

HST 60percent – 20 October 2022

Mental health disorders increase mortality from cervical cancer



Contemporary OB/GYN | 12 October 2023

The presence of a mental health disorder lowers the odds of survival in patients with cervical cancer, according to a recent study published in JAMA Network Open. Cervical cancer is the fourth most common cancer worldwide. Prevention methods include papanicolaou test screening, high vaccination coverage, and cervical screening uptake. However, health inequities have been identified as one of the most significant challenges when reducing cervical cancer incidence.

<https://www.contemporaryobgyn.net/view/mental-health-disorders-increase-mortality-from-cervical-cancer>

HPV ctNDA Testing Successfully Predicts Recurrence in Cervical Cancer



HPV-sequencing is a non-invasive way to identify which patients with cervical cancer are at a high risk of recurrence at the end of chemoradiation treatment, according to findings presented at the 2023 American Society for Radiation Oncology (ASTRO) Annual Meeting.¹,

<https://www.oncnursingnews.com/view/hpv-ctnda-testing-successfully-predicts-recurrence-in-cervical-cancer>

Oncology Nursing News | 13 October 2023

National Latinx AIDS Awareness Day 2023



Poz | 13 October 2023

Sunday, October 15, marks National Latinx AIDS Awareness Day (#NLAAD) 2023. It's the 20th anniversary of the campaign to promote HIV and AIDS education in the Latino community. NLAAD was created by the Latino Commission on AIDS (LCOA) and the Hispanic Federation. "This year's focus is on the various ways people can protect themselves from HIV," write the organizers on NLAAD.org. "Whether it's a pill a day (PrEP), an injection every 2 months (long-acting PrEP), a condom every time they have sex, or a mix (condom + a form of PrEP), what's important to know is that now people have more choices to continue having fun while enjoying peace of mind. As the theme of this year's campaign says: 'Do it your Way. Do it Right.'"

<https://www.poz.com/article/national-latinx-aids-awareness-day-2023>

PrEP, a Key HIV Prevention Tool, Isn't Reaching Black Women



Poz | 13 October 2023

Alexis Perkins thought her OB-GYN's office in Atlanta would be just the place to get a prescription for the type of drug that reduces a person's risk of contracting HIV. But during a recent visit, the medical assistant who greeted her had not heard of the medicines known as preexposure prophylaxis, or PrEP, and she seemed uncomfortable discussing it, Perkins said. Her provider had heard of it but didn't feel confident prescribing it. "She was at least honest enough to say that she was interested in it, but she didn't really know that much about it," said Perkins, a 25-year-old nurse, who decided to get on PrEP after participating in a sexual health education class and thinking more about her own risk. She's still trying to find a provider to write her a prescription.

<https://www.poz.com/article/prep-key-hiv-prevention-tool-reaching-black-women>

Interview: Rural doctor of the year reflects on the rutted road to quality healthcare

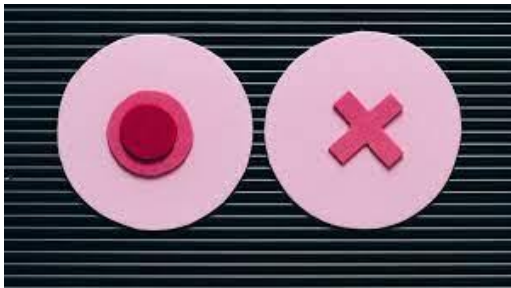


Spotlight | 13 October 2023

Describing the rutted gravel road between Butterworth and Tafalofefe District Hospital in the Eastern Cape, Dr Bukiwe Spondo uses the word “terrible” at least eighteen times. Dipping through the Amatole District, the 55-kilometre journey can take several hours. With heavy rain, tractors may be required to dislodge ambulances and often even staff have difficulty getting to work because of the mud.

<https://www.spotlightnsp.co.za/2023/10/13/interview-rural-doctor-of-the-year-reflects-on-the-rutted-road-to-quality-healthcare/>

Breast Cancer Awareness Month: Everything you need to know about mastectomies



IOL | 15 October 2023

October is Breast Cancer Awareness Month, and one of the most extreme measures some cancer survivors have to go through is to have a mastectomy done. We spoke to Dr Kajal Lutchminarian to find out all there is to know about the procedure. Lutchminarian is an APRSSA award-winning plastic, reconstructive and aesthetic surgeon. As a female plastic surgeon, she says that she receives many enquiries about mastectomies and says that it’s very important for her to provide her patients with correct information. We asked her a few questions about the procedure and what it entails.

