WHAT YOU NEED TO KNOW ABOUT CANCER
A GUIDE FOR PATIENTS AND CAREGIVERS
The American Cancer Society, Inc. contracted The Johns Hopkins Center for Communications Programs to lead the development of this patient-caregiver booklet in close collaboration with the following partners who provided technical guidance and design recommendations: The Ministry of Health of Kenya, Kenyatta National Hospital, Moi Teaching and Referral Hospital, Aga Khan Hospital, and the Kenyan Network of Cancer Organizations (KENCO). The content in the booklet is adapted from materials prepared by the American Cancer Society and based on qualitative research conducted among cancer patients and their caregivers in Kenya. Some limited content was adapted from MacMillan Cancer Support, and the U.S. National Cancer Institute. Avocado Design Studio was responsible for graphic design and illustrations. The Ministry of Health of Kenya and KENCO lead the in-country dissemination and training on the use of this material.

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Cancer is one of the major noncommunicable diseases (NCDs), and together with cardiovascular diseases, diabetes and chronic respiratory diseases they cause over 60% of total global mortality every year. It is estimated that cancer kills over 7.9 million people globally every year constituting close to 13% of total deaths worldwide. While communicable diseases still remain the leading killers in many developing countries, the incidence and mortality from noncommunicable diseases is rising rapidly. This has resulted in a ‘double burden’ of diseases which is imposing strain on existing health systems.

In Kenya, cancer ranks third as a cause of death after infectious diseases and cardiovascular diseases. It causes 7% of total national mortality every year. It is estimated that the annual incidence of cancer is about 28,000 cases and the annual mortality to be over 22,000. Over 60% of those affected are below the age of 70 years.

The Kenya Ministry of Health (MOH), in collaboration with the American Cancer Society (ACS), the John Hopkins Center for Communication Programs (JHC-CCP), Kenyan cancer professionals and civil society organizations, have partnered to increase the availability, quality and effectiveness of information, education and communication (IEC) materials for cancer in Kenya. Within that context, the Ministry supported a study to provide information about the state of cancer knowledge, attitudes and practices in Kenya, known as the “Cancer KAP survey”. The findings of this survey are intended to help inform the planning, implementation and evaluation of health education interventions in Kenya. The Ministry and its partners are also using the findings of the KAP survey to inform the adaptation of existing IEC materials for use among cancer patients, caregivers and health care workers in Kenya.

Dr Kioko Jackson K., OGW
Director Of Medical Services
INTRODUCTION

In this booklet, we answer many questions about cancer and cancer treatment.

Please keep in mind that this is not meant to replace the advice of your doctor or nurse. Talking with them is the best way to understand what’s going on with your body and how treatment will work.
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WHAT IS CANCER?

Cancer happens when the cells in our body start to grow and divide out of control. This makes it hard for the body to work the way it should.

WHAT ARE CELLS?
Cells are the smallest unit of the human body. They carry out all the functions necessary for life. Cells are usually too small to be seen with the naked eye.

There are many types of cancer. Some cancers grow and spread fast. Others grow more slowly. They also respond to treatment in different ways.
WHAT IS CANCER?

HOW TUMOURS DEVELOP

NORMAL CELL

CANCER CELL

DOUBLING

MALIGNANT TUMOUR
Cancer can start in almost any part of the body. The most common cancers in Kenya are:

**MEN:**
Prostate, Oesophagus, Kaposi sarcoma, Stomach, Colorectum

**WOMEN:**
Cervix, Breast, Oesophagus, Stomach, Kaposi sarcoma
Cancer is not a death sentence. Cancer is a serious disease but it can be treated well for many people.
Cancer cells can spread to other parts of the body. For instance, cancer cells in the lung can travel to the bones and grow there. When cancer cells spread from the original site, it is called metastasis. When lung cancer spreads to the bones, it’s still called lung cancer. It’s not called bone cancer unless it started in the bones.

TIP FOR CAREGIVERS:
Make sure the patient understands what cancer is, and is not. Talk about it openly, and ask questions.
Causes of cancer

We don’t know what causes all cancers, but we know that certain things called “risk factors” affect your chance of getting some cancers.

Some risk factors for cancer can be changed and others can’t. Risk factors that can’t be changed include your age, sex, and family history.

Things that can be changed are things you do, such as whether you use tobacco or drink alcohol, what you eat, how much you exercise, and how much sun you get. Other risk factors are linked to things in the environment that cause cancer.

But having a risk factor, or even many risk factors, doesn’t mean that you’ll get cancer. And some people who get cancer may have few or no known risk factors.

Cancer is NOT caused by witchcraft or any form of supernatural force.
MODIFIABLE RISK FACTORS

- TOBACCO
- ALCOHOL
- WHAT FOODS YOU EAT
- AMOUNT OF EXERCISE
- EXPOSURE TO POLLUTANTS
**Can cancer be inherited?**
Cancer is usually not inherited. It is not passed from parent to child the same way that height and HIV are.

Cancer is caused by changes in the way cells divide. With some cancers, abnormal cells can be inherited from one's parents. In such families, more than one person may get the same cancer.

