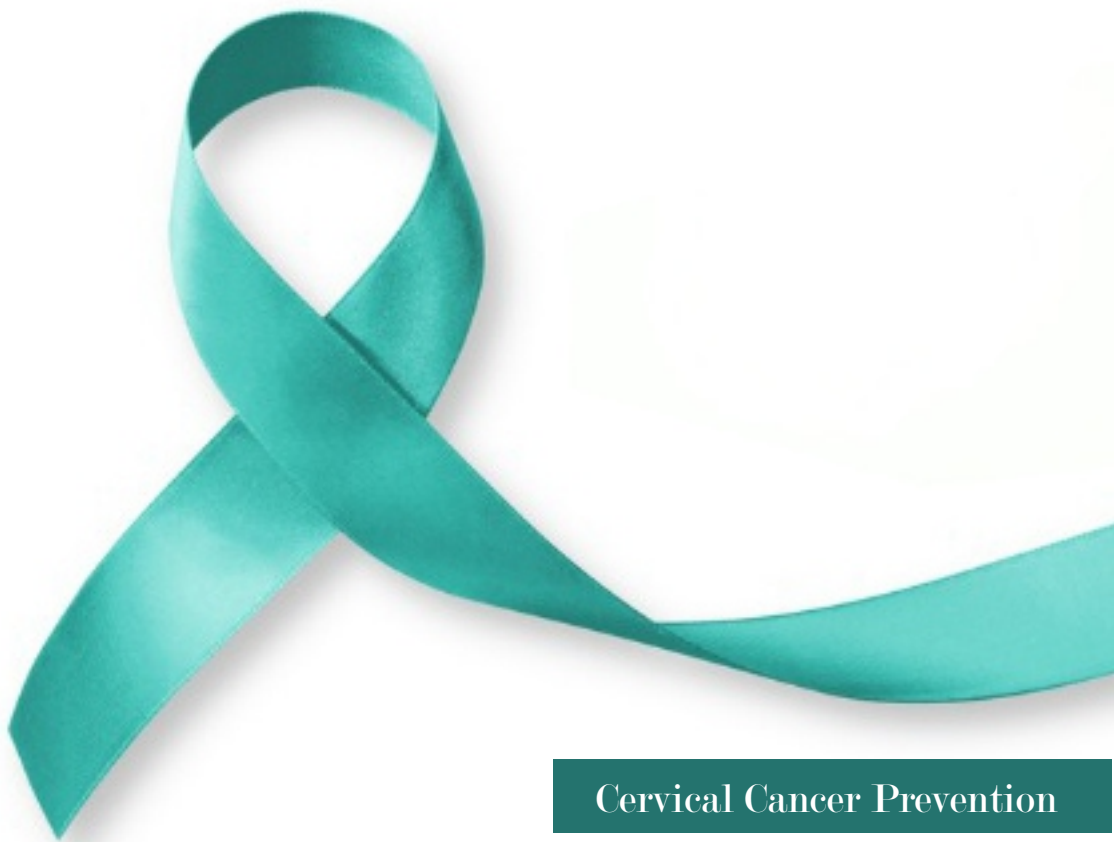




Acacia News



Cervical Cancer Prevention

CAN fundraising events

Caring Community

Important Notice from CAN

Become a member

2019 Vol. 1

MESSAGE FROM CAN CEO, ROLF HANSEN

Mother Theresa once said "Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin."

And as 2018 flew by and 2019 jumped at us at full throttle, we reaffirm that "today is our day and opportunity to impact lives!"

Almost half-way through 2019, we look back at the first few months of the year and stand amazed at the support bestowed on us by the Namibian community, remaining steadfast in building our nation. We have experienced one of the worst droughts in history, while economically our country is facing hardships like never before. Yet, we remain positive.

Positive that tomorrow, when it does come, will bring more hope and better opportunities.

Positive that tomorrow, when it arrives, brings relief!

I look back at what we have learnt in 2018 and I say that "whatever may have come our way, we shall remain focussed in our mission to make the way forward better!"

Thank you to everyone who has supported CAN and our cause.

Thank you to everyone who has committed and recommitted to help our brave cancer patients.

And now, LET US BEGIN!

Rolf



CAN SELECTED AS A 2019 COUNTRY CHAMPION

The Union of International Cancer Control (UICC) selected the Cancer Association of Namibia as a 2019 Country Champion.

The aim of the UICC Country Champions programme is to select global leader organisations in cancer, to network with international peers and help shape effective national advocacy campaigns, calling for improved, equitable access to cancer services globally.

"Of the more than 100 organisations from whom we received expressions of interest, the Cancer Association of Namibia (CAN) joins 16 other organisations from every region of the world as 2019 Country Champions committed to engaging with their governments to call for improved, equitable access to cancer services, focused on four key pillars: data, early detection, treatment, and supportive and palliative care," Carry Adams, Chief Executive Officer of the UICC explained.

As part of the national activation of Treatment for All, Country Champions receive guidance and targeted, technical support to enable them to unite with national-level civil society in their country, jointly identify key advocacy priorities in line with the global Treatment for All advocacy campaign, and work collaboratively with government towards addressing inequities in their contexts and countries. In so doing, Country Champions become leaders of the global Treatment for All movement.

Through a toolkit and online course, countries will work together to build an effective national Treatment for All advocacy campaign to be submitted ahead of the World Cancer Leaders' Summit in Kazakhstan on 14-16 October 2019. Based on the needs the 16 different champions identify, UICC will provide support to help improve skills particularly in the areas of advocacy, coalition building, communications, fundraising, and monitoring and evaluation. As a Country Champion, CAN's Chief Executive Officer, Rolf Hansen, will also attend a Treatment for All workshop at the World Cancer Leaders' Summit, and lobby the global community for

investment into screening drives to help earlier detect cancer in the SADC Region. "I am incredibly proud of this achievement, and the entire CAN team and the Namibian community deserve the honours thereof. As a collective community of hope, moving to impact lives, we have been recognized by the global community for what we do, we are willing to do, and now pledge to do even more to shape the future positively," said Hansen.

Country Champions join the first three Country Champions, Indonesian Cancer Foundation, Indonesia; Salvati A.C., Mexico and Uganda Cancer Society, Uganda, in a collective effort to reduce the cancer burden in their countries and improve patient outcomes.

"It was an incredibly competitive process, and we are delighted to work with this 2019 cohort of Country Champions, and the ambassadors they will be for Treatment for All and for UICC," said Micaela Neumann, UICC Advocacy Manager.

About Treatment for All

Over the last seven years, the UICC has united the cancer community to position cancer on the global health and development agenda, with the inclusion of cancer and non-communicable diseases in the Sustainable Development Goals (SDGs) in 2015, culminating in the successful adoption of a cancer resolution at the World Health Assembly in 2017.

