



Breast Cancer Foundation

www.breastcancerfoundation.org.my

  @breastcancerfoundationmalaysia



RAINBOW AT THE
END OF THE TUNNEL
Zainah Ismail,
Breast Cancer
Warrior

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CEO'S NOTE



Salam and hello everybody!

Welcome to the first edition of our newsletter for 2019, I am very happy to introduce myself as the new CEO and team leader of Breast Cancer Foundation. My name is Surayati and I am delighted to have the opportunity given by our Chair, Puan Seri Dato' Azrene to join the team in March.

We are already into the fourth month of this year – with Ramadhan just around the corner and looking forward to the Hari Raya soon. The teams are working very hard to plan and organise valuable and informative events. I hope you keep your positive participations in the sessions and gaining valuable knowledge and putting them into good use in your daily healthy living. Please stay tuned and connected to Breast Cancer Foundation Website, Facebook and Instagram to get the latest from the Pinky Fun Team.

In the few short weeks I am here, I found that the chemistry of between the Breast Cancer Foundation and the cancer patients, survivors and families have been very invigorating and off the charts with positive vibes. We look forward to continue the same energy. Finally thank you to all for the excellent hard work and efforts in supporting the Breast Cancer Foundation to create awareness, develop empowerment and provide fund support.

Warm regards,

Surayati Hamzah

EDITOR'S NOTE



Welcome to a brand new year with the Breast Cancer Foundation magazine! 2018 has been a blast, and this year, we aim to take it up a notch with brand new things.

Let's start with the most important news. We have a brand new team leader to help guide us through the adventures of 2019. We are pleased to announce that Pn. Surayati Hamzah has been chosen to be our new Chief

Executive Officer effective of March 2019. Pn. Surayati's background in the non-profit scene and education as well as her kind, warm nature makes her perfect to guide our team to a newer and better future, in line with our team mantra; *Learn, Change and Grow*.

In the spirit of growth, we welcome a new team member, Suganthi to help organise awesome programmes for you. Look forward to fun new projects coming your way! We have welcomed a new batch of talented youths to assist us this quarter, and they came up with some fresh ideas that is fun and beneficial for everyone (*see page 21*). It has been a busy first quarter with plenty of action in March as we celebrate International Women's Day (*see page 14*). Look out for our upcoming *Let's Talk About Healthy Living* programme that revolves around holistic physical wellness that you won't want to miss (*see page 17*).

And finally, as you may have noticed, I am writing as the new Editor of the magazine. I hope you'll enjoy reading the contents I've lined up in this edition and continue to support our programmes that will bring future editions to life, for they would not be the same without you!

Love,

Hanani

OUR TEAM

Chairman Puan Sri Dato' Azrene Abdullah

CEO Surayati Hamzah

Operations Herrie Muhmad

Media & Communications Nurhanani Mohd Nor

Programmes Suganthi Murugarpillai

Public Relations Puteri Karima Khaled El Sherief

Social Media Afifah Zulkefli

Panel Doctors Dato' Dr Mohamed Ibrahim, Prof. Dr. Mohd Nahar Azmi, Dr. Safiza Mohamad Nor & Dr. See Mee Hoong

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CHAIR'S MESSAGE



It's 2019! Another year has gone by. We are already in our third month of the year. A lot has happened. I will start with announcing the big news. We have a brand new CEO. Her name is Surayati. She's going to be our team leader and I'm so proud of this new team. I'm also very grateful to our previous CEO, Wa, for everything she's done for the foundation for the past two years. I would also like to thank our consultant Sacha for all his work over the last two years.

We have started our Cook with Pride program again this year with an incredible response and we are planning to continue this program every month. So if there's any chefs out there, if you would like to share your recipes with our breast cancer patients and survivors, please feel free to come be part of this. Our Cook with Pride sessions are always filled with laughter and fun over delicious meals. Food cooked from all over the world by our local and international class chefs.

We also have started our online donations, where you can now make regular donations to the Breast Cancer Foundation.

This is such an exciting time for us as we embark on a new journey with our brand new team, new team leader. Please come and meet everyone and thank you again for all of your support.

