HER HEALTH FIRST
CANCER CARE
FRIENDS AND FAMILY DISCUSSION GUIDE

Cancer is the leading cause of death globally. An estimated 10 million deaths, or one in six deaths, is caused by cancer Some of the cancers that often impact women include breast, colorectal, lung, cervical and endometrial. According to the American Cancer Society, by 2040, the estimated global burden is estimated to grow to 27.5 million new cancer cases and 16.3 million cancer deaths due to the growth and aging of the population.

CONVERSATION STARTERS WITH FRIENDS AND FAMILY

Women need to take action to safeguard their health, and that of their loved ones. The more you know about cancer care and screening, the more you can do to prevent or catch cancer early. Screening tests can help find cancer at an early stage before any symptoms appear. When cancer is found early, it may be easier to treat or cure. Participants in a recent Canadian survey indicated that if a female relative, family member or friend recommended they get cancer screenings, this would increase their likelihood of getting a screen. Have conversations with friends and family about cancer care and screening so that every woman feels empowered to put her health first and can encourage other women to do the same.

1. Speak about your personal connection to cancer, what you've learned from your own research or conversations with your doctor
2. Ask about their present heath concerns – what worries them and what their challenges are
3. Educate on cancer risk factors:
   - Discuss what their lifestyle looks like
   - Identify areas that can be adjusted to lessen cancer risk
   - Discuss how a cancer diagnosis would negatively affect their life and goals
4. Ask about family history with cancer and encourage them to speak with their physician:
   - Do you have a family history of any form of cancer?
   - Have you spoken with your family about their own risks?
5. Talk about the steps you can take – go to a doctor, get screened, adjust diet, exercise, connect them to local cancer groups and other resources you know of

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