

# **Cervical Cancer Awareness Month**

**KAREN NAKAWALA**

**CERVICAL CANCER SURVIVOR**

## **Zambia's Status as at 2020- Global Cancer Observatory (GloboCan)**

- 13,831 new cases of cancer diagnosed at the Cancer Diseases Hospital**
- A corresponding 8,672 deaths**
- 3,161 were cervical cancer representing 23% with a mortality of 1,904.**
- Under 900 were treated at the Cancer Hospital**

DAY I WAS DIAGNOSED WITH CERVICAL  
CANCER



## Nothing private about cancer - Nakawala



•KAREN Nakawala during OAFLAD high Level Private sector engagement on Cervical and Breast Cancer Control meeting at Sarovar Hotel in Lusaka yesterday. Picture by THOMAS NŞAMA

By FRANCINA CHOMBA

A CERVICAL cancer survivor has called on women to shun traditional beliefs about their reproductive organs and undergo screening regularly to help in early detection of the disease.

Karen Nakawala, who is undergoing treatment, said common belief that it is a taboo for women to openly talk about issues involving their private parts was contributing to escalating numbers of cervical cancer.

Ms Nakawala said cervical cancer was a treatable disease if detected early and men, who were carriers of Human Papillom Virus,

should join the fight against cervical cancer by encouraging their partners to undergo regular screening.

"When I received the news that I had cervical cancer my world froze.

The only thing that came to my mind was death but I was counselled by doctors who told me that 90 per cent of cancer treatment is attitude.

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### Inspirational Q

It is never too late to be who you have been. – GEORGE

## Pastor remanded for

By PERPETUAL SICHIKWENKWE

THE Lusaka magistrate court has remanded a pastor of Mount of the Lord's House Church for absconding from court sessions since September last year.

A magistrate ruled yesterday that the pastor will not be allowed out until he could post K10, 000 bail.

Explaining his absences, Sydney Mwandu, 32, who is facing five counts of obtaining money by false pretences, told the court

potential of intrusion overtime. ding on the con- hat could create internal pressure irbag is deployed the inflator to metal fragments rough the airbag erial, possibly river and front in event of an

bia customer ger Rodgers response to 2005-2016 re no longer

on these defective, it driver affected atial for overtime n why these lled in lators

ands re- tors as at dr

government prudent use and management of diminishing resources.

grow weary of, considering the devastating multi-faceted effects it is having on our so-

Mr Lungu was spee at State House in La yesterday during the presidential annual gp of the diplomatic corp

Mr Lungu said change last year down the country's growth but there we pated improvement

The Head of the economic pr 2020 were positi growth anticipa per cent and it maintained wit per cent.

President fiscal deficit reduce to 5. domestic n tion was pr to at least Gross E (GDP).

DR MARTIN  
LUTHER KING

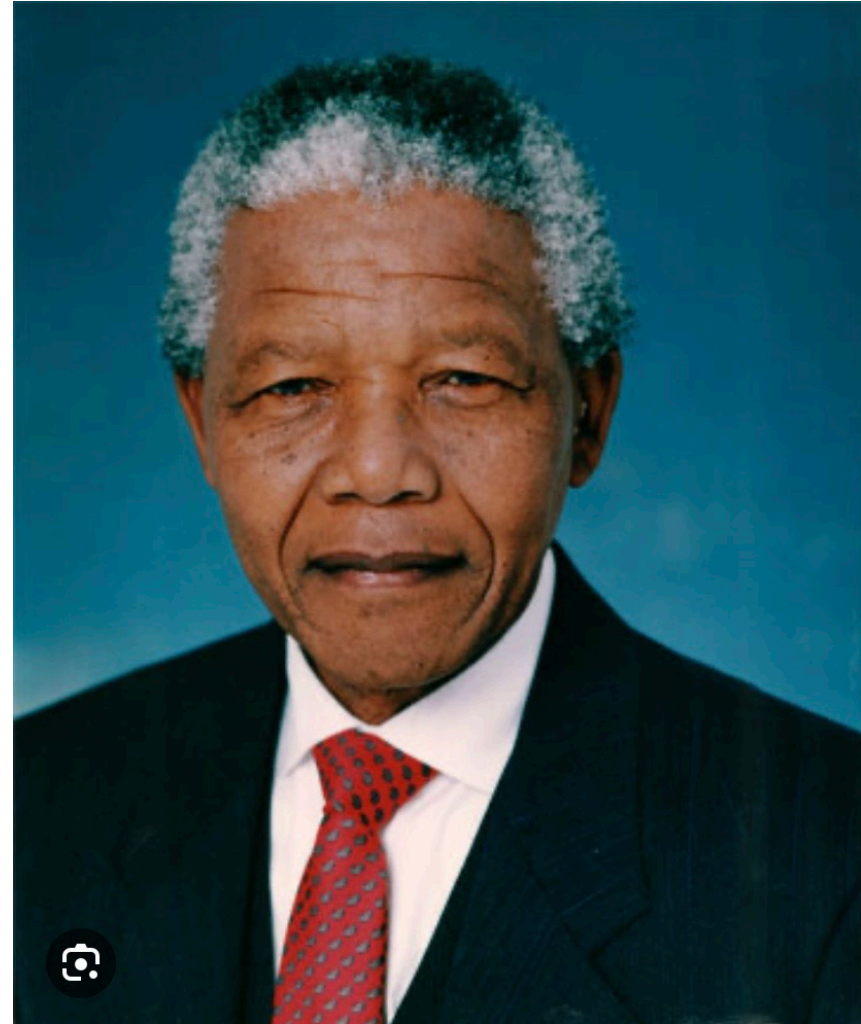
“THE TIME IS  
ALWAYS RIGHT  
TO DO WHAT IS  
RIGHT”



