



**WORLD  
CANCER  
DAY 4 FEB**

**#WECANICAN**

**THIS #WORLDCANCERDAY  
SINGAPORE CANCER SOCIETY**

PRESENTS

**RELAY FOR LIFE**

walk to support the cancer community  
18 - 19 FEBRUARY 2017

## WORLD CANCER DAY

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.

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 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.

'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 information visit: [www.worldcancerday.org](http://www.worldcancerday.org)

1. 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-melanoma+skin+cancer&pYear=18&type=0&window=1&submit=%C2%A0Execute](http://globocan.iarc.fr/old/burden.asp?selection_pop=224900&Text-p=World&selection_cancer=290&Text-c=All+cancers+excl.+non-melanoma+skin+cancer&pYear=18&type=0&window=1&submit=%C2%A0Execute) [Accessed 24/01/2017]
2. 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
3. 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 page 8



## RELAY FOR LIFE

walk the journey with me

**CELEBRATE**  
the lives of those who  
have battled cancer

**REMEMBER**  
loved ones lost to  
cancer

**FIGHT BACK**  
by making a commitment  
to battle against cancer

### Event Highlights

- > Walk Relays for cancer survivors, caregivers and public supporters
- > Luminaria Ceremony to honor loved ones who have passed on or are fighting the disease
- > Fight Back Ceremony to take action and spread awareness of cancer research, treatment, and prevention
- > Family games, activities, entertainment and win attractive prizes

CATEGORY	5PM - 8PM 18 <sup>th</sup> FEBRUARY 2017	8PM - 6AM OVERNIGHT	6AM - 10AM 19 <sup>th</sup> FEBRUARY 2017
NORMAL RATE	\$25	\$20	\$25
STUDENT RATE (23 years old and below)	\$15	\$15	\$15
SENIOR CITIZENS RATE (65 years old and above)	\$15	\$15	\$15

\* Registration closes on 23 January 2017

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

5pm - 10am (Following Day)

Bukit Gombak Stadium

800 Bukit Batok West Ave 5 Singapore 659081



Participate  Volunteer  Donate 

**You can relay hope for cancer patients**

Register online at [www.singaporecancersociety.org.sg/relay](http://www.singaporecancersociety.org.sg/relay)



## 'WE CAN. I CAN.' MAKE A DIFFERENCE

Everyone can maintain one's own health and wellbeing. Dr Huang Qing, Specialist, Research & Advocacy, Singapore Cancer Society, advises healthy lifestyle options to lower the risk of cancer.

1

### EAT HEALTHY



- Diet can directly affect cancer risk. Some foods actually increase the risk of cancer, while others support the body, strengthening the immune system and help fight cancers.
- To improve one's diet, eat more fruits and vegetables and high-fibre foods; cut down the consumption of processed and red meat, preserved vegetables and high salt foods.
- A balanced plant-based diet filled with a colorful variety of vegetables, fruits, soy, nuts, whole grains, and beans can help lower the risk for many types of cancer.
- Fruit and vegetables are cancer-fighting powerhouses, as they have less unhealthy fat, more fibre, and more cancer-fighting nutrients.
- 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 than taking dietary supplements.



### EXERCISE REGULARLY

2

- Being physically active can significantly reduce the risk of 13 cancers. Currently, there is strong evidence showing that exercise reduces the risk of breast, colon and uterine cancers.
- Regular exercise lowers the cancer risks through maintaining a healthy weight, affecting hormone levels, and reducing inflammation in the body.
- Exercise is not only safe and possible during cancer treatment, but it can also reduce symptoms and improve quality of life.
- Aim for **150 Minutes** of physical activity every week.

3

### AVOID TOBACCO 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.
- Tobacco smoke contains at least 70 carcinogens and causes cancers of the lung, esophagus, larynx, mouth, throat, kidney, bladder, stomach, colon and rectum, as well as certain types of leukemia.
- Smokers have a much higher risk of getting lung cancer than non-smokers, whatever 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 smoke and avoid second-hand smoke.



### LIMIT ALCOHOL CONSUMPTION

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- Drinking alcohol regularly can increase the risk of 7 different cancers, including colorectal, breast, mouth and pharyngeal, esophageal, laryngeal and liver cancers.
- The less alcohol consumed, the lower the risk of cancer. There is actually no "safe" limit for alcohol.
- 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) wine or 1 nip (35 ml) spirit.

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### STAY SAFE IN THE SUN



- Overexposure to ultraviolet (UV) radiation from the sun is the main cause of skin cancer.
- The best way to enjoy the sun safely is to use a combination of seeking the shade, covering up (eg clothing and hat), and applying sunscreen.
- Tanning from sunbeds is as damaging as sunshine and should be avoided.



### GO FOR REGULAR CANCER SCREENING

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- Screening helps to detect early signs of cancer or pre-cancerous conditions before any symptoms appear. By the time symptoms appear, the disease is often at an advanced stage.
- Early detection saves lives.
- Singapore Cancer Society offers pap smears, mammograms and FIT kits to eligible Singaporeans and Permanent Residents at no charge.

Enquiries: [communityhealth@singaporecancersociety.org.sg](mailto:communityhealth@singaporecancersociety.org.sg)



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