



THE CARE MAGAZINE

FIGHTING CANCER TOGETHER

Volume 1 | Issue 1
January 2022

+ The Magazine that delivers information on cancer related activities and advice on prevention, early detection and treatment.

+ In this edition, we feature cancer awareness events that were carried out in 2021, highlighting the efforts being made by Cancer Care Network Trust Zimbabwe in collaboration with other organisations in the fight against cancer.

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CANCER CARE
NETWORK ZIMBABWE

PARTNERSHIPS FOR

HOPE

LOVE

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CANCERCARE
EVERY STEP OF THE WAY

LET'S FIGHT FOR WHAT MATTERS
WE CAN FIGHT CANCER TOGETHER

Learn the symptoms and
get yourself checked

www.cancercarenetwork.net



#BecauseWeCareAboutYou



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TOGETHER
LET'S BE

#BoldAgainstBreastCancer.

#EarlyDetectionSavesLives

#CheckYourBoobiesRegularly

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FOREWORD

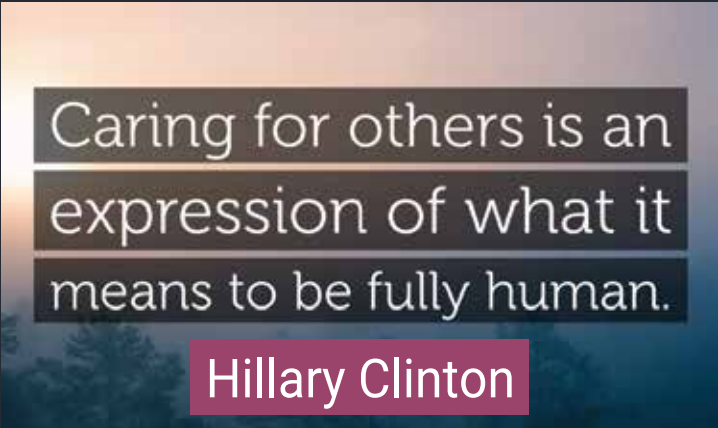
The Care magazine is an online magazine that was founded by Cancer Care Network Trust Zimbabwe (CCNZ). Cancer Care Network Trust Zimbabwe (CCNZ) is a non-governmental, apolitical organization that was established in 2021 for the purpose of improving cancer services in Zimbabwe. Our Trustees are people that have been affected by various cancers one way or the other and are passionate about contributing towards reducing the currently unacceptable and continually rising cancer burden in Zimbabwe which has resulted in significant morbidity and mortality to Zimbabweans.

The cancer journey is a very difficult one for patients and their loved ones mainly due to the fact that a lot of patients are being diagnosed with advanced disease resulting from limited availability of screening and early detection services in Zimbabwe. Information on cancer and its treatments is scarce with patients often struggling to access care due to lack of information. The Care magazine was therefore set up to bridge the information gap and provide the much needed information on cancer, how to prevent and treat it and where to access cancer services from prevention, treatment, psychosocial support and palliative care services. In 2021, the CCNZ carried out an amazing cancer awareness drive which included media campaigns on TV, radio, social media and physical events that were well attended and impactful. Some of the events carried out in 2021 are highlighted in this magazine.

As CCNZ we hope that our efforts will contribute to the magnificent efforts to alleviate the burden of cancer that are being made by several organizations and individuals in the oncology space in Zimbabwe.

Regards

Dr Nomsa Tsikai



Caring for others is an
expression of what it
means to be fully human.

Hillary Clinton



The Pink Dance for Breast Cancer Awareness in partnership with Chicken-Hut Zimbabwe – October 2021.

“Dance is a song of the body, either of joy or pain.”

– Martha Graham



For breast cancer awareness month, Cancer Care Network Zimbabwe ran a month-long campaign to raise awareness through dance.

Professional Choreographer, Sharon “Shazz” Gweshe came up with a simple but interesting dance routine that we shared on various social media platforms and encouraged people to participate in what we called “The Pink Dance Challenge”. The Pink Dance Challenge was held in partnership with Chicken-Hut and the launch was held at their Avondale, Harare outlet.

