



PRIDE HUGS

BULLETIN



Cook & Share With pride 2016

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LET'S TALK ABOUT BREAST CANCER



FIT WITH PRIDE



I WILL SURVIVE



LET'S TALK ABOUT HEALTHY LIVING

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 3rd Issue !

When I was growing up, I enjoyed going around my grandfather's hometown in Kapar during Hari Raya Aidilfitri. I used to visit neighbours who kept their front doors open for anyone to join them in the festivities and enjoy a vast array of lip smacking delights. Then, things changed.

Over the years, come Hari Raya, quiet descends the neighbourhood and Hari Raya was always hushed. In this issue's cover story, let's explore how PRIDE brought back the Syawal spirit of giving and sharing through Cook & Share With PRIDE 2016.

In a few pages or so, you are going to be reading how Rene'e Aziz found her passion towards unforgiving terrains fifteen years ago. You will also be given the low down on how women embrace life after hair loss, and, if you are thinking of getting your loved ones' gifts, checkout PRIDE Pink October Gifts section for more ideas! Also, don't miss the news section featuring Let's Talk About ... Breast Cancer, Fit With PRIDE, Mini Physio and Virtual Charity Ride- Cycle With PRIDE.

Don't forget to check out our next issue for this year, as we will be diving right into Breast Cancer Awareness Month stories and events. Also in this issue: Upcoming events, Sneaky signs of breast cancer and Myths about breast cancer.

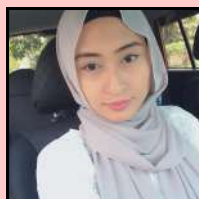
Loads of love,
Nithya Muniandi

Announcement

We are pleased to announce that recently we had some great new colleagues joining us at PRIDE! Welcome aboard! Let us briefly introduce them to you :



Muhamad Zorif
Organisation Support Executive



Siti Sharina
Procurement & Fundraising Executive

**MESSAGE by
PRIDE CHAIRMAN**

DATO' AZRENE ABDULLAH



Photographed by: Rahman Sharif (Mangotouch)

It's that time of the year again when you will see pink explosion everywhere, and that can only mean one thing: Pink October is upon us, and everyone is preparing for Breast Cancer Awareness Month. The colour pink can be associated with nurturing words like feminine and compassionate, but when it comes to breast cancer, it is akin to remind us that the most common cancer can affect any women in Malaysia.

Every year, the month of October is dedicated to evoke solidarity for those affected by breast cancer, to increase awareness of the disease, and to remind women and men (yes, men get breast cancer, too) to schedule a life-saving mammogram or an ultrasound.

While many of us are aware of breast cancer, the tendency to procrastinate in detecting the disease in its early stages are high. I know, most of us are busy people, struggling to juggle work and family life, but that cannot be used as a legit excuse to neglect health. Hence, I urge everyone to commit to their monthly Breast Self-Exams, and yearly screenings. To the men, please check yourselves too, and encourage the women in your life, your wife, mom, girlfriends, sisters, cousins, to go and get tested. It could be the test that can actually save their lives.

October is Breast Cancer Awareness Month, so speak to your family and friends, urge them to find out about their family history with breast cancer, let them know that knowledge is a key instrument to early diagnosis. Apart from that, a big thank you to all breast cancer survivors who have raised awareness through their experience, it takes tremendous courage to tell your stories, stories that save people's lives.

I hope this issue will prove helpful in the journeys ahead for all our readers. Keep yourself healthy and happy reading!

Warmest Regards,
Dato' Azrene Abdullah



Cook & Share With PRIDE

PRIDE hosted Cook and Share With PRIDE, a potluck party in conjunction with Hari Raya on the 26th of July. The festive potluck party which began at 11.00 am and ended at 4pm was a success as more than 100 people from all walks of life attended.



Happy faces enjoying delicious meal together

The spirit of Cook and Share With PRIDE was to inspire attendees to cook or bake their favourite food and to share it with everyone. It also served as an excellent platform for breast cancer survivors, caregivers, family, friends of PRIDE, and PRIDE Patient Fund recipients to connect with other survivors, get peer-to-peer support, and share their emotional journey to recovery.



