



EMPOWERED

THE CANCER ADVOCACY SOCIETY OF MALAYSIA

NEWSLETTER
VOL 1
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MESSAGE FROM THE PRESIDENT

The past years has seen many significant milestones being achieved by EMPOWERED and I take pride in all the accomplishments EMPOWERED had achieved since our official registration with ROS in 2008 and going through thin and thick throughout the years, I personally feel extremely thankful to all of our supporters, partners, collaborators, donors and sponsors for their unconditional contribution, for molding and supporting EMPOWERED to what we are today.

Colorectal Cancer Awareness, Screening and Treatment Project (CCASTP) has become our



yearly signature awareness campaign (The detailed execution can be found inside the issue). Started with a small workforce who believes in big achievements, EMPOWERED's unwavering efforts to save lives through early cancer detection has penetrated 12 densely populated communities in the Klang Valley, reaching approximately 100,000 people since our establishment and save numerous life.

Besides the continuation of CCASTP this year, in conjunction with our 10th anniversary, we will be organizing EMPOWERED's 10th Anniversary Charity Run with the theme of Lung Cancer, to celebrate this important milestones with the public. Besides the celebration and raising awareness, the main objective of this special event is to raise funds for EMPOWERED and the entire funds raised will be channelled back to EMPOWERED in implementing our yearly campaign and activities, helping more under-privileged community to have their basic right to fight against cancer and not to allow circumstances to determine their fate.

A decade is a long time and with your continued support and contribution, we will be able to continue soaring greater heights and serving the underprivileged community. Please stay with us, witness and celebrate our joy of achievements for many more decades to come.

Best Wishes,
DR CHRISTINA NG VAN TZE
MBBS (Melb), FRACP (Aus)
Consultant Medical Oncologist

COLORECTAL CANCER AWARENESS, SCREENING AND TREATMENT PROJECT (CCASTP) 2017

EMPOWERED - THE CANCER ADVOCACY SOCIETY OF MALAYSIA LAUNCHES

*"Love Your Butt,
Check Your Guts"*

Petaling Jaya, Selangor (13th May, 2017) - Empowered, The Cancer Advocacy Society of Malaysia launched its 2017 Colorectal Cancer Awareness, Screening & Treatment Project (CCASTP) at the Paradigm Mall, Petaling Jaya. Officiated by Dr. Rozlan bin Ishak, Deputy Director of the Kuala Lumpur State Health Office, the opening ceremony was immediately followed by a highly energised 2-day awareness campaign themed as "Love Your Butt, Check Your Guts". Smart collaboration between partnering Health Experts, Medical Industries and Fitness Experts pulled in the Malaysian crowds and effectively imparted vital colorectal cancer messages. Colorectal cancer is the commonest cancer in men, and second commonest cancer in women in Malaysia.

This awareness campaign is part of EMPOWERED's yearly customized CCASTP, using faecal immunohistochemical test (FIT) kits in low-income communities in Malaysia. Since 2009, EMPOWERED's fervent commitment has enabled this life saving program to reach nearly 100,000 Malaysians living in under-resourced communities.

6-year findings derived from this project from 2009 to 2015 were published in the Asia Pacific Journal of Cancer Prevention, Vol 17, 2016. Based on the data collected, the level of awareness of stool examination and knowledge about colorectal cancer was poor amongst its participants. Gender, age group, ethnicity and risk factors (smoking, sedentary lifestyle and low consumption of fresh fruits) were associated with positive FIT-kit results.

President, and Founder of EMPOWERED, Consultant Medical Oncologist, Dr. Christina Ng Van Tze is an ardent advocate for colorectal cancer screening and prevention. She shares about the importance of ensuring that EMPOWERED's CCASTP beneficiaries are equipped with emotional support and an accurate road map towards obtaining optimal medical intervention. EMPOWERED's beneficiary, Mdm. Yeoh Wei Ling, was diagnosed with pre-cancerous polyps in EMPOWERED 2014 CCASTP. She shares vividly, "I was overwhelmed when I received the news that there was blood in my stool. I was afraid, and I thought I was going to die". She continues, "But thanks to EMPOWERED, their volunteers patiently sat with me through many hours of waiting in the hospital, and explained the medical jargons. They helped me to ask the questions that I did not know how to ask. On top of everything, I did not need to pay a cent!"