Love,

Puan Sri Dato' Azrene Abdullah

COOK WITH PRIDE



MOM'S SECRET RECIPE: RE-UNION DISHES

Our first Cook With Pride for 2019 was held on 26th February, in conjunction with Chinese New Year celebrations. This year's Cook With Pride theme is called "Mom's Secret Recipes", and

for our first edition of this series, our guest chef and breast cancer warrior Ms. Vivian Chin taught us how to cook traditional Chinese New Year Reunion Dishes. A passionate home cook and health enthusiast, Ms. Vivian shared some great tips on ingredient selection and some funny quips about her cooking journey.

To make our Chinese New Year Reunion Lunch experience complete,

we were introduced to Chinese Calligraphy by Madam Soo, a Chinese Calligraphy Teacher from Oriental Art and Cultural Centre. Madam Soo first taught us how to practice writing calligraphy using a special Magic Calligraphy Water Practice Paper Scroll and later on using Black Ink on rice paper. As a special treat, we were given mini calligraphy scrolls inscribed with the word "福", which symbolises bliss and prosperity.

COOK WITH PRIDE



MOM'S SECRET RECIPE: STUNNING DISHES

We celebrated International Women's Day with our empowered superwomen and inspiring breast cancer warriors in March's Cook With Pride! This time, we invited Chef Sunita Bhutani,

a cooking teacher who is passionate about home cooking and healthy food. She demonstrated how to cook Jeera Rice, Masala Chicken and Yoghurt Salad, a well-loved family recipe of hers. She also shared tips and tricks around her kitchen including some valuable home remedies using everyday ingredients.

Our guest speaker, Dr. Maryati Maharon gave a talk titled "How To Survive

This Era As A Woman". She talked about how women can strive for success in this time and age, while empowering ourselves and other women in various aspects of life. She reminded us how important it is for women to support each other, which the breast cancer warriors agreed to wholeheartedly. The programme was concluded with a rose-giving ceremony to all the women who participated and a fun group photoshoot.

FIT WITH PRIDE



STYLO BOWLING

Breast Cancer Foundation's kicked off the first event of the year with a super fun Fit With Pride Bowling programme with the Breast Cancer Warriors! A total of the 18 survivors and Breast Cancer Foundation team members took part in this fun fitness outing

held at Wangsa Bowl, One Utama on 11th January 2019. The tickets for this bowling session was sponsored by the Royal Institute of Surveyors Malaysia (RISM), and the bowling match went on to 3 games per person!

Themed "Stylo Bowling", the participants were advised to come complete with fancy scarves for a special "Style Your Scarf" contest. The Breast

Cancer Warriors who took part did a great job styling their scarves creatively in various styles, and Ms. Vivian Chin bagged the "Most Creative Scarf Style" prize.

It was a fun and light-hearted Fit With Pride activity and everyone went home with happy smiles and fond memories.

FIT WITH PRIDE



HIKING @ BUKIT SAPU TANGAN

On 16 February, the Breast Cancer Foundation team and 14 Breast Cancer Warriors gathered at the entrance of Taman Botani Shah Alam for February's Fit With Pride programme. This time, we took on Bukit Sapu Tangan, located in the park. We did a

quick warm-up and was lead into the lush green park by Ms. Nurul, hiking enthusiast and founder of Brown Butter Bakes. The hike towards the foothill started with a mild uphill incline. Upon reaching the base of the hill, we took a quick group photo before continuing our way up. The trail only went challengingly steeper from then on, with some parts at almost a 45 degree incline. Still, we cheered each other

on and continued. Our efforts were rewarded the moment we reached the peak! The atmosphere was buzzing with positive energy from all the hikers. After resting and photoshoots, we headed downhill towards the main entrance of the park. After 2.5 hours and conquering approximately 7km of trail distance, we concluded our hike with a quick cool-down session before happily heading home to rest.

FIT WITH PRIDE



ZUMBA @ CHI FITNESS

For the International Womens Day month, we decided to make our Fit With Pride programme slightly different. This time, we organised a fun and empowering fitness programme for our breast cancer warriors and friends to celebrate the auspicious

month. We collaborated with Chi Fitness to organise a special heart-pumping zumba session and a short health and fitness talk. We arrived at Chi Fitness Nexus Bangsar bright and early, and the Zumba kicked off at 9am. Patrix, the Zumba Instructor of the day lead the workout with great energy to some of the hottest upbeat songs. The rigorous one hour workout had us drenched with sweat and filled

the hall with laughter throughout the session.

