

Newsletter



January, 2026 Foundation for Women’s Health Promotion and Welfare Initiatives

In this Issue

Director’s message

- Together we can create a world where women can have access to the support they need:

FWHPWI’s Events

- Our October, November, and December programs were accomplished.

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

2026

FWHPWI MEETING/OUTREACH

- January 31 (Online)
- Annual Conference, February 28
- March 28 (Online)
- April 25
- May 30 (Online)
- June 27
- July 25 (Online)
- August 29
- September 26 (Online)
- October 31
- November 28 (Online)
- December 12 End of Year Function

Happy New Year, 2026

As we step into the year 2026, our NGO remains committed to its mission of combating women's cancers and promoting women's health and welfare. The past year ended with a mixed bag of emotions for us, as we celebrated the successes of our initiatives, but also mourned the loss of our beloved cancer survivor, Mama Margaret, who left an indelible mark on our hearts.

Mama Margaret's courage and resilience in the face of adversity continue to inspire us, and we honor her memory by reaffirming our dedication to the fight against women's cancers. We remember her unwavering spirit, her kindness, and her dedication to cancer awareness, and we strive to carry on her legacy through our work.

We are filled with hope and determination; we are committed to expanding our reach, to supporting more women, and to making a greater impact in the lives of those affected by women's cancers. We will continue to provide programs that promote women's health and welfare. Our theme for 2026 is:

***“Empowering Women,
Enhancing Life”***

We invite you to join us on this journey. Together, we can make a difference in the lives of women and families affected by cancer. We can create a world where women have access to the support they need, where they can live with dignity and purpose, and where they can thrive.

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

FWHPWI EVENTS

Just a few ways
to reduce your risk of
gynecological cancers
advised
by
the US 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).

nfc.org/

In October and November, we conducted a series of outreach and fundraising initiatives.

In observance of **Breast Cancer Awareness Month**, we hosted our **Hereditary Breast and Ovarian Cancer (HBOC) Week** from October 6 to October 10. During this period, members delivered numerous educational presentations and distributed awareness materials specifically focused on HBOC.






FWHPWI

Foundation for Women's Health Promotion and Welfare Initiative

HBOC

KNOW HEREDITARY BREAST AND OVARIAN CANCER SYNDROME



*prevent
care
love*

Why Awareness Matters:

- Ovarian cancer is the second most common gynecological cancer in Sub-Saharan Africa and has a low 5-year survival rate of 45%.
- Breast cancer's prevalence in Africa is projected to double by 2050, with survival rates much lower than in developed countries.
- Early detection is challenging due to a lack of specific symptoms and limited screening options.

What is HBOC:

- HBOC is a genetic condition linked to mutations in BRCA1 and BRCA2 genes.
- Families with multiple breast and/or ovarian cancer cases, especially diagnosed before age 60, have a higher chance (up to 80%) of HBOC.
- Both women and men can carry these gene mutations, which increase risks for breast, ovarian, and prostate cancers.

What Can Be Done:

- Genetic testing through blood or saliva can detect BRCA mutations.
- Those with positive genetic tests can benefit from early screening and preventive measures starting as young as 25 years old.
- Understanding family cancer history, and routine health checks are key to saving lives.

VISIT US AT:
[HTTPS://FOUNDATIONFORWOMENSHEALTH.COM/](https://foundationforwomenshealth.com/).

The harm versus benefit argument around cancer treatment is complex and not easily resolved.

But more harmful than any drug is not getting a diagnosis, or one early enough, to give more people the luxury of choice.

www.wits.ac.za/news/



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

Additionally, we collaborated with **Early Career Women Researcher (ECWR)** to host a hybrid outreach event centered on the theme: *“Empowered to Lead: Developing Confident, Inclusive, and Innovative Women Leaders.”*

**EARLY CAREER WOMEN RESEARCHERS**
Presents

A DAY WORKSHOP

EMPOWERED TO LEAD:
DEVELOPING CONFIDENCE, INCLUSIVE,
AND INNOVATIVE WOMEN LEADERS.

Sub Themes and Speakers:

- Building Transdisciplinary Team: Strategies for Effective Collaboration
Dr. Franca Nneka Alaribe-Nnadozie
- Self Care: A Paradigm Shift for Women
Dr. Daisy Chioma Nwaozuzu
- Confident & Connected: Catalysts for Women Rising Together in Leadership
Prof. Marizvikuru Nwalwa-Manjoro
- Overcoming Imposter Syndrome: Building Confidence in Women
Asso. Prof. Anuli Regina Ogbuagu
- Redefining Leadership: Women's Voices
Shaping the Future
Dr. Marwa Al-Ansary
- Mentoring & Networking: Harnessing Support System for Women
Dr. Chioma Ogochukwu Anorue
- Program Facilitator
Dr. Mabuatsela Maphoru

25th, October, 2025.

