



World Cancer Day

(February 4th)

What is Cancer?

Cancer is a disease caused by uncontrolled growth of cells that break through their normal boundaries and continue to expand and destroy neighboring cells. It is the leading cause of death worldwide. Lungs, stomach, liver, colon and prostate are the most common sites of death, with tobacco being the most risky factor; causing 22% of all cancer deaths.

Myths about Cancer:

World Cancer Declaration: Reduce stigma and dispel common myths. Some of the common **myths** about cancer are:



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Bulletin #: 333

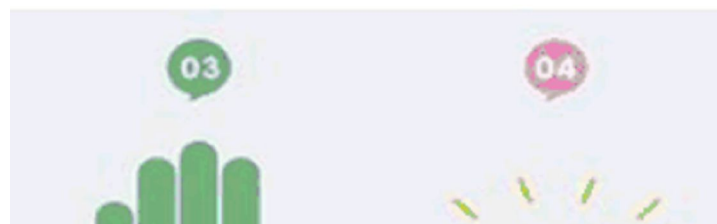
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h of body cells that do not respect normal cell
ghboring healthy cells. Cancer is the leading cause
d breast cancer cause the most deaths each year,
2% global cancer deaths and 71% of lung cancer

nyths about cancer, under the tagline “**Debunk the**





Behavioral and Dietary Risks:

About 30% of cancer deaths are due to five leading behaviors:

- High Body Mass Index
- Lack of physical activity
- Low fruit and vegetable intake
- Use of tobacco

What can we do?

- Avoid Tobacco
- Do not drink alcohol
- Start exercise regularly
- Avoid obesity
- Avoid alcohol



Pakistan State Council



THERE IS NOTHING
I CAN DO
ABOUT CANCER



I DON'T HAVE
THE RIGHT TO
CANCER CARE

Behavioral and dietary risks:
Lack of physical activity
Use of Tobacco and Alcohol

Environmental risks:
Don't drink polluted water
Occupational hazards (Asbestos exposure)
Use of Pan/Gutka, which causes mouth and throat cancer

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