



Theme : "I Am and I Will"

Together, all of our actions matter


World Cancer Day 2021 is observed every year on **4th February** to spread **awareness**, inspire change and reduce the **global** impact of **cancer** all around the **world**.



The image is a promotional poster for World Cancer Day 2021. It features a pink background with a white diagonal line. On the left, a white speech bubble contains the text "I AM AND I WILL". Below this, the words "WORLD CANCER DAY" are written in large, bold, white capital letters, with "4th FEBRUARY" in smaller white capital letters underneath. On the right side, a pink ribbon is tied in a loop. To the right of the ribbon, there is a list of three bullet points in black text.

- Aims to raise awareness about cancer
- Cancer is preventable and curable
- Every one of us must join in the fight against cancer

WORLD CANCER DAY 2021

- ▶ **This year's World Cancer Day's theme, "I Am and I Will," is all about you and your commitment to act. We believe that through our positive actions, together we can reach the target of reducing the number of premature deaths from cancer and non-communicable diseases by one third by 2030.**
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WARNING SIGNS OF CANCER



7 COMMON SIGNS

CANCER

CAUTION

CHANGE IN BOWEL OR BLADDER HABITS

The term "change in bowel habits" is vague, and probably deliberately so. It can mean almost anything including a change in frequency, consistency (diarrhea or constipation) or in caliber of the stools. While colon cancer can be a cause for these changes, it is obvious that many other things can do the same thing.



A SORE THAT DOES NOT HEAL

Chronic wounds, by definition, are sores that don't heal within about three months. They can start small, as a pimple or a scratch. ... While cancer can sometimes present as a chronic wound, chronic wounds typically fall into three main categories: diabetic ulcers, venous leg ulcers and pressure ulcers



UNUSUAL BLEEDING OR DISCHARGE

Irregular vaginal bleeding is the most common symptom of invasive cervical cancer. ... Sometimes, it shows as blood-streaked vaginal discharge, which often gets dismissed as spotting. Vaginal bleeding can also occur in postmenopausal women, who no longer have menstrual periods



THICKENING OR LUMP IN THE BREAST

Breast cancer is a malignant tumor in or around breast tissue. It usually begins as a lump or calcium deposit that develops from abnormal cell growth. Most breast lumps are benign but can be premalignant and become cancer. Breast cancer can be primary (initially appearing within the breast) or metastatic (spread to another part of the body).



INDIGESTION

Dyspepsia, also known as indigestion, is a term that describes discomfort or pain in the upper abdomen. It is not a disease. The term refers to a group of symptoms that often include bloating, discomfort, nausea, and burping. In the majority of cases, indigestion is linked to eating or drinking



OBVIOUS CHANGE TO WARTS AND MOLES

Recent change in a wart or mole or any new skin change Any wart, mole, or freckle that changes color, size, or shape, or that loses its sharp border should be seen by a doctor right away. A skin change may be a melanoma which, if found early, can be treated successfully.



NAGGING COUGH OR HOARSENESS

Hoarseness can be caused by a number of conditions. The most common cause of hoarseness is inflammation of the vocal cords from virus infection related to the common cold or upper respiratory infection. ... Cough suppressants are sometimes used to prevent recurrent irritation of the vocal cords from coughing.



THE NUMBER OF PEOPLE AFFECTED BY CANCER HAS CONTINUED TO INCREASE IN RECENT YEARS. IF DETECTED EARLY, CANCER CAN BE TREATED.



World
Cancer Day!

SUPPORTING THE FIGHTERS,
ADMIRING THE SURVIVORS,
HONORING THE TAKEN.

*Thank
you!*

SCHOOL HEALTH AND SAFETY DEPARTMENT