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# Care

MAGAZINE

*Closing the cancer care gap through information on prevention, early detection, treatment options and all related activities.*



ZIMPARKS WORLD WILDLIFE DAY  
**CELEBRATIONS**

**RPAZ WELLNESS DRIVE**

**OMNIWEALTH  
Wellness Drive**

*Cervical Cancer  
Awareness  
Outreach.*

**FIGHTING CANCER TOGETHER**

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**CANCER CARE  
NETWORK ZIMBABWE**



## *In This Edition*

- 2 *Regional Cervical Cancer Awareness Meeting*
- 3 *Cervical Cancer Awareness Outreach*
- 4 *RPAZ Wellness Drive*
- 5 *World Leprosy Day*  
*Omniwealth Wellness Drive*  
*Zimparks World Wildlife Day Celebrations*
- 6 *Ladies Breakfast Meeting*  
*Headhunters and Polaris Wellness Drive*
- 7 *ZWDA Financial Literacy*  
*Breakfast Workshop*  
*Baines Intercare HighTea Function*

# Foreword

## From the Editor

### *Good Health for each Woman*

We are just coming out of Women's Month. We saw many individuals and organisations doing different activities to honour women and celebrate them. We also played a part in these commemorative processes.

However, we believe there is a greater celebration of women that goes beyond the dedicated month. Women's health is a lifelong matter that calls on us to commit to it on a daily basis all the days of our lives.

Good health for each woman is the enduring legacy that we seek. A lifetime of safe living, care, companionship and support should be uppermost in all our minds. We live to fight and defeat cancer and to eliminate it in the next generation. Our ambition is to make sure that cancer stops being the terror that it currently represents. At Cancer Care Network Zimbabwe, we have made a lifelong commitment to walking with you.

We believe that all women are natural born carers, supporters and winners and when they face cancer, they are ready to go the distance. We would like to walk every step and fight every battle with them.

Beyond, Women's Month and all other commemorative days and months, we open our arms and say to all women: Never, never feel you are alone. Share, reach out and never feel like you have no one to carry your health load with you.

Also remember that screening and early diagnosis save lives. Take advantage of any screening opportunities.

Together, we can, and will, make a huge difference in the fight against cancer.

**Dr. Audrey Chivaura**  
Vice- Chairperson CCNZ





# REGIONAL *Cervical Cancer Awareness* MEETING





**DATE:** 27 JANUARY 2023  
**VENUE:** BRONTE HOTEL  
**TIME:** 5:30 PM  
**THEME:** Ending cervical cancer within a few generations.

This is a summary of the proceedings of the Regional Cervical Cancer Awareness Meeting which was held on the 27th of January 2023 at Bronte Hotel with a total of 58 guests. The event's main objective was to raise awareness about cervical cancer treatment, prevention, screening, and diagnosis by ending cervical cancer within a few generations. MIC Radiology Group organized the webinar with its partners Cancer Care Network Zimbabwe, Hope 4 Cervix, and Dr. Guzha Clinic.

Dr. Guzha presented about cervical cancer prevention, screening, and diagnosis in the 21st century. He said the main cause of cervical cancer is HPV which stands for human papillomavirus and it has different types. It also causes some other genital cancers in women and men including vaginal, vulva, penile, and anal cancer. It's very common so anyone who is sexually active can get it.

Doctor Chatora presented the role of imaging in cancer treatment. Imaging is used to help find and diagnose disease, recommend treatments, and monitor how well patients respond to therapy, in cancer screening ultrasound and MRI are mainly used to determine surgical staging.

The staging system, then determines the treatment pathway that the patient goes down so it has to be done with a high degree of accuracy. Treatment should be made on the basis of accurate imaging. Whether we're using MRI or ultrasound but basically MRI has been shown to be the best.

Dr. Tsikai started by highlighting that cancer is emerging as a major public health concern in Sub-Saharan Africa and is expected to double in the next twenty years. (WHO). In Zimbabwe, cancer is a major cause of morbidity and mortality with over 7800 new cases annually and more than 2000 deaths each year. (ZNCR 2018).

