

RETIREE BENEFITS

News



World Cancer Day: A Guide for Retirees

What is World Cancer Day?

World Cancer Day, observed every year on Feb. 4, is a global initiative led by the Union for International Cancer Control (UICC). This day aims to raise awareness about cancer, educate the public about detection and treatment, and push for actions that can save lives. Established in 2000, World Cancer Day unites people, organizations, and governments around the world to work towards reducing the global impact of cancer.

Why was World Cancer Day created

The creation of World Cancer Day was driven by the desire to combat the global cancer epidemic. It was established to encourage members of the international community to take action against cancer and to support the targets of the World Cancer Declaration, which was adopted in 2008. The day serves as both a reminder of the ongoing fight against cancer and a call to action to improve cancer control and survival rates.

Tips for retirees on cancer awareness and screenings in February

Retirement is a time to enjoy life, but it is also an important period to pay attention to one's health. By prioritizing cancer awareness and taking proactive steps towards regular screenings and a healthy lifestyle, retirees can play a significant role in the fight against cancer. World Cancer Day is an opportunity to remind ourselves and our loved ones of the importance of vigilance and action in maintaining our health and well-being. Here are some high-level tips for retirees to focus on cancer awareness and screenings:

- **Stay informed**

Educate yourself about the different types of cancer, their risk factors, and the available screening options. Knowledge is power, and understanding the risk factors can help you make informed decisions about your health.

- **Schedule regular screenings**

Regular cancer screenings can detect cancer early when it is most treatable. Speak with your healthcare provider about which screenings are appropriate for you based on your age, gender, and family history.

- **Maintain a healthy lifestyle**

Adopt a balanced diet rich in fruits, vegetables, and whole grains, and avoid processed foods. Regular exercise can also help reduce the risk of cancer. Aim for at least 30 minutes of moderate physical activity most days of the week.

- **Avoid tobacco and limit alcohol**

Tobacco use is a major risk factor for many types of cancer. If you smoke, seek help to quit. Additionally, limit alcohol consumption, as excessive drinking can increase the risk of certain cancers.

- **Protect your skin**

Skin cancer is one of the most common types of cancer. Protect your skin by using sunscreen, wearing protective clothing, and avoiding excessive sun exposure, especially during peak hours.

- **Participate in community events**

Join local events and activities related to World Cancer Day. Participate in cancer awareness walks, fundraisers, and educational seminars. Connecting with others can provide support and motivation.

- **Support cancer research**

Consider donating to cancer research organizations. Your contributions can help fund vital studies and advancements in cancer treatment and prevention.

- **Be vigilant about symptoms**

Pay attention to any changes in your body and report unusual symptoms to your healthcare provider promptly. Early detection is key to effective treatment.