

World Cancer Day 2025 United by Unique in the Fight Against Cancer

Every year, February 4th is observed as World Cancer Day, a global initiative to raise awareness about Cancer Prevention, Early Detection, and treatment. In 2025, the campaign embraces the theme “United by Unique,” emphasizing the individuality of every cancer journey and advocating for Personalized, Patient-Centered Care.

This year’s theme underscores the importance of acknowledging each person’s unique experience with cancer and tailoring treatments to their specific needs. By prioritizing empathy, collaboration, and innovation, the campaign inspires a shift in healthcare systems toward more inclusive and compassionate care for those affected by this disease.

“United by Unique” - The Message of 2025

The theme celebrates diversity in cancer experiences, recognizing that every patient has a unique journey influenced by their physical, emotional, and social circumstances. The campaign emphasizes three critical principles:

- **Recognizing Uniqueness:** No two cancer journeys are the same. From diagnosis to treatment and recovery, patients face challenges that are deeply personal
- **Personalized Care:** A one-size-fits-all approach is no longer enough. Tailoring care plans to each patient’s needs improves outcomes and enhances quality of life
- **Compassion and Collaboration:** The fight against cancer becomes stronger when healthcare providers, researchers, policymakers, and communities work together to ensure equitable and customized care for all


This vision marks a transformative step toward treating patients as individuals rather than just focusing on the disease, making healthcare systems more empathetic and adaptable.

The Cancer Burden in India: A Closer Look

India continues to face a growing cancer burden, with several types of cancer being particularly common. A combination of lifestyle factors, genetic predisposition, and environmental challenges contributes to this trend. Here are the most prevalent cancers in India and how they can be addressed:



Did you know?

The word “cancer” originates from the Greek word karkinos, meaning “crab.” 

Cancer Screening: Benefits, Tests & Recommendations

What is Cancer Screening?

Cancer screening involves medical tests to detect signs of cancer before symptoms develop. Early detection increases the chances of successful treatment and, in some cases, a cure. Screening tests can identify abnormal changes in the body that may lead to cancer or detect cancer in its early stages, preventing its spread.

Advantages of Cancer Screening

- **Early Detection:** Screening tests can identify cancer at an early stage, improving treatment outcomes
- **Prevention:** Some tests can detect precancerous changes that may lead to cancer if left untreated
- **Reduced Risk of Spread:** Early diagnosis can prevent cancer from spreading to other parts of the body

Screening Guidelines for Common Cancers

Breast Cancer Screening

- **Ages 40-49:** Annual mammograms and breast examinations are recommended. Alternatively, a mammogram every two years may be suggested based on individual risk factors
- **Ages 50-74:** A mammogram every two years is typically recommended

Prostate Cancer Screening

- Starting at Age 45
- Annual digital rectal examinations (DRE) are advised
- A prostate-specific antigen (PSA) blood test may also be recommended. Discuss with your healthcare provider to determine the need for PSA testing based on risk factors

Cervical Cancer Screening

- **Ages 21-29:** Pap smear tests every three years
- **Ages 30 and older:** Pap smear and human papillomavirus (HPV) tests every five years. If HPV testing is unavailable, Pap smear tests should be done every three years

