



CANSURVIVE CENTRE MALAYSIA BERHAD

# CANCER : PREVENTIVE MEASURES

## SYNOPSIS

Cancer is a group of diseases characterized by uncontrolled cell division leading to growth of abnormal tissue. It is believed that cancers arise from both genetic and environmental factors that lead to aberrant growth regulation of a stem cell population, or by the dedifferentiation of more mature cell types. Can this deadly disease be prevented? What are the measures we should take or we can take to prevent this disease? Do we have a role to play to defend this genetic or environmental factors that lead to the unhealthy cell growth in our body?

Cancer is a deadly disease, but there is nothing that cannot be prevented if we put our complete effort. Much of the promise for cancer prevention comes from observational epidemiologic studies that show associations between modifiable life style factors or environmental exposures and specific cancers. Evidence is now emerging from randomized controlled trials designed to test whether interventions suggested by the epidemiologic studies, as well as leads based on laboratory research, result in reduced cancer incidence and mortality.

## SPEAKER

He has completed MBBCH BAO (NUI), MRCP (UK), AM (Mal) Cert. Med. Onc (ESMO). He is the Consultant Medical Oncologist & Physician in Sunway Medical Centre. He has completed basic qualification in Medicine, National University of Ireland, Dublin, Ireland and Postgraduate training in Internal Medicine in United Kingdom.

He had a clinical apprenticeship in Medical Oncology @ Christie Cancer Centre, Manchester, U.K. and completed his MRCP (UK) in 1993. He completed clinical specialist in Medical Oncology @ Hospital Kuala Lumpur 1994-1998. He was the Consultant Medical Oncologist @ Normah Medical Specialist Centre (NMSC), Kuching, Sarawak, 1998-2003.

Professional Interest are :

- Gastrointestinal, Lung and Breast Cancers
- Multidisciplinary care with surgeons, radiation oncologist & others involved in care of patients.
- Cancer Prevention (Primary Cancer Prevention) for at risk people by employing proven strategies and empowering people by education & information of healthy lifestyles, especially dietary choices, physical activity and relaxation techniques.
- Palliative Cancer Care: "Focusing on the Patient Rather Than the Tumor".

## CANSURVIVE & IT'S PURPOSE

Cansurvive is a support and information service for those who are challenged with cancer. Not just information and support, but a service that offers a greater awareness of the benefits of holistic, non-invasive cancer therapies, nutrition and diet, as well as orthodox treatments; what is available and where to access them. It is a window of light into the world of healing, where the word "Terminal" is a challenge, not a death sentence.



Dr. Joseph K. Joseph

**Saturday**

**17th December 2011**

**4.00 pm - 6.00 pm**

**Venue :**

**Arrow 1-2, Jalan Scott  
Brickfields,  
Kuala Lumpur.**

**FREE  
REGISTRATION**

## WHO SHOULD ATTEND

People challenged with cancer & their family members, alternative practitioners, medical professionals and anyone who wants to have a greater awareness of health issues.

## REGISTRATION

Kindly reserve your seats by the following options:

1. SMS your name and email address to 017 - 881 2287
2. Send an email to [ucansurvive@gmail.com](mailto:ucansurvive@gmail.com) with your name and handphone number.

**Organised by : CANSURVIVE CENTRE MALAYSIA BERHAD (903023-M)**  
[www.cansurvive.org.my](http://www.cansurvive.org.my)