Friends Provident International

Critical Illness – are you protected?

A men and women's perspective of cancer in the Middle East

Don't wait until it's too late

Nobody knows if or when they will fall seriously ill, be involved in an accident or die.

Global cancer incidence in women

In 2020, it was estimated that **8.8 million women** across the globe were diagnosed with cancer.

MOST COMMON CANCERS
Breast / Colorectal / Lung
Cervical / Thyroid

Breast cancer was the most common cancer reported in women worldwide, accounting for **25.8%** of all cases diagnosed in 2020.

Colorectal, lung and cervical cancer accounted for **26%** of reported cases, with thyroid and womb cancer accounting for a further **10%**.

Global cancer incidence in men

In 2020, it was estimated that more than **9.3 million men** across the globe were diagnosed with cancer.

MOST COMMON CANCERS
Lung / Prostate / Colorectal
Stomach / Liver

The most common cancers in men were lung, prostate and colorectal cancer which contributed to **41.9%** of all male cancers diagnosed in 2020.

Other common cancers contributing more than **5%** were stomach and liver.

Middle Eastern cancer incidence in women

In 2020, more than
20,000
women of all ages in the Middle East were diagnosed with cancer.

Middle Eastern cancer incidence in men

In 2020, more than
21,000
men of all ages in the Middle East were diagnosed with cancer.

Increasing your knowledge and awareness of types of cancers and what you can do to prevent them or report any concerns you may have, may help ensure that the diagnosis is made early and that treatments are successful.

Four simple steps to help beat cancer

01 Follow routine screen advice

- Finding and diagnosing cancer early, when tumours are small, localised and have not spread, makes cancer easier to treat and results in more individuals surviving and recovering following appropriate treatments
- Follow routine screening programmes as guided by national health authority and/or attending medical physician

02 Know your family history

- Inform attending medical physicians of any first degree relatives who have a history of cancer

03 Diet and lifestyle

- Don't smoke / cease smoking
- Eat a balanced diet
- Maintain a healthy weight (BMI<28)
- Undertake regular physical activity
- Reduce alcohol intake
- Limit exposure to UV rays, use SPF 30 or higher when exposed to sun

04 Don't wait

- See a health care provider right away if you notice any new symptoms. For example:
  - Lumps or bumps
  - persisting pain
  - unexplained bleeding
  - changes in moles or skin spots

How can a protection product help you?

Our award-winning protection products can provide critical illness cover to help mitigate the impact on your finances should you suffer a serious illness or accident. The cover pays a cash lump sum on diagnosis of one of the defined conditions covered under the plan.

Our critical illness cover provides protection against 35 illnesses/conditions as well as cover against 26 illnesses and disabilities under the children's critical illness and disability benefit.

Both benefits pay a lump sum on diagnosis of cancer.

What you can do is ensure that you have adequate protection in place to support your loved ones against financial uncertainty. To understand more about our protection products, which offers standalone critical illness cover as well as life or earlier critical illness cover, please visit our website or speak with your financial adviser about the valuable protection and peace of mind that our products can provide.

Source: Global Cancer incidence in women 2020 / UAE Cancer incidence in women 2020

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