



Eswatini National Cancer Control

Common Cancers In Eswatini *Nurse .Busisiwe Gama*

February 2024



Oral Kaposi's Sarcoma





KS in Africa – A “Different” Disease?





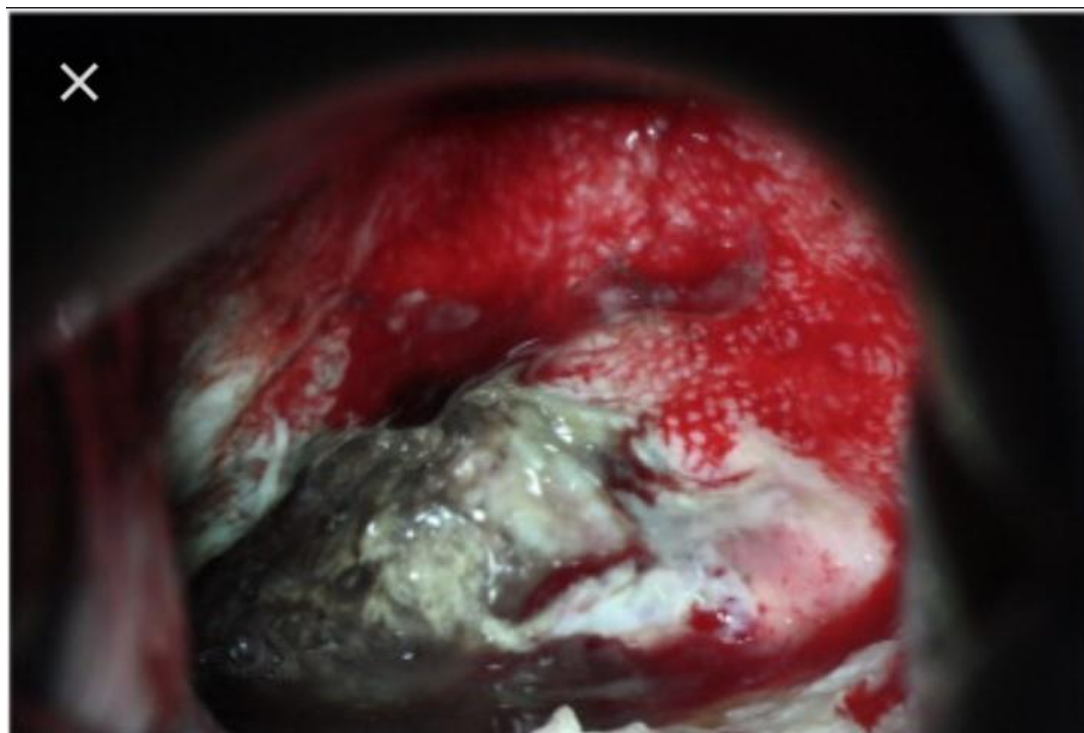


FIGURE 3.4: Invasive cervical cancer



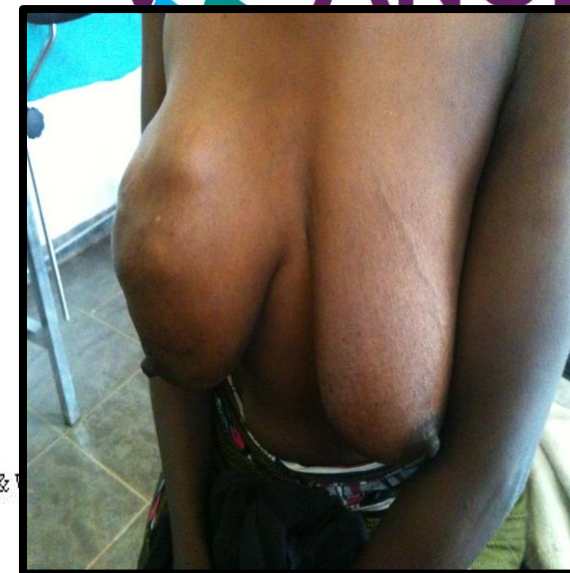
Some SIGNS of Breast Cancer