Cancer Screening Workshop



**PHASE 1: CCASTP 2017
COLORECTAL CANCER AWARENESS CAMPAIGN**

Educational posters and props are designed and well content by the student volunteers under the supervision and guidance of EMPOWERED's, educational team and doctors.



**PHASE 2: CCASTP 2017
COLORECTAL CANCER SCREENING WORKSHOP**

We manage to select 16 volunteers from IMU, 8 volunteers from MSD Internship, 3 volunteers from general by recommendation to assist in the screening workshop over the month. Every volunteer are assigned to specific roles based on their voluntary and capability.



**PHASE 3: CCASTP 2017
COLLECTION OF USED FIT-KITS AND ARRANGING HOSPITAL VISITS FOR RESIDENTS WITH POSITIVE RESULT (BLOOD IN THE STOOL)**

FIT-Kits collection and screening are carried out simultaneously. Participants are given 2 - 3 days to collect stool samples and return the used FIT-Kit to EMPOWERED's counter at Klinik Kesihatan Jinjang on the date given.



**PHASE 4: CCASTP 2017
PATIENT SUPPORT PROGRAM**

In this Patient Support Program, we make arrangements for the residents to be picked up from their home doorsteps for all hospital appointments and ensure that they receive much needed companionship and psychological support from our trained volunteers.



*We help you to ask the questions you are afraid to ask
~ Empowered's Manifesto.*

You can be incharge.

Colorectal Cancer Awareness, Screening & Treatment Project (CCASTP)
EMPOWERED's Yearly Signature Campaign, a truly Life Saving Project

THE LEARNING BOOTH MESSAGES OF EMPOWERED'S 2017 COLORECTAL CANCER AWARENESS CAMPAIGN



BOOTH 1: MY COLON

This booth explains the anatomy of colon, to educate the public on the function and location of colon.

BOOTH 2: WARNING SIGNS

Educating public to recognize signs and symptoms of colorectal cancer is of utmost importance – as it is the common reason people seek for medical attention.

BOOTH 3: AM I AT RISK?

Knowing one's risk on colorectal cancer could provide insight to adjust his/her lifestyle in order to prevent the disease, or to undergo suitable screening program.

BOOTH 4: UNDERSTANDING STAGES OF CANCER

Stages of cancers are not complicated. In this booth, the disease progression is thoroughly discussed.

BOOTH 5: KNOW MY FAMILY HISTORY

Knowing past history of cancer in a family is the most useful information to assess one's risk on colorectal cancer. Here, the importance of family history is discussed.



That is your life, with cancer. An empowered life!
~ Empowered's Manifesto.

BOOTH 6: MY GENES AND CANCER

To break the taboo that genes are difficult to understand, this booth simplified the understanding towards genes and relate it to colorectal cancer.

BOOTH 7: POWER TO PREVENT CANCER

In this station, members of the public will be empowered with the knowledge on how to prevent colorectal cancer practically - by lifestyle adjustment, or by screening, early detection, and early treatment.

BOOTH 8: COLORECTAL CANCER CAN BE CURED

In this booth, surgery for colorectal cancer is discussed - as surgery is the cure towards early stage colorectal cancer.

BOOTH 9: BREAKTHROUGH IN CANCER TREATMENT

Chemotherapy is a major part of treatment for colorectal cancer - therefore it is important to educate the public on chemotherapy as well as to abolish the fear behind chemotherapy.

BOOTH 10: SEE & TOUCH!

An exhibition of real life models of colon and sample of human colon with colorectal cancer.

Do you know?

