

# The Catholic University of Zimbabwe

## Newsletter

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## E4Impact MBA Pitches for the Presidential Innovation awards - at the Main Campus

Exciting News! 🌟

On May 20th, 2024, E4Impact MBA Zimbabwe students, alumni, and the CUZ Innovation Hub showcased their ground-breaking pitches before esteemed adjudicators from the Ministry of Higher and Tertiary Education, Innovation, Science, and Technology Development. The event was held in anticipation of the prestigious Zimbabwe Presidential Innovation Awards 2025.

We are truly proud of our innovative students' minds and their commitment to driving change and progress in Zimbabwe! 🇿🇼 🌟

*Right: Members of Staff, E4impact Alumni and adjudicators during the Entrepreneurship for Impact MBA Presidential Innovation Awards Pitch*



*Above: 5<sup>th</sup> Edition E4impact student, Lovemore Manyere presenting his Pitch*

## CUZ Students reflect on their Experiences at the Catholic University of Applied Sciences North Rhine Westphalia (KaTho) Germany

CUZ students - Chipo Musonza (Bachelor of Social Sciences - Development Studies) and Memory Tete (Bachelor of Education), under the Faculty of Education and Social Sciences and Humanities (FESSH) were at The Catholic University of Applied Sciences - North Rhine-Westphalia (Katho) in Germany for the first semester of 2024. They left on the 2<sup>nd</sup> of March and returned to Zimbabwe on the 31<sup>st</sup> of July.

They were the second group of CUZ students to go to KaTho, after James Chinongwa and Memory Chimeri went in 2023. The next group of students will be CUZ Social Work students who will go in 2025. Our partnership with KaTho allows selected CUZ students to have a semester abroad under the Erasmus+ exchange program .



*Left – Memory and Chipo when they left Zimbabwe on the 2<sup>nd</sup> of March 2024 and Above: Memory and Chipo on arrival at Harare International Airport on the 31<sup>st</sup> of July after a Semester at KaTho*



*Above: Chipo Musonza & Memory Tete with colleagues in Berlin, Germany, during an excursion.*

We are delighted to welcome home our students Chipo Musonza and Memory Tete after spending their first semester of 2024 at the Catholic University of Applied Sciences in North Rhine-Westphalia (KaTho) in Germany. They have already had a briefing session with senior CUZ staff and some students -sharing their invaluable experiences -thanks to the Erasmus+ exchange program that undoubtedly broadened their horizons and deepened their understanding of diverse cultures and the academic atmosphere. Welcome home ladies!

The CUZ Boost Enactus team members represented CUZ at the competitions held in August this year. The exposure was invaluable. The team is committed to start preparations now for the next opportunity.



***Left: Mr Justin Maparanyanga CUZ (Mutare Learning Centre Coordinator) at the Manicaland MSMEs Business Expo at Meikles Park in the Mutare CBD***

***Right: Prof Lunga (Bulawayo Learning Centre Coordinator) with some learners, at the Binga High School Career Fair***

## CUZ E4impact Alumni Shine



*Nicholas Bhero, E4Impact MBA 6th Edition, received the award for Best Exhibition Stand at the SADC Industrialization Week Exhibition held at Rainbow Towers in August*



*In the picture: His Excellence, President E. D. Mnangagwa flanked by the Honourable Minister of Higher and Tertiary Education, Science and Technology Development Professor Amon Murwira on his right and on the President's left is Dr Fr A. S. Marizane – CUZ Dean for the Faculty of Graduate Studies Research and Innovation,(FGSRI) at the 2024 Presidential Innovation Awards.*



*Above [from left] some of our winning students : Fungai Edna Masunzambwa, Vusumuzi Mkhwananzi and Spenser Matonhodze*

CUZ MADE HISTORY AT THE 2024 ZIMBABWE PRESIDENTIAL INNOVATION FAIR AWARDS! 🎉

THE ZIMBABWE PRESIDENTIAL INNOVATION FAIR AWARDS:

The Presidential Innovation Fair Awards 2024 celebrate the sterling achievements of innovators in various institutions and the citizenry in Zimbabwe. This year, awards were given in 22 categories. In each category, awards were given to the persons or institutions adjudicated as the best, second-best, and third-best innovators.

