Breast Cancer Welfare Association Malaysia (BCWA) was founded in 1986 by medical specialists, who realised the need for peer support for women with breast cancer. It is a tax-exempt organisation registered with the Registrar of Societies Malaysia in 1988, and a member of the Union for International Cancer Control (UICC) and Reach to Recovery International (RRI).

**BCWA has a two-pronged approach in its services:**

i) Improving the quality of life for women with breast cancer using the Reach to Recovery concept of psychosocial and material support

ii) Reducing the risk of premature mortality by providing public education, early detection of breast cancer and navigation of women for further investigations and timely medical treatment

Breast Cancer Welfare Association Malaysia (BCWA)  
5th Floor, Bangunan Sultan Salahuddin Abdul Aziz Shah,  
16 Jalan Utara, 46200 Petaling Jaya, Selangor.  
Tel: +603 7954 0133  Fax: +603 7954 0122  
Website: www.breastcancer.org.my  
Facebook: Breast Cancer Welfare Association Malaysia

**Opening hours**  
Mon-Fri: 8.00 am - 6.00 pm  
3rd Saturdays:  
New Patient Education: 1.00 pm - 2.30 pm  
Group Sharing Session: 2.30 pm - 4.30 pm

**Services available**  
- Peer Counselling  
- Information  
- Temporary Prosthesis  
- Mastectomy Bra  
- Wigs
It is heartwarming to witness BCWA’s evolvement in terms of planning and execution of activities in the community. BCWA’s reach has touched the lives of people of diverse background, uniquely placing the Being Breast Aware programme and Patient Support Programme as pillars of people engagement in our local communities. This cannot happen without the dedication of the President, Executive Committee Members, staff and volunteers. Keep up the good work.

I take delight in expressing my sentiments of love and appreciation for all those who contributed to BCWA whether it is in cash or kind. A big thank you to corporate companies, associations, clubs, schools, universities and individual well-wishers for their helping hand extended to BCWA.

I wish BCWA all the best and I hope the organisation excels further under the able leadership of the President and the Executive Committee.

“Surround yourself with only people who are going to lift you higher.”
– Oprah Winfrey

MESSAGE FROM THE PATRON

Yang Berbahagia
Puan Sri Datin Seri
Dato’ Akmal Abdul Salam
D.I.M.P

MESSAGE FROM THE PRESIDENT

“When it rains look for rainbows, when it’s dark, look for stars.”
– Oscar Wilde

Ranjit Kaur
AMP

Our staff and volunteers showed their commitment to the development of the Association’s activities. BCWA benefits from not only its longstanding, inextricable connection to other breast cancer support groups, but also through collaboration with hospitals, corporate companies and government departments in the country. BCWA aspires to excel and set a standard for excellence in offering psychosocial and material support to individuals diagnosed with breast cancer and to enable the population to be vigilant about Being Breast Aware.

In 2017, our Community Outreach Services reached out to a total of 17,216 individuals while our Psychosocial Support Programme for newly diagnosed breast cancer survivors touched the lives of 1,007 individuals. With the employment of more staff and recruitment of additional volunteers, BCWA is reaching new heights in supportive care and community outreach services.

I wish to take this opportunity to thank our Executive Committee members, staff and volunteers for their dedication, expertise and effort in the growth of the Association. We thank the Patron and the Technical Advisors for their expertise and guidance. We welcome more volunteers to contribute to the development of our objectives and to further extend our reach to the Malaysian population.

We are extremely grateful to all donors for their ongoing contribution in cash and kind during the past year.
We would like to extend our heartfelt appreciation to donors and supporters for their contributions to BCWA in 2017. The contributions were made in cash and kind. Every contribution, whether big or small, is appreciated for it facilitates BCWA to make a significant difference in the lives of women including women diagnosed with breast cancer. This form of support enables BCWA to continue to improve and extend its supportive care services, survivorship activities, community outreach services and training to a larger population in Malaysia.

We look forward to your continuous support to walk this journey together in fighting breast cancer.
SUPPORTIVE CARE PROGRAMMES

Pink InspirerS

This group of women living with advanced breast cancer cope with daily challenges, support each other and inspire others with stories of their battle with the disease. They stay in touch with each other electronically to share experiences, expectations, hopes and aspirations. Pink InspirerS also participate in advocacy activities to improve access to healthcare for individuals with advanced breast cancer.

“Like a tree well rooted that can withstand the storm
so can I. With high spirit and strong will
we can weather through the storm.”

Pink InspirerS participated and gave invaluable feedback in a discussion regarding access to treatment for cancers which was initiated by Together Against Cancer Association Malaysia on 6 July 2017 in Kuala Lumpur.

While participating actively in BCWA’s activities, they also attended events to enhance their knowledge of development in treatment and care for individuals with advanced breast cancer. Among the events attended was a dinner talk on 28 July 2017 in Kuala Lumpur entitled “A New Approach in Diagnosing and Monitoring Metastatic Breast Cancer” by Dr Rafael Molina Porto, Director of Biomedical Diagnostic Center, Hospital Clinic de Barcelona. The talk was organised by Siemens Healthineers.

Individual and Group Psychosocial Support Sessions

BCWA offers a range of supportive care activities to improve the quality of life of women affected by breast cancer. The activities cover the provision of psychosocial and material support to individuals in hospitals, over the phone or at BCWA’s premises. Throughout 2017, BCWA’s programmes touched a total of 1,007 individuals.

Psychosocial and material support is provided by BCWA’s Patient Support Team comprising a group of trained breast cancer survivors. They support patients facing fear and uncertainty; they offer information on diet and self-management during treatment and beyond. They also guide patients regarding disclosure, financial constraints, employment concerns and social stigma. The Patient Support Volunteers strive to motivate patients through their journey of battling breast cancer.

In 2017, BCWA’s support services expanded to nine government and private hospitals in Kuala Lumpur and Selangor. The Patient Support Team members visit patients upon referral by the respective healthcare professionals. A Comfy Kit is given to the newly diagnosed patient. It consists of a temporary prosthesis (for those who undergo a mastectomy or removal of the breast), a stress ball for physical and psychosocial exercises, publications on coping with breast cancer and its impact, and, a bag to carry the post-surgical drainage bottle.