Dr. Kufa presented about cervical cancer in women living with HIV. She highlighted that CC is highly preventable but many women are dying every 2 minutes worldwide from CC. Sub-Saharan Africa has got a high incidence and mortality of cervical cancer and as well as HIV. She said HPV infection tends to persist in women living with HIV and even when they're diagnosed with cancer and are treated, they do not perform well as their HIV-negative counterparts. She also highlighted that Zimbabwe is one of the countries with a high burden of HIV and our prevalence is about 11.8% and which is among the highest in the world.





# Cervical Cancer Awareness Outreach.

MIC Radiology Group together with ZWDA' and Cancer Care Network Zimbabwe went for a cervical cancer awareness outreach on Saturday the 28th of January 2023 at Hatcliffe Poly Clinic. Bringing awareness of cervical cancer amongst the community of Hatcliffe Extension through screening, awareness material, and informative talks and to making the community aware that 'cervical cancer' was the number one cancer amongst women in Sub-Saharan Africa in particular Zimbabwe.

The following partners attended the event. Cabs, Cancer Care Network Zimbabwe, City of Harare, Delta, Dr Audrey Chivaura, Dr Guzha, Hatcliffe Polyclinic, Hatcliffe Community Committee, MIC Radiology Group, Miracle Missions, MRI & Radiology Centre, Newlands Clinic, New Start Centre, Old Mutual, Pedigree Events, Population Services Health, Radiation Protection Authority of Zimbabwe, Rooney's Hire, Rusty Markham, Trade Centre, Spar, Star FM, Cervical Cancer Survivors, ZBC, ZiFM, Zimbabwe Women Doctors Association, and ZLG.

A total of 11 doctors and 3 nurses volunteered their services. The screening was set from 9.00 am to 12.00 pm but had to be extended to 12.30 by which time the following services were offered:

- 125 consults with doctors
- 70 hpv gene screening
- 20 viac's
- 4. HIV testing and STI treatments offered



What is Cancer ?



# RPAZ WELLNESS DRIVE REPORT

DATE: Friday 10 February 2023

VENUE: Radiation Protection Services of Zimbabwe Centre

TIME: 9:00 AM – 12:00 PM

THEME: A healthy community is a wealthy one. It is a great initiative to assist employees to be health conscious.

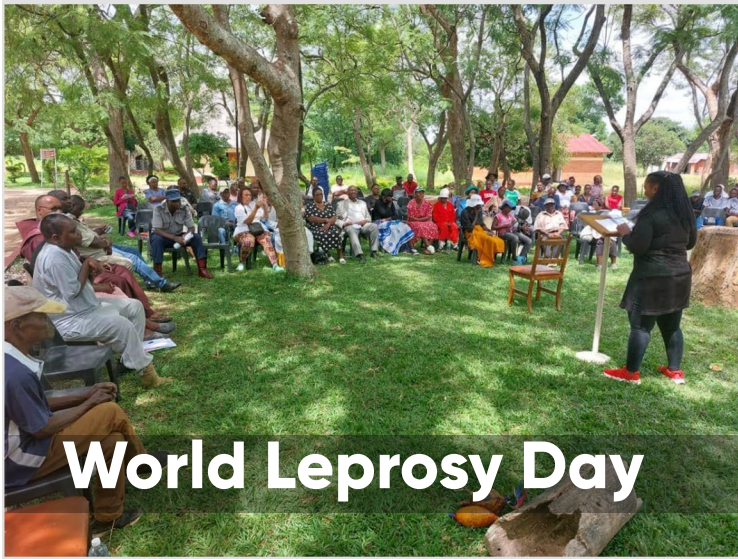
This is a summary of the proceedings of the RPAZ Awareness Drive which was held on the 10th of February 2023 at RPAZ Offices in Avondale with a total of 58 guests. The event's main objective was to raise awareness about cervical cancer treatment, prevention, screening, and diagnosis by ending cervical cancer within a few generations.

