



Breast Cancer Foundation

www.breastcancerfoundation.org.my



@breastcancerfoundationmalaysia



LIVING LIFE TO THE
FULLEST
Sharon Gomez,
Breast Cancer
Warrior

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EDITOR'S NOTE



Welcome to Breast Cancer Foundation's latest magazine! We closed the wonderful year of 2018 and ventured into a brand new year on a melancholic note, for this will be my final Editor's Note in this magazine. Though it saddens me to say goodbye, I believe that the relationships I've made with all of you throughout the years will remain strong, no matter where the future takes us.

I've been with Breast Cancer Foundation since 2006. I've had the privilege to meet a lot of people... sponsors, doctors, volunteers, friends, team members & of course amazing and inspiring breast cancer warriors. Each and every one of you have played a very important role in my life.

I am thankful to Breast Cancer Foundation for giving me multiple opportunities and work exposure to hone my skills, gain expertise in many areas and help me in becoming a well-rounded individual.

It has been a remarkable learning experience and I am thankful from the bottom of my heart to all my team members and other colleagues for always being on the cooperative front. Whatever I have achieved so far wouldn't have been possible without the support of my respected Chairman Puan Sri Dato' Azrene Abdullah and my team members.

I extend a heartfelt thanks to everyone who has come into my path during Pride Foundation and later Breast Cancer Foundation and making my journey beautiful and memorable. It's been a wonderful experience and I am going to miss you all very much. I am taking along with me fond memories and I request all of you to stay connected with me.

I hope you will continue to support Breast Cancer Foundation and breast cancer causes in future, and continue to build our relationship through the Foundation for many years to come. I wish you all the very best in life, and hope we will meet again.

Warm regards,

Azuwa Abdullah
CEO

OUR TEAM

Chairman Puan Sri Dato' Azrene Abdullah

CEO Azuwa Abdullah

Operations Herrie Muhmad

Marketing Muhammad Iqbal Ikhwandi Mat Zin

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”

CHAIRMAN'S MESSAGE



It has been such an amazing final three months of 2018. October was our busiest month of the year, being the month for breast cancer awareness. We have been blessed to have wonderful collaborations with organizations and amazing individuals who have put in their heart and soul into breast cancer causes. Indeed, I am truly thankful to all of them for being there for us, and with their help, in turn we can help more and more breast cancer patients.

Recently, I embarked on my own spiritual journey, taking my Mum in her wheelchair to Raudhah, a special place to pray. It was a dream come true for me, and even though we were given maybe 10 minutes there, those precious moments will be etched in my memory forever.... that calm peaceful feeling....

I wish you all an amazing New Year and pray for you and your family's health and well-being.

Love,

Puan Sri Dato' Azrene Abdullah

COOK WITH PRIDE



HUNGRY FOR HUNGARY

On 23 October, we organised a Cook With Pride programme for our breast cancer warriors titled “Hungry for Hungary”. Just as its title suggests, this programme featured the delicious flavours of Hungarian cuisine. Our guest chefs, Chef Rohizam and

Chef Yahaya are well-versed in cuisines from all over the world, having experience in the international hotel industry and culinary education. That day, these bubbly chefs taught the breast cancer warriors how to whip up fresh Greek Salad, flavourful Beef Goulash and fluffy Butter Rice.

What a fun session it was! The chefs had the survivors laughing and fully engaged throughout the cooking

demonstration. As the food are being served, our guest speaker and co-founder of DIDA Cosmetics, Ms. Dida Nasir gave a talk on how make-up can boost self-esteem. She also demonstrated how to use DIDA’s popular multi-use products on one of our survivors, Ms. Nina Aziz. As a special treat, she generously gave each warrior a tube of lipstick! The warriors had so much fun and went home with happy tummies and big smiles.

COOK WITH PRIDE



ARABIAN DREAMS

For November's Cook With Pride programme, we treated our breast cancer warriors to the flavourful dishes of Middle Eastern cuisine. Aptly titled "Arabian Dreams", our survivors were taught how to cook Chicken Mandi Rice, Spiced Soup, Salata and Salsa

by Chef Yanti Sani, an experienced cook with her own catering business.

