

Cancer 101

Cancer Risk & Risk Reduction

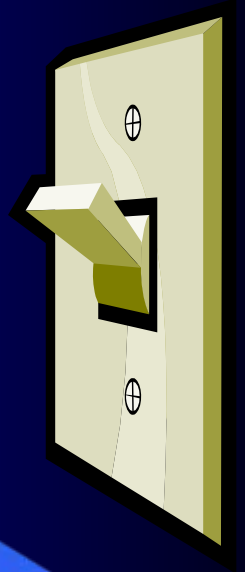


Module 4

We will learn to explain to family and friends:

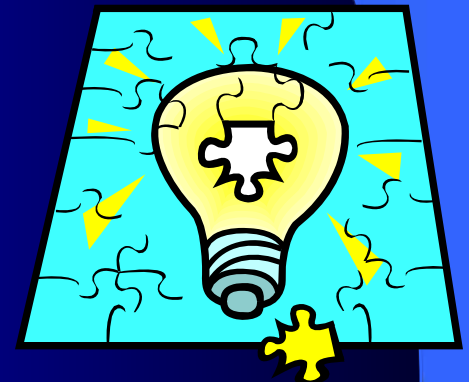
- The meaning of “risk factor”
- How “risk factors” can affect the development of cancer
- What we can do to reduce our risks for cancer

What are Risk Factors?



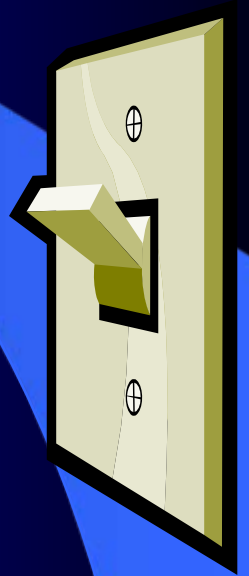
- Risk factors are conditions that increase the chance that cancer might occur.
- Three conditions or “risk factors” that affect the development of cancer have something to do with:

1. Lifestyle
2. Environment
3. Heredity



How to reduce your risk for cancer:

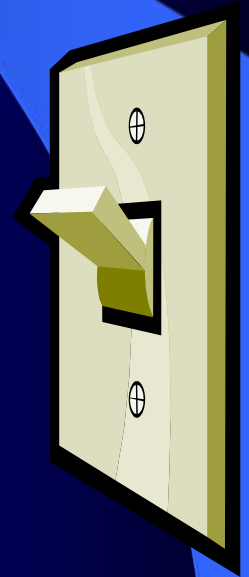
- Maintain a healthy weight.
- Get at least 30 minutes of physical activity each day.
- Don't smoke.
- Eat a healthy diet.
- Limit alcohol consumption.
- Protect yourself from the sun.
- Protect yourself and your partner from sexually transmitted diseases.



Lifestyle

Some types of cancers are related to lifestyle (how we live and the choices we make)

- Eat or Drink
- Exercise
- Tobacco Use
- Unprotected Sex



Food Carcinogens

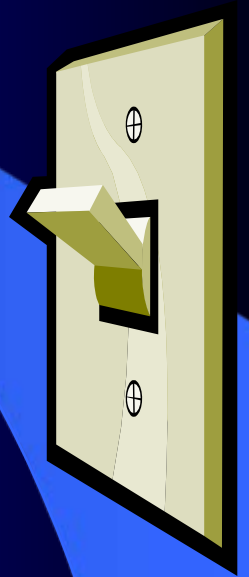
Foods that can promote cancer

Smoked, salted or charred foods are life style risk factors for:

- Cancer of stomach
- Cancer of esophagus

Life style to help prevent cancer:

Avoid too much smoked, salted or charred foods.



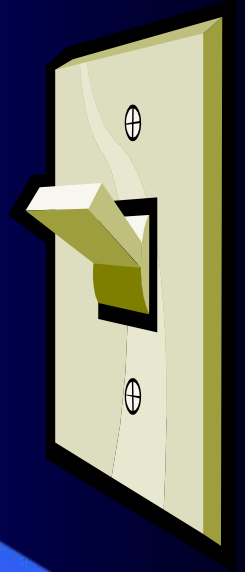
Chemical Carcinogens

Tobacco causes cancer

Tobacco is a life style risk factor that causes one third of cancer deaths, including:

- Lung cancer
- Cancers of head and neck
- Cancer of esophagus
- Cancer of bladder

