

# How your donation helps us fight cancer

## RESEARCH



**±R12m**  
Spent every year in total on research

We currently support more than 31 research projects at universities; grant bursaries to post-graduate students and help fund research initiatives

We spend more than R600 million each year on environmental carcinogen (cancer-causing substances) research projects to enable you to make Smart Choices



We helped fund the development of a potential vaccine that blocks the Human Papilloma Virus that causes cervical cancer. CANSA served on the committee for the implementation of the HPV vaccine programme in schools

### Smart Choices

reduce the cancer risk

The CANSA Seal of Recognition encourages you to read product labels and make informed choices



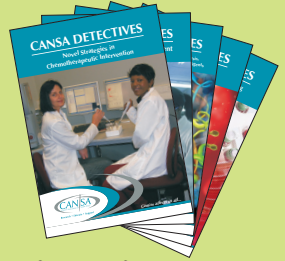
### Protecting you, the consumer

Promoting correct food labelling and restriction of trans fats - in 2011 CANSA's efforts contributed to legislation restricting trans fats to 2%

We helped discover a gene mutation that causes colon cancer and also the development of an early diagnostic test for colon cancer



We assisted in funding research for 20 years that discovered the link between the Hepatitis B virus & liver cancer that led to the development of a vaccine given to all South African children since 1996 to reduce the risk of primary liver cancer



Produced five cancer research booklets

We called on the public & Government to protect children against BPA (a harmful chemical) in toys and baby bottles - leading to the ban of polycarbonate baby bottles in SA in 2011

## EDUCATE

### We Fight Cancer

Screening & Early Diagnosis allows more effective treatment

CANSA's Mobile Health Clinics travel to remote areas in SA to provide screening & early detection programmes



Women's Health - women have access to clinical breast examinations, SureTouch® screening & Pap smears via Mobile Health Clinics & CANSA Care Centres\*



Regular Pap smears (screening test for early diagnosis of cervical cancer)



Men's Health - Prostate Specific Antigen (PSA) - finger-prick blood test to help detect prostate abnormalities

### CANSA Health Awareness Campaigns

1. Balanced Lifestyle



2. SunSmart

3. No-Tobacco



4. Women's & Men's Health - as well as Children & Youth Health



5. Environment - avoiding carcinogens (cancer-causing agents)

Volunteer empowerment - helping volunteers fight cancer via training & support

Created, reviewed & updated over 100 cancer fact sheets to help educate & reduce the cancer risk

Corporate wellness days - helping workplaces be cancer smart

FotoFinder<sup>+</sup> - mole mapping dermoscope devices for detecting skin cancer

Colorectal cancer screening - testing for occult (concealed) blood in stool

Dedicated toll-free line ☎ 300 22 66 22

**CANSA'S**  
unique  
integrated  
service

## SUPPORT

### CANSA offers Care & Support



Home-from-home accommodation at our 12 CANSA Care Homes & Theunis Fiehardts Hospitium



Free transport to & from cancer treatment centres



We give advice & offer specialist wound care



Nutritious meals for cancer patients



We provide medical equipment to cancer patients to help them cope (such as wigs, breast prosthesis & wheel chairs)



A gold ribbon represents all childhood cancers



We have 5 stoma care units offering affordable & comprehensive stoma products



Support to children/teens & families affected by cancer.

Free lodging for parents/guardians, whose children are undergoing cancer treatment, at our CANSA TLC Lodge in Pretoria & TLC Paediatric Oncology Ward in Polokwane + CANSA TLC Support Rooms in Kimberley, Port Elizabeth and Durban

CANSA offers support to approx **14 000** cancer patients & their families in over **500** communities with the help of **6 000** volunteers



iSurvivor - Online programme to help guide cancer survivors [www.isurvivor.co.za](http://www.isurvivor.co.za)

Our more than 30 CANSA Care Centres address the needs of cancer survivors and their families



CANSA eKickButt - online programme to help people quit smoking



The CancerCare Coping Kit provides info & practical tips to make coping with cancer easier for patients & their loved ones

## CANCER REALITY CHECK

Every year 14 million people world-wide hear the words:

**"You have cancer"**

### Top 5 cancers among SA Women

Lifetime risk 1:9

1. Breast
2. Cervical
3. Origin Unknown\*
4. Kaposi Sarcoma
5. Colorectal



### SA Men

Lifetime risk 1:8

1. Prostate
2. Origin Unknown\*
3. Lung
4. Kaposi Sarcoma
5. Colorectal

\*'Origin unknown' means that it is not possible to determine where the cancer originated in the body

