



Breast Cancer Foundation

www.breastcancerfoundation.org.my



@breastcancerfoundationmalaysia



THE LIFE CHANGING
POINT OF MY LIFE
Parimalam Muniandy,
Breast Cancer
Warrior

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CEO'S NOTE



Assalamualaikum and hello everyone. How time flies! It's been 3 months since the last publication of our magazine and it's time for a new edition. I believe it's not too late to wish everyone "Selamat Hari Raya Aidilfitri and Maaf Zahir Batin". Spending time with loved ones, being surrounded by those who matters most to us last month has made me feel blessed.

In the short time I've been with Breast Cancer Foundation, I have felt a lot of love, especially from the super ladies who have become my instant family of warriors and heroes. The difficult challenges, the ups and downs of their cancer journey have lifted these women to the highest level of courage and vitality. They've also generously shared their strength, wisdom and love with those who needed them, and I have had the privilege to be a part of all this positive energy. Witness the colourful joy and love of their activities on our Facebook & Instagram.

We at Breast Cancer Foundation love to reach out to the masses to spread awareness on breast cancer, however this needs the support from patients, survivors, donors, sponsors, and advocates to help us do so collaboratively, so we can share knowledge and encourage others to do what they can to support our warriors. Our work needs resources, including financial support. Every contribution makes a difference. I personally appeal to all of you to show your support even if it's only RM1/month which you can easily channel through our Online Donation at www.breastcancerfoundation.org.my/donate. We count on big-hearted donors like you to help us make a difference in these warriors' lives. I hope you'll join us in our cause.

Warm regards,

Surayati Hamzah

EDITOR'S NOTE

Hello! We meet again in our 2nd instalment of the Breast Cancer Foundation magazine. I hope life has been good and full of excitement, just like it has been for us.

The past three months have been a flurry of exciting activities as we continue to spread awareness, empower and support those who are affected by breast cancer amid the Hari Raya festivities. Our annual Potluck Raya Celebration (see pages 8 & 9) was a blast! Those who made the time to join us had a marvellous time re-connecting with long-lost friends made throughout the years with the Foundation. Some even celebrated with a little bit of song and dance!

This quarter is filled with many firsts. We organised our first fitness and tour programme in April (see page 11) where our warriors explored Kuala Lumpur while fulfilling their physical activity requirement of the day. We also had our first full day yoga workshop on our first Let's Talk About Healthy Living programme for 2019, where we launched our very first viral campaign (see pages 16 & 17). In the spirit of growth, our team also had our first coaching training (page 18) to help us discover our true potential, to better help others in our line of work. Speaking of helping others, we've also made online donations that much easier for you (see page 25). So, show your support and donate!

What an exciting quarter indeed, and it's only the beginning! We have so much more in store for you in the following months, so do stay tuned and keep your eyes peeled for the next awesome programme by following us on Instagram and Facebook. See you at next programme!

Love,

Hanani



OUR TEAM

Chairman Puan Sri Dato' Azrene Abdullah

CEO Surayati Hamzah

Operations Herrie Muhmad

Media & Communications Nurhanani Mohd Nor

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CHAIR'S MESSAGE



Hello again! Selamat Hari Raya and Maaf Zahir Batin. I hope the past Raya celebration has been wonderful for all of you. For those of you who came to our Potluck Raya Gathering in June, I hope you had an awesome time. I know I did!

The past quarter has been a month of growth for us. Our relatively new team have started to gel well together, coming up with fresh new ideas for our signature programmes. The programmes that took place the last three months have stayed true to our signature style with added fun twists to keep things interesting. I urge you to join us in our future events to find out what kind of surprises we have in store for you.

In the next three months, we would like to focus on our Online Donations project. The main goal is to make the online donations process as fuss-free as possible. I hope this will enable you to make regular donations easily to aid those who are affected by breast cancer.

With our 14th year anniversary just around the corner (July 31st), I'm excited to work on our new ventures. I hope we have your continued support and look forward to seeing you in our future events!

Love,

Puan Sri Dato' Azrene Abdullah

COOK WITH PRIDE



MOM'S SECRET RECIPE: FESTIVE DISHES

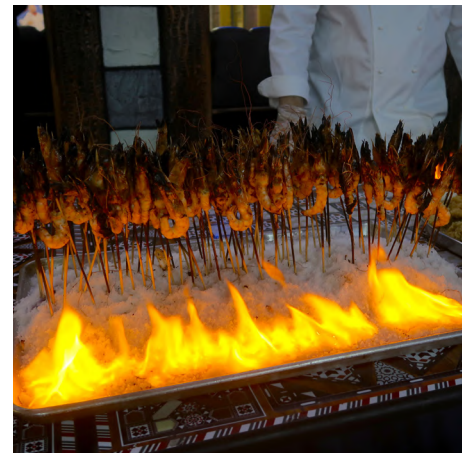
We had a very interesting Cook With Pride in April. We invited Ms. Roslina Manaf, an amazing cancer survivor to present her very own version of her Mom's Secret Recipe, Lontong and

