

# CANCER: WHAT CAN YOU DO?

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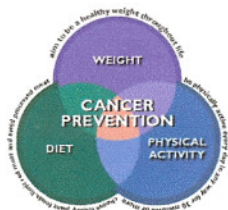
STAN WONG FOUNDATION



## PREVENTION: HEALTHY LIFESTYLES & A HEALTHY ENVIRONMENT

According to the World Health Organization, 40% of all cancer deaths can be avoided by reducing tobacco use, improving diets and physical activity, lowering alcohol consumption, eliminating workplace carcinogens and immunizing against hepatitis B virus & human papillomavirus

### Diet



### WORLD CANCER RESEARCH FUND (U.K.)

1. Be as lean as possible without becoming underweight.
2. Be physically active for AT LEAST 30 minutes a day.
3. Avoid sugary drinks & limit intake of "empty calories".
4. Eat a variety of vegetables, fruits, whole grains and beans.
5. Limit intake of red meats and

avoid consumption of processed meats such as bacon, ham, salami, corn beef & some sausages.

6. Limit alcoholic intake to AT MOST 2 drinks/day for men and 1 drink/day for women.
7. Limit intake of salty foods & foods processed with salt.
8. Don't use supplements to protect against cancer, high-dose nutritional supplements can actually increase cancer risk.

### Exercise

The US Dept. of Health recommends 60 min. of exercise daily. It doesn't have to be 60 min. all together. Fit in a little here and there by parking farther away, taking the stairs & other daily activities. Find a variety of activities you enjoy so exercise is not a chore & exercise with friends & family to make it more fun and healthy for all!

### Tobacco & Cancer

Smoking damages nearly every organ in the human body, is linked to 15 different cancers and accounts for some 30% of all cancer deaths each year. So the rules for tobacco are simple, don't smoke it or chew it, demand others don't smoke around you and support legislation that discour-

age smokeless places. If you do smoke, get the help you need to quit.

### HPV & Hepatitis B

The HPV has been linked with increase risk of developing cervical cancer & infection with Hepatitis B increases risk of liver cancer. Get vaccinated against both.

### Sun Safety

Skin cancer is the most common type of cancer. 60,000 Americans are diagnosed with the melanoma, the most dangerous type of skin cancer, each year. Reduce your risk by wearing sunscreen of SPF 15 or greater, avoiding the sun during peak hours from 10am to 2pm and wearing protective clothing, hats & sunglasses. Remember to reapply sunscreen every 2 hours & always avoid tanning beds.

### Environmental Carcinogens

Not only does living a "green" lifestyle help the earth, but it helps reduce your cancer risk too. The diesel exhaust produced by manufacturing, transportation of goods & garbage, farm & construction equipment, some cars, buses & trains contains carcinogens that increase our cancer risk just by breathing it. So, go "GREEN" !!

## EARLY DETECTION: SCREENING, REGULAR CHECK-UPS & SYMPTOM RECOGNITION

**Check your skin monthly** to look for new and irregular marks. Use the ABCD guide to evaluate moles. A=Asymmetry: The two sides of a mole should be identical, B=Border: The edged of a mole should be sharp & easy to distinguish, C=Color: The color of a mole should be even, not different shades. D=Difference: Look for changes in your moles or other skin changes all over your body. Changes in shape, size, color or moles that are suddenly itch should be check by a doctor along with any

spot that does not pass the ABCD guide.

**Monthly breast or testicular self-exams:** It is important at all ages to do these self-exams. They provide a baseline of familiarity for any changes that may occur that could indicate the presence of cancer. You can find specific information about how to do these exams at [tcr.acor.org](http://tcr.acor.org) (testicular) or [breast-cancer.org](http://breast-cancer.org) (breast).

**Check-Ups:** Regular check-ups and screenings with your doctor are critical. The following are some

screenings that are recommended for the average individual with no particular health risks or familial history of cancer:

- Clinical breast exams every 3 years in 20s & 30s, annually 40<
- Yearly mammograms age 40<
- Annual PAP test teens to age 70
- If there is post-menopause bleeding get a uterine cancer screening
- Both male & female, colon cancer screening every 5 yrs ages 50<
- Males 50< PSA & DRE tests annually to detect prostate cancer.

## TREATMENT CLOSER TO A CURE

Being diagnosed with cancer is frightening and difficult in so many ways. However, diagnosis does not mean death. The treatments for cancer have made much progress in the past few decades, and the rates of survival have gone up dramatically. Here are the basics:

**Surgery:** can be used as a diagnostic tool to determine how wide spread a cancer might be, as a preventative tool to remove tissue that is likely to become infected, or as a treatment tool to remove all or part of the infected tissue. Consult with a reputable oncologist about the options & get more than one opinion.

**Radiation:** is a commonly used local treatment for cancer. It changed the DNA of rapidly dividing cancer cells, but also the normal cells in a given area. This change can stop the cancer cells from continuing to divide uncontrollably, but can also cause side-effect due to damage to normal cells. It was thought that you couldn't radiate an area more than once, but new research shows that in some cases a 2<sup>nd</sup> course of radiation to one area may be possible.

**Chemotherapy:** is a drug or combination of drugs used to kill or damage rapidly dividing cells, like cancer cells. It can be administered through an small tube into a surgically place "port", through injections or orally in a pill or liquid form. Their can be no side effects, mild ones, or severe ones. Talk to you doctor & come prepared with questions. Stay informed & be your own advocate.

**Immunotherapy:** Training or stimulating the bodies immune system to fight the cancer cells. Many advances are being made in this field.

**Off-Label Drug Use:** is when as previously approved drug is being used for a different purpose or dosage than what the FDA approved it for. This is often done because cancer medications evolve & change faster than the approval process does.

**Clinical Trials:** Treatments still in different stages of the approval process that can offer promising results. The ACS can help connect you with a trial appropriate for you.

**Sources:** <http://www.cancer.org/>, <http://www.who.int/cancer/en/>, [http://www.wcrf-uk.org/research\\_science/recommendations.lasso](http://www.wcrf-uk.org/research_science/recommendations.lasso), [http://www.cancer.med.umich.edu/prevention/self\\_screening\\_card.shtml#](http://www.cancer.med.umich.edu/prevention/self_screening_card.shtml#)