

SIMPLE STEPS FOR **WOMEN**  
TO REDUCE YOUR RISK OF CANCER:

降低**女性**  
患上癌症风险的简单步骤:



**Don't Smoke.** Quit Now

别吸烟。立刻戒烟



**Be Active.** Move Your Body

时刻充满活力。多活动您的身体



**Be Healthy. Eat Right.** Choose Plenty Of Fruits And Vegetables

保持健康。均衡饮食。多吃蔬菜与水果



**Be Smart. Ask About Screening.** Early Detection Saves Lives

智慧生活。咨询体检的相关资讯。及早发现可挽救生命



cancer  
research  
malaysia

Formerly known as Cancer Research Initiatives Foundation

[www.cancerresearch.my](http://www.cancerresearch.my)

# A Note from the CEO

**Over the past 10 years, Cancer Research Malaysia has been conducting research to find out more about the genes that cause cancer and to find a cure for cancer.** But this is only half of the battle. We continue to face late presentation to cancer in Malaysia for the cancers that can be detected early (such as breast, oral and colorectal cancer). Many Malaysians still do not want to talk about cancer. Perhaps we think that by not facing a problem, it will go away on its own. Unfortunately, lack of awareness means that whereas fewer people are dying of cancer in USA, more Malaysians are getting cancer and more Malaysians are dying from cancer.

Through the support from Life Insurance Association of Malaysia (LIAM), this "Be Frank. Help Beat Cancer" booklet is dedicated to raising awareness for all Malaysians. The campaign is inspired by Frank Chong, a 35 year old cancer survivor, who has beaten the odds by surviving cancer when he was eleven. Through this campaign, we hope to inspire cancer patients and their families to be like Frank, to help us raise awareness and raise funds for cancer research. We also use the word "Frank" to encourage Malaysians to be open about cancer to dispel the myths around cancer. What will YOU do to help us raise awareness for cancer and raise funds for cancer research?

**Play your part - help us spread the right messages about signs and symptoms of cancer! You. Me. We can beat cancer.**

## 首席执行官的话

在过去的 10 年里，马来西亚癌症研究基金会 (Cancer Research Malaysia) 持续地进行研究，以更深入地了解导致人类患上癌症的人体基因，并研发治疗癌症的方法。然而，我们只是成功了一半。在大马，许多可以提早发现，并进行治疗的癌症案例（乳癌、口腔癌和大肠癌等）经常在晚期时才被发现。此外，许多马来西亚人依然拒绝讨论与癌症有关的课题。或许大部分的大马人误认为逃避癌症课题，则它将自行消失。不幸的是，在越来越少美国人死于癌症的同时，由于缺乏醒觉而死于癌症的大马人却逐年增加。

在马来西亚寿险公会 (LIAM) 的全力支持下，我们印刷了一本名为「Be Frank, Help Beat Cancer」，中文译名为「坦诚，协助对抗癌症」的小册子，希望可以借此提高马来西亚人对癌症的醒觉。这一项活动是由 35 岁的曾伟雄 (Frank Chong) 发起。曾伟雄是一名抗癌勇士，他于 11 岁患上癌症，并战胜癌症。我们希望可以透过这一项活动激励癌症患者与其家属，鼓励他们学习曾伟雄的精神，致力提高公众对癌症的醒觉，并协助我们筹集资金，以进行癌症的相关研究。我们也以「坦诚」这主题来鼓励马来西亚人，以开明的态度来揭开癌症的神秘面纱。您将采取什么行动，以协助我们提高大马人对癌症的醒觉及筹集资金进行癌症研究呢？

扮演您的角色 - 帮助传播癌症的正确信息，确保大家了解癌症的症状和征兆！您我并肩，我们可以战胜癌症。

**Professor Dr Teo Soo Hwang 张素芳博士教授**  
Chief Executive and Group Leader, Breast Cancer Research  
Cancer Research Malaysia 首席执行官、乳癌研究组组长

# Be Frank Campaign Supporters & Survivors

## "Be Frank" 活动的支持者与抗癌勇士

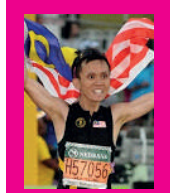
"I strongly believe that there is hope to fight cancer. Healthy diet and lifestyle is the first step that you can take."

