



CANCER PREVENTION STRATEGIES

“Open discussion”

MB3 Lecture series 2015

June 2015

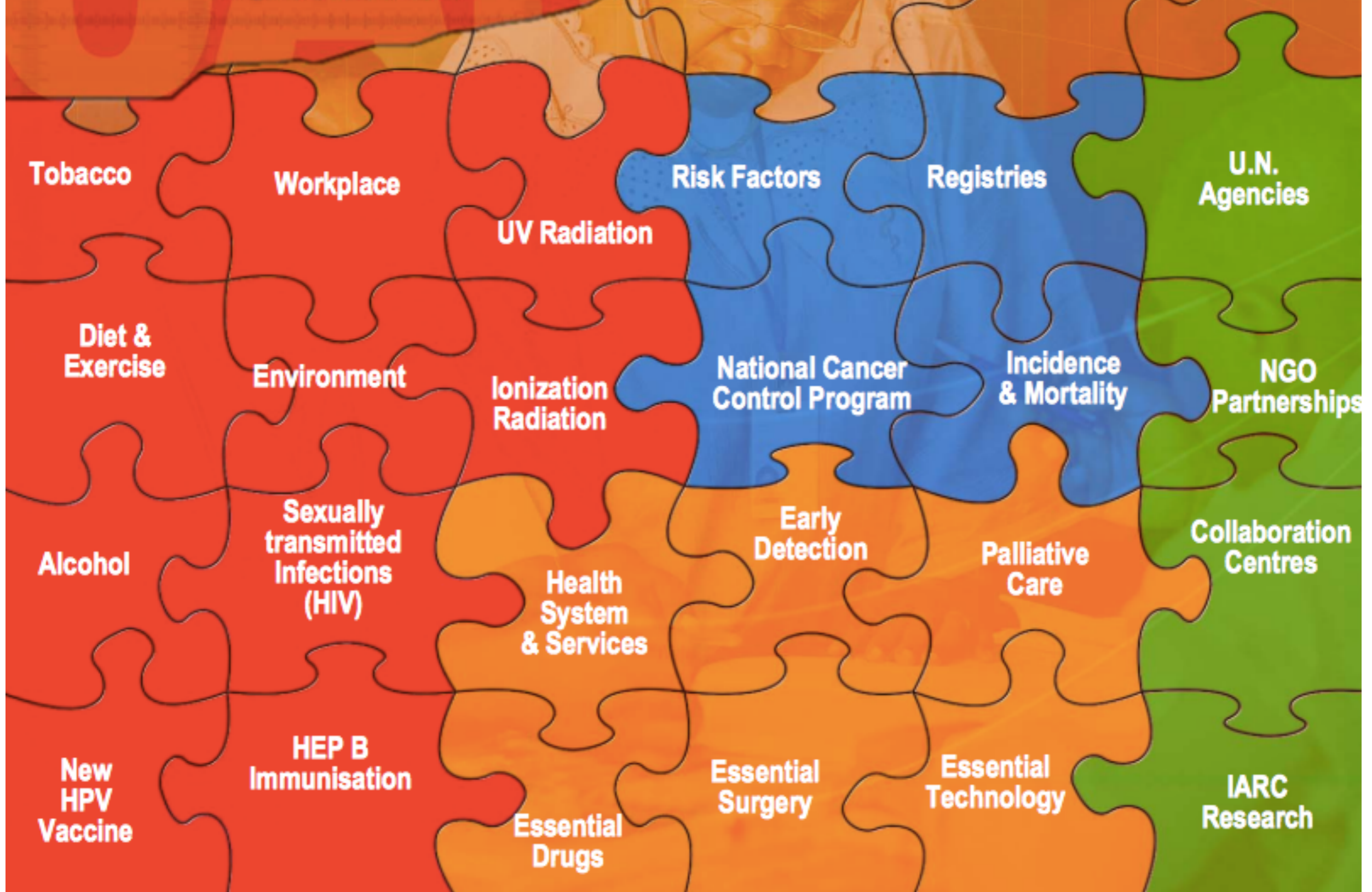
Dr. Andrew Odhiambo MBChB, MMed (Int. Med)

Assistant Lecturer (Hematology/Oncology)

Department of Clinical Medicine

[e. andrew@uonbi.ac.ke](mailto:andrew@uonbi.ac.ke)

The World Health Organization's
FIGHT AGAINST CANCER
Strategies that prevent, cure and care



Call to Action

What can YOU do?

If you are a hospital

- Ensure that your cancer cases are reported in a timely manner.
- Collaborate to sponsor navigation and survivorship programs.
- Collaborate to sponsor community screening and education programs.
- Seek or maintain accreditation through licensing board
- Implement tobacco-free policies at your facility.

If you are a local health department

- Support policy, environmental, and systems changes for cancer control.
- Provide cancer prevention awareness information and screening programs to citizens.
- Provide navigation services for clients.
- Collaborate in community prevention campaigns.
- Work with physicians to promote screening programs and case reporting.

If you are a community-based organization

- Support policy, environmental, and systems changes for cancer control.
- Provide cancer prevention awareness information and screening programs for clients.
- Provide navigation services for clients.
- Encourage participation in clinical trials.
- Collaborate to provide community prevention programs.

If you are an employer

- Implement tobacco-free policies at your facility.
- Provide healthy foods in vending machines and cafeterias.
- Encourage employees to increase physical activity.
- Collaborate with hospitals to host screening events.
- Use reminders and implement programs (i.e., paid time off for screenings, bringing screenings to the worksite) to reduce barriers and to encourage employees to have regular cancer screenings.

If you are a school/university

- Include cancer prevention messages in health classes.
- Provide healthy foods in vending machines and cafeterias.
- Increase physical education requirements.
- Make your entire campus a tobacco-free environment.

If you are a faith-based organization

- Provide cancer prevention information to members.
- Learn how to provide healthy potlucks and meeting meals.
- Provide space for physical activity programs.
- Encourage members to get cancer screening tests on time.

If you are a physician

- Provide culturally relevant counseling, information, and referrals for cancer screening tests.
- Adhere to guidelines and best practices for prevention, treatment, and supportive care.
- Refer patients to smoking cessation, physical activity, and nutrition programs.
- Be sure your cancer cases are reported in a timely manner.
- Find out how to enroll patients in clinical trials.
- Make appropriate referrals to hospice for end-of-life care.

If you are a legislator

- Raise constituents' awareness about cancer prevention and control programs in your district and help establish new programs where needed.
- Sponsor or support legislation and funding that promotes cancer research, prevention, and control.
- Ensure that all have access to health care and to screening and early detection services.
- Ensure that tobacco settlement funds are used for reducing tobacco use and for cancer control purposes.

If you are a Kenyan

- Stop using tobacco products or never start.
- Eat more fruits and vegetables and maintain a healthy weight.
- Increase your daily physical activity.
- Know when to be screened and do it on schedule.
- Support comprehensive tobacco-free environment policies.
- If diagnosed, consider enrolling in a clinical trial.
- Show your support and care for those who are diagnosed.
- Volunteer with your hospital, health department, faith community, or local community-based organization.

Acknowledgement

- Texas USA cancer control plan
- WHO

The END