



South African Society for Basic and Clinical Pharmacology

Breast Cancer Awareness Month



Breast Cancer Screening SAVES LIVES



TALK TO YOUR
DOCTOR ABOUT
MAMMOGRAMS

98% 98% of breast cancer patients survive when diagnosed early

2nd leading cause of cancer death in women **2nd**

85% 85% breast cancers occur in women with no family history

Starting at age 40, women should talk to their doctor about when to start mammograms **40**



RISK FACTORS

- Gender** Being a woman is the #1 risk factor, but men get breast cancer too.
- Age** Incidence increases with age.
- Family** Risk nearly doubles in women with a first-degree relative (mother/sister/daughter) with breast cancer.
- Ethnicity** Leading cause of cancer death for Hispanic women. More common in African American women under age 45.
- Genetics** 5-10% of breast cancers are caused by inherited genetic mutations in genes like BRCA1 and BRCA2.

EARLY DETECTION

Get a Mammogram!



STAY HEALTHY

- Maintain a Healthy Weight**
 - Limit Alcohol**
 - Do Not Smoke**
 - Eat Fruit, Veggies and Whole Grains**
 - Exercise 30 minutes a day**
- Healthy lifestyle choices are associated with lower cancer incidence

More **INTERESTING** information on **THE HISTORY OF BREAST CANCER RESEARCH** is available on the link below:

http://images.news.wiley.com/Web/WileyEnterprise/%7B2899d99c-d111-4ace-9fdc-748f11397341%7D_484201_Breast-Cancer-Infographics_Final_linked.pdf?elq_mid=31034&elq_cid=256844

Congratulations to **Dr Helen Ochuko Kwanashie** who was elected as the new **IUPHAR Executive Committee: Council**.

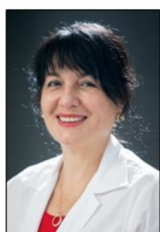
2018-2022 Executive Committee

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First Conference of Biomedical and Natural Sciences and Therapeutics (CoBNeST)

“Interdisciplinary Scientific Excellence”

SPIER ESTATE | STELLENBOSCH | 7-10 OCTOBER 2018



The first ever **CoBNeST** conference held in Stellenbosch earlier this month was a success. We would like to thank our organizers for their huge commitment and contribution in making this conference a grand success.

Lastly, we would also like to express our warmest gratitude to **Novartis** for sponsoring all the awards handed over at the conference and a huge **CONGRATULATIONS** to everyone who received an award.

...and the
WINNERS
are...



Best Oral Presentation Basic
Pharmacology Award:

1st place
Vuyelwa Buque (UP)



Best Oral Presentation Basic
Pharmacology Award:

2nd place
Keith Ncube (UP)



Best Oral Presentation Basic
Pharmacology Award:

3rd place, shared
Andrea Ellero (UP) and
Nadia Muller (NWU)



Best Oral Presentation Clinical Pharmacology Award:

1st place

Sean Anderson (SUN)



Best Oral Presentation Clinical Pharmacology Award:

2nd place

Kim Adams (SUN)



Best Oral Presentation Clinical Pharmacology Award:

3rd place, shared

**Mwila Mulubwa (UWC) and
Jana Winkler (SUN)**



Best Publication Basic Pharmacology Award:

Prof Tiaan Brink (NWU)



Educators Award:

Dr Werner Cordier (UP)



Social Media Award:

1st place

Keith Ncube



Social Media Award:

2nd place

Keagile Lepule

PHARMACOLOGY CONTRIBUTIONS

got news?

We welcome any news from our society members. If you have anything interesting you wish to add to our next issue, please contact:

Dr 'Makhotso Lekhooa: makhotso.lekhooa@nwu.ac.za.