

Cancer and Smoking

Smoking greatly increases your risk of getting lung cancer, heart disease, and other respiratory illnesses.

- Annually, tobacco kills 4X as many people as all other drugs, car accidents, suicides, homicides, and AIDS put together.
- Secondhand smoke—the smoke from a cigarette—increases the risk of respiratory illnesses and lung cancer in a smoker's family members.
- Cigarette-induced cancer deaths are totally preventable
- If you smoke, it is never too late to quit. The sooner you quit, the more you can reduce your chance of getting cancer and other diseases.
- If you don't smoke, don't start. Smoking begins to cause damage right away to your lungs, heart, and digestive organs—damages that are not reversible.

Exercise

Regular exercise will help you control your weight, improve your overall health, and reduce your risk of cancer.

Be at least moderately active for 30 minutes or more each day (this activity does not have to be continuous). This can be done by:

- Doing housework/washing your car
- Taking the stairs instead of the elevator
- Getting off the bus or subway several stops early and walking the rest of the way.

Asian Americans and Cancer

- While heart disease is the leading cause of death for all U.S. groups (all ages), cancer has been the #1 killer of Asian American/Pacific Islander (AAPI) women since 1980.
- For AAPIs, cancer is the leading cause of death for those aged 25-44—unlike white Americans of the same age—indicating that cancer is the most important cause of death among many young AAPIs.
- For Korean Americans, the leading cause of death is cancer—specifically lung, stomach, and liver cancer.
- For South Asians living in the U.S., cancer is the number two cause of death.
- 21% of South Asian American women and 16% of South Asian American men die from cancer each year.
- Studies have found that U.S. neighborhoods with large Asian populations have a higher density of tobacco billboards and store displays.

For more information, please call AANCART at
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Tips For Cancer Prevention

From

AANCART
a National Cancer Institute funded project, is
dedicated to reducing the burden of cancer in Asian
Americans.

Cancer and Nutrition

Eating foods low in fat may lower your risk of cancer and decrease your cholesterol and blood pressure levels.

- Add high fiber foods such as beans or lentils to your rice.
- Limit meat consumption. Eat smaller portions of lean meat such as chicken breast.
- Eat 5 servings of fruits and vegetables per day. Examples of one serving are:
 - 1 medium fruit or 1/2 cup of cut-up fruit
 - 3/4 cup of 100% fruit juice
 - 1/4 cup raw or cooked vegetables
 - 1 cup raw leafy vegetables (such as lettuce and spinach)
 - 1/2 cup cooked beans or lentils.
- Add extra vegetables to your stews and soups.
- Eat in moderation and maintain a healthy weight.

Cancer and Alcohol

Drinking alcohol increases the risk of cancers of the mouth, larynx, and liver. The combined use of alcohol and tobacco greatly increases the risk of these cancers.

Hepatitis B

Hepatitis B is a serious liver disease caused by a virus. This virus can enter the blood stream and attack the liver. The hepatitis B virus (HBV) is commonly found in people from Bangladesh, Cambodia, China, India, Korea, Pakistan, Taiwan, Thailand, and Vietnam.

HBV is responsible for up to 80% of the world's liver cancer. In the U.S., the overall rate of HBV is 0.2%. However, rates among Asian Americans are as high as 20%.

If someone you know has HBV, he or she has an increased risk of developing liver failure or liver cancer.

How do you get hepatitis B?

Hepatitis B is passed by contact with infected blood or body fluids. Some of the more common ways of becoming infected with hepatitis B include:

- ◆ From mother to baby at birth
- ◆ Sex
- ◆ Contact with a person's blood
- ◆ Sharing toothbrushes or razors
- ◆ Pre-chewing food for babies
- ◆ Biting
- ◆ Using unsterilized needles for ear-piercing, injectable drug use, acupuncture, or tattooing
- ◆ Living with someone who is infected with hepatitis B

Hepatitis B is not spread by sneezing, coughing, or by holding/shaking hands.

How do you know if you have hepatitis B?

Many people are affected but have no symptoms. The only way to know your hepatitis B status is to have your blood tested.

If you have HBV consult your physician regularly to monitor your liver function and to receive medications and treatments as needed. And, make sure all household members and sexual partners are vaccinated against the disease.

How do you prevent hepatitis B?

While treatment is available for HBV, there is no cure. Thus, prevention is essential. To prevent HBV get vaccinated. The vaccine is given in 3 separate shots (you must have all 3 to be protected).