<https://www.iol.co.za/lifestyle/health/breast-cancer-awareness-month-everything-you-need-to-know-about-mastectomies-5773ce22-ee3f-4f7a-a2db-5f8a5b958b34>

Madonna’s Celebration Tour Pays Heart-Felt Tribute to Those Lost to AIDS



Poz | 16 October 2023

Madonna has always been there for the HIV/AIDS community and she has been one of the most public of cheerleaders for those with a medical condition that lives off of silence, fear, stigma and shame. As someone diagnosed just before puberty hit in 1987, I have always been aware of Madonna's insistence on making compassion for those living with HIV part of her pop star persona...

<https://www.poz.com/blog/madonna-heartfelt-tribute-celebration-hiv-aids-community>

What HIV does to your brain — and how ARVs halt that



Bhekisisa | 16 October 2023

Antiretroviral drugs (ARVs) have not just saved millions of people in South Africa from dying of HIV; they have also protected their brains and mental health against the damage the virus can cause. But taking antiretrovirals can stop this from happening — which is why getting onto treatment as soon as possible after being diagnosed with HIV is important for people's mental health. In this Health Beat interview, Mia Malan asks HIV mental health researcher John Joska how it works.

<https://bhekisisa.org/health-news-south-africa/2023-10-16-what-hiv-does-to-your-brain-and-how-arvs-halt-that/>

Global and country leaders commit funding towards improving health and rights for 250 million women, children and youth



Women's,
Children's and
Adolescents'
Health

PMNC | 16 October 2023

At a Global Financing Facility for Women, Children and Adolescents (GFF) event, governments and philanthropies have committed \$445 million USD in urgent funding to strengthen primary healthcare and improve the health and rights of women and children. These new investments from governments and philanthropies are a major contribution towards the GFF's 'Deliver the Future' campaign to secure access to essential health services for 250 million women, children and adolescents in the hardest to reach communities. Today's event at the World Health Summit marked the first pledging opportunity in the 'Deliver the Future' campaign, which was launched just four months ago and is being co-hosted by Germany, the Netherlands, Côte d'Ivoire and the World Bank.

<https://pmnch.who.int/news-and-events/news/item/16-10-2023-global-and-country-leaders-commit-funding-towards-improving-health-and-rights-for-250-million-women-children-and-youth>

First HIV TV ad in 40 years will 'tackle attitudes stuck in the 1980s'



Pink News | 16 October 2023

The advertising campaign, headed by the Terence Higgins Trust, will send the message that "stigma is more harmful than HIV" by informing the public that a diagnosis is no longer a death sentence. It is the first TV ad on HIV awareness since since the UK government's 'Don't Die Of Ignorance' campaign, which featured falling tombstones four decades ago. Since the height of the pandemic in the 1980s, leaps in medical treatment have allowed those living with the virus to suppress it to undetectable levels using medicine. However, the Terence Higgins Trust says the UK public is generally unaware that medical treatment has progressed significantly since the beginning of the pandemic.

<https://www.thepinknews.com/2023/10/16/hiv-terence-higgins-trust-advert/>

Experts urge people to be aware of lesser-known breast cancer symptoms



News Medical Life Sciences | 17 October 2023

An overwhelming majority of adults (93%) recognize a lump as a symptom of breast cancer, but less than half recognize other common symptoms associated with the disease, according to a consumer

survey commissioned by The Ohio State University Comprehensive Cancer Center - Arthur G. James Cancer Hospital and Richard J. Solove Research Institute (OSUCCC – James).

<https://www.news-medical.net/news/20231016/Experts-urge-people-to-be-aware-of-lesser-known-breast-cancer-symptoms.aspx>

UN calls on countries to include women’s reproductive health in climate plans



Global Government Forum | 17 October 2023

Most countries’ climate plans do not include a commitment to protect the sexual and reproductive health of women and girls, a UN report has found. The report from the United Nations Population Fund (UNFPA) found that fewer than one third of the countries that have published climate plans – 38 of 119 – have taken access to contraception and maternal and newborn health into account in their adaptation plans, while only 15 reference gender-based violence. Studies have repeatedly shown that women and girls are among the hardest hit by the climate emergency.

