



TOP COMPLIANCE (Pty) Ltd

Your Business' Safety Is Our Concern

QSE B-BBEE - Level Four

www.topcompliance.co.za

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Cancer awareness.

It has been a very difficult past two years. Many adjustments and sacrifices have had to be made often leading to us neglecting ourselves.

With holidays soon approaching make some time to look after yourself and your health.

Check yourself for any possible signs of cancers and consider going to your GP to get a check-up.

Signs of possible cancer

If you have any of these signs, see your doctor. These are potential cancer symptoms:

- A sore that does not heal within the normal time frame.
- Bladder changes such as pain when passing urine, blood in the urine or needing to pass urine more or less often.
- Change in bowel habits, such as constipation or diarrhea, that does not go away or a change in how your stools look.
- Cough or hoarseness that does not go away.
- Eating problems such as not feeling hungry, trouble swallowing, stomach pain, or nausea and vomiting.
- Fatigue or extreme tiredness that does not get better with rest.
- Fever or night sweats.
- Headaches that are out of your normal headache framework.
- Mouth changes such as sores, bleeding, pain, or numbness.
- Pain, especially new or with no known reason, that does not go away or gets worse.
- Skin changes such as a lump that bleeds or turns scaly, a new mole or a change in a mole, or a yellowish colour to the skin or eyes.
- Swelling or lumps anywhere in the body.
- Thickening or lump in the breast or other part of the body.
- Unusual bleeding, discharge or bruising for no known reason.
- Vision or hearing problems.
- Weight loss or gain of 5 kilograms or more for no known reason.

Again, if you are experiencing any of these possible cancer symptoms, please see your General Practitioner or clinic for further examination and screening.

Prostate cancer

When detected early, prostate cancer survival rates are better than 98%. Find it late, and those survival rates drop below 26%. If you are 50, you should be talking to your doctor about PSA testing. It is a simple routine blood test.

The prostate gland is usually the size and shape of a walnut and grows bigger as you get older. It sits underneath the bladder and surrounds the urethra, which is the tube men urinate and ejaculate through. Its main job is to help make semen, the fluid that carries sperm.

Prostate cancer occurs when some of the cells in the prostate reproduce far more rapidly than normal, resulting in a tumour. Prostate cancer often grows slowly to start with and may never cause any problems. But some men have prostate cancer that is more likely to spread. These prostate cancer cells, if left untreated, may spread from the prostate and invade distant parts of the body, particularly the lymph nodes and bones, producing secondary tumours in a process known as metastasis.

Detecting prostate cancer

Not everyone experiences symptoms of prostate cancer. Many times, signs of prostate cancer are first detected by a doctor during a routine check-up.

Some men, however, will experience changes in urinary or sexual function that might indicate the presence of prostate cancer.

Signs and symptoms

- A need to urinate frequently, especially at night
- Difficulty starting urination or holding back urine
- Weak or interrupted flow of urine
- Painful or burning urination
- Difficulty in having an erection
- Painful ejaculation
- Blood in urine or semen
- Frequent pain or stiffness in the lower back, hips, or upper thighs

Testicular cancer

Testicular cancer is the most common cancer in young men aged 15 – 39.

Testicles are responsible for the production of male hormones (mostly testosterone) and sperm. Testicular cancer starts as an abnormal growth or tumour that develops in one or both testicles.

Signs and symptoms of testicular cancer include:

- A lump or enlargement in either testicle
- A feeling of heaviness in the scrotum
- A dull ache in the abdomen or groin
- A sudden collection of fluid in the scrotum
- Pain or discomfort in a testicle or the scrotum
- Enlargement or tenderness of the breasts
- Back pain

It is important to check yourself every month. Should you note any abnormal changes you should consult with your medical practitioner or clinic.

[Testicular self-examination poster link](#)

What causes breast cancer?

Although the precise causes of breast cancer are unclear, we know the main risk factors. Among the most significant factors are:

- Advancing age and a family history of breast cancer,
- Risk increases for a woman who has certain types of benign breast lumps and increases significantly for a woman who has previously had cancer of the breast or the ovaries,
- A woman whose mother, sister, or daughter has had breast cancer is two to three times more likely to develop the disease,
- Women over age 50 are more likely to get breast cancer than younger women,
- African women are more likely than Caucasians to get breast cancer,
- A woman's risk for breast cancer is increased if she starts menstruating before age 12,
- Has her first child after age 30,
- Obesity is an important risk factor and drinking alcohol particularly more than one drink a day may promote the disease.

Symptoms

In its early stages, breast cancer usually has no symptoms. As a tumor develops, you may note the following signs:

What are the symptoms of breast cancer?

- A lump in the breast or underarm that persists after your menstrual cycle. This is often the first apparent symptom of breast cancer. Lumps associated with breast cancer are usually painless, although some may cause a prickly sensation. Lumps are usually visible on a mammogram long before they can be seen or felt.
- Swelling in the armpit.
- Pain or tenderness in the breast. Although lumps are usually painless, pain or tenderness can be a sign of breast cancer.
- A noticeable flattening or indentation on the breast, which may indicate a tumor that cannot be seen or felt.
- Any change in the size, contour, texture, or temperature of the breast. A reddish, pitted surface like the skin of an orange could be a sign of advanced breast cancer.
- A change in the nipple, such as a nipple retraction, dimpling, itching, a burning sensation, or ulceration. A scaly rash of the nipple is symptomatic of Paget's disease, which may be associated with an underlying breast cancer.
- Unusual discharge from the nipple that may be clear, bloody, or another colour. It is usually caused by benign conditions but could be due to cancer in some cases.
- A marble-like area under the skin.
- An area that is distinctly different from any other area on either breast.

