

Kanser Araştırma Vakfı

FOUNDATION
NEWSLETTER

October 2013 Issue : 3

Morning Coffee

Morning Coffee Event

Welcome to the biggest Morning Coffee event in the TRNC. Nothing can be more satisfying than opening the doors of your home to family and friends, having coffee and at the same time sharing information and supporting our Foundation in its aim to work for healthier tomorrows. In order to pass on tomorrows to future generations we must work hand in hand and be of one heart and mind.

Rubbish and waste products are one of the most prominent problems for not only our island but for the world. The time has come for us to become part of a solution.

We now need to roll up our sleeves to find new remedies to promote recycling before items are thrown away.

This can be at least attempted under the auspices of the Cancer Research Foundation (KAV)

You could ask how ?

One of KAV's duties is to show you the way, give ideas for how this can



be done. As long as environmental pollution exists living healthily becomes much more difficult because the pollution in our environment comes back to us through the food chain. It is at this point that KAV's water and soil analyses become important and come into their own.

It is important that we first pinpoint the type of pollution in our environment, inform the public about the problem and work hand in hand to resolve the issue.

It is due to this that KAV is measuring the levels of carcinogenic metals Arsenic and Cadmium in the soil and water. It is well known that Arsenic has a direct link to liver and bladder cancer, and that Cadmium is directly linked to breast, intestine and again liver cancer. Arsenic sparks changes in the cells and promotes their uncontrolled growth. Cadmium on the other hand mimics the female hormone oestrogen which can lead to breast cancer.

IN OTHER WORDS ENVIRONMENTAL FACTORS CAN CAUSE HARM TO OUR GENES AND CAUSE CANCER. THANKFULL THIS IS NOT HEREDITARY AND THEREFORE DOES NOT PASS ONTO FUTURE GENERATIONS.

We can therefore say; ENVIRONMENT is the primary cause of cancer with HEREDITY coming next.

Once KAV's metal pollution identification project pinpoints polluted areas it will make suggestions as to how those areas can be cleaned (rehabilitated) by using natural methods. Of course being able to rehabilitate/clean the pollution is good, but in essence it is more important that we take care not to pollute in the first place. That is why you should take care to dispose of batteries, which have high levels of Cadmium, in special collecting boxes rather than throwing them away.

Turkish Classical Music artist Cem Kafkas will be giving a concert in aid of KAV on the 9th of October 2013.

When famous artist Cem Kafkas said he wanted to support KAV, our volunteers began work immediately. With the sponsorship of Alpet, Pınar Başman Süren, Cyprus XP Travel Group and the Near East University the concert will be held on 9th October 2013. Everyone is invited to this concert and tickets at 20tl are available at Deniz Plazas and by ringing 05338634929



RECYCLING

Lets say welcome to recycling, growing fruit and vegetables at home and a healthier lifestyle.

In every issue we are going to show you what you can do/ how you can make use of different waste objects.

If you have any ideas share them with us so that we can share them with others. Lets be inventive/creative and discover what we can do. In this issue we will give you a few examples.

In time we will present you with more ideas by holding workshops, via television programs and of course our newsletter.

Of course in order for our project to grow and spread we need financial support.

This is the reason our Morning Coffee event was created. Those supporting the event are given coffee and other drinks supplied by our sponsors, newsletters and especially prepared donation jars. Those attending the event have coffee, discuss issues chat and then put their donations into these jars.

At the end of the event the unopened jars are handed to the KAV volunteer and a receipt is given to the host of the Morning Coffee event stating the amount donated.

WE WILL BE REPEATING THE MORNING COFFEE EVENTS ON THE FIRST SATURDAY OF EVERY SEASON. OUR NEXT EVENT IS ON THE 7th DECEMBER 2013. IF YOU WOULD LIKE TO TAKE PART OR SUPPORT IN ANY OTHER WAY PLEASE CALL 05338634929

Our aim is to transfer the success of the Orchid Walk, which we have been holding for the past 10 years, to this project as well.

With your help we will together be able to develop these important projects which will eventually benefit all of us. IT IS EVERYONES DUTY TO PROTECT THE ENVIRONMENT, SO LETS WORK TOGETHER TO PAVE THE WAY TO HEALTHY TOMORROWS IN THIS ISSUE WE BEGIN BY EXPLAINING WHAT WE CAN DO WITH HOUSEHOLD WASTE AND HOW WE CAN PREVENT ENVIRONMENTAL POLLUTION

BY WORKING TOGETHER WE CAN OPEN A NEW DOOR AND PROTECT THE FUTURE OF OUR CHILDREN!

Making compost from left over food

All of us, women, men and children spend time in the kitchen and throw leftover food into the bin. Left over food is actually an unparalleled gem for our environment and soil. Organic waste makes up 60% of our rubbish, in other words we can use 60% of our

rubbish. Compost is the name given to the product produced by the collecting of organic waste. Black compost when mixed in with soil increases the productivity of the soil. Soil in productive areas is black whereas the soil in

unproductive areas is a dun colour. The reason for this is the humous which is in the soil. Humous in the soil allows water and beneficial organisms to continue to thrive in the soil. The soil can be more easily worked. Roots of plants can easily thrive and expand.

