

SHF and various organisations to jointly hold health programme

KUCHING: The Sarawak Heart Foundation (SHF) is collaborating with various organisations to organise a free health-screenings for the public at the Hills Shopping Mall and Transformation Centre of Koperasi Hijau Building at Jalan Setia Raja this weekend.

This Saturday (March 28), a health awareness programme will be jointly carried out with UCSI University and SGH Heart Centre, Kota Samarahan at Transformation Centre from 10am to 1pm.

On Sunday, SHF will hold the programme with New Century Lions Club of Kuching Emerald at the Ground Floor of Hills Shopping Mall from 10am to 1pm.

The Sunday's programme will also feature the Get Fit 2015 - Charity Health Fair from 10am onwards and a free breast examination for women by the Sarawak Breast Cancer Support Group from 10am to 1pm.

The health screening includes checking the body mass index, blood pressure, and blood sugar and cholesterol. Medical personnel will around to give counselling.

Those who wish to come for health screening are required to fast from 12 midnight till 8am on the screening day.

The programme aims to raise awareness and provide knowledge to the public on heart disease, stroke and breast cancer and get people to realise that it is extremely important to detect diseases early so that preventive can be taken before it is too late.

Sarawak Breast Cancer Support

Group also hopes to provide an avenue for those who are newly diagnosed with breast cancer including the cancer's survivors to come forward and seek face to face support, counselling, and sharing of their personal experiences.

Breast examination will be done by trained and specialised nurses in an enclosed private room.

Terms and conditions for free mammogram recommendations and check-up will also be given on the day of event. There will also be counseling sessions by fellow breast cancer survivors and nurses.

'A Practical Guide to Coping with Breast Cancer', the first book published by the support group, will also be sold at the event. The book provides valuable information on how to cope with breast cancer after surgery and diagnosis.

New Century Lions Club of Kuching Emerald president Reuben Wee said that all proceeds raised will be channeled back to serve the community through various service projects.

SHF can be reached at 082-258212 or visit its website at www.sarawakheartfoundation.org.my or Facebook page, Sarawak Heart Foundation.

Sarawak Breast Cancer Support Group can be reached at 082-411137. Its Facebook page is Sarawak Breast Cancer Support Group.

For more information about Get Fit 2015, contact Lynn Poh (016-4998162), Sim Siaw Ching (012-8817782), or Derbe Tang (016-8607212) or visit www.facebook.com/getfitkuching.