

Newsletter, December 2011
Season Greetings!



PINCC

Prevention International: No Cervical Cancer

P.O. Box 13081, Oakland, CA 94661

510-452-2542

www.pincc.org

Email: admin@pincc.org



Director's Report From Dr. Kay Taylor

As 2011 winds to a close, I find much to be thankful for including many gifts we've been given to share! Here at PINCC we are working harder than ever to improve our growing programs, expand into new sites, and seize exciting opportunities, all to achieve one attainable goal: Preventing Cervical Cancer to Save Women's Lives!

This year, PINCC has had the gift of great campaign volunteers. They gave their time and paid their own costs to help us bring care and training around the world. Many other volunteers here at home have pitched in to help with our new education project, Walkathon, and event fundraising. To each of our volunteers, we thank you for the gift of yourselves that you've given to PINCC.

Especially, we are thankful for the gift of you, our faithful donors.

This year alone, your donations made it possible to bring training to over 300 health care workers in seven countries.

Your donations helped PINCC volunteers screen over 3,300 women and treat 241 precancerous cases. If it wasn't for you, we would not have been able to certify and equip eight more clinics that are now able to sustain the program in their own communities, continuing to treat thousands of women every year. We are very thankful for you!

PINCC is delighted with our success and growth in Africa, Latin America, and India. Please check our website under Campaigns, East Africa to read the article on Kibera's Shining Hope Clinic, where we'll begin training in February 2012; and the special report under Campaigns, Latin America on El Salvador's huge progress.

But I particularly want to tell you about Mary Keiyo, in Kitale, Kenya. This dynamic nurse-midwife received training and certification along with 9 other staff in 2010. Mary and 2 others were visiting other small dispensaries in this region along Kenya's western border. They did screening, and found many cases that needed treatment, but the women had trouble traveling to Kitale, a long way on foot and too expensive for poor women on a bus.

She proposed to PINCC that we supply their group with another cryotherapy set, so they could take treatment to these distant areas. We donated the equipment.

On our return several months later, Mary asked us to come to a small hospital on the slopes of Mount Elgon, to train 13 more doctors and medical workers from 5 centers in this rural area. They had asked to learn how to screen and treat to prevent cervical cancer, too! So, in September, we took our team to the tiny village of Endebess, several miles beyond the paved roads. We found 18 health workers waiting for training, some of whom traveled hours by bus to come. They had learned the basics from Mary and her colleagues, and progressed very quickly. We left examination sets for each



clinic, and will be returning for another full week of training in February, donating more equipment for treatment as they are certified. Then, we'll have coverage for this region all the way to the Ugandan border. I'm so proud of these exemplary nurses, and their passion for helping their communities.

Along with our gifts, there have been some challenges. PINCC has had many sites asking for our training services. We are hoping to expand to Cameroon, in West Africa, in 2012.

The nurses there were so upset by the cervical cancer deaths, that they took an online course in VIA (visual inspection with acetic acid) prevention, just to get a start! But they wrote to us because they need direct training in both screening and treatment, and the equipment to carry on the program. Cameroon will be the start of a new region for PINCC, and we cannot hope to expand there without your support.

Please, consider PINCC in your charitable giving this holiday season. Your donation has, and will continue to make, a direct difference in saving women's lives:

empowering nurse Mary and many others to spread the work, and giving hope to women from the slums of Nairobi to Cameroon that they too will soon have care. The mothers and grandmothers we have helped are able to be at their holiday tables, because you helped PINCC get there. May the warmth of your gift enrich your holidays!

Kay Taylor, MD

What Happens If A Woman Has Cervical Cancer?

By Dr. Kay Taylor

One of our supporters asked us, what happens once we find a woman with cervical cancer? What about treatment?

First, PINCC is training medical people to do both screening and treatment of pre-cancerous cervical lesions, which are called dysplasia. By finding these slow growths, caused by HPV (Human Papilloma Virus), and treating them, we stop cancer from developing. With the procedures we teach, 85% to 95% of women can be cured. With our see-and-treat methods, it can be done the same day. We provide the equipment to our trained hospitals and clinics, so they can continue to provide this prevention.

