



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

المدينة الطبية الأكاديمية | IAU . AMC

مستشفى الملك فهد الجامعي
King Fahd University Hospital

Create a future without cancer..
The time to act is now.



World
Cancer Day

4
February



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Cancer is one of the most common diseases worldwide, with one third of deaths resulting from it being caused by the main behavioral risks, which are:

Alcohol abuse



Lack of consumption
vegetables and
fruits



Obesity



Lack of physical
activity



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Breast cancer is the most common disease in women, while colon cancer is the most common disease in men in the Kingdom of Saudi Arabia

How do I reduce the risk of cancer?

You can follow these tips to help prevent cancer:



Maintain a healthy weight and exercise regularly

Ensure medical care and early detection



Make sure to receive the necessary vaccinations

Follow a diet that is beneficial to your health



Avoid using tobacco



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