



## THE MACHI FILOTIMO CANCER PROJECT

is a non-profit company registered in 2019 with Registration Number: 2019/338757/08 with Social Development NPO Number 233-575-NPO and registered as a Public Benefit Organization i.t.o. Section 18A(1) of the act with Registration No. PBO 930071517.

**OUR MISSION** CREATE AWARENESS / RAISE FUNDS / EDUCATE

## OUR GOAL

Is to raise awareness for people diagnosed with cancer. Our purpose is to create awareness about Cancer, to educate on early detection and to render palliative care to Cancer patients. Together with our Partnered Institutions, we work harmoniously in all areas related to addressing Cancer control objectives in order to take care of patients with Cancer and support families of survivors.

**OUR GOAL IS NOT ONLY TO RAISE FUNDS BUT TO ALSO GATHER SUPPORT FROM INDIVIDUALS AND COMMERCIAL ENTERPRISES WHO CAN CONTRIBUTE ACCORDING TO THEIR MEANS IN WHATEVER WAY POSSIBLE.**

## FILOTIMO CANCER CHAMPIONS



Our Filotimo Melanoma Cancer Champions are amazing people who in the face of adversity and against all the odds, not only survived, but lived to tell their story.

We strongly believe that our ability to be able to reach more people is dependent on the growth of our Cancer Champion Program. By identifying Cancer Survivors, we are able to contribute positively to the mental and emotional well-being of all cancer sufferers. **TOGETHER WE WILL CHANGE AND IMPACT LIVES!**

**MAY MONTH** is Skin Cancer Awareness Month and our aim is to create awareness to prevent skin cancer.

Skin cancer is the most common cancer worldwide and as South Africa has one of the highest monitored ultraviolet (UV) levels in the world, it also has one of the highest incidences of skin cancer globally. (Melanoma Awareness is represented by the colour black.)

**THE GOOD NEWS IS THAT SKIN CANCER CAN BE PREVENTED BY RESPECTING THE SUN.**

The three most common types of skin cancers are basal cell carcinoma (BCC), squamous cell carcinoma (SCC) and malignant melanoma.

**WE ARE VERY PROUD TO INTRODUCE OUR FILOTIMO MELANOMA CHAMPIONS WHO, TOGETHER WITH OUR PROJECT, ARE RAISING AWARENESS ABOUT SKIN CANCER THROUGH OUR WEEKLY WEBINARS, WHERE WE EDUCATE ON WAYS TO PREVENT SKIN CANCER.**



## OUR KIDS CLUB

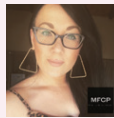
WORKSHOP visits to schools will educate the youth on skin health as South African children are more at risk from sunburn at school due to inadequate sun protection. In SA, skin cancer remains the most common cancer with about 20 000 reported cases and 700 deaths a year. According to CANSA, the most of a person's lifetime exposure to the sun occurs before the age of 18, which makes sun-safe practice an absolute must at pre-schools, primary schools and high schools.



NANIKI SEBANI



CHANTELLE DELPORT



BIANCA PARSON



SCHEBONN DE WET



NIKOLA STRACHAN

FILOTIMO IS HERE AS THE **"BUFFER"** BETWEEN THE PATIENT AND THE INSTITUTIONS AND TOGETHER WHILST HOLDING HANDS, PROVIDE SUPPORT TO THE PATIENT AND THEIR FAMILIES, EVERY STEP OF THE WAY, BECAUSE

**"WE KNOW TOUGH!"**

## PLEASE SUPPORT OUR WONDERFUL CAUSE

Machi Filotimo Cancer Project banking details are:

BANK: FIRST NATIONAL BANK  
ACCOUNT NUMBER: 628-2019-2318  
BRANCH CODE: 250-655  
REF: YOUR NAME



www.filotimo.org.za



If you would like to be involved or join our Filotimo family of partners, email [evy@filotimo.org.za](mailto:evy@filotimo.org.za) for more information

# MAKE THE CANSA SUNSMART CHOICE

## WHAT IS SPF?

The Sun Protection Factor (SPF) listed on a container of sunscreen is a measure of how well it protects your skin against UV rays. It indicates how long you could spend in the sun before burning when protected by sunscreen, compared to when you have no sunscreen on