Agar-agar Lumut. However, these traditional dishes are given a very unique twist! All the dishes demonstrated that day is completely keto diet friendly and super healthy for you. Our chef demonstrated how to make "nasi himpit" with cauliflower and the delicious vegetable-filled lodoh gravy. As a keto diet expert, she shared some tips on how to cook these amazing traditional dishes without the typical seasonings and carbo-

hydrates to make them delicious and healthy. What a fascinating cooking demonstration it was!

Next, Ms. Susie Rajoo, one of our most beloved warriors gave a short talk on accupressure. She demonstrated how to relieve pain and solve several health issues just by pressing several points in our body. After enjoying the deliciously healthy meal, we wrapped up the event with a fun photo session.

COOK WITH PRIDE



IFTAR & MOTHERS' DAY @ SYRIAN HOUSE

On 16th May, Breast Cancer Foundation organised a special Mothers' Day Iftar programme with our beloved

warriors at Syrian House, Kuala Lumpur. A total of 40 breast cancer warriors and our team gathered at the restaurant to break fast together over the delectable spread of authentic Syrian cuisine prepared.

Our warriors had a wonderful time catching up with each other as they dined together. We also had a simple Mothers' Day celebration with yummy desserts and special token cupcakes

for everyone. We ended the night with a merry photo session and "Salam Hari Raya". A big thank you to all who made this event a success. This event would not have been a success without the generous contributions from Syrian House and the kind-hearted contributions from individual sponsors.

COOK WITH PRIDE



IFTAR & LAUGH @ THE JOKE FACTORY

A group of 20 fun-loving people made up of breast cancer warriors, caregivers and our team members took part in this Iftar & Laugh with The Joke Factory on 17th May. The Joke Fac-

tory's simple and scrumptious spread of local cuisine was enjoyed much like a mini family reunion. After our meal and a short photo session with the power couple behind The Joke Factory, Mr. Harith Iskander and Dr. Jezamine Lim, we were treated to some serious side-splitting laughter with the talented comedians of The Joke Factory.

A big thank you to all our generous sponsors who contributed to this special treat for our breast cancer warriors. We had a marvellous time dining and laughing, and went home with fond, hilarious memories of the night.

COOK WITH PRIDE



RAYA POTLUCK CELEBRATION 2019

Every year, Breast Cancer Foundation celebrates Aidilfitri with all our beloved breast cancer warriors, amazing collaborators, generous sponsors and supportive friends. This year, we took our annual potluck raya celebration that much further with more new faces, a bigger spread of mouth-watering dishes and more audio visuals to keep everyone entertained.

The guests arrived on the afternoon of 25th June garbed in colourful festive clothes bearing dishes laden with deliciously homemade food and drinks to be shared among friends. The dessert table alone was an impressive sight to behold, the smorgasbord of delectable treats often having our guests spoilt for choice. We served the fluffiest briyani rice to be paired with a variety of side dishes and condiments, and fresh satay was grilled to perfection right on site.

COOK WITH PRIDE



There were plenty of love and hugs going around among our guests, especially when former team members and some of our pioneer breast cancer warriors took the time to grace our humble event. Some of our survivors decided to surprise our guests with a fun little dance in our little garden, and several guests and team members even joined in the fun!

It's safe to say that this year's Potluck Raya Celebration was a great success. It was a wonderful bonding affair that brought everyone closer together, making beautiful memories to last a lifetime. Check out our Instagram for videos and pictures of the moments captured for your viewing pleasure. If you missed out on this year's Potluck event, be sure to join us next year!

FIT WITH PRIDE



HARTALEGA NEON RUN

We took on some glow-in-the-dark fitness fun early this quarter! On the evening of 6 April, a group of 18 people that included some fun-loving breast cancer warriors, their caregivers, volunteers and our team members took part in the Hartalega Neon

