

## What we do

The Canadian Cancer Society fights cancer by:

- doing everything we can to prevent cancer
- funding research to outsmart cancer
- empowering, informing and supporting Canadians living with cancer
- advocating for public policies to improve the health of Canadians
- rallying Canadians to get involved in the fight against cancer

Contact us for up-to-date information about cancer, our services or to make a donation.



Canadian Cancer Society  
Société canadienne du cancer

Let's Make Cancer History

1 888 939-3333 | [www.cancer.ca](http://www.cancer.ca)

PREVENTING CANCER 

Get involved **Live well** Be aware Get involved  
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## Preventing Cancer



Imagine a world where nobody dies of cancer because nobody gets cancer. Impossible? What if we told you we already know that about half of all cancers can be prevented? Want to know more? Read on. **Join the fight.**

Let's Make Cancer History

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## Live well. Make healthy choices.

### Be a non-smoker and avoid second-hand smoke.

Don't be fooled – any tobacco is harmful, including cigarillos, cigars, chewing tobacco, snuff, bidis, kreteks, pipes and waterpipes.

### Keep a healthy body weight. Be active and eat well.

We're not saying you have to join a gym. Start getting active every day by taking the stairs, playing tag with your kids, walking to get a few groceries. While shopping, remember: Choose more vegetables and fruit. Eat less red meat and processed meat, saturated fat and salt.

### Know the risks of alcohol. The less you drink, the more you reduce your risk.

We don't mean to spoil the party, but the evidence is clear. Keep it to less than 1 drink a day for women and less than 2 drinks a day for men. And no, you can't drink them all on the weekend.

### Protect your skin. Be safe in the sun and don't use tanning beds.

Who wants to look old before their time? Tanned skin is damaged skin. When the UV Index is 3 or higher, stay in the shade or cover up and wear sunscreen with SPF 15 or higher.



live well

## Get enough vitamin D from the sun, supplements and your diet.

Fortified milk is a start, but given how far north we live and how weak the sun is in fall and winter, it might not be enough. Talk to your doctor about taking a supplement of 1000 IU a day for part or all of the year.

## Be aware. Look after yourself.

### Know your body and watch for signs of cancer.

It all starts with knowing what's normal for you. For example, know yourself well enough to spot a new lump, an unexplained pain, a sore that won't heal, a change to a mole or any other change to your body and how it usually feels.

### Report any changes in your health to your doctor.

Don't delay. A change probably isn't cancer, but only a doctor can tell for sure.

### Get screened and help find cancer early.

Mammogram, Pap test, fecal occult blood test – big words, proven big effect on cancer. Even if you feel well, talk to your doctor about whether you should have these or any other tests.



be aware

## Check your family's cancer history.

Knowledge is power. By knowing your family's history, you and your doctor can figure out whether you are at higher risk for some cancers.

### Understand how hormones and infections affect your cancer risk.

Avoid taking HRT (hormone replacement therapy) if at all possible, and understand that there are risks to being on the birth control pill for years. Find out if getting vaccinated against HPV or hepatitis B is right for you.

### Get rid of harmful substances at work and at home.

Take control of the air you breathe at home and get it checked for radon. If there are harmful substances where you work, follow all safety rules and use safer alternatives when you can.

## Get involved. Help reduce risks for everyone.

### Raise awareness about cancer prevention in your community.

This is easy. Pass this pamphlet on to family and friends, follow us on Facebook or Twitter and help spread the word about our prevention efforts in your community.



get involved

## Reduce cancer risks for the next generation.

Kids pay more attention to what they see than what they're told. Be a good example as you teach your children to be active, eat well, avoid tobacco and be safe in the sun.

### Fight for public policy to make healthy living easier for everyone.

Look for ways that healthy living could be made easier in your community, such as creating safe and shaded trails for walking and biking.

### Find out how you can help the Society fight for change right now.

Right now, we're convincing governments of your right to know about chemicals that may cause cancer, we're talking to teens about the dangers of indoor tanning and we're funding research into how to prevent cancer. Don't sit back – be part of that change.

### We'd like to hear from you

E-mail us at [publicationsfeedback@cancer.ca](mailto:publicationsfeedback@cancer.ca) if you have comments or suggestions to help us make this brochure more useful for you and other readers.



join the fight