



Editor's Message



A New Year 2018 has dawned and we are yet to meet success and challenges on our pathway. As nurses, on an everyday process we plan and implement based on the health care needs of the patient in the hospital and the community invariably bringing about excellence in quality of care. One of the areas nurses are involved directly are the world health days. One of them is World Cancer Day.

World Cancer Day is celebrated on the February 4th of every year. The theme this year is **"We can, I can"**. It is the combined efforts of WHO, United Nations, governmental and nongovernmental organizations to fight cancer. Statistics reveal that 8.8 million people die from cancer world every year. It is shocking to know that 4 million people die prematurely that is in the age group of 30 to 69 years. It is expected to worsen by 2030. (WHO, 2017.)

Nurses have a major role in raising awareness and education about the disease as they are the majority in any healthcare delivery system. Nurses have to raise the common public profile of cancer in people's minds and in the world's media and pressurize the health organizations across the world to take action against cancer. The different strategies which can be carried out are camps, awareness programs, rallies, walkathons, lectures, seminars, skits and mimes. Leaflets, postures and pamphlets can also be distributed in the community. The key topics to be covered for

prevention of cancer are a healthy diet, regular and proper physical activity, avoiding alcoholic habits, weight management, prevention of environmental carcinogens and awareness about vaccination against the Human Papilloma Virus (HPV) and hepatitis B virus.

For people who have cancer, sharing some positive stories, positive therapy will boost their morale making them feel energetic and have a sense of self-confidence to overcome and to defeat cancer making their journey easy and happy.

There are several days like World Cancer day. Whatever nursing cadre or designation a nurse belongs to, let us never forget to observe these health days which not only helps us to serve the public, but also helps the nurses to update their knowledge being a key role player in the health team. Let us start this year with rigor and passion for our profession. **Happy New Year Precious Nurses!**

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