Before the cooking demonstration started, the event was kicked off with a brief introduction and demonstration of Kolam Ranggoli by our interns, and the breast cancer warriors were invited to make their own Kolam right on the porch of the Breast Cancer Foundation office.

The cooking demonstration went on smoothly, with one of our survivors, Pn Akila assisting Chef Yanti to whip up the delicious spread of Arabian cuisine. Once all the food were prepared, the warriors sat down to enjoy the delicious meal together. A group of law students from Brickfields Asia College (BAC) surprised our survivors with roses as a token of support and appreciation for the strength and inspiration they have given us all.

FIT WITH PRIDE



ALOHA FITNESS DANCE

Our Pink October would not be complete without a fun, sweat-tastic workout event! Pullman Putrajaya Lakeside, one of our generous sponsors organised an exciting Zumba event in support of breast cancer at their lakeside hotel. A total of 80 partici-

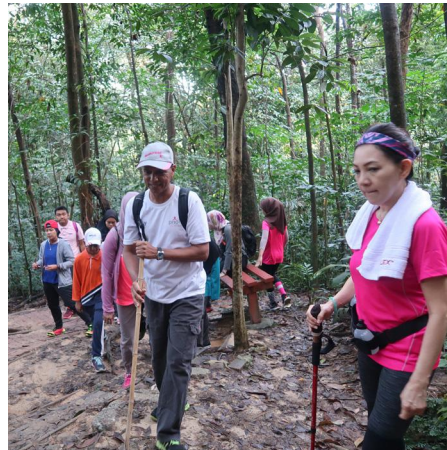
pants made up of breast cancer warriors, supporters, sponsors and hotel guests joined in the fun, dressed in pink, complete with Hawaiian leis and grass skirts.

The heart-pumping 3-hour non-stop Zumba kicked off at 7.30 am and was led by renowned instructors, Che Yam & Shafiq Mickey who kept the workout incredibly fun with easy to follow

moves and catchy tunes. Our sponsors, Scarlet, as well as collaborating partners, Colombia Asia Hospital and JomRun.com each opened a booth to promote their products and services.

After the good workout session, the participants were treated to an exciting lucky draw that consists of prizes from our sponsors that included En-ergy Spa & Wellness and Atlanta.

FIT WITH PRIDE



HIKE @ BUKIT GASING

On 15th December, we organised our last Fit With Pride for 2018. We decided to go back to basics and organized a short hiking trip at our old stomping grounds, the Bukit Gasing Forest Reserve.

The breast cancer warriors and their family members arrived at the Breast Cancer Foundation office bright eyed and bushy tailed at 8 am for a quick warm-up session before heading towards the entrance of the forest reserve.

Our entourage of 16 hikers made up of breast cancer warriors, their family and our team hiked up the shortest

trail of Bukit Gasing, enjoying the lush foliage of the forest reserve, the calming harmonious sounds of mother nature and the pleasure of each other's company.

We finished our hike and walked back to the office at around 10.30 am and went home tired but rejuvenated from the time spent in nature.

MOVIEMAGIC WITH PRIDE



MARY POPPINS RETURNS

We closed 2018 with fun, feel-good affair with the breast cancer warriors at the cinema! A group of movie fans consisting of breast cancer warriors, family members and the Breast Cancer Foundation team gathered at TGV KLCC on 27 December 2018 to watch a beloved character from the 60's brought to life again in all the pizzazz of the 21st century glory.

We had a marvelous time watching Mary Poppins Returns. As for the fans of the original Mary Poppins, this movie definitely brought us back down memory lane as we laughed and cried with the characters and marveled at the beautiful scenes on the silver screen. Everybody left the cinemas with big smiles after a lovely time with great company.

PINK OCTOBER HIGHLIGHTS



WORLD CANCER CONGRESS 2018

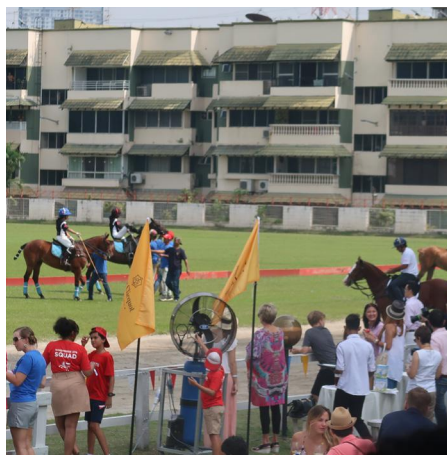
Breast Cancer Foundation were honoured to be invited to this year's prestigious World Cancer Congress, a recognized international conference where 2500 cancer control and public health experts from all over the world meet to share their knowledge and

strengthen their action and impact on national, regional and international scales. The conference was held from 1-4 October at KL Convention Centre, and offers programmes that features the latest successful interventions in cancer prevention, diagnosis, treatment and care.