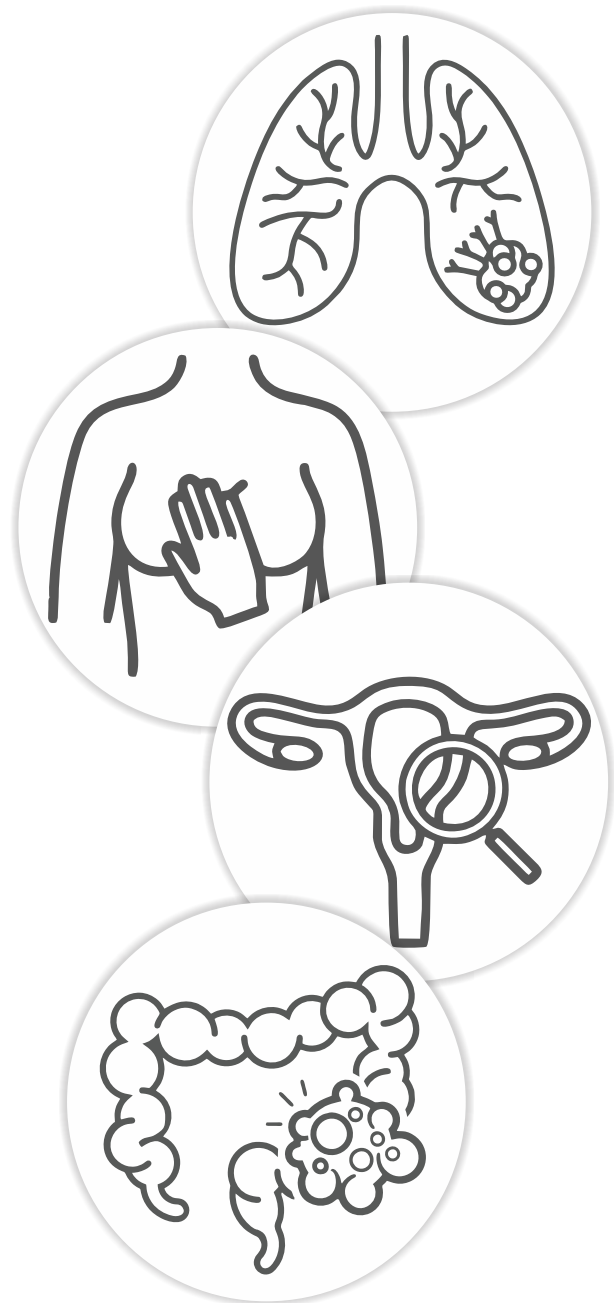
Lung Cancer Screening

Lung cancer is the leading cause of cancer-related deaths. Individuals at high risk, such as heavy smokers, may benefit from annual low-dose computed tomography (LDCT) scans, which have shown promise in reducing lung cancer mortality.

Colorectal Cancer Screening

- **Starting at Age 45:** Regular screening is recommended, including
- **Fecal Tests:** Detect blood or genetic mutations in stool
- **Sigmoidoscopy:** Examines the lower colon
- **Colonoscopy:** A flexible camera is used to check the colon and rectum

Cancer screening is a powerful tool for early detection and prevention, but it's essential to follow guidelines tailored to your age, risk factors, and medical history. Regular communication with your healthcare provider ensures you undergo the most appropriate tests to safeguard your health.



Preventive Measures Against Cancer

Cancer prevention is about making healthier choices and being proactive about your health. While there is no guaranteed way to prevent cancer, following these guidelines can significantly lower your risk.

Avoid Tobacco

Tobacco use accounts for 30% of all cancer-related deaths. No form of tobacco is safe, including cigarettes, e-cigarettes, cigars, chewing tobacco, hookahs or water pipes

Maintain a Healthy Weight and Active Lifestyle

Excess weight can lead to increased levels of estrogen and insulin, hormones that may promote cancer growth. Staying active can help prevent certain cancers.

Exercise Recommendations

The American Institute for Cancer Research advises:

- **150 minutes of moderate exercise per week** (e.g., brisk walking, cycling)
- **75 minutes of vigorous exercise per week** (e.g., running, aerobics)

Eat and Drink Mindfully

Up to 50% of preventable cancers are linked to diet. To lower your risk:

- Eat a plant-based diet with plenty of fruits, vegetables, and whole grains
- Limit red meat and processed meats
- Avoid or limit alcohol consumption
- **Men:** No more than two drinks per day
- **Women:** No more than one drink per day

Protect Your Skin with Sunscreen

Skin cancer is the most common cancer worldwide. To reduce your risk:

- Apply broad-spectrum sunscreen (SPF 30 or higher) daily
- Avoid sun exposure between 10 am and 4 pm, when UV rays are strongest

Get Vaccinated

Vaccines can protect against viral infections linked to cancer:

- **HPV Vaccine:** Protects against cervical cancer. Recommended for individuals aged 26 and under
- **Hepatitis B Vaccine:** Prevents hepatitis B infection, a risk factor for liver cancer. Available for all age groups

Get Regular Screenings

Early detection through screenings increases the chances of successful treatment. The Centers for Disease Control and Prevention (CDC) recommends Breast Cancer, Cervical Cancer, Colorectal Cancer, Lung Cancer Screening

Know Your Family History

Understanding your genetic predisposition allows you to take preventive measures.

Steps to Collect Family Health History

- Who in the family has had cancer, and what type?
- How old were they at diagnosis?
- Are they still living? If not, what caused their death and at what age?

The Way Forward

Making informed lifestyle choices, staying proactive with screenings, and understanding your family history can significantly lower your cancer risk. Start small and focus on incorporating these habits into your daily routine for long-term health and well-being. Always consult your healthcare provider to develop a prevention plan tailored to your needs. To truly address the global cancer burden, we must commit to early detection, personalized treatments, and equitable healthcare access. Together, we can work toward a world where fewer lives are lost to cancer, and every patient receives the care they deserve.

Let us stand united, guided by the uniqueness of every cancer journey, to create a healthier, more hopeful future.





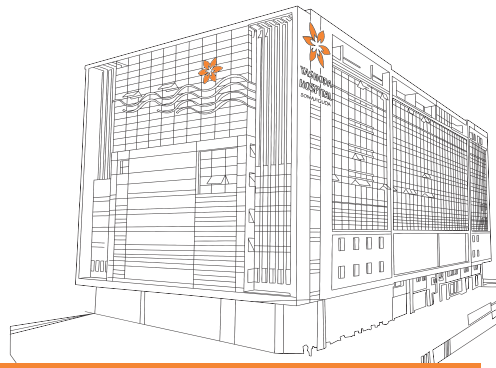
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