



PRIDE HUGS

BULLETIN



LET'S TALK ABOUT ...
HEALTHY LIVING

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COOK WITH PRIDE



PINK AWARENESS ROADSHOW



HOW I SURVIVED BREAST CANCER



HARI RAYA POTLUCK 2016

EDITOR'S NOTE



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**Do you have an idea or a success story to
share with us?**

Send your ideas to nithya@pride.org.my
so we can help support each other and
grow together

Welcome to our 2nd Issue !

Hello,

We are very excited to present our second quarterly newsletter,
PRIDE HUGS.

The goal is to keep you informed on PRIDE's monthly activities, programmes, personal stories of survivors, and articles by health professionals. Whether you're new or an old friend who has supported PRIDE through thick and thin, we hope to continue nourish readers with awareness information, and updates.

For this edition, we will cover stories from kitchen experience with Mohana Gill, Pink Awareness Road Show, to Reiko Soo teaching breast cancer survivors on how to release their inner child, as they learn to flip, swing, twirl and spin around.

Syawal is also just around the corner, it is a good time to take a break from hectic city life, get ample of rest while enjoying precious time with family, relatives and friends. Here, PRIDE would like to wish all Muslims, Selamat Hari Raya Aidilfitri! May this Raya comes with full of love, peace and prosperity...

Loads of love,

Nithya Muniandi

Editor

Announcement



Azuwa Abdullah

We're pleased to announce that Azuwa Abdullah has been appointed as Chief Executive Officer as of June 2016, succeeding Aeron Munajat.

Azuwa has been with PRIDE since 2006 as Programme Development Manager. In 2008, she took a three year hiatus to care for her children, and rejoined PRIDE in 2011. Azuwa graduated with honours in Law (LLB) from International Islamic University in December 1995 and later pursued her Masters in Law (LLM) from Malaya University in 2005. She has more than 10 years of working experience with various corporations such as Maybank Securities Sdn Bhd (MSSB), Securities Commission (SC) and Bank Muamalat Malaysia Berhad (BMMB).

**MESSAGE by
PRIDE CHAIRMAN**

DATO' AZRENE ABDULLAH



It gives me great pleasure to pen a few words for the 2nd edition of PRIDE HUGS. Over the years, in crusade of early detection, PRIDE has conducted various breast cancer awareness programmes, empowerment talks for women, and peer- to- peer counselling.

I am happy to know that all our programmes were well received, and I hope we get the same amount of support for all our future endeavours. A big thank you to all our sponsors in helping to make our events better than ever especially to *Lembaga Penduduk Dan Pembangunan Keluarga Negara (LPPKN)* and *Kementerian Pembangunan Wanita, Keluarga dan Masyarakat, (KPWKM)* for supporting PRIDE in bringing awareness on early detection to the public since 2009. Not forgetting award winning author and chef Mohana Gill, for collaborating with PRIDE for the past eight years.

Allow me to urge each one of you to play a vital part in helping to spread the word about PRIDE Patient Fund. As you all know, PPF is a meant to provide financial assistance to breast cancer patients, so let us come together to help as many people as possible in order to ease their financial burden.

The next edition will highlight programmes that generates breast cancer awareness and early detection leading to Pink October. So, keep a look out to see what we do this September. I look forward to keep readers updated on the latest at PRIDE, as we continue to grow from strength to strength in terms of providing quality information and programmes.

I wish to extend my greetings to all fellow Muslims, *Selamat Hari Raya Aidilfitri, Maaf Zahir & Batin*.



April: Cook With PRIDE #2



Mohana Gill presenting her lovely dishes

Our second Cook With PRIDE kicked off on the 26th of April with the right flavour with Chef Mohana Gill. Aunty Mohana shared her extensive knowledge of preparing delectable and yummy vegetarian recipes for our breast cancer survivors and friends and made everyone comfortable at her beautiful home. She cooked for us brown rice pilaf with mushroom and carrots, chickpea curry, grilled tempe with sambal and crunchy cabbage salad. A big thank you to all PRIDE survivors who made time to participate and a special mention to Aunty Mohana for giving out her autographed Fruitastic Malaysia books for free!



Everyone gets to go home with an autographed book!



Aunty Mohana showing participants how to make grilled tempe

April: Kechara Soup Kitchen

To detect breast cancer in its early stages is very necessary to reduce breast cancer-associated mortality. Despite many initiatives to increase breast cancer screening in Malaysia, minority homeless women continue to have alarmingly lowered rates of breast cancer screening, therefore increasing their risk for delay diagnosis and treatment. As a result, PRIDE Foundation collaborated with Kechara Soup Kitchen in providing homeless women with free clinical breast examination conducted by a qualified matron.