“我坚持相信，我们永远有希望战胜癌症。您可透过健康的饮食习惯与生活方式跨出第一步。”

**Frank Chong 曾伟雄**

Cancer survivor and sole inspiration of the "Be Frank" Campaign

抗癌勇士、“Be Frank”活动发起人



"My aunt had breast cancer, but I never knew that it could affect me too. Early screening and detection saved my life - don't be afraid to "Be Frank" about cancer!"

“我从没想过，姑姑患上乳癌对我也会带来影响。提早接受身体检查和及早发现拯救了我的性命 - "Be Frank", 坦诚地面对癌症！”



**Leong Pui Ling 梁佩玲**

Breast cancer survivor

乳癌幸存者



"I've decided to "Be Frank" on cancer to share my experience so that everyone knows the benefits of screening and early detection."

“我决定 "Be Frank", 坦诚地与大家分享我的经验，让大家知道身体检查和及早发现的好处。”

**Aida Munirah Azmi 艾达穆尼拉**

Salivary gland cancer survivor

唾液腺癌幸存者



# BE A BOOB BUDDY.™

## 成为

## “BOOB BUDDY”。™

Pick a date to have your annual breast exam. It will be the most important anniversary that could save your life. Don't just stop there. Be a boob buddy to your friends or family too and get your breasts checked together. Make it a yearly routine between you and your boob buddy because early detection can help save lives.

**As part of our on-going mission to fight cancer, we are offering mammograms at a subsidised fee of RM50. To know more, email us at [info@cancerresearch.my](mailto:info@cancerresearch.my)**

择定一个日期，每年进行乳房检查。这将成为在您生命中最重要的一天，并将拯救您的生命。不只是这样。邀约一名好友或家人，成为她的 "Boob Buddy"，与您一起进行乳房检查。每年都与您 "Boob Buddy" 一起进行乳房检查，及早发现将能拯救生命。

作为我们持续对抗癌症的部分努力，我们将在您进行乳房X光检查时，为您提供50令吉的津贴。欲知更多详情，请电邮 [info@cancerresearch.my](mailto:info@cancerresearch.my)

**Breast Cancer** is the most common cancer amongst women in Malaysia (National Cancer Registry 2003-2005).

1:20 women will develop breast cancer at some point in their lives. Most women now survive breast cancer and survival rates are going up thanks to earlier diagnosis and treatments. But unfortunately, in Malaysia, many women still don't get screened and many breast cancer patients still present late.

## Signs and Symptoms

- ▶ Painless or painful breast lump
- ▶ Lump or swelling in the armpit
- ▶ Thickening and dimpling in the skin
- ▶ Nipple discharge - clear or bloody fluid
- ▶ Inverted nipple
- ▶ Crusting or scaling on the nipple
- ▶ Redness, swelling and increased warmth in the breast

## Prevention

### ▶ Regular Screening

- Monthly breast self-examination (> 21 years old)
- Clinical breast examination every 2 years (> 40 years old)
- Mammograms every 2 years (> 40 years old). Women with mothers and sisters with breast cancer may need a mammogram at an earlier age

### ▶ Healthy diet

- Eat plenty of fruit and vegetable
- Cut down on fatty food and red meat
- Drink plenty of water

### ▶ Exercise

- Regular exercise help maintains a healthy weight

Take action now. Lead a healthy lifestyle. Make an appointment and discuss with your doctor for regular screening and if there are any signs and symptoms. Early detection saves lives.

