

WORLD CANCER DAY 4 FEB

A LIFE COURSE APPROACH: REDUCING RISK AT CRITICAL TIME-WINDOWS

**Take control:
Prevent, reduce and
know your risks - and
seek help early on.**

Please check with your doctor for guidance on the national recommendations regarding vaccinations, testing and screenings. These may vary from country to country. The above is intended only as a general guideline and does not take into consideration country-specific recommendations.

FOETAL LIFE AND INFANCY:

- Maintaining a healthy weight and diet as well as reducing the exposure to carcinogens during pregnancy can help reduce the baby's cancer risk
- Breastfeeding protects the mother from future risks of breast cancer, and offers nutrition and protection for the baby
- Infants 1 – 2 years of age should receive the Hep B vaccine, providing protection against liver cancer

CHILDHOOD:

- Adopting healthy life habits including a balanced diet and physical activity early in life can help to reduce the risk of cancer
- Children under ten years of age are especially impacted when exposed to the sun, carcinogens (e.g. cigarette smoke, automobile exhaust) and chemicals (e.g. pesticides, containers containing BPA)
- Girls 9 – 13 years of age should get vaccinated against HPV (human papillomavirus)
- Parents, teachers, families and children should be aware of the signs and symptoms of cancer in young children and seek help early

ADOLESCENCE:

- This is a critical time during which behaviours start that will shape a person's health over their life, including tobacco and alcohol consumption and a poor diet – each of which contribute to a person's cancer risk
- Sex education for young adults is important in informing teens about how they can reduce their exposure to HPV and HIV – both of which are cancer risk factors.
- The level of physical activity typically drops off in the teenage years. Keep active to help reduce the risk of cancer

ADULT LIFE:

- Starting at age 30, women should get screened for cervical cancer. Depending on each country, this could be through a HPV test every five years, a Pap test every 3-5 years, or visual inspection
- Individuals in a high-risk group for oral cancer (tobacco user, betel-nut chewer) should get screened for oral cancer

OLDER AGES:

- Starting at age 50, all men and women should be screened for colorectal cancer
- From age 50, women should get their mammograms once every two years



Reference: World Health Organization. *Preparation for the third High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases, to be held in 2018*. Report by the Director-General. Seventieth World Health Assembly, Provisional agenda item 15.1, Published: 18 May 2017.

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