

## Bringing World Cancer Day into the workplace

Most people have some personal story or connection with cancer, they've either experienced it first-hand or seen it affect the life of a loved one. Whilst there is high awareness of cancer, and sadly many of us will know friends or family who have been affected, many people do not know how to spot the signs of cancer – this is why *World Cancer Day* exists.

Held every year on 4 February, *World Cancer Day* is a global initiative to raise awareness, improve education and prompt stakeholder action.

At <<**Company Name**>>, employee welfare is of paramount importance. For anyone currently affected by cancer or experiencing any worrying symptoms, this article aims to offer some comfort and support.

### What is cancer?

Cancer is when abnormal cells in your body grow in an uncontrolled way. It is the name given to a group of over 200 related diseases which can start almost anywhere in the body. Half of us will get cancer at some point.

### Spotting the signs and symptoms

Cancer symptoms vary depending on the type of cancer, these are just some of the important areas to check:

- A new lump in any area of your body
- Unusual bleeding
- Coughing up blood or a cough that won't go away
- A sore that won't heal anywhere on the body
- Unexplained weight loss
- Unexplained reduced appetite

There's a lot of information online about cancer, but it's important to make sure it's trusted and unbiased. Our healthcare partner, Bupa has detailed information on the symptoms and treatment for many cancers at <https://www.bupa.co.uk/Health-Information/cancer/cancer-overview> but you should always seek medical advice, as a website cannot diagnose you.

### Supporting our employees with cancer

If you or a member of your family are affected by cancer, we know this will be a difficult time for you and we are ready to support you.

It's always best to get a symptom of cancer checked out as soon as possible. We offer free digital GP appointments with Bupa, visit [here](#) for more information.

If you are covered by our Private Medical Scheme with Bupa, you can contact a nurse or doctor 24 hours a day to discuss your symptoms and get support with your treatment. You can get help without needing to approach your GP first.

Bupa also offer provides support for your family too, including children who are impacted by your diagnosis.

If you are not covered by our Private Medical Scheme but need to talk to someone about a cancer diagnosis or symptoms, our Employee Assistance Programme can also help with access to trained nurses and counsellors.

Finally, if you are a people manager and are supporting a colleague with cancer, Bupa has produced a guide to help you, and please contact our <<**HR Advice Service**>> if you need more information.

It's important to remember, that cancer is a serious diagnosis, but many people are cured and more than half live for over 10 years. What's more, research is going on all the time to improve diagnosis and treatment.

*"There are continuous developments in the cancer space including access to new drugs and genetic tests. This can help to improve outcomes and tailor treatments to the individual, meaning we can use the best clinical evidence to maximise the chances of successful treatment", Dr Tim Woodman, Medical Director, Policy and Cancer Services, Bupa.*

It's vital to focus on your mental health if you are affected by cancer. Talking to friends, family and colleagues will often help, and our support services are always available. Remember, everyone's cancer diagnosis and treatment will be different, the internet is a great resource, but doesn't know your personal situation.

The Bupa website has a wealth of information if you would like to understand more about cancer, including information about [cancer and your mental health](#). You can also access information and support from charities such as [Macmillan Cancer Support](#) and [Cancer Research UK](#).

**Sources:**

<http://www.worldcancerday.org>

<https://www.bupa.co.uk/Health-Information/cancer/cancer-overview>

<https://www.cancerresearchuk.org/health-professional/cancer-statistics/survival>