**乳癌**在大马女性癌症排行榜中，是最常见的癌症（国家癌症登记局 2003-2005年）。

在我国，每20位女性当中就有一人患上乳癌。大部分患上乳癌的妇女在早期诊断、接受治疗的情况下得以康复，延续生命。遗憾的是，许多大马妇女依然拒绝接受身体检查，导致大部分的乳癌个案在晚期时才被发现，错过了治疗的最佳时机。

## 症状与征兆

- ▶ 疼痛或无痛性乳房肿块
- ▶ 腋下肿胀或出现肿块
- ▶ 皮肤不寻常变化，肌肤变厚或出现微凹
- ▶ 乳头排出透明或血色分泌物
- ▶ 乳头凹陷
- ▶ 乳头出现结痂或收缩
- ▶ 乳房出现红色斑点，肿胀，或温度提升

## 预防

### ▶ 定期检查

- 每月进行乳房自我检查（年龄超过 21岁）
- 每两年定期接受乳房检查（年龄超过40岁）
- 每两年定期进行乳房X光（Mammogram）检验（年龄超过40岁）。母亲或姐妹曾患上乳癌的妇女则需提早进行乳房X光（Mammogram）检验

### ▶ 健康饮食

- 多吃蔬菜与水果
- 减少食用高脂肪食物与红肉
- 多喝水

### ▶ 多运动

- 经常运动有助于维持健康的体重

现在就采取行动。维持健康的生活方式。一旦发现任何症状与征兆，立即与您的医生预约，以进行讨论。及早发现可挽救生命。

DON'T FORGET. GET  
YOUR PAP AND JAB.™

别忘了。  
子宫颈抹片检查与疫苗。™

Pick a date to have your regular PAP smear. For all sexually active women, have a PAP smear every 1 to 3 years. Don't just stop there. Get the vaccine to protect your daughters and sons against infection by the human papilloma virus (HPV) - this causes warts and cancers. Make it a routine to have a PAP smear.

择日进行子宫颈抹片检查。性生活活跃的女性每 1-3 年必须进行一次检查。不只是这样。为您的子女注射人类乳突病毒 (HPV) 疫苗 - 避免染上刺疣 (warts) 和癌症。定期进行子宫颈抹片检查。

## Cervical Cancer is the 2nd most common cancer amongst women in Malaysia (National Cancer Registry 2003-2005).

Regular PAP smear can help to detect abnormalities in the cervix before they become cancer. Human Papillomavirus (HPV) causes cervical cancer and infection can be prevented by vaccination.

### Signs and Symptoms      Prevention

- ▶ Abnormal vagina bleeding / discharge
- ▶ Spotting between regular menstrual periods
- ▶ Bleeding after sex
- ▶ Menstrual periods that last longer and are heavier than before
- ▶ Bleeding after menopause
- ▶ Pain during sexual intercourse
- ▶ **Regular Screening (Sexually active women)**
  - PAP Smear every 3 years
- ▶ **For sexually active women, use condom and limit the number of sexual partners**
- ▶ **HPV vaccination**
  - Gardasil and Cervarix vaccines able to reduce cancer risk by > 90%
  - Female aged 9-26 (not sexually active) years can be protected by vaccination
  - Sexually active women may benefit. Discuss with your doctor
- ▶ **Stop smoking**
  - Women who smoke are at risk of developing abnormal pap smears and cervical cancer
  - Stop smoking will reduce the risk of persistent infection with HPV
- ▶ **Healthy diet**
  - Eat plenty of fruit and vegetable
  - Cut down on fatty food and red meat
  - Drink plenty of water
- ▶ **Exercise**
  - Regular exercise helps maintain a healthy weight

Take action now. Early detection saves lives.