All participants had a chance to be adjudicated the best innovators of the year and win His Excellency ED Mnangagwa Presidential Innovation of the Year Award. To identify the winners, the following process was followed: A panel of 5 independent adjudicators was constituted and went around the country assessing innovations and various projects in universities, colleges, polytechnical colleges, and secondary schools. The adjudicators submitted their findings to a team of reviewers.

CUZ MAKES HISTORY AND LEAVES THE COMPETITION IN THE DUST!

The Catholic University E4Impact MBA Alumni shone at the event by being nominated in six categories and winning in five categories as follows:

*Presidential Innovation Awards for the Best Innovation in Health*

- **Ben Jammaine Ncube (E4Impact MBA 1st Edition), Men's Health Clinic.** First runner-up awarded with a trophy, certificate and a prize money of USD 3,000

*Presidential Award for the best Innovating Private sector*

- **Fungai Edna Masunzambwa E4Impact MBA 6th Edition, Cotmatech Enterprises (Pvt) Ltd.** Second runner-up awarded with a shield, certificate and prize money of USD 2,000

- **Ben Jammaine Ncube E4Impact MBA 1st Edition), Men's Health Clinic.** Winner awarded with a trophy, certificate and prize money of USD 10,000

*Presidential award for the best Citizen Innovator*

- **Spenser Matonhodze (E4Impact MBA 1st Edition), Murimi 24/7.** Second runner-up was awarded with a shield, certificate and prize money of USD 500

- **Vusumuzu Mkhwananzi (E4Impact MBA 1st Edition), MyRunner.** First runner-up awarded with a trophy, certificate and prize money of USD 1,000

The second-highest awards were awarded to **Verify Engineering Pvt Ltd.** They won three awards:

*Presidential Innovation Awards for the Best Innovation in Mining:* Awarded for the innovation "Lithium Ion Battery(Mineral Beneficiation)".

*Presidential Innovation Awards for the Best Innovation in Energy:* Awarded for the "Lithium Ion Battery" innovation.

**His Excellency Cde ED Mnangagwa Presidential Innovation of the Year Award:** Awarded as the overall best innovator.



Hosts: Mijay & Yamikani

**14 August 2024  
2030HRS**

**Generating Ideas Towards  
Eradicating Issues Affecting  
The Youth In Society.**

Guests:



**Listen Mutashu**  
University Of Zimbabwe

**Lynne Muvezwa**  
Catholic University

**Beulah Matanga**  
Harare Institute of  
Technology

**Munashe Mhindurwa**  
Chinhoyi University of  
Technology

*Left: Zimbabwe University students at the ZiFM radio station for a talk on air.*

*Lyn Muvezwa 4<sup>th</sup> year Development studies student at CUZ represented us well*

## CUZ Wellness day!!!

We will have a CUZ wellness day for CUZ alumni, students and staff on Thursday the 17th of October 2024. There is an interesting line up of activities including Zumba, Aerobics, Tug of war, Chess, Darts, Basketball, Volleyball plus loads more. Join us for wellness and health talks and tips. The line up for the day also includes fun games like fish-fish, soccer, netball and pool!

Students and Alumni are encouraged to get involved and participate in the day's events. To register, contact the Assistant Registrar of Student Affairs, Mr. Tino Bizah, at [arsa@cuza.ac.zw](mailto:arsa@cuza.ac.zw) or visit his office by the 15<sup>th</sup> of October 4pm. Don't miss out on this opportunity to boost your wellness and have some fun!