On 3 October, our chairman Puan Sri Dato Azrene Abdullah presented

"Fundraising The Fun Way" in forum called Patient Group Pavilion alongside presenters Ms. Loh Siew Yim (Keepable Cancer Community Malaysia) and Albert Ndayisaba (Partners In Health, Rwanda). The forum attracted quite a few of breast cancer survivors and other international participants who were eager to learn from the topics presented that afternoon.

PINK OCTOBER HIGHLIGHTS



PINK POLO

Pink Polo KL was a charity event organized by The Royal Selangor Polo Club (RSPC) to help raise funds for Breast Cancer Foundation. This is the third year RSPC has organised this event to support our cause. This wonderful campaign was held from the 2nd to 6th October at The Royal Selangor Polo Club 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 Pink October.

The highlight of this campaign was held on 6 October, starting with a polo match at 2pm followed by an after party. Themed Palm Beach Chic, guests came in chic pink, white and

donning fabulous hats to the event. The guests were served with delicious afternoon tea by St Regis while they watched the polo tournament. Once the matches were completed, our fabulous breast cancer warriors wowed the guests with a flash-mob dance performance. The RSPC managed to raise RM70,000 via the polo clinic, charity cycle sessions, raffle ticket and individual donations.

PINK OCTOBER HIGHLIGHTS



SAY IT WITH THE MAJESTIC ORCHIDS

In conjunction with Pink October, The Majestic Hotel launched their special The Majestic Orchids Collection in support of Breast Cancer Foundation on 11 October. The launch was officiated by The Majestic Hotel Kuala Lumpur general manager Jeffrey Mong, the Selangor Health, Welfare, Women and Family Empowerment committee chairman Dr Siti Mariah Mahmud and our chairman Puan Sri Dato' Azrene Abdullah.

This is the third year The Majestic Hotel has organised a fundraising campaign in support of our cause. This year, 100% of the sale of the hotel's orchid collection will be donated to Breast Cancer Foundation. These specially nurtured Phalaenopsis Orchids were sold at The Orchid Conservatory, The Majestic Hotel Kuala Lumpur until the end of October and are priced from RM80 to RM325 per pot.

PINK OCTOBER HIGHLIGHTS



HARPER'S BAZAAR PINK PARTEA

In conjunction with Pink October and Harper's Bazaar's 15th anniversary, Harper's BAZAAR organised a fundraising project called the Pink Project Campaign in support of Breast Can-

cer Foundation. 16 renowned Malaysian designers contributed uniquely designed pink ribbons and merchandise for sale for the cause, specifically for this project.

The highlight of this project is a fundraising hi-tea called the Pink Partea held at The St Regis on 19th October. The event was attended by the movers and shakers of Malaysia, all

decked out in chic pink outfits and designer pink ribbons in support of the cause. The guests were served with beautifully created delicious afternoon hi-tea treats and serenaded by songstress Elvira Arul. Harper's BAZAAR raised over RM40,000 from the entire project that included funds raised via sale of hi-tea seats, pink ribbons and sales from retail and F&B partners throughout October.

PINK OCTOBER HIGHLIGHTS



THE PINK CAUSE

In conjunction with Pink October, Energy Spa & Wellness organised an awareness project called The Pink Cause in support of Breast Cancer Foundation. The Pink Cause is organised to fulfil Breast Cancer Foundation's three main objectives: To create awareness on breast cancer and to empower and support those who are

affected by it.