Male breast cancer

While breast cancer is rare in men, it does happen. Any cell in your body can become cancerous. So even though men have a very small amount of breast tissue, cancer can develop there. The risk of a man getting breast cancer in his lifetime is about 1 per 1000.

As breast cancer is so uncommon in men, it is often not diagnosed until the cancer is in a later stage. This makes it more difficult to treat.

Breast cancer facts explained:

1. Antiperspirants can cause breast cancer.
 - You may have heard that chemicals in antiperspirants can get into your body through razor nicks and cause breast cancer. Experts say there is no evidence this is true.
2. Most breast lumps are not cancer.
 - A new lump or mass that is hard, painless, and has rough edges is more likely to be cancer. Watch for breast pain, swelling, dimpling, nipples that hurt or leak liquid, or any redness or thickening of the skin. Always see your doctor if you notice anything different.
3. You need to worry about breast cancer only if it runs in your family.
 - Anyone with breast tissue can get breast cancer, even men. But some things make it more likely. Breast cancer in your family, on your mother's side or your father's raises your chances. You are also more likely to get breast cancer if you have had it before. Most women have some risk factors, but most do not get the disease.
4. What is the main risk factor for breast cancer?
 - Breast cancer is 100 times more common among women, although men can get it too. Age is another factor, 2 out of 3 women with invasive breast cancer are age 55 or older.
5. Which is the best way to find breast cancer early?
 - Regular mammograms lower your chances of dying from the disease. The test is an X-ray of the breast. It can find cancer before you can feel it or have symptoms. The American Cancer Society says most women should get one every year after age 40.
6. On the morning of your mammogram, you should not use deodorant:
 - Some deodorants or antiperspirants have ingredients like aluminum that can show up on the X-ray image as white spots. Schedule the exam when your breasts are not swollen or tender. For example, try to avoid the week before your period.
7. What was the color of the first breast cancer awareness ribbon?
 - These days, it is hard to miss that pink is the official color of breast cancer awareness. But the first ribbon for the cause, designed by a breast cancer survivor, was peach. Charlotte Hayley attached the ribbons to cards she handed out at supermarkets. She asked people to wear them to draw attention to the need for breast cancer prevention research.
8. What can you do to lower your risk?
 - Here is another reason to get off the couch: Walking, swimming, biking, and other regular exercise seems to lower breast cancer risk by 10% to 20%. Women who have gone through menopause benefit most from being active.

[Breast self-examination poster link](#)

Make some time for yourself your health is your wealth.

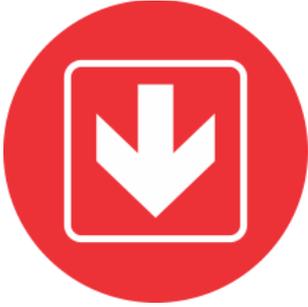
Some of our training courses can be done through our virtual classroom.

Certain types of Risk Assessments and audits will be done by means of virtual site visits using various means of technology to virtually visit the site.

For more information please contact – info@topcompliance.co.za

<https://www.topcompliance.co.za/index.php/products>



			
Medical equipment	SANS Signage	Legal posters	Personal Protective Equipment

Courses offered by Top Compliance (Pty) Ltd

<https://www.topcompliance.co.za/index.php/skills-development-head/training-calendar>

ONSITE TRAINING			
First Aid Courses:			Accreditation
NEW level 1 – US 119567 - Perform basic life support and first aid procedures	2 days		DEL
NEW level 2 – US 120496 - Provide risk-based primary emergency care/first aid in the workplace.	3 days		DEL
NEW level 3 – US 376480 - Provide first aid as an advanced first responder	3 days		DEL
First aid: Level 1	2 days		No longer recognised
First aid: Level 2	3 days		No longer recognised
First aid: Level 3	3 days		No longer recognised
First aid: Level 1 & 2	3 days		No longer recognised
First aid: Level 2 & 3	3 days		No longer recognised
First aid: Level 1, 2 & 3	5 days		No longer recognised
Child and infant CPR & choking	6 hours		
Adult CPR & choking	6 hours		
Adult CPR & choking and AED	1 day		
Occupational Health and Safety Courses			
OHS Act & SHERQ representative – Legal Liability	1 day		
The Occupational Health and Safety Act & responsibilities of management – Legal Liability	1 day		
Hazard Identification and Risk Assessment	1 day		
Safety representative course specific for COVID-19 in terms of the OHS Act and Regulation for Hazardous Biological Agents	6 hours		
Food facility health & safety course in terms of R364	6 hours		
Fire Fighting and Prevention Courses			

Basic firefighting (Fire marshal)	6 hours	
Basic firefighting with emergency action planning (Fire & Evacuation marshal)	1 day	

ONLINE VIRTUAL CLASSROOM		
Occupational Health and Safety Courses		
Safety representative course specific for COVID-19 in terms of the OHS Act and Regulation for Hazardous Biological Agents		07h45 – 11h00
OHS Act & SHERQ representative – Legal Liability		07h45 – 16h00
The Occupational Health and Safety Act & responsibilities of management – Legal Liability		07h45 – 16h00
Hazard Identification and Risk Assessment		07h45 – 15h00
Food facility health & safety course in terms of R364		07h45 – 14h00
Fire Fighting and Prevention Courses		
Basic firefighting (Fire Marshal)		07h45 – 13h00
Basic firefighting with emergency action planning (Fire and Evacuation marshal)		07h45 – 15h00