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DIRECTOR'S MESSAGE: The World Marks Cervical Cancer Awareness Month in January

FWHPWI HEALTH TALK

CERVICAL CANCER

All You Need To Know



DATE & TIME	SPEAKER	ZOOM MEETING
28 Jan 2021 5 pm	Dr Ebere Nze	ID: 76906802788 Passcode: FWHPWI

FWHPWI shares this unique period of year for some hope of positivity and cheers for a fresher outlook in 2021. We are confident, 2021 will restore normal social serenity, good health and general wellbeing to us all. 2020 was a year (more than any other) to touched our human way of being; it was a year with its social, economic and psychological realities still too real that we can hesitate to put as past experience; it was a year of hard, hash but crucial lessons to humanity. 2020 was special in every sense of the word 'special'.

We all know, what made 2020 so special is the fact that it was the year COVID-19 came into view as a devastating pandemic. In other words, it was the year COVID-19 started manifesting as global Health Hazard with mortal threat to lives and bleak for lifestyles. The crucial lessons learnt since the 2020 pandemic reflect the fact that every health hazard could be controlled adequately if tackled with same spirit and same vigour as in the global fight against the COVID-19. True, the pandemic is still on but it could surely have been worst if not for the sake of same spirit and measure taken to curb it.

This year we still have to mind COVID-19. But while we mind the pandemic, we will have to redress the reality of other existing public health problems and the potential of their running out of hands if or when not properly controlled. A typical example is the cervical cancer problem especially in the sub-Sahara regions of Africa.

Presently, it is known that Human papilloma virus (HPV) infection is the primary cause of cervical cancer; it is also known that with the possibility of screening and timely detection, cervical cancer treatment and control of cervical cancer death rates is possible. There is also the possibility of HPV-based vaccination against cervical cancer. While all these possibilities exist, it is a pity that women continue to die of cervical cancer. In fact, according to World Health Organization (WHO), 'One woman dies of cervical cancer every two minutes, making it one of the greatest threats to women's health; and ... 'nine in 10 women who die from cervical cancer are in poor countries; ... If we don't act, deaths from cervical cancer will rise by almost 50% by 2030'.¹

In a nutshell, FWHPWI highly commends WHO's Global Strategy to Accelerate the Elimination of Cervical Cancer, launched on September 17, 2020 with three key steps: *vaccination, screening and treatment*.² Perhaps

that was a product of the time, and it is no bias to say that lack of one spirit/one global measure against cervical cancer has been a major reason why the most vulnerable women of our world are still dying unnecessarily. While we bear this fact as our opinion, our message to all local, national and international authorities, and to all persons informed of the dangers of HPV and the possibilities of its being controlled, is to make 'cervical cancer awareness' a point of moral duty.

As the world marks cervical cancer awareness month in January to ensure every woman gets the knowledge of the possibility to prevent the cancer, for us in FWHPWI, we reassure our pleasure and dedication to this cause. We wish we could reach to every woman in every corner of the globe to encourage her do the screening – (even self-sampling which is today becoming more and more available). Screening makes detection of pre-cancer cervix cell changes possible in early stage before they cause symptoms. In short, cervical cancer could be detected early enough, and could also be well-managed, if not completely cured. But to do this, every woman need to know what is cervical cancer, its risk factors, preventable measures, symptoms, etc. We dedicate to this purpose, a special talk on all you need to know about cervical cancer, to be delivered on January 28, by Dr. Ebere Nze, (a medical practitioner) august professional in the field. Take note of the Date, Time, Zoom ID and Pass-code in the poster above. You are all invited to join us. Thanks, **Dr. Franca Nneka Alaribe Nnadozie**

FWHPWI'S EVENTS

Since the COVID-19 pandemic and necessary lockdown measures to curb it, FWHPWI's reshaped and rescheduled programs have been moving fine. Our First Annual Conference was one of such programs. It was first scheduled for October 31, 2020 and the designated theme was *Fighting Gynecological Cancers in sub-Sahara Africa: challenges and the way forward*. The conference was shifted to hold online on December 12, 2020. And, in the mist of the unprecedented COVID-19 pandemic and its enormous challenges to our health, lifestyle and livelihood, FWHPWI deemed it proper to reshape the conference – assigning it a new theme that embraces the COVID-19 emergency. For those who missed the conference, below is the program.

