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તમારી સ્વાસ્થ્ય

Your Health

**How to reduce your risk
of developing cancer**



We all have a certain risk of developing cancer. A combination of genes, lifestyle and environment can affect this risk. We do not know the exact causes of cancer but there are risk factors that can increase your chance of developing it.

There are factors such as age and family history that we cannot change but there are many others we can. Around 1 in 3 cases of the most common cancers (about 33%) could be prevented by eating a healthy diet, keeping to a healthy weight and being more active. There are some things you can do to lower your risk of developing cancer.

Eating a balanced diet

There is no single food that causes or prevents cancer. Eating a balanced diet is good for your overall health and helps reduce your risk of some cancers.

It can also help you to keep to a healthy weight. Eating plenty of high-fibre foods helps reduce the risk of bowel cancer. Red and processed meat are linked to a higher risk of bowel and prostate cancer. Try to limit how much you eat by reducing portion sizes.

Being physically active

Many studies have found that regular physical activity can reduce the risk of cancer. You should try to do at least 30 minutes of activity every day. Your cancer risk is reduced further if you are active for more than 30 minutes a day and if you exercise harder (vigorous activity).

Limiting how much alcohol you drink

Drinking alcohol increases your risk of mouth and throat cancers. But it is also linked to other cancers. In general, the more you drink, the higher your risk. Your risk is even higher if you also smoke.

Keeping to a healthy weight

Being overweight increases the risk of many types of cancer, including cancers of the bowel, kidney, womb and gullet (oesophagus). Women who are overweight and have been through the menopause also have a higher risk of breast cancer.

Keeping to a healthy body weight reduces your risk of cancer and other health problems, such as heart disease and diabetes. If you are worried about your weight or need more information, talk to your GP or a dietitian.

Giving up smoking

In the UK, more than 1 in 4 cancer deaths (over 25%) are caused by smoking. Breathing in other people's smoke (passive smoking) also increases your risk of developing cancer.

Keep your home smoke-free to protect you and your family's health. If you smoke, giving up is one of the most important thing you can do for your health. If you want to give up smoking, it is never too late to stop. Ask your GP for advice, or contact the stop-smoking service in your area.

Taking care in the sun

Spending some time outside in the sun helps you stay healthy. Our bodies need sunlight to make vitamin D. But it is important to protect your skin from burning, as this can increase your risk of skin cancers.

If you are going to be out in the sun for longer than a few minutes, you should protect your skin:

- Keep your arms and legs covered by wearing long-sleeved tops and trousers. Wear a wide-brimmed hat to protect your face and neck.
- Use sun cream with a high sun protection factor (SPF) of at least 30. Choose one that protects against UVA and UVB, with four or five stars.

We hope this has helped!
Tame 100 varus na sukhi thav - May you live
happily to 100 years!

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Written by Dr Devan Thanki



Tamari Tabiyat - Your Health