



CANSURVIVE CENTRE MALAYSIA BERHAD

STRESS AND CANCER

SYNOPSIS

Stress which is a response to a physical threat or psychological distress generates chemical and hormonal changes in the body. In the acute state, this response serves the body to defend itself. However chronic stress is associated with negative health, social and economic consequences. Chronic stress increases the risk of many diseases which include cancer. Stress has been found to weaken the body's immune system and brings about physiological changes such as the secretion of stress hormones that could contribute to the development of cancer. These changes weaken the immune system's anti-tumour defence, promote the development of new tumour feeding blood vessels and support tumour growth.

Research also suggests that the body's neuro-endocrine response to stress can alter important processes in cells that help to protect against the formation of cancer such as DNA repair and the regulation of cell growth. Scientists have also discovered that stress can activate certain genes and deactivate others such as those responsible for suppressing the growth of tumours.

SPEAKER

Dr. Siva Poobalasingam, is one of the pioneers of Integrative Medicine in Malaysia. He is the Country Representative for the International Council of Integrative Medicine. He runs a busy practise at Amrita Integrative Health Centre at the IOI Resort. His expertise is in the areas of managing stress, allergies, diabetes, hypertension and cardio vascular diseases naturally. Dr. Siva conducts health seminars on Stress Management and Wellness. His presentations are aimed to educate and empower people on healthy living.

He recently conducted a series of healthy living workshops on "Fall Prevention and Rehabilitation for the Elderly". These workshops were jointly organized by the United Nations Population Fund (UNFPA), Malaysian Ministry of Health and University Era Ketiga (University Putra Malaysia). Dr. Siva also played a role in the development of the "Global Information Portal" on Traditional and Complementary Therapies for the Ministry of Health (Malaysia). In the development of the portal he contributed articles and papers on Mind Body Medicine as a form of Traditional and Complementary Therapy / Mind Body Medicine.

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. Siva Poobalasingam

Saturday
16 March 2013
4.00 pm - 6.00 pm

Venue :
Malaysian Association
For The Blind, Jalan Tebing,
Off Jln Tun Sambanthan 4,
Brickfields, 50470
Kuala Lumpur.



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 **OR**
2. Send an email to ucansurvive@gmail.com
with your name and handphone number.

Organised by : CANSURVIVE CENTRE MALAYSIA BERHAD (903023-M)
www.cansurvive.org.my