'Treatment for All' is the name of a bold and inspiring advocacy initiative run by UICC. It calls on the international cancer community to address the global equity gap in access to cancer services by getting behind four essential pillars of cancer treatment and care:

- Improving the quality of cancer data for public health use.
- Increasing the number of people with access to early detection and accurate cancer diagnosis.
- Providing timely and quality treatment for early and metastatic disease for all.
- Providing a basic supportive and palliative care service for all.

CERVICAL CANCER PREVENTION

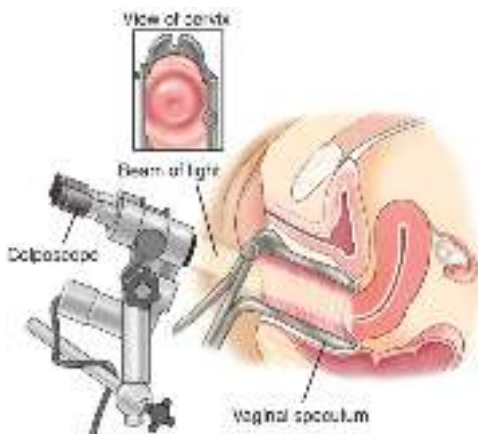
What is a cervical screening and how is it done?

Cervical cancer screening includes two types of screening tests: cytology-based screening, known as the Pap test or Pap smear and HPV testing; or a visual inspection known as VIA. The Papanicolaou test (abbreviated as Pap test, known earlier as Pap smear, cervical smear, or smear test) is a method of cervical screening used to detect potentially pre-cancerous and cancerous processes in the cervix (opening or lower part of the uterus or womb). An inspection is done in a medical office, a clinic, or a community health centre.

While a woman lies on an exam table, a health care professional inserts an instrument called a speculum into her vagina to widen it so that the upper portion of the vagina and the cervix can be seen. Either a visual inspection is then done, or a smear is taken to be sent to a laboratory.

What is a colposcopy?

A colposcopy (kol-POS-kuh-pee) is a method of examining the cervix, vagina, and vulva with a surgical instrument called a colposcope. The procedure is usually performed if the results of your screening test used to identify abnormal cervical cells are unusual.



What is looked for in a colposcopy?

It has colour filters that allow the physician to detect tiny abnormal blood vessels on the cervix. The colposcope is used to examine the vaginal walls and cervix through the vaginal opening.

The first step of the procedure is examining the vulva and vagina for signs of genital warts or other growths.

How long does it take to do a colposcopy?

A colposcopy is usually done in a doctor's office, and the procedure typically takes 10 to 20 minutes. You'll lie on your back on a table with your feet in supports, just as during a pelvic exam or Pap test/VIA.

Can you take a bath after a colposcopy?

Don't take a bath for 72 hours post-procedure. Showering is fine.

What to avoid after a colposcopy?

For 1 week after the procedure, avoid vaginal intercourse. Do not douche, or use tampons for 1 week.

How long do you bleed after a biopsy of the cervix?

Some vaginal bleeding or discharge is normal for up to a week after the biopsy. The discharge may be dark or gritty brown. You can use a sanitary pad for the bleeding.

What causes abnormal cervical cells?

Most of the time, the abnormal cell changes are caused by certain types of human papillomavirus, or HPV. HPV is a sexually transmitted infection. Usually, in younger women, these cell changes go away on their own. But certain types of HPV (especially HPV 16 & HPV 18) have been linked to a high risk of cervical cancer.

Do Pap smears test for HPV?

The main purpose of screening with the Pap test is to detect abnormal cells that may develop into cancer if left untreated and can also find cancer cells. HPV testing is used to look for the presence of high-risk HPV types in cervical cells. These tests can detect HPV infections that cause cell abnormalities, sometimes even before cell abnormalities are evident. A Pap smear and an HPV test are 2 different screening types. Cytology screening is commonly used to check for cellular irregularities, where as a liquid-based screening is used for HPV identification.

What does it mean if you test positive for HPV?

If you have cervical human papillomavirus (HPV) infection and an abnormal Pap test result, your health care provider will explain what other tests you might need. If you have cervical HPV infection and a normal Pap test result, it means that you have genital HPV, but no cell changes were seen on your Pap test.

Can you test positive and then negative for HPV?

Yes. Our body naturally heals itself of HPV (medically HPV is known a transient virus). So no, you're not necessarily positive for life. If a woman's cervical screening and her high-risk HPV test are both negative, and she's in a monogamous sexual relationship, then she does not need to have a screening or HPV test every year. She can increase the interval of her screening 3-5 years. Should she have a high-risk positive indicating result and have multiple partners, or herself or partner have a polygamous relationship status, annual screening is advised.

Can I get a wrong / false HPV test?

The HPV test is designed to detect most of the worst strains, using the same cells scraped from the cervix as a Pap smear does, to signal who's at high or low risk. Neither test is perfect. Screening can miss cancer signs, which is why women are urged to get them between one to three years regularly.

Can HPV be detected if it is dormant?

Not always. This is because HPV may remain dormant ("hidden") in the cervical cells for months or even many years. While dormant, the virus is inactive; it won't be detected by testing and will not spread or cause any problems. However, the infection may then "re-emerge," perhaps due to changes in the body's immune system. It is therefore important to have regular screening (1 – 3 yearly intervals maximum if at risk).

What is high risk human papillomavirus?

High risk HPV causes several types of cancer. **Cervical cancer:** Virtually all cases of cervical cancer are caused by HPV, and just two HPV types, 16 and 18, are responsible for about 70% of all

cases. **Anal cancer:** About 95% of anal cancers are caused by HPV. Most of these are caused by HPV type 16.

Can HPV be cured?

Unfortunately, once you have been infected with HPV, there is no treatment that can cure it or eliminate the virus from your system.

Can HPV be cured by hysterectomy?

A hysterectomy removes the cervix, which means that the risk of developing cervical cancer because of persistent HPV infection will essentially be eliminated, but not completely discarded.

How long does it take for HPV to show up on a test?

Some types of HPV cause cell changes to the cervix that can cause an abnormal Pap test. When symptoms do develop, they usually occur 2 to 3 months after infection. But symptoms have been known to occur from 3 weeks to many years after infection.

Is HPV for life?

Most HPV infections in young men and women are transient, lasting no more than one or two years. Usually, the body clears the infection on its own. It is estimated that the infection will persist in only about 1% of women. It is those infections that persist which may lead to cancer.

Can ovarian cancer be caused by HPV?

HPV infections that do not go away increase the risk of getting several types of gynaecologic cancer. HPV is a common sexually transmitted virus that can cause cervical, vaginal, and vulvar cancers. It is one of the most well-established risk factors for these three cancers.



How can I prevent getting HPV?

Get vaccinated for HPV prior to sexual activity and get tested to see if you are HPV negative.

If negative, get vaccinated. If positive, go for follow-up and HPV treatment (screen-and-treat options might also be considered). There are two common vaccines (Cervarix and Gardasil) used to optimally protect females against the types of HPV that cause most cervical cancers. Gardasil also protects against most genital warts. It's best to be vaccinated before becoming sexually active.

