



Breast Cancer Foundation

www.breastcancerfoundation.org.my

  @breastcancerfoundationmalaysia

TAKING ONE DAY AT A TIME

*Susie Rajoo,
Breast Cancer
Warrior*



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CEO'S NOTE



Assalamualaikum and hello everyone! Let me start by saying ONLY after joining Breast Cancer Foundation, I discovered how huge Pink October really was worldwide: An internationally celebrated month dedicated to spread awareness on Breast Cancer. This made me realise that there is still lack of awareness about the disease in our country which leads

to late detection, affecting mortality rates. Early detection is the key in changing the statistics and detrimental in improving the survival rates of breast cancer patients.

It has become our mission to reach out to Malaysian women AND men to educate and raise awareness on breast cancer, empower and assist patients, survivors and their families. We value the continuous support and commitment from generous and concerned communities who have been with us every step of the way. It is because of you that we are able to make a difference in the lives of those affected by breast cancer. This edition walks you through the activities for the last three months which have put smiles on patients, survivors, caregivers, volunteers and staff. The list of activities are tripled in October, and the response have been amazing! I hope you'll join us by participating, volunteering and donating to our cause. Your virtual support by following us on our social media platforms, sharing the information we post onto your own mediums and share the knowledge will make a huge impact in today's highly digitalised world. Your support keeps us going, to bring smiles back to those who have temporarily forgotten how to.

Happy reading and stay in the Pink of health always!

Warm regards,

Surayati Hamzah

EDITOR'S NOTE



Greetings! Welcome to the October Edition of the Breast Cancer Foundation magazine. I am so thrilled to welcome the biggest month on our calendar, and I'm sure you must be just as excited to celebrate breast cancer awareness with us this month.

The past three months was a definite build-up to the October festivities, with big names approaching us for wonderful collaboration projects to usher in Pink October. One of them is AmorePacific, an international beauty giant that created an amazing empowerment programme for our breast cancer warriors through wellness and grooming activities (*see page 14*). We were also privileged to work alongside an internationally-acclaimed local chocolatier, Harriston Chocolates to bring joy to our warriors through delectable chocolates (*see page 8*).

We've also seen massive turnouts at some of our fitness activities this quarter, with a whopping 350 participants joining us for some heart-pumping Zumba (*see page 10*), and 70 participants joined us for some calming and holistic wellness activity through the Community Yoga programme with Oscillation Yoga (*see page 9*). We even organised our very first in-house Sports Day in conjunction with our National Day as a special, fun bonding activity with our breast cancer warriors (*see page 11*).

What an amazing quarter we had, and it's just the tip of the Pinktober iceberg! We have so much more in store for you this month and beyond, so do follow us on our social media platforms and keep your eyes peeled for the next awesome programme. You wouldn't want to miss it!

Love,

Hanani

OUR TEAM

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Programmes Suganthi Murugarpillai

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CHAIR'S MESSAGE



Hello everyone!

It's Pink October again, and time for the 3rd edition of our magazine for 2019. This year's breast cancer awareness month is a major cause for celebration with so many activities lined up, bringing people from all walks of life together in support for the cause.

I am delighted to see so many new faces in our programmes, which means we are reaching out to more people. In turn, we hope to be able to help so many more. For the Foundation's 14th Anniversary wish, I wanted my team to really engage with the public, to draw everyone in with great information about breast cancer through newsletters and social media as well as getting to each and every query you may have about us and the disease.

I am proud to see my team help me bring my vision to light this quarter, and the amount of collaborations and projects we've created together lately is proof of just that. I hope these collaborations turn into lasting relationships, and I would love it if you will continue to support us for years to come.

Happy reading!

Love,

Puan Sri Dato' Azrene Abdullah

14TH YEAR ANNIVERSARY



BREAST CANCER FOUNDATION TURNS 14!

