



### NOVEMBER MOVEMBER REGISTRATION 2019

NAME: ..... SURNAME: .....

ID NR: ..... EMPLOYER: .....

CONTACT NR: ..... EMAIL: .....

**ENTRY: The Ultimate Mo Sista N\$250** – enter The Ultimate Mo Sista competition by raising the most funds with a donation form.

ADDRESS: .....

(an original donation form will be sent overnight to participants not staying in Windhoek. Windhoek residents should please collect their original donation form at CAN office 90 John Meinert St, Windhoek West.)

Women who participate in Movember (called Mo Sista's) are dedicated to supporting the men in their lives by promoting the importance of men's health. Mo Sista's sign up, start a team, commit to move, and fundraise. Mo Sista's are champions of Movember, rallying the men in their lives to join the movement, grow moustaches, stay active for the month and have important conversations about men's health.

Women tend to be the gateway to health in a man's life– whether it's a mother or daughter, wife, girlfriend or pal. Women lead by example, and it's the women's health movement that Movember is emulating. Studies have shown that men are less likely to talk about their health, let alone act. Women play an important role in helping men break down the barriers that surround those simple health conversations and can be the catalyst in getting men to move and stay active during the month.

Namibian statistics indicate 342 diagnosed prostate cancer cases and 24 testicular cancer cases during 2015 and 2016.



Prostate cancer is the most common cancer amongst men in Namibia. In the beginning there are no signs and symptoms but when the prostate gland enlarges the patient will experience symptoms. Have a yearly blood test and rectal examination from age 50. It is even reasonable to start at 40, because earlier age onset is increasing. If there is prostate cancer in your father's family start screening 10 years before the age onset in the affected relative.



Testicular cancer is the most common cancer in males between 15 and 35 years. No real causes are known but boys whose testes have not descended into the scrotum, are at high risk. Early detection plays a role in successful treatment. This is done by regular testicular self-examination, a procedure that all young men should learn. When doing testicular self-examination, you should be looking for changes in the size or consistency of the testicle. If you find anything abnormal for example a lump, you should check with your doctor.

The aim of the November Movember campaign is to have an everlasting impact on the face of men's health in Namibia.

### HOW TO GET INVOLVED AS A MO SISTA?

**STEP 1:** Complete your Mo Sista registration form and email your registration with the proof of payment to [projects@can.org.na](mailto:projects@can.org.na).

**STEP 2:** With your registration form, you will receive a donation form. Use this to raise additional funds for the November Movember campaign. Great prizes for the participant that raises the most funds.

- STEP 3:** Start collecting funds. Participants residing in Windhoek must collect their original donation forms from CAN office at 90 John Meinert St. Windhoek West. Participants not from Windhoek will receive their original donation forms via courier.
- STEP 4:** Create awareness. CAN will provide every Mo Sista with a creative and informative bookmark to hand out to donors.
- STEP 5:** Collect donations during the November Movember campaign. The Ultimate Mo Sista competition closes on 20 November 2019. Please deposit funds raised on 20 November 2019. Deliver or send proof of payment with original donation form no later than 23 November 2019. Bank Details: CANCER ASSOCIATION OF NAMIBIA | FNB | ACC NR: 555 1334 9239 | BRANCH CODE: 280 272 | REFF: Movember, Entry Nr.
- STEP 6:** Winners will be announced at the prize giving on Friday, 29 September 2019

**TERMS & CONDITIONS**

1. Original donation forms should be collected/couriered and returned to CAN office as this is the legal property of the Cancer Association of Namibia.
2. A proof of payment or cash must be handed in with the donation form on 20 November 2019.
3. If you live outside of Windhoek and is not able to collect your prize, you will be informed of your winnings. You may send a representative to collect your prize at the prize giving.

I, ....., understand and accept the terms and conditions set by the Cancer Association of Namibia for the November Movember campaign.

SIGNATURE: .....

DATE: .....



Join CAN, Project Partners & Desmond Wells at the 2019 Mo Bro & Mo Sista Awards

DATE: 29.11.2019  
 TIME: 18:30 for 19:00  
 VENUE: WANDERERS Sport Club  
 TICKETS: N\$150pp  
 Tickets available at EventsToday, PayToday & Airtime City.



Mo Bro & Mo Sista ENTRIES & DONATION FORMS AVAILABLE FROM [PROJECTS@CAN.ORG.NA](mailto:PROJECTS@CAN.ORG.NA) or 061 237 740