



WELL WOMEN'S DAY

Well Womens Day



A "Well Womens Day Event" is a reasonably easy project that could be arranged by every Rotary Club in the Month of March on or around Women's Day (March 8th)

It can be suited to any environment in the world both Rural and Urban for wealthier communities or extremely impoverished ones.

Women's health is a cause worthy of the efforts of Rotarians as understanding the underlying causes of women's poor health and acting to improve their conditions benefits everyone—the woman, her family and the community.

A healthy woman has a chance to fulfil all of her potential. Plus, she will have healthier babies, be better able to care for her family, and can contribute more to her community

Once they are sick, women are less likely to seek and receive treatment until they are seriously ill. For example, tuberculosis (TB) is spreading among both men and women, but fewer women than men get treatment. Almost 1315 women die every day from TB—at least 1/3 of whom did not receive proper treatment or never even knew they had the disease.

Just something to think about!



Health Education and Wellness Rotary Action Group

COVID-19 may have impacted all of us, but we are not all impacted equally.

It adversely impacted women's health and overall well-being particularly for those who are living in the Global South.

The experience with COVID-19 exposes how low spending on public healthcare, inadequate social safety nets and weak labour rights have left the majority of the world's countries vulnerable.

Women's and girl's health and autonomy are at heightened risk. The impacts of COVID-19 on women's health go beyond women's physical health. Emerging studies suggest that the pandemic has resulted in a huge gap between men and women reporting to challenges associated with mental illness, where women cite unpaid care burdens as their main source of stress, in addition to worries about livelihoods, food, and health care, speaking to the general situation of women that has been worsened by the pandemic.

Women, who generally earn less, save less and hold insecure jobs, have been hit particularly hard as the pandemic drives a disproportionate increase in their unemployment and a decrease in their overall working time.

Women are also food-insecure, usually eating last and the least in their households.

The same conditions that make women resource insecure, also make them vulnerable to gender-based violence (GBV). Tensions associated with stay-at-home measures, economic closures and food scarcity have been found to precede many instances of GBV. Now dubbed a "shadow pandemic", GBV presents itself as an important public health issue as 1 in 3 women globally are said to have experienced some form of GBV in their lifetime.

Well Womens Day

In affluent society with reasonable Health Services the following points apply

A Wellness day aimed at this type of community could concentrate on educational pamphlets ,lectures demonstrations on for example:- health education, nutrition, exercise regimes, relaxation techniques, massage, stress management, blood pressure testing, blood sugar and cholesterol measurements, weight, height and BMI measurements, advice on supplements, family planning, HIV testing, lessons in self defence, first aid and CPR. As well as information on local hobby groups, mothers groups, volunteer groups and charities.

Product samples and ,special offer coupons from various local beauty parlours and cosmetic houses could also be given.

Take the following points into consideration when planning an event and organise relevant information brochures or handouts as well as freebies and prizes from local businesses.

1. Know the common diseases that affect women

Women are biologically different than men and, therefore, may suffer some health conditions that men are not at risk for. These include problems related to menstruation and reproductive health such as irregular periods, amenorrhea (absence of periods), PCOS, uterine fibroids, endometriosis, and menopause. Conditions related to pregnancy such as gastrointestinal problems, high blood pressure, gestational diabetes, thyroid problems, and miscarriage also affect women.

Women are also more prone to autoimmune diseases like rheumatoid arthritis, psoriasis, systemic sclerosis and lupus. And women become more prone to breast cancer and osteoporosis (bone degeneration) as they age.

Certain health conditions also show up differently in women and men. For example, a woman would experience fatigue, nausea and vomiting and shortness of breath when she is having a heart attack. This is different from the telltale sign of a heart attack in men - chest pressure - that most of us know of. As a result, the condition mostly goes unnoticed in women and may cause trouble later.

Similarly, not all STDs show prominent signs in women and women are more likely to suffer more side effects from medicines than men. This is because, historically, clinical trials for new drugs have had more male participants than women!

2. Workout

Regular workout is anyway good for health. It keeps you fit and helps prevent diseases. However, for women, the importance of exercise holds much more importance - in that, it can help you keep osteoporosis at bay.