Our team celebrated our 14th Anniversary in July! It was a momentous occasion, as we were not only celebrating our 14th year with our beloved Chair, Puan Sri Dato Azrene Abdullah, but also making our Online Donation Campaign official. We celebrated over a delicious luncheon with the entire team at the beautifully rustic The Heritage House restaurant and made it official with a delicious red velvet monogram cake by The Baking Bachelor. What a great way to celebrate our 14th year!

COOK WITH PRIDE



HANDS-ON COOK WITH PRIDE

We organised a special edition Cook With Pride programme on 31st July to celebrate Breast Cancer Foundation's 14th Anniversary with the very people we love — our breast cancer warriors.

This Cook With Pride was our very first hands-on cooking class! The class was held at the Pusat Kreatif Kanak-Kanak cooking studio, where 40 participants that included breast cancer warriors, volunteers and team members learned how to cook Ghee Rice, Chilli Padi Chicken, Creamy Mixed Vegetables and Garlic Prawns from Chef Sargunan Naidu.

We concluded the cooking class with

a little plating competition among the cooking teams, finished with a little prize-giving ceremony. To officially commemorate our anniversary, we celebrated with delicious pink cupcakes for everyone. While everyone enjoyed their deliciously self-cooked meals, our CEO, Puan Surayati wrapped up the programme with a presentation on our brand new Online Donation Programme, where online donations are made fuss-free.

COOK WITH PRIDE



GUT MICROBIOME AFTER CANCER

For August, our Cook With Pride ventured into healthy, gut-friendly cuisine! This time, our invited chef was professional culinary nutrition expert, Ms. Nadhrah Maidin. Our breast

cancer warriors, their caregivers and our team members learned how to cook up three healthy yet extremely delicious dishes that was actually great for our gut microbiome, especially post-cancer.

Chef Nadhrah taught us how to whip up creamy Cashew Carrot Ginger Soup, Mexican-Style Beans served with crunchy corn chips and a yummy Mango Mint Smoothie, along with

some knowledge sharing about gut microbiome and how a healthy gut can improve our health tremendously.

It was a very interesting and unique cooking class that was jam-packed with valuable information for everyone.

COOK WITH PRIDE



DIY CHOCOLATE WORKSHOP

Our monthly cooking class took on a sweet spin in September! In collaboration with Harriston Chocolate, we organised our very own hands-on DIY chocolate workshop for our breast cancer warriors and members of the media at the

Harriston Signature chocolate studio. We kicked off the workshop with a welcoming speech by Ms. Queenie Teng, Executive Director of Harriston Chocolate and our CEO, Puan Surayati, followed by a lovely sharing session by our warriors Citra Dewi and Noorunnisah. The session was done while enjoying delicious chocolate-infused snacks prepared by our host. The chocolate-making fun began with

a short demonstration by the Harriston Chocolate team. Everyone dived into the intricate and fun mission to make their own hand-crafted chocolates into various shapes and infused with all sorts of treats. It was an amazingly fun experience! We wrapped up the programme with a group photo, and all participants went home with their hand-made chocolates and official participation certificates

FIT WITH PRIDE

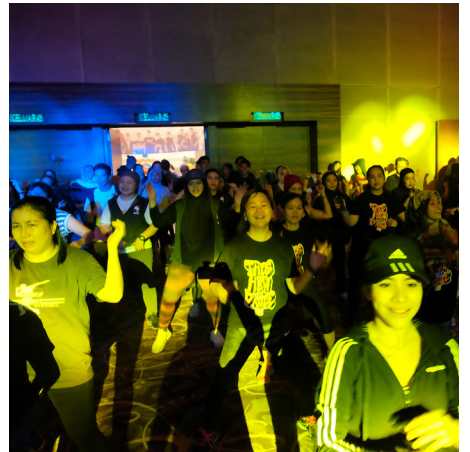


YOGA WITH OSCILLATION YOGA

Our July Fit With Pride was a great Community Yoga class in collaboration with Oscillation Yoga Centre, held at the beautiful Grand Millennium Hotel, Kuala Lumpur on 21 July. A total of 70 participants made up of breast cancer warriors, our team members, Oscillation Yoga members as well as other yoga enthusiasts attended this community yoga class in support of breast cancer awareness and holistic health. Everyone enjoyed the great empowering yoga session.