Dr. Tsikai addressed challenges that are faced on a daily basis and also hoped to find for women to come for early screening before they become symptomatic. Cancer treatment is very costly, patients are paying up to \$20 000 U.S. dollars for treatment. Surgery and radiotherapy in private hospitals are not affordable. Even patients on medical aid are paying huge shortfalls. Other challenges she addressed are below:

- Cancer services remain highly centralized (barrier to access)
- Out-of-pocket financing for cancer services
- Limited radiotherapy services in the public sector (only brachytherapy service available in government institutions)
- Frequent radiotherapy machine breakdowns in the public sector are complicated by very high repair and maintenance fees
- Loss of skilled cancer health personnel to greener pastures (skills flight)
- The preference for alternative therapies (herbal medicines) by a significant number of cancer patients leading to delayed presentation and poor outcomes

Mrs Simbanegavi explained about PSH which provides HIV-integrated services through new start centres. We provide HIV testing we provide pre-exposure prophylaxis (prep). We also do STI management be it screening to family planning services. She said they introduced a vehicle cancer screening. They also provide voluntary male medical circumcision. She also addressed cancer screening methods that they were going to use to screen female workers at RPAZ. And she finished by contacting cervical cancer screening tests on ladies.

Miss Fortue explained about Pamumvuri Trust and how they deal with mental health. She said struggling with mental health can start at any time when you are diagnosed with cancer, it affects her psychology, it affects him or her psychologically, and it also affects the people around her psychologically and, in most cases, people will end up discriminating him or her. It could be after diagnosis, during treatment, or after treatment has finished. Your experiences can vary. This can depend on your circumstances. A cancer diagnosis can affect people with an existing mental health problem in different ways. Some people might feel their mental health worsens with a cancer diagnosis. Others might feel it doesn't change much. Your feelings can change at any time during or after treatment. She also encouraged people to be gentle to be who show mental health disorders



ZWDA in partnership with the ministry of health and Mutemwa leprosy centre commemorated the first-ever world leprosy day celebrations on 11 February 2023 from 7 AM to 4 PM at Mutemwa in Mutoko. ZWDA funded the lunch and travel. They were assisted by Cancer Care Network Zimbabwe to fundraise for donations. Some individuals who contributed towards the donations are:

- President Dr M Munhutu
- Dr Mavis Samkange
- Dr C Nyamarebvu
- Mr A Choga ( ZWDA supporter)
- Dr A Chivaura
- Dr N Tsikai
- Dr Kawome
- Loretta Mawunganidze
- RUDO Mafunda

## OMNIWEALTH WELLNESS DRIVE

**DATE:** 27-28 February 2023  
**VENUE:** Econet Graniteside  
**TIME:** 09:00 AM – 15:00 PM  
**THEME:** A healthy community is a wealthy one. It is a great initiative to assist employees to be health conscious.

Cancer Care Network Zimbabwe together with MIC Radiology Group, PSH, and Pathology Labs did a cervical, breast, prostate cancer, and mental health talk outreach on the 27th - 28th of February 2023 at Econet Graniteside Offices where up to 120 workers were beneficiaries. The objectives of the 'Outreach' were:

- To create awareness of cervical cancer, its symptoms at the various stages, testing facilities treatment options, and the option of vaccination.
- examine the role of proper health management in raising awareness of the necessity of early screening for breast cancer
- To create awareness of breast cancer, its symptoms at the various stages, testing facilities treatment options.
- To create awareness of prostate cancer, its symptoms at the various stages, testing facilities treatment options.
- To offer testing facilities



## ZIMPARKS WORLD WILDLIFE DAY CELEBRATIONS

On the 3rd of March, Cancer Care Network Zimbabwe, Baines Intercare, Pathology labs, and MIC Radiology all exhibited at Zimparks HQ along Borrowdale Rd, on their world wildlife day, it was a high-end function and the main intention was to raise awareness of our brands to the public. Our fliers and banners were on Pedigree events and the CCNZ exhibition table. We had about 500 participants where +-200 visited the Baines Intercare Desk and the same on the Cancer stand. Pathology lab and Baines Intercare marketed every partner. Free BP checks and Sugar tests were also conducted on our tables.



# LADIES BREAKFAST MEETING

**VENUE:** Chisipite

**DATE:** 4 February 2023

We went to Kutenda Creations Ladies Breakfast on the 4th of February, and Loretta managed to attend as we could only afford 2 people's registration fee. We spoke to the ladies; it was about 20-25 mature ladies. It was in Chisipite, Collen Valley.