Unfortunately, finding a woman with invasive cervical cancer is all too common; we find several every year.

This 32-year-old mother of 5 young children came to our clinic in Uganda, having irregular bleeding and pain. We found a cervical cancer, in an extremely advanced stage. She needed to have radiation therapy followed by a hysterectomy, which could only be done many hours away in the capitol. Her family didn't have much, being subsistence farmers, so PINCC paid her way.

It is so sad to find a mother or grandmother, otherwise strong and healthy, who will die in her 40's or 50's (even as young as 30's!) because there was no chance for her to get screening before

we came. Once cervical cancer has invaded, we cannot treat her, as it requires major surgery, radiation, or chemotherapy. We always find out where women can receive treatment for invasive cancer.

It's often a long journey, usually to the capitol. If she cannot afford it, PINCC provides the travel funds. The doctors at the medical centers where we train provide follow-up care to be sure she is properly referred.

In cases where the cancer is too advanced for treatment, our centers are encouraged to establish palliative care protocols, to give terminal care to the woman and her family. In the Kitale, Kenya hospital where we completed training last year, they now have 15 women in the palliative care ward, dying of this terrible disease. Centers usually see an increase in fatal cases when their screening programs start; women who would previously have died at home in their villages, unaware of what caused their suffering. Once the word spreads about what the disease is, and how easily it can be prevented, women start coming in large numbers to be seen.

Your support of our mission is important to these women, in poor and rural areas around the world. We thank you again for being there for them.



Dr. Taylor regrettably tells a mother she has cervical cancer.

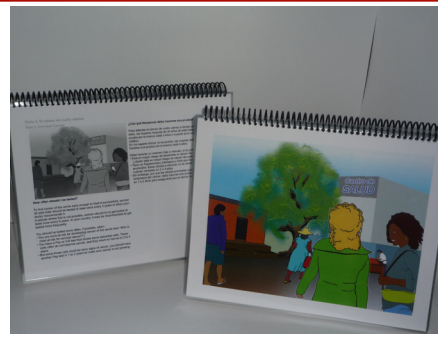
PINCC's New Community Outreach Program

by Dr. Kay Taylor

2011 has seen the development of a much-needed supplemental program to our training for medical staff in cervical cancer prevention. With funding from Dining for Women, and the leadership of our UC Berkeley Masters in Public Health Interns, PINCC is implementing a Community Outreach and Education Program (COE) to spread the knowledge about getting cervical screening when a woman is without symptoms. The HPV infection that causes cervical cancer doesn't cause any symptoms until it has already become invasive. But during the silent stages, a pre-cancerous lesion can be found and treated.

We want to be sure all the women in the communities we serve know about the services available to them, and why they need to come to the clinic.

Since many women in the areas we serve are pre- or semi-literate, passing out fliers or pamphlets isn't very effective. And often, women have little knowledge about their bodies, and may not even know what a cervix is. So our Outreach team designed a survey, given to women in the communities as well as to health workers, to assess how much women know. Armed with



The front and back view of a flip-book used for patient education by community health care workers.



PINCC volunteer Hayley Miller talks with a young mother in Nicaragua to learn how much she knows about cervical cancer.

this information, we have designed a pictorial flip-book, with simple language and illustrations, to teach women about their bodies, and about HPV and cervical screening.

The first copies came out in October this year in Spanish, for Latin America. It's in full color, with culturally appropriate drawings, laminated to withstand the humid conditions where health workers use them. We are giving them to Community Health Workers in Nicaragua and El Salvador, with training on their information and use. They have been very excited to have these beautiful books! We will go back to do surveys again in the communities next year, to see how effective this teaching method is.

Did I Make A Difference?

