# **HOW TO PREVENT CANCER?**

# **CANCER PREVENTION**

- Actions to be taken to lower the chance of getting cancer.
- Cancer is not a single disease but a group of related diseases.
- Many things in our genes, our lifestyle, and the environment around us may increase or decrease our risk of getting cancer.

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# **World Health Organization says**

"At least one-third of all cancer cases are preventable. Prevention offers the most cost-effective long-term strategy for the control of cancer."

# **WAYS TO PREVENT CANCER**

- Scientists are studying many different ways to help prevent cancer, including the following:
  - Ways to avoid or control things known to cause cancer.
  - Changes in diet and lifestyle.
  - Finding precancerous conditions early. Precancerous conditions are conditions that may become cancer.
  - Chemoprevention (medicines to treat a precancerous condition or to keep cancer from starting).

#### **AVOID TOBACCO**

- Tobacco use is the single greatest avoidable risk factor for cancer mortality worldwide, causing an estimated 22% of cancer deaths per year.
- Tobacco smoking causes many types of cancer, including cancers of the lung, esophagus, larynx (voice box), mouth, throat, kidney, bladder, pancreas, stomach and cervix.



About 70% of the lung cancer burden can be attributed to smoking alone.

#### **DIETARY MODIFICATION**

- There is a link between overweight and obesity to many types of cancer such as oesophagus, colorectum, breast, endometrium and kidney.
- Diets high in fruits and vegetables may have a protective effect against many cancers.
- Conversely, excess consumption of red and preserved meat may be associated with an increased risk of colorectal cancer.



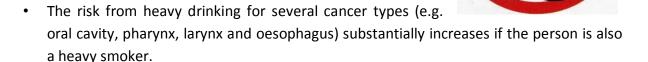
#### **REGULAR PHYSICAL ACTIVITY**

 Regular physical activity and the maintenance of a healthy body weight, along with a healthy diet, will considerably reduce cancer risk.



#### **AVOID ALCOHOL**

- Alcohol use is a risk factor for many cancer types including cancer of the oral cavity, pharynx, larynx, oesophagus, liver, colorectum and breast.
- Risk of cancer increases with the amount of alcohol consumed.



#### **VACCINATION AND PREVENTION OF INFECTION**

- Infectious agents are responsible for almost 22% of cancer deaths in the developing world and 6% in industrialized countries.
- Viral hepatitis B and C cause cancer of the liver; human papilloma virus infection causes cervical cancer; the bacterium Helicobacter pylori increases the risk of stomach cancer.
- Preventive measures include vaccination and prevention of infection

#### **CHEMOPREVENTION**

- Use of substances to lower the risk of cancer, or keep it from recurring.
- The substances may be natural or made in the laboratory.
- Some chemopreventive agents are tested in people who are at high risk for a certain type of cancer. The risk may be because of a precancerous condition, family history, or lifestyle factors.
- Some chemoprevention studies have shown good results. For example, selective estrogen receptor modulators (SERMS) have been shown to reduce the risk of breast cancer in women at high risk.

# **CANCER PREVENTION**

- Be physically active Exercise regularly
- Eat a healthy well-balanced diet Plenty of foods that are high in fiber, vitamins and minerals, lots of fresh fruits & vegetables and little or no red meat
- Get screened regularly for cervical, colorectal and breast cancers
- Know your family history of cancer
- Limit your alcohol consumption, avoid tobacco
- Protect your skin from the sun. Use sunscreen lotion
- Keep your weight under check and control
- Know your personal risk factors, pre-cancerous condition