

EWEI NEWS

Empowerment through Enlightenment

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A Quarterly Newsletter published by Empowering Women for Excellence Initiative

EDITOR'S NOTE

Welcome to first edition of EWEI News in 2012, it is truly a privilege to reach you with our newsletters and I must say that it has been a very fulfilling experience. EWEI has been very busy and we are honored to be able to contribute our quota to national development and the empowerment of women through information dissemination.

We want to say a big thank you to all who have supported us and well done to the incredible staff and volunteers at EWEI.

In this edition, we feature "Violence and Your Rights" an article expatiating the need to address gender based violence put together by our very own EWEI Ambassador and Mentor, Ms Katherine.

The 4th of February, 2012 was World Cancer Day and we are commemorating the day with the story of a courageous woman Mrs. Mercy Kwaghza. Mrs. Kwagha's story is truly inspiring and a lesson on how early detection is key to fighting the cancer scourge. With the 2012 theme "Together it is possible, we join our voices with others around the world to advocate for increased political commitment for the prevention and control of cancer as well as improved health systems at national and local levels to deliver cure and care for cancer patients.

Breast cancer is the leading cancer killer among women aged 20–59 years in high-income countries while Cervical cancer is the second most common type of cancer among women, with virtually all cases linked to genital infection with the human papillomavirus (HPV). Almost 80% of cases today and an even higher proportion of deaths from cervical cancer occur in low-income countries, where access to cervical cancer screening and treatment virtually does not exist.

According to the World Health Organization's Cancer Fact sheet N°297 some key facts about cancer are that :

- Cancer is a leading cause of death worldwide, accounting for 7.6 million deaths (around 13% of all deaths) in 2008 (1).
- Lung, stomach, liver, colon and breast cancer cause the most cancer deaths each year.
- The most frequent types of cancer differ between men and women.
- About 30% of cancer deaths are due to the five leading behavioral and dietary risks: high body mass index, low fruit and vegetable intake, lack of physical activity, tobacco use, alcohol use.
- Tobacco use is the most important risk factor for cancer causing 22% of global cancer deaths and 71% of global lung cancer deaths.
- Cancer causing viral infections such as HBV/HCV and HPV are responsible for up to 20% of cancer deaths in low- and middle-income countries.
- About 70% of all cancer deaths in 2008 occurred in low- and middle-income countries.
- Deaths from cancer worldwide are projected to continue rising, with an estimated 13.1 million deaths in 2030 (2).

The power of sport to unite people from different divides and its potential to build self esteem in girls and women is highlighted in "The Voice of Sport". Nikki Mahoney takes us on her journey and how sport has made a difference in her life. In addition, some helpful information on nutrition is also featured. We hope that you will find this edition enlightening and a useful resource. You can also access all the articles featured in this edition on the EWEI News Wiki: www.eweinews.wetpaint.com. We welcome your feedback and comments, please send them to empowwomeninitiative@yahoo.com. Thank you.



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PROGRAMME OFFICER
MEDIA AND PUBLICITY

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MultiCare Pharmacy and Stores
No.40 Sultan Road, Kaduna

Beauty Pavillion No.11 Isa kaita
Road, Kaduna.

M-Balloons, QQ10 Ahmadu
Bello Way, Kaduna.

Valentine Hall No. 2 Kinkino
Road/Alkali Road, Kaduna.

Woskab Pharmacy and Stores
No. 2A Alkali Road, Kaduna.

Ohi's Unisex Saloon Hamdala
shopping Complex, Kaduna.

Shop 34, 35 and D15 Recreation
Club, Independence Way, Kaduna

Access Bank
(Former Intercontinental):

Ungwar Rimi Branch
Ali Akilu Branch
NNPC Branch

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FOR EXCELLENCE INITIATIVE
(EWEI)

MISSION: PROVIDE
MULTI-SECTORAL INTERVENTIONS
FOR THE DEVELOPMENT AND
EMPOWERMENT OF GIRLS AND
WOMEN

VISION : TO ACHIEVE
EMPOWERMENT THROUGH
ENLIGHENMENT.

SHE FOUGHT CANCER AND WON....



Mrs. Mercy Kwaghza before she was diagnosed with cancer

Mrs Mercy Kwaghza is a cancer survivor. She is married to Mr. Irose Kwaghza, lives in Kaduna and is a mother of four children. She is a teacher by profession and teaches in Mallam Jalo Primary school, Rigachukun in Kaduna state. Mrs. Kwaghza went through three surgeries and extensive radiotherapy to fight the disease but above all it was her faith, resilience and courage that helped her beat the disease. This is her story....

"It started in the year 2007 when I noticed something inside my mouth. It was like a boil, but I realized it wasn't a boil. So I went to the Federal Medical Center Gusau in Zamfara state and some drugs were prescribed for me to take.