www.alamy.com - CT3GKN



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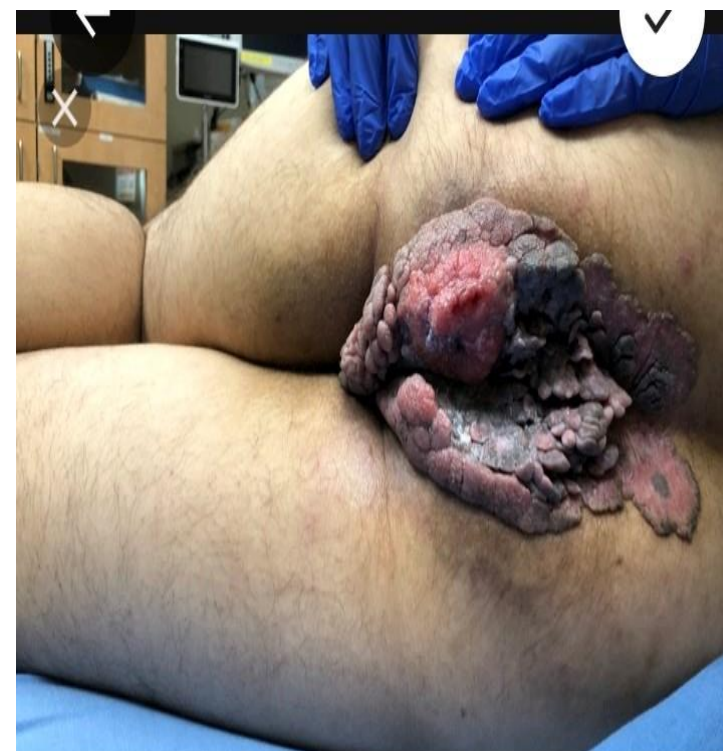




 Science and Education Publishing

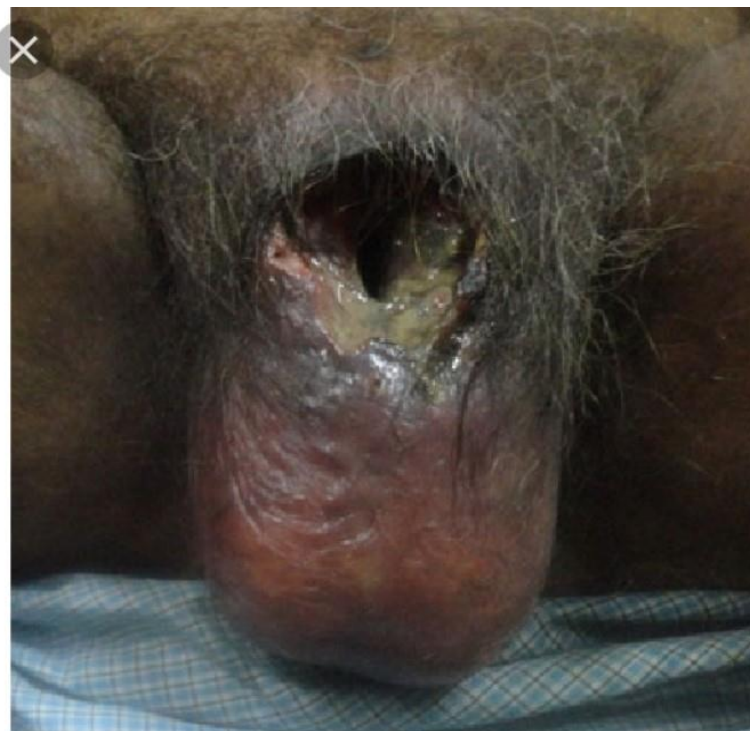


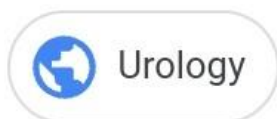
Vulvar Squamous Cell Carcinoma
in a Patient with AIDS: A Case