On the third Saturday of every month, newly diagnosed women and their carers are encouraged to attend the New Patient Education session at BCWA’s premises. She can ask questions, share her fears and concerns, and get support from the volunteer. This is followed by a group sharing session for newly diagnosed women and their carers to discuss issues affecting them with other breast cancer survivors. At the beginning of the session, the coordinator of the group sharing session, namely a Patient Support Volunteer, will list down the ground rules of the session. On weekdays, a Patient Support Team member and BCWA staff are on standby at the BCWA premises to attend to phone calls and walk-in patients.
Non-Medical Aid

BCWA provides non-medical aid in the form of wigs, temporary breast prostheses and affordable mastectomy bras to assist affected women to manage their condition and to help lessen their financial burden. Wigs are loaned out at no cost to women who experience temporary hair loss due to chemotherapy. They are guided by a staff on the selection of an appropriate wig as well as given advice on the care of the hair piece. The woman is then referred to a volunteer hairstylist for shaving of the hair and styling of the wig so that it looks natural and suits her face, thus giving a feel-good factor and a sense of self-confidence to the woman.

For women who have lost their breast as a result of mastectomy, BCWA offers temporary prostheses (external breast form) and sells mastectomy bras at affordable prices.

The temporary prostheses are stitched by BCWA’s Thimble Thumb Team of volunteers every Tuesday at the BCWA premises. The prostheses are feather-light weight and soft to facilitate comfort during healing of the surgical wound and during or after radiotherapy. A total of 521 temporary prostheses were given away in 2017.

BCWA also offers information on suppliers of wigs, silicone prostheses, mastectomy bras, lymphoedema sleeves and other attire, including swimwear for women with breast cancer.

SURVIVORSHIP ACTIVITIES

Women affected by breast cancer are given the opportunity to engage in bonding among themselves through social, sports, art and team building activities. These activities not only enable the women to have a smooth recovery but they also promote the practice of a healthy and active lifestyle.

Over the years, BCWA has been facilitating breast cancer survivors to pursue common interest activities which offer emotional, physical and social benefit. Through these survivorship activities, BCWA endeavours to inspire individuals about living a fulfilling life after breast cancer. These activities also provide a platform for mutual support and bonding.

Pink Challengers

BCWA’s Pink Challengers took part in the CCB (Asia) Hong Kong International Dragon Boat Race in June 2017 at Victoria Harbour. The team participated in the International Women’s Championship and International Cancer Survivors’ Championship categories. The Pink Challengers achieved seventh placing in the International Women’s Championship and eighth placing in the International Cancer Survivors’ Championship. A total of nine teams competed in both categories. It was an unforgettable experience to compete among thousands of athletes from around the world and to build kinship with cancer survivors from other countries.

BCWA’s Pink Challengers practiced their paddling skills every Sunday at the Putrajaya Lake. A Canadian study in 1996, showed that dragon boat paddling could help reduce the risk of lymphoedema (swelling of the arm that may develop after lymph node surgery and radiation therapy). Aptly, the team’s slogan is “Paddle for Courage, Strength and Change.”
Pink Power

This bowling team was formed in May 2010 with 14 breast cancer survivors. Inspired by BCWA’s Patron, Puan Sri Dato’ Akmal Abdul Salam, bowling as a sport has many advantages, namely, maintaining a physically active lifestyle, improving mental alertness, correcting body posture, maintaining coordination and balance, and strengthening muscles. Pink Power members practise on the 2nd and 4th Sunday of every month at the bowling alleys at Tropicana Golf & Country Resort and at Sunway Pyramid.

The fortnightly bowling meet was also a platform for Pink Power members to catch up with each other’s treatment progress. On 14 May 2017, a coaching clinic in bowling was conducted as a refresher course for the experienced bowlers and an introduction on basic bowling skills for new bowlers. In 2017, the Pink Power team actively participated in tournaments and leagues organised by various organisations. Pink Power members also practised in the fortnightly bowling meet, totalling up to 23 times throughout the year.

Sunway Megalanes organised the 24-week Sunway Doubles League in March-October 2017 which gave Pink Power members the opportunity to challenge their bowling skills with other skilful bowlers. In April 2017, Pink Power Team secured third place among 32 teams at the Inter-firm Single-Elimination League organised by the Royal Institution of Surveyors Malaysia. Mr. Eric Khoo from CK Century Construction Sdn. Bhd. sponsored the Pink Power’s fee for the event. The highlight of the year was the Inter Team Unity Bowling Carnival 2017 held on 30 April 2017 at Sunway Megalanes, a joint project with Sports Unite Sports Club for the fifth time in a row. A total of 129 bowlers including cancer survivors, family members and friends competed in this event with each team of three bowlers captained by a cancer survivor. The Pink Power Team participated in WBC Bowling at Ampang Superbowl, eCurve, Petaling Jaya on 16 September 2017. The event was organised by Wornen Bowlers Club Federal Territory & Selangor. On 8 October 2017 Pink Power Team won third place at a bowling event which was one of the social programmes for QS International Convention 2017.

The MSU Strixe Bowling gave an opportunity to the Pink Power team to participate in a bowling championship organised by Management & Science University on 19 November 2017.

Pink Melody

Pink Melody is a choir group comprising breast cancer survivors and friends of survivors. It was set up by BCWA to provide another form of psychosocial activity through music therapy for individuals, promote peer support and create breast cancer awareness through public engagements.

In 2017, Pink Melody performed at two public events. On 4 May, they performed at a Charity Hi-Tea carrying the theme Girls Wanna Have Fun which was organised by BCWA’s Patron, Puan Sri Dato’ Akmal Abdul Salam, at the Shangri-La Hotel Kuala Lumpur. The other event was the Hand in Hand concert held at the Damansara Performing Arts Centre, on 1 August.
**THERAPEUTIC AND EDUCATIONAL SESSIONS**

Talks, hands-on activities and field trips were organised for breast cancer survivors and their supporters in 2017. The aim of these activities is to enable women with breast cancer to acquire knowledge and skills, as well as to engage in relaxation therapy, achieve healing, and gain fellowship among themselves.

**Power of Gemstones**
18 February 2017

Mr. K.N. Moorthy, the first Gemmologist in Malaysia who is also a geologist, explains the difference between precious and semi-precious gems.

**Awesome Blossom Flower Arrangement**
18 March 2017

Participants discover how flower therapy has a unique influence on emotions. The session was facilitated by Bloomthis.

**“Look Well, Feel Well, Be Well” Makeup Workshop**
15 April 2017

Kenny Yee from the Makeup Miracle Academy shares makeup techniques with products sponsored by CS12 and Ronasutra.

**Line Dance**
18 March 2017

Participants guided by Zumba instructor, Ivy Low, learn to improve balance, footwork and enjoy dancing.

**Truth & Myths in Skin Care Products**
20 May 2017

Participants get more insight after the talk by Professor Ong Kok Hai, Professor of Microbiology from the International Medical University.

**Day trip to Bentong, to discover the life in a small town and savour food**
22 April 2017

Posing at the scenic Chamang waterfall in Bentong

Selecting local produce at the market

Savouring ice cream at Kow Po coffee shop

Lemang galore

A post-lunch satisfied list
A retreat was held at Pulau Tioman with Clinical Psychologist and BCWA’s Technical Advisor, Paul Jambunathan, in July 2017. This trip brought survivors closer together and enabled them to relax and explore more about what life can offer. Together with BCWA’s Outreach Team of Nurses, some attendees also participated in community education activities and obtained a better understanding of the community’s issues relating to breast cancer.

