

Press Note

World Cancer Day - 4th Feb 2021

'I Am and I Will'

Disease burden:

Cancer is the second leading cause of death globally, and is responsible for an estimated 9.6 million deaths in 2018. Globally, about 1 in 6 deaths is due to cancer.

Approximately 70% of deaths from cancer occur in low- and middle-income countries.

As per ICMR's National Cancer Registry Programme Report 2012-16, in India, a total of 4,27,524 cancer cases have been registered in 28 Population Based Cancer Registries under NCRP and a total of 6,67,666 cases have been registered in Hospital Based Cancer Registries (Total: 10,95,190 cases). It is projected that by 2025, a total of 15,69,793 cases will be registered. Cancer of lung, mouth, stomach, and oesophagus were the most common cancers among males. Cancer of breast and cervix uteri were the most common cancers among females.

In Karnataka, Lung (10%), Stomach (7%) and Prostate (6%) are the leading sites of cancers among men and Breast (28%), Cervix Uteri (12%) and Ovary (6%) are the leading sites of cancers among women. The highest burden of cancer breast was observed in metro cities.

Relative proportion of cases are mentioned in parenthesis.

Risk factors for cancers:

- Around one third of deaths from cancer are due to the 5 leading behavioral and dietary risks: high body mass index, low fruit and vegetable intake, lack of physical activity, tobacco use, and alcohol use.
- Tobacco use is the single most important risk factor for cancer and is responsible for approximately 22% of cancer-related deaths globally.
- Cancer causing infections, such as hepatitis and human papilloma virus (HPV), are responsible for up to 25% of cancer cases in low- and middle-income countries
- Other factors include: ionizing and ultraviolet radiation, urban air pollution, indoor smoke from household use of solid fuels.

To prevent cancer, people may:

- Increase avoidance of the risk factors listed above;
- Vaccinate against HPV and hepatitis B virus;
- Control occupational hazards;
- Reduce exposure to ultraviolet radiation;
- Reduce exposure to ionizing radiation (occupational or medical diagnostic imaging).

In order to overcome the disease burden, early diagnosis could be done which consists of 3 steps that must be integrated and provided in a timely manner:

- Awareness and accessing care

- Clinical evaluation, diagnosis and staging
- Access to treatment.

Under NPCDCS (National Programme for Prevention & Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke), screening is carried out for all individuals 30 years & above for 3 common cancers (Oral, Breast & Cervical) once in 5 years. All these cancers have high cure rates, when detected early and treated. These 3 cancers contribute to 34% of all cancers in India.

For more information & facilities, please contact health care workers & ASHA workers.

Palliative care

Under National Programme for Palliative Care (NPPC), treatment is given to relieve, rather than cure, symptoms caused by cancer and improve the quality of life of patients and their families. It is an urgent humanitarian need for people worldwide with cancer and other chronic fatal diseases, particularly, for patients in advanced stages where there is little chance of cure.

Relief from physical, psychosocial, and spiritual problems can be achieved in over 90% of advanced cancer patients through palliative care.

Palliative care strategies

The Government of Karnataka is envisaging palliative care strategies, comprising of community- and home-based care to provide pain relief for severely ill patients and their families in low-resource settings. Improved access to oral morphine is mandatory for the treatment of moderate to severe cancer pain, suffered by over 80% of cancer patients in terminal phase.

World Cancer Day 2021

The 2021 World Cancer Day theme is: **'I Am and I Will'**. It is an empowering call to action urging for personal commitment and represents the power of individual action taken now to impact the future.

For the past two years, World Cancer Day supporters around the world have been sharing their 'I Am and I Will' commitments – pledging bold and brave actions to reduce the impact of cancer.

As a part of World Cancer Day awareness activities about prevention of cancers and Health camps for early detection. Will be conducted at state and also at districts level.