**Is cancer contagious?**
Cancer is NOT contagious. You CANNOT “catch” cancer from someone who has it through things like kissing, touching, sharing meals, or breathing the same air. However, some infections that can increase your risk of developing cancer can be spread from person to person.

**Infections and cervical cancer**
Some infections such as Human Papilloma Virus (HPV) can also increase your risk of cancer. Cervical cancer is linked to HPV, which can be spread through sex. HPV is a very common infection and in most cases it goes away without treatment. Having HPV does not mean you will get cancer, but it can increase your risk of developing it.

However, cervical cancer itself is not contagious, and can be easily prevented if caught early through regular screening. A vaccine is also available to prevent certain types of HPV, and it is recommended for preteen girls aged 9 to 12 in Kenya.
Sometimes, it is possible to find cancer early through screening before having symptoms. The Ministry of Health recommends regular check-ups and certain tests for cervical and breast cancer for women and prostate cancer for men even though they have no symptoms.

Different people experience different signs and symptoms, and these often depend on the type and stage of cancer. Below are some common signs and symptoms of cancer. No symptom should be ignored or overlooked, especially if it has lasted a long time or is getting worse.

Although experiencing these signs and symptoms does not mean you have cancer, it is always better to visit the health facility if you have any concerns about your health.
Possible signs and symptoms of cancer

**Unexplained weight loss:**
Most people with cancer will lose weight for no known reason.

**Unexplained pain:**
Pain may be an early symptom with some cancers. This includes a headache that does not go away or get better with treatment, or severe back pain.

**Skin changes:**
Some other cancers can cause skin changes that can be seen, such as changes in color and tone.
**Fever:**
Fever is very common with cancer, but it more often happens after cancer has spread from where it started. In Kenya, fever might also be a sign of infection or malaria, and you should visit a health facility within 24 hours of the onset of a high and prolonged fever.

**Fatigue:**
Fatigue is extreme tiredness that doesn’t get better with rest.
There are other signs and symptoms that are not listed here. If you notice any major changes in the way your body works or the way you feel, visit the health facility for a check up.
Cancer diagnosis
If your doctor suspects you have cancer, you will need more tests.

In most cases a biopsy is the only way to be sure whether cancer is present. A biopsy does not make the cancer grow more quickly or spread. To do a biopsy a very small piece of the lump or abnormal area is removed and examined under a microscope to see if cancer cells are present. Most biopsies are done using a small needle.

Further tests can also be done, including scans and blood tests.
**Why did this happen to me?**
Some people think they’re being punished for something they did or didn’t do in the past. Most people wonder if they did something to cause the cancer.

**If you’re having these feelings, you’re not alone.** You need to know that cancer is not a punishment for your past actions. Cancer is not your fault. Instead, focus on taking good care of yourself now.

**Am I going to die?**
It’s normal to think about dying if you’ve just been told you have cancer. Many people still believe that “cancer = death.” But the fact is that most cancers can be treated.

Talk with your health care worker if you have questions about your own chances of a cure, or how long you might survive your cancer. They know your situation best.

Many people find comfort and meaning through religion during cancer diagnosis, treatment, and recovery. Don’t hesitate to speak to your spiritual leader.
**Stages of Cancer**

The stage of cancer tells us if and how far the cancer has spread from where it started. Knowing the stage of the cancer helps the doctor decide what type of treatment is best and how well it will work.

As a rule, a lower stage (such as a stage 1 or 2) means that the cancer has not spread very much. A higher number (such as a stage 3 or 4) means it has spread more. Stage 4 is the highest stage.

Ask your doctor to explain the stage of your cancer and what that means for you.
Treatment works best when cancer is found early, when it is less likely to have spread to other parts of the body.

The number and kinds of treatment choices you have will depend on all of these factors:

- The type of cancer
- The stage of the cancer
- Your age, overall health, and personal needs

Don’t be afraid to ask questions - as many as you need. Make sure you understand the treatment options.

The most common treatments for cancer are surgery, chemotherapy, and radiotherapy. Often two or more treatments are used to get the best results.
**SURGERY** can be used to remove lumps caused by some cancers. The doctor might also take out some or all of the body part the cancer affects. Surgery is not used for all types of cancer.

**CHEMO** (short for *chemotherapy*) is the drug(s) used to kill cancer cells or slow their growth. Some chemo is given into a blood vein through a needle, and others are pills you swallow. You may get chemo once a day, once a week, or even once a month. Chemo is usually given with breaks between treatment cycles. How long you get chemo depends on the type of cancer, your treatment goals, and how your body responds to the drugs.
**RADIOThERAPY** is also used to kill or slow the growth of cancer cells. It can be used alone or with surgery or chemo. Radiotherapy can be given in two ways – from a machine outside the body or from objects put inside the body. Some people get both.

Radiation that comes from outside your body is like getting an x-ray (a photograph of your organs or bones). For most people, treatments are given 5 days a week for 1 to 10 weeks.

Sometimes, the doctor will need to put a radiation source inside you. When that happens its called an implant. This implant is put very near or right inside the tumour.

