



Research • Educate • Support

Leading South Africa towards a cancer-free society



cansa.org.za



Toll free 0800 22 66 22



info@cansa.org.za

English, Afrikaans, isiXhosa, isiZulu, siSwati, seSotho



WhatsApp (text only)

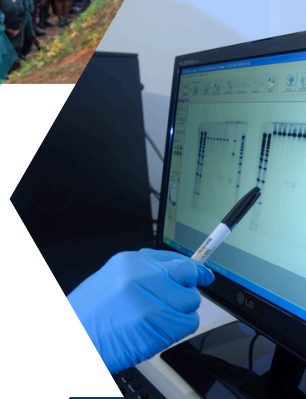
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* What CANSA did 2023/24 financial year



CANSA RESEARCH

Through collaborative research, CANSA aims to promote and support innovative, effective, and relevant approaches to the prevention, diagnosis, and treatment of cancer and to address the high cancer burden in South Africa.

CANSA's core research focus is on reducing risk, early detection and diagnosis, and optimising patient care and support, including palliation. CANSA uses evidence-based research to inform our advocacy work, health education programmes, and our service to those living with cancer, their families, and members of the public.

We're one of the largest funders of cancer research in South Africa and the country's largest non-profit dedicated to cancer research. CANSA-funded research aims to bring together basic science, clinical, and public health researchers to address the complex burden of cancer. Research projects are categorised into Type A, B, and C:

- Type A is aimed at MBChB and Ph.D. cancer researchers based at South African universities and research organisations. The purpose is to support high-quality research to advance management and improve outcomes for the most common cancers in South Africa.
- Type B is initiated, conceptualised by CANSA, in collaboration with universities or research organisations. They are typically smaller projects and focused on lowering public exposure to environmental cancer risks.
- Type C is conceptualised by CANSA in collaboration with other institutions and are focused on optimising services to cancer patients and addressing their needs.
- Type B or C research is often research conducted by post graduate students affiliated to accredited research institutions in South Africa and aims to support emerging researchers.

We're committed towards supporting the global United Nations' Sustainable Development Goals

1 NO POVERTY



3 GOOD HEALTH AND WELL-BEING



5 GENDER EQUALITY



8 DECENT WORK AND ECONOMIC GROWTH



17 PARTNERSHIPS FOR THE GOALS





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CANSA ADVOCACY

- We advocate for early detection and screening to be available at Primary and Secondary Health Care levels, with adequate care pathways providing timely diagnosis and access to treatment with no delays.
- Advocating for the revision and updating of the Breast and Cervical Cancer Prevention and Control Policy and Prostate Cancer Prevention and Control Policy (yet to be published).
- Ensuring advocating for development of policies for all cancers and comments on legislation.
- We continue to advocate for quality healthcare through the call for Universal Health Coverage (UHC).
- We're part of South African Non-Communicable Disease Alliance, working together to monitor and support government to achieve deliverables of NCDs National Strategic Plan 2023- 2028.
- CANSA makes the public aware of their right to quality care and palliative care information (subscribe to the World Health Organization's pain control guidelines).
- Establishing Memorandums of Understanding with Provincial Departments of Health on cancer control issues, ensuring recognition of cancer as a national development priority. Further, advocating for Health Care Workers to be trained on the top five cancers for male and females.
- Ensuring availability of prevention, early diagnosis and access to treatment of cancer including Palliative Care.
- Remaining influential in promoting anti-tobacco legislation, awareness around harmful use of alcohol linked to cancer.
- Access to treatment issues incl advocating to fix the patent laws.
- Providing training to Traditional Health Practitioners on the top five cancers for males and females to facilitate early patient referrals to healthcare professionals.
- Created, reviewed and updated over 330 cancer fact sheets to help educate and reduce the cancer risk.

ACCESS TO TREATMENT through patient advocacy:
We assisted **98** patients to get access to treatment at public and state facilities*



CANSA aims to promote a smart, healthy, balanced lifestyle using the **CANSA Smart Choice Seal of Recognition** to assist the public in making healthier, informed choices.

This is part of an ongoing effort to lower exposure to carcinogens and other risk factors associated with cancer. The CANSA Smart Choice Seal is awarded to products that meet strict evidence-based requirements. They are categorised as Edible consumer goods, Non-Edible consumer goods, Protection, Patient Care and Physical Activity.

<https://cansa.org.za/cansa-seal-of-recognition/>

CANSA is B-BBEE compliant, serving a black beneficiary base of over 89%*

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PROMOTING EARLY DETECTION

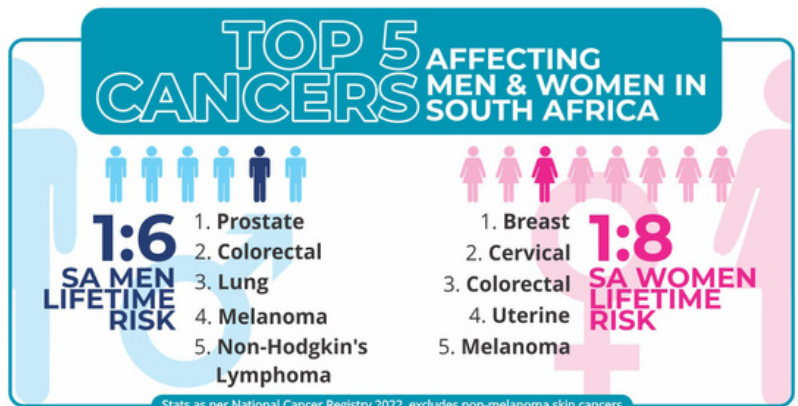
Screening and early diagnosis allows more effective treatment. CANSA Care Centres countrywide offer screening and early detection programmes:

- Clinical Breast Examination – to detect breast lumps
- Pap smear – liquid based cervical cancer screening test for early diagnosis
- Prostate Specific Antigen (PSA) Test – a blood test to assist with detecting prostate abnormalities
- Skin examination – examine moles and spots on skin
- Faecal occult home testing kits – may indicate a growth/ inflammation/ bleeding in digestive system, possibly colorectal cancer
- Employee Wellness Programme – screening and educational service at workplaces.

