

## **Testimonials for Community Projects**



Name: Mohamed Jamalludin bin Sulaiman Age: 64 2014 CCASTP, Perumahan Awam Seri Sabah 3B Occupation: Asset Management in Malaysia Builder's Academy Hobby: Playing musical instruments such as drum and keyboard Family: a wife who is a Chinese, 3 children

Stage of cancer when diagnosed: Multiple benign, pre-cancerous polyps.

Mr. Jamalludin has gone through many other medical challenges in life before he met EMPOWERED. He had done "stenting" of the heart vessels due to congestion, and is currently under medication. Having experienced different medical conditions in his life, he recognized that many diseases are not symptomatic and preventive is of utmost importance.

As the Timbalan Pengerusi Persatuan Penduduk Flat Seri Sabah 3B, he was involved directly in the Colorectal Cancer Awareness, Screening and Treatment Project 2014 which is held at his residential area. He had helped out EMPOWERED in many community meetings, and attended both the Awareness Day and Screening Day. "Where do you have program where people actually come and perform screening for you?" he said.

Having to undergo medical procedures before, Mr. Jamalludin was unfazed when he was told that his result of Faecal Occult Blood Test (FOBT) was positive. He fully understood the importance of early investigation and treatment, and attended follow-ups planned customarily for him by EMPOWERED. "I am confident that EMPOWERED is doing their best for me".

It was the changes in life after colonoscopy and removal of polyps that have made Mr. Jamalludin confidently joins hand-in-hand with EMPOWERED now to be a strong advocator of early screening for colorectal cancer. He shared, "After the colonoscopy treatment, I actually felt there are some positive changes in my life. My faeces no longer appeared dark and black in colour, and I no longer have the problem of defecating irregularities. I felt healthier than before, somehow."

Grateful to EMPOWERED, Mr. Jamalludin now wishes to spread the good news of EMPOWERED's work to other communities, telling them not to miss this golden opportunity that could just potentially save their lives.



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"I want to welcome all my friends and everyone to join EMPOWERED's program. This is such a great initiative by EMPOWERED that is so well-planned, everybody should try it and have an early colorectal cancer screening. It will be a bad loss to not join it!"