



African Population and
Health Research Center

The State of Breast Cancer Survivorship in Kenya



Understanding the Journey Beyond Treatment

The Crisis in Numbers



58 Oncologists for 50M+ People as of 2023



11% of Total Cancer Mortality is due to Breast Cancer



3,100 Deaths Annually



What is Survivorship?

Survivorship is the phase after active cancer treatment, focusing on ongoing health, emotional well-being, and quality of life. During survivorship care, your focus shifts from active breast cancer treatment to your long-term health and wellness.



Our Study

In 2024 APHRC conducted a Breast Cancer Survivorship Study to determine the needs of Cancer survivors in Kenya.



OCTOBER
Breast
CANCER
AWARENESS MONTH



Results of the Study

Geographic Disparities

Access to care varies dramatically between urban and rural areas:

Urban (Nairobi) - Higher needs for personal care & health information services

Rural (Uasin Gishu) - Inadequate infrastructure, longer travel times, lower awareness

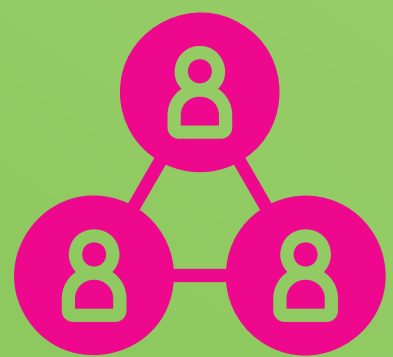


Unmet Needs



Emotional & Psychological Support

Survivors experience anxiety, depression, and fear of recurrence. Access to counseling and mental health professionals remains limited.



Support Networks & Peer Communities

Support groups provide safe spaces to share stories and reduce isolation. Kenya Network of Cancer Organization (KENCO) organizations offer varied support to survivors.



Unmet Needs



Accessible Health Information

Clear, jargon-free information empowers patients to make informed decisions and improves confidence during recovery.



Practical & Logistical Support

Support with transportation, home care, daily chores, medication costs, and nutrition is critical but often unavailable.



What We Recommend

Building a Holistic Support System

- Integrated psycho-oncology services
- Community health worker training
- Financial assistance policies
- Public awareness campaigns
- Stigma reduction programs
- Early screening initiatives





African Population and
Health Research Center

Accessible Health Information

Survivorship requires coordinated efforts from government agencies, healthcare providers, NGOs, and community leaders. Together, we can ensure survivors are empowered not just to survive, but to thrive.

APHRC Breast Cancer Survivorship Study (2024)

*Authors: Franklin Koech, Lyagamula Kisia, Hannah Simba,
Chao Shete*

