



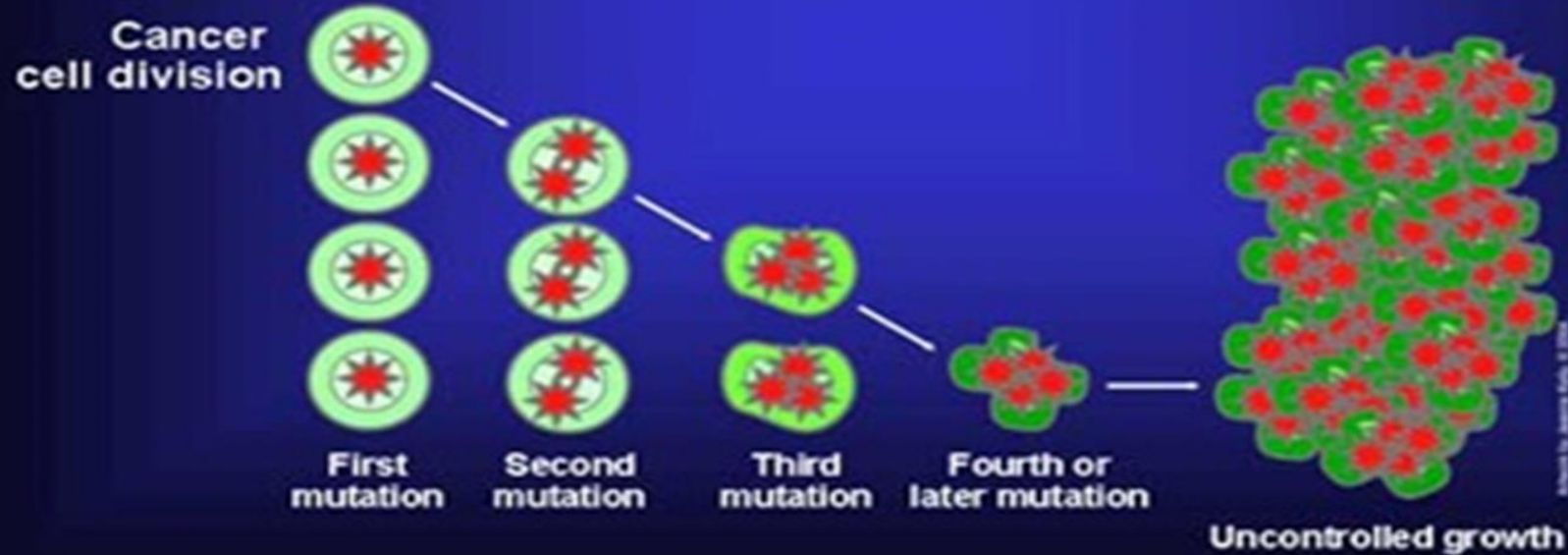
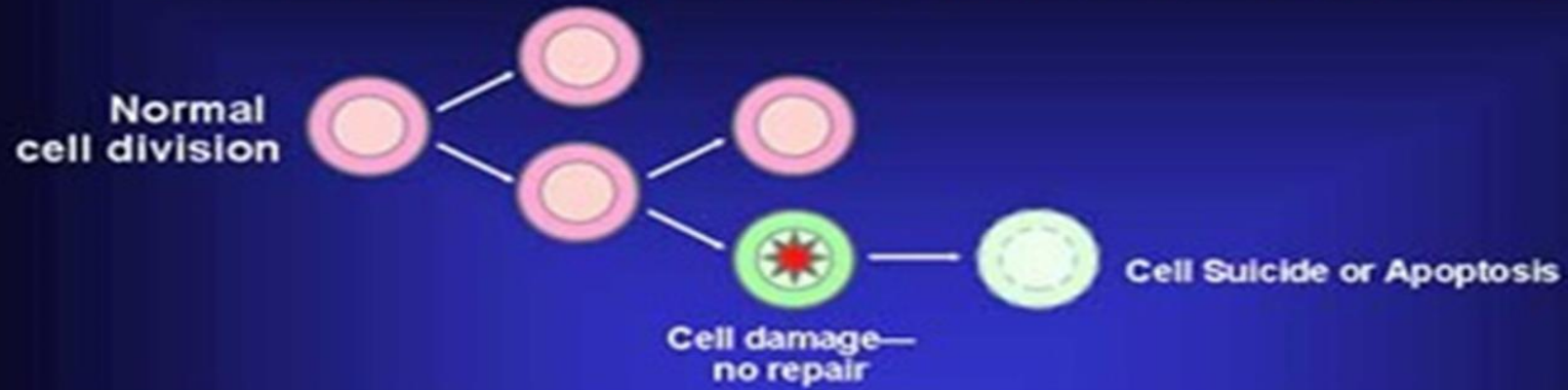
WORLD
CANCER
DAY
— FEBRUARY 04 —