Experts say that regular workout can help improve muscle mass and reduce the rate of bone loss. Bone mass starts decreasing sometime in the 30s so if you start working out in your 20s, you can improve your bone strength and mass. Even if you are already in your 30s, you can begin working out now, it is never too late. However, if you have health conditions like diabetes, obesity or high blood pressure, you should talk to your doctor before you start exercising regularly.

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Lifting weights, dancing, jogging, hiking and swimming are some of the exercises you can try.

3. Get regular health checkups

Ask any doctor and they will tell you that regular health check-ups are necessary even if you are otherwise in good health. This is because these check-ups help them look for disease conditions that you may get in certain phases of life, especially if you have a family history of the condition.

Breast cancer risk, for example, goes up if someone in your family has it. Similarly, the risk of heart diseases and diabetes goes up. So, if you don't know your family history, make sure to ask your parents or someone in your family about it. That said, here are certain tests that you should get done:

- **Pap smear:** Every woman should get a pap smear, starting from the age of 21. You need to get this test done every three years - however, if your test comes back negative for the HPV virus, you can wait five years before getting the next one. A pap smear looks for the presence of human papillomavirus infection - the cause of cervical cancer in women.
- **Mammography:** Mammography looks for the presence of breast cancer and is generally not recommended until the age of 40. However, if you have a family history of breast cancer, it is best to start getting this test done sometime before the age at which the said member got diagnosed with breast cancer.
- **Test cholesterol, BP and blood sugar levels:** Have your cholesterol levels checked every five years if you are between 20 years and 45 years old. All women aged 18-39 should get their blood sugar and blood pressure checked frequently.
- **Eyes and teeth check-ups:** Do not forget your twice a year dental and eye exams.

4. Don't ignore depression

Women are more prone to depression and anxiety than men due to various biological and social factors. However, not many people (both men and women) understand the difference between sadness and depression. Clinical depression is real and it can happen to anybody. Talk to a doctor if you notice the following signs in yourself or a loved one - irritability, a general loss of interest, hopelessness, weight loss, persistent fatigue, digestive issues and general aches in the body, suicidal thoughts, sleep disturbances and an inability to focus.

And then women have specific types of depression, like PMS, Premenstrual dysphoric disorder (PMDD), postpartum depression and perimenopausal depression.

It is important to note that not everyone has the same signs of depression. So make sure you communicate all your symptoms clearly to your doctor. This will help them make the correct diagnosis so they can treat you well. Depression is usually treated with a combination of psychotherapy and medications.

5. Take charge when it comes to your sexual health

Lack of attention to sexual health comprises all aspects of your reproductive life including, sex, pregnancy, STIs, and satisfying relationships. Some women find it difficult to express themselves when it comes to sexual health. However, you should understand that open communication is all that it takes to sort out most issues. You can just tell your partner that you feel shy or uneasy talking about sexual health and see where it goes from there. As you build confidence, it will get easier to talk about things like STIs, safe sex practices, and your emotional and physical intimacy needs.

Value your own opinions, build a positive body image and chose partners that treat you well. If you don't already, know more about contraceptives and birth control, especially if you are not looking to get pregnant. Generally, condoms can prevent both STIs and unwanted pregnancies.

6. Know your nutritional needs

It is generally believed that men need more calories than women. However, calories have nothing to do with gender. Your calorie needs depend on your body weight and height. So, women who are taller and weigh more need more calories.

Additionally, all women who menstruate lose some amount of iron every month. It is always a good idea for women to replenish this through iron-rich foods like meat, chicken liver, pumpkin seeds and spinach.

Women do need certain minerals more than men - iron and calcium for example. With age, women lose more bone mass than men, due to changes in hormone levels. So, they are often asked to take calcium supplements, especially after the age of 30. However, a calcium supplement won't help you much if you are deficient in vitamin D, and most experts suggest that you take your daily recommended calcium from diet and food. This is where your routine check-ups would come in handy. Your health reports will help your doctor recommend supplements for you even before you notice any signs of a mineral or vitamin deficiency or ill-health.

All women have a right to health

All women have a right to health. In part, this means all have a right to good health care. Good health care for women takes into account the different stages of women's lives, from adolescence to old age.

It means caring for all her needs, whether or not she is sexually active or planning to have babies. For too many years, "women's health care" has meant little more than maternal health services, such as care during pregnancy and birth.

These services are necessary, but they address only motherhood, a fraction of women's health needs.

The right to health goes far beyond good health care. It also means the conditions women live and work in — at home and anywhere they go — should safeguard their health rather than weaken or endanger it.

