



- Cancer is a disease that knows no boundaries and has, or will, affect everybody either directly or indirectly during the lifetime.
- Actions taken by every person, organisation and government will help to reduce the burden of cancer to achieve the goal of a 25% reduction in premature deaths from NCDs by 2025.
- Cancer is a leading cause of death worldwide, however, it is well known that more than one third of these deaths are preventable, and if detected early enough, many cancers are curable.
- Until cancer awareness is improved globally and actions are taken to prevent and treat the disease, millions of people around the world will die unnecessarily every year.

The activities for 2021 World Cancer Day should focus on the following areas:

1. Conducting awareness programmes for the community covering the link between lifestyle and cancer, importance of adopting healthy lifestyle choices, misconceptions about cancers and the message that one third of cancers can be prevented.
2. Conducting lectures and inservice training programmes among health care staff and staff of other government and private organizations e.g. school teachers, factory workers etc. Special focus should be made on primary prevention, early detection, rehabilitation & palliative care for cancer patients at primary care setting in these lectures.
3. Conducting awareness and screening programmes at work places and to provide education on the benefits of a healthy diet and exercise, the dangers of smoking and other cancer risk factors. All institutions must be encouraged to make healthy lifestyles a priority in the workplace.
4. Educating on signs and symptoms and the importance of timely treatment which has been shown to improve survival from cancer during all awareness campaigns and staff training sessions
5. Conducting activities promoting institution-based and community-based palliative care for cancer patients and survivors.

\*Considering the prevailing situation of the COVID- 19 outbreak in the country, it is important to ensure that the newly imposed health etiquette and all safety precautions are duly maintained.

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