



PRIDE HUGS

BULLETIN



PRIDE PICNIC CARNIVAL 2017

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COOK WITH PRIDE 2017



PRIDE PATIENT FUND



FIT WITH PRIDE



FEARLESS JOURNEY

EDITOR'S NOTE

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CEO / Editor
03—79600366

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

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

Welcome to our 5th issue !

Hello everyone, we are happy to present our first quarterly newsletter of 2017, PRIDE Hugs.

I hope you will read through the events we have had the past months to raise breast cancer awareness and Pride Patient Funds to support those who need help during their breast cancer treatments.

One part of that was when we hosted our very first New event - PRIDE Picnic Carnival 2017. It was a success with a good turnout and we hope to boost morale with fun event participations.

Check out the pictures in this issue.

As we celebrate Women's Day this month of March, PRIDE Foundation Malaysia would like to give a shout out to all the brave women who have fought this disease. Women who have overcome and are here to raise their hand in strength and dignity.

Staying positive during breast cancer treatment is vital. A diagnosis is not a death sentence. Seek treatment and remember you have options, so keep asking and fighting. We are grateful to Rozila Abd Samat, who has shared her personal cancer journey with us in this issue. She is truly a brave warrior in her fight and shows us again how early detection can save lives.

If you would like to have peer-to-peer support, we will help connect you with someone. Talking to someone who has gone through what you may be experiencing could help you feel more confident and provide some emotional support outside of your family circle.

As we go into 2017, we look forward to seeing more of you here at PRIDE, and hearing more of your personal stories that can touch lives and raise awareness.

Come join us for our Cook with PRIDE and Fit with PRIDE events. You can find the dates on our Facebook pages and Instagram.

Enjoy this issue of PRIDE Hugs.

Regards,

Azuwa
CEO

**MESSAGE by
PRIDE CHAIRMAN**

DATO' AZRENE ABDULLAH



Photographed by: Rahman Sharif (Mangotouch)

Greetings and welcome to our first issue of 2017 January-March Newsletter.

Time flies and we are well into the 1st quarter of 2017.

Here, at PRIDE, we continue with our most basic and important task of encouraging women and men from all walks of life to pay attention to their bodies and more importantly, know their bodies and staying alert always to abnormal changes. Rushing for time always, some may argue that this is easier said than done. But it isn't impossible. Make it your resolution to stay healthy, make it your resolution to stand a chance with early detection. Early detection is key to survival. I urge each and every one of you to be mindful and take that few extra minutes.

As we move along the year, PRIDE Foundation Malaysia would also like to touch on how to help and counsel breast cancer patients/survivors' carers and families.

Being the immediate and crucial support surrounding breast cancer patients and survivors can take a toll, they are sometimes overlooked, overburdened, and neglectful of their own needs. It is a detrimental situation. We need to lend our support and recognize their struggles at the same time.

How to adapt to a new normal and move on, making sense of your breast cancer experience and appreciating the present are some of the topics we are also looking to touch upon again.

We have had events to encourage what we preach and more events lined up to help keep spreading the word, and to support breast cancer patients and survivors. Please go to our Facebook and Instagram pages for updates.

I sincerely hope you stay with us and continue to inspire and support our mission and help us help you. Life is good and we have much to do and enjoy.

Warmest Regards,

Dato' Azrene Abdullah



PRIDE PICNIC CARNIVAL 2017

PRIDE Picnic Carnival 2017, was held on Sunday, 15th January 2017 as a curtain raiser to PRIDE’s activities for 2017. This is the first time a family oriented carnival cum picnic is being organized by PRIDE.

The objective of the picnic carnival is to inspire breast cancer survivors, single mothers and Orang Asli community to lead a more meaningful life. At the same time, the carnival will enable them to earn additional income for their everyday needs.

The picnic was held at PRIDE office and started at 8.00 am and ended at 3.00 pm with the family picnic as the main theme. Visitors to the carnival enjoyed food and drinks that were sold, lounging picnic style on picnic mats placed around the office grounds.

The carnival kick-off at 8.00 am with an Aerobic workout by Puan Balkish to encourage a healthy start to the day. There was also a coloring competition for children between age of 4—12 years old. Prizes provided were the main attraction to the competition.