## HOW DOES SPF WORK?

If it takes 3-4 minutes for your unprotected skin to start turning red, using a SPF 30 sunscreen theoretically prevents reddening 30 times longer (1½ to 2 hours on average)



**SunSmart Choices can help reduce the risk of skin cancer**

## WHAT UV APPAREL (CLOTHING) & HATS SHOULD BE USED?

The Ultraviolet Protection Factor (UPF) is a scale developed to rate protection provided by fabrics against Solar Ultraviolet Radiation (UVR). UPF is directly comparable to SPF for sunscreens - a garment rated UPF 30 will protect the skin 30 times longer - if it takes 3-4 minutes for your unprotected skin to start turning red, using a UPF 30 garment theoretically prevents reddening 30 times longer (1½ to 2 hours on average). Unless otherwise stated, UPF rating applies to fabric when it is dry and new.



**Wear thickly-woven fabric hats with broad brims. Avoid caps and hats that leave the neck and ears exposed.**  
Look out for the CSOR.

**Wear sunglasses with a UV protection rating of UV400.**  
Look out for the CSOR.

CANSA Seal of Recognition



SunSmart Choice™

## WHAT IS THE CSOR?

The CSOR appears on approved sunscreen products

It guarantees that the manufacturers of these UV protective products comply with the strict criteria developed by CANSA to help lower the risk of exposure to cancer causing substances.

## WHAT SUNSCREEN & SPF SHOULD I USE?

Use sunscreen with SPF 20-50. Use SPF 30-50 for fair to very fair skin. Apply generously every 2-3 hours. Use sunscreen that bears the CANSA Seal of Recognition (CSOR).

# BE SUNSMART

Year round UV sun exposure increases South Africans' risk for **Skin cancer**

At least **80%** of sun-induced skin damage occurs before the age of 18

## ALL SKIN TYPES SHOULD



Avoid direct sunlight between 10am & 4pm. Stay in the shade or under a UV protective umbrella as much as possible



Always apply sunscreen regularly (SPF of 20 - 50) according to skin type



Wear protective clothing: wide brimmed hats & UV protective clothes/swimsuits



Avoid sunbeds & sunlamps



Wear sunglasses with a UV protection rating of UV400



Spot the spot - check your skin carefully every month. (ABCDE) A, B, C, D, E Rules™

## WARNING SIGNS FOR SKIN CANCER (ABCDE)\*



**ASYMMETRY** - a mark with one half unlike the other (not symmetrical). Common moles are round and symmetrical



**BORDER IRREGULARITIES** - scalloped/ poorly defined edges. Common moles are smooth and have even borders



**COLOUR CHANGES** - tan, black, brown, red, white, blue. Common moles are usually a single shade of brown or black



**DIAMETER** - larger than 6mm



**EVOLVE** - grows bigger and becomes more prominent

## LOWER YOUR SKIN CANCER RISK

Skin type	Reaction to the sun		What you need to know
	Sunburn	Tan	
<b>TYPE ONE</b> • Red or blonde hair (tends to have freckles) • Blue or green eyes	<b>Easily</b> Sensitivity: Extreme	<b>Never</b>	Greatest risk of developing skin cancer so make sure you protect your skin. Check your skin regularly, be aware of any changes and see a doctor if you notice anything. Recommend SPF 50 sunscreen.
<b>TYPE TWO</b> • Blonde or light brown hair • Blue or brown eyes	<b>Easily</b> Sensitivity: Very High	<b>Minimally</b>	
<b>TYPE THREE</b> • Brown hair & eyes	<b>Sometimes</b> Sensitivity: High	<b>Gradually to light brown</b>	
<b>TYPE FOUR</b> • Dark brown hair & eyes	<b>Minimally</b> Sensitivity: Moderate	<b>Moderately</b>	
<b>TYPE FIVE</b> • Dark brown hair & eyes	<b>Rarely</b> Sensitivity: Minimal	<b>Easily</b>	
<b>TYPE SIX</b> • Black or dark brown hair & eyes	<b>Seldom</b> Sensitivity: Limited, mainly eyes, palms of hands, soles of feet, elbows & lips	<b>Deeply pigmented</b>	



**PhotoFinder** - mole mapping dermatoscope device for detecting skin cancer available at some of our CANSA Care Centres countrywide



#SunSmart

072 197 9305  
071 867 3530

Toll-free 0800 22 66 22 | www.cansa.org.za

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Research • Educate • Support