



# WELLNESS WORKS....

at Brain Injury Community Re-entry (Niagara) Inc.

A Publication from Brain Injury Community Re-entry Niagara's Wellness Works Committee

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WORLD CANCER DAY  
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## CANCER SCREENING SAVES LIVES!

Cancer is a leading cause of death around the world. It accounted for 7.4 million deaths in 2004.

Unfortunately today, 40 per cent of Canadian women and 45 per cent of Canadian men will develop cancer during their lifetime. This is a startling statistic, but you can do something about it. By getting screened and adopting a healthy lifestyle you can reduce your chances of developing or dying from cancer.

The chance of curing colon cancer is 90% if it is found early enough

Mammograms are the best way to find breast cancer early

Cervical cancer is almost entirely preventable with regular Pap tests

### Colon Cancer

**Men and women 50 and older** – have a Fecal Occult Blood Test (FOBT) every 2 years. You can get an FOBT kit from your health care provider. If you do not have a health care provider, you can get an FOBT kit from a pharmacist or by calling Telehealth Ontario at 1-866-797-0000.

### Breast Cancer

**Women 50 and older** – have a mammogram at the Ontario Breast Screening program generally every 2 years.

### Cervical Cancer

**All women, within 3 years of first sexual activity** – have a Pap test every year for 3 years. If tests results are normal, then every 2-3 years after that until at least age 70.

It is important to speak to your health care provider about these tests and your family history. You may need to be screened earlier or tested more often.



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## Cancer Testing: Your Options. Your Choice.

The possibility that we may get cancer is a real fear for many of us. Knowing more about testing for cancer can help us make an informed decision. Visit <http://www.cancercare.on.ca> for an overview of cancer testing options and the pros and cons of cancer testing. You will find information on Breast Cancer, Cervical Cancer, Colorectal Cancer, Lung Cancer, Ovarian Cancer, Prostate Cancer, Skin Cancer and Testicular Cancer.

### Cancer Facts

Cancer is a generic term for a large group of diseases that can affect any part of the body. Other terms used are malignant tumours and neoplasms. One defining feature of cancer is the rapid creation of abnormal cells that grow beyond their usual boundaries, and which can then invade adjoining parts of the body and spread to other organs. This process is referred to as metastasis. Metastases are the major cause of death from cancer.

Cancer arises from one single cell. The transformation from a normal cell into a tumour cell is a multistage process, typically a progression from a pre-cancerous lesion to malignant tumours. These changes are the result of the interaction between a person's genetic factors and three categories of external agents, including:

- physical carcinogens, such as ultraviolet and ionizing radiation
- chemical carcinogens, such as asbestos, components of tobacco smoke, aflatoxin (a food contaminant) and arsenic (a drinking water contaminant)
- biological carcinogens, such as infections from certain viruses, bacteria or parasites

Ageing is another fundamental factor for developing cancer. The incidence of cancer rises dramatically with age, most likely due to a buildup of risks for specific cancers that increase with age. The overall risk accumulation is combined with the tendency for cellular repair mechanisms to be less effective as a person grows older.

Tobacco use, alcohol use, low fruit and vegetable intake, and chronic infections from hepatitis B, hepatitis C virus and some types of Human Papilloma virus are leading risk factors for cancer in low-middle income countries. Cervical cancer, which is caused by HPV is a leading cause of cancer death among women in low-income countries. In high income countries, tobacco use, alcohol use, and being overweight or obese are major risk factors for cancer.

## Reduce Your Risk of Cancer

1. Be a non-smoker and avoid second-hand smoke
2. Eat a variety of healthy foods
3. Stay active and maintain a healthy weight
4. Protect yourself from the sun and exposure to artificial tanning equipment
5. Avoid or limit alcohol
6. Get immunized
7. Practice safe sex
8. Get screened

Nearly 50% of cancers can be prevented



The information contained in this publication was obtained from: [www.who.int/cancer/en](http://www.who.int/cancer/en) and [www.cancercare.on.ca](http://www.cancercare.on.ca).