



PRIDE HUGS

BULLETIN



**LET'S TALK ABOUT...
HEALTHY LIVING II**



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COOK WITH PRIDE-DEEPAVALI



A MAJESTIC PINK AFTERNOON TEA



PINK POLO KUALA LUMPUR



FEARLESS JOURNEY

EDITOR'S NOTE

Nithya Muniandi
Editor
T:+0169697730

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Advisors: Dato' Azrene Abdullah
Nasirah Aris

Editor In Chief: Azuwa Abdullah
Editor: Nithya Muniandi

**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 4th Issue !

What are your special New Year moments, the ones that get your anticipation building for the big day? For me it's seeing fire crackers light up the sky while enjoying a warm hot drink with my loved ones.

During this time of reflection and introspect, I would like to thank our readers who constantly keep themselves updated with all our programmes through PRIDE HUGS. To all of you, here's hoping you a blessed holiday season with your family and friends, enjoy delicious festive food, and always keep tabs on your health!

We hope you enjoy the December issue of which will mainly highlight all our Pink October events such as, Let's Talk About ... Healthy Living II, A Majestic Pink Afternoon Tea, Pink Polo KL, Naza's We Will Fight This Together and many more. Other highlights: Felicia Leong's journey to recovery, and upcoming events in January 2017. As we look forward to the coming New Year, we welcome your ideas for articles, what you'd like to read about and more.

Enjoy the celebrations!

Regards,
Nithya Muniandi

Announcement



Ammelia Mohd Ali

We're excited to announce that Ammelia has joined the PRIDE Foundation team as our Programme Development Manager. Ammelia will assist in expanding our event offerings and oversee existing programmes.

As we on the verge of beginning a new year, Ammelia will help look for new opportunities and will also collaborate with various corporate bodies to coordinate new monthly events, as well as larger events throughout the year.

**MESSAGE by
PRIDE CHAIRMAN**

DATO' AZRENE ABDULLAH



Photographed by: Rahman Sharif (Mangotouch)

We can already hear Auld Lang Syne being played everywhere, telling us that the year is ending and a new circle is about to start. Together with this feeling of farewell, I would like to use this opportunity to say thank you for making 2016 a great year for PRIDE.

I have taken on something this year that I believe has made an impact in my life, and I urge you to do the same. I began jotting down things that I am grateful for, even as my busy schedule got in the way, I still make an effort to reflect on those things from time to time.

This time of the year is perfect to really focus on what we are thankful for, the people, and the moments that make us truly whole. I can proudly say that PRIDE has given me so much over the past 11 years, and many of those fond memories are deemed priceless. I will also forever reminisce the tiniest of details of how PRIDE has changed my life, and the lives of others.

To all our readers, you inspire us to do what we love to do - to continuously educate, empower, and support breast cancer survivors, and the public. Your support towards our programmes, and playing an active role in all our social media platform is what that keeps us motivated. So, a big warm hug for being a part of us, I hope you will continue to enjoy the 4th edition of PRIDE HUGS. Let us all have a safe, healthy, and happy holiday season. We are facing a new year, a new set of challenges and opportunities, and a clean slate for the year ahead.

Merry Christmas and a Happy New Year!

Warmest Regards,

Dato' Azrene Abdullah



LET'S TALK ABOUT ... HEALTHY LIVING II 2016

As we marked Breast Cancer Awareness Month this October, PRIDE Foundation collaborated with Swiss- Garden Hotel & Residences Kuala Lumpur to host "Let's Talk About ... Healthy Living 2". Held on the 15th of October 2016, (Saturday) at Casuarina conference hall, from 9.00am to 5.00pm. The event was attended by a crowd of 100 people and also special guest Mohana Gill.



Grand prize winner: Zainah Ismail receiving her lucky draw prize from PRIDE CEO Azuwa.

The main objective of the Pink October event was to encourage healthy living through healthy cooking, and to foster confidence amongst breast cancer survivors, patients, and the public. Apart from that, it was also organised to evoke solidarity for those affected by breast cancer, to increase awareness of the disease, and to remind women and men to schedule a life-saving mammogram or an ultrasound.