2024



National Cancer control Programme

Loss of Normal Growth Control



Adapted by Barbara Kelly, M.D.

Reducing the burden

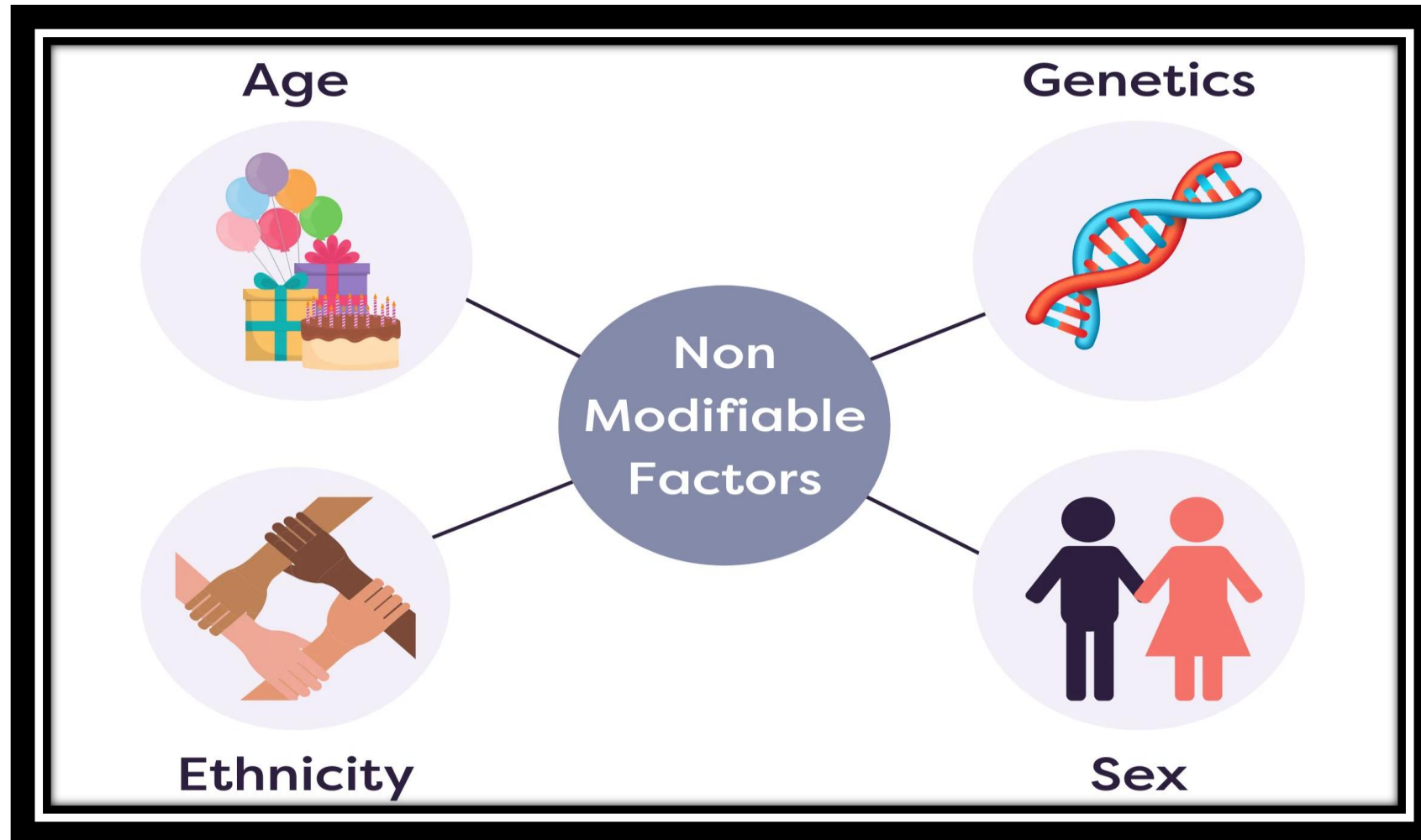
- ❑ 30 - 50% of all cancers can be prevented by avoiding risk factors and implementing existing evidence-based prevention strategies
- ❑ The cancer burden can also be reduced through early detection of cancer and appropriate treatment and care of patients who develop cancer
- ❑ Others could have an improved quality of life through evidence based management and palliative care services