## The Catholic University of Zimbabwe

### CUZ Wellness Day

17 October 2024

**Activities include:**

- Aerobics, Zumba
- Health talks
- Cancer screening
- BP testing
- Diabetes testing
- BMI (Body Mass Index)
- Football match
- Volleyball match
- Tug of war
- Relays

All staff are invited to participate

Email: [hrofficer@cuza.ac.zw](mailto:hrofficer@cuza.ac.zw) / 0774388307

Venue: JEA | Time: 0900hrs - 1500hrs

The Catholic University of Zimbabwe



GROW WITH CUZ

# FOUNTAIN JOURNAL OF INTERDISCIPLINARY STUDIES, VOLUME 8, ISSUE 2, 2024

## SPECIAL ISSUE OVERALL THEME:

### **Climate Resilience and Sustainable Development in Zimbabwe and the SADC Region**

This overarching theme encompasses the multifaceted challenges and opportunities associated with climate change and variability, emphasizing resilience and sustainable development. It calls for comprehensive research that integrates various aspects of climate adaptation and mitigation, focusing on agriculture, water management, disaster risk reduction, livelihood diversification, conservation, urban resilience, policy and governance, social inclusion, and education. The goal is to foster collaboration and innovation across diverse research areas to develop holistic solutions that enhance resilience and promote sustainable development in Zimbabwe and the SADC region

## SUB-THEMES:

### **1. Climate-Smart Agriculture and Sustainable Land Use**

This theme focuses on the development and evaluation of climate-adapted farming practices and sustainable land use planning. Research could explore innovative agricultural techniques that increase resilience to climate change, improve soil health, and enhance crop yields. Studies might also investigate the impact of various land use practices on the environment and how they can be optimized for sustainability in the Zimbabwean and SADC contexts.

### **2. Water Management and Irrigation Development**

Effective water management is crucial for agriculture and livelihoods, especially in regions prone to droughts and erratic rainfall. This theme encourages research on advanced irrigation technologies, water conservation methods, and efficient water use strategies. Papers could also examine the socio-economic impacts of water scarcity and propose solutions for equitable water distribution and management in rural and urban areas.

### **3. Disaster Risk Reduction and Climate Resilience**

Given the increasing frequency and severity of climate-related disasters, this theme invites research on community vulnerabilities, climate adaptation strategies, and early warning systems. Studies could assess the effectiveness of current disaster risk reduction measures, propose new strategies for enhancing community resilience, and explore the integration of traditional knowledge with modern technologies in disaster management.

### **4. Livelihood Diversification and Economic Empowerment**

Exploring viable livelihood alternatives and value chain development is essential for economic resilience in rural communities. This theme focuses on research that identifies market trends, assesses the feasibility of non-timber forest products, and explores inclusive business models.



Papers could also investigate the role of microfinance, cooperatives, and other economic empowerment initiatives in enhancing community livelihoods.

### **5. Community-Based Conservation and Human-Wildlife Conflict Management**

Balancing conservation efforts with community needs is critical in regions with significant wildlife populations. This theme encourages interdisciplinary research on the socio-ecological dynamics at the community-protected area interface. Studies could explore effective conservation strategies, conflict resolution approaches, and the impact of human-wildlife interactions on both biodiversity and local livelihoods.

### **6. Gender, Youth, and Social Inclusion in Climate Change**

This theme addresses the importance of inclusive development in climate change research. Papers could examine the gendered dynamics of natural resource use, barriers to youth participation, and best practices for social inclusion. Research might also explore how marginalized groups can be better integrated into climate adaptation and mitigation efforts, ensuring that development initiatives are equitable and effective.

### **7. Urban Resilience and Climate Adaptation**

Urban areas face unique challenges related to climate change, including increased heat, flooding, and infrastructure stress. This theme seeks research on urban resilience strategies, climate adaptation plans, and sustainable urban development. Studies could investigate the role of green infrastructure, smart city technologies, and community-based approaches in enhancing the resilience of cities in Zimbabwe and the SADC region.

### **8. Policy and Governance for Climate Action**

Effective policy and governance are essential for implementing climate action initiatives. This theme invites research on the role of policies, regulations, and institutional frameworks in addressing climate change. Papers could analyze existing climate policies, propose new governance models, and explore the impact of international agreements on local and regional climate action. Research might also focus on the role of civil society, private sector, and community-based organizations in shaping and supporting climate policies.