How can I prevent spreading HPV to my partner?

You can get HPV by having sex with someone who is infected with it. This disease is spread easily during anal or vaginal sex, and it can also be spread through oral sex or other close skin-to-skin touching during sex. HPV can be spread even when an infected person has no visible signs or symptoms.



What is Cryotherapy (used in Screen-and-Treat protocols)

Cryotherapy or Cryosurgery is the use of extremely cold temperatures to freeze and destroy abnormal tissues. This procedure is used to treat pre-cancerous tumours and to control bleeding. It is often used to remove abnormal tissue of the cervix, the lower part of the uterus (womb) that opens into the vagina (birth canal).

Why do they freeze your cervix?

Cryosurgery is a procedure that uses freezing gas (liquid nitrogen) to destroy pre-cancerous cells on the cervix. The cervix, the lowest part of the womb or uterus, opens into the vagina. When these unhealthy cells are destroyed, the body can replace them with new, healthy cells.

What steps should I follow now that I have all this information?

The Cancer Association of Namibia advises all sexually active women to have a "cervical screening" by visual inspection (known as VIA).

Your health care practitioner will do a pelvic examination, and similar to a Pap smear, conduct a procedure whereby the cells of the cervix will be carefully looked at. Should irregular cells be noted, cryotherapy may be used to quickly treat the cells, or a further procedure via colposcopy will be conducted. Your medical officer will then guide you on the next steps, should there be any.

CAN recommends that young girls and boys (with parental consent) of ages 9 – 12 be vaccinated for HPV. We highly recommend parents have an open dialogue with their children on sexual reproductive health, as education is key to saving lives!

HIV+ ladies stand a greater risk of developing cervical cancer, and we appeal to patients to build a trusting relationship with your health care provider and do annual VIA screening.

Ladies who are HIV- and HPV- have the lowest risk of developing cervical cancer, but should be screened at least every 3-5 years to eliminate any possible threats. Women over the age of 60 will be privately assessed and advised by the health officer, and a medical check-up plan should be managed by the patient.

Knowing your HIV and HPV status, understanding your body and educating yourself with the facts are key to fighting cervical cancer!



CERVICAL CANCER



Cervical Cancer

Cervical cancer is the second most common cancer in women in Namibia. However, it is a cancer that can be detected and partially prevented!

Cervical cancer develops in the cervix, the neck of the uterus. The main cause of cervical cancer (almost 80%) is the Human Papillomavirus (HPV).

This virus is transmitted through sexual intercourse and intimate skin-to-skin contact. Infection rarely shows symptoms.

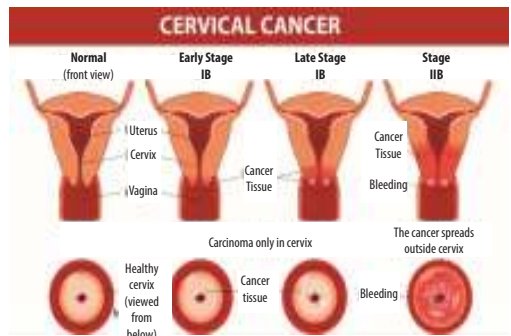
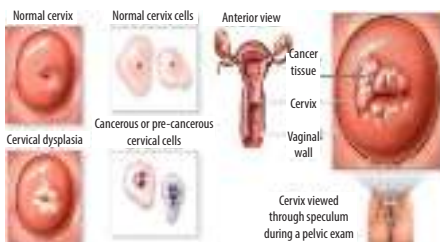
Risk factors include:

- If you start sexual activity at a young age
- If you or your partner have multiple diseases
- If you have a sexually transmitted disease
- Multiple pregnancies
- Smoking
- Overweight / Obese
- Weak immune system

What you can do:

If you are sexually active, have regular Pap smear examinations. Cervical cancer can be treated quickly, easily and successfully if diagnosed early.

The Pap smear test does not prevent infection, but the infection can be detected early.



EARLY DETECTION

Up to 80% of sexually-active women will acquire an HPV infection at some time in their lives. Up to 70% of these infections will be from cancer-causing HPV types. HOWEVER, it is a cancer that can be detected and prevented. It can also be treated with great success if detected early.

YOU MAY BE AT RISK, WHATEVER YOUR AGE

You are at risk of getting cervical cancer if you start sexual activity at a young age; if you or your partner have had multiple sexual partners; if you have a sexually transmitted disease; if you have had multiple pregnancies, and if you smoke.

THE POTENTIAL OF VACCINATION

The most effective means of addressing cervical cancer is prevention and vaccination against the most common cancer causing HPV types 16 and 18. It has been estimated that alongside regular screening, this could reduce the risk of developing cervical cancer by up to 94%, compared to no intervention.

WHEN TO VACCINATE?

Girls and women over the age of 9 can be vaccinated. HPV vaccination is recommended before a first sexual encounter, however, nearly all women could benefit from vaccination because a woman can be exposed to the virus at any point in her life. Even if a woman has already been exposed to HPV, prior infection does not reliably protect women against subsequent infections. Data show that as women age, cancer-causing HPV infection is more likely to become persistent, and potentially lead to the development of pre-cancerous lesions and cervical cancer.



The Cancer Association of Namibia and NHP hosted an informal, but educational country evening to create awareness on men's health.

The funds raised are ploughed directly back into the community through the National Outreach Programme. With this programme CAN provides free PSA test for men in rural areas across Namibia.

CAN would like to thank all project partners for enabling the association to create awareness, to educate and to change lives.

Your partnership enables us to inspire hope and activate change and impact lives.





Go Gold in September

SHAKE A CAN FOR CANCER & TEKKIE DAY



Last year 9 street corners were occupied by loyal friends of CAN to shake a can to raise funds and to hand out cancer manuals to motorists to educate and create awareness.

The association would like to thank our Circle of Hope volunteers, Ecotech, Aztech Consulting, Business Connexion, PPS Insurance Namibia and NUST for helping raise much needed funds.



Many companies and individuals also supported the Going Gold in September campaign by buying a funky pair of shoe laces or Tekkie Day sticker worn on 31 August 2018.

Your support enables the Cancer Association of Namibia to:

- Fund the CHICA Interim Home for kids with cancer.
- Help the 8 West children's cancer ward at Windhoek Central Hospital.
- Help children with cancer financially to get better.
- Provide transport for children to get to cancer treatment centers.
- Donate fresh fruit and yoghurt to the kids' cancer ward weekly.



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The Cancer Association of Namibia hosted the first Cancer Walk in 2015. This event is for the whole family to enjoy a sunrise fun walk to raise funds and create awareness for cancer in Namibia.

In 2016, Rehoboth, Swakopmund and Walvis Bay joined the campaign and in 2017 even more towns became part of this family affair: Windhoek, Swakopmund, Walvis Bay, Rehoboth, Mariental, Keetmanshoop, Lüderitz and Tsumeb.

