



2020 VOL 3

Acacia News

Inspire Hope • Activate Change • Impact Lives



Leukaemia



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.



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

Please call -

WINDHOEK: 061 237 740

ERONGO: 064 461 271



MESSAGE FROM CAN CEO, ROLF HANSEN

"So this is Christmas; And what have you done?
Another year over; A new one just begun.
And so this is Christmas; For weak and for strong-
The rich and the poor ones; The war is so long."

As the curtain draws on 2020, we reflect on perhaps one of the most turbulent and confusing years any of us have ever experienced.

I sat the other day and reminded myself however, that the older generation have experienced worse – apartheid, wars, droughts.

The mere reminder that my dear father-in-law comes from the last generation to be born in Kolmanskop and got stuck in Germany during World War II after a family visit turned disastrous, allows one to honour what is, make the best of it, and give thanks that 'tomorrow it will get better'.

Lives have been lost and hearts shattered. People have lost their income due to job retrenchments and salary cuts.

The tourism industry remains bleeding and colleagues whom one has walked the journey with for years, reel in shock at what has happened due to Covid-19.

At the Cancer Association of Namibia (WO30) we have had one of the most trying years in decades.

Cutting budgets, reorganising events, revisiting cash flow models – keeping hope despite the storm! All 'new normals' that have become 'regular habits' in 2020.

But, this is Christmas – and what have we done? Both the weak and the strong – must stand as one!

From all of us at CAN, despite the odds, challenges and uncertainties – THANK YOU for your unwavering support and love.

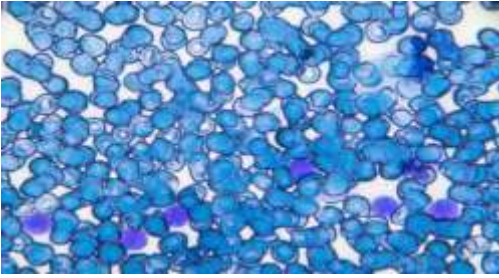
Thank you, Namibia for standing with us to keep on touching lives.

May this Christmas remind us once again of core values that are most important and may 2021 signal new beginnings.

Rolf and your CAN family.



LEUKAEMIA



LEUKAEMIA FACTS

- Leukaemia is a cancer of blood or blood-forming cells (and therefore sometimes referred to as blood cancer).
- While the exact cause(s) of leukaemia is not known, risk factors have been identified, including radiation exposure, certain chemotherapy for cancer, smoking, family history of leukaemia, and exposure to certain chemicals such as benzene.
- Common symptoms of chronic or acute leukaemia may include:
 - pain in the bones or joints,
 - swollen lymph nodes that usually don't hurt,
 - fevers or night sweats,
 - feeling weak or tired,
 - bleeding and bruising easily,
 - frequent infections,
 - discomfort or swelling in the abdomen,
 - weight loss or loss of appetite.
- Leukaemias are grouped by how quickly the disease develops (acute or chronic) as well as by the type of blood cell that is affected (lymphocytes or myelocytes). The four main types of leukaemia include acute lymphocytic leukaemia or acute lymphoblastic leukemia (ALL), chronic lymphocytic leukaemia (CLL), acute myelocytic leukaemia (AML), and chronic myelocytic leukaemia (CML) or chronic myelogenous leukaemia (CML).
- People with leukaemia are at significantly increased risk for developing infections, anemia, and bleeding. Other symptoms and signs include easy bruising, weight loss, night sweats, and unexplained fevers.
- The diagnosis of leukaemia is supported by findings of the medical history and examination, and examining blood and bone marrow samples under a microscope.

- Leukaemia treatment choices depend on the type of leukaemia, certain features of the leukaemia cells, the extent of the disease, and prior history of treatment, as well as the age and health of the patient.
- Most people with leukaemia are treated with chemotherapy. Some also may have radiation therapy and/or bone marrow transplantation.
- There is no known way to prevent leukaemia.
- The prognosis of leukaemia depends upon several factors, including the patient's age, the type of leukaemia, and the extent to which the cancer has spread.

WHAT IS LEUKAEMIA AND WHAT ARE THE DIFFERENT TYPES?

Leukaemia is a malignancy (cancer) of blood cells. In leukaemia, abnormal blood cells are produced in the bone marrow. Usually, leukaemia involves the production of abnormal white blood cells -- the cells responsible for fighting infection. However, the abnormal cells in leukaemia do not function in the same way as normal white blood cells. The leukaemia cells continue to grow and divide, eventually crowding out the normal blood cells. The end result is that it becomes difficult for the body to fight infections, control bleeding, and transport oxygen.

