

## Message from the President

Dr Christina Ng, MBBS (Melb) FRACP (Aust)



The past year has seen many significant milestones being achieved through the launch of the second edition of My Journal, the Italian fundraising dinner cum auction as well as our second colon cancer screening community project in Selayang and Gombak districts. Unlike our first campaign in Sentul in 2010, this time, we reached out to three lower-income communities, namely PPR Intan Baiduri, PPR Taman Wahyu and PPR Taman Prima Selayang. So that in itself required a tremendous amount of work, co-ordination and attention to details among EMPOWERED!, the community leaders, collaborating bodies and volunteers.

Together, we registered approximately 600 residents and have since identified 19 participants who had been tested with blood in the stool, for whom we are currently arranging for hospital visits and follow-up treatments if required to do so. Not forgetting the emotional aspect of dealing with something such as the possibility of cancer, we also provide counseling sessions. After all, our aim for this project

is to save lives through the detection of cancer at its early stage, and to walk with the patients along the way to recovery. We feature two interviews with participants in pages 5-6.

We are very grateful to the working committee and every single individual who chipped in to ensure a smooth running of the project. Even our sponsors played a key role in donating food and beverage items to encourage residents to participate in this life-saving campaign. Also to the rest of the organizations who have contributed in cash or kind, a big thank you to all of you!

In mid-January 2012, the EMPOWERED! office relocated to Damansara Intan. This is a fresh start for the NGO, and hopefully, a sign of better things to come.

I am proud of everything that EMPOWERED! had accomplished thus far during the three years since the NGO had been founded, and I hope that in future we will be able to continue soaring greater heights. There will likely be challenges down the road, whether it be logistically, financially or in terms of resources available, but I am optimistic that with a solid collaboration of ideas and input from all parties, we can achieve many things.

Enjoy reading this issue.

### INSIDE THIS ISSUE

- 1 Message from President
- 2-4 2nd Outreach Project
- 5-6 Interviews with Participants
- 7 Charity Dinner 2011
- 8 We have moved!
- 9 Launch of My Journal

# 2nd Outreach Project in Selayang and Gombak took off!

*Colon cancer screening project - another feather in the cap*

Following months of planning and many meetings, an outreach community project took place in the districts of Selayang and Gombak in November 2011.

EMPOWERED!'s Colon Cancer Screening Project 2011 was officially launched on 9 November 2011 by Deputy Director of Public Health, Dr. Lokman Hakim. Over 400 residents from PPR (Projek Perumahan Rakyat) Intan Baiduri, PPR Wahyu and PPR Prima Selayang registered for the event.

In line with EMPOWERED's mission to raise awareness about cancer, workshops on healthy lifestyle and proper diet, were held to educate participants.

The workshop day on 20 November 2011, was launched by the Human Reproduction Division Director of Lembaga Penduduk dan Pembangunan Keluarga Negara (LPPKN), Dr. Norliza Ahmad.

Good eating habits need to be re-inforced. Dieticians from The Parenteral & Enteral Nutrition Society of Malaysia (PENSMA) educated participants about the types of food to consume to protect their health and reduce the risk of getting cancer. Exercising regularly is just as important for a healthy well-being. Physiotherapists



**Top:** From left - Dr Christina Ng, President, EMPOWERED!, En. Abdullah bin Uda Saidi, Secretary PPR Taman Wahyu, Dr. Norliza Ahmad, Human Reproductive Division director of Lembaga Penduduk dan Pembangunan Keluarga Negara (LPPKN), Dato' Khatijah Sulieman, President, Selangor Cheshire Charity Home, Mr. Wong Swim Kek, Chairman, PPR Taman Prima Selayang, Tuan Haji Mohd Alim bin Ibrahim, Chairman, PPR Intan Baiduri.



**Left:** Breakout groups in Malay and Chinese, educating about colon cancer, how to use FIT kit, nutrition and exercise

**Bottom:** Workshop participants listening to opening speeches in Dewan PPR Taman Wahyu





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## 2nd Outreach Project

from the Malaysian Physiotherapy Association demonstrated the correct way to exercise with the participants practising the exercise steps at the same time.

More importantly, FIT (Faecal Immunohistochemical Test) kits were distributed

to them when they attended the workshop with instructions given on how to use the kits, and to return the kits on the appointed date.



