

THE HEALTH

DIGEST

3RD QUARTER 2023 EDITION



+ COVER STORY

CANCER: COMMON TYPES, PREVENTION & TREATMENT

Learn the basics on some common types of cancer - the world's deadliest killer

PAGE 1

Discover CellMed's Sweet Rewards' latest benefit which everyone has fallen in love with!

PAGE 2

Cancer: Common Types, Prevention & Treatment

Summer is here, and this usually spells Cancer Awareness season.

What is Cancer?

Cancer is a large group of diseases that can start in any organ or tissue of the body when abnormal cells grow uncontrollably, go beyond their usual boundaries to invade adjoining parts of the body and/or spread to other organs. (WHO)

Breast Cancer

This is a type of cancer that begins in the cells of the breast. It is the most common cancer among women worldwide (breast cancer is rare in men, but it accounts for at least 1% of breast cancer diagnoses). The exact cause of breast cancer is still unknown, but certain risk factors have been identified. These include age, family history of breast cancer, certain gene mutations, hormonal factors, and lifestyle choices.

Breast Cancer Prevention

It is important to maintain a healthy lifestyle. This includes regular exercise, a balanced diet, limiting alcohol consumption, and avoiding smoking. Early detection is also crucial in improving the chances of successful treatment. Regular breast self-exams and mammograms can help in detecting any abnormalities.

Signs and symptoms of Breast cancer can include:-

- a breast lump or thickening (often painless),
- change in size shape or appearance of the breast, dimpling, redness, pitting or other changes in the skin,
- change in nipple appearance or the skin surrounding the nipple (areola),
- abnormal or fluid from the nipple.

Treatment of Breast Cancer

Treatment options for breast cancer vary depending on the stage and type of cancer. They may include surgery, radiation therapy, chemotherapy, hormone therapy, and targeted therapy.

Ovarian Cancer

Ovarian cancer is a type of cancer that originates in the ovaries. It is often called the 'silent killer' because symptoms may not appear until the cancer has advanced. The exact cause of ovarian cancer is unknown, but factors such as age, family history, and certain gene mutations can increase the risk.

Prevention of Ovarian Cancer

Prevention of ovarian cancer involves some lifestyle modifications. These include maintaining a healthy weight, using contraception, and having

regular gynaecological check-ups. There is no specific screening test for ovarian cancer, but pelvic exams, ultrasound, and blood tests can help in detecting any abnormalities.

Treatment of Ovarian Cancer

Depends on the stage of the cancer, the individual's overall health, and personal preferences.

They may include surgery, chemotherapy, targeted therapy, and radiation therapy.

Prostate Cancer

Prostate cancer is a type of cancer that affects the prostate gland in men. It is one of the most common types of cancer among men. The exact cause of prostate cancer is unknown, but factors such as age, family history, ethnicity, and certain gene mutations can increase the risk.

Prostate Cancer Prevention

Maintaining a healthy lifestyle. This includes eating a balanced diet, exercising regularly, and avoiding smoking. Regular check-ups and screenings can help in detecting prostate cancer at an early stage when it is most treatable.

Signs and symptoms of Prostrate Cancer

- Difficulty starting urination
- Weak or interrupted flow of urine
- Urination often especially at night
- Trouble emptying the bladder completely
- Pain or burning during urination
- Blood in the urine or semen

Treatment of Prostate Cancer

Treatment options for prostate cancer depend on the stage of the cancer, the individual's overall health, and personal preferences. They may include active surveillance, surgery, radiation therapy, hormone therapy, chemotherapy, and immunotherapy.

HIV Related Cancers

HIV-related cancers are a group of cancers that occur more frequently in individuals living with HIV/AIDS. These include Kaposi sarcoma, non-Hodgkin lymphoma, and cervical



cancer. People with weakened immune systems due to HIV are more susceptible to these types of cancers.

Prevention of HIV-related cancers
Involves managing HIV infection through antiretroviral therapy (ART). By controlling the viral load and strengthening the immune system, the risk of developing these cancers can be reduced. Regular screenings and vaccinations, such as HPV vaccine for cervical cancer, are also important.

Treatment of HIV related Cancers
These vary depending on the type and stage of cancer. They may include surgery, radiation therapy, chemotherapy, targeted therapy, and immunotherapy.

IMPORTANT NOTE
It is important to note that Cancer is the leading cause of death worldwide, and most of the risk factors point to tobacco use, excessive alcohol consumption, unhealthy diet, and physical inactivity. Though this newsletter has not covered all cancers, it has been proven that the incidence of cancer rises dramatically with age. So, it is important for all of us to ensure that we maintain healthy lifestyles as we grow older and increase our health seeking habits by increasing health checks, exercising, adopting a healthy diet, and avoiding risky lifestyle choices.

Discover Health Benefits With CellMed Sweet Rewards Gym Membership!



In the hustle and bustle of modern life, maintaining a healthy lifestyle is often placed last on the priority list. Staying active and joining a gym can bring a plethora of benefits to your life, both physically and mentally. This is why CellMed, your partners in medical aid health issues, have launched the CellMed Sweet

Rewards program, to make your health and lifestyle journey even more rewarding.

The Benefits of Staying Active
Staying active is not just about losing weight or building muscle; it is also about enhancing your overall well-being. Regular physical activity

We look forward to welcoming you to our new hive!



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can help reduce the risk of chronic diseases like heart disease, diabetes, and certain types of cancer. It can also improve your mood, reduce stress levels, and boost your energy.

Physical activity helps to control weight by using excess calories that would otherwise be stored as fat. Most physical activities help in burning calories and the more intense the activity, the more calories you burn, and the easier it is to keep your weight under control.

Why Join a Gym?

Joining a gym can be a significant step towards staying active. A gym offers a variety of equipment, classes, and professional guidance to help you reach your fitness goals. Whether you are a beginner or a seasoned athlete, a gym provides the environment and resources to cater to your needs.

Gyms also offer a sense of community. Working out with others can provide motivation, accountability, and even a little friendly competition to keep you on track.

CellMed's Customer Loyalty Program

You can make the most of your wellness journey by getting discounted gym membership through CellMed's Sweet Rewards program. This program is designed to reward you for being a CellMed member and staying active and committed to your fitness journey.



As a member, the CellMed Sweet rewards program also affords you additional benefits such as free Zumba fitness classes three times a week with professional fitness instructors. Other rewards include 10% discount on your motor insurance offered exclusively through Cell Insurance, a baby welcome token to celebrate the birth of a new members and bereavement benefits to ease the burden brought about by the passing on of a loved one. To find out more about how you can activate your gym membership send

an email to contactcentre@cellmed.co.zw or call +263 8677 200 200.

Choose Wellness with CellMed!

In conclusion, staying active and joining a gym can significantly improve your health and quality of life. And with CellMed's Sweet Rewards program, your journey to fitness becomes even more rewarding. So why wait? Join us today and embark on a journey towards a healthier, happier you.

CELLMED HEALTH MEDICAL FUND

* Available to all CellMed members, offered exclusively through Cell Insurance.

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We would love to hear from you.

If you have any topics, questions or suggestions about what you would like to see in the health column, email us at cellmed@cellmed.co.zw or send us a Whatsapp message on +263 775 716 071.

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