According to America Cancer Society, as high as 92% 5 year relative survival rate is seen for those Stage 1 cancer patients who got detected earlier.



TESTIMONIAL

CCASTP 2017



"I truly appreciate EMPOWERED's committed volunteers. From my first step to the hospital, preparation for colonoscopy, and follow-up visits: it is heartening to have them with me throughout the journey. After participating in this screening program, I am more aware of my own health, more so on my daily food consumption. I am eating more vegetables and fruits, and reduce my intake of red meat. In my opinion, we should take initiative on our health as we age, and I strongly advocate for early screening for colorectal cancer."

Yap Lay Kuen

"I truly feel that EMPOWERED's service is very good, very considerate and attentive, with no expectation of any repayment from us helping us with a genuine heart. I would encourage all my friends and family to go for colorectal cancer screening. Such awareness helps us to have a better understanding on our own health. Regardless of what type of polyp is found, early treatment is very crucial."

Cheong Pek Kong



"Thank you EMPOWERED for all the cares and helps. If without knowing EMPOWERED and joining the free screening workshop at Klinik Kesihatan Jinjang, I won't be able to go through colorectal checking for so details. I was found got polyps and now removed, thank god. I felt assurance with the companion of staff during consultation and colonoscopy at hospital every time, as they always look after me and assist me in every way. Thank you EMPOWERED!"

Valiamah A/P Ramalingam

"For me, this is absolutely a great program. I haven't seen any program like this in which provided a dedicated service, from doing reminder call until follow up in the hospital, they constantly accompany us on our welfare. Furthermore, this is also a good program especially for chinese which might have language barrier when visiting government hospital. People like us should participate in early screening to know what happen to our colon."

All I can say is a 'Good job' to EMPOWERED! On top of that, I would like to encourage my friends to participate in this friendly, caring and even FOC Colorectal Cancer Screening programme in the future. Let's be EMPOWERED in EMPOWERED's programme!"

Yap Kim Teck



"In my opinion, program EMPOWERED is being implemented in a very good and systematic way, EMPOWERED staff/volunteers are there every time for me whenever I have hospital visit. Not only that, I even get reminder call in advance each time before my hospital appointment too. I will definitely recommend this program to my friends and family, especially those who are aged 50 and above to go for the screening. Prevention is always better than cure, it will be too late and regretful if one is only found to be stage 4 colorectal cancer patient for late screening. Finally, I would like to thank all the staff/volunteer EMPOWERED for their good services and courtesy throughout the project."

Shaffi Bin Kassim

"Last year I was sponsored by Empowered to undergo a free colorectal screening test for cancer at Selayang Hospital. Purpose of screening, to find any abnormal growths in the colon called polyps. I learned that initial stage of polyps growth can be removed during screening using an instrument called colonoscope. If growth of polyp left unchecked or is found to be at a critical stage, it can turn into cancer. I also learned that colon cancer screening is advisable for people over age 50. Following which, I recommended my elderly friends to go for screening. Thanks to Empowered for organising this colorectal cancer awareness campaign."

