

# Laying The Foundation For A Better Future



Nicole Jordan  
The Trinidad and Tobago Cancer Society  
HCC NCD Advocacy, Accountability and Conflict of Interest Meeting  
February 17, 2017 ~ Day 1, Session II

# Over Forty Years & Beyond

## OUR VISION

*Founded in 1969, The Trinidad and Tobago Cancer Society, a non-profit voluntary service organization, began when close friends formed a Steering Committee. They shared a common vision- to bring a message of hope to cancer survivors, provide screening at reduced cost and to promote awareness to the citizens of T&T. Over 45 years in existence, the Society's vision remains focused.*

## OUR MISSION

*"To create and promote greater awareness of the need for early detection and preventative measures and to reduce the incidence of Cancer through education, service and advocacy."*

SUPPORT

## OUR CLINIC SERVICES INCLUDE

- **MAMMOGRAMS**
- **CLINICAL BREAST EXAMINATIONS**
- **PAP SMEARS**
- **ULTRASOUNDS**
  - Breast
  - Abdomen
  - Pelvic
  - Obstetric
  - Doppler
  - Thyroid
- **BIOPSIES**
- **PROSTATE EXAMS**, including
  - DRE (Digital Rectal Examination) and
  - PSA (Prostate Specific Antigen) Blood Tests
- **CONSULTATIONS**

**For more information or to book an appointment, please call:**

1 (868) 622-6827 or toll-free at 800-TTCS (8827)

### CLINIC HOURS:

Monday to Friday - 8:00am - 3:00pm

### OFFICE HOURS:

Monday to Friday - 8:00am - 4:00pm

#62 Rosalino Street, Woodbrook, Trinidad, W.I.  
800 - TTCS (8827) • 1 (868) 622 - 6827  
ttcancersociety.org

### DONATE TO THE TTCS

**You can donate to The Society at any Republic Bank Branch  
Account number 510 003 510 001**

*Donors are asked to kindly provide: their name, address and deposit amount via e-mail, fax or telephone to allow for proper accountability and to receive a TTCS receipt.*

*Please make cheques payable to:  
The Trinidad and Tobago Cancer Society.*

*The Society is a registered charitable organization therefore a Deed of Covenant can be facilitated for individuals and organizations.*

VOLUNTEER

## OUR SOCIAL SERVICES

### OUR EDUCATIONAL SERVICES

The Society's Education & Communication Officer with volunteer assistance, educates the public about prevention, early detection and treatment through lectures and educational booths. This service is free of charge to all including businesses, schools, youth and community groups.

### CANCER BUS SERVICES

Cancer patient/s receiving chemotherapy and radiation treatment at the National Radiotherapy Centre (NRC) often encounter transportation difficulties. This is especially true for those living in the southern and eastern areas of Trinidad. In order to assist these patient/s, the Cancer Society provides daily transportation from two main hubs, Arima and San Fernando. As such, patient/s benefit from a comfortable air-conditioned cabin on board the Society's buses.

### COUNSELLING SERVICES

The Society offers free psychological counselling to clients, patients, survivors and their families by appointment only.

### THE SOCIETY'S SUPPORT GROUP

Over the years, the social services arm of the Society has recognized the need for a support group where survivors can share their experiences, strengths and hopes. The group meets bi-monthly and is facilitated by a Counselling Psychologist. They are empowered and given the strategies to manage the various changes in their lifestyle.

BECOME A MEMBER



**THE  
TRINIDAD & TOBAGO  
CANCER SOCIETY**

**OUR SERVICES**



#62 Rosalino Street, Woodbrook, Trinidad, W.I.  
800 - TTCS (8827) • 1 (868) 622 - 6827  
ttcancersociety.org