FREE clinical breast examinations (CBE) were done on site by qualified medical practitioners to check for breast abnormalities as early detection saves lives. KPJ Healthcare Berhad offered FREE Health Screening to the public to check their blood pressure, body mass index (BMI) and glucose level. The main attractions were lucky draws with compliments of our generous sponsors : Sari Pacifica Resorts 7 Spa, Energy Spa, Kanebo and KPJ Healthcare Berhad. We plan to organize this twice a year. So stay tuned for our next carnival in September 2017.



PRIDE selling drinks during PRIDE Picnic Carnival.



Azuwa with breast cancer survivor, Susan Fong selling hand painted T-shirts. All originals.



Starting off the day with an aerobic session with our Yoga instructor, Ms Balkish.



Registration booth for the day to receive free health screening and our lucky draw.

CONTINUE



After the event, the PRIDE team and our volunteers getting a group shot! We thank the volunteers for their hard work and dedication.



Free health screening team from KPJ.



Carrol and Liza from MOAMI (Making Orang Asli Mothers Independent).



Sengolmany with her daughter, setting up stall and selling Indian favourites, Chapati etc.



COOK WITH PRIDE-CHINESE NEW YEAR 2017



In conjunction with Chinese New Year celebration, PRIDE organized the first CWP session of the year. The theme was 'Once Upon A Time In China'. Our guest Chefs for the day were a mother and daughter duo, Datin Azrene and Azlene prepared Hainanese Chicken Rice and Yong Tau Fu to usher in the Year Of The Rooster. Yummy!



Here she is, talking enthusiastically to our audience.

In the midst of cooking ...



Our group picture after the meal. Notice the sea of red to celebrate the New Year. What a cheerful crowd after a great meal and friendly chats.

CONTINUE



The spirit of Cook With PRIDE is 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. We get together often for some cheery, light hearted support and fun.

Each session has a special dress up theme so we can try and have fun and look special for the day.

Here we are, some clad in cheongsams and red gear for the day :-)



Tucking in!



Many of our PRIDE Volunteer chefs together.



Look at the gorgeous food on display. Yong Tau Foo, chicken rice and cupcakes for dessert. Recipes are on our Facebook page.



COOK WITH PRIDE : 28th FEBRUARY 2017



Our February session on the 28th.

Cook With PRIDE for the month of February was conducted with the theme - 'Experience Historical Malacca'.

Our guest Chef was Chef Ahmad Suhaimi Ismail with his special menu, Asam Pedas and Kerabu Daun Selom.

Most of the ladies were dressed in gorgeous and colourful Nyonya Kebaya.

Chef Ahmad cooked and demonstrated his specialty of mouth watering Malay food. There was much laughter and participation from our crowd. We even had a child participate that day. It was a fun day.



Ladies in traditional Kebaya Nyonya and modern Kebaya.



Tenggiri fish with ladies' fingers. Tuck in.



Our Chef Ahmad checking on the fish and posing for a friendly picture.

COOK WITH PRIDE : 30th MARCH 2017



Dato Azrene, Azuwa, Nasirah, Chef Mohana Gill and Datin Paduka Zaridah also spent the day enjoying the event at Cook With PRIDE.

Delicious Laksa Johor and Roti Jala by Chef Alwi and more deliciousness brought by our survivors to share, made the day. Our Theme was Johor State with Johor colours.

Dato gave a passionate speech about how far PRIDE Foundation has come and how PRIDE Foundation will continue to expand to the next level to reach out to the public with more programs to raise awareness and empowering the public about breast cancer.

We welcomed some new friends/survivors who had fun networking and enjoying the food and relaxed atmosphere. Having the PRIDE Angels join us for the day made it extra special.

All in all, it was a successful event!



Some of our PRIDE Angels, who have been with us for more than 10 years. We really appreciate their hard work and dedication.



Chef Alwi cooking for our guests.



Top. Guests queuing up for food. Left. Our group shot of the day.



FIT WITH PRIDE



Here is our cheerful hiking coach, Fafau and buddies.

Fit With PRIDE is a weekly programme where we invite survivors and friends for hiking and yoga on alternate weeks.

Conducted every Wednesday where we go hiking at Bukit Gasing with volunteer coach Mr Tamil.

During one of the session, celebrity Fara Fauzana or as she is famously called as Fafau came and joined us.

Remember this is ongoing so join us the next session .



After the hike, time to pose.



CONTINUE



Who is upside down ? We all tried and it was fun and relaxing.
Our Yoga session with volunteer Yoga guru, Ms Elizabeth Yen.



Bukit Gasing hiking course. One of the nicest spots to stop for a breath of fresh air.



