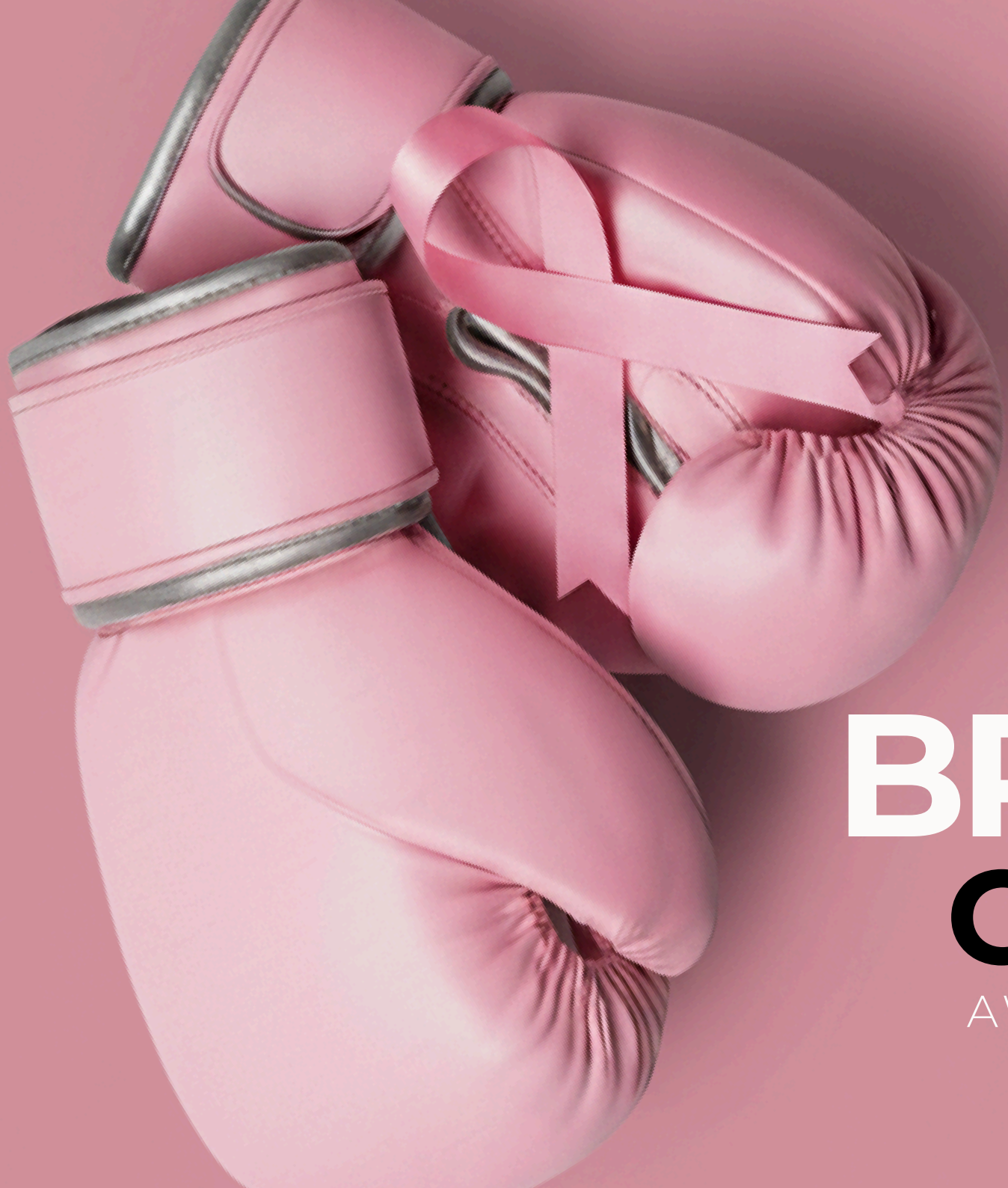




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OCTOBER
BREAST
CANCER
AWARENESS MONTH

