





Breast Cancer
Foundation

www.breastcancerfoundation.org.my  [breastcancerfoundationmalaysia](https://www.facebook.com/breastcancerfoundationmalaysia)  [breastcancerfoundationmalaysia](https://www.instagram.com/breastcancerfoundationmalaysia) Oct—Dec 2017

“HAPPY NEW YEAR 2018 !

“Life is precious, we are blessed and thankful”

- Puan Sri Dato' Azrene Abdullah, Breast Cancer Foundation Chairman

*“No full stop after cancer...”
Fearless Journey -
Nancy Teh
Breast Cancer Warrior*

Cook With Pride
Our monthly programme

**BREAST
CANCER
FOUNDATION**
Patient Fund

**LET'S TALK ABOUT
HEALTHY LIVING**
***Living Effectively With
Stress***

***Fit With Pride
in***

MALAYSIA BOOK OF RECORDS



EDITOR'S NOTE

Welcome to our 8th issue!

We have wrapped up 2017.

What an exciting year it has been during our journey to spread breast cancer awareness! Seeing many of you at our various events and the sheer enjoyment of life that breast cancer warriors exude is humbling. The joy and comfort you spread by sharing amongst the breast cancer community is as always, soul healing and contagious.

We love hearing the triumphant stories of those who once received the terrible diagnosis of breast cancer but are now able to call yourselves survivors/warriors. Survive and shine are my words to describe you.

Unfortunately, we must acknowledge that surviving this terrible disease does not happen for everyone and so, beating the disease is something we should never take for granted. The universal hope is that the day will come when, "I survived breast cancer" becomes a reality for every man and woman diagnosed with breast cancer.

2017 has also seen us take the leap to formally change its name to Breast Cancer Foundation to better reflect what we do. Bearing on that, our mission continues to spread the message to the public in order that as many are aware of this horrible disease, to help women and men with support services and for those who do not understand the importance of early detection, we intend to keep saying "Early Detection Saves Lives".

We have also heard your voices and requests and will be planning more informative and fun events at the same time for 2018. We sincerely thank all of you, friends and survivors, for your continuous support and encouragement.

So, a big hello to 2018 and more good things to come this year for all of us. Positive thoughts!

Best wishes.

Azuwa Abdullah



CEO / Editor in Chief

Inside this issue:

Chairman's message	3
Pink October	4-7
Events	8-9
Let's Talk About Healthy Living	10
Cook With Pride	11-12
Events	13-15
Media Coverage	16
Fearless Journey	17
Special Articles	18-19
Breast Cancer Foundation Patient Fund	20
Gifts	21

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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

**MESSAGE by
BREAST CANCER FOUNDATION
CHAIRMAN**

PUAN SRI DATO' AZRENE ABDULLAH

Dear friends,

We have bid adieu to 2017 and welcomed 2018. I hope you have all had a relaxing and restful holiday season.

As I was preparing this message, I pondered about the events and happenings of the past year. Breast Cancer Foundation has come far and I look forward to another year of working towards spreading the message of "Early Detection Saves Lives" across the country, and to continuously support the breast cancer warriors and patients' community. We cannot claim to be able to do all but we have to do what we can and at the same time, change things up a bit by engaging social media and embracing the digital age to reach out to as many as possible.

The very nature of what Breast Cancer foundation does and stands for, brings me to thoughts of how wondrous and yet how fragile life is. How exciting and magical life can be and yet so unpredictable!

The unpredictable is what gets us, it is what fazes us.



What I do know is that in life, whether it be a tragedy of a breast cancer diagnosis or some other bad news, we cannot hope that bad things will just go away if we squeeze our eyes shut tight enough. Instead, we can choose to be positive and be proactive. We take charge by changing things up and charging on. Yes, sometimes it takes a bit or a lot more effort, and it's HARD but you know it is always worth it. It's our lives at stake.

