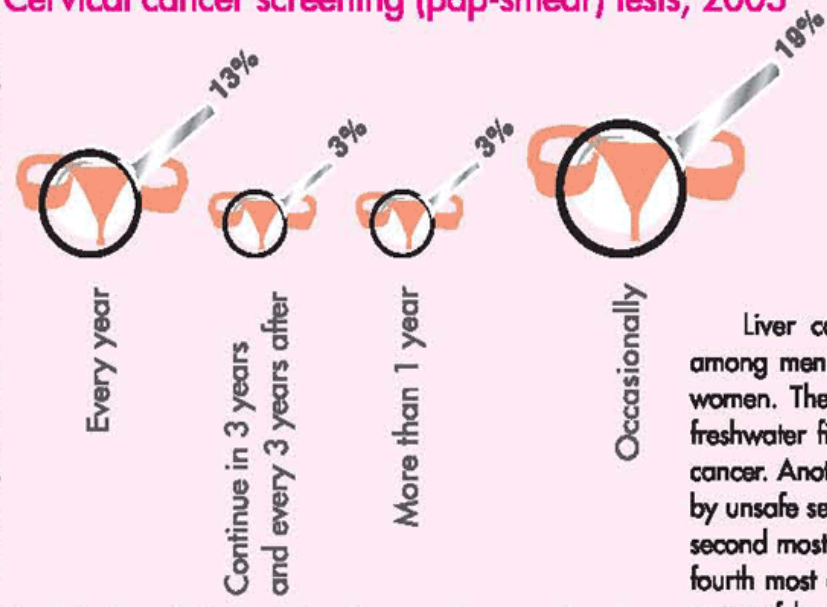


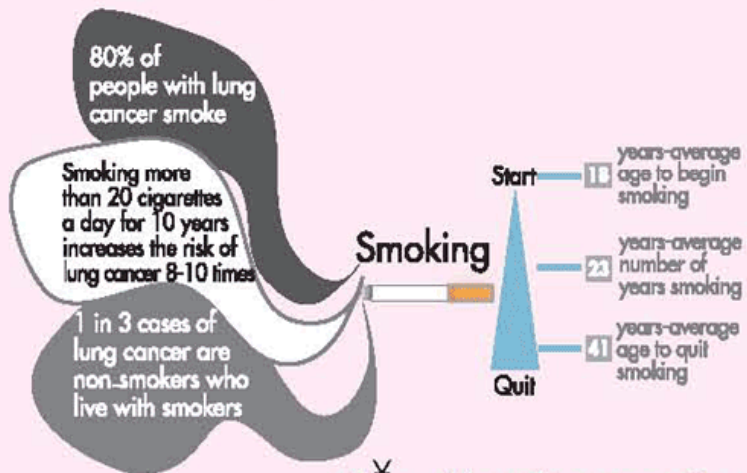
Source: Report of 2003 Health and Welfare Survey, 2003

## Cervical cancer screening (pap-smear) tests, 2003



The National Cancer Institute estimates that in the year 2005 at least 100,000 Thais have cancer of some sort. In 1995, only about 50,000 people had cancer. Thai people still act in ways that increase their risks, and few people undergo medical tests.

