

Cut your cancer risk



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Did you know that one third of all cancer cases are preventable? The number of cancer deaths could be reduced significantly by more people living a healthy lifestyle.

Whether you have been diagnosed with cancer or you have never had cancer, there are a number of things you can do to reduce your cancer risk.

Choosing a healthy lifestyle can:

- Reduce your risk of developing cancer.
- Reduce your risk of cancer returning.
- Improve your overall quality of life.
- Improve your chance of living longer after a cancer diagnosis.
- Lower your risk of other serious diseases such as heart disease, diabetes and obesity.

*Choose a
healthy
lifestyle*



Action plan to reduce your cancer risk:

- 1 Be smoke-free.
- 2 Be SunSmart.
- 3 Move your body.
- 4 Maintain a healthy weight.
- 5 Eat a healthy diet.
- 6 Limit alcohol.
- 7 Ask about cancer screening.

Stop smoking

Call 13 QUIT

(13 7848)

The best thing you can do for your health is to quit smoking. More than 18,000 Australians die from smoking-related diseases each year.

Smoking can cause many cancers including cancer of the lung, mouth, throat, colon, stomach, pancreas, kidney, vulva, penis and bladder.

The good news is that it's never too late to stop. Stopping smoking has immediate and long term benefits. Everyone who smokes would benefit from stopping, regardless of their age or if they already have a smoking related illness.

Getting help can greatly improve your chance of quitting successfully. Try enlisting the support of your family and friends, or call Quitline on **13 QUIT (13 7848)** for free information, practical assistance and support. Quitline's trained counsellors are available 7am – 10pm to help you through the process of stopping smoking.

Visit **quitnow.gov.au** for advice and information on quitting, or visit **quitcoach.org.au** for a free personalised quitting plan.



Avoid second hand smoke. Even if you don't smoke, breathing in other people's cigarette smoke can increase your risk of cancer. Make sure you and your family are smoke-free.

Action plan to stop smoking

- 1 Call Quitline on 13 QUIT (13 7848).
- 2 Discuss stopping smoking with a GP, pharmacist or community health worker and plan your quitting strategy together.
- 3 To increase your chance of success, try combining counselling support and stop smoking medications.
- 4 Visit **cancerqld.org.au** for more information.
- 5 Remember that quitting smoking takes practice, those who succeed are those who keep trying.

Be SunSmart protect your skin

Protecting your skin from the sun reduces your risk of developing skin cancer.

Every year, over 300 Queenslanders die from skin cancer, yet it is almost totally preventable.

Skin can burn in as little as 10 minutes in the Queensland sun. The longer you expose your unprotected skin to the sun, the greater your risk of getting skin cancer.

Ensure you choose a sunscreen that offers broad spectrum protection, has an SPF of 30+ and is water resistant. Always apply an adequate amount – at least 5ml (approximately one teaspoon) for each arm, leg, body front, body back and face (including neck and ears), and reapply every two hours, or more frequently if swimming, sweating and towel-drying. Don't forget to check the use-by date of the product to ensure maximum effectiveness.

Solariums are not a safe way to tan your skin. No tan is healthy. Solariums expose you to damaging ultraviolet rays that can be up to five times as strong as the summer midday sun. Solarium use greatly increases your risk of skin cancer.

Slip, slop, slap, seek, slide



Action plan to be SunSmart

- 1** Slip on sun protective clothing that covers as much skin as possible.
- 2** Slop on sunscreen. Cover exposed parts of your body with SPF 30+ sunscreen, 20 minutes before going out in the sun.
- 3** Slap on a broad-brimmed or bucket style hat. Wear a hat that shades your face, neck and ears.
- 4** Seek shade whenever you can, especially when UV radiation is highest – between 10am and 3pm.
- 5** Slide on wrap-around sunglasses that meet Australian standards.
- 6** Develop a regular habit of checking your skin. If you have a lesion that does not heal, a mole that has suddenly started to bleed, or one that has changed size, thickness, shape or colour, see your doctor immediately.

Move your body


Physical activity has many health benefits.

Physical activity helps prevent a range of health problems, including some cancers, heart disease, diabetes and obesity.

For good health, at least 30 minutes of moderate intensity physical activity on most, preferably all, days of the week is recommended. Moderate intensity physical activity causes a slight, but not noticeable, increase in breathing and heart rate, for example brisk walking or mowing the lawn.

To reduce your risk of some cancers, including bowel, breast (after menopause) and endometrium, the more physically active you are the better. Aim for 150–300 minutes of moderate intensity physical activity, or 75–150 minutes of vigorous intensity physical activity per week. Vigorous intensity activity makes you ‘huff and puff’ for example running and aerobics.

Total exercise each day does not need to be continuous. Physical activity can be performed in smaller bouts of exercise, with a minimum of 10 minutes at a time being of benefit.



*Be physically
active everyday*

Action plan to be physically active

- 1** See exercise as an opportunity, not an inconvenience.
- 2** Be active everyday, in as many ways as you can, such as taking the stairs and walking in your lunch break.
- 3** Walk or cycle to work or get off public transport one stop early and walk the rest of the way.
- 4** Do something you enjoy or can do with a friend, such as tennis, swimming or dancing.
- 5** Increase your physical activity gradually, whichever exercise you choose.
- 6** If you haven't exercised for a while, talk to your doctor before starting.

