

| 2,000 rush through foam in KPJ cancer awareness run

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Participants having fun as they set off on their respective routes through a sea of foam. — Photo by Tan Song Wei

KUCHING: More than 2,000 runners took part in the KPJ Kuching Hospital's Cancer Awareness Bubble Rush 2019 yesterday.



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They gathered from as early as 6am at the compound of the hospital's upcoming new premises along Jalan Stutong brimming with excitement as they set off on their respective 7km and 3km run in a sea of foam.

Local Government and Housing Minister Dato Sri Dr Sim Kui Hian was on hand to flag off the run.

KPJ Kuching has been organising the charity run for the past three years to promote cancer awareness among the public.

"After heart disease, cancer is the second leading cause of death in Sarawak with a total of 1,800 new cancers cases per year," Dr Sim told a press conference after the run.

Citing statistics obtained from the Sarawak General Hospital (SGH), Dr Sim disclosed that the top three cancers in the state are breast cancer with 380 new cases per year, colorectal (colon-rectum) cancer (350 new cases per year) and lung cancer (230 new cases per year).

He pointed out that cancer not only affects older people but also young adults these days due to several factors such as sedentary lifestyle.

"The health issues we face are caused by our lifestyle such as smoking and lack of exercise, which in most cases, people tend to say they do not have the time for.

"I believe that we should all incorporate some exercise into our daily routine such as using the staircase instead of the lift as part the recommended 10,000 steps a day routine to maintain our health."

He also stressed that as healthcare is expensive, it is therefore crucial that everyone takes responsibility in looking after themselves to remain healthy.

"Change your lifestyle and go and get yourself checked by your doctor because when it comes to cancer, it is also about early detection.

"When cancer is detected early, this increases the chance for successful treatment," he said.

Meanwhile, KPJ Kuching Hospital donated the fund raised from the run to Sarawak Children's Cancer Society (SCCS) and the Society of Cancer Advocacy and Awareness Kuching (SCAN) in

recognition for their active role in supporting cancer patients and survivors in Kuching.

Various activities were also held during the event including free basic health screening, Zumba, lucky draws and an awareness booth by SCAN.

Also present were KPJ Kuching medical director Dr David Ling Sheng Tee and executive director Roslan Ahmad.



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