Next, we were lead to another room for a talk by one of Chi Fitness's experienced fitness trainers. She demonstrated how to do basic stretching exercises to improve posture and overall health. It was a great knowledge sharing session and demonstration that benefited everyone.

AWARENESS COLLABORATIONS



PUTRAJAYA BREAST CAN- CER SUPPORT GROUP LAUNCH

On 29 January, Breast Cancer Foundation was invited to the 6th Malaysia Breast Care Nurse Workshop to wit-

ness the official launch of the Putrajaya Breast Cancer Support Group, held at IKN, Putrajaya. Our Chair, Puan Sri Dato Azrene Abdullah was invited to be a panelist in a special forum to share about the roles of NGOs as well as the work we do for breast cancer patients and survivors. She was accompanied by other NGO leaders, namely Dato' Leela Mohd Ali, CEO of Yayasan Budi Penyayang

Malaysia, Datin Etty Zainab Ibrahim, Chairman of Amanita, Datin Matron Zainab from Breast Cancer Welfare Association as well as Puan Aina from KanWork Malaysia. The launch of the Putrajaya Breast Cancer Support Group was officiated by the Director-General of Health, Datuk Dr Noor Hisham Abdullah, witnessed by 250 nurses and supporting staff from all over Malaysia to come to this event.

AWARENESS COLLABORATIONS



FOLKS OUT FOR CHARITY, UPM

On 23 February, the Breast Cancer Foundation team was invited to open a booth at the Folks Out For Charity event at Universiti Putra Malaysia (UPM). We helped spread awareness on breast cancer and demonstrated how to perform the Breast Self Examination (BSE) to the students and visitors who attended the event. This health awareness event also included booths for blood donation, eye check, oral wellness and overall health checks. Several students came up to share their own experience with breast lumps and relatives battling breast cancer. The event ended at 5pm and we received a token of appreciation from the organising committee for participating in their programme that day.



SAMBUTAN HARI WANITA, MBPJ

On 21 March, in conjunction with International Womens Day 2019, the Breast Cancer Foundation team was invited to open a booth at the Majlis Bandaraya Petaling Jaya's Sambutan Hari Wanita event at the MBPJ Civic Centre. A total of 100 participants took part in this event and our team helped spread awareness on breast cancer as well as our roles in assisting breast cancer patients and survivors. We also demonstrated how to perform the Breast Self Examination (BSE) to the participants.

YOUNG ADVOCATES PROJECT



UITM - IMC STUDENT PRESENTATION

As part of our long-term collaboration with the Faculty of Mass Communication, UiTM, Breast Cancer Foundation was honoured to be selected as the Client for the Integrated Media Communications (IMC) students' final project. On 8 January, four groups of talented university students presented their research findings based on Breast Cancer Foundation's media presence, and proposed various campaigns that would be a great way to boost our media visibility. These amazing students came up with really fresh and creative multi-faceted campaign ideas that is not only avant-garde, but also beautifully designed. It was such a privilege for us to witness such great ideas being unfolded by these young students, and we hope this experience has helped spread awareness on breast cancer among the students.



PICOM BREAST CANCER WARRIOR SURVEY

Ms. Aishah, a Medical Sciences and Technology student from Pusrawi College (PICOM), along with two of her fellow classmates visited the Breast Cancer Foundation office on 14th February to conduct a short survey with some of our breast cancer warriors. The survey was essential for her year end project titled "The Usage and Benefits of Bitter Melon for Breast Cancer". Eight survivors came to participate in this survey, and as the young students conducted the survey, they learned more about breast cancer as well as the lives and struggles of these amazing survivors. In return, they educated the survivors on the benefits of including bitter melon in their diet for health. It was a great sharing experience between these young advocates and the survivors.

INTERNATIONAL WOMEN'S DAY



SIEMENS FORUM

The Breast Cancer Foundation team was invited to take part in the Siemens Malaysia's International Women's Day celebration at their offices in CP Tower, Petaling Jaya. During this event, we were invited to participate in a health forum for the Siemens Malaysia staff. The panelists invited to participate in this forum included our team member, Ha-

nani, our beloved breast cancer warrior Ms. Vivian Chin as well as Puan Anita Abu Bakar, the President of the Mental Illness Awareness and Support Association (MIASA). This forum covered various aspects of breast cancer and mental health, with some sharing on Breast Cancer Foundation and MIASA's role in providing support for the community. Our team also set up a booth to demonstrate how to perform BSE and raise funds via merchandise sale, which received overwhelming response from the 200 participants.



