



WORLD CANCER DAY

WHY CANCER?

**10 million
people die
each year
from cancer**

That's more than
**HIV/AIDS, malaria and
tuberculosis combined.**

**By 2030,
experts project
cancer deaths
to rise to
13 million**

Source: <https://www.worldcancerday.org/why-cancer>

World Cancer Day is observed on February 4th every year to raise awareness about the global impact of cancer and to encourage its prevention, detection, and treatment. The day aims to educate people about the disease and to reduce the stigma surrounding it.

There are many different types of cancer, including breast, lung, prostate, colorectal, and skin cancer, among others. The risk of developing cancer is influenced by a variety of factors, including genetics, lifestyle, and environmental exposures.

Some of the recommended ways to prevent cancer:



Adopting a healthy lifestyle



Regular exercise



Following a balanced diet



Avoiding tobacco



Avoiding excessive alcohol consumption

Vaccines such as HPV for cervical cancer and **Screening tests** such as mammograms, pap smear and colonoscopies, can also help to detect cancer in its early stages, when it is most treatable.



Most Medical Aid Schemes cover vaccines and screening tests from risk benefits to encourage usage, so there's no need to worry about day-to-day benefits being depleted.

Early detection and prompt treatment are critical to improving outcomes for those diagnosed with cancer. Advances in medical technology and research have led to the development of new and more effective treatments for many types of cancer, including surgery, radiation therapy, and chemotherapy.



In addition to its physical impact, cancer also has a significant impact on a person's **mental and emotional well-being**. Support from family, friends, and healthcare providers can help people coping with cancer to manage the physical and emotional challenges that come with the disease.



Should you find yourself with this diagnosis, your doctor should send your histology report to **oncology@sabmas.co.za** to register you on the programme or contact us at **0860 002 133**.