



Syazana Alia Sabrudin started cycling actively after she completed her chemotherapy in December 2021. As adrenal cancer survivor, she had to go through 2 years course of oral chemotherapy and bought her first road bike as self-reward and achievement for completing the treatment. She undergone a major surgery in January 2020 and diagnosed with adrenal cancer in February 2020. Prior to her sickness, she was actively involved in road and trail running and CrossFit. Throughout her treatment she focused on completing her post-graduate course in the United Kingdom and reduced her workout intensity but still exercising regularly. She signed up for her first duathlon event this year and hopefully to do her first Ironman in the future.

Professionally she works as medical doctor in primary healthcare where she treats patients with chronic diseases such as hypertension, diabetes, heart disease and so on. Her first management and advise to patients most of the time is lifestyle management and she practices what she preaches.

Her future plan is to prescribe exercise as part of treatment plan for patients with challenges such as cancer, obese and other chronic diseases patients. Through Sepeda Amal Borneo 2023, she hopes to spread awareness regarding active and healthy lifestyle to reduce risk of cervical cancer occurrence and help patients who are living with the diagnosis.