SIEMENS AWARENESS TALK

The Breast Cancer Foundation team was invited once again to the Siemens Malaysia offices to conduct a Breast Cancer Awareness Talk for their staff. This smaller-scaled event was attended by 30 staff members. After a short introduction by our team member Suganthi, our guest doctor, Dr. See Mee Hoong gave a talk on breast cancer, followed by a sharing session by our beloved breast cancer survivor, Zainah Ismail. Our team also opened a booth at the event to teach the participants how to perform Breast Self Examination (BSE) and raise funds via merchandise sales.

INTERNATIONAL WOMEN'S DAY



MAJLIS APRESIASI KEPIMPINAN WANITA SELANGOR

The Breast Cancer Foundation team was invited to attend a special appreciation hi-tea titled Majlis Apresiasi Kepimpinan Wanita Selangor organised by KKPWK (Kesihatan, Kebajikan, Pemberdayaan Wanita dan Keluarga). The event was launched with a speech by Selangor's Health Exco, YB Dr. Siti Mariah Mahmud and was later officiated by YAB Dato Amiruddin Bin Shari, Menteri Besar Selangor. Various female leaders in the Government gave their speech about women in leadership roles and the guests were entertained by some live music as they enjoyed their hi-tea.



FEM X TALK: SHOWING UP

Our CEO, Puan Surayati Hamzah and our team member, Karima was invited to a special talk organised by The Joke Factory, Publika, titled "FEM X Talk: Showing Up". After a brief introduction to the forum by Malaysia's no. 1 comedian Harith Iskander, the forum kicked off with panelists YB Jamaliah Jamaluddin, ADUN Bandar Utama, YB Dato Sri Rohani Karim, member of Malaysian Parliament, Lilyana Latiff, CEO of New Entrepreneurs Foundation, Ms. Hetal Doshi, CEO of O Psych Sdn Bhd, Ms. Yan Lim, CEO of iOli Communications and last but not least, Dr. Jezamine Lim, CEO and Co-Founder of Cell Biopeutics and The Joke Factory. It was indeed a very empowering talk and a great networking opportunity for our team.

INTERNATIONAL WOMEN'S DAY



KISS MINERAL TALK

On 16 March, Breast Cancer Foundation took part in a collaborative empowerment event organised by Kiss Mineral titled "Empowering Beauty Through Health & Wellness" in conjunction with International Women's Day to educate the public on skin health, the importance of using safe makeup and spread awareness around women's health and breast cancer. Mr. Chan, co-founder of Kiss Mineral explained the importance of knowing the ingredients of your skincare

and makeup, while Dr. Ginny talked about skin health. Our team member, Hanani shared about the Foundation and breast cancer. The highlight of the event was the makeup demonstration using Kiss Mineral, as conducted by internationally-acclaimed makeup guru, Kres Kuang, assisted by Kiss Mineral co-founder, Ms. Priscilla Ooi.

Our team opened a booth to help spread awareness around breast cancer and Breast Self Examination (BSE) as well as to raise funds via merchandise sales.



REMEMBERING WHITNEY CONCERT

The wonderful team from Milestone Productions generously invited 20 of our breast cancer warriors to attend one of their wonderful concerts titled "Remembering Whitney - The Greatest Love Of All" at Istana Budaya on 23 March 2019. The concert featured beautiful songstress, Trina Johnson Finn, flown all the way from Las Vegas to

serenade and move us to the evergreen and soulful songs of the late diva, Whitney Houston.

The breast cancer warriors who participated had the time of their lives as they sang and danced along to the chart-topping hits throughout Whitney's amazing career. It was a wonderfully fun outing with the survivors and a great way to bring some positive mood to everyone. We are truly grateful to Milestone Productions for their generosity and for giving our survivors a night to remember.

