



## CHILDHOOD CANCER WALK OF HOPE

On February 15<sup>th</sup> 2014, TLM hosted a Cancer Walk of Hope to commemorate International day of Childhood Cancer. The event has served as the launch of TLM's Awareness Campaign.

The campaign has served as a way to spread the early warning signs of childhood cancer. The information was intended to help caretakers discover a child's cancer in an earlier, less aggressive, and more treatable stage therefore allowing for more immediate care and a greater chance of survival.

The walk was made official by Dr. Njelekela, who is the Director of Muhimbili National Hospital. She was also the guest of honor. This event had participants from different levels of organizations, companies, and individuals from diverse backgrounds including children as the main target.

A total number of 70 participants were registered during the event that had the opportunity to learn the early warning sign on childhood cancer.

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## BANKING DETAILS FOR DONATIONS

Tumaini La Maisha Tanzania  
Stanbic Bank Tanzania LTB-Centre Branch  
Account NO: 0140026584701  
Sort Code: 670611

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## LIFE AT UJASIRI HOUSE

## LETTER FROM DIRECTOR

On the 15th February each year is International Childhood Cancer Day – a day in which the strength, courage and resiliency of children with cancer and their families is celebrated.

The International Society of Pediatric Oncology (SIOP) and the International Confederation of Childhood Cancer Parent Organizations (ICCCPO) represent some 2000 pediatric oncologists and 169 childhood cancer parents' organizations from 88 countries representing children with cancer, survivors and their families. Members of ICCCPo together with SIOP medical professionals will be hosting childhood cancer awareness activities around the world for the International Childhood Cancer Day from 15 February onward.

Each year, more than 250,000 children worldwide are diagnosed with cancer while an estimated 90,000 die from the disease. This number is staggering when one realizes that 70% of all childhood cancers are curable. While eighty percent (80%) of children with cancer survive in wealthier countries, the reality is vastly different for those who live in poor countries where 80% of all children with cancer are located.

Children with cancer in developing countries often do not survive due to the lack of access to essential medicines and to timely treatment and care. SIOP and ICCCPo are calling on governments worldwide to ensure that children with cancer – no matter where they live – must have access to care.

In a country of Tanzania's population we might expect to get over 2500 new cases of childhood cancer per year and there has previously been no organisation dedicated to advocating on their behalf hence, Tumaini La Maisha exists to fill that gap. JANET MBUGUNI-TLM DIRECTOR





# CHILDHOOD CANCER WARNING SIGNS

Ishara za onyo ya  
kansa ya watoto

1



Pallor, bruising or bleeding, general bone pain

Udhaifu wa rangi kwenye ngozi, kujeruhiwa kwa urahisi ama kutokwa na damu, maumivu ya kijumla kwenye mifupa

2



Lumps or swelling – especially if painless and without fever or other signs of infection

Uvimbe au kufura - hasa pasipo na uchungu na bila homa au ishara nyingine ya maambukizi

3



Unexplained weight loss or fever, persistent cough or shortness of breath, sweating at night

Upungufu wa uzani usioeleweka ama homa, kikohozi inayo dumu au upungufu wa kupumua, kutoka jasho usiku

4



Eye changes – white pupil, new-onset squint, visual loss, bruising or swelling around the eye(s)

Mabadiliko ya jicho - uweupe wa sehemu ya katikati ya jicho (mboni), kuanza kuwepo kengeza, kupoteza uwezo wa kuona, majiraha au kuvimba sehemu inayozingira macho

5



Abdominal swelling

Uvimbe wa sehemu ya tumbo

6



Headaches, especially if unusually persistent or severe, vomiting (especially early morning or worsening over days)

Maumivu ya kichwa, hasa ya kudumu isio ya kawaida au kupindukia, kutapika (hasa asubuhi mapema au inayozidi siku zikiendelea)

7



Limb or bone pain, swelling without trauma or signs of infection

Maumivu ya kiungo au mifupa, uvimbe bila majiraha (kiwewe) au dalili za maambukizi

!

IF THESE  
SYMPTOMS ARE  
PRESENT REFER  
FOR FURTHER  
EXAMINATION

Ikiwa dalili hizi zipo  
elekeza mgonjwa kwa  
ukaguzi zaidi

## INSPIRATION STORY

Tito Kishindo, a survivor of bone cancer (Osteosarcoma), was born on May 31<sup>st</sup>, 1996 in Dar es Salaam.