Radiation therapy isn’t painful, but some of the side effects it causes can be. If you have any pain, talk to your doctor or nurse.
Treatment goals
Before starting treatment, ask about the goal of treatment. Is the purpose of the treatment to cure the cancer, control it, or treat problems it’s causing? Sometimes the goal of treatment can change over time.

Side effects of treatment
Side effects are the undesirable effects of a drug or medical treatment. Each type of treatment has different side effects. But most cancer treatment side effects can be relieved.

CHEMO SIDE EFFECTS: These usually only last while you are taking chemo and can often be treated.

- nausea and vomiting
- appetite loss
- temporary hair loss
- mouth sores
- higher risk of infection
- bleeding or bruising after minor cuts or injuries
- anemia (low red blood cell counts), which can cause tiredness, shortness of breath, pale skin, and other symptoms
- emotional stress

Make sure to discuss any concerns you may have about your fertility with your doctor.
RADIOTHERAPY SIDE EFFECTS: Radiation treatments are generally painless, but they can cause skin irritation and extreme tiredness. Tiredness often lasts for many weeks after treatment ends.
**Is cancer treatment worse than cancer?**
Cancer treatment often saves lives – especially when cancer is found and treated early. Even when it can’t cure cancer, treatment can often prolong life and reduce pain and other symptoms.

If cancer is allowed to progress without treatment, symptoms get worse and new symptoms build up over time. Untreated cancer commonly causes death.

**What else can I do?**
Complementary therapies are those that are not part of your medical treatment, but that can safely be used along with your medical treatment. They should not be used instead of your medical treatment.

They can help relieve certain symptoms of cancer or side effects of treatment. Examples include prayer or meditation to reduce stress, tea (such as ginger tea) for nausea, massage therapy, and relaxation techniques to relieve stress and pain during medical procedures.

However, some herbal treatments and witchcraft can be dangerous to your health. Always talk to your doctor or nurse before seeking such treatments.
Palliative care focuses on relieving suffering caused by cancer and helps people live as comfortably as possible for as long as they can. It is not intended to cure the illness.

It can be given at any point during a person’s illness to relieve symptoms, pain, and stress, and should be provided along with curative treatment. Palliative care often starts at the time of diagnosis.

**You should never accept pain as a normal part of having cancer.** Most pain can be controlled or relieved.
WHAT CAREGIVERS CAN DO

• Watch the patient for signs of pain, including grimacing, moaning, tension, or reluctance to move around in bed.

• Try warm baths or warm washcloths on painful areas, but avoid areas where radiation was given. Gentle massage or pressure might also help some types of pain.

• Suggest fun activities to distract the patient.

• Plan activities for when the patient is most comfortable and awake.

• Offer plenty of fluids.

• Help the patient track when pain medicines are due.

• Talk with the doctor or nurse so that you understand which medicines are for pain and how each is to be used.

• Check with the doctor or nurse before you crush or dissolve pain pills to make them easier to swallow.

• Keep pain medicines away from others, especially children and pets.

• When you are caring for someone with pain, plan time for activities you enjoy and take care of yourself. A support group for family members may be helpful.

Caregivers are critical to a patient’s wellbeing, but must also look after themselves. Refer to section 6 for more information on being a caregiver.
DIET AND LIFESTYLE MANAGEMENT

Benefits of good nutrition during cancer treatment

Eating the right kinds of foods before, during, and after treatment can help you feel better and stay stronger. It can help you maintain your body weight, deal with side effects of treatment, lower your risk of infection, and heal and recover faster.

Eating well means eating a variety of foods to get the nutrients your body needs to fight cancer.

Make sure to discuss your nutritional needs with a health care worker or nutritionist, especially if you have other chronic illnesses.
DIET AND LIFESTYLE MANAGEMENT

- **YOGURT**
- **TUBERS**
- **WHOLE GRAINS**
- **VEGETABLES**
- **BEANS & NUTS**
- **FRUITS**
- **GREENS**
- **FISH & POULTRY**
- **MEAT**
- **DAIRY**
- **FATS & OILS**
- **MEAT & FISH & POULTRY**
- **SWEETS**

**Occasionally**

**Moderate portions, daily to weekly**

**Often, at least two times weekly**

**Base every meal on these foods**
Protein (Meat and alternatives)

After treatment, extra protein is usually needed to heal tissues and help fight infection.

Good sources of protein include legumes (beans, pigeon peas, cow peas, green grams, lentils, and soya beans), poultry (e.g. chicken), lean red meat (e.g. beef, goat, lamb, pork), eggs, fish (e.g. tilapia, nile perch (mbuta)), dried small fish (omena), dairy products (milk, yogurt, cheese), nuts (e.g. cashews, groundnuts, macadamia) and simsim and peanut butter.
DEALING WITH POOR APPETITE

A person with a poor appetite may eat much less than normal or may not eat at all.