Penile cancer

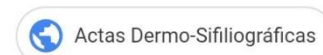




A Massive Penile Tumor - Urology



Actas Dermosifiliogr. 2012;103:478-87



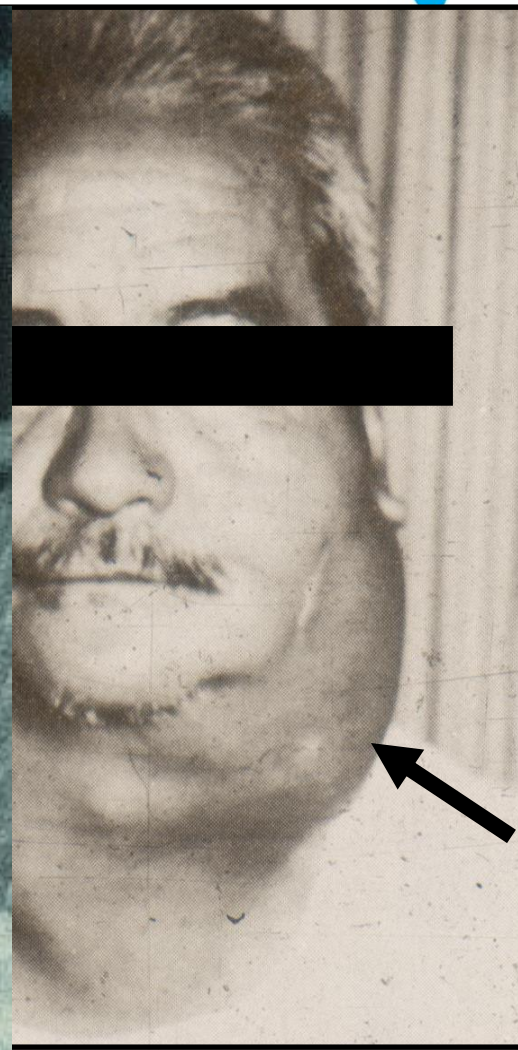
Penile Squamous Cell Carcinoma |



EBV-positive tumors



Burkitt's lymphoma



Nasopharyngeal carcinoma



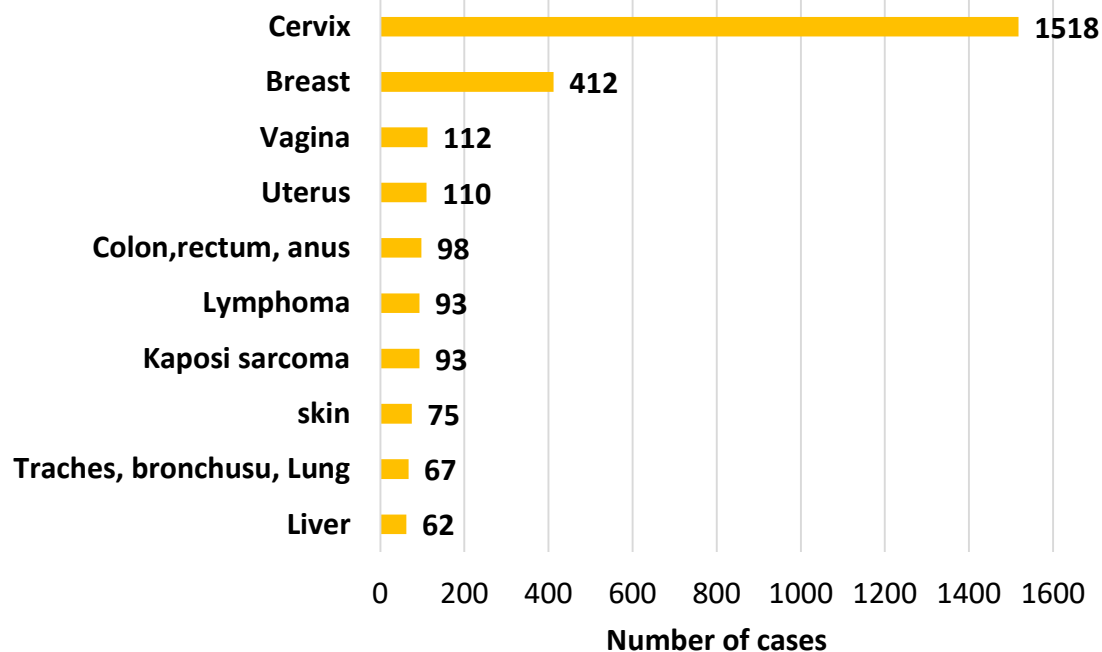
Figure 1. Clinical appearance of the perianal lesion. A well-margined, erosive, erythematous plaque around the anus.