Joyous session to meet friends during Raya festive season



Pretty survivors from Breast Cancer Support Society Segamat (BCSSS) clad in their traditional attire.



So many delicious food choices!



Group shot with the CEO is a must

CONTINUE



PRIDE's guest from Enra posing at the photo booth



Smile and Click!



Forget about dieting when you are around irresistible food



Group shot while cleaning up at the pantry

Clad in their best traditional outfits, visitors brought an array of local cuisine namely *nasi impit* with *kuah kacang*, *ayam masak merah*, *satay*, *tosai*, *dalca*, and mouth-watering *briyani*. It was an afternoon of entertainment as everyone had a great time mingling, enjoying top quality dishes, and met many wonderful people whom they have not seen for some time.



Catching up time with friends. From left: Noraini Maskam (PRIDE Trustee with breast cancer survivors Suguna and Thulasi.

This is the second year of Cook and Share with PRIDE celebration, and PRIDE aimed to nurture the spirit of giving and sharing in the holy month of *Syawal*.

Azuwa Abdullah, the Chief Executive Officer of PRIDE Foundation was happy to play host and receive guests who brought delectable potluck nosh. Guests cherished the positive moments they had and were greatly impacted by good food, laughter, and great company.



A big thank you to PRIDE Angels and sponsors



LET'S TALK ABOUT ... BREAST CANCER

In our efforts to create, enhance and provide 1st level detection for breast cancer, PRIDE embarked on "Let's Talk About Breast Cancer" corporate talks. These talks were conducted recently at GD Express, Yayasan Chow Kit, Pusat Aktiviti Warga Emas (PAWE) Tanjung Malim, Hume Cement and Women's Aid Organisation (WAO) from 27th of July to 10th September 2016.

The programme which was scheduled for two and a half hours was carried out to suit staff, management and public who do not have time to attend a whole day event.



Dr Ahmad Safie Shafie from KPJ Tawakal explaining to participants about breast cancer risks



Yasogee sharing her emotional journey to recovery



Participants listening eagerly during the talk



Dr Sarenjit Kaur from KPJ Wellness and Lifestyle explaining about the importance of breast self-examination



Felicia encourages women to rise to recovery after being diagnosed

CONTINUE



A demo on how to conduct breast self-examination

PRIDE's main objective in conducting the talks was to create and enhance breast cancer awareness amongst the public, to emphasize the importance of breast self-examination, to highlight that this disease also effects men and the statistics are raising and lastly to promote PRIDE Patient Fund.

Among the health specialist who took part in the programme are Dr Wan Hilya from LPPKN, Dr Ahmad Safie Shafie from KPJ Tawakal and Dr Sarenjit Kaur from KPJ Wellness and Lifestyle.

Sharing session with breast cancer survivors took place with the presence of Zainah Ibrahim, Yasogee Pechumuthu, and Felicia Yap. The talk was well-received by the audience who were enriched with sufficient breast cancer awareness information and on how to conduct breast self-examination.



Dr Wan Hilya from LPPKN taking questions from the audience



A sign of support and love for breast cancer survivors



Participants glued to their seats during the talk



Razlan giving an intro on PRIDE Foundation



FIT WITH PRIDE

The first session of Fit With PRIDE had a good start on the 18th August 2016 with 31 participants taking part. Among the participants were Chairperson, Dato' Azrene Abdullah and also CEO Azuwa Abdullah. There were six members from UCSI who joined the activity along with the rest of the survivors and caregivers. The programme begun with a martial art display synchronised to the music. This was to create excitement to participants and to mark the beginning of Fit With PRIDE. Dato' Azrene shared some words with the participants, many came anxious to meet her. The training then moved on to a warm up session by Mr Tamilarasan.



Dato' Azrene posing for the cameras with breast cancer survivors



Warming up session with the instructor , Mr Tamil



Physical training before learning body combat techniques



One for the memory lane with Dato' Azrene

CONTINUE



We invited Mr Dhinesh from Fit Lab to assist us with some moves on Physical Training.

After a short break the group rejoined to learn some basic Zumba moves, a series of body combat, jogging, and simple workout techniques.

Fit With PRIDE is opened to everyone as participation is free, and is held at PRIDE Office on **every Thursday at 5pm** for an hour.