**Left:** Participants listening attentively during the breakout workshop.

**Top:** A dietician from PENSMA explaining about the suggested ratio of carbohydrates, meat and vegetables that should be eaten in a meal for optimum health

From December 2011 onwards, participants with positive results i.e. blood in the stool, have been counseled and appointments made for colonoscopy. EMPOWERED! will follow-up with these participants to ensure all necessary treatment, counseling and assistance are provided, completely free of charge.

### Media Coverage

You can view the articles using the links below:

9 November 2011 – Bernama  
<http://www.empowered.org.my/ActivitiesNewsBernama2011ScreeningProjectLaunch.html>

12 November 2011 – Harian Metro  
<http://www.hmetro.com.my/articles/Ancamankeduanegara/Article/>

15 November 2011 – Utusan Malaysia  
<http://www.empowered.org.my/ActivitiesNewsUtusanMalaysiaProjekKomunitiSaringan.html>

## "BUKU PANDUAN" - GUIDE BOOK

This illustrative guide book (in English, Bahasa Malaysia and Mandarin) was given away to participants during the workshop. This informative book explains:

- What is colon cancer,
- What are the factors that caused colon cancer. Who is at risk.
- What are the warning signs of colon cancer.
- What are the clinical procedures to detect colon cancer.
- How we can reduce the risk of contracting cancer, and more....

If you wish to receive a copy, email your request to:

**[operations@empowered.org.my](mailto:operations@empowered.org.my)**

**EMPOWERED!**  
The Cancer Advocacy Society of Malaysia

Mempersalahkan  
Bengkel Saringan Barah KOLON 2011

Buku Panduan

Dasar Apakah Faktor-faktor Yang Menyebabkan Barah KOLON? (SARAF YASIN BERNABIKI)

Faktor Utama

Sindrom Keturunan

Sajarah Penyakit

Gaya Hidup

Apakah Barah KOLON?

Bagaimana Barah KOLON Terjadi?

Sejakkah Kita Menzurangkan Buku: Mendapat Penyakit Barah? YA, Salah Satu Cara adalah Dengan Mengamalkan Gaya Hidup yang Sihat!

Peranan

Piramid Makanan Malaysia

## 2nd Outreach Project

# Acknowledgement

Our sincere thanks to the following organisations for their assistance and sponsorship, without which this project would not have been a success:

- Lembaga Penduduk dan Pembangunan Keluarga Negara
- Rumah Amal Cheshire Selangor
- MAKPEM
- Institut Kesihatan Umum
- Kementerian Kesihatan Malaysia
- Persatuan Kebajikan Generasi Gemilang
- Yellow House Society of Kuala Lumpur
- Stoma Society of Malaysia
- Malaysian Enterostomal Nurses Association
- International Medical University
- Malaysian Physiotherapy Association
- The Parenteral & Enteral Nutrition Society of Malaysia
- University Malaya School of Nursing
- University Malaya Medical Center
- Sunway Medical Center
- Red Crescent Selangor Branch
- SEGi University College
- PPR Intan Baiduri
- PPR Wahyu
- PPR Taman Prima Selayang



The sponsors of the project are:

- Padiberas Nasional Berhad
- Hwa Tai Industries Berhad
- YHL Trading (KL) Sdn Bhd
- Permanis Sdn Bhd
- AstraZeneca Sdn Bhd
- Kyowa Kirin
- Eli Lilly (M) Sdn Bhd
- Prince Court Medical Centre
- Abbott Laboratories (M) Sdn Bhd
- GlaxoSmithKline Malaysia



The hospital and doctors involved in this project are:

- Hospital Selayang:
  - a) Dr.Hjh Siti Zaleha Mohd Salleh
  - b) Dr. Fitjerald Henry
  - c) Dr.Wong Hin Seng

# Interview with Participants

## ***"I am grateful that this screening project is helping us to detect cancer early"***

Sharifah, age 54, shares her experience as a participant of the project who underwent colonoscopy.

### **Flashback to when you were first told that blood was found in your stool. Were you expecting to receive that news?**

"I was awaiting the results of my FIT Test, along with my friends, we were all feeling anxious about what would happen. When the community leaders were calling out the names of residents who have been tested negative one-by-one, my heart was pounding and I wondered why my name wasn't called. In the end, I was told that blood had been found in my stool."

### **How do you feel about being part of Empowered's Colon Cancer Screening Project?**

I am glad to be part of the screening project as it was through the screening that I came to know there was blood found in my stool. Even though I have my worries, I am grateful that this screening project is helping us to detect cancer early.

