



**Tuan Haji Zainuddin Mohamad Tahir,  
Cancer Survivor & Partner for EMPOWERED's 2014  
Colorectal Cancer Awareness Day Workshop**

I was diagnosed in 1978 and was so afraid due to the lack of knowledge and awareness that I had about cancer. I was diagnosed at the later stage of stage 2 colorectal cancer.

Many people are afraid of going to the hospital and worse still to find out that they have cancer. The symptoms that I had included my need of going to the toilet 1 – 4 times daily. My body weight reduced and my excretion contained blood, it was black. Only then did I go for a hospital check up and after 2 weeks, it was confirmed that cancer was present from my colon to rectal.

I made a decision to operate. Doctor told me that it was only after operation that my stage of cancer could be confirmed. I was forced to use a stoma bag for life. This actually has many effects on my daily life.

My motivation to continue on strong comes from my wife and my children. They give me such strong moral support. After my surgery, it took another 3 months for me to undergo chemotherapy treatment. Since then, I have been cured of cancer. There has not been too many differences in my lifestyle since my recovery from cancer.

I really appreciate EMPOWERED's work to bring free screening and treatment to low-income communities. The residents of Seri Sabah are very fortunate and they should really take this valuable opportunity for free treatment!



Tuan Haji Zainuddin Mohamad Tahir having an exchange of words with Deputy Minister of Health, Dato' Seri Dr. Hilmi Bin Haji Yahaya during the Awareness Day Launch Event



Tuan Haji Zainuddin Mohamad Tahir and Mr. Yap Kean Seng shared their stories about their personal battles with colorectal cancer during EMPOWERED's 2014 Colorectal Cancer Awareness Workshop.