For more information, call us at, +603-7960 0366 .



Eager smile for a quick jog



The art of body combat



Jogging along Jalan Gasing



Another group photo to end the day



MINI PYHSIO

Rehabilitation is essential in patient recovery from injuries or surgeries. As an added service to breast cancer survivors PRIDE organised a Mini Physio Consultation on 11th of August 2016, a joint effort with INTI International University Nilai, Faculty of Physiotherapy. PRIDE's main focus was to provide individualised consultation for participants who have problems which cause pains and aches, to teach specific exercises and techniques to manage pain and optimise recovery.



A big thank you to Madam Kala and her team from Faculty of Physiotherapy, INTI International University, Nilai



Suguna participating in one of the many series of health checks

A total of 17 participants attended the programme. They pre-registered for the programme to avoid from waiting too long for their turn. The session was from 11.00am to 4.00pm. The participants went through a series of fitness evaluation and while waiting for their turn they took time to connect and discuss about pain management. The programme was beneficial for breast cancer survivors especially Suguna and Felicia who are suffering from Lymphedema.

CYCLE WITH PRIDE

Cycle with PRIDE 2016 is a virtual charity ride campaign organized by Sports Events House Sdn Bhd (SEH). Participants are required to complete a non-cumulative 25km ride in order to qualify for an exclusive finisher medal. The campaign kicked off early August and lasted for a month. In addition to creating awareness on breast cancer to the society, for every RM40 participation fee collected, SEH donated RM10 to be channelled to PRIDE to help empower breast cancer survivors. A total of RM920 was collected through this campaign.



Exclusive Cycle With PRIDE medal!

PRIDE Exhibition Booth (Putrajaya)



Participants listening to a brief intro about PRIDE

To create awareness on Breast Self - Examination and PRIDE Patient Fund, PRIDE opened an exhibition booth at Jabatan Pendaftaran Negara on 26th of August at 10.00am. The target group was the general public and JPN staff. JPN extends invitation to exhibitors to set up a booth at their lobby area. Once the booth was set up, PRIDE staff Nora and Patrick approached various people from the vicinity and spoke about the importance of being breast aware. At the end of the day, PRIDE received excellent merchandise sales respond, which means additional proceeds can be added on to PRIDE Patient Fund to help more survivors and patients.



Nora with a satisfied customer!



1

Let's Talk About... Healthy Living

Date : 15th October 2016 (Saturday)
Time : 9:00am - 5:00pm
Venue : Swiss Garden Hotel & Residences KL
117, Jalan Pudu,
55100 Kuala Lumpur.

Programme:

- 9:00 am Arrival Of Guests
- 9:30 am Welcome Note
- 9:45 am Cooking Healthy, Eating Healthy With Dr Ezani Farhana Sidi Memon
- 10:00 am MasterChef Malaysia Season One Winner
- 10:15 am Group Photography Session 1
- 11:30 am Lunch
- 12:00 pm Panel Conference
- 2:00 pm Powder Up With Confidence With Omorose Cosmetics
- 3:00 pm - Mr Terry Liao (Founder)
- 4:30 pm Tea Break
- 5:00 pm Group Photo Session 2 - End

Fees: RM60/person
Grab two spots for RM100!

Book your space now!
Call Ms. Nora at 03-7960 8946 or WhatsApp us at 011-2197 9640.
Please get in touch with us if you would like to sponsor a participant.

FREE COOKING CLASS
COOKING CLASS
COOKING CLASS

Main Sponsor: Omorose

Event Sponsors: PRIDE Foundation Malaysia, MasterChef Malaysia, Terry Liao, Omorose Cosmetics, PRIDE Foundation Malaysia, Omorose Cosmetics, PRIDE Foundation Malaysia, Omorose Cosmetics.

What: Let's Talk About Healthy Living 2
When: October 15th, 2016 (9am-5pm)
Where: Swiss Garden Hotel & Residence KL
Why: Learn about how to cook healthy with Masterchef winner Dr Ezani and get makeover tips from Terry Liao, (Founder of Omorose Cosmetics)
How: Book your space at RM60 per person or RM 100 for two! Call Nora at: 603-79600366 or visit

: PrideFoundationMalaysia

2

Royal Malaysian Polo Association
presents
Malaysian Ladies Polo Championships

Pink Polo
Kuala Lumpur

The Royal Selangor Polo Club
invites you to celebrate with us.

