



AWARENESS

CANCER-PREVENTING LIFESTYLE TIPS

World Cancer Day is celebrated each year on the 4th February, where we recognise that our commitment to take responsibility for our own actions and choices will lead to powerful progress in reducing the global impact of cancer.

Organised by the Union for International Cancer Control (UICC), in keeping with this the theme for 2020 is still: I AM AND I WILL, an empowering call to action representing the power of every individual to play their part in helping to end the injustice of preventable suffering from cancer.

Take charge by making lifestyle changes such as these to reduce your own risk. The Mayo Clinic puts forward the following cancer-prevention tips.

- 1. Don't use tobacco** "Smoking has been linked to various types of cancer — including cancer of the lung, mouth, throat, larynx, pancreas, bladder, cervix and kidney. Chewing tobacco has been linked to cancer of the oral cavity and pancreas."
- 2. Review your diet**
 - Eat more fruits, vegetables and plant based foods, such as whole grains and beans.
 - Cut back on refined sugars and fat from animal sources, especially processed meats.
 - Avoid drinking alcohol, or only do so in moderation. Alcohol consumption has been linked to increasing the risk of various types of cancer, including breast, colon, lung, kidney and liver.
- 3. Be more physically active** "In addition to helping you control your weight, physical activity on its own might lower the risk of breast cancer and colon cancer."

As a general goal, include at least 30 minutes of physical activity in your daily routine — and if you can do more, even better."

- 4. Minimise sun exposure** Skin cancer is one of the most common kinds of cancer, but it is also the most preventable. Try to avoid midday sun and stay out of the sun between 10 pm and 4 pm when the sun's rays are strongest. When outdoors, wear a hat and sunglasses and try to cover as much of your skin as possible. For exposed areas of the body, make sure to apply a broad-spectrum sunscreen with an SPF of at least 30, even on cloudy days, reapplying every 2 hours.
- 5. Get vaccinated** Cancer prevention includes protection from certain viral infections. Talk to your doctor about vaccination against: Hepatitis B (which can lead to liver cancer) and Human papillomavirus (HPV), a sexually transmitted virus that can lead to cervical and other cancers.
- 6. Avoid risky behaviours.** That is, practice safe sex, don't share needles etc. in order to prevent infections (such as those mentioned above) that in turn might increase the risk of cancer.
- 7. Get your health in check** Depending on your age and risk profile, doing self-exams and getting screened for various types of cancers can increase your chances of early detection, when treatment is most likely to be successful. It's best to discuss this with your doctor.

"We need your commitment to create a cancer-free world. This World Cancer Day, who are you and what will you do?" – UICC.