Maintain a healthy weight

Maintaining a healthy weight is important for overall health.

Being overweight or obese increases the risk of cancers of the breast (after menopause), bowel, endometrium oesophagus, pancreas, kidney, cervix, thyroid, ovary, uterus and liver.

If you are overweight, you may be eating more than you need for your level of activity. Eating a balanced diet and being more active are two of the best ways to stay within a healthy weight range and reduce your risk of cancer.

Is your weight healthy?

Measure your waist at the narrowest point to find out if your weight is healthy. If this is not obvious, then measure at the belly button level. Aim for a waist measurement under 80cm for women and under 94cm for men. If your waist is above 88cm for women and 102cm for men irrespective of your height, you are at risk of developing a chronic disease such as some cancers, heart disease and diabetes.

What is Body Mass Index (BMI)?

Your BMI is another way of measuring whether you



*Aim for
a healthy
body weight*

are in the healthy weight range. It is calculated by dividing your weight (in kilograms) by your height (in metres squared). Then compare your result to the BMI table below. A BMI of 25 or more means it is time to take action for better health and to reduce your risk of cancer and chronic disease.

BMI	Classification
Below 18.5	Underweight
18.5 – 25	Healthy weight
25 – 30	Overweight
Greater than 30	Obese

Action plan for staying in shape

- 1** Eat a healthy diet full of fruit, vegetables, and wholegrains.
- 2** Be active for at least 30 minutes each day.
- 3** Limit consumption of junk foods and sugary drinks.

Eat a healthy diet

Healthy eating habits are an important step in reducing your cancer risk.

Eating plenty of fruit, vegetables and legumes (for example beans, lentils and chickpeas) is important for your overall health and may help protect against some cancers, especially cancers of the digestive system. Try to eat at least five serves of vegetables and two serves of fruit a day.

Eat plenty of wholegrain and wholemeal foods everyday. They are an important part of a healthy diet as they are an excellent source of dietary fibre.

Lean red meat is an important part of a balanced diet but it should be limited to no more than 500 grams a week. Opt for alternative options such as lean chicken, fish and legumes. Consumption of processed meats, such as ham, bacon, sausages and salami, which are high in fat and salt, should be avoided. Eating lots of red and processed meats has been linked to an increased risk of bowel cancer.



*Choose plenty of
fruits and vegetables*

Action plan to eat for health

- 1** Aim for two serves of fruit and five serves of vegetables everyday.
- 2** Eat a variety of wholegrain cereals, breads and pastas.
- 3** Choose fish, poultry or legumes instead of red meat for some meals.
- 4** Choose foods low in salt, sugar and saturated fat.
- 5** Limit consumption of energy-dense foods and avoid sugary drinks.
- 6** Aim to meet nutritional needs through diet alone.
- 7** Teach children positive healthy eating habits. Getting children interested in cooking and healthy food gives them a great start for a healthy life.

More on eating for health

Cancer Council Queensland recommends following the Australian Dietary Guidelines.

The guidelines recommend that Australians enjoy a wide variety of nutritious foods from the five food groups every day.

The nutrition information panel on food packaging shows the amount of nutrients per serving and per 100g. If comparing nutrients in similar food products use the 100g column. Be sure to check whether your portion size is the same as the serve size.

Three tips for making healthy choices:

1. Take note of the nutrition information panel on packaged products.
2. Compare similar products using the Health Star Rating - the more stars the better!
3. Create a healthy meal by filling $\frac{1}{2}$ your plate with fruit and vegetables, $\frac{1}{4}$ with wholegrains and $\frac{1}{4}$ with lean protein.

*Choose
wholegrains
or wholemeal
breads and cereals*



Understanding nutrition information panels:

1. Find the nutrition information panel on the back or side of food packaging.
2. Look for the 'per 100g' column.
3. Compare the amount of total fat, saturated fat, sugars, sodium and fibre with the table below.
4. Choose foods with more than 4g of fibre per serve.

Per 100g	Healthier Eat more often 😊	Ok Eat in moderation 😐	Least healthy Limit intake 😞
Total fat	Less than 3g	3 – 10g	More than 10g
Saturated fat	Less than 1.5g	1.5 – 3g	More than 3g
Sugar	Less than 5g	5 – 15g	More than 15g
Sodium (salt)	Less than 120mg	120 – 400mg	More than 400mg
Fibre	Choose high fibre . Use the per serve column and choose more than 3g fibre per serve .		

Limit alcohol consumption

There is evidence that drinking alcohol increases your risk of cancers of the bowel, breast, mouth, pharynx, larynx, oesophagus and liver.


Alcohol is classed as a type 1 carcinogen – a known substance that causes cancer. Drinking alcohol can increase your risk of an alcohol-related cancer.

For those who choose to drink alcohol, Cancer Council recommends to drink only within the National Health and Medical Research Council (NHMRC) guidelines for alcohol consumption of no more than two standard drinks a day.

