



**NEWS RELEASE**  
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## **SPEAKING OPENLY ABOUT CANCER**

*Together Against Cancer Malaysia organises a forum for cancer survivors and caregivers*

No one is ever truly prepared to hear the words, “*You have cancer*”- three simple words that immediately evoke feelings of despair and fearful images of hair loss, nausea cycles, pain and even death.

Many face some degree of depression, helplessness and despair when cancer becomes part of their lives. Many a time, this is shared by their loved ones too. As their lives get turned upside down, tough decisions about medical treatment, facing social stigma and financial adjustments need to be made. Often times, this can be frustrating and terrifying, leaving the individual feeling overwhelmed and experiencing a sense of loneliness.

Hoping to lighten the burden, Together Against Cancer Association Malaysia (TAC) is organising the *Let’s Talk Cancer* forum to give cancer survivors and caregivers a simple and easy-to-understand guide to coping with cancer and its impact. Admission is free.

Held at the Swan Convention Centre, Sunway Medical Centre on December 5, 2015, the one-day forum will include a panel of speakers comprising surgeons, oncologists, a family physician, a clinical psychologist, a sports physician and nutritionist, as well as cancer survivors.

According to Ms Ranjit Kaur, chairman of TAC and a cancer survivor herself, it is often hard to talk honestly and openly about cancer.

“Patients, family members, partners and caregivers, can find it hard to talk about the impact cancer is having on their lives and often are unsure who they can turn to for help. This can lead to feelings of isolation.”

“Having dealt with similar situations, many of us from TAC truly understand the fear and confusion experienced by cancer survivors and loved ones. Therefore, the forum has been tailored to give participants a clearer understanding on how they can manage themselves in various aspects of their life and get better informed on essential information such as treatment options, financial planning and lifestyle choices,” she added.

Among the topics which will be discussed are ‘Answers to your Questions: my right to treatment information’, ‘Smart Planning: thriving through the journey of cancer’, and ‘Reducing Fear of Recurrence’.

Formed in 2013, TAC is the product of a joint coalition of cancer support groups, patients, survivors, caregivers and concerned professionals who are motivated to provide a unified voice for all patients; current and future, to improve access to high quality healthcare in Malaysia via health policy and legislative reforms.

“Cancer is certainly not a death sentence and neither is it a lonely battle. We need the support of others around us. Being close to the cause, helps us understand the needs of people like ourselves and work towards assisting individuals affected by cancer and caregivers across Malaysia get better informed on the disease and receive equitable access to affordable treatment,” said Ms Ranjit.

The *Let’s Talk Cancer* forum is supported by Hospira Malaysia, the world’s leading provider of injectable drugs and infusion technologies, which offers a broad range of high-quality oncology generic medication for cancer patients.

For further information on the forum or to register for it, please visit TAC’s website <http://tacmalaysia.ucoz.com/> or send your enquiries to [letstalkcancer@epapr.com.my](mailto:letstalkcancer@epapr.com.my)

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