



# What can I do for *World Cancer Day?*



## EDUCATE

### For Myself:

- Read up information about cancer from trusted sources.

**Tip: A source of trusted information is NCSM's Tun Abdul Razak digital library**  
<https://cancer.org.my/get-ahead/tun-abdul-razak-digital-library/>.

### For My Family and Friends:

- Once a week, share reliable information about cancer on your social media platform.
- Once a month, watch an educational talk about cancer together with family and friends.

**Tip: Follow NCSM's Facebook page**  
(<https://www.facebook.com/nationalcancersocietymalaysia/>) for educational content.

### For My Community:

- Help organise cancer awareness events such as educational talks, booths, or carnivals in your school/college/work place/community.

**Tip: Get in touch with NCSM to organise an event at** [contact@cancer.org.my](mailto:contact@cancer.org.my).

## CARE

### For Myself:

- Reduce your cancer risk through healthy diets and regular physical activities.
- Avoid cancer-causing risk factors: don't smoke and don't drink.
- Go for regular cancer and health screenings.
- Take a Cancer Risk Assessment, to determine your risk and learn how you can reduce it.

**Tip: Scan this QR code to take a Cancer Risk Assessment.**



### For My Family and Friends:

- Encourage them to take the Cancer Risk Assessment.
- Motivate them to lead healthy lifestyles.

**Tip: Plan group activities such as jogging in the park or joining charity runs together.**

### For My Community:

- Arrange a cancer health screening event in your school/college/workplace/community.

**Tip: Get in touch with NCSM's CARE department at** [contact@cancer.org.my](mailto:contact@cancer.org.my).

## SUPPORT

### For Myself:

- Volunteer to help achieve NCSM's mission.

**Tip: Register to be a part of the NCSM volunteer community at** <https://cancer.org.my/get-involved/volunteer/>.

- Donate to organisations that advocate for people living with cancer.

**Tip: Go to NCSM's Donate webpage at** <https://cancer.org.my/donate/>.

### For My Family and Friends:

- Take time out to be a caregiver for your loved ones who are battling cancer.
- Encourage your loved ones who are affected by cancer to join wellness programmes and support groups.
- Get psychosocial support services (such as clinical psychology, play therapy, counselling, dietetics) to support your loved ones' cancer journey.

**Tip: Call NCSM's toll-free helpline at 1-800-88-1000 for support.**

### For My Community:

- Organise a fundraising event in your school/college/workplace/community to support cancer patients and survivors.

**Tip: Get in touch with NCSM to organise a fundraising event at** [contact@cancer.org.my](mailto:contact@cancer.org.my).

# What has NCSM been doing to fight cancer?

## EDUCATE

Health Education, Health Literacy, Health Promotion, Health Policy, Research, Internship Programme, Volunteer Programme, Training Activities

## CARE

Cancer and Health Screening Clinic, Nuclear Medicine Centre, Community Outreach, Patient Access Programme, External Services

## SUPPORT

Psychosocial Support Services (Clinical Psychology, Play Therapy, Counselling, Dietetics), Cancer Information Services, Guided Patient Support, Resource Wellness Centre, Children's Home of Hope, Adults' Home of Hope

# What are you doing to fight cancer?



National Cancer Society Malaysia,

No. 66, Jln Raja Muda Abdul Aziz, 50300, Kuala Lumpur, Malaysia

Toll-free helpline: 1-800-88-1000 Email: [help@cancer.org.my](mailto:help@cancer.org.my)

Website: [www.cancer.org.my](http://www.cancer.org.my)