<table>
<thead>
<tr>
<th>CONTENTS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>ABOUT BCWA</td>
<td>1</td>
</tr>
<tr>
<td>MESSAGE FROM THE PATRON</td>
<td>2</td>
</tr>
<tr>
<td>MESSAGE FROM THE PRESIDENT</td>
<td>3</td>
</tr>
<tr>
<td>MANAGEMENT AND STAFF</td>
<td>4</td>
</tr>
<tr>
<td>SUPPORTIVE CARE PROGRAMMES</td>
<td>6</td>
</tr>
<tr>
<td>SURVIVORSHIP ACTIVITIES</td>
<td>9</td>
</tr>
<tr>
<td>THERAPEUTIC AND EDUCATIONAL SESSIONS</td>
<td>12</td>
</tr>
<tr>
<td>PUBLIC EDUCATION</td>
<td>17</td>
</tr>
<tr>
<td>COLLABORATION, NETWORKING &amp; ADVOCACY</td>
<td>20</td>
</tr>
<tr>
<td>LOCAL &amp; INTERNATIONAL CONFERENCES</td>
<td>22</td>
</tr>
<tr>
<td>TRAINING, RESEARCH &amp; DEVELOPMENT</td>
<td>25</td>
</tr>
<tr>
<td>COMMUNITY SUPPORT</td>
<td>28</td>
</tr>
<tr>
<td>BCWA IN THE NEWS</td>
<td>33</td>
</tr>
<tr>
<td>ACKNOWLEDGEMENT</td>
<td>35</td>
</tr>
<tr>
<td>OUR SERVICES</td>
<td>36</td>
</tr>
<tr>
<td>BREAST CANCER SUPPORT GROUPS IN MALAYSIA</td>
<td>42</td>
</tr>
</tbody>
</table>
ABOUT BCWA

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: 8.00am - 6.00pm

3rd Saturdays:
New Patient Education: 1.00pm - 2.30pm
Group Sharing Session: 2.30pm - 4.30pm

Services available

◦ Peer Counselling
◦ Information on Self Management After Breast Cancer
◦ Temporary Prosthesis
◦ Affordable Mastectomy Bras
◦ Wigs
◦ Rehabilitation Activities
◦ ‘Being Breast Aware’ Programmes
◦ Clinical Breast Examinations
◦ Talks on Early Detection of Breast Cancer
◦ Advocacy Initiatives
MESSAGE FROM THE PATRON

“Hard times don’t create heroes. It is during the hard times when the ‘hero’ within us is revealed.”

– Bob Riley

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

It was heartening for me to see the growing interest among members of the public, corporations and institutions in the country indicating a growing interest in taking action regarding early detection and timely medical treatment of breast cancer. The year 2018 kept the BCWA Team especially busy with community outreach initiatives. An escalation in collaborative activities provided more avenues for BCWA to spread its support for individuals coping with breast cancer and educate the community to be vigilant about breast cancer to help reduce the incidence of premature death from the illness.

I am also delighted to know that BCWA has expanded its focus to individuals with advanced breast cancer, who with the availability of improved treatment and medication, are able to continue living life to the fullest and contribute productively to society.

As always, BCWA will not be able to serve the community without the support of our donors, partners, healthcare professionals, technical advisors, government authorities, breast cancer survivors, volunteers and members of the public. Your continuing support is very much appreciated.

I would like to congratulate BCWA for another fulfilling year and wish them the very best in their future endeavours. I am certain that BCWA will continue to achieve new milestones with the dedication, perseverance and motivation of the Executive Committee, staff and volunteers.
It is indeed a matter of great pride and honour for me to have got an opportunity to perform my duty of leading BCWA. The Association is known for its signature peer support and community outreach programmes. My fellow committee members and I have made earnest efforts to develop and expand our reach in the community. BCWA has increased its focus to issues surrounding advanced breast cancer patients including psychosocial support, access to treatment and advocacy.

I am confident that our staff of all ranks through their conscientiousness, positive attitude, motivation and sustained efforts shall be able to accomplish the goals set out for the Association.

We continue to face numerous challenges in the attitude towards and practice of seeking medical treatment for breast cancer at an early stage. This situation exists in both urban and rural communities. Our Community Outreach Team is constantly making an effort to dispel myths and misinformation despite this age of advancing technology.

BCWA took on the courageous task of organising the 3rd Annual South East Asia Breast Cancer Symposium in August 2018 in Kuching, Sarawak. It was heartening to note that we gained recognition at the Southeast Asian regional level. We are very grateful to the Sarawak Convention Bureau for its support and trust in BCWA’s capability.

BCWA’s Patient Support Team spread its coverage in offering psychosocial support for patients in Hospital Shah Alam and at the Breast Surgery Outpatient Clinic in University Malaya Medical Centre when patients are diagnosed with breast cancer.

On behalf of all breast cancer survivors I wish to congratulate our Patron, Puan Sri Dato’ Akmal Abdul Salam for being bestowed “Anugerah Personaliti Industri dan Usahawan Malaysia 2018” organised by Niaga Times in recognition of her contribution to the enhancement of the quality of life for individuals affected by breast cancer.

I wish to thank members of the public, including individuals, corporations, service clubs, NGOs, healthcare professionals and volunteers who continue to play a meaningful, participatory and partnership role in the development of BCWA. Your contribution to society by devoting your time, energy, expertise and funds has enabled us to achieve our goals.
MANAGEMENT AND STAFF

Executive Committee

Siew Mei Quin  
Treasurer  
(Year Financial Matters)

Ranjit Kaur  
President  
(Overall Management)

Janet Khor  
Vice President, Acting Secretary  
(Patient Support)

Chang Chu San  
Committee Member  
(Advanced Breast Cancer Programmes)

Prof. Dato’ Dr Yip Cheng Har  
Committee Member  
(Research & Development)

Dr Mastura Md Yusof  
Committee Member  
(Oncological Matters)

Dr. Patricia Alison Gomez  
Committee Member  
(Patient Supportive Care)

Technical Advisors

Dr Evelyn Ho Lai Ming  
Consultant Clinical Radiologist

Mr Paul K. Jambunathan  
Consultant Clinical Psychologist

Mr Richard Vines  
(Capacity Building)  
Founder & Chairman of Rare Cancers Australia

Mr Iska Hashim  
(Communications)  
Executive Creative Director Leo Burnett

Mr Mark Previn Pillay  
(Information Technology)
Staff Members

Matron Datin Zainab Bt Abdullah, Community Outreach Services Manager
Matron Salimah Bt Saleh, Community Outreach Services Manager
Matron Hjh Nazirah Mohd Zahari, Community Outreach Services Senior Nurse
Matron Chew Bok Yu, Community Outreach Services Senior Navigation Nurse
Sister Hjh Mariyana Bt Hj Abu Bakar, Community Outreach Services Senior Nurse
Wong Kar Foon, Community Outreach Services Assistant Nurse

Kiran Pillay, Manager, Public Affairs
Marion Khor, Administrative Executive
Pavithra Raviselvam, Administrative Coordinator
Chan Yim Mei, Accounts Executive (Part-Time)
Jean Lim, Finance Assistant
Mohd Nazri Bin Shamsuddin, Driver & General Worker
SUPPORTIVE CARE PROGRAMMES

BCWA offers various supportive care programmes to individuals affected by breast cancer through their journey of diagnosis, treatment and beyond.

Lending a Helping Hand

Providing supportive care to individuals affected by breast cancer has been the cornerstone of BCWA’s existence. Services are offered in the form of psychosocial and material support to help these individuals improve their quality of life. These services are provided at hospitals, at the BCWA Centre, over the phone and through electronic channels such as WhatsApp, email and Facebook. In 2018, the programmes reached out to a total of 1,165 persons.

Psychosocial support is given by BCWA’s Patient Support Team, comprising a group of trained dedicated breast cancer survivors. BCWA’s peer support programme aims to help alleviate the fear and uncertainty faced by patients through the sharing of experience and accurate information.

In this day and age, information overload through the internet further adds to their confusion. The areas of concern usually cover overcoming uncertainty issues, managing side effects during and after treatment, disclosure, financial constraints, diet, employment issues, relationship with loved ones and social stigma. BCWA’s nurse educators and staff also provide support to patients.

Patients at 10 government and private hospitals in the Klang Valley are visited by BCWA’s Patient Support Team members upon referral by the healthcare team of the respective hospitals.

