



Youth Ambassadors Spring Newsletter

Last actions of our Youth Ambassadors for the European Code against Cancer

No Tobacco Day in Spain

To draw attention to negative health effects of tobacco use **31 May** is observed as **No Tobacco Day**. Last year Youth Ambassador **Ariadna Feliu Josa** spent the No Tobacco Day at the **Catalan Institute of Oncology** where a stand was set up in the hall of the main building to raise patients, relatives and professionals awareness of the importance of quitting smoking and to promote the new European Code against Cancer (ECAC).



Ariadna and her team also celebrated the award ceremony of a drawing contest for kids under the slogan “Smoke less, walk more”. The prize-



winners were rewarded with a check to buy sport products to promote physical activity among children.

Additionally, the video with 12 ECAC messages was uploaded on website of the Tobacco Control Unit and on Facebook and Twitter of the Catalan Institute of Oncology. Moreover, thanks to Ariadna now video will be screened on all waiting rooms of the hospital!



Twitter chat about HVP vaccination

One of the ECAC recommendations suggests us to “take part in vaccination programmes”. To find out more about this recommendation and specifically HPV vaccines Youth Ambassadors participated in a **twitter chat about HPV vaccines**. Setting off on **26 October**, exactly 10:00 our expert was ready to answer questions from both Youth Ambassadors and anyone interested in the topic. *Do HPV vaccination programmes target only women? When is the best time to vaccinate against HPV? Where can we find the most reliable information about HPV vaccines online?* Those and other questions were answered in our twitter chat. #AskHPV

We hope to continue reaching our audience on twitter and deepen the knowledge about different ECAC recommendations. We have our **next twitter chat** already planned – on **29 March, 16:00 (CET)**, our expert prof. Annie S Anderson will be ready to answer to our questions about **“Lifestyle and colorectal cancer risk”**. Join us on twitter @CancerLeagues with #AskColCan!

 Euro Cancer Leagues
@CancerLeagues

You have questions about HPV vaccination?
Join our Tweet Chat which will happen on
26th October, 10:00am! #AskHPV



DO YOU HAVE QUESTIONS ABOUT HPV
VACCINATION?

Join our Tweet chat on **26th October**, at **10:00am** on Twitter, using the hashtag **#AskHPV** to ask your questions to an expert!

This is a great opportunity to grow your knowledge and to get answers to your questions!

Raising cancer awareness in Poland

Youth Ambassador **Pawel Koczkodaj** keeps spreading ECAC messages during various events in Poland.

During the conference “From genetics to prophylaxis in oncology” on **9 December** at the Medical University of Warsaw Pawel gave a **lecture about the code: “ECAC as an efficient tool in primary cancer prevention”**. Moreover, they also discussed a lot about the ECAC recommendations with participants during and after conference. During the conference there were also workshops about smoking and smoking cessation. European Cancer Leagues (ECL) was one of the patron of the event. About 100 participants received publication “12 sposobow na zdrowie” (12 ways to health) that Pawel has designed and prepared and other gadgets, for example ECL highlighters.

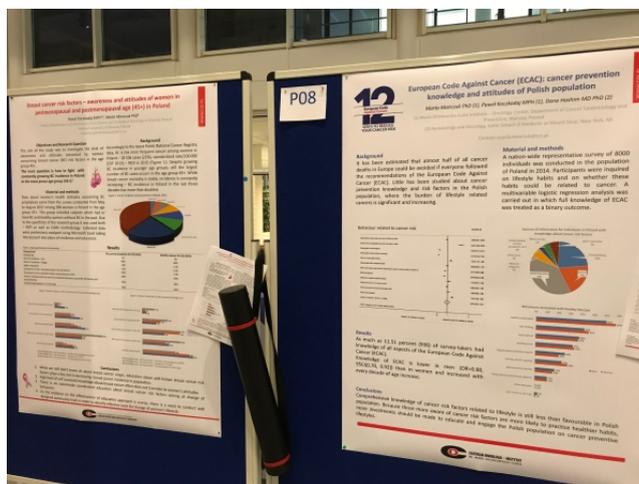


On **2 February** Pawel gave an **interview on National Polish Radio** about the ECAC recommendations.