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!

FIT WITH PRIDE



THIS IS HOW WE DANCE 3.0

August was jam-packed with all things fun, and one of them is an awesome Zumba session unlike any other. On 24 August, we took part in This Is How We Dance 3.0, a 3-hour heart-pumping fitness dance programme organised by the This Is How We Dance crew.

A whopping 350 participants took part in this event, working out to upbeat hip hop tunes lead by experienced and renowned Zumba Instructors. Our team and breast cancer warriors had a marvelous time dancing the night away at the Bentley Music Auditorium that night. Now we can't wait for This Is How We Dance 4.0!

FIT WITH PRIDE



MERDEKA SPORTS DAY

We organised another special Fit With Pride programme on Merdeka Day! To commemorate our National Day, we invited our beloved breast cancer warriors and the public for some fun games on our very first Sports Day, right here at Breast Cancer Foundation headquarters. We spent the entire morning cheering and laughing as we took on some fun games such as Mystery Box, Paper Dance, Watermelon-Eating Competition and so much more!

These games was a great bonding experience between breast cancer warriors, team members and our families. We ended our very first Sports Day with lucky draw and prize-giving ceremony, sponsored by Breast Cancer Foundation, KISS Mineral and Liberty Active.

FIT WITH PRIDE



FUN BOWLING!

September's Fit With Pride programme was a friendly bowling match held at Mutiara Complex, Jalan Ipoh. A total of 20 participants made up of breast cancer warriors, caregivers and the Breast Cancer Foundation team battled for the bowling championship.

The entire bowling alley was ringing with laughter and cheers as we played a great fun game of bowling, filled with all sorts of styles and antics. Everyone had a wonderful time and enjoyed themselves immensely.

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.



CHANGE LIVES. SCAN TO DONATE.

Or visit our website at
www.breastcancerfoundation.org.my/donate

AWARENESS COLLABORATIONS



MAKEUP YOUR LIFE WITH AMOREPACIFIC

On 3 August, Breast Cancer Foundation collaborated with beauty giant, AmorePacific in a wonderfully empowering grooming workshop called Makeup You Life.

AmorePacific, owner of various renowned beauty brands such as Innisfree and Sulwasoo conducted this workshop for the very first time in Malaysia, and we are honoured to be partnering with this great corporation.

A total of 80 survivors participated in this programme, where they learned all about skin care, how to take care of their skin, how to apply makeup hands-

on, how to style their hijab and scarf as well as a few easy-to-cook healthy recipes from experts of every field. It was a thoroughly fun and informative workshop, and the breast cancer warriors looking fabulous and happy with their amazingly well-packed goodiebags by AmorePacific..

AWARENESS COLLABORATIONS



PONDEROSA YnD CHARITY GOLF

On 8 August, we were invited to spread some breast cancer awareness to the wonderful people at the Ponderosa Golf & Country Resort in conjunction with their 26th

Anniversary. The Young & Dangerous (YnD) Golf Group organised a charity golf tournament to raise funds for the Foundation, participated by 160 golfers. Our team was there bright and early to set up an awareness booth. The Ponderosa Golf & Country Resort also made specially-made golf balls and shirts to commemorate the event and to help raise funds for us. The event was concluded with a lovely dinner, where winners of the

tournament was awarded. Through this wonderful event, the Charity Golf Tournament team successfully raised a total of RM35,000 in donations, participation fees and merchandise sales. Our CEO, Puan Surayati accepted the cheque from Mr Stanley Pang, Organising Chairman of the Young & Dangerous Charity Golf Tournament and Mr Steven Goh, Director of the Ponderosa Golf & Country Resort.

AWARENESS COLLABORATIONS



YOGA WITH NEXT MED CLINIC

On 17 August, the Breast Cancer Foundation team was invited to collaborate with Next Med Clinic in a special yoga and health talk for

the community and breast cancer warriors. The event was held at the Central Piazza, KL Gateway Mall, attended by 15 breast cancer warriors, our team members, the good people from Next Med Clinic as well as members of the community.

