

BY LEA MANTO-BELTRAN

DESPITE the adverse effects of cancer, you are your normal self and you will soon survive the disease. You must go on with your life and surround yourself with positive thoughts and people. These are the inspiring words of Suzette Andrews, 48, a two time breast cancer survivor who has gone through three operations.

With the support of her husband Paul Andrews and her three children, she is now a volunteer of the Philippine Foundation for Breast Care, Inc. (PFBCI), a volunteer psycho-spiritual counselor of the Breast Care Center-East Avenue Medical Center and a

Breast cancer case occurred in the country in study made by the Philippine Cancer Society (PCS) in 2005. It is also to have killed 6,000 Filipino women that year.

Santos also added that the

The ordeal. Perla, a former nurse and now a realtor and businesswoman, was diagnosed with cancer in 2000. Today she remains active in cancer related advocacies. In 2001, she founded the Breast Friends Support Group of the Breast Care Center – East Avenue Medical Center and at present the president of the said organization and the treasurer of the PFBCI.

On the other hand, Cecilia Espiritu, a loving housewife and a mother of two, is still fighting with breast cancer. Cecille came from a

family with the history of the illness. Like many before her, her indifference towards the symptoms led to the worsening of her condition. But with love and support from her family. Cecille is determined to overcome her ordeal. The knowledge she gained through this experience is what she wants to share with others by serving as a voice of cancer patient.

Be aware

"Breast cancer is still the no.1 killer among female related illnesses in the Philippines. The country is considered no.1 in Asia when it comes to Breast Cancer", said Dr. Cristina L. Santos, president of PFBCI.

An estimate of around 14,000 new cases

"Abreast" Cancer Awareness Seminar Year 2, held on September 20 at Discovery Suites in Ortigas Center.

For the Breast Cancer Awareness Month this October, the PFBCI and the Philippine Wacoal Corporation will hold a series of seminars, which begins today, 9:00

a.m. and continues on October 14, 2 p.m. at Asian Institute of Management in Makati. On October 21, 9:00 a.m. the seminar will be at the Philippine Stocks Exchange in Ortigas. Admission is free and open to the public.

Now on its second year of partnership, PFBCI and Wacoal also unveiled a new pink logo the says "Keep Abreast" which reflects the continuous efforts of this two entities providing substantial knowledge and insights about breast cancer to the public.

"We believe that women all over the world should be healthy and beautiful. Our mission is to support them," said Toshihisa Tanaka, president and chief executive of Wacoal's local subsidiary.

Tanaka's company also donated funds from a charity sale to the foundation in support to the information campaign.

Be informed

Dr. Cristina Santos advised women to know more about the medical history of their father's family, as this is essential in determining breast cancer risks. She added, "Males

should learn about their relatives history if they are to help prevent breast cancer.

Santos advises every woman to do monthly breast self-examinations (BSE) to detect lumps and other signs of the illness. BSE should be done seven to ten days from the first day of the women's menstrual period and the same day every month if she not menstruating regularly.

A new study has also confirmed that cigarettes can increase the risk of breast cancer because of the smoke blocks the repair capacity of the deoxyribonucleic acid cells.

Actress Glenda Garcia, a breast cancer awareness advocate and a volunteer of PFBCI, persuades every Filipino to join hands in spreading awareness on Breast Cancer.

"People rich or poor should participate and help carry each other's burden. It is important that we help in letting the people know that there's hope, cure, and most of all there's God".

For reservations and inquiries to the seminar, call Wacoal

*Customer Service Hotline 884-1517
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