During 2018, 12 towns took part in the National Cancer Walk: Windhoek, Swakopmund, Walvis Bay, Rehoboth, Mariental, Keetmanshoop, Lüderitz, Karasburg, Rosh Pinah, Aranos, Gobabis, Tsumeb and Ondangwa.

More than 2000 Namibians took part in this event nationwide and N\$105 000 was raised for the fight against cancer.

CAN thanks every person who supported the National Cancer Walk. Your contribution makes it possible for the association to provide free clinical screening for the poor.

We extend our sincere gratitude to all CAN committee members and volunteers in every town that were willing to use their own resources to host the National Cancer Walk. Without your hard work we would not have been able to create awareness and raise much needed funds nationwide. Your efforts are appreciated.



CANCER ASSOCIATION OF NAMIBIA HARDAP CENTRE



The Cancer Association of Namibia officially opened a local support centre in the Hardap region earlier this year. The Governor of the Hardap Region, Mrs Esme Isaack, officially opened the centre together with CAN's Chief Executive, Rolf Hansen, while local councillors and representatives of various local religious denominations were also present.

Said Isaack: "It is our collective duty, no matter our political affiliation, or religious background, to unite in the fight on cancer in our community." The Cancer Association of Namibia chose the Rehoboth site after the successful lobbying and very active commitment by the local committee to formally establish a centre at this town. "In addition to the incredible support of the Rehoboth committee, a local resident, Father Johan Koningseder, left CAN a substantial inheritance in 2018 that we as board of directors CAN felt should be reinvested in the local community where he served," Hansen explained.

Known as the Cancer Association of Namibia Hardap Centre, the project was established as a voluntary community programme in 2015 by a group of Rehoboth residents. In 2016 the group was formally recognised by CAN's Chief Executive Officer, as the Hardap Voluntary Committee and with the mission to support CAN's head office activities throughout the Hardap region.

By 2017 the commitment was made by CAN management that should the community take the organisation's hand, CAN would further the cause and invest in establishing a community centre at the town with a formal clinic, as well as psychosocial support services to ensure that cancer patients in the greater Hardap region have easier access to the services the association offers.

Address: CAN Hardap Centre, Erf 63, Kerkstraat, Blok B, Rehoboth. Email: hard@can.org.na or Website: www.can.org.na



2018 Hats & Roses

Denims & Diamonds Ladies Luncheon



PROUDLY SUPPORTED BY



The annual "Hats & Roses" fundraiser event of the Cancer Association of Namibia was held in October 2018.

The theme was "Denims and Diamonds" and while the ladies sparkled like the jewels they are, a cool N\$270 000 could be raised during the morning in support of women's health clinics hosted by CAN; and to support women who have cancer through the Patient Financial Assistance Programme.



Bank of Namibia



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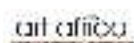




In October 2018 the Cancer Association of Namibia hosted their first Erongo Hats & Roses Ladies Breakfast.

The morning was filled with tears, laughter and inspiration. This event supports the Cancer Association of Namibia's Erongo Centre.

Namibian patients diagnosed with cancer are invited to contact CAN Erongo Centre at Tel: 064 461 271 to confirm the various programmes where CAN may be able to assist them.



SUPPORT IN PINK



Teltech supported women fighting cancer in Namibia during our annual Pink Day on Friday 19 October. Thank you to each and everyone of the Teltech team!



School of Dance and Fitness hosted 2 Zumba pink parties in support of breast cancer awareness.



Our Walvis Bay Volunteer Committee had a pink cupcake sale in support of Pink Day and raised a wonderful N\$4000 that they have donated to impact lives.



Rio Tinto (Rössing Uranium) celebrated Pink Day on 19 October 2018 supporting women fighting cancer in Namibia.

MOVEMBER MOVEMENT

The "Movember Movement" is a men's health initiative in support of the early detection of male forms of cancer, addressing more specifically prostate cancer and testicular cancer. Originating in Australia, Namibia has been participating in the movement for the last decade.

Early detection and endeavours to eliminate stigmas surrounding both types of cancer is done by encouraging men to grow a beard or moustache and challenge one another to have a medical check-up done. It further encourages men to share health concerns with their peers.

Being the most common type of cancer among young men (15-37 years), most men are completely unaware of testicular cancer. Worldwide, there are 48 500 new patients diagnosed with testicular cancer each year; 8 900 of these men will die. As for prostate cancer, it mainly occurs in older men. About 6 cases in 10 are diagnosed in men aged 65 or older, and it is rare before age 40. The average age at the time of diagnosis is about 66. Both types of cancer are curable if detected in the early stages.

The 2018 "Grow a Mo – Save a Bro" campaign stresses the significance of self-examination in detecting testicular cancer. Similarly, DRE (Digital Rectal Examination) & PSA (Prostate Specific Antigen) tests are two major exams for early detection of prostate cancer.

Men's Health Clinics are hosted by the Cancer Association of Namibia regularly on Tuesdays. Bookings must be made in advance by telephone, and the cost is N\$70 per Namibian male (please bring ID). The clinic includes an education session, family history and personal history consultation, PSA screening (only a prick of the finger and blood taken), as a first step in cancer screening.





Join us on 4 February

CAN believes that a multi-sectoral & multi-disciplinary approach is the cornerstone of successfully fighting this disease.

When acknowledging our weaknesses and highlighting our strengths, opportunities are created to learn and grow. Opportunities allow us to bring about the necessary change, especially in a time when the scourge of HIV influences cancer diagnoses, and non-communicable diseases (NCD's) are plaguing our nation.

The Cancer Association of Namibia has successfully restructured and aligned itself with the World Health Organization objective and local Namibian vision to address challenges faced within the cancer-fighting community.

As umbrella civil organisation in this field we reaffirm our responsibility to be the voice of the cancer patient and the support for families afflicted by this dread disease.

Only by standing together, can we bring about change – only when corporate/private Namibia and public services take hands, can we make Namibia great again.

Thank you to each and every Namibian who participated, shared, tweeted, posted, called, e-mailed, popped in at the CAN head office and especially the media who carried World Cancer Day in Namibia phenomenally!

Thank you to Namibia Breweries who heeded the call and donated N\$120 000 to help fight cancer in our country.

Thank you to the UICC - Union for International Cancer Control - and worldcancerday.org team for the campaign support.

Together we did it Namibia!

INTERNATIONAL CHILDHOOD CANCER DAY - 15 FEBRUARY

World Health Organization:

International Childhood Cancer Day is celebrated annually on 15 February to raise awareness and to express support for children and adolescents with cancer, survivors and their families.

Each year, approximately 300 000 children are diagnosed with cancer – a disease that touches countless families and communities in all regions of the world. With access to quality care, more than 80% of children with cancer can survive, living full and healthy lives. However, many children in low-income and middle income countries do not receive or complete care, and, as a result, over 90% of childhood cancer deaths occur in low resource settings.

