

What are the risk factors for cancer?

Risk factors are things that increase your chances of getting a disease. Certain risk factors, like age and family medical history, are not controllable. Other risk factors, like smoking or eating a high fat diet, are things we can control.

Major scientifically proven risk factors:

- Smoking (cigarettes, cigars, smokeless tobacco, marijuana, AND second hand smoke)
- Obesity

- Ultraviolet light (from the sun or tanning beds)

- Alcohol consumption

Tobacco use, diet, infectious disease, and exposure to chemicals or radiation cause approximately 75% of all cancer cases.



Other scientifically proven risk factors:

- Inherited gene (mutation change)
- Environmental Pollutants (pesticides, burning fossil fuels)
- Ionizing radiation (x-rays, sun, and radon)
- Viruses (HPV, hepatitis B and C, Epstein Barr)

What are the signs and symptoms

Although specific symptoms depend on the kind of cancer, there are some general warning signs and symptoms of cancer that you should be aware of. These include:

- Unexplained weight loss
- Fever
- Tiredness
- Pain

Other common symptoms to report to your doctor:

- Change in bowel habits or bladder function
- Sores that do not heal
- Unusual bleeding or discharge
- Lump in the breast or other part of the body.

- Indigestion or difficulty swallowing
- Change in wart or size of a mole
- Nagging cough

You can protect yourself.....but how?

EAT A HEALTHY DIET— **Vegetables, fruits, whole grains and beans protect you from developing cancer!!** Also, limit consumption of fat, salt, red meat, and meat cooked at high temperatures or in direct flame.



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Get regular exercise, avoid tanning beds, use sunscreen, and limit alcohol consumption. **But most importantly.... Do not smoke!**