Here we are finally at the top.. .So we just had to flash the PRIDE banner. Cheers.

LETS TALK ABOUT...BREAST CANCER



LETS TALK ABOUT AT Y.S.P INDUSTRIES (M) SDN BHD.

PRIDE is striving on the path to bring awareness to the public. The talk was conducted at Y.S.P Industries (M) Sdn Bhd on 4th January 2017 with Dr Wan Hilya from LPPKN. A total of 101 participants attended the talk and were very interactive with the speaker.



Dr. Wan Hilya and representatives of Y.S.P. Industries.



LETS TALK ABOUT AT MMU

PRIDE also organized a second awareness talk for the staff and students of MMU on 17th February, 2017. A total of 41 participants attended the talk and Dr S Malar from KPJ Kajang Specialist was our invited Doctor for this session.

PRIDE took the opportunity to invite the participants to follow PRIDE Facebook and Instagram.

Clinical Breast Examinations were also conducted with the assistance of nurses from KPJ. A total of 18 participants did their examinations. There were 4 cases of abnormalities and one of them is a survivor who is still undergoing through chemotherapy.

The key note for the event was early detection save lives.



Staff and students of MMU

CONTINUE

INTERNATIONAL WOMEN'S DAY WITH MBPJ



Celebrating International Women's Day with MBPJ on 11th March, 2017.

A collaboration event with MBPJ, Government Agencies and NGOs. About 500 participants came and supported the event.

PRIDE Foundation was given a table where we sold merchandises and giving brand awareness to the public.

Breast Cancer survivor, Zainah Ismail shared her journey as a survivor and Dr Normayah Kitan from Sunway Hospital was also there to give some useful information on breast cancer.



PRIDE managed to get a number of Facebook and Instagram followers during this event.



Some kids were busy following our Facebook and Instagram and in return they got PRIDE keychains.



Dr Normayah on stage sharing some useful information on breast cancer.



CHEQUE PRESENTATION FROM MAJESTIC HOTEL KL TO PRIDE

PRIDE Foundation Malaysia Chairman, Dato Azrene Abdullah, at the Colonial café, receiving a cheque from Majestic Hotel Kuala Lumpur.

Majestic hotel did a fund raiser last October selling their Mascot - Majestic stuffed toy bears and generously donated the proceeds to Pride Foundation.



PRIDE SUPPORTING LOCAL THEATER : THRONES OF THORNS

14 Breast cancer survivors were given FREE tickets to watch the theater at ASWARA (Akademi Budaya dan Warisan Kebangsaan) sponsored by our local celebrity, Ms Fara Fauzana (Fafau).

According to Zizi, the Director of *Throne of Thorns* the show was incorporate with the elements of makyong and blended with the West - *The Tempest* owned by William Shakespeare given a new breath to the traditional theatrical performances.



PRIDE FOUNDATION MALAYSIA INTERVIEW WITH SINAR FM

PRIDE Foundation Malaysia CEO, Azuwa Abdullah's interview with Sinar FM DJ Ms Abby or Kak Bet. The interview was mainly to promote PRIDE Patient Fund to the public and Azuwa also did her community announcement as part of PRIDE branding exercise to the public.



FEARLESS JOURNEY – ROZILA ABD SAMAT

Rozila is a 14 year cancer survivor, wife , mother and civil servant with Lembaga Lebuhraya Malaysia (LLM). Married with 2 children and feels blessed with the love and support of her family.

Diagnosed in Dec. 2002, here is her story.

I found a lump on my left breast in Dec.2002 . Being busy with work and not experiencing any pain and discomfort, I delayed going to the doctor for 2 weeks when I then noticed the change in breast shape. With this, I went to a private hospital in Kajang and they confirmed the lump in my breast. I had to go to Putrajaya hospital for further diagnostics test.

Early January 2003, a biopsy confirmed that I had stage 2 breast cancer and was told the tumor must have been growing for 1.5-2 years. It had grown to 2.5cm.

I was speechless and numb and thought I would die but I didn't cry. I was told to come back in 4 days for the operation. With that, I cried but told myself to be strong.

We went with a lumpectomy on my left breast and the doctor removed 21 lymphnodes and 4 were cancerous. This operation was carried out by Dr.Azlina Firzah at Putrajaya hospital. 6 cycles of Chemotherapy via injections followed and that was tough. I had nausea, weakness and lost all my hair. I continued to jog. It made a difference.