A global response is needed to give every child the best chance of surviving cancer free – to raise awareness, improve access, better understand why and where children are diagnosed with cancer through cancer registries, and offer the best possible treatment, palliative care and support for children and their families. WHO has highlighted the importance of diagnosing childhood cancer early and improving access to treatment for children and adolescents with cancer.

On International Childhood Cancer Day, we pause to recognize contributions from advocates around the world and call for renewed collaboration to care for children with cancer globally.

Background:

International Childhood Cancer Day (ICCD) which was founded in 2002 by Childhood Cancer International (CCI) is commemorated around the world each year on February 15th. CCI - a global network of 171 member organizations in 88 countries including our member organization - is committed to working with its international partners including the World Health Organization, SIOP, and others, towards the global goal of reducing childhood cancer mortality and the elimination of cancer-related pain and suffering.

On September 28, 2018 at the United Nations General Assembly, the World Health Organization announced its new global initiative to address the disparity between childhood cancer survivals in low-middle versus high-income countries. Each year, more than 300 000 children aged birth to 19

years are diagnosed with cancer around the world. Approximately 8 in 10 of these children live in low and middle-income countries where their survival rate is often near 20%. This is in stark contrast to high-income countries, where cure rates exceed 80% for many common childhood cancers.

The Target Goal of the WHO Global Childhood Cancer Initiative is to eliminate all pain and suffering of children fighting cancer and achieve at least 60% survival for all children diagnosed with cancer around the world by 2030. This represents an approximate doubling of the current cure rate and will save an additional one million children's lives over the next decade.

On International Childhood Cancer Day, we stand united to make childhood cancer a national and global child health priority in support of the WHO Global Childhood Cancer Target Goals. The ICCD 2019 campaign focuses on "No More Pain" and "No More Loss" for children with cancer and their families. To achieve this goal, governments, health care providers, industry, parent support groups and society at large must ensure the right to early and proper diagnosis; the right to access life-saving essential medicines; the right to appropriate and quality medical treatments, the right to treatment without pain and suffering and when a cure is not attainable, the right of the child to a pain-free death.

Together, on ICCD, we raise our voices and envision the day when there is No More Pain and No More Loss for all children with cancer regardless of where they live in the world.

In Namibia:

The Cancer Association of Namibia, through its CHICA (Children Fighting Cancer) Namibia programme, aims to create awareness on childhood cancers in the country, as well as support childhood cancer patients and their families.

The CHICA Interim Home was established in 2017 through the generous support of GEKA Pharma who donates N\$200 000 annually for the cause; while the LEWIS Group supports the home with N\$50 000 per year as well.

Currently the home has 17 beds sleeping

Namibian children undergoing cancer treatment and their mothers. An urgent need to expand the home has been experienced since early 2019 as childhood cancer cases have sky-rocketed during 2018.

"The 17 beds are occupied at a 95% capacity since we reopened for duties in January (2019) and we often need to turn away patients at both our adult and childhood interim homes," stated CAN Chief Executive, Rolf Hansen.

415 new cases of childhood forms of cancers were recorded in Namibia for the 3 year period of 2014-2016.

The complexity of diagnosing childhood forms of cancer remains a challenge.

"It is often infants who cannot speak or show where there is pain that are diagnosed with cancer. Parents need to be aware of the signs and symptoms in order to present to the medical officer and help in the process," explained Hansen.

A childhood cancer education storybook is currently being developed by CAN. Authored by Astrid zu Bentheim of Windhoek and telling the tale of "Djambo and his friends playing at the waterhole", this light-hearted story tells little ones what cancer is and how they can make healthier choices to prevent getting the disease. Illustrations are currently being done and a pilot reading to test the impact of the story was conducted during National Spray-a-Thon (2 – 15 March 2019).

The CHICA Fund of CAN has during the 2018/19 annual budget already expended more than N\$330 000 (far exceeding the donations support received) towards the CHICA programme. This number is set to rapidly escalate given current trends. CAN urgently requests the support of the Namibian community to assist in raising funds to sustain this programme and to help children who are fighting cancer.

How can I help fight childhood cancer?

The Centre for Disease Control (CDC) says that we can lower our children's risk of getting cancer later in life by helping them make healthy choices like eating a diet rich in fruits and vegetables and getting regular physical activity to keep a healthy weight.

Stay Safe in the Sun - Just a few serious sunburns can increase your child's risk of

skin cancer later in life. Follow our sun safety tips to protect their skin from the sun whenever they're outdoors.

Get your kids vaccinated against HPV – The Human Papillomavirus (HPV) is a very common virus that nearly all people will get at some point in their lives. HPV is the main cause of cervical cancer and can also cause vaginal, vulvar, penile, anal, and oropharyngeal cancers. The HPV vaccine protects against the types of HPV that most commonly cause cancer. Both boys and girls should start and finish the HPV vaccine series when they are 11 or 12 years old. Teen girls and young women through 26 years, as well as teen boys and young men through 21 years, who haven't started or finished the series should get those shots as soon as possible. The HPV vaccine can be given from age 9.

Talk to your kids about smoking and cancer - The best way to prevent cancer caused by smoking is for kids to never start. Most people start smoking during adolescence. Nearly 9 out of 10 smokers start smoking by age 18, and 99% start by age 26.

Many Namibian high school students reported being a current cigarette or a "hubbly-bubbly" (water pipe / hookah) smoker. Talk to your children about why you don't want them to smoke. Smoke from other people's cigarettes ("second-hand" smoke) can cause lung cancer. There is no safe level of second-hand smoke for non-smokers. Don't expose your children to second-hand smoke. Quit smoking, before it quits you!

Infant childhood cancer is often hereditary or DNA-bound. These are small children with families that need our help and support, as a cancer diagnosis especially in infants is highly traumatizing for parents. We can all take hands and support families who are affected by childhood cancers – a willing shoulder to lean on, an ear that listens with empathy, and a heart that is willing to care – these are the ways in which we as a Namibian community can show, in addition to financial support if needed, that we care.



OUR CARING COMMUNITY

The Cancer Association of Namibia, in cooperation with the community, fights cancer and its consequences countrywide to the benefit of all Namibians by supporting research; health education and information; care and support services.

It is the distinct aim of the Cancer Association of Namibia (CAN) to educate the general public regarding the prevention, early detection and dangers of cancer. CAN renders a welfare service to all cancer sufferers according to established criteria:

1. Education and care
2. Advocacy
3. Regional committees and branches
4. Data and research
5. Patient accommodation support (adults)
6. National cancer outreach programme
7. Communication and awareness
8. Patient financial assistance programme
9. Patient accommodation support (children)
10. Psychosocial support
11. Projects and fundraising
12. Support to the Ministry of Health and Social Services (MoHSS)

The Cancer Association of Namibia is solely dependant on the goodwill of the Namibian community. The Association does not receive any funding from the Namibian government or any international organisations. Without the continued support of Namibians, it will not be possible to honour our various commitments.