Post-surgery patients are given a Comfy Kit which consists of a stress ball for physical and psychosocial exercise, publications on coping with breast cancer and its impact, and a bag to carry the post-surgical drainage bottle. A temporary prosthesis is also given to patients who undergo a mastectomy (removal of the breast).

On the 3rd Saturday of every month the New Patient Education session, a private peer counselling session, is run at 1.00pm while the Group Sharing session is held at 2.30pm.

The sessions are facilitated by the Patient Support Team. Here, patients can ask questions, share their fears and concerns and discuss issues regarding their life changing experience with other breast cancer survivors. These group sessions enable patients and their loved ones to use positive coping mechanisms to reduce anxiety, manage side effects of treatment, gain solutions to practical problems, get factual information to adjust to life after breast cancer and obtain social support.

On weekdays, staff are also available to attend to walk-in patients at the BCWA Centre from 8.00am to 6.00pm.
Non-Medical Aid

Wigs, temporary breast protheses and affordable mastectomy bras are made available by BCWA to help lessen the financial burden of affected women. Wigs are loaned free-of-charge to the individual, who is subsequently referred to a volunteer hair stylist for shaving and styling of the wig to suit her face.

The temporary protheses are stitched by BCWA’s Thimble Thumb Team of volunteers every Tuesday at the BCWA Centre.

In 2018, 665 women received temporary protheses, which are feather-light and soft to facilitate comfort during healing of the surgical wound and during or after radiotherapy until she is ready for the external Silicone Prosthesis.

Affordable mastectomy bras are available for the women. Patients are also advised on modifying their existing bras to accommodate the prosthesis.
Special Interest Groups

In 2018, BCWA expanded its focus towards providing support to individuals with advanced breast cancer. Compared to those with early stage breast cancer, these women face mortality issues, require ongoing treatment, face the struggle of seeking effective treatment at an affordable cost and have to manage side effects of their treatment as a part of their daily routine.

Pink InspirerS: Conversations in Metastatic Breast Cancer

On 8 February 2018, BCWA and Pfizer Malaysia launched the Pink InspirerS, a group for women living with advanced breast cancer. The goal of Pink InspirerS is to give support to each other to take charge of their lives and be able to live with dignity. To accomplish these goals, Pfizer Malaysia donated RM60,000 to BCWA for the purpose of developing training programmes to offer guidance on psychosocial peer support for this target group.

Workshops on “Living with Dignity with Advanced Breast Cancer” were subsequently rolled out in different parts of Malaysia for these individuals and their carers, with the aim of facilitating a bonding and peer support platform at the respective locations. Participants were also given updates on the latest developments about access to life saving treatment and further empowered to be able to communicate effectively with their clinicians, employers, colleagues and the public in order to reduce social stigma surrounding advanced breast cancer.

These individuals were also advised to join the Pink InspirerS WhatsApp chat group, where they can share experiences, information, hope and aspirations.

BCWA also facilitated the participation of this group of ladies to attend seminars to enhance their knowledge on treatment and affordable care, besides creating a bigger voice to seek better understanding of the plight of persons affected by advanced breast cancer.

In 2018, a total of 149 individuals benefitted from this programme.

Pink Rangers

The Pink Rangers consists of a group of gutsy ladies dealing with Stage 3 breast cancer. These ladies advocated for their own WhatsApp chat group upon recognising the merits of being able to communicate with a network of sisters walking the same path.
SURVIVORSHIP ACTIVITIES

BCWA has created platforms to promote physical and psychosocial recuperation for breast cancer survivors through rehabilitation, social, art and educational activities. Over the years, many have benefitted from participation in activities and the fostering of relationships to enable them through a smooth transition to recovery by inculcating the practice of a healthy and active lifestyle.

Newly diagnosed individuals and their loved ones also gain hope and optimism to receive medical treatment and strive for an active life after breast cancer.

These Alley Cats Know How to Bowl

2018 marked the eighth year for BCWA's Pink Power as a bowling team. Inspired by BCWA's Patron, Puan Sri Dato’ Akmal Abdul Salam, the team was formed with 14 bowlers in May 2010. Attracting bowling enthusiasts among breast cancer survivors, this sport provides an opportunity to be physically active, improve coordination and balance, strengthen muscles and enhance mental alertness. The Pink Power members practise every alternate weekend at the Sunway Mega Lanes in Sunway Pyramid. Besides bowling, these meet-ups allow them to catch up and lend support to each other. The Pink Power Team organises tournaments and carry out fundraising initiatives for BCWA. In 2018, they participated in a total of six events.

In its sixth year, the Unity Doubles Bowling Carnival, was held on 29 April 2018 at Sunway Mega Lanes. With the objective of promoting unity through sports, this Carnival was jointly organised by SportsUnite Sports Club and BCWA. With a total of 47 teams and 94 bowlers, each team was led by a captain who is a cancer survivor, and channelled racial harmony through pairs of different ethnicities. Antabax, the main sponsor, supplied hampers as prizes for the winners. Pink Power also organised Bowl-A-Family & Friends event on 29 July 2018 at Sunway Mega Lanes. A total of 84 bowlers took part in this event.

The Pink Power Team participated in the Scotch Doubles Knock Out Event on 24 July 2018, coming in 3rd place, the Women Bowlers Club Bakers Format on 16 September 2018, and Columbia Asia’s Strike Out Cancer on 20 October 2018. The team was invited as a guest team for the Royal Institution of Surveyors Malaysia Bowling Event on 25 November 2018.
Singing Their Blues Away

Singing in a group can be therapeutic and calming, just ask those who have experienced breast cancer! In 2016, BCWA set up Pink Melody, a group for women with breast cancer & friends to enable them to develop their singing ability, promote peer support, improve self-confidence and engage in fellowship. The group practices weekly on Monday evenings, at the BCWA Centre under the tutelage of a dedicated vocal trainer.

In conjunction with Pink October, Pink Melody organised an Afternoon of Music on 20 October 2018 at a café in Taman Tun Dr. Ismail, Kuala Lumpur to raise awareness on life after breast cancer.

On 5 November 2018, Pink Melody performed at the Hand in Hand Concert at Universiti Putra Malaysia’s Experimental Theatre together with other choir groups in celebration of social inclusion and diversity.

The Pink Melody Choir practices in the BCWA Centre every Monday

The Pink Melody choir with Ms Darlyn (front row, centre)

Performing at an Afternoon of Music

A spirited performance was given at the Hand in Hand Concert

Birds of a feather, sing together!
Paddling The Dragon

Formed in 2005, the Pink Challengers is the first dragon boat paddling team comprising breast cancer survivors in Malaysia. The team practices every Sunday at the Putrajaya Lake. A Canadian study in 1996 indicated that dragon boat paddling could help reduce the risk of lymphoedema (swelling of the arm as a result of lymph node surgery and radiation therapy) among breast cancer patients.

In 2018, the Pink Challengers participated in various races and activities. At the invitation of the Hong Kong Tourism Board, the team took part for the second time in the Hong Kong International Dragon Boat Races on 23-24 June 2018. Pink Challengers emerged third out of eight teams in the International Cancer Survivors’ Championship 200m of the Small Boat category.

Other races that the team participated in locally include the Malaysia Day Tasik Putrajaya 12 km Challenge (16 September), Pesta Air Oxygenation Putrajaya (24-30 September), Sarawak International Dragon Boat Regatta (26-28 October) and the 39th Penang International Dragon Boat Festival (8-9 December).
THERAPEUTIC & EDUCATIONAL SESSIONS

Relaxing and achieving healing through meaningful activities was the basis for the selection of varied activities organised for breast cancer survivors in 2018. Ranging from talks, hands-on activities to field visits, the activities also promoted fellowship among the participants.

Balik Kampung
20 - 21 January 2018

“The waterfall was scenic”, “the water was so cold, clear and fresh”, “it was fun to ride in an open air tram around the kampung”, “dinner prepared by the local residents was delicious”, and “thumbs up for the trip”.

These were some of the remarks made by participants who spent an overnight Balik Kampung trip to Kg. Pulau Chekas, Raub on 20-21 January 2018.