These themes provide a comprehensive framework for exploring the multifaceted challenges and opportunities related to climate change and variability in Zimbabwe and the SADC region, fostering collaboration and innovation across diverse research areas.

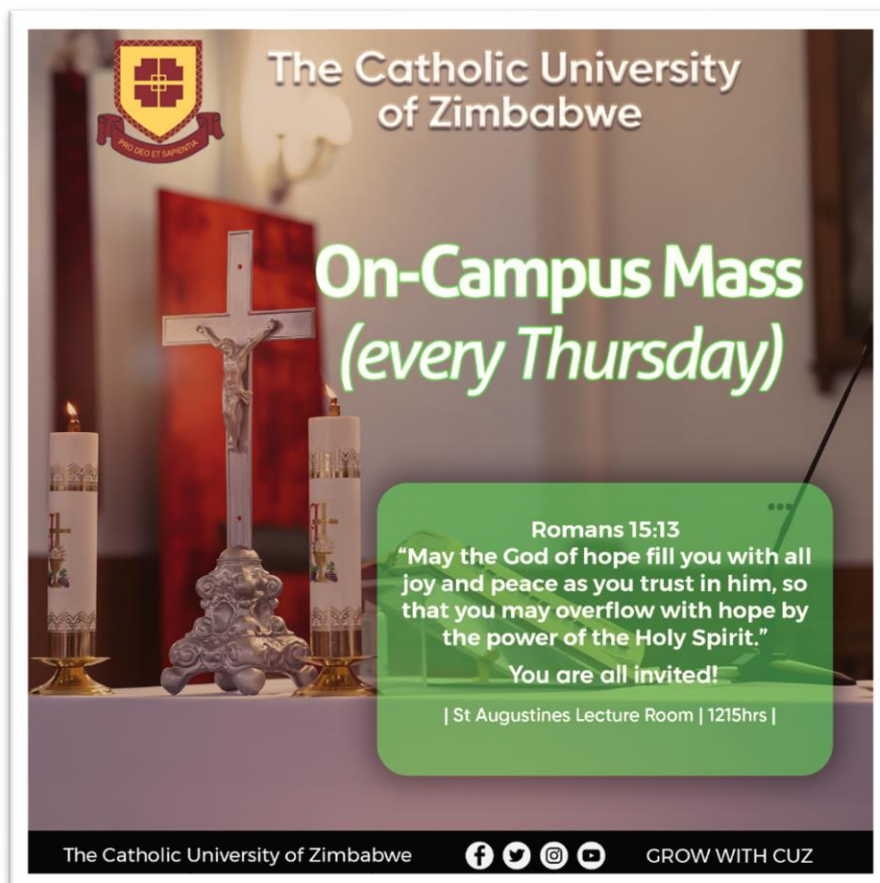
### **9. Climate Change and Variability in Teaching and Research**

This theme focuses on integrating climate change and variability into educational curricula and advancing research capacity in Zimbabwe. It invites papers that explore innovative approaches to teaching climate science at various educational levels, from primary schools to universities. Research could investigate the effectiveness of different pedagogical strategies, the development of climate change modules, and the incorporation of hands-on, experiential learning opportunities. Additionally, this theme encourages studies on building research

capacity in climate science, promoting interdisciplinary collaboration, and enhancing the role of academic institutions in addressing climate challenges. Papers might also explore partnerships between universities, government agencies, and NGOs to foster a robust climate research community in Zimbabwe and the SADC region.

