

RISK FACTORS FOR CANCER

The most common risk factors

Common risk factors for cancer include aging, sun, radiation and chemicals exposure, some viruses and hormones, family history of cancer, tobacco, alcohol, bad diet, lack of physical activity and obesity.



Limitations

Unfortunately not all risk factors can be prevented, e.g. we have no influence on our family history and genetics. Still we can improve our chances by eliminating several other factors, that we can influence.



Protective risk factors

Having a healthy lifestyle – not smoking, drinking in moderation having a healthy diet and so one are called protective risk factors.



Know your enemy

There are over 100 types of cancer, and any part of the body can be affected.