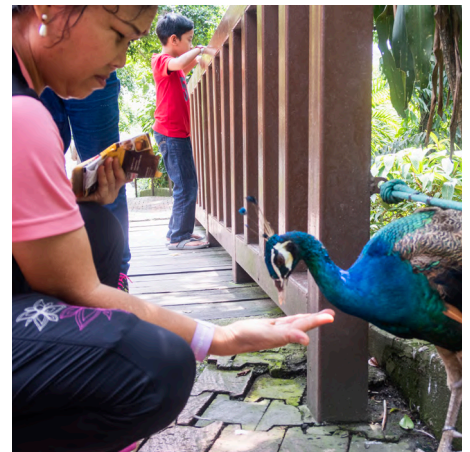
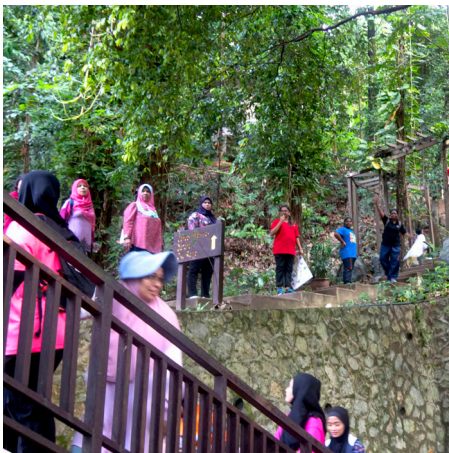
Run, a fun-filled night fun run around the University Malaya campus. Organised by University Malaya and sponsored by Hartalega, this fun run was organised to raise funds for the University Malaya Medical Centre's Breast Cancer Resource Centre that will benefit all breast cancer patients and survivors.

This event came complete with a

carnival and performances by artists and breast cancer warriors. The run flagged off at 8pm, and our group managed to complete the run in under 90 minutes!

Upon completion, we received a bountiful goodie bag and medal. After a quick photo session, we went home exhausted but proud to have completed our run well.

FIT WITH PRIDE



TREKKING & TOUR @ KL

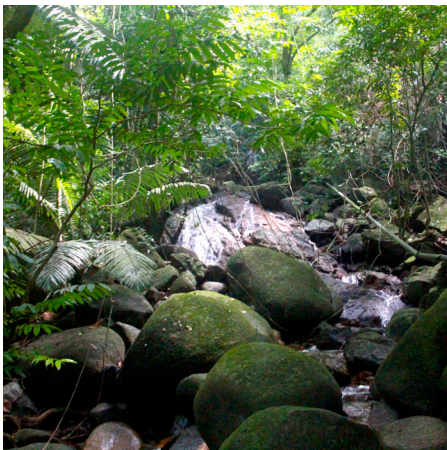
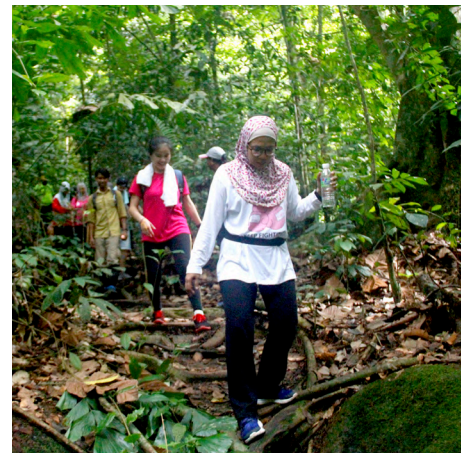
On 20 April, Breast Cancer Foundation organised a special fitness programme especially for our breast cancer warriors. A group of 43 warriors, caregivers and team members gathered at the entrance of KL Forest Eco Park located at the foot of Bukit

Nanas for a mini trekking expedition up the short track of the Eco Park. After a quick warm-up we began the short climb uphill into the lush park greenery. Upon reaching the meeting point at the top, our survivors took the opportunity to take some photos on the park's hanging bridges and at the foot of KL Tower.

A KL Hop On Hop Off Bus was waiting for us at the peak to take us for

a fun sightseeing tour around KL. On this tour, our group visited the National Museum, the Royal Museum and the Kuala Lumpur Bird Park. Our survivors had an amazing time on this special excursion and was keen for more similar activities in the future.

FIT WITH PRIDE



HIKING @ FRIM

On 29 June, bright and early Saturday morning a group of 18 people made up of breast cancer warriors, caregivers and the Breast Cancer Foundation team gathered at the Forest Research Institute Malaysia Park's Visitor Centre to embark on yet another journey into the wilderness. This trip was specially requested by our

Chair, Puan Sri Dato' Azrene Abdullah as she enjoyed the last hiking trip in FRIM we did last year. This time, we were lead by a very knowledgeable guide, En. Efi who delightedly introduced us to the flora and fauna of the FRIM forest that included one of the largest fish species in Malaysia, the *Arapaima Gigas*.

Our guide regaled the history of the

FRIM forest and the many uses of various trees to our group as he lead us along the track that included hilly terrain, slippery slopes, a small stream and a beautiful waterfall. After three hours of being fully immersed in nature, we wrapped up the fun hiking trip with some videos and photo sessions. Be sure to check out our survivors' candid feedback on our hiking trip on our Instagram and Facebook!