Meet The Team



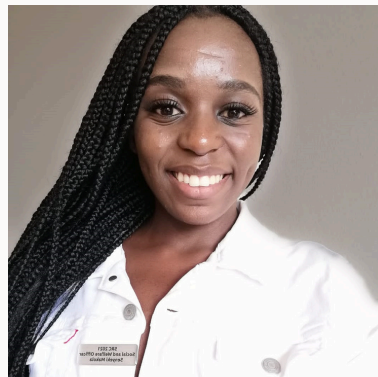
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NON-PROFIT DIGITAL MAGAZINE

Navigating the issue

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THE FEATURE MAGAZINE | OCTOBER 2025

EDITOR'S NOTE

Every survivor's story begins with courage, but it often carries the names of those who stood beside them or those they remember most deeply.

The space is dedicated to those names. The mothers, sisters, daughters, friends, and colleagues whose lives have been touched by breast cancer. Each name represents strength, love, and the silent prayers whispered through the hardest days.

Readers and team members share these tributes not as stories of loss, but as celebrations of resilience. Each "In Honour Of" reminds us that the fight against breast cancer is both collective and personal, woven through workplaces, homes, and hearts across the world.

To the women who fought bravely to those still in the battle, and to the ones we carry in memory, this section stands as a promise that you are never forgotten.

Warmly,
The Feature Magazine

Miriam Dobe

PAGE 4 - EDITOR'S NOTE

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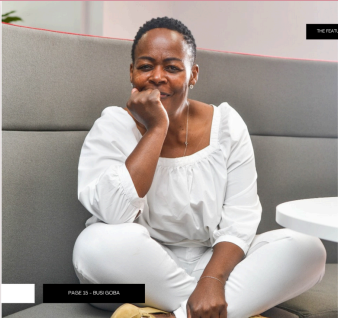
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Busi Coba

Faith, Fight, and Fortitude: The Journey of Busi Coba

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REDEFINING WOMANHOOD: LIFE, CONFIDENCE, AND PURPOSE AFTER BREAST CANCER

When the word cancer strikes so suddenly, life as you know it just shifts. For many, it challenges the sense of identity, confidence, and purpose. For many breast cancer survivors, the journey after diagnosis is not merely about survival; it is about rediscovery of self, strength, and what it truly means to feel a woman.

RECLAIMING THE MIRROR

For many survivors, the mirror becomes both a symbol of grief and power. The physical changes that accompany surgery, chemotherapy, or radiation can leave women feeling unseen and lost. It's not just about looking in the mirror and seeing a stranger; it's about rediscovering who you are and embracing a new understanding of beauty.

PAGE 18 - REDEFINING WOMANHOOD



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FASHION, FEMININITY, AND BODY CONFIDENCE AFTER CANCER

For many women, cancer does not just challenge the body; it challenges identity. Treatment often changes how one feels and moves, leaving scars, skin, and even the most confident women feeling less like themselves. In this new chapter, the journey becomes an unexpected pathway toward rediscovering beauty and self-expression in its truest form.

Fashion and femininity take on new meaning after cancer. Survivors begin to dress not to impress others but to honor themselves. A bright scarf becomes more than an accessory; it becomes a statement of power. A flowing dress becomes a symbol of the resilience to move. Each wardrobe choice is a language of healing, and that sense of confidence, survival, and a renewed love for the body that carried them through.

Body confidence is not about perfection, but about acceptance. Many survivors learn to see their bodies as vessels of resilience rather than loss. They reclaim their reflections, piece by piece, by embracing fashion and making it a tool of self-celebration.

PAGE 20 - POST-CANCER CONFIDENCE



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THE WORKPLACE & CANCER: CREATING SUPPORTIVE ENVIRONMENTS FOR WOMEN

For many women, a cancer diagnosis does not pause the responsibilities of everyday life. She still needs to be paid, teams still need leadership, and dreams still demand pursuit. Yet the workplace can often feel like the last place of refuge during such a deeply personal battle.

