

# True or False?

How much do you know about cancer? Use these questions to get people talking about cancer and some common misconceptions about cancer prevention, cancer incidence and the support on offer.

## Turn it into a game!

For a fun and educational game, write 'True' or 'False' on pieces of paper and put them at opposite ends of the room. Then read out the questions and ask people to stand next to the sign with their choice of answer.

Or you could ask people to raise their hands if they believe the statement is true or false. When everyone has made their choice read out the correct answer.

**Hint:** Watch out for the trick question!



Statement	True/ False	Reason
Cancer is a rare disease.	✗	There are currently more than <b>3 million</b> people living with cancer in the UK. That means on average someone in the UK is diagnosed with cancer at least every 90 seconds. By 2040 cancer incidence is estimated to reach <b>5.3 million</b> . <sup>1</sup>
Children and young people can get cancer.	✓	Whilst most cancers occur in adults as they age, in the UK and Ireland around <b>5 children are diagnosed with cancer each week</b> . <sup>2</sup>
If someone is diagnosed with cancer they will never recover.	✓ ✗	Each year, around <b>167,000 people</b> die from cancer in the UK. However, based on the latest data for median cancer survival in the UK, average survival is now estimated to be over 10 years from diagnosis. Depending on the cancer, some people can go on to make a full recovery, particularly if it's diagnosed and treated early. <sup>3</sup>
If you are worried about cancer the best thing to do is ignore it.	✗	If you are worried about cancer signs or symptoms contact your GP or ring NHS 111. Alternatively, the Macmillan Support Line is a free, confidential phone line <b>open 7 days a week, 8am to 8pm</b> . We can help with medical questions about cancer or treatment, help you access benefits and financial guidance, be there to listen and tell you about services that can help you in your area. Call <b>0808 808 00 00</b> , 7 days a week, 8am to 8pm. <sup>4</sup>
It is possible to reduce your risk of getting cancer.	✓	<b>About 4 in 10 cancers (40%)</b> could be prevented. Living a healthier lifestyle can help reduce your risk. But you cannot reduce your risk of cancer completely. A healthy lifestyle includes not smoking, keeping to a healthy weight, eating a healthy diet, being active, limiting how much alcohol you drink, keeping safe in the sun and not using sunbeds. <sup>5</sup>
Macmillan Cancer Support only provides nurses.	✗	Macmillan Cancer Support is a registered charity providing person-to-person support, support by phone, email and webchat, a buddy system, and financial support. <b>In 2023, over 2 million people were reached</b> and supported by Macmillan's services. Visit <b>www.macmillan.org.uk</b> to find out about these services and many others.
There's nothing I can do to make a difference – cancer is just too big a problem.	✗	Each year Coffee Morning brings people from across the UK together to share delicious food and drink and to raise money to support people living with cancer. Whether it's with your pals in the park, an open house with your neighbours, or a great gathering at work, we have everything you need to help make your event a success. Sign up to receive your free fundraising kit at <b>macmillan.org.uk/coffee</b> .

All of the sources for our reasons can be found overleaf or on [macmillan.org.uk](http://macmillan.org.uk)



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List of sources.

## Sources

1. Source: <https://www.macmillan.org.uk/about-us/what-we-do/research/cancer-statistics-fact-sheet>
2. Source: <https://www.macmillan.org.uk/cancer-awareness>
3. Source: <https://www.macmillan.org.uk/about-us/what-we-do/research/cancer-statistics-fact-sheet>
4. Source: 'Are you worried about cancer' <https://be.macmillan.org.uk/be/s-1090-how-cancers-are-diagnosed-and-understanding-the-causes-and-risk-factors.aspx?ProductTypeFilterID=144>
5. Source: 'Are you worried about cancer' <https://be.macmillan.org.uk/be/s-1090-how-cancers-are-diagnosed-and-understanding-the-causes-and-risk-factors.aspx?ProductTypeFilterID=144>