The event kicked off with a calming

yoga session, followed by health talks given by the doctors from the Next Med Clinic. It was a wonderful event with many useful information shared that also allowed the community to learn a bit more about breast cancer and get inspired by our amazing breast cancer warriors.



KARNIVAL MINGGU PENYUSUAN IBU

We are honoured to have collaborated with Jabatan Kesihatan Negeri Selangor for their annual celebration, Sambutan Minggu Penyusuan Ibu Sedunia Peringkat Negeri Selangor.

This year, the event was held at Dewan Utama Demense, Pejabat Daerah Hulu Langat to promote the amazing benefits of breastfeeding and breast health to the community.

Our team was there bright eyed and bushy tailed first thing in the morning to set up our breast cancer awareness booth to support this wonderful programme. About 500 people attended this event to learn all about

breast health and breastfeeding from the talks done by experts and the various booths set up for the day.

AWARENESS COLLABORATIONS



MoU SIGNING WITH MSU

Breast Cancer Foundation is honoured to have collaborated with Management & Science University (MSU) since 2018, and for the past

year, we have been one of the industry partners providing industrial training opportunities for MSU students. In conjunction with MSU's International Conference on Interprofessional Education that kicked off on 18th September 2019, the Breast Cancer Foundation team was invited to set up an awareness booth for the entire

duration of the conference. On 19 September, our CEO, Puan Surayati Hamzah and our team members were invited to a special Memorandum of Understanding signing with the university, with the Malaysian Deputy Minister of Health, Dr. Lee Boon Chye witnessing the exchange.



WAR ON CANCER RUN 2019

Every year, War On Cancer Malaysia, organises their annual War On Cancer Run to raise funds and support all those affected by cancer. This year, Breast Cancer Foundation is honoured to be one of the supporting NGOs collaborating to make this run

event a success. Unfortunately, due to the bad hazy weather that plagued our country in September, the War On Cancer Run 2019 was converted into a virtual run.

On 22 September, the organising committee of War On Cancer Malaysia, KanWork and UPM officially launched this first-ever virtual run with a sharing session from some of the NGOs supporting this event along

with a special acoustic concert by Let's Rock Cancer Malaysia, featuring some great local artists such as Andy Flop Poppy, Mel Ramlan, Sarah Fazny and Jipie Pesawat. That day, our team member Hanani represented our Foundation to share about our work as an NGO. It was a great moment to work alongside other great organisations with similar goals, all for the benefit of all those affected by cancer.

AWARENESS COLLABORATIONS



KUALA LUMPUR 9'S HOCKEY FEST

On 7 September, our team was invited to set up a breast cancer awareness booth at the Kuala Lumpur 9's Hockey Fest organised by the Sentul Sports And Cultural Club. The hockey tournament was held at Stadium Tun Razak, Kompleks Sukan Negara. Many came to learn more about breast cancer and showed their support by purchasing our official merchandise.



BIG HEALTH FAIR BY BIG PHARMACY

The Breast Cancer Foundation team were invited to be a part of the Big Pharmacy's BIG Health Fair at Starling Mall from 26 to 29 September. The health fair offered not only massive price cuts on supplements, health products and daily necessities, but also offered various fun activities such as health screenings, yoga classes and zumba sessions for free!

Our team participated in the entire programme by providing a breast cancer awareness booth to help spread awareness on breast cancer as well as raise funds through merchandise sales. We are happy to see so many people dropping by our booth to learn more about the disease, particularly on how to conduct Breast Self Examination. It was a wonderful event with a steady stream of visitors throughout the 4 days.

AWARENESS TALKS



TUNKU ABDUL RAHMAN UNIVERSITY COLLEGE

On 16 August, a group of Graphic Design students from Tunku Abdul Rahman University College (TARUC) organised a breast cancer awareness talk at the DKABD Hall on campus. The Breast Cancer Foundation team was invited to give a short introduction to the work we do and a brief insight on breast cancer, while the topic was further explored by our guest specialist doctor. Approximately 50 students attended the talk and visited our awareness booth to learn all about Breast Self Examination and to support our cause by purchasing our merchandise.