As more women step forward to share their stories of treatment, recovery, and return to work, there is an urgent call for companies to rethink what inclusion means. Flexibility is no longer a perk; it is a form of compassion. Remote work options, extended sick leave, and phased reintegration can make all the difference for women balancing chemotherapy appointments and professional expectations.

Corporate wellness should go beyond gym memberships and fruit bowls. It is about emotional safety and building a workplace culture where vulnerability does not threaten one's career. Training managers to recognize the signs of burnout, providing access to counseling, and creating peer-support networks are small steps that build powerful trust.

The conversation about cancer in the workplace is not only about empathy; it is about equity. Women facing breast cancer deserve the same opportunities to thrive, strengthened by their journey and supported by a compassionate work environment.

PAGE 21 - WORKPLACE SUPPORT





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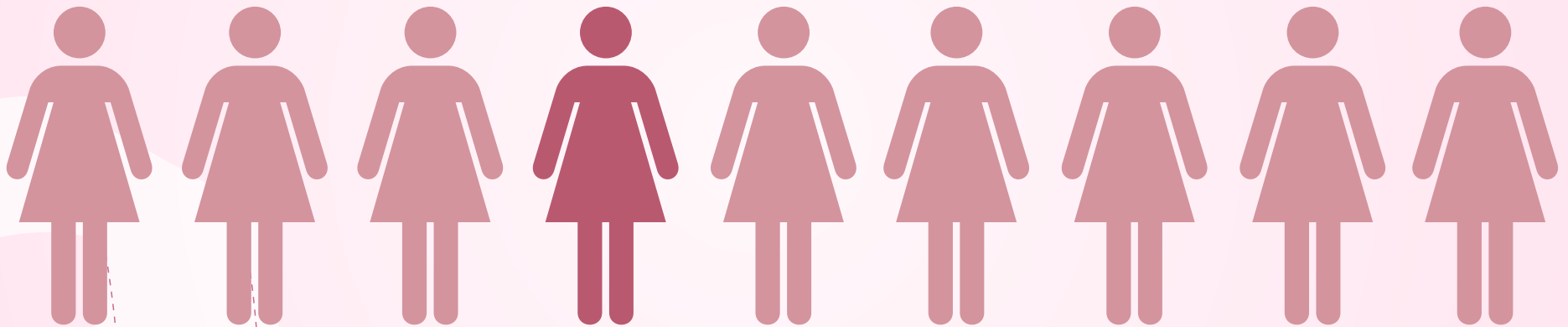
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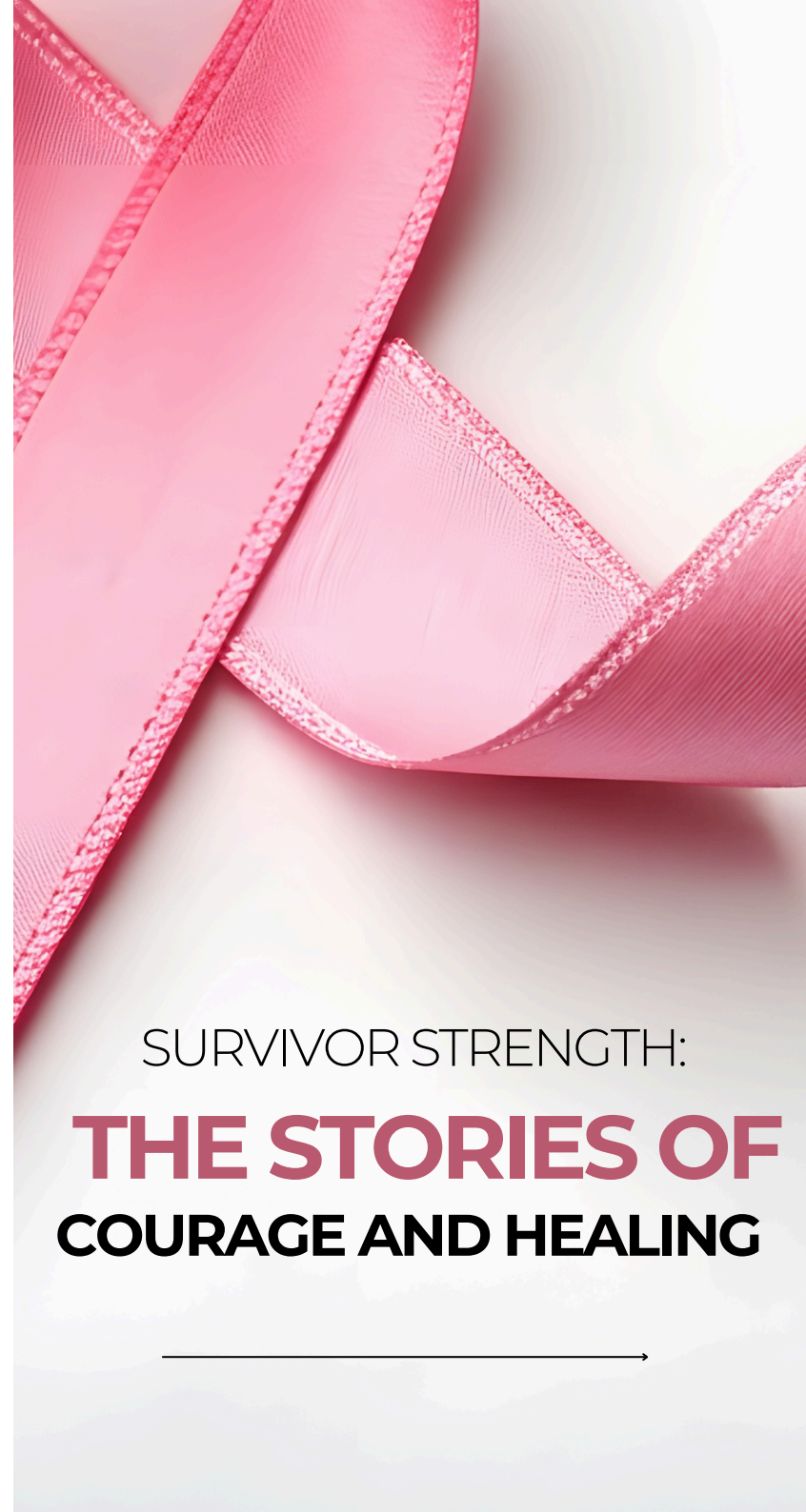
Miriam Dube

