

Health, Sports & Wellness

Dr Christina Ng

44, Consultant Medical Oncologist;
Founder and President of Empowered

As founder and President of Empowered, the Cancer Advocacy Society of Malaysia, Dr Christina Ng aims to save lives and help cancer patients through their entire journey – from initial screening to treatment, counselling and follow-up. It was while she was working at a local government hospital that this soft-spoken Consultant Medical Oncologist found herself eager to share her expertise in educating people about cancer – especially colorectal cancer – and to help those in rural areas access vital information about the disease and its treatments.

"I started Empowered because I realised there was a need to go into the community to organise early detection exercises as well as guide and support patients through their treatment," says Dr Christina. "To alleviate the burden of travel, our projects are all executed within the community. Due to pressing survival needs, health is often not a priority in these under-resourced communities."

As project leader, she directs her team consisting of staff, collaborating organisations and over 100 medical student volunteers. The volunteers also keep tabs of follow-ups and go to the patients' homes to remind them of their treatment schedules.

"They don't come to us, we go to them," says Dr Christina. Through Empowered's networking ties with government agencies, it has been able to hold regular screening exercises in low-income residential areas.

Since Empowered's inception in 2009, it has been a challenging journey, but all that is forgotten when Dr Christina receives words of gratitude from individuals whose lives have been touched through its programmes.

"When lives have been changed and saved through early cancer detection, we know the mission we have been entrusted with is worth the effort," says Dr Christina.

"In the long run, I hope that Empowered will be able to build stronger ties with relevant partners and groups to execute programmes in under-resourced areas in the country."

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