

CakarBit Nas´ f...CaXatkrl ak´ kBaChBaENT Gasb (Janette Astles)
 mxerBa/afavamináneFGayGKEdl erbl CaS...Edl qat ehlyrssSt .
 @svá s...P...ena/ET UnsarFatKnl b...f...AeBI Edl nag CbCamlybus@
 Bil Cag 4000RbePTEdl manenAk...f...nagmankarx...Gak...karhamatnyay
 CkáneTAb...sntag%absBkeKbnp sp h...ENT ánTTI karvKatedin,l
 m...k...rye eBl y...EG...mlyBkeKngvBúaál CmMharkmat´.
 @Us... tamkarskBarbsGKi nagniyayfa 1manGarm...fa 21man
 viúasa@...nrkeXj fak...c...Mamsar s...nagmlyEdl mhKyeGayeCOeday
 FatKnlCag 4000RbePTena¼ man43Rb RKanEtmanbBa...t...karniyaysp .
 ePTCasarFatbgCmMhark (sit RkB¼ manmnisBmlyc...ánrgn...karbHBal
 ep...enam RbBa...deg...nt) ngerKABI FFFCag1qay Nas´. 3
 en¼vabgCaCmMvsQam dacSrés kBaChBaENT Edl Fab...ckár...Edin
 Qam xk,al Kadeb/dg Tkenam k...mlyef... kal Blxmina q...2002nag
 Epi...l . pl b¼Bal Tagen/minRt...t áns...al exj man d...BN´senAel l
 ekitelLgc...BA/GKckár...EgbaN¼ G...rbsnag .
 blntafmTag...gaRka/f...k´ dtK...en¼dr
 c...BA/GKEdl enAC...M CaBess @sp h...ENT áneTaeF...MECal kasa@sp
 Tark ngkmar . enAmnteBTü



Western General nard...Edinburgh . ed-
 al sarl T...enkarvPaK enHbg...fa
 nagK...CmMhark...Garm...F...Sal
 ehlyk...eppCkárleLgvj .
 nagáneGayd...otfaenAExvc...ka
 q...2003 evC...N...EánrkeXj d...BkenA
 Epk...ag...K...Aenmatrbsnag . 1án
 d...yagc,asénAk...c...it...ps¹P...anfava
 manbBa...G...K...teLgehy dt...hlybñ
 Rstbs¹áneTAK...enAeBI Edl TeTA
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erKABpp pl bHBal dl sixPaB
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 nigfvkaCatiyag erchs...s...n...
 tlyagdtCaenARbeTskm...Ca eygp...
 Etm...k...mlyq...RbCaBl rd...Ca
 Tag...ánx...ayfvkaeTael kartij
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 dl @Gaemrk c...M 27;778eRKÓg ...
 k...geQ...p...m...l Exp...anACnbTán
 27;778 x... . karc...MayTagen¼
 mínánrabbBal...dl kar xatbgeTael l
 karÉfTa...KPaB nigkarBúaál
 CmM bN...p mkBF...K...p .

Mouth cancer on the rise, case study

Janette Astles is a beautiful, intelligent woman. But when it comes to meeting men, she is scared to open her mouth and speak. Janette was operated on to combat mouth cancer.

"I feel incredibly lucky to have come through this with just a speech impediment. There are people far worse off than me."

Janette, who smoked five cigarettes a day, first noticed a tiny white lesion on her tongue in March 2002.

Janette had a biopsy at the Western General Hospital in Edinburgh. When the result came back negative, she relaxed and started smoking again.

In November 2003 doctors found an aggressive tumour deep inside her mouth. "I'd known in my heart of hearts for quite a while something was wrong so my sister with me when I went for the results." But the cancer has not stopped Janette from pursuing her dream.

Last year, she graduated with distinction and she has just started working in the Western General's cardiology department.

"I love being a nurse. There's no better feeling in the world than knowing you have helped someone.

"It's also a wonderful feeling knowing the worst is behind me and I'm clear of cancer. I'd advise anyone who notices changes in their mouth to investigate it straight away."

Mouth cancer has skyrocketed recently, possibly because of the increase in smoking and binge boozing.

The number of sufferers in the UK has risen by a quarter in the past 10 years.

Source: Daily Mirror



6 4 2006

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Cam&y&x&h& C&k&ar&l&en&Ak&ng&E&v&N&kar&iy&al
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(www.toh.adracambodia.org) .
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sk&sal&a&el&k&B&S&h&K&mn&K&un&E&pg&ar&len&Ar&v&it&B&it&u&ext&psomr&ab

ផ្លូវក្រហមនៃសិទ្ធិស្ត្រី

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 rbsBkeK . fāKKAAbadēgmy eraK sBaōnkarekIt mkPōn-
 EdI kōgenā/sIT SpUāneKbBāh . sōPōnbsTark nīgCmVō degīh
 ⑤KrbmānsIT SmānsKPaBI ōEdI mānGRta 10% ēncmKmar EdI -
 sITōVtūānTTV sKōēdayGnol am sōCaerogral ēf 1
 eTAtamc, abSTōnsBnana rhmānsnS sITōskōkarTTV ykbriyakasbrīstS
 sBaS Bkarl obBArāI rōPaB ēn nīgRokbedaysKPaBI ōmānEcgenAkō
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 (CEDAW) . eTā¼Cayāgen¼pk ⑤Bērch enAtam