This past year, the breast cancer warriors have again shown us this is true and possible. The stories they have shared tell us that they have the courage, the strength, positivity and determination needed to survive and be whole. Some warriors have even said that having breast cancer changed their lives for the better; that although the battle to survive was hard, they are now much stronger, more mindful and appreciative of what life is and has to offer. That with each life event, good or bad, you grow and you adapt and as long as you are proactive, you will become that much stronger. This mindfulness of the wonders of life is something we can all aspire to.

This brings me to the topic of support for all these brave women and men warriors and patients still undergoing treatment. Please help to spread the news and needs of Breast Cancer Foundation Patient Fund. This fund goes towards providing financial assistance to breast cancer patients to help pay for treatment and medication and also for their personal needs. When you donate to the fund you make an immediate and very positive difference to the lives of breast cancer patients.

Let's continue to be able to help them get on with their treatments and lessen the financial burdens and worries that add on to the stress of managing their cancer treatments or post cancer medical needs. For that, we will need your help. Please consider donating to the Breast Cancer Foundation Patient Fund. Because of your generous donations, we are able to help and support the needy with breast cancer not feel alone. Let's continue to show our support.

Have you also reflected on 2017 and made new resolutions for 2018? Are there lifestyle changes you would like to effect? If you have reflections you would like to share, we are happy to publish your thoughts and ideas to reach out to others. Let us know. Life is precious, we are blessed and thankful.

To your health and Happy New Year 2018!

Puan Sri Dato' Azrene Abdullah



Pink October 2017 : Apa Kata Wanita on RTM1, 7th October, 2017



Apa Kata Wanita, a women's programme which airs every Saturday on RTM 1 from 11.am until 12 noon and hosted by Datin Zamzarina Zambri, has invited Breast Cancer Foundation's CEO, Azuwa Abdullah on 7th October, 2017, in conjunction with Pink October.

The 45 minutes talk was mainly focusing on 'Breast Cancer Early Detection' and Puan Azuwa has also shared with the audience on how to do the 'Breast Self Examination'.

2 breast cancer warriors were also invited on the set and they were Rozilah Abd Samad and Nancy Teh, where they both shared their journey as breast cancer warriors.

It was a good awareness opportunity for Breast Cancer Foundation to reach out to the public.





Pink October 2017 : Pink Polo at The Royal Selangor Polo Club: 7th October, 2017



In conjunction with October Breast Cancer month, Royal Selangor Polo Club collaborated with Breast Cancer Foundation for Pink Polo Sunset Event, a fund raising event which was held on 7th October, 2017 at Royal Selangor Polo Club, Kuala Lumpur.

The event raised RM 20,000 for Breast Cancer Foundation Patient Fund.

10 seats were also allocated for breast cancer warriors to enjoy the day. We also raised another RM197.00 for the Patient Fund through sales of merchandise!

The after party was a blast.



Pink October 2017 : Harper's Bazaar Pink Partea : 12th October, 2017.



Breast Cancer Foundation CEO, Azuwa Abdullah receiving the cheque from Harper's Bazaar Editor in Chief, Ms Natasha Kraal.



In conjunction with October Breast Cancer month, Harper's Bazaar organized a fundraising Pink Partea for Breast Cancer Foundation at St Regis Hotel Kuala Lumpur.

9 designers who contributed the pink ribbons/merchandise were Azooi, Melinda Looi, Alia Bastamam, Cassey Gan, Vivy Yusof (for dUck), Sereni & Shentel, Bowerhaus, Nala Designs and Zsay.

The tickets sold at RM250.00 and RM180.00 @ will be channeled to BCF to fund our awareness and Breast Cancer Foundation Patient Fund. The event managed to raise at RM27,000.

The theme was Pink Chic. The event was also collaborated with 3 cafes (The Other Half, Tiny Temptress & Tedboy Bakery) and St Regis hotel had customised thematic afternoon tea in October month. 30% from each afternoon tea set sold will also be channeled to Breast Cancer Foundation.



Mingling around with the guests.

Breast Cancer Foundation also organised Clinical Breast Examination, in collaboration with Columbia Asia Hospital during the event.





