

ABSTRACT

The Public Health Codes for Cancer Prevention: 14 Ways to Reduce Your Cancer Risk

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BACKGROUND

- A wealth of evidence on potential cancer risk factors with modifiable options exists.
- Therefore, encouraging the public to avoid or reduce the extent of exposure to these risk factors especially those with significantly higher population attributable fractions, may reduce on the risk of developing certain types of cancer with well elucidated etiologies.

OBJECTIVES

- This article aimed to provide to the general public the key cancer prevention messages in plain language, described here as “The Public Health Codes for Cancer Prevention: Ways to Reduce Your Cancer Risk.”

METHODS

- Existing evidence on the known and putative cancer risk factors were reviewed and summarized into key easy to understand public health messages for cancer prevention.

RESULTS

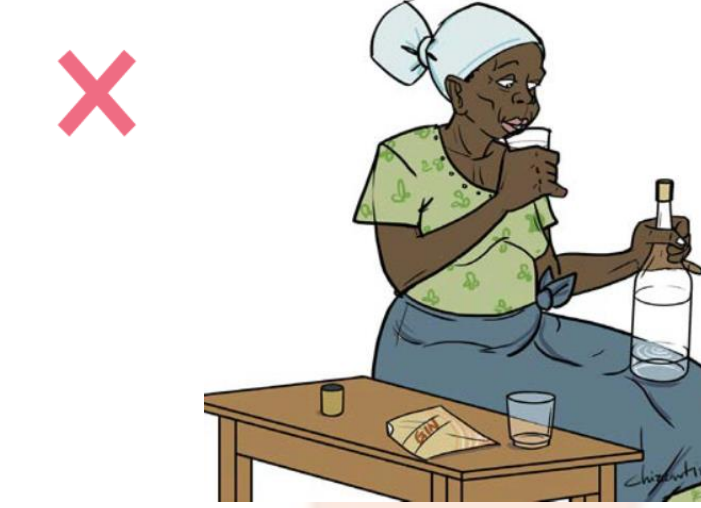
14 Ways to Reduce Your Cancer Risk:

1.Do not smoke to avoid several types of cancer.



2.Make your home smoke free and avoid smoke-filled environment.

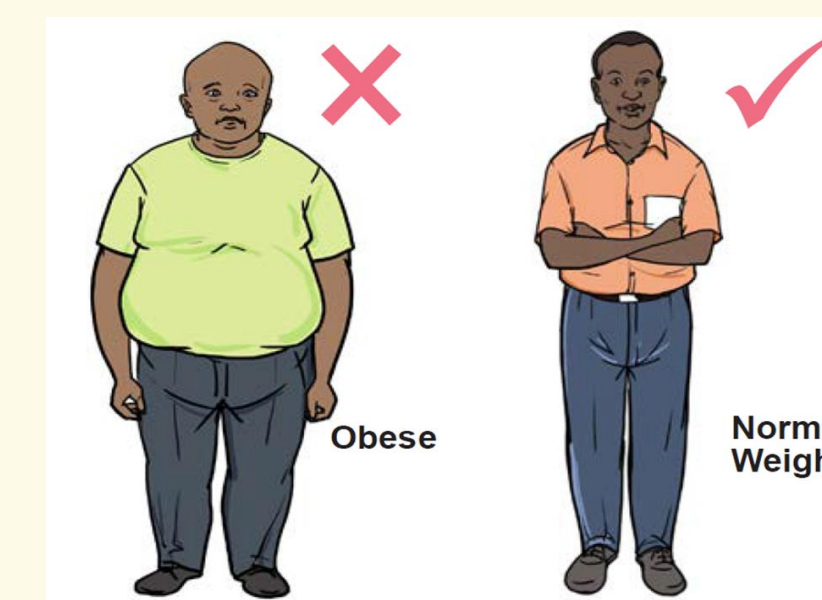
3.Not drinking alcohol is better for cancer prevention. If you drink alcohol of any type, limit your intake.



4.Be physically active in everyday life. Limit the time you spend sitting and engage in at least 30 minutes of regularly physical activity per day or on most days of the week.



5.Maintain your body weight within a healthy range. Your health worker can help you know if your weight and body fatness is in a healthy range.



6.Eat healthy food:

- Eat plenty of healthy food such as whole grains, pulses, fruits, and vegetables,
- Balance your diet with various types of healthy foods,
- Limit food high in sugar or fat and avoid sugary drinks,
- Limit the amount of your salt intake,
- Limit red meat and avoid processed meat,
- Do not eat burnt or charred food.