Pink Polo Kuala Lumpur held in conjunction with Breast Cancer Awareness month in support of PRIDE Foundation

What: Pink Polo KL With PRIDE
When: 28th Sept- 2nd October 2016
Where: Royal Selangor Polo Club Ampang Hilir
Why: Participants and members are donating for PRIDE's causes
How: <http://rmpa.org.my/news/2016-festival-of-polo/>

3

UTM Run With PRIDE

8th OCTOBER '16 (SATURDAY)
7.30PM STADIUM UTM

A PART OF YOUR RACE FEES WILL BE DONATED TO PRIDE FOUNDATION
JOIN US OR CONTRIBUTE BY DONATING

CATEGORIES

- A - Men's Open
- B - Women's Open
- C - Men's Senior
- D - Women's Senior
- E - Men's Veteran
- F - Women's Veteran
- G - Men's Junior
- H - Women's Junior
- I - Fun Run

RACE FEES

- Open - rm50
- Early Bird - rm45 (close on 1st Sept)
- Senior - rm35
- Veteran - rm35
- Junior - rm35
- Fun Run - rm15
- Group (min 3 person per group)
- Senior/Junior - rm165
- Open - rm215

CLOSING DATE: 15th SEPT 2016 (Thursday)

DONATION CAN BE MADE VIA ACCOUNT NUMBER:
7048196273 (CIMB BANK)
NURLYANA ATHIRAH BINTI AHMAD YUSNI

For more info, visit us at :
 UTM Run With Pride 2016
 @runwithpride2016
 @utmrwp2016

For registrations & inquiries :
 nura@pride2016@yahoo.com
 Aina 019 819 0377
 Nabiah 019 751 1056
 Nora 017 875 7900

From the organizer of: UTM

Jointly organized by: PRIDE Foundation Malaysia, UTM Sports

What: UTM Run With PRIDE
When: 8th October 2016 (7.30pm)
Where: Stadium UTM, Skudai Johor
Why: A part of your fees will be donated to PRIDE!
How: For registration & inquiries contact Aina at: +6019-8190377 or visit www.justrunlah.com

CONTINUE



4



What: Kanebo (B.C.A.L)
 When: 1st Oct- 30th November 2016
 Why: To communicate the importance of early detection of breast cancer
 How: For more information, call PRIDE office at: 603-79600366

5



What: A Majestic Pink Afternoon
 When: 1st - 30th October 2016
 Where: Hotel Majestic KL
 Why: With every Majestic Bear sold in the month of October, proceeds to benefit PRIDE
 How: For further information, call Majestic Hotel helpline at: 603- 27858000 or visit  themajestichotelkl

6



What: Support Breast Cancer Awareness
 When: 1st - 30th October 2016
 Where: <http://www.lifecellmalaysia.com/>
 Why: With every skincare product from LifeCell or MEWB sold in the month of October, RM10 will be channelled to PRIDE

