.



## Breast Cancer Foundation ganti PRIDE

BCF harap dapat beri impak positif kepada masyarakat, tingkatan kesedaran risiko kanser payudara

DAUN MUHARIR HARAN  
malaymail.com.my

• 31 July 2017

Yayasan PRIDE akan bertukar nama kepada Breast Cancer Foundation (BCF) pada 1 Ogos 2017.

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Berita Harian article on 3/8



## Celebrating 12 years with new name

NGO now known as Breast Cancer Foundation to reflect its efforts in years to come

By LEE SHIH YONG  
malaymail.com.my

IT WAS A joyous day for Pride Foundation as members celebrated its 12th anniversary with breast cancer survivors, families and friends.

The celebration, held at the

Foundation's new name, Breast Cancer Foundation, was announced during the event.

The new name was chosen to reflect the organization's focus on breast cancer awareness and support.

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## Yayasan Pride tukar nama kepada Breast Cancer Foundation Malaysia

PETALING JAYA - Selaras dengan perkembangan masa, pertumbuhan bukan kerajaan (NGO) Yayasan Pride telah menukarkan namanya kepada Breast Cancer Foundation Malaysia.

Pengerusinya, Datuk Azrene Abdullah berkata, penukaran nama tersebut dilakukan supaya masyarakat lebih mengenali yayasan tersebut, yang sudah menginjak usia 12 tahun.

"Kami menukar nama yayasan ini supaya masyarakat lebih mengenali yayasan ini.

"Mungkin sebelum ini, orang tidak mengetahui bahawa Yayasan Pride adalah berhubung dengan kanser payudara.

"Jadi, dengan penukaran nama kepada Breast Cancer Foundation Malaysia, harapan kami adalah untuk menyedarkan lebih ramai individu mengenai kanser payudara," katanya kepadanya pihak media semasa majlis potluck

Yayasan Pride di ibu pejabatnya.

Beliau memberitahu, seramai 12,000 orang dalam pengkalan data yayasan tersebut merangkumi pesakit kanser, doktor dan sukarelawan, dengan hanya 8,000 orang sahaja yang masih aktif untuk melakukan aktiviti yang dianjurkan yayasan.

Beliau berharap, dengan penukaran nama itu, lebih ramai akan menganggotai yayasan itu untuk memberikan harapan kepada pesakit kanser terabit.

"Sabat tahun, kami telah menjalankan pelbagai aktiviti seperti ceramah *Take Pride, Walk with Pride, Climb with Pride* dan pelbagai lagi.

"Insya-ALLAH, kami sedang merancang untuk menganjurkan acara maraton secara besar-besaran tahun hadapan, dengan objektif bagi menarik lebih ramai orang mendekati Breast Cancer Foundation," katanya.

The Star on 5/8/2017

Sinar Harian on 3/8/2017





## MEDIA COVERAGE



LTAHL event was broadcasted LIVE by ntv7 7Editon . It was also featured in ntv7 news and ntv7 Facebook. RTM1 also did the LIVE coverage and was also on air the next day.

Harian Metro did a special report on LTAHL and the article came out on 21/8/2017.





## A COURAGEOUS STORY

MY CANCER—A BLESSING IN DISGUISE BY TULASI GOVINDASAMY



Breast Cancer - one of the most feared diseases by women. Women fear being deprived of their femininity. For some, breasts are considered a big part of their identity. Losing them causes psychological problems for them and it becomes a physical disability they try to hide.

In 1998, I felt sharp piercing pain in my right breast. Screening showed very dense and tender breast with a lot of micro-calcifications but no lump was detected. A year later, with the pain more intense and frequent, I had a biopsy and the surgeon found 'A-Typical Cells' which may lead to cancer in 5-10 years.

In '99, with no lumps but increased intense pain, my surgeon suggested mastectomy, saying prevention is better than cure. I sought 2nd/3rd opinions but all doctors concluded that I was cancer free. However, my instinct told me otherwise. After a lot of soul searching, I opted for surgery as a preventative measure. In 2000, I underwent a bilateral mastectomy (removing both breasts). I kept all this private so I wouldn't be talked out of it nor ridiculed. That said, being single and with no immediate family nearby, I was able to do so. BUT I was feeling very lost and had no idea what was in store for me.

