

neoplasia

MAKNA | MAJLIS KANSER NASIONAL | NATIONAL CANCER COUNCIL



ON THE COVER

**MFFR 2024: CELEBRATING
3 DECADES OF MAKNA**



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IMPORTANT MESSAGE:

The content here is general in nature and is provided for information purpose only. It is not a substitute for professional medical advice. Please consult your physician on any questions or concerns you may have regarding your health.

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President's Desk

DATO' MOHD FARID ARIFFIN

FOUNDER & PRESIDENT OF MAKNA

A LEGACY OF SUPPORT, A PROMISE FOR THE FUTURE

Dear friends,

30 years. Such a humbling milestone. MAKNA began with a simple dream born from a deeply personal journey - to ensure that anyone that qualifies shall be helped. Your unwavering support has transformed this vision into a reality, touching thousands of lives along the way.

**Together, we've
built MAKNA into
what it is today.**

We've provided vital services to patients across the country, advocated for early cancer detection, and raised the much-needed awareness. The battle continues. New challenges emerge, and the need for support remains. Yet, I am hopeful. With

continued advancements, we move closer to a future where cancer is a fight that can be won, insya-Allah.

On this anniversary, my deepest gratitude goes to each of you. You've saved, and brought hope and meaning to countless of lives. The story isn't over. With you by our side, we can write the next chapter - a chapter filled with even greater hope, progress, and a future free from cancer.

With much gratitude,

Farid



CETUSAN IMPAK REKA BENTUK GRAFIK

Oleh Haziq Yunos

Tahun lalu, salah seorang pereka grafik berbakat MAKNA, Hazirah Hanafi, telah menerima Anugerah Pengiktirafan Staf MAKNA dalam kategori "Kreativiti".



"Saya amat teruja!" akui Hazirah, "Ia juga menunjukkan bahawa kreativiti saya dihargai, dan saya lebih bersemangat untuk terus meneroka idea baharu."

Cetusan kreatif beliau memberi manfaat kepada ramai pihak, khususnya para penderma dan penyokong MAKNA. Hazirah mereka bentuk ilustrasi maklumat yang menarik justeru mengubah maklumat kesihatan yang kompleks kepada visual yang mudah dihadam.

Orang ramai boleh membuat pilihan yang lebih baik tentang kesihatan mereka apabila mereka mempunyai maklumat yang betul dan disampaikan dengan cara yang sesuai dengan mereka, jelasnya.

Beliau mendapat inspirasi daripada beberapa gabungan elemen: misi MAKNA, audiens, dan juga trend semasa. Tetapi fokus utamanya ialah memastikan reka bentuknya dapat menyentuh perasaan. "Saya ingin mereka bukan sahaja untuk orang ramai memahami mesej tetapi juga merasakan sesuatu apabila mereka melihat hasil kerja saya," tegasnya.

Bagi Hazirah, aspek paling memuaskan bekerja di MAKNA ialah mengetahui setiap usahanya memberi impak secara langsung kepada mereka yang terkesan dengan kanser.



"Ia adalah perasaan yang luar biasa apabila saya mengetahui yang saya telah membuat perubahan, walaupun kecil."

Semangat dan dedikasi Hazirah sememangnya disegani. Di masa depan, beliau berharap reka bentuk grafik di MAKNA akan terus menjadi wadah penting untuk pendidikan kanser.

"Saya ingin reka bentuk grafik kami bukan sahaja meningkatkan kesedaran tentang kanser tetapi juga memberi inspirasi kepada orang ramai untuk mengambil tindakan dan membuat perubahan positif, katanya."

Perdana Park

at Home Place



MFFR 2024: CELEBRATING 3 DECADES OF MAKNA

By Shahril Shafullah

MAKNA marked its 30th anniversary with a resounding success at the MAKNA Founder's Fun Run (MFFR) 2024 held at Tanjung Aru Perdana Park, Kota Kinabalu. The event, which

took place on 4 February 2024 from 6.00am to 10.45am, attracted over 500 participants and supporters, all united in the fight against cancer.

The MAKNA Founder's Fun Run 2024 was not only a celebration of MAKNA's three decades of dedicated service but also a poignant reminder of the ongoing battle against cancer.

Since its inception in 1994, MAKNA has been at the frontline in the battle against cancer by providing vital services to those affected by cancer.

In addition to the run, MAKNA also observed the World Cancer Day which is celebrated on 4 February every year. Educational booths, interactive activities, and inspirational speeches further enriched the event, fostering a sense of empowerment and unity among attendees.



Participants getting ready at the starting line.

“Let us run not only for ourselves but for those who are unable to run, for those who have fought bravely but are no longer with us, and for those who continue to inspire us on and on. Together, we can make a difference.”

said Farahida Mohd Farid, General Manager of MAKNA

The success of the MAKNA Founder's Fun Run 2024 would not have been possible without the generous support of sponsors, volunteers, and participants. MAKNA wishes to express its gratitude to everyone who contributed to the success of this event.



Bringing the "fun" to the fun run.



Water break! Quick recharge on-the-go.




MAKNA's Pn Imelda and Pn Nisha cheering the runners.



UNVEILING THE SUNNY SIDE: WHERE EVERY RAY IS A HOPE

By Shahril Shafullah


Raymond Anthony Rajalingam,
28.09.1971 - 14.11.2023



Throughout my time with MAKNA, I've had the privilege of meeting countless inspiring individuals, each fighting their own battle with cancer. Among them, Mr. Raymond Anthony Rajalingam and Mr. Sunny Lim Choon Sun, who held a special place in my heart.

**Mr. Ray, with his
rare form of male
breast cancer, often
joked about being
"one in a million."**

He embraced his uniqueness with humour and courage, transforming his struggle into a platform for support. His infectious optimism never waned, even when illness took its toll. He actively volunteered, finding strength in helping others navigate similar paths.



Mr. Sunny, a multiple myeloma survivor who reached remission, embodied resilience.

When the disease returned, he didn't falter. Instead, he continued to volunteer and even participated in the MAKNA Klimb Kinabalu 2023 expedition. His determination to conquer the challenge and show that cancer wouldn't hold him or other patients back, left a lasting impression on all who knew him.

Their contribution and support to MAKNA were truly invaluable. They weren't just our volunteers; they were precious gems, radiating warmth and strength, providing solace to countless cancer patients.

When the news of their passing broke, it left a gaping hole in my heart and the hearts of everyone at MAKNA.

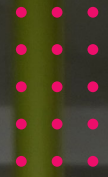
Mr. Ray, Mr. Sunny, you were beacons of hope, testaments to the human spirit's strength.

Thank you for the lessons you taught us, the laughter you shared, and the light you left behind. Your flame may have dimmed, but your stories will continue to guide us, your memory will continue to inspire us, and your impact on MAKNA will forever be etched in our hearts.

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Na



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To



Sunny Lim Choon Sun,
08.08.1960 - 25.11.2023



MAKNA

Majlis Kanser Nasional
National Cancer Council

A Meaning to Life

Bring a new meaning to life
www.makna.org.my/donate

Your contribution can change lives. Support our cause, together we can move mountains.

Shop for a good cause
www.makna.org.my/shop

Every ringgit raised from this section will literally transform lives. This is where donations "will never go out of fashion."

Join us and make a difference
www.makna.org.my/get-involved

There is so much we can do to fight cancer. Every step you take brings us all closer to a cancer-free future.