CONTINUE



October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			28 (Sept) Pink Polo KL with PRIDE@3-6pm Exhibition Booth Kuala Lumpur	29 (Sept) Light The Life UCSI University 2pm-4pm Corp.Talk/CBE	30 (Sept) Majestic Pink Af- ternoon Tea Affair with PRIDE 2pm-5pm	1 Start of the Programs: 1.MEWB Skincare 2.Majestic Pink 3.Kanebo
2 MEWB / Majestic / Kanebo Pink Polo KL with PRIDE@12pm-7pm Exhibition Booth /Fashion Show	3 MEWB / Majestic / Kanebo Maal Hijrah Public Holiday	4 MEWB / Majestic / Kanebo	5 MEWB / Majestic / Kanebo Pinktober UTM Sg.Buloh 10.00am-12.00pm Public Talk	6 MEWB / Majestic / Kanebo	7 MEWB / Majestic / Kanebo	8 MEWB / Majestic / Kanebo UTM RUN 8.00pm-11.00pm Johor Bahru
9 MEWB / Majestic / Kanebo UTM JB 9.00am-11.30am Corp.Talk	10 MEWB / Majestic / Kanebo	11 MEWB / Majestic / Kanebo	12 A Majestic Pink Afternoon Tea Affair with PRIDE 2.30pm-5.00pm	13 MEWB / Majestic / Kanebo	14 MEWB / Majestic / Kanebo IJM Corporation 8am-12pm Corp.Talk	15 MEWB / Majestic / Kanebo Lets Talk About... Swiss Garden Hotel 9am-5pm Empowerment Program
16 MEWB / Majestic / Kanebo	17 MEWB / Majestic / Kanebo	18 MEWB / Majestic / Kanebo Olympia College 9.00am-11.30am Corp. Talk	19 MEWB / Majestic / Kanebo Pinktober INTI IU&C 10am-5pm Corp.Talk /CBE	20 MEWB / Majestic / Kanebo	21 MEWB / Majestic / Kanebo	22 MEWB / Majestic / Kanebo Prince Court 8.30pm-2.30pm Exhibition Booth
23 MEWB / Majestic / Kanebo	24 MEWB / Majestic / Kanebo	25 MEWB / Majestic / Kanebo	26 MEWB / Majestic / Kanebo	27 MEWB / Majestic / Kanebo	28 MEWB / Majestic / Kanebo	29 MEWB / Majestic / Kanebo Deepavali Public Holiday
30 MEWB / Majestic / Kanebo	31 End of the Programs: 1.MEWB Skincare 2.Majestic Pink 3.Kanebo					

I WILL SURVIVE– RENEE AZIZ



She has peaked Mount Kinabalu a handful of times and braved the unforgiving terrain of Mount Kilimanjaro in South Africa and Mount Aconcagua of Argentina, but Renee Aziz Ahmad may not have began her climbing ventures had she not been diagnosed, fifteen years ago, with breast cancer.

Rene'e Aziz Ahmad, 54 who is a Head of Maintenance and Development Division at PLUS bhd explained how there are many challenges in dealing with breast cancer including lack of emotional support, reliable information and, for many, insufficient financial resources.

Rene'e has always considered herself lucky after being diagnosed with stage two breast cancer in 2001. This, was due to the unwavering support of her family and friends. When she was undergoing chemotherapy, her younger sister sat with her through every session, and those sessions turned into a meaningful time filled with conversation and laughter.

"Emotionally, there are moments when I feel a deep sadness, remembering others who finally lost their battle with cancer." Occasionally, I have felt compelled to ask myself, 'Why did I make it through till now when there were others who deserved to live longer? '

But then, she reminded herself that life is a mystery and everyone has challenges to face and burdens to bear. And so, she strived to give her life meaning through her interactions and relationships with the people around her. She was also lucky in terms of finances, as she had the foresight to put certain medical insurance in place, has a good job that pays reasonably well which helps in additional medical benefits.

Rene'e stressed that reliable information are less easy to come by as there are a lot of misinformation out there and too many well-meaning relatives and other people who eagerly spread this misinformation around. She also urged newly diagnosed patients to basically listen to their doctors and not rely on alternative therapies or homeopathic remedies, because they cannot simply replace good medical advice.

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

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

10 Myths about Breast Cancer Survivorship

Credits: <http://www.hopkinsmedicine.org/>

Myths and “Old Wives Tales” are an inherent part of our culture. Sometimes it is hard to figure out what is fact and what is fiction. We often find ourselves pondering when we hear something outlandish or even something that sounds reasonably reasonable.

When it comes to breast cancer, there are many myths floating around, especially in this life after cancer where so many of us are trying our best to prevent this from coming back. But the Silver Lining is that cancer research is working hard to dispel these myths and it’s our job to spread the word! Here are ten common breast cancer myths :

10 MYTHS ABOUT BREAST CANCER SURVIVORSHIP

MYTH

My deodorant contributed to my getting breast cancer.

MYTH

I should eat an organic diet to reduce my chances of recurrence.

MYTH

Eating soy products after having hormone receptor positive breast cancer increases my chance of a recurrence.