### **Describe your experience going through colonoscopy.**

A day before my appointment for colonoscopy was due, I ate according to the instructions given. I only ate plain porridge, drank water and 100Plus. I also took the Fleet medication to clean out my large intestine. I was under anaesthetic when the colonoscopy was being carried out. I was pretty much unconscious for about an hour, and thankfully, no

complications ensued from the procedure.

### **Try to imagine how you would feel if you were really diagnosed with colon cancer. What would be your concerns or worries? And what would be your biggest worry?**

The worry is always there when you hear that you are suspected to be having an illness as serious as colon cancer. The thought of death flashes across my mind, and I think about the people I know who had reached the advanced stage of cancer. I also fear the thought of having my large intestine brought out through the wall of my abdomen and having my stools collected in a colostomy bag. It is worrying to think you might only have 26 to 28 months to live. Whenever I read about colon cancer in the media, I do feel very frightened, but I shall leave it to fate, if I really do have this illness.

### **What was it like to receive one-to-one support from Empowered's staff during this journey?**

I am extremely grateful to them for assisting me and explaining matters that I need to know, even going to the extent of coming to my home and accompanying me to the hospital. I am very moved because they are willing to sacrifice their time to help.

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## 2nd Outreach Project

Sharifah, age 54, shares her experience as a participant of the project who underwent colonoscopy.

### What is your opinion on the way Empowered executed this project?

From what I can see, Empowered carried out this project without any political agenda. It is truly a project done to help the lower income people who need assistance and support. I hope that Empowered continues carrying out screening projects every year with great success.

## **"Early screening is important"**

- Mr Tan Chu Tea

### **How did you react when the doctor told you that you have colon cancer ?**

I was calm and accepted it as my fate.

### **What was your family's reaction when they heard about your condition?**

My wife and children were worried but at the same time consoling and advised me to take things easy.

### **Now that you have resigned from your job, how are you adjusting?**

I am now concentrating on my treatment. I will not feel sad and lost. I will live my life as normal and will try to do charitable work, and help by informing people about the importance of early cancer screening.

### **What is your opinion on EMPOWERED's colon cancer**

### **screening project in Selayang & Gombak districts ?**

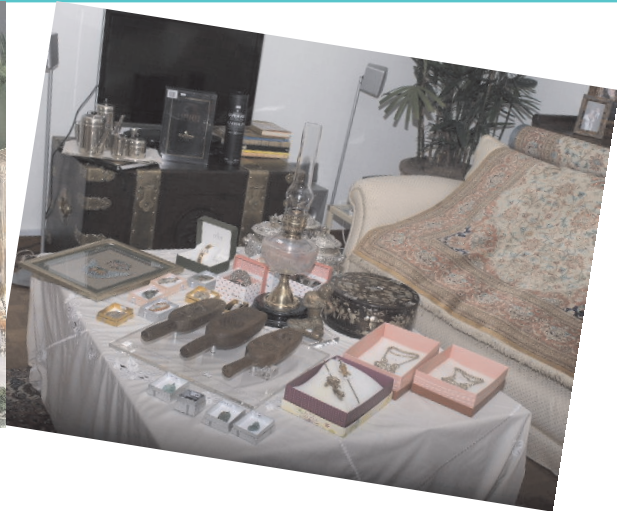
I am very thankful to EMPOWERED for holding such a program in our community. I have not come across a charitable organisation like EMPOWERED who is so caring and dedicated to the poor people by providing colon cancer screening and then making all the arrangements to send those suspected people to government hospital for colonoscopy and treatment. For this, I want to say a big thank you to EMPOWERED.

#### *Notes:*

*Mr. Tan underwent surgery at Hospital Selayang and is undergoing further treatment.*

# *A Nite to Remember!*

**An Italian Gala Dinner cum Auction event in support of EMPOWERED!**



The Italian Embassy, His Excellency, the Ambassador Mr. Folco de Luca Gabrielli and his lovely wife Mdm. Nilou de Luca Gabrielli, our organising chairman, Mrs. Tracy-Anne Holloway, committee members including Datin Dwina teamed up with staff of EMPOWERED! to hold an Italian Gala dinner cum auction event on 24 June 2011. This exquisite event took place at the residence of the Italian Ambassador, with an aim to raise funds for EMPOWERED!'s second colorectal cancer screening community project.