Tito first noticed that something was wrong with his leg during the school holidays of 2008. He was playing with his friends Koki and Bache when a stone hit his leg. He felt pain but continued to play, and went to bed that night without telling his Mother what had happened. The pain in his leg lasted for about a week before decreasing to the point where it was only felt when running. Tito continued to play football during this time, although the pain prevented him from being able to play his best. After a while, Tito told his mother about the pain in his leg and began taking Panadol and using Salimia cream to try and control it.

In April of 2008, Tito's leg began to swell and his mother took him to a local hospital. X-rays of his leg revealed an abnormal bone growth. Next, Tito went to Muhimbili for an operation, which led to the diagnosis of cancer. It was necessary to operate and amputate his leg below the knee. In the weeks before the operation Tito and his family prayed at church, in the hope that the operation would be successful. Tito was only 12 years old. Looking back he remembers the fear he felt on entering the cold operating room full of scissors and knives.

In May 2008, Tito went home to recover. Soon after returning home he awoke from a nightmare about his leg to find that his stitches had opened and that he was bleeding.



Tito Kishindo with his mom during chemo therapy at ocean road cancer center

He returned to Muhimbili where he had to undergo a second surgery to amputate his leg to the knee since the cancer had spread past the point of the first amputation.

In 2009, Tito started chemotherapy at Ocean Road Hospital and gradually his health began to improve. However, in 2011 it was found that the cancer had spread again. Yet again, surgery was required, this time to amputate his leg to the hip. This operation was performed at CCBRT, and after about a month Tito returned to Ocean Road for more chemotherapy cycles. Despite all these difficulties Tito is now a healthy form three student at Ilboru Secondary School. He returns to Muhimbili every six months for a routine check-up.

Although he is young, Tito has faced many challenges, not only the physical effects of cancer but the emotional repercussions too. He recalls how difficult it was to deal with the passing away of many of his friends from Ocean Road Hospital. As a result of his surgery he has also had to learn to cope with stares, looks of pity and a lack of independence. However, Tito also has some positive memories of his experiences. He remembers the good environment of CCBRT and Muhimbili hospitals and how the toys, games and storytelling at Muhimbili helped him to learn new skills.

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He also recalls the kindness of the teachers, particularly Muro, Leonard and Dorisi who helped him to pass his final primary school exams by giving him private lessons and extra help during his time at the hospital. He would also like to thank Saeeda Remtullah who helped him greatly by supplying him with books and exercises for his studies

Tito is particularly appreciative of the support from both his Mother and Doctor Trish who took care of his physical and emotional needs. It has not been easy for his Mother who even lost work to take care of him, but she has always been extremely supportive and has really helped Tito throughout the treatment. He recommends that doctors should always be supportive of their patients as Doctor Trish was.

Tito would advise others who find themselves in a similar situation to put their faith in God. "Never lose hope," he says, "Because everything happens for a reason."



Tito's life after treatment

Tito undergoing chemo therapy at Ocean road Cancer Center



## FAREWELL TO LEONE



Leone Ellis (sitting in the middle) was our play therapist. She has recently departed to England. It is sad we bid you farewell and surely you will be missed by oncology children. TLM appreciate what you have done for the programme as you have laid out the foundation to ensure our children have comfort, fearless and boredom free environment during treatment. We wish you all the best in your future endeavors.

## THERAPUTIC PLAY EDUCATION PROGRAMME

This aim at introducing children to the range of emotional responses in crisis and post crisis recovery situations and enable children to better understand their situation.



TLM fosters a nurturing environment for the children with their psychological needs and protection in mind. The classroom environment creates a climate in which the teachers are able to effectively deliver lifesaving messages, and provide comfort to the family. The therapeutic play sessions offered to the children keep their spirits high throughout their battle with cancer.

## PARENT SUPPORT PROGRAMMES

TLM participated on Month of Women Entrepreneurship Exhibition (MOWE) at Mnazi Mmoja where under Income Generating activity programme the parents display products made by them at Ujasiri house.



A total number of 21 Parents attended Tanzania Chamber of Commerce Industries

and Agriculture (TCCCIA) Entrepreneur Training conducted at Ujasiri house with the aim of building their capacity to livelihood opportunities once they are discharged.





