

Statement by KZN Health MEC, Dr Sibongiseni Dhlomo on the occasion of the commemoration of the 2015 World Cancer Day under the THEME: 'Not Beyond Us.'

4 February 2015

What most of us do not appreciate yet, is that Cancer is a leading cause of death worldwide; more than AIDS, tuberculosis and malaria combined.

According to the Union for International Cancer Control, (UICC), in the past year, CANCER accounted for **8.2 million deaths out of which 4 million were people between the ages 39 and 60 years.**

South Africa is not immune from this malady. Estimated cancer incidence, mortality and five (5) year prevalence data released by the International Agency for Research on Cancer (IARC) reveals that in 2012 South Africa had **77 400 new cancer cases.** These now constitute part of the **165 700 patients** living with cancer after diagnosis in the last five years.

It also says there is a **19%** risk of South Africans getting cancer before the age of 75 years.

The **National Cancer Registry [NCR], 2010**, goes as far as giving a breakdown as to what type of Cancer is ranked high and prevalent to which Race; Gender and Children as tabulated in the table:

FOR MALES

Rank	African	Coloured	Indian	White
1	Oesophagus	Lung	Lung	Lung
2	Prostate	Prostate	Prostate	Prostate

3	Lung	Oesophagus	Colorectal	Colorectal
4	Unspecified*	Stomach	Unspecified*	Unspecified*
5	NHL	Unspecified*	Pancreas	Pancreas

FEMALES

Rank	African	Coloured	Indian	White
1	Cervix	Breast	Breast	Breast
2	Breast	Lung	Colon	Lung
3	Oesophagus	Stomach	Lung	Colon
4	Unspecified*	Pancreas	Pancreas	Unspecified*
5	Liver	Colon	Unspecified*	Ovary

Children – in this category race and gender does not matter, ranking is as follows:

1. Leukaemia

2. Kidney
3. Lymphoma

The Theme for 2015 World Cancer Day is very appropriate when it says: *Not Beyond Us.*

All we have to do is to assume a positive and proactive approach to the fight against cancer, considering that solutions do exist across the continuum of cancer and that these solutions are within our reach. We are thus called upon to vigorously implement what we already know in the areas of:

- Prevention,
- Early detection,
- Treatment and
- Care

As Government we have already initiated:

- **School - Based Vaccination Programme** against the Human Papillomavirus (**HPV**). Here we vaccinate girls nine years and older; doing Grade 4; in public (Government) schools against HPV which causes cervical cancer.
- **Early Detection Programmes** that assist significantly in the reduction of cancer burden; programmes such as:
 - ✓ Breast self-examination
 - ✓ Pap smear under the PHILA MA campaign to deal with cancer of the cervix
 - ✓ Prostate screening

In all our facilities whether they are clinics or hospitals; we have personnel that can diagnosis cancer suspect cases which are then referred to **Regional Hospitals where these are confirmed**. These Hospitals are spanned across the Province and they are:

- Madadeni
- Ladysmith
- Ngwelezane
- Edendale
- Port Shepstone
- Mahatma Ghandi
- Prince Mshiyeni

Confirmed cancer cases are then referred to specified Institutions for treatment and these are:

- ❖ Greys Hospital
- ❖ Addington Hospital
- ❖ Inkosi Albert Luthuli Central Hospital
- ❖ Edendale Hospital, as well as,
- ❖ Lower Umfolozi War Memorial Hospital

To all our citizens **living with Cancer**, we say that in order improve their quality of life they should ensure and be supported in:

- ✓ eating well every day,
- ✓ getting enough rest,
- ✓ maintaining a regular sleeping pattern and
- ✓ establishing a social life with Cancer survivors and support groups

To our **community members** we maintain that **Prevention is better than cure** and that **choosing a Healthy Lifestyle** goes a long way in solving the health problems that continue to unnecessary beseech our people. All we have to do is to observe:

- ❖ good nutrition
- ❖ physical exercise reduces the risk of cancer and other Non-Communicable Diseases
- ❖ Avoidance of cigarette smoking and alcohol

- ❖ Awareness of family history of cancer
- ❖ Awareness of your body subtle changes and consultations with your doctor

Working together, we can beat cancer.