This challenge ran through the month of October and

reminded people that dance not only heals the individual person, but unites people with a common purpose which in October was to celebrate, our women and men who have fought breast cancer and those who are still fighting, while also remembering all those who may have succumbed to this scourge.

The message extends to us all a reminder that as we dance, we must adopt healthy lifestyles and examine our breasts regularly and that early detection saves lives.

THE PINK HAIR CAMPAIGN

“Pink-Hair- Don’t- Care”

One of our Cancer Care Network Zimbabwe members Sam Nyaude took a bold stance to make a loud statement for breast cancer awareness in Harare that went beyond just wearing pink ribbons and clothes, but actually dyed his hair pink.

Coloured hair in Harare is a head turner, especially if it's a bright pink colour and on a man. But who cares when it's for a noble cause right?

Marlene Laurence proprietor of Maggs Hair & Beauty Bar partnered with Le`Sel Brands who generously donated all the hair care products to make sure that we had a “Pink Mascot” during breast cancer awareness month 2021.

Sam braved the pink hair for the whole month of October and went to various public spaces with placards that especially encouraged people to also be bold and get tested for breast cancer, while also taking time to encourage cancer patients that there is hope beyond cancer.

This campaign generated much needed interactions and brought people's attention to the reality of breast cancer, through online and physical impressions.



*The Pink Hair Magician
Marlene Laurence of Maggs Hair and Beauty*



Pink Hair in the streets of Harare



SPIT Braai 4 A Purpose

Our first effort to fund-raise for breast cancer was through a partnership we made with the popular Londoners Sports Bar. Through the kind benevolence of the proprietor, Mrs Debbie Mubi we hosted a braai lunch and every second plate purchased on that day was donated to the Cancer Care Network of Zimbabwe.

Surprisingly for us, we managed to garner a good turn-out and the fund-raising event was a resounding success. We managed to raise funds that went to the purchase of anti-nausea medication for the less-privileged

cancer patients. Cancer Care Network Zimbabwe is committed to continue providing anti-nausea medication and other much needed provisions to improve quality of cancer patients care. During chemotherapy treatment some patients react to the medication and excessively throw up, hence the need of these drugs. Every dollar raised went to providing needed support to patients and families of people living with cancers in Zimbabwe.

Yanaya Zumba Breast Cancer Awareness



Yanaya Zumba Breast Cancer Awareness Campaign

OVER 50 WOMEN IN HARARE JOINED AN OPEN ZUMBA SESSION FOR BREAST CANCER AWARENESS THAT WAS HOSTED BY PENDULUM PHARMACEUTICALS AND SUPPORTED BY CANCER CARE NETWORK ZIMBABWE. THIS WAS AN EXCITING EXERCISE, DANCE AND FUN PACKED MORNING LED BY CHENGETAI MNISI AKA PINEAPPLE.

DR TSIKAI GAVE A PRESENTATION AND DEMONSTRATIONS ON HOW TO PERFORM SELF-BREAST EXAMINATIONS WHICH HELP TO DETECT BREAST CANCER EARLY. AFTER THE WORK-OUT AND DANCE, SMOOTHIES WERE SERVED BY YANAYA RESTAURANT WHOSE MOTTO IS "A HEALTHY LIFESTYLE".



Schools Cancer Awareness and Outreach

The Heritage School in Borrowdale, Harare organized a THINK PINK breast cancer awareness campaign during the month of October. The students made various arts and crafts in support of breast cancer awareness.

Cancer Care Network Trust Zimbabwe had the privilege of making presentations to Heritage School staff members and management and the outreach revealed the existing information gaps around cancer. Having had a productive knowledge sharing meeting, Cancer Care Network Zimbabwe is going to follow up the first meeting in 2022 with a senior girls' presentation on how to self-examine for breast cancer and signs to look out for so as to detect breast cancer early. This will be a pilot for a schools' outreach cancer campaign that we hope will reach far and wide in Zimbabwe.





PINK CONFERENCE 2021

CCNZ in conjunction with Talk Cancer Zim organized the inaugural Pink Conference which was a patient-centred conference. The event was held on the 29th of October 2021 and was a huge success. Breast cancer survivors shared their journeys and spread awareness and discussed challenges that they face in their journeys.

