

REDUCING CANCER RISKS THROUGH AWARENESS AND ACTION: CELEBRATING WORLD CANCER DAY 2025

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The theme of World Cancer Day 2025 is “United by Unique” highlighting the efforts to improve patient care, early detection, and lifestyle interventions to reduce cancer uncertainty worldwide. Research improvements in cancer awareness political campaigns, timely detection tools, and lifestyle interventions from 2010 to 2025, highlighting corporate role in reducing cancer morbidity and mortality. As a planet's collaborative effort to empower its inhabitants through education and innovative methods, bridging inequalities in medical treatment remains essential. Cancer remains one of the main global health obstacles, with countless inhabitants drifting annually. While advances in treatment have improved resilience rates, prevention remains the basis for reducing the global burden of cancer. World Cancer Day observed on February 4th, plays an essential role in raising awareness and encouraging worldwide cooperation in the fight against cancer. The 2025 theme, emphasizes patient-centered care, personalized prevention schemes, and actionable information. The present short commentary analyses the progress from 2010 to 2025 in cancer prevention, focusing on the development of a top-of-the-line political campaign, the development of early detection, and the role of lifestyle options in reducing the risk of cancer.

Cancer Awareness: A Catalyst for Action

Cancer awareness has made significant progress over the last 15 years. Worldwide initiatives such as the worldwide Cancer Day movement, spearheaded by the Coalition to Combat International Cancer (UICC), encourage unity across borders. For example, the “I am and I Will” campaign 2019-2021 aims at empowering people to take a decisive step in the direction of cancer, with significant increases in community involvement. Regional efforts, such as “National Cancer Awareness Day” and “Be Clear on Cancer” campaign, have contributed to early diagnosis and improved survival

rates by promoting awareness about symptoms and risk factors. Community-based approaches have been key to reaching out to neglected communities. These interventions have successfully improved screening rates and early diagnosis, particularly in areas with limited access to healthcare services. Despite progress, stigma and misconceptions about cancer persist in



many communities. Educational programs targeting myths such as cancer being contagious or a death sentence have helped improve treatment-seeking behaviors.

Early Detection: A Lifesaving Strategy

Early detection remains one of the most effective strategies to improve cancer outcomes. Digital progress, such as liquid biopsies and artificial intelligence (AI)-powered imaging, has transformed cancer screening. Multi-cancer early detection (MCED) tests, which can identify multiple cancer types from a single blood sample, are now at the forefront of early detection efforts. AI functions,

similar to machine learning algorithms for mammography, have higher diagnostic accuracy and lower false-positive rates, which significantly improve the detection of breast cancer. Preliminary detection efforts are hindered by high costs, insufficient understanding, and inadequate support from low and middle-income countries (LMICs). Initiatives such as WHO's "Global Strategy to Accelerate the Elimination of Cervical Cancer" aim to address these disparities by promoting HPV vaccination and screening in underserved regions. Personalized medicine has transformed cancer prevention strategies. Genetic profiling and biomarker-based screening have enabled tailored approaches for high-risk populations. For instance, the detection and prevention of familial breast and ovarian tumors have greatly improved in advance, with the risk of familial breast and ovarian tumors.

Healthy Lifestyle Choices: Reducing Cancer Risks

It is well established that diet, physical activity, and cancer are closely linked. The 2018 Global Cancer Exploration Fund (WCRF) report shows the role of plant-based diets and regular bodily activity in reducing cancers of the colon, breast, and prostate. Meta-analysis finds that adherence to the Mediterranean diet reduces cancer incidence by 15%. The physical activity also acts as a protective factor. Studies have shown that regular exercise reduces the risk of several types of cancer, including colon and endometrial, by regulating hormone levels and improving immune function. such as the WHO Framework Convention on Tobacco Control (FCTC) has succeeded in reducing smoking rates worldwide. In the same way, public health measures to limit alcohol consumption, particularly liver and esophageal cancer, have shown a reduction in uncertainty about alcohol-related cancers. Exposure to environmental carcinogens, such as air pollution and UV radiation, have been linked to increased cancer risks. Control techniques for reducing occupational exposure to carcinogens such as asbestos and benzene significantly reduce occupational cancer scenarios (IARC, 2020). Furthermore, public awareness of the dangers of excessive sun exposure has contributed to a decline in melanoma incidence in some areas.

Patient-Centered Cancer Care: The "United by Unique" Approach

Patient-centered thoughtfulness emphasizes the treatment of human beings as unique beings alongside bodily, passionate, and social needs. The entire model, like integrative oncology, combines conventional treatment with helpful therapy such as nutrition guidance, mental vitality support, and material rehabilitation. Virtual wellness devices have transformed how cancer treatment is carried out. Telemedical media have gained more attention, particularly in the context of the COVID-19 pandemic,

while wearable devices and mobile fitness software enable real-time monitoring of patient's health prognosis. Moreover, a personalized treatment plan based on a comprehensive data set for anticipatory perspectives can be assisted by a machine learning-based tool. Remains a worldwide precedent to solve disparities in cancer care. The efforts favor UICC's 'close the thoughtfulness interval " political campaign, which aims at addressing the fundamental unfairness of the approach to diagnosis, treatment, and relief. To achieve fair treatment, measures are important to improve the Backbone Medical Aid, train medical practitioners, and support treatment in LMICs.

Future Perspectives on Cancer Prevention

Recent progress in immunoprotection, such as cancer vaccines, remains committed to reducing the incidence of cancer. For instance, in immunized communities, HPV infection has a significantly lower incidence of cervical cancer. More opportunities for prevention are provided by studying epigenetic and microbiome interventions. For the long-term development of cancer prevention, global alliances are important. The United Nations Sustainable Development Goal (SDG) 3.4 aims to reduce premature mortality from non-communicable diseases, including cancer, by one-third by 2030. Collaborative efforts among governments, NGOs, and private sectors are key to achieving these ambitious targets. World Cancer Day 2025 celebrates progress made in reducing cancer risks through awareness, early detection, and lifestyle interventions. However, the journey is far from over. We can make significant progress towards an approach where cancer is no longer a major cause of death by encouraging global cooperation, combating inequalities in healthcare, and embracing creativity. The combined unparalleled " subject enhances the importance of patient-centered consideration, empowering human beings and populations to take action against cancer.