To kick-off the event, the participants that consisted of breast cancer warriors and supporters of the cause took part in a refreshing yoga session lead by Ms. Filiz Reynolds. The 45 minutes yoga session was followed by a very informative talk on breast cancer given by Dr. Ummul Wahiy, a specialist from UMRA Hospital. Finally, they

were introduced to a brand new complementary therapy for cancer called the "Compassionate Touch Massage" by renowned specialist in the field, Ms. Chandrika P. Choo, a complementary therapist for Oncology and Palliative Massage. This therapy is recommended for breast cancer patients, caregivers as well as therapists to provide much-needed support to those undergoing treatment.

PINK OCTOBER HIGHLIGHTS



LUXS POWER LUNCH

LUXS Interiors, a sought-after interior design company in Kuala Lumpur organised a wonderful breast cancer awareness and fundraising campaign in support of Breast Cancer Foundation. They created a unique limited edition aromatherapy candle called

"I Am" candles to inspire hope to all breast cancer warriors and to help create awareness on the plight of breast cancer sufferers.

On 30th October, LUXS launched their special candle in style. 5 inspiring women were invited to give a talk on their journey through hardships in life and how they overcame them to succeed. These women were Dr.

Aiesha Asmadi, a breast cancer warrior, Didie Nasir, co-founder of DIDA Cosmetics, Ninie Ahmad, founder of Upward Yoga, Dr. Nurul Ain Abdullah, a talented aesthetician and Siu Lim, an inspiring single mother and pilates instructor. There were no dry eyes in the hall that day as they shared their life story. After the talk, the candles were officially open for sale and continued to be sold until 31st December.

PINK OCTOBER HAPPENINGS



FRIENDS OF MARLBOROUGH COLLEGE MALAYSIA

The Friends of Marlborough College Malaysia (FoMCM) organised a Breast Cancer Awareness Coffee Morning on 9 October in conjunction with Pink October. Mimi Gill, a breast cancer survivor, shared her story of battle and victory. Most admirably, Mimi is now on a mission to help as many diagnosed women as possible, providing moral support and sharing her own experience. The guest speaker, Dr. Sandip Kumar spoke about the importance of mammograms and monthly self-check-ups. All proceedings from coffee, cakes and ribbon sales would be donated to Breast Cancer Foundation.



POP! ONE UTAMA

Thomson Hospital Kota Damansara invited Breast Cancer Foundation to collaborate in their Pink October Project (POP) held at Highstreet of One Utama from 13 – 14 October. They pledged to donate prosthesis bras worth RM10,000 to Breast Cancer Foundation.

We were given a booth to help spread awareness on breast cancer. The event was formally started with an opening speech by Mr Jimmy Wong, the Chief Financial Officer of Thomson Hospital and was graced by YB Jamaliah Jamaludin the ADUN of Damansara. For both days of the event, breast cancer warrior Irene Yap shared her cancer story to the public and a jazzercise performance by Janz Fitness.

PINK OCTOBER HAPPENINGS



COLUMBIA ASIA HOSPITAL, SETAPAK

In conjunction with Pink October breast cancer awareness month, Breast Cancer Foundation was invited by Columbia Asia Setapak Hospital to open a booth as part of continuous effort to create awareness around breast cancer and raise funds via sale of merchandise. Columbia Asia Setapak Hospital requested us to set up our booth as part of their effort in celebrating Pink October at their hospital on 22 October 2018. Our booth was strategically placed at the lobby, thus attracting many visitors to our booth..



UITM SG BULOH

On 24 October, UiTM Sg Buloh invited Breast Cancer Foundation to set up exhibition booth at their Pink October event. This the 3rd year Breast Cancer Foundation has been invited to participate in UiTM's Pink October event.

The programme started at 8.30am where participating exhibitors set up their booths. The Breast Cancer Foundation team taught the visitors on how to perform Breast Self-Examination and explained to them on our roles as an NGO. There were many students who visited our booth and signed up for our newsletter.

PINK OCTOBER HAPPENINGS



PKD PUCHONG

On 18 October, Klinik Kesihatan Bt 14 Puchong organised a one-day event to raise awareness on breast cancer. They invited Breast Cancer Foundation to be part of this event. We were given the opportunity to do an introduction on breast cancer and also to set up a booth. The event started at 8.30 am, with an energetic Zumba session for the event participants, led by breast cancer warrior, Pn. Umi Purwati Sonoto. The event was then officiated by Dr Santhi Subramaniam, followed by another breast cancer warrior, Pn. Zainah Ismail's sharing session on how she discovered breast cancer and her journey going through cancer.