New project

A clinic where broken bones can be set is not enough if a woman lives every day with someone who beats her.

Education about sexually transmitted infections is an important ingredient in a woman's health, but it is not very helpful if that woman has no say in her sex life.

Many great advances in medicines and treatments to improve women's health problems already exist, yet millions of people still suffer from preventable and curable diseases.

Around the world, millions of women live in rural or urban areas 'where there is no doctor' or where health care is not affordable. Many women suffer and die needlessly because they lack access to health care and clear, useful information about their health. A well organised Women's Health Day can go a long way to starting a health awareness that should be present in every community through promoting education and wellness.

Addressing root causes

Good health is more than the absence of disease. Good health means the well-being of a woman's body, mind, and spirit. A woman's health is affected not just by the way her body is made, but by the social, cultural, and economic conditions in which she lives. Improving women's health means addressing the "root causes" of ill health — including poverty, gender and racial inequality, and other forms of oppression

Women usually have less power and lower status in the family and community.

This basic inequality means:

- more women than men suffer from lack of access to resources like money, food, land, and mobility.
- more women than men are denied the education and skills to support and protect themselves.
- more women than men lack access to important health information and services.
- more women than men lack power and control over their lives and basic health care decisions.

HEWRAG has a long history and lots of experience in organising Health Days

HEWRAG health fairs are a perfect way to underline the importance of healthy lifestyles, wellness and disease prevention.

Top 10 Tips for Women's Health day Planning in your community

Putting on a successful health fair takes some work. But ensuring health is front-and-center in your community is worth the work. Here's all you need to get started planning a great health fair.

1: DOCUMENT EVERYTHING (EVEN THE BAD IDEAS) FOR A SUCCESSFUL HEALTH FAIR

From the first day of planning through the end of the health fair, keep notes on everything that happens. As the process moves on, you'll get more and more things to think about, and you'll want to make sure you've covered all your bases.

Write down questions asked during meetings and solutions you've come up with. This won't just make it easier to keep tabs on all your to-do's. It will also help in planning for next year.

2: GET EMPLOYEES from a large local employer INVOLVED IN PLANNING YOUR HEALTH FAIR

Create your planning committees across all sectors of your town. With one person as the lead and a group of interested teammates, health fair planning can be an opportunity to bring people together on a fun project.

3: ADDRESS ALL KINDS OF HEALTH

Remember that there are more than one way to be healthy. While physical health is top-of-mind for most health fairs, you can find ways to address other areas of life too:

Financial wellness, Mental wellness, Emotional wellness, Family wellness

4: SCHEDULING YOUR WOMEN'S HEALTH DAY

There are several things to consider when deciding to schedule your day. Typically, most Rotary Clubs worldwide hold an event on Women's Day and this would be a perfect project in any community to honour the ladies.

5: PROVIDE GREAT HEALTH FAIR GIVEAWAYS

Who's going to turn down an opportunity to win a gift? Door prizes, raffles, and free gifts make a more compelling reason to attend a company health fair.

Each attendee can receive a raffle ticket just for showing up. Then they can earn more by participating in workshops or contests.

If the budget is tight, you can turn to your vendors and sponsors for donations to the cause.

Well Women's Day

6: FIND HEALTH FAIR VENDORS AND SPONSORS THAT ROCK

The vendor booths are the lifeblood of your health fair. They'll bring unique ideas and fun activities that will help women stay on top of their personal health goals. Here are some ideas:

Regional community health clinics/Supplement companies/Chair massage sessions/Yoga instructors/Bicycle mechanics/Life guards/Smoking cessation groups/Personal trainers/Nutritionists

7: HEALTH FAIR ACTIVITIES AND EVENTS

Your vendors and sponsors will provide some activities for health fair participants. But it's important to schedule some special events at certain times. Otherwise, your ladies will do a once-through walk of the fair, and then call it a day.

Schedule workshops, raffle drawings, and contests throughout the day to keep participation levels high throughout the event. Workshops can include topics such as proper form for weight lifting, preparing healthy snacks for work, and simple stretches to do at work.

8: MARKETING YOUR HEALTH FAIR

Do some marketing of your event well in advance. Not only will this build anticipation around the event, but it can also help avoid schedule conflicts with other events.