7.Engage in safe sexual behaviour to avoid sexually transmitted diseases that can cause or increase the risk of certain types of cancer such as cervical, Kaposi sarcoma, lymphoma, and liver cancer.



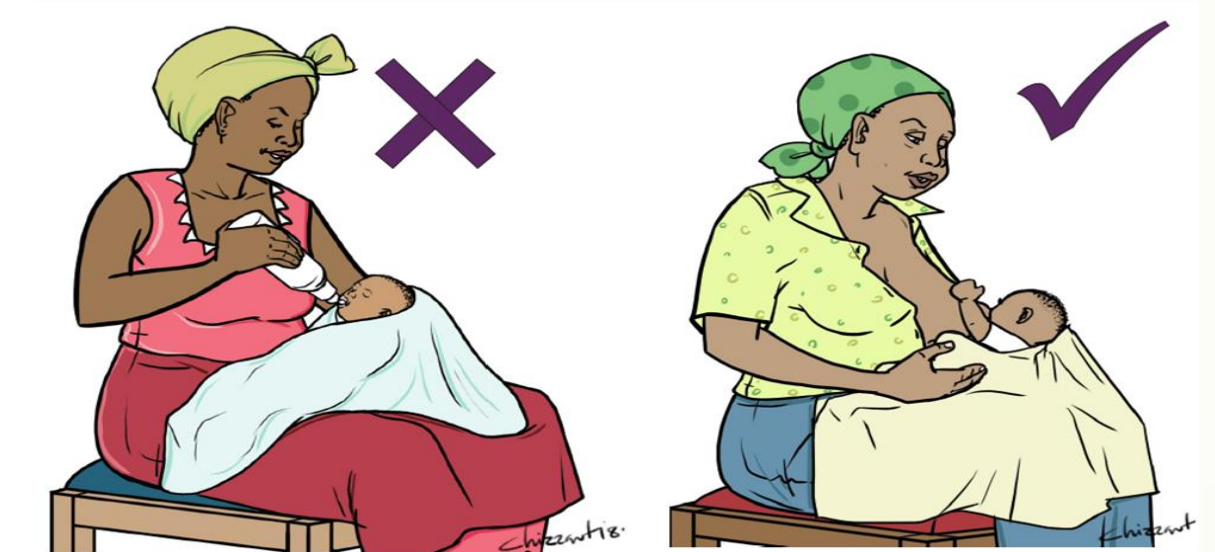
RESULTS

8.Ensure your children are vaccinated against Hepatitis B Virus (for newborns) and Human papillomavirus (for girls) following the vaccination schedule for the appropriate age group. If you are at risk of getting infected with Hepatitis B virus or live in a community / region most at risk of Hepatitis B virus infection, get vaccinated against Hepatitis B Virus.



9.In the workplace, including agricultural work, protect yourself against cancer-causing substances by following the health and safety instructions.

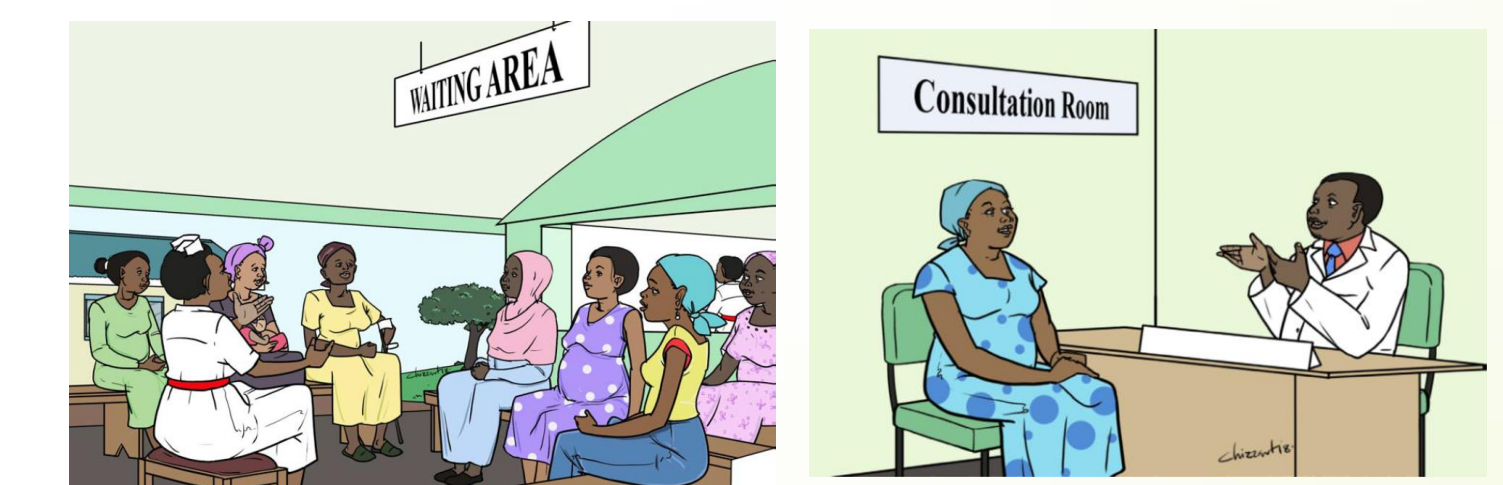
10.For women, breastfeeding reduces risk of certain types of cancer such as breast cancer. If you can, breastfeed your baby.



