

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



Policy and Programmes



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



Policy and Programmes



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