<https://www.globalgovernmentforum.com/un-calls-on-countries-to-include-womens-reproductive-health-in-climate-plans/>

Making PEP available in the community could reduce new HIV cases in Africa by 31%



Aidsmap | 17 October 2023

Making the commonly prescribed antiretroviral regimen of tenofovir, lamivudine and dolutegravir available in the community as post-exposure prophylaxis after condomless sex, without a prescription, would reduce HIV acquisition by 31% over 20 years in African countries, according to a modelling study published in *Lancet Global Health*. Post-exposure prophylaxis (PEP) is the use of antiretroviral drugs after condomless sex to prevent HIV exposure, ideally started within 24 hours and continued for one month. PEP consists of a three-drug combination. PEP is not available in community settings in eastern and southern Africa. A recent legal ruling allows South African pharmacists registered with a government scheme to provide PrEP or PEP without a prescription, but this remains unusual in the region. Wider community distribution, using the kind of methods employed to distribute condoms and HIV self-tests, has never been tried.

<https://www.aidsmap.com/news/oct-2023/making-pep-available-community-could-reduce-new-hiv-cases-africa-31>

The potential health and economic impacts of reduced-dose HPV vaccination programs



News Medical Life Sciences | 17 October 2023

In 2020, the World Health Organization (WHO) designated cervical cancer as a global public health concern. Consequently, the vaccination against HPV emerged as a pivotal measure to curb cervical cancer cases worldwide.

<https://www.news-medical.net/news/20231017/The-potential-health-and-economic-impacts-of-reduced-dose-HPV-vaccination-programs.aspx>

Despite progress, challenges persist in advancing sexual and reproductive health and rights in the WHO European Region



WHO | 18 October 2023

While significant strides have been taken to enhance sexual and reproductive health and rights in the WHO European Region, challenges persist. In the run-up to the 73rd session of the WHO Regional Committee for Europe, WHO/Europe hosted a side event on this topic to discuss these key challenges with partners from across the Region. Sexual and reproductive health and rights (SRHR) are crucial for overall health and well-being, gender equality, and societal development, as recognized by the Sustainable Development Goals. Over the past two decades, the Region has made significant progress in improving SRHR. However, considerable inequalities persist in SRHR outcomes among Member States.

<https://www.who.int/europe/news/item/18-10-2023-despite-progress--challenges-persist-in-advancing-sexual-and-reproductive-health-and-rights-in-the-who-european-region>

Towards Universal Health Coverage, Strengthening Primary Health Care: A whole of Government, whole of Society approach conference



The South African National Department of Health, the Department of Planning, Monitoring and Evaluation, the World Health Organization and Health Systems Trust cordially invite you to participate in a Primary Health Care (PHC) themed, **Towards Universal Health Coverage, Strengthening Primary Health Care: A whole of Government, whole of Society approach**, conference to be held at the East London International Convention Centre from 14-17 November 2023.

The goals of the conference are to reinvigorate South Africa's commitment to the PHC approach as a strategic component of comprehensive health services in a unified health system, within a National Health Insurance (NHI) dispensation and to re-commit the country (i.e. government, citizens and social partners) to the PHC principles as being central to health promotion, disease prevention, and building a people-centred and resilient health system that is able to adapt and respond to emerging health challenges in a rapidly changing world.

For more information do go to the [conference web page](#)

The Public Health Association of South Africa (PHASA) – calling all public health champions!



PHASA

PHASA is a voluntary organisation of individuals passionate about population health improvements and the reduction of health inequities, and whose work focuses on the prevention of disease, the promotion of health, and the improved functioning of the country's health care system. Are you passionate about improving the health and wellbeing of communities? Do you want to expand your

professional network and stay current in the field of public health? Do you want to be part of the movement to improve Public Health? Then join the Public Health Association of South Africa today to make a difference and enhance your career!

As a member, you will:

- Gain access to cutting-edge research, resources, and best practices
- Connect with public health professionals from around the world
- Participate in educational events and conferences
- Contribute to shaping the future of public health
- Have access to mentors in the field
- Be at the forefront of advocacy initiatives.

To become a member, simply visit our [website](#) and complete the membership application. Don't miss this opportunity to advance your career and improve public health.

<https://phasa.org.za/index.php/get-involved/membership>

Subscribe to the Health Systems Trust Bulletin



The Health Systems Trust (HST) produces a weekly bulletin on Fridays focusing on key public health news, peer-reviewed journal articles and other important primary healthcare resources.

<https://www.hst.org.za/Pages/Subscription.aspx>