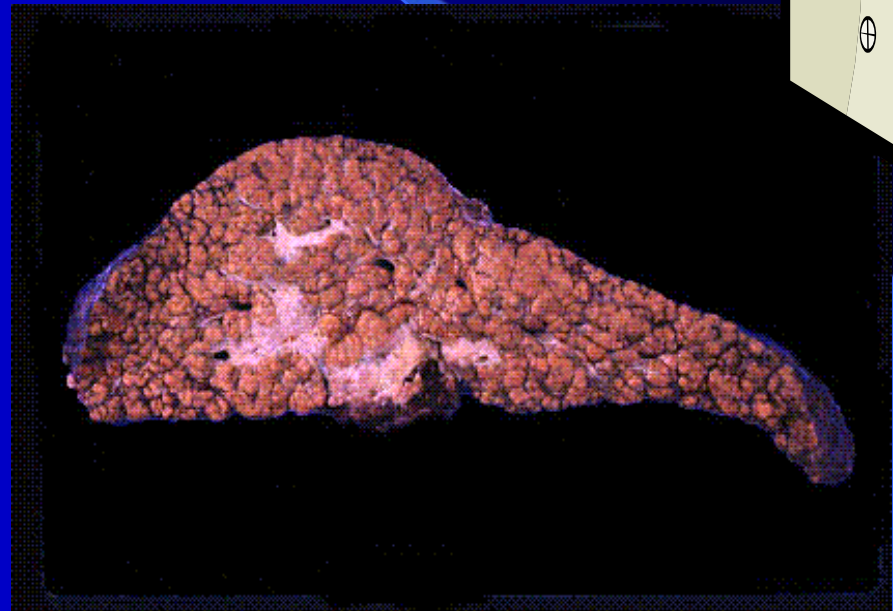
Life style to help prevent cancer:
Avoid tobacco use in any form.



Viral Carcinogen

Hepatitis B and C virus cause cancer

- Liver cirrhosis
- Liver cancer

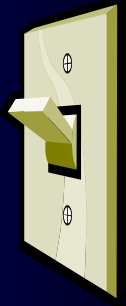


Life style to help prevent cancer:

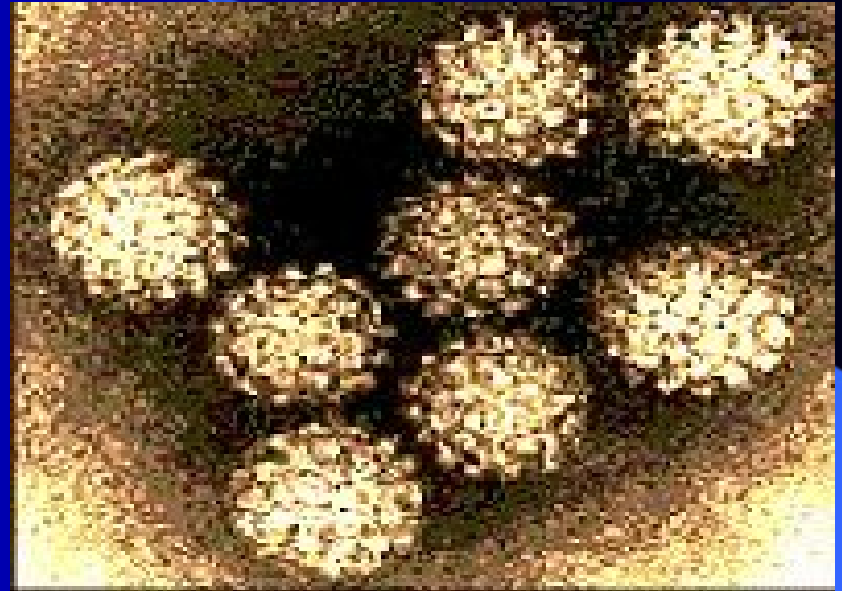
Use Hepatitis Vaccine. Avoid Hepatitis.

Viral Carcinogen

Papilloma Virus causes cancer



- Cancer of cervix
- Cancer of penis



Life style to help prevent cancer:

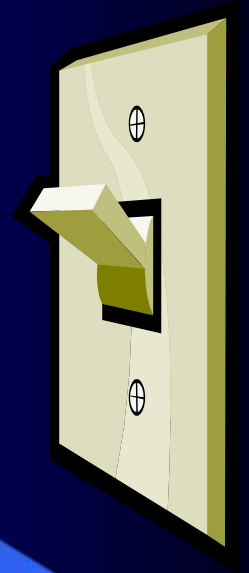
See your doctor to learn about your life style and hereditary risk factors, and when to get your regular Pap Test and Pelvic Exam.

