

Reducing Cancer Risks

Lifestyle changes reduce cancer risks

- Cancer is the leading cause of death 30%
- 18,800 adult cancer new cases in AB
- 45% (= 6,700) are preventable
- Some are more preventable than others

What are the lifestyle changes?

1. Quit Smoking

Can help lower chances of cancers in:

- Lung
- Bladder
- Kidneys
- Pancreas
- Cervix
- Mouth
- Esophagus
- Throat

2. Drink alcohol wisely

- 2 alcoholic drinks a day have a slightly higher risk for colon cancer.
- Alcohol raises your breast cancer risk

3. Eat well

- Canada's Food Guide

4. Keep a healthy weight

5. Stay active

- Help staying at a healthy weight
- Stay active + get enough sleep
- May lower your cancer risk

6. Protect your skin

- 10 am to 4pm
- Wide-brimmed hat, long-sleeved shirt & pants
- “broad-spectrum” sunscreen has SPF30 every day
- Sunglasses that block UV rays
- Lip balm/cream that has SPF
- Avoid tanning booths and sunlamps

7. Get screened

- Get doctor/dentist for regular checkups
- Get screened for breast, colorectal, cervical, and prostate cancer
- Get treated before turning into cancer
- [Risk Calculator - Screening For Life | Screening For Life](#)

8. Consider vaccinations

- 100% of cervical cancer are caused by HPV
- Females: 9-45
- Males 9-26

Alberta- Free

- Girls age 9-13, 3 shots in 6 months
- Boys in grade 5, 2 shots in 6-12 months apart or
- Boys in grade 9, 3 shots over 6 months
- Check with your doctor or 811

9. Avoid toxins

- Asbestos
- Polluted drinking water
- Cleaning products, solvents, and pesticides
- Use paint without volatile organic compounds (VOCs)
- Benzene
- Radon
- Polluted air

Resources

Healthier together Alberta website www.healthiertogether.ca