# "No" to big business doing harm to the physical wellbeing of our society

Page 8 NEWSDAY SECTION A Friday March 16, 2012

## NEWS

### Laquis hits Witco

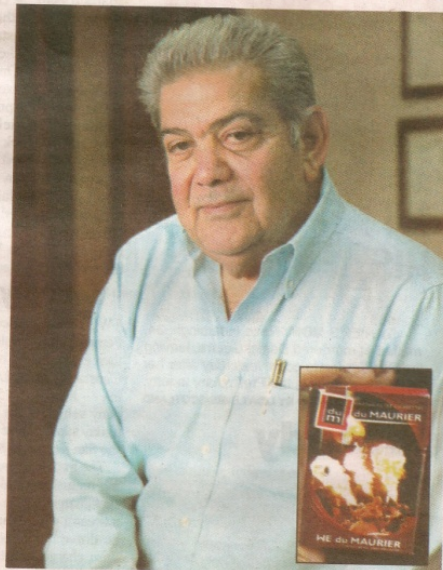
By DARCEL CHOY

**CHAIRMAN of the TT Cancer Society (TTCS) Dr George Laquis yesterday described the ongoing promotion of cigarettes to minors by the West Indian Tobacco Company as "illegal and deliberate."**

In a statement yesterday, Laquis said the tobacco company has been reaching minors in its advertising activities in recent months, from the marketing of cigarettes in specially designed packages to promoting its sponsorship of various events, including a children's party.

He explained that under the Tobacco Control Act, it is against the law for the company to expose minors to any lifestyle advertising supposedly geared at adults or promote its sponsorship of any activities whatsoever. Repeated attempts throughout the day yesterday by *Newsday*, to reach WITCO management officials for a comment, proved futile.

"The company is marketing Carnival-themed cigarette packs, which can be found displayed for sale



**ALARMED:** Cancer Society chairman Dr George Laquis yesterday sounded alarm bells over the use of advertising on cigarette packs (INSET) which he says is aimed at appealing to minors.

throughout the country, in clear view of children. And for Carnival, WITCO openly promoted the company

name by advertising its various sponsorships," Laquis said.

He questioned why the



SATURDAY, OCTOBER 4, 1975

## Society seeks to limit cigarette a through Bill in House

By J. J. B. B. B.

**TT Cancer Society of Trinidad and Tobago (TTCS) yesterday introduced a bill to limit the use of cigarette advertising in the country.**

The bill also aims to help local cigarette manufacturers and to protect the health of the population.

The proposed legislation will, for a limited period, prohibit cigarette manufacturers from advertising their products in the country.

Dr. George Laquis, Cancer Society president, said the bill was introduced to protect the health of the population.

Dr. Laquis, himself a "heavy" smoker, said he had smoked 400 cigarettes a day for 40 years.

He said he had quit smoking in 1970 and was now a "light" smoker.

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# “No” to big business doing harm to the physical wellbeing of our society cont’d...

- 2001 “Cigarette Smoking in Trinidad and Tobago: Legislative and Other Proposals Intended to deter and Control a Life-Threatening Practice”
- 2003 Framework Convention on Tobacco Control (FCTC)
- 2004 Deadline for signing of the Tobacco treaty
- 2005 National body comprising of Ministry of Health, Coalition for Tobacco-Free Trinidad and Tobago and The Trinidad and Tobago Cancer Society
- 2006 Finalizing the Tobacco Control Bill
- 2007 Establishment of a National Tobacco Control Committee (NTCC)
- 2009 Tobacco Control Bill was approved
- 2010 Tobacco Control Bill becomes law

# The Smoker's Body

someone dies from tobacco use, says the World Health Organization. Research suggests that smoking in their teens (as more than 70 percent do) and continue for two decades or more will die earlier than those who never light up. It is not just lung cancer or heart disease that cause serious and death. Below, some of smoking's less publicized side effects – from head to toe.



king is believed to cause or worsen eye disease. It has a 40 percent higher rate of cataracts than people who do not smoke. It also blocks light and may lead to macular degeneration in two ways: by irritating the cornea, which then travels up the eye to the lens, and by irritating the retina, which is also associated with age-related macular degeneration, a leading eye disease caused by the deterioration of the macula, the part of the retina responsible for central vision in the eye and for recognizing faces or colors.

ing prematurely ages skin by reducing its elasticity, depleting it of collagen and blood flow. Smokers' skin is dry, wrinkled, and especially around the lips.

