

The Cancer Association of South Africa's (CANSA's) purpose is to lead the fight against cancer in South Africa by offering a unique, integrated service to the public which involves holistic cancer care and support to all people affected by cancer. Its mission is to be the preferred non-profit leader that enables research, educates the public and provides support to all people affected by cancer.

*As a leading role-player in cancer research (R6 million spent annually), the scientific findings and knowledge gained from our research are used to realign our health programmes, as well as strengthen our watchdog role to the greater benefit of the public. CANSA has more than 350 staff, 5 000 volunteers and over 50 Care Centres countrywide and is thus well placed to deliver its service to most communities in South Africa.*

CANSA's wide-reaching health programme includes screening and cancer control, a home away from home in the form of 12 CANSA Care Homes in the main metropolitan areas, plus one Hospitium, based in Polokwane, for out-of-town cancer patients undergoing cancer treatment. CANSA Care Centres and Care Clinics offer specialist care and treatment (stoma | lymphoedema | wound care | medical equipment hire), individual counselling and support groups for cancer patients and their loved ones. Furthermore, support is provided to children and their families who are affected by cancer.

## CANSA's Research

As a leading role-player in cancer research, CANSA as an organisation spends more than R6 million on various types of cancer research in South Africa every year. Read more about CANSA's Research here...

[www.cansa.org.za/cancer-research/](http://www.cansa.org.za/cancer-research/)

## CANSA's Watchdog Role (Advocacy):

For CANSA to be more effective in its effort to control cancer and to act as a voice for the public, CANSA performs a Watchdog Role to influence South African policy makers and to create public awareness of known cancer-causing factors. Statistics show that 1 in 4 South Africans is affected by cancer in his or her lifetime. More than 100 000 South Africans are diagnosed with cancer yearly, with over 60 000 South Africans losing the battle against the disease each year. Read more about CANSA's Watchdog Role...

## CANSA's Seal of Recognition

The CANSA Seal of Recognition (CSOR) is backed by research and is awarded to products that promote a balanced lifestyle and further contribute to cancer prevention by not containing any cancer-causing substances.

## CANSA Care Centre -East London

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<https://www.facebook.com/CANSAEastLondon>

## CANSA EAST LONDON SERVICES



CANSA's purpose is to lead the fight against cancer in South Africa. Its mission is to be the preferred non-profit organisation that enables research, educates the public and provides support to all people affected by cancer.



Toll-Free 0800 22 66 22  
[www.cansa.org.za](http://www.cansa.org.za)

# EARLY DETECTION, CARE AND SUPPORT

## **EARLY DETECTION**

At CANSA East London we educate the public on the importance of recognising the early warning signs of cancer and encourage early detection by:

### **Breast self-examinations.**

We teach women to do their breast self-examination monthly and encourage them to go for mammograms when necessary.

### **Breast examinations**

Our nursing sister does breast examinations at a nominal fee on appointment at our office.

### **Cervical Cancer Screening (PAP) Smears**

We encourage women to go for regular screening.

### **PSA testing**

We do a finger prick test at a nominal fee on appointment at our office, and encourage them to go for regular PSA testing.

### **Testicular self-examination**

We educate young men on the importance of doing monthly self-testicular examinations.

### **“Spot the Spot”**

We educate the public on recognising the warning signs of skin cancer e.g. Changes in moles, warts, etc.

## **CARE & SUPPORT**

At CANSA East London we offer a variety of services and support for newly-diagnosed cancer patients and their families, for those living with cancer and those needing bereavement counseling.

We have information available on cancer and the treatments thereof, as well as general information on different cancers.

### **Cancer Coping Kit**

The Cancer Coping Kit is a set of 2 CD's, designed by a cancer survivor, including topics such as: What is cancer? What is chemotherapy? What is radiotherapy? The side effects thereof. The emotional impact of cancer. Stress management. Diet, exercise and relaxation techniques.

### **Wigs**

We have a wig bank whereby ladies who lose their hair after treatment are welcome to come in and borrow/hire a wig for as long as they need to.

### **Prosthesis service**

We stock a variety of silicone prostheses whereby ladies who had a mastectomy can purchase a prosthesis. We also stock “seeds and beads” prostheses – a much cheaper alternative.

## **Lymph Clinic**

We have a lymphoedema Clinic run by a trained nursing sister, mornings only. It is by appointment for a nominal fee.

## **Medical Equipment**

We loan/hire out medical equipment to those patients in need thereof, including a hospital bed, wheelchairs, commodes, bedpans, egg-shell mattresses, etc. (Everything needed to make the bedridden cancer patients as comfortable as possible.

## **Counseling**

We have a resident counsellor available for counseling if and when needed. She is currently facilitating support groups at the Frere Hospital.

## **Palliative Care**

We have a registered nursing sister, who is available to go out and assess patients in their homes, and then either teach the family to look after the patient, or to assign a trained volunteer to look after them. Alternatively our sister is available to give advice and care where possible.