Nyaradzo Breast Cancer Awareness

Nyaradzo partnered with CCNZ and carried out breast cancer awareness throughout the month of October through video displays which featured presentations from Dr Nomsa Tsikai, Hazvinei Matonda and Sam Nyaude. Hazvinei shared her cancer journey through her passionate message of encouragement which came out clearly as she said, “don’t worry ladies, after completion of chemotherapy, the hair will grow back!”

Breast Cancer Outreach with Zimbabwe Women Doctors Association and Miracle Missions

The CCNZ joined the Zimbabwe Women Doctors Association (ZWDA) and Miracle Missions in their breast cancer awareness and screening outreach campaign held at Hatcliffe Polyclinic in Harare. The team comprised doctors from the ZWDA and Dr Maitazvenyu Mvere who is a Senior Radiologist with the Well Woman Clinic Harare. Over 100 women were screened for breast cancer with ultrasound scans and biopsies being carried for the women who were found to have problems within their breasts. Women who needed further medical assistance were referred to Parirenyatwa Hospital for treatment. This was a very successful event and we are looking forward to more outreaches across Zimbabwe.

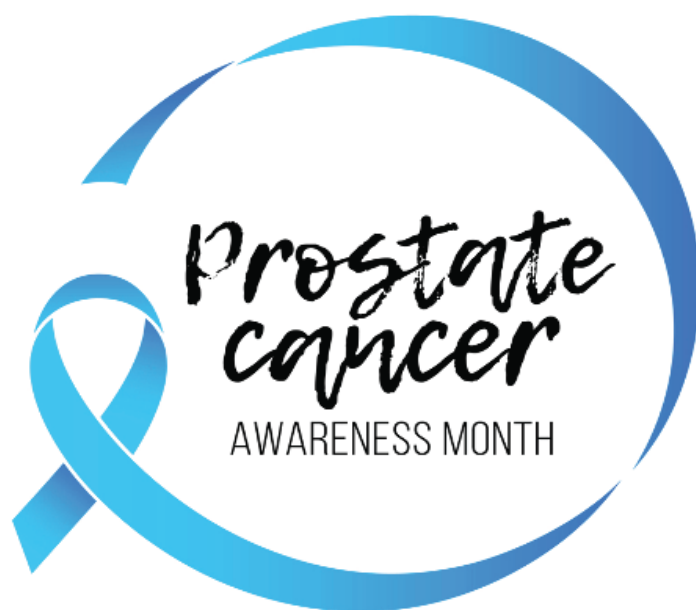


Hatcliffe Polyclinic Breast Cancer Outreach



Men's Health Talk

CCNZ in conjunction with Talk Cancer Zim organized the Men's Health Talk which was held on 26 November in Harare. The event was graced by great speakers who included Mr C. Samkange who is a Senior Urologist in Harare, who educated men on men's reproductive health, featuring on infertility erectile, dysfunction and prostate cancer. An exciting talk on mental health was delivered by Dr Mazhandu who is a Psychiatrist based in Harare. During this event, men were encouraged to take health issues seriously and go for regular check-ups as most of them are succumbing to different diseases such as cancer, diabetes, mental health and many more.





Cervical Cancer High Tea

The Cervical Cancer High Tea was held on the 27 of November 2021 at Utano Café and Restaurant in Harare. The theme was Patient-Centred Cancer Care-Working together to strengthen cancer advocacy and improve patient outcomes. The proceeds of the High Tea went towards the purchasing of adult diapers for adult cancer patients.



Radiotherapy Centre, Parirenyatwa Hospital

Media Campaigns

CCNZ took part in various Television, Radio and Social Media awareness campaigns. The purpose of the media campaigns was to educate the public on breast cancer and highlight the importance of screening and early detection. The need to seek medical care even with the most advanced stages of cancer was also emphasized because there has been a lot of progress in the treatment of cancer such that we now have more people surviving and living longer even with advanced cancer through treatment. Highlights of some of these campaigns are as follows:



ZTN Live

CCNZ took part in a live interview on ZTN entitled, "The Breast Cancer Story: Fighters and Victors" on 11 October 2021 with host Candice Mwakalyelye. CCNZ was represented by Hazvinei Matonda and Dr Nomsa Tsikai. Hazvinei gave a touching account of how she battled breast cancer, all the way from diagnosis, through to her treatments which included surgery, radiotherapy and chemotherapy. She also shared how she is now coping as a cancer survivor. Dr Tsikai educated the public on breast cancer prevention, screening, diagnosis and treatment.

