

## JOURNEY WITH CANCER

Good Afternoon to all our viewers,

Welcome to our weekly online platform, titled “**The Talk**” with myself the **Speaker of Council**. October has been a very busy month for us in Council, and unfortunately due to urgent Council Meetings, we have been unable schedule our regular shows for the past week or so.

But I am very happy to be back in conversation with and educating our communities. With October Month being Breast Cancer Awareness Month, we believed it is important to talk about this silent killer. According to the Association for Cancer, Cancer kills more people every year than AIDS, tuberculosis and malaria combined.

According to the World Health Organization, breast cancer is the most common cancer among women worldwide, claiming the lives of hundreds of thousands of women each year and affecting countries at all levels of modernization.

However, WHO tells us that death rates from breast cancer have been declining since about 1990, in part due to better screening and early detection, increased awareness, and continually improving treatment options.

This is a very important point ladies and gentlemen because it speaks to the importance of regular screening and creating continuous awareness, even outside of Breast Cancer Month.

It speaks to the fact that indeed early detection saves lives.

So today I am very honoured to host very important guests. I'm in conversation with Breast Cancer Activists and Survivors about their journey with cancer, because as we all know it is a very difficult journey. We will also look at the medical aspects of this disease as well as the importance of early testing and treatment.

It was important for me to get the voices of both young and old regarding the journey with cancer. Often times, the younger people tend to think it happens to older women. Kanti Cha. Cancer and Breast Cancer in particular has affected very many young people.

The first guest I will be introducing is a trail blazer and has received recognition from far and wide. This includes receiving an Honorary Doctorate in Drama and Film Production at the Tshwane University of Technology - The National Order: The Officer of the Most Loyal Order of Ramats'eatsana from the Lesotho Government for her contribution, not only to the arts, but also to the Sotho culture (2016).

She has received a South African Film and Television Award (SAFTA) for Lifetime Achievement, Performance and Social Activism (2011), and two Artes Awards for Best Actress (1986 and 1990), among others. This is in addition to the multiple acknowledgements for her selfless contribution and active involvement to improve the lives of her fellow citizens.

She is also a Cancer Survivor and Activist, ladies and Gentleman I am thrilled to be joined by uMama. U Doctor Lillian Dube! Welcome Mama. I am very excited to have you on the platform today.

Refiliwe Sedumedi is a young and passionate Cancer Survivor and Activist and is the Founder of the Sedumedi Hope Foundation.

Refilwe discovered a lump in her breast in August 2013, started a 7 month long chemotherapy process in January 2014, and was declared “cancer-free” after a mammogram and ultrasound in August 2014.

A perfect example of “**early detection saves lives**”, and simply following medical advice.

She currently gets invited to talk to those affected sharing her story, give hope and in turn contribute towards demystifying all possible myths around cancer. She leads the “Out of the Diep” outreaches, aimed at educating and empowering the youth on various issues, including surviving cancer.

I am joined by my Co-Host and Partner Dr Fundile Nyati Who is also a medical Doctor. Dr Nyati it is so good to see you, I have not seen you in a very long time. Dr Nyati will share the medical aspect of the disease.

And ofcourse Madam Chair of Chairs, Councillor Salphina Mulauzi is my right hand in command and I welcome you onto the Platform Madam Chair.

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**For Doc Nyati:** Before we get into the journey of the Mam' Lillian and Refilwe, Doc Lets first get into the understanding of the Medics. What is Cancer? What is the Cause, What is the treatment, what can somebody who has been diagnosed with cancer expect on their journey to recovery? Perhaps if you can just kindly give us an overview on Cancer

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**For Ma Lillian Dube:** Please take us through your journey with Cancer, how did you find out that you had Cancer?

How did you feel after receiving the diagnosis?

How did the treatment affect your body?

What was your darkest moment during the treatment?

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**For Refiliwe:** Most people believe that Cancer for older people. You were quite young when you were diagnosed with cancer.

Please take us through your journey with Cancer, how did you find out that you had Cancer?

How did you feel after receiving the diagnosis?

How did the treatment affect your body?

What was your darkest moment during the treatment?