- Non-modifiable risk factors

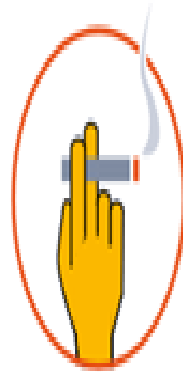
- Modifiable risk factors



Can be used to identify high risk groups & screening

Modifiable risk factors

Modifiable at the individual or population level through targeted interventions



TOBACCO
USE



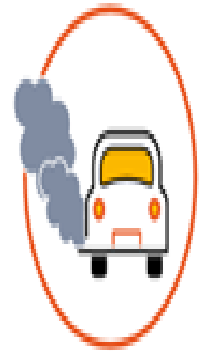
ALCOHOL
USE



UNHEALTHY
DIET



PHYSICAL
INACTIVITY



AIR
POLLUTION¹²



Oncogenic
Viruses



Tobacco smoke

- > 20% of all cancer deaths worldwide
- Risk factor for > 16 types of cancers
(*Lung, Oral cavity, Oesophageal cancers etc.*)
- Male smokers > female smokers
- **Confirmed Carcinogen**



Consumption of alcohol

- Causes 4% of all cancer deaths
- Risk factor for cancers in;
Oral cavity, pharynx & larynx, oesophagus,
liver, breast etc.
- **Confirmed Carcinogen**



Unhealthy diet excess body weight & physical inactivity

- Unhealthy diets: 15% of all cancer deaths
(processed meat, red meat, etc..)

- Excess body weight:

3% of all cancer deaths in LMIC

6% of all cancer deaths in high income countries



- Physical inactivity:

3.2% of all cancer deaths in LMIC

5.5% of all cancer deaths in high income countries

Breast Cancer, Colonic cancer



PROCESSED MEAT

Frequent intake of;

Hot dogs

Salami

Ham

Sausages

Cured bacon

Salted and cured meat
Corned beef

Smoked meat

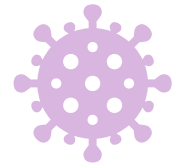
Dried meat

Beef jerky



Oncogenic infections

- Oncogenic infections cause two million new cancers (16.1% of all cancers) / Year
- **90% caused by**
 - Human papillomavirus (HPV) – cervical cancer
 - Hepatitis B & C viruses (HBV/HCV) – liver cancer
 - Helicobacter pylori – stomach cancer



Environmental pollution

- 1-4% of all cancers globally
- Widespread exposures –
- Specific environmental exposures

Carcinogenic compounds in the environment



Asbestos – mesothelioma, lung cancer

Aflatoxin – liver cancer

Radon/Uranium – lung cancer

Indoor air pollution – lung cancer

Out door air pollution – Diesel engine exhaust





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2023

Atlas on Confirmed Human Carcinogens






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හඳුනා ගන්න, ප්‍රවේශම් වන්න, පිළිකාව වළක්වා ගන්න!



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 මහජන සෞඛ්‍ය සංකීර්ණය, නො. 555/5, ඇල්බිට්ගල මාවත, කොළඹ 05. දුර : 011-2368627







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Poster based on “Atlas on Human Carcinogens”