THE JOKE FACTORY

The Joke Factory by Harith Iskander treated our breast cancer warriors to a bit of fun! On 24th October, a group of breast cancer warriors were invited to watch "Making S#it Up!", a comedy improv show by Mr. Harith Iskander and his comedian friends, Gajen, Aiman, Aaron and Henry.

The warriors had a marvelous time laughing their hearts out at the comedic antics and cheeky improvisations of the comedians. Tickets to the show was sold at RM50, and part of the proceeds from ticket sales are channeled to Breast Cancer Foundation.

PINK OCTOBER HAPPENINGS



DE GEM

DeGem organized a Gala Dinner to launch the campaign of their annual 'Wing of Hope' CSR event. This campaign is in collaboration with Lazare Kaplan International, whose brand of Lazare Diamonds is exclusively distributed by DeGem in Malaysia. This campaign was aimed to raise funds to support Breast Cancer Foundation.

The campaign was launched on 26 October and was attended by Mr & Mrs Charlie Rozario (Vice President of Lazare Kaplan New York), Ms Laura (Vice President of Lazare Kaplan Hong Kong), Mr Steven Choong (Executive Director of De Gem), our chairman Puan Sri Dato' Azrene Abdullah and our CEO Puan Azuwa Abdullah. The event started with a stunning dance performance and followed by models displaying diamond jewellery to the guests.



UMMC, THE FOUR SEASONS HOTEL

On 29 October, Breast Cancer Foundation was invited to set up an exhibition booth at UMMC's awareness event at The Four Seasons Hotel. Mr. J. Allen Smith, CEO for the hotel delivered a welcoming note to start the event. Three doctors and a nurse from UMMC gave a talk on various topics at the event, while the Breast Cancer Foundation team also taught the attendees on how to perform Breast Self-Examination. There were many participants who visited our booth and signed up for our newsletter.

AWARENESS COLLABORATIONS



MUST

Malaysia University of Science and Technology (MUST) approached Breast Cancer Foundation to collaborate in their blood donation and health care day. The event was held at their campus on 19 November from 8am till 4pm. Breast Cancer Foundation was given a booth space to spread awareness on breast cancer.

The MUST Health Care Day had several fun activities throughout the event that included Zumba, health screening, organ donation registration, blood donation and eye check ups. Apart from our booth, there were also booths that were creating awareness on prostate cancer, stroke awareness, suicide prevention and even sexual health. We were able to help the students who participated to learn more about breast cancer and taught them how to conduct breast self examination (BSE)



THE GARDENS INTERNATIONAL SCHOOL

On 29 November, the Breast Cancer Foundation team were invited to organize a breast cancer awareness talk for teachers and parents at The Garden International School Malaysia. The event started with our team member, Razlan giving an introduction of the talk and demonstrating how to do the breast self-examination (BSE). One of

our amazing breast cancer warriors, Elaine Tan gave a brief yet impactful insight to her experience as a breast cancer patient that day.

The sharing session was then followed by a talk by Dr Gabriel Salgo who explained in depth about breast cancer and why it is important to do breast self examination and be breast aware. We are grateful to The Garden International School Malaysia and the parents who attended our talk!

IN THE MEDIA

Contributing to the fight through sale of orchids

METRO NEWS

Tuesday, 16 Oct 2018



By Emira Nor Afandi



(From right) The Majestic Hotel Kuala Lumpur general manager Jeffrey Mung, Azrene and Dr Siti Mariah at the launch of Say It with The Majestic Orchids for Breast Cancer Foundation.

In conjunction with Pinktober, Breast Cancer Foundation collaborated with The Majestic Hotel Kuala Lumpur for the third time to raise funds for breast cancer patients and survivors.

Star: Usahik, Mafes, Mafes, Mafes and Mafes.

CHANNEL W

LAMAN UTAMA TERBARU

Home / Info / Kanser payudara : Lelaki wajib tahu!

Kanser payudara : Lelaki wajib tahu!

