

# Critical Illness – are you protected?

## Cancer – a male’s perspective

### Global cancer incidence in men

In 2020, it was estimated that more than 9 million men across the globe were diagnosed with cancer.





**2020**



Cancer diagnosis:

**9.3 million cases**

#### 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.

### UAE cancer incidence in men

More than 2,100 men of all ages in the UAE were diagnosed with cancer.

**2020**



Cancer diagnosis:

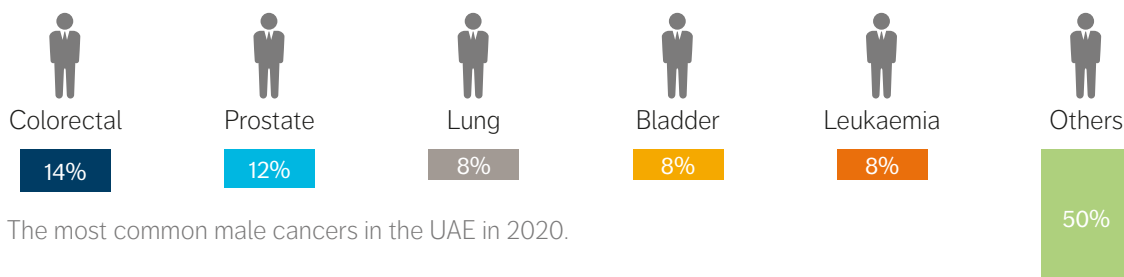
**2,155 cases**

#### Most common cancers

 COLORECTAL
  PROSTATE
  LUNG  
 BLADDER
  LEUKAEMIA

Colorectal, prostate and lung cancer were the most common diagnosis accounting for 34% of the total number of reported cases during 2020.

## UAE cancer incidence in men 2020



The most common male cancers in the UAE in 2020.

### Preventative measures – what can you do?

As you can see from the information above, colorectal, prostate and lung cancers are the most common types of cancer that affect men in the UAE.

Increasing your knowledge and awareness of these 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 an International Protector Middle East+ policy help?

Our award-winning International Protector Middle East+ plan 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.**

## 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.

**Life changes. Be prepared. Be protected.**

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 International Protector Middle East+ product, which offers standalone critical illness cover as well as life or earlier critical illness cover, please visit our website: [www.fpinternational.ae/protect/international-protector-middle-east](http://www.fpinternational.ae/protect/international-protector-middle-east) or speak with your financial adviser about the valuable protection and peace of mind that our International Protector Middle East+ product can provide.

Source: Global cancer incidence in men 2020  
UAE cancer incidence in men 2020