

# Newsletter



December, 2024

Foundation for Women's Health Promotion and Welfare Initiatives

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## DIRECTOR'S MESSAGE:

*Thank you*

*for being part of our journey.*

*Continue to raise cancer awareness  
for a healthy life together in the coming year.*

*Cancer Awareness Campaign has been instrumental in raising awareness about the importance of early detection, prevention, and treatment of cancer. In light of the fact, despite all the challenges posed by this year's global decoupling of interests in human life and moral values, FWHPWI has continued to work tirelessly to spread cancer awareness and support to those affected by this devastating disease. We have continued to organize our outreach through educational campaigns and support information to empower individuals and families in the fight against cancer. We have continued to improve our collaboration with healthcare professionals, researchers, and advocacy groups to underscore the need for cancer research and policy that fosters easy access to innovative therapies.*

*Our efforts have not gone unnoticed. Thanks to the support we receive from our Pretoria community, especially, the Catholic Parish community, Sunnyside, and our shared mission with our collaborators like Wellbeing Africa and AskAway Health, we have realized a vibrant axis for increasing awareness about the importance of cancer prevention and early detection.*

*We express our gratitude for the support we have received throughout the year. We thank all our volunteers, donors, and partners who have contributed to the success of FWHPWI's 2024 programs. Your dedication and generosity have added meaning to our mission and our dedication to making progress in the fight against cancer.*

*As we look ahead to the New Year, we are committed to expanding our efforts to reach more individuals and communities. We will continue to advocate for policies that promote cancer research, improve access to innovative therapies, quality care, and address disparities in cancer outcomes. We will also focus more on raising awareness about the importance of leading a healthy lifestyle, including regular exercise, balanced diet, and avoiding tobacco use.*

*Wishing you  
a happy holiday  
and a happy season.*

*Dr. F. N. Alaribe Nnadozie,  
(MD, FWHPWI)*



**Just a few ways to  
reduce your risk of  
gynecological cancers  
advised by  
National Foundation  
for Cancer Research**

➤ **Have your Pap  
test by age 21**

The Pap test looks for abnormal cell changes in the cervix to detect cervical cancer in its early stages.

➤ **Protect yourself  
from Human  
papilloma virus  
(HPV)**

Talk to your doctor about getting the HPV test and HPV vaccine. Also, limit your sexual partners and, when you do have sex, use a condom.

➤ **Don't smoke.**

Smoking increases the risk of different cancers including cervical, ovarian, vaginal and vulvar cancers.

➤ **Make healthy  
choices.**

It's important to maintain a healthy weight, be active and eat a healthy diet consisting of fruit, vegetables, lean proteins and whole grains.

➤ **Share your family  
history with your  
doctor.**

Genetic testing is now available to see if you carry a *BRCA1* or *BRCA2* mutation, which could put you in a high-risk category for ovarian and breast cancer. If you carry a genetic mutation associated to Lynch Syndrome, a heredity condition that increases your risk of colon cancer, ovarian cancer, uterine cancer, etc.

➤ **Contact your  
doctor if you  
notice any of these  
symptoms.**

- Abnormal vaginal bleeding or discharge
- Pelvic pain or pressure
- Abdominal or back pain
- Bloating
- Changes in bathroom habits (increased urination, constipation, diarrhea)
- Itching or burning of the vulva
- Changes in vulva color or skin (rash, sores, warts, ulcers).

[nfer.org/](http://nfer.org/)

## FWHPWI EVENTS

FWHPWI's September outreach did not take place but our general meeting was held on 28 September, at St Martin de Porres Catholic Church Sunnyside Pretoria. Important matters regarding FWHPWI annual conference were discussed. Furthermore, Dr FN Alaribe Nnadozie took the occasion of the meeting to highlight views on Fruit Juice Cure. She indicated to the meeting participants what fruit juice cure is all about, its pioneers according to Literature and how one can prepare juice cure. FWHPWI also had guests from APLGO (APL Busi Mahoa and Portia) who told us about supplement products from their company, the diseases these supplements can help in managing and how one can engage in selling these supplements as another stream of income. Below are some photos of the event.



