MINISTER’S MESSAGE
INTERNATIONAL CANCER DAY 2018.

THEME:

WE CAN. I CAN.

World Cancer day is celebrated annually on 4th February and it is the one initiative under which the entire world can unite together in the fight against the global cancer epidemic.

The theme “We Can. I Can” is to explore how everyone – together and individually can do their part to reduce the global burden of cancer.

As individuals we can --- make healthy life choices that include avoiding tobacco, limiting our alcohol intake, getting plenty of physical activity, eating a healthy diet, knowing the signs, symptoms and early detection guidelines because finding cancer early often makes it easier to treat.

As a community we can educate people about the link between lifestyle behaviours and the cancer risk, dispel myths that lead to stigma and discrimination against people with cancer and encourage schools and work places to implement nutrition and physical activity policies that can help people to adopt healthy habits for life.

The Health authorities in Seychelles are continuing to promote physical activity through our ‘Bouze’ campaign, healthier nutrition, and reduction of riskier behaviours such as alcohol consumption, as part of our efforts to prevent cancer. First and foremost, the majority of
cancers are preventable, and we must all work together to build an environment which minimizes our risks.

We are also undertaking a ground breaking study into the genetic links of cancer in Seychelles.

And we are urging all Seychellois who have risk factor to be tested regularly as early detection dramatically improves outcomes.

From January 2017 up to November a total of 178 new cancer cases have been diagnosed in the Seychelles of which 90 are males and 88 are females. There were 130 cancer related deaths of which 78 were males and 52 females. Most of the cancer related deaths were due to prostate cancer in males and breast cancer in females.

On this day I ask you to take this opportunity to spread the word and raise the profile of cancer in people’s minds.

Show your support by talking openly about cancer. Show your support by practicing a healthy lifestyle to reduce risks. Show your support by talking to others about cancer. We can all make a difference. WE CAN! I CAN!