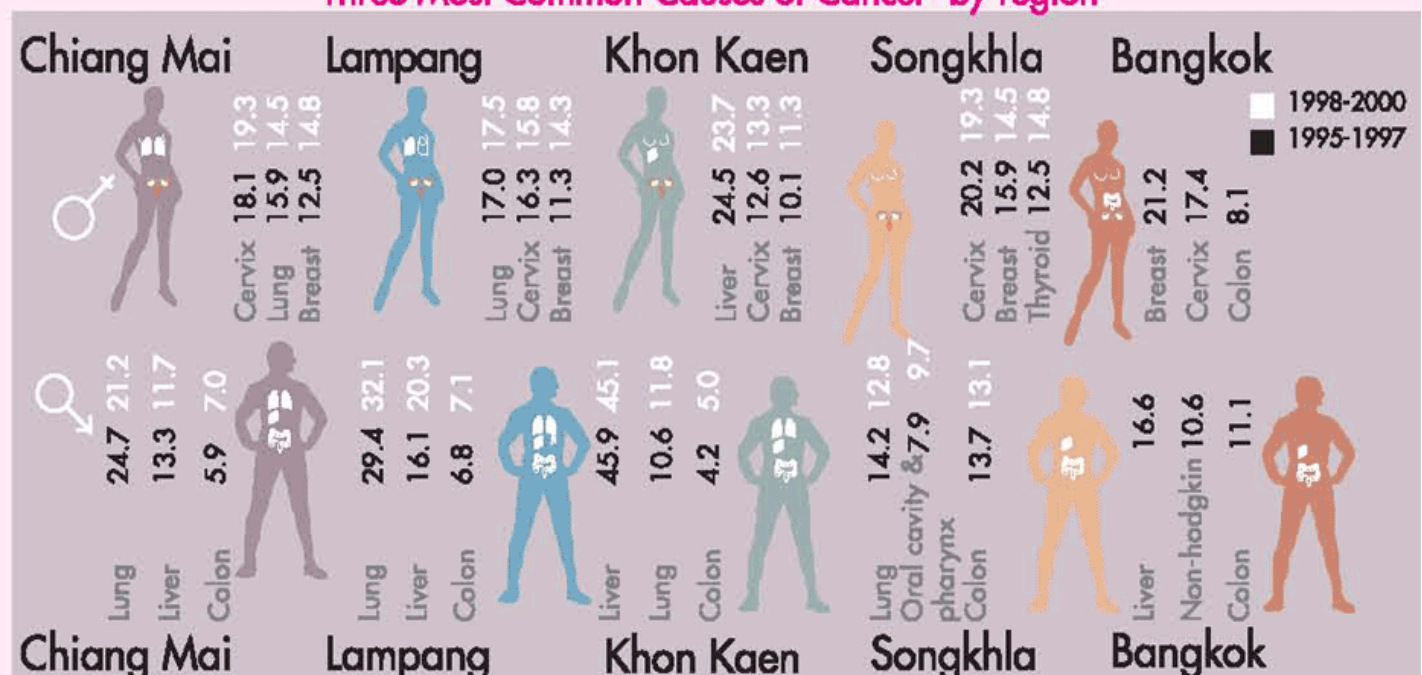
Liver cancer is the most common type of cancer among men, and is the third most common type among women. The main cause is eating raw or under-cooked freshwater fish, which leads to liver fluke, and eventually cancer. Another cause is Hepatitis B, which can be caused by unsafe sex, and by failure to receive a vaccination. The second most common type of cancer among men, and the fourth most common among women, is lung cancer. Most cases of lung cancer are due to smoking. The third most common type among men, and fifth most common among women, is cancer of the colon. This can come from eating a diet that is low in fiber, and high in fat and red meat. Among Thai women, particularly in rural areas, the most common type of cancer is cervical cancer. This can come from having sex with men who are not circumcised, who do not clean their sexual organ regularly, or who have a virus in their sexual organ.



The second most common type of cancer among Thai women, and the most common among middle class urban Thai women, is breast cancer. Causes include genetic predisposition, not breastfeeding, and having the first period at a young age.

Changing eating behaviors, changing sexual practices, and breastfeeding babies would have a substantial effect on cancer rates. More tests in the early stages of cancer, when treatment is easiest, would also be beneficial. The most important is tests are for cervical cancer, breast cancer, liver fluke, and hepatitis.