**What to pay attention to**

- Little or no interest in food
- Refusing to eat favorite foods
- Weight loss

**What caregivers can do**

- Try giving the patient 6 to 8 small meals and snacks each day.
- Offer starchy foods, such as ugali, chapatti, bread, potatoes, or pasta, with high-protein foods, such as chicken, meats, fish, eggs, cheeses, milk, nuts, yogurt, peas, and beans.
- Offer fruit juices, chocolate milk, or soup when the patient doesn’t want to eat.
- Keep cool drinks and juices within the patient's reach.
- Try plastic forks and knives if the patient is bothered by bitter or metallic tastes.
- Don’t blame yourself if the patient refuses food or can’t eat.
- Be encouraging, but try not to fight about eating.
Fats and oils
Fats serve as a rich source of energy for the body. But some fats are better for you than others.

The best sources of fats are: vegetable oils like corn, simsim, sunflower, and peanut.

Speak to your doctor about how much saturated fats you should get from animal sources (like meat and poultry, whole milk, cheese, and butter).

Limit your intake of solid fats, such as margarine, shortening, and solid cooking fats. These fats are also often found in snack foods and baked goods.

Carbohydrates
Carbohydrates are the body’s major source of energy.
The main sources of carbohydrates in Kenya are maize, rice, chapatti, ugali, potatoes, sorghum, cassava, wheat, sweet potatoes, millet and green bananas.

**Sugars and sugary foods should be taken in moderation (these include table sugar, honey, jam, cakes and biscuits).**

**Vitamins and minerals**
Fruits and vegetables contain essential vitamins and you should try to consume a minimum of five portions of vegetables and fruits everyday.

Fruits and vegetables that you should eat include: sukuma wiki, spinach, pumpkin leaves, cowpea leaves, carrots, cassava leaves, green pepper, sweet potatoes, mangoes, pawpaw, passion fruit, oranges, pineapple, and red watermelon. All traditional vegetables are also good sources of vitamins and minerals.

Vitamins and minerals are also obtained from animal source foods such as milk, eggs, liver, kidney, fish, bone soup, beef, mutton, pork, chicken.
Water
Water and healthy fluids are vital to health. Try to drink about eight large glasses of water each day. You may need extra fluids if you’re vomiting, have diarrhoea, or even if you’re just not eating much. You should avoid sugary and artificially sweetened liquids, and alcohol.

TIP FOR CAREGIVERS:
Offer water to the patient many times during the day. If they have mouth sores, try offering a straw.

Make sure you wash fruits and vegetables very well especially if you are eating them while getting treatment (chemotherapy and/or radiation) when the risk of infection is high.
Tips to get more energy

- Eat several small healthy snacks throughout the day. Don't wait until you feel hungry.
- Eat your favourite healthy foods at any time of the day.
- Eat your biggest meal when you feel hungriest.
- Try to eat high-energy, high-protein foods at each meal and snack.
- Exercise lightly or take a walk before meals to increase your appetite.
- Drink high-energy, high-protein beverages like chocolate milk.
- Drink most of your fluids between meals instead of with meals.
Don’t forget about physical activity
Physical activity helps keep you strong, and it can help reduce depression, stress, fatigue, nausea, and constipation. It can also improve your appetite.

If your doctor approves, start small (5 to 10 minutes each day). Listen to your body, and rest when you need to.

- Talk to your doctor before you start any type of exercise.
- Start slowly.
- Try short periods of exercise with frequent breaks.
- Always start with warm-up exercises for about 2 to 3 minutes.
- End your session with stretching or flexibility exercises.
Here are some ways to add physical activity to the things you do every day.

- Walk around your neighbourhood after dinner.
- Play active games with kids, like jumping rope, and the games you played when you were a kid.
- Take a friend dancing, or dance in your own living room.
- Use an exercise bike or treadmill, or do arm curls, squats, lunges, and crunches.
- Use the stairs instead of the elevator or escalator.
- Get off the matatu or bus several stops early and walk the rest of the way to work.
- Make appointments for yourself for 10-minute walking breaks.
- Form a walking club of co-workers or neighbours.
How will cancer affect my sex life?
Some people have little or no change in their sexual desire and others find that they have less interest in sex. It can be caused by stress, feeling tired, and other treatment side effects. This is normal.

- Some types of cancer, like cancer of the cervix or bladder, may cause bleeding in the genital area or urinary tract. If this bleeding is worse after sex, talk with your doctor.
- If you’ve had surgery, how soon you can have sex will vary. Your health worker can give you more information.
- If you have sex within the first couple of days of having chemotherapy, use a condom.
- Sex cannot make your cancer worse or increase the risk of it coming back.
- Cervical cancer is not infectious. Your partner cannot catch it from you.

Talk with your partner about their concerns and what you feel OK with – which can change from week to week.
Will cancer make me infertile?

Pregnancy is not recommended during treatment. Doctors often tell men and women to use family planning throughout treatment, and even for a few weeks or months after treatment is done.

Women may find that their periods become irregular or stop while getting treatment. This doesn’t mean that they can’t get pregnant, so family planning is still needed. In men, the treatments may reduce or damage sperm cells. Even so, men often become fertile again after treatment is done.