## 子宫颈癌在大马女性癌症排行榜中，是第二常见的癌症（国家癌症登记局 2003-2005年）。

定期进行子宫颈刮片检查，可在子宫颈细胞出现不寻常变化，并在转换成癌细胞前成功被测验。人类乳突病毒（HPV）是引起子宫颈癌的主因，并可透过注射疫苗进行预防。

### 症状与征兆

- ▶ 不寻常的阴道出血
- ▶ 月经週期间出现出血现象
- ▶ 行房后出血
- ▶ 月经週期时反常持久及大量出血
- ▶ 绝经期后出血
- ▶ 性交时感到疼痛

### 预防

- ▶ 定期检查（性生活活跃的女性）
  - 每三年进行一次子宫颈抹片检查
- ▶ 性生活活跃的女性受鼓励使用安全套，并避免拥有多位性伴侣
- ▶ 注射人类乳突病毒（HPV）
  - 保蓓（Cervarix）及嘉喜（Gardasil）疫苗能减少高达90%患上子宫颈癌的风险
  - 年龄介于 9 - 26 岁，（性生活不活跃）的女性可透过注射疫苗预防子宫颈癌
  - 性生活活跃的女性可能会受益。与您的医生进行讨论
- ▶ 戒烟
  - 吸烟女性较容易在子宫颈抹片检查中发现不寻常细胞，并面对较高患上子宫颈癌的风险
  - 戒烟能有效降低被人类乳突病毒感染风险
- ▶ 健康饮食
  - 多吃蔬菜与水果
  - 减少食用高脂肪食物与红肉
  - 多喝水
- ▶ 多运动
  - 经常运动有助于维持健康的体重

立即采取行动。及早发现可挽救生命。

YOU CAN SQUEEZE A  
LOT INTO 5 FEET OF  
YOUR LARGE INTESTINE.  
INCLUDING CANCER.™

您可在五尺的  
大肠放置很多东西，  
包括癌。™

Most Malaysians are about 5 feet tall. And our colons are 5 feet long. We can all reduce our risk of colorectal cancer by eating right. Make an appointment for a colorectal cancer screen if you are over the age of 50.

马来西亚人平均高度约 5 尺，大肠也是约 5 尺长。正确的饮食习惯能够降低我们患上大肠癌的风险。如果您的年龄已达五十岁或以上，请立即进行结肠癌扫描。



**Colorectal Cancer** is the 3rd most common cancer amongst women in Malaysia (National Cancer Registry 2003-2005).

The good news is that over 50% of the cases could be prevented by knowing the signs and symptoms, healthy lifestyle and regular screening.

### Signs and Symptoms

- ▶ Changes in bowel habit – diarrhea, constipation, or narrowing of stool, that lasts for more than a few days
- ▶ Blood in stool or in toilet after having a bowel movement
- ▶ Urge to have a bowel movement when bowel is empty
- ▶ Abdominal discomfort, pain and bloating
- ▶ Bleeding and mucus from the rectum
- ▶ Unintentional weight loss

### Prevention

#### ▶ Regular Screening (50–75 years old)

- Fecal occult blood test (FOBT) yearly-test that checks blood in the stool OR
- Sigmoidoscopy every 5 years with FOBT every 3 years OR
- Colonoscopy every 10 years

#### ▶ Healthy diet

- Eat plenty of fruit and vegetable
- Cut down on fatty food and red meat
- Drink plenty of water

#### ▶ Exercise

- Regular exercise helps maintain a healthy weight

**Take action now. Lead a healthy lifestyle. Make an appointment and discuss with your doctor for regular screening and if there are any signs and symptoms. Early detection saves lives.**

**大肠癌**在大马女性癌症排行榜中，是第三常见的癌症（国家癌症登记局 2003–2005年）。

好消息是，50%以上的大肠癌案例可透过了解症状和征兆、健康的生活方式与定期检查进行预防。

### 症状与征兆

- ▶ 排便习惯改变 – 腹泻、便秘或粪便变细，并持续超过几天
- ▶ 粪便有血
- ▶ 没有粪便却有排便的感觉
- ▶ 腹部不适、疼痛、肿胀
- ▶ 从直肠排出一些粘液、血液
- ▶ 体重剧减

### 预防

#### ▶ 定期检查（50-75岁）

- 每年进行粪便潜血试验 (Fecal Occult Blood Test, 简称 FOBT)，检测出粪便里是否有血或
- 每5年进行一次直肠乙状结肠镜检查 (Sigmoidoscopy)，同时在每三年进行一次粪便潜血试验或
- 每10年进行一次结肠镜检查 (Colonoscopy)

#### ▶ 健康饮食

- 多吃蔬菜与水果
- 减少食用高脂肪食物与红肉
- 多喝水

#### ▶ 多运动

- 经常运动有助于维持健康的体重

**现在就采取行动。维持健康的生活方式。一旦发现任何症状与征兆，立即与您的医生预约，以进行讨论。及早发现可挽救生命。**

KNOW THE SIGNS.  
IT COULD SAVE YOUR LIFE.™

了解所有症状。  
它可救您一命。™

Know the signs and symptoms. Talk to your doctors if you experience any of the signs and symptoms. Early detection saves lives.