By Lynn on 11 October 2018

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News Business Sport Metro Tech Lifestyle Opinion Videos

Sunny side to pink polo do

METRO NEWS

Thursday, 11 Oct 2018



By Jade Chan



Pink Polo Kuala Lumpur is held to raise the bar for women empower more female participation in the male-dominated year's edition saw three teams competing for the Sunny H

THE Pink Polo Kuala Lumpur and the tournament's trophy, th
Cyn both hold personal meaning to Datin Nurul Hana Moh

Sinar

Memperkasakan penghidap kanser payudara

WARTAHARIAN SINAR HARIAN

14 OKTOBER 2018

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POP FOR A GOOD CAUSE

19 OCTOBER 2018 MALAY MAIL



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Early screening can save lives, says Breast Cancer Foundation CEO

Posted on 30 October 2018 - 03:30pm

Last updated on 30 October 2018 - 08:37pm

Elly Fuzaila

newdesk@thesundaily.com



Empowering and serving through #BuatBaikTogether

14 DEC 2018 / 11:46 PM



Communications and Creative Manager (Marketing) of 7-Eleven Malaysia, Laurence Ng (left) presenting a mock cheque to R

7-ELEVEN Malaysia recently concluded its annual CSR initiative, #BuatBaikTogether, to support disadvantaged communities across the nation.

For six weeks, from Sept 25 to Nov 6, 2018, customers were encouraged to support the campaign by contrib necessities such as food, beverages, household essentials and other supplies purchased from 7-Eleven Mal stores, and to drop the items into contribution boxes placed in more than 2,280 stores nationwide.

The campaign successfully collected RM2,074,323.55 worth of supplies consisting of food and non-food pr

Pertubuhan Berita Nasional Malaysia



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Current Highlights

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Contest

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Ibrahim

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Run 2018

HAWANA

Pakatan Harapan

Pertabalan Sultan

Kedah

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SUKMA 2018

Tun Dr Mahathir

PINK ZUMBA KESEDARAN KANSER PAYUDARA

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NONA

WINTV Buletin Inspirasi Cant

25. Nona Charity Award 2018

PUAN SRI DATO' AZRENE ABDULLAH



OCT-DEC MEDIA COVERAGE

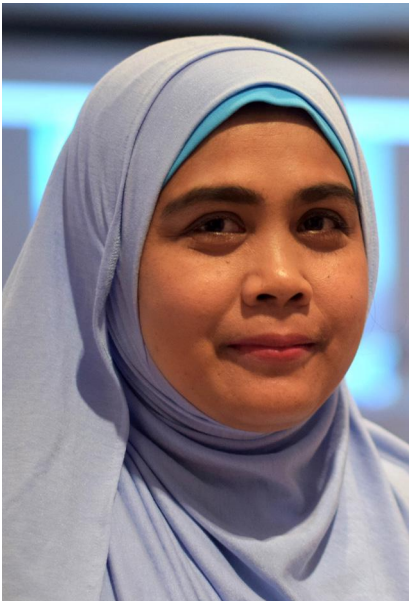
The last three months of 2018 has been a wonderful time for us at Breast Cancer Foundation. Due to the great programmes we had at this time, some of our media partners featured those events in their newspaper, magazines and online portals.

Here are some of the media coverage for last quarter that included reports on the launch of The Majestic Orchids, Pink Polo, our past Let's Talk About.. Step Out In Style, POP!, Aloha Fitness Dance, LUXS Interior's launch of their "I Am" candles, our collaboration with 7-eleven and best of all, our chairman Puan Sri Dato' Azrene Abdullah's receipt of NONA Superwomen 2018's prestigious award for all her efforts and

good work in charity.

We would like to thank our hardworking media partners, The Star, The Sun Daily, Bernama, Malay Mail, Sinar, Channel W, FMT, NONA and so many more for joining us at our events and for the wonderful coverage and we hope that we can work together in our future projects of 2019.

EXPERT SAYS...



DIET DO'S & DONT'S DURING BREAST CANCER TREATMENTS

BY DR. SAFIZA MOHAMAD NOR
Senior Research Dietitian,
Institute for Public Health (IKU),
Ministry of Health Malaysia

Breast cancer treatments may include surgery, chemotherapy, radiotherapy or other types of treatment, which give you a range of side effects to your body. Some people with breast cancer may experience many side effects of the treatments and these may change the way they eat and drink. A person's appearance and skin may also change throughout the treatment.