**HOW CAN YOU TELL  
A COMPELLING  
CANCER STORY?**

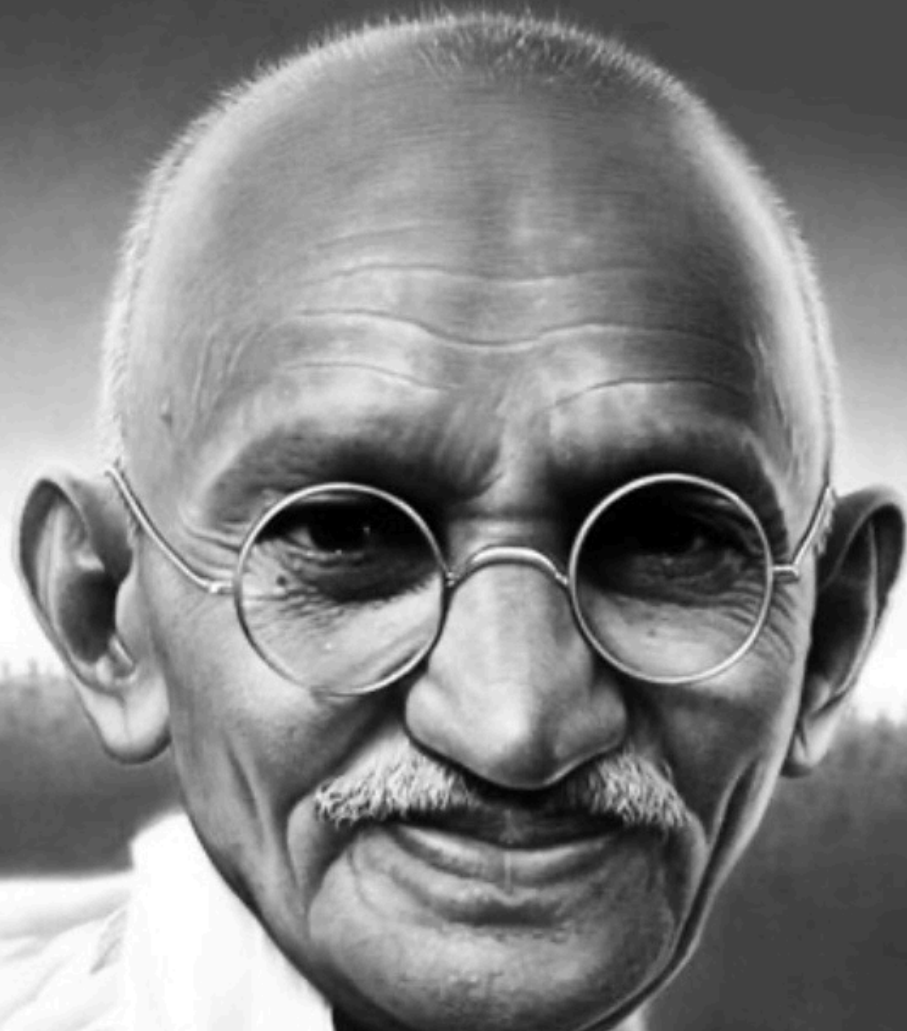
**DR NELSON  
MANDELA**

**“IT IS IN YOUR  
HANDS, TO MAKE A  
BETTER WORLD  
FOR ALL WHO LIVE  
IN IT”**



You must **be the change**  
you **wish to see**  
in the world. *-Mahatma Gandhi*

FEARLESS MOTIVATION - ITUNES, SPOTIFY



# NEWSPAPERS

ZAMBIA DAILY MAIL **Gender**

Thursday, July 30, 2020 [www.daily-mail.co.zm](http://www.daily-mail.co.zm) @zambian24 ZAMBIA DAILY MAIL

## Cervical cancer advocacy needs boost

### Teal Sisters blazing the trail

**T**HIS year, Zambia has seen a notable increase in numbers of women taking the bold step of screening for cervical cancer, a disease that kills more women in the country than any other cancer.

The anti-cervical cancer campaign which has been popularised using Facebook has done a lot in under one year to create awareness about the importance of screening and early detection of cervical cancer.

Thanks to Teal Sisters, a cervical cancer movement founded by Karen Nakawala, there are now notable activities around the country, encouraging women to make cervical cancer screening a lifestyle.

There are also organised cervical cancer screening activities around the country inspired by Karen, a cervical cancer survivor herself, accompanied by other anti-cervical cancer activists from the Teal Sisters movement.

We have seen more and more women around Zambia teaming up and visiting health facilities

the problem and take cervical cancer screening seriously.

It is this that has helped many Teal Sisters to appreciate that cervical cancer, which accounts for about 13 percent of all cancers in Zambia, is a real public health threat.

Because of that, there are more women across the country visiting health facilities to screen for cervical cancer and sharing their results on the forum to encourage fellow women to take a similar path.

The Teal Sisters campaign, which started small, is growing steadily, attracting thousands of women across Zambia, most of whom have been persuaded to know their cervical cancer status, a disease which has no symptoms in its early stages.

Campaigners have been spreading life-saving messages that early diagnosis and treatment are the best way of fighting and conquering cervical cancer.

I know for a fact that owing to this campaign, lots of women have either taken a pap smear or opted for the 'screen and treat' visual inspection (of the cervix) with acetic



**KAREN Nakawala (second right) with some members of the Teal Sisters and a police officer in Mazabuka recently.**

PICTURE: FACEBOOK



**Emelda Mwitwa**



# SPEAKING ENGAGEMENTS



# RADIO



THANK YOU

KAREN

