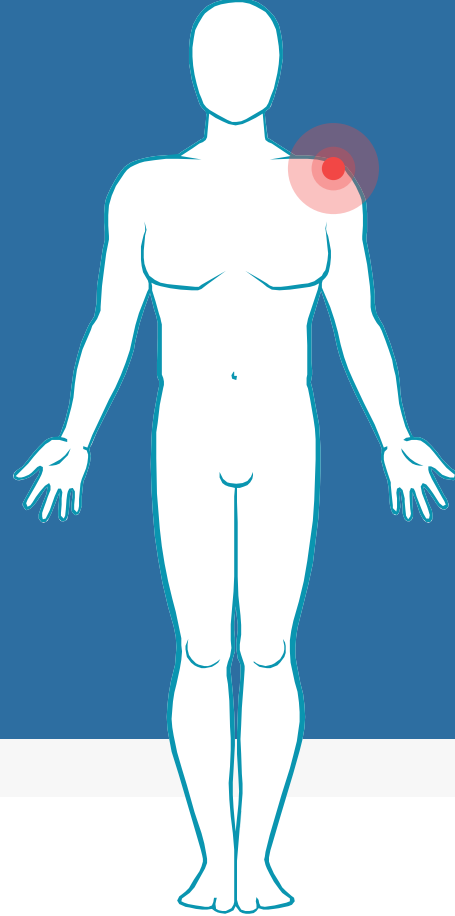


On-Call

Digital Resources

Risk factors for cancer



Risk factors for cancer



- Certain risk factors may increase one's chances of developing cancer, we can divide them on unmodifiable and modifiable factors. There are also factors that can lower risk of cancer, so called protective risk factors.

Non modifiable factors of cancer



- The biggest non modifiable factor of cancer:
 - Aging – the older person is, the more likely it is to develop some kind of cancer. Half of all **cancers** occur above age of 65 years.

Still it doesn't mean that younger people don't have to worry about cancer as different types like for example leukemias and lymphomas are more **common** before **age** 25

Non modifiable factors of cancer



- Other unmodifiable factors of cancer includes:
 - Family history
 - Exposure to chemicals and radiation (sometimes)
 - Gene mutations
 - Hormones

Modifiable factors of cancer

- The biggest modifiable factor of cancer:
 - Tobacco and smoking – studies shows, that the most common cause of cancer deaths in both men and women worldwide, is lung cancer

Know your enemy

- The most common cancers worldwide are:
 - Lung
 - Breast
 - Colorectal
 - Prostate
 - Skin cancer



Check your cancer risk

As cancer risk is related to many factors (your weight, lifestyle, family history etc) , you need to carefully analyze them one by one.

The cancer reserach uk has developed an easy tool to help you with that :

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/cancer-risk-health-quiz>

Lowering risk of cancer

- ▶ You can lower your chances of having a cancer by changing your lifestyle, including diet. You could lower that risk by eating:
- ▶ Broccoli
- ▶ Carrots
- ▶ Beans
- ▶ Berries
- ▶ Cinnamon
- ▶ Nuts
- ▶ Olive Oil
- ▶ Turmeric



Other ways to lower your risk of cancer

- ▶ Avoid using tobacco
- ▶ Exercise
- ▶ Protect yourself from sun
- ▶ Get vaccinated
- ▶ Avoid risky behaviours (have a safe sex, don't share needles)
- ▶ Practise regular self-exams





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