

Speech by KZN Health MEC Neliswa Nkonyeni on the occasion of the World Cancer Awareness Campaign at Umkhanyakude

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Inhlangano yezeMpilo yoMhlaba I World Health Organisation kulonyaka ithi umkhankaso wethu wokuqwashisa ngomdlavuza mawuhambe ngaphansi kwesihloko esithi: **‘children and second hand smoke exposure’**

Siqhuba umkhankaso mayelana nomdlavuza ohlasela izingane, kulonyaka odlule sabe sithi: *‘Today’s Children is Tomorrows World’*.

Kufanele kusicacele ukuthi izinhlangano zezeMilo emhlabeni azifuni ukuthi kube khona izinto ezingesidingo ezenzeka ezinganeni.

Isiqubulo sanonyaka silula ngoba sithi **MUSA UKUBHEMA PHAMBI KWEZINGANE!**

Ucwaningo lwethu luyasikhombisa ukuthi akujwayelekile ukuthi izingane zingenwe noma zihlaselwe umdlavuza kodwa ke uma kukhona okuvelayo, usizo lukhona uma izimpawu

zisheshe zabonakala. Okuhlupha izingane kakhulu kuyaye kube yiloku:

- leukaemia,
- lymphomas and
- tumours in the brain or abdomen.

Okufanele abazali bakuqaphele nama bakubhekisise ezinganeni yilezimpawu ezilandelayo:

- unexplained bruises or persistent oozing from mouth or nose
- bone pain
- not localised to specific area and that often wakes the child at night
- a child who develops a limp, or a toddler who becomes reluctant to bear weight, or who stops walking
- always investigate backache in a child.
- headaches lasting longer than 2 weeks
- early morning vomiting
- child walking unsteadily
- Persistent unexplained fever, apathy or weight loss

UMnyango wezeMpilo kulesifunda kusukela kulonyaka odlule ugqugquzela izinhlelo zokuthuthukisa bona abesifazane kanye nabantwana ngaphansi kwesiqubulo esithi: *investing in women and children secures a healthy nation.*

Kuzo zonke izikhungo zethu zezeMpilo naku esikuqikelelayo:

- diseases;
- complications related to pregnancy and childbirth;
- safe abortions;
- child immunization and other related services
- cancer – particularly breast and cervical cancer;
- mental health problems
- stress which often leads to depression and
- chronic diseases.

NjengoMnyango siyazi ukuthi kukhona izinto okubhekeke ukuthi nakanjani sizenze njengoba kwavunyelwana ngazo ku Fourth World Conference of Women held in Beijing in 1995.

Laphaya kwakubhekwe impilo kanye nenhlakalahle yabantu besifazane. Okuphambili lapha kwaba ukubonakala kwalezizimo:

That generally, women lack adequate information, counselling and access to sexual and reproductive health services, as well as health services generally.

Lesisimo sigcina ngokubangela ukuthi abesifazane bazithole sebesengozini yokuthola abantwana isikhathi singakafiki kanye futhi nanokuthi bangenwe izifo zocansi kufaka negculazi.

Kunkongolo i Fourth World Conference of Women yase Beijing ngo 1995 kwaphakamiswa ukuthi isimo sabesifazane ngokomqondo kanye nangokomzimba kufanele kuhlale kuqikelelwe

The Platform for Action highlighted the need to ensure universal access to appropriate, affordable and quality health care and services for women and girls.

Namhlanje njengoba sizobonisana ngezinhlobo ezahlukene zomdlavuza [cancer] kuhle siqale ngokuchaza ukuthi sesifikile lesi sikhathi lapho uMnyango wezeMpilo uxwayisa abahlali balesifundazwe ngobungozi bezinhlobo ezahlukene zoMdlavuza, iCancer.

Lapha sibala lemidlavuza elandelayo:

- owamaphaphu;
- owomphimbo;
- owomlomo;
- owesibindi;
- owezinso;
- owesisu
- owesikhumba
- owamabele
- iProstate Gland cancer yamadoda kanye
- neyomlomo wesibelethe komama

Umdlavuza uyalapheka uma usheshe watholakala kulowo osumhlasele. Ngizobala nje izikhawu ezimbalwa lapho ukuvikela umdlavuza kungenzeka khona:

1. Kubantu besifazane mayelana ne **breast cancer**, sithi abazijwayeze ukuhlola amabele abo ngokubheka izigaxa ezingajwayelekile noma baye emtholampilo eseduze nabo

ukuyohlolwa. **Early detection through self-examination is the key to successful treatment**

Early warning signs of breast cancer (seek immediate medical help):

- Changes in the shape or size of the breasts;
- One breast unusually lower than the other (nipples at different levels);
- Dimpling of the skin of the breast;
- Lump in the breast or armpit or unusual swelling in the armpit; and/ or
- A new dimpling or bleeding of the nipple.

2. Abasifazane abaneminyaka engaphezu kwamashumi amathathu, mabenze i-**Pap Smear** (ukuhlolwa kwesibelesho) ekliniki eliseduze nabo, lapha kuvinjelwa i **cervical cancer**.

What symptoms should be investigated?

- Any abnormal bleeding from the vagina;
- Watery, blood-stained, or offensive discharge;
- Pelvic pain, constant pain in the lower back, or pain during sexual intercourse.

3. Obaba abaneminyaka engaphezu kuka 60 kumele baye ezikhungweni zezempilo ukuyohlola ukuthi abakangenwa yini umdlavuza wezindlala ezingaphansi kwesinye somcamo, i-**Prostate Gland Cancer**

Thina ke sithi ungavikela ukungenwa imidlavuza eyahlukene uma:

- Singayi ocansini sisebancane
- Singenabo abantu abaningi esiya nabo ocansini
- Siyeka ugwayi
- Siye emitholampilo siyozihlola uma kukhona izinguquko noma esikusolayo emizimbeni yethu

Sizophetha ngesixwayiso esisidlulisela kuwo wonke amalunga omphakathi nesiphathelene nelanga elihlaba kakhulu kulezinsuku. Lapha kufanele sazi ukuthi kulezinsuku ze Global warming njengoba kubonakala nezulu lihlasela ngamandla kwenzeka izikhukhula; kukhona nobunye ubungozi obubangwa yilanga.

Ngokubambisana nabe Cancer Association sivumelene ukuthi kulenyanga siqhube umkhankaso othi SUN SMART AWARENESS MONTH. Ungalokothi uhlale ngaphansi kwelanga ungazange uzivikele.

Yazi ukuthi sithi *Sunsmart is cancer smart.*

SinguMnyango wezeMpilo KwaZulu Natal, Silwa Nezifo, Silwa Nobubha, Sinika Ithemba.

AMANDLA!