

In this Issue

Director's message

- We can safeguard ourselves by leading a healthy lifestyle

FWHPWI's Events

- Our 4th Meeting (postponed)

Research News

- Studies indict COVID 19 for high rate or mortality among cancer patients
- According to researchers, extracts from many plants could be important for new drugs and future treatment of gynecological cancers

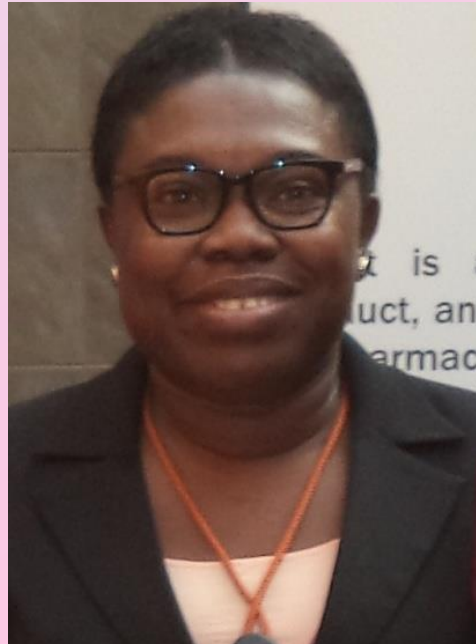
Cancer News: Africa

- A ray of hope for pediatric cancer in Sub-Sahara Africa
- Reach out for others: A special help from a special person on cancer education
- A Cancer Atlas report of *Incidence and mortality rates of the most common cancers in sub-Saharan Africa*

Health and lifestyle

- Research strongly suggests a protective role of physical activity for cancer prevention
- Beta-carotene has links to a reduction in the risk of breast cancer

Director's Message: we can safeguard ourselves by leading a healthy lifestyle.



Dr. F. N. Alaribe Nnadozie, (Director, FWHPWI)

With COVID 19, we are experiencing a special life threatening moment; a moment when, even our most common gestures like hand shaking, hugging, laughing dearly without face-masks, etc., have become high risk factors for ourselves and for our dear ones. We are indeed living in a special moment of a forceful life-changing pandemic and high health hazards.

Experts are continuously warning us that the COVID 19 has come to stay. And, with our experiences of other bacteria and viral diseases like HIV, Ebola, etc., preceding COVID 19, we don't have reasons to doubt what the experts say regarding this particular virus. Rather, we have every reason to abide by the rules and guidelines prescribed by experts and our local authorities for our own good and for the good of all. Just think of the unpleasant consequences and risk to our lives if we neglect the simple safeguards prescribed for us. In point

of fact, moral decency obliges us to adopt and adapt to every health protecting measures necessarily prescribed for us to survive the pandemic.

Today, while we grieve for our losses in this pandemic, we take the opportunity to reassess our consciousness of how precious and important it is for us to have good health; how often and how dedicated we are to our personal and environmental hygiene; how ready we are to make health related sacrifices, perhaps relating to our habits of eating, drinking, smoking, reckless intimate affairs; etc. In a nutshell, we owe to ourselves a moment of serious reflection regarding our dedication to good health.

Because COVID-19 pandemic has forcefully changed our lifestyle in such a way that many are staying at home or working from home with less physical exercise and social interaction, we now run more risks of health related hazards like stress, depression, obesity, heart attack, high blood pressure, high cholesterol, stroke, metabolic syndrome, type 2 diabetes, colon, breast, uterine cancers, etc. Amid the situation, 5 ways that can help safeguard our health enumerated by the World Health Organization (WHO) include looking after our mental health, staying physically active, quitting tobacco, showing healthy parenting and eating healthy. FWHPWI highly recommends that we keep to these basic health advices. Life is good; healthy life is a blessing we can help bring unto ourselves just by upholding simple healthy lifestyle.



Support us

You are invited to our forthcoming meetings and regular outreach programs. Attendance is completely free. You can partake in the discussions, and you can surely come to grab something new for a healthy lifestyle.



“Individually, we are one drop, Together, we are an ocean”

The COVID 19 pandemic is not over. Never forget this practice.