There is no specific diet for the different stages of breast cancer or treatments. Your dietary requirement depends on your individual body needs and conditions. However, you can keep your strength by balancing your diet with extra energy and protein, especially after you had your surgery, before chemotherapy or radiotherapy treatment.

Here are some simple diet do's and don'ts during and after cancer treatments.

Do try a variety of food during your treatment. Sometimes your taste buds will change during treatments and you might also be surprised that you want to eat food that you did not like before. You can make some changes on your food preparation or cooking methods so the food does not feel bland or taste differently.

Don't take any special product during treatment without seeking expert advice or opinion from the medical staff. Sometimes you will feel overwhelmed because your family members and friends recommend many types of products including food and drink supplements. There is no strong evidence that one single product or food can cure or prevent cancer. These products contain unknown substances that may interact with your treatment and sometimes they also make your body feel sick.

Do drink plenty of water especially during chemotherapy and radiotherapy treatments. Try to drink 2 litres of fluids a day (about 10 glasses of water). This is very important to keep yourself hydrated and to keep your healthy cells in good condition. Drinking extra water will prevent constipation problems too. Do not drink too much during meals but drink more in between meals or few hours before meal. If you have sore throat, you can try drinking slowly using a straw.

Don't skip your meals or leave your stomach empty for more than 4 hours. The stomach takes about 4-5 hours to empty after you take any meal. Sometimes you will feel sick or tired after treatment and you don't feel like drinking or eating anything. Try making your own flavoured ice cubes or ice lollies. Squeeze some lemon or lime into the water with a bit of honey and mint. Then pour it into an ice tray to make ice cubes or ice lollies. You can freeze soups, juices, milk or any type of drinks. Suck the ice cubes as needed especially when you feel tired or nauseated. It also helps you control the vomiting and keeps you hydrated.

Don't eat hot and spicy food, salty or acidic food. These foods can irri-

tate your mouth and throat especially if you have mouth ulcer or sore throat. Try soft or liquid food (eg. porridge, soft tofu and soup) because it is easier to swallow. Don't forget to keep your mouth and teeth clean after you eat.

Don't eat fatty or oily food if your appetite increases during chemotherapy or radiotherapy. During these treatments, you will be given some medications such as steroid that can stimulate your appetite. You will tend to eat more than your usual diet. If you feel worried that you will gain some extra weight, choose low fat food and drinks, low sugar products and eat plenty of vegetables with different colours.

Do simple light exercises such as going for short walks, simple stretching or breathing exercises. Simple exercises can help to stimulate your appetite and prevent constipation but remember, do consult your doctor or physiotherapist before you start any exercise regime.

|| Your dietary requirement depends on your individual body needs & conditions ||

Do sit upright (about 45 degrees angle) after you having any meal for at least 1 hour. This will help your body to digest food slowly and will help to prevent you from vomiting.

Do practice good food hygiene when you prepare, cook and store food. Some treatments especially chemotherapy will weaken your immune system and you are at risk of infection, so ensuring your food is clean and well-cooked will help avoid unwanted illnesses.

Do speak and discuss your dietary problems with a dietitian or other medical staff. If you have any problems with your diet or experience weight-loss during or after treatment, a dietitian will be able to help you to manage these problems and plan your daily diet according to your medical needs.

FEARLESS JOURNEY

My name is Sharon Gomez and I am a mother and a housewife. At the end of 2016, I noticed something unusual about my breasts. The nipple on my right breast had inverted. However, I did not give it much thought as I had done a breast abscess drainage 10 years earlier and the common side effect of the surgery is deformity of the nipple and areola. One day, I came across a magazine article about breast cancer that indicated that inverted nipples was one of the symptoms of breast cancer. Not being an alarmist, I waited till my next doctor's appointment regarding my diabetes before getting my breasts checked. Upon examining my breasts, my doctor advised that I should go for a mammogram and ultrasound as soon as possible as she felt that there could be some cause for concern. After the breast screening results arrived from Hospital Shah Alam, the doctor recommended that I undergo biopsy to determine if my breast cells were indeed cancerous. However, the biopsy results were inconclusive so I had to go for another two biopsies as well as a partial lumpectomy before I was finally diagnosed with Stage 2 ductal carcinoma breast cancer in April 2017.