**SS** Because smoking creates decreasing blood flow to the hearing ear, smokers are also three times more likely to develop middle ear infections.

[illegible]

Smoking interferes with the mouth's ability to heal and yellowing teeth. There is some evidence to suggest that smoking is also a risk factor for tooth decay. Smokers are one and a half times more likely to lose their teeth.

In addition to lung cancer, swelling and rupturing of the lungs' capacity to take in oxygen. In extreme cases, a tracheotomy opening is cut in the windpipe of the lungs (see image). Chronic build-up of pus-filled mucus, breathing difficulties.

For more information, please contact:  
The Project Officer,  
Caribbean Tobacco Control Project,  
c/o Trinidad and Tobago Cancer Society  
62, Rosalino Street, Woodbrook,  
Port of Spain, Trinidad and Tobago  
Telephone: 1 868 622 6827

poisonous gas in car exhaust fumes and cigarette smoke, binds to blood much more readily than oxygen, cutting the oxygen-carrying power of heavy smokers' blood by as much as 15 percent. As a result, smokers' bones lose density, fracture more easily and take up to 80 percent longer to heal. Smokers may also be more susceptible to back problems: one study shows that industrial workers who smoke are five times as likely to experience back pain after an injury.

In the world is due to cardiovascular diseases. Smoking is one of the biggest risk factors for developing cardiovascular diseases. These diseases kill more than a million people a year in developing countries. Smoking-related cardiovascular diseases kill more than 600 000 people each year in developed countries. Smoking makes the heart beat faster, raises blood pressure and increases the risk of hypertension and clogged arteries and eventually causes heart attacks and strokes.

Smoking reduces resistance to the bacteria that cause stomach ulcers. It also impairs the stomach's ability to neutralize acid after a meal, leaving the acid to eat away the stomach lining. Smokers' ulcers are harder to treat and more likely to recur.

The tar in cigarette smoke collects on the fingers and fingernails, staining them a yellowish brown.

of cancer of the uterine cervix, smoking can lead to fertility problems for women and complications during pregnancy and childbirth. Smoking during pregnancy increases the risk of low weight babies and future ill health consequences. Miscarriage is 2 to 3 times more common in smokers, as are stillbirths due to fetal oxygen deprivation and placental abnormalities induced by carbon monoxide and nicotine in cigarette smoke. Sudden infant death syndrome is also associated with smoking. In addition, smoking can lower estrogen levels, causing premature menopause.

Smoking can deform sperm and damage its DNA, which could cause miscarriage or birth defects. Some studies have found that men who smoke have an increased risk of fathering a child who contracts cancer. Smoking also diminishes sperm count and reduces the blood flow to the penis, which can cause impotence. Infertility is more common among smokers.

Buerger's disease, also known as thromboangiitis obliterans, is an inflammation of the arteries, veins, and nerves in the legs, principally, leading to restricted blood flow. Left untreated, Buerger's disease can lead to gangrene (death of body tissue) and amputation of the affected areas.

This poster is an updated reproduction of "The smoker's body" originally produced by COLORS magazine, issue 21, July-August 1997.

Tobacco Free Initiative <http://www.who.int/tobacco>

A product of TRI Communications.  
Creating space for public health.  
© WHO, Geneva, 2004



**SMOKING** increases the risk of over a dozen cancers including cancers of the **mouth, larynx (voice box), pharynx (upper throat), nose and sinuses, esophagus (food pipe), lungs, liver, pancreas, stomach, kidney, bladder, cervix and bowel.**



# Outreach Activities



**Edu  
fest  
2012**  
**Knowledge is Power!**

Website: [republictt.com](http://republictt.com) Email: [email@republictt.com](mailto:email@republictt.com)

*Republic Bank and the Trinidad and Tobago Cancer Society invite all students from Forms Four to Six to get informed at the Annual Edufest.*

