



PREVENTION TIPS

Did you know that about half of all cancers could be voided?



Be smoke free and avoid second-hand smoke: Tobacco use is a leading cause of many types of cancer, so it's important to avoid smoking or using other tobacco products.



Minimise HRT use, reduce or limit the amount of hormone replacement therapy



Drink less alcohol: Heavy alcohol use can increase your risk of cancer, so it's important to limit your consumption or avoid it altogether.



Eat a healthy and high fibre diet and keep a healthy weight: A diet rich in fruits, vegetables, whole grains, and lean proteins can help reduce your risk of cancer.



Get vaccinated: Protect certain infections such as H. Pylori and HPV vaccine for cervical cancer



Cut down on processed meat and red meat



Be more active in everyday life: Regular physical activity can help lower your risk of cancer.



Protect your skin and be safe in the sun: Exposure to UV rays from the sun and tanning beds increases your risk of skin cancer, so protect your skin by wearing sunscreen and covering up when in the sun



Know your family history: If you have a family history of cancer, talk to your doctor about steps you can take to reduce your risk.



Breast feed if possible



Avoid certain substances at work (such as asbestos)



Get screened for cancer: early detection is key to successful treatment of cancer. Be sure to get regular cancer screenings and consult with your doctor if you have any concerns or symptoms. By following these prevention tips and taking proactive steps, you can help reduce your risk of cancer and live a healthier life.



Avoid air pollution



Avoid unnecessary radiation (including radon gas and x-rays)

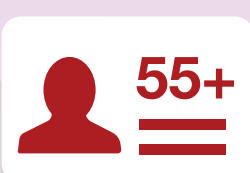
*Suggestions from oncologists at QKUK



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RISK FACTORS



AGE

The risk of cancer increases as a person gets older.



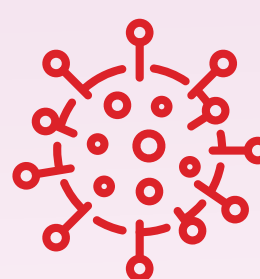
CHRONIC INFLAMMATION

Long-term inflammation can increase the risk of developing certain types of cancer.



GENETICS

Certain genetic mutations can increase a person's risk of developing certain types of cancer.



INFECTIONS

Certain infections, such as human papillomavirus (HPV) and hepatitis B and C, can increase the risk of developing cancer.



LIFESTYLE CHOICES

Smoking, excessive alcohol consumption, a poor diet, and lack of exercise can all increase the risk of cancer.



HORMONES

Certain hormonal imbalances, such as those seen in some cases of breast and ovarian cancer, can increase the risk of developing cancer.



ENVIRONMENTAL FACTORS

Exposure to certain chemicals and substances, such as asbestos and radon, can increase the risk of cancer.

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CANCER TREATMENT



SURGERY

Surgery is often used to remove cancerous tumors and surrounding tissue. The goal of surgery is to remove all cancerous cells from the body



IMUNOTHERAPY

Immunotherapy uses drugs to help the body's immune system recognize and attack cancer cells



RADIATION THERAPY

Radiation therapy uses high-energy radiation to kill cancer cells. It can be used alone or in combination with other treatments.



HORMONE THERAPY

Hormone therapy is used to block the effects of hormones that may be helping cancer cells grow.e.



FULL DAY RECOVERY



CHEMOTHERAPY

Chemotherapy uses drugs to kill cancer cells. It can be given orally or through an IV, and may be used alone or in combination with other treatments.



TARGETED THERAPY

Targeted therapy uses drugs to target specific proteins or other molecules that are involved in cancer cell growth

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