Held at Medan Tuanku Distribution Centre on 9th of April, the objective was to promote breast cancer screening, and to educate them on the importance of early detection. About 30 women aged between 25 to 65 years old went for their clinical breast examination. Apart from providing free CBE, PRIDE staff and



Khai showing one of the volunteers on how to do breast self-exam



Group Photo! After a long day at service



PRIDE Staff helping out the homeless at the food and clothes section



Pink Awareness Roadshow Campaign (April-May)



From left: Rajen, (Director of LPPKN Negeri Sembilan) Dr Naveen, Aeron and Azuwa

PRIDE Foundation collaborated with Lembaga Penduduk Dan Pembangunan Keluarga Negara (LPPKN) and Kementerian Pembangunan Wanita, Keluarga dan Masyarakat, (KPWKM) to organise Pink Awareness Roadshow Campaign 2016. Held at four different locations, namely LPPKN Seremban 2 on the 6th of April, INTI International University on the 20th of April, University Pendidikan Indris on the 8th of May and the final series of Pink Awareness Roadshow Campaign at Kampar Chinese Association Hall on the 15th of May 2016.

The Pink Awareness Roadshow Campaign was initiated to raise public awareness towards breast cancer, to educate women aged between 18 to 60 years old on the importance of early detection and to seek early treatment after diagnosis. Both men and women were given the opportunity to go for free clinical breast examination during the campaign. Complimentary health checks such as Body Mass Index, Blood Pressure, Glucose, and Cholesterol screening were also made available.



Rozila, a breast cancer survivor prepping herself for the sharing session



Participants queuing up for their health screening



Event Sponsors: Pantai Hospital Kuala Lumpur, KAO, Laurier, Palmer's, Eubos, Circarol, Mondelez, University of Malaya, Sports Medicine Clinic, SaffronCottage, DECON.



Throughout the campaign, PRIDE brought together various speakers, Dr Patricia Gomez (Pantai Hospital, KL), Dr Naveen Nair (Tuanku Jaafar Hospital, Negeri Sembilan), Dr Mohd Nahar Azmi (University Malaya Medical Centre) and Dr Rema Thevendram (Pantai Hospital,KL). The experts gave in depth knowledge on early detection, early treatment, importance of screening, and also to maintain a healthy lifestyle .

Dieticians Norashikin Mustafa and Nurul Rafatin Rafiee spoke about how adopting a healthy lifestyle offers more than just weight loss, it can also promote overall health and reduce risk of chronic diseases, such as diabetes, heart disease, stroke and even some types of cancer. They also explained how crucial it is to invest in a high-quality life, and eating right and staying active can make that happen.



From Left: Razina (Project Manager), Aeron (Former PRIDE, CEO)



Dr Patricia spoke about early detection to participants in Seremban 2 and University Pendidikan Idris



Dr Nahar Azmi taught participants how a daily dance workout can make a huge lifestyle difference



Azuwa presenting a token of appreciation to Dato' Latipah Sihibi (District Officer of Kampar)



Students registering at INTI International University



Dr Guna, the Head of Health Science UPSI getting his glucose checked



PRIDE merchandise items on display at INTI International University



Let's Talk About ... Healthy Living

PRIDE Foundation organised "Let's Talk About ... Healthy Living" on the 28th of May 2016, (Saturday) at Espressolab, KPMG Tower, First Avenue, Bandar Utama, from 9.30am to 4.00pm to a crowd of 60 pax. The purpose of the event was to encourage healthy living amongst breast cancer survivors, patients, and the public. It was also organised to prove that after a long, arduous road, there is life after breast cancer.

Reiko Soo, the founder of Dreams Dance Studio taught participants on how to partake in one-of-a-kind workouts and learn flyoga during the first half of the programme. A renowned yoga expert, Reiko showed participants on how to release their inner child, as they learn how to flip, swing, twirl and spin around. Flyoga can make you feel taller, lighter, strengthen your core, alignment, flexibility, and decompresses your spine releasing all toxins, aches and pains that builds up daily.

After a short lunch break, the founder of Eat Clean KL, Khairena Kamil conducted a talk on healthy noshing. Khairena's expertise lies in putting together lots of different coloured ingredients to bring different nutrients to the plate. The food pundit also gave tips on the benefits of organic diet, best local markets to shop at, how to avoid processed food, and the perks of opting for healthier cooking methods such as baking, steaming and shallow



Opening note by, Nasirah Aris
(PRIDE, Advisor)



Dangling on pink!