A standard drink equals:

- 100ml of wine (one bottle of wine contains about seven standard drinks).
- 285ml (1 middy) or full strength beer.
- 425ml (1 schooner) of low alcohol beer.
- 30ml (1 nip) of spirits.
- 60ml (2 nips) of sherry.
- 200-250ml alcoholic soda (2/3 bottle).

Cocktails may contain more than three standard drinks!



*Try alcohol
free days and
non-alcoholic drinks*

Action plan for limiting alcohol

- 1 Choose low alcohol drinks.
- 2 Dilute alcoholic drinks, for example try a wine spritzer (wine and soda water).
- 3 Use water to quench your thirst and sip alcohol drinks slowly.
- 4 Avoid binge drinking.
- 5 Eat healthy snacks while you drink alcohol.
- 6 Alternate between alcoholic and non-alcoholic drinks.

It has been known for a long time that smoking is harmful to health. The combined effects of smoking and alcohol greatly increase the risk of cancer, more so than from either of these factors alone. Up to 75 per cent of cancers of the upper airway and digestive system can be related to the combined use of alcohol and smoking.

Understand your body

Finding cancer early offers one of the best chances of beating the disease.

Get to know your body:

By yourself, or with the help of a partner or friend, look for:

- Lumps, sores or ulcers that don't heal.
- New moles, or moles that bleed or have changed shape, size or colour.
- Unusual changes in your breasts, including a new lump or lumpiness, a change in size or shape of your breast, redness or dimpling, change in shape or inversion of the nipple, any new discharge coming from the nipple, nipple crusting, or unusual pain that doesn't go away.
- Coughs that don't go away, show blood or a hoarseness that persists.
- Weight loss that can't be explained.
- For women, unusual loss of blood, even if it is a few spots between periods.
- Blood in your stool or on the toilet paper.
- Persistent changes in toilet habits.

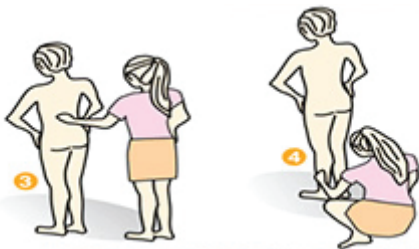
Take quick action and see your doctor straight away if you notice anything unusual.



Skin examination

A few minutes could make a world of difference

Diagrams 1-2 are examples of a person using a full length mirror and hand-held mirror to check their own skin.



Diagrams 3-4 are examples of two people checking skin.

Ask about cancer screening

Screening for bowel, breast and cervical cancer saves lives. These regular checks are some of the best health habits to follow.

Bowel cancer

Everyone aged 50–74 years should complete a faecal occult blood test (FOBT) every two years to detect the early signs and symptoms of bowel cancer. Eligible individuals will receive a free FOBT kit in the mail. If you notice any symptoms such as a change in bowel habit, abdominal pain or blood after a bowel motion, consult your health care professional immediately. For more information talk to your doctor about bowel cancer screening or, contact the National Bowel Cancer Screening Program Helpline on **1800 118 868** or go to **cancerscreening.gov.au/bowel**

Breast cancer

It is important for women of all ages to be breast aware. Become familiar with the usual look and feel of your breast and if you notice any changes, see your doctor as soon as possible. All women aged 50 to 74 are invited to have a free screening mammogram at BreastScreen Queensland every two years. Women aged 40 to 49 or 75 and over may also be screened if they wish.

*Don't make excuses,
make an appointment*



Book an appointment with BreastScreen
Queensland by calling **13 20 50**
or go to **breastscreen.qld.gov.au**

Cervical cancer

The Pap test has been replaced with the more accurate Cervical Screening Test. Women aged between 25 and 74 years should have a Cervical Screening Test every five years, even if you have had the HPV vaccine.

Women will be due for their first Cervical Screening Test two years after their last Pap test. Women of any age who have symptoms such as unusual bleeding, discharge and pain should see their health care professional immediately. For more information contact **cancerscreening.gov.au/cervical**

Prostate cancer

There is no single, simple test for prostate cancer and as a result there is currently no national screening program. The tests available to find prostate cancer early are the prostate specific antigen (PSA) blood test and the digital rectal examination (DRE). If either of these tests is positive, a biopsy may be required to confirm a diagnosis. Talk to your GP about prostate cancer and make an informed decision about whether you should be tested.

Want to know more?

*To learn more about reducing your cancer risk, or about making healthy choices easy in your school, early childhood centre, workplace or sports club, visit **cancerqld.org.au** or call **13 11 20**.*

Cancer Council **13 11 20** is your first point of call for cancer information, support and counselling.

Anyone can call Cancer Council **13 11 20** – people living with cancer, their families, carers and friends, people wanting to reduce their cancer risk, teachers, students and healthcare professionals.

This free and confidential service is available Monday to Friday, 9am – 5pm (excluding public holidays) and is provided thanks to the generous support of the Queensland community.



13 11 20

cancerqld.org.au



**Cancer
Council**
Queensland