MAYBANK @ SACC

The Breast Cancer Foundation team was invited to conduct an awareness talk at an event organised by the Maybank AFC Shah Alam as part of their CSR programme. The programme was held at the BlackBox, SACC Shah Alam, with approximately 170 participants attending the event.

Our team shared some information about the Foundation while a guest specialist doctor gave an in-depth talk about breast cancer to the participants. Our breast cancer warrior, Ms. Roslina also shared her breast cancer journey with the audience. Apart from the talk, there was also a fun Zumba session and plenty of visitors visiting our awareness booth to learn more about breast cancer.

IN THE MEDIA

14 Events

STARMETRO, THURSDAY 26 SEPTEMBER 2019



Dr Lee (third from right) witnessing the exchange of documents between MSU and industry partners (from left) Breast Cancer Foundation chief executive officer Surayati Hamzah, OSA Technology Sdn Bhd chairman/founder Dr Hyzan Yusof, Selangor Health Department director Datuk Dr Khalid Ibrahim, Prof Mohd Shukri and Federation of Reproductive Health



TRIMBALAN Menteri Kesehatan, Dr Lee Boon Chye merasmikan pelat pada Majlis Penutupan 1st MSU International Conference Interprofessional Education (MICPE) dan International Conference On Preproliferative Health and Infectious Disease di Management and Science University (MSU) - Foto Roslin Ma Tahir

MICIPE kumpul pakar, rakan industri penjagaan kesihatan
 Oleh Norzaminah Che Moh
 nchev@sh.com.my

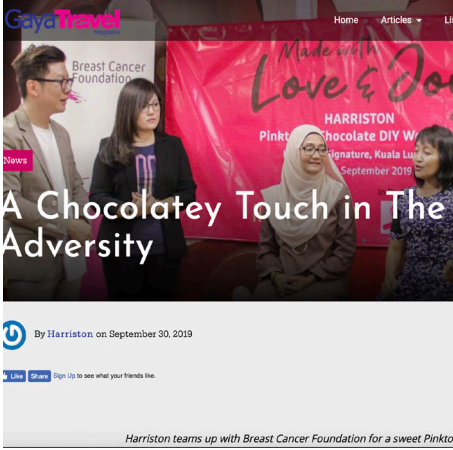
SHAH ALAM: Persidangan Antarabangsa MSU Mengenai Pendidikan Interprofesional (MICPE) yang pertama kali dianjurkan Management and Science University (MSU) bermula semalam hingga esok, menjadi platform mengumpulkan ahli akademik, pengamal klinikal, ahli



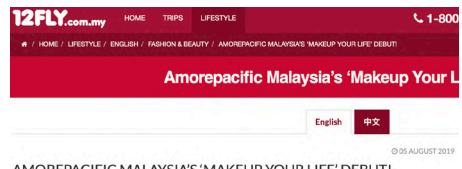
Dr Lee Boon Chye (tiga kanan) bersama beberapa rakan industri selepas berakhirnya majlis menandatangani perjanjian persefahaman.



Rai survivor kanser melalui bengkel coklat



Harriston teams up with Breast Cancer Foundation for a sweet Pinkto



AMOREPACIFIC MALAYSIA'S 'MAKEUP YOUR LIFE' DEBUT!



News | Pinktober 粉红十月, Harriston巧克力工作坊为粉红丝带公益助力!



MEDIA COVERAGE

Breast Cancer Foundation is truly honoured to be featured in many mass media and online portals this quarter. Our media presence from July to September roughly revolves around three main projects; Amorepacific's Makeup Your Life, our MoU

signing with Management & Sciences University at their MICIPE Conference as well as the fun DIY Chocolate Workshop with Harriston Chocolates

Our collaboration with Amorepacific was concluded on 3 August 2019., we signed the MoU with MSU on 19 September, while our survivors learned how to make their own chocolates on 24 September 2019.