Two weeks later, I came down to Kaduna state and visited an ENT doctor who referred me to Ahmadu Bello Teaching hospital where the first operation was conducted on me. I had two tubes inside my neck one for me to breath and the other for feeding. After a week I was discharged and was going for checkups. In 2009 I noticed the sign again, so I went back to the hospital where I was told that another operation was to be carried out on me, the operation was a success and I was going regularly for my check up.

My consultant was not satisfied with the results of the second operation and told me to start taking an injection that cost me eighty thousand naira each time I took it. I was to take six of these injections.

After the fourth injection, my eyes become red, so I went to the hospital and another test was conducted. I was referred to go and see the eye doctor and he placed me on medication. It was after the fourth injection that my body started emaciating, so I was asked to stop the injection and start radiotherapy by my doctor. I faced a lot

of challenges at this stage because sometimes the radiotherapy machine was faulty and sometimes there was no light.

Another challenge I faced was that my mother was also sick at that time so I had to take her to the hospital when she was with me in Kaduna. This delayed my last operation. The challenge that I will never forget was in June after I took the second injection, I began to purge and I lost hope, but God saw me through. When I survived the incident I told myself that if God could let me see the next month (July) even when people lost hope and felt I was not going to survive, I was confident that He would help me see my children and grandchildren.

My mother's sickness delayed my final operation, but in February 2011 the operation was carried out and I spent one month and a week in the hospital before being discharged. I am using this medium to advice that if you find yourself in this situation do not be afraid and worry but present it to God and don't worry. I advice that you should just look up to God.

It is also very important that you should not be around areas with smoke. Women should go for regular checkups and carry out checkups by themselves by using their hands to examine their breasts. If they find any lumps they should go to the hospital."

Mrs. Mercy Kwaghza is currently doing well. She has regained her body weight and hair which was emaciated and lost during her fight against cancer. She is



Mrs. Mercy Kwaghza after treatment

THE VOICE OF SPORT



It can be the clank of an iron rim or the silky fiber swish of the net. Maybe it's the rhythm of balls bouncing like the tantalizing syllables of raindrops. And possibly, it is the pounding of a boxer's gloves, a form a sign-language when words will no longer suffice what it feels like to have your back against the ropes before you even step in the ring. These sounds become the voice of sport—an echo and a slap of two hands that reverberates around the globe louder than a president's promises and stronger than a frost-frozen handshake.

It wouldn't be too far a stretch to say that sports shaped my life more so than any other influence. School can only go so far, and a parent's love and discipline can't fill all gaps. But sports can melt through the cracks and breaks in one's heart and soul and find a way to light the fire of a voice that had either burned out or was never exposed to an opportunity. Through my involvement in sports, I became who I am.

I began playing basketball at 4 years old on my older brother's all-boys' team and twenty years later I am playing professionally in the women's basketball league of Switzerland. It was an uphill journey with getting cut from several teams, to winning national competitions, to season-ending injuries, to taking chances that turned into a sports career in Europe.

I also played tennis, ran track and field, and joined in any type of athletic games throughout my childhood. My confidence to be accepted among any and all people comes directly from playing games where girls can be vocal, they can be leaders amongst and alongside boys, and they can be fearless risk-takers—the only way to make things happen in life. It takes more than excelling in class and more than pats on the back from others; that inner desire to succeed, that self-discipline and voice from within directing you when all else has gone silent and lost—that can only be tapped from somewhere deep down inside—where sports can access.

Sports became my stage for expression, whether I was passionately excited about something or too choked-up from sadness to even be able to talk. I *used* sports to my advantage. All of the hard-work, staying late after practices alone, and running sprints until I was exhausted carried over into how I looked at my future; and knowing that the only person who can keep you from succeeding is yourself, not others. Whether my mom was sick in the hospital, having critical surgery on her neck, or spending three days in an emergency room paralyzed from the neck down, I had sports as an outlet. My best friend throughout my life turned to drugs and alcohol until she was admitted into rehab; I turned to the one thing that guaranteed a “high” for me— sports. Or when my parents were fighting over a nasty divorce, and my dad left and we never knew if he'd ever come back and I didn't have a place to call home, I did have a basketball court where I knew that at least there life made sense.

I learned that as long as you are on the playing field with a jersey on, you are no different from the next person—no better, no worse. It's when the uniform is taken off, and what you take *with* you into school, into yours and others' homes, and into the perspective of someone else's shoes that does make a difference for an athlete, for a girl in the world.

The clanks, the swishes, the bouncing, and the pounding all become a genre of music. What is the most memorable, inspirational, and enduring part of a song through the ages is its chorus, or, its “hook.” So if life is supposed to be a song and dance, then sports is the hook—where the invisible and the voiceless are given a microphone. The hook, upon which humanity hangs its hopes.