There are different types of leukaemia, based upon how quickly the disease develops and the type of abnormal cells produced. Leukaemia is called an acute leukaemia if it develops rapidly. Large numbers of leukaemia cells accumulate very quickly in the blood and bone marrow, leading to symptoms such as tiredness, easy bruising, and susceptibility to infections. Acute leukaemia requires fast and aggressive treatment.

Chronic leukaemia develop slowly over time. These leukaemias may not cause specific symptoms at the beginning of their course. If left untreated, the cells may eventually grow to high numbers, as in acute leukaemias causing similar symptoms.

Leukaemias are further classified as myeloid or lymphoid, depending upon the type of white blood cell that makes up the leukaemia cells. A basic understanding of the normal development of

blood cells is needed to understand the different types of leukaemia. Normal blood cells develop from stem cells that have the potential to become many cell types. Myeloid stem cells mature in the bone marrow and become immature white cells called myeloid blasts. These myeloid blasts further mature to become either red blood cells, platelets, or certain kinds of white blood cells. Lymphoid stem cells mature in the bone marrow to become lymphoid blasts. The lymphoid blasts develop further into T or B lymphocytes (T-cells or B-cells), special types of white blood cells. Myeloid or myelogenous leukaemias are made up of cells that arise from myeloid cells, while lymphoid leukaemias arise from lymphoid cells. Knowing the type of cell involved in leukaemias is important in choosing the appropriate treatment.

COMMON TYPES OF LEUKAEMIA

The four most common types of leukaemia are acute lymphocytic leukaemia, chronic lymphocytic leukaemia, acute myeloid leukaemia, and chronic myeloid leukaemia.

Acute lymphocytic leukaemia (ALL, also known as acute lymphoblastic leukaemia) is the most common type of leukaemia in children, but it can also affect adults. In this type of leukaemia, immature lymphoid cells grow rapidly in the blood.

Acute myeloid leukaemia (AML, also called acute myelogenous leukaemia) involves the rapid growth of myeloid cells.

Chronic lymphocytic leukaemia (CLL) is a slow-growing cancer of lymphoid cells that usually affects people over 55 years of age. It almost never occurs in children or adolescents.

Chronic myeloid leukaemia (CML, also known as chronic myelogenous leukaemia) is a type of chronic myeloproliferative disorder that primarily affects adults.

WHAT CAUSES LEUKAEMIA? IS LEUKAEMIA HEREDITARY?

The exact cause of leukaemia is not known, but it is thought to involve a combination of genetic and environmental factors. Leukaemia cells acquire mutations in their DNA that cause them to grow abnormally and lose functions of typical

white blood cells. It is not clear what causes these mutations to occur. One type of change in the cells' DNA that is common in leukaemias is known as a chromosome translocation. In this process, a portion of one chromosome breaks off and attaches to a different chromosome. One translocation seen in almost all cases of CML and sometimes in other types of leukaemias is an exchange of DNA between chromosomes 9 and 22, which leads to what is known as the Philadelphia chromosome. This creates an oncogene (cancer-promoting gene) known as BCR-ABL. This change in DNA is not inherited but occurs sometime in the life of the affected individual.

Most cases of leukaemia are not believed to be hereditary, but certain genetic mutations and conditions can be passed along to offspring that increase the chances of developing leukaemia. A condition known as Li-Fraumeni syndrome is characterized by an inherited mutation in a tumor suppressor gene known as TP53, and individuals with this condition have an increased risk of leukaemia and other cancers. Other hereditary conditions that can increase the risk of developing leukaemia include Down syndrome.

WHAT ARE LEUKAEMIA RISK FACTORS?

Exposure to radiation is known to increase the risk of developing AML, CML, or ALL. Increases in leukaemia were observed in people surviving atomic bombs. Radiation therapy for cancer can also increase the risk of leukaemia. Exposure to certain chemicals, including benzene (used commonly in the chemical industry) increases the risk of leukaemia. Cigarette smoking is known to increase the risk of developing AML.

Certain genetic disorders can increase the risk, Down syndrome, Li-Fraumeni syndrome, and other medical conditions can increase the risk of developing leukaemia. Blood disorders known as myelodysplastic syndromes confer an increased risk of developing AML. Human T-cell leukaemia virus type 1 (HTLV-1) is a virus that causes a rare type of leukaemia. Certain chemotherapy drugs for cancer can increase the risk for AML or ALL.

Having risk factors does not mean that a person will definitely get leukaemia, and most people with risk factors will not develop the disease. Likewise, not everyone who develops leukaemia

has an identifiable risk factor.

WHAT ARE LEUKAEMIA SYMPTOMS AND SIGNS?



