

# World Cancer Day

**World Cancer Day** occurs every year on **February 4th**.

It is a global initiative aimed to increase awareness, improve education, and promote action to stop preventable cancer deaths. It is a commitment to improve the quality of life for cancer patients and provide equal access to cancer treatment.

2022's theme is "**Close the Care Gap**" to raise awareness of the inequities in cancer care globally. Regardless of income, education, location, ethnicity, gender, sexual orientation, age, disability or lifestyle, everyone deserves the same care and access to treatment.



## Cancer Facts

- At least 1/3 of common cancers are preventable
- Cancer is the second-leading cause of death worldwide
- More lives could be saved with better strategies for prevention, early detection, and treatment

## Most Common Types of Cancer

1. Breast
2. Lung
3. Colon and Rectum
4. Prostate
5. Skin
6. Stomach

## Reducing Risk of Cancer

- Avoid smoking and limit alcohol use
- Eat a healthy diet with plenty of fruits and vegetables
- Maintain a healthy weight and be physically active
- Protect yourself from the sun and use sunscreen
- Get regular medical care including self-exams

## Treatment

After a cancer diagnosis, an appropriate and effective treatment regimen is created for the specific type of cancer. Each type of cancer will have a different treatment plan. Typically, treatment includes radiotherapy, chemotherapy, and/or surgery.



For more information visit:  
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Visit the **World Cancer Day** website for details on how to get involved or for more information: <https://www.worldcancerday.org/>



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