



What is cancer?

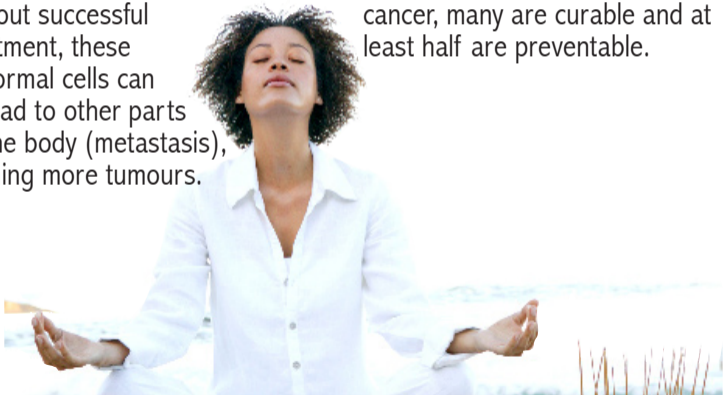
Cancer occurs when cells multiply uncontrollably, creating masses of tissue known as tumours. Without successful treatment, these abnormal cells can spread to other parts of the body (metastasis), forming more tumours.

Why is it significant?

Cancer is one of the leading causes of premature death in Canada. Although there is presently no cure for all types of cancer, many are curable and at least half are preventable.

What else should I be aware of?

If you do develop cancer, catching it in its early stages improves your odds of successful treatment. Get screened regularly and tell your doctor right away if you notice any unusual changes to your body. Also let them know if you have any family members with cancer, especially prostate, breast, ovarian and colon cancer.



Cancer
Prevention

MakingHealthHappen.com

What can I do?

- ✓ Don't smoke. If you do smoke, take steps to quit immediately.
- ✓ Avoid secondhand smoke.
- ✓ Eat a nutritious diet high in fruits, vegetables and wild fish, and low in saturated (animal) fats and trans fats.

- ✓ Engage in daily physical activity.
- ✓ Maintain a healthy body weight.
- ✓ Limit your consumption of alcohol.
- ✓ Obey safety instructions when handling hazardous materials.



- ✓ Don't stay in the sun for long periods of time without covering your skin or wearing sunscreen. Don't use indoor tanning equipment.
- ✓ Build your stress resilience by addressing any underlying emotional issues.
- ✓ Contact the Canadian Cancer Society at www.cancer.ca or 1-800-661-2262.
- ✓ Learn more about cancer prevention by going to www.makinghealthhappen.com.

What can I take?

Some supplements have been shown to reduce the risk of certain forms of cancer. Ask your doctor if a supplement would be beneficial for you.



Go to MakingHealthHappen.com and enter **center1006** in the search box to learn more about **Cancer Prevention**.