



## World Cancer Day

World Cancer Day is organized by the **Union for International Cancer Control (UICC)** and celebrated **each year on 4 February**.

- The theme for **2019-2021 is "I am and I will"** - all about individual stories and commitments to beat cancer.
- The objective of World Cancer Day is aligned with **Sustainable Development Goal (SDG-3.4)**, i.e. to reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being by 2030.
- It is observed to rally the international community to end the injustice of preventable suffering from cancer.
- The Day aims to save millions of preventable deaths each year through education, raising awareness and by pressing governments and individuals across the world to take action.

### Cancer

- Cancer is a generic term for a large group of diseases characterized by the **growth of abnormal cells beyond their usual boundaries** that can then invade adjoining parts of the body and/or spread to other organs.
- Other common terms used for cancer are **malignant tumours and neoplasms**.
- Cancer is the **second leading cause of death** globally and is estimated to account for 9.6 million death in 2018.

### Union for International Cancer Control (UICC)

- The Union for International Cancer Control (UICC) is a **membership organisation** to help the global health community accelerate the fight against cancer.
- It was **founded in 1933 and is based in Geneva**.

### Non-Communicable Diseases Burden in India

- According to recently released data by the **World Health Organisation (WHO)**, **nearly 61% of deaths in India** are now attributed to **non-communicable diseases (NCDs)**.
- Cardiovascular diseases (coronary heart disease, stroke, andm hypertension) contribute to 45% of all NCD deaths, followed by chronic respiratory disease (22 %), cancer (12 %) and diabetes (3%).
- NCDs are also a major **cause and consequence of poverty**.
- Although, the percentage of deaths from NCDs is still lower in India compared to many other countries across the world but the burden is **rapidly increasing because of changing lifestyle and factors like pollution**.
- Four risk factors responsible are **tobacco, unhealthy diet, physical inactivity and harmful use of alcohol**.
- Major metabolic risk factors are **obesity, and raised blood pressure, blood glucose and blood cholesterol levels**.

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