





THIS #WORLDCANCERDAY SINGAPORE CANCER SOCIETY PRESENTS

RELAY FOR LIFE

18 - 19 FEBRUARY 2017



Worldwide cases of cancer predicted to reach 21.7million by 2030

4 February 2017 is World Cancer Day. Today, on World Cancer Day, millions are urged to get active to help combat the world's most deadly disease. Under the banner 'We can, I can,' the day will encourage

people to be more active - in every sense - in the fight against a disease that, in less than two decades, will directly affect up to 21.7 million people per year. Dr Cary Adams, Chief Executive Officer, Union for International Cancer Control (UICC): "This World Cancer Day we want to inspire individuals to play an active role in the fight against cancer, by being physically active. Around a third of all cancers are preventable through lifestyle changes, such as

increasing physical activity and leading a less sedentary lifestyle. A large number of people also find exercise to be of great benefit to their wellbeing either during or after treatment. The 'We can, I can,' campaign is in its second year and we hope to build on the success of last year and spread the

message further than ever." Singapore Cancer Society Chief Executive Officer, Mr Albert Ching, states that everyone can take control of their own health and well-being. "Eat healthier, exercise, stay sunsafe, do not smoke, reduce alcohol consumption, and screen early for cancer. Our highlight for World Cancer Day 2017 is the inaugural Singapore Cancer Society Relay For Life (SCS RFL) on 18 and 19 Feb. We are rallying Singaporeans to stand in solidarity with the cancer community at the SCS RFL by walking to Celebrate (cancer survivors), Remember (loved ones lost) and Fight Back (against cancer)," Mr Ching added.

personalities, RFL participants, and cancer survivors are pledging their support of World Cancer Day via photo boards on social media. Regular exercise is one of the most simple and fun ways that people can reduce their cancer risk. Aside from prevention, a growing body of evidence shows that physical activity significantly helps cancer patients, not only to manage the life-altering side-effects of treatment such as fatigue, depression and

heart damage, but also in reducing the risk of the disease worsening or recurring. Research shows, for example, that a breast cancer patient's risk of recurrence and of dying from the disease can be reduced

by around 40 per cent by doing recommended levels of physical activity.

information visit: www.worldcancerday.org

pdf [Accessed 12/01/2017], see page 8

At the SCS RFL to be held at the Bukit Gombak Stadium, celebrities Benjamin Kheng, Desmond Tan, Romeo Tan and Nick Shen will be joining the Relay or walking in solidarity with the cancer community and using their voice, while singer Nathan Hartono will be performing. SCS volunteers & staff, media

'We can. I can.' make a difference: just as everyone can play a crucial role in maintaining their own health and wellbeing - by being active, limiting alcohol consumption, avoiding tobacco, and moderating red and processed meat consumption - everyone can also contribute to the success of World Cancer World Cancer Day: every post, share or tweet adds to the noise and raises the profile of cancer in people's minds, in the world's media and on the global health and development agenda. For more

 GLOBOCAN 2012 (IARC), Cancer Incidence, Mortality and Prevalence Worldwide, Lyon, France, International Agency for Research on Cancer, available at:http://globocan.iarc.fr/old/burden.asp?selection_pop=224900&Text-

p=World&selection_cancer=290&Text-c=All+cancers+excl.+non-

24/01/20171 Macmillan Cancer Support (2011) The importance of physical activity for people living with and beyond cancer: A concise evidence review, available at: http://www.macmillan.org.uk/documents/aboutus/commissioners/physicalactivityevidencereview. pdf [Accessed 12/01/2017], see pages 2, 6 and 7 Macmillan Cancer Support (2011) The importance of physical activity for people living with and beyond cancer: A concise evidence review, available at:

melanoma+skin+cancer&pYear=18&type=0&window=1&submit=%C2%A0Execute [Accessed

6AM - 10AM

\$25

\$15

FEBRUARY 2017

http://www.macmillan.org.uk/documents/aboutus/commissioners/physicalactivityevidencereview.





CEREBRAL

\$25

\$20

\$15

\$15

Official Goodle Bag Collection Venue

NORMAL RATE

STUDENT RATE

SENIOR CITIZENS RATE

\$15 Participate Volunteer Donate V You can relay hope for cancer patients Register online at www.singaporecancersociety.org.sg/relay

5pm - 10am (Following Day)

Bukit Gombak Stadium

18th (Sat) - 19th (Sun) February 2017

800 Bukit Batok West Ave 5 Singapore 659081

WECAN

Carl.





SCS RELAY FOR LIFE

than taking dietary supplements. AVOID TOBACCO

preserved vegetables and high salt foods.

colorful variety of vegetables, fruits, soy, nuts,

whole grains, and beans can help lower the

powerhouses, as they have less unhealthy

fat, more fibre, and more cancer-fighting

There's no single "super" food to eat to prevent or fight cancer on its own. To reduce the risk of cancer, choose a balanced diet with a variety of foods rather

· A balanced plant-based diet filled with a

· Fruit and vegetables are cancer-fighting

risk for many types of cancer.

nutrients.

SMOKING Smoking is the most important preventable cause of cancer in the world. Chemicals in cigarette smoke enter the blood stream, affect the entire body, and

subsequently cause various types of cancer.

carcinogens and causes cancers of the lung,

esophagus, larynx, mouth, throat, kidney, bladder, stomach, colon and rectum, as well

Smokers have a much higher risk of getting

smoke and avoid second-hand smoke.

STAY SAFE IN THE SUN

Overexposure to ultraviolet (UV) radiation

from the sun is the main cause of skin

Tobacco smoke contains at least 70

as certain types of leukemia.

week.

LIMIT ALCOHOL CONSUMPTION · Drinking alcohol regularly can increase the

risk of 7 different cancers, including

for alcohol.

colorectal, breast, mouth and pharyngeal,

esophageal, laryngeal and liver cancers.

The less alcohol consumed, the lower the

Men should drink no more than 2 standard

drinks a day, and women, no more than 1.

A standard alcoholic drink is defined as can

(330 ml) regular beer, half glass (175 ml)

risk of cancer. There is actually no "safe" limit

affecting hormone levels, and reducing

cancer treatment, but it can also reduce

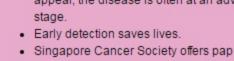
symptoms and improve quality of life.

Exercise is not only safe and possible during

Aim for 150 Minutes of physical activity every

inflammation in the body.

- lung cancer than non-smokers, whatever wine or 1 nip (35 ml) spirit. type of cigarette smoked. There's no such thing as a safe way to use tobacco. The best way to prevent lung cancer is to not
 - **GO FOR REGULAR** CANCER SCREENING
 - cancer. any symptoms appear. By the time symptoms The best way to enjoy the sun safely is to use appear, the disease is often at an advanced a combination of seeking the shade, stage. covering up (eg clothing and hat), and applying sunscreen.
- Tanning from sunbeds is as damaging as sunshine and should be avoided.









no charge.

Singapore Cancer Society #04-01 Realty Centre

Singapore Cancer Society Multi-Service Centre 9 Bishan Place Junction 8 Office Tower #06-05

Singapore Cancer Society Rehabilitation Centre #08-04

Enquiries: communityhealth@singaporecancersociety.org.sg

smears, mammograms and FIT kits to eligible

Singaporeans and Permanent Residents at