Even though words cannot fully explain the gratitude, appreciation and admiration for every donation - whether in kind or monetary, big or small - please know that your efforts are valued.

It has been proven over and over again that Namibians care about Namibians and it is an honour to be your tools in the field.

2018 PROJECT PARTNERS



LOVELY BLANKETS FOR A COLD WINTER

I Care Aftercare & Tutor Centre donated beautiful blankets to keep the patients warm at House Acacia Interim Home.

CAN is very proud and thankful when the Namibian youth take hands to help our community.



'n HANDSAK VOL BEDERF



"'n Klompie van ons vriendinne samel handsakke in om te skenk aan die opsigters wat al die harde werk in die agtergrond doen. Ons het die 3 dames by Huis Acacia bederf met 'n sak elk en dit was voorwaar 'n voorreg vir ons ook om dit te kon doen," vertel Carine Jacobs.

WELWITSCHIA PRIVATE SCHOOL SUPPORTS THE FIGHT AGAINST CANCER

We thank Welwitschia Private School for their generous donation of N\$1002,85. Together we can impact lives!



BONLIFE & CAN TAKE HANDS FOR WOMEN'S HEALTH



Bonlife Assurance and the Cancer Association of Namibia celebrated the launch of a new Bonlife insurance plan to support women, fight cancer and financially contribute to CAN's National Cancer Outreach Programme and Women's Health Clinics.

Bonlife Assurance, a 100% Namibian-owned life insurer, introduced a progressive insurance product specifically designed for women - the mothers and future of our nation - namely the "Bonlife Pink Plan". What makes the Pink Plan unique is that it focuses on the preventative diagnosis process of woman-related critical illnesses while other products typically focus on the treatment of these illnesses after diagnosis.

Johan Lotter, Chief Operations Officer of Bonlife: "Our research shows that many women and mothers in Namibia have never taken any women-related prevention test such as mammograms and Pap smears, due to the high costs associated with these tests. As part of our commitment to our Namibian community, we at Bonlife designed the Pink Plan with the following benefits: cover for serious illnesses and diseases, disability, retrenchment and accidental hospitalization."

The preventative examination is a free benefit of the Pink Plan which allows a policy holder for ages older than 40 to undergo a cytology (Pap smear) test and breast ultrasound every 24 months free of charge.

"At Bonlife, we believe in the wellbeing of our clients and communities and as part of this commitment, Bonlife is also donating N\$10.00 of every premium paid on a Pink Plan policy, to CAN in support of the good work they are doing throughout Namibia," stated Lotter.

THE DOME SWAKOPMUND RAISES N\$36 000 IN AID OF CAN



The Dome Swakopmund raised N\$36 115.85 in aid of the Cancer Association of Namibia during this year's Ladies Night held on 28 September inside The Dome's Conference Centre. "We are extremely happy with the turn-out. We would like to thank everyone that was involved, especially those who made generous donations. We will continue hosting these kind of events to assist those in need," said Arne Putensen.

The total amount raised comprised a cut of the ticket sales, two exciting auctions of different goodie hampers, a collection from all attendees as well as the proceeds generated by Namibia Wine Merchants on the night.

Headlining the event was South African comedian Craig du Toit Nel, who kept tears of laughter rolling throughout his hour-long performance with his witty jokes and comments.

The Dome Swakopmund would like to thank the following sponsors for their contributions: AQS without their help, the magnificent evening wouldn't have been possible: Abenteuer Afrika, Activities Namibia, African Waxed Boxes, Air Namibia, AMH Motors, Corporate Event Gear, Dome Conference Centre, Dr Silvio Suardi Dental Surgeon, Herco Marketing, The Dome Health and Training Centre, La Luna Lingerie, Nakara, Nam Booth, Natura Afrika, Nifty Studios, Otto Günther, Pole Dance Fitness, Pure Bliss Hair Salon, The Dome Serenity Spa, Star Photography, Swakopmund Hotel and Entertainment Centre, Swakopmund Plaza Hotel, Namibia Wine Merchants, Tea Room, Tokkie's Travel, Ulla's Cleaning Services, Curves, Sovereign Hair Salon, Atlantic Bliss, Ilana's Hair Gallery and Arne Putensen.

NAMIBIA COMMUNITY TRUST SUPPORTS HOUSE ACACIA INTERIM HOME

The Namibia Community Trust (previously known as NAMSOV Community Trust) donated N\$50 000 towards the House Acacia Interim Home of the Cancer Association of Namibia. The funds will be used to purchase food for cancer patients staying at the home.

Anne-Marie Molatudi reconfirmed the trust's support towards the betterment of the Namibian health care sector, emphasising that the relationship shared between the trust and CAN has been ongoing since 1991 and must continue in the future to the benefit of cancer patients in Namibia.

"It is only when we unite our efforts and make healthcare a collective issue to address, that we can better the system and establish stronger support systems for patients in need," Rolf Hansen of CAN explained as to why House Acacia is a necessity in fighting cancer in the country.

The annual operational cost of the residence during the past financial year added up to more than N\$640 000. The Cancer Association of Namibia covers House Acacia's running costs through fundraising projects, donations and the kind-hearted support of the Namibian public.

During 2018 CAN invested close to N\$2 million to expand and upgrade the residence to provide more accommodation for cancer patients during their period of treatment. The new wing comprises 3 triple rooms and one ward unit with additional bathrooms, sleeping 13 additional patients. In total 45 patients are now accommodated weekly from Sunday afternoon to Friday morning.

The acacia tree, due to its ability to grow a new branch if an old one is injured or removed, was chosen as a symbol indicative that there is always hope after a cancer diagnosis.



ALEXANDER FORBES CREATING AWARENESS ON BREAST CANCER



Alexander Forbes hosted an awareness day on 12 October 2018 for all their female employees. The morning consisted of educational sessions.

Staff also had the opportunity to support the Cancer Association of Namibia by purchasing pink stock for Pink Day on 19 October 2018.

LÜDERITZ CUP4CANCER RAISES N\$37 430 FOR HOPE

The Cancer Association of Namibia's annual "Lüderitz Cup4Cancer" was recently hosted at the Lüderitz Nest Hotel and a whopping N\$37 430 was raised by the local community in support of the National Cancer Outreach Programme and Patient Financial Assistance Programme of CAN. Funds raised enable CAN to host community clinics in the area annually, while patients from this community also receive assistance through the financial assistance programme.

We thank our local partners: Lüderitz Nest Hotel, Obelix Guesthouse, Lüderitz Bay Shipping, Nammilk, Karas Fruit & Veg, Andrew & Sons Aus, Cosy Corner, Essenzeit, SPAR Lüderitz and Oranjerivier Wynkelders. In particular we thank the following community friends: Loyde & Jerome, Reinette Fourie, Lilly Raubenheimer, Lüderitzbucht Pharmacy, Frits Hall and artists Chriss B and JF Labuschagne. CAN Head Office thanks in particular our stunning local committee guided by Elize & Hugo du Toit - Thank you.



