



Breast Cancer Foundation

www.breastcancerfoundation.org.my



@breastcancerfoundationmalaysia

MY LUCKY JOURNEY
Irene Yap,
Breast Cancer
Warrior



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EDITOR'S NOTE



Welcome to Breast Cancer Foundation's 3rd magazine instalment for 2018!

I hope you've had a wonderful few months since our last edition. This magazine comes in the best and perhaps the busiest time of the year for us, and I'll tell you why.

In this Pink October edition, we will be giving you a glimpse of the future by sharing with you the up

and coming events and promotions that we've got lined up for you. So many exciting events to look forward to, and we've charted them in a mini calendar so you can make time to join us! But... what is the big hype about Pink October?

October is a worldwide celebration of breast cancer awareness. Many NGOs and corporate bodies will be conducting breast cancer awareness programmes to enlighten the public about breast cancer and the people affected by it. The wealth of information on breast cancer often doubles the usual volume, with specialists in the field lending their expertise in educating the public about breast cancer. It would be a great opportunity for you to learn more about the disease and ask questions you've been dying to ask. There will also be plenty of discounted and free breast screening for the public this month, so this is the best time to get your breasts checked!

During Pink October, there will be many empowering programmes to help boost breast cancer patients and survivors' self-esteem. Fitness, self-image and motivational programmes often help patients and survivors to continue to be strong and feel good about themselves despite the hardship they have had to endure. Come join us on 28th October for our exciting Aloha Fitness Dance event at Pullman Putrajaya and meet with our happy and energetic breast cancer warriors who will show you that there is definitely life after cancer.

Many fundraising events and promotions are created this month to help raise funds for those affected by the disease who are struggling financially to pay for treatment or for daily living. Due to the widespread awareness on breast cancer this month, people tend to be more generous in contributing to the cause, be it with monetary means or voluntary efforts. It would be a great time for you to join in the bandwagon and support our cause while having a ball at the many fun events we've got lined up for you. We've also made it easy for you to donate to our cause! Just go to our website at www.breastcancerfoundation.org.my/donate/ to make your donation. Your generosity means the world to us.

OUR TEAM

Chairman Puan Sri Dato' Azrene Abdullah

CEO Azuwa Abdullah

Operations Herrie Muhmad

Marketing Muhammad Iqbal Ikhwandi Mat Zin

Fundraising Razlan Patrick Philip

Programmes Nurul Syazwani Subhan

Public Relations Puteri Karima Khaled El Sherief

Media & Communications Nurhanani Mohd Nor

Panel Doctors Dato' Dr Mohamed Ibrahim, Prof. Dr. Mohd Nahar Azmi and Dr. Safiza Mohamad Nor

Contributors Dato' Dr Mohamed Ibrahim & Dr Maryati Maharon

CONTACT

Telephone +60 3 7960 0366

Fax +60 3 7960 1366

f **ig** @breastcancerfoundationmalaysia

www.breastcancerfoundation.org.my



Fitness, self-image and motivational programmes often help patients and survivors to continue to be strong and feel good about themselves



We hope you will join us this October to learn all you can about breast cancer and to show your support for all those affected by this awful disease. Keep up-to-date with all the events on our website's events page where the details of each event will be listed. Be sure to show your support by taking advantage of the promotions listed in this magazine from our generous sponsors and corporate supporters, who will generously channel the proceeds to our cause. I look forward to seeing all of you at our events. See you there!

Warm regards,

Azuwa Abdullah
CEO

CHAIRMAN'S MESSAGE



I hope this 3rd edition for 2018 finds you in good health and happiness. I had a wonderful time at one of our Cook With Pride and Fit With Pride programmes. All our Breast cancer survivors and patients were laughing and enjoying themselves. That brings joy to my heart.

The 31st July was our 13th year anniversary and it marks a very special time for us. It's as if only yesterday we organized our first Walk With Pride event, and started what was initially known as Pride Foundation.

As we continue our journey, I want to express my deepest gratitude to everyone who has and who continues to support our work. Thank you and good luck with everything that's happening in your life.

Love,

Handwritten signature of Puan Sri Dato' Azrene Abdullah.

