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Breast Cancer in Namibia: Early Detection is Key to Survival

Breast cancer remains a significant health concern in Namibia, but there is hope. Early detection through regular self-examinations and awareness of the symptoms can dramatically improve treatment outcomes and save lives. This article, with insights from the Cancer Association of Namibia (CAN) and international health resources, aims to empower Namibian women with the knowledge to take control of their breast health.

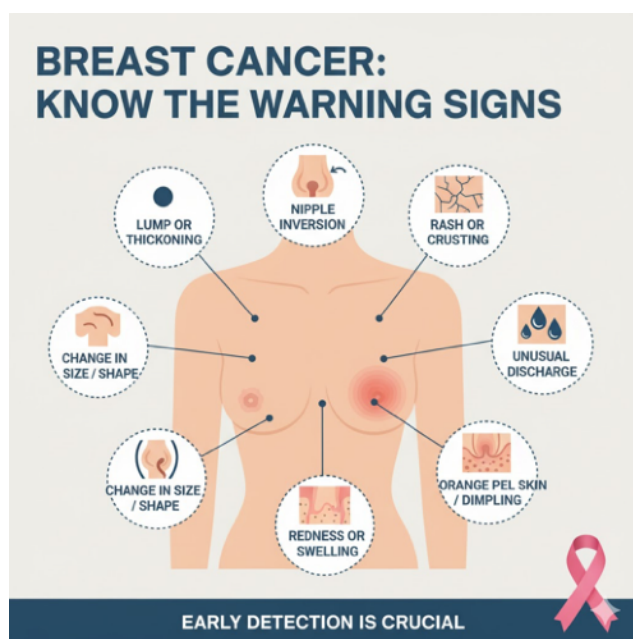
Know Your Body: Recognizing the Early Warning Signs

Being familiar with the normal look and feel of your breasts is the first step in identifying any potential problems. While most breast changes are not cancerous, it is crucial to be aware of the warning signs and to consult a doctor if you notice any of the following:

- **A new lump or thickening** in your breast or armpit.
- Any **change in the size, shape, or appearance** of a breast.
- **Dimpling, puckering, or redness** of the skin on your breast, which may resemble the texture of an orange peel.
- A **recently inverted nipple** (a nipple that has turned inward).

- **Unusual nipple discharge**, especially if it is bloody or clear.
- **A rash or crusting** on the nipple or surrounding area.
- **Persistent pain** in the breast or armpit that is not related to your menstrual cycle.

It's important to remember that early-stage breast cancer is often not painful. Therefore, any new or unusual changes should be taken seriously, even in the absence of pain.



Your Monthly Check-up: A Guide to Breast Self-Examination

Regular breast self-examinations are a simple yet powerful tool for early detection. The best time to perform a self-exam is about a week after your period begins, when your breasts are least likely to be tender or swollen. For women who have gone through



menopause, it is recommended to choose a specific day each month to do the exam.

Here is a step-by-step guide to performing a thorough breast self-examination:

1. Visual Inspection:

Stand in front of a mirror and look for any visual changes in your breasts. Check in the following positions:

- With your arms at your sides.
- With your arms raised above your head.
- With your hands on your hips, pressing firmly to flex your chest muscles.

2. Manual Examination (Palpation):

You can do this while lying down or in the shower. Use the pads of your three middle fingers to feel for any lumps or abnormalities. Apply varying levels of pressure (light, medium, and firm) to feel all the breast tissue. Use a methodical pattern to ensure you cover the entire breast, such as:

- **Vertical Strips:** Move your fingers up and down your breast in vertical lines.
- **Spiral Pattern:** Start at the outer edge and move in a circular motion towards the nipple.

Don't forget to examine the entire breast area, including the armpits and the area around your collarbone.

What to Do if You Notice a Change

If you find a lump or notice any of the other warning signs, do not panic. Most breast lumps are not cancerous. However, it is essential to schedule an appointment with your doctor for a professional evaluation. Early diagnosis is critical for successful treatment.

The Cancer Association of Namibia: Your Partner in Health

The **Cancer Association of Namibia (CAN)** is a vital resource for all Namibians. They provide information, support, and services to those affected by cancer. If you have any questions or

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concerns about breast cancer, or if you need support, do not hesitate to reach out to them.