1 IN 9 WOMEN

**Diagnosed with Breast Cancer
in Their Lifetime**



**This Pink October, let's unite for early detection and
support for all fighters. Together, we're stronger!**



Mmapule Sylvia Mahlangu

From Pain to Purpose: Journey of
Faith and Healing



At 52, Mmapula Sylvia Mahlangu from Kagiso, Mogale City, stands as a quiet force of resilience and faith. A mother of two daughters aged 25 and 19, she has faced one of life's most daunting challenges: breast cancer. Through courage, prayer, and perseverance, she emerged stronger and deeply grateful for a second chance at life.

When Mmapula was diagnosed with Stage 2 breast cancer, her world seemed to stop. Fear and uncertainty filled her thoughts, but she made a decision early on to face the journey ahead with determination. Her treatment plan included eight cycles of chemotherapy, a double mastectomy, and 23 sessions of radiation. It was a long and painful journey, but she refused to give up.

Chemotherapy tested her strength in every possible way. There were days when her body felt weak and her spirit low, yet she found hope in her faith in God, the love of her family, and the support of those around her. "There were moments I almost gave up, but giving up was never an option," she recalls.

Throughout her treatment, Mmapula found comfort in connecting with other survivors and support groups. Hearing their stories of healing gave her courage and reassured her that recovery was possible. She learned to replace fear with faith and pain with purpose, reminding herself that hope can be powerful medicine.



The most challenging part of her journey was watching her body change while trying to stay emotionally strong. Losing her hair, appetite, and energy tested her confidence, but she discovered that true beauty lies in inner strength and grace. “True beauty is not in what I lost, but in the strength I gained,” she says.

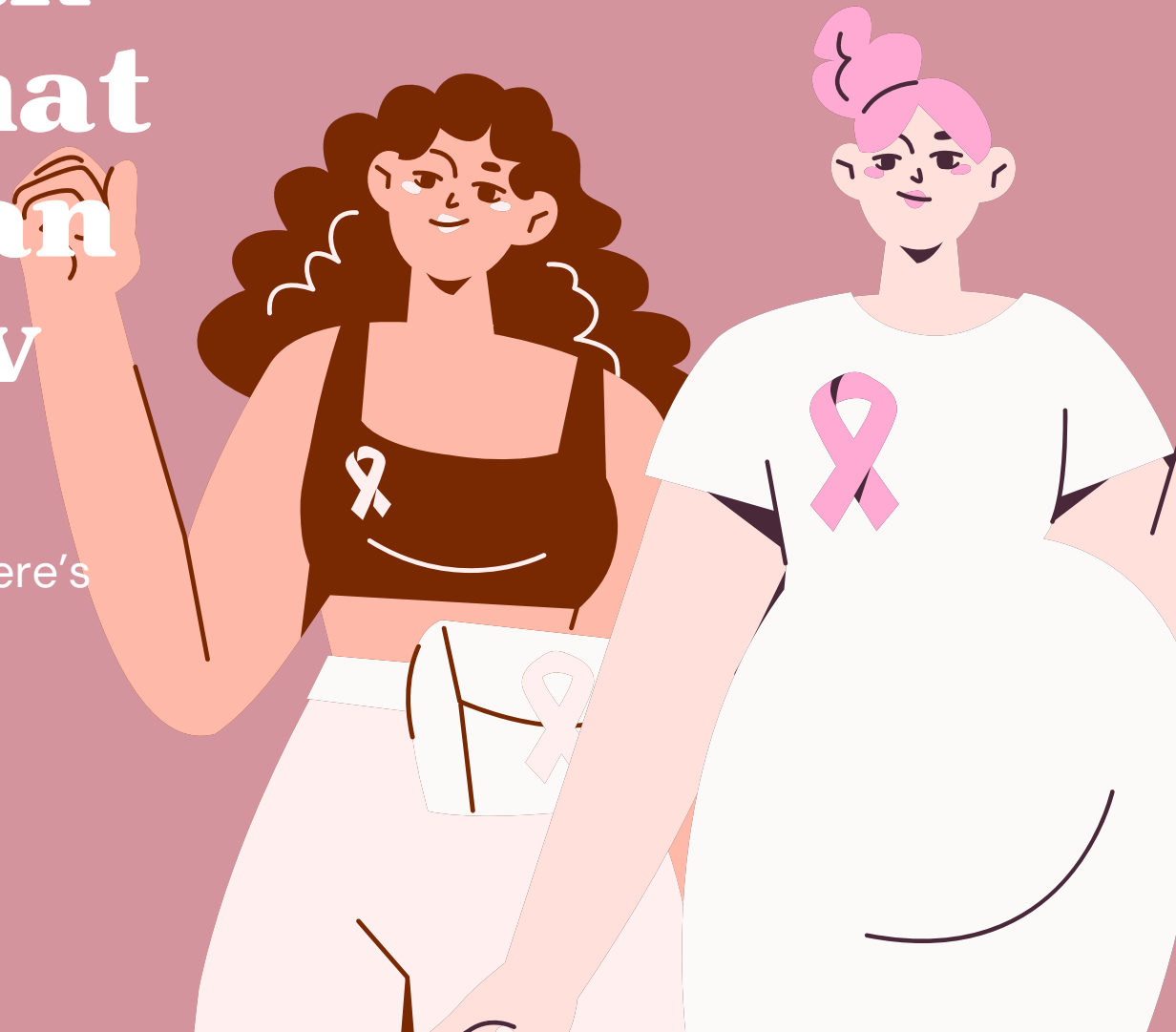
When she was finally declared cancer-free, Mmapula describes it as breathing fresh air after a long storm. She embraced a new way of living that focused on healthy eating, staying active, and protecting her peace. Today, she continues to give back by volunteering at the same hospital where her journey began, using her story to uplift others and remind them that they are not alone.