### KEY DEADLINES

- **Deadline for Submitting Abstracts** **18/10/2024**
- **Announcement of acceptance/rejection** **27/10/2024**
- **Conference** **07/11/2024**
- **Deadline for the submission of full papers** **15/11/2024**
- **Publication of papers** **10/12/2024**



*Every Thursday Staff and Students are invited to Mass in the St Augustines Lecture Room at 1215hrs*

# CUZ 2024 Graduation - Friday 10 May



**Above: [from left] Vice-Chancellor - Professor Ranga Zinyemba; Chancellor, His Lordship, Archbishop Robert Christopher Ndlovu, and the Registrar, Br. Dr. Albert Mada during the 2024 Graduation Ceremony held on the 10<sup>th</sup> of May at Harare Campus**

**Right: CUZ Chancellor, His Lordship, Archbishop R.C. Ndlovu capping Dr Chris Mbanga, the immediate past Chairman of the CUZ Council. He was awarded an Honorary Doctor of Philosophy in the humanities. He is the first recipient of an honorary degree from CUZ.**

**Dr Mbanga was recognised for his great work as a humanitarian working for the good of the community at large. Dr Mbanga was recognised for his work in different spheres including being a senior Boys' Scout, journalist, dedicated Rotarian and member of the Kutama Old Boys Association (KOBAs). KOBAs mooted the idea of establishing a Catholic University in Zimbabwe and supported its establishment from inception. Mr Mbanga's citation is impressive and is summarised in the Rotary motto – "In service of humanity."**





The CUZ graduation on the 10th of May was the 21<sup>st</sup> graduation of CUZ students. It was marked by excitement, celebration and amazing memories. Graduates celebrated the culmination of years of dedication, hard work, and perseverance, blending joy and pride as they realized their accomplishments.

The campus was alive with energy as the sun cast a warm glow over the event. Graduates, adorned in their academic regalia, were joined by proud families, friends, and a distinguished gathering of chairpersons, deans, and faculty members and academic representatives from our parent ministry of Higher and Tertiary Education, Science and Technology Development and sister Universities, and different stakeholders.

The Vice Chancellor Professor Ranga Zinyemba delivered an inspiring keynote address, applauding the graduates for their resilience and commitment, and encouraging them to embrace their futures with confidence. His words resonated with all present, reminding everyone of the significance of this important milestone.

One of the most anticipated moments was the conferment of degrees. As each graduate's name was called, applause and cheers echoed across the crowd, reflecting the shared sense of accomplishment. Graduates proudly crossed the stage, beaming with joy, as the university community celebrated their success. Faculty members looked on with pride, having guided and mentored these students throughout their academic journey.

The presence of dignitaries and esteemed guests added prestige to the event, and their congratulatory speeches were filled with wisdom and encouragement. The ceremony concluded with a jubilant recessional procession, leading to a vibrant reception filled with laughter, photos, and heartfelt embraces. Families celebrated with pride, and graduates reflected on their journey while looking forward to the bright futures that awaited them.

The 10th of May will be remembered as more than just a graduation day—it was a celebration of hard-earned success, unity, and the beginning of new chapters for all who crossed that stage. This momentous occasion at the Catholic University of Zimbabwe truly embodied the university's commitment to fostering excellence and building a brighter future for its graduates.

*Report by Brian Sedze ( CUZ Intern and BMIT student)*

## CUZ at the 2024 Zimbabwe University Sports Association (ZUSA) Games

The Catholic University of Zimbabwe (CUZ) athletes proudly participated in the 2024 Zimbabwe University Sports Association (ZUSA) games, held at Midlands State University (MSU) in Gweru from the 2nd to the 5th of May. This marked the first cluster of the competition. CUZ was represented by a delegation of 70 athletes and five staff members. The athletes competed in five disciplines: soccer (boys), netball (girls), volleyball (both), basketball (boys), and chess (both). The institution also provided two first aiders for support.

During the games, the athletes were hosted at Regina Mundi High School in Gweru. The soccer matches were played at Chaplin High School and other sporting events were held at Midlands State University. The basketball and soccer teams, known as "The Roman Flames," demonstrated notable progress, reaching the quarterfinals. Unfortunately, their journey was halted in matches against the University of Zimbabwe (UZ) and Lupane State University (LSU), respectively. The netball team, despite their efforts, did not secure any wins.

