



**5**  
**gives you fifty**  
**Approximately 50% of**  
**cancers are preventable.**  
**There are five primary**  
**preventable risk**  
**factors.**

**1. Tobacco Use**

Avoid smoking and use of smokeless tobacco products (e.g. chewing tobacco)

**2. Body Weight**

Achieve and maintain a healthy body weight.

**3. Diet**

Follow a proper diet that includes plenty of vegetables, fruits and other plant-based foods.

**4. Physical Activity**

Maintain a proper level of weekly activity.

**5. Sun**

Avoid UV-radiation and prevent sunburn, especially during childhood.

**Who We Are**

The BC Cancer Agency is the provincial network of cancer centres and partners who care for British Columbians with cancer. As the physicians, nurses, researchers and other health care professionals who deal with cancer every day, we are dedicated to finding ways to reduce the burden of cancer in our patients and our communities. Ideally, we want to prevent it from occurring at all.

Through the Cancer Prevention Program, we are committed to determining the causes of cancer and supporting you in your efforts to prevent cancer and live a healthy, fulfilling life.

For more resources visit our web pages at: [www.bccancer.bc.ca/ppi/prevention](http://www.bccancer.bc.ca/ppi/prevention)

**Want to help support the BC Cancer Agency's Cancer Prevention Program?**

Please contact the **BC Cancer Foundation** at 604-877-6040, toll free 1-888-906-CURE (2873) or [www.bccancerfoundation.com](http://www.bccancerfoundation.com)  
The BC Cancer Foundation is an independent charitable organization that raises funds for research, care and prevention through the BC Cancer Agency.



**BC Cancer Agency**

CARE & RESEARCH

An agency of the Provincial Health Services Authority

**BC Cancer Foundation**

Supporting research & care at BC Cancer Agency

# Cancer Prevention Facts

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# Cancer Prevention Facts



## Tobacco

**Don't smoke** or use tobacco products. If you do smoke, draw up a plan to quit smoking. Speak with your physician about suitable programs or medications that can help you succeed. Tobacco kills half of all smokers.

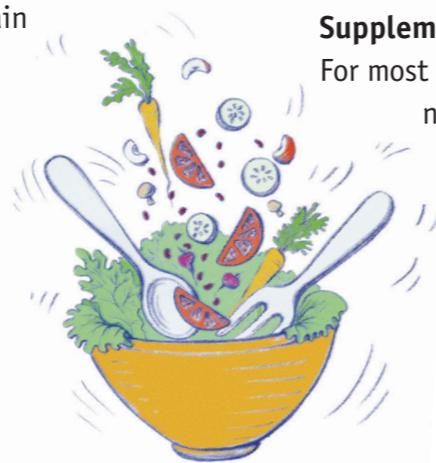


## Body Weight

**Watch weight.** Avoid being overweight and limit weight gain during adulthood to less than 11 lbs (5kgs).



**Balance calories.** Balance caloric intake with physical activity. Calories in must not exceed calories burned. For example, the sugar in a daily can of soda is enough energy for a 15 lb weight gain in one year.



## Diet

**Body Weight.** Eat foods, control portion sizes and do activities that help you achieve and maintain a healthy body weight.

**Plant-based foods.** Eat a variety of healthful foods, with an emphasis on plant-based foods (vegetables, fruits, legumes).

**Vegetables and fruits.** Eat plenty of vegetables and fruits.

**Meat and Dairy.** Choose lower fat dairy products, fish and leaner meats. Limit consumption of red meats, especially those high in fat.

**Alcohol.** Drink alcohol in moderation, if at all.

**Supplements and organic food.** For most people, supplementation is not required; while organic food may be desirable, there is no evidence that consuming non-organic fruits and vegetables increases the risk of cancer.



## Physical Activity

Get 30-45 minutes of moderate to vigorous activity, at least five days a week. Strive for one hour of moderate physical activity daily, and one hour of vigorous activity one day a week.



## Sun

Even a few severe sunburns increase your chances of getting skin cancer.

### Limit the time in the sun.

Reduce exposure to the sun between 11am-3pm, when the sun's rays are the strongest.

**Seek shade.** Make it. Wear It. Beach tents, umbrellas, canopies.

**Cover up** with long pants, long sleeved shirts and UV protective clothing.

**Wear a hat.** Choose a hat with a 4" wide, broad brim.

**Sunscreen.** Use broad-spectrum sunscreen, SPF 30. It's okay to start at age six months.

### Protect your healthy, natural skin.

For a tanned look, it's okay to use artificial tanning creams, even though they provide no protection against the sun.