Dr Ezani prepping the Chicken Tajine and Pink Salad

The day kicked off with renowned MasterChef and winner of Season 1 Masterchef Malaysia and founder of Pastribella, Dr Ezani Farhana Monoto. The dentist-turned-celebrity chef presented a two course delicious easy to-do feast using lots of fresh ingredients, herbs, spices, and organic contents to create a mouth-watering Moroccan Chicken Tajine dish and an appetising Super Pink Salad.

Dr Ezani's demonstration not only ensured the taste of the food but also its quality, and this has much to do with the use of the right ingredients and the method of preparation. 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 frying.



Yummy Chicken Tajine and Pink Salad served!

CONTINUE



The founder of Omorose Cosmetics and international celebrity make-up artist Terry Liou conducted 'Powder Up With Confidence' session. Terry's expertise lies in making women look greater than ever, hence he weaved his magic and taught participants on how to put on the right shades of make-up. The master of special effects of make-up also demonstrated on how to apply the right amount of cosmetics for different skin undertones and shades modelling two breast cancer survivors. His session also brought light on how the right attitude can enhance one's confidence and poise. The ladies also left the session feeling pampered and were thrilled with the surprise lucky draws gifts given to them by sponsors from Swiss-Garden Hotel & Residences, Omorose Cosmetics, Pastribella, Masklim, Scotch Brite, Happy Fresh, Naza World and 7-Eleven.



Terry teaching make-up techniques



PRIDE Advisor Nasirah Aris giving a token of appreciation to Terry



Group shot with Dr Ezani, Mohana Gill, Azuwa Abdullah (PRIDE CEO), Advisor Nasirah Aris, and sponsors from Swiss-Garden Hotel & Residences, Scotch Brite, and Naza World.



COOK WITH PRIDE-DEEPAVALI EDITION 2016

In conjunction with Deepavali season, PRIDE organised the fourth and final instalment of Cook With PRIDE for the year on 16th November 2016. The festive potluck party which began at 11.00 am and ended at 4pm was a success as it was attended by more than 30 breast cancer survivors.



Pretty in pink and colourful Deepavali decoration



Guests helping themselves to the delicious food on display



Breast cancer survivors enjoying the scrumptious meal

Our guest chef for the day was Miss Sengolmany Irudayam who prepared authentic Indian cuisine consisting of Chicken Varuval, Cucumber Raita, Onion Curry, Dhal to go with Chapati and Papadam. For dessert, we served assorted fruits and cakes, teh tarik, cordial syrup, and mineral water. The attendees also had fun with Henna hand paintings and also taking photos at the photo booth area setup at the main entrance of the office.



PRIDE Advisor Nasirah with Chef Sengol



Happy faces after eating authentic Indian cuisine

CONTINUE



The spirit of Cook With PRIDE 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.

Clad in their best traditional Deepavali outfits, visitors had 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. Nasirah Aris, the Advisor of PRIDE Foundation was happy to play host and receive guests who attended. Everyone cherished the positive moments they had and were greatly impacted by good food, laughter, and great company.



Thrilled guests with PRIDE HUGS newsletter!



Group shot in traditional Indian attires!

FIT WITH PRIDE

The Pink October session of Fit With PRIDE had a good continuation from 1st of October till 31st of October. PRIDE carried out programmes like Yoga, Hiking at Bukit Gasing, and Body Combat. We had Ezreen Fazlinda, Tamilarasan who guided participants through the techniques and methods of Yoga and Body Combat. Fit With PRIDE is opened to everyone as participation is free, and is held at PRIDE Office every Thursday at 5pm for an hour. For more information, call us at, +603-7960 0366.



PRIDE staff's delightful faces on top of Bukit Gasing



A quick stop while hiking Bukit Gasing



A MAJESTIC PINK AFTERNOON

The soft launch of A Majestic Pink Afternoon Tea Affair With PRIDE was attended by Azuwa Abdullah (PRIDE CEO), Nasirah Aris (PRIDE Advisor) and by Dr Naqiyah Ibrahim (Consultant General, Breast & Endocrine Specialist, Damansara Specialist KPJ) on 30th September 2016. The official launch took place on the 12th October 2016 by Dato' Azrene Abdullah. Also present were Jeffrey Mong (General Manager of Majestic Hotel Kuala Lumpur), Nori Abdullah, (Chairman of Penyayang), Dr Harjit Kaur from Prince Court Medical Centre, Elaine Daly, PRIDE Angels, and breast cancer survivor Aisyah Asmadi.



