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DIRECTOR’S MESSAGE: *There is power in unity for healthy lifestyle practices*

Adopting a healthy lifestyle requires more than individual efforts; it demands unity and collective action. When families, communities, and societies come together to foster an environment that promotes and supports healthy behaviors, this directly enhances the well-being of all, reduces health disparities, encourages, and empowers individual robust healthy lifestyle practices.¹

In a nutshell, FWHPWI calls for collective participation for healthy lifestyle practices. There is the need in our homes, communities and societies for a healthy lifestyle that community-based efforts like healthy eating campaigns and group fitness programs can foster.² Also programs for workplace wellness are examples of good initiatives for collective participation in healthy lifestyle practices. A well-known fact is that collaborative health efforts including fitness competitions and health education seminars enhance employee well-being and productivity. Hence, it is advisable that in the same spirit, homes, communities, groups, and societies work together

to build an environment that fosters and supports collaborative health efforts. Let us work together to strengthen our well-being through social support, reducing healthcare inequities, and promoting healthy behaviors. The renowned global adage “unity is strength” reflects eloquently in what regards healthy lifestyle. Unity is a powerful motivator for adopting a healthy lifestyle, even among cancer patients.

Let us, therefore, advocate for the power in unity for Healthy Lifestyle practices. For instance, a patient's mental and physical health can be greatly enhanced by a cohesive support system of friends, family, and medical experts. So also, unity among patients themselves can promote a sense of belonging, mutual understanding, and group strength through support groups and communities. Thanks to this unity, (which eventually improves treatment results and quality of life), patients, can become more equipped to face their cancer journeys with optimism, resiliency, and tenacity.

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

World Cancer Research Day
2024: A Call to Action

Every year, September 24 marks World Cancer Research Day. In 2024, this day serves as a powerful reminder of the ongoing battle against cancer. It's a time to reflect on advancements, raise awareness, and support vital research efforts.

Why It Matters

Cancer affects millions globally. It knows no boundaries—age, gender, or nationality. Each year, new cases emerge, and many lives are lost. But with research, hope flourishes. Innovations in treatment and prevention are crucial for fighting this disease.

Key Focus Areas for 2024

- 1. Early Detection: Early diagnosis saves lives. Research into better screening methods can lead to earlier interventions.
- 2. Personalized Medicine: Tailoring treatments to individual genetic profiles is revolutionizing care. Continued investment in this area is essential.
- 3. Immunotherapy: Harnessing the body's immune system offers promising results against various cancers. More studies are needed to expand its applications.
- 4. Preventive Measures: Understanding risk factors can help in developing effective prevention strategies. Education plays a vital role here.
- 5. Global Collaboration: Cancer knows no borders; international cooperation is key for sharing knowledge and resources.

How You Can Get Involved

Educate Yourself: Stay informed about cancer research developments.
Support Organizations: Donate or volunteer with cancer research foundations.
Spread Awareness: Use social media platforms to share information and stories that inspire action.
Participate in Events: Join local events or online campaigns related to Cancer Research.

World Cancer Research Day is not just a date on the calendar; it's an opportunity for change. Together, we can foster innovation and create a world where fewer people suffer from cancer. Let's unite our efforts—because every bit of research brings us one step closer to a cure!



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

FWHPWI EVENTS

FWHPWI meeting/outreach took place on the 27 July 2024 at St Martins de Porres Catholic Parish, Sunnyside Pretoria. The meeting was graced by FWHPWI members and guests. FWHPWI's new program "Farmers friends" activity took place in flying colors and participants were able to retrieve their available farm produce, mainly fruits, vegetables, and potatoes. Dr. Franca N. Alaribe also took the participants on the lane of using fruit juice to enhance and supplement our health. Issues on FWHPWI annual conference coming up on the 26th of October were also reviewed. Please click on the link below to register for the conference.





**ARTIFICIAL INTELLIGENCE
&
ALTERNATIVE MEDICINE IN
WOMEN CANCER TREATMENT**

**2024
FWHPWI & ECWR
5TH ANNUAL
CONFERENCE**

**26
October,
2024**

9:30am

**St Martins de Porres Parish,
129 Celliers Street Sunnyside**

Pretoria South Africa

SUB-THEMES:

- *Interdisciplinary approaches to women's cancer treatment
- *Historical and contemporary perspectives on alternative medicine in cancer care
- *AI Algorithms for early detection of women cancers: Techniques and Accuracy.
- *AI in radiology and Pathology: Enhancing Diagnostic approach.
- *Evidence Based alternative Therapies in Cancer Treatment
- *Predictive Analytics for Therapy Response & Side Effects Management
- *Ethical Considerations in AI-Driven Cancer Treatment
- *Regulatory Challenges & Solutions for AI and Alternative Medicine Integration
- *Economic Impact of Integrating AI & Alternative Medicine for Women's Health
- *Case Studies and Success stories: Innovation Approaches In Women Cancer Care
- *Elevating Local Means and Production of Indigenous Products for Women Cancer Treatment

Sponsors wanted, for more information email us at;
admin@foundationforwomenshealth.com; info@foundationforwomenshealth.com

Collaborators:



Click to register

Our next Outreach/meeting will be on 5th October 2024 at SMDP Catholic Church Sunnyside Pretoria.

RESEARCH NEWS

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).