(Excerpts taken from a Kaiser blog written by Dr. Tara Hulbert 6/2011)

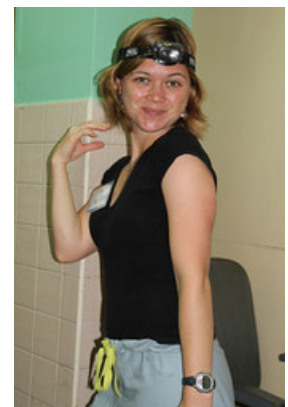
The first day is always chaotic. That is what Carol, the Prevention International No Cervical Cancer (PINCC) program director told us. I felt myself relax and remembered why I love working abroad. We come with goals and ideas of how we want to help and make a difference, but the local environment will ultimately dictate the work done. And the environment is difficult to predict.

PINCC has a successful track of working in many different countries in a variety of settings, so this "chaos" is something written into their agenda.

I had come on the trip with Dr. Gupta, one of my own OB/GYN professors, who is fluent in Spanish and well versed in international work. So I knew whatever the day and trip would bring, there would be plenty of support...

My global health experience with PINCC was

everything I hoped it would be. Most work trips I have done in the past have left me wondering if I really made any difference at all. This trip was different. I understood I was part of a process, a meaningful process that would help to transfer a specific life-saving skill to the hands of the local doctors that could and would help to save many women's lives from a preventable cancer. And I left with optimism, hope, and satisfaction that PINCC was truly doing something positive in every community they touched; and I was honored to be a part of it. My self growth was also very apparent throughout this trip, and I was very fortunate to accompany and learn from Dr. Gupta, who is an inspiring obstetrician/gynecologist devoted to global health. I look forward to being a future PINCC supporter and volunteer.



Stepping IT UP In The Bay Area!

By Tenay Woodard

On September 24 at Oakland's beautiful Lake Merritt, people from all over the Bay Area stepped out to raise over \$14,000 in PINCC's 3rd Annual Walk for Women of Africa! It was cold with grey clouds threatening to rain on PINCC's parade, but nothing would deter the over 120 walkers that eagerly gathered Saturday morning.

This year, we were pleased to invite local schools not only to fundraise and help support our program, but also raise cervical cancer prevention awareness and encourage philanthropy in our youth.

Teams from Bishop O'Dowd High School, Pittsburg High School, and Mills College Nursing Honor Society rose to the challenge and held bake sales, knocked on neighbor's doors, and asked family and friends to sponsor their group. With the promise of a PINCC pizza party including a presentation from Dr. Kay Taylor, the competition between the teams was fierce but friendly. Other teams were from Kaiser Hospital, Soroptimists International of Oakland, and from as far away as Palo Alto!

In the end, Pittsburg High's women's basketball team climbed to the top and won the competition for most money raised by a team. However, the ladies of Bishop O'Dowd were not discouraged and won the prize for team spirit for their upbeat and positive attitude during the walk.



Pittsburg High Lady Pirates!

Mills Nursing College Honor Society also showed their enthusiasm for PINCC by passing out flyers to businesses around the community and encouraged people to join/sponsor the walkathon.

Overall the feeling in the air for the walkers, volunteers, sponsors, and the whole PINCC family was one of achievement, and a sense of connecting with women thousands of miles away. One walker, after finishing a brisk and tiring jog, made her way to the stone steps to rest and drink some water. When asked by a volunteer how she was feeling, she turned to them and smiled;

"I feel good. It's nice to do something for someone else. I'm sure the women in Africa have to walk much further."

PINCC would like to give a special thanks to all the people who were able to step it up for our East Africa campaign.

Become a PINCC Sustainer:

The people we serve can rely on us because we can rely on you.

No checks to write, no stamps to buy. Sustainers are a special group of donors who make hassle-free monthly contributions, designed to spread donations into comfortable amounts over time, and maximize our program to save women's lives.

- \$25 per month supports an African woman with precancerous cells to get treatment.
- \$30 per month will educate communities by supplying health workers with 5 flip-book sets.
- \$50 per month will provide a clinic in Latin America with exam equipment.
- \$100 per month allows PINCC to go to a new community, like Cameroon, to begin saving women's lives!!



We hope you will take this opportunity to help PINCC save women's lives worldwide with training, early detection, and education. **Please see the enclosed sheet for details on becoming a sustainer, and making a Monthly Gift.**

Thank you and happy holidays!