

Ethnic Minority Cancer Awareness Week is organised by an alliance of charities.



THE AFYA TRUST



Promoting
bone marrow &
blood donation



Bowel Cancer UK
raising awareness, saving lives



British Lung Foundation

全國華人保健中心
CHINESE NATIONAL
HEALTHY LIVING CENTRE



WE ARE
MACMILLAN.
CANCER SUPPORT



Devoted to Life



THE
PROSTATE
CANCER CHARITY

Supported by:

National Cancer Action Team



FOR MORE INFORMATION ABOUT
THE AWARENESS WEEK'S
EVENTS

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The Ethnic Minority Cancer Awareness Week is an annual event which takes place in early July.

The aim of the week is to raise awareness of cancer within ethnic minority communities. We aim to achieve this by holding events within communities that encourage increased awareness and early detection of cancer

DID YOU KNOW?

ONE IN THREE PEOPLE WILL BE DIAGNOSED WITH CANCER. THERE ARE MORE THAN **200 DIFFERENT TYPES OF CANCER** AND SOME ARE MORE COMMON AMONG ETHNIC MINORITIES.

For example, in the UK:

- African-Caribbean men are three times more likely to develop prostate cancer than white men
- Mouth cancer is more common among South Asian communities
- Liver cancer is higher among Bangladeshi and Chinese communities.

“**CANCER DOES NOT DISCRIMINATE. IT CAN AFFECT US ALL**”

At the same time there are differences in awareness of cancer, and the things that people can do to reduce their risk of developing cancer, between communities and groups.

For example:

- 43% of black and ethnic minority women did not practice breast awareness and did not know what to look for when self-examining.
- 65% of Bangladeshi, 45% of Caribbean and 38% of Indian respondents didn't know the causes of colorectal cancer (compared to 11% of the white population).
- Rates of smoking are higher among African-Caribbean and Bangladeshi males, significantly increasing their risk of lung and other cancers.

“It is so important to raise awareness and knowledge of the symptoms but also get across the benefits of early diagnosis”

Professor Mike Richards

(National Clinical Director for Cancer)

EARLY DETECTION CAN BE HELPED BY:

- Not letting fear and stigma get in the way of seeking help
- Knowing your rights to information and care
- Staying alert to changes in your body and seeing the doctor if necessary
- Taking part in the national screening programmes available to you for breast, cervical and bowel cancer.

YOU CAN REDUCE YOUR RISK OF CANCER BY:

- Not smoking or chewing tobacco
- Being physically active and maintaining a healthy body weight
- Eating a healthy diet
- Drinking alcohol in moderation
- Protecting yourself in the sun.