Hierarchy of Controls

Most
effective



Least
effective

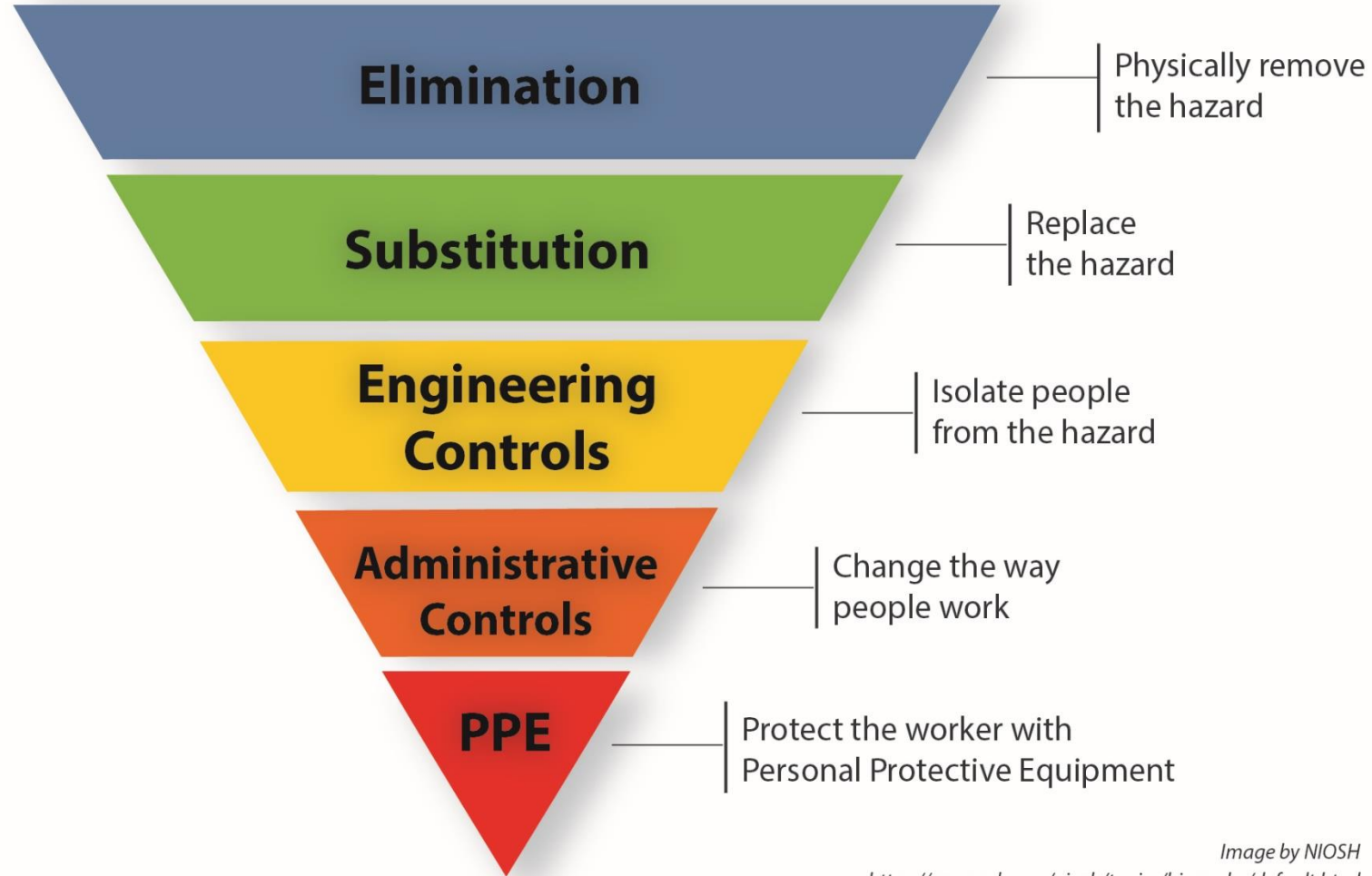
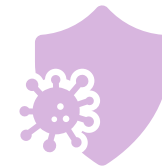


Image by NIOSH
<https://www.cdc.gov/niosh/topics/hierarchy/default.html>



Immune status & cancer

- Immune system is important in protecting from cancer , especially in killing tumour cells



