

# Cancer 101

## Cancer Risk & Risk Reduction

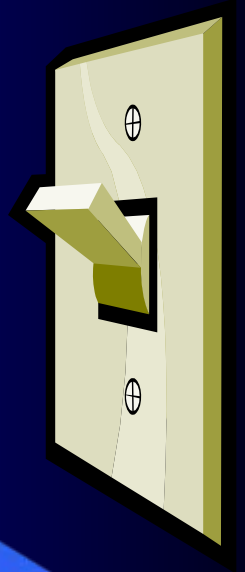


## Module 4

# We will learn to explain to family and friends:

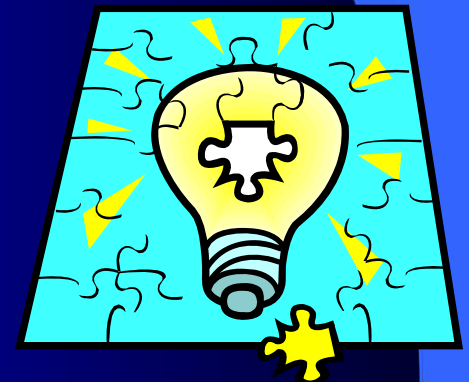
- The meaning of “risk factor”
- How “risk factors” can affect the development of cancer
- What we can do to reduce our risks for cancer

# What are Risk Factors?



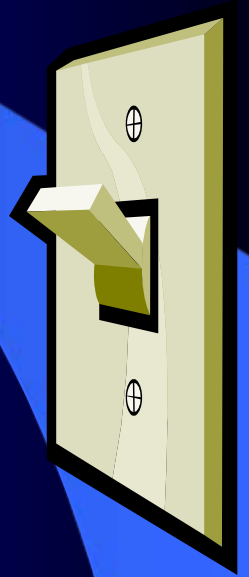
- Risk factors are conditions that increase the chance that cancer might occur.
- Three conditions or “risk factors” that affect the development of cancer have something to do with:

1. Lifestyle
2. Environment
3. Heredity



# How to reduce your risk for cancer:

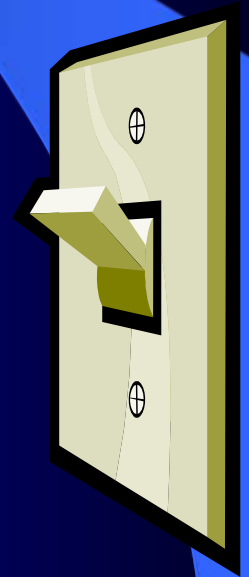
- Maintain a healthy weight.
- Get at least 30 minutes of physical activity each day.
- Don't smoke.
- Eat a healthy diet.
- Limit alcohol consumption.
- Protect yourself from the sun.
- Protect yourself and your partner from sexually transmitted diseases.



# 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

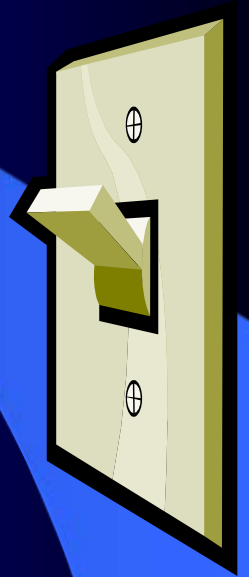
*Foods that can promote cancer*

**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.



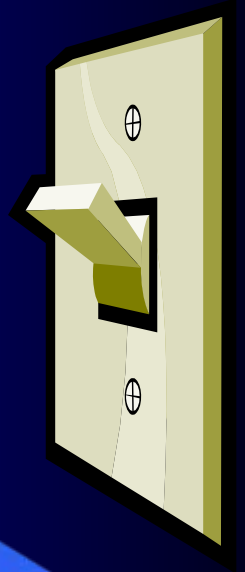
# Chemical Carcinogens

## *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

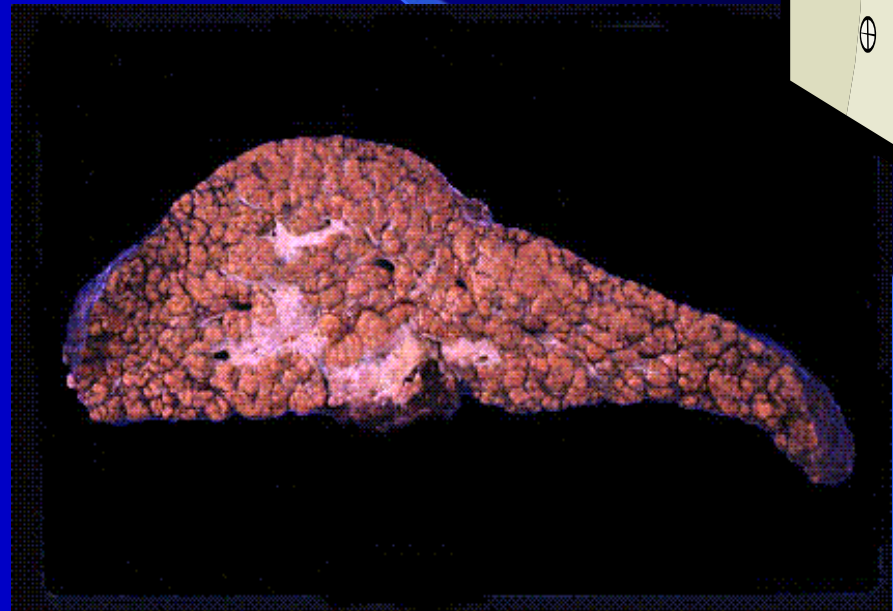
**Life style to help prevent cancer:**  
Avoid tobacco use in any form.



