

Press Release

World Cancer Day

#IamIwill #letsbeatcancer #knowthesigns

The theme of World Cancer Day on 4th February 2020 is “I am and I will” calling on the different sectors of the population to increase awareness and commitment to reduce the growing impact of cancer. The Health Promotion and Disease Prevention Directorate within the Ministry for Health aims is to increase knowledge and awareness among the general population about cancer, to highlight the risk factors and the importance of early pickup, including screening. Around one third of deaths from cancer are due to the five leading behavioural and dietary risks: high body mass index, low vegetable and fruit intake, lack of physical activity, tobacco use, and alcohol use.

Between 30–50% of cancers are preventable by avoiding risk factors and putting in place other prevention strategies such as screening programmes and vaccination. The cancer burden can also be reduced through early detection of cancer and optimal management of patients who develop cancer. Many cancers have a high chance of cure if diagnosed early and treated adequately.

If any of the following signs and symptoms occur, it is advisable to seek medical advice:

- Unexplained or unintended weight loss
- Unusual lumps or swellings
- Changes in bowel habit e.g. diarrhoea, constipation or / and blood in the stools
- Fatigue or extreme tiredness and severe lack of energy
- Loss of appetite for a prolonged period

Please contact the Health Promotion and Disease Prevention Directorate for further information on preventing cancer on 23266000, by email on health.pro@gov.mt or on social media @HDPDMalta.

Ġurnata Dinija Kontra l-Kanċer

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It-tema tal- Ġurnata Dinija Kontra l-Kanċer f'4 ta'Frar hija "I am and I will" biex infakkru setturi vari tal-popolazzjoni iżidu l-għarfien u l-impenn tagħhom biex innaqsu l-piż żejjed tal-kanċer. Id-Direttorat għall-Promozzjoni tas-Saħħa u l-Prevenzjoni tal-Mard fi ħdan tal- Ministeru tas-Saħħa għandu l'għan li iezied l-kuxjenza u l-għarfien dwar il-kanċer, u l-fatturi ta' riskju, l-importanza tal-iscreening u li naqdbu l-kanċer kmieni. Terz tal-imwiet mill-kanċer jirrizultaw minn ħames fattori ta' riskju: indiċi tal-massa tal-ġisem, nuqqas ta' ħaxix u frott fid-dieta, nuqqas ta' attivita fiżika, l-użu ta-tabakk u l-użu tal-alkoħol.

Bejn 30-50% tal-kanċer jistgħu jiġu evitati billi jiġu evitati fatturi ta 'riskju u jiġu implimentati strateġiji oħra ta' prevenzjoni bħal skrining u tilqim.

Il-piż tal-kanċer jista wkoll jitnaqqas permezz ta' skoperta bikrija tal-kanċer u ġestjoni ottima ta' pazjenti li jżviluppaw il-kanċer. Ħafna kanċers għandhom ċans kbir ta' kura jekk jiġu ddiġanjostikati kmieni u trattati b'mod xieraq.

Jekk iseħħ wieħed mis-sinjali u sintomi li ġejjin, huwa rrakkomandat li tfittex parir mediku:

- Telf ta 'piż mhux spjegat jew mhux intenzjonat
- Ćapep jew nefħa mhux tas-soltu
- Bidliet fil-ippurgar e.g. dijarea, stitikezza jew / u demm fl-ippurgar
- Għeja jew għeja estrema u nuqqas qawwi ta 'energija
- Telf ta 'l-aptit għal perjodu twil

Jekk jogħġbok, ikkuntattja lid-Direttorat għall-Promozzjoni tas-Saħħa u l-Prevenzjoni tal-Mard għal aktar informazzjoni dwar il-prevenzjoni tal-kanċer fuq 23266000, permezz ta' email fuq health.pro@gov.mt jew fuq il-midja soċjali [@HDPDMalta](https://www.facebook.com/HDPDMalta).