



Cancer
Council

**Cut
your
cancer
risk**



Maintain a healthy weight

About one third of Australia's cancer deaths are related to unhealthy lifestyles including poor eating and exercise habits.

Research shows that being overweight or obese increases the risk of some types of cancer including bowel, breast and oesophagus cancers. To reduce your risk, a waist measurement of less than 80 cm for women and 94 cm for men is recommended.

Maintaining a healthy weight is about getting the balance right between what you eat and how physically active you are.

For advice on how to include more physical activity and healthy food in your daily life, visit **www.cancersa.org.au** or call **Cancer Council Helpline 13 11 20**.

Maintain

TIPS

- > Reduce food and drinks high in fats and sugars.
- > Limit alcoholic drinks as they are high in calories.
- > Choose non-fat or reduced fat milk and dairy products.
- > Aim to eat 5 serves of vegetables and 2 serves of fruit every day.
- > Aim to meet nutritional needs through diet, not supplements.
- > If your weight is increasing, you may need to reduce the amounts of food you are putting on your plate.
- > Be physically active at every opportunity.

Check for unusual changes and have regular screening tests

Most cancers can be more successfully treated if they are detected early. See your doctor if you notice anything unusual or have any concerns.

SCREENING is a great way of detecting some cancers early and is recommended where there is a proven benefit:

- > Women aged 50-69 years are encouraged to have a mammogram for breast cancer every two years.
- > Women aged 18-70 years are encouraged to have a Pap test for cervical cancer every two years.
- > Men and women over 50 are encouraged to have a faecal occult blood test (FOBT) every two years for bowel cancer.

There is currently no test to differentiate between prostate cancers that are slow-growing and unlikely to cause harm, and those that are aggressive and require treatment. Because the side effects of prostate cancer testing and treatment are often very serious, we encourage men concerned about prostate cancer to speak to their doctor to make an informed decision about whether testing is right for them.

Visit www.prostatehealth.org.au

Check

LOOK OUT FOR

- > Lumps or sores that don't heal.
- > Coughs or hoarseness that won't go away.
- > Unexplained weight loss.
- > A mole or skin spot that changes shape, size or colour.
- > Changes in your toilet habits or blood in a bowel motion.

These signs don't necessarily mean you have cancer, but it's important to have them checked out. People who have a family history of cancer should talk to their doctor about their risk.

IMMUNISATION

As well as having a regular Pap test, girls and women can help prevent cancer of the cervix by having the cervical cancer vaccine.

For more information, visit www.dh.sa.gov.au/pehs/cervix-screening-index.htm

Limit alcohol

Alcoholic drinks, even moderate amounts, increase the risk of cancers of the mouth, pharynx, larynx, oesophagus, liver, breast and bowel.

If you do choose alcoholic drinks, limit your intake. For men, the current recommended limit is no more than two standard drinks a day. For women, it is one standard drink per day.

A standard drink equals:

- > 285 ml of beer
(one glass of beer)
- > 100 ml of wine
(one small glass of wine)
- > 30 ml of spirits
(one measure of spirits)

There is no evidence to suggest that alcoholic drinks (such as red wine) protect against any type of cancer.

Limit

TIPS

- > If you do choose to drink alcoholic drinks, limit to special occasions.
- > Drink water rather than alcohol to quench your thirst.
- > Dilute alcoholic drinks, for example, try a shandy (beer and lemonade), white wine and mineral water, or spirits and low-calorie soft drinks.
- > Choose low-alcohol drinks.

Eat a healthy diet

Fruit and vegetables are low in fat and calories and help maintain a healthy body weight. Given that being overweight is a risk factor for cancer they are an important part of our daily diet.

Fruit and vegetables also contain natural protective substances that may destroy cancer-causing agents (carcinogens) and they may protect against cancer of the mouth, throat, oesophagus, stomach, bowel and lung.

Research suggests that eating red meat and, in particular, processed meat, may increase the risk of bowel cancer.