9: ORGANIZING AND SETTING UP HEALTH FAIR BOOTHS

When organizing the physical layout of your health fair, you want to strike a balance between filling up your available space and giving enough room to not feel crowded.

Make sure there is ample room for lines that will form around your more popular vendors (such as chair massage). Dedicate an area to be a demonstration space, where contests, raffle drawings, and workshops can be held.

When you first sign up your vendors, let them know how much space they can plan for, whether or not there are electrical outlets nearby for them to use, and if there will be any tables or chairs provided in their booth space.

10: PREPARE FOR NEXT YEAR

Remember Tip #1? This is where all those notes will come in handy. After your event is done, sum up your results — number of vendors, attendees, costs, etc.

Write up a short narrative of why you made the decisions you did, problems that came up and how they were solved, and suggestions for next year. Keep contact information of vendors and sponsors so you can get in touch when it's time to start planning again.

Well Women's day

A Womens Health day in a rural community is easy to organise and very effective but in small towns and villages where primary health care is less affordable or very limited take the following into consideration

- Involve the local clinic if possible.
- Find a suitable venue if the clinic is not available.
- Involve the local community leaders and churches.
- Offer as many health checks as possible and have a referral system for any obvious problems that you may find. Eye tests, Blood pressure, Weight, HIV testing Blood sugar testing, self breast examinations, HPV testing and treatment , etc. etc.
- Have plenty of printed easily understood health information available in the local languages.
- Have private areas available.
- Have as many free samples as possible, multivitamins, soap, toothbrushes, toothpaste, sanitary products, female condoms if available, male condoms, dehydration supplies, reading glasses etc. etc.
- Provide as many demonstrations as possible CPR, basic First Aid, Basic Fire prevention, plus information on sanitation and hygiene , Info on Pest Control, Soap making, smoking and environmental issues such as waste disposal, Eco bricks with demonstation on how to built with them etc.
- Provide some sort of entertainment – local choir, music,dancing
- Provide some refreshment if possible

All this depends on the location of the community and the finances available, But Rotary clubs in impoverished areas could ask for help from the wealthier overseas clubs which could be facilitated by HEWRAG

If you or your Rotary Club are interested in holding a Women's Health Day or would be interested in financing an event in an impoverished area please contact us at hewrag@gmail.com for information.

The following pamphlets are examples that could be used at your Well Women's Day event



Well Women's Day

THIS IS WHAT A HEART ATTACK FEELS LIKE TO A WOMAN.



CHEST PAIN, DISCOMFORT, PRESSURE OR SQUEEZING, LIKE THERE'S A TON OF WEIGHT ON YOU



UNUSUAL UPPER BODY PAIN, OR DISCOMFORT IN ONE OR BOTH ARMS, BACK, SHOULDER, NECK, JAW OR UPPER PART OF THE STOMACH



BREAKING OUT IN A COLD SWEAT



LIGHT-HEADEDNESS OR SUDDEN DIZZINESS



NAUSEA



UNUSUAL FATIGUE



SHORTNESS OF BREATH

If you experience any one of these symptoms, don't make excuses for them.





Make the Call. Don't Miss a Beat.

To learn more, visit WomensHealth.gov/HeartAttack



MAKE THE CALL

Well Women's Day




THE BIG 5 CANCERS AFFECTING WOMEN IN SA


#1 Breast Cancer

DID YOU KNOW?


Breast cancer is the most common




WARNING SIGNS




A puckering of the skin of the breast




A lump in the breast or armpit




A change in the skin around the nipple or nipple discharge




Dimpling of the nipple or nipple retraction




An unusual increase or shrinkage in the size of one breast or recent asymmetry of the breasts



One breast unusually lower than the other. Nipples at different levels




An enlargement of the glands



An unusual swelling in the armpit


MYTH vs FACT

I am too young to get breast cancer




Many women who are under 40 are diagnosed with breast cancer

It doesn't matter if I'm overweight/obese and don't exercise




Being overweight & having low levels of physical activity adds to breast cancer risk, esp after menopause

Alcohol & smoking is not linked to breast cancer




Alcohol and tobacco use increases the risk of breast cancer

Only women with a family history of breast cancer are at risk



All women are at risk, but family history increases the risk

I have never had children, so I can't get breast cancer




Women who have never had children, or only had them after 30, have increased risk of breast cancer

EARLY DETECTION IS KEY







- ➔ Do monthly breast self-examinations
- ➔ Go for regular screening (clinical breast examinations) at CANSA Care Centres
- ➔ Symptom-free women aged 40 to 54 should go for a mammogram every year (women 55 years & older should change to every 2 years)

Did you know? CANSA offers Clinical Breast Examinations at our Care Centres

CANSA offers a variety of affordable BREAST PROSTHESES, for those who had to undergo a mastectomy/lumpectomy




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Well Women's Day




THE BIG 5 CANCERS AFFECTING WOMEN IN SA

#2 Cervical Cancer

DID YOU KNOW?