35 radiotherapy sessions were completed. I had some burns under the breast but it's fine now. I then took tamoxifen for 5 years. The whole treatment took 8 months and now I have a yearly mammogram and see the doctor every 8 months to get the all clear. As I am a public servant, medical costs were all covered by the government.

I had my treatment and left the rest to God, I am a survivor living life to the fullest. I spend time with family, friends and other cancer survivors doing physical exercises. It's good moral support and I feel stronger and confident and not alone. I feel blessed and lucky and learned patience. Cancer isn't the end. We must embrace each day and be grateful.

Take time to understand and examine your breast every month. Early detection saves lives. Always be positive even if you have cancer.



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

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

TIPS ON CAREGIVING

WRITTEN BY : NANCY DOELL



Cancer Research Malaysia finds that 5000 Malaysian women are diagnosed with breast cancer every year, most of them aged between 30-60 years old. It is a disease that happens randomly. In this issue, we would like to touch a little upon care giving when your loved one has been diagnosed with breast cancer. If you are about to become a cancer caregiver, you are most likely the spouse, partner, parent or an adult child.

Compassionate, reliable and loving support is very important to the physical and emotional well being of a cancer patient. Caregivers have many roles in the day to day task of looking after cancer patients. Despite the sadness and shock of having their loved ones with cancer, most find deep satisfaction in taking over that role as it allows them to show love and care by meeting their loved ones' needs.

Caregivers provide emotional support, accompanying their loved ones to doctor's appointments, help with decision making and medical care, helping to manage sick/bad days after treatments, managing their finances, cooking etc. However, being the sole long term caregiver can also be frustrating and painful. You may start to feel overwhelming grief at watching your loved one being ill. Managing each task, big or small by yourself may start to feel desperately crushing and impossible.

Facing the difficult daily challenges alone can certainly cause stress, distress and even anger in caregivers. This is quite normal and happens more than you think. Joining a cancer caregivers' support group allows you to speak freely about your own fears and concerns. This itself can bring relief. You will, in turn, meet new people who share your experiences and understand what you are going through.

Your own physical, mental and emotional health and safety must come first if you want to continue caring for your loved one. It is important to find ways to reduce stress and make the time to enjoy life yourself so that you can be the caregiver you want to be.

Remember too, that sometimes, the best thing you can do for your loved one is just to be there, sharing the moment quietly.

We will keep touching on this topic in our future issues.



CAN MEN GET BREAST CANCER ?

WRITTEN BY : NANCY DOELL

Yes, breast cancer happens to men too, although it is much less common.

The cause of breast cancer in men is much less clear but some factors do increase one's chances of getting the disease.

- 1 - Age. Usually occurs in men over 60 years old.
- 2 - Family History of breast cancer in both male or female.
- 3 - Obesity - having a body mass index (BMI) of over 30 and higher.

Because, it is rarer to spot breast cancer in men, it is crucial for men to be vigilant of changes in their breast area. Usually, the cancer starts in the small amount of breast tissue behind the nipples. The most obvious and common symptom is a hard lump in one of the breast. It may not even be painful or look suspicious at all. Gynaecomastia is a common non-cancerous condition where the male breast tissue becomes enlarged.

However, breast cancer in men can also cause the nipple to turn in on itself (retraction) or nipple discharge. This means you will see fluid oozing from the nipple area. Whichever the symptom, it is important for you to consult the doctor and have a proper diagnosis. The survival rates for breast cancer in men largely depend on how far the cancer has spread before it's diagnosed.

Caught at the early stages, breast cancer in men can be successfully treated. Effective ways of reducing your risk of developing breast cancer and this goes for other health conditions as well, would be to drink in moderation and to eat a healthy diet and maintain a healthy weight. Exercise is always important, so keep moving and do think about what you eat and the changes you can make to live a healthier life.

MALE BREAST CANCER

7 FACTS TO KNOW

- The main **RISK FACTORS** for breast cancer in men is elevated **ESTROGEN** levels, prior **RADIATION** exposure, and a **FAMILY HISTORY** of breast cancer.
- Male breast cancer is a **RARE** cancer type and only comprises **1%** of all breast cancers.
- The most common **SYMPTOM** of male breast cancer is a **LUMP** behind the nipple.
- SURGERY** is the most common initial treatment for male breast cancer. Other treatments include chemotherapy, hormonal therapy and radiation therapy.
- Like breast cancer in women, the **PROGNOSIS** for male breast cancer largely depends on the **TUMOR STAGE**.
- Male breast cancer **STAGING** (reflecting the degree of tumor spread) is identical to female breast cancer.
- The most common type of male breast cancer is **INFILTRATING DUCTAL CARCINOMA**.

