

## Reduce Your Cancer Risk

Learn the best lifestyle choices for a healthier you!



## Your keys to a healthier lifestyle

More than 35,000 people are diagnosed with cancer in Hong Kong each year\*. Cancer is caused by a wide variety of factors: some are outside our control, such as inherited genes, but you can still change your lifestyle to help reduce your chance of getting cancer.



Diet



Exercise



Don't smoke



Reduce sun exposure



Less alcohol



Get checked

Hong Kong Cancer Registry, Hospital Authority 2021 (figures in 2019)



### You are what you eat

**The Good** - A healthy, balanced diet is key to overall health and helps your body fight disease.



#### Consume more:

- Foods high in fibre
- Lean meat (fish and white meat)
- Water

**The Bad** - Red and processed meats and foods high in fat, sodium and sugar have shown to cause many health problems, from heart disease and tooth decay to hypertension or increasing your risk of certain cancers.



#### Consume less:

- Red meat
- Processed, preserved or smoked food
- Foods with a high-fat content
- Foods high in sodium
- Foods high in sugar
- Alcohol

### Healthy choices

**Alliaceus:** onions, garlic, chives, leeks, scallions

**Brassicaceae:** cabbage, Chinese kale, mustard greens, broccoli

**Grains:** corn, oatmeal, rice, wheat bran

**Nuts:** walnuts, pine nuts, pistachios, sesame seeds, almonds, pumpkin seeds

**Beans:** soybeans, green peas, kidney beans

**Fruits:** oranges, apples, kiwi fruits, grapes, grapefruits, pineapples, strawberries

**Umbelliferae:** carrots, celery, coriander

**Solanaceae:** tomatoes, potatoes, sweet potatoes, beetroot

**Others:** cucumbers, pumpkins, bell peppers, spinach, ginger



### Exercise your way to better health

By exercising for at least 30 minutes every day you can shed any extra fat around the tummy, facilitate bowel movement, enhance your cardiovascular endurance and resistance, build stronger bones and improve your cancer-fighting power.



#### Become more active:

- Take up a sport with friends and participate regularly
- Take the stairs instead of the lift
- Walk to destinations instead of taking transport
- Do some stretches while watching TV
- Get involved in outdoor activities



### Stop smoking

Smoking is estimated to kill 19 people every day in Hong Kong\*. Nicotine and other carcinogenic substances in cigarettes increase the risk of cell mutation which can cause lung, cervical, breast, throat, oesophagus, mouth, liver, pancreas and stomach cancers. Smoking affects everyone around you too, as exhaled and residual fume also contains cancer-causing chemicals.

Source: \* Nicotine and Tobacco Research, Hong Kong University.



### Reduce your exposure to the sun



The longer you're exposed to the sun, the higher your chances are of getting skin cancer.

Ultraviolet (UV) rays from the sun penetrate deep into our cells, causing permanent damage to the skin that can lead to sunburn,

premature ageing, cataracts and both melanoma and non-melanoma skin cancers. Whether it's cloudy or sunny, it's important to protect your skin at all times.



Slip on a shirt



Slop on sunscreen



Slap on a wide-brimmed hat



Slide on sunglasses



Seek shade



### Less alcohol

Excessive alcohol consumption can increase the risk of cell mutation which causes cancer in different parts of the body.



### Beware of symptoms

If you experience any suspicious symptoms, seek professional help immediately. When it comes to cancer, early detection often means a better chance of recovery, so get checked timely.

	Some of the cancer symptoms and risks
<b>Colorectal cancer</b>	<ul style="list-style-type: none"> <li>• Blood or mucus in stools or black stools</li> <li>• A sense of incomplete emptying after a bowel movement</li> <li>• Change in bowel habits</li> <li>• Family history of colon cancer</li> </ul>
<b>Lung cancer</b>	<ul style="list-style-type: none"> <li>• Persistent coughs</li> <li>• Blood in your sputum</li> <li>• Chest pain</li> <li>• Ongoing hoarse voice and shortness of breath</li> </ul>
<b>Breast cancer</b>	<ul style="list-style-type: none"> <li>• Lump in the breast</li> <li>• Changes in breast size or shape</li> <li>• Changes in the skin, such as puckering, dimpling or a rash</li> <li>• Family history of breast cancer</li> </ul>
<b>Prostate cancer</b>	<ul style="list-style-type: none"> <li>• Problems when urinating (e.g. pain, sudden urge to urinate)</li> <li>• Prostate-specific antigen (PSA) blood test index over 4</li> <li>• Family history of prostate cancer</li> </ul>
<b>Liver cancer</b>	<ul style="list-style-type: none"> <li>• Jaundice (yellowing of the skin and eyes, dark-coloured urine)</li> <li>• General pain in the upper abdomen</li> <li>• Loss of appetite, weight loss, nausea and lethargy</li> </ul>
<b>Stomach cancer</b>	<ul style="list-style-type: none"> <li>• Persistent indigestion</li> <li>• Drastic weight loss</li> <li>• Vomiting (sometimes with blood)</li> <li>• Pain in the upper abdomen</li> </ul>
<b>Non-melanoma skin cancer</b>	<ul style="list-style-type: none"> <li>• A spot or mole that changes in colour, bleeds or appears larger</li> <li>• Skin ulceration that does not heal</li> </ul>
<b>Cervical cancer</b>	<ul style="list-style-type: none"> <li>• Abnormal vaginal bleeding</li> <li>• Blood in vaginal secretions</li> <li>• Pain in lower abdomen and pelvis</li> </ul>
<b>Non-Hodgkin lymphoma</b>	<ul style="list-style-type: none"> <li>• Painless swelling in the neck, armpits or groin</li> <li>• Excessive sweating or fever</li> <li>• Persistent itchiness all over the body</li> </ul>
<b>Nasopharyngeal cancer</b>	<ul style="list-style-type: none"> <li>• Blocked nose or blood in nasal secretions</li> <li>• Enlarged lymph node in the neck area</li> <li>• Pain, ringing in the ear or hearing loss on one side</li> <li>• Blood in your sputum</li> </ul>