REHOBOTH COMMUNITY CARES IN PINK

The Hardap CAN volunteers hosted their annual pink tea to raise funds and create awareness.

The afternoon was filled with tears, laughter and caring. The testimony of a beautiful lady currently fighting cancer inspired the community to share their struggles and victories.



BIGGEST TEA PARTY FOR HOPE

Violette Mureko and friends hosted "The Biggest Tea Party 4 Hope" since 2015 in support of the women's health clinic of the Cancer Association of Namibia. This year, they raised N\$6 000 to impact lives and handed over the donation to CAN's CEO, Rolf Hansen.



SANLAM GOLF CHALLENGE FOR CANCER



The annual Sanlam Golf Challenge for Cancer raised N\$105 000 for the Cancer Association of Namibia during 2018. These funds are put to work at CAN's community clinics, providing accessible screening for breast and cervical cancer in women; and to help detect elevated prostate specific antigen levels that may be indicative of prostate cancer through the PSA rapid test for men.

This collaboration of hope extends over two decades and has impacted thousands of lives through preventative screening and early detection of cancer.

DOLPHIN ELEMENTARY SCHOOL CREATES AWARENESS

Dolphin Elementary School in Walvis Bay, recently held a civvies day in aid of Cancer Day in support of women fighting breast cancer in Namibia.

Children donated N\$5 to wear casual clothes for the day to create awareness. N\$2 057 was raised and donated to CAN.



KRUIDENIERSWARE VIR HUIS ACACIA

'n Groot DANKIE aan Carine Jacobs en Willie en Alice O'Callagan vir die pragtige pienk kolwyntjies en kruideniersware vir die pasiënte wat tans by Huis Acacia tuisgaan gedurende behandeling.

CELEBRATE WITH PINK CUPCAKES

St. Pauls College celebrated Pink Day by selling pink cupcakes and pink ribbons at their school. A heartfelt thank you to all students and staff members of St. Pauls for the generous donation of N\$4000 to the Cancer Association of Namibia.



ERONGOMED HELPS KIDS FIGHTING CANCER



Erongomed generously donated 100 thermometers to the Cancer Association of Namibia's CHICA (Children Fighting Cancer in Namibia) programme. The thermometers are given to mothers of infants diagnosed with cancer who are on treatment as part of the "CHICA Help Pack".

ELSABE ALDRICH

Die gees was hoog en "sappig" by die CAN Erongo Centre en ons Swakopmund komitee se kuier met Elsabe Aldrich! Dankie aan al ons wonderlike plaaslike borge en vriende wat die oggend moontlik gemaak het! Julle liefde en dra, is 'n riem onder die hart!



WEAVERS OF HOPE

Friends who wish to support Conny Pimenta and her "weavers of hope" project are welcome to discard their old plastic bags at CAN. Shopper bags for environmental support shopping can be purchased at CAN.

Not only are you supporting a worthy project to help those in need, you are also helping to rid our environment of plastic and supporting the fight against cancer by supporting our CAN shop in buying shopper bags that last longer, while plastic waste is being eliminated.



COTA KEEPS ON FIGHTING

COTA (College of the Arts) handed over N\$10 075 raised through their annual Christmas Memories concert. Rolf Hansen accepted this generous donation and the entire CAN team thank the COTA members on behalf of all Namibian cancer patients!



WARM WINTER

Tannie Tienie de Beer en vriendinne van Okahandja het hierdie lieflike stukkies gebrei vir ons kindertjies wat kanker bestry. Dankbaarheid het geen perke, as ons sien hoe behoeftig ons mense werklik is.



WIGS MADE IN NAMIBIA FOR NAMIBIAN CANCER PATIENTS



The Cancer Association of Namibia is excited to announce that we have reached an agreement with a proudly Namibian business to stitch wigs for our cancer patients again.

This service was interrupted for the last 6 years due to South African firms charging in excess of N\$10 000 per unit for the manufacturing of natural hair wigs, while no-one in Namibia could offer this at a cost-effective rate.

CAN has bought synthetic wigs and relied on donations of wigs to ensure a quality range for cancer patients who cannot afford wigs that do not hurt the scalp while on treatment.

The agreement sees wigs made for the Cancer Association of Namibia now being manufactured free of charge, and will be on loan for cancer patients from CAN.

The service also includes the quality wash and treatment of loan wigs prior to re-loan to patients, as well as care education on how to maintain the wigs during the loan period.

A discounted rate applies for wigs being custom-made for sale.

Namibians are invited to donate their locks as follows:

- 1) Donated hair must be at least 20cm long.
- 2) Tied at both ends with a rubber band.
- 3) Stored in a Ziploc bag or wrapped in cling wrap plastic.
- 4) Delivered to CAN Head Office, 90 John Meinert Street, Windhoek West OR CAN Erongo Centre, 3C Ferdinand Stieh Street, Swakopmund.

We thank the Namibian community for supporting the fight against cancer in Namibia.



DONATION FEE STRUCTURE INTRODUCED AT HOUSE ACACIA INTERIM HOME

Interim homes form a key component of cancer treatment and at the Cancer Association of Namibia's House Acacia and CHICA Interim Home we aim to provide caring "homes of hope" for those receiving treatment.

Patients make House Acacia their home during their 6-weekly treatment plans, or for follow-up checks in preventing the spread of cancer. Our patients hail from over 24 main residential hubs nationwide and include the full spectrum of the Namibian house.

We pride ourselves in honouring culture, diversity and focusing on the core aspect of cancer treatment – "Supporting the individual and embracing the cancer journey together"

The operations of the two interim homes equate to some of the largest portions of support expended to cancer patients. Namibians from all corners of the country have been accommodated free of charge and provided with three nutritional meals and transportation daily until now.

House Acacia can accommodate 35 patients while they are receiving treatment in Windhoek, and since January 2019, our beds have been fully occupied, with a growing wait list.

Regretfully, the prevailing economic climate in the country, increases in food prices, higher

municipal tariffs and soaring in patient numbers needing assistance, has necessitated the Cancer Association of Namibia to implement a nominal donation structure to allow us to keep our doors open and continue providing this critical function and all services related thereto, in respect to the homes.

Consequently, as of 1 March 2019, patients needing accommodation support will be requested to make a donation of N\$150 per day to cover some of the costs incurred towards preparations of the three meals provided. Accompanying spouses shall be required to make a donation of N\$250 per night subject to availability of beds. This amount is anticipated to cover at least some of the meal expenses and lodgement.

Patients will be provided with a formal documentation that can be presented to their medical aids to claim back these amounts afterwards, should they have this option.

Patients who are not able to make the required donation are encouraged to apply with CAN's Patient Financial and Accommodation Assistance Programme with Martha Angolo at health2@can.org.na or 061 237740 in advance.