FWHPWI ANNUAL CONFERENCE, DECEMBER 12, 2020

Theme: *Living in the New Normal: Challenges and the Way Forward*

Opening Prayer Rev. Dr. Amos Adeniyi

PROGRAM/TIME ALLOCATION	SPEAKERS
Opening Remark/Keynote Address	Dr. Debbie Kupolati
Health and Well Being During Pandemic	Dr. Sylvia Kama Kieghe
Maximizing the New Normal in Business; taking your Business Online	Lady Shayo Imologome
Reading and Managing During Pandemic	Dr. Leo Elisha Ishaku
How Women can Help Each Other in Adverse Conditions	Ms Yalezo Ntombekhaya
Showcasing FWHPWI	Dr. Daisy Mere Nwaozuzu & Dr. FN Alaribe Nnadozie
Closing Remarks	Dr. FN Alaribe Nnadozie



Visit our [website](#) for information on our programs and events.

RESEARCH NEWS

Researchers have found new evidence about the positive role of androgens in breast cancer treatment

There is now new evidence about the positive role of androgens in breast cancer treatment. Researchers have looked at the role of androgens as a potential treatment for estrogen receptor positive breast cancer. (Androgens are commonly thought of as male sex hormones though also found at lower levels in women). In normal breast development, estrogen

stimulates and androgen inhibits growth at puberty and throughout adult life. Abnormal estrogen activity is responsible for the majority of breast cancers.

[Read more](#)

Scientists have developed a targeted therapy that starves cancer cells to death

The novel therapy tricks cancer cells into gobbling up cholesterol - which actually triggers their destruction. The therapy consists in using synthetic nanoparticle that appears as a cholesterol-loaded particle and binds to the cancer cells, starving them to death. This new therapy has been studied for lymphoma cells but scientists are optimistic, it could be effective in other cancers with similar appetite for cholesterol, such as kidney and ovarian cancer.

[Read more](#)

Faecal immunochemical test (FIT) can help identify risk of developing colorectal cancer

Researchers have recently demonstrated that a simple, cheap FIT test can help identify who is at risk of developing colorectal cancer, aiding early diagnosis and potentially saving lives. Colorectal cancer has a high mortality rate. Each year, 1.8 million cases are diagnosed worldwide, and the disease causes global 900,000 deaths annually. Requests for urgent colorectal cancer investigations have more than doubled from 2012.

[Read more](#)

A biomarker enables early detection and treatment of uterine cancer to prevent it from spreading

A biomarker refers to anything that can be used as an indicator of a particular disease or some other physiological state of an organism. A newly discovered endometrial (uterine) cancer biomarker and diagnostic method will enable detection of the tumor type that is likely to spread and recur so that clinicians can initiate treatment early and stop the cancer from attacking other parts of the body.

[Read more](#)

There is still need to develop better tools and explore research opportunities that would lead to limiting cancer as a major health concern

According to a recent research aimed at highlighting challenges and opportunities to advance cancer care, the study finds that despite progress in the decline of cancer mortality, there are still critical gaps yet to be addressed regarding tools and research opportunities that would significantly change the future of cancer care.

[Read more](#)



[Click to join us](#)

[share information about the cancers](#)

Cancer is a leading cause of premature death in every country in the world. But many of these deaths can be prevented.

[The Cancer](#)

Do you know?

Thanks to screening, timely detection and treatment, cervical cancer death rates have dropped over 50% in the last 40 years.

Cervical cancer screening is done by a pap smear, also known as pap test

[Read more.](#)

Do you know?

The "pap" smear is named after Dr. George Papanicolaou, a physician and scientist who is credited with the discovery of the test in the early 20th century.

[Read more.](#)

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.

Plant-Derived Drugs: Therapeutic Option for Cancer Treatment

Plants are visibly an efficient provider of food and shelter, but the role of plants as a source of medicine is underappreciated. Human civilization is using plant as a source of food, shelter, and medicine for almost same time. The contribution of plant as medicine was neglected due to the lack of precise biochemical and pharmacological mechanisms. Surprisingly, in nature, plants are continuously and extensively exposed to natural pollutants, carcinogens, and toxic metals compared with human. We have limited idea how plants tightly regulate their cell cycle machineries endogenously even after enormous exposure to hazardous components. Till date, several plant-derived compounds such as taxol, vinblastine, topotecan, and many more have been used as anticancer drugs successfully in clinical studies.

[Read more](#)

Four Multipurpose Medicinal Plants – Out of Ethiopia and neighboring countries

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, 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. Below table are the four plants.