IN THE MEDIA



MEDIA COVERAGE

The grand fundraising project organised by our generous collaborator, Harper's BAZAAR was beautifully featured in their prestigious magazine in January 2019. The magazine captured the lovely moments throughout two of our biggest projects last Pink October, the Pink Polo event held at the Royal Selangor Polo Club as well as the Harper's BAZAAR Pink Partea hi-tea event held at the grand

St. Regis Kuala Lumpur.

We would like to thank the hardworking team behind Harper's BAZAAR for the lovely coverage, and for the great work they have done to raise funds for our Foundation in aid of all breast cancer warriors.



Breast Cancer
Foundation

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EXPERT SAYS...



BREAST RECONSTRUCTION: WHAT YOU NEED TO KNOW

BY DR. SEE MEE HOONG
Consultant Oncoplastic Breast Surgeon,
University Malaya Specialist Center (UMSC)

Worldwide, breast cancer is the most frequently diagnosed life-threatening cancer and the leading cause of cancer death among women. A breast cancer diagnosis can be devastating to a woman, especially when they have no other options for recovery apart from undergoing surgery to remove the breast as part of their breast cancer treatment. This can cause emotional distress and may lead to unpleasant experiences. Fortunately, breast reconstruction, a procedure that allows the reshaping and rebuilding of the breast after mastectomy is readily available. Undergoing breast reconstruction can help a woman to regain their confidence during the journey of battling with breast cancer.

Q: When is the best time to do a breast reconstruction?

A: Breast reconstruction can be done immediately or delayed. Immediate breast reconstruction can save the number of surgeries a patient has to go through and gives a more psychological advantage to the patient. It is suitable in early breast cancer and in situ cases where local recurrences are low and the patient need not to go for radiotherapy. Usually, it's not just breast volume that needs to be

restored, but also the breast's skin surface. Skin sparing or even nipple sparing mastectomy is now widely practiced to give the best cosmetic results.

Alternatively, delayed reconstruction is often done for patients who have multiple co-morbidities and is at risk to withstand long surgeries. Delayed reconstruction is also chosen for patients who have advanced local disease where radiotherapy treatment is mandatory.

Q: What are the common methods of breast reconstruction?

A: There are two methods; the Non-Autologous (Tissue expander / breast implant) method and the Autologous (Flap reconstruction) method. The Non-Autologous method is a tissue expander procedure where a temporary silastic implant is inserted beneath a pocket under the pectoralis major. This process can take weeks to months, by injecting a saline solution in the designated area to progressively expand the overlying tissue until it has reached an acceptable size. It will then be removed and replaced by a permanent implant.

Alternatively, the Autologous method uses tissue from other parts of the patient's body such as the back, buttocks, thigh or abdomen instead of implants. This procedure can be performed by leaving the donor tissue connected to the original site to retain its blood supply (pedicle flap) or it may be cut off and new blood supply are connected (free transfer).

Q: What are the types of autologous breast reconstruction?

A: Autologous breast reconstruction can be divided to three types:

i. The Latissimus Dorsi Muscle Flap

This procedure is done using the donor tissue available on the patient's back. It is a large, flat muscle which can be employed without significant loss of function and can be moved into the breast defect while still being attached to its blood supply and tunneled into the axilla. This procedure is used to reconstruct small breasts.

ii. Abdominal Flap / Free Flap

Also known as TRAM (Transverse Rectus Abdominis Myocutaneous), this procedure uses abdominal skin, adipose tissue and rectus muscle between the umbilicus and pubis that is taken from the patient's abdomen and transplanted onto the breast site. This method is used to reconstruct big breasts. This procedure will also result in an abdominoplasty, otherwise known as a tummy tuck. To prevent muscle weakness and incisional hernias during this procedure, the abdominal wall exposed by reflection of rectus abdominis muscle may be strengthened by surgical mesh over the defect.

DIEP (Deep Inferior Epigastric Perforator) and SiEP (Superior Inferior Epigastric Perforator) flap are other variants of TRAM flap. They require dissection of these perforator vessels through rectus muscle. They provide sufficient skin

EXPERT SAYS...



and fat for reconstruction tissue while minimizing morbidity from harvesting the underlying muscle.

iii. Nipple Reconstruction

Nipple reconstruction is usually delayed until after the breast mound reconstruction is completed so that positioning can be planned precisely. There are several methods including- nipple areolar composite graft, local tissue flaps or tissue flaps using alloderm (cadaveric dermis). The reconstructed breast must be matched to the mature breast contra-laterally which often needs an augmentation or reduction later.