了解所有症状与征兆。一旦发现任何症状，立即与您的医生进行讨论。及早发现可挽救生命。

## Ovarian Cancer is the 4th most common cancer amongst women in Malaysia (National Cancer Registry 2003-2005)

Here are five facts everyone should know about ovarian cancer.

- ❏ All women are at risk of ovarian cancer
- ❏ Awareness of the symptoms of ovarian cancer may enable women to receive an earlier diagnosis, when the disease is more easily treatable
- ❏ Diagnosis at an early stage vastly improves a woman's chance of survival
- ❏ Ovarian cancer is often diagnosed at a late stage
- ❏ Many woman mistakenly believe a cervical smear test (or PAP test) will detect ovarian cancer

### Signs and Symptoms

- ▶ General abdominal discomfort and / or pain (such as gas, indigestion, pressure, swelling, bloating, cramps)
- ▶ Nausea, diarrhoea, constipation or frequent urination
- ▶ Loss of appetite; a feeling of fullness even after a light meal
- ▶ Sudden loss of weight

### Prevention

- ▶ **Healthy diet**
  - Eat plenty of fruit and vegetable
  - Cut down on fatty food and red meat
  - Drink plenty of water
- ▶ **Exercise**
  - Regular exercise help maintains a healthy weight
- ▶ **Pay attention to your body**
  - Know what is normal. Talk to your doctor if you notice any changes or any signs and symptoms above

Take action now. Early detection saves lives.

**卵巢癌** 在大马女性癌症排行榜中，是第四常见的癌症（国家癌症登记局 2003-2005 年）。

下列是五个所有人该知道有关卵巢癌的事实:

- ❏ 所有女性均面对患上卵巢癌的风险
- ❏ 了解卵巢癌的症状让女性可以早期诊断，卵巢癌在早期治疗的复原率较高
- ❏ 早期诊断大大提高了妇女战胜卵巢癌的机率
- ❏ 卵巢癌经常在晚期才被诊断
- ❏ 许多女性误认为进行子宫颈抹片（或 PAP 测试）能检测是否患上卵巢癌

### 症状与征兆

- ▶ 腹部不适 及/或 疼痛（如胀气、消化不良、气压、肿胀、腹胀、痉挛）
- ▶ 恶心、腹泻、便秘或尿频
- ▶ 食欲不佳；吃了少量的食物就有饱胀感
- ▶ 体重剧减

### 预防

- ▶ **健康饮食**
  - 多吃蔬菜与水果
  - 减少食用高脂肪食物与红肉
  - 多喝水
- ▶ **多运动**
  - 经常运动有助于维持健康的体重
- ▶ **注意您的身体**
  - 了解什么是正常的。一旦发现您有任何上述的症状与征兆，立即与您的医生预约，以进行讨论。

立即采取行动。及早发现可挽救生命。

# Signs and Symptoms of Cancer Among Women

## 了解女性患上癌症的症状与征兆



1. Mouth or Tongue ulcer for > 3 weeks  
口腔或舌头溃疡，持续超过三周
2. Cough or croaky voice for > 3 weeks  
咳嗽或声音沙哑，持续超过三周
3. Unusual breast changes  
乳房不寻常变化
4. Blood in your bowel movement And / Or frequent and looser bowel motions > 4-6 weeks  
大便带血 及/或 大便频繁、腹泻长于四到六周
5. Problem passing urine And/ Or blood in urine, or vaginal bleeding after menopause or between periods  
小便困难 及/或 尿里有血

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