**Tuesday October 9, 2012**  
**9:00 a.m. – 2:00 p.m. @ NAPA**

*Interested schools, please contact the Cancer Society at 800-8827 or 622-6827  
Together, we can win the fight against cancer.*

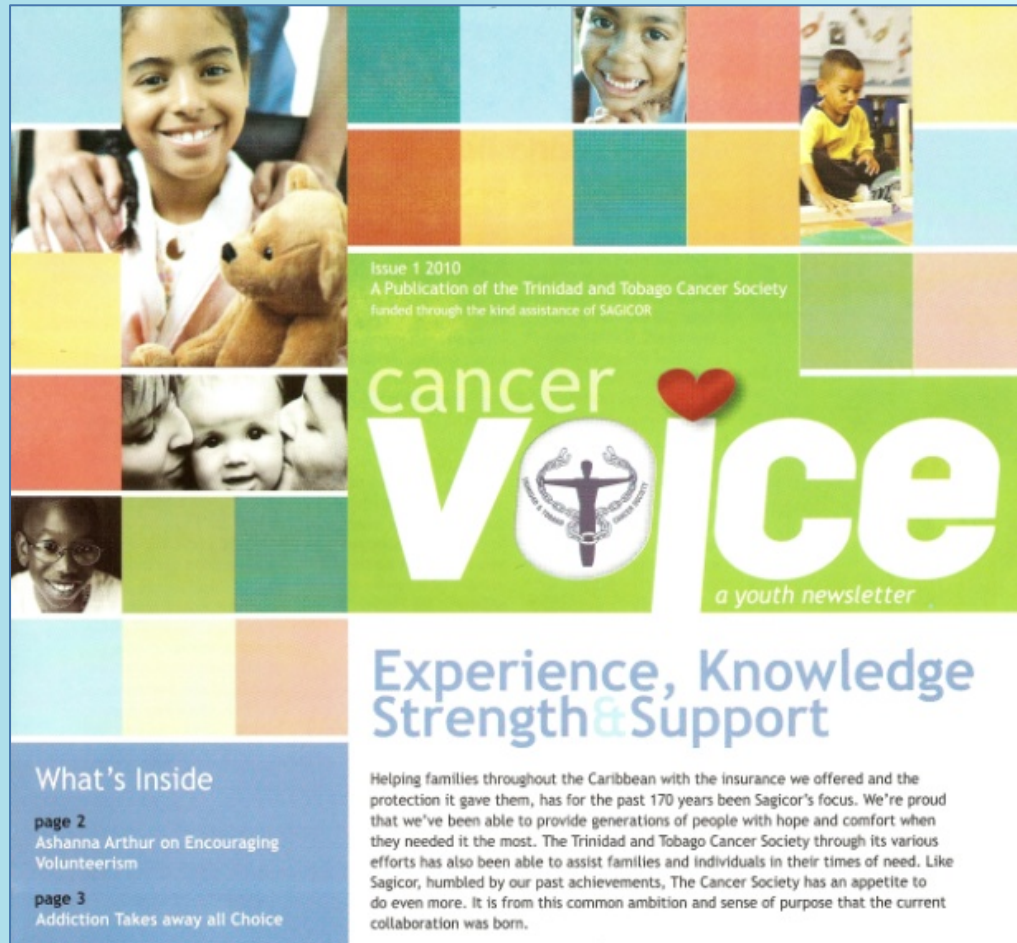
*Permission for this event has been granted by the Ministry of Education*



THE TRINIDAD AND TOBAGO CANCER SOCIETY

**Republic Bank**  
*We're the One for you!*

# Publications



## More Needs To Be Done

Proposed **‘STAMP IT OUT!’  
YOUTH TOBACCO  
EDUCATION PROGRAMME**  
will give our nation’s school  
children, their teachers and  
families important  
information to stay tobacco  
free. A proposal to the  
Minister of Education is  
being prepared in  
accordance with the Ministry  
of Education’s guidelines.



An example of a  
youth education  
campaign