The doctor advised me of some of the options available to me and upon her advice, I made a very difficult decision to have a mastectomy. After the surgery, I was hospitalized for two weeks and was scheduled for an MRI and CT scan. Upon receiving the results of these tests, I was given the devastating news – the doctors discovered that the cancer has spread to my liver and lungs, indicating that I had Stage 4 cancer! I was then scheduled for six chemotherapy and fifteen radiotherapy sessions. I went for these treatments as independently as possible as I did not want to trouble my family. I drove myself to all my chemotherapy and radiotherapy sessions, and I was so blessed that these treatment sessions only affected me with minimal adverse side effects. I am lucky to be able to go through daily life normally without being too exhausted or even hospitalized from its effects.

After the chemotherapy and radiotherapy sessions ended, I was sent for another CT scan and the results that came back gave me and my family a huge sense of relief. The cancer cells

in the liver has disappeared and the cancer cells in the lungs have shrunk significantly! With my improved condition, my doctor put me on a course of Tamoxifen tablets for 5 years to prevent the growth of cancer cells and I was advised to come for regular check-ups every three months so the doctor could monitor my condition and to assess my needs. Throughout the months, my condition continued to improve and as my recovery progresses positively, eventually my check-ups will be extended to every six months and eventually, annually.

I'm happy to say that I am feeling much better now. With my improved health, I am strong enough to do all my regular daily activities again. Even when I feel the occasional aches and pains that might be the side effects of chemotherapy, I know that I can pull through it. Slowly but surely, I start to rebuild my confidence and firmly believe that anything is possible.

I am now optimistic about the future. I know I am blessed to have such a loving family and friends who support me through my breast cancer journey. Indeed, family, friends and my faith gave me the strength to keep going. I was told again and again that people diagnosed with cancer can live for many years and I decided that I did not want to live each day in fear. We cannot fight the disease when we are afraid. Now I would like to encourage others coping with cancer to let go of that fear and let faith take its place. A cancer diagnosis may give you a grave sense of helplessness, feeling that you're losing control of your life. Because of this, it is important to be with people we trust who are positive and supportive to help you through it.

To keep myself active and to learn as much as I could about life after cancer, I started to take part in talks and activities organised for cancer patients and survivors by various cancer organisations. Some of the fun activities I took part in were organised by Breast Cancer Foundation, where I gained all the positive encouragement and motivation to live life to the fullest. It is also a great platform for me to meet and learn from fellow survivors. From experience, there will be a lot of advice coming from all directions: your family, friends, co-workers, reli-



gious community, the internet, medical professionals and more. My advice to those suffering from breast cancer and fellow readers: Be proactive, selective and in charge of your health. This is your treatment. This is YOUR life. Read up on all you need to know about your health. Health is a valuable asset that you do not truly appreciate until it is in jeopardy. I feel that the body, mind and spirit are all connected and you cannot beat cancer in isolation. I feel that good nutrition, mental health and physical activities all play a part in our overall wellbeing. So, love yourself, take care of your health and live life to the fullest!

Be proactive, selective and in charge of your health. This is your treatment. This is your life.



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THANK YOU FOR YOUR SUPPORT!

We at Breast Cancer Foundation are eternally grateful to all our sponsors, collaborators, contributors and supporters for all your support and generosity in making our programmes a success. All your efforts in supporting our cause in giving needed awareness, empowerment and support to all those affected by breast cancer means the world to us. Your kind contributions to our cause will be a gift of hope to those in need. We hope you continue to support Breast Cancer Foundation and our amazing warriors, and we hope to work with you again in 2019!

Do you need or know of anyone who requires financial assistance for breast cancer treatment?

The cost of breast cancer treatment can quickly become a financial burden.

You may get many bills for just one procedure and struggle with your post treatment expenses.

At Breast Cancer Foundation Malaysia, we are committed to helping as many people as possible through those financial struggles with our **Breast Cancer Foundation Patient Fund**.

This fund provides financial aid to deserving breast cancer patients with a monthly household income of RM 5,000 and below.

Help Us Spread The Word

Application forms can be downloaded at www.breastcancerfoundation.org.my.

Or contact us on +60 3 7960 0366.

Terms and conditions apply.





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