

Women's Health



Toll-free 0800 22 66 22 www.cansa.org.za

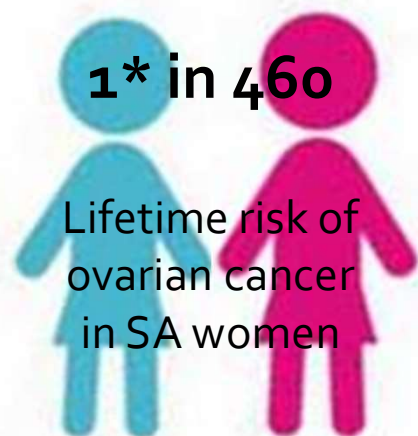
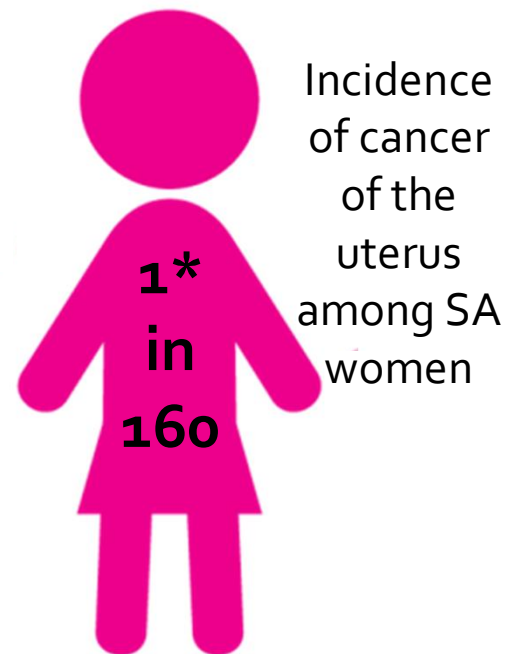
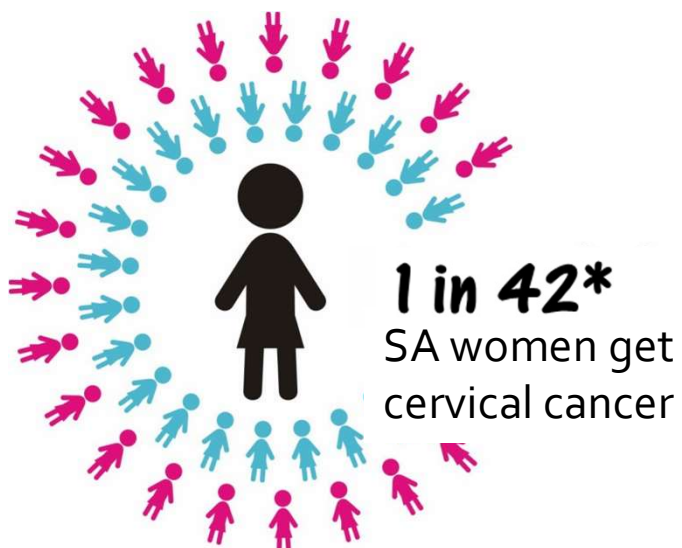


Research • Educate • Support

Tell her, tell all



Educating women on the
significance of knowing their
body, and the importance of
regular cancer screening



Warning signs of breast cancer

- Early breast cancer usually doesn't show symptoms, but as the tumour grows, it can change how the breast looks or feels

Typical changes include:

- A puckering of the skin of the breast
- A lump in the breast or armpit
- A change in the skin around the nipple or nipple discharge
- Dimpling of the nipple or nipple retraction
- An unusual increase in the size of one breast
- One breast unusually lower than the other. Nipples at different levels
- An enlargement of the glands
- An unusual swelling in the armpit



Find out more at: <http://www.cansa.org.za/breast-cancer-warning-signs-myths-facts/>

Cervical cancer - What is HPV?



- Human Papillomaviruses (HPVs) is a group of more than 100 related viruses
- About 40 types are sexually transmitted through genital contact while 2 types (16 + 18) are considered high risk in South Africa and are responsible for cervical cancer
- HPVs are transmitted via skin-to-skin contact and body fluids
- Some HPVs, such as those that cause common warts that grow on hands and feet, do not spread easily

High risk HPV is estimated to cause...