EMPOWERED DOCTOR
www.EmpoweredDoctor.com



PRIDE Patient Fund

Visit to the latest recipients of the PRIDE Patient Fund



We paid a visit to our PRIDE Patient Fund recipients with some sundry goods , generously sponsored by Malaysia Agathiyar Universal Mission Organization and Tesco Stores Malaysia.



We are glad to find them doing well . Some have finished their treatments and some are still undergoing chemotherapy. They remain positive and strong in their current challenge.

Breast cancer patients and survivors who need some financial assistance, please approach or call 03-79600366 or email to info@pride.org.my.



Donated gifts.



HEARTS THAT RISE ABOVE : BY JULIE MOHD DAUD (PRIDE HUGS Volunteer)

The PRIDE Patient Fund (PPF) is a sincere effort by PRIDE Foundation to help empower individuals who are suffering from Breast Cancer. So far, a total of RM304,800.00 has been disbursed since 2012.

This year, I became an active volunteer to help promote and dispense the PPF. Some women have had great reservations about applying for the PPF, unsure to even come forward as Breast Cancer patients. Breast Cancer can be prevented and cured if detected early. Women must not feel embarrassed or ashamed to acknowledge that they have Breast Cancer. A woman is not just breasts alone; her strength, courage and wisdom are the characteristics that showcase the beauty that she truly is. The PPF helps women who are suffering from Breast Cancer remember this, that they are strong and that they can get through this and survive. By helping to ease some of the burdens faced by patients while undergoing treatments, by showing them that we empathize and care, we hope to empower them to push forward and thrive.

PRIDE distributed their first PPF allocation for 2017 just 2 weeks ago. I had the privilege of accompanying them to 2 of the recipients' homes. The 1st was Madam Wong who resides in Subang Bestari. She is 69 years old, single and retired, and was diagnosed with Breast Cancer in 2012. She lives with her 80 year old sister, while another younger sister often visits and helps take care of them. She underwent a mastectomy in 2012 and still goes for her regular cancer check-ups as well as medical follow ups for her diabetes. She says that her medical check-ups take up a lot of whatever little savings she has.

She was told about the PPF by the social worker at Hospital Putrajaya and had applied. So when PRIDE informed her that she has been granted the PPF, RM500/month for 6 months, she was so happy and grateful. She says that it would not only help her with getting her medicines and daily provisions, it could also help pay for taxis for her travels to the hospital if the need arises. We were actually mesmerized by her smooth and radiant complexion. She was kind enough to share with us her traditional herbal remedy, which amongst others are made up of lotus seeds, lily bulbs and white mushroom. She also shared her daily exercise routines to keep well and healthy; gardening, tai chi and walking at the park with her sisters. She is very positive, and I personally was taken to heart by the fact that she manages her condition very much on her own, though her sisters are very close to her; she is sweet and strong. Those qualities surely contribute to her good looks.

The 2nd trip I made with the PRIDE team was to Puan Khatijah's home in Bandar Tun Hussein Onn. This was a more humbling experience for me. Puan Khatijah was diagnosed with Stage 2 Breast Cancer about a year ago. She has undergone a mastectomy and has also had her lymph nodes removed. Her sole caregiver is her husband, they don't have children so they keep a cat, but now that she is too busy with her treatments, they will have to give their cat away. Her husband has been let off his job for having taken too much time off to care for her. This added more pressure to her situation, but she is blessed with a kind husband who cares and will not give up on her. They found out about the PPF at Hospital Putrajaya too, and she applied. So when they found out that she would receive the PPF, they were extremely grateful. She had been feeling rather alone and overwhelmed with everything, and this was quite obvious in how she looked and behaved. Still, she and her husband were very kind and welcoming during our visit, making us tea and serving us nasi lemak and rempeyek. Her husband says that he must look for a job before their savings run out. It is a bit challenging as he must find something that will accommodate the hours needed to care for her. So the PPF could not have come at a more suitable time. They were indeed very appreciative of PRIDE's support.

Puan Khatijah will need much support from fellow Breast Cancer patients and survivors, because unlike Madam Wong, she lacks female camaraderie that only women can understand. Though her husband is her greatest support, she will need the fun and vibrant sisterhood that we have at PRIDE Foundation, to keep her positive and cheerful.

