



INTERNET ARTICLE

DWS holds prostate cancer awareness campaign in Vhembe.

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As part of promoting a healthy lifestyle amongst the employees, the Department of Water and Sanitation's Limpopo Region held a prostate cancer and renal care awareness campaign on the 26 October in the Vhembe District.

The aim of the campaign was to raise awareness on the importance of taking care of our bodies, as a healthy body only leads to a productive employee which benefits the department.

Opening the session, Corporate Services Manager in the Region, Ms Ivy Mabuela encouraged men to stand up and seek help, as most people still believed that seeking help is not for men and it is a sign of weakness.

"A child who does not cry, dies in the cradle. If you suffer in silence, you may die unnoticed; suffering in silence may lead to dying in silence. If you do not speak your mind, you cannot change the situation for the better", said Ms Mabuela.

Ms Lillian Managa from National Renal Care gave a presentation on the Chronic Kidney Disease, afterwards employees were given an opportunity to ask questions and clarifications regarding their health. Ms Sylvia Mothapo from Metropolitan Life also gave her presentation on prostate cancer and encouraged men, especially those who are over 40 years to do check-ups regularly, so that if they are diagnosed with some disease it can be dealt with earlier.

"Colleagues should understand that the earlier this chronic illness called prostate cancer or any cancer for that matter is detected, the better chances of it being curable than if it is detected when it has already multiplied itself in your body", concluded Ms Mothapo.

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