

Cancer prevention

A healthy lifestyle can help prevent certain types of cancer and improve your health:

Living tobacco free:

Giving up tobacco quickly helps lower the risk of cancer. If you smoke, the sooner you quit the better. Never smoke in the presence non-smokers.



Avoid obesity.

Do some moderate physical activity every day.

Watch your diet. Eat 2 servings of fruit and 3 of vegetables or greens per day.

Moderate your alcohol intake. Don't have more than two drinks a day of wine, beer or other alcoholic beverages if you are a man, or one if you are a woman.



Avoid excessive sun exposure. It is especially important to protect children and adolescents. If you burn easily, you need to protect from the sun your whole life long.

Avoid exposure to carcinogens.

Heed radiation protection guidelines.

Early detection is important for reducing cancer mortality:

You should consult your doctor if you find a lump, or have a persistent pain, a wound or sore that doesn't heal (including mouth sores), a spot or mole that changes size, shape and/or color, a skin lesion that has appeared recently and continues to grow or abnormal bleeding and hemorrhaging.

You should also consult if you develop a persistent cough and/or hoarseness, persistent changes in your bladder habits (the flow is weak or you feel the urge to urinate often), or your bowel movements (diarrhea or constipation) or if you have unintended weight loss.

Women should begin screening for cervical cancer at the age of 25 or at the onset of sexual activity. It is recommended they undergo two initial tests one year apart and thereafter every 3 to 5 years until they reach the age of 65.

All women from ages 50 to 69 should have mammograms for the early detection of breast cancer every 2 years.

Beginning at age 50, both men and women should undergo testing for the early detection of colorectal cancer.

It is advised to participate in hepatitis B vaccination programs.