We strive to reach out further to raise the hearts of many more women like Puan Khatijah and Madam Wong.

Anti Cancer Foods



BERRIES

Berries are low in calories, high in fiber, and they contain vitamins and minerals your body needs to function normally. Berries you can easily follow the more-the-better rule. Strawberries are most potent when it comes to fighting cancer.

CRUCIFEROUS VEGETABLES

Cruciferous vegetables are especially helpful for preventing hormonal cancers, such as breast cancer. Cruciferous vegetables contain vitamins, minerals, other nutrients, and chemicals known as glucosinolates.



KIWI

Kiwi fruit have been traditionally trusted in the Chinese folk Medicine for their effectiveness in healing various types of Cancers such as liver cancer, breast cancer, stomach cancer And lung cancer.

POMEGRANATE

Pomegranate juice has been shown to inhibit the growth of breast and lung cancer cells in the lab, but it remains to be seen if drinking the juice will kill cancer cells in people.



SOURSOP

Experts warn against using the fruit to treat cancer. While research suggests soursop can fight cancer. So Cancer Center also says that some compounds in soursop may be naturally antiviral and antiparasitic, and may also suppress inflammation.

Source :

<https://www.facebook.com/cancertherapies>
<https://twitter.com/RenkangHospital>
<https://plus.google.com/+CancertherapiesCrenkanghospital/posts>
<https://www.youtube.com/user/renkanghospital>



Let's Talk About..... Healthy Living

What: Empowerment Talk
When: 21st May, 2017 (Sunday) 2017
Where: TBC

A decorative border with a watercolor-style floral pattern in shades of pink, red, and orange, with green leaves, framing the central text.

COMING SOON

LET'S TALK ABOUT... HEALTHY LIVING
Empowerment Talk 2017

Sunday, 21st May 2017
9.00am - 5.00pm
Venue: TBC

Event Sponsors:

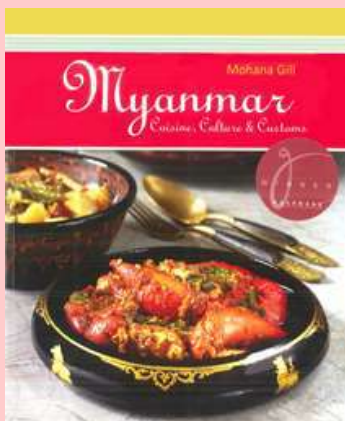
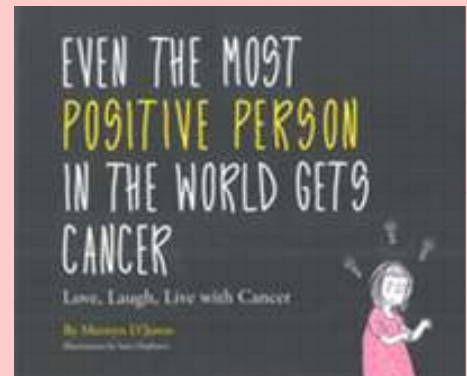
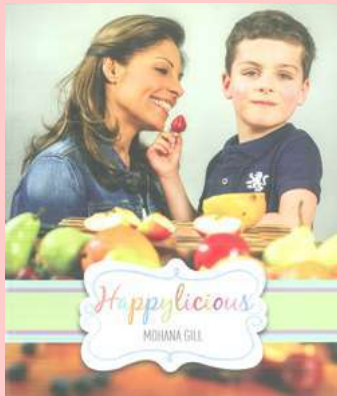
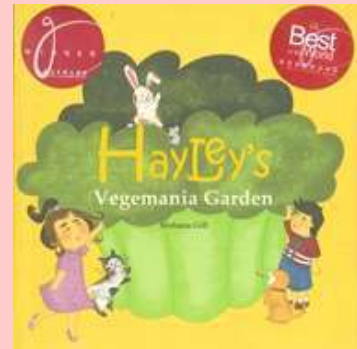
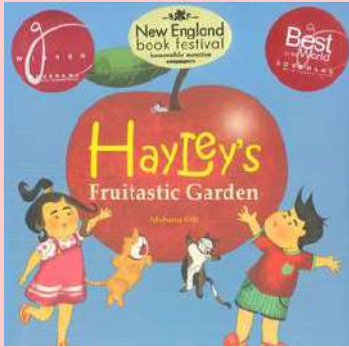
Kanebo

A logo featuring a stylized lotus flower above the text 'SARI PACIFICA' and 'Hotel - Resort - Spa'.

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