

# CANCER ADVOCACY THINGS

N E W S L E T T E R



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Advocate of the issue

Did you know?



## Editor's Note

The other day, I woke to receive a call from a young undergraduate. She had come across BWS cancer advocates on campus in Ibadan and on examining her breasts months later, 'found' a lump. 'Yayyyyyy!...Another potential victim has become a victor' I thought to myself. Within minutes, I swung to action and referred her to colleagues in the Community Health Clinic in LUTH for a second opinion. Alas!! It was a false positive case. The lump she found was not the unusual breast lump. Double 'Yayyyyyy!!'... I thought again.

At least, the very good side to this is that she now knows what breast cancer is, how to conduct breast self examination and she would likely tell someone who will tell someone who will tell someone who will.....

The need for a newsletter to give information on cancer and some of the advocacy efforts of Breast Without Spot (BWS) has been long-overdue. Prof Ifeoma Okoye, through the BWS initiative responded to a need....the need for youths, Nigerians and individuals in grass-root communities to get the message about cancer. To know how it can be prevented... to know what it is... to be aware of what it is not... to take a stand against it...to choose to reduce their risks...to decide to get screened...to seek opportunities to inform their friends and family. Triple Yayyyyyy!!!

This maiden edition of 'Cancer Advocacy Things' the quarterly newsletter by BWS hopes to find you better informed, greatly challenged to join this collective cause and hopefully you will be the next causing us all to give a quadruple Yayyyyyy!!

*Funmilola James*  
ASST EDITOR

## BWS/NYSC CANCER PREVENTION ADVOCATES IN LAGOS RAISE AWARENESS OF CANCER IN SURULERE

The BWS cancer prevention youth corpsers in Lagos State were warmly received by Mrs Osinaike, the Vice-principal of Community Senior Grammar School in Surulere as she enthusiastically gathered the students of the school to the assembly ground on the 17th of January 2013 when the advocates visited the school to give an awareness lecture about cancer, its risks factors and also taught the students how to examine their breasts monthly.

The President of the BWS/NYSC CDs group, Ms Happiness Okorie taught the students Breast Self Examination and the fact that they should endeavour to examine their breasts 7-14 days after their monthly period.

Another member of the group, Dr Oriyomi educated the students on the need to stay away from risk factors of cancer such as smoking, drinking, sexual recklessness and bad eating habits. After allowing the students opportunity to ask questions, two outstanding students of the school and the Vice principal were presented with the gifts of video CDs on Breast Self Examination and exercise books.



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## BWS/NYSC CANCER PREVENTION ADVOCATES' EXCURSION TO RADIOLOGY DEPARTMENT IN LUTH.

To the BWS youth corpsers in Lagos State, Thursday, February 1st was not just the first day of the month but also the first time most of them would be seeing equipments used in diagnosis and treatment of cancer in Lagos University Teaching Hospital, Idi-Araba. They toured the Radiodiagnosis and Radiotherapy Departments where they had the opportunity to be briefly addressed by the Heads of the two departments – Dr Kofo Soyebi and Professor Remi Ajekigbe respectively.

They were shown the mammography machine, scan machines, linear accelerator and cobalt 60 machines. They were also briefly shown how each of the machines work and their relevance to cancer diagnosis, prevention and treatment. Comments from the corp members after the excursion showed that they were indeed better informed and would be better able to educate people about cancer with a more practical approach.



## BWS/NYSC CANCER PREVENTION ADVOCATES IN BAUCHI VISIT THE EMIR AND NTA, BAUCHI.

Members of the BWS/NYSC CDs group in Bauchi, a State in the North-Eastern part of Nigeria have shown that they are not far from taking the awareness message of the preventability of cancer to all and sundry in the State. Under the leadership of an ex-corpor, Mr Kwesi Ampah who after his youth service volunteered to be the CDs group State Coordinator, the youth corpsers in the State paid a courtesy visit to the Emir of Bauchi, the Managing Director of NTA, Bauchi and had various outreaches where they spoke to women and men about cancer, its risk factors and the need to conduct monthly Breast Self Examination.

## WORLD CANCER DAY YOUTH JAMBOREE 2013

When the Union for International Cancer Control announced to the world that annually, February 4 was to be World Cancer Day, they had no idea that come February 2011, the 'All youths Against Cancer, an initiative of BWS would commence an annual cancer awareness event tagged 'World Cancer Day youth jamboree'.

The 3rd edition of this annual event was held in the Indoor Sports Hall, National Stadium, Surulere in partnership with Initiative for Community Development (ICD) on Saturday, February 2nd 2013.

The special guest of honour was no other than the former Deputy Governor of Ekiti State, Her Excellency, Honourable Biodun Olujimi.

The event, which was a panel discussion, had seasoned health practitioners, including Prof Remi Ajekigbe, a Professor of Radiation Oncology, Prof Ifeoma Okoye, a Professor of Radiology Dr Lanre Onigbogi, a Public Health Consultant and tobacco control activist, Ms Ummukulthoum Bakare, a Physiotherapist and PRO of Nigerian Society of Physiotherapists, Dr (Mrs) Otun, a Consultant Gynaecologist and Dr Folu Olatona, a Public Health Consultant and Nutrition expert respond to questions that had been sent in by the youths via various social media.



