

Strengthening Public Health Against Metastatic Cancer In Cultivating National Values

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A. Cancer metastases

In metastases, there is a content of cancer cells that can break away from their mother as the first place of residence of cancer and form what is called primary cancer. Ahmad, Mukhlisiana., (2020). The cancer travels through the blood, also known as the lymph system, and forms new tumors called metastatic tumors in other parts of the body with cancer. Metastatic tumors are the same type of cancer as the main tumor. Cancer in Indonesia is celebrated every year as World Cancer Day. Commemoration of World Cancer Day, for example in 2015, with the theme: "Cancer is not beyond our capabilities". Coinciding with the commemoration, Indonesia has launched a Commitment to Combating Cancer in all regions of Indonesia.

The agreement in the joint committee has been carried out jointly with the Chair of the National Cancer Management Committee and representatives from professional organizations, as well as related parties, stakeholders such as the Indonesian Cancer Foundation, and observers and other health professional organizations. Oktariza M., (2018). The declaration of this commitment has also been carried out by establishing a network of cancer websites. kemkes.go.id, which contains cancer data throughout Indonesia and all people can access the website.

1. Strengthening Health Management

Commitment to Strengthening Cancer Symptoms and Disease Management Activities in Indonesia, which are as follows:

- Making cancer one of the priority diseases of national health problems
- Unite and cooperate in the implementation of cancer prevention activities, both by the government, professional organizations, and society as a whole
- Increase awareness and awareness of the community about cancer and a healthy lifestyle as an effort to prevent cancer
- Planning and implementing cancer into a comprehensive and continuous work program that includes early detection, treatment, rehabilitation, and palliative care
- Encouraging the formation of public regulations and regulations that support healthy living and avoid cancer.

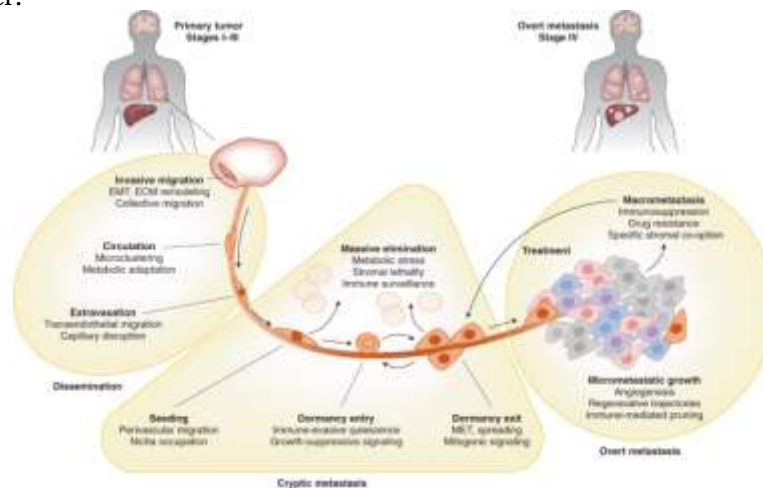


Figure 1 Nature Medicine Metastatic Cancer

(Source: nature.com)

In connection with this commitment, the Minister of Health has appealed to the ranks of health actors, the community, and other stakeholders to support strengthening the Commitment to Cancer Prevention Activities in Indonesia. Globocan., (2018). By paying special attention to (1). Increased promotive and preventive efforts in increasing public awareness and concern about cancer (2). Development and early detection efforts to reduce mortality from cancer (3). Treat cancer according to standards, and it is necessary to monitor and evaluate the effectiveness of alternative medicine that is

widely offered through mass media and electronically (4). Improving the quality of life of cancer patients through effective palliative efforts (5). Support from all elements of society and professional organizations in controlling cancer comprehensively and continuously.

2. Cancer Prevention

The world organization WHO states that 43% of cancer can be prevented. Because cancer is a lifestyle disease and can be prevented by developing healthy lifestyles and patterns and staying away from risk factors for cancer. The occurrence of cancer is related to several risk factors that arise, such as smoking habits, passive smoking, drinking alcohol habits, obesity, unhealthy eating patterns, women who do not breastfeed, and women giving birth over the age of 35 years. Abdul, A. R., (2020). So if all levels of society have implemented a Clean and Healthy Lifestyle, then the risk or possibility of being attacked by cancer will be reduced, and cancer will not be infected.