Majestic Bear PRIDE Edition



Mira (BCS) with PRIDE Advisor, Nasirah Aris



Celebrities graced the event to promote early detection



Ready, smile and click with KPJ Group Communications Team !



Group shot of Dr Naqiyah enjoying sweet treats in Pink

CONTINUE



Dato' Azrene (PRIDE Chairman) with Nori Abdullah (Chairman of Penyayang) and Datin Nurul Husna

For the month of October, with plenty of campaigns aiming to drive awareness and improve accessibility to the treatment and care of breast cancer, PRIDE was delighted to see that The Majestic Hotel Kuala Lumpur and KPJ HealthCare Group joined hands with us to support this important cause. The hotel has introduced the cuddly Majestic Bear, a plush and smartly elegant bear in an all-white colonial-inspired garb. The Majestic Bear PRIDE Edition was available till October 31, 2016 at RM100 nett. Part of the proceeds of the sale will be channelled to PRIDE Foundation and PRIDE Patient Fund.

Apart from that, The Majestic Hotel also presented a pink-inspired afternoon tea for guests at The Tea Lounge and Colonial Cafe in October. This specially made sweet treats in pink was served daily during afternoon tea and includes red velvet cupcakes, pink macarons, strawberry mille-feuille and raspberry tarts, served with freshly brewed tea. A Majestic Pink Afternoon Tea started at RM60 nett per person.



Azuwa (PRIDE CEO) and Dr Harjit with Aisyah



Dato' Azrene enjoying Pink Cocktails with Jeffrey Mong (General Manager of Majestic Hotel KL)



One for the cameras with PRIDE Angels



Elaine Daly with breast cancer survivors

PINK POLO KUALA LUMPUR

Pink Polo Kuala Lumpur was a charity event organised by the Royal Malaysian Polo Association (RMPA) with The Royal Selangor Polo Club (RSPC) to help raise funds to support PRIDE Foundation during the Malaysian Ladies Polo Championships 2016 (MLPC). Pink Polo Kuala Lumpur aimed to raise awareness for breast cancer and to empower women through their participation in riding and polo, with the opportunity to contribute towards a worthy cause in conjunction with Breast Cancer Awareness month. Working in collaboration with PRIDE Foundation, Pink Polo Kuala Lumpur successfully raised funds for the “Pink Polo with PRIDE” charity event.



Datin Nurul Husna presenting the cheque to Azuwa (PRIDE CEO)



Breast cancer survivors decked in Dato Tom Abang Saufi's designs



Datin Nurul Husna and Azuwa (PRIDE CEO) posing for the cameras with breast cancer survivors

CONTINUE

The 5th Malaysian Ladies Polo Championships 2016, organised by RMPA, was held from 28th September to 2nd October as part of RMPA's 2016 Festival of Polo, which also included the Malaysia Cup and FIP International Umpires Seminar. Pink Polo Kuala Lumpur's charity event also featured a fashion show that included six breast cancer survivors from PRIDE as models! A big thank you to Royal Selangor Polo Club and Datuk Tom Abang Saufi .



Survivors strutting their stuff with lots of confidence and poise!



Yasogee and Felicia looking colourful in Saufi's collection

Norizan Hashim and Lucianna Jambari looking pretty wearing designer clothes



Zainah looking awesome in the black and white assemble



Big happy smiles!



