

REACH FOR RECOVERY, GHANA



Giving each other hope for survival

network of support to breast cancer patients and survivors.

- **Affiliated with Reach to Recovery International. Founded by Theresa Liza an American, as a result of her personal experience as a breast cancer survivor.**
- **She realized that as a cancer patient, one needs someone to talk to in order to survive psychologically.**
- **I am Mrs. Gladys Boateng and a survivor for ten years. I was diagnosed with breast cancer in 1999 in Ghana but underwent surgery in South Africa.**
- **The immense support and care I received from Reach for Recovery South Africa, inspired me to follow the footsteps of Theresa Liza by co-founding Reach for Recovery Ghana with Dr. Clegg-Lampsey.**
- **This was to extend the same level of support to others who have suffered or are suffering from breast cancer in Ghana.**

Title of Project

**Breast Cancer Information Day
(Sponsored by America Cancer Society)**

Date: 19th September, 2009

Venue: Coconut Grove Hotel, Accra

Goal Statement

To Promote Early Detection

Project Overview

- This project involves survivors & specialties such as oncologists, surgeons, and dieticians.
- We involved a survivor of breast cancer to share her story which gave hope to cancer patients.
- We distributed literature on breast cancer including brochures, self breast examination handouts and many other necessary materials.
- We also involved the media who helped us disseminate information

Topics treated:

- **Understanding breast Cancer Diagnosis**
- **Treatment Modalities**
- **Complications of Treatment and their Management**
- **Restoration of Body Image**
- **There is life after Breast Cancer**
- **Breast Cancer Support Groups**
- **Healthy Lifestyle**

Problem Statement

- The word 'cancer' evokes fear and this makes it difficult for people to discuss the cancer subject.
- Many women in Ghana are so terrified of the stigma attached to the illness and even attribute cancer to the work of evil spirits preventing them from accessing health care.
- But even if they will access health care, it will be at very late stages where little or no help can be offered to save their lives.
- In line with this problem, Reach for Recovery Ghana has decided to organize Breast Cancer Information Day every year.
- We believe early detection will go a long way to help reduce

Project Objectives

- To provide education on breast cancer to the general public.
- To have a baseline for subsequent events.

Anticipated Progress

- Participants being fully informed on the breast cancer issue and reporting early symptoms to health centres.
- To see a reduction in the number of women who die from breast cancer.
- To make affected patients feel loved and cared for.

Speakers at the function

•**Dr. Joel Yarney**

Radiation Oncologist.
Director National Radiotherapy and
Nuclear Medicine Centre, Korle-Bu
Teaching Hospital
Doctor at the Korle Bu Breast Clinic

•**Mr. Joe-Nat Clegg Lamptey**

Consultant Surgeon, Korle Bu-
Teaching Hospital
Snr. Lecturer, Dept. of Surgery,
University of Ghana Medical School
Doctor at Korle-Bu Breast Clinic

•**Mr. James Adjogaste**

Breast Consultant Surgeon, Stoke –
on-Trent, UK.

•**Dr. Martin Kyereh**

Consultant Surgeon, Korle-Bu Teaching
Hospital
Lecturer, Dept. of Surgery, University of
Ghana Medical School

•**Mr. Albert Painstil**

Consultant Plastic Surgeon, Korle-Bu
Teaching Hospital
Lecturer, University of Ghana Medical
School

•**Mrs. Angelina Wood**

A breast cancer survivor

•**Mrs. Gladys Boateng**

Executive Director Reach for Recovery,
Ghana

•**Mrs. Sandra Ayisi Addo**

Nutritionist



Reach For Recovery Ghana
A BREAST CANCER SUPPORT GROUP AND COUNSELLING CENTRE



THE BREAST CLINIC
(KORLE-BU TEACHING HOSPITAL)

P R E S E N T S

BREAST CANCER

INFORMATION DAY - ACCRA



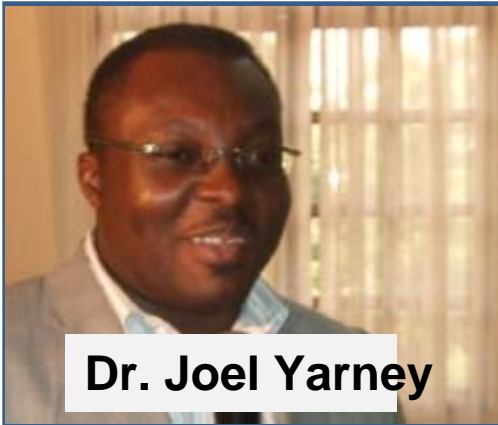
A cross section of some participants at the program



**Mr. Clegg Lamptey speaking on
“Understanding breast cancer diagnosis”**

Some late presentations at the health centers





Dr. Joel Yarney

•“Understanding Breast Cancer Diagnosis I”

**Basic anatomy and physiology of the breast;
What is breast Cancer?
Incidence and Risk Factors.**



Mr. J-N Clegg-Lamptey

•“Understanding Breast Cancer Diagnosis II”

**Gave reasons for late presentations to the
hospitals;
Diagnosis and the stages of breast cancer;
Early detection saves lives.**



Mr James Adjogatse

•“Treatment Modalities”

**Multidisciplinary team approach;
Types of surgery - lumpectomy and mastectomy;
Hormone treatment & Immunotherapy.**



Dr Verna Vanderpuye

- **“Treatment Modalities”.**

Chemotherapy & radiotherapy



Dr Martin Kyereh

- **“Complications of Treatment and their Management”.**

Complications of Surgery, Chemotherapy, Hormonal therapy and Radiotherapy



Mr Albert Paintsil

- **“Restoration of Body Image”.**

Use of Implants;

Breast Reconstruction using the woman’s own tissue

Some complications of reconstruction



Mrs Angelina Wood

- **“There is life after Breast Cancer”**

**Breast cancer is not a death sentence;
Encouraged husbands to be supportive;
Affected women should help educate people about
the disease.**



Mrs Sandra Ayisi-Addo

- **“Healthy Lifestyle”**

**Highlighted foods that strengthen cells in the
body to fight cancer cells and strengthen the
immune system;
Importance of regular but non-vigorous exercise.**



Mrs Gladys Boateng

- **“Breast Cancer Support Groups”**

**Personal experience as a breast cancer patient;
How and why Reach for Recovery Ghana was
formed; Activities of RfR in supporting breast
cancer patients in hospital;
Other activities of RfR, Ghana.**

Feedback

- After the program, the participants had a change of perception about the disease.
- People are now informed about breast reconstruction after surgery and this has brought some relieve.
- People want the government to come up with a subsidy for the drugs and treatments

Future plans

- To have Breast Cancer Information Day twice every year.
- Organise Breast Cancer Information Day in other cities in Ghana