- 70% of cervical and anal cancers
- 50% of vaginal, vulvar and penile cancers
- 20% of head and neck cancers

Risk Factors for Ovarian Cancer



- The more children a woman has and the earlier in life she gives birth, the lower her risk for ovarian cancer
- Women with a personal history of breast cancer or a family history of breast or ovarian cancer
- Women who take oestrogen replacement (not with progesterone) for +5 years
- Birth control pills decrease the risk of ovarian cancer
- Being infertile or having fertility treatment
- Using a coil (intra-uterine device (IUD))
- Older women are at highest risk for developing ovarian cancer
- The risk of ovarian cancer is slightly higher for women who:
 - have medical conditions such as endometriosis
 - smoke tobacco products
 - are obese
 - are tall

Risk Factors for uterine cancer



- Diabetes
- Oestrogen replacement therapy without the use of progesterone
- History of endometrial polyps
- Infertility (inability to become pregnant)
- Infrequent periods
- Tamoxifen, a drug for breast cancer treatment
- Never being pregnant
- Obesity
- Polycystic ovarian syndrome (PCOS)
- Starting menstruation at an early age (before age 12)
- Starting menopause after age 50

Warning signs



Gynecologic Cancer Symptoms					
Symptoms	Cervical Cancer	Ovarian Cancer	Uterine Cancer	Vaginal Cancer	Vulvar Cancer
Abnormal vaginal bleeding or discharge	●	●	●	●	
Pelvic pain or pressure		●	●		●
Abdominal or back pain		●			
Bloating		●			
Changes in bathroom habits		●		●	
Itching or burning of the vulva					●
Changes in vulva color or skin, such as a rash, sores, or warts					●

Screenings available to women:

- Do monthly breast self-examinations (<http://www.cansa.org.za/steps-how-to-do-a-breast-self-examination-bse/>)
- Go for regular Pap smears (a screening test for early diagnosis of cervical cancer)
- Go for regular screening (clinical breast examinations) available at 30 CANSA Care Centres (<http://www.cansa.org.za/cansa-care-centres-contact-details/>) countrywide
- Symptom-free women should go for a mammogram every year from age 40
- SureTouch - non-invasive device for safe breast screening (not a diagnostic tool) - available at some CANSA Care Centres
- CANSA also has various Mobile Health Clinics which offer screening to people in communities who do not have easy access to health screening (<http://www.cansa.org.za/cansa-mobile-health-clinics/>)



Cancer warning signs



Change in a wart or a mole
Any continued fever
Nagging cough or
continued hoarseness
Chronic pain in bones or
any other area of the body
Enduring fatigue, nausea or vomiting
Repeated infection and/or inflammation

Change in bowel or bladder habits
Asore that does not heal
Unusual discharge or abnormal bleeding
Thickening or lump in the breast,
testicles or elsewhere
Indigestion or difficulty in swallowing
Obvious change in the size, colour, shape or
thickness of a wart, mole or mouth sore
Noticeable weight loss and loss of appetite

These symptoms may be caused by another health problem but if one or more of these symptoms persist, consult your doctor without delay

Care and Support:



- Supported **6 294** cancer patients through our **121** support groups and our **2 015** trained care and support volunteers
- Visited and supported a monthly average of **1 688** patients at CANSA Care Centres and oncology units
- Provided treatment to **310** lymphoedema patients
- Counselling **1 031** people
- Welcomed **3 622** individual patients to our **11** CANSA Care Homes where they were served a total of **382 620** meals (average of a 6-week stay per patient)
- Facilitated Home-Based Care for **19 911** patients in the past year
- A total of **21 502** paediatric cancer patients, siblings, family members and their loved ones received CANSA TLC care and support
- Trained **133** Movember Navigators who supported **3 978** patients and reached **69 113** men about reducing the testicular and prostate cancer risk
- Trained **369** Phakamisa volunteers who supported **12 420** patients and reached **101 844** women about reducing the breast cancer risk
- Made medical loan equipment available to **3 674** people during the year
- Responded to **847** queries via the CANSA website and social media and **10 758** through telephonic contact and email



Cancer screening:



- Conducted **7 642** Pap smears for detection of cervical cancer and facilitated an additional **3 476** in partnership with the Department of Health (DoH)
- Performed **11 521** Clinical Breast & SureTouch examinations to detect breast lumps and facilitated an additional **1 714** in partnership with the DoH
- Conducted **6 944** PSA tests to detect prostate abnormalities and facilitated an additional **333** in partnership with the DoH
- Executed **833** skin examinations and **872** FotoFinder examinations to check for skin cancers
- Did **156** colorectal screenings - testing for occult (concealed) blood in stool