LET'S TALK ABOUT ... BREAST CANCER

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 were Dr Wan Hilya from LPPKN, Dr Aminuddin Rahman from KPJ HealthCare Group (UTM Skudai), Dr Elinaa Shaari from UiTM Sungai Buloh , and Dr Naveen Nair from Hospital Tengku Jaafar (INTI International University). Sharing session with breast cancer survivors took place with the presence of Mirayenita, Hibatullah, Yasogee and Shareen Hazaline. The talk was well-received by the audience who were enriched with sufficient breast cancer awareness information and on how to conduct breast



Dr Wan Hilya delivering her talk



Mira sharing her story with participants



Sharing session with the survivors



Group shot during Naza World's awareness campaign



Awareness talk at Naza World

CONTINUE

LET'S TALK ABOUT ... BREAST CANCER

PRIDE also collaborated with Naza World on the 6th of October and 25th of October to bring the message of breast cancer awareness to the public. The event saw 12 breast cancer survivors distributing pink ribbons and PRIDE brochures to the public at Amcorp Mall, SS 8 Petaling Jaya, Jaya One SS17. Naza world provided transport to shuttle survivors to all venues. The public responded positively and many were eager to snap pictures with the breast cancer survivors.

The talk was carried out at Naza World Auditorium by Dr Elina Shaari from UiTM Sungai Buloh. Soon after, Naza World arranged a tour of their show room which gave the survivors the opportunity to snap pictures of them posing alongside luxury cars and motorcycles. Around 70 participants took part in this programme which aimed to spread the knowledge on how early detection can save lives.



Yasogee spoke about her journey to recovery at Panasonic



How to do breast self-examination at Panasonic



Dr Elinaa with PRIDE Staff at UiTm Sungai Buloh



Razina (Projects & Events Senior Manager) with Dr Naveen



INTI International University students posing with PRIDE Merchandise

TUNKU KURSHIAH COLLEGE'S CARE PROJECT

Tunku Kurshiah College's Care Project 2016 marked Breast Cancer Awareness Month by fundraising for breast cancer survivors. Guest of honour includes CEO of PRIDE Azuwa Abdullah, Puan Anismah, Principal of Tunku Kurshiah College and representatives from MAKNA and National Kidney Foundation.



Tunku Kurshiah's students listening to a speech by Azuwa (PRIDE CEO)



Razina (Projects & Events Senior Manager), Azuwa (PRIDE CEO), PRIDE Advisor, Nasirah Aris with Tunku Kurshiah's teachers

LIGHT THE LIFE

Light the Life was an event organised by UCSI University to create cancer awareness as it is the biggest cause of death in Malaysia. On 29th September 2016, UCSI had various activities such as exhibition, talks, sharing session, clinical breast examination and "Shave or Short" session. Haircut services were provided at RM 20 which was be donated to the beneficiaries. There was a talk on breast cancer conducted by PRIDE, and a sharing session by Choo Mei Sze, the first NCSM Youth Ambassador who has survived through colorectal cancer to share the journey she has gone through. Also to be noted, that there will be a fun run on the 18th of December at UCSI University.



A student pledging to shave his hair to support breast cancer survivors



Light of The Life poster

UTM RUN WITH PRIDE

UTM Run With PRIDE was organised on 8th of October 2016 with more than 1,600 students participating. A part of the race fees was donated to PRIDE in conjunction with Breast Cancer Awareness Month. A day after the event Dr Aminuddin Rahman from KPJ HealthCare Group gave a talk at Dewan Astana to instil breast cancer awareness amongst the students.



Dr Aminuddin with Azuwa (PRIDE CEO) at UTM Skudai



Winners of the UTM Run With PRIDE

KANEBO (B.C.A.L)

1st Oct- 30th November 2016

Kanebo carried out the campaign to communicate the importance of early detection of breast cancer from 1st of October to 30th November 2016.



Chloe and Gladys from MEWB presenting the cheque to PRIDE Advisor Nasirah Aris

LIFECELL

LifeCell and MEWB supported Breast Cancer Awareness from 1st - 30th October 2016. With every skincare product from LifeCell or MEWB sold in the month of October, RM10 was channelled to PRIDE .



PRIDE & RAJA'S FLOUR MILL



PRIDE CEO Azuwa with Raja's Flour Mill Staff at GM Klang

In conjunction with Pink October, Raja's Flour Mill collaborated with us and contributed 5% of their net sales on 1st of October. Pink ribbons and leaflets were given away to promote Early Detection Saves Lives. Exciting activities such as mini cooking shows, healthy food demonstration, and special goody bags were given away during random slots of Q&A.