The symptoms and signs of leukaemia depend upon the type of leukaemia. As stated earlier, slow-growing or chronic leukaemia may not cause any symptoms at the outset, while aggressive or rapidly growing leukaemia may lead to severe symptoms. The symptoms of leukaemia arise from a loss of function of the normal blood cells or from accumulation of the abnormal cells in the body.

Signs and symptoms of leukaemia typically include the following:

- Fevers
- Night sweats
- Swollen lymph nodes that are usually painless
- Feelings of fatigue, tiredness
- Easy bleeding or bruising, causing bluish or purplish patches on the skin or tiny red spots on the skin, or recurring nosebleeds
- Frequent infections
- Bone or joint pain
- Weight loss that is unintentional and otherwise unexplained, or loss of appetite
- Enlargement of the spleen or liver, which can lead to abdominal pain or swelling
- Red spots on the skin (petechiae)

If leukaemia cells have infiltrated the brain, symptoms such as headaches, seizures, confusion, loss of muscle control, and vomiting can occur.

HOW DO PHYSICIANS DIAGNOSE LEUKAEMIA?

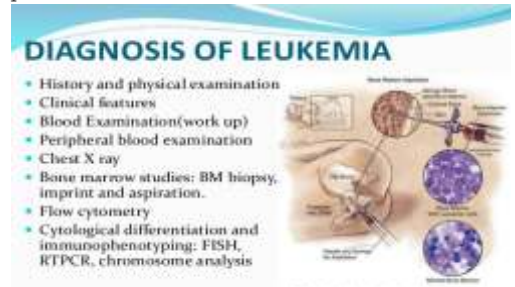
Haematologists are specialist physicians who diagnose and treat blood diseases, including leukaemia, haematologist-oncologists who treat

blood diseases like leukaemia, as well as other types of cancers.

In addition to a medical history (asking about symptoms and risk factors) and a physical exam to look for signs of leukaemia (lymph node enlargement, enlargement of spleen), the diagnosis of leukaemia typically involves laboratory studies of a blood sample. Abnormal numbers of blood cells may suggest a diagnosis of leukaemia, and the blood sample may also be examined under the microscope to see if the cells appear abnormal. A sample of the bone marrow may also be obtained to establish the diagnosis. For a bone marrow aspirate, a long, thin needle is used to withdraw a sample of bone marrow from the hip bone, under local anesthesia. A bone marrow biopsy involves insertion of a thick, hollow needle into the hip bone to remove a sample of the bone marrow, using local anesthesia.

Cells from the blood and bone marrow are further tested if leukaemia cells are present. These additional tests look for genetic alterations and expression of certain cell surface markers by the cancer cells (immunophenotyping). The results of these tests are used to help determine the precise classification of the leukaemia and to decide on optimal treatment.

Other tests that may be useful include a chest X-ray to determine if there are enlarged lymph nodes or other signs of disease and a lumbar puncture to remove a sample of cerebrospinal fluid to determine if the leukaemia cells have infiltrated the membranes and space surrounding the brain and spinal cord. Imaging tests such as MRI and CT scanning can also be useful for some patients to determine the extent of disease.



<https://www.medicinenet.com/leukemia/article.htm>



Hi Kids,

Cancer is not your fault. Sometimes people get sick for no reason at all. Cancer is not contagious, you can't catch it from another person. Cancer happens when a normal cell grows and divides too fast. You can only see cells with a microscope.

Think of cancer this way: If you fall off your bike and scrape your knee, your skin cells kick into gear and start growing to heal your scrape. When the scrape is all gone, the skin cells know they did their job, and they stop growing. But cancer cells don't know when to stop growing. Doctors use three different treatments to help the cells to stop growing:



SURGERY

Surgery cuts out cancer cells and removes them from the body, to stop them from growing

CHEMOTHERAPY



Chemotherapy delivers special medicine into cancer cells to stop them from growing

RADIATION



Radiation beams special energy into cells to stop their growth

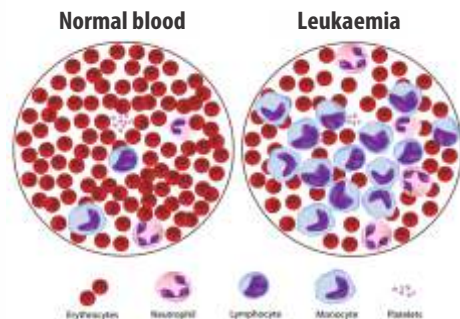
LEUKAEMIA

Leukaemia (Blood Cancer)

Leukaemia is a cancer that begins in the bone marrow and lymphatic systems where white blood cells are formed. This cancer causes a mutation in the blood cells, and these defective cells begin to multiply. These mutated cells cannot perform their job properly and result in a weakened immune system.

