

BREAST CANCER AWARENESS CAMPAIGN CONDUCTED AT JANGWANI SECONDARY SCHOOL, DAR ES SALAAM.

During the month of October 2017 Tanzania Breast Cancer Foundation (TBCF) was able to conduct a Breast and Cervical Cancer Awareness Presentation at Jangwani Secondary School. The whole presentation was facilitated by a volunteering Oncologist, Dr. Dominista Kombe, alongside our TBCF staff members. The participating students received a lecture on breast and cervical by Dr D. Kombe and subsequently were able to ask questions and obtain answers during our time there.

The aim of conducting this program was in a effort to not only raise breast cancer awareness amongst adolescent girls and women, but to also show them that there is solidarity and care among the women in our communities. Topics discussed include, the importance of early detection and symptoms and signs. It was important for us to provide them with key features to look out for in path of early detection because ignorance can be the largest causing factor for death among women living with breast or cervical cancer.

The Adolescence Girls Program is a key component in our campaign due to the fact that this group plays multiple roles in spreading the message of breast cancer in the community. By focusing on youth, it will allow for not only the spread of the information to parents and relatives of which we may not have proper access to but plants a seed for future advocators and survivors. Therefore, TBCF believes that through this awareness program it will empower and increase the knowledge of these young women in an effort to propagate early detection, hence reducing the number of deaths occurred due to late detection.



Left: Facilitator arriving at Jangwani Secondary School compound
Right: Students listening to facilitator's presentation

The presentation covered the following topic points:

- Overview About Tanzania Breast Cancer Foundation
- General Introduction On Health and Cancer
- Symptoms, Risk Factors and Preventions

The Presentation began at around 13:00p.m with a total number of 404 participating students, followed by a brief introduction of the TBCF Organization, it's mission, vision, objectives and activities within the community. Therefore Dr. Kombe took the load of the presentation, discussing matters pertaining to breast and cervical health, as well as methods of prevention that can be done now. TBCF volunteers, Amina Mrisho and Grace Lawuo, spoke on the importance of personal hygiene and knowing one's body. The entire presentation emphasized on not only the benefits of having this knowledge but also the importance of sharing it with friends and loved one.



Some of Jangwani secondary students with Amina Mrisho (volunteer) after health education program

As a whole this Adolescence Girls program is beneficial in understanding the needs of our young women, but also shows the importance of providing them with knowledge that will not only save their lives but of many others around them. Collectively the presentation was education for both parties with the bellow interaction of questions and answers as an example:

Question: There is a widely spread belief, that applying avocado and eggs around the breast can help to maintain breast position, making them sit upright rather than sagging downwards.

Answer: Those beliefs are not true at all, many woman's breast tends to lay droop downwards as we age as well as when the weight of the breast increases. As a more sound advice, it would be more beneficial to consume the nutrients rather than applying it to the body.

Question: Is it safe for a breast cancer patients to breastfeed?

Answer: Yes it's safe, but not during the time at which a patient is receiving treatment since cancer medications are very strong & harsh therefore it may cause problems to a child.

Question: Is it true that when sexual partner squeezes the breast during sexual intercourse it will help reduce the risk of getting breast cancer in the future?

Answer: No, it's not true since there is no relationship between squeezing the breast and the growth of cancer cells in woman's breasts.



During the time spent, it was observed that the students had never been properly informed and obtained information through hearsay and myths built around the fear of cancer rather than the prevention and treatment of the diseases. Due to this many students have engaging in unhealthy lifestyles that not only endangers their present lives but also their future. At TBCF we believe that it is imperative for us to take an initiative to groom and educate our young girls on the importance of breast/cervical health and prevention, as they are to future to reducing deaths due to late detection and increasing awareness and prevention among young women all over our communities.

THANKS