Scuba diving: good for the body, mind and soul

We did it! The jubilant scuba-diving participants!

Participants washing up after lunch

A self-development session with Paul Jambunathan

Satisfaction after the beach clean-up

Students of SMK Tekek, Pulau Tioman learning the art of Being Breast Aware

Interaction with women regarding Being Breast Aware at Klinik Desa Kampung Juara, Pulau Tioman

At a talk: “We had timely medical treatment”

No need cars! Let’s cycle!

Watching the sunset!
Exploring herbs and Ipoh’s Heritage
12 August 2017

Managing Bone Health
19 August 2017

Group Mandala Session
17 June 2017

Social Media Usage, Awareness & Cyber Security
15 July 2017

XIXILI-Saito College-BCWA “Pink Art Project”
9 - 10 September 2017

Collaboration between XIXILI, Saito College and BCWA produced artworks depicting life after breast cancer. Participants explored different themes including Love, Joy and Faith through teamwork. Each team consisted of breast cancer survivors, BCWA staff, representatives of XIXILI and students of Saito College. A total of seven artworks were then displayed at XIXILI boutiques in the Klang valley throughout the month of October.
Pandora’s Health Box, a public forum organised by ParkCity Medical Centre
16 September 2017

Breast cancer survivors, family members and carers attended a half-day event held in conjunction with Malaysia Day which was spearheaded by BCWA’s Technical Advisor, Dr. Evelyn Ho, a Consultant Clinical Radiologist at ParkCity Medical Centre, Kuala Lumpur. Aimed at providing an update on cancer treatment, the proceedings of the event educated the attendees on Treatment for Uterine Fibroids, The Weak Bladder, Myths about Breast Cancer and Breast Imaging. This was followed by a panel session on Living with Cancer – Is that possible?

Different Colours of Breast Cancer
18 November 2017

Cafe @ BCWA
16 December 2017

Cafe @ BCWA created an environment of laughter and chatter among participants who got together to socialise and catch up with each other. BCWA staff had decorated the premises with balloons and light music was played to create a cozy atmosphere.
BCWA's Community Outreach Team of nurses and volunteers participate in outreach activities throughout the nation with the purpose of enabling the public to be breast aware and to practise early detection and timely medical treatment of breast cancer.

Talks and demonstrations are conducted for members of the public on Being Breast Aware to instil the practice of being aware of normal changes in the breast and to go for regular breast screening such as clinical breast examination and mammogram. BCWA’s team of nurses conduct clinical breast examinations in the MURNI Mobile Clinic (MURNI: Mobile Unit Reaching Nationwide with Information), BCWA’s inflatable clinic or in the privacy of a room available in the host organisation’s premises.

In 2017, BCWA’s Community Outreach Team of nurses and volunteers were involved in 209 events and reached out to 17,216 individuals, compared to 9,726 in 2016. It was encouraging to see an increase in the number of corporations, associations, academic institutions and even healthcare organizations requesting for BCWA’s services as this is a positive indication of the increasing awareness regarding breast cancer.

PUBLIC EDUCATION: BEING BREAST AWARE

Women learning about being breast aware at an event by Berita Harian held on 2-4 June 2017

Women waiting their turn inside BCWA’s MURNI Mobile Clinic

Women waiting in queue for a Clinical Breast Examination in BCWA’s inflatable clinic at Sunway Geo Tower on 21 May 2017. The event was organised with Shaklee Products Sdn. Bhd.

Women learning about being breast aware at an event by Women’s Institute and Puspanita in Kuala Lipis, Pahang on 23 April 2017

Matron Chew having a chat session with the women of Kg. Orang Asli SAT, Sungkai, Perak. The event was organised with PeopleGiving Association on 20 May 2017

The staff of Sensata Technologies learning the art of Being Breast Aware on 9 May 2017

Visitors queuing up for Clinical Breast Examination in BCWA’s MURNI Mobile Clinic at an event organised by Ibu Pejabat Polis Kontingen & Persatuan Penduduk Perumahan Awam Sri Johar, Cheras on 25 August 2017

Matron Datin Zainab Abdullah briefing the women before the Clinical Breast Examination at Masjid Ashabus Solihin in Kajang on 23 September 2017

The staff of Daikin Malaysia learning the art of Being Breast Aware on 21 September 2017

The staff of Dhakini Malaysia learning the art of Being Breast Aware on 21 September 2017

Clinical Breast Exam at an outreach event organised with Estee Lauder Companies at The Gardens, Kuala Lumpur on 9-15 October 2017
COLLABORATION, NETWORKING & ADVOCACY

Besides community outreach events BCWA has also participated in advocacy and networking events.

Book Launch
BCWA’s Community Outreach nurses attended the launch of a book entitled *Mental Health in the Community-Malaysia* authored by Prof. Dr. Sherina Mohd Sidik, Deputy Director of Cancer Resource and Education Centre (CaRE), Universiti Putra Malaysia on 27 January 2017.

4th National Colorectal Symposium
BCWA President, Ranjit Kaur was invited to speak on *Creating Awareness among the Public* at the 4th National Colorectal Symposium at Hospital Ampang, Kuala Lumpur on 4 May 2017. It was organised in conjunction with World Digestive Day and attended by surgeons, gastroenterologists, public health specialists, general practitioners, nurses and staff of the Ministry of Health Malaysia.

Seminar Kesedaran Kanser
Government staff participated at *Seminar Kesedaran Kanser* organised by Ministry of Health Malaysia at their premises in Putrajaya on 23 May 2017. BCWA’s Community Outreach Team conducted Clinical Breast Examinations on 129 women in BCWA’s inflatable clinic. BCWA President, Ranjit Kaur was invited to speak on the panel at the Seminar.

Consumer Advocacy in Women’s Health
BCWA President, Ranjit Kaur was invited by University of Malaya to give a lecture on Consumer Advocacy in Women’s Health to medical students of the university on 11 July 2017. This lecture is part of the Oncology-Palliative Care topic of Cancer.

Malaysian Cancer Care Initiative
BCWA President, volunteers and staff attended the Inaugural Malaysian Cancer Care Initiative 2017, a one-day Summit entitled *Cancer Care As It Should Be* organised by Subang Jaya Medical Centre at Pullman Hotel Kuala Lumpur on 9 March 2017. The aim of the Summit was to educate and empower the public towards greater health and wellbeing of the nation.