It is necessary for your health now and always. Do it often. The best for you is to keep safe for yourself and for us all.

FWHPWI’S EVENTS

Due to South African lockdown rules and the general regulations for cubing COVID 19 pandemic, FWHPWI’s 4th Meeting scheduled for May 30, 2020 was postponed. Unfortunately, an attempt for video conferencing was also postponed to July 25, as many reported not being technically ready for the May 30 date.

Furthermore, as the rules to cub the pandemic impedes social interaction, FWHPWI outreach activities were suspended according the rules - to avoid exposing persons to the risk of COVID 19 infection.

Research News

Studies indict COVID 19 for High rate of Mortality among cancer patients.

The outbreak of COVID-19 disease has really obstructed all areas of daily life, including medical care. Hence, cancer patients now find it quite challenging to get treatment due to competing risks of death from cancer versus or serious complications and possible death due to COVID-19 infection (which cause severe respiratory hazards) especially in already [immunocompromised hosts](#).

Studies have observed that now patients of different types of cancer are at risk of dying from corona virus infection due to old age, multiple comorbidities, and are often [immunosuppressed by their disease or therapy](#). Hence, apart from the struggling to receive treatment by many cancer patients, they are at the same time concerned about the risk of contracting the corona virus. This has as well outweighed the benefit of [cancer treatment during this pandemic](#).

In a retrospective analysis, 355 patients who died of COVID-19 in [Italy has shown that 20% had active cancer](#).

Another research study analyzed data on adults with active or previous malignancies and confirmed corona virus infections treated from March 17 through April 16, including data on baseline clinical conditions, medications, cancer diagnosis and treatment, and COVID-19 disease course showed mortality within 30 days of COVID-19 diagnosis. Data from this study showed that active cancer might be a risk factor associated with worse COVID-19 outcomes, especially in patients who have [progressive disease](#).

Additionally, another analysis of data from 928 people with cancer and COVID-19 has found that having active, progressing cancer was associated with an increased risk of death along with [being older than 70 years](#).

In a nutshell, since the unset of the COVID-19, the treatment of cancer diseases have become more challenging with the cancer patients facing severe trauma and uncertainties than usual. From a China CDC report, the COVID-19 associated factors and mortality rate (Table 1), shows that cancer is among the most affected with 7.6% death rate in confirmed cases and [5.6% death rate in all cases](#).

PRE-EXISTING CONDITION	DEATH RATE confirmed cases	DEATH RATE all cases
Cardiovascular disease	13.2%	10.5%
Diabetes	9.2%	7.3%
Chronic respiratory disease	8.0%	6.3%
Hypertension	8.4%	6.0%
Cancer	7.6%	5.6%
no pre-existing conditions		0.9%

Table 1

Another study report by Lancet indicates that the [COVID 19 impact on cancer patients is very high](#), (see Figure 1 in Page 3).

Cancer is a leading cause of premature death in every country in the world

But many of these deaths can be prevented.

[The Cancer Atlas](#)

Bridge the barrier, share knowledge about the gynecological cancers, their symptoms, risk factors, preventive measures and possible remedies.



