



اَللّٰهُمَّ صَلِّ وَسَلِّمْ عَلٰى اَسَاتِيذِنَا
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**Menyerlahkan Potensi
 Membentuk Masa Hadapan**



“KANSER: TAHU, CEGAH, LAWAN”

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A health promotion event was held in Bandar Baru Sungai Buloh, Selangor, on 13th October 2024, organised by fourth-year medical students from the Faculty of Medicine, UiTM Sungai Buloh (Group 6), under the supervision of Associate Professor Dr. Ahmad Taufik Jamil and Dr. Ely Zarina Samsudin.

The event focused on cancer awareness and prevention, with a particular emphasis on breast, lung, and cervical cancers – selected based on their high prevalence in Malaysia. Additional awareness was raised about colorectal and prostate cancers. The event’s tagline, “Kanser: Tahu, Cegah, Lawan” (Cancer: Know, Prevent, Fight), encapsulated the core message of the day.

The program began with registration, followed by health screenings and opening speeches by the event director, Miss Nur Ain Sabrina Abdul Nasir, and Associate Professor Dr. Hazlyna Baharuddin, Deputy Dean (Academics) of the Faculty of Medicine, UiTM. Encik Zulnizam Shahrani, a council member of MPP Zone 24, officially launched the opening ceremony. This was followed by a chairbik session – an aerobic workout performed seated to accommodate

participants with mobility issues, such as the elderly or those at risk of falls. The session, led by Miss Nur Hana Khalilah Mohd Fauzi, was enjoyable and well-received by attendees.



To further engage the community in a fun and interactive manner, mini-sport activities were organised, including pong and cup games, coconut bowling, musical chairs, and traditional games like congkak. A colouring contest for children featuring cancer-related illustrations was also conducted.

To enhance cancer knowledge and awareness, various health education booths were set up, focusing on topics such as lung cancer and the dangers of tobacco use, breast cancer (with breast self-examination demonstrations), cervical cancer, as well as colorectal and prostate cancers. Interactive booth games helped make the knowledge-sharing process more engaging for the attendees.



All participants were asked to complete pre- and post-event questionnaires and feedback forms to evaluate the program's success in meeting its objectives. The event concluded with a lucky draw and a prize-giving ceremony.

Health screenings throughout the event allowed participants to monitor their body mass index (BMI), blood pressure, and blood glucose levels. Consultation sessions with medical officers followed this. Smokers identified during the screenings were offered counselling to assist with smoking cessation. Additionally, a self-administered Pap smear screening kit was made available, with assistance from healthcare personnel from Paya Jaras Health Clinic.

