by Charmaine Gauci

ancer is a leading cause of death around the world. JWHO estimated that 84 million people will die of cancer between 2005 and 2015 (without intervention). Each year on 4 February, WHO supports the International Union Against Cancer to promote ways to ease the global burden of cancer. Obviously, preventing cancer and raising quality of life for cancer patients are recurring themes. Local data from 1996-2008 show that there are increasing trends in incidence when all cancers are included together, for both genders. There were 401.2 new cases per 100,000 people during 2008. However the overall age-standardised-rate remains below the European average rate.

The commonest cancer in females are breast and in males colorectal cancer and prostate cancer. Locally, there were 837 deaths from these cancers in 2009. It has been estimated that more than 30% of cancer deaths can be prevented. Many aspects of general health can be improved, and certain cancers avoided, if one adopts a healthier lifestyle.

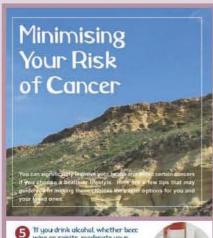
Key points which one should communicate to patients include:

 Do not smoke. Smoking is the largest single cause of premature death;

- Keep a healthy weight;
- 3. Undertake brisk, physical activity every day;
- 4. Make sure you consume a variety of fruit and vegetables eating at least five servings daily. You need to reduce intake of animal fat;
- 5. If you drink alcohol, whether beer, wine or spirits, moderate your consumption to a minimum;
- 6. Care must be taken to avoid excessive sun exposure. It is specifically important to protect children and adolescents. For individuals who have a tendency to burn in the sun active protective measures must be taken throughout life;
- Apply strictly regulations aimed at preventing any exposure to known cancer-causing substances. Follow all health and safety instructions on substances which may cause cancer.

The Ministry for Health, the Elderly and Community Care will shortly be launching the National Cancer Plan 2011-2015. The overarching purpose of this plan is to reduce incidence, prolong survival and ensure the best quality of life possible for cancer patients.

Material to help you promote well being and prevention of illness can be obtained from the Health Promotion and Disease Prevention Directorate by calling on 23266000.



Do not smoke. Smoking is the largest single cause of premature death

t you still amoke, do your best to quit as quickly as possible. You will start feeling better no matter how ong you have been smoking. If you continue to smoke, it is important not to smoke in the presence of others sepecially children and pregnant mothers. Maltase law prohibit smoking in public places so you would be break the law if you do.

or help on quitting, you may:
call on 8007 3333 or 2326 6116/000
join a Smoking Cessation Clinic by calling 2326 6000
for an application form

Neep a healthy weight:

Do your utmost to maintain a healthy weight by eating healthily and including physical activity in your distip.

It is beat to maintain a Body Mass index (BMI) in the range of 18.5 to 25 kg/m². People who are yerweight or obese should aim to reduce their BMI o below 25 kg/m².

or help on maintaining a healthy weight: call on 2326 6118/000 join a Weight Management Course by calling 2326 6000 for a application form.

(B) 'Undertake some brisk, physical activity every day.'

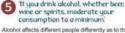
The uptake of exercise should ideally start early in life. However, it is also beneficial to start being active later in life if a healthy lifestyle is adopted. So think of an activity that you really enjoy doing and start doing it.

For help on how to best be physically active:

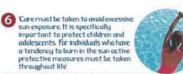
call on 2326 6118/000 ioin an Aerobics Class by calling 2326 6000 for an application form







Alcohol affects different people differently as to their social interactions, so the best advice is to drink in moderation if you want to. Health wise, it presents risk of various cancers and should be consume cautiously if at all.



Follow these guidelines and you will be able to enjoy the sun without harming your skin:

- the sun without harming your skin:

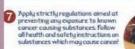
 Avoid exposure to the sun between 11.00am and 3.00pm

 Wear light coloured cotton clothing when going in the sun

 Apply sun screen having a high protection factor

 Wear hard and sunglasses

 Avoid exposure to sitraviolet radiation such as UV beds which contrib o skin abeing process and may cause skin c



Occupationsal Health & Safety regulations control the se or exposure to carcinoperies substances. These equitations must be adhered to at all times. Yeary individual must protect their own health and the health of others, sery and incline to the presence of corrisoperie pollutaria and follow instruction and regulations aimed at mitigating or preventing exposure to carcinoge.

8 Breast cancer

mem should care for their breasts by: self-examining their breasts on a monthly basis from the age of 18 years having their breasts clinically examined annually by a health care professional from the age of 30 having a manningram as advised by their doctor

The National Breast Screening Programme invities women aged 50 to 59, heary 3 years to be screened for breast cancer. When you receive the invitation, to accept II, and come to the Lascaris Screening Centre for a mammogram, is free of charge and can eave your life!





