

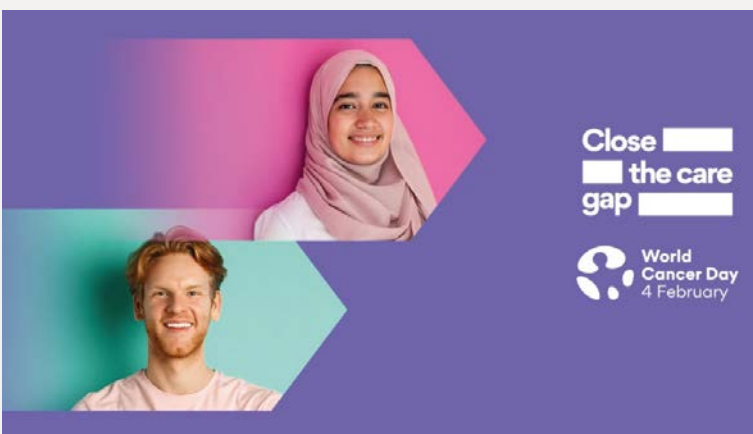
World Cancer Day



Each year on 4th February, World Cancer Day is held to raise awareness about cancer and promote its prevention, detection and treatment. In 2008, the World Cancer Declaration was written by the Union for International Cancer Control (UICC). During World Cancer Day, the international community rallies to end the injustice of preventable suffering caused by cancer. The primary goal is to significantly reduce cancer-related illness and death.

What is this Year's Theme?

A three-year campaign centred on equity will mark World Cancer Day 2023. Now in its second year, the initiative is about uniting individuals, organisations, advocates and policymakers to act. Additionally, it emphasises real-world progress - not just technological advancements and medical discoveries, but small actions that make a real difference. For example, enabling neighbours to provide transportation to a fellow resident for cancer treatment, or ensuring that a local school provides healthy and affordable food.



Key Facts:

- Globally, cancer accounted for nearly 10 million deaths in 2020. That's one in six deaths.
- Cancers of the breast, lung, colon, rectum and prostate are the most common kinds of cancer.
- A third of cancer deaths are caused by tobacco use, high body mass index, alcohol consumption, low fruit and vegetable consumption and lack of physical activity.
- Approximately 30% of cancer cases in low and lower-middle-income countries are caused by cancer-causing infections, such as human papillomavirus (HPV) and hepatitis.
- Early detection and effective treatment are critical to curing many cancers.



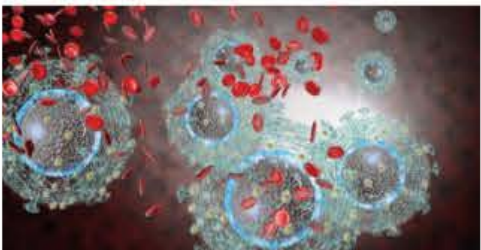
Cancer Overview

Cancer is a disease that can affect any part of the body. It can be caused by the rapid creation of abnormal cells, and these cells can then spread (metastasize) to other parts of the body. This is the main cause of death from cancer.

In 2020, there were estimated to be nearly 10 million deaths from cancer. The most common type of cancer in 2020 is likely to be new cases of cancer in the breast, lung, colon and rectum, prostate, and skin (non-melanoma).

Cancer Causes

DNA mutations cause cancer in cells. DNA is packaged into thousands of individual genes, each of which contains instructions on what functions a cell should perform as well as how to grow and divide. It is possible for cells to become cancerous if there are errors in the instructions. Several factors can lead to gene mutations, including smoking, radiation, viruses, carcinogens, obesity, hormones, chronic inflammation and inactivity.



Myth and Facts

Some people believe that certain factors can cause cancer, but there is no real proof that any of them are responsible. It's important to identify the genuine causes of cancer so you can stay as healthy as possible.



- Myth: Antiperspirants and deodorants can cause breast cancer.**
- Fact:**
- Breast cancer is not linked to the use of underarm antiperspirants or deodorants.
 - In some reports, aluminium compounds and parabens have been implicated as harmful substances that enter the body from nicks caused by shaving, or by absorption through the skin. These products have not yet been definitively proven to cause breast cancer in clinical studies. As of today, there is no evidence that these products cause cancer.
- Myth: There are harmful, cancer-causing substances released when food is microwaved in plastic containers and wraps.**
- Fact:**
- There is some proof that plastic containers not made for the microwave may melt and perhaps leak chemicals into your food. Takeout containers, whipped topping bowls, margarine tubs, and other plastic containers not made for the microwave should not be microwaved.
- Myth: Sugar shouldn't be consumed by cancer patients because it can hasten the disease's growth.**
- Fact:**
- The link between dietary sugar and cancer needs further study. It is a fact that all cell types, including cancer cells, rely on glucose (blood sugar) for energy. However, feeding cancer cells more sugar doesn't cause them to multiply more quickly. Similarly, cancer cells don't develop more slowly when their access to sugar is cut off.



Preventing Cancer

- Stop the use of tobacco
- Maintain a healthy weight
- Consume a healthy diet, including fruits and vegetables
- Exercise regularly
- Get screened
- Get vaccinated against HPV and hepatitis B if you belong to a group for which vaccination is recommended



Cancer Screening

According to the Department of Health - Abu Dhabi (DOH), recommendations for performing early screening for the most common cancers are as below:

- Breast Cancer screening:** Every 3 years for women aged 20 – 39 years; every 2 years for women aged 40 and above.
- Colorectal Cancer screening:** Every 10 years for men and women for WHO aged 40 years and above.
- Cervical Cancer screening:** Every 3 years for women aged 25-49 years; and every 5 years for women aged 50-65 years.