Q: What are the advantages of breast reconstruction?

A: Each method has different advantages. For the Implant / Tissue Expander method, it is a shorter procedure, can cater to different size and volume to match and can be performed bilaterally in the same setting.

The Latissimus Dorsi Flap is also a short procedure that is easy to perform, has less morbidity rate, good blood supply and doesn't incur hernia issues. The Free Flap is a great method to use to gain good volume and results last longer.

Q: What are the disadvantages?

A: The Implant procedure is an expensive procedure that requires revision, may develop contracture after radiation, makes mammograms for surveillance difficult to be performed and is not long lasting. The Latissimus Dorsi Flap may sometimes produce inadequate volume, seroma, and with time, the volume may change due to atrophy of the muscle. This method also leaves a disfigurement at the donor site's scar. The Free Flap method takes a longer time to complete, has a higher risk of flap necrosis/ischaemia and a possibility of hernia issues.

Q: Are there any risks or complications in breast reconstruction?

A: As with any surgical procedure, there are certain risks and potential complications. Risks during or just after surgery may include bleeding, blood clots, infection, complications from general anesthesia, fluid build-up in the breast or at the donor site (seroma). Problems with wound healing and wound breakdown may also occur.

Complications that could occur later on include tissue death (necrosis) that may affect the skin, fat, or tissue flap. Breast reconstruction may also cause

changes in breast or nipple sensation, produce unequal breasts which may need to be remodelled, possible additional surgical procedures should problems occur and implant issues that include infection, movement, rupture, leakage, or the formation of scar tissue (capsular contracture).

“Patients need to fully understand the advantages and complications of the procedure before making a decision”

In conclusion, breast reconstruction can provide an alternative or options in breast cancer treatment. It improves quality of life and reduces the emotional trauma for those affected by breast cancer and mastectomy. However, patients need to fully understand the advantages and complications of the procedure before making a decision as it is crucial to ensure satisfactory outcome for the patients.

FEARLESS JOURNEY

My name is Zainah Ismail, a retired Agriculturist with the Ministry of Agriculture, a mother of three children and grandmother of four wonderful grandchildren. I am 67 years old and I have been a breast cancer survivor for 16 years.

The Diagnosis

A cancer diagnosis is like a death sentence, striking fear in even the bravest soul. When I was diagnosed with stage two Infiltrating Ductal Carcinoma in December 2003, I was completely shattered.

I went through all the negative emotions: Fear, anger, depression, confusion and denial. I kept asking myself, “Why me?” I have always been an active and a healthy person. I seldom get sick. So how could I possibly have Breast Cancer? I was skeptical of the initial biopsy result, so I did another test at different hospital. The result came back a few days later only to re-confirm the earlier diagnosis. I broke down and cried a bucketful of tears. Ironically, I felt much better after that.

I had no choice but to accept my predicament. I believe that God would never throw me a challenge I could not handle. Positive energy flooded through me after I accepted the fact that I have breast cancer. I wanted to battle the disease and was determined to take control of my life again. I would fight fiercely and do whatever it takes to get better. My attitude towards breast cancer changed. I wanted to know everything about the disease. To win this battle I need to know my “enemy” well. While waiting for surgery I gathered information on breast cancer through internet searches, books, health magazine articles and more. The knowledge I gained enabled me to discuss various treatment options with a better understanding.

Surgery

One month post-diagnosis, a lumpectomy surgery was done to remove the tumor on my right breast. The operation went well without any complications. After the surgery, my right breast's bra size went down two cup sizes! The doctor recommended me to do breast reduction to my left breast for balancing of posture. I did the operation two years later and was happy with the result. After the surgery

I experienced numbness around the affected area where 17 lymph nodes were removed and found to be negative of cancer cells. The nurse taught me various hand exercise techniques to help reduce numbness.

Chemotherapy

My biggest fear was to undergo chemo because of the terrible side effects I heard it could cause. I remember the first day of chemo like it was yesterday. It was the first of 6 cycles spread over a 7 month period. Alhamdulillah, my chemo experience was bearable. Apart from temporarily losing hair and the occasional nausea, the treatments went smoothly.

