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

Policy and Programmes

Risk Reduction

Multi sectorial actions:
To minimize risks, health promotion

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

Health promotion:
To include healthy lifestyles

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

Early Detection