In addition to the first cluster, CUZ participated in the second cluster of the ZUSA games held at the University of Zimbabwe (UZ) in Harare. The delegation for this cluster included 25 athletes, competing in darts and pool over three days. Though the athletes showed great determination, they were unable to secure a medal.

These games provided valuable experience for CUZ athletes, strengthening the institution's presence in inter-university sports competitions.

*Report by Taurai Siyekaya (CUZ Intern and BBMIT student)*



*Left: Team CUZ being welcomed back home by the Vice-Chancellor Prof Zinyemba upon arrival from the Cluster 1 games held in Gweru*

*Right: CUZ Basketball Team during play against Team UZ at the MSU Courts in Gweru*





**Above: [from left] The Team Members of the Roman Flames (CUZ Soccer team) and the CUZ Ladies Volleyball team**

### **CUZ Dominate the Arrupe Jesuit University Sports Invitation**

What an incredible day of sportsmanship and competition! The Catholic University of Zimbabwe (CUZ) proudly participated in a thrilling sports day hosted by Arrupe Jesuit University at St. George's College on Saturday the 28th of September 2024.

🏆 Soccer: Our team dominated with a 7-1 victory over Mazowe Seminary, followed by a 1-0 win against Chishawasha Seminary, and a dramatic 4-3 win on penalties against the hosts, Arrupe Jesuit University!

🏐 Volleyball: CUZ took the crown, winning all 3 matches, including an intense comeback against AJU after trailing 13-5 in the second set!

🏀 Basketball: Our team showed resilience, winning one out of two competitive games!

The day was full of joy, unity, and fierce competition. We're so proud of our teams for their dedication and focus! 💪 🔥



**Left: CUZ Volleyball Team playing Chishawasha Seminary at the Arrupe Sports Invitation**



**Left: Roman Flames playing at the Arrupe Sports Day**

On September 23, 2024, the Catholic University of Zimbabwe launched a pivotal event as part of the One Home Journey: Earth Week Zimbabwe, from September 23 to 29. This initiative, in partnership with Integral Kumusha, Home for Humanity, and Great Zimbabwe University, gathered students, faculty, and stakeholders to discuss the urgent need for sustainability across society. The week kicked off with an opening session at the Catholic University of Zimbabwe, followed by sessions at Integral Kumusha from September 24 to 27, and concluding at Great Zimbabwe University on September 28 and 29.

Key Highlights from the Launch:

### *Emphasizing Sustainability at All Levels*

One of the main messages was the necessity of integrating sustainable practices at the household, community, and national levels. Simple initiatives, such as home gardening and organic manure production were highlighted as effective ways to tackle issues like famine and unemployment, ultimately enhancing community health and resilience.

### *The Power of Social Cohesion and Education*

The importance of social unity was a central theme. By cultivating cohesion, communities can more effectively address shared challenges. The event also introduced Education 5.0, a progressive educational model designed to inspire innovation among students and equip them for demands for sustainability in Zimbabwe.

### *Promoting Health and Well-Being*

Health awareness was emphasized, encouraging participants to adopt healthier lifestyles, including traditional, nature-sourced diets. Reflecting on individual contributions to environmental preservation was deemed essential for personal and community well-being.

### *Empowerment and Environmental Stewardship*

A significant focus was placed on women's empowerment as vital for alleviating poverty. Discussions included the importance of green energy and responsible consumption, reinforcing that sustainability is a collective responsibility requiring both individual and group efforts.

### *Envisioning a Sustainable Future*

Participants shared visions for a future where humanity and nature coexist harmoniously over the next seven years. They addressed the impacts of climate change, such as droughts and floods, stressing that immediate action is necessary to ensure a sustainable future.

### *Utilizing Indigenous Knowledge for Community Development*

The value of Indigenous knowledge in tackling global challenges while protecting the environment was highlighted. Sustainable development in rural areas, particularly for retirees returning home, was discussed as essential for fostering resilient communities.



Continued....

*Acting Together*

In a symbolic commitment to sustainability, attendees engaged in a tree-planting initiative, embodying the belief that "a tree today is a forest tomorrow." This collective effort underscored our shared responsibility for nurturing the environment.