## SOCIAL PROGRAMME

Families at Ujasiri house started 2014 in style; on the 1<sup>st</sup> January they went on a tour to The Dar es Salaam Zoo courtesy of Nature Adventure. 15 families, 3 staff from TLM and 2 nurses from Muhimbili went along with children and their parents and they enjoyed the outing.

The trip followed by a small new year part at Ujasiri house



*Dar es Salaam Zoo tour guide explaining to children and their parents on different type of animals available at the zoo.*

## VARIOUS EVENT

### PHARMACY DAY AT UJASIRI HOUSE

Muhimbili management participated fully which strengthens our partnership which lead to MNH Pharmacy Day to be celebrated at Ujasiri House, where parents received gifts and goodies from staff and management of MNH.



TLM director explaining about TLM works and services provided to children with cancer at Ujasiri during pharmacy day



Pharmacists together with children celebrating Pharmacy day at Ujasiri House.



Glasgow 2014 Queen's Baton Relay in celebration of sport, diversity and peace had visited oncology ward children at Muhimbili National and had a chance to visit ujasiri house and play with children.



# COMING SOON!

[WWW.THEIMPACTPLAN.ORG](http://WWW.THEIMPACTPLAN.ORG)

Founded out of an immediate need for financial and organizational support at the Pediatric Oncology Program in Tanzania, The Impact Plan seeks to focus on three key areas of global support that will immediately **impact** healthcare and education at the pediatric oncology center in Tanzania. We accomplish this through three unique platforms:



- 1) **IMPACT GIVING:** grants and grassroots fundraising that supports all aspects of healthcare, education and trade skill development to make an immediate **impact** on the financial needs of our projects.
- 2) **IMPACT SHOPPING:** our online store comprised of critical items that can be directly purchased for our projects, making an immediate **impact** on their success. These items include medications for a child for the year, biopsy needles, medical supplies, education materials and other necessary tangibles that ensure a project's success and a child's future.
- 3) **IMPACT TRAVEL:** travel opportunities for physicians, nurses, supporters, volunteers and caregivers from around the world to personally travel to our projects to assist onsite and hands-on with much needed support, training and fundraising.

STAY TUNED... and join us on Facebook at [www.facebook.com/theimpactplanorg](http://www.facebook.com/theimpactplanorg)

## Tumaini la Maisha Newsletter June 2014

Muhimbili National  
Hospital (MNH)  
Makuti Street, Ujasiri  
House Plot

TLM would like to take this opportunity and thank all the international donors and friends who have worked and support the oncology children tirelessly by any means necessary to ensure there are quality treatment, care and provision of non-clinical services directly to children with cancer and support to their families.

*Thank you abundantly*



# Our gratitude To International Donors & Friends Thank you, you care

## ❖ Hilary Kerrigan, friends and Family

We would like to extend our gratitude to Hilary for demonstrate remarkable kindness and being thoughtful and most of all sunny lady. She was always at hand for advice and to provide treatment protocols and most of the children are on the right track thanks to her support. Emails were always answered almost before they had been sent. She was amazingly efficient and always went out of her way to help. Sadly Hilary passed away last year but as usual she stunned everyone with her selflessness. Her dying wish was to collect money for the children with cancer in Tanzania. There are few people in the world who could be still thinking of how to help others. We are really proud to be linked with such an inspirational person and honoured that she chose to help the work that we do. We are so grateful to everyone who gave so generously. Every penny you have all raised will be used directly in the battle to keep our little charges in Dar es Salaam alive and well and happy. Thank you very much

## ❖ Electric Aid

Our sincere gratitude to Electric Aid who have been friends of the programme since 2008 and have supported retinoblastoma treatment and infrastructure improvements and are always willing to consider an appropriate project for that we thank you and hope to receive your support forever and always

## ❖ The clinical Engineering Department at St. Vincent's Hospital

We would like to take this opportunity to acknowledge and appreciate your donation of defibrillator machines which will save lives all over the hospital.