AWARENESS COLLABORATIONS



NKF HEALTH CARNIVAL

On 14 April, the Breast Cancer Foundation team was invited to collaborate with the National Kidney Foundation on their annual NKF Health Carnival held at the Summit USJ. This great effort in promoting good health to the public was joined by other NGOs as well as private companies that offered various services such as health checks, hear-

ing tests, hepatitis screening, brain health test and more.

Our team set up a booth and helped spread awareness on breast cancer by teaching every visitor how to conduct a Breast Self Examination and more. The health-oriented carnival was not only informative and provided health services by professionals, but also came complete with goodie bags, lucky draws and games, and was such a fun event to be a part of.



WORLD HEALTH DAY @ MSU

Our team was invited to participate in Management and Science University (MSU)'s World Health Day event held at U Plaza in the MSU Campus. We set up a booth to spread awareness on breast cancer and to raise funds by merchandise sales as well as by promoting our online donation page. Various other NGOs also took part in this

event, providing health screening and knowledge such as kidney health, vaccinations, hepatitis, blood pressure screening as well as sex education. Many students took part in this event, and more than 100 keen youths dropped by our booth to learn more about breast cancer.

At the end of the event, we received an award of participation as a token of appreciation from MSU. We received wonderful feedback from MSU lecturers who were impressed with the efforts our team and interns have made in creating breast cancer awareness to the students. It was a great experience for both our host as well as our team.

AWARENESS COLLABORATIONS



DE GEM X LAZARE AFTERNOON PAR-TEA

Last Pink October, De Gem honoured Breast Cancer Foundation by organising a fundraising campaign called Wings of Hope. This amazing campaign raised a grand total of RM45,000 from the sale of beautiful diamonds in aid of breast cancer patients.

On 13 April, the success of the campaign was celebrated

in an exclusive afternoon tea party at Le Meridien Kuala Lumpur. Puan Surayati Hamzah, CEO of Breast Cancer Foundation accepted the cheque from Mr. Stephen Choong and Ms. Laura Chow from De Gem. In conjunction with April being the month of diamonds, De Gem also launched their latest jewellery collection.

Our deepest gratitude to our generous collaborator, De Gem for all their efforts to raise funds for the benefit of those affected by breast cancer.

AWARENESS TALKS



TNB @ DUA SENTRAL

On 19 April, Breast Cancer Foundation was invited to give a talk on breast cancer awareness for the Tenaga Nasional Berhad staff at their offices in Dua Sentral, Jalan Tun Sambathan. 30 TNB staff participated in the event to learn more about breast

cancer. Our team member Suganthi kicked things off with a short introduction to our Foundation, and our objectives. Next, our specialist speaker, Dr. Faezan gave a talk on breast cancer and was followed by a sharing session by our breast cancer warrior, Puan Noorunsa who shared her experiences battling with breast cancer with the participants.

Our team also set up a booth at the event where we shared with the participants on how to conduct a breast self examination (BSE) as well as teach them what symptoms and signs to look out for when doing self-screening. Our team also raised some awareness and funds for our Breast Cancer Patient Fund through merchandise sales that day.

LET'S TALK ABOUT HEALTHY LIVING



ALL ABOUT YOGA

Our first Let's Talk About programme for 2019 is a fun full-day programme that focuses on holistic well-being. On 28 April, we organised our very first yoga workshop for our breast cancer warriors. This programme was split into 2 segments and was lead by two esteemed Yoga experts. The first speaker, Ms. Shailaja Menon, covered the basics and science behind Yoga and guided the participants to do some simple breathing exercises and mindfulness activities. For some of the participants who have never tried

yoga or mindfulness before, they found that it wasn't as hard as what they initially thought and was eager to explore yoga and mindfulness further. Before we wrapped up for lunch, our team launched our very own Breast Cancer Moon Challenge in a sea of confetti and squeals of delight. Just as the name suggests, our intern Angie and four breast cancer warriors executed the Crescent Moon yoga pose and taught the rest of the participants to try it. The hall was filled with cheers of support and laughter as everyone tried their best to do the challenge. As we adjourned to the cafe to enjoy the delicious spread prepared by Tropicana Golf & Country Resort, the participants dis-

LET'S TALK ABOUT HEALTHY LIVING



cussed excitedly about what they've learned and plan to explore.

The second half of the workshop featured a special hands-on yoga session with Dr. Kugasini, a medical doctor who practices complementary therapy through yoga. She shared the meaning, science and health benefits of each pose and move. It was indeed a very informative and eye-opening workshop that showcases the beauty of yoga as a wonderful holistic physical activity that benefits us physically, mentally and emotionally.

Got a fresh
idea for our
programmes?
Share with us!

