



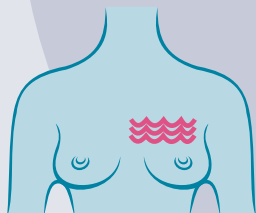
THE BIG 5 CANCERS AFFECTING WOMEN IN SA

#1 Breast Cancer

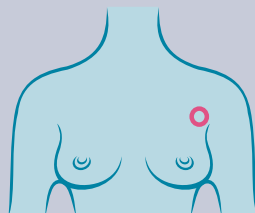
DID YOU KNOW?
Breast cancer is the most common



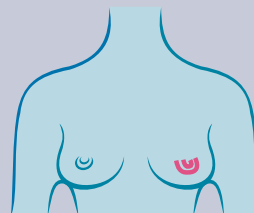
WARNING SIGNS



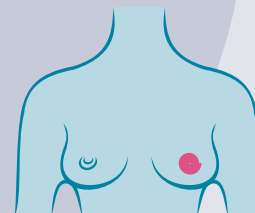
A puckering of the skin of the breast



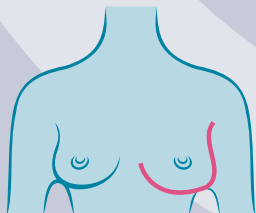
A lump in the breast or armpit



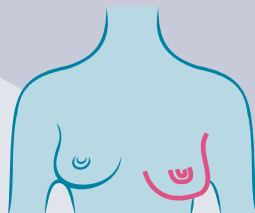
A change in the skin around the nipple or nipple discharge



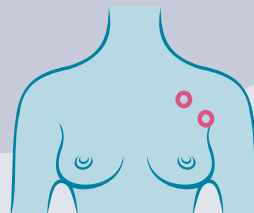
Dimpling of the nipple or nipple retraction



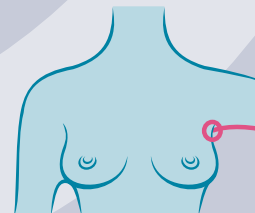
An unusual increase or shrinkage in the size of one breast or recent asymmetry of the breasts



One breast unusually lower than the other. Nipples at different levels



An enlargement of the glands



An unusual swelling in the armpit

MYTH vs FACT

I am too young to get breast cancer



Many women who are under 40 are diagnosed with breast cancer

It doesn't matter if I'm overweight/obese and don't exercise



Being overweight & having low levels of physical activity adds to breast cancer risk, esp after menopause

Alcohol & smoking is not linked to breast cancer



Alcohol and tobacco use increases the risk of breast cancer

Only women with a family history of breast cancer are at risk



All women are at risk, but family history increases the risk

I have never had children, so I can't get breast cancer



Women who have never had children, or only had them after 30, have increased risk of breast cancer

EARLY DETECTION IS KEY

- Do monthly breast self-examinations
- Go for regular screening (clinical breast examinations) at CANSA Care Centres
- Symptom-free women aged 40 to 54 should go for a mammogram every year (women 55 years & older should change to every 2 years)

Did you know? CANSA offers Clinical Breast Examinations at our Care Centres

CANSA offers a variety of affordable BREAST PROSTHESES, for those who had to undergo a mastectomy/lumpectomy





What is METASTATIC (MBC) or ADVANCED Breast Cancer?

It is when the **CANCER** has **SPREAD** to **OTHER AREAS** in the body like the liver, lungs, bone, brain and/or other organs or tissues



The Needs of Advanced Breast Cancer Patients

MBC is treatable, however there is no cure for this disease

The goal of treatment is to limit progression, symptom control and pain management

Access to mental health care

Improvements in lifelong surveillance

Tracking of patients

Access to routine assessments

Did you know? CANSA offers counselling and emotional support to cancer patients and families as well as medical equipment to rent to assist with mobility difficulties such as wheelchairs and walkers or eggshell mattresses to help with lying down more comfortably.

CANSA launched its new **iSurvivor MBC** email support programme aimed at assisting and helping mostly MBC patients with their unique challenges.