PRIDE volunteer Anisah managed to balance pretty well on the hammock.



Participants are up in the air!



Project Manager Azuwa with Espresso Lab staff, our venue sponsor.



The enthusiastic crowd

Event Sponsors:

Espresso Lab, Dreams Dance Studio,
Eat Clean KL, Isagenix, Masklim,
7-Eleven.



Group shot at the end of flyoga!



Khairana explaining how to eat healthy and clean

Participants were taught on how to create a wholesome home-cooked food using fresh organic produce, olive oil, minimum salt, less sugar, no saturated fat and no icky oils or MSG. While cancer can leave survivors feeling helpless, the good news is, there are measures which can be taken to prevent the disease.

Additionally, physical activity is very important for everyone at every age, and the key is to find activities that are both sustainable and enjoyable. For some, this may mean a light yoga class, while for others it may mean training for a marathon. Bottom line: Everyone needs to find manageable ways to move more.

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to lower your risk of getting breast cancer. Many studies conducted over the past 20 years have shown consistently that an increase in physical activity is linked to a lower breast cancer risk. The difference in risk between the most active and the least active women is typically around 25%.



Even babies can eat healthy vegetarian puree



Everyone can be on the hammock, it only takes guts!



Group shot of Breast Cancer Support Society Segamat team with Khairana after the programme!



Survivors learning how to stretch on a hammock

Participants learning how to do mat yoga





In conjunction with Hari Raya Aidilfitri 2016, PRIDE is hosting an in-house potluck party and would like to invite everyone to join in the fun. Call us!



COOK & SHARE WITH PRIDE

HARI RAYA POTLUCK 2016

BRING YOUR FAVOURITE DISH TO SHARE!

EVENT DETAILS

Date : Tuesday, 26th July 2016
Time : 11.00am – 4.00pm
Venue : PRIDE Foundation Office
No. 23, Lorong Tanjung 5/4D,
Off Jalan Gasing,
46000 Petaling Jaya

Waze : "PRIDE Foundation Malaysia"

Book Your Space Now

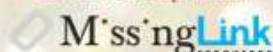
Call Nora or Khai at
03 - 7960 0366

Or WhatsApp us at
011 - 2107 9640

Or email us at
pride.progdev@gmail.com

Kindly let us know the dish you are sharing, so we can ensure a variety of food is available.

In Partnership With:



How I Survived Breast Cancer : Yasogee Pechumuthu



I am a mother, a teacher, and I will confess that I was not breast aware prior to the discovery of my third stage breast cancer. When I was first diagnosed, the initial emotion which gripped me was the fear of my death, and how the hour of my departure could be arriving in any seconds, but I had unfinished business, raising my then young children.

I had a near death experience during my last chemotherapy, I was very critical, placed under quarantine at the hospital, and was surviving for three long weeks on intravenous drip (90 bottles). I also had burn-like mouth sores, my body was weak and in the back of my mind I felt the chances of living through for another day was slim, so I prepared myself mentally to lose the battle. The very thought of leaving behind my kids when they needed me the most made me fight hard to stay alive.

Come September, will be my 10th anniversary of survival. These past 10 years, I've lived my life to the fullest, watched my children grow up and woke up each day feeling like it's a gift. Having cancer has changed me, on one hand, it made me to be aware of my vulnerability and consider my own mortality. On the other, it also gave me the gift of appreciating health and life. I will never be the same person as I was before cancer came into my life, but I am adjusting well with reality. Even though many breast cancer survivors live with some fear of recurrence, of having the other shoe drop, I want to live my life with a renewed appreciation for each new day, good and bad, that I will live in the present.

Do you have your own story to inspire, motivate or comfort others?

Send your breast cancer stories to
nithya@pride.org.my



WHAT BREAST CANCER CAN LOOK LIKE



Source: Corrine Ellsworth Beaumont uses the fruit as a visual stand-in for breasts as part of her Worldwide Breast Cancer educational effort. Corrine is the Founder of Worldwide Breast Cancer



5 common nutrition misconceptions explained by dietitian, Ellie Krieger.



Cereal



Greek Yogurt

Hoping to start the year off with a healthier lifestyle? Krieger, a healthful eating columnist for The Washington Post's Local Living section, clears up some common misconceptions around nutrition and popular foods. The registered dietitian, nutritionist and author also shares her nutrition knowledge. Her most recent cookbook is "You Have It Made: Delicious, Healthy, Do-Ahead Meals," (Houghton Mifflin Harcourt).

