

Spreading hope in battle against cancer

Students host charity run, other activities in aid of eight NGOs

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CANCER is often perceived as an incurable disease, but that's not necessarily the case.

With early detection, cancer patients have a higher chance of winning the battle against the disease through proper treatment.

In an effort to educate the public about the importance of early cancer detection, the UCSI University Facilitation Programme held its Light the Life 6km Charity Run at the university in Kuala Lumpur.

"We want to generate awareness among the public that cancer is not incurable," said the event's organising chairman Lee Kai Wen.

"When cancer is detected early, the person has a higher chance of full recovery.

"Through this event, we also hope to educate the younger generation as cancer can happen to anyone at any age," said Lee, adding that the event is also to promote a healthier lifestyle among Malaysians.

English Language and Communications student Timothy Teoh said he had always believed in the importance of early cancer detection for a higher chance of

recovery.

"A few of my friends have died battling cancer and they never thought they would get it.

We shouldn't ignore symptoms so that we can detect it early and fight it," Teoh said.

Chemical Engineering student Shadhika Krishnan has always thought that cancer would bring nothing but negativity into one's life.

"From this run, I realised that cancer is not the end. It is a tough battle, but we can only defeat it by having a strong and positive mindset because it's the most powerful tool we have," she said.

Also present at the run were representatives from non-profit organisations such as Malaysia Cancer Council Malaysia (Makna), Breast Cancer Welfare Association (BCWA) and PRIDE Foundation.

PRIDE Foundation member and lung cancer survivor Nor Aini Mat Zin, who joined the run, explained how she would often take part in charity runs in support of cancer awareness.

"Having fought cancer myself, I know how scary it is. To all who are battling the Big C, do not fear it, as fear is what consumes you. You

can do it!" she stressed.

At the event, participants enjoyed a fun warm-up session before the flag-off at the UCSI University South Wing campus. After the run, they collected goodie bags with medals and discount vouchers.

Other activities were also held to mark the run, including music performances, an exhibition to educate visitors about cancer and a hair-shaving session to demonstrate moral support to cancer patients.

Without a second thought, 20-year-old Yong An Chyi volunteered to have her head shaved. She was one of six girls who did this.

"It feels good to be able to show my support to the cancer patients. I want them to know that they are not alone in the fight," Yong said.

Proceeds from the run were channelled to eight organisations, namely Makna, National Cancer Society Malaysia (NCSM), BCWA, PRIDE Foundation, Sarawak Children's Cancer Society (SCCS), EMPOWERED - The Cancer Advocacy Society of Malaysia, Malaysia Anti-Cancer Society and Max Family Society Malaysia.



Runners registering for the 6km charity run at UCSI University South Wing campus in Cheras.



Yong having her head shaved in support of cancer awareness at the Light the Life charity run.