

*It is believed that 2/3 of all cancers can be prevented by maintaining a healthy lifestyle.* For cancers that can be detected early, there is over an 80% chance of surviving the cancer. Cancer detected early can save lives.

## A Healthy Lifestyle:

*You can lower your risk for cancer by choosing a healthy lifestyle. This means:*

- *Don't smoke*
- *Be active every day*
- *Keep to a healthy weight*
- *Eat plenty of vegetables, fruit and cereals*
- *Eat food low in fat, sugar and salt*
- *Keep your alcohol intake low*
- *Be sun aware*

## Screening:

Screening is tests done on healthy individuals to find the cancer at an early stage. The screening guidelines recommended by NCSM are for the early detection of cancer for people without any symptoms. Some people are at higher risks for certain cancers and may need to have the tests more frequently. Talk with your health care professional to find out how these guidelines relate to you.

### ***The 8 Early Warning Signs of Cancer***

- Any change in bowel or bladder habit
- Unusual bleeding or discharge from any part of the body
  - o e.g. Vaginal bleeding between menstrual periods or after menopause
- An unexplained lump that does not go away
  - o e.g. lump in the breast
  - o e.g. lump in the neck
- A sore that does not heal
- Changes to a skin spot, wart or mole
- Hoarseness of voice or nagging cough of more than two weeks
- Unusual bleeding from the nose, deafness or ringing sound in the ear.
- Indigestion or difficulty in swallowing