Departing early from Petaling Jaya, the group headed for Raub to spend a leisurely weekend and to experience village life. The first stop was Lemang To’ki, a popular eating outlet in Bentong where the group savoured specialities such as lemang, rendang and many more dishes. A visit to the residence of Haji Mohd Isa, a popular dodol maker in Kg. Pulau Chekas gave the group an insight into the art of making the sweet sticky candy. The rest of the day was fun-filled with a picnic in the kampung, a dip in the nearby Sungai Pulau Chekas and checking out the kampung lifestyle.

At night, a special session was arranged for the survivors to share their breast cancer experience with the local residents. BCWA staff also gave information on Being Breast Aware so that they could leave behind the knowledge and practice of early detection and timely medical treatment. The next day, the group wandered around the morning market in Raub to purchase local produce and after a hearty lunch, they headed back to the hustle and bustle of the city.
**Icing on the Cake**  
31 March 2018

“Let me show you how to decorate a cake” said Kak Fatimah. It was done in a jiffy and it looked so easy. Excitedly, each participant chose her cake and selected from the array of coloured cream to begin icing the cake. With guidance from the bakery staff and one hour later, everyone was admiring each other’s creations. The Cake Icing Workshop was held at and sponsored by Hidayah Bakery & Frozen Food, Gombak.

![Almost done!](image)

**Is Breast Cancer in My Family?**  
21 April 2018

A talk was conducted at the BCWA Centre on Saturday, 21 April 2018 by Ms Yoon Sook Yee, a Genetic Counsellor from Cancer Research Malaysia. The topic attracted many attendees who listened attentively to the presentation and had their queries answered. Everyone learnt that most breast cancers are not inherited. A detailed explanation was given on the role of genes, possible gene mutations and breast cancer occurrence.

While gene testing may sound tempting to find out about an individual’s gene status, the interpretation of gene test results may cause serious psychological consequences. Interested individuals are required to receive genetic counselling before being accepted for the test. Gene testing for breast cancer is currently available only in the Klang Valley due to the availability of a small group of clinical geneticists and genetic counsellors.

![Ms Yoon Sook Yee giving more clarification during her presentation](image)

**Face Toning Workout**  
19 May 2018

Kath Yeoh, a certified trainer, face exercise coach and fitness & wellness enthusiast conducted a Face Toning Workout session at the BCWA Centre. Ladies who attended were taught various simple exercises to strengthen and tone the facial muscles in order to enhance the overall features and complexion of the face.

![A short warm up exercise to kick off the session](image)

![The ladies engaged in a routine to widen and define their eyes.](image)
**Practical Tips on Posture & Exercises**  
30 June 2018

Exercises and the correct posture can be a good investment to prevent neck problems, back pain, as well as vertigo. Preventing and managing urinary incontinence through specific exercises and small muscle movements was an invaluable lesson for the participants. The session was conducted by Ranjit Kaur at the BCWA Centre.

**Hari Raya Hi-Tea by BCWA Patron**  
5 July 2018

A Hari Raya Hi-Tea was hosted by BCWA Patron, Puan Sri Dato’ Akmal Abdul Salam at the BCWA Centre. A spread of delicious food and cookies was laid out for guests to savour every bit of it. The event included games and a sing-along session. The guests had a chance to catch up with each other.

**The Circus comes to Town!**  
27 August 2018

It was a magical morning as breast cancer survivors and friends headed to Dataran Petaling Jaya to watch the Moscow Circus. They were entertained by talented aerialists, jugglers, rope walkers and trapeze artists.

**A Yoga Session**  
15 September 2018

Ms. Cindy Kothari, a yoga teacher, taught participants how to practice self-awareness, along with gentle joint movements & breathing exercises in this calming session tailored just for breast cancer survivors. The tips shared during the session aimed to attain psychological wellbeing and spiritual health.
Colours & Flowers of Hawaii
6 October 2018

It was a floral parade! Guests were dressed in Hawaiian colours and designs. It was Pink October but we had all colours to light up our lives. The fun-filled gathering included a sing-along session, dancing, a catwalk show of the 10 best dressed “Hawaiians”, a Pink Ribbon design contest and a lucky draw. The survivors were touched by BCWA’s Patron, Puan Sri Dato’ Akmal Abdul Salam whose presence made the event even more enjoyable and fun. A sumptuous buffet spread completed the event.
**A Pink October Treat**  
**14 October 2018**

Breast cancer survivors participated in learning the technique of arranging preserved flowers. They benefitted from learning the difference between the art of arranging preserved flowers vs. fresh flowers. This was followed by a vibrant and energetic Zumba session for the participants. Both sessions were sponsored by and held at Main Place Mall Subang Jaya, in conjunction with Pink October.

![The Preserved Flower Arrangement Workshop was in high demand](image1)  
![Survivors participating in the Zumba session](image2)

**A Soapy Session**  
**17 November 2018**

The BCWA Centre was transformed into a workshop setting. Breast cancer survivors were busy trying their hand at the technique of ‘melt and pour’ soap-making. They learnt to layer colours and roll their creations into fun swirls. Guided by Ms. Wong Li Li of Soap Artisan, the group produced twirly soap-lollypops that looked tempting to eat!

![Ms Wong Li Li (second from right) walked the participants through each step](image3)  
![The Soap Lollypops!](image4)  
![Delighted participants posed with their creations](image5)  
![Say Lolly!](image6)

**Mmmmm... Chocolates!**  
**15 December 2018**

A group of excited breast cancer survivors learnt about the process of chocolate production at the Beryl’s Chocolate Museum in Seri Kembangan. They also viewed a display of vintage machines, tasted samples and visited the Beryl’s store. It was a delicious way to end the year on a sweet note!

![Posing at the Beryl’s Chocolate Factory](image7)
PUBLIC EDUCATION
TAKING CHARGE OF YOUR HEALTH - BEING BREAST AWARE

2018 was another hectic year for BCWA’s Community Outreach Team of nurse educators with the increasing number of requests from low income communities, corporations, associations, academic centres and healthcare institutions. The Team was involved in 247 events reaching out to 17,330 individuals in the community.

Over the years, despite growing awareness on issues surrounding breast cancer among Malaysians, continuous education is still required to shape attitudes, inculcate good practices and stress the importance of taking charge of one’s own health and presenting at an early stage for timely medical treatment. Participating in events throughout the country, BCWA’s nurse educators conduct talks and demonstrations on Being Breast Aware to instil the practice of checking for changes in the breast and to go for regular screening such as clinical breast examination and mammographic screening. Clinical breast examination (CBE) refers to a physical examination of the breasts, conducted by doctors or trained nurses. This is opposed to breast self examination (BSE) which is an examination carried out by “yourself”. BCWA’s nurses carry out CBE for women in BCWA’s 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 premises.

Women with suspicious breast lumps discovered during CBE are referred to the nearest hospital for further investigation. BCWA’s Community Outreach Navigation Nurses navigate women through the healthcare system for early detection and timely medical treatment of breast cancer. Counselling is also offered for women who face distress related to medical investigations, diagnosis and treatment. The ripple effect of CBE, is that it enables the discovery and treatment of breast cancer at an earlier stage, otherwise referred to as downstaging. Downstaging is just the medical term where a cancer is discovered at an earlier stage, because of health seeking steps such as getting a CBE or even performing a BSE.
Sister Mariyana explains the importance of being vigilant from a young age.

Matron Zainab (left) educates nurses on Being Breast Aware.

Matron Salimah (right) teaches ladies about Breast Self Examination inside the MURNI Mobile Clinic.

All ready to be examined!

Mary Goh (left), a member of the Patient Support Team visits the home of a breast cancer patient with a BCWA Nurse Educator.

Students excited to learn about breast health.
Nurse Kar Foon explains about Breast Self Examination to a shopper

Matron Zainab speaks to mothers about the importance of early detection measures for their sake and the good of their families

Matron Zainab being interviewed at Karnival Jom Sihat, Kuala Terengganu

BCWA booth display

Clinic on wheels: MURNI travels around Malaysia with BCWA’s Outreach Team
COLLABORATION, NETWORKING & ADVOCACY

Besides community outreach events, BCWA also participated in collaborative activities as well as advocacy and networking events.

ABC Global Alliance (ABC: Advanced Breast Cancer)
In early 2018, BCWA President Ranjit Kaur was elected as an Executive Committee member of the ABC Global Alliance for a period of two years to represent low, lower middle and upper middle-income countries.

One of her projects was to translate the newly formed ABC Global Charter 2018 into Bahasa Malaysia, with the assistance of BCWA Exco member, Dr Mastura Md Yusof and volunteers.

