

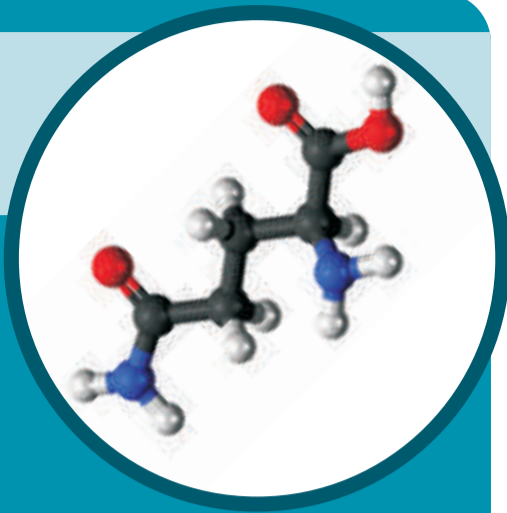
CANCER REALITY CHECK

WHAT IS CANCER?

Cancer is a word used to describe any malignant growth or tumour caused by abnormal cell division.

Cancer is a life threatening disease that affects everyone: all races, men & women, young & old, rich & poor.

Prevention & early detection can save your life



Every year 12 million people world-wide hear the words: **“You have cancer”**

- **90%** of cancers are caused by environmental factors & lifestyle such as smoking
- More than **100 000** South Africans are diagnosed with cancer every year
- South African cancer survival rate is **6/10**
- One in **4** South Africans are affected by cancer through diagnosis of family, friends or self

CANCER > TB+AIDS+MALARIA
Globally cancer kills more people than TB, AIDS and Malaria combined

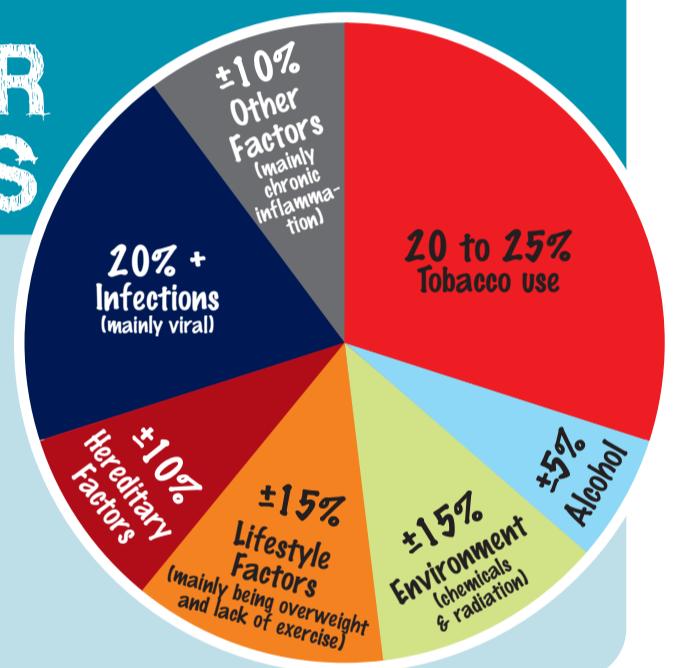
MAIN CANCERS AMONG MEN AND WOMEN

There are over 200 different kinds of cancer. Most cancers are named after the body part where the cancer or tumour originates

Breast cancer		Testicular & Prostate cancer	
Cervical cancer		Origin unknown	
Origin unknown		Lung cancer	
Colorectal cancer		Colorectal cancer	
Uterine/Womb cancer		Oesophageal cancer	

MAIN CANCER CAUSES

More than 30% of cancer deaths can be prevented through these simple lifestyle changes



MAIN CHILDHOOD & YOUTH CANCERS IN SA

CHILDREN (0 - 14 years)

- Leukemia
- Lymphoma
- Brain tumours
- Kidney, eye & central nervous system
- Liver
- Soft tissue
- Bone
- Other

YOUTH (15 - 29 years)

- Lymphoma
- Leukemia
- Central nervous system (glandular)
- Endocrine system (glandular)
- Skin
- Male genital
- Female genital
- Bone & joint



Research • Educate • Support

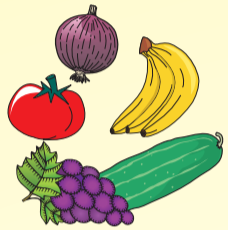


Toll-free 0800 22 66 22
www.cansa.org.za

Tips to reduce your cancer risk

More than **30%** of cancer deaths can be prevented through these simple lifestyle changes

Look after your body



5 a day

Eat at least 5 portions of fresh fruit & veg daily. Choose a variety

Good for the gut

Eating lots of fibre (in fruit & veg & wholegrains) cuts your risk of colorectal cancer



Out with the red

Limit your red meat intake. Rather eat more fish, beans, lentils & soya. Avoid processed foods like bacon & sausages which are associated with colorectal cancers

Not so sweet

Sugary soft drinks, sweet and fatty foods cause weight gain, which increases your cancer risk. Water is better



Be smart

Choose CANSA Smart Choice products. The CANSA Seal of Recognition encourages you to read product labels & make informed choices



Shake off the salt

Too much salt increases your risk of stomach cancer. Eat no more than 5g a day

Downsize

High body mass index (obesity) is a risk factor for cancer



Get sweaty

At least 30 mins of physical activity a day (60 mins for children)

Take note & be aware



Know your limits

No more than 2 standard alcoholic drinks per day for men and 1 for women



Don't use tobacco

Avoid tobacco use at all times. Biggest cause of cancer worldwide



Be SunSmart

Avoid sunbeds or being in the sun between 10am & 3pm. Wear UV protective clothing & apply CANSA Seal approved sunscreen regularly

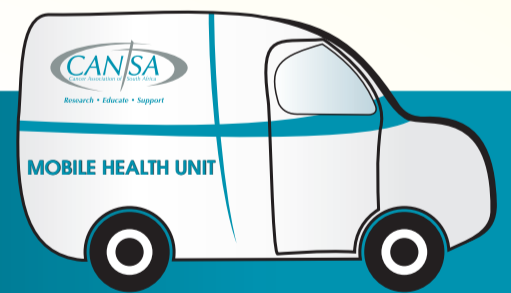
Get vaccinated

Infections like Hepatitis B, C & Human Papilloma Virus (HPV) cause up to 20% of cancers



Become an eco warrior

Environmental pollution of air, water and soil with cancer-causing chemicals accounts for ±15% of all cancers



Go for regular screening

CANSA offers screening tests at our CANSA Care Centres & Mobile Health Units countrywide:

- FotoFinder - cutting edge technology for skin cancer
- Prostate cancer - Prostate Specific Antigen (PSA) tests - blood test for PSA levels, high levels may require referral for further tests like a Digital Rectal Exam by your doctor
- Guidance on Testicular & Breast self-examinations
- SureTouch - the latest technology for safe breast cancer examinations. If needed, you may be referred to your doctor for a mammogram
- Cervical cancer - go for Pap Smears every 2 to 3 years at least from age 30
- Lifestyle risk assessments



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