The exact biological mechanism that causes leukaemia is unknown, but scientists believe a combination of genetic and environmental factors play a role. Genetic mutations in the DNA of white blood cells allow these cells to grow and divide rapidly, and these cells survive long after healthy cells have died. This means that the number of mutated cells increases, crowding out healthy cells. Leukaemia also tends to run in families. This lends further credence to the theory that genes play a role. Exposure to radiation and chemicals such as benzene and those found in cigarettes can also increase the risk of developing leukaemia.

Acute leukaemia is most common amongst children. There is no known cause but it is linked to genetic abnormalities and nuclear accidents, children with Down Syndrome, HIV and smoking.



2020 CANCER AWARENESS WEEK

The first week of August is traditionally “Cancer Awareness Week” hosted by the Cancer Association of Namibia.

This year, while Covid-19 brought along with it many (unwanted and unlikely) challenges, CAN could not have public days and campaigns, but focused (digitally and via the media) on the importance of the human immune system.

What is the immune system?

The immune system is a complex network of cells and proteins that defend the body against infection by attacking germs, protecting against harmful substances and fighting cell changes so that we can stay as healthy as possible. The main parts of the immune system are the white blood cells, antibodies, the complement system, the lymphatic system, the spleen, the thymus, and bone marrow.

What are 5 signs of a weak immune system?

- 1) Frequent and recurrent colds, pneumonia, bronchitis, sinus infections, ear infections, meningitis or skin infections.
- 2) Chronic inflammation and infection of internal organs.
- 3) Blood disorders such as low platelet counts or anaemia, wounds healing slowly.
- 4) Digestive problems such as cramping, loss of appetite, nausea and chronic diarrhoea.
- 5) Delayed growth and development.

Can I damage my immune system?

Let's look at the 5 most common and unsuspecting ways we are weakening our immune system without often knowing:

- 1) Inactivity! Too much sitting for long periods of time has been linked to diabetes, heart disease, cancer, and early death. Regular exercise, movement and fresh air is highly recommended.
- 2) Overtraining! Exercising regularly is great for your overall health and your immune system; but overexerting the body places strain on your system and creates an imbalance that may become dangerous.
- 3) Poor stress management. Stress in terms of pressure to perform or execute tasks in lower, regular levels is normal. However, chronic stress, poor management thereof, lack of rest,

relaxation and exercise turns tension highly toxic.

- 4) Excessive alcohol intake and tobacco use are both scientifically linked to various non-communicable diseases including cardiovascular, hypertension, obesity, cancer, diabetes and mental health issues, in addition to directly affecting the immune system (tired, lethargic, easy to get colds and flu, etc).
- 5) Sleep deprivation remains a problem globally as we move to an ever-speeding society of “more to do, less time to do it”. Our body (including immune system) needs rest and recuperation to rebuild cells and heal itself.

How can I boost my immune system?

- 1) Do not smoke or use tobacco products.
- 2) Avoid excessive alcohol consumption.
- 3) Eat a diet that is high in fibre, fruits and vegetables.
- 4) Drink enough clean water (at least 6-8 large glasses a day).
- 5) Exercise regularly.
- 6) Maintain a healthy weight.
- 7) Get adequate sleep and mental rest.
- 8) Try to minimize stress.
- 9) Take steps to avoid infections such as washing your hands frequently and cooking meats thoroughly.
- 10) Prevent immune compromising diseases (HIV, HPV, HBV) by smarter lifestyle choices (safe sex), get vaccinated or stay on treatments if infected.

Why do we see more diseases in older people – for instance cancer, and now with Covid-19, older persons are more vulnerable?

There's an irony in living longer — the longer we live, the more likely we are to see our bodies decline and become weak. This is nature taking its course in humans, too as the immune system itself is not immune. It's known as immune senescence, which is the term used to describe the tendency for an ageing immune system to allow more infections, cancers and diseases to take hold and allow natural selection (survival of the fittest) to take place as, sadly, we are not naturally meant to live forever.

3-7 AUGUST 2020

We can however boost our immune system as mentioned above, in addition to avoiding over exposure to sunlight. While vitamin D from sunlight does help support healthy immune function, too much UV radiation can alter your DNA, ultimately boosting your risk of cancer. You also may get more cold sores. It's good to limit your exposure to other carcinogens as well, but especially avoid burning coal and or cooking too much with charcoal (braaivleis!). Also avoid man-made chemicals, including hydrocarbons, as much as possible.

