

## COLORECTAL CANCER AWARENESS, SCREENING & TREATMENT PROJECT 2017

### BENEFICIARY'S TESTIMONIAL.



**Cheong Pek Kong:** “我觉得 EMPOWERED 的服务很好，很细心，也没有说要回馈，真的很好。我会鼓励身边认识的人都来做这个大肠筛检。这一个知识（大肠筛检）对我们很好，让我们更加了解自己，明白自己的身体状况后，更加放心。无论是良性或是恶性的肿瘤，都需要及早医治的。”

*“I truly feel that EMPOWERED’s service is very good, very considerate and attentive, with no expectation of any repayment from us - helping us with a genuine heart. I would encourage all my friends and family to go for colorectal cancer screening. Such awareness helps us to have a better understanding on our own health. Regardless of what type of polyp is found, early treatment is very crucial.”*

**Yap Kim Teck :** “ For me, this is absolutely a great program. I haven't seen any program like this in which provided a dedicated service, from doing reminder call until follow up in the hospital, they constantly accompany us on our welfare. Furthermore, this is also a good program especially for Chinese which might have language barrier when visiting government hospital. People like us should participate in early screening to know what happen to our colon. All I can say is a 'Good job' to EMPOWERED! On top of that, I would like to encourage my friends to participate in this friendly, caring and even FOC Colorectal Cancer Screening program in the future. Let's be EMPOWERED in EMPOWERED's program!”





**Shaffi Bin Kassim:** *"In my opinion, program EMPOWERED Is being implemented in a very good and systematic way, EMPOWERED staff/volunteers are there every time for me whenever I have hospital visit. Not only that, I even get reminder call in advance each time before my hospital appointment too. I will definitely recommend this program to my friends and family, especially those who are aged 50 and above to go for the screening. Prevention is always better than cure, it will be too late and regretful if one is only found to be stage 4 colorectal cancer patient for late screening. Finally, I would like to thanks all the staff/volunteer EMPOWERED for their good services and courtesy throughout the project."*

**Yap Lay Kuen :** *"I truly appreciate EMPOWERED's committed volunteers. From my first step to the hospital, preparation for colonoscopy, and follow-up visits: it is heartening to have them with me throughout the journey. After participating in this screening program, I am more aware of my own health, more so on my daily food consumption. I am eating more vegetables and fruits, and reduce my intake of red meat. In my opinion, we should take initiative on our health as we age, and I strongly advocate for early screening for colorectal cancer."*



**Yap Siew Choo :** *I feel very thankful to all the empowered staff and volunteer for their good service and assistance. They are with me each time during my hospital appointment , become my translator and explain to me the term which I couldn't understand. I even got a reminder call from them one day before my appointment each time. I will be more attentive to my own health and meal after this. I will definitely encourage my friend and family to go for the screening too.*



**Fung Yoke Ling:** “感谢贵公司举办此活动让更多人受惠。员工们的态度都很亲切和负责任。谢谢”

*“I would like to thanks EMPOWERED for organizing such activities which benefit the public. All the staff from EMPOWERED are very friendly, helpful and responsible. Thank you very much. ”*

**Lee Sau Ying:** “谢谢 EMPOWERED 帮我检查身体， 我很感激你们”。

*“I’m very thankful to EMPOWERED for the chance for us to get screened. Thank you very much.”*



**Cheah Mee Choo:** “Thank you for your time in the last year’s colorectal cancer activities. Thank you for being with us throughout the activities without any grumble, but take care and accompany us with full heart. Would like to thanks EMPOWERED for allowing me to have this opportunity to learn some of the knowledge of colorectal cancer. I hope to have another chance to participate in your new activity in the coming year. Thank you!”