World Cancer Day
The Ministry of Health Malaysia marked World Cancer Day with a public forum entitled, “Kami Boleh, Anda Pasti Boleh” (We Can, You Surely Can) at the National Cancer Institute in Putrajaya on 5 February 2018. BCWA President Ranjit Kaur was invited to participate in a panel discussion on “Cancer Treatment: Modern or Alternative”. BCWA’s Community Outreach Team set up a public education booth on Being Breast Aware at the event.

Rare Cancers Australia visits BCWA
As a follow up to the RCA Summit in January 2018, a management team from RCA led by its Founder and Chairman, Richard Vines visited BCWA on 8-10 April 2018. The team gained a deeper insight into BCWA’s work through discussions with the Executive Committee members. They also met up with members of Pink InspirerS to better understand the challenges faced by advanced breast cancer patients in Malaysia.

A Chef’s Charitable Culinary Contribution
BCWA was featured in Reach to Recovery International’s Bloom newsletter (Issue 26, June 2018) alongside recipes for Acar Jelatah & Cucur Bawang contributed by Malaysia’s own celebrity Chef Ismail Ahmad. These recipes were thoughtfully crafted to ensure the Southeast Asian flavours would not be difficult for a global audience to recreate.

NGO Gathering hosted by ABWM
BCWA was one of the attendees of the NGO Gathering held on 6 June 2018 organised by the Association of British Women in Malaysia (ABWM) at their premises. A fellowship session was held among the members of ABWM and NGO representatives who gave a brief explanation of their activities and their work in the community.

Healthcare Forum 2018
Organised by the Asian Strategy and Leadership Institute (ASLI), this annual forum was officially launched by Dr Dzulkefly Ahmad, Minister of Health Malaysia, on 5 July 2018 in Kuala Lumpur. BCWA President Ranjit Kaur and Vice President Janet Khor, attended the launch where pertinent issues related to access to healthcare in the country were deliberated upon.
Appreciation Gathering for Minister of Health by MACO

BCWA President, Ranjit Kaur and the Community Outreach Team attended an appreciation gathering for Dr Dzulkefly Ahmad, the Minister of Health on 22 July 2018 at Pantai Eco Park Community Centre. There was much camaraderie and catching up among the volunteers of MACO (Medical Awareness Community Outreach) and the BCWA Team. The group has engaged in collaborative efforts for years to bring healthcare services to low socioeconomic communities.

Advancing an Agenda of Hope and Action on Cancer in Malaysia

BCWA President, Ranjit Kaur, spoke at this event organised by Galen Centre for Health & Social Policy and the National Cancer Society of Malaysia on 30 September 2018 at Impiana Hotel, Kuala Lumpur. The Cancer Care Working Group & Cancer Policy Recommendations for Parliamentarians and Policy Makers was launched comprising representatives of the various related NGOs and institutions including BCWA.

Subsequently, on 25 October 2018, members of the Working Group were given an opportunity to discuss cancer care matters with the Deputy Minister of Health, Dr Lee Boon Chye, relating to possible allocation for cancer treatment in the National Budget.

Cards of Kindness

The Junior International Baccalaureate Students of Sri KDU International School organised a Breast Cancer Awareness Week in October 2018 to raise funds and create awareness on the plight of breast cancer patients. The activities comprised a bazaar, cake bake sale, and creating Cards of Kindness for breast cancer patients filled with encouraging messages like “Get well soon” and “Hope just for you”.

Equitable Access to Cancer Care in Malaysia: A Patient’s Perspective

Media representatives were invited to understand the perspective of cancer patients regarding equitable access to cancer care. The event was organised by Pfizer Malaysia on 1 November 2018 at Sheraton Hotel, Petaling Jaya. BCWA President, Ranjit Kaur and BCWA Executive Committee Member and Founding member of Pink InspirerS, Chang Chu San were invited to speak on a toss between a ray of hope and the right to live, depicting how cancer patients struggle to gain access to cancer care.

Herceptin Welfare Fund

BCWA President, Ranjit Kaur, staff and members of BCWA’s Pink InspirerS attended the launch of Beacon Hospital’s Herceptin Welfare Fund which was officiated by the Minister of Health on 10 December 2018.

This Fund was created in partnership with Beacon Hospital and Roche Malaysia. The objective of this program is to reduce the financial burden of breast cancer patients by enabling them to gain access to targeted therapy (Trastuzumab) at a subsidised rate.
LOCAL & INTERNATIONAL CONFERENCES

RCA Summit
Organised by Rare Cancers Australia (RCA) in Singapore on 15-17 January 2018, the aim of the RCA Summit was to provide a platform to exchange knowledge and explore solutions to challenges faced by Patient Groups and build a network for enhancing capacity among NGOs in the Asian region.

BCWA’s President Ranjit Kaur and Vice-President Janet Khor participated with representatives from five Patient Groups, namely from China, India, the Philippines, Singapore and Taiwan. Each organisation was guided to chart out the direction, development and capacity needs of their programmes.

As a follow up, RCA provided support to strengthen the participating NGOs through regular site visits and assistance such as training, software applications and fundraising. A Summit Playbook was developed to serve as a guide for the NGOs to better manage their organisations.

Breast Cancer Meanings
BCWA President Ranjit Kaur was invited to participate in the Breast Cancer Meanings Symposium held at the National University Hospital Singapore on 16 March 2018. Aiming to scientifically address a disease of epidemic proportions, this symposium marked the first of a three-phase programme focused on the severity of the disease in Asia, and the need to understand culture, attitude and practices influencing screening and treatment-seeking in Asian countries.

Led by a team of academicians and practitioners across eight countries, the findings from the 1st Pan Asian Anthropology work for breast cancer was shared with the participants.

6th Biennial Scientific Meeting of the Malaysian Association for the Study of Pain
The Malaysian Association for the Study of Pain invited BCWA President, Ranjit Kaur to speak on “Living as a Cancer Survivor” at the Association’s 6th Biennial Scientific Meeting held on 17-18 March 2018 at the National Cancer Institute, Putrajaya.

Journey to Recovery
Organised jointly by University Malaya Medical Centre and BCWA, the 1st Breast Cancer Survivorship Workshop which targeted breast cancer survivors was held on 21 July 2018 with the theme of Journey to Recovery. BCWA President Ranjit Kaur was invited to speak on Survivorship and Patient Support which included the suffering faced by individuals affected by breast cancer and how they can be supported by society. About 200 participants attended the workshop.

5th APAC Oncology Stakeholder Forum
BCWA President Ranjit Kaur was invited to facilitate and participate in the 5th Asia Pacific Oncology Stakeholder Forum organised by Pfizer Asia Pacific in Singapore on 29-31 August 2018. Ranjit co-moderated a session on “Enhancing the patient journey and survivorship” and she also shared the Asia Pacific regional cancer care initiatives.

The Forum created an opportunity for participants to strengthen NGO network in the Asia Pacific region. Participants also had the opportunity to gain knowledge regarding Biosimilars that are beginning to make waves in the cancer treatment arena.
World Cancer Congress

The World Cancer Congress was organised by the Union for International Cancer Control (UICC) and the National Cancer Society Malaysia at the Kuala Lumpur Convention Centre on 1-4 October 2018.

BCWA President, Ranjit Kaur, was invited to speak at various sessions and to co-facilitate workshops on peer support and communication skills for patient advocates and health care professionals. 2,500 experts in public health from over 120 countries gathered to discuss cancer control, facilitating opportunities for networking, exchanging experiences and sharing knowledge. A record of 57 cancer organisations participated throughout the week, with government ministers, CEOs, royalty, non-profit leaders, campaigners, and academicians in attendance.

UMMC’s Pink October Launch

On 9 October 2018, BCWA President Ranjit Kaur addressed staff members of UMMC attending the launch of their Pink October programme. Ranjit shared her views and experience as a breast cancer survivor, aiming to foster better communication between healthcare staff and patients.

Global Summit by Breast Health Global Initiative (BHGI)

BCWA President, Ranjit Kaur was invited to participate as an advocate speaker and a panellist on the Integration of Breast Care Strategies into Existing Health Systems at the BHGI Global Summit on International Breast Health and Cancer Control entitled Improving Breast Health Care through Resource-Stratified Phased Implementation on 15-17 October 2018 in Seattle, USA.