Click to Join Us

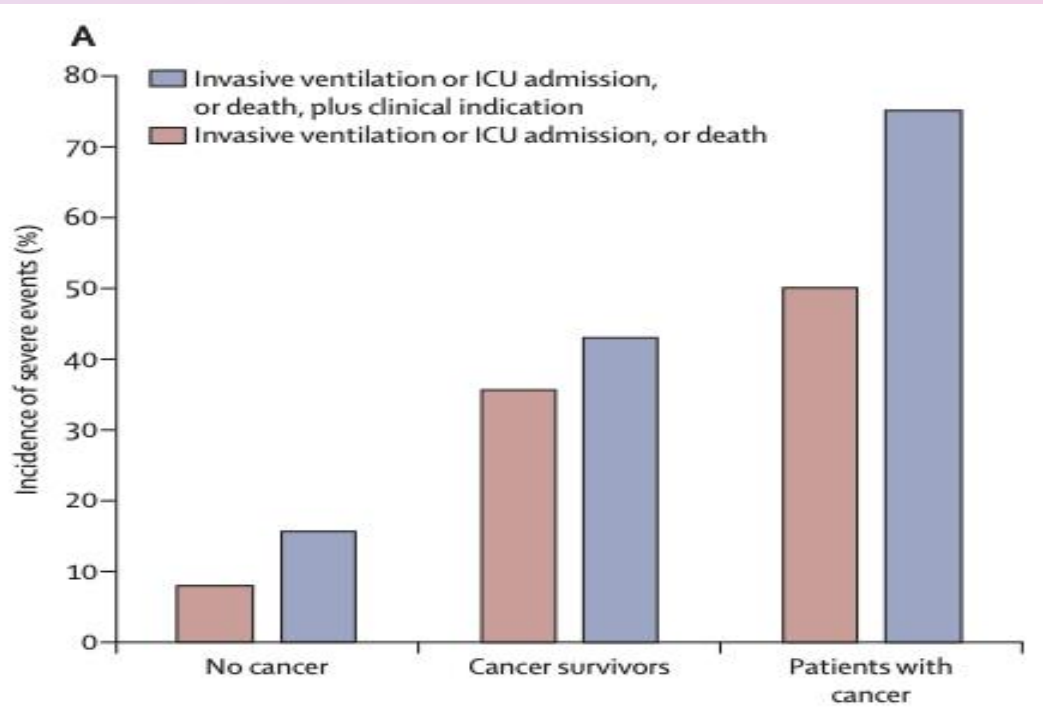


Figure 1

According to researchers, extracts from many plants could be important for new drugs and future treatment of gynecological cancers

Cervical, ovarian, uterine, vaginal, vulva and primary peritoneal cancers are types of gynecological cancers and are mainly known for their abnormal cell proliferation in female reproductive cells. These cancers have ever caused physical, biological and psychosocial conditions such as fear, shame, blame and anger to women and finding effective treatment have been paramount since several [decades](#). Pathology of the cancers vary and many developing countries lack appropriate screening test. Due to this reason, most of the cancers are diagnosed at advanced stages in most women, thereby causing poor clinical results. Many studies have shown progressive increase in the number of deaths due to these cancers and is expected to increase further in the [future](#).

Despite advancement in cancer therapies, mortality rates still remained high. For this and other related reasons, researchers are in serious search for alternatives and treatments with herbs and perhaps other natural products which are quite promising for present and future therapeutic purposes for the gynecological [cancers](#).

In fact, studies have discovered that extracts of many plants would be important for new drugs and for future treatment of gynecological cancers. Some plants with important positive research findings include:

■ *Maesa macrophylla* plant



Image credit: [Database of plants of India](#)

Source from Karolinska Institute, published in Nature recently, reports that new research finding indicates that RNA molecule involved in preventing tumor formation can change its structure and thereby control protein production in the cell. The finding can have important clinical implications as it opens for new strategies to treat different types of cancer. sciencedaily.com/

Maesa macrophylla plant inhibited the growth of human HeLa cancerous cell lines. Recent study on the plant may be a ground for further exploration on its potent [anticancer constituents](#).

■ Lodhra (*Symplocus racemosa*)



Image credit: [Planet Ayurveda](#)

Symplocus racemosa is a plant commonly used against excessive discharge from the vagina and for painful and delayed menstruation. Studies have shown that in many types of cancer, especially cancer of the female reproductive system, this herb works well.

■ Neem (*Azadirachta indica*)



Image credit: [Feedipedia](#)

Azadirachta indica, is an Indian plant, long used in local traditional medicine to play anti-proliferation role in ovarian cancer cells. Human ovarian cancer cell line treated with gedunin (an active compound in neem) showed an 80% [reduction in cell proliferation](#).

■ Turmeric *Curcuma longa*



Image credit: [seeds-gallery.shop](#)

Curcuma longa commonly called Turmeric, is a plant from India, Pakistan, Indonesia, Southern China, Africa and South America. Studies have shown that *curcuma* has antioxidant effects that inhibit damage caused by free radicals which play a significant role in the [proliferation of many diseases](#).