Puan Sri Dato' Azrene Abdullah

COOK WITH PRIDE



JOURNEY TO MYANMAR

Breast Cancer Foundation took a culinary tour through Myanmar on 2nd August, 2018. That day, our humble office was transformed into a mini gallery of all things Myanmar; from the authentic intricate crafts, traditional attire, to the vibrant-coloured pictures

of Myanmar's scenery and people, thanks to the generous Madam Mohana Gill who was kind enough to lend us her collection..

Madam Mohana, a 7-time World Cookbook Gourmand Award winner was also our gastronomic guide to Myanmar cuisine. Our breast cancer warriors were introduced to the unique and healthy flavours of Drumstick Leaf Soup, Pegaga Salad, Fish

Cake Curry and Simmered Lab Lab Beans. As our chef demonstrated how to cook these dishes, she shared her vast knowledge of Myanmar, including the friendly nature of its people and even their skincare regimen.

What a great Cook With Pride event it was! We had a wonderful time being "transported" to Myanmar without having to buy a flight ticket!

COOK WITH PRIDE



MAMMA MIA!

On September 4th, we organised an exciting second cooking class for this quarter, themed "Mamma Mia!". Our guest chef, Dr. Maryati Maharon from Dr. MM Clinic offered her culinary skills for September's Cook With Pride programme to teach our lovely breast cancer warriors the art of hearty Italian cuisine. The multi-talented aesthetic

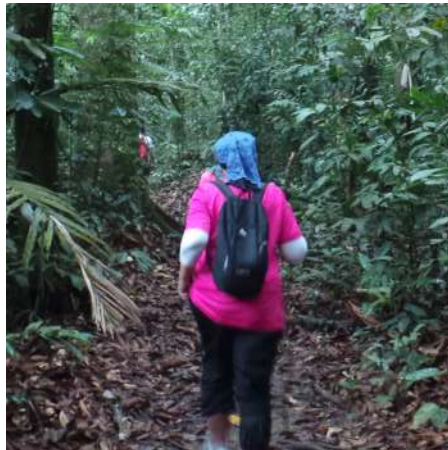
doctor cooked up a full four-course meal; Assorted Breads and Minestrone Soup as appetizer, Arugula Walnut Salad and Pollo Bolognese as mains and Vanilla Panna Cotta with Berry Compote for dessert.

The breast cancer warriors were also treated to a make-up demonstration and knowledge sharing on safe skin-care and make-up by Ms. Priscilla Ooi from KISS Mineral Makeup and her

team. They also surprised the breast cancer warriors with free makeovers and special discounts on their products that day.

It was a great afternoon filled with yummy food, laughs and bonding! Everybody returned home with happy tummies and looking fabulous. Keep a look out for the next exciting cooking class on our Instagram and Facebook accounts!

FIT WITH PRIDE



NATURE WALK @ FRIM

On 28th July, Breast Cancer Foundation organised yet another excursion into the wilderness for our breast cancer warriors and friends. This time, we ventured into the lush forests of FRIM.

This Fit With Pride programme had an

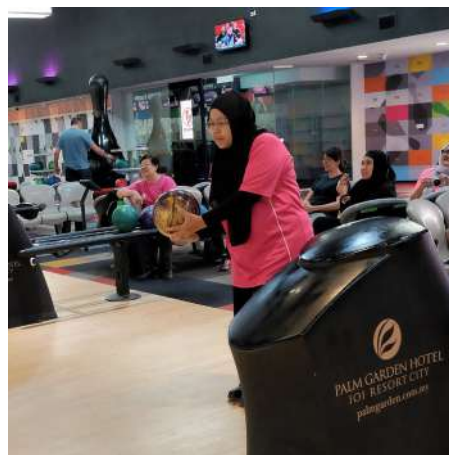
interesting twist. Instead of the usual hiking activities, we got up close and personal with the flora and fauna of the FRIM forest guided by one of FRIM's dedicated guides as we trekked along the forest trails.

We were introduced to the resident giant Kelisa fish that had the power to jump out of the water to grab food. As we ventured deeper into the forest,

our guide shared FRIM's brief history and introduced us to the many variety of trees, their characteristics and their many uses in our daily lives.

We had a wonderful time getting to know mother nature up close. Everybody went home with a better sense of appreciation towards nature and renewed determination to preserve our lush natural green lung.