The Summit was organised by BHGI in cooperation with the National Comprehensive Cancer Network (NCCN) as part of the Breast Cancer Initiative 2.5 (BCI2.5) global campaign. Ranjit also presented at a poster session on A community based CBE program — is it feasible? where her poster was selected out of 49 posters for presentation at the plenary session of the Summit.

Cancer Advocacy Workshop: Working with the Media

Pink InspirerS Founding member, Chang Chu San attended the Cancer Advocacy Workshop held on 17 November 2018 in Kuala Lumpur, for cancer survivors where the participants gained knowledge on working with the media to amplify advocacy messages to the public and influencing key decision makers. This workshop was organised by the Galen Centre for Health & Social Policy.

Physician-Patient mBC Communications Masterclass

BCWA President, Ranjit Kaur, was invited to assist Director of the Patricia Ritchie Centre for Cancer Care and Research & Medical Oncologist at North Sydney’s Mater Hospital, Prof. Fran Boyle to conduct a masterclass on how physicians can hone their skills when communicating with metastatic breast cancer patients including breaking bad news especially in recurrence. The Masterclass for oncologists from the Asia Pacific region was held on 24 November 2018 in Singapore.
3rd Annual South East Asia Breast Cancer Symposium

Previously held in Hue, Vietnam in 2016 followed by Yangon, Myanmar in 2017 the honour of hosting the 3rd Annual South East Asia Breast Cancer Symposium was given to Malaysia. BCWA spearheaded the organising of the Symposium that was held on 3-5 August 2018 at the Pullman Kuching, Sarawak. Other partner organisations that assisted in the organising of SEABCS 2018 included Global Focus on Cancer, Shwe Yaung Hnin Si Cancer Foundation Myanmar, National Cancer Society Malaysia, Breast Surgery International, Union for International Cancer Control, Breast Cancer Initiative 2.5, Academy of Medicine of Malaysia’s College of Surgeons, the Malaysian Oncological Society and Together Against Cancer Malaysia. The cooperation between these diverse organisations aided in establishing a Regional Coalition in Breast Cancer, aiming to improve breast cancer survivorship in the Southeast Asian region. SEABCS 2018 was also supported by the Sarawak Convention Bureau.

Carrying the theme “Patient-Centred Care” SEABCS 2018 aimed to form a platform to develop regional collaboration and partnership for South East Asia to boost efforts in battling the challenges in breast cancer at all levels. Clinicians, researchers, nurses, patient advocates, cancer survivors, and, NGO and government personnel deliberated upon and recommended best practices in cancer care, patient navigation, supportive care, advocacy and quality of life issues. The conference was attended by over 350 individuals from 9 Southeast Asian nations including Cambodia, Indonesia, Malaysia, Myanmar, the Philippines, Singapore, Thailand, Timor-Leste & Vietnam as well as Australia, Egypt, Hong Kong, India, South Africa, United Kingdom and the United States.

The symposium was officiated by Prof. Datuk Dr. Sim Kui Hian, Minister for Local Government & Housing, Sarawak. Professor Richard Sullivan, Director of the Institute of Cancer Policy at King’s College London delivered the keynote lecture on dealing with the financial impact of breast cancer.

Opening ceremony: Datuk Dr. Sim Kui Hian, BCWA Patron, Puan Sri Dato’ Akmal Abdul Salam & President, Ranjit Kaur
Prof. Richard Sullivan delivers the keynote lecture
Foreign delegates registering for SEABCS 2018
Prof. Dato’ Dr Yip Cheng Har at a session
Participants of the Peer Support in Breast Cancer Workshop

Formation of the Regional Coalition in Breast Cancer
TRAINING, RESEARCH & DEVELOPMENT

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

Community Outreach Healthcare Programme for Medical Students
In 2018, BCWA began its collaboration with the Faculty of Medicine & Health Sciences, University Tunku Abdul Rahman (UTAR) to conduct training for 4th year medical students to create exposure to public health services related to breast cancer. Their placement at BCWA included a participatory and interactive training session and fieldwork in the community. The students were given the finer points of being a supportive healthcare provider, being mindful when communicating with patients, and the technicalities of delivering bad news to the patient. The students gained practical experience through their attachment in Community Outreach Work under the supervision of BCWA’s Community Outreach Team.

Oncology & Palliative Care Training for Medical Students
As part of their Oncology & Palliative Care module, medical students of the Medical Faculty, University of Malaya received an additional opportunity to gain an insight from breast cancer survivors in leadership regarding Consumer Advocacy in Women’s Health. Differing from their usual academic training, this module enabled the students to listen to real life challenges and coping mechanisms that patients use to deal with their suffering.

Internship Placement
BCWA provides internship opportunities for students and graduates from universities to gain exposure in areas of social work, counselling, mass communication and working in an office environment. In 2018, BCWA hosted interns from the University of Lethbridge, Canada and local universities such as Monash University, Segi College and University Tunku Abdul Rahman (UTAR). The internship experience was an opportunity for students to gain knowledge about issues surrounding breast cancer and the challenges of advocacy. Additionally, interns learnt how to work in a team-based setting and problem-solve in real time through participation in the planning and execution of projects and events.
Living with Dignity with ABC

In 2018, BCWA conducted a workshop entitled *Living with Dignity with Advanced Breast Cancer* in different locations in Malaysia. The objectives of the workshop were to empower individuals with ABC in Malaysia to live with dignity and take charge of their cancer journey including advocating for better treatment access, inspire hope to all newly diagnosed ABC patients that they can still live meaningful lives with improved cancer care and strong family support, and, to offer guidance to ABC patients to educate the public on their needs.

A total of 149 participants attended the workshop that was held in Sarawak, Sabah, Selangor and Kelantan. They were introduced to the Pink InspirerS WhatsApp chat group where they continue to frequently communicate with each other. This project was sponsored by Pfizer Malaysia.

Reach to Recovery Training

A 3-day Peer Support training was conducted on 16-18 April 2018 at the BCWA Centre for 20 breast cancer survivors to enable them to gain knowledge and skills in providing psychosocial support to breast cancer patients according to the Reach to Recovery International guidelines. The participants included BCWA members as well as members from other NGOs. Besides psychosocial topics, the trainees also gained knowledge on breast cancer screening, diagnosis and treatment. The sessions were a combination of knowledge and skills enhancement as well as interactive practice sessions.
Research & Development

Universities and non-government entities collaborated with BCWA to conduct research in areas linked to breast cancer from survivorship to quality of life after breast cancer. BCWA also arranged for respondents among breast cancer survivors for research projects and studies by research fellows and students. Some of the projects and studies include:


BCWA President, Ranjit Kaur, has been identified as investigator and patient advocate for the proposed project ECHO (Extension for Community Healthcare Outcomes) for Knowledge Summaries for Comprehensive Breast Cancer Control in an application to Breast Health Global Initiative (BHHG), National Cancer Institute USA, Wisconsin Education Career Access Network (WECAN) and Breast Cancer Initiative 2.5 (BCI2.5) led by University of Malaya Medical Centre.

Ranjit was also invited by Principal Investigator and Senior Consultant Breast Surgeon at University of Malaya, Professor Dr. Nur Aishah Mohd Taib, to serve as a member of the Expert Steering Group. The role of the Expert Steering Group is to oversee the development of a culturally appropriate patient decision aid for risk management of breast cancer in Malaysian women with BRCA mutations.
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, for the year 2018.

**KyoChon Campaigns Celebrate Women**
The Korean restaurant chain contributed a total of RM34,030 to BCWA for its survivorship and public education activities. Funds were raised from a campaign held on 8 March in conjunction with International Women’s Day and another campaign during Pink October where part of their total sales were channelled to BCWA.

**... and again, Amber Chia did her bit for charity with Harlow’s & MGI**
BCWA received RM20,000 in conjunction with the 8th Annual Charity Day organised by Harlow’s & MGI Sdn. Bhd. BCWA was once again selected by Amber Chia, Malaysian model, actress, TV Host and Brand Ambassador.

**Enchanted Choir Streams of Love Charity Concert**
BCWA was one of the beneficiaries of proceeds raised through ticket sales from the charity concert organised by The Enchanted Choir, a choral group specialising in singing in Mandarin. Held on 25 August 2018 at the Chinese Assembly Hall in Kuala Lumpur, the event also included CBE and “Being Breast Aware” sessions by BCWA’s Community Outreach Team of nurse educators.
Collaboration with Medi Beaute

Medi Beaute Sdn Bhd, which owns a chain of beauty spas, collaborated with BCWA to conduct a breast cancer awareness campaign. In the month of September 2018, BCWA’s Community Outreach Team conducted public education sessions at Medi Beaute outlets throughout the country. The sales of beauty treatment packages and vouchers raised RM15,000 for BCWA.

