



SPEAK UP!

YOUR BRAIN TUMOURS CAN BE TREATED

Measures to prevent the risk of brain tumours

- Avoiding exposure to carcinogenic chemicals such as nickel, cadmium, vinyl chloride, radon, benzene, etc.
- Reducing exposure to infections, viruses, and allergens.
- Abstaining from smoking.
- Decreasing unnecessary exposure to ionising radiation.
- Taking safety measures to prevent head injuries.
- Performing stress-reducing activities such as yoga, exercising regularly, etc.

Let's spread awareness on
WORLD BRAIN TUMOUR DAY
June 8

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