

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.
- The risk from heavy drinking for several cancer types (e.g. oral cavity, pharynx, larynx and oesophagus) substantially increases if the person is also a heavy smoker.



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