



# CANCER IS THE **#1** KILLER IN SINGAPORE

37 people are diagnosed with cancer everyday. <sup>2</sup>

16 people die from cancer everyday. <sup>1</sup>

1 in 3 deaths are caused by cancer. <sup>1</sup>

## What are some of the preventive measures?

- Go for recommended health screenings regularly
- Maintain a healthy lifestyle and diet
- Do not smoke

### Eat more


- Food rich in fibre
- Fresh fruits and vegetables

### Eat less

- Food high in fat
- Salty and salt-preserved food

<sup>1</sup> Ministry of Health statistics


<sup>2</sup> Singapore Cancer Registry, Interim Annual Registry Report Trends in Cancer Incidence in Singapore 2010 - 2014


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**SINGAPORE  
CANCER  
SOCIETY**