



Research • Educate • Support



Toll-free 0800 22 66 22
www.cansa.org.za
info@cansa.org.za

072 197 9305 English
071 867 3530 Afrikaans, Xhosa, Zulu, Sotho, Siswati

#CANSAresearch



- Projects conducted at universities and research organisations aligned with our research priority areas
- Conduct our own research related to lowering of cancer risk and risk behaviours including tobacco and alcohol use; poor diet; lack of exercise and sun exposure; protective behaviours such as vaccination and screening and exposure to environmental carcinogens (cancer-causing substances)
- Activate established research findings on cancer risk to influence behaviour change at an individual, community and structural level
- Focused research to enhance care and support for those diagnosed with cancer

CANSA SMART CHOICE

LOWER THE CANCER RISK
The CANSA Seal of Recognition Smart Choice, is placed on specific items (that qualify) and encourages you to read the product label and make informed choices

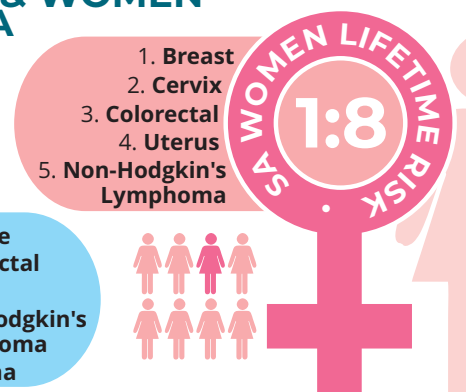
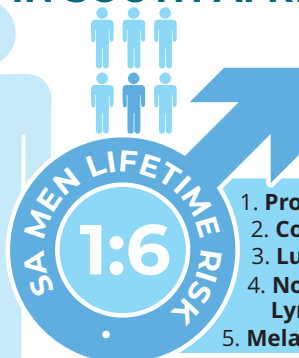


#CANSAdvocacy

We make decision-makers aware of challenges faced by cancer patients in accessing cancer screening and treatment, necessary changes needed to lower the public's cancer risk and to protect the rights of cancer patients and caregivers:

- Contributing and promoting the implementation of National Cancer Strategic Framework: 2017-2022; Breast and Cervical Cancer Prevention and Control Policies and the Prostate Cancer Prevention and Control Policy (yet to be published)
- We continue to advocate for Health Care Workers to be trained on the top five cancers and Palliative Care
- We advocate for early detection and screening to be available at Primary and Secondary Health Care levels, with adequate care pathways providing timely diagnosis and access to treatment with no delays
- Supported by the National Department of Health, we trained 540 Traditional Health Practitioners on the top five cancers nationally
- We helped 446 people with queries about diagnostic and treatment delays, patients discharged with poor pain management, individuals' rights and smoking in public places and cancer patients' rights in the workplace
- Working with the Cancer Alliance, we lobby for access to cancer screening and treatment.
- CANSA makes the public aware of their right to quality care and palliative care information (subscribe to the World Health Organization's pain control guidelines)
- Welcomed the Liquor Amendment Bill that highlights the harmful effects of alcohol related to cancer
- Remain influential in promoting anti- tobacco legislation
- Created, reviewed and updated over 330 cancer fact sheets to help educate and reduce the cancer risk

TOP 5 CANCERS AFFECTING MEN & WOMEN IN SOUTH AFRICA



Stats as per NCR 2019, excludes non-melanoma skin cancers

CANSA is committed towards supporting these global United Nations' Sustainable Development Goals (SDGs)





#LowerCancerRisk
#CANSAScreening

PROMOTING EARLY DETECTION

Screening and early diagnosis allows more effective treatment. CANSA Care Centres countrywide offer screening and early detection programmes:

- **Clinical Breast Examination** - to detect breast lumps
- **Pap Smear** - liquid based cervical cancer screening test for early diagnosis
- **Prostate Specific Antigen (PSA) Test** - a blood test to assist with detecting prostate abnormalities
- **FotoFinder examination** - mole mapping dermoscope device to examine moles and spots on skin
- **Faecal occult home testing kits** - may indicate a growth/ inflammation/ bleeding in digestive system, possibly colorectal cancer
- **Employee Wellness Programme** - screening and educational service at workplaces