Whether or not you plan to have children, it’s normal to worry about how treatment will affect your fertility. Talk to your doctor before treatment starts about any questions or concerns you have about fertility and cancer treatment.
Some questions you may want to ask your doctor

- What kind of cancer do I have?
- What stage is it and has it spread to other parts of my body?
- What are the treatment options for this type of cancer?
- What are the risks and possible side effects of the treatment options?
- How successful is the treatment for my type and stage of cancer?
- Is the aim of treatment to cure or to control the cancer?
- What if I choose not to have treatment?
- What if I would like a second opinion?
How to talk to your loved ones about cancer

It can be hard to talk about cancer, even with the people you love. Your loved ones may also have a hard time talking about cancer. Here are some tips to help you:

- Tell your family and friends about your cancer as soon as you feel up to it. They might feel hurt or left out if they haven't heard about it from you.
- Explain what kind of cancer you have and how it will be treated. **Let them know that no one can catch it from you. Explain that you are getting treatment to get better.**
- Allow friends and family to help you, and tell them what kind of help you need.
Let friends and family know that even if they can’t support you financially, their support is still welcome in other ways.

Tell the people who are closest to you how you feel. This may not be easy, but it can be a very important way to get the support you need when you need it most.

If some people are not OK with talking about your feelings, don’t be upset. Try talking to others who might listen.

You may not be able to do things you were doing before you got cancer. If that’s true, let your family and friends know.

If you’re feeling sad or depressed, talk to your doctor, nurse, or religious leader.

**TIP FOR CAREGIVERS:**

*Help the patient explain the diagnosis and treatment to their family members. Be supportive and be there to answer questions.*
How to be a good caregiver

A good caregiver is often the one person who knows everything that’s going on with the patient. Don’t be afraid to ask questions and take notes during doctor visits.

- Keep the patient involved in planning their care.
- Disclose to the patient what you know.
- Ask questions.
- Let the person with cancer make decisions, but if the patient is making questionable choices (like not taking medicines), talk to them about their choices.
- Encourage the patient and give them positive words.
- Sometimes you might need to set limits with the patient. For example, have the patient care for themselves as much as they can, and encourage them to talk about things other than cancer and illness.
- It’s normal to feel frustrated, upset, and stressed when caring for someone with cancer. Ask for help when you need it.
- Take care of your own needs. Be sure to get enough sleep, exercise, eat healthy foods, and keep your normal routine as much as you can.
- Don’t try to do it all yourself! Reach out to others.
- Many people find comfort and meaning through religion. Speak to your spiritual leader if you need support.
When others want to help
Asking for help or letting others help can take some of the pressure off and allow you time to take care of yourself.

- Look for areas where you need help. Make a list.
- Hold regular family meetings to keep everyone up to date. Include the patient.
- Ask family and friends when they can help and what jobs they think they can do. Be very clear about what you need.
Even though you do the best you can, there may be times you'll feel that you could have done better. Try not to blame yourself. Find a way to forgive yourself and move on. Focus on those things that you do well. It’s not easy to be a caregiver, but it can be rewarding.
FURTHER RESOURCES

Where to Go for Cancer Services and Information

Below is a list of resources on cancer services and information available in Kenya.

Health Insurance

THE NATIONAL HEALTH INSURANCE FUND (NHIF) is Kenya’s largest medical insurance provider, with over 2,000 accredited health care providers countrywide. NHIF aims to provide accessible, affordable, sustainable, equitable and quality social health insurance to all Kenyans. Contact NHIF to find out how to enroll.

+254 (0) 271 4793/4, +254 (0) 272 2527, +254 (0) 20 272 3246, +254 (0) 20 272 3281/2, +254 (0) 272 3290 +254 (0) 272 3296/7.

customer service@nhif.or.ke

1. This list is provided for ease and convenience of reference only. Inclusion in this list does NOT mean the American Cancer Society endorses any such services or organizations. The American Cancer Society has no control over the services or views of these organizations and is not responsible or liable for them.
Hospitals and Health Facilities with Cancer Treatment Services

Below is a list of hospitals in Kenya with cancer treatment services. All county referral hospitals provide screening diagnostics surgery with some providing surgery and chemotherapy.

National Referral Hospitals

KENYATTA NATIONAL HOSPITAL, Hospital Road, Upper Hill, Nairobi.
☎ +254 (0) 20 272 6450
✉ knhadmin@knh.or.ke
🌐 www.knh.or.ke

MOI TEACHING AND REFERRAL HOSPITAL, The Chandaria Centre for Cancer and Chronic Diseases and AMPATH Oncology Centre, P.O Box 4606, Code: 30100, Nandi Road, Eldoret, plus satellite clinics in: Kitale, Webuye, Busia, Chulaimbo (Kisumu), Mosoriot, Turbo, Iten, Kakamega.
☎ +254 (0) 704 381 628, +254 (0) 721 176 262, +254 (0) 53-33471/2.