Cancer Council also recommends eating wholegrain breads and cereals as part of a healthy diet and to maintain a healthy body weight.

Nourish

TIPS

- > Aim to eat 5 serves of vegetables and 2 serves of fruit each day.
1 serve of vegetables = 1/2 cup cooked vegetables or 1 cup of salad vegetables.
1 serve of fruit = 1 medium sized piece of fruit.
- > Limit red meat intake to 3-4 serves a week. One serve should roughly fit into the palm of your hand.
- > Limit or avoid eating processed meats like sausages, frankfurts, salami, bacon and ham.
- > Visit www.cancersa.org.au for more information about healthy eating.

Be physically active

Regular physical activity has been shown to reduce the risk of bowel and breast cancers.

One hour of moderate activity or 30 minutes of vigorous activity is recommended on most days for general health and fitness.

Moderate activities include brisk walking, medium-paced swimming or cycling.

Vigorous activity includes active sports like football, squash, netball and basketball as well as activities such as aerobics, circuit training, jogging and fast cycling.

Move

TIPS

- > Be active in as many ways as you can, for example, walk instead of drive to the shops, and walk in your lunch breaks.
- > See physical activity as an opportunity, not an inconvenience.
- > Walk or cycle to work, and walk up stairs instead of taking the lift or escalator.
- > Do something you enjoy or can do with a friend, like tennis, swimming or dancing.
- > If you have a sedentary job, take regular activity breaks and move as much as possible throughout the day.

Be SunSmart

The major cause of skin cancer is exposure to UV radiation from the sun and other sources, such as solariums. The good news is, skin cancer is preventable and can usually be cured if found and treated early.

You should take the following **five** steps when the SunSmart UV Alert indicates the UV Index is at 3 or above:

- 1 Slip** on some sun-protective clothing.
- 2 Slop** on SPF30+ sunscreen 20 minutes before you go outdoors and every two hours afterwards.
- 3 Slap** on a hat that protects your face, head, neck and ears.
- 4 Seek** shade.
- 5 Slide** on some sunglasses – make sure they meet Australian standards.

Australia has one of the highest rates of skin cancer in the world. Two thirds of people who grow up here will develop some form of skin cancer, and each year, more than 1,700 Australians die from melanoma – the most dangerous form of skin cancer.

Protect

TIPS

- > Look for the SunSmart UV Alert on the weather page of your daily newspaper or at **www.bom.gov.au/weather/uv**
- > Take extra care between 10 am and 3 pm when UV Index levels reach their peak, particularly from September to April in South Australia.
- > See your doctor if you have a sore that doesn't heal, a mole that has suddenly appeared or started to bleed, or one that has changed its size, thickness, shape or colour.
- > Visit the SunSmart website **www.sunsmart.org.au** for more information.

Quit smoking

It's never too late to quit smoking. But the sooner you quit, the more you cut your risk of cancer.

It is also important to avoid second-hand tobacco smoke. Even if you don't smoke, breathing in other people's cigarette smoke can increase your risk of cancer. The good news is, by law, all SA bars and clubs are now smokefree, as well as the indoor areas of restaurants and workplaces. Visit **www.quitsa.org.au** for more information.

About one in five deaths from cancer are due to smoking.

Smoking causes cancer in the lung, larynx, oropharynx, mouth, and may also cause cancer in the kidney, oesophagus, pancreas, tongue, cervix, bone marrow (myeloid leukaemia) and stomach.

More than 10,000 Australians are diagnosed with a smoking-related cancer every year.

Quit

TIPS

- > Call the Quitline on **13 7848** and ask for a free Quit pack. A trained Quitline counsellor can also help you with practical and expert advice.
- > For free advice from the QuitCoach go to **www.quitcoach.org.au**
- > Quitting smoking can be hard and many people have a number of attempts before they finally quit for good.
- > Think of yourself as a non-smoker.

protect

Be
SunSmart



Cancer Council
Helpline

13 11 20

www.cancersa.org.au

Adapted with kind permission
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