Covid-19 brings along a whole new set of challenges to immune-compromised persons. Our immune system, it seems, is not at all geared to fight the new challenge that Covid-19 brings. Exposure to new diseases allows our bodies to, over prolonged periods, gradually build antibodies. In most instances, preventative immune booster vaccines do assist, but currently the best way to help us all from losing the battle against Covid-19 is to wash hands regularly, sanitize, remain immune-focused, apply social distancing to try avoid possible exposure and boost your immune system to try and fight the disease. The unfortunate reality is that persons with a vulnerable immune system, including those with underlying medical conditions (cancer, heart, diabetes, HIV, etc) and the aged community, have weakened immune systems and need to be extra cautious.

Let us remain "immune smart" to become not only cancer, but also Covid-19, aware.

The Cancer Association of Namibia can be contacted at the following points:

Head Office, 90 John Meinert Street in Windhoek West, Windhoek; and

Erongo Centre, 3 Ferdinand Stich Street, Swakopmund
061 237740

help@can.org.na • www.can.org.na

**DON'T USE
TOBACCO**

**PROTECT
YOURSELF FROM
THE SUN**

**MAINTAIN A
HEALTHY
WEIGHT AND BE
PHYSICALLY
ACTIVE**

**EAT A HEALTHY
DIET**

GET IMMUNIZED

**AVOID RISKY
BEHAVIOUR**

**GET REGULAR
MEDICAL CARE**

CAN PROJECTS



In order to sustain the programmes initiated and executed daily, the Cancer Association of Namibia is heavily dependent on the success of fundraising projects in addition to awareness and education drives. Several projects are run throughout the year to sustain the fund, while others overlap with educational causes to fight cancer in Namibia.

Education and supplying information is an ongoing process. By way of our annual programme and by invitation, we raise awareness in different sectors of the community, i.e. schools, farm communities, religious denominations, women organisations, corporate exhibitions and CAN fundraisers.

Welfare is at the core of serving cancer patients in Namibia. CAN offers its care and supportive services, not only to patients, but also to their families.

The association, strictly following the criteria set by the Board of Trustees, financially assists patients without a medical aid as well as those with no/or low income.

Research is costly and thus the association sets funds aside every year to support research. In 1998 CAN presented the first Namibian Cancer Incidence Report to the Minister of Health and Social Services. This register is updated on an ongoing basis, and results are published every 3-5 years.

YELLOW CUPCAKES FOR CHILDREN FIGHTING CANCER



September is Childhood Cancer Awareness month and the Cancer Association of Namibia remains committed in supporting our childhood cancer patients.

With all the pandemic lockdown phases during 2020, CAN was not able to continue with traditional fundraising activities, however these very trying circumstances did not stop the CAN team from taking over the office kitchen to bake delicious cupcakes to sell for extra funds.

During 2020 CAN spent N\$148 460 on the Patient Financial Assistance Programme, helping parents with additional financial challenges and N\$... to maintain the CHICA Interim Home.

124 Parents with children stayed 264 bed nights free of charge.

LIVING HOPE ONLINE MUSICAL EXTRAVAGANZA

The annual Cancer Association of Namibia Hats & Roses ladies event scheduled for the first Saturday of October in Windhoek, followed by a second production in Swakopmund, was cancelled this year due to Covid-19 regulations currently in place.

The loss of income for the organisation due to this cancellation, is estimated at N\$550 000.

Funds raised by the two events is traditionally used to sustain the nationwide cervical and breast cancer screening programmes of CAN.

"We finalised the productions in March, with both Namibian and South African artists lined up, but given the national protocols, the 2020 event was called off," CAN CEO, Rolf Hansen said.

However Alexander Forbes Financial Services remained committed to the cause even though the event had to be cancelled and made a generous donation of N\$70 000 towards CAN's women's health community clinics.

"As a responsible corporate citizen that believes in women's health, we remain committed to the association and its cause," said Mrs Erika Reissner, Marketing Manager for Alexander Forbes.

Hats & Roses welcomes between 500 to 800 ladies for an annual "morning of pink hope and celebration of life" in October.

Aimed at creating awareness and raising funds to fight breast and cervical cancer in Namibia, the event has been presented for close to two decades.

The Living Hope Online Musical Extravaganza replaced the Hats & Roses event this year, with a free 20-minute online show that was broadcast on CAN's social media pages.

ALEXANDERFORBES
Securing your financial well-being

LIVING HOPE

Online Musical Extravaganza

Lizé Ehlers

Zikii

Sanel Lambrecht's

Monique English

Emily Danwa

U **NOVA** **SKI** **Nikola Couradio**

Thank You for supporting Pink Day 2020

PINK OCTOBER

October was filled with activities in support of breast cancer fighters in Namibia. CAN sold pink cupcakes, pink stock, participated at Inspiration Tables every weekend and had Pink Day Street Collections on the last Friday of October.

Through these various projects CAN raised N\$264 107.

Many corporate companies hosted their own events to raise much needed funds.