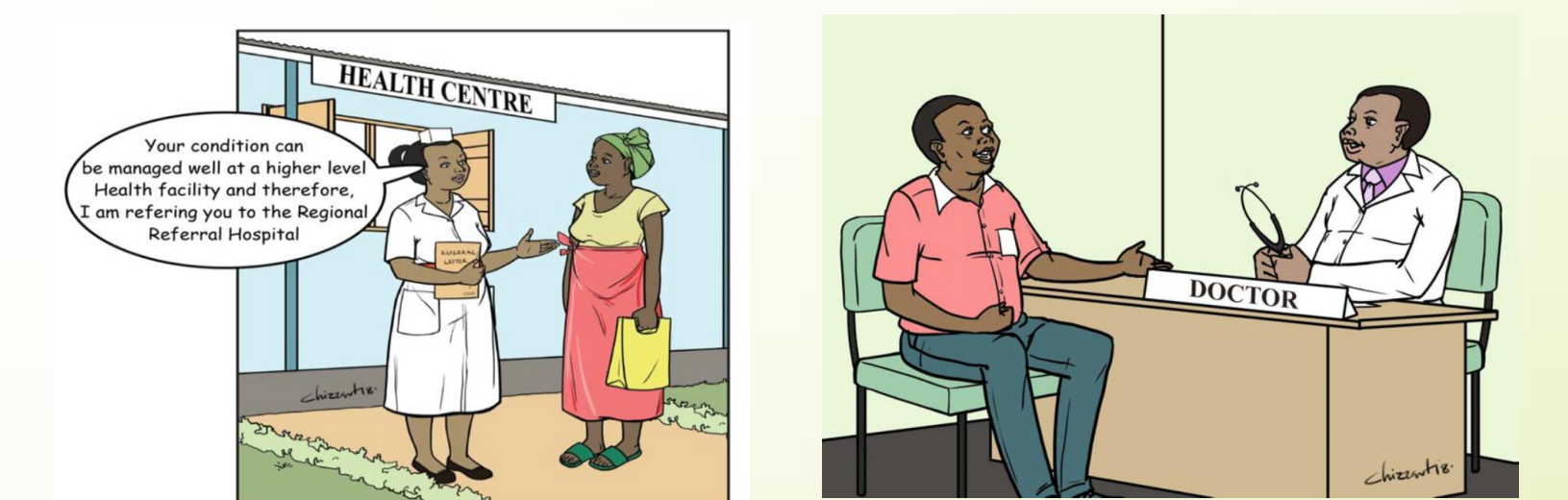
11.Hormone replacement therapy (HRT) increases the risk of certain types of cancer. If you can, avoid or limit use of HRT.

12.For children and persons with albino, avoid too much sun. Use sun protection.

13. Ensure routine health check-ups especially for the most common types of cancer amenable by screening (cervical, breast, colorectal or prostate cancer).



14.Seek more information on cancer prevention and report any cancer suspicious symptoms or signs to your nearby hospital / health centre.



CONCLUSIONS

- Wide dissemination of these key public health messages for cancer prevention at all levels of health services delivery including community level and through various mass media and social interaction opportunities could increase access to cancer preventive messages.
- This might further stimulate seeking more cancer information, prevention services and adoption of healthy behaviour.
- **Keywords:** Cancer prevention, Public Health, Key Public health Messages.