TEAM TRAINING



ICF COACHING WEEK: TRAINING

On 2nd May, a group of professional coaches from International Coach Federation visited our humble headquarters to conduct a special training for all the Breast Cancer Foundation staff and interns as part of their CSR project as

well as in conjunction of the ICF Coaching Week celebration.

A total of 9 professional coaches contributed their time for a one-on-one coaching with the team, to help us discover our true potential and better self awareness to enable us to help others better. It was an excellent experience that benefited each and every team member.



ICF COACHING WEEK: CLOSING CEREMONY

The ICF Coaching Week ended with a bang! Breast Cancer Foundation was invited to attend the official closing ceremony of the ICF Coaching Week held at Taylor's College in Sunway. There was a great talk by one of the ICF coaching mentors, and a summary of the entire week's activities. Each NGO and organisation selected for the

special coaching session that week gave a short summary of what the ICF coaching sessions have benefited their organisation and how much they've learned from the entire programme. We are so grateful to be a part of this activity and look forward to more trainings such as this in future.

TEAM TRAINING



CANCARE TRAINING

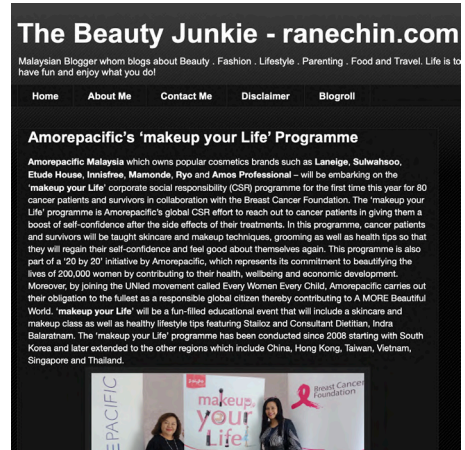
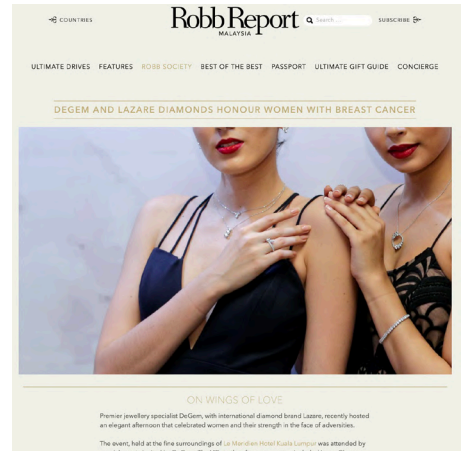
CanCare Malaysia, one of our most supportive partners in providing support for breast cancer warriors conducted a special in-house training for the Breast Cancer Foundation team at our office in May. Mr. Damien Loke, manager of CanCare Malaysia gave

a very detailed talk about breast prosthesis and its impact on the health and wellbeing of breast cancer patients who have had any breast surgery. We were introduced to the many types of prosthesis to better understand how it can help patients.

Mr. Loke also talked about Lymphedema and how it affects many breast cancer patients and survivors due to

lack of knowledge and after-surgery care. The valuable information he shared with us was a true eye-opener and renewed our purpose to provide the best assistance to our beloved breast cancer warriors.

IN THE MEDIA



MEDIA COVERAGE

Breast Cancer Foundation is deeply honoured to be featured in many mass media and online portals this quarter. Our media presence from April to June roughly revolves around three main projects; an interview of our Chief Executive Officer, Puan

Surayati and survivor Ms. Susie Rajoo on the International Islamic University Malaysia's online TV channel IUM. TV on a show called Girls Out Loud as well as various media coverage on two of our collaborative projects with our generous partners, De Gem and Amorepacific. Our project with De Gem was concluded in October 2018 while the upcoming empowerment project with Amorepacific will

be kicked off on 3 August 2019. We were featured on Malaysia Tatler, Robb Report, The Star, Star 2, Pampier.my, Star Metro, New Straits Times and Ranechin.com

We would like to thank all our amazing media partners for their support and efforts in shedding light on our programmes to the masses.

FEARLESS JOURNEY

Everyone goes through a life-changing point at least once in their lifetime. Realizing that, I, Parimalam Muniandy, a breast cancer survivor, am sharing my story with you, particularly about the life-changing point of my lifetime; battling with death for my right to live.

It all started with boils showing up on the left side of my breast. I wasn't sure of what it could be but I certainly thought that it was harmless. I wasn't bothered about it until it started growing bigger. Still, I refused to go to the doctor due to my medicine and treatment-phobic nature. However, when the boils grew alarmingly bigger, I was forced by family members to go for a medical check-up at the University Malaya Medical Centre. There, I was advised to go for a biopsy. The test results shook me to the core and flipped my life 180 degrees. I was diagnosed with triple negative breast cancer!