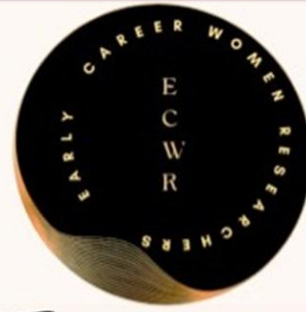
APL Busi giving a talk about their products & Some of the APLGO displayed products



Our next outreach/meeting will be held in conjunction with our annual conference on 22<sup>nd</sup> February, 2025.

[Click here to read  
the latest issue of  
our Magazine](#)





## *Fifth* ANNUAL MEETING OF

Foundation for Women's Health Promotion and  
Welfare Initiatives (FWHPWI)

&

Early Career Women Researchers (ECWR)

### Theme

Bridging the Gap: Artificial Intelligence  
And Alternative Medicine  
in Human Cancer Research and Treatment

### SEE YOU THERE

#### Date

22<sup>nd</sup> February, 2025

#### Time

9:30 AM – 3:30 PM

#### Venue

St. Martin de Porres Parish  
129 Celliers Street, Sunnyside  
Pretoria

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<https://web.facebook.com/FWHPWI/community>

<https://www.foundationforwomenshealth.com>

### Collaborators



[Click to register](#)

# RESEARCH NEWS

Findings from a small study suggest that more Black than White, Asian, or patients of other races distrust medical research and have spiritual beliefs about medical research. The study asked about 100 people being treated for cancer whether they agreed with certain statements about research.

The findings may help research staff talk with and recruit more Black patients for clinical trials.

[Read more](#)



[Click to join us](#)  
[share information about the cancers](#)

## 'Symptom triggered' testing can pick up early-stage aggressive ovarian cancer

Symptom triggered testing, prompted by symptoms such as pain, abdominal bloating/swelling, and feeling full soon after starting to eat, can pick up early-stage aggressive ovarian cancer in 1 in 4 of those affected, according to new research. [Read more](#)

## New method could improve cervical cancer screening

Analyses of self-tests for human papillomavirus (HPV) can be used to divide HPV-positive women into three risk groups, according to a new study. This method could be important for enhancing cervical cancer screening.

The study is based on British women who were offered a self-test for HPV in a trial because they were overdue for their cervical cancer screening. [Read more](#)

## Breakthrough rice bran nanoparticles show promise as affordable and targeted anti-cancer agent

Researchers recently developed rice bran-derived nanoparticles (rbNPs) that efficiently suppressed

cell proliferation and induced programmed cell death of only cancer cells. Furthermore, rbNPs successfully suppressed the growth of tumors in mice having aggressive adenocarcinoma in their peritoneal cavity, without any adverse effects.



Rice

Image credit:  
<https://stock.adobe.com/za/search?k=rice+plant>

Given their low production costs and high efficacy, rbNPs hold great promise for developing affordable and safe anticancer agents. [Read more](#)

## In five cancer types, prevention and screening have been major contributors to saving lives

Improvements in cancer prevention and screening have averted more deaths from five cancer types combined over the past 45 years than treatment advances, according to a modeling study led by researchers at the National Institutes of Health (NIH). The



### Do you know?

**A scientist at Jackson State University in Mississippi obtained a US patent issued 1 Feb 2005 on extracts of Vernonia amygdalina, an African medicinal plant sometimes called Bitterleaf (or Bitter Leaf). According to the patent, the extracts are effective against cancer. The inventor obtained samples in Benin City, Nigeria.**

(Source: *Out of Africa Mysteries of access and benefit*)

[Read more](#)

study, published Dec. 5, 2024, in *JAMA Oncology*, looked at deaths from breast, cervical, colorectal, lung, and prostate cancer that were averted by the combination of prevention, screening, and treatment advances.

[Read more](#)

What Themes Emerged in Cancer Research in 2024?

As we approach the end of the year, it is only natural to look back and reflect on the advances made in cancer research in 2024. *Cancer Research Catalyst*, the official blog of the American Association for Cancer Research (AACR), covered many of the cutting-edge advances.

[Read more](#)

## CancerNews Africa

Africa's cancer burden is taking its toll on women and girls: A new coalition hopes to accelerate progress

Breast and cervical cancer currently constitute over half the cancer burden for women in sub-Saharan Africa, and in Kenya, they are responsible for almost a third of all the annual cancer-related deaths.

