



Central Health Board of Khoja Shia Ithna-Asheri Supreme Council

P. O. Box 6710 Tel: 255-22-2150617 Fax: 255-22-2150964
email: chb@cats-net.com, Dar es Salaam, Tanzania



Ref: CHB/Flash/2009/96

Date: November 4, 2009

CHB NEWS FLASH

CERVICAL/BREAST CANCER SCREENING IN ARUSHA & MOSHI

In its continuous efforts to screen our ladies for the two commonest types of killer cancers, The Central Health Board (CHB) organised a screening program for our ladies in Arusha and Moshi. Similar screening has already been conducted in Dar-es-salaam, Mwanza and Bukoba this year. These cancers usually are asymptomatic in the early stages when treatment is beneficial in terms of successful eradication of the malignancy from the body. Therefore, when patients do present to the health care facilities with symptoms, it is already too late and the tumours have usually metastasized. The best way to fight this problem is, therefore, early detection and treatment, which is done by mass screening.

The team of doctors from Bugando Medical Centre, Mwanza travelled to Arusha on the 1st October 2009 to conduct this screening. The team consisted of Dr. Mubarakali Janmohamed (Resident, Internal Medicine), Dr. Beatrice (Consultant Gynecologist from Cornell Medical Centre – New York, working at BMC) and Dr. Jennifer Downs (Specialist in Infectious Diseases from Cornell Medical Centre currently working at BMC).

METHODOLOGY: Participants had to sign an informed consent form prior to the screening. They also volunteered other information including personal data (name, age etc.) and past medical/surgical history including family history of cancer.

Cervical Screening was done using the Schillers's Test – painting the cervix with lugols iodine. Breast cancer was screened using manual breast palpation technique which was also taught to the ladies.

ARUSHA:



Arusha Ladies listening attentively to the Doctors

The team arrived in Arusha on the 1st of October 2009 and gave a talk to the ladies of Arusha Jamaat on Breast and Cervical Cancers, the advantages of screening and what the screening entails. The talk was attended by many ladies and numerous questions were asked including some pertaining to other fields of medicine, this followed by screening program details are given below.

Results of the Screening:

The screening commenced on 2nd October 2009 at the Ithna-asheri Charitable Hospital. The turnout was encouraging, given the good response; the team had to return to Arusha from Moshi the next day in the evening to continue the screening which ended at 9:00 pm.

A total of 65 ladies were screened for cervical and breast cancer, the doctors also attended to other gynaecologic problems. Screening details:-

- Total Ladies Screened = **65**
- Positive Schiller's Test = **3** (Suspicious Cervical Lesions that need further evaluation)
- Breast Lumps = **12** (Need further evaluation like Ultrasound, Fine Needle Aspiration)
- Endocervical Polyps = **2**
- Genital Prolapse = **1**
- Miscellaneous = **1** Lady with Polycystic Ovary Disease.

One lady refused breast examination for unknown reasons and 8 ladies did not undergo the schiller's test (cervical screening) for some reasons including ongoing menses, genital prolapsed, discomfort or incorrect speculum size for a particular patient. During the next such exercise, we may need a few pediatric speculums.

We also came across another lady with clinical features of a Pituitary Adenoma (galactorrhoea, headache) and advised her to do a CT-Scan of the brain.

After the screening, the Br. Sadique Chagani, Member of Medical Board on behalf of Arusha Jamaat presented tokens of appreciation to the team of doctors.

MOSHI:



Ladies at Moshi Jaffery Dispensary waiting for the screening

The team arrived in Moshi on the 2nd October at around 6:15pm, a lecture was organised for the ladies as usual. The screening commenced the following day, 03rd October 2009, at the 8:00 am at the Jaffery Charitable Medical Services premises.

Non community members were also invited to the screening program also participated. The figures are as follows:

Results of the Screening:

- Total Ladies Screened = **50** (Including ladies from other communities)
- Positive Schiller's Tests = **4** (Suspicious Cervical Lesions)
- Breast Lumps = **12** (May require further evaluation by Ultrasound and Fine Needle Biopsy)
- Pathology In The Uterus = **2** (May be Uterine Cancer hence further tests recommended)
- Genital Prolapse = **1**
- Miscellaneous: **1** Lady presented with a Fungating Tumour originating from the Cervix.

7 Ladies did not undergo the schiller's tests due to various reasons like discomfort, active menses, personal decision etc.

Again, the screening included consultations for problems that were related to other fields of medicine for which Dr. M. Janmohamed assisted particularly Essential Hypertension and Diabetes mellitus in the elderly population.

After the screening, the Chairman of Moshi Jamaat Alhaj Ahmed Daya and the Chair of the Medical Board Alhaj Salim Habib presented tokens of appreciation to the visiting team of doctors

Looking at the figures above, it can be seen that although the figures seem small, yet they are quite significant in terms of the seriousness of the conditions and based on the population of our Jamaats in Moshi and Arusha. Therefore, we believe that this screening exercise will bring about awareness in our ladies fraternity.

(Report prepared by: Dr. Mubarakali Janmohamed, CHB Representative of Mwanza KSI Jamaat)



Presentation to Dr. Jeniffer in Moshi



Doctors with Arusha Jamaat President and officials

Vote of Thanks: On behalf of CHB we would like to thank Arusha & Moshi Jamaats for their cooperation and support for the program. We wish to thank Br. Sadique Chagani, Medical Board member of Arusha Jamaat and Dr. A. Sajan, Medical Director of Jaffery Moshi Dispensary for assisting in the exercise. Our thanks to the Chairmen and Medical Board members of both Arusha and Moshi Jamaats for their excellent cooperation and support. We would also like to appreciate the services of Dr. Mubarakali Janmohamed, Dr. Jennifer Downs and Dr. Beatrice without their support this screening exercise would not have been possible.

“Community's health – CHB's priority”