

❀ ❀ ❀ MY JOURNAL BOOK ❀ ❀ ❀

BENEFICIARIES' TESTIMONIALS



Norhayati binti Hassim, aged 47 years old, is a cancer patient at Hospital Tuanku Ja'afar Seremban. She is still undergoing treatment at the hospital and finds 'My Journal' as a useful tool for her journey with cancer. She received a copy of 'My Journal' in BM. We invited Pn. Norhayati to share with us about her usage of 'My Journal'.

EMPOWERED: When did you receive 'My Journal' & how long have you been using it?

Norhayati: May 2013 and I immediately used it since then.

EMPOWERED: Did the book help you to better understand about the tests and treatments you had to undergo? How did the book help to prepare you better for your cancer journey?

Norhayati: I was able to understand the effects of chemo better and the book gave me tips for preparation prior to going to chemo. I also learned what to eat and what not to eat.

EMPOWERED: Did the book help you better understand about the anticipated side effects?

If so, was the book a good companion and did it provide you with useful tips on how to manage the side effects?

Norhayati: Yes, I read it before going for the chemo treatments to better prepare myself for the possible side effects. And when I got the side effects, I was already ready for it...

EMPOWERED: How did ‘My Journal’ prepare you for these challenges or guide you through it?

Norhayati: The advice given in the book gave me a guide on what to expect and mentally I learned to cope with the challenges.

EMPOWERED: What is your favourite part of ‘My Journal’/ Why do you like ‘My Journal’?

Norhayati: I find the section on side effects of cancer treatments very useful. And of course, advice on food intake came in very handy.

EMPOWERED: Would you recommend ‘My Journal’ to others?

Norhayati: Yes, as it does help cancer patients cope better with the disease when they are equipped with knowledge and advice.’

EMPOWERED: Can you please give us a special message from you to EMPOWERED or Dr. Christina Ng who wrote & prepared for ‘My Journal’?

Norhayati: I would like to express my sincere thanks to EMPOWERED and Dr. Christina for writing and giving us this complimentary helpful cancer resource and educational book.

EMPOWERED: Can you please give a special message to those struggling with cancer?

Norhayati: Think positive. Do not give up.



Lee Ai Ni, aged 49 years old, is a cancer patient at Hospital Tuanku Ja'afar Seremban. She is currently in remission. During her cancer journey, she was given a copy of 'My Journal' in Chinese. We invited Mdm. Lee Ai Ni to share with us about her usage of 'My Journal'.

EMPOWERED: When did you receive 'My Journal' & how long have you been using it?

Ai Ni: I received 'My Journal' on Oct 15, 2012. It was given to me by the nurse here. I read it every day to find out about the effects of chemo after receiving chemo treatment.

EMPOWERED: Did the book help you to better understand about the tests and treatments you had to undergo? How did the book help to prepare you better for your cancer journey?

Ai Ni: Since I'm new to all these, I don't understand some of the terms used in the book and referred to the nurses here for help in understanding the terms.

EMPOWERED: What is your favourite part of 'My Journal'/ Why do you like 'My Journal'?

Ai Ni: I'm glad to be able to know about the side effects that were written in the book and also about food intake - what food to avoid, good dietary habits. I also learned some good planning preparation tips before going for the next cancer treatment.

EMPOWERED: Would you recommend 'My Journal' to others?

Ai Ni: Yes, definitely. I didn't know what a CT scan was before this, but this book helped enlighten me on what it is all about. There's even a picture of how a CT scan looked like, so that really helped a lot.

EMPOWERED: Can you please give us a special message from you to EMPOWERED or Dr. Christina Ng who wrote & prepared for 'My Journal'?

Ai Ni: I want to thank EMPOWERED and Dr. Christina for graciously giving me this useful book and I wish her and EMPOWERED all the best in your good and worthy efforts to help cancer patients.

EMPOWERED: Can you please give a special message to those struggling with cancer?

Ai Ni: Stay positive, think positive.



Goh Yiu Fun, aged 59 years old, is a volunteer for cancer patients at Hospital Tuanku Ja'afar Seremban. She is a former cancer patient of the hospital. During her volunteering efforts at Hospital Tuanku Ja'afar Seremban, she witnessed the distribution of 'My Journal' by the nurses. Ms. Goh requested a copy for her reference and 'My Journal' has been a useful and reliable tool to journey with the cancer patients that she volunteers with.

EMPOWERED: When did you receive 'My Journal' & how long have you been using it?

Yiu Fun: I've been using 'My Journal' which is a good cancer educational aid since June 2012 in my volunteering efforts to encourage and share my experience as a cancer survivor to help other cancer patients here and to give them moral support.

When I saw 'My Journal' being distributed by the nurses, I requested from the nurse who was distributing it to get a copy. I read it and found it very useful.

I use 'My Journal' in my volunteering efforts to reach out, help and advise the cancer patients here. Some of them are illiterate and cannot read.

This is such a good cancer resource and educational book.

There is no other way of getting good and correct information. There is a lot of hearsay here and there, but this book which is written by a cancer doctor and specialist proved to be a gem as it contained good and correct information.

EMPOWERED: Is the book useful in your volunteering efforts in helping the cancer patients here (Hospital Tuanku Ja'afar, Seremban) understand about the tests and treatments they have had to undergo and to better prepare for their cancer journey?

Yiu Fun: Yes, the book is insightful and I referred to it to explain to them about the treatments, blood tests, side effects, food intake, nutrition etc.

EMPOWERED: What is your favourite part of ‘My Journal’/ Why do you like ‘My Journal’?

Yiu Fun: All parts of ‘My Journal’ are very useful to me in my volunteering efforts. I especially like the part that allows the recording of medical history as it’s important for cancer patients to maintain a detailed medical record, keep track of blood tests and results, etc.

EMPOWERED: Would you recommend ‘My Journal’ to others?

Yiu Fun: Yes, this book will help cancer patients in their medical journeys, help them cope with this disease with better, useful and insightful information.

EMPOWERED: Can you please give us a special message from you to EMPOWERED or Dr. Christina Ng who wrote & prepared for ‘My Journal’?

Yiu Fun: A big thank you to EMPOWERED and Dr. Christina. Your good efforts will not go in vain as many cancer patients are truly benefitting from this book.

EMPOWERED: Can you please give a special message to those struggling with cancer?

Yiu Fun: Everyday is a gift to you. Don’t give up, be positive.