Cervical and breast cancer, caught early, are treatable—but because of global health disparities, early detection, diagnosis, and treatment services are lagging behind.

The Global Alliance for Women's Health, a World Economic Forum initiative supported by Siemens Healthineers, has launched a Cervical and Breast Cancer Coalition on the sidelines of the

World Health Assembly.

[Read more](#)

New IARC GICR collaborating centre established in South Africa to improve cancer registration in sub-Saharan Africa

Within the framework of the Global Initiative for Cancer Registry Development (GICR), the International Agency for Research on Cancer (IARC) is pleased to announce that the South African National Cancer Registry (NCR) has become an IARC GICR Collaborating Centre in sub-Saharan Africa.

The official inauguration took place in Johannesburg, South Africa, on 22 November [Read more](#)



## UPCOMING EVENTS

### ESMO Summit Africa, 7-9 February 2025, to be held in Cape Town

The ESMO Summit Africa 2025 is a three-day educational event with presentations focused on several key disease sites.

Created for oncology professionals in Africa by international and local key opinion leaders, the Summit will put into context the most significant treatment advances presented at the ESMO annual Congress.

[Read more](#)

### Society of Gynecologic Oncology (SGO) Annual Meeting

on women's Cancers, Seattle, Washington, 14-17 March 2025

The SGO Annual Meeting on Women's Cancer is the premier educational and scientific event for those who treat and care for individuals with gynecologic cancer.

Since 1969, gynecologic oncology professionals have convened at the Society of Gynecologic Oncology (SGO)'s Annual Meeting on Women's Cancer to discuss the latest science in the field, receive educational programming, and to network.

[Read more](#)

### BREAST CANCER SUMMIT 2025

We are delighted to invite you to the 15<sup>th</sup> World Congress on Breast Cancer Research & Therapies, to be held on April 23-24, 2025, in Rome, Italy.

This prestigious event will bring together leading experts, researchers, clinicians, and industry professionals from around the globe to exchange knowledge, foster collaborations, and advance the field of breast cancer research and therapies.

[Read more](#)

## HEALTH AND LIFESTYLE

### Lifestyle Changes That May Help Prevent Cancer

Experts believe that one-third to one-half of all cancers can be prevented. That's because certain daily habits can make us more likely to get cancer. Changing these habits may help prevent cancer. For example, it may help to quit smoking, stay active, stay at a healthy weight, and get regular

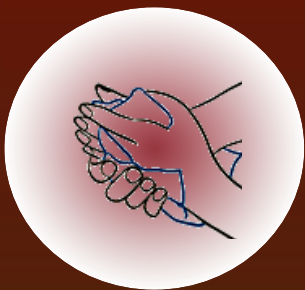
checkups and screenings.

[Read more](#)

### Five minutes of extra exercise a day could lower blood pressure

New research suggests that adding a small amount of physical activity such as uphill walking or stair-climbing into your day may help to lower blood pressure. [Read more](#)

The COVID-19 pandemic exposed the importance of this practice.



Never forget the practice!

It is necessary for your health now and always.

Do it often.

The best for you is to keep safe for yourself and for us all.

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## Carrot and Spinach Smoothie

A tasty carrot and spinach smoothie with apple and ginger, offering a good mix of flavors and nutrients, perfect for in the morning.



### Ingredients (for 2)

6 Carrots, 50 grams Spinach, 2 Apples (optional), 1 inch Ginger root, 1 Orange or orange juice, 1 Banana, 1 cup Water, 1 cup Ice cubes

### Instructions

Cut the carrots, apples, ginger and orange in smaller pieces. The apples can be blended with skin and seeds. Add all the ingredients in the blender in this order: banana, orange, spinach, carrots, apples, ginger, water and ice cubes. Blend at high speed for 30 seconds, followed by 30 seconds at low speed. Ready to serve!

Source: <https://www.healthyfoodtribe.com/>

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### **FWHPWI Current Project Groups**

Research group

Education, Health and  
Wellness group

Editorial group

Support group

Cancer survivors group

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