

Who Are We?

The BC Cancer Agency cares for people with cancer in British Columbia from diagnosis to survivorship. The *Prevention Programs* helps people practice prevention that can lower the risk of cancer by over 50 percent.

MORE THAN HALF OF ALL CANCERS ARE PREVENTABLE.

For more information visit us online at www.bccancer.bc.ca/PPI/prevention

1

Be tobacco-free.

2

Keep your weight at a healthy level.

3

Eat food that is good for you.

4

Get moving every day.

5

Stay sun safe.



Our Other Resources

If you are a woman, regular mammograms and Pap tests can help catch cancer early, when it can more easily be treated.

For more information on cancer screening, see: www.bccancer.bc.ca/PPI/Screening

Find out more about sun safety at www.suntips.ca

Healthy living and cancer prevention for teens is at www.hi5living.org



Know the Facts about Cancer Prevention and Healthy Living

Here are 5 key ways you can reduce your risk and improve your health!

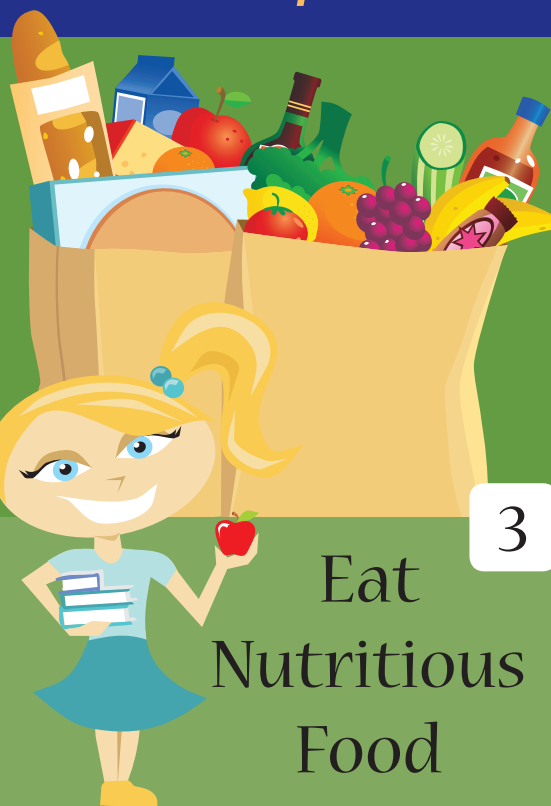


Following these 5 prevention steps can cut the risk of cancer in half!

1 Be Tobacco Free

Top Quit Tips

1. Talk to a health-care provider, such as your doctor or a counsellor.
2. Go to www.quitnow.ca for help with quitting.
3. Consider using NRT (Nicotine Replacement Therapy) or stop-smoking medications.



3 Eat Nutritious Food

3

Be Active Every Day

4

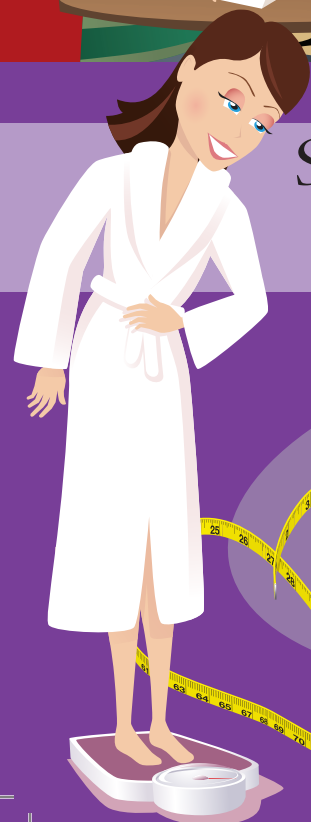


GET PHYSICAL

- Do a variety of exercise to build strength, improve flexibility, and boost fitness.
- Find daily activities you enjoy!

2 Stay at a Healthy Body Weight

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- A healthy weight results from balancing the amount of food you eat with the amount of activity you do.
- Avoid food and drinks with added sugar.

In My Shopping Bag

- Vegetables and fruit.
- Whole grains, beans, nuts, and seeds.
- Protein sources like fish, chicken, tofu, and legumes.

Choose Less Often

- Red meat, processed meat, and smoked meat.
- Sugary or salty foods.
- Processed food.

Practice Sun Safety

5

BE SUN SAFE

- Avoid the sun from 11 am to 3 pm.
- Seek shade.
- Wear a wide-brim hat and sunglasses.
- Wear protective clothing.
- Use 30+ SPF sunscreen.

