



Living Well North Tyneside

Supporting Health and Wellbeing

Every year on **4 February**, the world comes together to mark **World Cancer Day**, a global initiative led by the **Union for International Cancer Control (UICC)**. The day is dedicated to raising awareness, improving education, and driving action to reduce cancer's impact worldwide.

With millions of lives affected by cancer every year, World Cancer Day is a reminder of the urgent need for early detection, better treatment access, and stronger support systems for patients and their families.

Why World Cancer Day Matters

Cancer remains one of the leading causes of death globally. However, up to 50% of cancers are preventable through lifestyle changes, early screening, and timely treatment. Despite advancements in medical research, many people still face barriers to care due to geographical, economic, or social inequalities.

The aim of World Cancer Day is to:

- Increase awareness about cancer risks, symptoms, and prevention strategies.
- Encourage early detection and screening to improve survival rates.
- Support individuals and families affected by cancer.
- Advocate for equal access to life-saving treatment and care.
- Fund cancer research to develop better treatments and find cures.

How to Get Involved

1. Raise Awareness

Spreading knowledge about cancer prevention, symptoms, and treatment options can help save lives. You can:

- Share facts, personal stories, or awareness messages on social media using **#WorldCancerDay**.
- Wear the blue and orange ribbon to show your support.
- Talk to family, friends, and colleagues about cancer prevention and early detection.

2. Make Healthier Lifestyle Choices

Reducing cancer risk starts with making informed lifestyle choices:

- Eat a balanced diet rich in fruit, vegetables, and whole grains.
- Stay physically active and maintain a healthy weight.
- Avoid tobacco and limit alcohol consumption to lower cancer risks.
- Use sun protection to prevent skin cancer.
- Attend routine health screenings for early detection of cancer.

3. Support Cancer Organisations

Many charities and research institutions work tirelessly to improve cancer care. Consider:

- Donating to organisations funding cancer research and support services.
- Volunteering at local cancer charities or support groups.
- Participating in fundraising events like walks, runs, or charity challenges.

4. Advocate for Change

World Cancer Day is also about pushing for policy changes to ensure equitable access to healthcare. Individuals can:

- Sign petitions supporting better funding for cancer research.
- Encourage governments to invest in cancer prevention programmes.
- Support workplace initiatives promoting employee health and screening.

Breaking the Barriers to Cancer Care

One of the key messages of World Cancer Day is tackling healthcare inequalities. Many people across the world still struggle to access early diagnosis, high-quality treatment, and palliative care. Ensuring that everyone, regardless of their location or financial situation, can receive timely and effective cancer care is a global priority.

Looking Ahead: A Future Without Cancer

While progress has been made in cancer treatment and survival rates, there is still work to do. Together, we can make a difference by spreading awareness, supporting research, and advocating for better healthcare policies.

This 4 February, take action—whether it's by learning more about cancer prevention, supporting someone affected by cancer, or raising awareness in your community.

For more information and ways to get involved, visit the [World Cancer Day website](#).

Related Links

- [World Cancer Day website](#)



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