ABWM Pink October Event

The Association of British Women in Malaysia (ABWM) held a Pink October event on 4 October 2018 at the Majestic Hotel in Kuala Lumpur. Guests were encouraged to donate towards assisting women from the lower income group who have undergone mastectomy. As the sole beneficiary of the event, BCWA received RM31,690 to be used for material support in the form of silicone breast prostheses and mastectomy bras for this target group of women.

Petronita

Orchid Run & Ride

The Orchid Run & Ride held on 23 September 2018 in the vicinity of the Petronas Twin Towers, carried the theme “United For A Cause – A Day with Petronita”. Organised by the Association of Wives and Women Staff of Petronas (Petronita), the aim of the event was to raise funds for various charitable causes while promoting a healthy lifestyle. RM100,000 was donated to BCWA for the purchase of two new mobile inflatable clinics to enable the conducting of Clinical Breast Examination (CBE) by BCWA’s Outreach Team of nurses, and for the provision of silicone breast prostheses & mastectomy bras to women in the lower income group.

Body Perfect

The Power of Pink Breast Cancer Campaign

2018 marked the 14th year of spreading breast cancer awareness by Body Perfect, a one-stop beauty and slimming haven for ladies. Among several activities organised, Body Perfect’s members were encouraged to meet BCWA’s Outreach Team of nurses to get free Clinical Breast Examination (CBE) and to gain knowledge about Being Breast Aware. At the launch of “The Power of Pink Breast Cancer Event” held on 5 October 2018 at Mid Valley Megamall, a contribution of RM18,000 was presented to BCWA Patron, Puan Sri Dato’ Akmal and President, Ranjit Kaur.
**Watsons Pink Ribbon Campaign**

A nationwide Pink Ribbon Campaign was conducted throughout October 2018 by Watsons Malaysia, one of the largest health and beauty care chain stores in the country. RM60,128 was raised for BCWA through proceeds from the sale of products of participating partners and a magnetic Pink Ribbon Pin. BCWA supported the initiative by setting up a booth and providing clinical breast examinations at various Watsons outlets.

**POP 2018**

Pink October Project (POP) 2018, organised by Thomson Hospital Kota Damansara was held at the One Utama Shopping Centre from 10-14 October in conjunction with the Breast Cancer Awareness Month. Vouchers worth RM10,000 were given to BCWA to provide free silicone breast prostheses to low-income patients who had undergone mastectomy. BCWA provided free Clinical Breast Examinations to members of the public at the event.

**Shangri-La’s Pink October Campaign**

Shangri-La Hotel Kuala Lumpur raised RM12,000 to BCWA through various events in conjunction with the Breast Cancer Awareness Month. Funds were raised from the sale of the Pink Afternoon Tea Menu at its Lobby Lounge throughout the month. Profits from the sale of special limited edition Bowerhaus pink ribbons were also directed to BCWA. Last but not least, a “Shangri-La Family and Friends Charity 5km Walk” was organised and enjoyed a large participation.

**Wear It Pink Tee Off 2018**

Pantai Hospital Kuala Lumpur has been campaigning the importance of breast cancer awareness and empowering women to take greater responsibility to combat the illness for the past 12 years. In 2018, in addition to the awareness and education initiatives, a “Wear it Pink Tee Off 2018” golfing event was hosted on 21 October at the Sultan Abdul Aziz Golf Club in Shah Alam. A mock cheque of RM20,000 was presented to BCWA at the event.
**Pinktober Ladies Fitness Day**

BCWA President interacted with 100 ladies at this event to share the importance of taking charge of one’s health with regard to breast cancer. The event was held at Studio R in One Utama Shopping Centre on 27 October 2018. Royal Sporting House Malaysia channelled proceeds of RM6,000 to BCWA from the sale of their sporting products.

**Raising awareness with Skeyndor and UNIQCURE Products**

Unique Aesthetics Sdn Bhd, a skincare and beauty company, organised a campaign in support of BCWA’s efforts to improve the quality of life for women with breast cancer and to create a well-informed society about breast health. The sale of UNIQCURE & Skeyndor products throughout the Pink October month raised a total of RM10,000 for BCWA.

**Smile Makers Support Women’s Health**

In conjunction with Pink October, Smile Makers (Singapore) dedicated their time and effort to communicate to its customers and members of the public about breast health issues. Additionally, 10% from the sale of personal massagers and lubricants by Smile Makers amounting to RM9,800 was channelled to BCWA.

**Dermique Cosmeceuticals Gives Back to Charity**

Cosmetology company, Dermique Cosmeceuticals ran a promotional campaign that donated a portion of the proceeds raised to BCWA. The RM5,000 cheque was received by BCWA President, Ranjit Kaur and BCWA Community Outreach Services Manager, Matron Datin Zainab Bt Abdullah who gave representatives from Dermique Cosmeceuticals a lesson on breast health.

**Strike Out Cancer! Charity Bowling Tournament**

Columbia Asia Hospital held a charity bowling tournament at Wangsa Bowl at One Utama Shopping Centre on 28 October 2018. BCWA’s Pink Power Bowlers participated in the event which raised RM5,000 for BCWA’s activities.
**Miss Cosmopolitan World 2018**
This international beauty pageant is organised annually in Malaysia with participants from over 30 countries. As part of the event in 2018, various activities were organised to promote awareness on breast cancer. BCWA’s Community Outreach Team participated to give support and to educate the public. Funds raised through the pageant were channelled to various charity organisations, including RM8,400 to BCWA during the finals of the pageant on 19 October at One World Hotel, Petaling Jaya.

**BCWA Patron’s Charity Birthday Bowl**
BCWA’s Patron, Puan Sri Dato’ Akmal Abdul Salam, celebrated her birthday by hosting a “Fun Bowl for Charity” at the Tropicana Golf & Country Resort on 19 December 2018. The afternoon was fun filled with various activities and good food. The event raised a total of RM17,000 for BCWA and its Pink Power bowling team.

**AAM cheque presentation**
The American Association of Malaysia encourages its members, Americans and non-Americans living in Malaysia to give back to local charities through fundraising activities and volunteerism. On 30 November 2018 at their Annual Charity Check Giving Event in Kuala Lumpur, BCWA was presented with RM6,200.
BCWA IN THE NEWS

Teeing off against breast cancer

‘Access to oncology services still poor, especially in S’wak’

Health and beauty retailer launches pink ribbon campaign

Cancer survivors join dragon boat race

‘Detected early, it’s better’

Watsons Pink Ribbon Campaign

A beacon of hope for breast cancer patients

Southeast Asian women getting breast cancer care too late

Women know more about breast cancer
CONGRATULATIONS TO BCWA’S PATRON
ANUGERAH PERSONALITY INDUSTRI DAN USAHAWAN MALAYSIA

BCWA’s is proud to announce that our Patron, Puan Sri Datin Seri Dato’ Akmal Abdul Salam, was conferred the “Anugerah Personaliti Industri dan Usahawan Malaysia 2018” award.

The award is in recognition of Puan Sri’s contribution to the enhancement of the quality of life for individuals affected by breast cancer. As the Patron of BCWA, Puan Sri has been tireless in her efforts to enable the Association to build its capacity to serve the Malaysian community.

The award ceremony which was held at the Sheraton Imperial Hotel on 19 April 2018 was organised by Niaga Times, a bilingual business portal of PR Partners Asia Sdn Bhd.
Acknowledgement

The support from donors and contributors is vital in enabling BCWA to effectively contribute its services to the community. Whether in cash or kind, big or small, every contribution helps to make a significant difference in the lives of individuals affected by breast cancer.

In 2018, BCWA used the funds to enhance and extend its supportive care services, survivorship activities, community outreach services as well as training to more Malaysians.

We would like to say a big THANK YOU to all our supporters and we look forward to your continued support to walk the journey together with us in our battle against breast cancer.
Breast Cancer Welfare Association Malaysia (BCWA) is a tax exempt 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 affected by breast cancer.
- Strengthen the capacity of individuals with breast cancer to manage themselves during and after treatment.
- Promote public education on *Being Breast Aware* including clinical breast examination and talks on 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 to implement the activities of the Association.