*“在此要感谢你在去年的大腸癌活动中的那段时间有你一直在提醒，照顾和陪伴那么的贴心的没有一点怨言感谢你！也感谢防癌协会让我有机会了解到大腸癌的一些知識。希望在这新的一年还有机会参与你们的另一种活动谢谢了！”*

**Kenneth Loo** : *“Empowered - The Cancer Advocacy Society Of Malaysia. Last year I was sponsored by Empowered to undergo a free colorectal screening test for cancer at Selayang Hospital . Purpose of screening, to find any abnormal growths in the colon called polyps. I learned that initial stage of polyps growth can be removed during screening using an instrument called colonoscope. If growth of polyp left unchecked or is found to be at a critical stage , it can turn into cancer. I also learned that colon cancer screening is advisable for people over age 50 . Following which, I recommended my elderly friends to go for screening. Thanks to Empowered for organising this colorectal cancer awareness campaign. ”*



**Lau Tien Sung**: *“感谢你们的关怀，感谢你们的帮助，请接受我最真心的祝愿：一生平安、如意、健康、快乐！希望你们越做越好!”*

*“Thank you for all the care, assistance and services from EMPOWERED. Please accept my sincerest wish: be blessed, healthy, happy and achieve better performances from year to year.”*

**Ng Sau Leng**: *全托马来西亚防癌醒觉学会的福，我才有机会接受到这么具专业性的大肠癌检查，也让我开始重视起自己的健康。此外，我也要感谢一直为我们这些参与者劳心劳力的工作人员。不断跟进参与者身体情况的热心、检查前一天再次叮嘱禁食的细心、以及检查完成后首先递上面包和咖啡的关心，都是一份份不可多得的心意。真的很谢谢你们。我希望马来西亚防癌醒觉学会能在将来多举办这一类型的活动，给予其他人一个关心自己的机会，提高防癌意识。感恩*

*“Because of EMPOWERED-The Cancer Advocacy Society of Malaysia, I have the opportunity to receive such a professional examination of colorectal cancer and it makes me to start paying more attention to my own health. I would like to thank the staffs who have been tirelessly looking after us. They make close follow up to ensure our health condition, remind us about the bowel preparation before the colonoscopy and deliver the food and drink to us right after our completion of colonoscopy, all these little acts are warm and precious. I hope EMPOWERED can organize more similar activities in the future, giving others a chance to care for themselves and raise awareness of cancer prevention. Thank you very much.”*





**Ow Kwai Yoon:** 很感谢 EMPOWERED 大肠癌筛检活动，他们每位工作人员都很热心和关心我们这些老年人，照顾和陪伴我们每一位来检查大肠的客人，当我验到大肠有点血丝时，我本人很害怕，不知如何是好，他们每一位工作人员都会陪伴你们去医院检查，而且他们的心陪伴，使我感觉到他们付出一团热情的爱心，在这我非常的感恩和谢谢 EMPOWERED 公司的付出。

*“Thank you very much to EMPOWERED for organizing this colorectal cancer screening campaign, all the EMPOWERED’s staff are very friendly and take a good care of us, the elderly. I am scared and do not know what to do when the screening result shows that there’s blood found inside my stool. Luckily, EMPOWERED’s staff are there to accompany each of us to go through all the check up in hospital. I can feel their genuine passion and good heart on this project and for all the participants. I am very grateful and thank you for EMPOWERED’s contribution.”*

**Tan Siew Kee:** *“I think every aspects of this activity is very good and well-organized. After participating in this program, I become more attentive to my own health and take good care on my diet and encourage my friends to consume less oily, less sugar food. I’m more than happy to join EMPOWERED as one of the volunteers in the future if there’s any opening. Thank you”.*





**LOH CHOW LAN:** “这是我第一次参与大肠癌筛检活动，也是第一次做大肠癌检查。若不是当时看见 EMPOWERED 在增江诊所办筛检活动，我想我也不会特地做大肠癌检查。有幸！因为检查后，医生告诉我粪便有隐血迹象，最好到医院做进一步的详细检查。在 EMPOWERED 的安排及协助下，我在中央医院照了大肠镜，医生证实是长息肉，那时我有些紧张。后来化验报告出来了，是良性的。幸好！但还是要继续跟进，毕竟我家里人有患大肠癌的病例，怕有遗传。EMPOWERED 的志工很好，尤其是在医院协助我们看诊的时候，因为年纪大了，医院上哪个部门我们也不清楚不会去，幸好一直有 EMPOWERED 志工的协助及陪伴。非常谢谢 EMPOWERED，若不是你们举办这个筛检活动，我们也不会想到要做大肠癌检查，真的很感谢。在此鼓励大家一定要做检查，不要觉得事不关己，不然“大祸”的时候就麻烦大了。早做检查也早安心！”

