February 4, 2019 is World Cancer Day

By Michelle Snow, Patient Education Librarian, Princess Margaret Cancer Centre

World Cancer Day is a global event that takes place every year on February 4th. World Cancer Day unites the world’s population in the fight against cancer. It aims to save millions of preventable deaths each year by raising awareness and education about cancer, urging governments, communities and individuals across the world to take action.

(Union for International Cancer Control (UICC) 2018)

Access to life-saving cancer diagnosis, treatment and care should be equal for all – for all countries, all income levels, and for all of the people in the world.

The 2019 – 2021 World Cancer Day theme is: ‘I Am and I Will.’ It is a call to all people to take action now – to impact the future. Whoever you are, you have the power to reduce the impact of cancer for yourself, the people you love and for the world. Individuals, together can create change.

Some of the cancer issues for the next three years involve:

• Awareness, understanding, myths and misinformation
• Prevention and risk reduction
• Government action and accountability
• Equity in access to cancer services
• Reducing the skills gap
• Beyond physical: mental and emotional impact
• Working together as one

Did you know that 30% of common cancers are preventable and 3.7 million lives could be saved each year through prevention, early detection and timely treatment? The theme this year for University Health Network Patient & Family Libraries is to raise awareness about cancer prevention and risk reduction. Let’s help spread the word!!

World Cancer Day graphics by Union for International Cancer Control is licensed under CC BY-SA 4.0.
Stop by the libraries on World Cancer Day, February 4 for more information and resources on cancer prevention and screening.

**Princess Margaret Cancer Centre**
610 University Avenue  
2nd Floor – North West Atrium  
416 946 4501 ext. 5383, patienteducation@uhn.ca

**Toronto General Hospital**
200 Elizabeth Street  
Norman Urquhart Building, Level 1  
416 340 4800 ext. 5951, tgpen@uhn.ca

**Toronto Rehab**
416 597 3422 ext. 3558  
TorontoRehabHealthInfo@uhn.ca

**Toronto Western Hospital**
399 Bathurst Street, West Wing, 1st Floor  
416 603 6277, twpfl@uhn.ca

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**What can you do to reduce your cancer risk?**

- Choose healthy foods
- Move more
- Quit smoking
- Cut down on alcohol
- Be sunsmart & stay away from solariums
- Avoid pollutants and chemicals (including asbestos, pesticides and containers containing BPA)
- Get vaccinated
- Know the signs & symptoms

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**Health Talk: Stress Management and Relaxation Techniques**

**Date and time:** Friday, January 25th from 1:00 – 2:30 pm  
**Location:** Toronto Western Hospital, 2nd Floor Auditorium  
**To register:** Call 416 603 6475 or email Evangeline.Roldan@uhn.ca
January 20 – 26 is National Non-Smoking Week

Around this time each year, we are either making new New Year’s resolutions or we experience setbacks from last year. The start of a New Year gives us an opportunity to think back on the past year and to make positive changes for the next. One thing that many Canadians make a resolution to do in the New Year is to quit smoking.

Although the number of people who smoke has been going down since 1965, over 5 million Canadians still smoke. Smoking is the leading cause of preventable death, killing 40,000 Canadians per year. On July 1, 2016, UHN became a smoke free environment - banning the smoking of tobacco, including the holding of any lighted tobacco product and the use of electronic cigarettes in all UHN buildings and outdoor grounds.

Here at UHN, we understand that quitting smoking is one of the most difficult things a person can do. Research shows that it takes most people about 6 quit attempts before they are able to quit for good. UHN is committed to helping all patients, visitors and staff quit smoking at our hospitals. That means providing staff and patients with education, resources and guidance to be and to remain smoke-free.

Did you know that there is proof that an organized, hospital-supported program can actually help patients quit smoking? We are working with the Ottawa Heart Institute to begin a program to help patients manage their nicotine withdrawal while admitted in hospital and to offer follow up support when heading home. The Outpatient Pharmacy has a program for staff and patients that provides counseling and medication options to help quit smoking. We provide staff and patients with resources and information through the Patient and Family Learning Centre and Libraries.

Whether you quit “cold turkey” or with some help, quitting smoking has the single greatest positive impact on your health. Quitting smoking is a journey, and our staff are here to help you as you make your way towards a smoke-free lifestyle.

If you would like more information about how to quit smoking, please visit:

Smoking Cessation at UHN
uhnsmokingcessation.com

Smoker’s Helpline
www.smokershelpline.ca or 1 877 513 5333

CAMH Nicotine Dependence Clinic
416 535 8501 ext. 77400

UHN Outpatient Pharmacies
Email: QuitSmoking@UHN.ca

You can also ask for Smoking Cessation material at our Patient and Family Libraries.
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