■ Catmint (*Anisomeles malabarica*)



Image credit: [ResearchGate.Net](#)

Anisomeles malabarica, common name, Malabar Catmint, is a plant known to possess antispasmodic, diaphoretic, antipyretic, and antiperiodic properties. It contains secondary metabolites such as anisomelic acid, ovatodiolide, geranic acid, citral, betulinic acid, and beta-sitosterol. A study has proved the anti-cancer effects of *Anisomeles malabarica* on human papillomaviruses (HPV) 16-positive cervical cancer cells by its proliferation inhibition and [cell death induction in vitro](#).

[Click here](#)

for your
free subscription
of our Newsletter

Just a few ways to reduce your risk of gynaecological cancers advised by National Foundation for Cancer Research

➔ **Have your Pap test by age 21**

The Pap test looks for abnormal cell changes in the cervix to detect cervical cancer in its early stages.

➔ **Protect yourself from Human papilloma virus (HPV)**

Talk to your doctor about getting the HPV test and HPV vaccine. Also, limit your sexual partners and, when you do have sex, use a condom.

➔ **Don't smoke.**

Smoking increases the risk of different cancers including cervical, ovarian, vaginal and vulvar cancers.

➔ **Make healthy choices.**

It's important to maintain a healthy weight, be active and eat a healthy diet consisting of fruit, vegetables, lean proteins and whole grains.

➔ **Share your family history with your doctor.**

Genetic testing is now available to see if you carry a *BRCA1* or *BRCA2* mutation, which could put you in a high-risk category for ovarian and breast cancer. If you carry a genetic mutation associated to Lynch Syndrome, a heredity condition that increases your risk of colon cancer, ovarian cancer, uterine cancer, etc.

➔ **Contact your doctor if you notice any of these symptoms.**

- Abnormal vaginal bleeding or discharge
- Pelvic pain or pressure
- Abdominal or back pain
- Bloating
- Changes in bathroom habits (increased urination, constipation, diarrhea)
- Itching or burning of the vulva
- Changes in vulva color or skin (rash, sores, warts, ulcers).

nfc.org/

Furthermore, cytotoxicity of extracts from *Inulaviscosa*, *Retamamonosperma*, *Ormenismixta*, *Ormeniseriolepis* Coss, *Rhamnuslycioides*, *Berberishispanica* and *Urgineamaritime* have been evaluated on the human cervical carcinoma cell lines, SiHa and HeLa, harboring HPV16 and HPV18, respectively. Among the tested plants, methanolic extracts from *Inulaviscosa*, *R. monosperma*, and *Ormeniseriolepis* Coss extracts showed significant growth inhibitory effects in both SiHa and HeLa cells compared to the control due to the [presence of active compounds](#).

Cancer News: Africa

A ray of hope for pediatric cancer in Sub-Sahara Africa

According to a 2019 paper published in *Infectious Agents and Cancer*, while developed nations record about 80% survival rate in children with cancer, [lower income countries have 80% mortality rates](#). However, in Africa things are beginning to change, thanks to a small number of doctors, spread across Africa, who utilize foreign grants keenly and dedicatedly for pediatric cancer treatments in Africa. [Read more](#).

