

THINK act be healthy



April is Cancer Awareness Month

Reduce Your Cancer Risk Today!

Risk can be increased or decreased by lifestyle choices or the kind of environment you live/work in. But even a person at low risk may get cancer, just as a person at high risk may not.

There is no single cause of cancer but some factors appear to increase the risk of development.

Some risk factors you cannot change:

- Age
- Family history of cancer

Some risk factors are related to everyday choices that you can change. You can choose to:

- Be a non-smoker and avoid tobacco smoke
- Eat a healthy diet
- Be physically active every day
- Stay at a healthy weight
- Limit alcohol use
- Reduce your exposure to UV rays (from the sun or indoor tanning equipment)
- Know your body and report any changes to your doctor or dentist
- Follow health and safety instructions when using hazardous materials at home and at work



Source: <http://www.cancer.ca/>

If you have any questions about your cancer risk factors talk to your PROfile Pharmacist today.

For more information on cancer awareness visit our Think Act Be Healthy Library at www.mhcsibenefits.ca

Food for Thought...

Sobeys Dietitians Have a World of Healthy Ideas for You

Nutrition and Cancer Risk

- **Limit Alcohol** – Increases the risk of several cancers
- **Eat Less Fat** – High fat diets have been linked to cancer
- **Watch Nitrates** – Added to processed meats and may increase the risk of cancer
- **Load Up on Calcium** – May help reduce the risk of cancer
- **Fill Up on Fibre** – May help reduce the risk of cancer
- **Arm Yourself with Antioxidants** (carrots, tomatoes, legumes, berries) - Substances in food which may protect against cancer

Your PROfile Pharmacist has many health education resources and is always available to discuss your health concerns!



Body & Mind

Early cancer detection often means easier to treat!

Be aware of your body and know what is normal for you. Don't ignore any changes. If you notice any unusual changes, tell your doctor about them. The sooner you report signs to your doctor, the sooner a problem can be dealt with.

Source: <http://www.cancer.ca>

Completed Your Online Personal Health Risk Assessment Yet?
Go to www.mhcsibenefits.ca

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