Windhoek Harriers Club and DHL donated N\$10 000 in support of our CAN Women's Health Clinics, enabling us to present community clinics at a subsidized rate, and offer a quality screening for breast cancer.

Another initiative that began as an invitation for a group of friends to take a casual walk in support of breast cancer awareness, quickly turned into a community of 210 participants joining Mauriza Fredericks' "Pink Ribbon Walk" to honour her own fight and victory of breast cancer.

Hosted by Meke Namindo and Fredericks in support of Breast Cancer Awareness Month, the pink walk raised N\$5 250 for the Cancer Association of Namibia.

Gadgets Namibia raised N\$4000 for the fight against breast cancer in Namibia.

The total amount raised for breast cancer during October 2020 was N\$382 775

These funds will be channelled toward various programs such as the weekly community clinics at CAN Medical Centre, Patient Financial Assistance Programme and awareness and educational campaigns.

The Cancer Association of Namibia sincerely thanks every Namibian who stayed committed in the fight against breast cancer in Namibia.



MYLIFE MOVEMBER GOLF DAY

The first annual MyLife Movember Golf Day in support of the Cancer Association of Namibia was recently hosted at the Windhoek Golf Club.

N\$115 750 was raised through the golf day in support of CAN's men's health clinics for 2024, while a further N\$25 000 in donations is earmarked for the organisation's Patient Financial Assistance Programme to support men fighting cancer.

Organised by CAN and Hollard Namibia as the title sponsor donating N\$50 000 the golf day attracted 20 teams and 80 players. Kosmos 94.1FM was the official media partner.

Andre Vermeulen, Managing Director of Hollard Life Namibia, expressed his gratitude for the work done by CAN: "It's been an absolute privilege to partner with CAN on this initiative and we enjoyed a good day playing golf. However, it is important to applaud the real cause of not only fundraising but also creating awareness on the state of men's health in our country. Movember awareness tackles the cause on a global scale, addressing some of the biggest health issues faced by men: prostate cancer, testicular cancer and mental health."

Vermeulen added that there is an alarming need for financial preparedness for treatment if diagnosed, "therefore we need to talk to our loved ones and encourage regular medical screening".

"Our partnership with Hollard and presenting this golf day is the perfect opportunity to create awareness, raise funds and enables CAN to plough back into the community to fight cancer," said Rolf Hansen, Chief Executive Officer of CAN.

The Cancer Association of Namibia and Hollard Namibia thank our project partners who made this event possible: African Marketing; Ai Aiba Lodge; Arebusch; Bosch; Capricorn Sweets; Eros Liquors; Gondwana Collection; Hartlief;; Jacobs; Joe's Beerhouse; Kosmos 94.1; Marathon Tools; Pupkewitz Megabuuld; Nambob; Namibia Breweries Ltd; Namibia Media Holdings; Sabiha's Take Away; Sanlam Namibia and the Windhoek Golf Club.



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 CAN 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 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.

A CARING COMMUNITY IMPACTS LIVES



When caring communities work together, we CAN impact lives!

The Cancer Association of Namibia is immensely appreciative of the Quinton-Steel Botes Cancer Trust that supported our CHICA Children's Trust with a direct donation of N\$100 000 during "September Childhood Cancer Awareness and Support Month", in addition to their cooperation and support during the year to jointly support other cancer patients in need.

REHOBOTH STAP KANKER UIT DIE DORP



Saterdag 26 September 2020 het Rehoboth die jaarlikse Kanker Stap aangebied.

Die dag was 'n groot sukses ten spyte van die Covid-19 pandemie. Ongeveer 83 stappers het meegemaak en 'n bedrag van N\$4030 was ingesamel.

Daar was motorfietsryers van sover as Keetmanshoop, Mariental, Okahandja, Windhoek en Rehoboth wat die dag kom meemaak het.

Ons wil graag die motorfietsryers, die stappers, Rehoboth Community Crime Prevention, die Verkeerspolisie en al die ander wat 'n bydrae gemaak het, bedank.

COUNSELLING FOR CANCER PATIENTS



While Covid-19 may have prevented our physical support sessions, our telephone counselling services have continued all the way.

We thank Standard Bank Namibia for their unwavering support in the fight on cancer in our country.

GETTING COZY THIS WINTER



Thank you to Mrs Getrud Pienk for the Vaseline and knitted blankies, as well as N\$600 in support of cancer patients.

N\$10 000 FOR PINK DAY



Windhoek Harriers Club and DHL donated N\$10 000 in support of our CAN Women's Health Clinics, enabling us to present community clinics at a subsidized rate, and offer a quality screening for breast cancer.