FIT WITH PRIDE



BOWLING FRIENDLY GAME

We had another fun-filled bowling match in August! The Breast Cancer Foundation team organised a much-awaited friendly bowling match with our breast cancer warriors on 14 August 2018 at the Wangsa Bowl bowling alley in One Utama Shopping

Centre. This time, a total of seven breast cancer warriors and seven from our team took part in the bowling match.

Some of the breast cancer warriors showed some massive skills on the lanes that day! It was clear to see that some of them have been practising hard for the match. The bowling alley was filled with excited cheers and

laughter as everyone cheered for their teammates on. After three games, we concluded the match and named Ms. Cindy as the MVP of the day!

Missed out on all the action? Check out our Instagram and Facebook accounts and look out for future bowling matches!

COLLABORATIONS



IBIS HEALTH CARNIVAL

On 11 August 2018, the Breast Cancer Foundation team were invited to collaborate in a fun health carnival organised by Ibis Styles Hotel, Cheras. The Ibis Health Carnival is a joint collaboration between the hotel, our team, Columbia Asia Hospital and more. Among the programmes of the day included a zumba session, health screening, clinical breast examination done by our guest doctor, Dr. Puvaneswary from Columbia Asia Hospital, and even a fun colouring contest for the kids! We also set up a booth to help spread awareness on breast cancer and to raise funds via sale of merchandise. Approximately 250 guests attended this event, and a total of 31 guests participated in the Clinical Breast Examination that day. It was a fun-filled and informative event indeed.

AWARENESS TALKS



MCKL TALK

On 7 August 2018, the Breast Cancer Foundation team were invited to give a breast cancer awareness talk for the Methodist College Kuala Lumpur (MCKL) students. The talk took place in one of MCKL's lecture halls and a total of 160 participants attended the awareness talk. Our guest doctor, Dr. Anita Bhagawi, a consultant breast and endocrine surgeon from KPJ Specialist Ampang helped educate our young participants about breast cancer and the importance of early detection. It was a great and informative talk that hopefully will create better understanding about the disease among the young participants.

AWARENESS TALKS



SEKOLAH MENENGAH ASSUNTA

The Breast Cancer Foundation team were invited to give an awareness talk to the young students of Sekolah Menengah Kebangsaan Assunta, Petaling Jaya on 29th August 2018. Approximately 100 students gathered at the Assunta school hall to learn more about breast cancer from our guest doctor, Dr. Stephanie Ann Sardar from Columbia Asia Hospital that day. It was a great opportu-

nity for us to spread awareness on breast cancer to the younger generation, in hopes that it would create a more health-conscious youth.

Planning an
awareness talk
at your
organisation?
Come talk to us!

LET'S TALK ABOUT HEALTHY LIVING



STEP OUT IN STYLE

We closed our third quarter in style! Our "Let's Talk About... Step Out In Style" programme held on 29th September 2018 at the Tropicana Golf & Country Resort was all about stepping up your game in terms of style, looks and self-confidence. Our line-up of

esteemed speakers that consisted of professional image consultant, En. Mamed Fudarizi and his team, celebrity make-up artist, Dr. Mukhlis Idris and natural beauty specialist, Ms. Azizah Azizan had our breast cancer warriors and friends who came from near and far bubbling with excitement bright and early that day.

En. Mamed Fudarizi and his team-

mates, Ms. Zalia and Ms. Dian taught the participants how to recognize their body type, skin tone and personality. They then gave professional tips on the best style and colours to suit one's characteristics as well as how to hide flaws and accentuate one's best features. Ms. Dian then demonstrated how to tie various turban styles as well as the type of fabrics best suited for this style.

LET'S TALK ABOUT HEALTHY LIVING



The event paused for lunch break, and while the participants headed towards the buffet table, our CEO, Pn. Azuwa Abdullah and a few breast cancer warriors were interviewed by our media partner, RTM.

After a deliciously fulfilling lunch and photo session, our breast cancer warriors got all excited when make-up artist of the stars, Dr. Mukhlis arrived to present a glammed-up make-up demonstration. The charismatic Dr. Mukhlis and his chosen model of the day, cheeky breast cancer warrior Ms. Ema had the halls ringing with laughter throughout the make-up lesson. At the end of this incredibly fun session, Ms. Ema looked just as if she stepped out of a fashion magazine!

Our final speaker, Ms. Azizah, CEO of Maz Health and Beauty educated our participants about how to identify their skin type, the best skincare regime to suit their skin as well as the best natural ingredients to use to keep their skin young and healthy. She also taught the participants how to make their own homemade facial scrub and mask!

