



WORLD CANCER DAY

FEBRUARY 4

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TALKING POINTS



THURSDAY, FEBRUARY 4

is being recognised as World Cancer Day

What is World Cancer Day? A key international awareness day on the global health calendar. World Cancer Day takes place every year on February 4 to unite the world in the fight against cancer, under the one banner.

What does it hope to achieve? The Day aims to save millions of preventable deaths each year through education, raising awareness and by pressing governments and individuals across the world to take action.

Is there a Theme for the day? Yes. - **Together All Our Actions Matter-*'I Am and I Will'***. It is all about an individual's commitment to act. The notion that through our positive actions, together we can reach the target of Prevention, Control and Reduction in the number of premature deaths from cancer.

'I Am and I Will' campaign – shows us that our actions have an impact on everyone around us, within our neighbourhoods, communities and cities. This year is a reminder of the enduring power of cooperation and collective action.

How is the Ministry of Health & Wellness recognising World Cancer Day? Non-Communicable Disease and Injury Prevention Unit is coordinating a series of activities/events

Discounted Islandwide Screening for the month of February through participating Partners-Apex Radiology, The Woman's Place, Radiology West and Jamaica Cancer Society

The Jamaica Cancer Society will be **offering FREE screening** (30 mammograms and 30 pap smears). The women will be **referred by the government clinics**

Outside Broadcast- from the National Cancer Treatment Centre of Excellence, St. Joseph's Hospital - February 4.

Officially opened in November 2018, it provides world class cancer care and is one of two such facilities on the island- the other at Cornwall Regional Hospital. The St. Joseph's Hospital location is also home to the Consie Walters Cancer Hospice. The hospice provides care to those who are in the terminal stages of cancer and for those suffering from numerous ailments.

Live Discussions (Facebook & Instagram) Thursday, February 4, 2021, 8 p.m. Conversations will be around Prevention, Screening, Managing the diseases from different perspectives i.e. medical, psychological and emotional.

The objectives of this session is: Awareness, for persons to understand the need to be Proactive as early detection saves lives, for persons to begin to think/commit to an Action to make the needed difference and reinforce that each of us should become our own health advocate.

Presenters:

Sanchez Palmer,
Principal Medical Physicist, (SERHA)

Dr. Danielle Smellie,
Consultant Haematologist & Medical Oncologist, Hope Institute &
Lead for the KPH Oncology Services

Keisha Bowla-Hines,
Associate Clinical Psychologist, Co-ordinator, Counselling
Services for Liguanea Region (SERHA)

Moderator:

Dr. Sara Lawrence Lewis

Webinar - Monday, February 8 - For Primary Care Providers. 3-6 p.m.

Presenters are:

Dr. Tracey Gibson,

Senior Lecturer & Head of the Department of Pathology, UWI.,
Director, Jamaica Cancer Registry

Dr. Nicola A. Skyers,

Director, (Acting), Non-Communicable Disease and Injury Prevention Unit,
Health Promotion and Protection Branch, Ministry of Health and Wellness

Dr. Sheray Ward Chin,

Consultant in Medical Oncology and Internal Medicine
at the University Hospital of the West Indies

Dr. Sharon McLean Salmon,

Paediatric Oncologist, Bustamante Hospital for Children

Dr. Dingle Spence,

Senior Medical Officer of the Hope Institute Hospital, Director of the
Jamaica Cancer Care and Research Institute (JACCRI)

Statistics

Cancer is a major national health concern in Jamaica.

Cancer is a leading cause of death in Jamaica, and **breast cancer in women** is the most common cancer among Jamaican women. **Prostate cancer** is the most frequent cancer overall and the most common cause of cancer-related deaths in Jamaica. Colorectal cancer and cervical cancer rounds out the top four cancers in Jamaica.

Did you know?

Jamaica now has a National Cancer Registry. The National Cancer Registry of Jamaica represents another meaningful addition in the fight against cancer, as it will allow for quality data collection to inform decision-making policies.

The most common signs of Cancer

- Unexplained weight loss
 - Fever of unknown origin
 - Night sweats
 - New or unexplained pain
 - Persistent heartburn
- Mouth or tongue sores that don't heal
 - Bloating
 - Irregular bowel patterns
 - Unexplained lumps
 - Trouble swallowing

General Risk Factors

- Older **age**
- A personal or **family history** of cancer
- Using **tobacco**
- **Obesity**
- **Alcohol**
- Some types of viral infections, such as human papillomavirus (HPV)
- Specific chemicals
- **Exposure** to radiation, including ultraviolet radiation from the sun.

Prostate Cancer Risk Factors

Prostate cancer disproportionately affects men of African ancestry and the risk of affliction increases inexorably with age reaching its peak incidence in men in their 70s.

There are only **three established risk factors for prostate cancer**, and they are all non-modifiable: one cannot do anything about one's age, race or family history.

Breast Cancer Risk Factors

- **Getting older.** The risk for breast cancer increases with age; most breast cancers are diagnosed after age 50.
- **Reproductive history.** Early menstrual periods before age 12 and starting menopause after age 55 expose women to hormones longer, raising their risk of getting breast cancer.
- **Having dense breasts.** Dense breasts have more connective tissue than fatty tissue, which can sometimes make it hard to see tumours on a mammogram. Women with dense breasts are more likely to get breast cancer.
- **Personal history of breast cancer or certain non-cancerous breast diseases.** Women who have had breast cancer are more likely to get breast cancer a second time. Some non-cancerous breast diseases such as atypical hyperplasia or lobular carcinoma in situ are associated with a higher risk of getting breast cancer.
- **Family history of breast or ovarian cancer.** A woman's risk for breast cancer is higher if she has a mother, sister, or daughter (first-degree relative) or multiple family members on either her mother's or father's side of the family who have had breast or ovarian cancer. Having a first-degree male relative with breast cancer also raises a woman's risk.
- **Previous treatment using radiation therapy.** Women who had radiation therapy to the chest or breasts (like for treatment of Hodgkin's lymphoma) before age 30 have a higher risk of getting breast cancer later in life.

Cervical Cancer Risk Factors

- Human Papillomavirus (HPV) infection
- Sexual history – early initiation, multiple partners, partner of someone who had multiple partners
- Sexually Transmitted Infections such as Chlamydia
- HIV infection
- Long term use of oral contraceptive pills
- Early or multiple pregnancies
- Family history of cervical cancer

Colorectal Cancer Risk Factors include

- Overweight/obesity
- Physical inactivity
- Diet high in red meat and processed meats
- Inflammatory Bowel Disease
- History or family history of colorectal cancer/polyps

Vaccination and Cancer Prevention

- HPV vaccine is given to girls 9-14 years to protect them from getting cervical cancer. Hepatitis B vaccine is given to children and other high-risk persons to protect against hepatitis B infection, which causes liver cancer

Cancer and COVID-19

Cancer patients who are undergoing chemotherapy need to be especially careful during the coronavirus pandemic as the procedure weakens the immune system.

Consider these Cancer-Prevention tips

- Love yuh Body Treat Yuh Body Right: 30 Minutes Activity Daily
- Physical Activity is one of the Safest, cheapest and best medicine for our bodies: 30 Minutes Activity Daily
- More moments, more memories, more life: 30 Minutes Activity Daily
- Avoid risky behaviours
- Maintain a healthy weight
- Get regular medical care
- Limit processed meat
- Protect yourself from the sun
- Get Vaccinated

THANK YOU