TSUMB INSPIRES WITH MORNING OF HOPE



CAN wholeheartedly thanks our Tsumeb team, community and sponsors for hosting this beautiful morning of hope.

Thank you to all our loyal sponsors Without your help and support this event would not have been possible - Minen Hotel, Iané Fourie Photography, Lisboa Wholesalers, Angel Decor, Etosha Apteek, Sekelbossie- Etosha Klub, Pupkewitz Toyota Tsumeb, The Paint Shop, Cymot, OK Moruti, Christo Groenewald, Oshikoto Pharmacy, Geraldine Tietz, Marili's Health & Skin, Beulah Mans, Sonja's Kitchen, H Meat Market, Tanja's Hair Studio, Meat Royal, Lilly's Trading, Immergrun Florist, Weyand's, Werner Gevers, Dean van Dyk, Gideon Goosen and Soney de Waal

Thank you for your support and thank you for making our jobs at the Cancer Association of Namibia worth it.

WAP SKENK VIR BORSKANKER



Die leerlingraad van die Windhoek Afrikaanse Privaatskool het 'n "Pienk Dag" ter ondersteuning van die Kankervereniging van Namibië (CAN) aangebied. Gelde geskenk sal aangewend word om die vrouekliniek van CAN te bevorder.

Ben Wilders, Divan van Rensburg en Annemarie Booysen het N\$3 300 aan CAN se hoofuitvoerende beampte, Rolf Hansen, oorhandig.

NAMIBIA DAIRIES SUPPORTS CANcafé



We would like to thank Namibia Dairies for their generous donation of milk and cream towards our soup drive!

PURPLE HEARTS



Purple Hearts Charity is an incentive by Carissa Steyn with the proceeds donated to the Cancer Association of Namibia's children cancer awareness programme and CHICA Interim Home.

The incentive was born from Carissa wanting to present something different at the Windhoek Afrikaans Privaatskool Grade 7 entrepreneurs day, having had a long time vision of starting a charity and her experience of both her father and mother being diagnosed with cancer within a short period of each other.

She approached organisations for donations and quickly credible sponsors agreed to sponsor prizes and items for the day. Another sponsor agreed to manufacture a huge slingshot for her, and Carissa had items to sell and games to play.

Carissa received great support from peers and was able to donate N\$800 to the Cancer Association of Namibia.

ROUGH & TOUGH RALLY REMAINS TOUGH AMIDST COVID-19



We are extatic to announce that the Rough & Tough rally raised a whopping N\$305 000 despite the challenges of COVID-19 and having to postpone and rearrange the entire event!

In addition, a lovely family weekend to CAN's benefit was hosted at Goanikontes-Oasis.

We thank the Baard family, colleagues and supporters of these amazing events.

ZUMBA PINK PARTY



Zumba Pink Party raised N\$2583.40 in support of breast cancer patients currently receiving treatment.

COSMOS HIGH SCHOOL SHOWS LOVE AND CARE BY DONATING N\$700 TO CAN



OKAMITA PROPERTIES SUPPORTS THE FIGHT AGAINST BREAST CANCER



Okamita Properties donated N\$500 from every rental agreement during the month of October. In total N\$2500 was donated to the fight against breast cancer in Namibia.

GIPF DONATES NECESSITIES TO CANCER PATIENTS AT WINDHOEK CENTRAL HOSPITAL



The staff at GIPF gathered toiletries, clothes and blankets to be donated to cancer patients currently receiving treatment at the Windhoek Central Hospital.

PETER-JAC CHARITY RUN



The Movember Run 2020 was well supported, they started at 6am from Zoo Park with about 30 enthusiastic runners/ walkers joining in.

N\$2200 was raised and donated to CAN in support of men receiving treatment for prostate cancer.

SUREMIX DONATES TO THE FIGHT AGAINST CANCER



Suremix Walvis Bay and the Cancer Association of Namibia thank all clients who did the #thinkpink challenges throughout October, marking #BreastCancerAwarenessMonth.

Suremix donated N\$5 for every cubic metre of ready-mix concrete sold during October to the association. A total of N\$12 815 was raised through this project.

GEKA RECOMMITTS ITS FIGHT AGAINST CHILDHOOD CANCER



GEKA Pharma (an IMPERIAL Company) recommitted its support of the fight against childhood cancer by donating N\$150 000 towards the CHICA Interim Home for childhood cancer patients of the Cancer Association of Namibia.

This donation enables CAN to accommodate childhood cancer patients and a parent on a complimentary-basis, including three meals a day and transportation, during treatment in Windhoek.

The home can currently accommodate up to 10 patients per night.

The Cancer Association of Namibia extends our heartfelt gratitude for this donation that enables us again to touch lives during 2021.