On **15-16 February**, during the DKFZ Conference 2018 in Hamburg, Germany on Preventive Oncology the **poster “ECAC: cancer prevention knowledge and attitudes of Polish population”** was presented.

During the week of Natural Sciences at E. Konopczynski’s LXXXIII High School in Warsaw,

26 February Pawel gave a **lecture “What can we do today to protect ourselves against cancer in the future?”**



During Warsaw Days of Health Promotion, **9 March** Pawel delivered an **opening lecture “Don’t feed the cancer! Healthy diet with reference to recommendations of the**



European Code Against Cancer". ECL was one of the patron of the event and about 250 participants received "12 sposobow na zdrowie" publication, ECAC leaflets, ECAC pens. Pawel also promoted Polish Facebook website about the ECAC.

On **21 April** Pawel is **planning to give a lecture** at I Nationwide Congress of Lifestyle Medicine, Medical University of Warsaw. The topic will be: **"What broccoli has in common with cancer? About healthy lifestyle and diet in context of the European Code Against Cancer"**

World Cancer day and other activities in Balkans

For the **World Cancer Day on 4 February** Youth Ambassador **Miljana Stojanovska** made a **research project about the Cancer caused deaths in the Balkan countries compared to other countries in Europe**. The purpose of this research was to



compare the number of cancer caused deaths in each Balkan country in order to find common trends and understand which are the most common causes where is necessary to raise more attention. Miljana has analysed the incidence and mortality of the 10 most common cancers in Macedonia, Serbia, Croatia, Slovenia, Bulgaria, Greece. In men lung cancer incidence and mortality rates were high compared to other European countries. The prostate and colorectal cancer incidence rapidly has increased in the Balkan countries but without any clear declines in mortality. In women breast cancer mortality significantly declined in Slovenia and Greece however cervical cancer incidence rates remained very high in Serbia, Macedonia and Bulgaria. With this data, we can sum up that there are increasing mortality rates of tobacco-related cancers and screen-detectable cancers. No decline of overall cancer mortality shows how insufficient are the cancer control and prevention in the region. This research was presented by Miljana in the Medical Faculty in Skopje and the Faculty of Medicine in Belgrade complemented by the **ECAC as a guide for prevention of cancer**.

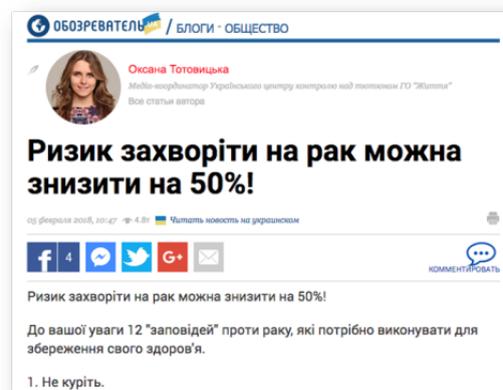
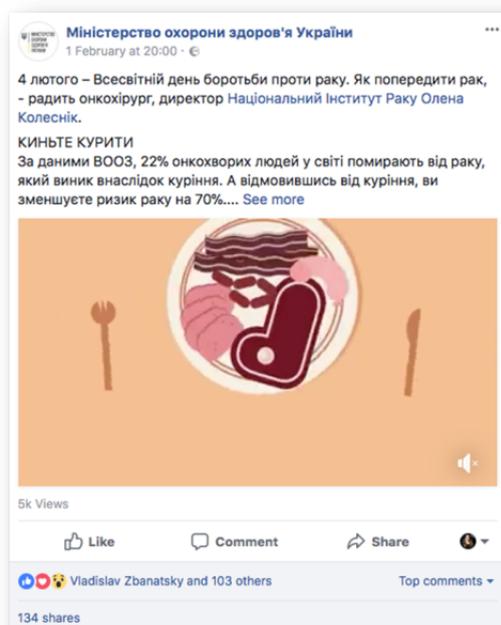


Miljana is actively involved in projects of the Macedonian Medical Students' Association. The association was invited by the Macedonian Academy of Sciences and Arts to join the **ICGEB Workshop of "Next Generation Diagnostics"** on **22-24 March**. The programme consisted of lectures from

experts in the field of genetics. As part of the event there was a workshop for students where Miljana **presented the 12 ways to reduce your cancer risk by ECAC**.

