

EMPOWERING WOMEN: Enhancing Quality of Lives Through Breast Cancer Screening & Prevention



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BREAST CANCER AWARENESS PROGRAM

On June 10, 2026, the Quality Unit of the Faculty of Pharmacy, UiTM organised a program namely "*Pemeriksaan Kualiti Hidup Wanita Melalui Program Kenali dan Cegah Kanser Payudara*". It was held at Pusat Aktiviti Warga Emas (PAWE), FELDA Bukit Cherakah in collaboration with Breast Cancer Welfare Association Malaysia (BCWA). The event was attended by women aged 35 and above from nearby neighbourhoods.

A SURVIVOR'S INSPIRING JOURNEY

We started the day very early in the morning by putting everything in place to make sure the program ran smoothly. An inflatable clinic was set-up for breast check-ups by nurses from BCWA. Prior to that, a matron explained how to conduct self-examination for breast cancer via visual inspection and physical palpation so that this could be done by the women at home at least once a month between day 7 to 10 of the menstrual cycle.

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In addition to the representatives from the non-government organisation (NGO), we also had Mdm. Ezlina Usir, who shared her experiences in facing and dealing with breast cancer. It was a challenge for her to manage the side effects of the treatment, especially in the first few weeks after it was initiated. As a pharmacist who knew drugs for many years, she adapted to changes that occurred and managed the situation very well. For her, the best way to deal with the unwanted side effects was to exercise. Even a simple brisk walk could lessen the pain, and it was done consistently throughout the treatment until today. Indeed, eating healthy was helpful in managing the implications of the chemotherapy drugs.



AWARENESS TO ACTION

From our conversations with the participants, many of them knew and were aware of breast cancer. However, some were still reluctant to come forward for screening despite knowing their risks, mainly due to the fear of accepting the news. The anticipation that we could break this fear by reaching out to the community was commendable, though more of this activity was demanded, as many young women below the age of 30 were detected with breast masses. These masses might be non-malignant but required further examination to rule out any possibilities. Therefore, we will continue spreading knowledge and awareness of this disease, and hopefully many women will come forward for early examination to prevent the prevalence.



A glimpse of activities conducted to encourage women to screen for breast cancer. The support from the community was remarkable. We hope this initiative will continue in the future, helping women conduct self-check-up regularly and supporting early detection to prevent breast cancer from progressing within the population.

