

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
[bccancer.bc.ca/
PPI/prevention](http://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.



**More than half
of cancers can be
prevented.**

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
screening, see:
bccancer.bc.ca/PPI/Screening

Find out more about sun safety at
suntips.ca

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



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

Prevention Programs



Cancer Prevention Facts

*There are 5 key ways to
reduce the risk of cancer by
more than 50 percent!*



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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 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

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.

4 Be Active Every Day

GET PHYSICAL

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

5 Practice Sun Safety

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.

2 Stay at a Healthy Body Weight

- 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.