Bomet County

TENWEK MISSION HOSPITAL, P.O Box 39 – 20400, Opposite Tenwek Boys High School, Bomet.
☎ +254 (0) 20 204 5542, +254 (0) 728 091 900.
✉ tenwek@tenwek.com

Kiambu County

KIJABE MISSION HOSPITAL, P.O. Box 20, Kijabe Code: 00220.
☎ +254 (0) 20 324 6500, +254 (0) 733 779 994.
✉ info.kh@kijabe.net | mktoff.kh@kijabe.net

NAZARETH MISSION HOSPITAL, Riara Ridge, Limuru.
☎ +254 (0) 722 405 166, +254 (0) 711 930 741.
✉ info@nazarethhospital.or.ke

Kisumu County

JARAMOGI OGINGA ODINGA TEACHING AND REFERRAL HOSPITAL, Kisumu, Kenya.
☎ +254 (0) 733 888 597, +254 (0)57 – 202080/2020803/2020321.
✉ ceo@jaramogireferral.go.ke | Medup@jaramogireferral.go.ke
🌐 www.jaramogireferral.go.ke
AGA KHAN UNIVERSITY HOSPITAL, Otieno Oyoo Street, Kisumu.
📞 +254 (0) 722 203 622.
🌐 http://www.agakhanhospitals.org/Kisumu

Mombasa County
AGA KHAN UNIVERSITY HOSPITAL MOMBASA, Vanga Road, Mombasa.
📞 +254 (0) 722 205 110, +254 (0) 723 922 238.
🌐 http://www.agakhanhospitals.org/mombasa

COAST PROVINCE GENERAL HOSPITAL, Kisauna Road, Mombasa.
📞 +254 (0) 41 231 4204, +254 (0) 722 207 868, +254 (0) 723 028 726.
📧 chiefadmin@cpgh.co.ke

MOMBASA HOSPITAL, Mama Ngina Drive, Mombasa.
📞 +254 (0) 733 333 655, +254 (0) 722 203 755.
📧 info@mombasahospital.com
🌐 www.mombasahospital.com

PANDYA MEMORIAL HOSPITAL,
📞 +254 (0) 722 206 424, +254 (0) 734 600 663, +254 (0) 789 999 33/2.
📧 matron@pandyahospital.org

PREMIER HOSPITAL, Links Road, Mombasa.
📞 +254 (0) 717 999 000.
📧 info@premierhospital.org
🌐 www.premierhospital.org

Nairobi County
AGA KHAN UNIVERSITY HOSPITAL NAIROBI, Limuru Road, Parklands, Nairobi.
📞 +254 (0) 20 366 2037/2644, +254 (0) 732 688 911.
🌐 http://www.agakhanhospitals.org/Nairobi

BEACON HEALTH SERVICES CANCER TREATMENT CENTER, Hospital Road Fortis Suites, 5th Floor Suite 9, Nairobi.
📞 +254 (0) 714 298 000, +254 (0) 736 998 000.

MATER HOSPITAL, along Mukenia & Dunga Road, South B, Nairobi.
📞 +254 (0)20 653, +254 (0)733 641 870.
📧 inform@materkenya.com
🌐 https://www.materkenya.com
MEDANTA AFRICARE, Golden Plaza, Westlands, Nairobi.
📞 +254 (0) 732 109 100.
✉️ admin@medantaafricare.com
🌐 www.medantaafricare.com

M.P. SHAH HOSPITAL/HCG CANCER CARE KENYA, Shivachi Road, Parklands, Nairobi.
📞 +254 (0) 727 844 882, +254 (0) 733 606 752 (MP Shah).
📞 +254 (0) 20 374 0132 (Cancer Care Kenya).
✉️ info@mpshahhosp.org (MP Shah)
✉️ info@cancercarekenya.com (Cancer Care Kenya)
🌐 Website: www.hcgck.com,

NAIROBI HOSPITAL, Argwings Khodek Road, Nairobi.
📞 +254 (0) 722 204 114
✉️ hosp@nairobihospital.org

NAIROBI WEST HOSPITAL, Gandhi Avenue, Nairobi West.
📞 +254 (0) 722 200 944
✉️ enquiry@nairobiwesthospital.com
🌐 www.nairobiwesthospital.com

NAIROBI WOMEN’S HOSPITAL, Hurlingham, Nairobi.
📞 +254 (0) 20 272 6821
✉️ Email: info@nwch.co.ke

TEXAS CANCER CENTRE, Argwings Khodek Grove, Hurlingham, Nairobi. +254 (0) 753 623 971, +254 (0) 20 262 3605
✉️ info@texascancercentre.co.ke
🌐 http://texascancercentre.co.ke

Nyeri County
OUTSPAN HOSPITAL, Nyeri.
📞 +254 (0) 711 137 128
✉️ ohdiagnosticcenter@outspanhospital.org
🌐 http://www.outspanhospital.org

Uasin Gishu County
ALEXANDRIA CANCER CENTRE AND PALLIATIVE CARE HOSPITAL, Lumumba Avenue Opposite Moi University School of Dentistry, Eldoret. Satellite Centre in Nakuru Town.
📞 +254 (0) 780 443 974 ✉️ info@alexandriahospital.co.ke
Hospices and Palliative Care

Palliative/hospice care focuses on easing the symptoms, stress and pain of chronically ill, terminally ill, or seriously ill patients, and attending to their emotional and spiritual needs. The goal is to improve the quality of life for both the patient and the family.