We were featured on Berita Harian, StarMetro, Kosmo! and Sinar Harian. We were also featured on online portals such as 12Fly, Xuan and GayaTravel. Apart from that, we were also grateful to be featured on social media, particularly on Eh! and Her World's InstaStories.

Thank you to all our amazing media partners for your support!

FEARLESS JOURNEY

TAKING ONE DAY AT A TIME

I am a retired school teacher with two beautiful children and I have been a Breast cancer survivor for 10 years.

There I was, sitting outside the doctor's room, waiting for the results of a Biopsy. When I was called in, the doctor was very professional and told me the bitter truth about my cancer. She has probably encountered so many cancer cases on a daily basis, that she is hardened and unable to react in any other manner. Had she been a little compassionate, I might have cried, but listening to her, I just felt numb. That was in June 2008.

My first thought was not to tell anybody because I did not want to trouble anyone. If you are a patient, please do not do what I did. I went through a painful and depressing journey, not being able to share my innermost thoughts. There were times when I cried while in the shower so that my husband and two children would not know. I had to put on a brave front, so as to make everyone believe that everything was fine with me. I went through two operations, one in August 2008, followed by another in September.

I completed six cycles of chemotherapy in May 2009. During those times, I did not have anyone to take care of me and my two children were forced to grow up quickly and be more responsible and independent. I am thankful my husband was able to do some of the chores that I usually do. As for me, I have left it to God to take care of my healing process. I believe if you have Faith, everything will be fine. One thing for sure, I am definitely not ready to go yet.

Today, I am truly grateful to God for having given me a second chance at life. I am now more spiritual in outlook and am blessed to have supportive people around me. Each and every day, I try to say "I love you" to at least three people. I keep in regular contact with my friends and exchange notes and ideas on how to go on with our lives in spite of cancer. Talking about our problems has helped us a lot to accept our situation.

“Today, I am truly grateful to God for having given me a second chance at life.”

”

I realise now that it is very important that we take care of our health and mental well-being, and how important it is to take life as it comes with open hearts and a relaxed approach. I think back with regret on earlier years when I pun-



ished my body with stress and work, and in caring for my family without caring for my own well-being. My bout with cancer was a definite wake-up call for me to re-think my priorities in life.

At last I have earned the right to do so many things. I am truly grateful to all the support groups I joined especially the Breast Cancer Foundation. I actively take part in so many of their activities such as Cook With Pride, Fit With Pride, Bowling and other self-development workshops. The Foundation exposed me to so many opportunities to explore my skills and build my confidence. By participating in all these activities, not only did I get to bond with other fellow breast cancer warriors, I also gained strength, courage and renewed self confidence.

There are a few quotes that I have lived by that have helped me cope with this disease. They are "Pray not for a life free from trouble but for triumph over trouble.", "If you can't change your fate, change your attitude." and "To live in the past is to miss today's opportunities and tomorrow's blessing."

We can't change what has been given to us but we can change our perspective of it, and this can make a world of difference. I am Susie Rajoo, and I am Taking One Day At A Time..

EXPERT SAYS...

DIET FOR BREAST CANCER: IS SOYBEAN GOOD OR BAD?

BY MS. NORSHARIZA JAMHURI
Subject Matter Expert (SME) Dietitian in Oncology
National Cancer Institute, Putrajaya

Breast cancer has become one of the most lethal diseases in women where 1.4 million women has been diagnosed with breast cancer, with almost 459,000 deaths worldwide caused by the disease in 2008 alone. For the past five years, I have been working at the National Cancer Institute of Putrajaya; meeting with many patients with various cancer backgrounds, and of course, the most commonly encountered cases are breast cancer patients. Some of them are still young or middle-aged while some of them are in their golden years. However, no matter what their age is; they always ask me the same questions; "Is this diet good for me?" "Is that diet bad for my cancer?" or "Can I take this or that food", and so on and so forth.