## ❖ The entire Staff and everyone single department at our lady's Children Hospital Crumlin, Dublin.

We couldn't thank you enough as you requires a special mention which could actually take up an entire edition of the newsletter as so many people have helped in so many different ways over the last 7 years. We hope that this group profoundly heartfelt thank you will go some way to acknowledge the spectacular contribution everyone in Crumlin has made to making this dream programme a reality. You are all much loved in Upendo ward. The exciting news is that this year the CEO and medical director visited Tanzania to meet with the hospital and the University to start the process of formal twinning. We are very excited and grateful to every single person involved.

## ❖ VMMA Laboratory

TLM would like to thank The VMMA laboratory at Beaumont Hospital, Dublin for the incredibly hard work in providing this otherwise unavailable, service to our children.

## ❖ The Pathology Department

We salute the pathology department at St James' Hospital, Dublin you for your implausible support in providing the second opinions given to Crumlin's amazing pathology team, on some of our most difficult and challenging pathology cases. As the result we really do have access to the most complete and detailed opinions for all our precious children to supply medication for Pediatric Oncology ward children to support provision of quality clinical services

## ❖ Everyone in the parish of the RC church of our Lady, mother of the survivor, chipperfield

We extend our gratitude to everyone in the parish of the RC Church of Our lady, Mother of the Savior, Chipperfield. The parish began their relationship with us by paying a very large daunting chemotherapy bill which we had created without realizing it to treat children. Like the angels they are they came to our rescue then. Since that time they have been our constant friends and supporters and champions with regular donations, prayers and even shipments of much needed and high quality medication through the TEVA group and one of the wonderful parishioners shipping company. Thank you, thank you all.





## OUR GRATITUDE

## TO INTERNATIONAL DONORS & FRIENDS

Thank you, you care



### **MG Health Care, Ireland**

We appreciate the MG Health Care, Ireland for the many years of donations and top deal on the bone marrow aspirate and biopsy needles



### **Iskus Health, Ireland**

We thank the Iskus health, Ireland for the outstanding deal on the trucut biopsy needles.



### **CIC- Ireland**

We Thank CIC Ireland for believe and support our programmes and nurture TLM to the identity it has today we can't thank you enough, we hope this note express how appreciative we are.



### **Celgene**

We appreciate the toys you have supplied for our oncology kids which has kept smile in their faces and display wonderful gesture that they are always in your thoughts and they are not alone.



### **World Child Cancer**

The toys you have provided to oncology pediatric ward have been amazingly keep the kids company and support our therapeutic play activities in the daily school programme.



### **Individual Friends of the Programme**

We appreciate the magnitude gestures made by individual friends of the programme who have contributed regularly for the past 7 years and have paid for all the bone marrow, trucut needles and filters which help to diagnose and treat our children. The wonderful donors involved include: Imelda Kenny, The White Family, Blath and Bill Schubel, Seamus Kerrigan, Trisha Greenan, Niall McGuinness, Des Smyth, Clair Harpur, Una Donnelly, Vicky Bradshaw, Frank and Maureen Devlin, Pat Meehan, Mary Will and Fiona Byrne, all the beautiful girls from Dr Trisha's secondary school, John and Mary Mcnamara, Ironman Hugh Michael Hannigan, Bernie Kelly, Pat Scanlan, Rita Heffernan, The amazing Movember And No Tan November Physiotherapy department Crew, Beaumont Hospital, Anne and Tom Magrath, Fin Breatnach, Marie Wilson, Helen Gyax, Gerry Tyrell and the Christmas choir, Rita Murray, and Fergus Glynn and the Burren Charity Challenge.



### **Vygon, Ireland**

We Thank Vygon, Ireland, for the excellent price on the CPAP and the long line systems which are keeping more and more children alive and well



### **RB Braun, Ireland**

We extend our gratitude to B Braun, Ireland, for the excellent price on the filters that keep our children's IT injections safe and avoid any chance of contamination in this life saving treatment.



### **SIOP/ICCPO**

We thank you both for your link and support to TLM's programmes which has been an eye opener to provide quality non clinical care and support



### **The INCTR Challenge Fund**

We appreciate the bears and Toys provided to our kids at oncology ward as they have been great companions to them during their battle with cancer



### **Joseph McDonagh**

We would like to extend our gratitude to Joseph who gives a fixed amount every month and that goes to support the work of our palliative care service on the ward. This gives children who cannot be cured the best and most kind and careful treatment as they are prepared for their final weeks. The team concentrates on what's best for the child and the family - getting them home safely and helping with pain management.

