



## Yayasan Rama Sesana

*Creating a Healthy and Informed Generation Through Women Empowerment*



### What News?

- “10 Years 10 Weeks” Campaign: Aroma Cocktai Party (April 16<sup>th</sup> 2014)
- Women and Cervical Cancer
- Let’s Make a Change: Support YRS & Women preventing cervical cancer.
- YRS Voice of Change – Wayan, Laborer



*Since I knew that not only me, but also my husband and daughter were HIV positive, I was depressed which decreased my health condition.*

*But, YRS’s presence in the Market, the material and psychological support from YRS, and also a friendly and qualified treatment makes us able to have a productive life.*

*Now, my husband and I can go back to work, and my daughter’s health is increasing.*

*Thanks for everything YRS.*

[Nyoman, YRS Client,  
March, 2014]

## Letter from Dr. Sari

The year 2014 marks 10 years since YRS began our program activities in Traditional Markets alongside the community to increase women's knowledge and awareness about Sexual and Reproductive Health. During that time, more than 10,000 women have accessed YRS services.

Entering the 11th year of working with the community, especially with women through our

Centre of Sexual and Reproductive Health in traditional markets, YRS is committed to increasing the range and improving the quality of our services, and not only be limited to the services in South and North Bali, but also to reach out to other regions around Bali. We hope to widen the access for our services across the island in an effort to create a healthier and better informed Balinese generation through woman empowerment and knowledge.

I feel a sense of pride and gratitude to the entire community, especially the women at the Traditional Markets, for their trust and acceptance of our activities that we have built together to provide added value in life: for better health and a better life.

Thank you very much to all of the generous support and attention you have given to YRS, in the form of funds, time, ideas, venues and your moral support, which has enabled YRS to come so far. I sincerely hope that what we have achieved can contribute to providing the best life possible for our clients.

Dr. Luh Putu Upadisari  
Director and Founder YRS





## 10 Year anniversary YRS work at Traditional Market Aroma Cocktail Party – Aroma Spa Retreat, Sanur – April 16<sup>th</sup> 2014

This year, YRS’s annual fundraiser theme is “10 Years 10 Weeks”. This program aims to increase people’s awareness about womens health in order to create a healthy, informed and qualified generation of Balinese. A “Fun” party was created at Aroma Spa, a food-drinks party with silent auction, raffle ticket draw, fashion show and live music.

More than 150 people from various background especially from Sanur businesses gave support to YRS in that event by donating foods, drinks, raffle prizes, paintings and some items for the silent auction, clothing sales. Individuals bought raffle ticket, gave expertise and skills, their time and financial support.

As an honor to all, newly arrived Consul General Australia for Bali Ms. Majell Hind attended as the first female Consul General, and represented the Australian Consul Generals sustainable support to YRS programs over several years.

More than 51 million Rp was raised that night, which will go towards YRS services and programs particularly to cervical cancer screenings for women through Badung Market-Denpasar, Intaran Market-Sanur, Seririt Market-Singaraja.

On behalf all communities and beneficiaries, YRS say a huge “Thank You” to all generous donaturs, supporter, guest, and committee, who is supporting us that night.



### Sponsors:





# + Woman & Cervical Cancer

-- Every hour one women dies of cervical cancer <sup>1)</sup>

Cervical cancer becomes a women health problem worldwide including Indonesia, which ranked 2<sup>nd</sup> as a cause of death in women. *Human Papilloma Virus* infection, estimated to be 50-80% spreads through sexual intercourse. <sup>1)</sup>

In Indonesia, there is an increase of newly diagnosed cervical cancer cases, up by 15% in a year. And unfortunately, 70% of patients diagnosed at an advanced stage and difficult to treat so inevitably ends with death. <sup>2)</sup>

To prevent more deaths occurred because of cervical cancer, we must have an early detection by cervical cancer screening through Pap smears test.

Yayasan Rama Sesana as an organisation that focus on women's reproductive health, during the last 10 years and has been providing a pap smear service to 7,234 people. From January to March 2014, 282 people have received a pap smear testing.

For the future, YRS plans to expand and develop a YRS program to Galiran Market, Klungkung, to provides reproductive health services including pap smears for more women.

- 1) Promkes dan Pencegahan Penyakit, Dinas Kesehatan Provinsi Bali, 2011
- 2) Suwiyoga dalam Seminar Sehari Deteksi Dini Kanker Servik, 2010



**Voucher Pemeriksaan Pap Smear (Rp 300,000)**  
**Yayasan Rama Sesana**

## LET'S MAKE A CHANGE....

**Support YRS and Woman preventing cervical cancer.**

Related to "10 Years 10 Weeks" fundraiser campaign, YRS invites all communities become aware to cervical cancer through taking a Pap Smear test.

Buy YRS Pap Smear voucher (Rp 300,000/voucher), you will have a qualified test and also support woman at traditional market having a Pap Smear test at YRS clinic.

# Voice of Change

Mrs. Wayan, Badung Market Laborer

*"Thanks to YRS information and pap test examination, so far I still can avoid cervical cancer."*

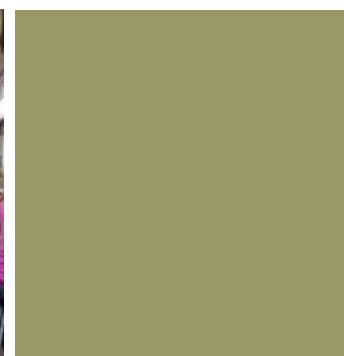
Wayan Suerti, a mom with 2 children, 36 years old, working as laborer at Badung Market. Her husband is a mobile trader.

Wayan told the YRS officer that her 44 years old neighbor had just died of cervical cancer with bleeding and smell symptom. Wayan ever suggest her to check into Hospital or YRS. When its check to the hospital had said it's cancer and she died a few months later. Wayan also asked the family if she had ever had a pap smears test and the family didn't know anything about pap smear.

Armed with the information she had received from YRS while working at the Market, Wayan told the YRS officer, she knows about early detection of cervical cancer through Pap smears test and the importance to carry out checks every 6 months.

Returning from the funeral, she said she thought about how lucky it is she knows about Pap smears. "At that time, I am very grateful to often get information from YRS and so grateful to know that I can do a pap smear test in YRS with a very affordable cost".

Wayan said she routinely performs pap smears in YRS and up to now the lab results always showed a good condition.



*"Thanks to YRS information and pap test examination, so far I still can avoid cervical cancer."* Wayan said.

From this story we can see that there are many stories about women who have not been tested to be dying of cervical cancer, while actually cancer can be prevented by early detection.



## For Further Info, Contact Us:

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