



BREAST CANCER

(The Number 1 Cancer Killer Among Women).

Breast cancer is a global disease and no way limited to a particular region as it has been described as the most common cancer in women worldwide. It is a global disease of significant burden and its incidence continues to rise when awareness is not carried out to educate women of the role they need to play to make sure that the rapid rise of this menace is curtailed.

According to World Health Organization statistics, over 100,000 Nigerians are diagnosed with cancer annually, and

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HAPPY! REPORT



HAPPY! CENTER - OBI SKILL ACQUISITION TRAINING AT THE

On the 21st of October 2018, the team set out to ensure the establishment of the **HAPPY! Centre** including vocational training of women and adolescents. While planning had begun in the months prior, securing a suitable venue was the first success recorded after which participants were mobilized while the venue was being put in shape and facilitators for the training recruited. A-week-long training held successfully furnishing women and adolescents with skills in baking, catering, soap making, shoe making

and barbing which extended into the second week. Participants in the latter two categories are required to undergo a 3 week and 2 week apprenticeship respectively, after which they would be given certificates and starter packs which already had been given to beneficiaries in other categories.

In the month of October, a venue was secured for the **HAPPY! Centre** in the Osuko of Obi's palace grounds and set up the hall, trained thirty six (36) and empowered thirty four (34) vulnerable women in soap making and Vaseline production, trained fifteen (15) and empowered ten (10) vulnerable women and adolescents in catering, trained and empowered seventeen (17) vulnerable women and adolescents in baking. In shoe making and barbing techniques, a total number of sixty five (65) adolescents and young people are still undergoing a training and starter parks will be provided at completion of the training. Additionally, the team continued some of the previous month's activities:

HAPPY! Club activities (in-school and out-of-school), enrolment, referral and linkage, Monitoring & Technical visits to COMETs, all of which ran smoothly with 21 COMETs participating due to the passing out of some of its Youth Corps members from the program. COMETs were mobilized for a meeting to review the month's activities and give feedback to ensure continuous improvement of several aspects of the project. Recruitment activities were carried out and three suitable candidates selected.

Furthermore, the team rolled out plans to sign more 1-2 additional MOUs with PHCs and to analyze the Learning Assessment and Behavior Change data obtained.



Skill acquisition, **HAPPY! Centre**.



Dear Friend of the Family,

In this month's Newsletter, we explore the state of a very important unit of the global society- The Rural Women. These women are majorly responsible for the sustenance of mankind; because they are the major contributor of the world's agricultural sector, which is the primary source of the world's food. Yet, they are the worst hit by poverty in the world today.

Through the article, Addressing Gender Gaps in Agrarian Populations: A Major Strategy for Achieving Sustainable Societies, we look into the inequalities and limitations these women face and the ways we can address them; especially on their Sexual

Reproductive Health and Rights (SRHR). For more on the issue, please read the article enclosed in the newsletter.

Other information included in this edition of our publication are reports on the ongoing Family Planning sensitization project in Kaduna state and the newly begun Positive Action for Child Fund project in Obi LGA, Nasarawa state.

As always, I hope you have a pleasant time reading the 9th edition of our monthly newsletter.

Kind regards,

Princess Osita-Oleribe
Director, CFHI

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about 80,000 die from the disease, averaging 240 Nigerians every day or 10 Nigerians every hour, dying from cancer, of which 26.7% of deaths are for breast cancer. In other words, breast cancer is the number one cancer killer of Nigerian women due to lack of early detection. Early detection still remains the only means to surviving breast cancer.

All women are at risk for getting breast cancer, yet a large number of Nigerians are unaware of their cancer status and of the significant implications of early detection. It has been scientifically proven that breast cancer self-examination, as casual as it sounds, saves lives as people are now able to differentiate between when their breasts are normal or abnormal.

BREAST CANCER SELF-EXAMINATION TIPS

Step 1: Begin by looking at your breasts in the mirror with your shoulders straight and your arms on your hips.

Here is what you should look for:

- *Breasts that are their usual size, shape, and color
- *Breasts that are evenly shaped without visible distortion or swelling
- *Dimpling, puckering, or bulging of the skin
- *A nipple that has changed position or an inverted nipple (pushed inward instead of sticking out)
- *Redness, soreness, rash, or swelling
- *Any signs of fluid coming out of one or both nipples

Step 2: Now, raise your arms and look for the same changes.

Step 3: Next, feel your breasts while lying down using your right hand to feel your left breast and then your left hand to feel your right breast. Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Use a circular motion, about the size of a quarter. Cover the entire breast from top to bottom, side to side — from your collarbone to the top of your abdomen, and from your armpit to your cleavage.

Follow a pattern to be sure that you cover the whole breast. You can begin at the nipple, moving in larger and larger circles until you reach the outer edge of the breast. You can also move your fingers up and down vertically, in rows, as if you were mowing a lawn. This up-and-down approach seems to work best for most women. Be sure to feel all the tissue from the front to the back of your breasts: for the skin and tissue just beneath, use light pressure; use medium pressure for tissue in the middle of your breasts; use firm pressure for the deep tissue in the back. When you've reached the deep tissue, you should be able to feel down to your ribcage.