We closed this fabulous event with the much-awaited lucky draw that consisted of amazing prizes by our sponsors, Maz Health and Beauty, Stailoz, Majestic Hotel, Energy Day Spa and Tropicana Golf & Country Resort. Everybody went home happily with their amazing goodie bags after a full day of learning how to look good and feel good about themselves from the experts.

Missed out?
Look out for our next
Let's Talk About Healthy
Living programme in
2019!

OCTOBER HAPPENINGS

Mo	Tu	We	Th	Fr	Sa	Su
1 World Cancer Congress Kuala Lumpur Convention Centre [I]	2 Pink Polo by The Royal Polo Selangor Club The RSPC, Kuala Lumpur [I]	3	4	5	6	7
8	9 Breast Cancer Awareness by Friends of MCM, JB [I]	10	11 Say It With The Majestic Orchids Majestic Hotel [I]	12	13 Pink October Project by Thomson Hospital One Utama [P]	14
15	16	17	18 Health Carnival PKD Puchong [P]	19 Harper's Bazaar Pink Partea St. Regis KL [I]	20	21 Energy X Breast Cancer Foundation Energy Day Spa [I]
22 Awareness Booth Columbia Asia Seta-pak [P]	23 Cook With Pride: Hungry for Hungary [P]	24	25	26 De Gem 'Wing Of Hope' Gala Dinner Hyatt KL [I]	27	28 Aloha Fitness Dance Pullman Pu-trajaya [P]
29	30 Power Talk & Lunch by Luxs Interior Tropicana Avenue [I]	31				

[I] - BY INVITE ONLY
[P] - OPEN TO PUBLIC

PINK OCTOBER SPECIALS

#PinkPledge Full Style Set: RM109
#PinkPledge Tube Style Set: RM89

50% proceeds will go to the Breast Cancer Foundation to help support patients and survivors.

Available colours:

A combined effort by **STILOZ** and **Breast Cancer Foundation**

WE'RE STRONGER TOGETHER

KISS mineral will contribute **5%** of total online sales to Breast Cancer Foundation.

THE MAJESTIC ORCHIDS
THE GIFTS COLLECTION

ORCHIDS ARE NATURE'S GIFTS OF LOVE

WE ARE JOINING HANDS WITH MALAYSIA BREAST CANCER FOUNDATION IN SUPPORT OF BREAST CANCER AWARENESS MONTH. THE MAJESTIC ORCHIDS COLLECTION REPRESENTS LOVE, BEAUTY AND JOY AND MAKES THE PERFECT GIFT FOR YOUR LOVED ONE.

WE PLEDGE THAT PROCEEDS FROM THE SALE OF THE MAJESTIC ORCHIDS THE MAJESTIC ORCHIDS ARE AVAILABLE FOR PURCHASE AT THE ORCHID CONSERVATORY.

Pink Cupcakes available only in October 2018

Vanilla, Chocolate Chip, Orange Almond

Eat. Snap. Share. Support!

RM6 per Pink Cupcake

In conjunction with Breast Cancer Awareness Month, today we reduce Pink Cupcakes, where a portion of the proceeds will be donated to Breast Cancer Foundation.

Every Pink Cupcake sold: **RM2** will be donated to charity!

Every box of 25 Pink Cupcakes sold: **RM55**

In support of **Breast Cancer Foundation**

Harper's BAZAAR 15 years

PINK PROJECT 2018

Raise breast cancer awareness and purchase these limited-edition designer pink ribbons by Aliq M., Atelier Fitton, Bowerhaus, Cassey Gan, Celest Thai, Jonathan Liang, Kulet, Melinda Looi, My Apparel Zoo, Nala, Pearly Wong, Sereni & Shantal, Syonirizwa Gupta, and Atelier Fitton.

WRAP IT PINK

In support of **Breast Cancer Foundation**

ACTIVATION OF OUR WRAP IT PINK PROGRAM WITH EVERY PINK SCARF SOLD, RM10 WILL BE DONATED BY SCARLET AUSTRALIA TO BREAST CANCER FOUNDATION.