Cancer Awareness Raising Programme
BCWA President, Ranjit Kaur was invited to participate in an expert panel discussion for the content of the Cancer Awareness Raising Programme (CARP) at the Department of Social & Preventive Medicine, University Malaya on 5 May 2017. The invitation was from PACED Initiative (Promoting Awareness of Cancer and Early Detection Initiative) project. The discussion was about a public education project through different media to be adapted locally by University of Malaya from University of Ireland.

International Fundraising Congress
BCWA President, Ranjit Kaur was invited to participate in the International Fundraising Congress in Bangkok on 26-28 June 2017. It was organised by Resource Alliance International.

4th Asia-Pacific Oncology Stakeholder Forum
The 4th Asia-Pacific Oncology Stakeholder Forum organised by Asia-Pacific Pfizer was held in Singapore on 14-16 November 2017. Participatory workshops at the Forum included *Enhancing Patient Centricity across Asia Pacific and Patient Communication/Navigation.* BCWA President Ranjit Kaur participated in the Forum with representatives from across the region and also co-led the workshop on *Enhancing Patient Centricity across Asia Pacific.*

4th UMMC Breast Cancer Public Forum
University Malaya Medical Centre organised the 4th UMMC Breast Cancer Public Forum in conjunction with Pink October on 8 October 2017. Besides talks, the forum also included exhibition and charity sale of artworks. BCWA President, Ranjit Kaur gave a presentation on *MURNI: A Community Based Programme.*

The International Conference 2017
The International Conference 2017 entitled *Cancer Today: Road Map for Tomorrow* held in New Delhi, India on 18 November 2017 covered various topics including the status of cancer, yoga and diet, personal stories of the cancer experience and a panel discussion on case studies. BCWA President, Ranjit Kaur was invited to speak on *The Value of Life in Advanced Breast Cancer.*

Mesyuarat Jawatankuasa Teknikal Program Pencegahan dan Saringan Kanser Kebangsaan
BCWA’s Community Outreach Manager, Matron Salimah Saleh and member Chin Keat Yue attended a Technical Committee meeting on National Prevention and Screening of Cancer (*Mesyuarat Jawatankuasa Teknikal Program Pencegahan dan Saringan Kanser Kebangsaan*) organised by the Ministry of Health Malaysia on 25 November 2017. This was the first meeting to provide NGOs with an update on the initiatives by the government.

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TRAINING, RESEARCH & DEVELOPMENT

BCWA offers training for volunteers, members of the public, university students and healthcare professionals.

Reach to Recovery Recertification Session

A Reach to Recovery Recertification session was conducted on 15 April 2017 for 15 patient support volunteers, who currently visit patients at hospitals. The session included a combination of knowledge and skills enhancement as well as interactive practice segments to capture issues and share experiences among the attendees. Feedback was also given on enhancing the interaction with clinicians and staff at the various hospitals.

The Reach to Recovery International (RRI) Breast Cancer Support Network is dedicated to improve the quality of life of those affected by breast cancer and their families through peer support, advocacy and consumer involvement in research. RRI member organisations that provide peer support have a responsibility to their volunteers and the people they serve. They develop, manage and evaluate training programmes in accordance with best practices, which means that any training programme designed will meet the specific needs of the local community and reflect the environment and culture.

As a member of RRI, BCWA carefully selects and trains candidates throughout Malaysia, namely those who have completed breast cancer treatment, who are physically fit and mentally well-adjusted so that they can offer psychosocial support and non-medical information to newly diagnosed individuals. An annual recertification session is conducted for trained patient support volunteers.

Reach to Recovery Workshop in HOSHAS

BCWA volunteers led by President, Ranjit Kaur conducted a skills development Reach to Recovery peer support workshop on 30 July 2017 for 52 breast cancer survivors at Hospital Sultan Haji Ahmad Shah (HOSHAS) in Temerloh, Pahang.

Peer Support Training for Prostate Cancer Survivors

They were hesitant at first and did not think men with prostate cancer needed psychosocial support. As discussions continued, the participants began to unearth issues surrounding emotional response to the diagnosis of cancer. Questions were raised, Why Me? Why now? The two-day training held on 23-24 September 2017 in BCWA premises was an eye-opener for members of Prostate Cancer Society Malaysia on the importance of peer support when one is diagnosed with prostate cancer. The training ended on a high note whereby the members wanted a follow up training to practise their skills.

Volunteers learning the technique of Being Breast Aware

A training session for volunteers on teaching the public regarding Being Breast Aware was conducted on 5 September 2017 by BCWA’s Community Outreach Team of nurses. Matron Datin Zainab Abdullah, Manager of BCWA’s Community Outreach Team stressed the importance and method of breast self-examination to familiarise with normal breast changes and to recognise any unusual changes in the breast.

Educational Visit by Oncology Nurses

Oncology nurses and their lecturers from Ramsay Sime Darby Healthcare College visited BCWA on 6 September 2017 and another batch on 8 December 2017 to learn about its supportive care programme and community outreach services. BCWA’s Community Outreach Team, briefed them regarding BCWA’s mission and its psychosocial support services for women with breast cancer and early detection programmes in the local communities. The visitors learned about BCWA’s non-medical aid for women with breast cancer such as shaving services, availability of wigs and wig-styling, temporary breast prostheses and affordable bras.

Social visit by breast cancer survivors from Perak

Breast cancer survivors from Perisatuan Pink Champion Perak paid a social visit to BCWA on 14 September 2017. They toured the BCWA premises, viewed the non-medical aid for newly diagnosed patients, engaged in a discussion with BCWA’s management to get a better insight into BCWA’s services and picked up pink ribbon souvenirs. The visit ended with a hearty banana leaf lunch at one of the local restaurants.

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COMMUNITY SUPPORT

The continuous contributions from corporations, clubs, educational institutions, individuals and nominal subscription fees from members have enabled BCWA to implement its activities and operations.

Girls Wanna Have Fun

BCWA Patron, Puan Sri Dato’ Akmal Abdul Salam organised a fundraising Hi-Tea called Girls Wanna Have Fun on 4 May 2017 at Shangri-La Hotel, Kuala Lumpur. This event was organised to raise funds for Pink InspirerS, a group of women living with advanced breast cancer to improve their quality of life and to facilitate access to cancer care services. The Hi-Tea included an exclusive fashion show, afternoon tea, fun activities, songs, dance, lucky draw, auction and sale of clothing and jewellery.

Donation from SOHOM

The Association of Spouses of Heads of Missions in Malaysia (SOHOM) donated RM5,000 to BCWA in memory of their member, the wife of the Ambassador of Fiji who passed away after her battle with breast cancer. BCWA President, Ranjit Kaur, attended a cheque presentation ceremony and a coffee morning session at the Argentine Residence in Kuala Lumpur. A total of 40 or so guests were present at the event.

