World Cancer Day is an international day marked on February 4th of every year to raise awareness of cancer and to encourage its prevention, detection and treatment. It was founded by the Union for International Cancer Control to support the goals of the World Cancer Declaration which calls upon government leaders and health policy-makers to significantly reduce the global cancer burden, promote greater equity, and integrate cancer control into the world health and development agenda.

To reduce one’s risk (danger) of cancer we advise the following:

1. Be physically active, gardening or exercise such as brisk walking for 1 hour 4 times a week. This helps the body have good blood circulation which helps remove toxins from different parts of the body hence reducing the risk of developing cancer.

2. Stop smoking, chewing, sniffing, shisha or using tobacco in any other forms; tobacco use increases the risk of suffering from over 20 different cancers including lung cancer, cancer of the nasopharynx, cancer of the esophagus, cancer of the stomach and many others.

3. Eat a lot of fresh fruits and vegetables. These contain substances called antioxidants which neutralized cancer causing toxins in the body.

4. Reduce the quantities fats and oils, high calorie foods and sugar consumed. When one takes in excess calories, they are converted into fat which increases the risk for cancer particularly prostate, breast, colon, rectum, uterus and some other cancers.

5. Vaccinate girls (10 years of age against HPV to prevent cancer of the cervix). This vaccination is available in all government immunization clinics/centers and it is for free.

6. Have yourselves vaccinated against Hepatitis B. Children are receiving the vaccination as part of their childhood immunization but many adults who were immunized before 2002, need to be immunized in order to reduce their risk of suffering from liver cancer.

7. Stop taking excess alcohol; it increases the risk for liver, breast and other cancers.

8. Do checkups (screening) for cancer regularly. Do not wait until you are sick, go for cancer check-up when you are well. Cancer has no symptoms in its early stages.

Treatment for cancer is available at Uganda Cancer Institute (UCI) and it is for free; provided by the government of Uganda. However, there are patients who prefer to receive treatment on a private patient arrangement who are able to pay for some services. All cancer drugs (chemotherapy) at Uganda Cancer Institute are for Free (not paid for).

Apart from the main Uganda cancer institute on Mulago hill in Kampala, the institute has established other two regional cancer centres. The Western Uganda regional cancer centre at Mbarara regional referral hospital is fully operational, providing both out-patient and in-patient cancer care services.

The Institute has been designated Centre of Excellence in cancer care, research and training for the East African region. In line with this training of cancer specialist has commenced at the institute in different fields such as cancer specialist for children (pediatric oncologists), for women's cancer (Gynecological oncologists), adult blood cancers (hematology oncologists) and others. We have trained health workers at regional referral hospitals and in all districts on cancer prevention and cancer early detection (including cancer screening) services. In 2018, 488 health workers were trained from 128 districts in Uganda and health facilities, projects and programs within the country.

Our doors are open to visitors especially those seeking help and advice about cancer and services in Uganda. We urge everyone to get involve and provide support in the fight against cancer.

I am and I will
For God and My Country

Jackson Orem
Executive Director

For God and My Country