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"THE WORLD'S MOST BEAUTIFUL DIAMOND"

The original ideal cut diamond since 1919®

WING OF HOPE
CSR PROGRAMME

Donor and LAZARE Diamond® proudly present Wing of Hope CSR Programme in support of the Breast Cancer Foundation of Malaysia. Each customer is entitled to one (1) lucky draw ticket for every RM100 (after purchase of any LAZARE Diamond®). For every lucky draw entry, 1 diamond will be donated to Breast Cancer Foundation. The lucky draw winner will receive a LAZARE Diamond® (subject to availability of eligible products from LAZARE Diamond®).

Let's support this remarkable cause and we can make a change to those lives in need.

Raise awareness with BAZAAR Pink Project 2018 using these hashtags: **#HARPERSBAZAAR** **#BAZAARPINKPROJECT2018**

For more information on other BAZAAR Pink Project 2018 collaborations or to view the full range of Pink Project designer merchandise for sale, visit:

- 1 www.facebook.com/harpersbazarmalaysia
- 2 www.harpersbazaar.my
- 3 @harpersbazaar

Available at ShionShionShion stores nationwide and www.shionshionshion.com.my

7 ELEVEN #BUATBAIK TOGETHER₂ 2018

COLLECTION PERIOD: 25 SEP - 6 NOV 2018

Let's do our part to contribute to the underprivileged community.

STEP 1 Purchase any products to contribute.

STEP 2 Place contributions in the box prepared.

Suggested items: INSTANT NOODLES, BEVERAGES & SNACKS, HUSBANDS, COMICAL, NEW ALCOHOLIC BEVERAGES, MEDICAL SUPPLIES, ESSENTIALS, STATIONERIES.

Contributions will be distributed by 7-ELEVEN. For the full list of selected charity organizations in your area, visit www.7eleven.com.my.

OCTOBER IS BREAST CANCER AWARENESS MONTH

For every contribution of partner products, 10 cents will be donated to The Breast Cancer Foundation Patient Fund, which provides financial assistance to breast cancer patients.

COME AND SUPPORT THE CAUSE!

Come and do your part for charity by purchasing from our awesome corporate and retail partners who are contributing part of their sales to our cause. Don't miss this opportunity to grab items from these great brands at amazing prices, made especially for you this Pink October. Wear your pink ribbon with pride this month! Check out our Instagram and Facebook for more information on these promotions. Keep up to date with all the latest promotions by checking out our website!

IN THE MEDIA



HOT FM

Breast Cancer Foundation were invited to the HOT FM studios on 23 September 2018 to talk about our up and coming large-scaled fitness event, the Aloha Fitness Dance at Pullman Putrajaya. En. Razlan, our business development manager was interviewed by En. Ijal, HOT FM's radio announcer on Sunday's "Apa Yang Hot?" segment, aired at 11am-12pm. Various questions about the programme were discussed on air, and we hope you were listening in!



BERITA HARIAN

Our programme "Let's Talk About... Step Out In Style" was featured on Berita Harian's online portal on 29 September 2018, the very evening of our event. Berita Harian highlighted the topics covered by our speakers, En. Mamed Fudarizi and his team, Dr. Mukhlis Idris and Ms. Azizah Azizan as well as the generous sponsors who contributed to this event.

RTM - TV1

Our media partners from RTM covered our "Let's Talk About... Step Out In Style" on their TV1 News. In this news coverage, RTM interviewed our CEO, Puan Azuwa Abdullah about the event and how the event is formulated to help boost breast cancer patients and survivors' self-esteem by learning how to look good and feel good about themselves.

EXPERT SAYS...



AFTER CHEMOTHERAPY... WHAT NEXT?

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

In Malaysia, it is found that 1 out of 19 patients is at risk of developing breast cancer at some point of their lives. About 50-60% of breast cancer patients in Malaysia presented with newly diagnosed advanced breast cancer at Stage III or IV rather than earlier stages. Stage III breast cancer is cancer which has spread beyond the breast to nearby muscles and lymph nodes while stage IV or referred as metastatic breast cancer (mBC), is cancer which has spread beyond the breast to other organs in the body such as lungs, liver or bones. Presentation at advanced breast cancer stages (Stage III/IV) is associated with relatively low overall survival rate in Malaysia. Less than half of Stage III breast cancer patients (48%) will be alive 5 years after diagnosis whereas, less than 1 in 10 stage IV patients (8%) will still be alive at that point of time.