Misconception: There isn't any nutritional value to cereal. Cold cereals can be the foundation of a good breakfast if you choose well and balance them out. It is easy to fall for healthy-looking packaging and buzzwords that imply healthfulness when all you are getting are hyper-processed sugar puffs. Your best bet is to stick with simpler cereals, such as shredded wheat, oat cereal or flakes that are whole grain and unsweetened. It's okay if cereal has real dried fruit and/or nuts in it, but avoid bells and whistles such as clusters, which are often overly sweet. Add your own fresh or dried fruit and/or nuts to the cereal. If you have it with milk, you'll be getting protein and lots of nutrition there, too.

Misconception: Greek yogurt is always better than regular yogurt. Greek yogurt has a lot going for it, but it is not necessarily better than regular yogurt; they have different assets. Greek yogurt is made by straining regular yogurt to remove the whey. The result is a thicker, creamier product that has less tartness and more protein than regular yogurt. But with the whey also goes a lot of the calcium, so regular yogurt has substantially more of the mineral than Greek yogurt does. The bottom line is that they are both good, so enjoy what you like best, or switch back and forth if, like me, you love both.

[Continue](#)



Mayo



Coconut Oil

Misconception: You should never put mayo on your sandwich. Mayonnaise is not that bad for you, but there are better alternatives that could hit the spot just as well. You could try a smear of ripe avocado. It adds a similar layer of moisture and unctuous flavour with a lot more nutrition. Or get mayo that uses a healthier oil, such as olive oil, as a base.

Misconception: Coconut oil is a healthy alternative to olive oil. A new meta-analysis (a study that evaluates and makes conclusions based on a body of available studies) that was published in Nutrition Reviews concluded that coconut oil, which is mostly saturated fat, raises total cholesterol and LDL (but not as much as butter does) and that unsaturated oils are better for your heart health. So have a little coconut oil here and there, but stick to heart-protective olive oil as your go-to.

Misconception: You should cut all sugar from your diet. It is a mistake to avoid whole fruit and healthy dairy such as milk and yogurt because of the sugars they inherently contain. These sugars are naturally “packaged” with fibre, water and an incredible wealth of protective nutrients. The evidence on the negative impact of sugar pertains to added sugars: sugar put in food to make it sweet.

Ellie Krieger writes a healthful-eating column for Local Living and a weekly Nourish recipe for Food. She is a registered dietitian, nutritionist and author and hosts public television's “Ellie's Real Good Food.” Her most recent cookbook is “You Have It Made: Delicious, Healthy, Do Ahead Meals.” Ellie's article was published by Washington Post in April 2016.



6 Breast Cancer Myths You Should Stop Believing This Instant. Don't fall for these commonly held assumptions.



Breast cancer is a major global health problem and the leading cause of death among women of all ethnic backgrounds. Pick 19 women at random and chances are that one of these women will develop breast cancer at some point in their lifetime. That is how common the disease is in Malaysia and how randomly it strikes. Around 5,000 Malaysian women are diagnosed with breast cancer every year, most of them are aged between 30 and 60 years, where nearly half of those affected are under 50-years of age. But there's a lot of info out there that's just not true. Breast Cancer Research Foundation (BCRF) is shedding light on common breast cancer myths so that you can make informed decisions about your health.

Source: National Cancer Registry of Malaysia 2005-2007.

1. **Myth: Breast Cancer Only Happens to Women**

Truth: Men can get breast cancer, although it is about 100 times less common among them than among women. For men, the lifetime risk of getting breast cancer is about one in 1,000. Diagnoses usually come at a later stage for men, leading to significantly increased mortality rates.

2. **Myth: Breast Cancer Only Happens to Older People**

Truth: When it comes to age, breast cancer does not discriminate. Approximately 12,880 women in the U.S. under 40 will be diagnosed with breast cancer in 2016, according to the American Cancer Society.

3. **Myth: Everyone's Breast Cancer Is the Same**

Truth: Breast cancer is not the same for everyone, as per research supported by BCRF. Scientists are now learning that the major subtypes—Luminal A, Luminal B, HER2-positive, and Triple Negative—can be further classified into sub-categories with distinct patterns of progression and response to therapies, opening the door to more individualized treatment plans.

Continue



4. **Myth: Breast Cancer Is Always in the Form of a Lump**

Truth: There are many other signs that may point to a breast cancer diagnosis, including swelling of the breast, skin irritation, nipple inversion (turning inwards), redness, scaliness, or discharge other than breast milk.