Nikki Mahoney was born in Los Angeles and studied Japanese and Sports Medicine at the University of California at Santa Barbara. She played basketball professionally in Geneva, Switzerland and has set up her own non-profit. Sports, Peace, Love, Africa/Asia/Americas, Schools and Humanity (SPLASH) that uses sports to help improve the lives of vulnerable kids throughout

VIOLENCE AND YOUR RIGHTS

The topic is basically going to address the violence committed against women and the rights available or open to such women who are violated. Women in this context have been expanded to cover the female gender from the teenage stage to adulthood. Certain key words need to be understood more clearly, first is violence. What is violence? Wikipedia the online free encyclopedia defines violence as, **“The expression of physical or verbal force against self or other, compelling action against one's will on pain of being hurt”.**

Rights have also being defined by Wikipedia as, **“Something you are born with, and you will die with, granted to you by your creator”.**

Mark you, a right is different from a privilege which is merely granted to a person by a high authority and can be revoked at anytime if one loses favour. Violence comes in various forms.



VIOLENCE AND YOUR RIGHTS

These are some forms of Violence, Domestic Violence, Graphic Violence, Religions Violence, Media Violence, Sexual Violence, Work place Violence, violence against women etc. The United Nations General Assembly defines Violence against women as,

“An act of gender based violence that results in, or is likely to result in physical, Sexual or mental harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private”.

Without going into specifics a lot of these cases of violence committed against women abound in our various communities. The problem remains that either due to ignorance or fear cases of violence against women get buried in the dust and there is no redress. The question here then is **“do these victims have any rights at all and if they do, how then can they get the wrong redressed?”**

Under the Universal Declaration of Human Rights which on December 10, 1948 was adopted by the general Assembly of the United Nations of which Nigeria is signatory to acknowledges and provides for the basic rights of all humans.

Article V of the Universal Declaration of Human rights states that,

“No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment”.

The African charter of Human and People’s rights has also made provisions for the protection of persons against violence. Article III provides that

“Every individual shall have the right to the respect of the dignity inherent in human being All forms of exploitation and degradation of particularly slavery, slave trade, torture, cruel inhuman or punishment and treatment shall be prohibited”.

The constitution of the Federal Republic of Nigeria 1999 in chapter IV provides for the fundamental rights of the citizens irrespective of gender. Specifically section 34 (1) states

“Every individual is entitled to respect for the dignity of his person and accordingly no person shall be subjected to torture or to inhuman or degrading treatment”.

After a woman has assured herself of her right then she takes the next step by enforcing these rights. The only way of enforcing these rights is to have recourse to a competent Court or other tribunal established by law by instituting a suit under the Fundamental Rights (Enforcement Procedure) Rules or filing a Criminal case against her assailants. On a final note where there is a right, there is a remedy (Ubi Jus, Ibi remedium). Women should ensure that they seek remedy where their God given rights are violated no matter how others feel about it. Thank you.

Catherine D. Ishu is a private legal practitioner practicing in Kaduna. She runs an NGO “The Advocates” interested in issues relating to women and children. You can email her at empwomeninitiative@yahoo.com

Garlic Alternative Names: *Allium sativum*

Garlic has been used as both food and medicine in many cultures for thousands of years, dating back to when the Egyptian pyramids were built. In early 18th -century France, gravediggers drank a concoction of crushed garlic in wine they believed would protect them from the plague that killed many people in Europe. More recently, during both World Wars I and II, soldiers were given garlic to prevent gangrene. Today garlic is used to help prevent heart disease, including atherosclerosis (plaque buildup in the arteries that can block the flow of blood and possibly lead to heart attack or stroke), high cholesterol, high blood pressure, and to improve the immune system. Garlic may also protect against cancer.

While the science is not conclusive, research shows promise for garlic in the areas of cancer protection and heart-related risk factors for patients. Garlic is rich in antioxidants, which help destroy free radicals -- particles that can damage cell membranes, interact with genetic material, and possibly contribute to the aging process as well as the development of a number of conditions, including heart disease and cancer. Free radicals occur naturally in the body, but environmental toxins (including ultraviolet light, radiation, cigarette smoke, and air pollution) can also increase the number of these damaging particles. Antioxidants neutralize free radicals and may reduce or even help prevent some of the damage they cause over time.

There are several types of garlic preparations. Most clinical studies have been performed on aged garlic extract (AGE) or enteric coated, dried garlic tablets. The conditions for which garlic is showing the most promise include Cardiovascular disease, Common cold and Cancer.

A large-scale study, called the Iowa Women's Health Study, looked at the garlic, fruit, and vegetable consumption in 41,000 middle-aged women. Results showed that women who regularly consumed garlic, fruits, and vegetables had a 35% lower risk of developing colon cancer. Garlic may help the immune system function more effectively during times of need such as in cancer. In a study of 50 patients with inoperable colorectal, liver, or pancreatic cancer, immune activity improved after they were given aged garlic extract for 6 months. Studies also suggest that aged garlic supplementation may reduce the side effects of chemotherapy, including fatigue and anorexia (lack of appetite). Further, results found that aged garlic decreased heart and intestinal damage commonly seen with certain chemotherapy agents. **References . <http://www.umm.edu/altmed/articles/garlic-000245.htm> for more information and references**