A promotional poster for a ZTN Live event. The poster features the ZTN logo at the top, followed by the event title "THE BREAST CANCER STORY: FIGHTERS AND VICTORS". Below the title are two portraits: Dr Nomsa Tsikai, an oncologist, and Hazvinei Matonda, a breast cancer survivor. At the bottom, the host Candice Mwakalyelye is shown. The event is scheduled for 11 Oct 2021 at 12PM CAT. Contact information for Marion Shaba is provided at the bottom.

THRIVING HEELS

ZTN

THE BREAST CANCER STORY: FIGHTERS AND VICTORS

DR NOMSA TSIKAI
ONCOLOGIST

HAZVINEI MATONDA
BREAST CANCER SURVIVOR

11 OCT 2021
TIME 12PM CAT

HOST
CANDICE MWAKALYELYE

FOR MORE INFO CONTACT
MARION SHABA : 0773 528 182 | marion.shaba@ztn.co.zw

Econet Wireless Cancer Awareness Campaign.

CCNZ was proud to partner with Econet wireless during October through Econet sponsored Star FM radio programmes that educated the public on breast cancer, screening, early detection and treatment. Econet also filmed a breast cancer awareness video which featured Dr Tsikai giving a lecture on breast cancer awareness.



Capitalk Radio Shows with Rumbidzai Venge

Throughout the month of October, CCNZ, represented by Dr Nomsa Tsikai in conjunction with Keretia Chikowe who is the founder of Second Chance organisation took part in Capitalk radio shows to raise cancer awareness. These discussions were hosted by Rumbidzai Venge and were centred on breast cancer in both men and women.

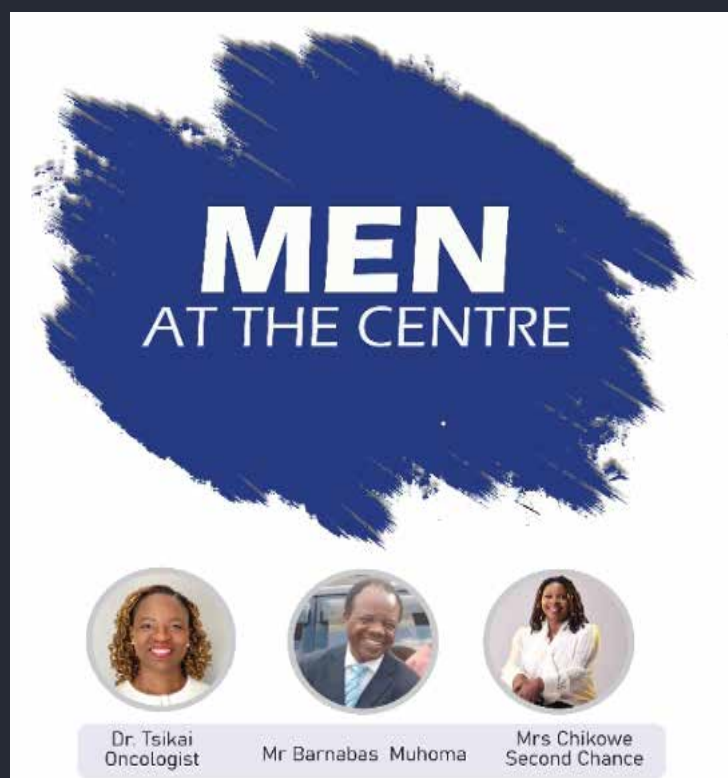


DivaSinc

CCNZ took part in the DivaSinc breast cancer awareness show. The show was hosted by the lovely Sokostina who interviewed Dr Nomsa. The discussion centred on breast cancer early detection and advice on adopting healthy lifestyles to reduce the risk of developing breast cancer. The discussion centred on breast cancer early detection and advice on adopting healthy lifestyles to reduce the risk of developing breast cancer. There was a question and answer segment that saw many people benefit from the medical advice.