Cervical cancer is the 2nd most common cancer

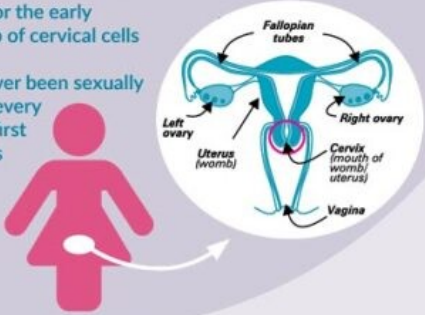


Go for regular PAP SMEARS

Cervical cancer can be effectively treated if detected & diagnosed early

Pap Smear = reliable screening test for the early detection of cervical cancer - a swab of cervical cells

Women ages 18 - 25 who have ever been sexually active should have Pap smears every 3 years, or 2 years later after first sexual activity (whichever is later) and continue until age 70



Human Papilloma viruses (HPVs)


Almost all cervical cancers are caused by HPV - a common virus that is spread through skin-to-skin contact, body fluids and sexual intercourse.

Signs and symptoms

- ➔ Abnormal vaginal bleeding between periods
- ➔ Continuous vaginal discharges
- ➔ Menstrual periods becoming heavier and lasting longer than usual
- ➔ Vaginal bleeding or pain during sexual intercourse
- ➔ Increased urinary frequency
- ➔ Vaginal bleeding after menopause







Risk Factors

- ➔ Failure to always use protection during sexual intercourse
- ➔ Sexually transmitted infections
- ➔ Having many sexual partners and high-risk sexual activity
- ➔ Having first sexual intercourse at a young age
- ➔ Being overweight/obese with low physical activity levels
- ➔ Consumption of alcohol (could lead to high-risk sexual activity) and smoking



CANSA offers Pap smears at our CANSA Care Centres at an affordable rate

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THE BIG 5 CANCERS AFFECTING WOMEN IN SA


#3 Colorectal Cancer


AN ACTIVE BALANCED LIFESTYLE SIGNIFICANTLY LOWERS RISK FOR COLORECTAL CANCER



EARLY DETECTION IS KEY

Most colorectal cancers begin as a **POLYP**, a small growth of tissue that starts in the lining and grows into a centre of the colon or rectum. Doctors can remove polyps during the colonoscopy procedure.







Go for regular colon screening tests such as a colonoscopy or a sigmoidoscopy from age 50 - every 10 years

Most CANSA Care Centres countrywide offer faecal occult blood home test kits for sale (sample of stool collected on end of an applicator to help detect small quantities of blood). Although not always an indication of cancer, positive results require a referral to a doctor.


Lifestyle factors that contribute to increased risk of colorectal cancer:




Lack of regular exercise




Low fruit/vegetable intake




Low-fibre & high-fat diet




Being overweight (obesity)



Alcohol use



Consumption of processed meat



Tobacco use

SIGNS & SYMPTOMS







(many people experience no symptoms)

- ➔ Change in bowel habits, including diarrhoea/constipation
- ➔ Rectal bleeding or blood in stools
- ➔ Persistent abdominal discomfort (cramps, gas or pain)
- ➔ A feeling that the bowel doesn't empty completely
- ➔ Weakness or fatigue
- ➔ Unexplained weight loss

OTHER RISK FACTORS:

- ➔ Inflammatory bowel disease
- ➔ Personal or family history of colorectal polyps and/or -cancer