CANCER SCREENINGS*

6 923 cancer screenings were conducted combined with individual information and education sessions consisting of:

- **1 246** Pap smears
- **2 941** Clinical Breast Examinations with **10** in partnership with the National Department of Health (NDoH)
- **1 802** Prostate Specific Antigen (PSA) tests were performed with ten in partnership with NDoH
- **11** skin examinations and **238** mole screenings
- **252** referrals to a health facility for further follow up or treatment.



HEALTH SCREENING, EDUCATION & AWARENESS*

- **12 150** people were reached through direct interactive health promotions activities
- Our Help Desk responded to **11 360** enquiries for support and information via several platforms in **5** official languages
- We distributed **2 153** information leaflets
- Over **558 000** pages were viewed by over **301 000** visitors on CANSA website and our social media channels achieve **150 000** impressions monthly.





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CANSA CARE HOMES, ROOMS & TLC LODGES

Our **7 CANSA Care Homes** countrywide, provide home-from-home accommodation, nutritious meals for cancer patients and transport to and from cancer treatment centres.

CANSA Tough Living with Cancer (TLC) support is available, giving emotional support and guidance to children, teens, young adults and families affected by cancer. **CANSA TLC Lodges** provide lodging for parents/ guardians whose children/ teens are undergoing cancer treatment - in Pretoria, Durban, and TLC gives support in the Paediatric Oncology ward in **Polokwane**. **TLC Tygerberg Teenage Support Rooms** on Tygerberg Hospital grounds support teenagers affected by cancer.

Our **10 CANSA Care Rooms** in partnership with local homes for the elderly and service organisations, provide specialised palliative care - based in Western, Northern Cape & Gauteng.

<https://cansa.org.za/cansas-care-support/cansa-care-homes/>

2 081 patients stayed at our CANSA Care Homes

Home-Based care enabled for **986** patients, & we made over **1 730** home visits.

777 parents & **195** children were accommodated in CANSA TLC facilities*

VIRTUAL & TELEPHONIC CARE AND SUPPORT

- CANSA Tele Counselling available for free in 7 languages to cancer patients, caregivers and families/ parents/ guardians of children/ teens/ young adults living with cancer
- Online patient material, including CancerCare Coping Kit, nutritional tips, pain booklets, booklet for palliative caring for patient at home, etc.
- CANSA Pain Manager to help patients and caregivers with pain management
- CANSA Support Groups and Facebook community:
 - @CANSA Cancer Survivors - Champions of Hope South Africa
 - @CANSA Caring for Caregivers of Cancer Patients in South Africa
 - @CANSA TLC Childhood Cancer Support
- 20-week email series www.isurvivor.org.za offering support and guidance
- Online programme specifically for metastatic breast cancer patients www.isurvivor.org.za/mbc.htm
- CANSA eKickButt to help quit smoking



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<https://cansa.org.za/cansas-care-support/cansas-online-support-resources/>



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CARE and SUPPORT



- CANSA Care Centres and virtually supported Care Centres are located countrywide, offering care and support to individuals and families
- Stoma clinics stock affordable and comprehensive stoma products. CANSA Tele Stoma Care available to support stoma patients
- Online Patient material on our website to help patients, loved ones and caregivers
- We loan medical equipment such as wheelchairs and offer advice and assistance with wigs and prostheses

1 066 patients were supported via **1 311** sessions of counselling and emotional support.

We loaned medical equipment to **138** patients and gave stoma support to **691** patients.

2 400 ponytails of hair donated helping to distribute **109** handmade wigs for cancer patients.

Supported **247** patients via **6** national WhatsApp support groups and **428** patients through **29** face-to-face support groups (**11** of which are facilitated by volunteers)*

CANSA Information and Support Desks at public hospitals



CANSA Information and Support Desks at public hospitals, are run by staff and trained volunteers, providing information to patients and help with referrals to support groups, Tele Counselling, clinical counselling and other services.

2 058 patients were reached by volunteers with **269** patients being referred for follow up via these Information and Support Desks at public hospitals*

<https://cansa.org.za/cansas-care-support/>





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WAYS TO HELP CANSA

- Make an online donation via **cansa.org.za** (scan this QR code for link) or become an online champion and raise funds online
- **SnapScan/Zapper** – download smartphone app and link to your debit or credit card – all safe and free to use
- Join as a **Volunteer** to help with patients, health awareness, fundraising or admin activities
- Take part in our national fundraising projects and events – **CANSA Relay For Life, CANSA Shavathon, Cuppa For CANSA** or take part in **CANSA Active** with your sports events
- Check our profile on **Quicket.co.za** for upcoming events



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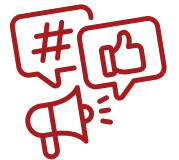


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