0% of cancers are caused by environmental & lifestyle factors such as smoking, diet & exercise

- More than **100 000** South Africans are diagnosed with cancer every year
- South African cancer survival rate is **6/10**
- One in **4** South Africans is affected by cancer through diagnosis of family, friends or self

## Recent National Awards include:



Chartered Secretaries Southern Africa

- 2011 Winner - Chartered Secretaries Southern Africa Annual Report Award: NGO Category
- 2012+2013 Merit Award Winner



2014 Charities Winner - South Africa's Most Trusted Brand by Reader's Digest

- 2013 Winner - ACCA\* Award: Best Sustainability Reporting: NGO Category

- CANSA's Tough Living with Cancer (TLC) Nicus Lodge - awarded 2010 'Excellence in Service Delivery Award' by Steve Biko Academic Hospital



The 2009 World No Tobacco Day Achievement Award by the WHO\*



UNIVERSITEIT STELLENBOSCH UNIVERSITY

- Stellenbosch University Vice-Chancellors Award - 2013 Gold for Generosity and Excellence



The 2010 South African NGO Web Award by SANGONeT\*

**CANCER > TB + AIDS + MALARIA**  
Globally cancer kills more people than TB, AIDS and Malaria combined

Centre for Disease Control and Prevention (CDC)

\*NGO - Non-Government Organisation ISANGONet - South African NGO Network | WHO - World Health Organization | ACCA - Association of Chartered Certified Accountants



Imagine

a World

without  
**CANCER**



Toll-free 0800 22 66 22 [www.cansa.org.za](http://www.cansa.org.za)

Research • Educate • Support

# HOW YOUR SUPPORT HAS HELPED 2013/4

\*Figures based on financial year - 1 April 2013 to 31 March 2014



## Care and Support:

- Supported almost **6 203** cancer patients through our **110** support groups and our **2 611** trained care and support volunteers
- Visited and supported a monthly average of **1 055** patients at CANSA Care Centres and oncology units
- Provided treatment to **335** lymphoedema patients
- Counselled **3 667** people
- Welcomed **3 562** individual patients to our **12** CANSA Care Homes where they were served a total of **320 580** meals (average of a 6-week stay per patient)
- Facilitated Home Based Care for **13 323** patients in the past year
- A total of **18 335** paediatric cancer patients, siblings, family members and their loved ones received CANSA TLC care and support

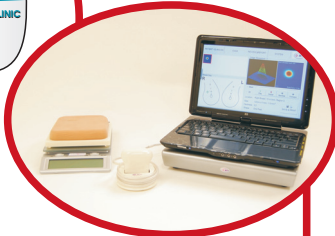


- Trained **129** Movember Navigators who reached **2 353** people about reducing the testicular and prostate cancer risk
- Trained **369** Phakamisa volunteers who reached **12 938** people about reducing the breast cancer risk
- Made medical loan equipment available to **4 320** people during the year
- Responded to **20 829** questions/requests through telephonic contact, email and the CANSA website



## Cancer screening:

- Conducted **12 390** Pap smears for detection of cervical cancer and facilitated an additional **3 494** in partnership with the Department of Health (DoH)
- Performed **15 275** Clinical Breast & SureTouch examinations to detect breast lumps and facilitated an additional **2 007** in partnership with the DoH
- Conducted **7 436** PSA tests to detect prostate abnormalities and facilitated an additional **137** in partnership with the DoH
- Executed **1 639** skin examinations and **657** FotoFinder examinations to check for skin cancers
- Did **14** colorectal screenings- testing for occult (concealed) blood in stool



## Health screening:

- Assessed **832** people to determine their healthy lifestyle risk
- Conducted **25** HIV rapid tests - finger prick blood test
- Performed **59** blood glucose tests for diabetes

## Education & Assistance:

- Approximately **930 000** people were reached directly through **8 018** health talks, **1 024** exhibitions and the CANSA website
- Distributed **287 655** information pamphlets and over **5 382** posters to promote our health awareness campaigns



CANSA is a Level 4 B-BBEE Contributor serving a black beneficiary base of over 85%



Founder of the SA NCD Alliance



The National Lottery Distribution Trust Fund is a proud funder of CANSA's comprehensive health programmes and advocacy initiatives

# Join the fight against cancer

Facebook Page - CANSA The Cancer Association of South Africa | Twitter handle - @CANSA



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