For this group of patients, the main difficulty is living with the cancer as mBC is not curable. The treatment goal now is to control the disease and prevent the tumour from progressing for as long as possible. Apart from this, it is also crucial to ensure patients have a good quality of life while surviving with advanced cancer.

According to the breast registries study conducted in Malaysia, of the patients with newly diagnosed breast cancer,

majority of them (~50%) were of hormonal-receptor positive (HR+). The cancer cells of these patients with HR+ mBC have receptors for either oestrogen or progesterone (female hormones in the body) – these hormones can then stimulate the growth of the breast cancer cells.

Conventionally, endocrine therapy and chemotherapy represent the two most common treatment options for HR+ mBC patients. Endocrine therapy (i.e tamoxifen, letrozole, anastrozole) is the treatment of choice in these group of patients, however, comparative studies have shown that endocrine therapy only offers an average of 8 to 12 months before the tumour progresses (i.e their progression free survival). Chemotherapy on the other hand should be reserved in patients with immediate life-threatening mBC, rapid organ crisis or concern of endocrine resistance.

However, with the constant advances in medicine and new forms of treatments, women with HR+ mBC now are able to live better lives for longer with targeted therapies. In 2016, the first targeted therapy for HR+ mBC, palbociclib, is approved by National Pharmaceutical Regulatory Agency in Malaysia via a priority review due to its promising result. It is a cyclin-dependent kinase (CDK) 4/6 inhibitor which acts to inhibit CDK4/6 and thus slowing down the uncontrolled proliferation of the cancer cells. In other words, it delays cancer progression by 'putting the cancer cells to sleep and preventing them to divide'.

Subsequently, ribociclib, in the same class as palbociclib, is the second CDK4/6 inhibitor which is approved in Malaysia in 2018.

With the constant advances in medicine and new forms of treatments, women with HR+ mBC now are able to live better lives for longer with targeted therapies.

According to the result of phase III clinical trials of both palbociclib (PALOMA-2) and ribociclib (MONALEESA-2), combination use of CDK4/6 inhibitor and letrozole (endocrine therapy) has shown a median progression-free survival (PFS) rate of about 27 months as compared to the control group of women who were given letrozole with PFS rate of about 12 months. This clinical result is truly groundbreaking as it delays the progression of cancer by twofold as compared to the previous treatment options. The most frequently observed side effect of these CDK4/6 inhibitors is decreased in white blood cell count – neutropenia (70-80%). Neutrophil plays a vital role in human body and it helps fights infection caused by microorganism.

EXPERT SAYS...

However, with that being said, neutropenia caused by CDK4/6 inhibitors is rapidly reversible and can be adequately managed with cycle delay, dose modification and dose reduction without the need of corrective treatment (i.e granulocyte colony-stimulating factor (G-CSF)) to boost up the neutrophil count in the body. In addition, according to PALOMA-2, neutropenia episodes in patients taking palbociclib have no clear associations with infections. This is in contrast with chemotherapy-induced neutropenia where infection and fever – febrile neutropenia is often observed and G-CSF is necessary as corrective measure in such patients. Febrile neutropenia is a complication of anti-cancer treatment which is associated with higher mortality rate.

Apart from this, studies have also shown that HR+ mBC patients with combination therapy of CDK4/6 inhibitor and letrozole have better quality of life as compared to that of chemotherapy. These patients are able to conduct their daily routine without hindered by deteriorating side effects.

In conclusion, advancements in the oncology treatment space today have brought about hope to HR+ mBC patients through combination therapy of CDK4/6 inhibitors plus letrozole as it extends their life while preserving their quality of life, allowing them to achieve critical milestones in their journey of life. They now have longer time to spend with their loved ones, be it to see their kid graduate, to be able to touch their grandkid for the first time – something which they are not able to achieve with conventional treatments. Thus, patient's access to these targeted treatments is crucial as they deserve a chance to live through the availability of more advanced medicines and possibly a cure for HR+ mBC in time to come.



Advancements in the oncology treatment space today have brought about hope to HR+ mBC patients through combination therapy of CDK4/6 inhibitors plus letrozole as it extends their life while preserving their quality of life.



**Have a question for
our panel doctors?**

**Share them
with us!**

SELF IMAGE

LOOK GOOD, FEEL GREAT!