Go to isurvivor.org.za and subscribe on the **MBC link**.

CHALLENGES FACED BY MBC PATIENTS

- ➔ Feeling isolated and misunderstood regarding their condition
- ➔ Dealing with an incurable illness
- ➔ Side effects of treatment
- ➔ Pain and sexual dysfunction
- ➔ Experiences of social isolation
- ➔ Reduced self-worth, anxiety and depression
- ➔ Stigma with the notion that the patient is somehow responsible for the diagnosis

SYMPTOMS THAT MAY REQUIRE URGENT ATTENTION

- ➔ Spinal cord compression - persistent neck or back pain or decreased power in legs
- ➔ Sepsis - fever
- ➔ Possible lung metastasis - shortness of breath, coughing, chest pain, dry cough, pain
- ➔ Seizures - headaches, personality changes or confusion
- ➔ Liver metastasis - nausea, jaundice
- ➔ Hypercalcemia - increased urination, excessive thirst, dehydration, vomiting and constipation



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#2 Cervical Cancer

DID YOU KNOW?

Cervical cancer is the
2nd most common cancer

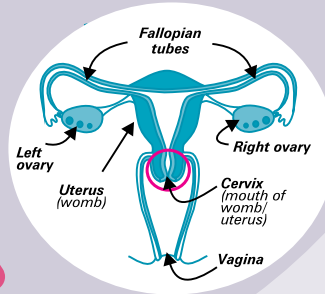


Go for regular PAP SMEARS

Cervical cancer can be effectively treated if detected & diagnosed early

Pap Smear = reliable screening test for the early detection of cervical cancer - a swab of cervical cells

Women ages 18 - 25 who have ever been sexually active should have Pap smears every 3 years, or 2 years later after first sexual activity (whichever is later) and continue until age 70



Human Papilloma viruses (HPVs)

Almost all cervical cancers are caused by HPV - a common virus that is spread through skin-to-skin contact, body fluids and sexual intercourse.

Signs and symptoms

- ➔ Abnormal vaginal bleeding between periods
- ➔ Continuous vaginal discharges
- ➔ Menstrual periods becoming heavier and lasting longer than usual
- ➔ Vaginal bleeding or pain during sexual intercourse
- ➔ Increased urinary frequency
- ➔ Vaginal bleeding after menopause

Risk Factors

- ➔ Failure to always use protection during sexual intercourse
- ➔ Sexually transmitted infections
- ➔ Having many sexual partners and high-risk sexual activity
- ➔ Having first sexual intercourse at a young age
- ➔ Being overweight/obese with low physical activity levels
- ➔ Consumption of alcohol (could lead to high-risk sexual activity) and smoking



CANSA offers Pap smears at our CANSA Care Centres at an affordable rate



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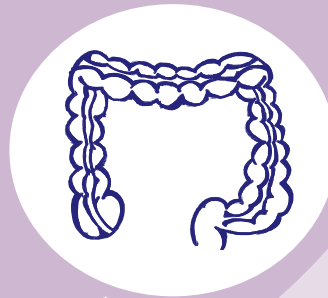
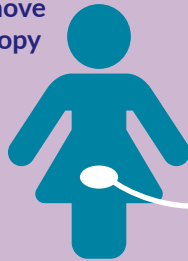
#3 Colorectal Cancer

AN ACTIVE BALANCED LIFESTYLE SIGNIFICANTLY LOWERS RISK FOR COLORECTAL CANCER



EARLY DETECTION IS KEY

Most colorectal cancers begin as a **POLYP**, a small growth of tissue that starts in the lining and grows into a centre of the colon or rectum. Doctors can remove polyps during the colonoscopy procedure.



Go for regular colon screening tests such as a colonoscopy or a sigmoidoscopy from age 50 - every 10 years

Most CANSA Care Centres countrywide offer faecal occult blood home test kits for sale (sample of stool collected on end of an applicator to help detect small quantities of blood). Although not always an indication of cancer, positive results require a referral to a doctor.

