



BREAST CANCER AWARENES MONTH

# Breast Cancer Update !

## Uplifting Hope!



October has finally arrived and alongsige rainfalls and cool brease, breast cancer awarness month great us too.

Many have heard about breast cancer, but in this article, we aim to transmite what it means to us in Honduras.



In this article you will learn about

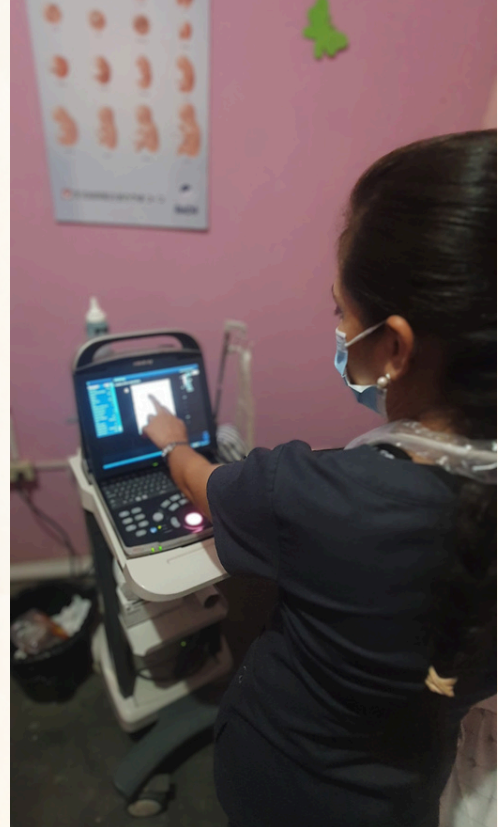
Breast Cancer advancements in Honduras and many more

# BREAST CANCER AWARENESS at HONDURAS

In 2014 it was estimated by the World Health Organization that noncommunicable diseases became the leading cause of death worldwide, with 9.6 million incident cases of death in 2018, according to the International Agency for Research on Cancer this illness will lead the cause of death worldwide in this century.

Honduras is a Low-income country with the third highest fertility rate in the Americas. Without proper health services, most women don't have access to breast cancer screening and, often manifest locally advanced to metastatic cancer at the third level of attention, becoming the most common cancer in women in Honduras with 13.3 deaths per 100,000. Some reports suggest that 78% of breast cancer diagnosed in Honduras are at stage III or IV.

El Paraiso Department is the most "Cancer" affected area in Honduras. Breast cancer is one of the most common types alongside cervical cancer in women, however, our efforts at AMDA have proven to be effective. During our breast and cervical cancer screening project, we have aimed to educate, identify, and orient patients and the local community regarding health prevention measures.



*Dra. Mayeli Rodriguez performing breast USG*



*Dr. Mayeli Rodriguez educating patients prior to a breast ultrasound brigade at Teupasenti health center.*

# BREAST CANCER AWARENESS at HONDURAS



*Dra. Marissa Gonzáles performing breast USG*

Different activities express our efforts to reduce both mortality rates and incidence, most of them are focused on awareness and facilitating medical services which creates a bond between local health providers and the community.

At the beginning of this project, the perception of men being part of a cervical and breast examination was embarrassing to some women in some areas, however with the integration of community activities like medical brigades and training of local health providers, as well as the creation of cancer awareness educational community groups helped many to understand the importance that this service offer to every woman without regards of their age.

We've had the blessing to travel to many different communities and meet firsthand their people who have expressed gratitude and remarked how vital our screening service is, and how much it has impacted their lives.



*Mario san standing next to one of our breast cancer informative murals*



*Jose a health volunteer who walks 3 hours to receive our breast cancer talk, reading through our breast cancer manual.*

# BREAST CANCER AWARENESS at HONDURAS



*Breast cancer awareness March in Nueva Esperanza Danlí lead by Dra. Murillo*

During October, the Honduran community reunites and holds a commemorative breast cancer awareness march held in different cities around the country, most of the people who form part of this activity are family members and friends of patients who were affected by cancer, this provides support to breast cancer patients and incentives others to raise breast cancer awareness.

To this date, we have screened over 200 women by physical examination and breast ultrasound, and we continue to do so thanks to the community, most of the patients screened have never received any breast examination before.

We find this very important and wanted to emulate a series of activities related to breast cancer awareness in 4 different communities of El Paraiso department. Most of our activities were planned to be part of the local health service already established a year before (breast physical examination and ultrasound), as well as to elaborate a series of hand-made materials allusive to breast examination to be displayed during this month in public health centers.

I must say that nothing to this scale had been made before, yet we have enjoyed every part of it, social media involvement was something we had to be part of, considering that the younger generation is most fond of this form of diffusion, thus a series of short clips were created for social media revealing every hand made breast cancer craft which incentivized our community to become part of this effort and collaborate up their capacity in this endeavor.

I have to say that the unity and dedication of the community make everything possible, and we must thank them too for opening their hearts to us.

# AMDA leads the way !

WE ARE DEVELOPING HOPE FOR BREAST  
CANCER PATIENTS IN HONDURAS.



## Together we can do it

TRAIN UP A CHILD IN THE WAY HE SHOULD GO  
AND WHEN HE IS OLD HE WILL NOT DEPART  
FROM IT PR.22:6

Creating conscience from a very young age is important  
to lead a society into a better way of life.

@amda.hn

AMDA HONDURAS