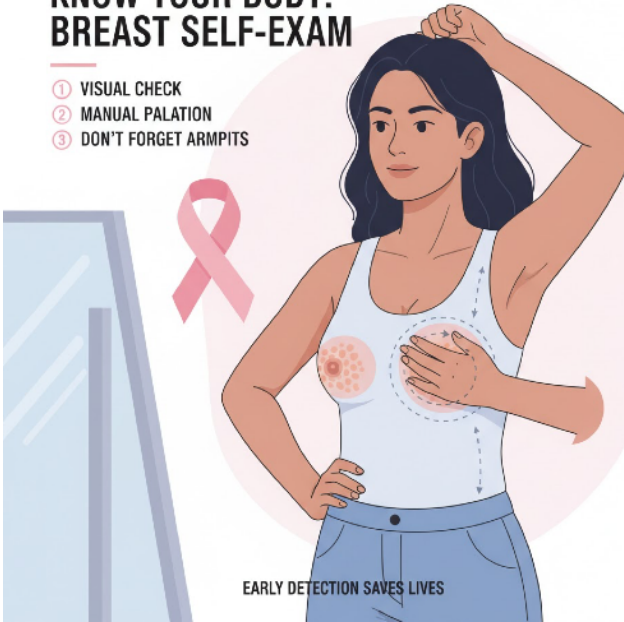
For more information, please contact the Cancer Association of Namibia (CAN) at:

- **Website:** www.can.org.na
- **Phone:** 061 237 740

Remember, taking care of your breast health is in your hands. Be proactive, be aware, and don't hesitate to seek medical advice if you have any concerns. Early detection is your best protection against breast cancer.

KNOW YOUR BODY: BREAST SELF-EXAM

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- ③ DON'T FORGET ARMPITS



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Contact Emails & Website

Email: drcorneliandifon15@gmail.com
Email: stirlingmedicalcentre4@gmail.com
Website: www.stirlingmedicalhealth.com

Physical Address: Upper Floor, Auas Valley shopping Mall, opposite Waltons



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Health Series - Calendar: All 40 Weeks of Pregnancy - week 33

Your baby is currently busy practicing its breathing. From now on, you'll have a check-up every two weeks. And: Your maternity leave will begin soon..

Weeks 33 of Pregnancy

Baby's Development

Is the little one in your belly less active? This can be normal in the 33rd week of pregnancy, as your baby no longer has much room in its burrow. It's already quite large: On average, unborn babies now weigh about two kilograms and are around 43 centimeters long. However, the measurements of most babies deviate somewhat from these values –

just as most adults are smaller or larger than average. So don't worry if this applies to your baby. The doctor usually has a good overview of your little one's development.

But the lack of space is usually noticeable: Instead of doing gymnastics, some unborn babies pass the time until birth primarily with long naps. If the baby moves, however, pregnant women usually feel it more and more intensely over the next few weeks. And its kicks can usually be felt clearly from the outside, too.

Furthermore, the final stages of lung development are now approaching: Your little one is diligently training its accessory respiratory muscles. "You can



now clearly see the breathing movements on an ultrasound," says Dr. Mirja Pagenkemper, who researches prenatal imprinting at the University Medical Center Hamburg-Eppendorf. "The unborn child's abdomen and ribs rise and fall."

According to research findings, regular breathing exercises are a sign that the fetus is feeling well. "In cases of impairment, significantly fewer breathing movements are observed," says Pagenkemper. "This is the case, for example, in fetuses of smoking mothers." Nicotine is a neurotoxin and can impair the baby's development.

The Mother's Health

Your examinations with your gynecologist now take place every two weeks instead of every four.

Have you been fully committed to your job so far? Working mothers-to-be are legally entitled to a total of 14 weeks of maternity leave – six weeks before and eight weeks after the birth. In the case of twins, the period after delivery increases to twelve weeks. If you still want to work during the period before the birth, you can state this in a corresponding declaration – however, this is not possible during the maternity leave period after the birth.

In any case, you should enjoy the last few weeks before the birth as much as possible. This is not only good for the baby – if you are relaxed and fit, the birth is often easier as well. If you haven't already done so, find a midwife now to support you in the weeks after the birth.

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must register it with your employer at least seven weeks before it begins. At the same time, you must declare, bindingly and for two years, the period or periods for which you want to take parental leave.



Tip: Attend a baby care course

Are you expecting your first child? You may not yet feel as confident around

babies. A baby care course with your midwife can help. She will explain everything you need to know about bathing, changing diapers, and caring for your little one's skin. You will also learn which grips to use to hold your baby and how to help them with minor discomforts.

The midwife will usually also advise you on the initial equipment and tell you what to consider when it comes to baby slings, changing tables, and heat lamps. With this information, you can look forward to your little one's arrival with confidence. And you'll see: It won't be long before you two become a well-coordinated team.

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Health & Safety - Hearing Protection and When Would You Need It

In the bustling heart of Namibia's growing industries, a silent threat looms in many workplaces: the risk of occupational injuries and illnesses. While the nation strides towards economic prosperity, the health and safety of its workforce must remain a top priority. The Namibian Labour Act of 2007 is clear: employers are legally obligated to provide a safe and healthy work environment. With the new Occupational Safety and Health (OSH) Bill on the horizon, these responsibilities are set to become even more stringent.



