



“She’s definitely feeling exhausted, but that’s natural at this stage of her recovery. And while she’s constantly tired, Olivia’s already talking about her plans for the next year or two and even beyond that,” her friend says.

Olivia’s efforts to reach out to other cancer patients, even through her own struggles, are admirable. “Olivia knows so much about the whole journey of cancer and getting through it, and not just from her own experience,” her friend explains. “She’s gained so much knowledge through her own cancer centre in Melbourne and she’s always been so involved, meeting patients and talking to the amazing doctors at the centre, that she has an incredible understanding of this disease.

“She’s witnessed firsthand what works and what doesn’t and how people cope, and she has always felt and believed that a positive attitude is key to getting well again. Every time we speak, she’s 100 per cent positive.”

MOTHER-DAUGHTER LOVE
Besides finding solace in her fan’s encouraging messages, Olivia’s enjoyed support from her daughter, Chloe Lattanzi.

RIDING HIGH
Even throughout her cancer treatment, Olivia continues to find joy in activities like horse riding.

STAYING BEAUTIFUL
Olivia continues reaching out to fellow cancer patients, even after her second breast cancer diagnosis.

I’M GRATEFUL TO BE ALIVE

Branda Lai went on an emotional roller coaster when she was diagnosed with stage 1 breast cancer in January 2015. “It was utterly shocking, I went from crying hysterically for two hours, to self-blaming, anxiety and finally, acceptance,” the 30-year-old consultant shares.

She underwent four cycles of painful chemotherapy, a lumpectomy and 33 sessions of radiation therapy. She also suffered from body aches, fever, nausea, fatigue and boils. “I lost all my hair (including body hair, lashes and brows) and due to the steroids in the chemo drugs, I gained weight and looked bloated.”

The silver lining to her breast cancer ordeal was that Branda’s boyfriend proposed after her cancer diagnosis. “He wanted to show that he loved me unconditionally, and would look after me for the rest of my life.”

Before she was diagnosed, Branda confesses she took her health for granted, but now her cancer diagnosis has reminded her to be grateful to be alive. She now rows with the Breast Cancer Foundation’s dragon boat team, Paddlers in the Pink, on a weekly basis. She also warns women not to take their health for granted as breast cancer can happen to any woman, at any age. “Because the disease doesn’t always have symptoms, early detection through regular self-checks and health screenings is important.”

Do I really need a mammogram if I lead a healthy lifestyle? Obesity, a high-fat diet, alcohol consumption and a sedentary lifestyle are all risk factors for breast cancer. While a healthy lifestyle reduces your risks, the chance of mutations leading to breast cancer increases with age.

“No food or diet can prevent breast cancer, but healthy foods with more fruits and vegetables can help to boost the immune system,” says Dr Chong. “Maintain a healthy weight, do regular exercises with some sunshine for vitamin D, control your stress, reduce alcohol consumption and avoid smoking.” Regardless of your health, you should conduct breast self-exams and mammograms, based on your age, to allow early detection of breast cancer should it strike.

GO PINK!

Support breast cancer this month with these pink-themed treats and events



Walk For Cancer

Like us, the Breast Cancer Foundation (BCF) turns 20 this year! Show your love for breast cancer patients by signing up for the Pink Ribbon Walk, on Oct 7. This year’s event will also have a BCF 20th Anniversary Commemorative Exhibition of survivors’ stories and memorabilia. Register at www.pinkribbonwalk.sg.



Sweet Relief

This Cedele Pink Ribbon Cake (\$8 per slice, and \$56 for a whole cake) is a light vanilla sponge with yummy chia seeds and pistachios, and raspberry frosting. Decorated with BCF’s double pink ribbon logo, the cake is available at all Cedele bakery outlets this October, and 20 per cent of sales proceeds will go towards supporting BCF.



Pretty In Pink

Pledge support for breast cancer while pampering your skin! With every sale of the Estée Lauder Advanced Night Repair with Pink Ribbon Keychain, \$163 (50 ml), \$20 will be pledged to the BCF.



Hair Heroes

Keep your mane looking fab with the ghd Limited Edition Pink Blush Platinum Styler and Roll Bag, \$395, from Sephora. Donations with every purchase from the collection will be made to UK’s Breast Cancer Now charity, and each purchase also comes with a free limited edition pink blush paddle brush.



Blooming Beautiful

The Bobbi Brown Pink Peony Illuminating Bronzing Powder Set, \$84, isn’t just pretty: For every sale, \$15 will be donated to the BCF. Swipe the rose-coloured blush over your cheeks with the accompanying pink brush for a healthy glow.



THE SINGAPORE

Women's Weekly

OCTOBER 2017
\$4.80

THE SINGAPORE
Women's Weekly
20
YEARS
SPECIAL
ISSUE

WENDY JACOBS

"I'M NOT JUST FANDI
AHMAD'S WIFE OR A
MUM... I'VE ALWAYS
BEEN WENDY JACOBS
AND I'M A FIGHTER"

WE'VE GOT THE
POWER

**BE BOLD.
BE BRAVE.
BE STRONG.**

PAN LING LING,
CYNTHIA KOH,
ANDREA DE CRUZ,
LINA NG, SHEILA SIM
AND 60 OTHER
FEMALE FORCES SHOW
US HOW IT'S DONE

