



World Cancer Day: February 4

One in three cancers potentially preventable

While cancer incidence rates are increasing, it is estimated that around one third of cancer cases worldwide are potentially preventable.

This World Cancer Day, Cancer Australia is urging Australians to commit to some lifestyle changes to help reduce their risk of cancer.

In Australia, one in two men and one in three women will be diagnosed with cancer in their lifetime, and cancer remains a leading cause of death.

“While there are cancer risk factors such as gender, age and genetics we can’t control, there are a number of positive changes we can all make in our day to day lives to lower our risk,” said Dr Zorbas, CEO of Cancer Australia.

Tobacco smoking continues to be the largest single cause of lung cancer, responsible for about 90% of lung cancers in men and 65% in women in Australia.

Australia also has the highest rates of skin cancer in the world, with an age-standardised incidence rate of melanoma 13 times higher than the average world rate. Skin cancer is predominantly caused by high levels of exposure to ultraviolet radiation.

“At a time of year when New Year’s resolutions might be starting to slip, we encourage Australians to commit to long term health and lifestyle choices to reduce their risk of cancer and improve overall wellbeing,” said Dr Zorbas.

Cancer Australia is advising Australians to:

- Quit smoking
- Be sun smart
- Get active
- Maintain a healthy diet
- Limit alcohol consumption
- Get to know your body

With the theme, ‘Together it is possible’, World Cancer Day 2012 is focused on collaborative efforts to reduce the burden of cancer globally.

Each year, over 12.7 million people globally receive a cancer diagnosis.

In 2008, 21% of deaths worldwide were due to cancer; this is higher than the number of deaths caused by HIV/AIDS, malaria and TB combined.

In Australia around 115,000 people are expected to be diagnosed with cancer this year.

For further information on cancer in Australia, go to

http://www.canceraustralia.gov.au/sites/default/files/images/Factsheets/Cancer_in_Australia.pdf

For further information on World Cancer Day, go to www.worldcancerday.org