Protecting Our Workforce: A Call for Enhanced Occupational Safety and Health in Namibia

A key, yet often overlooked, aspect of workplace safety is the prevention of noise-induced hearing loss. In environments with high levels of noise,

such as mines, factories, and construction sites, the constant exposure to loud sounds can cause permanent damage to workers' hearing. While standard hearing protection like earplugs or earmuffs is a good first step, in extremely noisy environments, this may not be enough. The concept of "double hearing protection," where earplugs are worn underneath earmuffs, offers a significantly higher level of protection and is a practice that all high-noise industries in Namibia should consider.

However, providing equipment is only half the battle. For any hearing protection to be effective, it must be used correctly. A proper fit is crucial, and workers must be trained on how to use their personal protective equipment (PPE) effectively. This is where Namibian businesses can turn to local experts for high-standard training and services.

One such provider, **OSH-Med International**, has been a leading force in occupational safety and health in Namibia since 2012. As a service and training provider for OSH and Emergency Medical Care, OSH-Med International offers a comprehensive range of courses and services to help companies comply with the Labour Act and ensure the well-being of their employees. Their offerings include training for OSH Representatives, Supervisors, and Officers, as well as



specialised courses in first aid, industrial firefighting, and emergency medical care. OSH-Med International is accredited by the Ministry of Health & Social Services and the Ministry of Labour, Industrial Relations and Employment Creation, ensuring that their training meets the highest national standards. With a team of experienced professionals, they provide not only training but also crucial services like risk assessments and the development of comprehensive OSH policies and wellness programs. By partnering with an organization like OSH-Med International, Namibian businesses can not only meet their legal obligations but also cultivate a culture of safety that protects their most valuable asset: their people.



As Namibia continues to grow and develop, the health and safety of our workforce must be at the forefront of our minds. It is not just a matter of legal compliance, but a moral imperative. By investing in proper training and equipment, and by partnering with local experts like OSH-Med International, we can ensure that our industries are not only productive but also safe and healthy places to work. To learn more about how you can improve the safety standards at your workplace, visit www.osh-med.pro.



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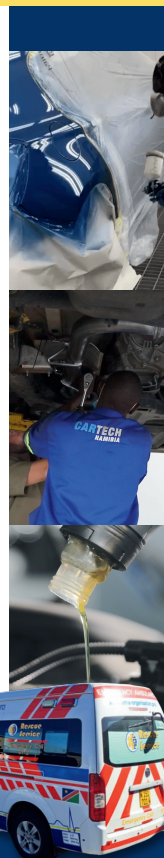
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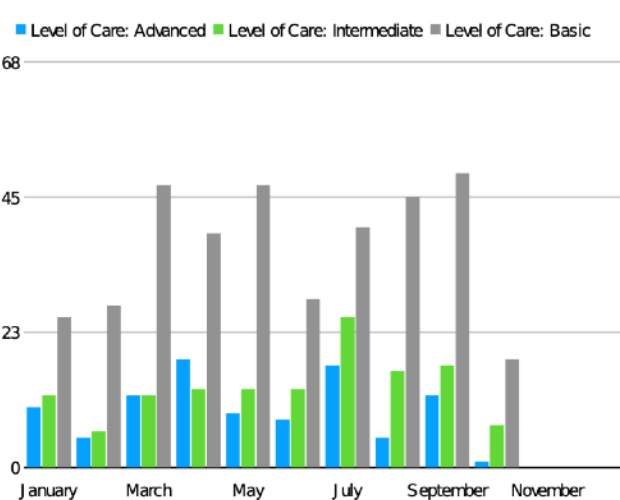
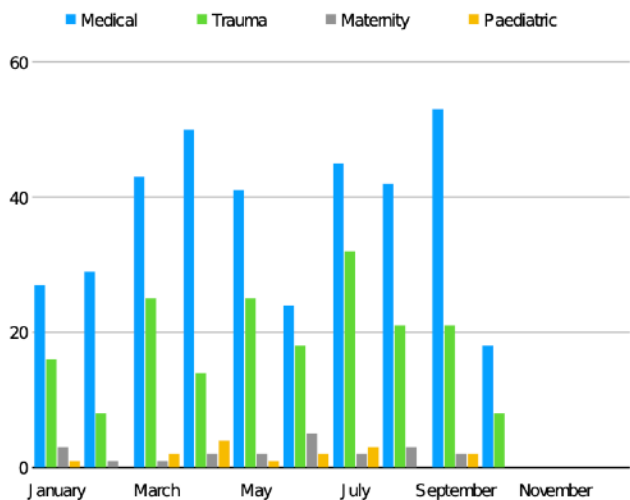
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February	29	8	1	0	5	6	27
March	43	25	1	2	12	12	47
April	50	14	2	4	18	13	39
May	41	25	2	1	9	13	47
June	24	18	5	2	8	13	28
July	45	32	2	3	17	25	40
August	42	21	3	0	5	16	45
September	53	21	2	2	12	17	49
October	18	8	0	0	1	7	18
November							
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Total per annum	372	188	21	15	97	134	365
Total	596				596		



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