I felt broken and lost as I did not have any family history with that disease. I did not know what to do, as I thought that there was no cure for cancer and all that's left in my near future was my death bed. However, my family members did not give up on me. They accompanied me to get a second opinion at Sunway Medical Centre. There, the doctor explained everything about my disaster disease and the procedures necessary to treat it. I had to go through six chemotherapy sessions as the first stage of my treatment process, to shrink the tumour that was growing in my breast. Meanwhile, I was advised to lose some of my body weight. As hard as I tried to do so, I was so disappointed to find out that I actually gained some weight instead due to side effects of my treatments.

I began to lose my hair tremendously, washing away my self-confidence, which had been one of my greatest strengths in life. After every chemotherapy session, my energy drained and I felt tired all the time. If it wasn't for my supportive family members, I have no idea how I could have ever survived through those difficult days when I was physically and mentally weak. My sister-in-law even prepared a variety of herbs juices that helped me regain some energy.

Next, I had to undergo surgery to remove the tumour from my breast. I was

gripped with fear, and in a moment of weakness, death seemed like a better option than bearing the pain and uncertainty of surgery. However, despite my fear, I chose not to give up, went for the operation and continued to push through the uphill climb of battling cancer, hoping that the promise of a healthy, cancer-free life awaits me at the peak of my journey. I focused on every little piece of happiness that has ever happened in my life to push me further. I knew in my heart that I cannot let my life story end by being a slave to my situation.

After the surgery, every time I woke up to get myself to the hospital, I told myself that I was one step closer to reaching the end of my cancer journey. I went through twenty-three sessions of radiotherapy. I felt confident enough to drive myself to and from the hospital, even though it made me feel a little helpless at times. By doing this on my own, it made me be more responsible for myself and my life. I thought to myself that I have to get through every small struggle to enjoy the bigger rewards in life.

At last, I completed my treatments successfully. After the treatments, I only went to a few follow-up appointments so that the doctor could monitor my condition and provide help if needed. Eventually, my health improved by maintaining a good diet and trying to be as active as I could. I started being very mindful about my health whilst going through everyday life. It was super hard for me to give up all those mouth-watering dishes as I was known to be a hearty eater among my family and friends. However, Everyone around me supported my new resolve wholeheartedly, giving me their help and care whenever it was needed.

It has been over a year since all the struggles has passed and now and I am happy to report that despite the minor ups and downs of health, I am definitely feeling better than ever. Looking back, I am extremely grateful for all the challenges I stumbled upon throughout this rocky journey, for they have instilled a confidence in me that is so different than anything I've experienced before. I feel as though I can take on anything that comes my way!

Now, I am living my life to the fullest.



I started participating in fun activities for breast cancer warriors, particularly those organised by the Breast Cancer Foundation. By stepping outside of my comfort zone and taking part in these fun events, I feel revitalised and connected. I made many new friends whom have uplifted my spirits by sharing their experiences and wise words as well as providing me with all the emotional support I needed to continue living. They have been nothing but motivating and supportive, and the atmosphere of each programme is always buzzing with positive energy.

Apart from that, I built my strength and knowledge by taking part in various physical activities such as jogging, hiking, attending motivational courses and cancer awareness campaigns organised by various NGOs and support groups. Without joining these activities, I might never be as active as I am now. The positive vibes they've spread have made a long-term impact on me, promoting my internal growth.

I would love to take this opportunity to express my eternal gratitude towards my beloved family who have made many sacrifices to be by my side throughout this extremely challenging phase of my life, for taking care and supporting me. I am also grateful to all my friends, NGOs, support groups and medical professionals that have offered their support and care towards me in my battle with cancer. Without these amazing people, I would never have survived this ordeal and be the person that I am today.

EXPERT SAYS...



TECHNOLOGICAL ADVANCEMENT IN BREAST CANCER TREATMENTS

BY DATO' DR. MOHAMED IBRAHIM A. WAHID
Medical Director & Consultant Clinical Oncologist
Beacon International Specialist Centre

To this day, breast cancer remains the most commonly diagnosed cancer of mortality in women and nearly 1 in 4 women with cancer worldwide have breast cancer. And so, advancement in breast cancer detection technology have revolutionised the treatment which includes improvements to the current techniques, new ways to image the breast, and new detection strategies aimed at finding particular "molecular signatures" of a pre-malignant or malignant breast tumour.

Treatments for every stage of breast cancer such as surgery (mastectomy or lumpectomy, with or without axillary nodes clearance) and radiotherapy have been the key initial management for more than two decades for early-stage breast cancer. Both surgical option have similar outcome and does not affect overall survival. Therefore, the recommendation is towards breast conservative treatment and radiotherapy rather than mastectomy.

