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DIRECTOR'S MESSAGE: High inflation translates into increased distress for all but especially for the afflicted like cancer patients and cancer survivors



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

Come to think of how we got to the present situation of global high inflation, we come to realize earnestly that we are experiencing a special moment in history; a moment in which humanity is under threat from a host of factors. Just call to mind, the immense threat from climate change, the COVID 19 pandemic and now, the increasing Global geopolitical tensions. All these threats persist and proliferate despite unceasing alarm of catastrophic consequences by experts and by a plethora of unpleasant experiences.

In point of fact, the present situation of high inflation is just one of such alarms; just one unpleasant experience from the austere threats of our time; just one but one with evolving revolving ramifications pestering every essential pillar of our livelihood.

Come to think of it, inflation is pestering our labour market – discouraging investors and investment, then contributing to higher unemployment as we have it today. Inflation is pestering the purchasing value of money – weakening and even eroding our food security,

healthcare systems, values of our pensions, savings, treasures, etc.

Today, while the cost of essential food items to prepare meals continues to increase due to what economists describe as, disrupted harvests, disrupted supply chain, etc., the unfortunate reality of COVID 19 pandemic and geopolitical issues exacerbate many other factors that lead to food insecurity, like unemployment or reduced hours at work, fuel hike, and economic sanctions. Sure, a great proportion of humanity is feeling the heat, but there are some who are closer to harsher temperatures.

Our thought goes to people who are hit harder, especially people who are facing food insecurity due to the trending inflation but highly vulnerable because afflicted by some harsh disease. Doubtlessly, in this itchy time, it is tougher to struggle for employment, food, medication, and other essential livelihood factors; but it is much tougher to struggle for very special or prescribed diet, prescribed medication, prescribed lifestyle, all under the general increased cost of living – transportation to medical centres and facilities, medical ticket or fee-for-service, etc. In a nutshell, excessive inflation is bad for all but remarkably bad for the afflicted.

FWHPWI urges everyone in every society to help advocate against inflation in medicine and medication. Perhaps it is time to try to restructure our health care systems, abolishing or at least replacing the fee-for-service structure with something better for everyone in every society.

**Almost all
cervical cancer
is caused by HPV**

**Some cancers of the penis, anus,
and oropharynx
(back of the throat, including the
base of the tongue and tonsils)
are also caused by HPV.**

[Read more](#)

HPV OVERVIEW/SYMPTOMS

HPV is the most common sexually transmitted infection.

- Many people with HPV don't develop any symptom but can still infect others through sexual contact.
- Symptoms may include warts on the genitals or surrounding skin.
- There's no cure for the virus and warts may go away on their own. Treatment focuses on removing the warts.
- A vaccine that prevents the HPV strains most likely to cause genital warts and cervical cancer is recommended for boys and girls.

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**Cancer is a leading
cause of premature
death in every
country in the world**

**But many of these
deaths can be
prevented**



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share information about the cancers

FWHPWI'S EVENTS

FWHPWI's outreach/meeting is back face to face. Thanks to all, over the past two years we have had very memorable virtual interactive experience despite all odds of the COVID 19 pandemic. Henceforth, following the government's relaxation of COVID 19 social restriction rules, our coming outreach/meetings will take place normal at designated venues. However, should the need arise, we shall reverse the relaxations and implement relevant regulations and protocols stipulated by competent health/public authorities.

Our next outreach/meeting is scheduled for July 30; time and venue will be communicated. We look forward to embracing you all.

The Editorial Group of FWHPWI is glad to present to you our first survey-work, published as book chapter, in S. Kumar (ed.), *Medicinal Plants*, IntechOpen London. You can click on the link below to access the book. Happy reading.

<https://www.intechopen.com/online-first/81650>

RESEARCH NEWS

Major clinical research advances in gynecologic cancer in 2021

The Journal of Gynecologic Oncology review group has held a conference and compiled a list of major clinical studies on gynecologic cancer since 2020. With support from the Asian Society of Gynecologic Oncology (ASGO), a review course titled, "Major Clinical Advances in Gynecologic Cancer" was held at Daeyang AI Center at Sejong University on December 11, 2021.

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Researchers weigh Obesity and gynecological cancers relationship

Obesity impacts cancer hallmarks through different mechanisms. In gynecological cancers, this occurs mainly

through alterations in hormonal, inflammatory, and metabolic pathways. Increased estrogen signaling, obesity-related insulin resistance, and chronic low-grade inflammation contribute in concert to stimulate anabolic processes, inhibit apoptosis, and stimulate cell proliferation, in part, by altering the mitogenic PI3K/AKT/mTOR pathway. Additionally, obesity leads to major alterations in the lipidic composition of organelles and membrane dynamics which may further contribute to the alteration of cancer hallmarks.