Kenneth Loo



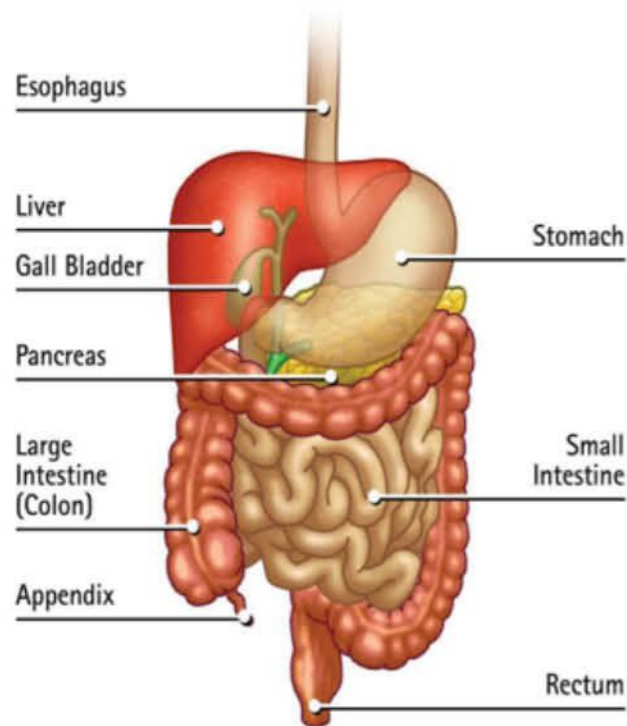
COLORECTAL CANCER

WHAT IS *colorectal cancer*?

Colorectal cancer is cancer of the colon and rectum; the colon and rectum are parts of the large intestine that forms the digestive system and primarily helps in reabsorption of water and to discard metabolic waste. Colorectal cancer is also known as bowel cancer.

HOW/WHY DOES *colorectal cancer develop*?

The precise cause of colorectal cancer is yet unknown, but there are many factors that play a role over a long period of time. Hence it is possible to detect the disease early, improving the patient's outcome of a successful recovery.

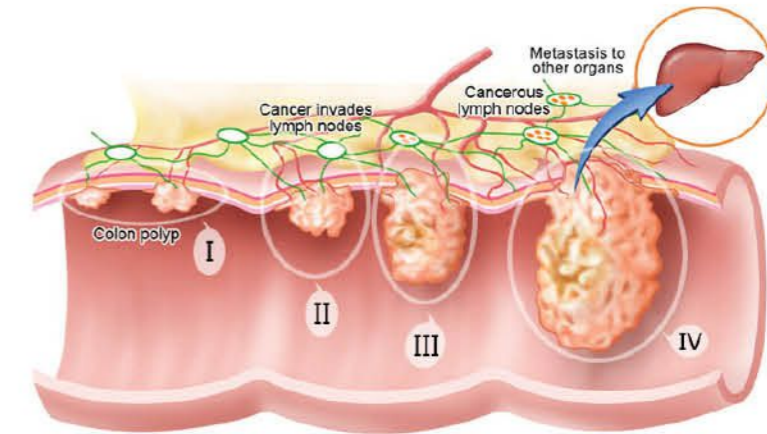


RISK FACTOR OF COLORECTAL CANCER

- **Age:** A person's risk for colorectal cancer increases with age.
- **Polyps:** Polyps which are non-cancerous growths in the lining of the large intestine.
- **Family history/genetics:** People whose family members have colorectal cancer have a higher risk of developing the disease.
- **Personal history of cancer:** Women who have had cancer of the ovary, uterus or breast have a higher risk for developing colorectal cancer.
- **Sedentary lifestyle:** People who are overweight or obese and physically inactive are more likely to develop colorectal cancer.
- **Tobacco use:** Smoking increases the risk of polyp's formation.

SIGNS / SYMPTOMS OF COLORECTAL CANCER

- **Changes in bowel habits:** diarrhoea, constipation, changes in texture of stool (hard/soft)
- **Blood in stool:** Stools appear with bright or dark red blood.
- **Abdominal pain:** occasional unexplained bloating or fullness, tummy cramps.
- **Fatigue:** Feeling easily tired without obvious reason.
- **Unexplained loss of appetite**
- **Unexplained loss of weight**



STAGES OF COLORECTAL CANCER

There are **four stages** of Colorectal Cancer:

- Stage I: Cancer is confined to the inner lining of the colon or rectum.
- Stage II: Cancer spreads through the wall of the colon or rectum.
- Stage III: Cancer spreads to the nearby lymph nodes.
- Stage IV: Cancer spreads to distant parts of the body, such as the liver or lungs

CANCER THERAPIES

- **Radiotherapy** uses high energy X-ray to kill cancer cells. Contrary to popular belief, it does not involve electrical currents and is a painless procedure.
- **Surgery** is done to remove the tumour, together with part of the healthy intestine and nearby lymph nodes, to help ensure that all the cancerous cells are removed.
- **Colostomy** is a surgical opening in the abdomen to provide an avenue for waste to exit the body. The waste is stored in a bag that is worn by the patient and is usually a temporary solution.
- **Chemotherapy** works by stopping or slowing down the growth of cancer cells which grow and divide quickly.