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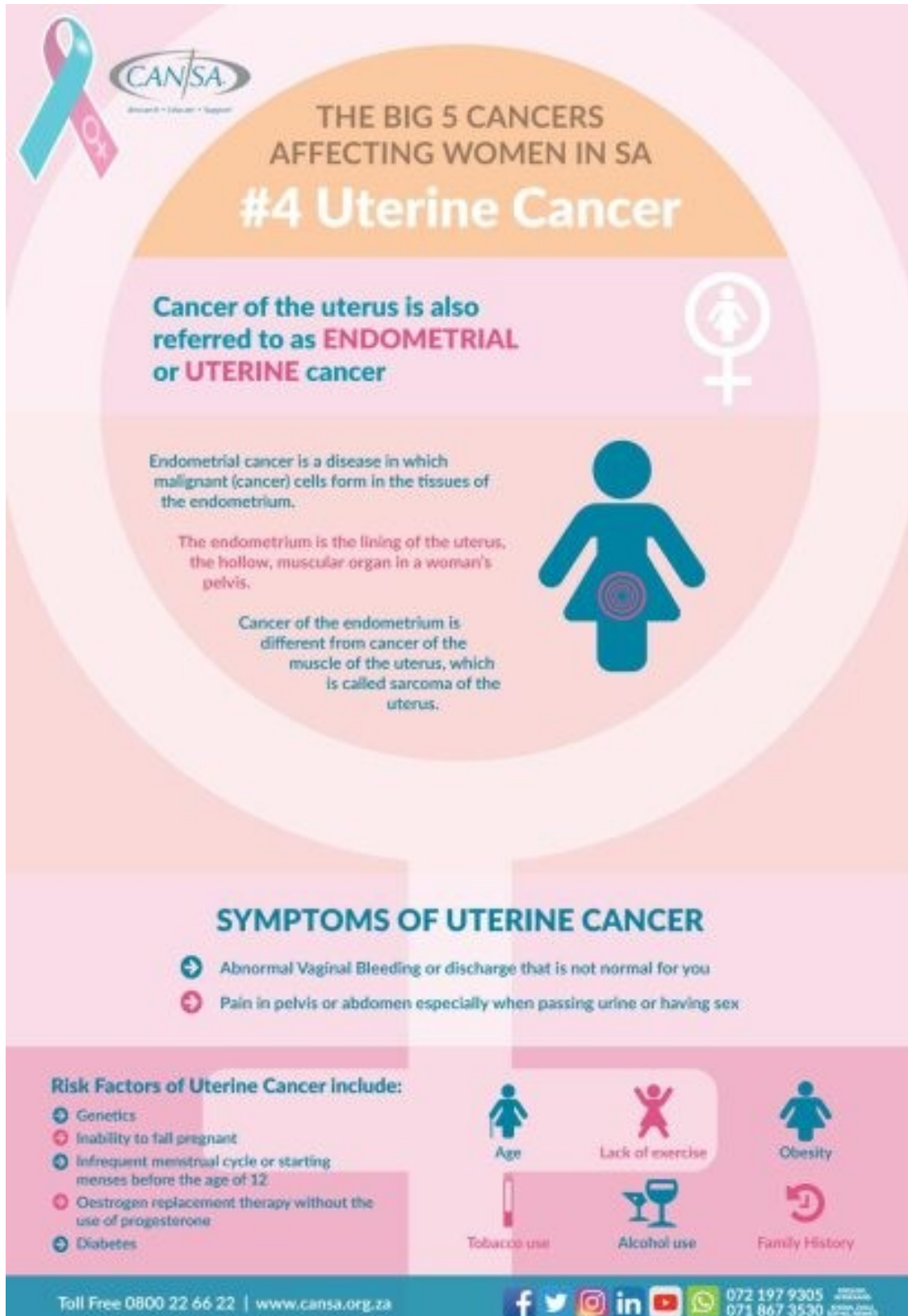


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The infographic is titled "THE BIG 5 CANCERS AFFECTING WOMEN IN SA" with "#4 Uterine Cancer" highlighted. It features a pink and orange color scheme. At the top left is a ribbon logo and the CANSA logo. The main text explains that uterine cancer is also called endometrial cancer and describes it as a disease where malignant cells form in the endometrium. It distinguishes between endometrial cancer and uterine sarcoma. A list of symptoms includes abnormal vaginal bleeding and pelvic pain. Risk factors are listed on the left, while icons for Age, Lack of exercise, Obesity, Tobacco use, Alcohol use, and Family History are on the right. The bottom contains contact information and social media links.

