



Informative Articles



2020

[Cayman Cookout proves a breeze Annual culinary festival was a big hit with foodies](#)

January 20, 2020

Despite the unexpected absence of host, chef Eric Ripert, Cayman Cookout 2020 displayed no lack of attendance at events, nor muted enthusiasm among guests... [Read more](#)

[Cayman Cookout is back!](#)

January 3, 2020

It's hard to believe that Cayman Cookout, the premier celebrity culinary festival of the Cayman Islands, is celebrating 12 years in 2020... [Read more](#)

2019

[The Thrive Mindset – Staying Positive in Tough Times – Heather Lockhart, ACC-ICF](#)

September 25, 2019

Heather shares her journey and success strategies for staying positive.... [Read more \(PDF\)](#)

[Walk raise \\$75K for cancer](#)

October 18, 2019

(CNS Local Life): Hundreds of people took part in the 8th Annual CIBC FirstCaribbean Walk for the Cure on a rainy Sunday morning earlier this month and raised more than US\$75,000 to support local cancer patients... [Read more](#)

[Lions Club PACE run rates \\$ 32,000 for cancer awareness](#)

September 23, 2019

More than 150 runners, walkers and cyclists of all ages took part in the Lions Club of Grand Cayman Prostate, Colorectal and Testicular Cancers Event (PACCE) Delano Hislop Memorial Journey for Life fun walk on Sunday... [Read more](#)

[Singers returning to Cayman for cancer fundraiser](#)

August 26, 2019

For the fourth consecutive year, Steve Higgins & Friends will present an annual 'Evening of Excellence' concert to help raise funds for the Lions Club of Tropical Gardens and the Cayman Islands Cancer Society... [Read more](#)

[Events company donates to 2 charities](#)

June 18, 2019

A local entertainment company is using its events to support good causes in Cayman... [Read more](#)

[More than 440 on cancer registry](#)

April 8, 2019

The number of people registered in Cayman's cancer registry increased by 20% last year,



compared to 2017, bringing the total number to 443, according to cancer registrar Amanda Nicholson... [Read more](#)

[Charity kiteboarders hit \\$200,000 target](#)

Biggest single donation to Cayman Islands Cancer Society
March 21, 2019

After completing an epic 82-mile ocean crossing from Little Cayman to Grand Cayman, kiteboarders are celebrating another major milestone - hitting their \$200,000 fundraising target... [Read more](#)

[Kiteboarders battle ferocious seas in ocean crossing](#)

February 25, 2019

"My body is broken," Andre Slabbert acknowledged after completing a grueling ocean crossing, kitesurfing through 18-foot swells to win the race from Little to Grand Cayman... [Read more](#)

[Cayman Academy raises money for cancer awareness](#)

February 3, 2019

Cayman Academy school donated \$4,152 to the Cancer Society after making the journey by foot to its offices on Maple Road, Friday... [Read more](#)

[Young kiteboarders get fundraising boost](#)

January 20, 2019

(CNS Local Life): A team of young men participating in the Little Grand Race 2019 has received support from a local law firm as they try to raise funds for the Cayman Islands Cancer Society... [Read more](#)

[Cayman explorer Manning reaches the South Pole](#)

January 21, 2019

Adventurer Guy Manning is one step closer to completing the Explorers Grand Slam, and the Cayman Islands Cancer Society has about \$70,000 more in its coffers... [Read more](#)

2018

[Moustaches and men's health take center stage](#)

December 3, 2018

The month-long campaign for Movember, encouraging men to grow out their moustaches to raise cancer awareness, resulted in at least 175 prostate cancer screenings and an estimated \$35,000 raised to support the Cayman Islands Cancer Society, according to organizers...

[Read more](#)

[Cayman Islands Marathon hits the road](#)

November 30, 2018

It's that time again, Cayman! For those of you who are crazy or fit enough (my money is on crazy), the Intertrust Cayman Islands Marathon takes to the road this Sunday... [Read more](#)

[Trunk sale support Cancer Society](#)

November 21, 2018

(CNS Local Life): Following on from their seventh annual Walk for the Cure fundraiser for the Cayman Islands Cancer Society last month, CIBC FirstCaribbean International Bank (CIBC FCIB) will again be holding a charity trunk sale, set for 1 December, with all proceeds from registration for that event also benefitting the Cancer Society... [Read more](#)

[Governor tour the sister Islands](#)