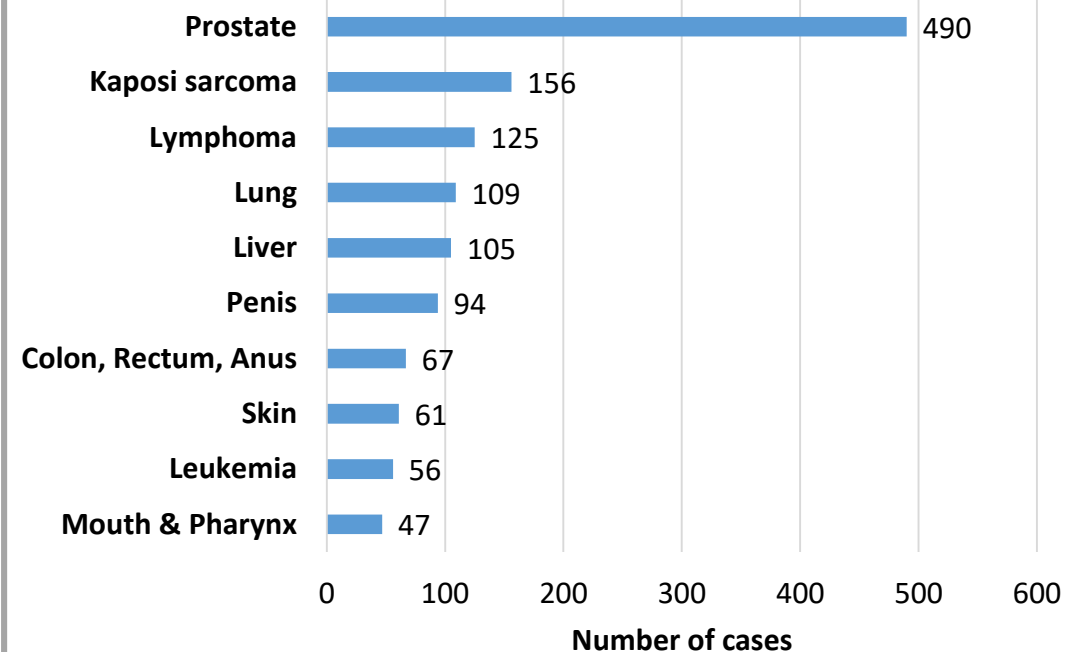


Top 10 most common cancers in number (2018-2022) Eswatini

Top ten cancer sites, Female (2018-2022)