One common issue often raised among cancer patients is related to soybean. Is soybean good for breast cancer or vice versa? There are claims that soybean is associated with an increased risk of breast cancer. Thus, in relation to this statement, breast cancer patients start avoiding all foods derived from soybean or soybean itself due to the fear of getting cancer or worsening the breast cancer when they consume any soybean byproduct. But, how true is this fact?

As a dietician, my main concern about this soybean dilemma was; how can I help my breast cancer patients, particularly those who practise vegetarian diet to achieve their recommended protein intake in order to ensure optimal health to aid them in combating cancer, when most vegetarian food are derived from soybean?

For your information, in dealing with any type of cancer, the most important thing you need to remember is to ensure adequate energy and protein intake for the process of healing and in providing good nutrients to enhance your good health, especially during treatment. Protein acts as an important nutrient needed in the wound healing process, muscle synthesis and enhances the immune system. For non-vegetarian who already avoid soy and its byproducts, I am not worried about them so much since they always have the option to consume protein from animal sources. But, for most vegetarians, most of their protein source comes from soybean or its byproduct; at least in Malaysia which is cheaper than other kinds of plant protein such as lentils and legumes. When you start to avoid the soybean and its products, it is expected that your protein intake will drastically reduce and cause a negative impact on your overall health. There will be not enough protein to repair your wounds or damaged tissue, not enough nutrients to synthesize muscle and not enough protein in your system to strengthen your immune system. You feel weak, tired and may even be depressed. Treatment might be interrupted,



delayed and subsequently reduce the survival rate.

So, back to the question, is soybean good for breast cancer or vice versa? Here is the answer. First, all of you need to know that soy is classified as a protein source and rich with a substance called isoflavone. Isoflavone consists of a combination of genistein or diadzein or glycitein.

A prospective study was done in 15,607 women, unhospitalized residents of Takayama city, Japan, aged >35 years old from the year 1992 to 2008 where 172 of them developed breast cancer. In this study, the result showed that the risk of breast cancer decreased among women with a moderate intake of soy and isoflavone. The same study also mentioned that the recurrent rate (RR) of postmenopausal breast cancer was lower among women with higher soy and isoflavone intake and its intake was not associated with RR of premenopausal breast cancer. Not only that, there were three other studies done among US and Chinese women diagnosed with breast cancer showing that Isoflavone consumption was inversely associated with the recurrence of breast cancer. The study concluded that higher soy food intake post-diagnosis which was equivalent to ≥ 10 mg isoflavone per day was associated with a 25% reduction in tumour recurrence and improved treatment outcome. 10mg isoflavone can be fulfilled with consumption of $\frac{1}{2}$ glass of soymilk, $\frac{1}{3}$ piece of tempeh or $\frac{1}{3}$ of tofu.

So, do you still think that soy is bad for breast cancer? Take a minute and think wisely. Remember, eating any foods in moderate amount would not give harm to your body. It is not too much or too little of anything and everything because your body needs such an adequate amount of food to function properly. So let's make educated decisions based on facts and enjoy healthy foods!

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 cancer. Some of the warriors we visited are new to our Breast Cancer Patient Fund, while others have experienced a relapse and continued to fight it with all they've got.

Among these warriors, we visited two of our most beloved warriors, Ms. Jessica Lau, Puan Marlina, Puan Hamiseh Jamil and Puan Paramispary. Ms. Jessica Lau is a stage 4 breast cancer patient and has been an active member of our Foundation for many years. However, when we visited her in the hospice in Bukit Gasing where she was seeking palliative care, she seemed peaceful and calm despite her dire consequences. We are so sorry to report that not long after our visit, Ms. Lau passed away. We are saddened by the news and wish our deepest condolences to her family

and friends.

Puan Marlina is also a stage 4 cancer patient who have been active in our programmes. We visited her at her home when we heard of her relapse. She was in good spirits and welcomed us warmly.

Our team member Karima also visited two of our Breast Cancer Foundation Patient Fund recipients to see how they were. Puan Paramispary and Puan Hamiseh were delighted to see us and we spent a lovely time talking about their cancer journey thus far. 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.



Breast Cancer Foundation

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