The good news is, the radiotherapy technology has evolved tremendously for the last few years and the treatment is safer and much more accurate. Although the concern when treating the breast with radiotherapy was the

effect of high radiation done to the heart and the volume of the lungs during treatment, however, with the help of new techniques using radiotherapy and CT planning, this impediment can be overcome and safe radiation can be delivered with minimal or no complications.

Radiation oncologists are now able to deliver higher doses of radiation effectively in a short amount of time. Halcyon™, which won the prestigious 2018 R&D 100 Awards is one of the new radiotherapy technologies integrated with advanced features. The treatment time with Halcyon™ is within a few minutes and in some cases as short as 2 minutes. Its patented dual-layer multi-leaf collimator, MLC enables accurate delivery of the radiation doses to the tumour. The MLC will shape the radiation beam to match the exact size, shape, and position of the tumour, hence increasing the accuracy and reducing collateral damage. Unwanted radiation beams reaching to surrounding cells of the targeted area would be considerably reduced as the interleaf leakage of this machine is as low as 0.01%, compared to 4% leakage by other IMRT machines, thus, minimising side effects experienced by the patients.

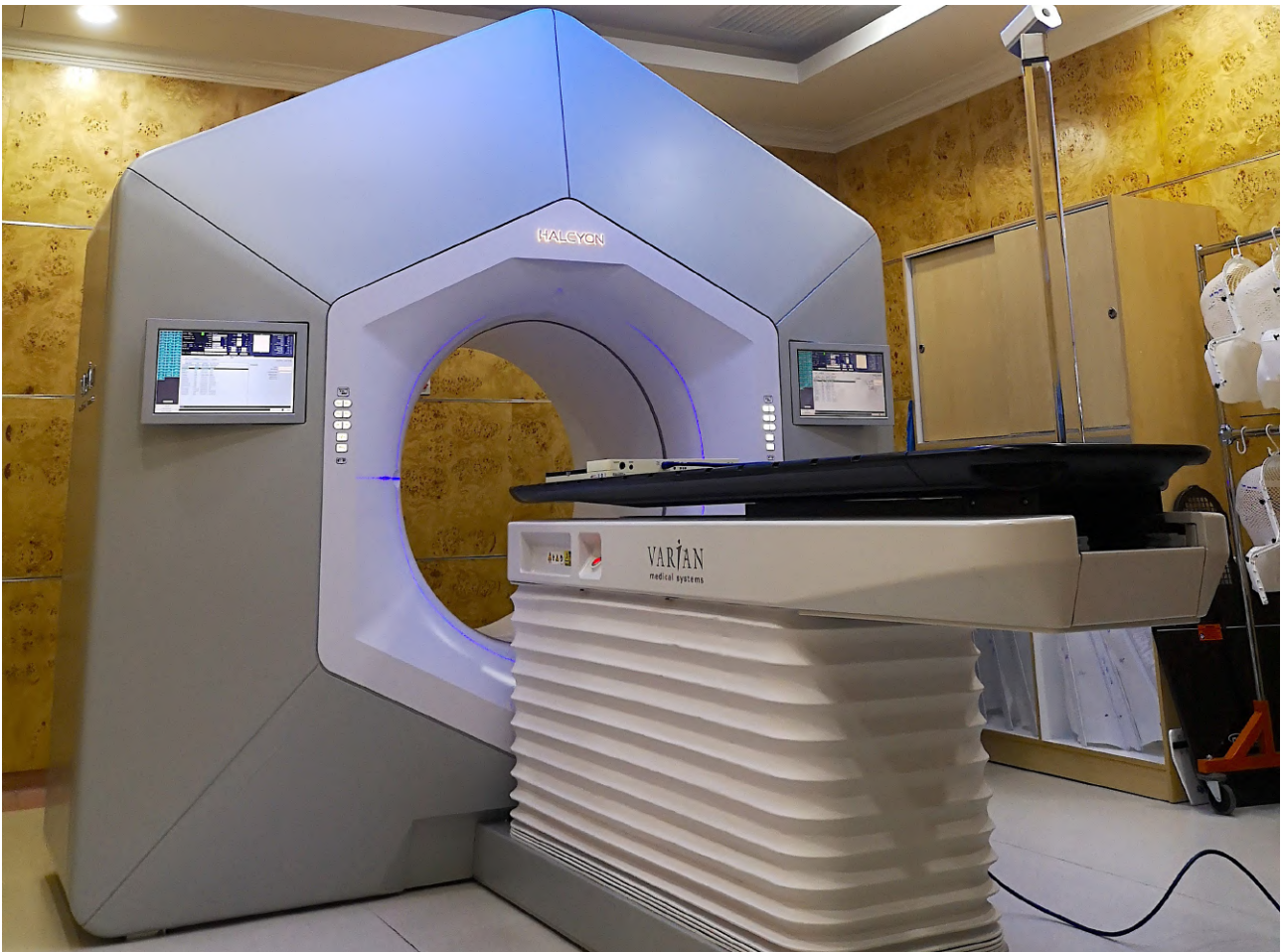
Halcyon™ has a 100 cm wide bore which makes it more comfortable for the patient, especially for the claustrophobic patients. With shorter treatment time required, the patient can comfortably complete radiotherapy treatment with no pain and minimal side effects. Other than treating breast cancer, this machine is also suitable to treat head and neck, lung, abdomen, pelvic, prostate and other forms of cancer. As one of the leading cancer specialist centres in Malaysia, Beacon Hospital is proud to be the first hospital in South East Asia to have this state-of-the-art radiotherapy technology.