# Viral Carcinogen

*Hepatitis B and C virus cause cancer*

- Liver cirrhosis
- Liver cancer



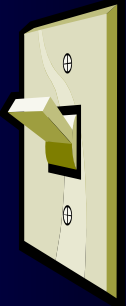
Life style to help prevent cancer:

Use Hepatitis Vaccine. Avoid Hepatitis.

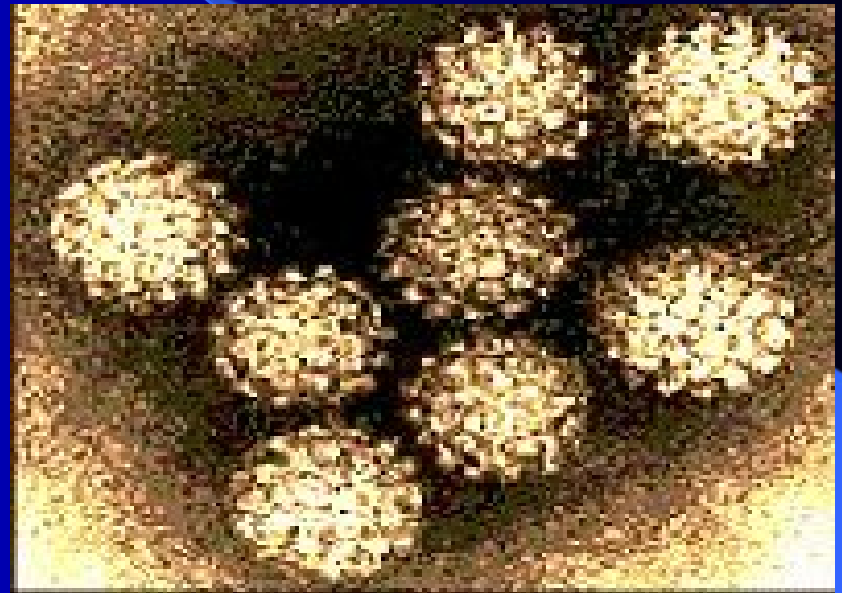


# Viral Carcinogen

## *Papilloma Virus causes cancer*



- Cancer of cervix
- Cancer of penis



**Life style to help prevent cancer:**

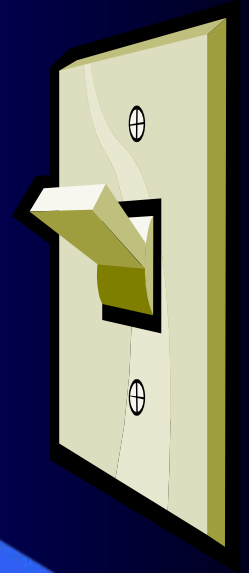
See your doctor to learn about your life style and hereditary risk factors, and when to get your regular Pap Test and Pelvic Exam.

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

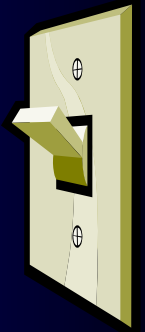
Source: American Nonsmokers' Rights Foundation in a presentation for the American Medical Association

Also called Environmental Tobacco Smoke (ETS)

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



Lung Cancer

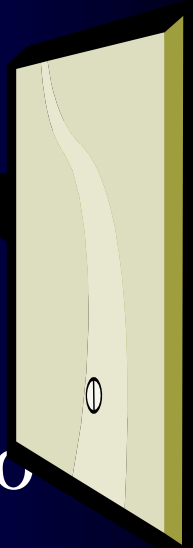


# Secondhand Smoke at the Workplace causes cancer

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

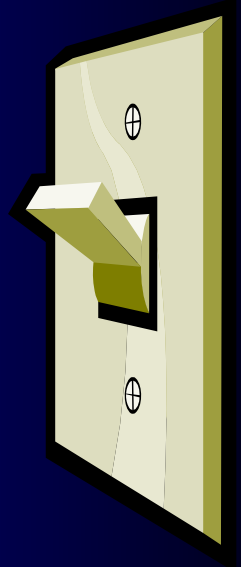
- Mesothelioma
- Lung cancer



Life style to help prevent cancer:  
Avoid Asbestos.

# Carcinogens

## Sunlight causes cancer



- Squamous cell and basal cell skin cancers
- Melanoma

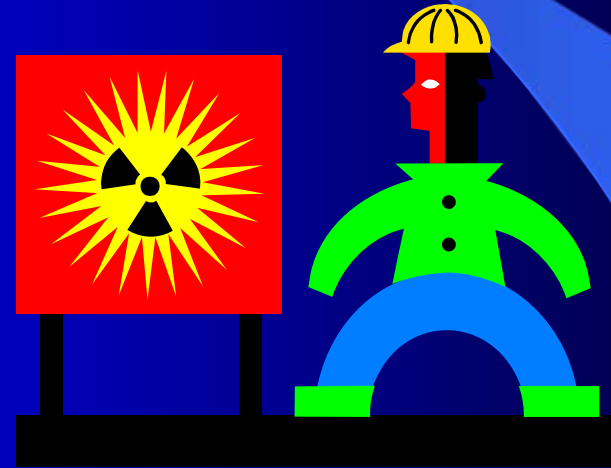


*Life style to help prevent cancer:*

Avoid excessive exposure to sunlight.

# Carcinogens Radiation

- Leukemia
- Thyroid cancer

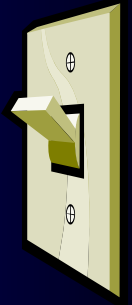


Life style to help prevent cancer:

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?