MYTH

If I tested positive for the BRCA1 or BRCA2 gene mutation, I must have a bilateral mastectomy.

MYTH

Eventually, I will be able to stop my mammograms.

MYTH

I had breast cancer in the past so I should become pregnant.

MYTH

Since my menstrual periods have not begun again and I am taking tamoxifen, I cannot get pregnant.

MYTH

If I’ve had a mastectomy, I cannot have a breast cancer recurrence.

MYTH

Bone pain in my hips and knees must mean that my breast cancer has spread.

MYTH

I should avoid weightlifting activities if I have lymphedema.



CROWNING GLORY

This article has appeared via Vogue. Com on May 25th, 2015. Article was written by Suleika Jaquad, photographed by Cass Bird.

Five Women Embrace the Radically Stylish Possibilities of Life After Hair Loss

It's something that all women have wrestled with at one point: hair. How to pin it, twist it, plait it, or blow-dry it within an inch of its life. As malleable as fabric, as personal and provocative as any statement dress, it's the thread that connects us to identity. So what happens when you lose it? For the five smart, spirited, and deeply stylish women in this article, hair loss arrived as the result of an unexpected health diagnosis. As their worlds began to change, they started experimenting—taking creative control of their lives and their looks in the form of a shape-shifting wig, a transformative headscarf, a sweeping new hat, or a date with the electric razor.



MIA SIDAROS

When Mia Sidaros, a seventeen-year old fashion blogger living with a rare form of bone cancer called Ewing's Sarcoma, visited the Vogue photo studios last month, she was a style-obsessed teenager who counted a platinum crop and a Mohawk amongst her hair adventures. "This was a dream come true for Mia," says her mother, Danielle, of her day spent on set. "She loved fashion more than anything." Shortly after returning home to California, Mia passed away, surrounded by her family.



MAGGIE KUDIRKA

Maggie Kudirka, a ballerina with the Joffrey Ballet Concert Group, found the perseverance and strength she needed to make it as a dancer. That same drive gave her determination when she was diagnosed with stage IV breast cancer at age 23. "When I lost my hair, I bought hats, scarves and wigs but I never really wore them. This blonde wig is a new look for me—but once I had it on, I loved it."

CONTINUE

**VALISIA LEKAE**

Broadway actress and singer Valisia LeKae hails from two generations of hairdressers. "As an African-American woman who practically grew up in a salon, my hair was my crown and glory." After losing it while undergoing treatment for ovarian cancer in 2013, she made the decision to go bare to the Grammys. "I wanted that girl who was afraid to be her authentic self to say, 'If she can walk the red carpet with her bald head, then I can embrace who I am right now.'"

**KATE AMBROSI**

Kate Ambrosi, 27, was a lawyer celebrating a recent move to New York City and her first wedding anniversary when her life was interrupted by breast cancer last year. Her first wig after chemo was "long, blonde, and fabulous," but after months of not wanting to be seen without it, "I took it off. It was my coming-out party!" These days, as her hair begins to grow back, a wide-brimmed sun hat lends striking new proportions to a gamine pixie. "Mia Farrow and Twiggy are definite style icons of mine."

**SULEIKA JAOUAD**

Emmy Award-winning writer Suleika Jaouad had waist-length auburn hair when she was diagnosed with an aggressive form of leukemia at age 22. Three years of chemotherapy treatments and a life-saving bone marrow transplant later, she's finally in remission and experimenting with everything from hair tattoos to Beatles-inspired bobs. "Short hair is growing on me. I think I'll keep it."

10 Sneaky Signs of Breast Cancer

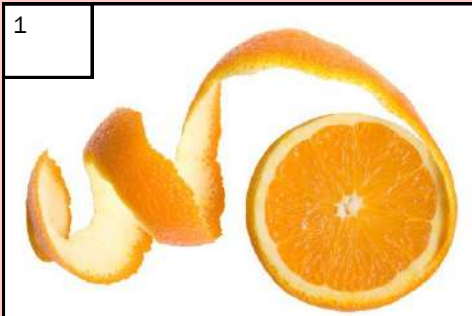
It's not just about checking for lumps.