Mmapula believes that breast cancer is not a death sentence and that early detection can save lives. To her, awareness is not just about wearing pink during October, but about encouraging regular check-ups, listening to your body, and supporting those who are silently fighting.



Breast Health Matters: What Every Woman Should Know

Taking care of your breast health is essential to your overall well-being. Here's a quick guide to staying informed and proactive:



KEY FACTS ABOUT BREAST CANCER

**Breast cancer
affects 1 in 8
women**

**Early
detection
saves lives**

**Family history
matters**

**Lifestyle
impacts
breast health**

HOW TO PREVENT IT



Schedule regular mammograms and perform monthly self-exams



Look for changes like lumps, swelling, or unusual discharge



Maintain a healthy diet, exercise regularly, and limit alcohol



If breast cancer runs in your family, consult with your doctor about genetic testing

SIGNS TO WATCH FOR



Lumps or thickened areas



Changes in size, shape, or appearance



Persist pain or tenderness



Unusual skin changes (redness, dimpling, or peeling)

QUICK TIPS FOR HEALTHY BREASTS

01.

Wear a well-fitted bra for support

02.

Practice self-exams monthly, after your period

03.

Prioritize mental health. Stress impacts your body

04.

Don't hesitate to seek medical advice

MYTH

Only women with a family history get breast cancer.

A lump always means cancer

Breast cancer only affects older women.

Wearing bra causes breast cancer

FACTS

Most breast cancer cases occur in women with no family history

Many are benign, but any lump should be evaluated by doctor

Breast cancer can occur at any age

There's no scientific evidence linking bra use to breast cancer

Busi Goba

Faith, Fight, and Fortitude: The
Journey of Busi Goba



Busi Goba

Faith, Fight, and Fortitude: The
Journey of Busi Goba

When Busi Goba discovered a lump in her left breast in December 2023, she trusted her instincts and went for a check-up. A mammogram and biopsy confirmed what she feared most. She was diagnosed with stage 3 breast cancer.

The diagnosis changed her perspective on life completely. She learned that nothing is guaranteed and that each day should be lived with purpose and gratitude. What followed was a season of courage, faith, and rediscovery.

Her treatment journey was difficult. Chemotherapy made her sick for days, and the radiation that followed left long-lasting effects that she continues to manage. Yet Busi chose to face every challenge with strength and hope, supported by her loved ones and her unwavering faith.

Her mother, son, and then-partner were her biggest sources of strength. "My partner took me to every chemo session and sat by my bedside after surgery," Busi recalls. "I was surrounded by love and support every day." That support reminded her that healing is not just about medicine but also about community, care, and compassion.

Faith became her foundation through it all. "God will never leave you nor forsake you," she says. "He will never give you something you can't handle." Her belief in God's plan helped her find peace in the midst of uncertainty.

Busi admits that she struggled with self-esteem as her body changed. Losing her hair and weight shook her confidence, but she found inspiration in other survivors who showed her that recovery is possible. "Seeing people who had been through treatment reminded me that I could make it too," she shares.

Today, Busi continues her treatment while dedicating her time to empowering others. She visits hospitals to speak to women about early detection, awareness, and the importance of knowing your body. Her story has become a source of hope for many who are still in the fight.