THE BIG 5 CANCERS AFFECTING WOMEN IN SA
#4 Uterine Cancer

Cancer of the uterus is also referred to as **ENDOMETRIAL or **UTERINE** cancer**

Endometrial cancer is a disease in which malignant (cancer) cells form in the tissues of the endometrium.

The endometrium is the lining of the uterus, the hollow, muscular organ in a woman's pelvis.

Cancer of the endometrium is different from cancer of the muscle of the uterus, which is called sarcoma of the uterus.

SYMPTOMS OF UTERINE CANCER

- ➔ Abnormal Vaginal Bleeding or discharge that is not normal for you
- ➔ Pain in pelvis or abdomen especially when passing urine or having sex

Risk Factors of Uterine Cancer include:

- ➔ Genetics
- ➔ Inability to fall pregnant
- ➔ Infrequent menstrual cycle or starting menses before the age of 12
- ➔ Oestrogen replacement therapy without the use of progesterone
- ➔ Diabetes

Risk Factors (Icons):

- Age
- Lack of exercise
- Obesity
- Tobacco use
- Alcohol use
- Family History

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THE BIG 5 CANCERS AFFECTING WOMEN IN SA

#5 Lung Cancer

5 KEY FACTS



Lung cancer is a leading cause of cancer deaths in men and women worldwide

Smoking counts for the majority of preventable lung cancers

Lung cancer is more common in men. (As more women have started smoking, the number of women developing lung cancer has increased)

People who don't smoke can also develop lung cancer

Survival rates for people diagnosed with lung cancer are low. People diagnosed at earliest stages have the greatest chances for recovery





NEED HELP QUITTING
Visit elickbutt.org.za for info on our smoking cessation programme



Signs and Symptoms of Lung Cancer

- 1 A new cough that doesn't go away
- 2 Changes in a chronic cough or 'smoker's cough'
- 3 A cough that gets worse or does not go away
- 4 Coughing up blood, even a small amount
- 5 Shortness of breath or wheezing
- 6 Constant chest pain - especially when coughing
- 7 Frequent chest infections
- 8 Wheezing/hoarseness
- 9 Swelling of the neck and face
- 10 Fatigue (feeling very tired all the time)
- 11 Loss of appetite/losing weight without trying
- 12 Bone pain
- 13 Headache

Manage your risk for Lung Cancer

- 1 Quitting smoking at any time can lower risk
- 2 Exposure to second hand smoke increases the risk in non-smokers two to three fold
- 3 Healthy diet and moderate physical activity play a role in lowering risk
- 4 Exposure to asbestos increases risk, and combined with smoking the risk is greatly increased
- 5 Chemicals used in industry and around homes may increase risk. Labels on home products such as wood stripper, and Material Safety Data Sheets provide information on safe exposure and proper masks to use
- 6 Exposure to radon in the house is the second leading cause of lung cancer overall, and the number one cause in non-smokers. (Radon is an invisible radioactive gas that results from the normal decay of radium in the soil)