ECAC on social media in Ukraine during the World Cancer day

During the **World Cancer day on 4 February**, our Youth Ambassador **Oksana Totovytska** was successfully working on **disseminating ECAC materials in Ukraine through social media**. With the help of Oksana video with ECAC messages was shared on Ministry of Health of Ukraine, Ministers of Health Ulyana Suprun's and "Coalition for smoke-free Ukraine" Facebook accounts. All accounts in total have more than 140 thousand followers that could be reached. Additionally, Oksana introduced code's messages and Youth Ambassador programme with two blog posts that were shared also on other online media in Ukraine – 20 thousand more views!



Youth Ambassador's video presenting the European Code against Cancer

At the end of 2017 **Youth Ambassadors presented their video promoting the ECAC**. The European Union motto says "United in diversity", just as fitting we could apply this motto to our Youth Ambassador group. Video combines 12 Youth Ambassadors presenting each of 12 ECAC messages in their languages. Video is available on the ECAC twitter (@cancercode) and Facebook (@europeancancercode) accounts but in case you missed it here are our 12 Youth Ambassadors and their messages:



Antoun in English: "Do not smoke. Do not use any form of tobacco."



Elsa in Portuguese: "Faça da sua casa uma casa sem fumo. Apoie regras anti-tabágicas no seu local de trabalho."



Ariadna in Catalan: "Mantingueu-vos en un pes saludable." **and Spanish:** "Mantenga un peso saludable."



Helena in Croatian: "Budite tjelesno aktivni u svakodnevnom životu. Ograničite vrijeme koje provodite sjedeći."



Pawel in Polish: "Przestrzegaj



Julie in French: "Limitez votre

zaleceń prawidłowego sposobu żywienia:

- jedz dużo produktów pełnoziarnistych, roślin strączkowych, warzyw i owoców;
- ogranicz spożycie wysokokalorycznych produktów spożywczych i unikaj napojów słodzonych;
- unikaj przetworzonego mięsa; ogranicz spożycie mięsa czerwonego i żywności z dużą ilością soli.”



Mariami in Georgian: “მოერიდეთ და მოარიდეთ, განსაკუთრებით ბავშვები, მზის სხივების ჭარბად მიღებას. გამოიყენეთ მზისგან დამცავი კრემები. ნუ მიმართავთ სოლარიუმებს.”



Oksana in Ukrainian: “Для жінок:

- грудне вигодовування знижує ризик розвитку раку в матері. Якщо у вас є можливість, то годуйте вашу дитину грудьми;
- замісна гормональна терапія (ЗГТ) збільшує ризик деяких видів раку. Обмежте використання ЗГТ.”

consommation -de tout type- d'alcool. Pour réduire votre risque de cancer, il est préférable de ne pas boire du tout d'alcool.”



Line in Lithuanian: “Darbo vietoje laikykitės sveikatos saugos nurodymų, kad apsisaugotumėte nuo vėžį sukeliančių medžiagų.”



Deependra in Finnish: “Naisille:

- Rintaruokinta vähentää äidin syöpäriskiä. Jos mahdollista, imetä lastasi.
- Hormonikorvaushoito lisää tiettyjen syöpien riskiä. Rajoita hormonikorvaushoidon käyttöä.”



Janet in Bulgarian: “Погрижете се децата ви да участват в програми за ваксинация срещу:

- Хепатит В (за новородени)
- Човешки папиломавирус (HPV) (за момичета).”



Anna in German: “Nehmen Sie an bestehenden Krebsfrüherkennungs - und Screening Programmen teil:

- Darmkrebs (Männer und Frauen)
- Brustkrebs und Gebärmutterhalskrebs (Frauen).”



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