## WORLD CANCER DAY YOUTH JAMBOREE 2013 CONTD



The World Cancer Day Youth Jamboree (WCDYJ) 2013 was not only highly interactive and informative, but also entertaining as Nigeria's award-winning Musician and 'Captain Fokasibe' as he is fondly called by his fans- DJ Zeez thrilled the youths with his cool lyrics. Other upcoming Musicians like G-Mak and Y-storm also showed they had some great performing talents as they kept the audience entertained. Popular Telecoms company-MTN Nigeria was the main sponsor of the WCDYJ 2013 while other companies like Tecno Mobile provided free T-shirts and gift items for all participants. Vovi cosmetics sampled invited guests with their beauty products while GSK Ribena kept the audience 'thirst-free' with chilled bottles of Ribena drinks. The event could not have been made more impactful but for the free health screening provided by Pathcare and high-tech equipments and sound system provided by Cogitoergosum.



## BWS ADVOCATES IN ENUGU REACH OUT TO CATHOLIC WOMEN ORGANIZATION (CWO)

BWS advocates were invited to the St. Mary's Catholic Church Trans-Ekulu on the 19th July 2013 by Mrs. Mbah Chika-the leader of the organization.

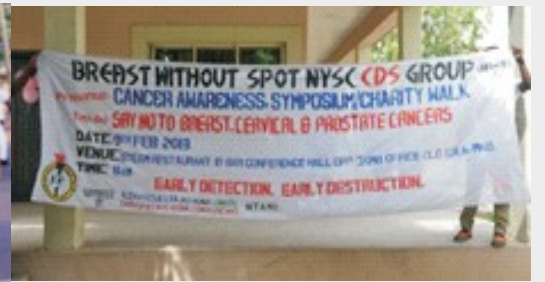
A representative of the Medical Women Association of Nigeria (MWAN) also supported the team in the bid to reach out to women of different age groups with the cancer awareness message. Amongst other information passed to the women, Dr (Mrs) Nneka Iloanusi demonstrated to the women how to conduct Breast Self Examination and called out one of the women to show what she had just learnt on how breast exam is to be conducted.

Dr. (Mrs) Esther Ekwe also took the women through strategies to prevent cancer and other early detection methods. The impactful event saw over 50 women in this grass root community smiling back home with the hope to practise what they had learnt and stay 'cancer prevention-smart'.



## THE REPORT OF BWS/NYSC COMMUNITY DEVELOPMENT SERVICE (CDS) GROUP IN BENUE STATE.

Youth corpsers in Makurdi, the Benue State capital stormed the streets for a cancer awareness walk and later, a symposium titled 'say no to breast, cervical and prostate cancer' on the 9th of February 2013. Steam Restaurant and Bar Conference Hall, Makurdi, where the symposium to raise awareness of cancer was held had not only the youth corpsers in attendance, but also members of the Catholic Women Association. Other invited guests and the facilitators at the event included Dr (Mrs) Patricia Utoo, who spoke on 'Breast without spot' as a way of educating the audience about breast cancer. Dr (Mrs) Daniel and Dr Ogwuche Uroo spoke on "Cervix without Lesions" and "Prostate without lumps" respectively.





## ADVOCATE OF THE ISSUE

He not a doctor, neither can he tell if there exists a difference between Paracetamol and Panadol. Yet, Mr Emeka Dave Ezekoke, the Public Relations director of myowndp.com is one cancer prevention advocate who has proven that indeed the fight against cancer is a multisectorial one and is not reserved for professionals in the health sector alone.

**DISCIPLINE:** Human Resource management

**DEEDS:** With myowndp.com, an initiative instigated by him and his brothers, Emeka has used social media, display pictures and pictorials to spread information about the cancer, its prevention and the need for screening.

**WHY CANCER:** More youths are dying of cancer these days and this is mostly because of late presentation due to low level of awareness. Myowndp felt there was a need for more creative ways to get the message of prevention and early detection of cancer and other non-communicable diseases with shared risk factors to Nigerians, especially the young ones whose inquisitiveness and tech-savviness find them mostly online exchanging information via various social media platforms. There is an increased need for an avenue to communicate behavioural change that can help us the youths of Nigeria cut down our risks of cancer and other non-communicable diseases with shared risk factors. This is one way myowndp.com has been contributing to some of the issues in our society.

**HOW I REDUCE MY RISKS OF CANCER:** I don't smoke and I eat more natural foods instead of processed ones.

**LIKES:** Creativity and Soccer

**DISLIKES:** Laziness

**WORD FOR THE YOUTHS:** Believe in yourself, doing drugs ain't worth it. Learn something new and helpful everyday.



## DID YOU KNOW?

- That the National Tobacco Control Bill in Nigeria passed through the second reading at Nigeria's House of Representatives on Thursday, 14th March, 2013 in Abuja?
- You can prevent up to 33% of cancers by getting screened?



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