Research & Development

BCWA collaborates with universities and other non-government research entities to conduct research, and at the same time, supervise university students in their dissertation. Interviews and participatory research is also conducted with breast cancer survivors on topics such as Survivorship, Quality of Life after Breast Cancer, Patient Reported Outcome Measures (PRODM) as well as Evaluating the Value of BCWA’s Services. With the recommendations and results of this kind of research, BCWA can further improve its services. Research organisations also get respondents for interviews from BCWA.

Internship placement

BCWA supervised students and graduates from universities for internship to improve their skills and gain work experience in specific subjects such as Psychology, Mass Communication, Social Work, and, at the same time gain hands on work etiquette and practice.

Discussion between BCWA Technical Advisor, Mr. Paul Jambunathan (right), President Ranjit Kaur and Mendez Wong Jee Wei (centre), a university student conducting research in BCWA

Navedthra (left), an intern practising her counselling skills.

Pink Inspirer, Chang Chu San sharing her life experience

Members having the privilege of a photograph with BCWA Patron, Puan Sri Dato’ Akmal Abdul Salam (3rd from left)

Specially painted tiffin carriers up for auction

Donation from SOHOM

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Outrageously Pink Event by GinRikSha Restaurant

In conjunction with International Women’s Day, GinRikSha, a trendy restaurant in Plaza Damansara and BCWA organised Outrageously Pink Event on 11 March 2017 to celebrate breast cancer survivors. The event was officiated by BCWA Patron, Puan Sri Dato’ Akmal Abdul Salam. In line with the event, GinRikSha did a month long promotion called The Pink Ribbon on some of the popular items on the menu. Profits from sale of these items were channelled to BCWA. Puan Sri Gita Menon, Director of GinRikSha was also present to host the event. The event included a Walkathon by breast cancer survivors around Plaza Damansara area. At the end of the Walkathon, participants did the mannequin challenge. By then they were hungry enough to tuck in the delicious dishes and catch up with friends. BCWA’s MURNI Mobile Clinic was parked in the area for members of the public to take the opportunity to get a clinical breast examination.

A helping hand from Amber Chia and Harlow’s & MGI

Amber Chia, Malaysian model, actress, TV host and Brand Ambassador once again selected BCWA to be the recipient of RM20,000 raised in conjunction with Charity Day by Harlow’s & MGI Sdn. Bhd. The event was hosted by the Executive Director of Harlow’s & MGI, Encik Mohd Hatim Abdullah on 18 July 2017 at Maya Hotel Kuala Lumpur.

Stand Up for Pink Breast Cancer Awareness Campaign

XXIILI and its corporate partners Hair Salon Number76, AFO Radio, Saito University College, Monte Bianco Malaysia, Dunkin’ Donuts and Juice Works joined BCWA to organise a four-day Stand Up for Pink Breast Cancer Awareness Campaign at IOI City Mall Putrajaya on 28 September - 1 October 2017. BCWA’s Community Outreach Nurses conducted Clinical Breast Examinations and educated the public on Being Breast Aware. Volunteers from BCWA assisted the nurses and created awareness on life after breast cancer.

Walk2Inspire Charity Walk

Chang Chu San (2nd from right) represented BCWA as our champion to raise awareness about breast cancer. The event was organised by the PeopleGiving Association to raise funds for NGOs including BCWA.

Columbia Asia Hospitals UV Night Run

Crowds of family members and friends gathered on the evening of 7 October 2017 at Taman Tasik Cyberjaya to take on the 3KM and 10KM challenge. Organised by Columbia Asia Hospitals in the Klang Valley, the aim of the UV Night Run was to promote breast cancer awareness and raise funds for BCWA.
Neubodi’s Pedal Forward

100 or so cyclists including celebrities, models, Mrs Malaysia Chinatown winners, cycling enthusiasts, breast cancer survivors and supporters took on the 18KM bicycle convoy challenge which kicked off at the One Utama Shopping Centre, Petaling Jaya on 7 October 2017. The event entitled Pedal Forward was organised by Neubodi, a lingerie brand. The participants had previously created their respective crowdfunding platform to raise at least RM850 individually to qualify for this challenge.

Subsequently, Neubodi launched a one-month long Donate, Support, Recycle Bra Drive Campaign to collect old bras from the public for special recycling before contributing them to needy communities. This project which also helps to reduce landfills was launched on the same day at One Utama Shopping Centre. Neubodi’s Founder and CEO, Ms. Anne Tan, gave a speech about Neubodi’s campaign and its corporate social responsibility of helping women with breast cancer, recycling bras for needy women and at the same time, conserving the environment.

A four-day roadshow was conducted by BCWA and Neubodi to promote breast cancer awareness. The Neubodi GO PINK campaign sale of special bras channelled RM10 to BCWA for each bra sold at Neubodi outlets. A total of RM76,080 was successfully collected by Neubodi for donation to BCWA.

Boat Noodle and Chill Chill supports the fight against breast cancer

In conjunction with the breast cancer awareness month of October 2017, Boat Noodle restaurant chain and Chill Chill drinks joined forces to raise funds to support BCWA’s activities. At a media event on 7 October 2017, guests were treated to delicacies at the Boat Noodle outlet in Publika Shopping Gallery, Kuala Lumpur. Videos were produced for the public to understand the challenges faced by breast cancer survivors.

A photo booth was set up for guests to take pictures with the hashtag #pinktobermy. For every tag that Boat Noodle received, a sum of 50 cents was channelled to BCWA.

Estee Lauder Breast Cancer Campaign 2017

Guests were busy narrating their choice of clothes and accessories for this very special Pink Ball, a black tie event. Estee Lauder Companies Malaysia marked its 25th anniversary of the Breast Cancer Campaign with a worn-out pink ribbon entitled Time to End Breast Cancer. The power of pink in the fight to end breast cancer was hosted by Estee Lauder Companies Malaysia on 25 October 2017 at the Majestic Hotel, Kuala Lumpur. The evening was filled with delicious food and entertainment by Nikki Palikat, Syafinaz Selama and Adibah Noor.

“We are truly encouraged to see greater awareness amongst Malaysians on breast cancer today, and hope that through our Campaign, women and men will be more purposeful in going for screening, knowing the risk factors and how they can reduce the risk of breast cancer happening. Breast cancer does not discriminate; everyone must play their part,” said Paul Slavin, Managing Director of Estee Lauder Malaysia. Proceeds from Estee Lauder’s charity golf tournament, an auction of various items at the Pink Ball and the sale of limited edition Estee Lauder products amounting to a total of RM480,000 will be channeled to BCWA and other NGOs. The other highlight of the evening was that the Majestic Hotel was lit pink.