Her message is clear and powerful: "Breast cancer is not a death sentence. Early detection can save your life."

Through her resilience and grace, Busi Goba reminds us that healing is both physical and spiritual. She continues to live with gratitude, choosing joy, faith, and purpose every day.

Busi Goba

Faith, Fight, and Fortitude: The
Journey of Busi Goba

REDEFINING WOMANHOOD: LIFE, CONFIDENCE, AND PURPOSE AFTER BREAST CANCER

When the word cancer enters a woman's life, it does not just affect her body it challenges her sense of identity, confidence, and purpose. For many breast cancer survivors, the journey after treatment is not simply about survival. It is about rediscovery of self, strength, and what it truly means to be a woman.

RECLAIMING THE MIRROR

For many survivors, the mirror becomes both a symbol of pain and power. The physical changes that accompany surgery, chemotherapy, or radiation can leave visible marks, scars that tell a story of resilience. What once felt like a loss of femininity slowly transforms into a deeper understanding of beauty.





"I used to see my scars as a reminder of what cancer took away," shares one survivor. "Now, I see them as proof of what I survived."

Learning to love one's reflection again is a quiet act of bravery. Through self-care, body positivity, and time, many women find new ways to express their femininity not by what they have lost, but by what they have gained: strength, authenticity, and grace.

CONFIDENCE REBORN

"Cancer stripped me down to my most vulnerable self," says another survivor. "But it also gave me the courage to show up as I am, without apology."

Rebuilding confidence becomes a personal revolution. It is about taking ownership of the narrative, choosing to be defined not by illness, but by endurance. Survivors often find that what once seemed intimidating, public events, social interactions, or even stepping into a new role, becomes manageable with the knowledge that they have overcome the unimaginable.

FASHION, FEMININITY, AND BODY CONFIDENCE AFTER CANCER

For many women, cancer does not just challenge the body, it challenges identity. Treatment often changes how one looks and feels, altering hair, skin, and even the way clothes fit. Yet for survivors, this journey becomes an unexpected pathway toward rediscovering beauty and self-expression in its truest form.

Fashion and femininity take on new meaning after cancer. Survivors begin to dress not to impress others but to honour themselves. A bright scarf becomes more than an accessory, it becomes a statement of power. A favourite lipstick becomes a symbol of life returning to colour. Style transforms into a language of healing, one that speaks of confidence, survival, and a renewed love for the body that carried them through.

Body confidence is not about perfection but about acceptance. Many survivors learn to see scars as symbols of endurance rather than loss. They reclaim their reflection, piece by piece, by embracing fashion and makeup as tools of self-celebration.

In this new chapter, femininity is not defined by hair, shape, or skin. It is defined by presence, by the courage to show up authentically, to wear what feels like freedom, and to live beautifully beyond the battle.

Ultimately, fashion becomes a form of storytelling, each outfit and each choice a testament to resilience. The mirror is no longer a judge but a witness to survival, strength, and self-love. In reclaiming style, survivors reclaim agency over their bodies, their image, and their narrative.

This journey reminds us all that true femininity and confidence are not given, they are chosen. They are found in the moments when we embrace ourselves fully, celebrate our uniqueness, and wear our history with pride. After cancer, beauty is no longer about fitting a mold. It is about shining unapologetically in the skin you live in, adorned with the courage, grace, and spirit that no illness can ever take away.



THE WORKPLACE & CANCER: CREATING SUPPORTIVE ENVIRONMENTS FOR WOMEN

For many women, a cancer diagnosis does not pause the responsibilities of everyday life. Bills still need to be paid, teams still need leadership, and dreams still demand pursuit. Yet the workplace can often feel like the last place of refuge during such a deeply personal battle.

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Corporate wellness should go beyond gym memberships and fruit bowls. It is about emotional safety and building a workplace culture where vulnerability does not threaten one's career. Training managers to recognize the signs of burnout, providing access to counseling, and creating peer-support networks are small steps that build powerful trust.

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