There are a total of 65 palliative care and hospice providers across Kenya. For more information on these services, please contact KEHPCA below or visit this webpage for more information: http://kehpca.org/hospices/

KENYA HOSPICES AND PALLIATIVE CARE ASSOCIATION (KEHPCA),
Top Plaza, 2nd floor, Suite 2-2, Kindaruma Road off Ngong Road, Nairobi.
+254 (0) 20 272 9302, +254 (0) 722 507 219
info@kehpca.org  http://kehpca.org

NAIROBI HOSPICE, Kenyatta National Hospital Complex, Hospital Road, Nairobi. +254 (0) 732 690 077, +254 (0) 702 198 160
info@nairobihospice.or.ke

Cancer Support Groups

Below is a list of support groups that bring cancer patients together to discuss their common experiences or concerns and provide each other with encouragement, comfort, and advice. Please note that support group meeting dates and times are subject to change. Please contact the organization or facility to confirm or find out more information.

ALBINISM SOCIETY OF KENYA,
+254 (0) 721 864 949, +254 (0) 710 841 183
albinismkenya@gmail.com http://www.albinismsocietyofkenya.org/
Nikubalinijumuishes @AlbinismSociety

ALL CANCERS SUPPORT GROUP, Aga Khan University Hospital (Nairobi branch), 1st Thursday of the month, 2pm to 3.30pm.
Cancer.care@aku.edu

BREAST, CERVICAL, AND PROSTATE CANCER SUPPORT GROUP, Faraja Cancer Support Trust, Nairobi Place, Mokoyeti West Road (off Langata Road), starts 21st September, 10:00am-12:00pm.
arwa@farajacancersupport.org
ALL CANCERS SUPPORT GROUP, Kenyatta National Hospital, Radiotherapy Department, 2 Fridays each month, 11:00am.

ALL CANCERS/HOSPICE SUPPORT GROUP, Nairobi Hospice, every Thursday, 12pm. info@nairobihospice.or.ke

ALL CANCERS SUPPORT GROUP, Nairobi Hospital Counseling Department, Short Stay Auditorium, 2nd Tuesday of the month, 2:15pm – 4:15pm. Open to patients, survivors, family members, Nairobi Hospital staff. +254 (0) 721 963 465, +254 (0) 722 281 362.

BREAST CANCER SUPPORT GROUP, Faraja Cancer Support Trust, 4th Tuesday of the month. info@farajacancersupport.org

CERVICAL CANCER SUPPORT GROUP, Faraja Cancer Support Trust, 3rd Tuesday of the month. info@farajacancersupport.org

CERVICAL CANCER NAVIGATORS GROUP, Women 4 Cancer Early Detection and Treatment, Biblica Centre, every 2nd Saturday of the Month. P.O. Box 13263 – 00100, Nairobi – Kenya. +254 (0) 261 8996, +254 (0) 717 117 446. info@women4cancer.org www.women4cancer.org

COLORECTAL CANCER SUPPORT GROUP, Aga Khan University Hospital (Nairobi branch), 2nd Saturday of the month, 10am to 11.30am. Cancer.care@aku.edu

KISUMU CANCER SURVIVORS SUPPORT GROUP, Jaramogi Oginga Odinga Hospital, +254 (0) 714 932 493

MOSES LOGOOS FOUNDATION, Turkana County. +254 (0) 712 846 194 sam09-kiu@hotmail.com

MURANGA SUPPORT GROUP, +254 (0) 721 961 865, +254 (0) 722 639 568 jumamonica77@yahoo.com | karosa2008@yahoo.com

NAVAISHA SUPPORT GROUP, +254 (0) 722 329 862 mgsashesu@yahoo.com

PROSTATE CANCER SUPPORT GROUP, Faraja Cancer Support Trust, 2nd Wednesday of the month. info@farajacancersupport.org
Kenyan Network of Cancer Organizations (KENCO) member organizations

The Kenyan Network of Cancer Associations (KENCO) is the umbrella body of all cancer civil society groups established to promote a unified approach to cancer control in Kenya. KENCO has a membership of over 20 community-based organizations (CBOs) NGOs, and patient groups. The KENCO member organizations below provide a variety of services and outreach to support individuals, families, and communities facing cancer. Please reach out to learn more. We are here to help.

AFRICA CANCER FOUNDATION,
+254 (0) 725 337 603, +254 (0) 788 263 358.
info@africacancerfoundation.org       https://africacancerfoundation.org
AfricaCancerFoundation       @afriCF

ALBINISM SOCIETY OF KENYA,
+254 (0) 721 864 949, +254 (0) 710 841 183.
albinismkenya@gmail.com       http://www.albinismsocietyofkenya.org
Nikubalinijumuishe       @AlbinismSociety

BETH MUGO CANCER FOUNDATION,
+254 (0) 790 710 880        info@bethmugocancerfoundation.org
http://www.bethmugocancerfoundation.org
TheBethMugoCancerFoundation       @BethMCancerFDN

