

WORLD CANCER DAY 2018

"We Can, I Can - Every Action Counts"

The Cancer Association of Zimbabwe joins the international community in commemorating World Cancer Day 2018, which is commemorated on the **4th of February** every year. This year's World Cancer Day (WCD) commemoration theme is **"We Can – I Can, Every Action Counts"**. This theme runs from year 2016 up to 2018 and compliments 2015 theme **"Cancer –Not Beyond Us"**. Indeed cancer is not beyond us and **"we can"** do lot in the prevention and control of cancer. Truly, **"you and I"** can work together to reduce the cancer burden and **"every action/step"** that we take really counts.

WE CAN - CREATE HEALTHY ENVIRONMENTS

It is very possible for us to create healthy environments as a way of preventing cancer by fostering health behaviors in all workplaces, schools and other related settings:

- ❖ In school health promotions activities such as recreation and sport, physical education and provision of appropriate meals.
- ❖ Creation of 100% smoke free zones and providing information and access to smoking cessation tools
- ❖ Workplace programs that encourage employees to adopt a healthier behavior through wellness programs to promote early detection of some cancers and prevent occupational exposure to workplace carcinogens
- ❖ Create healthy cities

WE CAN - IMPROVE ACCESS TO CANCER CARE

- ❖ The availability, affordability and accessibility of cancer services need to be improved across the cancer care continuum. Early detection, diagnosis, treatment and palliative care services should be accessible to every citizen. This is important in protecting individuals and families from financial hardship as a consequence of out of- pocket medical expenses.
- ❖ The provision of universal health coverage (UHC)

WE CAN - MAKE THE CASE FOR INVESTING IN CANCER CONTROL

- ❖ It makes a lot of economic sense for a nation to invest in cancer prevention and control than dealing with the consequences. Failure to invest in cancer prevention means that the nation will not be able to cope with the increase in the cancer cases and this will retard development due to increased health spending. Cancer burden, if not controlled is likely to retard Zimbabwe's progress towards achieving the Sustainable Development Goals.

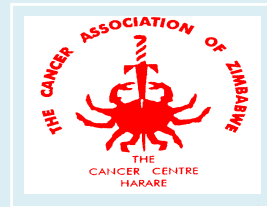
WE CAN - PREVENT CANCER

About 50% of the most common cancers can be prevented through reducing alcohol consumption, healthier diets and improved physical activity and avoiding smoking

- ❖ Tobacco use accounts for five million deaths every year, (22% of all cancer deaths). Reducing the rates of tobacco use will significantly decrease the global cancer burden.
- ❖ Alcohol use has been linked to cancers of the mouth, pharynx, larynx, esophagus, bowel, liver and breast.
- ❖ Overweight and obesity are strongly linked with an increased risk of bowel, breast, uterine, ovarian, pancreatic, esophagus, kidney, and gallbladder cancers later in life.

The theme **“We Can – I Can, Every Action Counts”** shows the world’s optimism in the fight against cancer. It is true that cancer is not beyond our reach since **“We Can”** do a lot in areas of cancer prevention, early detection, treatment and care. It is this “optimism” that can enable our nation to win the battle against cancer. Research has already shown that solutions do exist across the continuum of cancer.

We take this momentous opportunity to urge government and its partners, members of the public and other stakeholders alike, to step up efforts towards prevention and control of cancer and improving the quality of life of those diagnosed of cancer.



**For more Information Contact: Cancer Association of Zimbabwe, 60 Livingstone Avenue, Harare
Tel: +263 24 2 707444 / +263 24 2 705522, info@cancer.co.zw, www.cancerzimbabwe.org**

OUR VISION: *Universal access to cancer information and comprehensive cancer management services*

“We are committed to cancer prevention and improving the quality of life of patients, their families and communities through timeous, cost effective and evidence based interventions” – Together We Can!

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