

WORLD CANCER DAY



**The theme for the years
2025-2027**

'United by Unique'

Cancer is a large group of diseases that can start in almost any organ or tissue of the body when abnormal cells grow uncontrollably, go beyond their usual boundaries to invade adjoining parts of the body and/or spread to other organs.

'United by Unique, Its meaning is simple: everyone has unique needs, unique perspectives, and a unique story to tell, yet people touched by cancer are united in a shared ambition to lower the cancer burden, to see cancer treated successfully, and to lead better lives with cancer.

KEY FACTS

- Cancer is a leading cause of death worldwide, accounting for nearly 10 million deaths in 2020, or nearly one in six deaths.
- The most common cancers are breast, lung, colon and rectum and prostate cancers.
- Around one-third of deaths from cancer are due to tobacco use, high body mass index, alcohol consumption, low fruit and vegetable intake, and lack of physical activity. In addition, air pollution is an important risk factor for lung cancer.

- Cancer-causing infections, such as human papillomavirus (HPV) and hepatitis, are responsible for approximately 30% of cancer cases in low- and lower-middle-income countries.
- Many cancers can be cured if detected early and treated effectively.
- Between 30% and 50% of cancer deaths could be prevented by modifying or avoiding key risk factors and implementing existing evidence-based prevention strategies.
- The cancer burden can also be reduced through early detection of cancer and management of patients who develop cancer. Prevention also offers the most cost-effective long-term strategy for the control of cancer.
- GEOGRAPHICAL IMPACT 70% of cancer deaths occur in low-to-middle income countries.



CAUSES

Cancer arises from the transformation of normal cells into tumour cells in a multi-stage process that generally progresses from a pre-cancerous lesion to a malignant tumour. These changes are the result of the interaction between a person's genetic factors and three categories of external agents, including:

physical carcinogens, such as ultraviolet and ionizing radiation;
chemical carcinogens, such as asbestos, components of tobacco smoke, alcohol, aflatoxin (a food contaminant), and arsenic (a drinking water contaminant); and biological carcinogens, such as infections from certain viruses, bacteria, or parasites.

PREVENTION

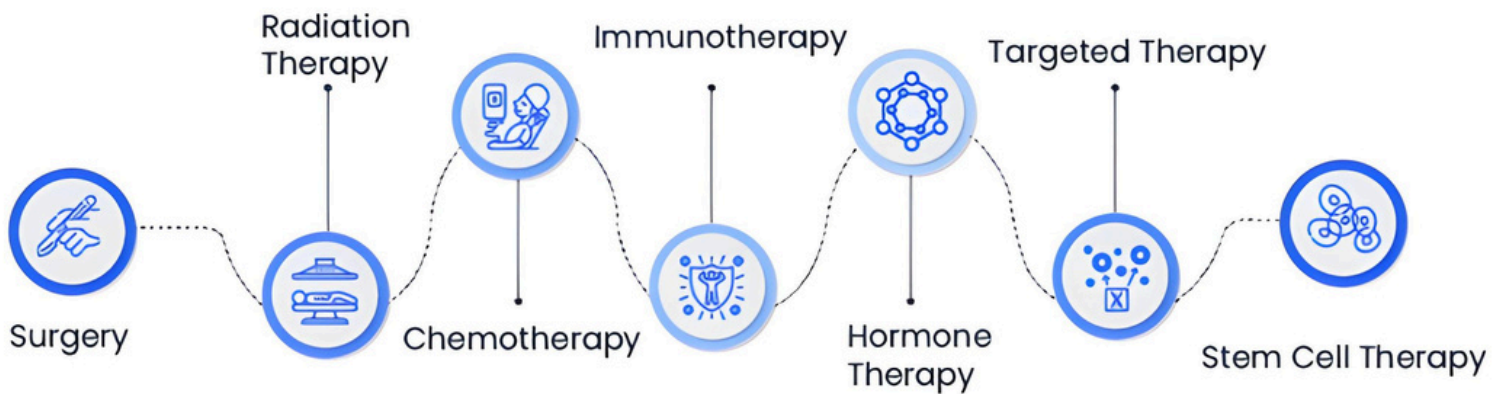
- Not using tobacco
- Maintaining a healthy body weight
- Eating a healthy diet, including fruit and vegetable
- Doing physical activity on a regular basis
- Avoiding or reducing consumption of alcohol
- Getting vaccinated against HPV and hepatitis B if you belong to a group for which vaccination is recommended
- Avoiding ultraviolet radiation exposure (which primarily results from exposure to the sun and artificial tanning devices) and/or using sun protection measures
- Ensuring safe and appropriate use of radiation in health care (for diagnostic and therapeutic purposes)
- Reducing exposure to outdoor air pollution and indoor air pollution, including radon (a radioactive gas produced from the natural decay of uranium, which can accumulate in buildings – homes, schools and workplaces)
- Practice safe sex
- Get regular medical care

MANY DISADVANTAGED GROUPS FACE HIGHER CANCER RISKS DUE TO FACTORS SUCH AS TOBACCO USE, ALCOHOL CONSUMPTION, AND UNHEALTHY DIETS. THESE ARE KNOWN AS ‘COMMERCIAL DETERMINANTS OF HEALTH



TREATMENT

Options include surgery, cancer medicines and/or radiotherapy, administered alone or in combination. A multidisciplinary team of cancer professionals recommends the best possible treatment plan based on tumour type, cancer stage, clinical and other factors. The choice of treatment should be informed by patients' preferences and consider the capacity of the health system.



Types of Cancer Treatment

The goal of cancer treatment is to cure your cancer and help you live a typical life span. That may or may not be possible depending on your specific situation. If a cure is not possible, treatments are used to help shrink your cancer or slow its growth. Those treatments may help you live without symptoms for as long as possible.



DID YOU KNOW?
1/3 OF CANCERS CAN BE
CURED IF DETECTED EARLY
AND TREATED PROPERLY.