

World Cancer Day Webinar

February 4, 2022

Questions not answered during the webinar:

- 1- **How does CancerCare decide how to invest money and resources towards two main areas: prevention vs. treatment?**

Cancer prevention and screening is one of six 6 priorities in the [Roadmap to Cancer Control for Manitoba](#). CancerCare Manitoba is responsible for planning and leading a provincial cancer control program in Manitoba that includes prevention, screening, diagnosis, treatment and supportive care, as well as research and education. It is only through a comprehensive approach to all of these areas that we can achieve the best outcomes for Manitobans.

It is difficult to balance between the resources available and the numerous areas for investment. We know that investments in prevention can make a big impact on the future burden of cancer. However, we also need to ensure that we are delivering the best care to Manitobans today. Decisions about how to fund programs are made in collaboration with many stakeholders: governments, healthcare systems, healthcare providers, universities, funders, and individual Manitobans.

In Manitoba, we are able to extend our prevention efforts through the generous support of the CancerCare Manitoba Foundation.

- 2- **What message do you have for cancer prevention for those families that live in poverty, for whom may be harder to eat well or exercise?**

It is important to remember that small incremental changes can make a big difference and that not all changes will be possible for everyone. Families experiencing poverty may have limited access to resources that can support them in making changes. While this involves a larger discussion and interventions on multiple levels by leaders in many sectors, all Manitobans can find tangible behaviour and lifestyle changes, to reduce cancer risk.

For example, using active transportation (walking, biking), taking the stairs, using community greenspaces, and spending less time in front of screens (cell phone, computer) are great ways to *move more*. In order to *eat healthy*, some options may include making more meals at home, meal planning, eating less processed or fast food, choosing water over sugar-sweetened drinks, and turning off all screens while you eat. Every time we make a change in our behaviour and lifestyle we have the potential to reduce our risk of cancer.