*“This is my first time joining such screening workshop and my first time doing colorectal cancer test too. I meet EMPOWERED when they are having their screening workshop during my visit at Klinik Kesihatan Jinjang, luckily! Or else I think myself won't be so specifically attend to doctor for the colorectal cancer test. I was told by doctor that my test result shows positive and she advised me to further investigate at hospital. With EMPOWERED's helps and arrangement, I am able to proceed with colonoscopy at H.K.L and doctor told me that I got polyps in my colon! I'm nervous until doctor told me that these polyps have been removed and I am fine. Thanks god! But I still have to follow up with the hospital and I will, because I have family history of cancer. EMPOWERED staff and volunteer are really great, especially during the consultation at hospital, as we are aged, and the hospital is so big, we don't know where we should go and which doctor we should look for, luckily got EMPOWERED staff and volunteer to assist and accompany us all the time. Thank you EMPOWERED, if you guys didn't organize such screening workshop, I won't know what's happen to my colon. Appreciated! I would like to encourage everyone must do colorectal cancer checking, don't feel like it doesn't matter, or it will be worse if something really happened and too late to discover. Early detection saves life!”*



**VADIVELOO A/L VEERAPPAN:** *“I am very proud of seeing and admitting the EMPOWERED staffs pull out a good helping, guiding and encouraging, motivating me and my family to get full prospers and healthy people. I used to do normal body check-up, and when I saw EMPOWERED was launching the screening workshop in Klinik Kesihatan Jinjang, I was so eager to see what they were going to do, what they can help people. After joining the screening program, I was so motivated and then with their help, I and my wife are able to go through proper checking of colorectal cancer. Like today, I am here with my wife for X-ray, and doctor said everything is clear, we can go home. This makes my worries gone. I will do everything; tell anybody I meet what is EMPOWERED, what do the people are trying to do. They used to make alert on my appointments, says tomorrow is the appointment they will call me to remind on today, “Mr Vadiveloo are you aware? Are you coming?” Even I am in hospital already, they are with me from the early morning until now (1pm), motivating and encouraging me. I don’t think my close friend or anybody will even do like that. I am very proud and pleasure to meet EMPOWERED, what they are doing and helping me and my wife in every aspect. Again, on behalf of my family I would like to thank EMPOWERED, what they have done I will never forget in my life. The good cause should be continued to be done for everybody, and everybody should make use of this opportunity.”*



**VALIAMAH A/P RAMALINGGAM:** *“Thank you EMPOWERED for all the cares and helps. If without knowing EMPOWERED and joining the free screening workshop at Klinik Kesihatan Jinjang, I won’t be able to go through colorectal checking for so details. I was found got polyps and now removed, thanks god. I felt assurance with the companion of EMPOWERED staff during consultation and colonoscopy at hospital every time, as they always look after me and assist me in every way. Thank you EMPOWERED!”*

**Chong Wei Seng :** *“Thank you very much for the help. I benefited from the Colorectal Project last year and now I am well aware of the importance of cancer checks. Hope this will bring more values to the extended society. I wish everyone a good health.”*

**Wong Mon Jin:** *“I only have 3 words to comment on this activity (CCASTP) which are “reliable”, “punctual” and “good”. The services offered by EMPOWERED is really good, we get reminder call and proper follow up all along the way for every hospital visit. I definitely will recommend my friends and family to go for the colorectal screening as a part of early cancer prevention measure. Thank you EMPOWERED, good job.”*

**Chang Ai Foong :** *“Thank you so much and we really appreciate to EMPOWERED for all the services rendered to me and my mom.”*