The shock came after my surgery when they found 2nd stage cancer in my right breast. The lump was well hidden in the milk duct and undetectable. My whole world collapsed and my surgeon insisted that my family be informed. But I couldn't do it though I longed for reassurance and my family's support. My aged mother and the physical distance made it impossible. I felt really alone. I turned to God and placed all my faith in the Almighty. My long series of painful treatments, -25 radiation and 10 chemotherapy began. As my surgery was initially preventative, the lymph nodes were not removed, resulting in extra chemotherapy.

During the 1st course of treatment, my oncologist advised me to be prepared with a wig since I will be losing my hair. To avoid any suspicion from family members when they visit, I had to lie and tell them I was fulfilling a religious vow of shaving my head bald. Funnily enough, my hair held on during treatment but I had to shave my head to fulfill my lie of a vow.

It's truly through God's grace that I managed to battle the BIG CANCER alone with the help of a few good friends. I pulled through and by 2001, I was medically boarded-out. I applied for SOCSO and then started treatment in HKL where I was advised further surgery to remove the lymph nodes. This time around, I told my 7 siblings but kept it from my dear mother till she passed away without ever knowing.

Why do I say my cancer is a blessing in disguise? Upon retirement, I often worried about my future. My financial problems have been solved by SOCSO pension and I have enjoyed good health. Being a marathon runner, my dream was always to scale Mt. Kinabalu. I was blessed to do just that under Breast Cancer Foundation's banner on 2/6/2010, and at the age of 60. I scaled to the peak! Isn't my cancer a blessing in disguise?





## Coming to Grips with Breast Cancer: The Spouse's Experience.

WRITTEN BY : DATO DR MOHAMED IBRAHIM BIN DATO' HAJI ABDUL WAHID  
MEDICAL DIRECTOR OF BEACON HOSPITAL



Around 5,000 Malaysian women are diagnosed with breast cancer every year, most of them aged between 30 and 60 years, and nearly half of those affected are under 50-years of age.

Although the magnitude of women affected is alarming, equally significant are the ramifications of the illness for the spouse. Breast cancer is a couple's illness, not a disease of the wife's breast.

Distress (anxiety, depressed mood, physical symptoms) in spouses of women with early stage breast cancer has been demonstrated in studies showing significantly elevated levels of distress of up to 3 years post-diagnosis and in some studies spousal distress exceeds that of the diagnosed woman.

There is substantial evidence that the breast cancer is not only the wife's medical diagnosis, but the spouse's illness as well. Every aspect of a spouse's temporal and cosmological life will be affected, including how unprepared he feels about the diagnosis, the rapidity of changes that happens to him and to them as a couple, how he spends his day, how he struggles to make things work, how he takes on increasing amounts, as well as the quality of their time together as a couple. Even when some spouses are able to identify positive benefits from their experience with the illness, spouses are overwhelmed, devastated, and unprepared to handle what is happening to themselves, to their wife, and to their relationship as a couple.

For the most part, spouses seem to deal with their emotional response to their wife's breast cancer on their own, including shutting down their own feelings and emotions. Some keep their feelings to themselves when little support was offered to them by others. Some keep feelings to themselves because they do not want to burden their wives. Even their wives do not always want their spouses to talk about the cancer or to talk about the cancer with others.

To further add to the pressure of helping their wives manage the wives' negative thinking, some men believe that to the extent their wife experienced positive or negative thoughts, it affects the outcome of her illness and eventual survival.

Spouses work at ways they could take some control of the impact of the breast cancer on their own lives. In addition to assuming more of the work load in managing the couple's daily life at home, spouses describe creating a systematic way to help their wife make decisions about treatment and care.