BY DR. MARYATI MAHARON

Everybody has that moment when they wake up with a bad hair day and it destroys whatever shred of confidence they garner to face the world. We coax ourselves telling that it's alright but deep inside, we feel like we are a complete mess. Similarly, when you wake up after a good rest or after a good night's sleep and your skin appears to glow, you feel like you can conquer the world.

But why this obsession over looks? Why does it have such an impact on how we feel? A lot of studies have been done to understand human psychology when it comes to looks. Everyone is concerned about how they look but the definition of beauty or looking good may differ from one individual to another, based on self basic principles, culture or customs they grew up in or influenced by friends and society.

As unfair as it may seem, studies have shown people who look better physically tend to have more perks than their less attractive counterparts. Taller men tend to have a higher pay as compared to their shorter colleagues, and blondes show the highest earners among women in corporate settings. With all this fuss over beauty, it is no wonder that people often obsess over it and is often emotionally affected by how they look.

Fortunately, with medical aesthetics advancements and the study of scientific beautification, nowadays we can improve a persons' look with just a simple office procedure. But like any other lifestyle enhancing solution, it does not come cheap and many try to jump on board despite not having the correct knowledge and skills thus providing substandard treatments and solutions to any gullible client. This includes those over the counter beauty fixes and drinks that perhaps gives temporary improvement but nothing much or even harm in the long run.

However, not everybody is open to medical enhancements of looks. Some

of the procedures can be scary and require a lot of explanation and hand holding. After a decade of practice, it is unrealistic to expect every patient to agree to procedures. I actually have an easier way to improve your looks to make you feel more confident which is scientifically proven by various population researches.

Simple tips to make you look good so that you feel good:

1. Drink more water. Good hydration leads to better complexion. When we say drink water, it really means plain water and not coffee, tea, alcohol or sodas. All these drinks are either natural diuretic that would dehydrate you more or contain too much sugar that causes a reverse osmosis internally, making you lose more fluids. I usually practice 1 litre in the morning before I leave the house.

2. Get enough sleep. On average adults need 6-7 hours of sleep daily. But if you sleep less, your body will have a sleep debt situation which will make you want to sleep more or make you feel constantly tired. Not to mention the eye bags, the dull looking skin and that zombie-like look. One trick you can do to get enough sleep despite a hectic schedule is taking short power naps i.e. between 10 – 60 minutes whenever you can.

3. Find a good foundation that matches your skin well. With the advancement of technology, we actually have really good makeup foundations that go well with our skin colour regardless the variety. But before you choose, understand your skin whether you are yellow or pink because this is the worst makeup mistake you can actually do. Also, do choose the lighter shade of your skin tone differences because going darker will cause your skin to look dull. You don't have to be porcelain perfect. The idea of the foundation is to give your skin a more even look and to protect you from the environment to some extent. The best foundations should blend well into your skin to look like as if you are not wearing any.

4. Play around with colours in your wardrobe. Some people stick to just black and greys and monotones. Wearing bright colours like red, yellow



and orange gives you a much happier or energetic look that would also influence your own energy levels. Wearing cooler colours like pastels, blue, green, turquoise or earthy tones gives you a calming effect. If you need a lot of confidence, black is usually the best colour to go for which is why a lot of female corporates stick to black. But wearing too much black can also be depressing so you should switch from time to time. White on the other hand gives a more innocent and clean look hence why corporate shirts tend to be white. When choosing a colour to wear also take note of how it goes with skin tone, and also not to mix too many bright colours at once as it may backfire.

5. Exercise. Exercise is another way of getting glowing and healthy-looking skin. You don't have to be a gym junkie, but a good sweat out session ideally three times a week is enough. Exercise also increases your endorphins or happy hormones and also your self confidence. A study on salaries also show that people who exercise regularly tend to get a higher pay which is related to their confidence and performance at work.

These are simple tips and pointers you can do to boost up your skin health and look. Try them out and you will notice how differently you feel about yourself. Good Luck!

FEARLESS JOURNEY

My name is Irene Yap. In 2006, I was just 51 years old with 2 children. I felt a small lump on my left breast. I had just gone for a breast cancer awareness talk during the Pink October month, and during the talk, they mentioned about breast cancer lumps. Curious, I went home to check.

I realised my lump was suspicious but threw it at the back of my mind since its the end of the year with a lot of holidays. But in January 2007, I thought I should go and check up on it. I went for a breast ultrasound. The doctor didn't seem too happy with the results and I was advised to do a needle biopsy.