Men At The Centre Webinar

CCNZ took part in the Men at the Centre Webinar, which discussed men's cancer and the issues surrounding men's poor health seeking behavior. This event was held on 23 October 2021 and was organised by Unboxed Communications and Keretia Chikowe of Second Chance.





The Nutrition Corner

BREAST CANCER

PREVENTABLE.

TREATABLE.

BEATABLE.



CANCER CARE
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Let good food be thy medicine and medicine be good food. Many at times we tend to overlook the real meaning of food and just focus on the aspect of it being anything one can consume. Yet when it comes to cancer treatment and the recovery process, good food is at the center. Malnutrition from the lack of appetite, chemotherapy, hormonal and digestion changes is very common and a challenge to many on their journey to health and wellness.

Studies estimate that anywhere from 30 percent to up to 85 percent of cancer patients experience malnutrition, so it's important to prevent and be on the lookout for malnutrition symptoms during treatment. Symptoms such as fatigue, diarrhea, poor appetite, unexplained weight loss, and feeling full quickly, pain or dryness in mouth or throat and difficulty in chewing or swallowing food.

Nutrition starts with eating the right amounts and types of foods, this makes good food to become your medicine. The basic nutrients needed are from protein sources. Vegetable protein sources from lentils, beans, nuts and seeds are the best as they offer the highest vitamins and minerals levels. Other foods such as soy and dairy are also good, but varies based on the type of cancer and stage. Protein is essential for increasing appetite, reduces infection risk and aids in the repair of body tissues. Good fats are key during cancer treatment to help reduce inflammation and improve heart health. There is a wide variety of good foods to add such as avocado, olive oil, nuts, fatty fish and seeds. These can also be found in the form of supplements, although it is key to consult with your nutritionist/dietitian for the best brands and amounts to take daily. Avoid saturated fats as they increase inflammation, reduce immunity and heart health.

For carbohydrates, focus on high fiber fruits, vegetables and grains that provide the body with energy. Good foods include sweet potatoes, Millet, brown rice, fruits and oats. Refined carbohydrates are best avoided. The most important beverage is water, this will aid in digestion, replace lost fluids from digestive problems. Avoiding sweet or carbonated beverages is key as these foods trigger inflammation, and reduce efficiency of chemotherapy and healing of the body.

Written by Rumbidzai Mukori
Registered Nutritionist +263775923563

CONCLUSION

CCNZ is grateful to their partners and sponsors who made all this work possible. As a summary to the cancer awareness campaigns held throughout 2021, CCNZ would like to stress on the importance of living healthy lives as a key part of the fight against cancer. A healthy lifestyle entails eating well which means cutting out sugar and refined foods from our diets (examples of refined foods include white bread, white rice and refined mealie meal) and eating more whole grain foods and plenty of fruits and vegetables. It is important to eat white meat such as fish and chicken and avoid or cut down on red meat and dairy products. Cigarette smoking should be avoided and people should

stop drinking alcohol or reduce their alcohol intake. It is also important to drink plenty of water, recommended 3 litres of water a day for adults to flush out toxins and stay healthy. And not forgetting the importance of staying physically active and mentally balanced through regular physical exercises and meditation exercises. We should always remember that early detection of cancer saves lives and that there is always something that can be done for cancer even with the advanced stages of disease which enables patients to live good quality lives. Let us all unite in the fight against cancer.



CANCER CARE
NETWORK ZIMBABWE



From the CCNZ Family

Dr Nomsa Tsikai
Dr Audrey Chivaura
Doreen Chiremba
Hazvinei Matonda
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Sharon Gweshe
Nonsikelelo Gwaka
Chicken Hut
Chad Chahwanda
Londoners Sports Bar
Debbie Mubi
Zandile Mubi
Advocate Ajay Singh & Mrs Singh
Dennis Ziki
Rumbidzayi Kanhukamwe
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PCD Pharmaceuticals
Harare Oncology Centre (Cancer Care Private Ltd)
The Heritage Schol
Mediloft Pharmacy
Nyasha Mugara
Tatenda Mumvuma
Kudakwashe Malunga
Talk Cancer Zim
Michelle Madzudzo**



Unboxed Communications



Generation Health+