In conjunction with the above campaign Estee Lauder Companies also treated 40 or so breast cancer survivors to a Feel Better Beauty Workshop on 19 October 2017 which consisted of tips to protect the skin, make-up tricks, personalised scent consultation, hairstyling and a portrait session.
ABWM Pink October Lunch
It was Thursday, 26 October 2017 and the hall was filled with pink everywhere. After registering, guests got busy taking pictures at the backdrop of the event with pink accessories made available including fancy hats, wigs, scarves, message boards, masks and fur. A total of 150 guests hosted by the Association of British Women in Malaysia (ABWM) were gathered to celebrate Pink October at Majestic Hotel Kuala Lumpur. The ABWM Pink October Lunch gave the guests every reason to have a fun-filled charity afternoon. BCWA was represented by its Patron, Puan Sri Dato’ Akmal Abdul Salam and President Ranjit Kaur. Besides savouring a large variety of dishes from the buffet spread, guests took their time to catch up with each other, enjoy the raffles draw and contribute to the charity event.

Pink October Luncheon
The American Association of Malaysia (AAM) teamed up with the Canadian Association of Malaysia and The Latin Ladies Association of Malaysia (LLAM) to organise a Pink October Charity Luncheon at Sheraton Imperial, Kuala Lumpur on 4 October 2017. BCWA was one of the beneficiaries of the funds raised from the event. Mr. Colin Day, President of the Royal Society of St. George in Kuala Lumpur gave a keynote speech on his perspective on breast cancer as his wife was receiving treatment at that time. BCWA had set up a booth to sell pink ribbon merchandise to the guests.

Love . Life . Hope. by BodyPerfect
BCWA joined BodyPerfect to celebrate a day of love, life and hope in conjunction with the breast cancer awareness month. The event was held at The Boulevard Hotel Kuala Lumpur on 6 October 2017. The guest of honour for the event was Duli Yang Maha Mulia Sultanah Pahang, Sultanah Hajjah Kalsom. The event consisted of a talk on Being Breast Aware by Dr Patricia Gomez, Consultant Breast Surgeon and Technical Advisor to BCWA, speeches, lucky draw and clinical breast examination for the guests by BCWA’s community outreach team of nurses.

Wear It Pink Charity Dinner 2017
Pantai Hospital Kuala Lumpur hosted a dinner in conjunction with its annual charity Wear it Pink Campaign, at Le Meridien Hotel Kuala Lumpur on 29 October 2017. Carrying the theme Be the Light, the event raised funds to support underprivileged women suffering from breast cancer. Guests were treated to performances by a violinist, Sutra Academy Dancers and an auction of items and holiday packages. Besides Tan Sri Rafidah Aziz, the Patron of the Dinner who officiated the event, the guests had the opportunity to socialise with local celebrities who showed their support for the evening. BCWA Patron, Puan Sri Dato’ Akmal Abdul Salam, President Ranjit Kaur and a number of BCWA members were present at the event.

Charity Golfathon by Lions Club of Kuala Lumpur Pavilion
In collaboration with BCWA, Lions Club of Kuala Lumpur Pavilion organised a charity golfathon to raise funds for BCWA on 10 November 2017. The golfathon was held at the Kelab Rekreasi Tentera Udara Subang followed by a prize giving dinner at a restaurant nearby.
GUESS Watches Supports Breast Cancer Campaign
The sole distributor of GUESS Watches, FJ Benjamin Malaysia, launched a limited edition GUESS watch for the month of October from which proceeds were channelled to BCWA.

President Ranjit Kaur receiving the mock cheque from Ms. Lim Mee Ling, Executive Director of Ogawa Malaysia

OGAWA Massage Chair in aid of BCWA
Ogawa Malaysia conducted an eight-week promotional campaign of the sale of Pink OGAWA massage chairs from which a certain percentage of the proceeds were channelled to BCWA.

Pink Ribbon items
As part of BCWA’s efforts in promoting early detection and timely medical treatment of breast cancer, the pink ribbon symbolically serves as a reminder for the public to take action. Pink ribbon souvenirs that are practical, and yet attractive are sold to the public at a nominal cost.

Pink ribbon souvenir to create awareness

BCWA IN THE NEWS

GUESS Watches Supports Breast Cancer Campaign
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BCWA’s activities and interviews were featured in print, online, audio and video news throughout 2017
OUR SERVICES

Breast Cancer Welfare Association Malaysia (BCWA) is a tax exempt voluntary organisation founded in 1986 and was registered with the Registrar of Societies Malaysia in 1988. BCWA's mission rests on the philosophy that a breast cancer survivor can use her experience to help another woman facing the challenges of breast cancer. The Association is a member of the Union for International Cancer Control (UICC) and Reach to Recovery International (RRI).

Objectives
• Provide emotional, social and material support for individuals with breast cancer.
• Strengthen the capacity of individuals with breast cancer to self-manage during and after treatment.
• Promote public education on Being Breast Aware including screening for breast cancer and early detection of breast cancer.

Management
BCWA is managed by an Executive Committee and staff members, with support and advice from experts in the field of breast cancer and other related expertise. Volunteers lend their time and effort on a voluntary basis to the Association.

Support for women with breast cancer
• Individual Psychosocial Support
  Trained breast cancer survivors provide individual psychosocial or emotional support to help women cope with life during and after diagnosis and treatment. Individual psychosocial support is offered in face-to-face sessions in hospitals and at BCWA, as well as through the telephone and electronically. Healthcare providers also refer their patients to BCWA.

• Group Psychosocial Support Sessions and Education Sessions
  Women with breast cancer and their families can benefit from mutual support, fellowship and information sharing every third Saturday of the month at BCWA as follows:
  - New Patient Education Session 1.00 – 2.30pm
  - Group Sharing Session 2.30 – 4.30pm

Sports, recreational activities and social activities are another form of group psychosocial support provided to help individuals lead an active lifestyle.

• Education and Awareness Programmes
  BCWA organises education and awareness programmes such as talks and forums on issues relating to improving quality of life for women with breast cancer.

• Material Support
  Prostheses: Temporary prostheses are sewn and offered free to women with breast cancer. Advice on bra modifications is also offered. Survivors are also helped to procure silicone prostheses, which is part of the rehabilitation process.
  Wigs: Women undergoing chemotherapy may experience temporary hair loss. To manage this, and to avoid purchasing expensive hair-pieces, wigs are available on loan.

Information, News and Communication: Each newly diagnosed woman receives a Comfy Kit consisting of support information and rehabilitation materials. The Comfy Kit set is also available for distribution to breast cancer support groups in Malaysia for free.

A library of reading and audio-visual materials covering information ranging from guidelines to narrations and rehabilitation are available at BCWA.

BCWA manages a website (www.breastcancer.org.my) and Facebook page (Breast Cancer Welfare Association Malaysia) which is another avenue for support, communication and information exchange for members and the public.