## Three Most Common Causes of Cancer by region

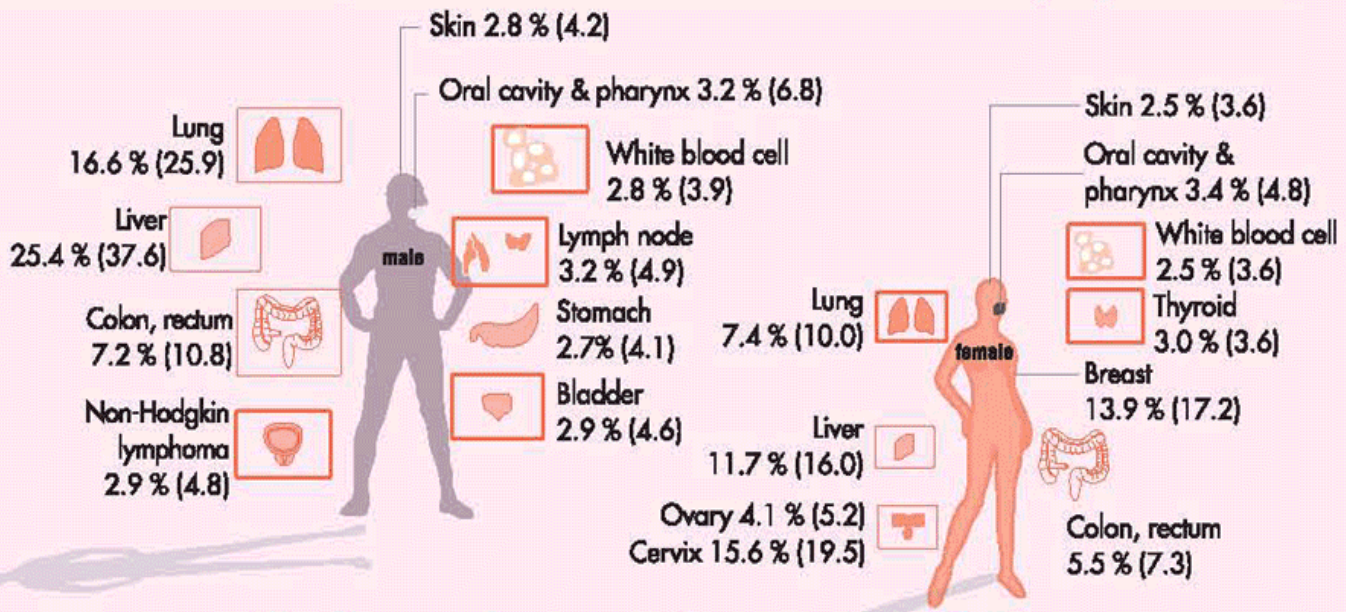


Source: Sriplung et al., 2003

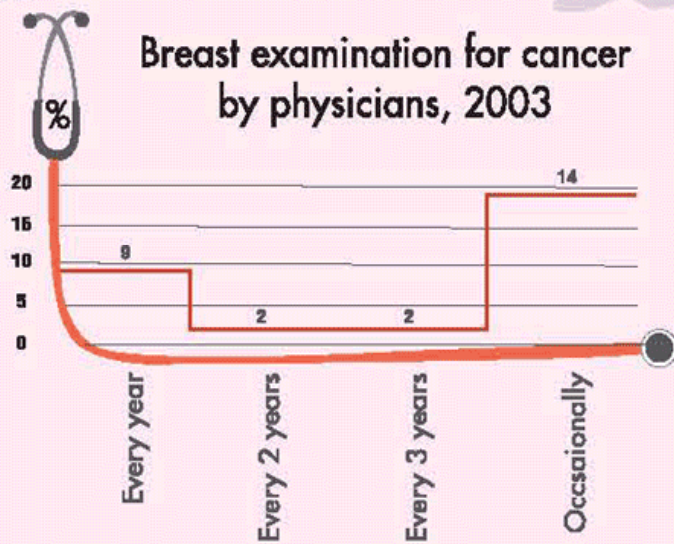


# Changing health behaviors-not smoking, being sensible about eating and sex, and breastfeeding children-can reduce the risk of developing cancer

Source: Sriplung et al., 2003  
Estimated figures for 1992. In ( ) is morbidity rate per 100,000 population

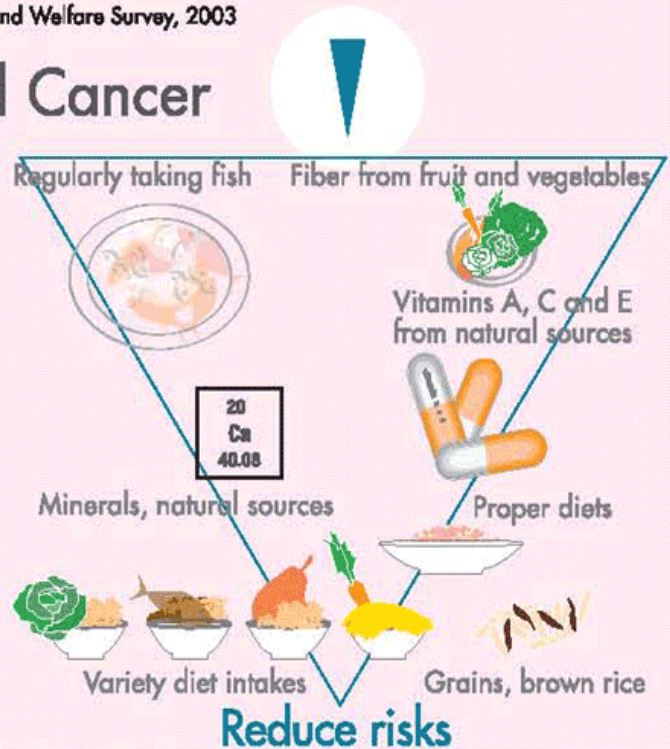
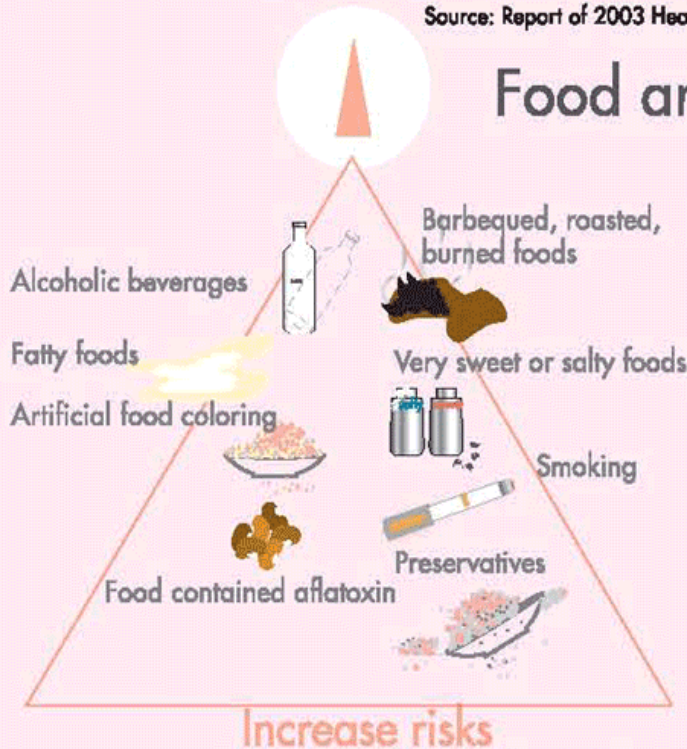


## Top ten most common cancer among Thais



Source: Report of 2003 Health and Welfare Survey, 2003

## Food and Cancer



Source: Healthy eating in the period of rushing time, Food seminar 2004