*Leveraging Social Media for Change*

Lastly, the event encouraged young people to utilize social media to disseminate knowledge and raise awareness, motivating them to embrace their roles as change-makers in fostering a culture of sustainability within their communities.

*Report by Wadzanayi Nyakabau – CUZ SRC President and Development Studies student*

**Above: FESSH Lecturer Mrs Chirombe watering a tree during the Earth Week Launch at CUZ Harare**



**Above: Group photo after tree planting for the Earth Week Launch**



**Left(standing) Vice-Chancellor, Prof Zinyemba after his welcome remarks during the Earth Week Launch**





*Left(standing): Dr Chieffer; Dr Rama Mani; Dr Taranhike and Dr Togarepi extreme right during the Earth Week Launch*

*Above: The audience following proceedings*

## Psycho-Spiritual Social Support Program Launch

**CUZ is launching a new program – the Psycho Spiritual Social Support Programme -PSSSP**

**The Faculty of Graduate Studies Research and Innovation together with the Faculty of Theology, Ethics, Religious Studies & Philosophy (FTERP) are driving the launch of our new program:**

The Psycho-Spiritual Social Support (Program PSSSP) will be launched on the 22<sup>nd</sup> of November 2024.

**We will offer the Certificate in Psycho-Spiritual Therapy & Counselling in February 2025. This will be done over a period of nine months, of which three months will be practicum.**

### **Description of Course:**

This certificate is a seven module program that integrates psychotherapeutic techniques with spiritual principles to foster holistic healing and growth. Students will explore the intersection of psychology and spirituality, developing skills in counselling and therapy that address the whole person - body, mind, and spirit. The course will be offered on block and weekend mode.

**Entry Requirements: 5 O' levels or better.**

**Fees: Application fees: \$20**

**Tuition: \$420**

**Classes commence on the 5<sup>th</sup> February 2025- 31<sup>st</sup> October 2025**

**Register now, early birds will always catch the fattest worm. Stand a chance to be awarded a scholarship by registering early.**

**BREAST CANCER AWARENESS - Remember October is breast cancer awareness month!**



### **Key facts**

- **In 2024, an estimated 310,720 women and 2,800 men will be diagnosed with invasive breast cancer. Chances are, you know at least one person who has suffered from breast cancer.**
- 
- **Roughly half of all breast cancers occur in women with no specific risk factors other than sex and age.**
- **Breast cancer was the most common cancer in women in 157 countries out of 185 in 2022.**
  - **Breast cancer occurs in every country in the world.**

## **Overview**

Breast cancer is a disease in which abnormal breast cells grow out of control and form tumours. If left unchecked, the tumours can spread throughout the body and become fatal.

Breast cancer cells begin inside the milk ducts and/or the milk-producing lobules of the breast. The earliest form (in situ) is not life-threatening and can be detected in early stages. Cancer cells can spread into nearby breast tissue (invasion). This creates tumours that cause lumps or thickening.

Treatment is based on the person, the type of cancer and its spread. Treatment combines surgery, radiation therapy and medications.

## **Who is at risk?**

Approximately 99% of breast cancers occur in women and 0.5–1% of breast cancers occur in men. The treatment of breast cancer in men follows the same principles of management as for women.

Certain factors increase the risk of breast cancer including increasing age, obesity, harmful use of alcohol, family history of breast cancer, history of radiation exposure, reproductive history (such as age that menstrual periods began and age at first pregnancy), tobacco use and postmenopausal hormone therapy. Approximately half of breast cancers develop in women who have no identifiable breast cancer risk factor other than gender (female) and age (over 40 years).

Family history of breast cancer increases the risk of breast cancer, but most women diagnosed with breast cancer do not have a known family history of the disease. Lack of a known family history does not necessarily mean that a woman is at reduced risk.

## **Signs and symptoms**

Most people will not experience any symptoms when the cancer is still early hence the importance of early detection.

