



WHO Highlights Ways to Reduce Cancer Risk

With cancer emerging as the second leading cause of death globally, the World Health Organisation (WHO) has listed ways to reduce cancer risk. The WHO said:

- Consumption of tobacco and alcohol, unhealthy diet, and physical inactivity are major factors that increases cancer risk worldwide and are also the four shared risk factors for other non-communicable diseases.
- Some chronic infections are risk factors for cancer and have major relevance in low and middle-income countries.
- Infection with HIV substantially increases the risk of cancers such as cervical cancer.

WHO Recommendations

- It advised not to consume any form of tobacco, to make one's home smoke-free, to enjoy a healthy diet, to vaccinate children against Hepatitis B and HPV, to use sun protections, to be physically active, to limit alcohol intake and take part in organised screening programmes, adding that breastfeeding reduces a mother's cancer risk.

India's Concern

- The prevalence of cancer cases is on the rise in India. The Indian Council of Medical Research stated that approximately 12 to 13 lakh new cases of cancer are being diagnosed every year along with an existing 25 to 30 lakh cancer cases at any given time in India.
- A vast majority of them are being diagnosed in advanced stages. On the contrary, majority of cancer cases are diagnosed in the early stages in developed countries, including Europe and the U.S.A., because of their effective screening programmes.

Cancer

- Cancer is the uncontrolled multiplication of cells.
- Cancer can spread from where it started to another part of the body.
- The original cancer is called the primary tumour. The cancer in another part of the body is called metastatic or secondary cancer.
- Metastatic cancer has the same type of cancer cells as the primary cancer.
- The term metastatic cancer is usually used to describe solid tumours that have spread to another part of the body.