Lifestyle factors that contribute to increased risk of colorectal cancer:



Lack of regular exercise



Low fruit/vegetable intake



Low-fibre & high-fat diet



Being overweight (obesity)



Alcohol use



Consumption of processed meat



Tobacco use

SIGNS & SYMPTOMS

(many people experience no symptoms)

- ➔ Change in bowel habits, including diarrhoea/constipation
- ➔ Rectal bleeding or blood in stools
- ➔ Persistent abdominal discomfort (cramps, gas or pain)
- ➔ A feeling that the bowel doesn't empty completely
- ➔ Weakness or fatigue
- ➔ Unexplained weight loss

OTHER RISK FACTORS:

- ➔ Inflammatory bowel disease
- ➔ Personal or family history of colorectal polyps and/or -cancer



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#4 Uterine Cancer

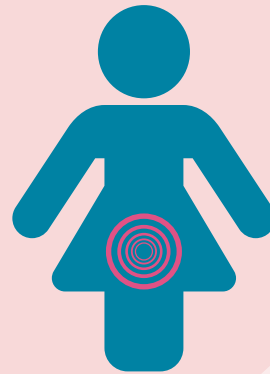
Cancer of the uterus is also referred to as **ENDOMETRIAL** or **UTERINE** cancer



Endometrial cancer is a disease in which malignant (cancer) cells form in the tissues of the endometrium.

The endometrium is the lining of the uterus, the hollow, muscular organ in a woman's pelvis.

Cancer of the endometrium is different from cancer of the muscle of the uterus, which is called sarcoma of the uterus.



SYMPTOMS OF UTERINE CANCER

- ➔ Abnormal Vaginal Bleeding or discharge that is not normal for you
- ➔ Pain in pelvis or abdomen especially when passing urine or having sex

Risk Factors of Uterine Cancer include:

- ➔ Genetics
- ➔ Inability to fall pregnant
- ➔ Infrequent menstrual cycle or starting menses before the age of 12
- ➔ Oestrogen replacement therapy without the use of progesterone
- ➔ Diabetes



Age



Lack of exercise



Obesity



Tobacco use



Alcohol use



Family History



THE BIG 5 CANCERS AFFECTING WOMEN IN SA

#5 Lung Cancer

5 KEY FACTS



Lung cancer is a leading cause of cancer deaths in men and women worldwide

Smoking counts for the majority of preventable lung cancers

Lung cancer is more common in men. (As more women have started smoking, the number of women developing lung cancer has increased)

People who don't smoke can also develop lung cancer

Survival rates for people diagnosed with lung cancer are low. People diagnosed at earliest stages have the greatest chances for recovery



NEED HELP QUITTING

Visit ekickbutt.org.za for info on our smoking cessation programme



Signs and Symptoms of Lung Cancer

- ➔ A new cough that doesn't go away
- ➔ Changes in a chronic cough or 'smoker's cough'
- ➔ A cough that gets worse or does not go away
- ➔ Coughing up blood, even a small amount
- ➔ Shortness of breath or wheezing
- ➔ Constant chest pain - especially when coughing
- ➔ Frequent chest infections
- ➔ Wheezing/hoarseness
- ➔ Swelling of the neck and face
- ➔ Fatigue (feeling very tired all the time)
- ➔ Loss of appetite/losing weight without trying
- ➔ Bone pain
- ➔ Headache

Manage your risk for Lung Cancer

- ➔ Quitting smoking at any time can lower risk
- ➔ Exposure to second hand smoke increases the risk in non-smokers two to three fold
- ➔ Healthy diet and moderate physical activity play a role in lowering risk
- ➔ Exposure to asbestos increases risk, and combined with smoking the risk is greatly increased
- ➔ Chemicals used in industry and around homes may increase risk. Labels on home products such as wood stripper, and Material Safety Data Sheets provide information on safe exposure and proper masks to use
- ➔ Exposure to radon in the house is the second leading cause of lung cancer overall, and the number one cause in non-smokers. (Radon is an invisible radioactive gas that results from the normal decay of radium in the soil)