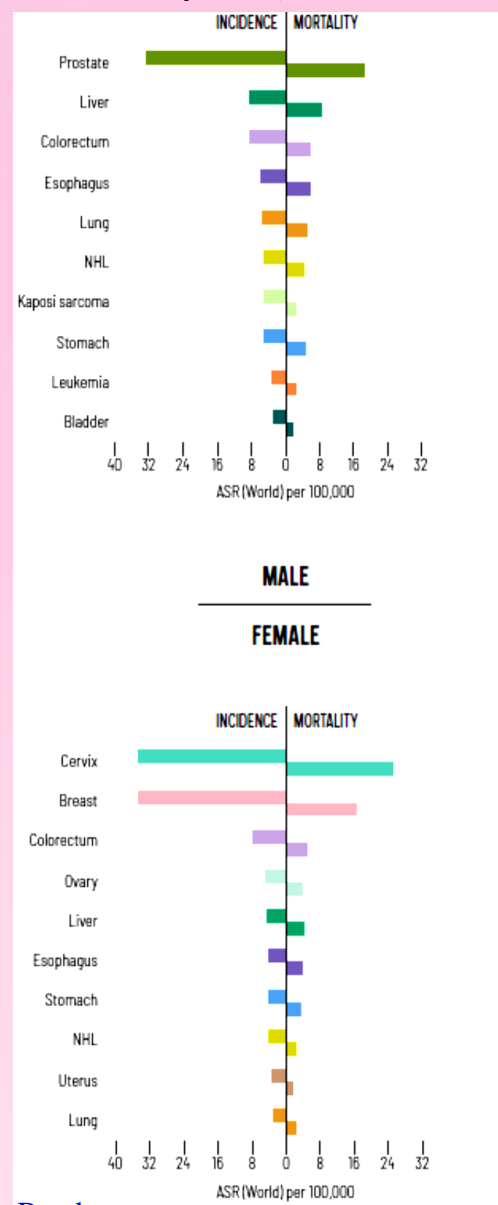
Reach out for others: A special help from a special person on Cancer education.

Breast cancer is known to be the most common malignance among women in South Africa. Currently, there is high increase in Breast cancer incidence globally. According to World Health Organization (WHO), there will be 1.6 million new cases of cancer in Africa by 2030 and about 1.2 million deaths. However, there will still be survivors like Mawisa.

Mawisa is a young South African breast cancer survivor. She went through 16 chemotherapy treatments, 5 weeks radiation treatments, 4 surgeries, and a whole lot of life changing experience. With the life metamorphosis she went through, Mawisa decided to tell her story and to educate South African people more about cancer via youtube. [Read more](#)



The Cancer Atlas report of Incidence and mortality rates of the most common cancers in sub-Saharan Africa in males and females, 2018



[Read more](#)

Health and Lifestyle

A research strongly advocate a protective role of physical activities in Cancer prevention

According to a study on cancer risk factors by Thomson et.al, published in American College of Sports Medicine (ACSM)'s *Health & Fitness Journal*, regular physical activity can be associated with a 20% to 50% reduction of risk for cancers of the uterus, colon, and breast. The evidence for a protective effect of physical activity is strongest for those cancers occurring after menopause. And in general, the protective effects of increasing levels of physical activity are highly relevant regardless of the type of physical activity undertaken. The benefits of regular exercise do seem to be strongest for individuals with lower energy consumption. The study data suggest

important joint effects of physical activity and healthy body weight as primary means of cancer prevention. Some enlisted ways to Enhancing Physical Activity and Daily Energy Expenditure are:

- take the stairs
- wear a pedometer
- walk daily
- hiking or cycle
- lift hand weights
- carry small weights in your pocket
- swim
- eat small frequent meals
- drink green tea, black tea, or coffee
- consume hot and spicy foods.

[Read more](#)

Dates to diarize

25 /07	Fourth Meeting/Outreach
26 /09	Fifth Meeting/Outreach
31 /10	FWHPWI First Annual Conference/ Observance of Cancer Month
28 /11	Sixth Meeting/Outreach

Please do visit the GoGetfunding webpage for our fundraising campaign in support of FWHPWI's endeavours.

DONATE

You can also deposit your donation directly into our bank account below.

Account Name
Foundation for Women's Health Promotion and Welfare Initiatives
Bank Name
Standard Bank
Account Number
10122435964
Branch Code
011545
Swift address
SBZAJJ

Vegan diet tips for Cancer Patients



Image credit: <https://zenb.com/>

Several essential nutrients contained in Carrot include vitamin K, vitamin A, and antioxidants.

Carrots also contain high amounts of beta-carotene, which is responsible for the distinct orange color.

A review of eight studies shows that beta-carotene has links to a reduction in the risk of breast and prostate cancer.

Source, medicalnewstoday.com. [Read more](#)



Postal Address/Office
1101 Zethuishof, 620 Park Street, Arcadia
Pretoria, South Africa

General enquiry
+27604301958; +27715512248
WhatsApp +27610054712
<http://foundationforwomenshealth.com>

E-mail
info@foundationforwomenshealth.com
foundationforwomenshealth@gmail.com