**Supportive Care Programmes for Women with Breast Cancer**

- **Individual Psychosocial Support**
  Trained breast cancer survivors provide individual psychosocial or emotional and social 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 the BCWA Centre, as well as through the telephone and electronically. Patients are referred by healthcare providers and members of the public 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 the BCWA Centre as follows:
  - New Patient Education Session: 1.00pm – 2.30pm
  - Group Sharing Session: 2.30pm – 4.30pm

- **Therapeutic and Educational Sessions**
  Rehabilitation, recreational and social activities are another form of group psychosocial support provided to help individuals recover from the trauma of breast cancer and lead healthy and active lifestyles. BCWA organises education and awareness programmes such as talks and forums on issues relating to improving quality of life for individuals affected by breast cancer.

- **Material Support**
  **Practical Information:** 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.
  **Prostheses & Affordable Mastectomy Bras:** Temporary prostheses are sewn and offered free to women who lose their breast due to breast cancer. Advice on bra modifications is also offered. Survivors are also helped to procure silicone prostheses, which is part of the rehabilitation process. Women are advised to modify their existing bras so that they can continue to use them. Affordable mastectomy bras are also sold by BCWA.
  **Wigs:** Women undergoing chemotherapy may experience temporary hair loss. To manage this, and to avoid purchasing expensive hair-pieces, wigs are available on loan. An appointment can be arranged for a woman to have her hair shaved and the wig is restyled to suit their face by a volunteer professional hairstylist.
  **News and Communication:** BCWA manages a website ([www.breastcancer.org.my](http://www.breastcancer.org.my)) and Facebook page ([Breast Cancer Welfare Association Malaysia](https://www.facebook.com/BreastCancerWelfareAssociationMalaysia)) which is another avenue for support, communication and information exchange for breast cancer patients 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 (CBE) in BCWA’s MURNI (Mobile Unit Reaching Nationwide with Information), in BCWA’s inflatable clinic or in a suitable room within the premises of the host organisation.

Networking and Collaboration
BCWA contributes towards the improvement of the quality of life for individuals affected by 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, corporate companies, cancer control organisations, support groups, associations 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.

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 individuals affected by breast cancer at diagnosis, during treatment and beyond.
- Train-the-trainers programme for conducting public education regarding being breast aware and early detection of breast cancer.
- Training in sewing temporary prostheses.

Funding
The activities and operations of BCWA are funded 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.
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 kanser payudara termasuk saringan untuk kanser payudara dan pengesanan awal kanser payudara.

Pengurusan
Persatuan Kebajikan Kanser Payudara Malaysia diuruskan oleh Jawatankuasa Eksekutif dan kakitangannya dengan bantuan dan nasihat daripada pakar-pakar dalam bidang kanser payudara dan bidang-bidang yang berkaitan. Sukarelawan 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 pesakit kanser payudara yang terlatih akan memberi sokongan psikososial (emosi dan sosial) untuk membantu penghidap kanser payudara menangani kehidupan semasa dan selepas diagnosis dan rawatan. Sokongan psikososial diberikan kepada setiap individu yang menghidap kanser payudara secara bersemuka di hospital dan Pusat BCWA, serta melalui telefon dan secara elektronik. Pesakit baru dirujuk kepada BCWA oleh pakar perubatan dari hospital kerajaan dan swasta dan juga oleh orang awam.

- **Sokongan Pendidikan dan Sesi Berkongsi Secara Berkumpulan**
  Pesakit dan keluarga mereka boleh melibatkan diri dalam sesi berkongsi secara berkumpulan untuk mendapatkan sokongan emosi, sosial dan maklumat bagi urus diri dan terus hidup dengan kanser payudara. Sesi ini diadakan pada setiap minggu ketiga hari Sabtu di Pusat BCWA:
  - Sesi Pendidikan Pesakit Baru: 1.00 – 2.30 petang
  - Sesi Berkongsi Secara Berkumpulan: 2.30 – 4.30 petang

Aktiviti pemulihan, rekreasi dan sosial merupakan salah satu bentuk sokongan psikososial berkumpulan yang dapat membantu individu menjalani cara hidup yang sihat dan aktif.

- **Program Kesedaran**
  Persatuan Kebajikan Kanser Payudara Malaysia juga menganjurkan program kesedaran seperti ceramah dan perbincangan untuk meningkatkan kualiti kehidupan wanita yang menghidap kanser payudara.

- **Sokongan Perkakas**
  **Payudara Palsu (Prostesis):** Sukarelawan di BCWA menjahit payudara palsu sementara yang diberikan secara percuma kepada pesakit baru yang telah menjalani pembedahan mastektomi. Nasihat mengenai pengubasuaian coli juga boleh didapatkan 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 menangani masalah ini dan mengelak daripada membeli rambut palsu yang mahal, terdapat beberapa corak rambut palsu di Pusat 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 didapati di perpustakaan.


Pendidikan dan Kesedaran Awam

Ceramah dan bengkel diadakan untuk meningkatkan kesedaran orang ramai mengenai kepentingan mengenali payudara sendiri dan saringan untuk kanser payudara. Para wanita dipandu untuk mengenali perubahan biasa payudara mereka. Bekas penghidap kanser payudara dari BCWA juga akan berkongsi pengalaman mengenai Cara Hidup Selepas Kanser Payudara.

BCWA mempunyai Pasukan Jururawat Kemasyarakatan yang menjalankan pemeriksaan payudara klinik di dalam klinik bergerak MURNI atau 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 pesakit kanser payudara dapat 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 menjahit payudara palsu sementara.

Dana


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

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Laman web: www.breastcancer.org.my
Facebook: Breast Cancer Welfare Association Malaysia

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

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与努力。

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‘康菲’小袋，里面附有支援与康复资讯。免费的‘康菲’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
民众教育与醒觉
通过讲座会及工作坊来向大众推广提早筛查乳腺癌的重要性,并熟悉乳房的正常变化。另外,推广教育也涉及指导乳癌病友如何与乳癌共存。

我们有负责临床乳房检查的护士团队提供外展服务在涵盖全国的粉红移动资讯单位（MURNI）或在充气诊所内或在举办单位所提供的舒适房间内。

网络联系与共同协作
为了改善女性乳癌病友们的生活品质，我们经常与国内政府及私人医院、女性家庭与社区发展部与其他政府部门，癌症控制组织、乳癌支援小组、专业健康护理人员协会、临终关怀及纾缓护理服务协会、妇女组织、教育机构及法律团体等保持密切联系。协会的合作网络涵盖国内和国际两层面。

培训和成长
我们为马来西亚各支援群体提供以下的培训课程:
・ 康复之路培训课程 (Reach to Recovery): 为乳癌康复者而设, 让她们能为被诊断患上乳癌的女性们提供社心理的支援。
・ 培训员培训课程 (Train-the-trainers): 指导培训员如何执行民众教育, 相关的课题包括乳房保健和尽早检测乳癌等课题。
・ 义乳缝制班。

资金
协会的运作及活动举办经费是来自象征式的会员费和大众的捐款。大众的捐献来自个人、俱乐部、协会、商业机构等。捐助款项可通过现金、支票（支票抬头请注明Breast Cancer Welfare Association Malaysia）和汇入银行户头（Public Bank Berhad: 3166 384 321）等方式进行。捐款RM50或以上者可获税务豁免收据。
**BCWA Activity Report 2018**

**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
Email: info@breastcancer.org.my
Website: www.breastcancer.org.my
Facebook: www.fb.com/breastcancerwelfareassociation/
Monday-Friday: 8.00am-6.00pm
3rd Saturdays: 1.00pm-4.30pm

**JOHOR**

Breast Cancer Support Society Kluang
4A, Jalan Kapur, 86000 Kluang, Johor
Contact person:
  - Fu Fuk Ying 010-793 8663
  - Tan Sar Fee 012-714 3383
  - Jenny Teh 012-711 9378
Every Sunday 3.00pm-5.00pm

The Breast Cancer Support Group Johor Bahru
12, Jalan Ru, Taman Kebun Teh, 80250 Johor Bahru, Johor
Tel: 07-335 7211 (Phoe Be Kee)
Email: thebcsgb13@outlook.com
Facebook: www.fb.com/bcsg.bcsjgb/
Monday-Friday: 9.00am-1.00pm

