



MEDIA & COMMUNICATION

Media statement

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Early detection of cancer saves lives

Mahikeng - Early detection of cancer can lead to effective treatment and a positive prognosis. This was the message that ruled the 10 kilometre cancer awareness walk, undertaken by staff members of the Department of Local Government and Human Settlements as well as those from Office of the Premier yesterday as part of closing down cancer awareness month.

The designation of October as "Cancer Awareness Month" in South Africa reflects a nationwide drive by public and private healthcare structures to raise awareness of this debilitating disease across all races and class structures. Some charities and organisations around the world also take the opportunity of the awareness month to raise funds which in most cases are directed in research into the cause as well as prevention.

Tshepo Kola, Deputy Director for Employee health and Wellness Program emphasized the importance of self or clinical inspection to detect the disease as early as possible. "Early detection of the condition can lead to effective treatment and a positive prognosis. This could be done through regular medical checkups and doing certain self exam. About 90% of patients survive for many years after diagnosis when cancer is detected at the early stages. Regular self-breast examination, checking for growths, lumps and bumps for both men and women in areas such as mouth, breast and testicular and are key to early detection" said Kola.

According to stats, the incidence of breast cancer is increasing and it is one of the most common among South African women. It is the most prevalent cancer amongst white and Asian women and the second most common cancer among black and coloured women.

"Presenting yourself early for treatment may result in more effective treatment, leading to a reduction in pain and suffering and a significant decrease in the loss of life. Men too should

present themselves for regular medical checkups for prostate cancer and other types of cancer” concluded Kola.

According to World Health Organisation WHO, It is estimated that worldwide over 508 000 women died in 2011 due to breast cancer (Global Health Estimates, WHO 2013). Although breast cancer is thought to be a disease of the developed world, almost 50% of breast cancer cases and 58% of deaths occur in less developed countries

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