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Studies focus the effects of gynecological cancer and its treatment on bone mineral density

In the present study, ovarian cancer patients had a lower BMD in the 1st to 4th lumbar spine and a lower average T score of L1-L4 than those of the control group before treatment. More than half (57.3%) of the ovarian cancer patients were in advanced stages of the disease. The long period of exposure to estrogen deprivation due to ovarian failure presumably influenced the low BMD before treatment.

[Read more](#)

More Evidence That Alcohol Is Contributing to a Rise in Cancer

Studies discover new evidence linking alcohol consumption with increased cancer risk. The evidence comes as researchers assessed estimated global alcohol consumption, risks of alcohol for specific cancer types, and global incidence of those cancers in 2020. Findings showed that drinking contributed to 741,300 cases of newly diagnosed

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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).

nfc.org

esophageal, mouth, larynx, colon, rectum, liver, and breast cancer. Moderate drinking (<.70 ounces per day) contributed to nearly 14 percent (103,100) of cases, while risky drinking (.70 to 2.11 ounces per day) contributed to about 39 percent (29,800) of cases, and heavy drinking (>2.11 ounces per day) contributed to about 48 percent (227,900) of cases.

[Read more](#)

Researchers discover genes that predict good response to blood cancer therapy

Mount Sinai scientists sequenced RNA of multiple myeloma tumours from patients treated with selinexor and identified a signature of three genes that were activated in patients who had positive responses. Selinexor is part of many groundbreaking therapies for the blood cancer multiple myeloma, but the ability to target its use to patients who would benefit the most remained elusive until now.

[Read more](#)

An experimental cancer drug had a 100% success rate

A tiny group of people with rectal cancer just experienced something of a scientific miracle; their cancer simply vanished after an experimental treatment. This was result of a very small trial done by doctors at New York's Memorial Sloan Kettering Cancer Center. Patients took a drug called dostarlimab for six months. The trial resulted in every single one of their tumors disappearing. The trial group included just 18 people, and there's still more to be learned about how the treatment worked. But some scientists say these kinds of results have never been seen in the history of cancer research.

[Read more](#)



Palmitic acid not only contribute to metastasis, but also exerts long-term effects on the genome

Metastasis – or the spread – of cancer remains the main cause of death in cancer patients and the vast majority of people with metastatic cancer can only be treated, but not cured. Scientists in Spain have uncovered how a fat molecule found in palm oil, called palmitic acid, alters the cancer genome and increases the likelihood cancer will spread. The researchers have started developing therapies that interrupt this process and say a clinical trial could start in the next couple of years.

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The Tissue surrounding breast cancer tumours can prevent immune cells from reaching and destroying cancer cells

In recent years, immunotherapy has become an important weapon in the arsenal against breast cancer, but many patients still fail to respond to the treatment. Scientists have now found that the reason so many patients don't respond might not be the tumor itself but the tissue that surrounds it – the extracellular matrix.

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A study analyses prevalence use of medicinal plants by cancer patients

The use of medicinal plants has increased significantly in recent years. According to World Health Organization, 80% of the world's population uses medicinal plants to treat themselves. Hence, at the National Institute of Oncology, Rabat, a cross-sectional survey has been conducted aiming to estimate the prevalence of medicinal plant use by cancer patients, list the different plants and identify their adverse effects cited by users and their reported efficacy.

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The cancer burden is expected to nearly double in sub-Saharan Africa during the next 20 years as a result of population growth and ageing, reaching 1.5 million new cases and 1 million deaths by 2040.

To overcome this mounting challenge, each country in sub-Saharan Africa needs to implement a cancer control programme as part of national health planning and to have at its disposal routine surveillance systems capable of monitoring progress in the delivery of specific interventions.

IARC/WHO PRESS
RELEASE
10 May 2022
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The COVID-19 pandemic is not over.
Never forget this 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.

Scientists have found out that Soft Sea Corals are sources of sought-after “Anti-Cancer” compound



Soft sea corals

Image credit: healthcare.utah.edu/publicaffairs/news/2022/05/coral-anti-cancer-drug

For 25 years, drug hunters have been searching for the source of a natural chemical that had shown promise in initial studies for treating cancer. Now, researchers at University of Utah report that easy-to-find soft corals – flexible corals that resemble underwater plants – make the elusive compound.

[Read more](#)

Researchers have found a plant compound to be effective at stopping the growth of lung cancer cells in a laboratory setting

While there is currently no cure for lung cancer, scientists are working on treatment options. Some of these scientists are at the University of Technology Sydney (UTS), where a new

study found a natural herbal compound called berberine stops the growth of lung cancer cells in a laboratory setting. Berberine is a naturally-occurring plant compound used in traditional Chinese medicine for thousands of years. It can be found in a variety of plants, including barberry, goldenseal, Oregon grape, and tree turmeric.