10:00am (SAST)

ONLINE

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SPEAKERS



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Director, Foundation for Women's Health Promotion and Welfare Initiatives, South Africa



DR. DAISY CHIOMA NWAQZUZU
Conventry University, UK



PROF. MARIZVIKURU NVALWA - MANJORO
University of Venda, South Africa



ASSO. PROF. ANULI REGINA OGBUAGU
Alex Ekwueme Federal University Ndufu Alike, Ebonyi State



DR. MARWA AL-ANSARY
Global Executive Director
Sustainable Carbon Group UNESCO



DR. CHIOMA OGOCHUKWU ANORUE
Alex Ekwueme Federal University Ndufu Alike, Ebonyi State

FEE:

N10,000



DR. MABUATSELA MAPHORU
Tshwane University of Technology, South Africa

Attendees received complimentary blood pressure and blood sugar checks, explored fundraising resources, and engaged with virtual presentations led by ECWR mentors and distinguished guest speakers.

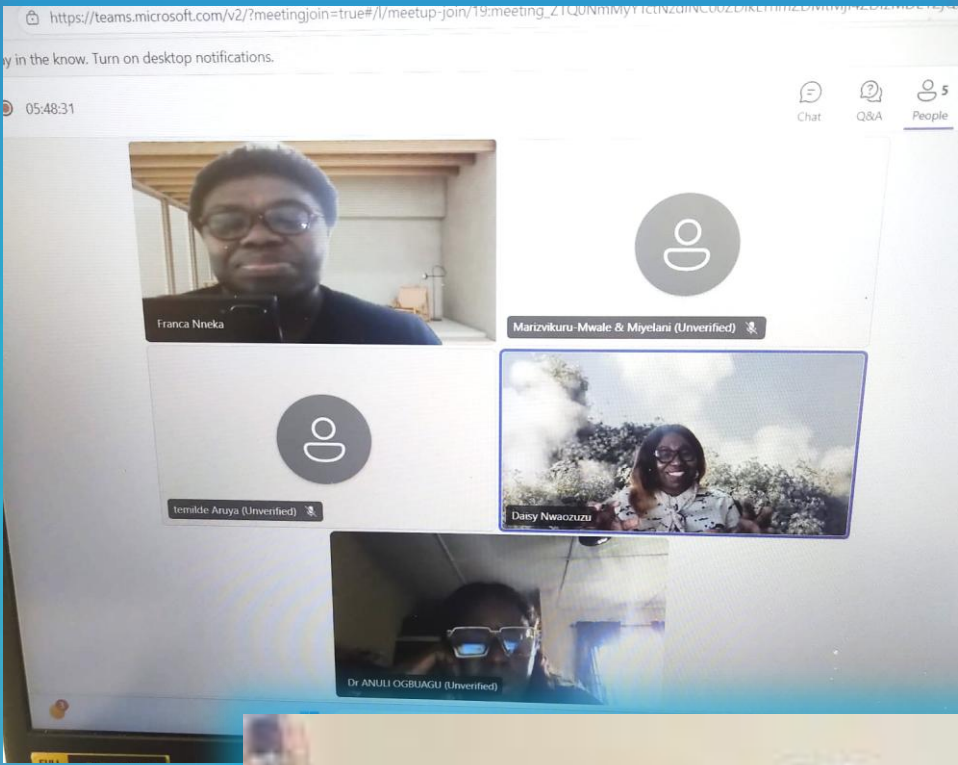
Photos of the event are on the page below.

Update Gynecologic Malignancies 2025

There have been major changes in the understanding of gynecologic malignancies in recent years, leading to new therapy options and subsequently to greater responsibilities for every professional treating those patients.

The most significant therapeutic advances were achieved with checkpoint inhibitors (CPI), especially for endometrial and cervical cancer.

[Read more](#)



Do you know?

A landmark genome-wide association study (GWAS) by Wits University researchers discovered two novel genetic variants linked to breast cancer in black South African women

[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.



While no outreach events were scheduled for November, our foundation held an online general meeting for members on **November 29, 2025**. We subsequently concluded the year with our annual end-of-year function on **December 12, 2025**.

Photos of the events are included below.



Advertise your business in our Healthy Women, Healthy Society Magazine

Please do visit
our Fundraising
Webpage

YOUR GENEROSITY
IS HIGHLY
APPRECIATED

[Click Here](#)

Healthy Women, Healthy Society Magazine is published
in print and online.

ADVERT RATES

B/Cover	R350
F/page	R250
H/page	R150
Q/page	R100

Our magazine suits advertisements for pharmaceuticals, nutrients, cosmetics, fashions, etc. Our audience is the general public (especially women), health institutions, research laboratories, gyms and sports centers, cosmetics and beauty centers, etc.

Advertising in our magazine is ideal for businesses in Nigeria and South Africa, targeting to impress their clientele and to attract more prospective customers and collaborators.

You can also deposit your donation
directly into our bank account below.



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Editorial group
Support group
Cancer survivors group