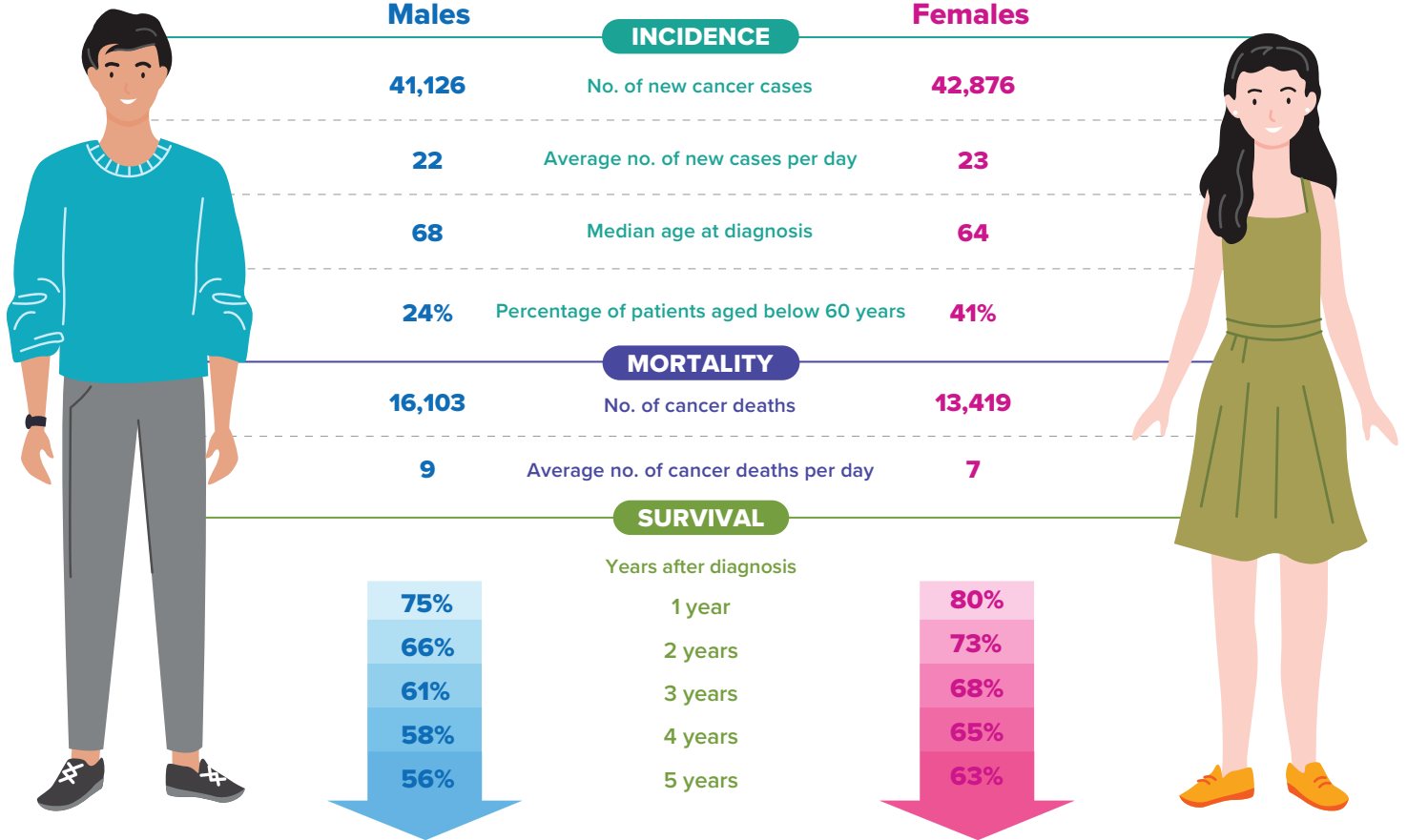


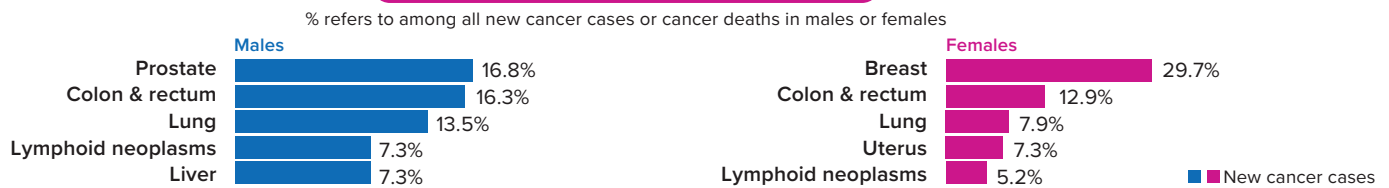
## Cancer in Singapore 2017-2021

- From 2017-2021, cancer was the #1 cause of death in Singapore, accounting for 28.2% of all deaths.<sup>^</sup>
- Although cancer incidence rates have risen over the years, mortality rates have declined due to improvements in survival rates.
- Among males, prostate cancer was the leading incident cancer, while lung cancer was the leading cause of cancer deaths. In females, breast cancer was the leading incident cancer as well as the top cause of cancer mortality.

<sup>^</sup>Source: Department of Statistics, Singapore. Deaths By Broad Groups Of Causes. SingStat Table Builder. (<https://tablebuilder.singstat.gov.sg/table/TS/M810131>)









### Leading incident cancers by gender



### Leading cancer deaths by gender



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

-  Maintain a healthy & balanced diet
  -  Engage in regular physical activity
  -  Maintain a healthy weight status
  -  Lead a smoke-free lifestyle
  -  Avoid excessive alcohol consumption
  -  Attend regular health screenings & follow-up<sup>\*</sup>
- \*Recommendations vary by age & gender



Visit [healthhub.sg/programmes/61/Screen\\_for\\_Life](https://healthhub.sg/programmes/61/Screen_for_Life) or scan the QR code for more details on recommended screening & available subsidies