



CANCER TIPS



PEACE GLOBAL HEALTH FOUNDATION



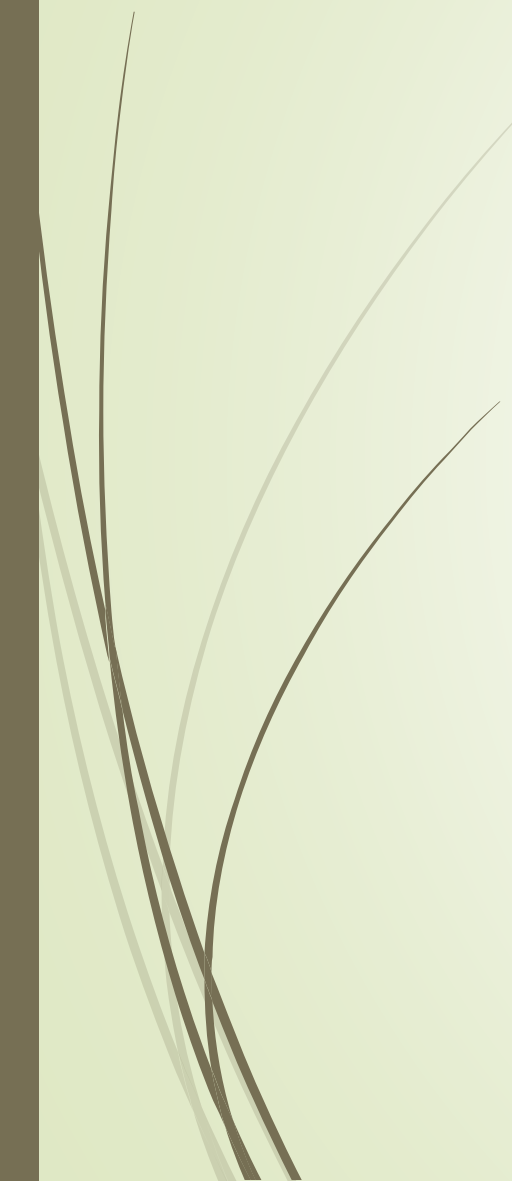
Cancer Tips




- ▶ Cancer is to a large extent avoidable. Many cancers can be prevented. Others can be detected early in their development, treated and cured.
- ▶ Even with late stage cancer, the pain can be reduced, the progression of the cancer slowed, and patients and their families helped to cope.



Effective Advocacy Strategies: Cancer Advocacy Organization 3 level approach

- ▶ Health Facility – Practitioners /patient at hospitals and communities
 - ▶ Advocate for effective treatment and support for patient- centered health care – “struggle” on behalf of every patient
 - ▶ Ensure that providers and others and stakeholders adopt national cancer health policy
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Perspective of a policy maker on the role of Cancer Advocacy

- ▶ People emerge as leaders because they decide to take an action to change the status quo!
- Advocacy in cancer policy is crucial and it's the role of everyone
- Advocacy should be well structure and evidence-based
- Effective targeted communication
- Advocacy for realistic change
- Advocates are important partners to the government in cancer control



Exercise Also Improves Functioning of Cancer Survivors

- ▶ Effects of Exercise on Breast Cancer Patients and Survivor: A Meta-Analysis
- ▶ 717 breast cancer survivors in 14 randomized controlled trials
- ▶ Summary: Physical activity led to significant improvements in:
 - quality of life
 - physical functioning
 - peak oxygen requirements
 - reduction in fatigue



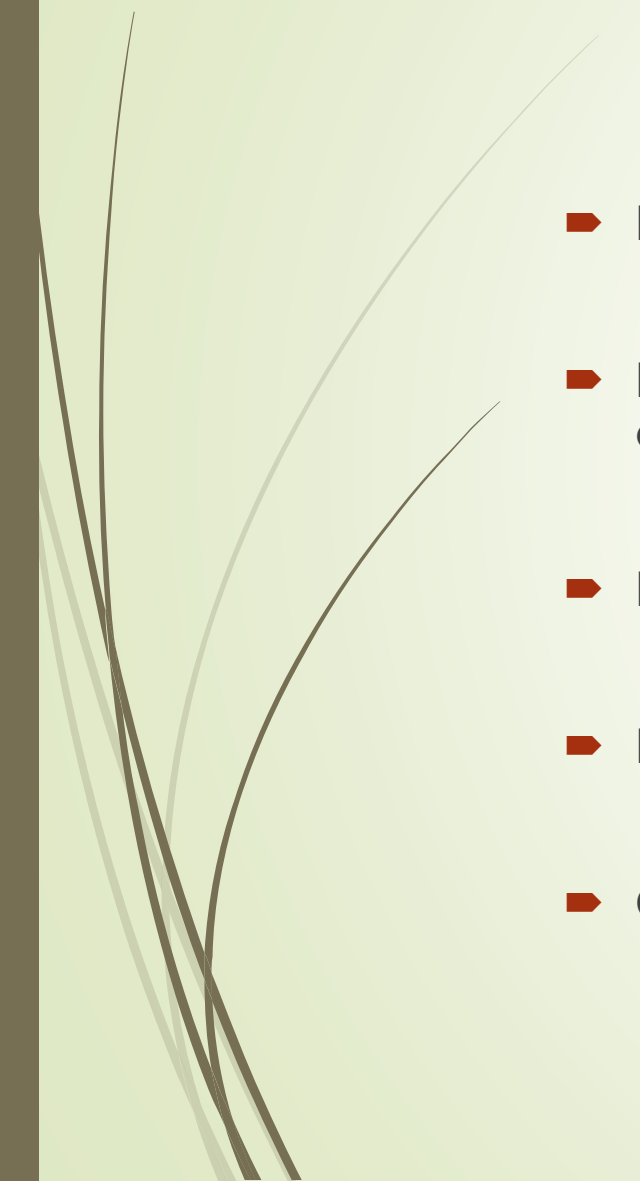
Way Forward



- ▶ Continue awareness campaigns with more involvement of civil society and community workers
- ▶ Roll out of breast cancer and cervical cancer screening in all districts
- ▶ Strengthen the community check up at primary health care level
- ▶ Improve diagnostic capabilities Imaging and Laboratory including new diagnostic techniques
- ▶ Chemotherapy in referral hospitals and later in provincial hospitals



Way Forward

- ▶ Human Resources for Cancer: all domains
 - ▶ Have a National Center of Excellence: Referral center with advanced C & T of cancers
 - ▶ Establishment of a Radiotherapy Center
 - ▶ Establishment of hospitals and population based cancer registries
 - ▶ Continue on Cancer Related Research
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Reach out to PGHF for Questions!