## HEADHUNTERS AND POLARIS WELLNESS DRIVE REPORT

**DATE:** 10 March 2023

**VENUE:** Sun Valley Estates

**TIME:** 12:30 PM – 16:00 PM

**THEME:** A healthy community is a wealthy one. It is a great initiative to assist employees to be health conscious.

This is a summary of the proceedings of the Head-hunters/Polaris Awareness Drive which was held on the 10th of March 2023 at Sun Valley Estates in Hat-cliff. The event's main objective was to raise awareness about cervical, breast, and prostate cancer treatment, prevention, screening, and diagnosis by ending cervical cancer within a few generations. Mental health was also discussed at the event so that people appreciate how important is mental health in everyday life. This event was held at a Farm so all the presentations were done in Shona.

The objectives of the 'Outreach' were:

- To create awareness of cervical cancer, its symptoms at the various stages, testing facilities, treatment options, and the option of vaccination.
- examine the role of proper health management in raising awareness of the necessity of early screening for breast cancer
- To create awareness of breast cancer, its symptoms at the various stages, and testing facilities options.
- To create awareness of prostate cancer, its symptoms at the various stages, and testing facilities.
- To offer testing facilities
- To create a safe space by raising awareness and showing the significance of mental health talks in work-places.

Almost every worker was tested. The male workers were tested for prostate cancer for those who were over 40, they were also tested for BP and sugar tests as well as HIV, and a total of 36 males were tested. The females were also tested for HIV, HPV, and Breast and Cervical cancer about 70 ladies were tested.



# ZWDA Financial Literacy Breakfast Workshop

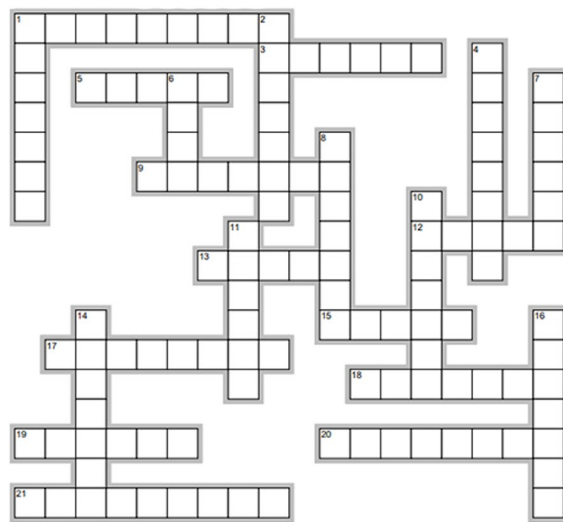
ZWDA Financial Literacy Breakfast Workshop was held on the 11th of March 2023 at Vanilla Moon, Mt Pleasant. The event was sponsored by Stanbic Bank.

The total number of guests was 45 including the Speakers. The event's main objective was to celebrate international women's day by empowering women in medicine with financial literacy. There were 5 guest speakers which are Mr. Viki, Mr. Makamadze, Rudo Nyamato, Mr. Chigerergomo, and Venus Mushininga.

Cancer Care Network Zimbabwe together with the MIC Radiology group exhibited at the event. Their banners and fliers were on their tables respectively. They showcased the services they offer to the guests who were present.



## Puzzle Corner



Activate V

### Clues

#### Across

1. Heel bone
3. Tail bone
5. Thigh bone
9. Knee cap
12. Ankle bone
13. The larger of two lower leg bones
15. Entire back bone
17. Lower jaw bone
18. Upper arm bone
19. Hip bones
20. Any of the small bones that make up the back bone
21. Smallest bones in fingers and toes

#### Down

1. Head, or skull
2. Shoulder blade
4. Collar bone
6. One of two lower arm bones, spelled with four letters
7. One of two lower arm bones
8. Hand bones
10. Chest bone
11. The smaller of two lower leg bones
14. Upper jaw bone
16. Ribs

## BAINES INTERCARE HIGH TEA FUNCTION

**Date:** 25 March 2023

**Venue:** Vanilla Moon

**Target Group:** Women

**Theme:** Empowering Women in Menopause

Baines Intercare held a high tea program on 25 March 2023 at Vanilla Noon in Mt Pleasant to empower women in menopause. The event had 9 speakers whom all presented very on their topics. Cancer Care Network Zimbabwe and MIC Radiology exhibited their services to the guests who were present and also the general public who came to the venue during the program.