Health screening:

- Assessed **5 415** people to determine their healthy lifestyle risk
- Conducted **209** HIV rapid tests - finger prick blood test
- Performed **1 496** blood glucose tests for diabetes





Education & Assistance:

- Approximately **858 600** people were reached directly through **6 157** health talks, **1 115** exhibitions and the CANSA website
- Distributed **216 171** information pamphlets and over posters **2 774** to promote our health awareness campaigns

**Cancer screening
is available at
CANSA's Mobile
Health Clinics,
Care Centres and Clinics
country-wide**



Invest in your health...



What is CANSA doing to help?

- CANSA has Mobile Health Clinics that travel to remote areas throughout South Africa to reach people who would otherwise not have access to screening
- These include breast examinations, Pap smear screening tests for cervical cancer, as well as other health tests such as cholesterol



Just remember...

It is possible
to develop
cancer
without any
risk factors
being present

You can reduce your
risk for breast cancer
by adopting a
balanced lifestyle
and avoiding
environmental
carcinogens
(cancer causing
substances)

Be physically
active, don't
be overweight
and limit your
alcohol intake

Find out from your
health practitioner
or CANSA Care
Centre or Clinic
what you can do to
reduce your risk



Watch our videos

Arch Bishop Tutu has a message for you:

<http://www.youtube.com/watch?v=CTeis0HRXXk&feature=c4-overview&list=UUsAPiRjevTiGiAvUV1WU77g>

CANSA Care and Support:

<http://www.youtube.com/watch?v=swNltOAZSwE&feature=c4-overview&list=UUsAPiRjevTiGiAvUV1WU77g>

CANSA Screening:

<http://www.youtube.com/watch?v=Hfq5z3MtSz4&feature=c4-overview&list=UUsAPiRjevTiGiAvUV1WU77g>



Invest in your health...



***Help CANSA
expand its cancer screening
programmes, please consider making
a donation at any of our
CANSA Care Centres and Clinics
country-wide***



Invest in your health...

Contact us...



- Call us toll-free on 0800 22 66 22, or email info@cansa.org.za
- Please log on to our CANSA national Facebook page:
[CANSA The Cancer Association of South Africa](#)
- If you are a survivor, please visit our Facebook page in support of cancer survivors: [Champions of Hope - CANSA Survivors](#)
- Also take a look at our CANSA Twitter page: [@CANSAsa](#)
- Join us on Pinterest: <http://pinterest.com/cansa/>
- View our videos on YouTube: <http://www.youtube.com/user/can1000sa>
- Follow us on Instagram: [@CancerAssociationOfSouthAfrica](#)



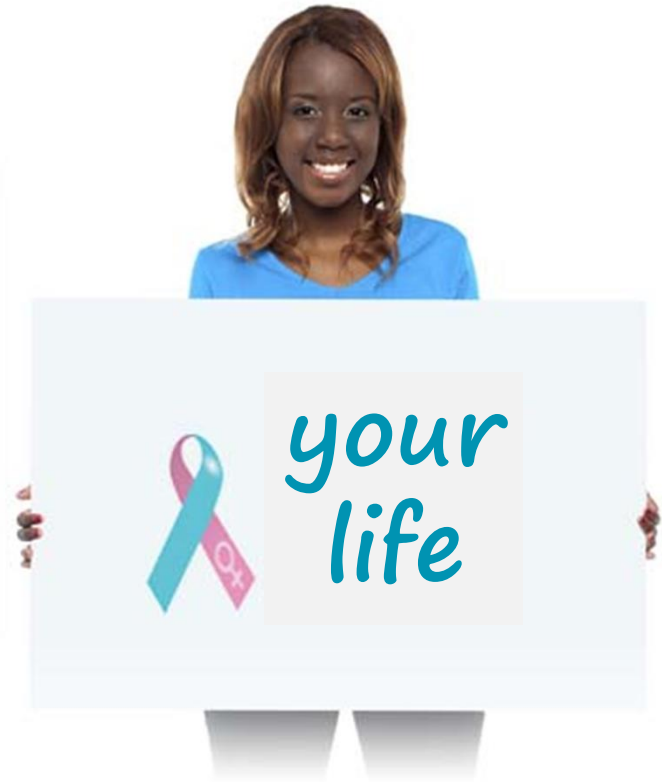
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