The behaviors or people that need to be implemented are as follows: (1). Doing physical activity correctly, regularly, and measurably which is done routinely (2). Eat healthy and nutritious food with a balanced pattern, enough fruits, vegetables, and mineral water (3). Manage emotions so as not to stress appropriately and correctly. Tsuji, W., and Plock, J. A., (2017). Therefore, to make it easier to do so, you must remember the motto of regular health checks, which is to stay away from cancer. Regular health checks, with the behavior of not smoking cigarette smoke, diligent physical exercise, having a healthy diet with balanced calories, adequate rest; and able to manage stress, multiply prayers

B. Cancer Problems in Indonesia

The Minister of Health last year explained that the problem of cancer in Indonesia is quite large and significant. Sulaeman, M, M., (2018). Every year it is estimated that 12 million people in the world suffer from cancer and as many as 7.6 million people die. It is estimated that by 2030 the incidence can reach up to 26 million people and an estimated 17 million of them die from cancer, and the increase is faster in poor and developing countries. Report from Global Burden Cancer. Estimates the incidence and incidence of cancer in Indonesia at 134 people per 100,000 population. With estimates that are not much different from the results of the previous tofu, the prevalence of cancer in Indonesia is 1.4 people per 1000 population.

1. Cancer is a non-communicable disease

The increasing issue of mortality and morbidity of non-communicable diseases, including cancer, brings its challenges, in the form of large funding, Marjuni, I.D., (2019). and must strive to be managed optimally in improving public health towards a healthy Indonesia and building a strong national spirit.

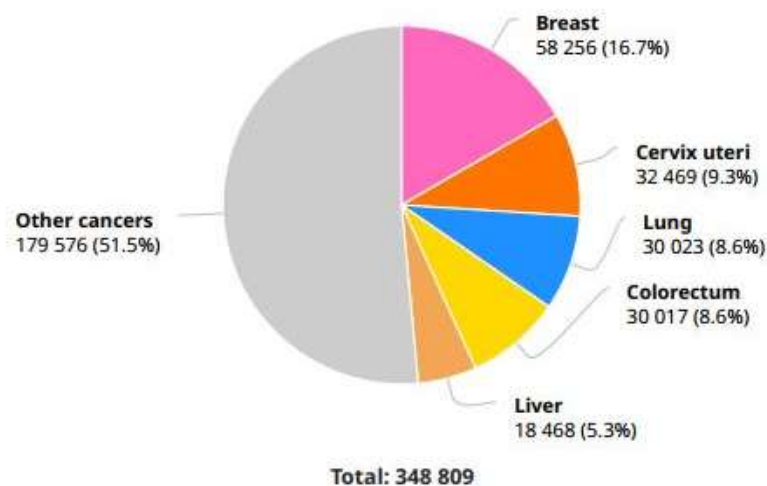


Image: 2 Graphs of Indonesia Cancer care Community

(Source: icc.id 2018)

With the report from the Indonesian public health insurance. And shows that in 2012 cancer treatment ranks 2nd after hemodialysis, which reached Rp. 144.7 billion. Meanwhile, according to data from the Social Security Administering Agency (BPJS). Anonymous., (2019). In the period January-June 2014, it was reported that cancer treatment for outpatients was ranked 2nd with a total of 88,106 cases and the financing amounted to Rp 124.7 billion, while for inpatients it was ranked 5th, with the number of cases reaching 56,033 and financing of Rp. 313.1 billion.

2. Cancer Control in Indonesia

Comprehensive and comprehensive cancer control includes efforts starting from prevention, early detection, diagnosis, curative, and palliative services and also includes surveillance and research, as well as support and assistance from families and cancer survivors. Ningrum, N, R., (2017). Cancer control in Indonesia is determined by the successful implementation of a comprehensive, organized, coordinated, controlled, and sustainable treatment strategy implemented by all levels of the Government together with all levels of society, including professional organizations, as well as non-governmental organizations, the private sector, and the business world, and the world of education, as well as all individuals in Indonesian society