“Radiotherapy technology has evolved tremendously for the last few years and the treatment is safer and much more accurate.”

While radiation helps to kill and reduce the risk of recurrence of breast tumour after surgery, its main side effect must not be taken lightly. After the treatment, patients may experience skin problems where the skin becomes dry, red, itchy, flaky or peeled off. Avoid putting cream or lotion, wearing tight clothes, rub or scratch on the affected area. Patients often feel discouraged about how long their treatment lasts or the side effects they had. To clear their doubts and worries, patients are advised to consult with their cancer care team.

Radiation therapy plays an important role in controlling local disease and also symptomatic control for breast cancer. Patients have to be aware of the new technology and treatment technique to help to control the cancer better.

EXPERT SAYS...



FAQ ON HALCYON™

Q: What is the difference between Halcyon™ and other radiotherapy machines?

A: Halcyon™ is an advanced radiotherapy machine which delivers treatment fast, accurately and is built with patient comfort and safety in mind. The dual layer multi-leaf collimator comes with a stacked and staggered design with interleaf leakage of 0.01%, which means the risk of unnecessary radiation to healthy tissue nearby is low.

Q: How many radiotherapy sessions are needed?

A: Your radiation oncologist will advise on exactly how many treatment sessions you need for your condition. Typically, radiotherapy is given once a day, five times a week for 5-7 weeks and takes a few minutes in the machine each day of treatment.

Q: Will there be side-effects after the treatment?

A: The side effects vary depending on the body area being treated with radiotherapy. Common side effects you may experience include fatigue, nausea and skin changes. Your consultant will elaborate more on these and other side effects that you might experience.

Q: When can I resume my daily activities after undergoing radiotherapy?

A: Some may feel fatigue, shortly after treatment, while others only feel it after a few sessions of radiotherapy. You can resume your daily activities if you do not feel tired and your doctor has given you the clearance to do so.

**For more information on the Halcyon™, call:
Beacon International Specialist Centre
011 – 2808 3633 or 03 – 7787 2999**

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PATIENT FUND & VISITATIONS



PATIENT VISITATIONS & BREAST CANCER PATIENT FUND RECIPIENTS

This quarter, Breast Cancer Foundation visited many breast cancer patients to give them moral and financial support as that they continue their battle with the big C.

Among these warriors, we visited two of our most beloved warriors, Ms. Jessica Lau and Puan Zainah Ismail. Ms. Jessica Lau is a stage 4 breast cancer patient and has been an active member of our Foundation for many years. We visited her in the UMMC Palliative Ward where she was seeking treatment and care. Despite her condition, she was in good spirits and welcomed the company.

Puan Zainah is one of our more prominent breast cancer warriors who have been actively participating in our programmes and have been one of the key survivors we look to for sharing sessions and peer support for new breast cancer patients who walk through our doors. This former

Breast Cancer Foundation Magazine cover girl had just suffered a mild stroke in April and is slowly recovering. From our last visit, she seemed excited to see us and was eager to chat despite her limitations. We hope these two amazing women continue to fight to get better, and we hope they can rejoin us once they are feeling better.

Our team member Karima also visited four new breast cancer patients who have just recently been awarded the Breast Cancer Foundation Patient Fund. She was there to deliver the good news herself to Ms. Kamalambikai, Puan Norlenawaty, Puan Paramispary and Puan Hamiseh. We hope with the financial aid given, these women are able to ease their financial burden and get the much needed care they need to get better.

Do you need or know of anyone who requires financial assistance for breast cancer treatment? At Breast Cancer Foundation, we are committed to helping as many people as possible through those financial struggles with our Breast Cancer Foundation Patient Fund.

Call us at +60 3 7960 0366 to find out more.

Did you know that you can make
monthly donations to Breast Cancer Foundation?



Your donations will help change the lives
of breast cancer patients under the
Breast Cancer Foundation Patient Fund.



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