Breast cancer can have combinations of symptoms, especially when it is more advanced. Symptoms of breast cancer can include:

- a breast lump or thickening, often without pain
- change in size, shape or appearance of the breast

- dimpling, redness, pitting or other changes in the skin
- change in nipple appearance or the skin surrounding the nipple (areola)
- abnormal or bloody fluid from the nipple.

People with an abnormal breast lump should seek medical care, even if the lump does not hurt.

Most breast lumps are not cancer. Breast lumps that are cancerous are more likely to be successfully treated when they are small and have not spread to nearby lymph nodes.

Breast cancers may spread to other areas of the body and trigger other symptoms. Often, the most common first detectable site of spread is to the lymph nodes under the arm although it is possible to have cancer-bearing lymph nodes that cannot be felt.

### **Treatment**

Treatment for breast cancer depends on the subtype of cancer and how much it has spread outside of the breast to lymph nodes (stages II or III) or to other parts of the body (stage IV).

Doctors combine treatments to minimize the chances of the cancer coming back (recurrence). These include:

- surgery to remove the breast tumour
- radiation therapy to reduce recurrence risk in the breast and surrounding tissues
- medications to kill cancer cells and prevent spread, including hormonal therapies, chemotherapy or targeted biological therapies.

Treatments for breast cancer are more effective and are better tolerated when started early and taken to completion.

**Please remember to visit the CUZ Clinic for further guidance or your preferred health practitioner.**

**We will also have more health talks at the CUZ Students, staff and alumni Wellness day on the 17<sup>th</sup> of October . See you there**

## **CUZ -BANK ACCOUNT DETAILS**

### **1.Account details Banc ABC:- (Nostro (FCA))**

**Catholic University of Zimbabwe**

**Banc ABC**

**Southerton Branch**

**1299 109 6633188**

### **2.Account details- ZB bank (Nostro /FCA)**

**Catholic University of Zimbabwe**

**ZB bank**

**Graniteside branch**

**4166-187727-405**

### **3.Account details- ZB bank (Domestic/local)**

**Catholic University of Zimbabwe**

**ZB bank**

**Graniteside branch**

**4166-187727-080**

### **4. Account details -Banc ABC (Domestic/local)**

**Catholic University of Zimbabwe**

**Banc ABC**

**Southerton Branch**

**1299-1095502213**

## **GROW WITH THE CATHOLIC UNIVERSITY OF ZIMBABWE!!!**

### **Connect with CUZ via Social Media:**

**Facebook:** The Catholic University of Zimbabwe

**Instagram:** The Catholic University of Zimbabwe

**LinkedIn:** The Catholic University of Zimbabwe

**X(Twitter):** @CatholicUniZW

**Website:** [www.cuz.ac.zw](http://www.cuz.ac.zw)

### **CONTACT DETAILS**

**Harare:** 18443 Cranborne Avenue Hatfield 0242 570 570/169,086 8800 2370, 0780 008 886

**Bulawayo:** Cnr 4th Avenue/Jason Moyo Street 0771 784 923

**Mutare:** 2nd Floor Oasis Mall Building, 12 Herbert Chitepo Street, Mutare 0202 062 604, 0772 650 751

**Gokwe:** Shingai Training Centre 0259 2994/ 0259 2396, 0776 018 200

**Chinhoyi:** c/o National Tyre Services building 40 Magamba Way, 0672 123 281, 0775 350 254

**Masvingo:** c/o Caritas Zimbabwe 14 Simon Muzenda Street 0776 177 822

**Gweru:** Cathedral Hall office Cnr Lobengula & 7<sup>th</sup> Street, 0254 223 2896, 0777 649 394

**Chishawasha Seminary:** Off Enterprise Road Harare

Visit our website [www.cuz.ac.zw](http://www.cuz.ac.zw) or email us on

[marketing@cuz.ac.zw](mailto:marketing@cuz.ac.zw) / [admissions@cuz.ac.zw](mailto:admissions@cuz.ac.zw)

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**APPLY ONLINE TODAY:** <https://portal.cuz.ac.zw/apply>



SCAN TO APPLY