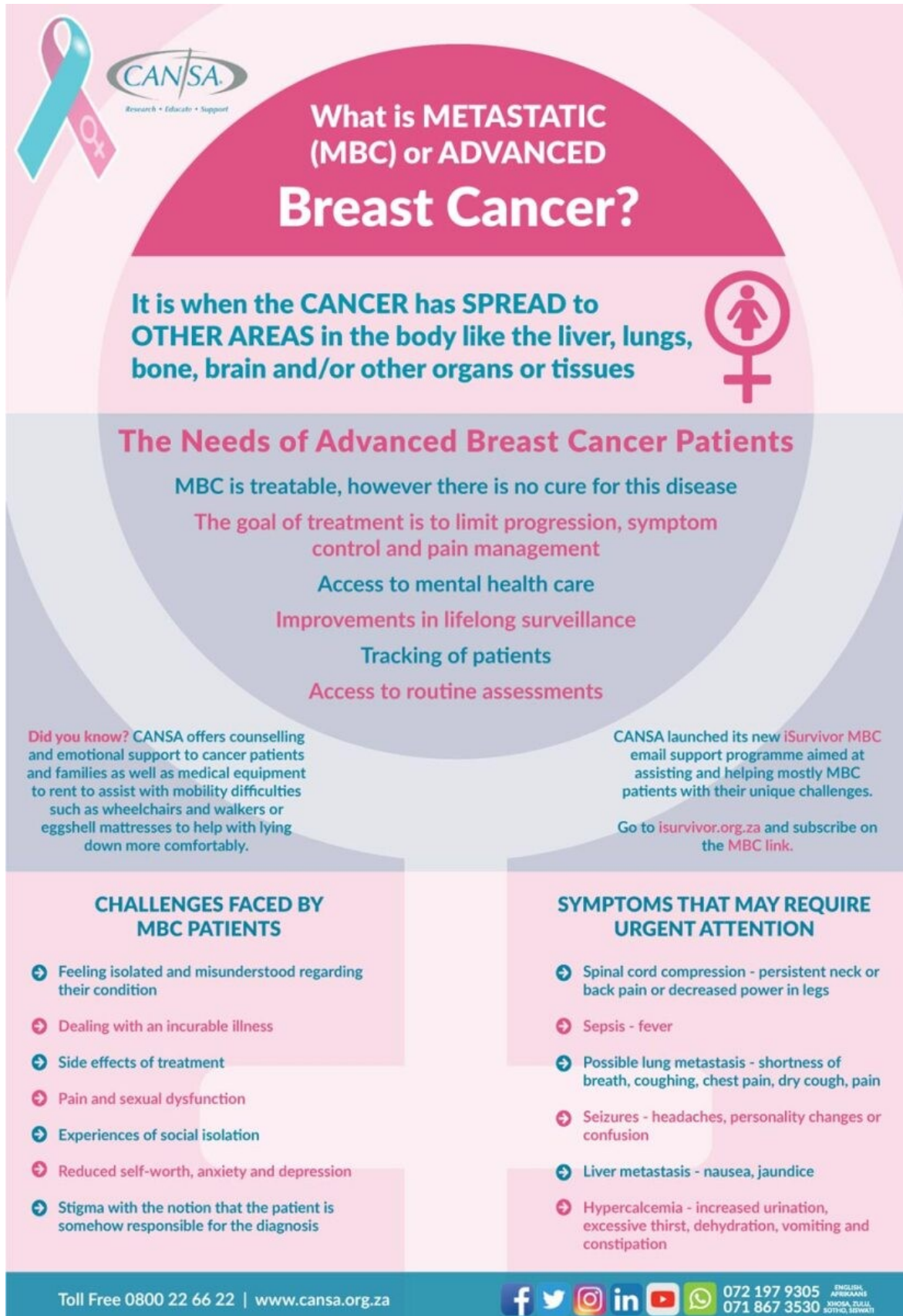
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CANSA
Research • Educate • Support

What is METASTATIC (MBC) or ADVANCED Breast Cancer?

It is when the **CANCER** has **SPREAD** to **OTHER AREAS** in the body like the liver, lungs, bone, brain and/or other organs or tissues

The Needs of Advanced Breast Cancer Patients

- MBC is treatable, however there is no cure for this disease
- The goal of treatment is to limit progression, symptom control and pain management
- Access to mental health care
- Improvements in lifelong surveillance
- Tracking of patients
- Access to routine assessments

Did you know? CANSA offers counselling and emotional support to cancer patients and families as well as medical equipment to rent to assist with mobility difficulties such as wheelchairs and walkers or eggshell mattresses to help with lying down more comfortably.

CANSA launched its new **iSurvivor MBC** email support programme aimed at assisting and helping mostly MBC patients with their unique challenges.

Go to isurvivor.org.za and subscribe on the **MBC link**.





CHALLENGES FACED BY MBC PATIENTS

- ➔ Feeling isolated and misunderstood regarding their condition
- ➔ Dealing with an incurable illness
- ➔ Side effects of treatment
- ➔ Pain and sexual dysfunction
- ➔ Experiences of social isolation
- ➔ Reduced self-worth, anxiety and depression
- ➔ Stigma with the notion that the patient is somehow responsible for the diagnosis

SYMPTOMS THAT MAY REQUIRE URGENT ATTENTION

- ➔ Spinal cord compression - persistent neck or back pain or decreased power in legs
- ➔ Sepsis - fever
- ➔ Possible lung metastasis - shortness of breath, coughing, chest pain, dry cough, pain
- ➔ Seizures - headaches, personality changes or confusion
- ➔ Liver metastasis - nausea, jaundice
- ➔ Hypercalcemia - increased urination, excessive thirst, dehydration, vomiting and constipation

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