The VIP guests were in for a treat, as the evening's itinerary comprised of great Italian food, fine wines, live Italian music, followed by an antique auction. Upon arrival, guests were greeted by the sound of Latin music by Edgar Estrada on the guitar. During dinner, Edgar and string quintet led by Daniela Rodnite and Christopher Brandt entertained guests with Italian songs and pieces by Italian composers. The chef on duty was Tiziano Rossetti who flew in from Colorno, Italy to prepare dinner specially for the occasion.

The splendid Italian spread included delicacies like mushroom carpaccio with truffles, marinated prawns, steamed lobster garullese style, cream of peas with shrimp, oven baked mussels, risotto with 24-carat gold flakes, chicken with bell peppers, barramundi in salt, vegetarian lasagna, penne with pesto and clams, octopus, potato and olive salad and delightful Italian pastries and desserts. The tables overflowed from the interior of the

Ambassador's home, extending to al fresco dining outdoors by the swimming pool.

The warm response was very encouraging with about 80 invited VIP guests. The guests enjoyed themselves immensely and participated actively in the auction events, bidding for items such as antique pieces, jade, paintings, handicraft, watches, cognac, scotch whisky, etc.

We wish to express our heartfelt thanks to the following sponsors who have played an integral part in making this event a success (in alphabetical order):

- AsiaEuro Wines & Spirits Sdn Bhd
- Beam Global Asia Pte Ltd
- Carlsberg Brewery Malaysia Berhad
- Ms Karen Lee
- Co-Wise Resources (M) Sdn Bhd
- Euro Asia Sdn Bhd
- Encik Iskandar Abdullah
- Malaysia Airline System
- Mdm. May Leong
- Mdm Nicoline Lopez
- Metadesign (Malaysia) Sdn Bhd
- Mr. Darrence Ng
- Ms. Narong Daun
- Naza Motor Trading Sdn. Bhd.
- Sonia Lee
- Star Hill Living. Com Sdn Bhd
- World Asia Publishing

Also, we would like to extend our deep appreciation

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## A Nite to Remember!

to His Excellency and his wife for their tremendous support and to our VIP guests who believe in EMPOWERED!'s vision to reach out to the poor communities in Malaysia to help them in their fight against cancer.

Special thanks to the organising committee, musicians and volunteers who worked hard to

make the event a great success.

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### Media Coverage

You can view the articles using the links below:

5 July 2011 – The Star Metro

<http://www.empowered.org.my/ActivitiesNewsTheStarMetroItalianInspiration.html>

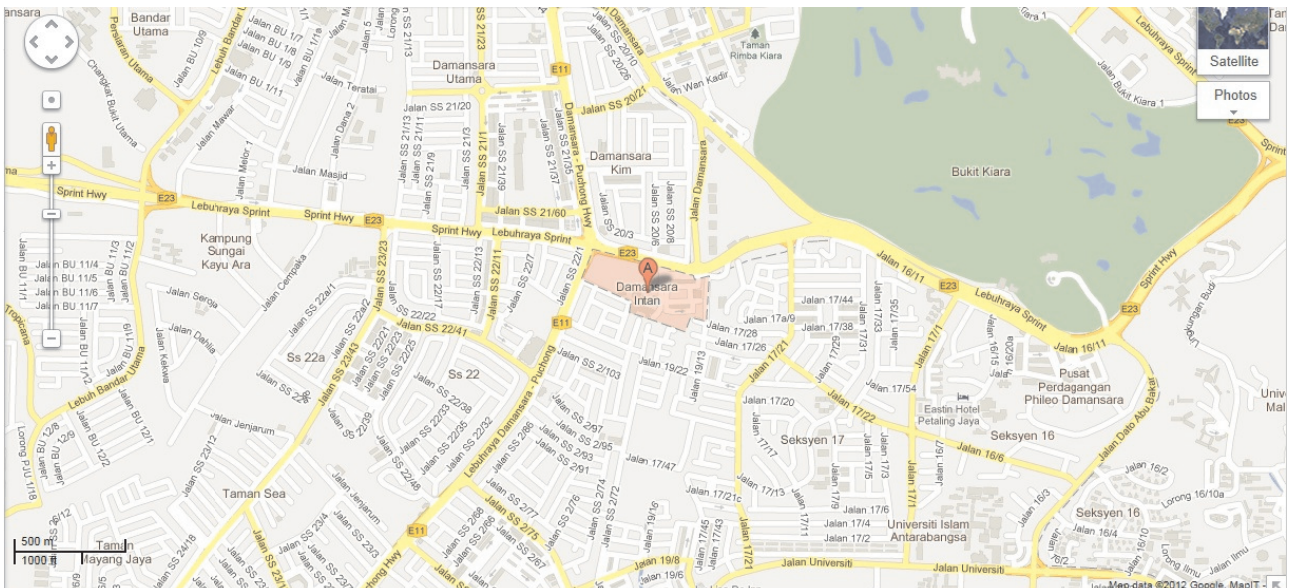
5 July 2011 – New Straits Times

[http://www.nib.com.my/archives/text/view/67646097?pos=2&hide\\_header=1&resultset=nstpec%3Awww/cross-search/search.php%3A\\_1330411630%3Aresultset](http://www.nib.com.my/archives/text/view/67646097?pos=2&hide_header=1&resultset=nstpec%3Awww/cross-search/search.php%3A_1330411630%3Aresultset)

## We have Moved!

EMPOWERED! office is now located at Damansara Intan e-Business Park, Petaling Jaya. Our office address and telephone/fax numbers are listed below.

Contact staff: Mr Leong



## The Cancer Advocacy Society of Malaysia

(ROS. No: 1894-08-SEL)

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Suite 316, Level 3 (Lift Lobby 3) Block A  
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Website: [www.empowered.org.my](http://www.empowered.org.my)

### Office Bearers

President:	Dr Christina Ng
Deputy President:	Ms Mini Ng
Treasurer:	Professor Chin Kin Fah
Secretary:	Ms Delphine Dawson
Assistant Secretary:	Mr Phong Kam Thiam



# Events in 2012

- **12th & 13th May 2012** - Colon Cancer Screening Project in PPR Taman Putra Damai, Lembah Subang
- **November 2012** - Fund-raising Dinner

## My Journal is now available!

The 2nd Edition of My Journal was officially launched on 25 February 2011 in PJ Hilton Hotel by Deputy Health Minister, YB Datuk Rosnah Bt Hj. Abd. Rashid Shirlin.

This resource for cancer survivors and caregivers features information on medical tests, treatments, side-effects and the disease's impact on survivors' personal and family life.

Dr Ng has received constructive feedback on the first edition of this book and took them into consideration when updating the second edition. It now comes in the form of a filofax, whereby patients can jot down their appointment dates, keep track of medication and file medical reports or articles that have been an inspiration to them.

My Journal is donated to the following hospitals:

- a) Hospital University Sains Malaysia, Kelantan
- b) Hospital Sultan Ismail, Johor
- c) Universiti Malaya Medical Centre, Selangor
- d) Hospital Putrajaya, Wilayah Persekutuan
- e) Hospital Tunku Jaafar, Negeri Sembilan
- f) Hospital Raja Permaisuri Bainun, Perak

The book can be purchased for RM 30 per copy from:

- Pantai Hospital Kuala Lumpur
- Sunway Medical Centre, Petaling Jaya

You may also purchase the book directly from EMPOWERED!.



### Media Coverage

You can view the articles using the links below:

25 Feb 2011 – Bernama  
[http://web6.bernama.com/bernama/v3/bm/news\\_lite.php?id=566662](http://web6.bernama.com/bernama/v3/bm/news_lite.php?id=566662)

26 Feb 2011 – New Straits Times  
[http://www.nib.com.my/archives/text/view/60628880?pos=10&hide\\_header=1&resultset=nstpec%3Awww/cross-search/search.php%3A\\_1330396116%3Aresultset](http://www.nib.com.my/archives/text/view/60628880?pos=10&hide_header=1&resultset=nstpec%3Awww/cross-search/search.php%3A_1330396116%3Aresultset)

1 Mar 2011 – Utusan Malaysia  
[http://www.utusan.com.my/utusan/info.asp?v=2011&dt=0301&pub=Utusan\\_Malaysia&sec=Keluarga&pg=ke\\_03.htm](http://www.utusan.com.my/utusan/info.asp?v=2011&dt=0301&pub=Utusan_Malaysia&sec=Keluarga&pg=ke_03.htm)

28 August 2011 – The Star  
<http://thestar.com.my/health/story.asp?file=/2011/8/28/health/9335436&sec=health>