Public Education and Awareness
Talks and workshops are conducted to promote awareness on the importance of Being Breast Aware and screening. Women are guided to be familiar with normal changes in the breast. Breast cancer survivors from BCWA conduct public awareness on Life After Breast Cancer.

BCWA has a team of Community Outreach nurses who conduct clinical breast examinations in BCWA’s pink Mobile Unit Reaching Nationwide with Information (MURNI), in BCWA’s inflatable clinic or in a suitable room within the premises of the host organisation.

Training and Development
BCWA offers regular training in the following for support groups in Malaysia:
• Reach to Recovery training to enable breast cancer survivors to offer psychosocial support to other women diagnosed with breast cancer.
• Train-the-trainers programme for conducting public education regarding breast health awareness and early detection of breast cancer.
• Training in sewing temporary prostheses.

Funding
The activities and operations of BCWA are funded through a nominal membership subscription and through public donations from individuals, clubs, societies and corporate bodies. Contributions can be made via cheques (payable to Breast Cancer Welfare Association Malaysia) or bank in at Public Bank Berhad Account No. 3166 384 321. A tax exempt receipt will be issued for donations of RM50 and above.

Breast Cancer Welfare Association Malaysia
5th Floor, Bangunan Sultan Salahuddin Abdul Aziz Shah 16 Jalan Utara, 46200 Petaling Jaya, Selangor, Malaysia
Monday – Friday 8.00 am – 6.00 pm
3rd Saturdays 1.00 pm – 4.30 pm
Phone: +603 – 7954 0133 Fax: +603-7954 0122
E-mail: info@breastcancer.org.my
Website: www.breastcancer.org.my
Facebook: Breast Cancer Welfare Association Malaysia

Map to BCWA

Networking and Collaboration
BCWA contributes towards the improvement of the quality of life for women living with breast cancer through regular networking and constant communication with government and private hospitals, Ministry of Health, Ministry of Women, Family and Community Development, other ministries and government departments, cancer control organisations, support groups, association of health care professionals, hospices and palliative care organisations, women’s organisations, educational institutions and legal entities. Networking and collaboration is done locally and at the international level.
PERKHIDMATAN KAMI


Objektif

- Memberi sokongan psikososial dan sokongan perkakas kepada individu yang menghidap kanser payudara.
- Meningkatkan keupayaan individu yang menghidap kanser payudara untuk mengurus diri semasa dan selepas rawatan.
- Mempromosikan kesedaran mengenai rawatan termasuk saringan untuk kanser payudara dan pengelasan awal kanser payudara.

Pengurusan

Persatuan Kebajikan Kanser Payudara Malaysia diuruskan oleh Jawatankuasa Eksekutif dan kakitanganannya dengan bantuan dan nasihat daripada pakar-pakar dalam bidang kanser payudara dan bidang-bidang yang berkaitan. Suakrelawan akan meluangkan masa dan tenaga mereka di BCWA untuk membantu wanita yang menghidap kanser payudara.

Sokongan untuk wanita yang menghidap kanser payudara

- **Sokongan Psikososial Individu**
  - Bekas penghidap kanser payudara yang terlibat akan memberi sokongan psikososial (emozi dan sosial) untuk membantu mereka yang menghidap kanser payudara menangani kehidupan semasa dan selepas diagnosis dan rawatan. Sokongan psikososial diberikan kepada individu yang menghidap kanser payudara secara bersema di hospital dan premis BCWA, serta melalui telefon dan secara elektronik. Pihak perubatan juga merujuk pesakit mereka kepada BCWA.
  - **Sokongan Pendidikan dan Sesi Berkongsi Secara Berkumpulan**
    - Pesakit dan keluarga mereka boleh melibatkan diri dalam sesi berkongsi secara berkumpulan untuk mendapatkan sokongan emozi, sosial dan maklumat bagi urus diri dan terus hidup dengan kanser payudara. Sesi ini diadakan pada setiap minggu ketiga hari Sabtu di premis BCWA:
      - Sesi Pendidikan Pesakit Baru 1.00 – 2.30 petang
      - Sesi berkongsi secara berkumpulan 2.30 – 4.30 petang
    - Aktiviti sukan, aktiviti rekreasi dan sosial merupakan salah satu bentuk sokongan psikososial berkumpulan yang dapat dibantu individu menjalani cara hidup yang aktif.
  - **Program Kesedaran**
    - Persatuan Kebajikan Kanser Payudara Malaysia juga menganjurkan program kesedaran seperti ceramah untuk meningkatkan kualiti kehidupan wanita yang menghidap kanser payudara.

**Sokongan Perkakas**

**Payudara Palsu (Prostesis):** Suakrelawan mengejutkan payudara palsu sementara yang diberikan secara percuma kepada pesakit baru yang telah menjalani pembedahan mastektomi. Nasihat mengenai pengubahaan itu juga boleh didapat di BCWA. Pesakit turut dibantu untuk mendapatkan payudara silikon sebagai sebahagian proses pemulihan.

**Rambut Palsu:** Wanita yang menjalani rawatan kemoterapi boleh mengalami kehilangan rambut sementara. Untuk mengatasi masalah ini dan mengelak daripada memberi rambut palsu yang mahal, terdapat beberapa jenis rambut palsu di BCWA yang boleh dipinjamkan kepada pesakit.

**Maklumat, Berita Terkini dan Perhubungan Awam:** Wanita yang baru mendapat kanser payudara akan diberikan Comfy Kit yang mengandungi bahan-bahan sokongan dan pemulihan. Comfy Kit ini juga diberikan secara percuma kepada kumpulan-kumpulan sokongan kanser payudara di Malaysia.

Terdapat juga perpustakaan yang mengandungi bahan-bahan bacaan dan audiovisual. Tajuk-tajuk seperti garis panduan rawatan dan pemulihan kanser payudara, serta cerita-cerita daripada bekas penghidap kanser payudara boleh didapat di perpustakaan.


**Pendidikan dan Kesedaran Awam**

Ceramah dan bengkel diadakan untuk meningkatkan kesedaran orang ramai mengenai pengalaman mengalami Cara Hidup Selepas Kanker Payudara.

BCWA mempunyai Pasukan Jururawat Kanser Malaysia yang menjalankan pemeriksaan payudara klinik di dalam klinik bergerak MURNI dan klinik “inflatable” ataupun dalam bilik premis yang disediakan oleh pihak penganjur.

