

CANSA is committed to connecting people facing cancer with the information, day-to-day help as well as emotional support they need - in the communities where they live - to help people through every step of their cancer journey, promoting a better quality of life to them and their loved

Your support helps us to continue the fight against cancer in South Africa and brings us closer to the challenge of a cancer-free society within our generation

Let this become our legacy to our children and generations to come



IN 2011, CANSA...

- Invested R6 million in cancer research
- Supported 13 300 individual cancer patients through our 261 support groups and our 2 300 trained caregivers
- Welcomed 1 800 individual patients to our 13 CANSA Care Homes, where they were served 202 000 meals during their combined 101 000 night-stay.
- Visited and supported an average of 48 500 patients, undergoing cancer treatment, in oncology clinics
- Provided specialist care to more than 5 000 stoma patients and to about 40 lymphoedema patients every month
- Supported people affected by cancer by providing individual counselling to 23 500 people, and made medical loan equipment available to 3 300 people
- Distributed 803 000 information and educational pamphlets and 10 700 posters in four languages during our awareness campaigns

Conducted cancer screening:

- 12 400 Pap smears and facilitated an additional 7 460 in partnership with the DOH for cervical cancer
- 19 600 Breast examinations to detect breast lumps and facilitated an addition 4 100 in partnership with the DOH
- 7 500 PSA tests to detect prostate cancer
- 1 500 Skin examinations and 309 FotoFinder examinations to check for skin cancers

Abnormalities were detected in approximately 4,6% of these cases



Toll-Free 0800 22 66 22
www.cansa.org.za

Cancer affects us all...

Take part in SHAVATHON

www.shavathon.org.za

How funding raised through **Shavathon** helps fight cancer

Join as a Shavathon Online Champion



Over 80 years of supporting cancer survivors in South Africa

For more information call 0800 22 66 22 or visit www.shavathon.org.za

Cancer knows no boundaries - it is a life threatening disease that affects everyone: men and women, young and old, rich and poor.

The Cancer Association of South Africa (CANSA) offers the public and all people affected by cancer a unique integrated service namely research, education and support. Thousands of people contribute through CANSA initiatives to raise funds to help prevent cancer, save lives and diminish the suffering from the disease.

SOME SCARY CANCER STATISTICS

- 12 million people, world-wide every year, hear the words 'You have cancer'
- Worldwide cancer kills more people than AIDS, Malaria, and TB combined and the death toll is said to rise dramatically in the coming decade
- In South Africa, approximately 100 000 people are diagnosed with cancer each year
- Over 60 000 South Africans lose the battle against the disease every year
- The Global survival rate is 37% versus an approximate 40% in SA
- One in four South Africans is affected by cancer in their lifetime
- More than 90% of cancers are caused by environmental factors

Statistics are based on the South African 2003 National Cancer Registry (NCR) as well as the World Health Organization (WHO)

WHAT CANSA AIMS TO ACHIEVE WITH YOUR HELP

Research Advances

As a leading role-player in research, we spend more than R6 million per year on research covering various aspects of cancer. We currently support more than 30 research projects at universities and institutions as well as grant bursaries to post graduate students.

R55m spent during the past 11 years, has contributed to the following achievements:

- The development of a potential modern vaccine that blocks the Human Papilloma Virus that causes cervical cancer
- The discovery of a gene mutation that causes colon cancer in people living along the West Coast of South Africa - an early diagnostic DNA-based test is now available that indicates susceptibility for colon cancer
- The linking of the Hepatitis B virus as a dominant cause of primary liver cancer which has helped to develop a universal anti-Hepatitis B vaccine programme to eliminate Hepatitis B infection and to reduce liver cancer
- The discovery that Rooibos tea was shown to increase certain antioxidant properties in the body that could help to reduce the risk of cancer
- The facilitation of the patent of a South African vaccine project that has led to substantial funds returning to CANSA.

CHANGE PUBLIC OPINION AND LEGISLATION

CANSA strives to keep the fight against cancer a top priority with policy makers

Some of these efforts include

- Financial contributions to the National Cancer Registry
- Contribution to the update of the National Cancer Control Programme for the Department of Health which included the recommendation to have mandatory registration of the disease
- Promoting of correct food labelling and the restriction of trans fat as a carcinogens in food, which contributed to the legislation of trans fats being restricted to 2% in 2011
- Calling on the public and Government to protect children against harmful chemicals such as Bisphenol A (BPA) in toys and baby bottles – this led to the ban on the manufacturing, sales as well import or export of polycarbonate baby bottles in South African in August 2011
- Contributing to the facilitation of the anti-tobacco legislation which include the banning of advertising any tobacco products, restricting of the exposure of children to second hand smoking and restricting smoking in public places

EARLY DETECTION THROUGH RELIABLE INFORMATION AND EDUCATION

We fight cancer through public awareness about the importance of prevention and early detection of cancer that enables more effective treatment and a better chance of recovery.

CANSA has been one of the most trusted resources on cancer information in South Africa for nearly a century. Thanks to your support, CANSA has empowered people to take control of their health. We provide preventative guidelines and engage in public efforts to increase awareness about the importance of cancer prevention and early detection. Our eight mobile health clinics travel to remote areas throughout South Africa to reach people who would otherwise not have had access to screening and prevention programmes. On average, our Cancer Information specialists answer more than 12 000 calls per annum to the toll-free number (0800 22 66 22) and respond to over 9 000 emails. Annually, more than 100 000 people visit the CANSA website - www.cansa.org.za

CANSA's health campaigns include:

- SunSmart - Keeping you and your loved ones safe in the sun
- Choosing a balanced lifestyle to reduce your cancer risk and promote health
- Emphasising the dangers of tobacco use and providing assistance to stop smoking
- Women's and Men's Health as well as a focus on the Youth
- Environmental cancer control to reduce the risk of cancer causing (carcinogenic) factors

SUPPORTING A CANCER COMMUNITY

CANSA mobilises volunteers to offer health programmes and support in more than 500 communities across the country to ensure that cancer patients and their loved ones do not have to face cancer alone. Thanks to your generous support, CANSA has been able to offer cancer patients and their families the needed support to help make the cancer experience a little easier.

CANSA Care offerings include:

- Home-from-home accommodation to patients undergoing cancer treatment at oncology units far from home at our 13 CANSA Care Homes country-wide as well as offering free transportation assistance to and from cancer treatment centres and nutritious meals
- In 2011, we introduced the CANSA Care Centres to address the needs of our survivors and those touched by cancer more effectively within our regions
- Renting out of medical devices to help cancer patients cope better
- The renting or sale of wigs
- Supplying breast prostheses, expertly fitted by trained CANSA staff and volunteers
- Emotional support programmes that connect newly diagnosed patients with survivors
- Self-Help Support Groups and 'I can Cope' Cancer Education Programmes
- Provision of an online support network via Facebook
- Free lodging for parents whose children are undergoing cancer treatment in designated state facilities
- Home based care to over 40 000 patients across South Africa annually

CANSA is an award winning leading non-profit organisation. Our awards include:

- Being rated as South Africa's 3rd most trusted and admired NGO (Non-Governmental Organisation) by the Ask Afrika Trust Barometer in 2011 – having moved up from 4th place the previous year
- The 2009 World No Tobacco Day Achievement Award - by the World Health Organization (WHO) in recognition of CANSA's accomplishments in the fight against tobacco use in South Africa
- The 2010 South African NGO Web Award by South African NGO Network (SANGONeT)
- The 2011 Chartered Secretaries Southern Africa Annual Report NGO Category winner for corporate governance reporting



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