

Test Your CANCER PREVENTION Knowledge



This is an opportunity for you to find out how much you know about the prevention of cancer and to learn more about the steps to take for cancer prevention. Please place a "✓" in the appropriate box (true or false).

	True	False
1. Smoking kills 45,000 Canadians each year, more than alcohol, traffic accidents, AIDS, illicit drugs and murder combined.		
2. Having a healthy diet and maintaining a healthy body weight can lower your risk of developing cancer.		
3. Regular physical activity does not reduce our risk for cancer.		
4. Direct exposure to the sun is most harmful between 11 a.m. and 4 p.m.		
5. I don't need to participate in cancer screening programs because I have a healthy lifestyle.		
6. You must be examined by a health care professional in order to detect the early warning signs of cancer.		
7. You must follow safety instructions when handling hazardous materials at work and at home.		

Adapted from: *Seven Steps to Health*. Canadian Cancer Society.

ANSWERS (Test Your Cancer Prevention Knowledge)



1. True

Smoking is a risk factor for both heart disease and cancer. Smoking causes about 30% all cancer deaths in Canada. Smoking increases the risk of developing cancers of the lungs, mouth, throat, larynx, cervix, pancreas, esophagus, colon, rectum, kidney and bladder. If you are a smoker, quit. If you are a non-smoker, stay away from second-hand smoke.

2. True

Combining a healthy diet, a healthy body weight and regular physical activity can prevent about 30-40% of all cancers (CCS, 2001). Research also indicates that 20% of all cancers can be related to diet alone (CCS, 2000). To lower your risk of cancer, follow the Canada's Food Guide; emphasize fruits, vegetables and whole grain products. Cut down on fat and limit salt, alcohol and caffeine intake.

3. False

Regular physical activity is important to our health. Studies show exercise reduces the risk of developing colon cancer and possibly breast and lung cancers. Regular physical activity means accumulating ten minute periods of physical activity for a total of 30 to 60 minutes on most days of the week. Every minute counts!

4. True

One bad sunburn in childhood can double a child's risk of developing skin cancer up to 20-40 years later. The sun's rays are most intense between 11 a.m. and 4 p.m. Even on days that are not bright and sunny, 80% of ultra violet (UV) rays will pass through haze, light cloud and fog. Remember to SLIP on clothing to cover your arms and legs, SLAP on a wide-brimmed hat and SLOP on sunscreen with an SPF of 15 or higher.

5. False

Cancer can develop in people with healthy lifestyles. Early detection can save lives. The best way to detect cancer in its earliest stage is to participate in regular screening tests. Discuss with your health care provider what screening tests are appropriate for you.

6. False

You know your body better than anyone else. Your health is your responsibility. Be aware of your body and report any changes to your health care provider as soon as possible. Health care providers are trained to spot the early warning signs of cancer and other diseases. Detecting and treating cancer early could save your life.

7. True

Health Canada and Environment Canada have guidelines for handling cancer-causing substances. These guidelines are printed on the packaging and posted in workplaces. By following these guidelines at home or at work, you can protect yourself against the risk posed by these materials. At home and at work, take care to follow safety instructions when using, storing and disposing of household pesticides or any other chemicals.

Early detection is your best protection!

For more information, or to speak with a Public Health Nurse, please contact
York Region [Health Connection](#) at 1 800-361-5653