Step 4: Finally, feel your breasts while you are standing or sitting. Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so they like to do this step in the shower. Cover your entire breast, using the same hand movements described in step 4.

-Adapted from www.breastcancer.org



Dr Emmanuel Dada, lectures on breast cancer and self examination tips at JSS Kubwa II

ACHIEVE REPORT

The ACHIEVE OVC Care & Support project is a yearlong activity which involves the provision of care and support to assess, enroll and provide interventions to vulnerable children infected and/or affected by HIV & AIDS under the age of Eighteen (18) and their households in AMAC. The services include advocacy and sensitization on reduction of stigma and discrimination towards vulnerable children and their households within their communities, health education interventions at community and household levels, establishment of functional child protection committees and networks at LGA and community levels, provide educational services tailored to the needs of beneficiaries, provide and maintain shelter and care services, map community and provide available economic resources and opportunities, as well as develop a referral system linkage to other beneficial services.

In the month of October, the team implemented the last phase of educational block grant at LEA Dape in view of school fees waiver for sixty (60) children for three (3) academic years. For Dape, four units toilet facility was renovated and other registration materials were provided for sixty (60) out of school pupils.

The newly introduced data tools (caregivers' emergency form and nutritional assessment forms) were administered to household by community volunteers. Over 400 each of both tools were administered, returned and entered into the NOMIS while six hundred and fifty four (654) names were electronically entered on the educational assessment tools.

Viral load monitoring was done for fifty six (56) HIV positive children across six facilities; Gwarimpa General Hospital, Maitama District Hospital, PHC Kagini, PHC Idu-Karimo, PHC Lugbe, and PHC Kabusa. However, the updates on referral registers for all reactive children below 17 years is ongoing in Maitama District Hospital, while those within CFHI'S assigned community will be enrolled for OVC services, and others be referred to the respective CBOs working in clients community of residence.



Pictures from Government day Secondary school, JSS kubwa II, during the cancer awareness and distribution of re-usable pads



CFHI's INVOLVEMENT IN BREAST CANCER AWARENESS AND MENSTRUAL HYGIENE MANAGEMENT

The month of October is breast cancer awareness month Worldwide and to commemorate this event, CFHI included Menstrual Hygiene management and sanitary pads distribution to enhance good menstrual hygiene.

During the visits to Government Day Secondary School Obi Nasarawa State, Community Secondary School Amokohia-Ubi Imo State, JSS Kubwa II and JSS Biyazin FCT-Abuja, lectures were given on the vital keys in managing menstruation with safety and dignity using safe and hygienic materials, effect of menstruation on girls, managing pains during menses, myth about menstruation, and potential risks of poor menstrual hygiene. Two hundred and fifty seven (257) re-usable sanitary pads were distributed to promote healthy living among vulnerable adolescent girls, while the teachers were theoretically and practically trained on breast cancer and self-breast examination.

In Community Secondary school Amokohia-Ubi, over Six hundred and sixty nine (669) students were lectured, while one hundred and sixty six (166) vulnerable female students received the reusable pads with Seventy eight (78) teachers sensitized on breast cancer, Government Day Secodary School Obi Nasarawa State had eighty (80) students in attendance with twenty five(25) reusable pads given to vulnerable participants and thirty two (32) teachers successfully sensitized on breast cancer, Junior Secondary School Biyazin and Junior Secondary School Kubwa II had three hundred and ninety (390) students in attendance, sixty six (66) reusable pads distributed to the vulnerable female students, while thirty seven (37) teachers were successfully sensitized on breast cancer.

The former was done but not the latter. The team also successfully executed a plan for Menstrual Hygiene Management and Breast Cancer Awareness & Education in Government Day Secondary School, Obi. The team successfully organized the Menstrual Hygiene Management even with a total number of thirty two (32) Staffers of the School in attendance for the Breast Cancer Awareness talk and over one hundred and fifty (150) adolescents and young people in attendance for MHM with fifty (50) re-usable pads distributed to vulnerable adolescents.

At the Abuja office, the team trained four volunteers alongside three IT students on the use of SPSS and data entry on the same. These were guided while data for CFHI's Menstrual Hygiene Management and World Hepatitis Day activities were imputed.



HAPPY! club members at Government day Secondary school, Obi-Nassarawa State



Cross Section of some of the pupils and the team at the commissioning of the 4 Units toilet facility



Commissioning of 4 Units of toilet facility.

Interested in helping in any aspect of our work ?

Persons interested in donating to our activities, offering volunteer services or partnering with us, are always welcome. All CFHI's projects are community based and family-centred, so that our beneficiaries are reached with activities that proffer sustainable solutions.

Therefore, persons or organizations concerned with improving community health, sustainable socio-economic empowerment and the development of family-centred policies should please contact us.

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