Study reveals consistent association between genital talc and ovarian cancer

Genital talc powder use increased risk for ovarian cancer in cohort of women, according to study results published in *Journal of Clinical Oncology*. Additionally, frequent douching and douching during young adulthood also had associations with increased ovarian cancer risk. [Read more](#)

Hibiscus flower extract selectively induces apoptosis in breast cancer cells and positively interacts with common chemotherapeutics

Hibiscus extract is effective on breast cancer, most notably on generally resistant triple-negative breast cancer, while being selective for normal healthy cells. Hibiscus extract could supplement chemotherapeutic regimens as an adjuvant and lead to a more efficacious treatment approach to reduce chemotherapy dosages and related toxicity. [Read more](#)



Hibiscus

Image credit: <https://www.indiamart.com/proddetail/hibiscus-19079996033.html>

Chatbots can help with genetic testing for cancer risk

A study from Huntsman Cancer Institute at the University of Utah (the U) and NYU Langone Perlmutter Cancer Center, suggests that a specialized chatbot can effectively assist patients in deciding whether to pursue genetic testing, offering an alternative to traditional genetic counseling. [Read more](#)

Genes with strong impact on menopause timing also link to cancer risk

New research has found four genes with some of the largest known effects on the timing of menopause discovered to date, providing new insight into links between menopause timing and cancer risk. [Read more](#)

To Combat Cancer Treatment Resistance, Researchers Try Leveraging Evolution

Scientists have devised a potential new strategy for treating cancer by taking the ability of tumors to rapidly evolve and turning it against them. The particular evolutionary change they're targeting is tumors' uncanny capacity for making tiny changes in their biological makeup that can cause a cancer drug that had been working to stop doing so—a phenomenon often called treatment resistance. [Read more](#)

South Africa wants to end cervical cancer by 2063 — like Australia is on track to do by 2030. Here's how

Australia is on track to wipe out cervical cancer by 2030 because they've been vaccinating teens (before becoming sexually active, when the vaccine works best) since 2007. In contrast, South Africa only started giving girls the anti-HPV jab in 2014. [Read more](#)

A study examines the knowledge of women who have had mastectomies on the usage of External Breast Prosthesis (EBP), including their availability and cost in the Eastern region of Nigeria.

The study included women in the age ranging from 20 to 70 years, with the age group of 41–50 years old accounting for the largest proportion of participants (37.5%). These women had their surgery within the past 6 months to 2 years. A lack of information is one of the contributing factors affecting the use of EBP among these women, as the study revealed that many of the women who participated were unaware of the existence of this very important medical product. [Read more](#)

A study explores barriers to accessing cancer care services experienced by cancer patients in Lesotho.

The study conducted at the Senkanta oncology clinic in Maseru, Lesotho adopted a quantitative cross-sectional design. Cancer patient interviews were conducted using a structured questionnaire. Over half of the participants (53.9%) found it difficult to access cancer services. [Read more](#)

African health ministers, partners urge equitable access to critical tools to curb cervical cancer threat

Inequitable access to vaccines and high-performance screening tools is hampering efforts to effectively reduce the growing burden of cervical cancer in the African region, which accounts for the highest rates of new cases and deaths due to the disease. Despite being preventable and treatable through human papillomavirus (HPV) vaccination and screening, and curable when detected early, cervical cancer remains the most common cause of cancer-related deaths in the African region. Of the more than 76 000 cervical cancer deaths globally in 2022, the most updated data available, nearly a quarter (23%) were in Africa [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.



UPCOMING EVENTS

Gynecological Cancer Conference

OCRA's International Gynecological Cancer Conference will take place September 25-27, 2024. The virtual conference offers a front row seat to expert presentations covering a wide range of topics. Plus, community building activities, special sessions for friends and family, etc. [Read more](#)

IGCS' Annual Global Meeting, 2024

It is our great pleasure to invite you to the upcoming annual global meeting of the International Gynecologic Cancer Society (IGCS) in Dublin, Ireland on October 16 - 18, 2024. [Read more](#)

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](#)

Evening activity for better sleep

Rigorous exercise before bed has long been discouraged, but University of Otago researchers have found short bursts of light activity can lead to better sleep. [Read more](#)

Painful truth about knee osteoarthritis: Why inactivity may be more complex than we think
Knee osteoarthritis (OA) is a common cause of pain and joint stiffness. And while physical activity is known to ease symptoms, only one in 10 people regularly exercise. [Read more](#)

HEALTH AND LIFESTYLE

Program Helps Medically Underserved, Minority Cancer Survivors Be More Active

Physical activity can have many benefits for cancer survivors, from improving their quality of life to potentially making it less likely that their disease will come back. Yet studies have shown that many cancer survivors struggle to get the recommended levels of physical activity, particularly those affected by health inequities. Now, according to the results of a new study, a program in Texas has shown it can get these cancer survivors moving more by supporting them in the communities where they live, and by getting their caregivers to become more active as well. [Read more](#)

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*)

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Banana Smoothie

Ingredients:

2 large bananas, 2 large oranges, 1 mango, 1/3 cup of fresh spinach

Directions

Wash and dry the spinach. Cut banana into pieces and put into a blender. Press the oranges and pour the juice in. Peel the mango and cut into pieces and add to blender. Remove the stems of the spinach and add to the blender. Blend at a low speed and that's it! Serve and enjoy! [Read more](#)

Banana possesses numerous pharmacological activities, such as antioxidant, immunomodulatory, antimicrobial, antiulcerogenic, hypolipidemic, hypoglycemic, leishmanicidal, anthelmintic, and anticancer properties. Various individual studies have reported anticancer effects of different components of the banana plant.

[Read more](#)

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