

MEDIA RELEASE

Tuesday 2nd February 2010

World Cancer Day - Protect yourself against cancer says Adelaide Northern Division of General Practice

Cancer is still affecting too many people in Adelaide when some forms of the disease can be prevented, says ANDGP CEO, Ms Barbara Magin.

Ms Magin comments correspond with this year's World Cancer Day message 'Cancer can be prevented too'. "Some types of cancer can be detected early, but what people often don't realise is how their lifestyle choices can lead to cancer."

Limiting alcohol consumption, avoiding excessive sun exposure and maintaining a healthy weight by eating well and regularly exercising are all ways people in Adelaide's northern suburbs can help prevent cancer.

Australia leads the world for rates of skin cancer and as people enjoy the last days of summer they are reminded to stay protected by using sunscreen and wearing protective clothing while in the sun.

"We are a sun-loving nation, but the ill effects of too much sun have seen over 10,000 diagnosis of skin cancer and more than 430,000 people being treated for skin cancer each year. There are a number of small things, like wearing sunscreen or a hat, that help protect us from skin cancers," said Ms Magin.

Lung cancer rates remain high nationally with the majority being linked to tobacco use or second-hand smoke.

"The best thing people can do to reduce their risk of lung disease is to stop smoking, there are now many different programs and resources out there to help people do this and your General Practitioner can provide advice on ways you can kick the habit," said Ms Magin.

She also noted that in the last 20 years the survival rates of common cancers has increased by 30 percent and the death rate has fallen by 15 percent. "The message is the earlier the cancer is detected the better the outcome can be for patients and their families."

"We are really encouraged with how far research into cancer and its results have come in the past 20 years. Now more than 60 percent of the people living with cancer will survive five years after their diagnosis," said Ms Magin.

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