Ways to reduce your cancer risk



Do not smoke or use any form of tobacco

Make your home **smoke-free**



Enjoy a **healthy diet**



Breastfeeding reduces the mother's cancer risk



Vaccinate your children against Hepatitis B and HPV



Avoid too much sun, use **sun protection**



Reduce indoor and outdoor **air pollution**



Be **physically active**



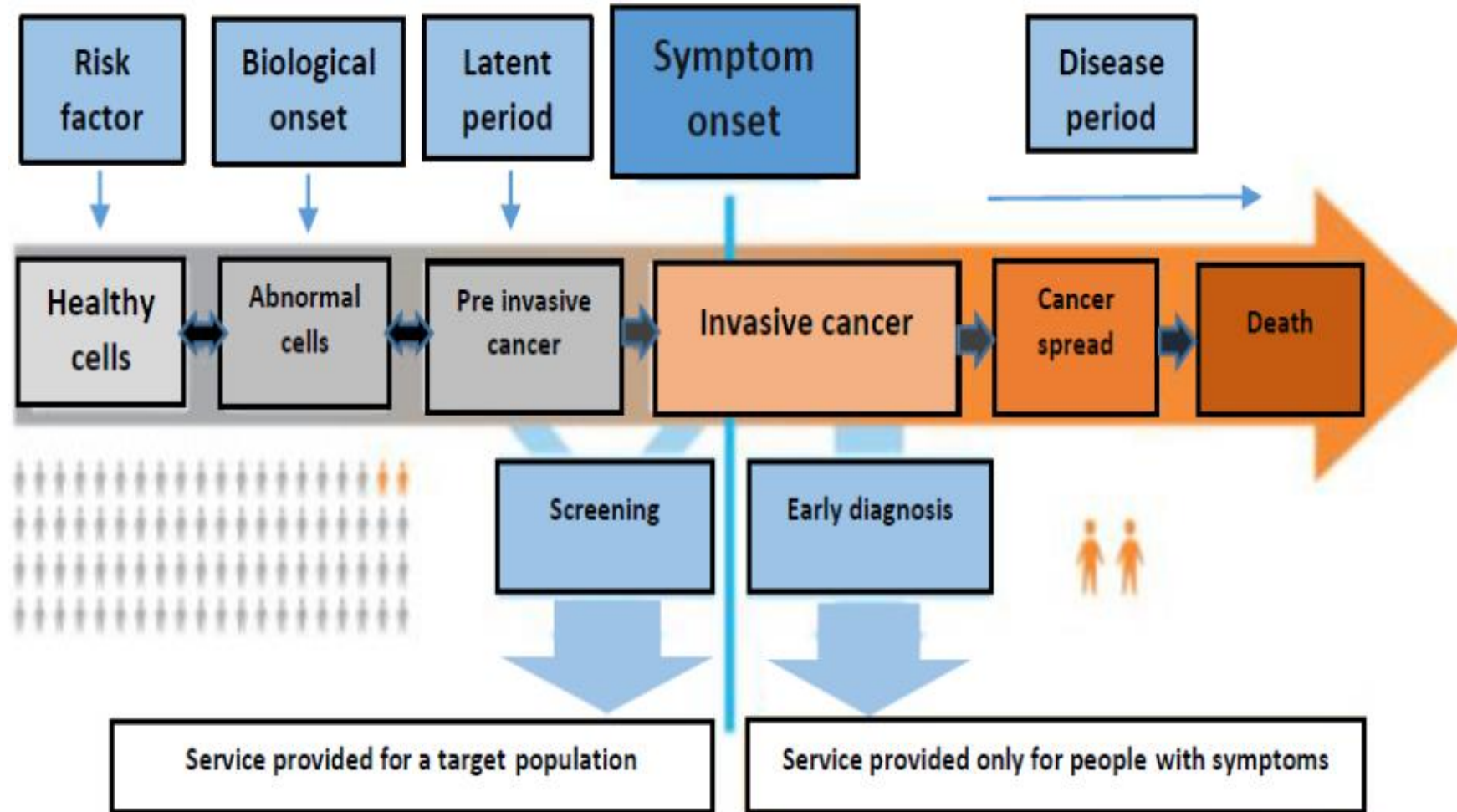
Limit alcohol intake



Take part in organized **cancer screening** programmes



Early Detection of Cancers



Early detection



- Cancer mortality is reduced when cases are detected and treated early.
- There are two components of early detection:
 - Screening
 - &
 - Early diagnosis



Thank
you!



National Cancer Control Programme, No 555/5, Elvitigala Mawatha,
Colombo 5.



0112368627



<https://www.nccp.health.gov.lk>



<https://www.facebook.com/NCCPSL>

