

## YOUR HEALTH

### BREAST CANCER

BREAST cancer is one of the most common forms of cancer in women.

It is estimated that one in 30 women will develop breast cancer in her lifetime.

Male breast cancer is rare, with less than 1% incidence.

#### Warning signs:

A lump on the breast (which may be painless).

Changes in the size and shape of breast.

Dimpling of the skin on the breast (this is because of the tumour which pulls the skin).

An abnormal discharge from the nipple.

Swelling on the upper arm.

Swelling on the armpit or above the collarbone.

#### Who is at risk?

Women with a family history of breast cancer, a previous history of breast cancer, diet with high animal fat, smoking and prolonged use of hormone replacement therapy.

#### What can women do to prevent breast cancer?

Do not smoke.

Avoid high animal fat in your diet.

Women themselves discover more than 90% of breast tumours.

Some of the tumours may not be cancerous, but all need to be investigated by a doctor. It is important that women examine their breast regularly so they can identify growths and other abnormalities timeously.

If breast tumours are discovered early, treatment can be instituted before cancer spreads to other parts of the body.

#### Self breast examination

The best time is three to 10 days after the last day of menstruation when the breasts are not tender and swollen. If a woman does not get a period she can do it any time of the month. Ideally, she should do it at the same time every month to create a habit.

#### How?

Inspect the breasts and note any changes in front of a mirror. Look at the skin colour, swelling, increase in size and shape of the breast and dimpling.

Lie down with one arm behind the head. Use the fingertips of one hand to examine the opposite breast.

Gently feel the breast moving round in small circles to find out if there are any hard lumps. Make sure the whole breast has been covered. Repeat the same procedure on the other breast.

Gently squeeze behind each nipple using the thumb and index finger and check if any abnormal fluid comes out.

If there are any abnormalities contact your nearest clinic or doctor.

Compiled by the Health Department

# Homes for Ntuzuma shack folk

KEN MCHUNU

THE aspirations of many homeless and shack-bound South Africans to own a decent house are often frustrated by poor access to government subsidies or bank loans.

But despite similar odds, the dream of more than 630 informal settlers of Ntuzuma D-section, of being homeowners, is soon to come true thanks to an initiative by the municipality and KwaZulu-Natal housing department.

Building work was under way in the north of eThekweni last week when chairman of the City's housing committee, Cllr Sbu Gumede, visited the site of what he described as a "long overdue project", along with engineers from the housing department.

Gumede said this was an upgrade project to provide relief to residents whose families had grown over the years while living in shacks.

Expressing his satisfaction after viewing a completed home, Gumede said the new four-roomed houses were "attractive and very spacious", and they looked strong and durable.

He said the standard of the houses was similar to that found in Sherwood and other suburban areas.

He said: "What is remarkable about this project is that the city is now building a 40m<sup>2</sup> unit in contrast to the previous 30m<sup>2</sup> houses."

Gumede said Housing Minister Lindiwe Sisulu was now requiring municipalities to build bigger houses.

The four-roomed structures include bedrooms, a fitted bathroom and a living room area with a kitchen suite on the side as well as a small veranda on the outside.

Another requirement by Sisulu was for all mid-income houses to be roofed with tiles instead of asbestos, which could pose a health risk.

Gumede said the structures were designed in such a way as to allow residents to extend them as their families grew.

Ward 43 Councillor, Dumisani Mabizela commended the project and the good quality of the houses.

Project manager, Moreri Khoza said they had painted the houses with a clay-based waterproof coating, which would prevent water damage.

She said other companies on site were responsible for installing sewer and storm water systems as well as roads and water connections.

The new homes would be ready for occupation by next June, said Khoza.

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**SWEET HOME: A recently completed four-roomed house in Ntuzuma D-section** Picture: KEN MCHUNU



**MEDITATIVE: Tai Chi Master Liang Jun Ping takes an evening class at the Amphitheatre, in front of the Elangeni Hotel**

Picture: THEMBA KHUMALO

## An ancient art helps calm intemperate spirits

GABI KHUMALO

WHEN 34 children from shelters started Tai Chi training in February, their troubled backgrounds meant their behaviour in class was often disruptive and sometimes inappropriate.

Now, five months later, they have become more focused and as they train their behaviour improves remarkably.

This is thanks to training facilitated by the City's Health and Sports and Recreation departments.

The departments had responded to a request from Mayor Obed Mlaba to initiate a Tai Chi programme for street children as well as to train Tai Chi teachers to give lessons in community halls across eThekweni.

Over time the children have started to feel happier and to develop a sense of belonging.

The programme was scheduled to run for one year with the possibility of renewal, with students learning the first 15 of the 83 moves of the Chen style of Tai Chi.

The Tuesday and Thursday evening training, which

### How Tai Chi classes came to eThekweni

MAYOR Obed Mlaba's interest in Tai Chi was first piqued on a visit to Shanghai in 2005.

The mayor awoke one morning in the Chinese city to a singular sight: Wherever he looked, he could see people of all ages practising the slow, graceful movements of Tai Chi, which can be described as a moving form of yoga and meditation combined.

After inquiring about Tai Chi, the mayor decided it would do the citizens of Durban well to be introduced to the ancient art and he asked city officials to make it happen.

takes place at the Amphitheatre, in front of the Elangeni Hotel, is attended by children from shelters including 12 boys from Ohlange Centre in Inanda, 11 girls from Ocean View Place of Safety on the Bluff, 11 girls from the Youth for Christ Centre, and students who submitted their CVs.

The students were responding to a city advert, inviting applications for the programme from people interested in getting a year's training. In return they will teach others at community halls.

The training is by Master Liang Jun Ping, of Shanghai, who was hired by the municipality.

After much work, students of Chen Tai Chi are able to attain a state of shen – to be calm and have a clear, clean mind that sees clearly.

Master Ping said many wrong habits were acquired from a life on the streets, but through training, students learned to listen better and follow the straight and correct way.

"For other students, the more they have exercised, the more their health has improved. Their minds have calmed down a great deal, their nerves and nervous system have also relaxed, and they have enjoyed it a great deal," said Ping.

Dr Umi Sunkar, Head of the City's Health Department, said: "The programme's aim is to look at ways of healing that could enhance health and wellbeing."

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## City training for small businesses, co-ops

THEMBA KHUMALO and JOE MAJOLA

SMALL businesses are essential to the economy's well-being and would continue to enjoy the City's support, says Deputy Mayor, Logie Naidoo.

Naidoo was speaking at a recent SMME (small, medium and micro enterprises) graduation ceremony at the Durban Exhibition centre.

The deputy mayor, who

also chairs the City's Economic Development Committee, congratulated the graduates on their achievement. Naidoo promised the municipality would continue to support SMMEs as they helped reduce poverty and the growth of the economy.

The graduates had completed a SMME co-operative development programme, an initiative by the Rural Area Based Management

The programme sought to improve the management and administration skills of 200 participants, including members of co-operatives and close corporations.

### Mentorship

Participants were recruited for the programme from eThekweni's South and North regions. The programme involved business skills

training and mentorship.

An excited graduate and member of Siyazenzela Co-operative, Nonhlanhla Buthelezi, said: "The programme has taught me a lot of things. We are grateful to the municipality, the Rural Area Based Management and councillors for giving us this opportunity to better ourselves and our businesses."

Training, Learning and Documentation Co-

ordinator, Ayanda Tshazi said the programme included business planning and development, financial management, administration, marketing, occupational health and safety, stock management, and access to finance.

"We are planning to roll out the programme to the inner city and western areas as it has proved successful," said Tshazi.