ENERGY DAY SPA AT GREAT EASTERN MALL

Breast cancer survivors were rewarded and pampered by Energy Day Spa on the 9th of November. Among the lucky ones were Shahreen Hazaline, Elaine, Noraini, Cheh Zarina, Mimi Sharin, Yasogee and Mazlina Rajman. Energy Day Spa wanted to create a way to give back to those impacted by breast cancer, for breast cancer awareness month. The session was amazing as most of the breast cancer survivors do not have the time to put on themselves.



A group shot right before the spa session



Breast cancer survivors enjoying a pampering session

PRINCE COURT EXHIBITION

PRIDE participated in Prince Court's Breast Cancer Awareness Month exhibition on the 21st and 22nd of October. Apart from the exhibition, Prince Court also gave six lucky participants free mammograms and ultrasounds. YBhg. Datin Dr Azura Ahmad Tajuddin the President of Petronita gave her keynote address at the event. Shortly after her speech, Hiba and Fareez shared with the audience their personal journey in facing breast cancer.



Awesome PRIDE merchandise items at display

BREASTIVAL , SUNWAY UNIVERSITY

Breastival was a fund raising and awareness event organised by Sunway University in collaboration with PRIDE on the 12th and 13th of October. The event was planned for two consecutive days, whereby a REBooRN Reality Board Game was the main highlight. The event also saw six stations for participants to play a Q&A session about breast cancer. A total of 52 participants registered for the talk and Clinical Breast Examination by Dr Nor Elina Shaari from UiTM Sungai Buloh and a sharing session by Norizan Hashim. Participants received great insights regarding breast cancer through the life size monopoly game board, talk, and sharing session.



REBooRN Reality Board Game



Group shot with Candy Girls who performed five dance numbers and a song for the crowd

WOMEN SUCCESS SUMMIT

Munas Van Boonstra runs four businesses simultaneously, while gracefully juggling life as a single mother to two adorable children. Her latest venture the Supermumpreneur, a women and mum's university where she teaches women how to do it all and entrepreneurship. The first Women's Success Summit in Kuala Lumpur was a summit that brings together women founders and experts from around the region to create connections and empower extraordinary, every day women. Our very own breast cancer survivors and staff attended to know the realities of entrepreneurship, both the good and the bad. Notable speakers were Goh Ai Ching (Piktochart), Rachel Lim (Love Bonito), Sazzy Falak, and Yasmin Hani.



Munas revealed the secrets of time management



Munas with Chelsea Chil and Sazzy Falak

FEARLESS JOURNEY – FELICIA LEONG



Freelance event co-ordinator Felicia Leong, 52 expressed how breast cancer forced her to re-evaluate her priorities and changed her lifestyle:

I used to be stressed out all the time; now I take things easy and focus on what's important. After being diagnosed, I did a lot of self-reflecting to try to understand what was happening to me. I was only 40 when I found out I had cancer, and with three kids- with the youngest being three years old at that time I couldn't just give up without a fight.

I've always been quite adventurous, but since overcoming this disease, I feel a lot stronger and tougher. I don't fear obstacles anymore; I even went for the Viper challenge last year to push myself beyond my limits. I feel the same with breast cancer. It's just a challenge, and when you get through everything, it feels great! I don't take things so seriously either. For some, the sweetness comes before and the bitterness after; for others, it's the other way around. That's the circle of life. Don't run away. Don't be a loser. It's just another obstacle you will overcome.

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

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

FIVE FOODS THAT CAN HELP REDUCE BREAST CANCER RISKS

WRITTEN BY : CAREY ROSSI FROM WOMAN'S DAY MAGAZINE



First, the not-so-good news: No food is proven to prevent or cure any type of cancer, including breast cancer. Now the good news: But there are many foods that can boost your overall health and in turn reduce your risk of developing breast cancer. Being overweight is one of the main risk factors for breast cancer, so eating well and losing weight are excellent first steps toward lowering your breast cancer risk, says Alexandra Rothwell, RD, CDN, certified specialist in oncology nutrition at the Dubin Breast Center of Mount Sinai Hospital in New York City. Inflammation is also linked with both breast cancer and being overweight, which is why Dr. Rothwell suggests eating foods that can help keep your blood sugar levels and inflammation in check. The following foods are pros at doing just that.