NBL & CAN: COMMITTED TO FIGHT CANCER TOGETHER



On Thursday, 26 November 2020, Namibia Breweries Limited (NBL) – a subsidiary of the Ohlthaver & List (O&L) Group – re-affirmed its commitment towards the fight against cancer, with an annual donation of N\$140 000 to the Cancer Association of Namibia (CAN) and the Dr. A B May Cancer Care Centre.

NBL Managing Director, Marco Wenk, officially handed over the donation to the CAN Chief Executive Officer (CEO), Rolf Hansen and Dr. Annette Zietsman, Head of the Medical Oncology Centre at Windhoek Central Hospital. Wenk: "The past year has been incredibly difficult and has taken its toll on people's health and livelihood.

"While we are still impacted by the global pandemic, we continue being faced with another reality that knows no borders, whether in age, race, status, or gender. Cancer is among the leading causes of death worldwide and right here in our country, it has a major impact on so many people and families. Too many of us, including myself, personally know someone affected by cancer – whether we witness the fight of a loved one directly or we see the worry of their family and friends.

"I would like to take this opportunity to commend CAN for its collaborative and tireless efforts in being a key player and significant contributor to the fight against this dreaded disease. In line with the O&L Group Purpose 'Creating a future, enhancing life' for all Namibians, it is a privilege for NBL to continue our support through our annual donation to CAN to ensure they remain a fundamental pillar of strength and support for those affected by cancer."

CEO of CAN, Rolf Hansen: "“Never having wavered in their commitment to support the Cancer Association of Namibia in its mission to eradicate cancer in our country, the relationship between Namibia Breweries Ltd and CAN has impacted the lives of thousands through the years. Especially in these very challenging times when we are plagued with a new health threat that dims our efforts to fight cancer even more, it is the exemplary commitment of partnerships such as this that enables us to execute our duties. When we remain steadfast in our convictions, we can overcome all adversities and this partnership of hope enables us to touch the lives of Namibians affected by cancer especially. We salute the NBL family for your commitment and dedication to help fight cancer in Namibia.”

...AND THE WINNER IS...

Congratulations to Mr Raj Rallan (#00098) for winning the Slice of Life Raffle for Hope 2020.

He won a wonderful weekend for two, dinner, bed & breakfast at any of the participating Gondwana Lodges.

Thank you Gondwana for this wonderful prize in support of the National Outreach Programme.



WO 30

**CANCER ASSOCIATION
OF NAMIBIA**

MEMBERSHIP

N\$100 Annual 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 a 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



PILLARS OF HOPE

Education and care



Awareness and education on cancer through printed material, radio, tv and talks.



Communication and awareness

Awareness and education to the nation on cancer (printed material, radio, tv, talks)

National Cancer Outreach Programme



The National Cancer Outreach Programme (NCOP) includes visits to rural Namibia to host community clinics and to train and certify medical staff.



Patient Financial Assistance Programme

Provide financial, transportation and commodity assistance to patients guided by a board-approved policy. Our CHICA Fund supports childhood cancer patients financially during treatment.

Patient Accommodation Support (Adults)



The House Acacia Interim Home - home for adults is complimentary to patients receiving cancer treatment in Windhoek.



Project & Fundraising

All operations and administration is funded by in-house fundraising initiatives and donations. CAN receives ZERO foreign aid or money from the Namibian government. A dedicated project coordinator and the team from CAN plan and execute local and national fundraising drives.

Data and Research



The CAN's dedicated staff administers the population-based Namibia National Cancer Registry. The data compiled in the registry helps the Ministry of Health and Social Services and CAN measure the economic impact of cancer and assists in planning prevention tactics to fight cancer in Namibia.



Psychosocial Support

Circle of Hope was officially launched in 2016 as a peer-to-peer volunteer social support group for all cancers prevalent in Namibia. The centre officially launched as a department in June 2017, provides counselling services to the patient and family affected by cancer.



Advocacy

Advise and support to the Ministry of Health and Social Services and Office of the First Lady on cancer related topics to better the fight on cancer in Namibia.



Patient Accommodation Support (Children)

CHICA Interim Home is a safe haven for mothers and children while the little ones receive treatment in Windhoek.

Regional committees and branches



Volunteers nationwide, in addition to the CAN Erongo Centre (opened in September 2017), impacts lives throughout Namibia.



Support to the Ministry of Health and Social Services (MoHSS)

Renovations to improve the services offered to cancer patients at Dr AB May Cancer Care Centre and Paediatric Oncology Ward (8 West Windhoek Central).



Thank you for your support during 2020

Merry Christmas
and
a Happy New Year

Cancer Association of Namibia will be in recess from
18 December 2020 until 6 January 2021.