References

- American Cancer Society, www.cancer.org
- Centres for Disease Control, www.cdc.gov
- College of Radiology (Academy of Medicine of Malaysia), www.radiologymalaysia.org
- Colorectal Cancer Alliance, www.ccalliance.org
- Colorectal Cancer Association of Canada, www.colorectal-cancer.ca/en/advocacy/national-month/

Acknowledgement

SPONSORS AND COLLABORATORS FOR 2017 COLORECTAL CANCER AWARENESS, SCREENING AND TREATMENT PROJECT (CCASTP)

SPONSORS

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 Zuellig Pharma - AMGEN

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 Kuala Lumpur & Putrajaya (JKWPKL&P)
 Klinik Kesihatan Jinjang
 Malaysian Physiotherapist Association
 PNC Holdings Sdn. Bhd.
 ReGen Rehabilitation International Sdn. Bhd.
 SME Business Development Sdn. Bhd

SPECIAL THANKS TO VOLUNTEERS

International Medical University (IMU)
 MSD Pharmaceutical 's Interns
 Ashwita Kaur
 Ms Sue Lee
 Ms Sue Teh

Your Donation will help us impact and improve the lives of more Malaysians.

Every Donation Matters

Events in 2018 !

COLORECTAL CANCER AWARENESS, SCREENING AND TREATMENT PROJECT (CCASTP 2018)

EMPOWERED's 2018 Colorectal Cancer Awareness, Screening & Treatment Project aims to : trigger general public awareness about this prevalent disease and the importance of early cancer detection; bring structured colorectal cancer education and screening programs as well as personalized support into the homes of under-resourced Malaysian communities; to save lives.

This project is carried out in 4 phases:

- Phase 1** - Pre-selection and awareness workshop;
- Phase 2** - Screening workshop and distribution of faecal immunohistochemical test (FIT) kits;
- Phase 3** - Collection and Processing of used FIT kits;
- Phase 4** - Patient Support Program

**This project will start on April 2018*

EMPOWERED'S 10TH ANNIVERSARY *Charity Run*

A decade is a long time and EMPOWERED constantly seeks to achieve greater heights within the organizational mission and vision plan since our establishment. Truthfully, there aren't many NGOs in Malaysia who can actively implement their activities for 10 years and EMPOWERED is very blessed to be the very few of them, thanks to all our great supporters. Thus, in commemoration of this 10th year anniversary, we will be organizing a Charity Run with the theme of "Lung Cancer" in conjunction with the Lung Cancer Month to spread the lung cancer awareness besides celebrating the important milestone with the public.

Venue : Botanical Garden Kuala Lumpur
 Distance : 10 km Fun Run
 The event will be attended by around 2,000 participants

**This event will be held on November 2018*





COMMITTEE BOARD



Office Bearers of 2018/2019

President: Dr. Christina Ng Van Tze
Vice President: Ms Mini Ng Van Ling
Secretary: Ms. Delphine R. Dawson
Treasurer: Mr. Ooi Eng Kheng

How You can Help?

We welcome your contribution. You can either make a one-time, monthly or quarterly donations. All donations are tax exempted. You may channel your contribution to the following account:

Bank name: Maybank

Account name: The Cancer Advocacy Society of Malaysia

Account number: 5143 0112 3518

THE CANCER ADVOCACY SOCIETY OF MALAYSIA

(ROS. NO: 1894-08-SEL)



EMPOWERED
THE CANCER ADVOCACY SOCIETY OF MALAYSIA

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