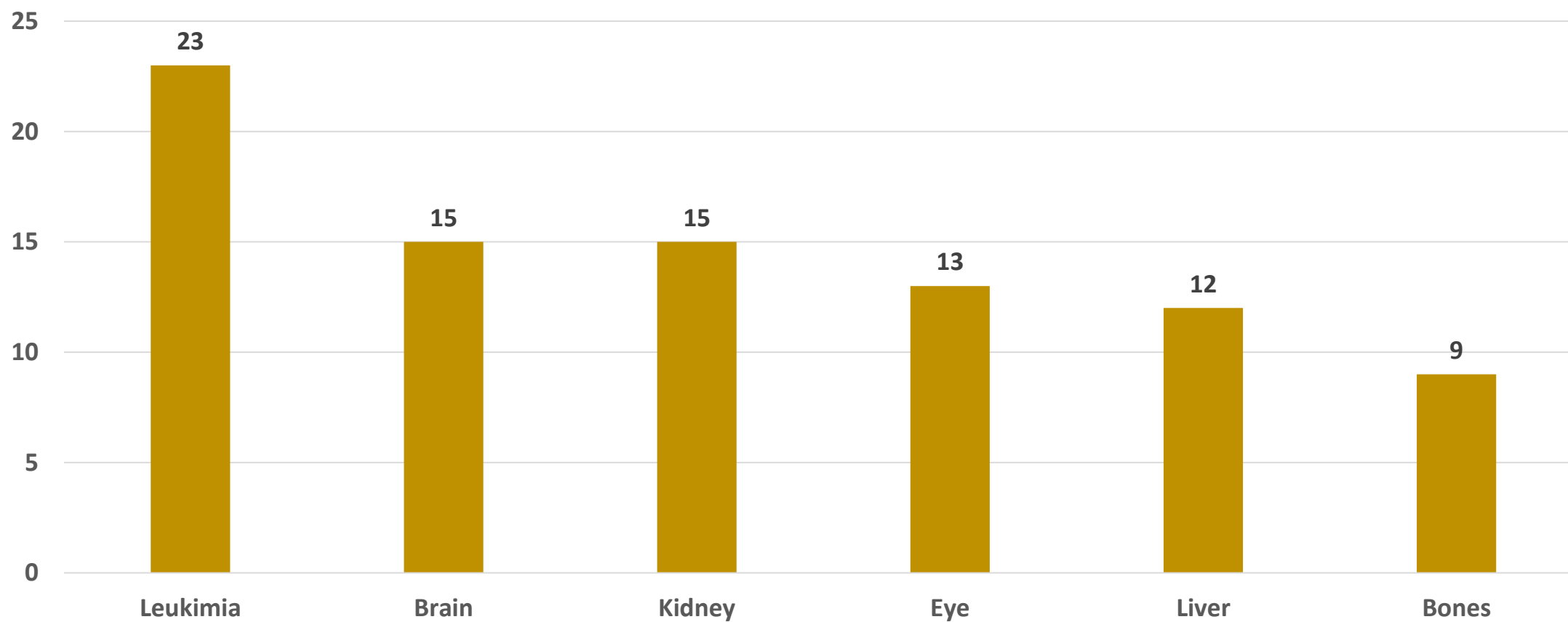


Top ten cancer sites, Male (2018-2022)





Most diagnosed childhood cancers, Eswatini- 2016 2020





Yini mdlavuza

- A condition in which abnormal cells divide without control
- Takha mtimba(body cells) ngekwendalo

Tiyakhula,tehlukane ngendlela levimbako/lecondzile kute tikhicite letinye takha mtimba.