#CANSACares
#CANSATeleCounselling
#CANSASupportGroups

ONLINE & TELEPHONIC CARE AND SUPPORT

- **CANSA Tele Counselling** available for free in 7 languages to cancer patients, caregivers and families/ parents/ guardians of children living with cancer
- **Online patient material**, including CancerCare Coping Kit, nutritional tips, pain booklets, booklet for palliative caring for patient at home, etc.
- CANSA Pain Manager app on Android/Apple
- 20 week email series www.isurvivor.org.za offering support and guidance
- Online programme specifically for metastatic breast cancer patients www.isurvivor.org.za/mbc.htm
- Join your local **CANSA Support Group** or our Facebook community of survivors and caregivers:
 - @CANSA Survivors - Champions of Hope
 - @CANSA Caring for the Caregivers
 - @CANSA TLC - Childhood Cancer Support (parents of children affected by cancer)
- Quit smoking with **CANSA eKickButt**



#CANSACareHomes
#CANSATLC

CANSA CARE HOMES AND TLC LODGES

Our 8 **CANSA Care Homes** provide home-from-home accommodation, nutritious meals for cancer patients and transport to and from cancer treatment centres.

CANSA Tough Living with Cancer (TLC) support is available at CANSA Care Centres: giving emotional support and guidance to children, teens and families affected by cancer.

CANSA TLC Lodges provide lodging for parents/ guardians whose children are undergoing cancer treatment. TLC Lodges are found in Pretoria, Durban, and a TLC Paediatric Oncology Ward in Polokwane.

TLC Tygerberg Teenage Support Rooms on Tygerberg Hospital grounds support teenagers affected by cancer.

CANSA Care Homes and TLC Lodges stayed open during COVID-19 lockdown period to enable patients to continue with life-saving treatment.

WE HELP YOU COPE WITH YOUR TREATMENT

- CANSA Care Centres and virtually supported Care Centres are located countrywide, offering care and support to individuals and families
- Stoma clinics stock affordable and comprehensive stoma products. CANSA Tele Stoma Care available to support stoma patients
- **Online Patient** material on our website to help patients, loved ones and caregivers
- We loan medical equipment such as wheelchairs and offer advice and assistance with wigs and prostheses

WAYS TO HELP CANSA

- Make an online donation via cansa.org.za (look for the red heart **DONATE** button) or become an online champion and raise funds online
- SnapScan/Zapper - download the smartphone app and link to your debit or credit card. - all safe and free to use
- Join as a **Volunteer** to help with patients, health awareness or fundraising activities
- Take part in our national income generating projects and events - **CANSA Relay For Life**, **CANSA Shavathon**, **Cuppa For CANSA** or take part in **CANSA Active** with your sports events - check our profile on Quicket.co.za for upcoming events



Research • Educate • Support

How you helped us educate, support and fight cancer

Based on financial year 2021/22

CARE & SUPPORT - #CANSACareAndSupport

- Supported **5260** patients through **32** Support groups facilitated by just over **430** trained care and support volunteers
- Owing to Public and Private Oncology Units' COVID regulations, patients at these facilities could not be visited. Support to patients moved online via our Tele Counselling service. Since inception in July 2020 more than **370** patients were supported virtually
- Provided emotional support to **4 030** patients via volunteers and **548** patients at CANSA Care Centres and in the community
- Over **1 130** patients stayed at our 8 CANSA Care Homes while Home-Based care was enabled for **697** patients and we made over **1 621** home visits
- **610** parents and loved ones accommodated in CANSA TLC facilities and support given to children and teens with cancer
- Loaned medical equipment to over **495** patients and gave stoma support to **360** patients (stoma support continued during COVID-19 lockdown period as an essential service)

CANCER SCREENINGS - #LowerCancerRisk

- Over **5 010** conducted in total (where abnormalities are detected it's referred for further follow up)
- Over **790** Pap smears were done
- More than **2 070** Clinical Breast Examinations and **5** in partnership with DOH
- **1 019** Prostate Specific Antigen (PSA) tests and **3** in partnership with DOH
- Over **260** skin examinations using the FotoFinder device
- Workplace screening and wellness programmes were severely impacted by COVID - less people were able to get screened

HEALTH SCREENING, EDUCATION & AWARENESS - #CANSAAeducation

- Approximately **6 447** individual information and education sessions conducted with screenings
- Over **820** people were assessed to determine their lifestyle risk and performed **383** glucose tests for diabetes
- More than **8 429** people were reached through health promotions. CANSA organised or partnered in over **60** online webinars focussed on patients and coping with cancer
- Over **400** radio talks and television interviews were hosted to educate about various aspects of cancer
- Distributed over **1 810** information leaflets
- Unfortunately, due to COVID regulations, CANSA wasn't able to visit schools to conduct our educational programmes
- Our Helpdesk responded to over **15 523** enquiries for support and information via telephone, WhatsApp, email, website and social media

*A worldwide decrease in cancer screening was experienced due to COVID-19 that limited screening

CANSA is B-BBEE compliant serving a black beneficiary base of over 83%