

BACKDOOR READING FROM YOUR PARISH NURSE

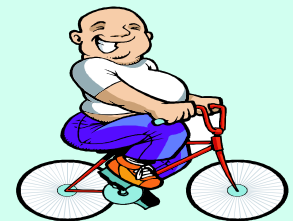
APRIL, 2010

ASBURY UNITED METHODIST CHURCH

CANCER RISK & PREVENTION GUIDELINES

Risk Factor Explanations

- Gender— Men get cancer and die of cancer at a higher rate than woman.
- Age—Death rates are in the single digits below age 30 but almost double with each consecutive decade.
- Smoking—a long history of tobacco research shows smoking to be the strongest medical risk factor for cancer.
- Alcohol—High intake of alcohol increases the risk for several cancers.
- Physical activity—physical inactivity is associated with increased risk for several cancers.
- Weight/BMI—excessive weight or underweight puts a person at risk for cancer.
- Vegetable & Fruit Intake—research on the diet-cancer connection is in its infancy. But many supplements increase risk.
- Meat/Legume Consumption—red and processed meat has been shown to increase the risk of cancer. Fish may be protective. Legumes (beans, peas) seem to strengthen the body.
- Fat intake—Animal fat increases cancer risk & is different than red meat. Milk fats do not have the same effect.
- Radiation/Ultraviolet—Sun burned skin and artificial tans increase cancer risk, whereas tanning without burning if being found to be beneficial.
- Occupational exposure—oils, heavy metals, & some chemicals increase risk.
- Family History—Regular exams & knowing your family history can help keep you alert.
- Unsafe Sex—like other personal history, keeping alert & not continuing unsafe



*Stay
Fit!*

TAKE ACTION AGAINST CANCER

Rates of new cancers at most sites vary widely among different population groups and in different regions of the world. The American Cancer Society lists 69 different cancers on its 2005 website, each with a different incidence and mortality rate. The National Cancer Institute defines prevention as lowered cancer mortality (death) through reduced incidence. In

practice this means avoiding carcinogens (tobacco etc), using lifestyle and diet to modify cancer-causing factors or genetic predispositions, and using medical intervention to successfully treat precancerous lesions (for example, colon polyps). The following recommendations for prevention summarize what we know for sure.



*Don't
Smoke!*

WE KNOW FOR SURE

1. **Avoid tobacco & alcohol**—You can quit! Get help, keep trying.
2. **Be physically active every day**—Aim for an hour a day. Get guidance. Just do it!
3. **Eat a whole diet daily**—Get 5 + servings of veggies & fruits, whole grains, beans. Avoid breads, refined cereals.
4. **Get regular medical check-ups**. The best lifestyle cannot prevent all cancer. Medical interventions may help.