**Perangkaian dan Kolaborasi**


**Latihan dan Pembangunan**

BCWA menawarkan latihan untuk kumpulan-kumpulan sokongan kanser payudara di Malaysia seperti berikut:

- **Latihan ‘Reach to Recovery’** membolehkan bekas penghidap kanser payudara dapatah memberi sokongan psikososial kepada individu lain yang menghidap kanser payudara.
- **Latihan untuk Pelatih diadakan untuk memberi kesedaran kesihatan payudara dan pengesanan awal kanser payudara kepada orang awam.
- **Latihan menjahir payudara palsu sementara.**

Dana


Perangkaian


**Pendaftaran Kebajikan Kanser Payudara Malaysia**

Tingkat 5, Bangunan Sultan Salahuddin Abdul Aziz Shah 16 Jalan Utara, 46200 Petaling Jaya, Selangor, Malaysia

Isin – Jumaat 8.00 pagi - 6.00 petang
Sabtu yang ketiga 1.00 t/hari - 4.30 petang

Tel : +603 – 7954 0133 Faks : +603-7954 0122
E-mel: info@breastcancer.org.my
Laman web: www.breastcancer.org.my
Facebook: Breast Cancer Welfare Association Malaysia
服务

马来西亚乳癌福利协会成立于1986年，是一个免税义务组织，其使命秉持着一个理念，就是让乳癌康复者以个人的亲身体验，来帮助正在面临乳癌挑战的女性。我们也是国际抗癌联盟(UICC)和「迈向康复」国际组织(RRI)的成员之一。

成立宗旨:
- 为乳癌病友提供情绪上，社会上及物资上的支援。
- 增强乳癌病友在接受治疗前后期间的自我管理能力。
- 进行推广和教育民众有关乳房保健，包括如何及早发现乳癌等课题。

管理

由执行委员会和职员管理，并获得乳癌专家与相关专业人士提供咨询及支助。另外，志工们也义务性的为协会付出时间和努力。

为女性乳癌病友提供支援

个人社会心理上的支持
经培训的乳癌康复者将为乳癌病友提供个人的社会心理或情绪上的支援，以帮助她们应付初诊断患上乳癌期间以及接受治疗期间的生活。这些服务包括在医院及协会内进行的个别面谈，以及通过电话或电邮所进行的咨询。医药护理机构也向乳癌病友们推介乳癌福利协会。

群体社会心理支援及教育时段
女性乳癌病友们及其家属都能够以互助互持的方式，在该协会每月第三个星期六举行的分享活动中获得资讯及帮助，其详情如下:
- 病友辅导时段 下午一点至两点半
- 群体分享时段 下午两点半至四点半

其他形式的群体社会心理支援活动有: 运动、康乐及社交活动等，以协助病友迈向健康活跃的生活方式

教育与醒觉活动
主办教育与醒觉活动，例如提升女性乳癌病友生活素质相关课题的讲座和座谈会。

物资援助
义乳: 专业缝制的义乳(暂时性)免费提供给女性乳癌病友。另外，我们也提供如何切身改良胸罩的建议，并协助乳癌康复者采购进口体硅义乳(silicone prosthesis)。这也是康复计划之一的活动。

假发: 接受化疗之后的病友将经历暂时性的脱发，因此，我们提供假发的租借服务，让病友无需购买市场上价格昂贵的假发商品。

资讯、新消息及通讯: 每一位初被诊断患上乳癌的女性都获得恩菲小袋，里面附有支援与康复资讯。免费的“恩菲”小袋也同时被分发到马来西亚的各个乳癌支援群体。

图书馆: 提供阅读书籍和视听资料，包括指引、过程叙述以及康复等各种资料。

网站及面子书: 提供资讯交换、沟通与交流的平台:
网址: www.breastcancer.org.my
面子书: Breast Cancer Welfare Association Malaysia
BREAST CANCER SUPPORT GROUPS IN MALAYSIA

SELANGOR

Breast Cancer Welfare Association Malaysia (BCWA)
5th Floor, Bangunan Sultan Salahuddin Abdul Aziz Shah, 16 Jalan Utara, 46200 Petaling Jaya, Selangor
Tel: 03-7954 0133 | Fax: 03-7954 0122
Website: www.breastcancer.org.my
Facebook: Breast Cancer Welfare Association Malaysia
Monday-Friday: 9.00am-6.00pm
3rd Saturdays: 1.00pm-4.30pm

JOHOR

Breast Cancer Support Society Kluang
4A, Jalan Kapur, 86000 Kluang, Johor
Contact person:
Siti 011-1770 5581
Tan Sar Fee 012-714 3383
Jenny Teh 012-711 9378

Breast Cancer Support Society Segamat
43B, Jalan Chelliah, 85000 Segamat, Johor
Tel & Fax: 07-932 5228
85000 Segamat, Johor

KELANTAN

Reproductive Health Association Kelantan (ReHAK)
4261, Jalan Kebun Sultan, 15350 Kota Bharu, Kelantan
Tel: 09-621 2121 ext. 2058 (Radiah Kamaludin Munirah, Staff Nurse)
Monday-Thursday: 9.30am-12.00pm
Sunday-Thursday: 8.00am-1.00pm

LIPPO

Breast Cancer Awareness & Research Unit (BestARI)
Hospital Universiti Sains Malaysia (Hospital USM)
16150 Kubang Kerian, Kelantan
Tel: 04-382 7426
day Care Centre: 04-382 7425 (Sister Che Normah Rus)
Klinik Pakar Pembesahan Hospital Seberang Jaya
Jalan Tun Hussain Om, 13700 Seberang Jaya, Penang
Tel: 04-382 7426
Klinik Pakar: 04-382 7235 (Sister Juriah Sulehan)
Monday-Friday: 8.00am-5.00pm

SABAH

Persatuan Kumpulan Sokongan Pink Ribbon
(Pink Ribbon Support Group Saborak)
Ipoh WeCare Cancer Society
Sabah Breast Cancer Support Group Matahari

SARAWAK

Sarawak Breast Cancer Support Group Matahari
Lorong Maxwell 2, Jalan Maxwell, 93000 Kuching
Tel: 082-41 1137
Email: swakbreastca@gmail.com

PERAK

Persatuan Pink Champion Perak
Level 4, Pantai Hospital Ipoh, 126, Jalan Tambun, 31400 Ipoh, Perak
Tel: 05-543 9021
Contact person:
Mardianah Mohd Yusof 012-516 1240

Ipoh WeCare Cancer Society
Dr. Chan Ching Phing’s Clinic, Fatimah Hospital
Monday-Friday: 9.30am-1.00pm
Saturday: 8.30am-11.00am

SABAH

Sarawak Breast Cancer Support Group Matahari
Lorong Maxwell 2, Jalan Maxwell, 93000 Kuching
Tel: 082-41 1137
Email: swakbreastca@gmail.com

RESOURCES

BCWA Activity Report 2017
BCWA Activity Report 2017
Breast Cancer Welfare Association Malaysia
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16 Jalan Utara, 46200 Petaling Jaya, Selangor, Malaysia

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