Waste products suitable for compost; leftover foodstuff, fruit and vegetables, grass cuttings, wild plants and weeds, leaves, paper, wood shavings, garden waste, moss, coffee dregs, tea leaves, flowers, tree cuttings, animal manure, egg shells, bristle and hair, fish bones, plants and ashes....

Waste products not suitable for compost; any medical waste, meat, fish, oil, grease, bones, milk products, oily food waste, bugs, diseased plants, pesticidal waste, medicines and poisonous plants... Compost can be made either in the garden or on a balcony. The compost produced can be used in flower pot or in the garden. You can mix the compost with soil in a ratio of 1/2 or 1/3. The longer compost is allowed to rest i.e. mature, the more useful it will be to the plants you are growing.

Re-use of waste materials

His is KAV supporter Süreyya Türkoğlu's wind chime made of beer and soda bottle tops! Instead of throwing the tops away she has created a beautiful accessory for a special corner of her home.



Look how you can utilise plastic bottles! This is a suggestion for vertical gardening or for those with small or no garden. 'plant and eat your own produce'. See what can be done with a little imagination !

We made donation jars from jam jars for our Morning Coffee event. Look at the different ways you can re-use jam jars!



Lets be a little romantic: with jam jars which have lost their lids, some string and a little paint you can create miracles!

BREAST CANCER



October is breast cancer awareness month. Therefore in this edition we decided to give you information about cancer. Breast cancer is the most common type of cancer among women in the western world. One in eight women is under risk of contracting breast cancer. The statistics from the surveys carried out by KAV between 1990-2004 show that instances of breast cancer are less common in the TRNC when compared to European countries. However an important point to notice in this pleasing statistic is that the age when breast cancer is diagnosed is lower than in Europe. KAV has started new research in order to update this data.

What is breast cancer, how does it occur and how can we protect ourselves??

As with other cancers the reason for breast cancer is the uncontrolled proliferation of cells. The principle reason for this is the individual being over exposed to oestrogen, also known as the female hormone. Early menstruation, late menopause, delayed child birth or not having children are amongst the risk factors causing breast cancer. In other words only 10-15% of cancer cases are caused by genetic or inherited factors. The remaining cases are caused by independently developing environmental factors and family history is not an important factor in contracting breast cancer. This shows how important environmental factors are in the development of breast cancer. There are many ways of protecting yourself from breast cancer. The first is physical activity. On the other hand giving birth at a young age (under 35) especially breast feeding is a very important protective factor. Personal breast examination will help you recognise any changes in your breasts. In addition to this breast examinations by an expert doctor will help in the early detection of breast cancer.

In aid of Cancer Research Fund a tea party will be held on 24th October in Lapta. Pixies happy bags will be available for sale in the event. Ones who would like to attend or support the event should call 0533 8634929.

HOW WELL DO YOU KNOW CANCER?

1-If there are cancer sufferers in your family you will definitely contract cancer.

Yes No

2-Drinking too much alcohol increases the risk of cancer.

Yes No

3-Deodorants cause breast cancer.

Yes No

4-Processed meats such as sausages, salami and pepperoni can be the cause of intestinal cancer.

Yes No

5-Physical activity reduces the risk of cancer.

Yes No

Answers:

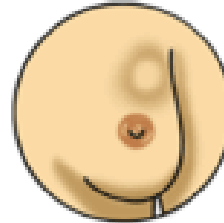
1-No, cancer is mostly caused by environmental factors. Having a family member with cancer does not mean you will get cancer too. However it is worth while investigating the risk factors and getting the required genetic counselling.

2-Excessive alcohol can be the cause of mouth,liver,intestinal,breast and other cancers.It is the amount you drink which is important, not what you drink . If you do drink limit your intake to one or two glasses a day.

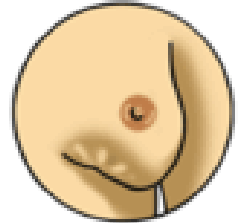
3-There is no clear evidence that deodorants cause breast cancer.

4-High consumption of processed meats increases the risk of intestinal cancer.

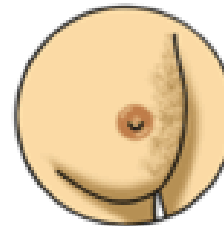
5-Health eating and exercise protects you from many types of cancer.



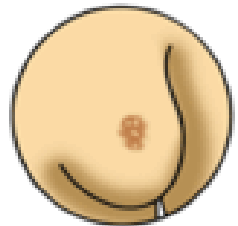
Lump



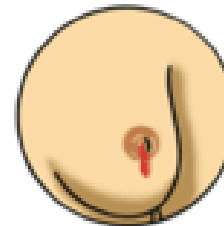
Skin dimpling



Change in skin color or texture



Change in how the nipple looks, like pulling in of the nipple.



Clear or bloody fluid that leaks out of the nipple

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YÜKSEK HIZLI İNTERNET ÇÖZÜMLERİ

ENGLISH HOUSE

by Önder Fahioglu

"Herkes dil öğretebilir, biz konuşturuyoruz!.."

Englishhouse'tan bir yenilik daha!

Yabancı hocalarımız eşliğinde 3-6 yaş İngilizce derslerimiz başlamıştır.

3-6 yaş arası çocuklara
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MACILA
jewellery

Our newsletter is published 3 times a year and distributed freely 10.000 in TRNC. If you would like to give ads to the newsletter or support KAV please call 0533 8634929.

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