Tiyafa nangabe tiguga noma natilimele

Tichitjelwa nguletinye letiphilako

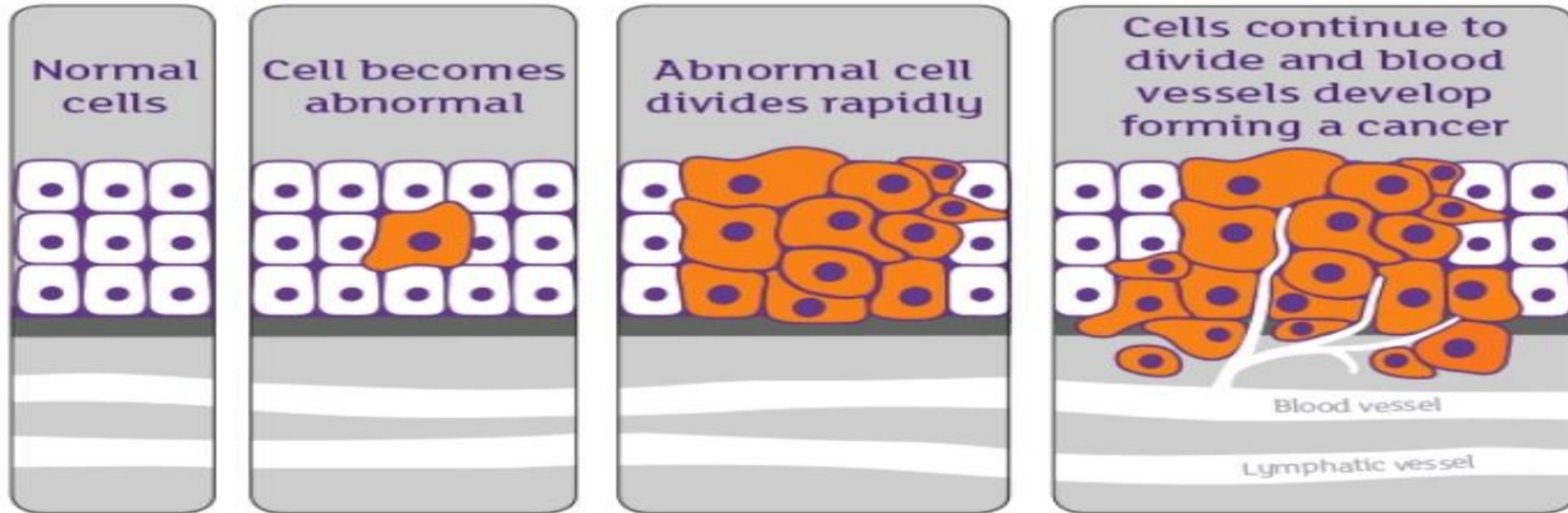


Kucala kwamdlavusa

- Mdlavusa ucala kutakhamtimba, lufuto lwesakhamtimba(DNA) lungalimala noma lushintje
- Kutsikameteka kwekwakheka,nekwehlukana lokwetayelekile kwaso, neletifanele kufa atifi,bese takheka lapo tingadzingeki khona,
- Takha mtimba letengetekile kungenteka takhe sicumbi, kwakheke timila

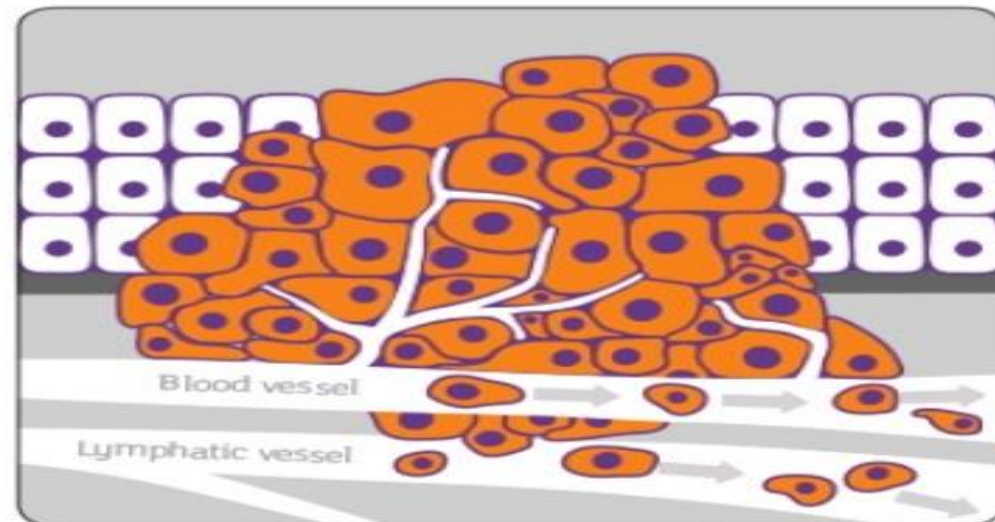


Development of cancer



Metastasis

In some cases, abnormal cancer cells spread to other parts of the body through blood or lymphatic vessels. This is called **metastasis**.