(By Diane Maceachern , Women's Magazine, August 26th, 2016)

Breast cancer can sneak up on you before you have any sort of clue as to what's going on. In part, that's because most women are on the lookout for a lump in their breasts—and not for other common indicators. That's a mistake, because while a lump is the most recognized symptom of this dreaded disease, it's by no means the only one. Different kinds of cancer produce different symptoms, and many cancers produce no lumps at all.

Though breast cancer gone untreated can be deadly, when breast cancer is detected early, in what is called the "localised stage," the 5-year survival rate is high. Being aware of possible symptoms other than a lump in your breast could save your life.

1



Change in skin texture or enlargement of skin pores

Some describe cancerous breast skin taking on the texture of an orange peel .

2



A sore that does not heal

Though you apply ointment or antibiotics, does the sore persist?

3



A cough or hoarseness that doesn't go away

Did the cough come out of nowhere (so is unrelated to recovery from a cold or the flu) and is just hanging on? Changes in your bladder or bowels

4



Have your bowel movements gotten irregular?

Are you suffering from diarrhea or constipation for no apparent reason?

CONTINUE

5

**Loss of energy**

Are you feeling very weak or tired, no matter how much sleep you're getting?

6

**Weight changes**

Have you gained or lost a noticeable amount of weight for no reason?

7

**A lump in your armpit**

Have you discovered a lump in your armpit, rather than your breast? Breast tissue extends as far as the armpits; cancerous lumps won't necessarily be restricted to the breast.

ARE MY BREASTS UNEVEN?**Irregular size**

Has one breast gotten noticeably larger than the other?

9

**Persistent itching**

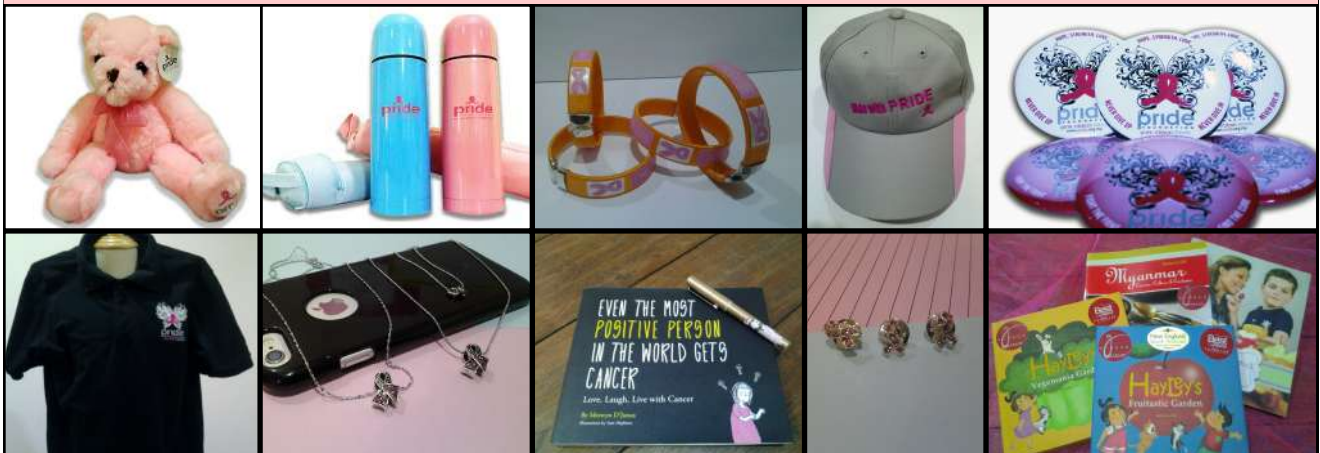
Itchiness that won't go away could point to fluid build-up, poor lymph function, or your body trying to create new blood vessels for breast tumors.