Scientific name	Common names
<i>Glinus lotoides</i>	Metero, Lotus sweetjuice, Damascisa
<i>Ruta chalepensis</i>	Tena Adam, Egyptian rue, Fringed rue
<i>Hagenia abyssinica</i>	Kosso, Kouso, Habbi
<i>Millettia ferruginea</i>	Birbira, Sotallo, Zaghia, Yego

Source: report entitled “Out of Africa: Mysteries of Access and Benefit Sharing”, p.7; published by Edmonds Institute, Washington USA.

[Read more](#)

See below image of the four plants



Glinus lotoides

Image credit: [plantsystems.org](#)



Ruta chalepensis

Image credit: [west crete.com](#)



Hagenia abyssinica

Image credit: [adventuresinethiopia.com](#)



Millettia ferruginea

Image credit: [worldagroforestry.org](#)

Cancer News: Africa

Research has found high use of traditional medicine in Sub-Saharan Africa despite modern medicine

Researchers who have undertaken the first systematic review of the use of traditional, complementary and alternative medicines (TCAM) in Sub-Saharan Africa found its use is significant and not just because of a lack of resources or access to conventional medicine. Their review found relatively high use of TCAM alone, or in combination with conventional medicine, in the general population and for specific health conditions such as pregnancy, cancer and malaria.

[Read more](#)

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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/

A Review of Cervical Cancer in South Africa

Cervical cancer is the second most common cancer in South African women. Opportunistic screening for cervical cancer has been available for the last five decades. In 2000, the South African Department of Health launched a national cervical screening programme. However, this has not been fully implemented. South Africa has the largest expanding HIV burden in the world and the high prevalence of HIV complicates the situation as HIV-infected women have greater rates of pre-invasive and invasive cervical cancer rates whereas HPV infection promotes the acquisition of HIV.

[Read more](#)

The 64th IAEA General Conference, address the scourge of cervical cancer in Africa

During the 64th General Conference of International Atomic Energy Agency, (IAEA), the surge of cervical cancer in Africa was discussed. The event, theme: 'The role of nuclear technologies to fight cervical cancer in Africa: Past experiences and the way forward' was organized by the Kingdom of Morocco in partnership with the IAEA, to explore the impact of cervical cancer on women in African countries and identify ways to change the situation.

[Read more](#)

Impact of the COVID-19 pandemic on cancer diagnosis, treatment and research in African health systems

COVID-19 pandemic has immensely disrupted healthcare services globally. The pandemic has been particularly disruptive for cancer services and more so in low-resource settings. Impact of the pandemic on cancer prevention, screening, diagnosis, treatment and research across the African continent has necessitated the reimagining of how oncology services can be delivered now and in the future. Evidence suggests a substantial impact of the pandemic on the various aspects of cancer management in the continent. Aggravating factors include pre-existing health system and cancer management gaps in many countries within the continent which face typical inadequate availability of oncology resources, oncologists and other vital resources; in addition to the acute and lingering consequences of social distancing, movement restrictions and other public health measures implemented to contain the spread of the virus.

[Read more](#)

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HEALTH AND LIFESTYLE

We can help reduce cancer risk in our communities

Adopting a healthier lifestyle is easier for people who live, work, play, or go to school in an environment that supports healthy behaviors.

Working together, communities can create the type of environment where healthy choices are easy to make. We all can be part of these changes. Let's ask for healthier food choices at our workplaces and schools. For every junk food item in the vending machine, ask for a healthy option, too. Support restaurants that help you to eat well by offering options like smaller portions, lower-calorie items, and whole-grain products. And let's help make our communities safer and more appealing places to walk, bike, and be active.

cancer.org

Health Benefits of Asparagus



Image credit: walmart.ca

Asparagus is a very healthy vegetable, with high levels of folic acid, beta-carotene, phosphorus, potassium, calcium, iron, protein, and vitamins A, B6, C, E and K. Asparagus also contains antioxidants that are known to help prevent cancer. Research suggests that eating asparagus increases the success rate of chemotherapy.

[Read more](#)

Vegan Asparagus Recipe

(Roasted asparagus)

The ingredients you'll need

- Fresh asparagus
- Extra virgin olive oil
- Salt
- Ground black pepper
- Garlic



How to make the roasted asparagus

Preheat your oven to 400°F or 200°C.
Wash and trim hard ends off asparagus.
Arrange the asparagus onto a lined baking sheet.
Drizzle with oil, salt, pepper and garlic and toss to combine.
Bake for about 15 minutes or until the asparagus are lightly browned and tender.
Remove from the oven, drizzle with lemon juice and serve immediately.

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