The Patient Financial Assistance Programme traditionally assists patients with transport support, financial help in terms of co-payments, monthly subsidies, nutritional food supplements and/or outstanding hospital/medical accounts. It therefore continues to play a vital role despite of, and in fact especially in view of the current Namibian climate, to those who require such assistance. Support may be provided subject to the policies and guidelines currently in place and as may be further approved and implemented by the board of directors from time to time.

We look towards receiving your support in order to keep our homes open.

Inquiries in this regard can be directed to the Chief Executive Officer at help@can.org.na



WO 30

**CANCER ASSOCIATION
OF NAMIBIA**

MEMBERSHIP

N\$100 Yearly Membership Fee

NAME:.....

SURNAME:.....

CELL:.....

EMAIL:.....

PO BOX.....

TOWN:.....

ID NR:.....

Membership payment for 20....

- ★ Membership fees will go towards our various community outreach projects.
- ★ The "ACACIA Magazine" showcasing what CAN and our community does to alleviate the scourge of and better the fight against cancer complimentary in electronic format.

Please fax / email application and proof of payment to

Fax: 061 237 741 projects2@can.org.na

Bank details:

CANCER ASSOCIATION OF NAMIBIA

FNB

BRANCH CODE: 280 272

ACC NR: 555 1334 9239

REF: YOUR NAME & SURNAME MEMBERSHIP



Zero2Cancer Campaign

"Zero2Cancer" (Z2C) is the Cancer Association of Namibia's latest drive to help create awareness and fight cancer in Namibia.

The campaign entails the securing of membership donations at N\$100 per month to be automatically debited from individuals' account who have a heart for the fight against cancer in our country.

Funds raised through the new membership programme will ensure the doors and operations of the Cancer Association of Namibia (a registered welfare organisation) will remain open and continue to the benefit of all Namibians.

Z2C membership tackles various topics and hopes to raise much-needed funds to sustain CAN's operations that include the House Acacia Interim Home for adult cancer patients, the CHICA Interim Home for childhood cancer fighters, our National Cancer Outreach Programme and especially the Patient Financial and Commodity Assistance Programme.

Registration to become a Z2C member and debit order forms to make a monthly donation of N\$100 for one year in support of the Cancer Association of Namibia, can be obtained and completed at our offices, or by e-mailing projects2@can.org.na. Memberships are renewable annually and at the discretion of the member.

Members will receive:

- The "ACACIA Magazine" showcasing what CAN and our community does to alleviate the scourge of and better the fight against cancer complimentary in electronic format.
- Members will also have first access to information on all our ongoing campaigns and invitations to join us at events. They will receive the audited financial statements indicating our commitment to transparency and accountability in what we do.
- Zero2Cancer members will also be registered as full organisational members as per the constitution of the Cancer Association of Namibia and will subsequently also have voting rights on matters relating to the official direction of the association (at least 10 out of 12 annual months membership fees must be paid up).
- As new member you will receive a free cervical & breast screening for ladies or a PSA screening for men.
- And finally (and we feel most importantly) Z2C members will receive a stylish lapel pin badge annually to proudly wear indicating that they are fighting cancer and impacting lives in our community!

For more information on the Z2C campaign follow the link www.can.org.na/z2c.

CANCER ASSOCIATION OF NAMIBIA (Wo30)

TEL: 061 237 740 • FAX: 061 237 741 • EMAIL: projects2@can.org.na

PO BOX 30230 WINDHOEK, NAMIBIA



GOING



"HUMANS ARE THE ONLY CREATURES IN THIS WORLD WHO CUT THE TREES, MADE PAPER FROM IT AND THEN WROTE, 'SAVE TREES' ON IT"

- Anonymous

The Cancer Association of Namibia is integrating sound environmental business practices into its day-to-day operations to deliver a greener tomorrow.

The Cancer Association of Namibia is committed to reducing its impact on the environment. CAN strives to enhance sustainability at its facilities for employees, patients, members and customers working in and conducting business at CAN facilities across the country. The association also continues to enhance standards and processes to design, construct and operate sustainable and efficient buildings that are lifecycle cost effective.

Recycle - This enables the materials you throw away to be used again by making them into new products.

Reduce - Try to reduce the amount of waste you produce, as this is the best way to help the environment!

Reuse - Think of ways you could reuse something. Not only can you recycle the mail you receive, but you can also share your magazines and catalogs with family and friends, or donate them to hospitals, clinics, and doctors' offices for the waiting room, to retirement communities, and to schools for

use in art projects.

It is in this spirit of taking better care of our environment that CAN management made the decision to no longer provide printed copies of Acacia News magazine, but to make use of digital distribution.

As from 2019, 3 additions of Acacia News will be freely available on the website.

The Cancer Association of Namibia is aware that there are members who do not have access to the internet and website and therefore a print-ready copy will be made available on disc to view or to print at your own discretion.

Please contact MJ at 061 237 740 or projects2@can.org.na to confirm your membership and to order your cd copy of Acacia News. The cd will be sent at the end of the year with your Christmas card.

Five reasons why we should take care of the Earth!

- It's the only home we have.
- It grounds us.
- It provides us with food and water.
- It gives us a place to run and play.
- It is a living entity.

We value your understanding and assistance in leaving a greener planet for our children. Thank you for your cooperation and helping CAN to evolve and grow into an eco-friendly organisation.



"BE THE CHANGE YOU WANT TO SEE IN THIS WORLD"

- Mohandas Gandhi



How to Protect Your Skin from the Sun

✓ **USE SUN PROTECTION CREAM**

SPF 30 or more. Sun block should be applied 20 minutes before you actually go outside and should be reapplied every 2 hours. Make sure to cover all skin that's going to be exposed to the sun.

✓ **SEEK SHADE**

Avoiding the sun when it is strongest may seem an obvious tip, but it's one that pays off. The sun is usually strongest when it is highest - between 10:00 and 16:00.

✓ **COVER UP**

Loose, light layers of clothing will protect you from the sun whilst still keeping you cool. Clothes create a direct barrier between the sun's rays and your skin. Broad-rimmed hats are a very good way to protect your face, neck and ears from sun damage.

✓ **WEAR SUNGLASSES**

Get in the habit of wearing sunglasses. It has been estimated that 3.2 million people worldwide may be blind due to UV radiation exposure. Sunglasses protect your eyes from sun damage. However, you need to be sure that your sunglasses block UV rays.

✓ **CHECK THE UV INDEX**

If you have access to the internet, checking the UV index at <http://www.uvawareness.com> is a quick and easy way to see how high UV levels will be on a particular day. If the levels are moderate or above, you'll need to take extra precaution to protect yourself from sun damage.



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**CANCER ASSOCIATION
OF NAMIBIA**

**40SPF Sunblock is available at the
Cancer Association of Namibia.
Please call -**

**WINDHOEK: 061 237 740
ERONGO: 064 461 271**

*nbp*TM
We're about you