Tinhlobo tamdlavuza

- Tonkhe titfo temtimba tingaba naye mdlavuza, mdlavuza uniketwa ligama ngalesitfo semtimba locale kuso, noma losiphetse
- **Kunesimila lesingasiyo ingoti**
 - asisiye mdlavuza
 - singakhokhwa noma sijutje lapo simile khona
 - esikhatsini lesinyenti , nasijutjiwe asiphindzi simile, asenabeli kuletinye titfo temtimba

Timila letinebungoti

- tingumdlavuza
- Tingenabela kuletinye titfo temtimba letakhelene nato

Metastasis

Kwandza kwamdlavuza kusuka kulesinye sitfo semtimba kuya kulesinye



TINTFO LETINGAKUBEKA ENGOTINI YEKUTFOLA MDLAVUZA

- Konkhe lokukhulisa ematfuba ekutsi ukhanze unesimo tsite sempilo lesingabanga kugucuka kwelufuto, noma indlela takhamtimba letakheka ngayo.
- Konkhe lokwehlisa ematfuba ekutfola mdlavuza sikubita ngekutsi kuvikela mdlavuza



Timbangela letine letinebungoti bekutsi ungatfola mdlavuza

- Timbangela letihambelana nekutiphatsa
- Timbangela letihambelana nemvelo
- Timbangela letihambelana nendlela umtimba lowakheke ngayo
- Timbangela letihambelana nelufuto



Timbangela letatiwako tamdlavuza

- Kubhema lugwayi
- Kuba mkhulu ngalokwecile
- Kutseleleka sifo
- Kunatsa tjwala



Kutseleleka Kwemagciwane

- Human pappiloma virus(HPV), netilondza letifana netemkhuhlane endzaweni yami yangasense(genital herpes)

Ligciwane lelibanga STI, lelitsi nalingakalashwa libange mdlavuza etitfweni tangasense kulabadvuna nakubesifazane, umlomo ,nemphimbo, nembobo yekukhipha emangcoliso(e.g cervical ,anal,penile,prostate,oral ,throat)

Ligciwane le hepatitis C(sifo sasibinjana)- litfolakala engatini libanga mdlavuza wesibinzi

Ligciwane lelitfolakala esiswini(H-Pylori)-libanga tilondza esiswini (ulcers)uma lingelashwa ligcina libanga mdlavuza wesisu

Ligciwane(HIV) lelibanga sifo se AIDS



KUDLA NEKUSHUKUMISA UMTIMBA

- Kudla lokunemafutsa lamanengi kungakhulisa bungoti bekutfula mdlavuza
- Titselo netibhidvo letite sitashi tivikela mdlavuza (green leafy vegetables)
- Kushukumisa umtimba kuyanciphisa bungoti yekuba nalabanye bomdlavuza
- Kudla kakhulu inyama lebovu
- Kudla kudla lokunemahhate lamancane



Lokungasukela emvelweni(environmental)

- Kungcola kwemoya
- Kuba sendzaweni lenelitjeboya(like asbestos mines),indzawo losebentela kuyo
- Kuvetwa kwemutsi loyimpuphu lemhlophe lonebungoti kakhulu(arsenic acid letfolakala ngisho nasegwayini)
- Kungagcobisi lokungangisita kuvikela kushiswa lilanga
- Kushiswa lilanga uze uyobuke sikhumba(sunburn) Kanye nekusebentisa emafutsa ekukhanyisa libala(skin lightning creams)