10

**Upper back pain**

Are you suffering from back pain that doesn't ease up with stretching, chiropractic treatment, or rest? Breast cancer can cause back pain when tumors grow and push on nerves and ligaments, or when the cancer metastasizes, becoming bone

Pink October Gifts

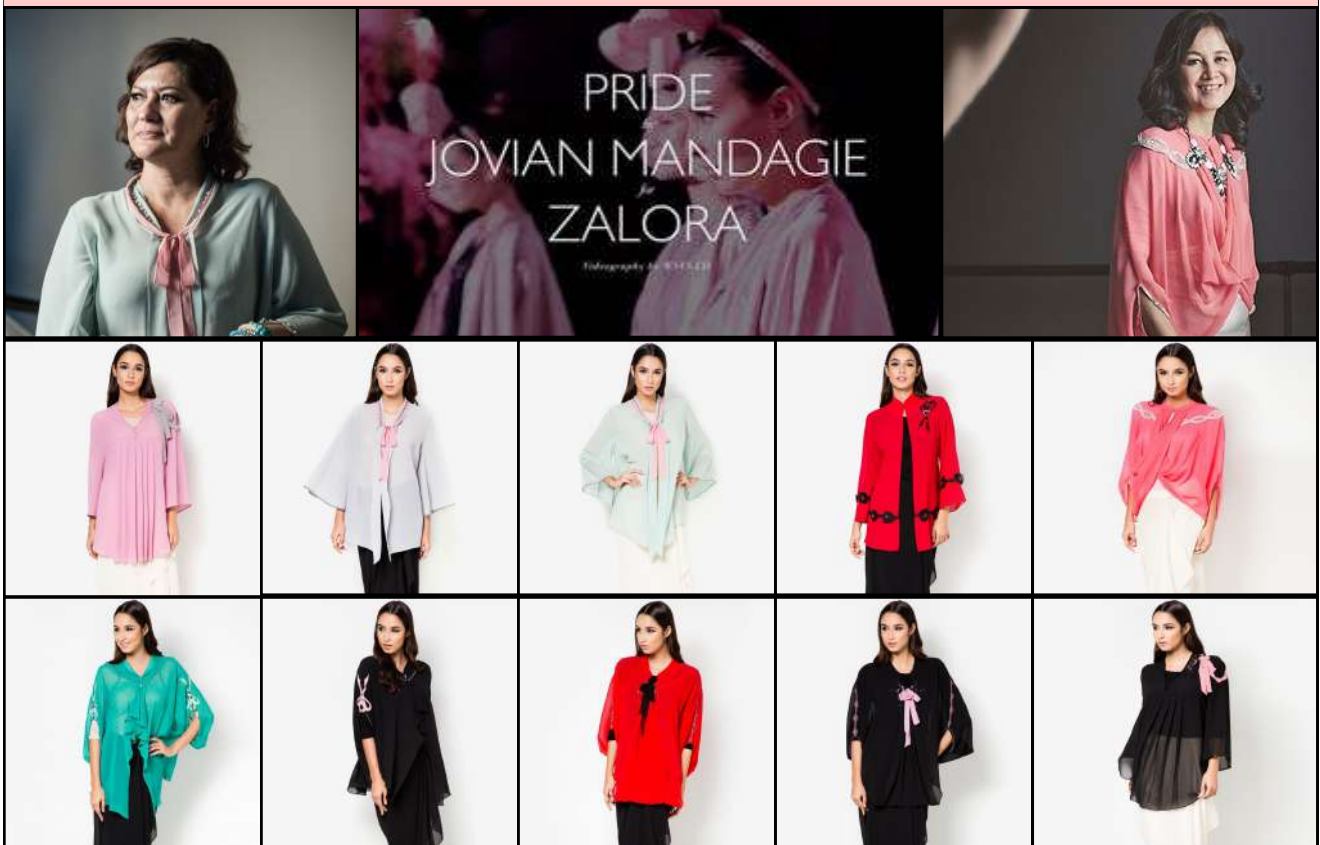


Photographed by : Razlan Patrick

Thinking of getting your loved ones Pink October gifts in honour of
Breast Cancer Awareness Month?

We've got plenty of options for you to pink on !

Call us for more information at : +603-7960 0366





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 RM5,000 and below.

Help Us Spread The Word.

PRIDE Foundation (734972-V)
23, Lorong Tanjung 5/4D
Off Jalan Gasing
46000 Petaling Jaya
Selangor Darul Ehsan
MALAYSIA
T +603 7960 0366
F +603 7960 1366



Need more information?

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

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

* Terms and condition apply



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