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 ks, h kgVīCati eFVayQābeBI edayfāKEdr edaysarfākEdI ⑤U
 mānrōU rdēdīmīneTog nīgāyōVUqab cNāyēTāel mBāhar nīg smāCāh
 GsrōU sKmal kōmīnRkEx TarkEdI ācēpōgeTot ⑤UāncNāyKāyēTA
 ektBīhōyCkārīnanTmRsal CagTark el fāKēTāvī . karcNāyēTāel I fāKāneF
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TakTgeTAngfāK eFVayesdēōs
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 RtētēbīNāI RākKēndSōsEdI
 ānmkBkarda fāKāne¼tUbgVsg
 bM EdI BkeKCBak ⑤mīhInfāK
 eTotEdI Caeh tmaCayēkIt mānvōp
 PaBRkKdsāhāmly .

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 rbsyūvōenAel BPBel ak ehAkātfa
 GTYS eFVgenAqā2002 bgāI
 famāns ⑤B Rās fāKīh tēdI eTA
 27/7% ēn ⑤dI rseñA ⑤sk GarV
 (Arua) Ca ⑤kmyEdI eKnīymdā fāK
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 cNēnVngēkheLgeBā¼SpngēkgrsI
 hARbeTsK BūGPIVānK ⑤KēKal edA
 sKāh rbsēSāhkmfāK . ⑤mīhIn
 fāKāneFvārcrpl itpl rbsēbenA
 el TōpāredaybPāhfa fāKCatVīg
 eGayPaBsgāhngēsRPaB .

Tobacco Violates Women's Rights



the rights of women have been disregarded. Every woman has the right to health as recognised under various human rights instruments including the Convention on the Elimination of All Forms of Discrimination against Women, (CEDAW).

The 2004 report by the British Medical Association on Smoking and Reproductive Life revealed that smoking causes cancer of the cervix, infertility, painful irregular or missed periods, early menopause, premature birth, low birth weight baby and Sudden Infant Death Syndrome (cot death).

In Uganda, according to a Mulago Hospital study, SIDS and acute respiratory syndrome account for 10% of the 525 of children that die daily.

As the world celebrated Women's Day, March 08, 2006, it was important to reflect upon women and their human rights. Tobacco is one critical area where

Continued on page 7



el ak KUKK Lak Bg Gnut KCK Gkar
bergonesovePASKla f...sukPaB³



skasal atngTis esovePASKlaf...sukPaB
enAvitua y RBHsbutS

tmkBIT

esovePASKSa>>>

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vItua & akTK vItua & vka. kmanrmbBal Ta vrbobeFkC Gkar
cM kvItua & epBgeTotk GraCFanl bergonngGay skakam Edl Cael ak
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2006 .

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tRmgTisdI 'nayk-nayka Nigel ak KU

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krNCm hark>>>

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aneLy .

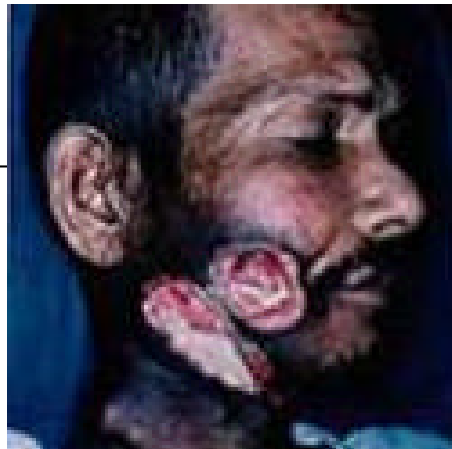
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eBTü Western General .

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KI anbdazkarenHNas' KanGarmDl
Nasb,ayrkrayCageBl Edl dgva
GkánCYCvitmnisBmakénaHeT ehly
manGarmDl Gs@NasénAeBl Edl
dgva¹ánr'cptBARKahf... }LúenH
ánCasHes, yBCmM markehly
¹sthpbd...ndl mnisBTagVayfa

Rosineb sKal' eXj manGMB... enA
kngmat' stheTAmneTiedln, tamdan
Cm...GayánTaneBl evl a .
sB...Hcm...arkmat manGrta
ekheLgxskleGayktsKal' Edl ml
ehtCavCnanénCm... K...mk
BkarCkarl ngkareRbPaserkGrsvov

epfg@ .
enAcRkPBGgeK...cMnGkEdl rg
pl bHBal edaysarCm... ekheLg
1PaK4 kngyfeBl 10 qmkenH .

RoPBE eDI amrVV



TsSn³CMij karCk:)arl



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 cabGarmipN_nigKaMf cbBalkmpFI GbrM
 pSBpSayBbRkalfak; énkareRbR)as;
 falkenHNas; eRbalfavaGacCYkat;
 bnfyGRtaGikCk; bejan)arl.

cgayRbeTskmCaeylg
 catyFankareTael bracrI k; dt)arl
 eGay)an tgrgdlenARbeTsef
 edayenATenahkarCY dt)arl CaGMBI
 xisc,ab;

SM³ rvag)armymted
 nig)arbcj BbragcRk etl
 myNamanerKalfakdl ;
 sixPaB ?



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 CatEtmq . cNBal)arEdI pl itecj BbragcRk flt, itEtvanan
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Produced by



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E-mail: phalliny@toh.adracambodia.org Dqinfo@toh.adracambodia.org