Pink October 2017 : Collaboration with DIDA's Cosmetic



In conjunction with October Breast Cancer month, DIDA cosmetics collaborated with Breast Cancer Foundation by allocating 10% of the Special Edition Matte Lip Glides sales to the Breast Cancer Foundation.

The campaign started on the 4th October until 31st October, 2017. The campaign was also promoted through Breast Cancer Foundation's Facebook and Instagram.

DIDA is a cosmetics company founded by two friends, Tengku Chanela Jamidah and Didie Nasir, who run their own fashion labels.

Event : Round Table Dialogue with Prime Minister



On 3rd October, 2017, Breast Cancer Foundation was invited to have a dialogue with our Prime Minister YAB Dato Seri Najib Tun Razak at his office in Putrajaya. About 30 NGOs were invited and we were the only NGO that is representing breast cancer.

Puan Azuwa Abdullah, CEO of Breast Cancer Foundation appealed to the Government to give more attention to breast cancer since the numbers are increasing yearly, she also asked for the Government to urgently look into available generic drugs for cancer patients as the patented drugs are costly for the masses and asking the Ministry of Health to update the statistic on breast cancer patients.



Pink October 2017 : Dance Your Way into Malaysia Book of Records



The plaque was given by Ms Lee Pooi Leng from MBOR to Puan Azuwa Abdullah and witnessed by Puan Nori Abdullah.



Breast Cancer Foundation organized Dance Your Way Into Malaysia Book Of Records in conjunction with Pink October on 29th October, 2017 at The Majestic Hotel Kuala Lumpur. 220 breast cancer warriors were registered and this has marked the most numbered breast cancer warriors gathered for the fun activities. Thank you to all the participants, trainers, volunteers and sponsors.





Pink October : Awareness Talks on Breast Cancer



Left : On 9th October, 2017, friends of Marlborough College Malaysia organized a fund-raising event for Breast Cancer Foundation in conjunction with Pink October. RM 1,525 was donated to Breast Cancer Foundation.



On 12th October, 2017, once again IJM organized their in-house event in conjunction with Pink October. RM 16,000 was donated to Breast Cancer Foundation.

Right : On 15th October, 2017, Pink Zumba organized an event and invited Breast Cancer Foundation to set up an information booth. Participants were taught on how to perform BSE. RM800 was donated to Breast Cancer Foundation.



Left : KPJ Ampang Puteri Breast Cancer Awareness Campaign in conjunction with Pink October On 21st October, 2017.

Right : UiTM Sg Buloh organized Pink October Program in conjunction with Pink October on 25th October, 2017.



Left : On 27th October, 2017, Hospital Shah Alam organized Pink October 2017 Program in conjunction with breast cancer

LET'S TALK ABOUT HEALTHY LIVING : Berjaya Times Square, 25th November 2017



This was the 2nd session of LTAHL for 2017. Berjaya Times Square Hotel Kuala Lumpur, sponsored the venue and a total of 83 participants attended this event. The first speaker was Fathiah Shamsuddin, with a topic on 'Emotional Make-over' and the second speaker was Dr Paul Jambunathan, a Clinical Psychologist with a topic 'Living Effectively With Stress'. We also invited stand up comedian, Phoon Chi Ho with his act 'Laughter is the Best Medicine', which has filled up the audience with lots of fun and laughter. There were also lucky draws session and everyone enjoyed with grinning faces. Thank you to all the sponsors.



COOK WITH PRIDE : Pink Deepavali Special



Vanakam.... In conjunction with Deepavali and Pink October month, Cook With Pride for October month was filled with Deepavali mood and mostly everyone came in pink sarees and Punjabi dresses. Our guest Chef was Ms Sugunawati, She cooked Jeera rice, Mutton Varuval, Chicken curry, Mixed vegetable and Payasam. We had 'Tree of Hope' for everyone to write love notes / quotes.

It was indeed a lovely day for everyone to enjoy each other's company. A wonderful day of fellowship.



