

THE HEALTHY QUARTERLY

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SO EVERYONE ON THE MOTORCYCLE RETURNS HOME: STRENGTHENING HELMET SAFETY FROM RWANDA'S ENTRY POINTS

As part of the Tukurinde Initiative, HPR in collaboration with partners rolled out a campaign to promote compliance with helmet standards across Rwanda's key border posts. This campaign builds on a historic milestone achieved in December 2024, when Rwanda inaugurated Africa's first-ever Helmet Testing Laboratory in Kigali.

[Read more](#)



The campaign equipped participants with the knowledge to assess imported helmets against proper safety standards



RWANDA REPLACES 1987 TRAFFIC LAW

Rwanda has introduced a new road traffic law replacing the 1987 legislation, ushering in tougher rules aimed at improving road safety nationwide. The updated law brings stricter penalties, including higher fines and possible jail terms, along with a merit and demerit points system to track driver conduct. The reforms are designed to promote responsible driving, strengthen enforcement, and reduce the number of road accidents across the country. [Read](#) our article on the new changes.

Spotlight



STUDIES SPOTLIGHT SEXUAL HEALTH COUNSELING GAPS AND MENTAL HEALTH NEEDS IN CANCER CARE

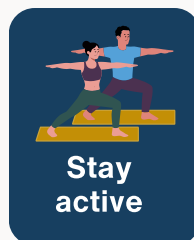
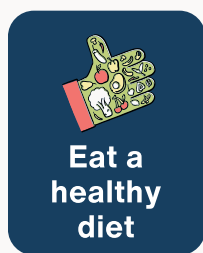
HPR-led study highlights the importance of mental health in cancer care.

Despite continued advancement in cancer care, mental health support has been inadequately integrated, particularly for female breast and cervical cancer in low- and middle-income countries, where psychosocial needs remain largely unmet. This study aimed to address this gap by validating a mental health screening tool and applying it to investigate the mental health burden and associated factors among this patient population in Rwanda. [Read more.](#)

Examining Gaps in Sexual Health Counseling for Women with Cancer in Rwanda.

In Rwanda, breast and cervical cancer are the most common cancers among women of reproductive age, posing significant public health challenges. Little is known about healthcare providers' capacity to counsel patients on sexual health in contexts with limited psychosocial cancer services. A study was conducted to explore healthcare providers' perceptions, attitudes and knowledge concerning sexual health among female patients with cervical and breast cancer and survivors in two regions of Rwanda. [Read more.](#)

Reduce Your Cancer Risk with These 7 Tips



*Source:
Mayo clinic*