3. Health Regulation

The current government has implemented several programs in controlling cancer, namely through promotive efforts and issuing rules and regulations, including a no-smoking area, a healthy diet and balanced calories, and relaxing exercise. In addition, in preventive efforts, the Ministry of Health with the support of professional organizations, the Indonesian Cancer Foundation, and the cancer care community has developed an early detection program for cervical cancer and breast cancer at the community health center. Cahyawati, P, N., (2018). Indonesia should be proud and grateful that Indonesia has succeeded in developing the National Health Insurance with a package of benefits covering early detection of cervical cancer and breast cancer with first-rate health facilities. The health minister has also added that the benefits package is on the National Health Insurance, which also includes diagnosis and treatment in hospitals. In addition, activities for early detection of cancer in children have also been developed at the community health center



Image: Healthy Family - Healthy Indonesia
(Source: kompasiana.com)

C. Healthy Indonesia Program

Healthy program for Indonesian people. This is a follow-up program, with the Nawa Cita program for the umpteenth time. Improvement in the quality of life of all Indonesian people. With programs that are supported using divisional programs such as Smart Indonesia through scholarships, the Indonesian Work Program providing job vacancies, and the Prosperous Indonesia Program with cheap basic materials with affordable purchasing power. Dahyuniar., (2018). Healthy Indonesia Program with the whole community. Approach is a program organized by the Ministry of Health of the Republic of Indonesia. Realized the Indonesian people must behave in a healthy manner, live in a healthy environment, and be aware of the importance of health.

This program is also expected to be able to overcome health problems and access to health services which are still difficult to reach in some places. The program which is a continuation of the previous program conducted visits to several community health centers that had been carried out previously. Meilan, et al. (2018). With the momentum of the 53rd national health day on November 12, 2017. The government has launched a healthy living community movement to create a healthy Indonesian society with the support of various parties.

1. Family as an Important Element

Family is an important element of society, in the effort to prevent cancer. In addition, the role of a healthy environment and complete health facilities and infrastructure. The family is also the first and foremost place in social life and education, which children get, including health knowledge. Healthy living behavior that is obtained from an early age from parents, will trigger awareness of the importance of health both in the family and in the community. Husniati, L., (2018). Considering how important the role of the family is in creating a healthy environment, the Government has created the Healthy Indonesia Program with a Healthy Family Approach. This program is a continuous program of

community health nursing activities, which have been carried out by community Health centers through regular home visits.

The program begins with data collection for the whole family using a family health profile form and a healthy family health information package. Yandra, Z., (2017). This data is then used for planning, implementation, and evaluation at the village level at the community health center. In its implementation, healthy families will be fostered by cadres, who become public health officers from the community health center through counseling and other activities.

2. Healthy Family Achievements

The following are indicators of healthy family achievements that are expected from the healthy Indonesia program with a healthy family approach. Cahorini, S.T, M., (2020). In addition to the healthy Indonesia program with a family approach, the government has also launched another program, namely to create a healthy Indonesian society, the Healthy Living Community Movement. This program has been implemented by establishing cross-sectoral and cross-program collaboration, namely Community movement is a systematic and planned action carried out jointly by the community by all components of society with awareness, willingness, and ability to behave healthily to improve the quality of healthy life.

This activity is carried out in the following manner:

- a. Doing physical activity
- b. Eat vegetables, and fruits and drink mineral water
- c. General check your health regularly
- d. Don't smoke and drink alcohol
- e. Clean a healthy environment as a place to live
- f. Using healthy sanitary latrines

3. Healthy Community Movement

Community outreach is carried out by every individual in a healthy family in a healthy community environment, by carrying out healthy daily living practices and patterns. The program launched by the government which acts as a service provider and provider of health facilities and infrastructure, it aims to mobilize the community and community organizations to play an active role in creating health care and healthy communities. Marwati, T., et. al., (2018). In addition to these programs, other supporting programs have been and are being implemented by the central and local governments to improve the quality of public health, including the implementation of immunization. fish consumption campaign, national command center for medical emergency services, national herbal medicine drinking campaign, and healthy family training

The Healthy Indonesia Program with a Healthy Family Approach and Healthy Community Movement are government efforts to build community independence in healthy living. At the same time as a promotive and preventive effort that can ultimately increase the strata with the degree of public health. It is hoped that a healthy society that is productive and aware of health and can play an active role in national development will create a developed nation and be able to grow national values.

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