

BODY AND MIND

The Tribune health



UROLOGY CARE BAHAMAS

GROOMING AND MENTAL HEALTH SANDILANDS BEAUTY SALON MEETS MANY VITAL NEEDS

As simple as it may seem, having access to personal grooming services while undergoing rehabilitation can play a major role in a person's mental health. It is the reason why the Sandilands Rehabilitation Centre has always operated a salon that caters to the grooming needs of all its clients.

The beauty salon of the Occupational Therapy Department at Sandilands plays a vital role in ensuring patients are well groomed for everyday living and when involved in activities in the community.

Phillipa Rolle, occupational therapist at Sandilands, said: "A simple human right is access to proper grooming – a fundamental aspect of self-care in order to enhance self-worth and to be socially acceptable."

From a therapeutic standpoint, "receiving a hair wash or haircut from a professional allows for the scalp to be stimulated, which helps to ease feelings of stress and anxiety that are often experienced by our patients. Persons receiving services leave feeling clean and with an overall sense of beauty



AT the Sandilands beauty salon, clients receive grooming services, can socialise with fellow patients, and can enhance or learn barbering/beautician skills.



which is evident by their smiles and brief yet improved body posture," she said.

A bonus feature of the salon is that it serves not only the clients of Sandilands, but also members of the community, who are able to come and receive services in a caring and professional environment. This setting is also therapeutic for the patients, as they can socialise with their friends from the other wards, similar to what would occur in

the setting in the wider community, Ms Rolle explained.

Occasionally there are patients who come from the beauty profession, and at the beauty salon they can continue to hone their skills while away from work. It also serves as a space for vocational training programmes for patients in which they can gain skills and confidence in work performance.

The salon is staffed by two professional beauticians, including Ruth Bowe Dean who supervises the area. Mrs Bowe-Dean recently added to her experience and qualifications when she completed the Barbering Course at the Bahamas Technical and Vocational Institute in 2017. Perfecting this skill allowed her to improve the quality of grooming services offered to the male population of the centre.

She is assisted by Sherry Turnquest, a 1983 graduate of the Hollywood Beauty College.

Both women have attended seminars and workshops over the years to remain on the cutting edge of their profession.



UNIGETTY MUSHONGA, radiation therapist

CANCER OF THE CERVIX

By UNIGETTY MUSHONGA
Radiation therapist
The Cancer Centre Bahamas

Cancer of the cervix is the second most common cancer among women here in the Bahamas after breast cancer. It is commonly found in women below 50 years. The uterine cervix is the lowest portion of a woman's uterus (womb), connecting the uterus with the vagina.

Causes for cancer of the cervix

As with all cancers, there is not one single cause, instead there are risk or predisposing factors. These are factors that increase your likelihood of getting the cancer. The predisposing factors for cancer of the cervix include

- Human Papilloma Virus (HPV) infection
- HIV infection
- Chlamydia infection,
- Being younger than 17 at the time of first full-term pregnancy
- Having multiple sexual partners
- Lifestyle choices including diet and smoking

Signs and symptoms of cervical cancer?

In its early stages, cervical cancer is asymptomatic. When symptoms do occur, they may include:

- Pelvic or lower belly pain
- Unusual vaginal discharge
- Pain or bleeding during intercourse
- Bleeding
- Bleeding between periods

There are different modalities for treating cancer of the cervix, namely surgery, radiation and chemotherapy. The modalities are used either singly or in combination depending on the type and stage of the cancer. There are four stages of cancer, stage 1 to stage 4.

Cervical cancer is one of those cancers that can be prevented; early diagnosis is the key. Regular screenings are recommended. Women age 30 plus are encouraged to go for pap smears.

As a radiation therapist, I am seeing more and more women coming in for treatment of this cancer. Once you present early, treatment outcomes are good. Cancer of the cervix can be cured. I have seen a number of women who came in a lot of pain, agony, bleeding, losing hope and skeptical about radiation treatment go out stronger, healed and smiling. I have had the privilege of meeting some of them later outside of the Radiation Centre and they are as vibrant as ever. The diagnosis of cervical cancer need not be like a life sentence. There are many myths out there about cancer and radiation. In my work experience I have also found out that your attitude and outlook on life has a bearing on the response to treatment. A merry heart doeth good like medicine.

• The Cancer Centre Bahamas at the Medical Pavilion Bahamas remains the only American College of Radiation Oncology (ACRO) accredited cancer centre outside of North America that provides for all of your cancer needs – screening, diagnostic, medical, surgical, paediatric and radiation oncology treatment – all under one roof.

CHEMICAL-FREE BEAUTY PRODUCTS MAKE FOR 'PRETTY NATURAL' SKIN

By ALESHA CADET
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WHILE completing her senior year of an undergraduate degree, Anthonise Archer began studying the alarming prevalence of cancers amongst the Bahamian community, as well as the high rate of carcinogens people not only consume, but expose themselves to within their homes.

It was around this same time, she told *Tribune Health*, big companies were facing lawsuits for the hazardous chemicals found in their products which could cause terminal illnesses. This was the beginning of her interest in creating her own, all-natural skincare line.

"We are rightfully concerned with food being a contributing factor to our overall health, but neglect the idea that topical products and environmental conditions also contribute to well-being. I decided to do better for myself and my family. However, through my own efforts to make better decisions I found it difficult to find affordable options that catered to aesthetics and still provided a better alternative to common shelf items," she said.

"I found myself hesitant to purchase items because they carried a displeasing scent, were tedious to use every day in raw form, or both. After much deliberation, I decided that I could combine my chemistry skills and willingness to raise awareness to provide products that are: affordable, easily manipulated for everyday use, pleasing to the senses, and enriched with beneficial ingredients that are exceptional for healthy skin with no known carcinogens."



ANTHONISE Archer believes in all-natural skincare.



The result was Pretty Natural, a health and beauty brand that offers skincare essentials you didn't know you needed, according to Anthonise.

The hand-made products include carefully crafted bath and beauty goods. Since launching a year and a half ago, Pretty



Natural has managed to impress many Bahamians, especially with its presentation and packaging. The company's soaps, lip balms, raw butters and scrubs have been a hit, said Anthonise.

"Persons fall in love with the feel of hand-made soap instantly and appreciate the

availability of moisturising body butters. This coupled with one of our exfoliating scrubs allows for the ideal regimen. I always get commendations on how long-lasting my lip balms are," she said,

The product line includes a wide variety of soaps featuring locally sourced ingredients, including: Neem; aloe; hibiscus; tea tree, orange, lemon and eucalyptus essential oils; lavender buds; rose and chamomile petals; peppermint; sage; rock salt; rice milk, tumeric; activated charcoal; pine tar; goat milk; tomatoes; carrots; oatmeal; oat milk; honey; coffee grounds; cinnamon, and more.

In addition, Anthonise also provides hand-made lip balms, DIY lip balm kits, bath bombs, DIY bath bomb kits, shower steamers, sugar scrubs, coffee scrubs, whipped body butters scented only with essential oils, raw African black soap, shea butter, cocoa butter, mango butter, bentonite clay, kaolin clay and French green clay.

"The health benefits for each item vary. I don't wish to make any medical claims. However, my products are customised to common conditions based on extensive research that helps me to choose blends of plants, rich butters and essential oils. These products allow for an excellent choice for holistic skincare. Pretty Natural provides safe, healthy skincare products that are great for everyday use, using ingredients that all contribute to healthy, glowing skin. All of my products are preservative-free, paraben-free, sulfate-free and free of synthetic fragrances," said Anthonise.

For more information, contact Pretty Natural at 455-7305.

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