

Women - Invest in your health!

RUSTENBURG - As part of their Women's Health campaign during September and October, the Cancer Association of South Africa (CANSA) urges all women to invest in their health by learning to detect women's cancers early.

"Women lead busy and demanding lives - often putting others' needs before their own. However, being proactive against cancer is the greatest gift women can give themselves and their families - we want all women to care for themselves," says Sue Janse van Rensburg, cancer survivor and CEO of CANSA.

Breast and cervical cancer are the two most common women cancers experienced in South Africa. If detected early, these cancers can be treated more effectively. CANSA advises women to examine their breasts once a month during ovulation (preferably at the same time of day) for signs of breast cancer. Women over 40 should have a mammogram at least every 2-3 years.

One in 35 women in South Africa will be diagnosed with cervical cancer; the good news is having regular Pap smears can detect abnormal cells in the cervix (mouth of the womb) that could develop into cervical cancer. CANSA encourages all women, once sexually active, to go for regular Pap smears to detect any abnormal cells early.

"We fight cancer by making you aware of the importance of early detection that enables more effective treatment and a better chance of recovery," explains Janse Van Rensburg.

"Rustenburg Child Support Services"

RUSTENBURG - "Rustenburg Child Support Services" begin vanjaar somer vroeg-vroeg.

"Rustenburg Child Support Services" is 'n nie-winsgewende organisasie wat minderbevoorregte kinders en hul gesinne help. Indien iemand kan help met enige Kersversierings, boompies, liggies en geskenke sal dit met opregtheid waardeer word. Hulle wil hierdie jaar 'n poging aanwend om soveel minderbevoorregte kinders te help as wat hulle kan.

Indien u enigins kan help, kan u enige skenkings afgee op die hoek van Heeferen Benedenstraat 49, Oos-Einde. Of u kan vir Wilma by 072 295 1467 skakel en hulle sal dit kom afhaal. U hulp word opreg waardeer.



She concludes, "This is achieved by our cancer screening clinics that we facilitate and mobile health clinics that travel through urban, semi-urban and rural communities across the country. Over the last financial year, CANSA recorded 20 428 Pap smears to help detect cervical cancer and 24 908 breast self-examinations (BSE) to help detect breast cancer".

CANSA encourages all South Africans to make a difference in the lives of women by supporting National Breast Cancer Day on Friday 1 October. Wear a National Breast Cancer Day sticker and show that you support CANSA's fight against breast and other female cancers.

Stickers are only R10 and can be purchased from CANSA Rustenburg. Funds raised will be used to enable CANSA to roll out more cancer screening for women's cancers throughout the country.

Read more in next week's edition about CANSA's tips to all women on how to detect women's cancers early.

For more information, email: cheese@cansa.org.za or phone 014-594 2424.



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Indien enige iemand oor enige besonderhede aangaande mnr. Easton beskik, moet u Hennie van Biljon Prokureurs kontak by 018 632 0496, Kerkstraat 41, Lichtenburg, 2740.

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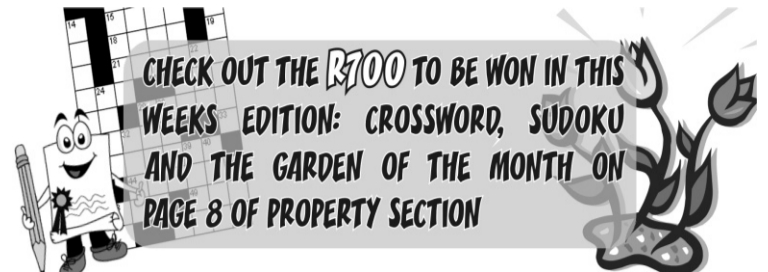
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Rustenburg Rate Payers Association (RRPA)
www.rrpa.co.za • registration@rrpa.co.za

PUBLIC MEETING

VENUE:
Rustenburg Show Grounds - Main Pavilion

DATE:
Thursday, 21st October 2010

TIME:
18:00 (Meeting will start promptly at 18:00)

All Rate Payers urgently needed.
Application Forms available at the meeting.
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