1. Olive Oil

On top of all the other health benefits that have been linked to olive oil already, the healthy fat may also be useful in reducing breast cancer risk. A September 2015 study found that adding 4 tablespoons of extra-virgin olive oil to a diet rich in fruits and veggies could lower breast cancer risk by 68 percent. And that's not all: Olive oil may come with an additional benefit relating to breast density, which is another risk factor for breast cancer. A 2014 study of more than 3,500 women found that consuming an extra 1.5 tablespoons of olive oil each day was associated with lower breast density.



2. Fish

Salmon, sardines, and mackerel are all fish that Rothwell suggests adding to your diet because they are good sources of omega-3 fatty acids. And just like olive oil, eating more omega-3s may also be linked to a reduction in breast density, according to a 2014 study in Cancer Causes & Control.



CONTINUE

3. Fruits and Vegetables

Time and time again, studies have found that plant-based diets are associated with a lower risk of breast cancer. And there are a few possible reasons: The more antioxidants in a diet, the lower the breast cancer risk may be, according to a 2015 Eastern Mediterranean Health Journal study. Rothwell recommends eating cruciferous vegetables (broccoli, cabbage, and cauliflower), allin vegetables (onions, leeks and garlic), and Asian mushrooms (Shiitake, Chinese black, and oyster) in particular. As for fruit, Stick to low-sugar varieties, like berries, and limit high-sugar fruit, such as bananas, pineapples, and mangoes



4. Soy

You're probably thinking: "But I thought soy was connected with *increased* breast cancer risk!" Let's clear the air: Yes, soy has estrogen-like compounds, and estrogen has been linked to some cancers. But no, soy foods do not cause breast cancer. (Soy supplements may be less safe, but why would you consume your soy that way when you can chow down on roasted edamame?) In fact, multiple studies have associated soy with a reduced risk of breast cancer; however, there is an exception: If you are a carrier of the BRCA2 mutation gene, soy may increase your risk, according to 2013 research published in the American Journal of Clinical Nutrition, which found that soy products lowered risk in breast cancer carriers – except those carrying the BRCA2 mutation.



5. Walnuts

Get out your nut cracker! Walnuts contain many helpful nutrients and healthy omega-3 fatty acids, which help your body fight inflammation. Research also suggests that walnuts may actually slow the growth of breast cancer tumors, so this tasty nut could play a role in breast cancer management even after diagnosis.



SHANNEN DOHERTY'S BREAST CANCER BATTLE

Published by: Daily Mail UK on the 29th of November 2016

Ever since publicly announcing her diagnosis in August 2015, Shannen has been sharing her fight against cancer on social media. She took to Instagram on Monday, opening up about her fears with the next step in her breast cancer battle. The 45-year-old actress posted a photo from inside the doctor's office, documenting her first day of radiation treatment.



First day: Shannen Doherty took to Instagram on Monday to document her first day of radiation treatment, telling her followers how 'frightening' it is



Her team: The 45-year-old actress posted a photo of her medical team last month via Instagram, announcing her onward journey to radiation treatment

'I look like I'm about to make a run for it which is accurate,' wrote the Beverly Hills, 90210 alum. She added: 'Radiation is frightening to me. Something about not being able to see the laser, see the treatment and having this machine moving around you just scares me. I'm sure I'll get used to it but right now.... I hate it. 'This comes after Shannen announced a month ago to her 765,000 Instagram followers that she finished chemotherapy and was going forward with radiation.

Last week, the Charmed alum revealed the start of the process, showing a video of her surgeon reconstructing her breast amid a mastectomy she underwent months back with an expander device. Meanwhile, the Heathers actress announced via Instagram last week that she will appear in the television reboot based on the 1980's flick. While it is unclear who Shannen will play in the TV Land reboot, it is surely a welcome distraction from her cancer battle, along with the support from her husband Kurt Iswarienko and friends.

Telling Chelsea Handler in an interview in late October, she said: 'It remakes you so many different times. The person I thought I was supposed to be or was going to be or who I thought I was six months ago is now somebody completely different. I realise "Wow, I really thought that I was so brave and so gracious this entire time and really I was just hiding."



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

 Find us on
Facebook

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