BREAST CANCER KENYA,
+254 (0) 790 329 958        breastcancer@gmail.com
www.breastcancerkenya.org       breastcancerkenya       @Ca_BreastKE

CANCER AWARENESS CENTRE OF KENYA,
+254 (0) 700 299 380, +254 (0) 719 227 960.
info@cackenya.org       http://cackenya.org
CancerAwarenessCentreOfKenya       @cackkenya

CANCER SURVIVOR AFRICA,
+254 (0) 723 462 564        info@cancersurvivorafrica.org
Cancer-Survivor-Africa-1705429099678522/

CHILDHOOD CANCER PLAYGROUND FOUNDATION,
+254 (0) 725 212 136
cancerchildhoodplaygroupfoundation@gmail.com
COMMUNITY HEALTH ACCESS PROGRAM (CHAP),
+254 796 793 234    rsila03@gmail.com

EDDAH’S HOPE CANCER FOUNDATION,
+254 (0) 704 448 000, +254 (0) 732 440 000.
info@eddahs-hope.org    http://www.eddahs-hope.org
Cancersoldiers/    @eddahs_hope

FARAJA CANCER SUPPORT,
+254 (0) 727 529 287, +254 (0) 737 844 882.
info@farajacancersupport.org    https://farajacancersupport.org
@FarajaCancerSupport    @FarajaTrust

HENZO KENYA,    +254 (0) 20 231 7835    info@henzokenya.or.ke
http://henzokenya.or.ke    henzokenya    @HENZOKENYA

HOPE AND COURAGE INTERNATIONAL,
+254 (0) 701 172 164    info@hopeandcourageint.org

HOPE BEYOND CANCER TRUST,
+254 (0) 722 707 628    eliz_rag@yahoo.co.uk

HOPE FOR CANCER KIDS,
+254 790 749 383    info@hope4cancerkids.org
http://hope4cancerkids.org/    hope4cancerkids.org
@hopeforcancerkid

KENYA CANCER ASSOCIATION,
+254 (0) 717 666 044, +254 (0) 733 722 432, +254 (0) 20 267 7319,
+254 (0) 203 860 611.    info@kenyacancer.org
https://www.kenyacancer.org    kenyacancer    @KENCANSA

KENYA HOSPICES AND PALLIATIVE CARE ASSOCIATION,
+254 (0) 722 507 219, +254 (0) 20 272 9302.    info@kehpca.org
http://kehpca.org    kehpca    @kephca

KENYA CHILDHOOD CANCER TRUST,
+254 (0) 721 245 721.    info@kecct.org

KEVIN KARARWA LEUKEMIA TRUST,
+254 (0) 20 3654 3864, +254 (0) 798 129 947.    info@kkltrust.org
http://www.kkltrust.org    KKLTrust    @kkltrust
KIAMBU CANCER SUPPORT GROUP,
📞 +254 (0) 727 485 669, +254 (0) 700 141 714.
📧 kiambucsgroup@gmail.com

LIMAU CANCER CONNECTION,
📞 +254 (0) 705 981 737, +1 (650) 669 4667.
📧 info@limaucancerconnection.org
🌐 https://limaucancerconnection.org       LimauCancerConnection
🚀 @LimauConnection

OASIS OF LIFE,
📞 +254 (0) 726 992 447, +254 (0) 722 654 995.
📧 info@oasisoflifeorganization.org
🌐 www.oasisoflifeorganization.org       oasisoflifeorganization
🚀 @oasisoflifeke

PROSTATE CANCER SUPPORT ASSOCIATION,
📞 +254 (0) 722 704 788.  🌐 muthwalegm@yahoo.com

SOS CHILDREN’S VILLAGES KENYA,
📞 +254 (0)725 061 639, +254 (0) 20 242 9304.  🌐 info@soskenya.org
🌐 https://www.soschildrensvillageskenya.org       SOSCVMKenya

STOMA WORLD KENYA,
📞 +254 (0) 725 234 935.
📧 info@stomaworldkenya.org
🌐 http://stomaworldkenya.org       stomaworldkenya
🚀 @StomaWorldKenya

TUMAINI LA MAISHA HEALTH SERVICES,
📞 +254 (0) 735 511 904, +254 (0) 719 513 378.
📧 dan@daladevelopment.org       tumaini.l.maisha
🚀 @TLMHS1

TWATUKUZA TRUST,
📞 +254 (0) 714 780 540, +254 (0) 737 780 540.
📧 info@twatrust.org
🌐 https://twatrust.org
🚀 Twakutukuza-Trust-150606404968958
🚀 @TwaTrust

WOMEN 4 CANCER EARLY DETECTION AND TREATMENT,
📞 +254 (0) 717 117 446.  🌐 info@women4cancer.org
📝 Women4Cancer     @Women4Cancer
Online Resources

KENYAN NETWORK OF CANCER ORGANIZATIONS:
  https://kenyacancernetwork.wordpress.com/

AMERICAN CANCER SOCIETY:
  http://www.cancer.org/

MACMILLAN CANCER SUPPORT:
  http://www.macmillan.org.uk/

NATIONAL CANCER INSTITUTE (USA):
  http://www.cancer.gov/