5. **Myth: Wire Bras or Deodorant Can Increase Your Risk of Breast Cancer**

Truth: No, you don't have to go braless or walk around sweating. This is a very old myth that has been debunked by research. A 2014 study published in the journal *Cancer Epidemiology Biomarkers Prevention*, for example, found that bra-wearing habits, such as underwire or average hours worn, were not associated with an increased risk of breast cancer in post menopausal women. And according to the National Cancer Institute (America), there is no conclusive evidence linking the use of underarm antiperspirant and deodorant with breast cancer.

5. **Myth: You Don't Need Regular Mammograms if You Lead a Healthy Lifestyle**

Truth: While exercise and diet can reduce your risk for breast cancer, scientists do not yet fully understand what causes breast cancer or the impact of other environmental factors. It is important to have regular and routine screenings as an integral part of living a healthy lifestyle. Speak to your doctor on when you should consider having annual mammograms, as the age you start getting them might vary depending on your family history.

BCRF, the only A+ rated breast cancer organisation in the U.S. by Charity Watch, is committed to advancing the world's most promising research to eradicate breast cancer. Founded by Evelyn H. Lauder in 1993, BCRF funded investigators have been deeply involved in every major breakthrough in prevention, diagnosis, treatment, and survivorship. This article was written by BCRF (October 12, 2015) for Women's Health Magazine (USA).



What Does Stress Have to Do With Breast Cancer?

Constant tension can up your risk.

Check out 3 ways to get it under control

Sources: Anil Sood, M.D., MD Anderson Cancer Center; Sarah Gehlert, Ph.D., Washington University in St. Louis; Suzanne Conzen, M.D., University of Chicago School of Medicine

Being permanently frazzled can steer you toward risk-boosting behaviours' such as smoking, drinking, or overeating. But research suggests long-term stress might open an even bigger door to breast cancer by increasing blood flow to tumours, triggering hormones that encourage tumour growth, and sending your body into a state of constant inflammation. Need yet one more reason to chill? Chronic stress may increase the growth and spread of one of the most deadly forms of breast cancer— "triple negative"—for which there is no proven treatment. Work a few of these tension tamers into your weekly routine:



Bust a move.

In a study, people who took 90-minutes dance lessons reported lower overall stress levels. Sign up for a class or boogie in your own way on your own time.



Soak up some scent.

Sniffing bergamot, an essential citrus oil, can lower your blood pressure and heart rate, according to researchers. Add six to 10 drops to your bath. Don't like the smell of bergamot? Try lavender, sage, or rose.



Be a social butterfly.

Not only can brunches with your gal pals lower your blood pressure and reduce depression, but also hanging with friends cuts the stress levels of everyone in the group. (Plus, animal studies suggest that socially isolated mice develop a more aggressive type of breast cancer, likely from higher levels of stress hormones.)

Jackfruit Briyani (by Chef Mohana Gill)



Ingredients:

- 1tsp cumin seeds
- 1tsp ginger-garlic paste
- 1/4 cup onions, grated
- 1/2 kg jackfruit, peeled sliced, steamed or deep fried (I prefer it steamed as it is more healthy)
- 1tsp coriander powder
- 1/2 tsp garam masala powder
- 1/2 tsp tumeric powder
- salt to taste
- 1/2 tsp chilli powder or to taste
- 2 green or red chillies, chopped fine
- lemon juice to taste
- 1/2 cup fresh coriander, chopped
- 1 cup rice, cooked to almost done
- 2tbs ghee (clarified butter)

Method:

1. Heat the ghee and sauté the cumin seeds, onions and garlic and ginger paste till brown add the jackfruit and fry over low heat till done.
2. Add the coriander powder, garam masala, turmeric, salt, chilli powder and green chillies and cook, covered for about 5 minutes remove half the vegetables and layer with half the rice, cover the rest of the vegetable mixture and the rice again.
3. Cook over low heat, covered for 10 more minutes or put into a pre heated oven for 10-15 minutes and serve garnished with the coriander.



Chef Mohana Gill is a five-time winner of the Gourmand World Cookbook Award. You can find more yummylicious recipes from her book Fruitastic, available at PRIDE at a discounted price of RM 60.00.



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 PRIDE Foundation, we are committed to helping as many people as possible through those financial struggles with our PRIDE Patient Fund (PPF).

PPF provides financial aid to deserving breast cancer patients with a monthly household income of RM3,000 and below.

Help Us Spread The Word.

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Please contact us at: email | info@pride.org.my

Application form can be downloaded at: <http://bit.ly/PRIDEPatientFund>

* Terms and condition apply