COOK WITH PRIDE : Christmas and New Year Special



Breast Cancer Foundation ended Cook With Pride 2017 with Christmas celebration and welcoming 2018 with a theme of 'White Christmas' and every guests came in white and red attire with a holiday mood !

Our guest Chef was Ms Maria Fe Krishnan and she cooked Roasted Chicken with Mushroom brown sauce, Angel hair pasta with seafood, double baked potato, garden salad, Christmas punch, ginger bread and mince pie.

A Christmas tree and beautiful decorations to welcome 2018 made it a festive day! Indeed a lovely day for everyone to enjoy each other's company.



7th Dec 2017
10.30am - 2.30pm
Breast Cancer Foundation
23 Lorong Tanjung 5/4D, Off Jalan Gasing, Petaling Jaya
Theme: White Christmas

Menu
Roast Chicken with Mushroom brown sauce
Angel hair pasta with seafood.. Ala Aglio Olio
Double baked potato
Garden salad
Xmas punch
Ginger bread
Mince pie



Guest Chef:
Ms Maria Fe Krishnan





Event : Wonder Women of Breast Cancer Foundation



Breast Cancer Foundation had a collaboration with students of Bachelor in Photo Media Creative, UiTM Puncak Alam for a charity event title 'Wonder Women of Breast Cancer Foundation'.

There was a photo shoot session with 10 breast cancer warriors which was held at Loft Studio Asia, Shah Alam followed by fashion runway on 17th December, 2017 and photos exhibition display.

Dresses and clothes were sponsored by local designer 'LilyPetuna'. Nikon was also collaborating in this event. We had a booth, selling our merchandise on that day.

It was an awesome experience for all of them and we just love to see their display of self-confidence.

Bravo ! Women empowered !



Movie time : Paddington 2



20 tickets were given to breast cancer warriors to watch Paddington 2, a feel good movie sponsored by Square Box Pictures Sdn Bhd, at TGV KLCC on 19th December, 2017.

FIT WITH PRIDE : The Performance Series, 19th November 2017



Just Run Lah organized this race. Breast Cancer Foundation as its charity sponsor took part by setting up a booth during the event. 3500 participants took part in this event.

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. This was a fundraising platform for participants to help raise funds for Breast Cancer Foundation. We did well!





Fund Raising : NAMLIFA



NAMLIFA is an association for insurance agents. They raised funds through their APLIC event and presented it to Breast Cancer Foundation. There were 6 members from Namlifa who were present during the event. We took the opportunity to share the background of Breast Cancer Foundation. They appreciate our efforts of raising awareness and we look forward to future collaborations in 2018

Event : YTL Foundation donated RM 100,000 to Breast Cancer Foundation at the Memorial Service of the Late Tan Sri Dato' Seri Yeoh Tiong Lay.



On 18th December, 2 months after the passing of the late Tan Sri Dato' Seri Yeoh Tiong Lay, a Malaysian billionaire businessman and founder of YTL Corporation, YTL Foundation has allocated 10 Million to selected NGOs and Breast Cancer Foundation is one of the NGO. RM100,000.00 was given to Breast Cancer Foundation with other 28 NGOs on that day. Representing Breast Cancer Foundation was Puan Nasirah Aris, Breast Cancer Foundation's Advisor and the cheque was given by Tan Sri Dato' Francis Yeoh at The Majestic Hotel.

A total of RM 10 Million was distributed to 103 charitable and education bodies.

More on this article at :

<https://www.thestar.com.my/news/nation/2017/12/19/family-continues-ytls-legacy-with-rm10mil-gift/>



Berita Harian and Warta Online on MBOR 30 / 10/2017



Harper's Bazaar coverage on Pink Polo, Pink Project and Puan Sri Dato Azrene's special interview for Pink October month.



NONA special VIP December 2017 issue.

Puan Azuwa's interview for ntv7 & RTM, during MBOR event. 29/10/2017.

