

Why learn about cancer?

Research by the PNGIMR suggests that about 1 in 10 deaths in PNG is because of cancer.

There is a very high chance that cancer will affect **you or your family**.

If found early and treated quickly, cancer might be stopped and that could **save your life or the life of one of your loved ones**.

Minimise your risk

It may surprise you to learn that at least one in three cancer cases are preventable and the number of cancer deaths could be reduced significantly by choosing a cancer smart lifestyle.

There are some simple steps you can take to minimise your cancer risk.

So where do you start?

Eat for Health

Healthy eating is a first step in reducing your cancer risk. Poor eating habits increase your risk of cancer in various parts of the body.

Poor eating habits can also contribute to weight gain, and being overweight or obese increases your risk of cancer.

The good news is that a healthy diet, combined with regular physical activity and a healthy body weight can reduce cancer risk.

In general, eating a healthy, balanced diet reduces your risk of developing cancer, while a poor diet increases your cancer risk

Improving your diet can be as simple as trying to eat more:

- vegetables and fruit.
- cereals (preferably wholegrain) – bread, rice, pasta and noodles contain fibre, and a diet high in fibre can reduce the risk of developing certain types of cancer.
- there is evidence to suggest that diets high in red meat, particularly processed meat such as salami or ham, can increase the risk of developing cancer. Try to avoid eating too much processed meat and incorporate chicken and fish into your meal.

Get Moving

Doing little or no physical activity is associated with a higher risk of developing certain types of cancer.

Physical activity is an important part of a healthy lifestyle. Being more active can also reduce body weight, another factor that influences the risk of developing cancer.

Just 30 minutes of moderate intensity exercise each day is good for your health and 60 minutes can reduce your risk of developing cancer. There is evidence to suggest that the more exercise you do, the lower your risk - especially if this is more vigorous physical activity.

What should I look for

Finding cancer early improves your chances of successful treatment and long-term survival. Look for:

- | | |
|---|--|
| <ul style="list-style-type: none">• lumps, sores or ulcers that don't heal• unusual changes in your testicles – changes in shape, consistency or lumpiness• coughs that don't go away or show blood, a hoarseness that hangs around | <ul style="list-style-type: none">• weight loss that can't be explained• blood in a bowel motion• persistent changes in toilet habits or• urinary problems or changes |
|---|--|

These symptoms are often related to more common, less serious health problems. However, if you notice any unusual changes, or these symptoms persist, **visit your doctor**.

Don't smoke

Studies have shown that risk of dying increases with the number of cigarettes smoked

Smoking just **10 cigarettes** per day doubles your risk of dying and smoking more than **25 cigarettes** a day increases your risk of dying four-fold compared to those who have never smoked.

Current smokers are estimated to die an average of 10 years earlier than non-smokers.

Tobacco smoke contains more than **7000 chemicals**, over 70 of which are known to cause cancer.

Don't chew betel nut

Habitual chewers of betel nut have a greatly increased risk of developing a range of serious diseases, including cancer of the mouth.

Reduce alcohol

The more alcohol you drink, the greater the risk of cancer. If you choose to drink, limit your intake.

The type of alcohol you drink doesn't make any difference. Beer, wine and spirits all increase your risk of cancer.



Protect your family!
Don't smoke.
Don't chew. Reduce alcohol.
Eat healthy. Exercise regularly.

For further resources about cancer prevention:

Visit the Cancer Council Australia website:
<http://www.cancer.org.au/>

Cancer Services in PNG

National Referral Services

Port Moresby General Hospital Cancer Ward
Telephone: **324 8162**

Lae National Cancer Treatment Centre
Telephone: **472 6095** extension: **121**

About us

The Papua New Guinea Cancer Foundation (PNGCF) was formed for the purpose of improving coordination of cancer education throughout the country.

Our Vision is to reduce the threat and impact of cancer in Papua New Guinea through successful education, prevention and clinical support.

Content approved:



Print sponsored by:



Campaign sponsor:



Telephone: 180 2009
admin@cancerfoundation.org.pg

Search for us on facebook



PROTECT YOUR FAMILY MENS CANCER READ THIS!

