

World Cancer Day

(February 4, 2014)



What is Cancer?

Cancer is a disease caused by uncontrolled growth of body cells that do not respect normal cell boundaries and continue to expand and destroy neighboring healthy cells. Cancer is the leading cause of death worldwide. Lungs, stomach, liver, colon and breast cancer cause the most deaths each year, with tobacco being the most risky factor; causing 22% global cancer deaths and 71% of lung cancer deaths.

Myths about Cancer:

World Cancer Declaration: Reduce stigma and dispel myths about cancer, under the tagline “Debunk the myths”. Some of the common myths about cancer are:



Behavioral and Dietary Risks:

About 30% of cancer deaths are due to five leading behavioral and dietary risks:

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

What can we do?

- Avoid Tobacco
- Start exercise regularly
- Avoid alcohol
- Do not drink polluted water
- Avoid occupational hazards (Asbestos exposure)
- Avoid Pan/Gutka, which causes mouth and throat cancer