Right : The Star online and newspaper coverage on YTL Corporation has allocated 10 Million to selected NGOs. RM100,000.00 was given to Breast Cancer Foundation with other 28 NGOs on 18/12/2017





No Full Stop After Cancer by Nancy Teh



September 16th, 2017, 20 of breast cancer warriors including caregivers reached the peak of Mount Kinabalu !

I am Teh Chai Neo better known as Nancy, a 53 years old housewife.

I was born in Melaka, now residing in Subang Jaya with a loving and supportive husband, and 3 lovely daughters. In March 2010, I found a lump on my left breast during breast self-examination. Went to see my breast specialist and I was advised to do mammogram first. A week later, biopsy was done on the lump and the biopsy result confirmed that it was cancerous at stage 2. I was calm and at the time, more concerned about the treatments that I had to go through. I did chemotherapy (6 cycles) first, followed by mastectomy (Removing of my left breast). I didn't have to go through radiotherapy as my lymph nodes were not affected. I was lucky that the treatments went smoothly and the side effects from chemotherapy was mild, so I was able to continue with my daily activities with ease. My diet during the treatment was fresh food like vegetables and fruits and fish for protein. I also took supplements to boost up my energy level and my immune system.

While undergoing cancer treatment, I started to look up breast cancer support groups in Malaysia, particularly in Klang Valley and Breast Cancer Foundation (formerly known as Pride Foundation) was what I was looking for.

A year after my diagnosis, after I have regained my strength fully, I started to join the activities that were organized by breast cancer support groups. I attended their talks and seminars which were very informative and also activities to increase my fitness level like exercise. I joined their Zumba, aerobics and even hiking activities and recently a group of cancer survivors and myself managed to reach the peak of Mount Kinabalu. By joining these cancer support groups, I find that my life is more interesting, I get to meet inspiring fellow survivors and make new friends where we can exchange information and knowledge's, I get to do things that I never thought of trying like climbing Mt. Kinabalu and joining marathons. I am also blessed to have a very supportive and loving family, without which it would have been harder for me to cope.

Now after 7 years, my cancer is in remission and it's all thanks to early diagnosis, treatment and also a positive mindset. I will continue supporting and inspiring other survivors.

To me there is no *Full stop* after cancer. Remember, early detection saves life.

Do join breast cancer support groups to learn more.

The Rising Cost of Treatment for Breast Cancer Patients

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



Treatment for breast cancer involves multiple modalities. While surgery remains as an important treatment in eradicating the tumor from the body, doctors may prescribe chemotherapy, radiotherapy, and hormone therapy to further increase the cure rate. In this edition, we will discuss about chemotherapy and its benefits. Chemotherapy in general is the use of various drugs to treat breast cancer. These are considered systemic therapies because they can reach cancer cells almost anywhere in the body. For early stage breast cancer, **adjuvant chemotherapy** is pivotal in curing and preventing recurrences. At Beacon Hospital, our statistics show that patients with early stage breast cancer who are treated with adjuvant chemotherapy have a **cure rate of over 90%**.

Despite its significant benefits, not all early stage breast cancer patients undergo the adjuvant chemotherapy as required. Many a times this is due to the high cost involved in pursuing chemotherapy. The costs associated with breast cancer treatment and follow-up care can be a financial strain for some people and their families, even with health insurance. Besides the costs of other treatments such as surgery and radiation, patients may be further burdened with extra expenses for transportation to and from a treatment center, child care charges while going through the treatment, or special foods to make sure nutritional needs are being met. As a result, many patients give up and do not get treated properly and eventually face recurrences, disease progression and even premature death.

In response to the rising cost of treatment, Beacon Hospital has recently introduced a RM2 million **Chemotherapy Welfare Fund** that may benefit patients who require financial support for urgent and impending treatment. A standard chemotherapy protocol for a breast cancer patient, for instance, comprises of 4-6 cycles and may cost patients a whopping RM30,000-RM50,000. Under this corporate social responsibility (CSR) Programmed patients are only required to pay RM500 per session (almost 10% of the usual cost) for the same treatment.