Faced with a problem they can't solve, men are often also thrust into a more domestic role that provides added challenges. Accustomed to their role of breadwinner, they must now step out of that box and take on child rearing, domestic responsibilities, household chores, and the care of elderly parents, all of which can be overwhelming. The additional workload and responsibilities can take their toll, not only on the individual but on the entire family. Financial issues are one of the main fears that every spouse have, as it takes a toll on them. This should be spoken about and plan accordingly so that couples do not make any drastic decision while being in this situation.

The already-difficult situation can be intensified when men won't reach out for support or professional help during this time. Men generally believe they are strong and that they have to be all that they can be for everyone around them, but this tendency can be unhealthy for men who then cope with the situation by withdrawing socially, overindulging in food and alcohol, or living in a state of denial.

The good news is that there are some simple strategies men can use to not only cope with a loved one's illness but also manage their added responsibilities during this time.

One of the things that could be done is attending clinic sessions with their spouses so that both parties understand what is actually going on and at the same time ask more questions in order to get a clearer picture of the disease. This actually helps in easing the burden of both parties involved. Also, going for seminars together to understand the disease better and to approach the situation and the other party in a most appropriate way. For instance, men should get professional support when needed. Friends, family, and colleagues will serve as a vital support network during your spouse's illness, but sometimes it's not enough to turn to a buddy for help. It's good to know that counseling is for everyone and that it can serve as a valuable coping mechanism during seemingly unbearable situations.



## TIPS ON CAREGIVING

WRITTEN BY : NANCY DOELL

This is our last in the series of some tips for the caregivers.

Have you been feeling overwhelmed, tired, cranky, sad, depressed, loving and yet resentful of the patient you are caring for? You are not alone. These feelings come and go for many long term caregivers of loved ones facing breast cancer.

It started out as a loving job you are determined to be there for your loved one, but you are stretched to the limit, doing the difficult job of caring for someone undergoing chemotherapy or other cancer treatments, physically and emotionally. You want to be there for them, to do everything you can do to make their lives easier and to comfort them. There comes a point where you will feel burned out, and that you can't go on emotionally.

It isn't something a caregiver is likely to admit. But it happens and these feelings are very normal as you are gripped by fear of losing your loved one and as you ask yourself, when will this end? When will life get back to normal again and my loved one is healthy again.

The following are, and can signal that you are suffering from caregiver stress.

- A. You have lost or gained weight. You tend to over eat for comfort or are too stressed to eat.
- B. You have trouble falling asleep at night. You lay in bed worrying about all that could go wrong instead of resting.
- C. You feel depressed, anxious, overburdened,
- D. You feel guilty for never doing enough and yet also guilty for feeling resentful for all you have been put through.

Adding to all this turmoil, there could be financial worries. Bills need to be paid, other family members may not be able to count on you as they always have been. You have so many decisions to make, many balls to juggle. Now what? Sometimes, we can't always see the light at the end of the tunnel. We do have to keep the faith and know that things will turn around in time. Meantime, YOU have to take care a little of yourself. Taking care of yourself will benefit both you and the patient.

1. Stop the guilt of feeling like you never do enough for your loved one. Keep in mind that caring for someone you love with cancer is also about the relationship you share together, whether it be parental or spousal, etc and this relationship will change in some ways as you learn to manage the stress and chaos that cancer inevitably brings to your lives.
2. Enlist the help of other family members in some ways, either relieving your other duties or be reliable care giving partners.
3. Make a financial plan if you have to skip work or stop work temporarily.
4. Pay attention to your own needs. Can you attend a support group? If that is not possible, can you talk to some one?
5. Get out into the sunshine for some alone time or together with your loved one. Cherish time you have together and make it a point to not let anything that isn't critical bother you for the day. Put on music to cheer yourself up. Sunshine and music work wonders.

Care giving is fulfilling and yet stressful. Hearing from and visiting with your family will keep you balanced. It will allow you to focus on the good things in life and provide a break from routine, stress and sometimes, a difficult patient. Family time can bring about laughter and joy when we so desperately need it.

Take it one day at a time and don't sweat the small stuff.



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