Throughout chemo, I stayed home most of the time to avoid the possible risks of infection in public areas. Whenever I went out, I wore a pretty wig my daughter sent me from USA. The wig made me feel good and confident, as it gave me a healthy image and helped to boost my self-esteem.

Radiotherapy

Two weeks after completing chemo, I was “zapped” into 21 sessions of radiotherapy. For me, radiotherapy was just a breeze in comparison to chemo. However, the challenge was to keep up with the daily schedule. My husband and I had to commute daily from Bangi to HKL, deal with heavy traffic and parking issues for one whole month. That was a stressful time for both of us.

Hormone Therapy

I was a hormone receptor-positive and HER2-negative. The oncologist put me on hormone therapy as the final phase of my treatment and prescribed TAMOXIFEN to me for 5 years.

Coping and Living with Cancer

“As long as you have a positive attitude and are mentally strong, you can take on anything. Mental health will lead to physical health – mind over matter”. I strongly believe in this and live by it throughout my cancer journey. My outlook in life changed. Surely cancer is awful but what appears to be bad is simply a matter of perspective. I now look at the bright side and seek the positive in life.

I have also learned many valuable lessons through cancer that I would



not have known otherwise. I gained strength, courage and confidence. I learned how to focus more on important things like family and friends and a little less time chasing material things. Cancer is also God's way of making me slow-down in life, to love and to treat myself better. I started giving myself ‘me time’, occasionally going on holidays, develop new hobbies, meet with friends over coffee, or spend time to do things that I love. I attended many self-development workshops that have improved my confidence, elevated my self-esteem and made me feel like a brand-new person full of vigor and vivacity.

Getting involved in cancer-related support groups and NGOs, especially the Breast Cancer Foundation, gave me ample opportunities to meet other survivors, people who have been through similar journeys as mine. We became friends, helped and supported each other. Together we promoted and participated in various cancer awareness and charity programs. that gave us memorable positive experiences and helped us tremendously in spreading hope and positivity to others.

I thank Allah for the gift of life in my years after cancer. After 16 years of surviving cancer, I realized He knows what's best for me. In the end, cancer changed the remaining period of my life for the better. I hope my cancer journey gives you HOPE to pull through any obstacles in life to find the rainbow at the end of the tunnel.

BREAST CANCER MOON CHALLENGE

- DO THE YOGA POSE
- TAKE A PHOTO
- TAG US @BREASTCANCERFOUNDATIONMALAYSIA
- WRITE YOUR MESSAGE
- NOMINATE 3 FRIENDS
- INCLUDE #BREASTCANCERMOONCHALLENGE
- POST IT ON INSTAGRAM AND FACEBOOK



PATIENT FUND & VISITATIONS



PROSTHESIS BRA SPONSORSHIP

As part of a collaborative project from last Pink October, 10 of our breast cancer patients from our Breast Cancer Patient Fund were awarded with a set of prosthesis bra by Thomson Hospital in collaboration with CanCare. The lucky patients were invited to come to the Breast Cancer Foundation office on 23 January for a fitting session and

on 30 January, the wonderful team from CanCare handed over the customised prosthesis bras to these breast cancer warriors in a simple ceremony that was also graced by our Chair, Puan Sri Azrene Abdullah. The CanCare team also gave a quick sharing session on how to care for the prosthesis bras and on Lymphedema. The grateful recipients of the prosthesis bras went home beaming with happiness. We would like to convey our heartfelt gratitude to our generous sponsors, Thomson Hospital and CanCare for their generous contribution to our survivors in need.



PATIENT VISITATIONS

In January, the Breast Cancer Foundation team visited Cik Siti Hajar in PPUM. This strong patient was initially diagnosed with stage 2 cancer, but unfortunately the cancer has now spread throughout her body, including her brain and bones, limiting her mobility and vision.

Despite her predicament, during our visit Cik Siti Hajar remained positive as she goes through various treatments. During our latest visit in March, Cik Siti Hajar has been moved to the PPUM-Pride Palliative Ward where she gets more intensive care from the wonderful staff of PPUM. We hope our humble visits to provide Cik Siti Hajar some emotional support have somehow given her a reason to smile as she continues her treatment.

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.





Breast Cancer Foundation

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