November 7, 2018

(CNS Local Life): Governor Martyn Roper spent his first weekend in the Cayman Islands touring Little Cayman and Cayman Brac... [Read more](#)

[Song contest raises more than \\$ 10,000 for charity](#)

July 8, 2018

The Optimist Club of George Town has donated \$10,617 to the Cayman Islands Cancer Society to help childhood cancer sufferers... [Read more](#)

[Hospital adds 3-D mammography machine](#)

June 19, 2018



Healthcare in the Cayman Islands has taken a significant step forward with the acquisition of a new mammography machine, located at the Cayman Islands Hospital... [Read more](#)

[Cayman Academy donates to local charities](#)

April 30, 2018

Cayman Academy school found good use for funds collected during a student charity drive on Friday... [Read more](#)

[Bodden Town Primary raises funds for Cancer Society](#)

February 8, 2018

Bodden Town Primary School students have raised \$350 for the Cayman Islands Cancer Society... [Read more](#)

2017

[Movember kick off for men's health](#)

November 2, 2017

Moustaches, goatees and beards were flying and the smell of aftershave filled the air, as men sacrificed their facial hair for the “mopening” night of Movember at the King’s Head bar in Camana Bay... [Read more](#)

[Hundreds turn for free health, cancer screening](#)

September 17, 2017

Healthcare professionals offered a rare opportunity Saturday for residents to ask questions and discuss healthy living in a casual environment... [Read more](#)

[Cayman cyclist Guy Manning to race across America](#)

April 17, 2017

After conquering Mount Everest and Denali, Guy Manning is looking to tackle his next athletic feat... [Read more](#)

2016

[Charity sprint raises money for bone marrow registry](#)

October 31, 2016

A debate over who is Intertrust's fastest employee led to an impromptu 100-meter dash that raised more than \$3,000 for Cayman's bone marrow registry... [Read more](#)

[Record fields for Flowers swim](#)

June 13, 2016

A record 1,010 swimmers took the plunge Saturday as Seven Mile Beach was transformed into a sea of color for an emotional 24th edition of the Flowers Sea Swim... [Read more](#)

[Actress Zoe Saldana promotes bone marrow donations](#)

June 28, 2016

Movie actress Zoe Saldana, who is in Cayman for this weekend's CayFilm festival, visited staff and contractors at a South Sound construction site on Tuesday to promote bone marrow donation registration... [Read more](#)

[Business in Brief: SME workshop set for May 12](#)

May 3, 2016

The next Cayman Islands Chamber of Commerce SME workshop, titled "Tips for Developing and Running a Website," will be held on May 12... [Read more](#)

[Michelle T donates to Cancer Society](#)

May 5, 2016

Gospel singer Michelle T has donated part of the proceeds from sales of her album "Here Is My Praise" to the Cayman Islands Cancer Society... [Read more](#)

[John Gray prefects complete their tenure](#)

May 1, 2016

Thirty-five Year 11 students have completed their year-long tenure as prefects of the John Gray High School class of 2016... [Read more](#)

2014

[Cervical Cancer - a preventable disease?](#)

Friday, July 25, 2014

Nearly two decades ago, experts discovered a relationship between infection with HPV (human papillomavirus) and cervical cancer. In the first of a two... [Read more](#)

[Skin Cancer Awareness - Part two](#)

Saturday, June 28, 2014

By Victoria Anderson Grey Factors that increase the risk of developing skin cancer include: • Ultraviolet (UV) light: Sunlight is the main source of u... [Read more](#)

[Cancer survivors and caregivers to be honoured](#)

Monday, June 02, 2014

In honour of cancer survivors and their caregivers, the Cayman Islands Cancer Society will host its Annual Cancer Survivors Dinner on Friday, 6 June,... [Read more](#)

[Lung Cancer awareness month - part 2](#)

Saturday, May 17, 2014

By Victoria Anderson Grey May is being celebrated as Child Month and the Cayman Islands is focusing on providing adults with the resources needed to e... [Read more](#)

[Lung Cancer Awareness Month](#)

Friday, May 09, 2014

By Victoria Anderson Grey When smokers quit - what are the benefits over time? 20 minutes after quitting - Your heart rate and blood pressure dr... [Read more](#)

[Gastrointestinal cancers – Part 4](#)

Saturday, May 03, 2014

In addition to the factors discussed last week, there are also medical factors linked to the development stomach cancer. These include: • Bacteria inf... [Read more](#)

[Gastrointestinal cancers – part three](#)