Breast Cancer Support Society Segamat
438A-438B, Jalan Chelliah, 85000 Segamat, Johor
Tel & Fax: 07-932 5228
Contact person:
  - Zorrilah (President) 012-722 8540
  - Siam Hwei King 019-772 9138
  - Mdm Lim 012-799 5056
Email: bcss sitios@yahoo.com
Facebook: www.fb.com/segamat.bcss/
Monday-Friday: 9.00am-1.00pm

**KELANTAN**

Reproductive Health Association Kelantan (ReHAK)
4261-F, Jalan Kebun Sultan, 15350 Kota Bharu, Kelantan
Tel: 09-743 2407 | Fax: 09-748 3323
Contact person:
  - Tengku Nur Satzinah 09-748 3323
  - Mei Lin 019-910 9073
Email: meklawa@gmail.com & rehakelantan@gmail.com
Saturday-Wednesday: 8.30am-4.30pm
Thursday: 8.30am-1.00pm

Breast Cancer Awareness & Research Unit (BestARI)
Hospital Universiti Sains Malaysia (Hospital USM)
Jalan Raja Perempuan Zainab 2
16150 Kubang Kerian, Kelantan
Tel: 09-767 4056 (Puan Roslaini)
Email: breastcenter@usm.my
Sunday-Thursday: 8.15am-4.55pm

**MELAKA**

Persatuan Barah Melaka
76, Jalan Melaka Raya 25, Taman Melaka Raya
75000 Melaka
Tel: 06-283 0988 (Alvin Ng)
Email: oasismcs@gmail.com
Facebook: www.fb.com/mcsoasis/
Monday- Friday: 8.30am-4.30pm

National Cancer Society Malaysia Melaka Branch
347C & 349C, Jalan Ong Kim Wee
75300 Melaka
Tel: 06-292 1231 | Fax: 06-292 1232
Contact person: Miki Chua 012-323 9300
Email: miki@cancer.org.my
Monday-Friday: 8.30am-4.30pm

Melaka Breast Cancer Support Group
(Home Visit Only)
Contact person:
  - Ms. Koot 019-657 3608
  - Guat Luan 012-621 2282
  - Nurse Tey 012-643 6882

**NEGERI SEMBILAN**

Breast Cancer Support Society Negeri Sembilan
Lot 1410/18, 3.5 Miles, Jalan Pantai
71050, Port Dickson, Negeri Sembilan
Tel: 06-647 1109
Contact person:
  - Padma Menon (President) 017-367 9570
  - Dr. Naveen 012-239 7269
  - Chai Moei Ho 012-338 5546
  - Pn. Che Yah 016-386 4416
Email: bcssns@gmail.com
Daily: 9.00am-12.00pm

NSFPA Breast Cancer Awareness Support Team
No. 3, Jalan Dr Krishnan, 70000 Seremban, Negeri Sembilan
Tel: 06-762 2969 | Fax: 06-763 5778
Contact person:
  - Mdm Sue Loy (Chairman) 012-222 5279
  - Mdm Sathyea 012-635 0844
  - Mdm S. F. Wong 010-204 4629
  - Rasanayaghi 016-917 6203
  - Cynthia Tay 016-279 6103
Facebook: www.fb.com/NSFPA1962/
Monday-Friday: 8.00am-5.00pm
Saturday: 8.00am-1.00pm

**BREAST CANCER SUPPORT GROUPS IN MALAYSIA**
PAHANG
Kuantan Breast Cancer Support Society
B3680, Lorong Galing 6, Jalan Haji Ahmad
25300 Kuantan, Pahang
Tel: 019-987 6722 (Mdm. Gauri, WhatsApp only)
Contact person: Prof Dato’ Dr. Humairah Abdul Samad Cheung,
Chairman 012-215 6722
Matron Tannam 013-958 2522
Erlinda 012-909 0052
Email: masriayu@hotmail.com
Monday-Friday: 3.00pm-6.00pm

Cancer Support Group
Hospital Sultan Haji Ahmad Shah Temerloh
Jalan Maran, 28000 Temerloh, Pahang
Contact person:
En. Azmi Bin Hassan 09-295 5333
Sister Rohana 013-952 5528
Monday-Friday: 8.00am-5.00pm

PENANG
Penang Breast Care Society
Mount Miriam Cancer Hospital, 23, Jalan Bulan, Fettes Park
11200 Tanjung Bungah, Penang
Tel: 04-892 3999 (GL)
Contact person:
June (Secretary) 017- 406 8381
Monday-Friday: 9.30am-12.00pm

Cancerlink Penang
2-U, Lorong Delima 17, Island Glades, 11700 Penang
Contact person:
Ruth Chong 012-457 4912
Monday-Friday: 10.00am-4.00pm

Klinik Pakar Pembedahan Hospital Seberang Jaya
Jalan Tun Hussain Onn, 13700 Seberang Jaya, Penang
Tel: 04-382 7426 (Sister Juslyta)
Monday-Friday: 8.00am-5.00pm

SABAH
Persatuan Sokongan Kanser Payudara Kinabalu
Kinabalu Breast Cancer Support Association
Short Name: Kinabalu Pink Ribbon
Lot 2-06, 2nd Floor, Wisma Wanita, Mile 2 1/2, Jalan Tuaran,
88400 Kota Kinabalu, Sabah
Tel: 088-216 237 | Fax: 088-253 679
Careline: 016-803 8553
Hon-Secretary: 016-831 6015 (Laura Bazan)
Tawau Patient Support: 016-826 2004 (Christy Salazar)
Email: kinabalupinkribbon@gmail.com
Facebook: www.fb.com/kinabalupinkribbon/

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
Chen Lee See 011-2640 1236/
013-548 1568
Angie Ng 016-533 0282
Teh Lee Keow 016-502 6229
Jamaliah 017-566 2535
Facebook: www.fb.com/persatuannpinkchampionperak/
Monday-Friday: 12.00pm-4.00pm

Ipoh WeCare Cancer Society
Dr. Chan Ching Phng’s Clinic, Hospital Fatimah
Suite 11, Jalan Dato’ Lau Pak Khuan
Ipoh Garden, 31400 Ipoh, Perak
Tel: 05-5489 098 (Sister Biroo)
Contact person:
Sau Wai 012-501 5320
Chan Sook Fun 017-573 0771
Carmen Yan 012-547 3389
Monday-Friday: 8.30am-1.00pm
Saturday: 8.30am-11.00am
Email: wecareipoh@gmail.com
Facebook: WeCare Ipoh

TERENGGGANU
Terengganu Breast Cancer Support Group
Surgical Outpatient Department
Hospital Sultanah Nur Zahirah, Jalan Sultan Mahmud
20400 Kuala Terengganu, Terengganu
Tel: 019-985 7511 (Khodijah Long)
Facebook: Terengganu Breast Cancer Support Group (SAMO)
Sunday-Thursday: 8.00am-1.00pm

SARAWAK
Sarawak Breast Cancer Support Group Matahari
Lorong Maxwell 2, Jalan Maxwell
Off Jalan Tun Abang Haji Openg
93000 Kuching
Tel & Fax: 082-411 137 (Maria Theng)
Contact person:
Datin Juriah Sulehan 019-827 4832
Email: swakbreastca@gmail.com
 : juriahsulehan03@gmail.com (Datin Juriah Sulehan)
Monday-Friday: 9.30am- 4.00pm (Closed on Wednesday)

Persatuan Kumpulan Sokongan Pink Ribbon
(Pink Ribbon Support Group Sarawak)
Bilik Pink Ribbon Support Group Sarawak
Rumah Anjung Kasih
Hospital Umum Sarawak
Contact person:
Hjh. Suriani Hj. Rapaeie 019- 889 0412
Hjh. Hajijah Zakaria 013- 566 1657
Jamilah Abu Bakar 013- 824 3639
Email: suriani56@hotmail.co.uk
Working hours: Anytime
BCWA MURNI & INFLATABLE CLINIC

Clinical Breast Examination in progress

Ready to depart for cross-country public education campaigns

MURNI: Mobile Unit Reaching Nationwide with information

Inside the MURNI Mobile Clinic

Stepping up for a checkup!

Teaching the public about being breast aware

Waiting area inside MURNI

BCWA’s Inflatable Clinic

Inside BCWA’s Inflatable Clinic