Kubhema sikilidi, kunatsa tjwala/Tobacco/ alcohol usage

- Kuhosha (second hand smoking) noma Kubhema intfutfu yeligwayi
- Kute lizinga lelite ingoti yekuhosha ligwayi
- Kufaka sikilidi etinzaweni letinye lokufaka entfombini(vagina), emlonyeni, kulihosha(vapour –like hookah pipe)
- Kunatsa tinatfo letidzakisako letingetulu kwasinye ngelilanga



Indlela yekutiphatsa(behaviour)

- Sexual orientation and preference
- Sexual activity /contact
- Kucala kuya ecasini -early sexual debut
- Kusheshe ucale kuya esikhatsini(menstruation) una 12yrs or ngaphansi
- Kucala kutala sengengcile ku 30yrs
- Kungamunyisi
- Kusebentisa emaphilisi(oral contraceptives with estrogen) ekuhlela ungatjintji iminyaka leminengi



Lufuto , kukhula ,nebulili

- Bomdlavuza kukhona labatfolakala ebulilini bunye kupela, akwenteki wesifazane abe ne prostate cancer(mdlavuza welidlala labobabe)
- Akwenteki newesilisa abe namdlavuza wemlomo wesibeetho
- Kuba nesihlobo lesake saba namdlavuza lotsite(hereditary)
- Bakhona bomdlavuza labavamise kuhlasele bantfwana kuphela nalabanye banza nakakhula umuntfu



LESINGAKWENTA KUNCIPHISA BOMDLAVUZA



CAPHELA- TIMPHAWO LETINGAHLE TIKUSOLISE

- Kopha lokungaketayeleki-nawulimele, noma nawya emfuleni, noma emva kwe sex
- Kukhwehlela lokungapheli nekuhoshota kwelivi
- Kuntjintja kwesumpe nome libala
- Silondza lesingapholi
- Kutjintja kwekusebenta kwesisu- kucumba nendlela lokhipha ngayo emangcoliso(constipation, kupuma ingati emangcolisweni)
- Kuntjintja kwekukhipha umchamo-kushisa , kuphuma kancane, kuba nesichenene
- Kwephukela futsi



Kuvikela mdlavuza kungumanqoba

- Kuvikela mdlavuza ngiko konke longakwenta kwehlisa ematfuba ekutfola mdlavuza
- Gwema noma unciphise tintfo letatiwako kutsi tibanga mdlavuza
- Shintja indlala lodla ngayo nekutiphatsa
- Hlola mdlavuza
- Tfola kwelashwa uma utfolakele unesandvulela mdlavuza



Kusitani kupopola?

- Usheshe atfolakale mdlavuza
- Kwenta kuts kwelapheka kube nemiphumela lemuhle
- Kwentiwa umuntfu angakabi netimphawu
- Kusheshe kutfolakale kusacala
- Kumcokwa kuhlola kusengakacali timphawu
- Kuyasita kutsi kugcine sekubopolwa kabanti, kucilongwe umuntfu losatfolakale anetimphawu letisolisako, noma tintfo letingakatayeleki



Bomdlavuza labapopolwako ESwatini

- cervical cancer- mdlavuza wemlomo wesibeletfo
- Breast cancer mdlavuza wemabele
- Mdlavuza welidlala labobabe
- Mdlaviza Weliphaphu
- Mdlavuza webantfwana
- mdlavuza wematfumbu nelingemuva



Cervical Cancer: What is the chance of survival after treatment?

FIGO Stage	5-Year Survival	Average cost of treatment (SZL)
Screening and precancerous treatment (no Cancer)	100%	26, 267.17
Stage I	About 92%	62,385
Stage II	18.7%	510,611.97
Stage III	3%	510,686.4
Stage IV	0.5%	827,993.0



- ROLE OF COMMUNITY IN CANCER CARE



Cancer Care Continuum | Public Health



Thank You