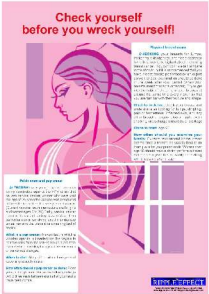


Cancer Awareness



P031 - Women & Breast Cancer

Cancer can be beaten!
Indulgent lifestyles are a problem.
 Many South Africans are physically inactive and consuming poor, unhealthy diets which results in obesity. This in turn leads to all kinds of preventable conditions that kill them prematurely. Smoking and excessive alcohol intake are popular, but can cause irreparable damage to our bodies.



P036 - Cancer can be Beaten

Diabetes Awareness



Diabetes could cost you an arm... and a leg

Nearly all diabetics will experience diabetes foot problems - sometimes leading to amputation. Many people who have diabetes aren't aware of it. Some people are more at risk than others. If you're over 40, have a history of diabetes within your family, are overweight or don't do much exercise you may be at an increased risk. Get tested for Diabetes as soon as possible. Early detection is the key.

- What is Diabetes?
- Who gets it?
- Risk factors
- Prevention
- What to do if you are diagnosed
- How to keep your feet healthy
- How to prevent complications

P004 - Diabetes Could Cost You an Arm and a Leg