The aim of this CSR programmed is to encourage patients to **get treated promptly** and increase the chances of **cure** and lead a **quality life**. It can be very taxing for patients to deal with the fact that they have cancer. The financial burden on the other hand adds on great weight to the emotional stress faced by the patient and family members. Let us help you in your journey to seek cure for breast cancer!

For further information on Beacon Hospital's CSR programs and how a patient can qualify, please contact 011-10906588/03-77872860 or email csr@beaconhospital.com.my



SELF ADVOCACY by Nancy Doell



This picture was taken during Let's Talk About Healthy Living, which was held at Berjaya Times Square on 25th November, 2017.

In this publishing, we hear the heartwarming survival story of Nancy Teh. We all know that surviving/overcoming breast cancer isn't a matter of luck. It is through advocating for yourself, trusting your doctor, having faith, staying positive, nourishing your body by eating well and staying physically active that contribute to overall well being and that in turn, raise your chances of successful treatment. Being your own advocate doesn't mean fighting your doctor or oncologist for the care you feel is best for you, especially if you have concerns about the diagnosis or proposed treatment plans.

It means to work with your doctor and working around the doctor. Being able to ask questions about your cancer treatment and options is a huge deal! If you feel the doctor is brushing you off, or not taking your worries seriously because he/she knows best, it's time to get a second opinion.

Being unable to control our life situation is always stressful, and being diagnosed with cancer to boot, doesn't make it better! That said, most of us, faced with a cancer diagnosis, are usually paralyzed by fear of the unknown and the dreaded C word. It's scary to have cancer and you may find yourself unable to think straight and ask the right questions. But often, the tough questions get you the best answers. When you have had time to calm down, advocate for yourself by working with your physician.

Make sure you take the time to think through and have your questions written down. All cancers being different, it's worthwhile to do your own research and discuss ideas and treatment options you want to explore with your oncologist to arrive at the best decision. You'd want to follow your doctor's advice and vice versa for him to hear out your concerns and questions. Trust your doctor if he is open and willing to work with you on a care plan, just as he trusts you have done your homework but still look to his recommendation for the final and best option of treatment.

That said, some doctors don't like being challenged or questioned as they consider themselves the ultimate authority. You would have to ask yourself if you are willing and comfortable for him to take charge completely as you follow the treatment plan per se. You may be comfortable with that, but if not, get started by researching and be ready with options and questions about your cancer and treatment plans and care. Ultimately, it takes courage to self advocate, most good doctors will want to work with you, to help you understand the best course of action and put you at ease to feel positive about the treatment and to rest up in between.

Self advocacy is self care.



Breast Cancer Foundation

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 RM5,000 and below

Help Us Spread The Word.

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Application form can be downloaded at: www.breastcancerfoundation.org.my
* Terms and condition apply



Beacon Hospital launched its 2 Million Breast Cancer Chemotherapy Welfare Fund on 23rd October, 2017. The fund was launched by YB Dato Sri Rohani Abdul Karim, Minister of Women, Family, Community and Development at BEACON Hospital.

This is a CSR project under Beacon Hospital and it is collaborated with 10 other NGOs and Breast Cancer Foundation is one of them. Underprivileged patients who qualify can sign up for this fund through the 10 NGOs.

Help us finish Pride Foundation overstocked merchandise. All sales go into the Breast Cancer Foundation Patient Fund. Your contribution will go towards helping other patients in need. Thank you.



Pink Pen
RM 10.00



PRIDE RWP Cap. Normal RM25.00
NOW RM 10.00



Melinda Looi Pink Ribbon pin.
RM 10.00

50 % OFF

Order at : +603-7960 0366

PRIDE Butterfly T-Shirt (Black)
Normal RM 30.00 **NOW RM 15.00**



PRIDE RWP T-Shirt (Grey)
Normal RM 50.00 **NOW RM 25.00**





Breast Cancer Foundation

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