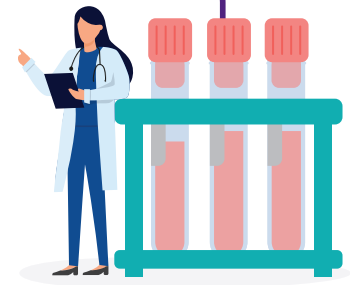


### Key Cancer Statistics

#### In Singapore:

- Cancer was the highest contributor to disability-adjusted life-years (DALYs) in 2019\*\*
- Cancer was the leading cause of death annually from 2018-2020†
- Although mortality rates have declined, the incidence rate of cancer has risen over time



#### Incidence






	1968-1972 (earliest available 5-year period)	2016-2020 (latest available 5-year period)
New cancer cases (yearly average)	2,414	16,150
Cancer cases per 100,000 population <sup>§</sup>	189	235
Median age at diagnosis	58.7 years	66.0 years

#### Mortality






	1968-1972 (earliest available 5-year period)	2016-2020 (latest available 5-year period)
Cancer deaths (yearly average)	1,171	5,785
Cancer deaths per 100,000 population <sup>§</sup>	93	75

#### Top 5 cancers by gender (2016-2020)

##### Males

	Colon & rectum <b>16.5%</b> of all cancers in males
	Prostate <b>15.9%</b>
	Lung <b>13.6%</b>
	Liver <b>7.4%</b>
	Lymphoid neoplasms <b>7.0%</b>






##### Females

	Breast <b>29.7%</b> of all cancers in females
	Colon & rectum <b>13.0%</b>
	Lung <b>7.9%</b>
	Uterus <b>7.2%</b>
	Lymphoid neoplasms <b>5.1%</b>








#### Top 5 cancer deaths by gender (2016-2020)

##### Males

	Lung <b>25.1%</b> of all cancer deaths in males
	Colon & rectum <b>14.4%</b>
	Liver <b>12.8%</b>
	Prostate <b>6.7%</b>
	Pancreas <b>6.4%</b>

##### Females

	Breast <b>17.2%</b> of all cancer deaths in females
	Colon & rectum <b>15.4%</b>
	Lung <b>15.2%</b>
	Pancreas <b>6.9%</b>
	Liver <b>6.4%</b>

\* DALYs measure all health loss within a population by summarising early death and time spent with disability

Source: Institute for Health Metrics and Evaluation (IHME). GBD Results. Seattle, WA: IHME, University of Washington. 2020.

† Source: Ministry of Health, Singapore. Principal Causes of Death. (<https://www.moh.gov.sg/resources-statistics/singapore-health-facts/principal-causes-of-death>)

§ After adjusting for changes in the population age structure

### You can lower your risk of cancer by adopting a healthy lifestyle



Maintain a healthy  
& balanced diet



Engage  
in regular  
physical activity



Lead a  
smoke-free  
lifestyle



Avoid excessive  
alcohol  
consumption



Attend regular  
health screenings  
& follow-ups<sup>†</sup>

<sup>†</sup> Recommendations  
vary by age  
and gender.

