



Tshwane District Hospital

ON-Line Bulletin

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TDH staff members seeking clarity about cancer from students and staff members of University of Pretoria

Consider the following Food –based dietary guidelines for South Africans in prevention of assorted cancers...

- Drink plenty of clean, save water (2-3 litres of liquid a day- half of which should be water)
- Use salt in moderation
- Consume sugary food and drinks sparingly and not in between meals
- Eat plenty of fruits and vegetables daily
- Make starchy foods the basis of most meals
- Eat fats sparingly
- Chicken, fish, meat, milk and eggs can be eaten daily
- Drink alcohol in moderation, if at all
- Regularly eat beans, peas and soy

Cancer Awareness and Prevention Campaign 2008/09

Rabalao Thapelo

The week of 1st – 08th August 2008 was declared national Cancer Awareness Week, Tshwane District Hospital in collaboration with the University of Pretoria (UP) celebrated the campaign on the 08th August in the hospital’s Out-Patient Department.

How can we fight a successful battle against cancer...?

Cancer Association of South Africa says “the best and most effective weapon against cancer is knowledge”. With knowledge of cancer, one is able to consider available preventative measures and make an early detection of cancer before irreparable damage is done.

In support of the above list of dietary guidelines, the audiences on that day got the pleasure of being spoiled with a free pack of fresh banana, apple and 100% juice for their lunch, and were advised to continue to consider the above in prevention of cancer.



Community members attending the campaign

Editorial

Ubogu O.I (012) 354 5602
Rabalao S.T (012) 354 5862

Designed by: TDH Communications
To contribute, forward your submissions at:
thapelo.rabalao@gauteng.gov.za