[Read more](#)



(1)



(2)



(3)

(1) Barberry

Image Credit: bio.brandeis.edu/fieldbio/

(2) Goldenseal

Image Credit: wikiwand.com/en/Goldenseal

(3) Oregon Grape

Image Credit: eatdrinkbreathe.com/oregon-

Where does cancer care stand in Africa today?

According to Dr Miriam Mutebi, the new President, African Organization for Research and training in Cancer, cancer care has improved significantly in many African countries over the past decade but challenges in prevention, detection and treatment services as well as financial hurdles are limiting access to quality and adequate care to millions of patients.

[Read more](#)

In Kenya researchers find evidence that a single dose of HPV vaccine can protect against cancer causing infections.

A recent study in Kenya renews optimism in the efficacy of human papillomavirus (HPV) vaccine. The study adds to growing evidence that a single dose of HPV vaccine is highly effective in protecting young women against cervical infection with cancer-causing HPV types. Conceivably, the exciting aspect of the study is the reality that giving just one HPV vaccine dose instead of the two or three doses currently recommended would reduce the cost of vaccination, hence allowing more girls worldwide to be vaccinated.

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Africa lacks sufficient health care resources and infrastructure to handle the growing cancer burden

Researchers estimate that there will be 2.1 million new cancer cases and 1.4 million cancer-related deaths in Africa by 2040. The investigators noted that dietary and lifestyle changes, along with behavioral and environmental risk factors may be contributing to the increase. The findings shed light on critical needs and could help with allocating resources. The researchers warn that unless steps are taken to increase awareness, improve prevention and mitigate risk factors, these increases would likely overwhelm

healthcare capacity levels, delay cancer screenings and limit treatment options for patients.

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A study has been conducted to identify the most promising cancer prevention and treatment approaches available in Africa

To do this, researchers collected and analysed the incidence and fatality rates for the 10 most common and fatal cancers in 56 African countries grouped into 5 different regions (North, West, East, Central and South) over 16-years (2002–2018). They examined temporal and regional trends by investigating the most important risk factors associated to each cancer type. Data were analysed by cancer type, African region, gender, measures of socioeconomic status and the availability of medical devices.

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HEALTH AND LIFESTYLE

World Cancer Research Fund International (WCRF) recommends limiting ‘fast foods’ and other processed foods high in fat, starches or sugars, as this helps control calorie intake and maintain a healthy weight

According to WCRF, there is strong evidence that diets containing greater amounts of ‘fast foods’ and other processed foods high in fat, starches or sugars – and consuming a ‘Western type’ diet (characterised by a high amount of free sugars, meat and fat) – are causes of weight gain, overweight and obesity by increasing the risk of excess energy intake relative to expenditure. Greater body fatness is a cause of many cancers.

[Read more](#)

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Do you know?

A researcher in Tennessee (US) has obtained a US patent on four African medicinal plants. The patent makes sweeping claims for preparations of the plant extracts and against “breast cancer, leukemia, melanoma, and myeloma” and “viral infection, diabetes, Parkinson's disease, tuberculosis, or fungal infections.” The patent covers use of *Millettia ferruginea* alone or with one or more of the other three medicinal plants that are claimed. All of the plants grow in Ethiopia and have medicinal uses there and, in some cases, other countries.

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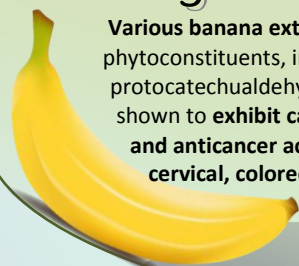
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Our magazine suits adverts for things like pharmaceuticals, nutrients, cosmetics, fashions, etc. Our audience is the general public, (especially women), health institutions, research laboratories, gym and sports centers, cosmetics and beauty centers,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

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

Vegan Banana Cinnamon Vanilla Shake



Various banana extracts, fractions, and phytoconstituents, including ferulic acid, protocatechualdehyde, etc., have been shown to exhibit cancer preventative and anticancer activities in breast, cervical, colorectal and others.

[Read more](#)

Ingredients

1 medium banana (~7" long)
1/2 cup vanilla ice cream
6 oz milk (2%)
1/2 tsp cinnamon

Cooking Directions

Mix all ingredients in a blender and enjoy!
Adjust ingredients as desired.

Source: stanfordhealthcare.org/

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info@foundationforwomenshealth.com
foundationforwomenshealth@gmail.com

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