Always keep your appointment.

Environment

Some types of cancers are related to:

- Where we work and live
- Exposure to carcinogens



Secondhand Smoke at the workplace causes cancer

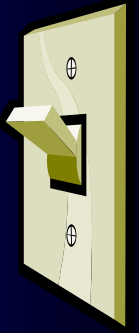
Source: American Nonsmokers' Rights Foundation in a presentation for the American Medical Association

Also called Environmental Tobacco Smoke (ETS)

Food service workers have a 50% greater risk of lung cancer than other workers.

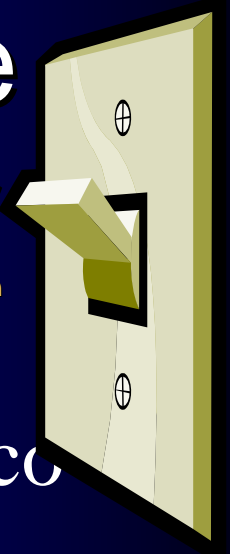


Lung Cancer



Secondhand Smoke at the Workplace causes cancer

Source: American Nonsmokers' Rights Foundation in a presentation for the American Medical Association



Secondhand Smoke or Environmental Tobacco Smoke (ETS) levels in restaurants are:

- 2 times higher than in offices
- 1.5 times higher than in homes



Chemical Carcinogen

Asbestos causes cancer

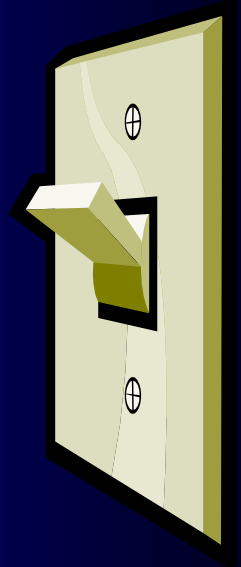
- Mesothelioma
- Lung cancer



Life style to help prevent cancer:
Avoid Asbestos.

Carcinogens

Sunlight causes cancer



- Squamous cell and basal cell skin cancers
- Melanoma

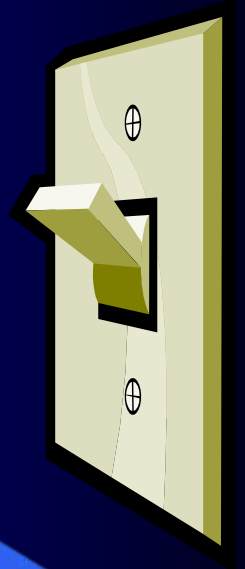
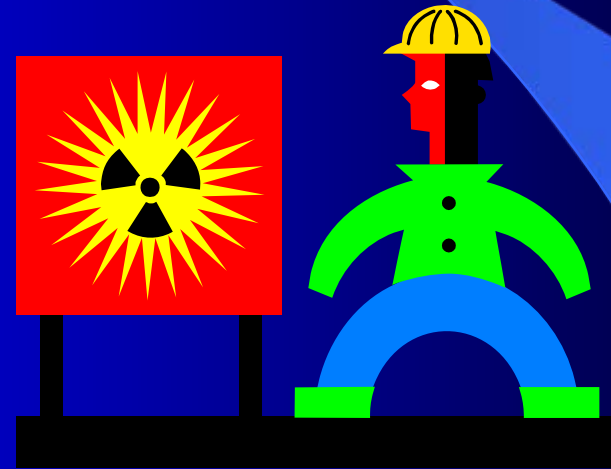


Life style to help prevent cancer:

Avoid excessive exposure to sunlight.

Carcinogens Radiation

- Leukemia
- Thyroid cancer

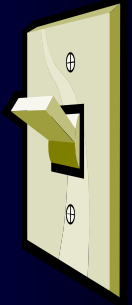


Life style to help prevent cancer:

Avoid excessive exposure to radiation.

Heredity

This refers to genes that control the balance of cell growth and cell death that are passed from parent to child. Changes in the genes may increase a person's chance of developing cancer.



Life style to help reduce your risk of cancer:

See your doctor to:

- Learn about your family's risk factors and what to do.
- Make and keep appointments for regular cancer screenings.



Did we cover. . .



- The meaning of “risk factor”?
- The 3 “risk factors” that affect the development of cancer?
- Ways to take personal action to reduce risk for cancer?