Ways for Cancer Prevention and Control

Health systems strengthening:
- People centric, diagnostics & treatment, timely referrals & follow up.

Universal health coverage:
- No one is left behind

Community empowerment:
- Health literacy, stigmatization, home care

Multi sectorial actions:
- To minimize risks, health promotion

Health promotion:
- To include healthy lifestyles

Risk Reduction

No tobacco use:
- Smoking, smokeless, avoid second hand smoke

No alcohol:
- No initiation, cessation to be encouraged

Eat healthy diet:
- Low in salt, sugar, fats; green leafy vegetables; fresh fruits & legumes

Physical activity:
- Enhance daily activity levels, avoid sitting for long hours

Vaccination:
- Hepatitis B, HPV

Early Detection

Comply with treatment advised:
- Early treatment can cure many cancers and reduce its severity

Seek prompt medical advice:
- For persisting abnormal complaints

Participate in cancer screening activities:
- As per norms of eligibility