That was how my breast cancer diagnosis began. When the biopsy result came out it was confirmed to be malignant. I didn't really understand what that word meant, just that I needed to go for surgery and treatment. The doctor informed me that I had early stage 1 breast cancer so the sooner I go for surgery and treatment would be best as the survival rate would then be above 90 percent. Everything was going so fast, I didn't actually have time to think. I just remember trying to accept the fact that I have breast cancer and death may be imminent if I didn't do surgery and treatment.

Of course, coming to terms with the diagnosis was not easy. I remember thinking, I am not obese, I exercise, I eat well... Why me? After four days, I went for surgery. I was told that since the cancer was detected at an early stage, I just needed to go for a lumpectomy and a course of 15 radiotherapy treatments. The doctor said that I am lucky to have detected the cancer early as I did not need drastic treatments like chemotherapy or mastectomy. In my mind I thought, how can anyone be lucky after being diagnosed with breast cancer? They must be joking!

Now, after 11 years of being a breast cancer survivor, I realised that my doctor was indeed right. Yes, I am indeed lucky. I am lucky because my life had completely changed 100 percent. In fact, I am better than I was before my diagnosis. Sure, the initial tears and emotional turmoil that I went through before the surgery, the fatigue from radiotherapy, the side effects of



hormone therapy and having to take Tamoxifen for 5 years was hard. The recovery process was no walk in the park. But after going through all those hardships I've realised that I am luckier than most.

I am lucky because firstly, my cancer was discovered early and my treatment was done quickly and efficiently. Secondly, from this experience I have realised that I should be leading a more healthy and active lifestyle and to exercise more. I have learned to take better care of myself and is more aware of my health. And most of all, I have learned to be more positive in my outlook of life and to live life to the fullest.

In my current 11th year of survivorship, I have made many friends, mostly fellow cancer patients as we have one thing in common we can actually talk about. I can see now, there are so much more awareness towards cancer and people are more open about sharing and spreading awareness to others. I am lucky in many ways.

I wanted to do my part in helping others. I have been actively involved in a lot of cancer NGOs to help give support to fellow cancer patients and create awareness for others. When Breast Cancer Foundation (formerly known as PRIDE) launched their breast cancer patient empowerment programme called Bond With Pride in 2007, I was lucky to be a part of it. I enjoyed many

other programmes by Breast Cancer Foundation and have been volunteering for other NGOs as well.

Today, as a proud grandmother of two granddaughters aged 5 and 3, I keep myself busy by looking after them as well as staying active in my exercise workout group at ESG UMMC and any other activities revolving around breast cancer awareness, which is women's greatest fear. I could not have asked for a better life. I hope that all breast cancer patients and survivors out there could overcome their fears and be just as happy and keep a positive outlook in life.

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Show your support for breast cancer this Pink October with these gorgeous pink ribbons! These pink gems were designed to add pizzazz to your outfit with its eye-catching rhinestones and funky designs.

This special Pink October, we also feature a limited edition hand-crafted pink ribbon brooch encrusted with sparkly swarovski crystals that will surely turn you into the belle of the ball! This rare pink ribbon brooch is one of a kind, and a defi-

nite collector's item that you won't want to miss.

So do your bit for charity and purchase these gorgeous pink ribbons! All proceeds go to the Breast Cancer Foundation Patient Fund.

BREAST CANCER PATIENT VISITATION



This quarter, our team has visited a few of our breast cancer patients and survivors who were hospitalised or have been ill recently. Our aim is to give them emotional support, lend a sympathetic ear, a warm hand to hold or even help financially if needed. Ultimately, we wanted them to feel better and perhaps put a smile on their faces with our humble visits.

We hope that our breast cancer warriors, Puan Syanor Ain, Puan Zainab, Puan Noraini, Mrs. Chang Yit Foong, Puan Azizah and Puan Azura have a speedy recovery, and we hope our humble visits has somewhat cheered you up when you were feeling down and unwell. We believe that strong women like yourselves will pull through no matter what bumps in the road you may come upon.

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

734972-V Formerly known as Pride Foundation

23 Lorong Tanjung 5/4D Petaling Jaya
Selangor 46000 Malaysia

(t) +60 3 7960 0366

(f) +60 3 7960 1366

  @breastcancerfoundationmalaysia

www.breastcancerfoundation.org.my