Saturday, April 26, 2014

We' ll finish up our discussion on oesophageal cancer by discussing protective factors. The exact cause of oesophageal cancer is unknown; therefore, t... [Read more](#)

[Gastrointestinal Cancers part two](#)

Thursday, April 17, 2014

By Victoria Anderson Grey As mentioned last week, certain lifestyle factors are associated with the development of oesophageal cancer. A diet high in... [Read more](#)

[Gastrointestinal Cancers Awareness month](#)

Thursday, April 10, 2014 [No comments](#)

Digestion is the complex process of turning food into energy needed for survival. The digestive system is made up of the alimentary canal, also known... [Read more](#)

[Colorectal Cancer Awareness Month](#)

Saturday, April 05, 2014

The Cayman Islands Cancer Society is observing April as Gastrointestinal Cancer Awareness Month. Gastrointestinal cancer (cancer of the digestive syst... [Read more](#)

[Don't put off for tomorrow what you can do today](#)

Friday, July 18, 2014

With faith and humour she survived By Victoria Anderson Gray The Lions Club of Grand Cayman recently organised the 3rd Annual Delano Hislop 3 Day Jour... [Read more](#)

[A Survivor's Dream Come True](#)

Saturday, July 12, 2014

by Bethany Rundell A diagnosis of ovarian cancer is scary. But when you're 25 years old, engaged to be married and had hoped to have children, it can... [Read more](#)

[A new way to donate to local charities](#)

Saturday, June 28, 2014

Launched December 2013, Cayman Gift Certificates is the only website where you can purchase gift certificates from Cayman vendors from anywhere in the... [Read more](#)

[Fasting triggers stem cell regeneration of damaged, old immune system](#)

Monday, June 16, 2014

University of Southern California, Original article written by Suzanne Wu In the first evidence of a natural intervention triggering stem cell-based r... [Read more](#)

[Protecting your kids during the summer](#)

Saturday, June 14, 2014

The end of the school year is almost here and savvy moms and dads by now have made all the arrangements for summer. Summer camps and leisurely days at... [Read more](#)

[Health conference to focus on chronic non-communicable diseases](#)

Friday, June 13, 2014

Due to the increase of chronic non-communicable diseases (CNCDs), organisers of the fifth annual Cayman Islands Healthcare Conference have decided to... [Read more](#)

[Minister concerned about unhealthy living](#)

[DID YOU KNOW? – Part 2](#)

Saturday, June 07, 2014

HEALTH EFFECTS OF SECOND HAND SMOKE Breathing second-hand smoke can irritate your lungs and reduce the amount of oxygen in your blood. Prolonged or re... [Read more](#)

[DID YOU KNOW? – Part 1](#)

Saturday, May 31, 2014

SMOKING AND ADDICTION • Tobacco contains nicotine, a highly addictive psychoactive ingredient. • Tobacco addiction can start with the 1st drag. • Nico... [Read more](#)

[10 ways to keep teens smoke-free](#)

Saturday, May 24, 2014

Teen smoking might begin innocently, but it can become a long-term problem. In fact, most adult smokers begin smoking as teenagers. Your best bet? Hel... [Read more](#)

[Found: the fountain of youth](#)

Friday, May 16, 2014

Turns out the sought-after magic elixir has been right under our noses! I'm talking about water. Pure, simple water. Before you scoff at this id... [Read more](#)

[Public Health aids smokers to quit](#)

Thursday, May 15, 2014

The Public Health Department is urging members of the public to enlist in its 'I Can Quit'

smoking cessation programme. Scheduled to begin on 4 June 2... [Read more](#)

[13 reasons why you need exercise](#)

Thursday, April 17, 2014

Let's face it, some days you just don't feel like exercising. You get too busy, too stressed and quite simply too tired. But this shouldn't... [Read more](#)

[NDC marks April as Alcohol Awareness Month](#)

Wednesday, April 16, 2014

The National Drug Council (NDC) has designated the month of April as the Alcohol Awareness Month. In a press statement, the NDC announced that it will... [Read more](#)

[Regional Status Report on NCDs launched](#)

Friday, April 04, 2014

Thursday 20 March, 2014 the Healthy Caribbean Coalition (HCC) officially launched: A Civil Society Regional Status Report: Responses to NCDs in the Ca... [Read more](#)

[Addressing the prostate problem among men of colour](#)

Friday, February 21, 2014

According to the United States Centre for Disease Control and Prevention, men of African descent have the highest rate of prostate cancer in the USA.... [Read more](#)