

7 steps to reduce your risk of cancer

Research continues to show that some cancers can be prevented. Take these steps **now** to reduce your risk of developing cancer.

Be a non-smoker and avoid second-hand smoke.

Smoking causes about 30 per cent of all cancer deaths in Canada. Lung cancer is the leading cause of cancer death for men and women in Canada. Smoking also increases your risk of developing cancers of the mouth, throat, larynx, cervix, pancreas, esophagus, colon, rectum, kidney and bladder.

Non-smokers exposed to second-hand smoke are also at higher risk of getting cancer and other lung diseases. Health Canada estimates that more than 300 non-smokers die from lung cancer each year because of second-hand smoke.

If you are a smoker, quit. If you are a non-smoker, avoid second-hand smoke.

Eat 5-10 servings of vegetables and fruit a day.

Choose high fibre, lower fat foods. If you drink alcohol, limit your intake to one to two drinks a day. Research suggests as much as one third of all cancers may be related to what we eat and drink.

Eat five to 10 servings of vegetables and fruit a day. Eat plenty of whole grain fibres. Keep your dietary fat intake low. For a healthy diet, balance your daily meals with foods from the four food groups described in Canada's Guidelines for Healthy Eating.

Be physically active on a regular basis

This will also help you maintain a healthy body weight. Most people

know that regular exercise is necessary to remain healthy. Studies strongly suggest exercise reduces your risk of colon cancer and possibly breast and lung cancers too. There's even some evidence that regular physical activity provides some protection against cancer in general.

Protect yourself and your family from the sun.

Reduce sun exposure between 11 a.m. - 4 p.m. Check your skin regularly and report any changes to your doctor.

This year tens of thousands of Canadians will develop skin cancer because of over exposure to sunlight. In fact, skin cancer is the most frequently diagnosed cancer in Canada.

When you are in the sun, always remember SLIP, SLAP, SLOP. SLIP on clothing to cover your arms and legs. SLAP on a wide-brimmed hat. SLOP on sunscreen (SPF 15 or higher).

Follow cancer screening guidelines.

For women, discuss mammograms, Pap tests, and breast exams with a health professional. For men, discuss testicular exams and prostate screening with a health professional. Both men and women should also discuss screening for colon and rectal cancers.

Even people with healthy lifestyles can develop cancer. One way to detect cancer early is to have regular screening tests. These tests can often find cancer when it is still at an early stage. And the good news is that many kinds of cancer can be cured when they are found and treated early.

Visit your doctor/dentist if you notice any change in your normal state of health.

Know your body and report any changes to your doctor or dentist as soon as possible (for example, sores that do not heal; a cough which goes on for more than two weeks; a change in bowel habits).

It's vitally important to find and treat cancer as early as possible, before it has a chance to spread. Health care professionals are trained to spot the early warning signs of cancer and other diseases.

Follow health/safety instructions at home and at work when using, storing and disposing of hazardous materials.

At home and at work, take care to follow safety instructions when using, storing and disposing of household pesticides or any other chemicals.

Health Canada and Environment Canada have guidelines for handling cancer-causing substances. By following these guidelines, you can protect yourself against the risk posed by these materials. These guidelines are printed on the packaging and posted in workplaces when relevant.

Milton Mall will be selling daffodils to support the Cancer Society from April 4-6



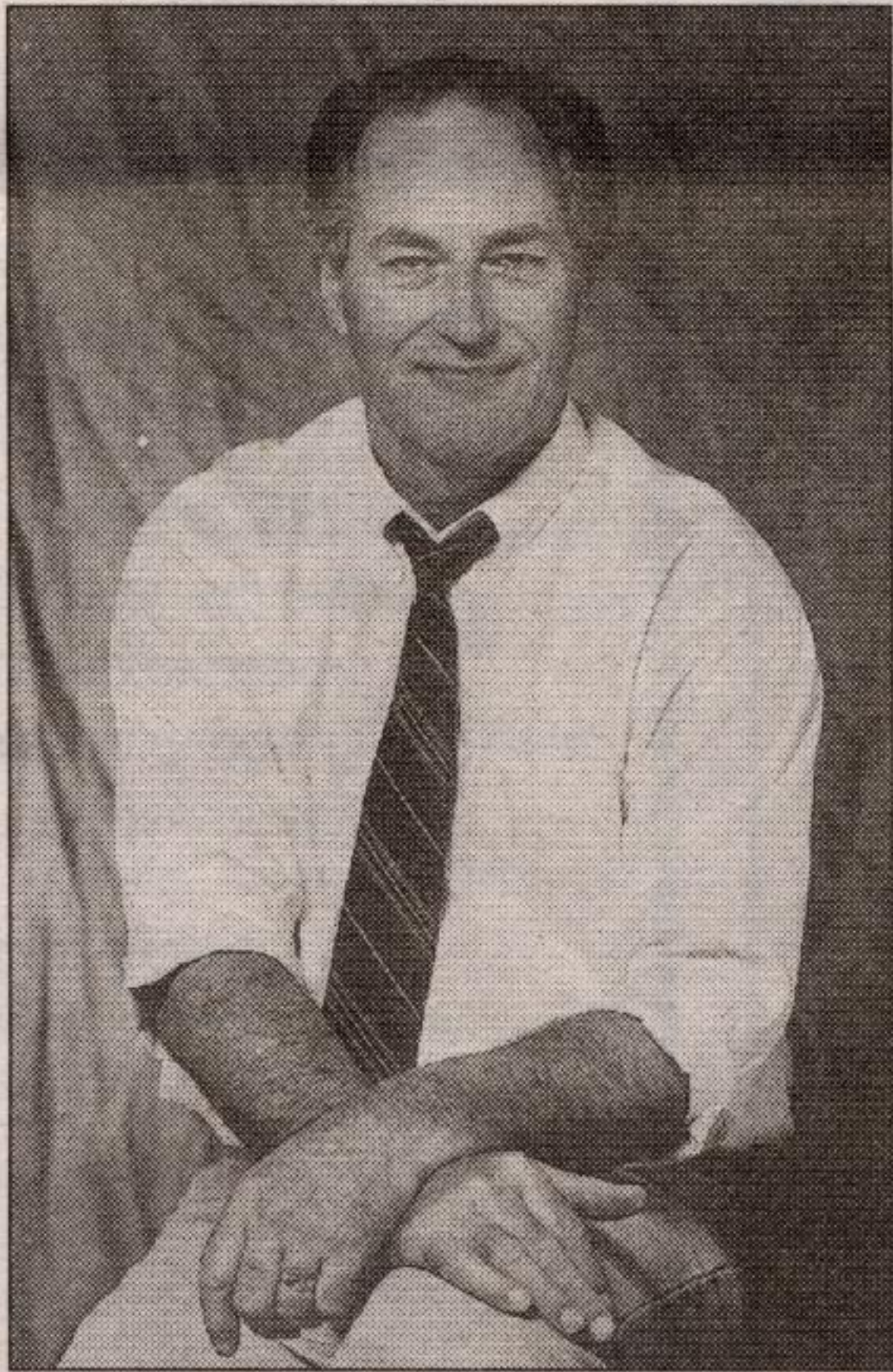
Canadian Cancer Society

Société canadienne du cancer


Let's make cancer history.

The Canadian Cancer Society provides information about all cancers, treatment, early detection and resources available. The Canadian Cancer Society also provides help getting to and from cancer-related care appointments. Call your local Canadian Cancer Society for more information - 905-877-1124.

Thank you to all volunteers and groups throughout Halton supporting the fight against Cancer



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