

Breastcancer Workshop – Learn About the Growing Threat!

According to the Cancer Association of South Africa, one in seven women in South Africa will get some form of cancer during her life time. The incidence of cancer of the breast with approximately 14% of all cancers, has risen to become the second most prevalent cancer in African women, after cervical cancer (16%), often favouring the more challenged people of urban and rural societies.

Only a known threat can be prevented – thus, it is of utmost importance to educate the women at risk about the causes and development of this cancer, and ways on how they can prevent their occurrence. A major part of preventing breast cancer is the proper and regular 'self examination' by the women herself. This procedure is simple, takes only a few minutes and can help to detect any possible tumorous growth at an early point in time.

Breast cancer in particular has a very good survival rate of 95% and more, if detected early and treated appropriately, while late stage breast cancer that has spread beyond its primary growth center has a survival rate of 10% and less.

Therefore, it is of utmost importance to know and recognize the first signs and symptoms of the development of a possible cancerous growth at the earliest possible moment in time, in order to allow for a better chance of treating it effectively, and surviving it with the least amount of discomfort and danger.

This workshop is intended to bring basic knowledge of the rising threat of breast cancer to the people who are most likely affected by the cancer, in a style that can be understood by every woman and every husband. The workshop will be held in connection with Clover's Smarties week, in order to accommodate discussions and questions regarding this highly sensitive and important matter.

The workshop outline is as follows:

1. The basic forms of benign and malignant breast tumors.
2. What is breast cancer?
3. The development, prevalence, and future outlook of breast cancer, and how it impacts family and society.
4. Breast cancer and its causes – viral, nutritional, environmental, genetic, etc.
5. Sex and breast cancer – HPV and cancer!
6. Discussion on how to manage the disease, communicate with cancer patients, and what to do once the disease has been diagnosed.
7. Preventive measures that can help recognizing a developing tumor early – self examination!

Facilitator: Dr. Tom C. Garven, Member of MKI's International Board of Advisors

10 May 2009