



## IMPORTANT FACTS ABOUT THE 5 STEPS TO REDUCE YOUR RISK OF CANCER.

*NOTE: Whenever possible, and if they are comfortable doing so, facilitators are encouraged to talk about their own experiences. Participants always appreciate knowing someone they trust has had been through something similar (been screened, stopped smoking, or had a sunburn when they were younger.)*

### 1. Move/Be Active

- Being active is important to staying healthy and helping to maintain a healthy body weight.
- Regular exercise can reduce your risk of colon cancer and may also reduce your risk of breast cancer.
- It can also reduce stress, increase energy levels and improve your outlook on life.

### 2. Eat Well

- Some cancers are related to unhealthy diets
- Some cancers are a result of being over-weight.
- Follow the Canada Food Guide

### 3. Don't smoke or chew nicotine products and avoid second-hand nicotine smoke.

*NOTE: If applicable and they are willing, facilitators can talk about themselves or a loved one who may have smoked.*

- More than 800 Manitobans die every year because they smoked or were exposed to second-hand or "passive" smoke.
- Not smoking is the single leading action you can take to prevent cancer.
- If you are a smoker, quit now and reduce your lung cancer risk by up to 90%!
- Millions of Canadians have quit smoking and you can too!
- It's never too late to stop. Lungs can improve very quickly.
- Talk to your health care professional to learn how they can help you quit.
- Don't use chewing tobacco – it can cause mouth and throat cancer
- There is a difference between nicotine tobacco and the type of tobacco used by indigenous peoples in their ceremonies. That 2<sup>nd</sup> hand smoke is OK.

### 4. Protect – Cover Up

*NOTE: North American facilitators can talk about how we never wore sun screen when we were young. Sunburns and suntans were considered a good thing*

- UV Rays can increase the risk of malignant melanoma, the most serious form of skin cancer.
- Avoid the sun from 10am-4pm, look for shade,
- Wear wide-brimmed hat and sun glasses;
- Use sunscreen SPF 30+. What does "SPF" mean? "Sun Protection Factor"
  - It's important to RE-apply (put on again)
- Make sure to cover up when swimming or out in the sun (using t-shirt or long-sleeved shirt)
- Don't think that people with dark skin are safe from getting skin cancer.



- It's important for older people to check for signs of skin cancer because the damage happened when they were young and won't show up until they are older. Have someone check your back, the backs of your legs, around your ears.
- Make sure your doctor checks you over as well.

## When Using Sunscreen

### Learn how to read the label

**Shake it.** The directions might not tell you to do this, but it's a good idea because it helps distribute the active ingredients throughout the sunscreen.

**Use enough.** Apply sunscreen 15 to 30 minutes before you go outside.

- **AMOUNT:** For lotions, a good rule of thumb is to use a shot glass full (about an ounce) to cover your entire bathing-suit-clad body.
- Or think of it as a teaspoon per body part or area: 1 teaspoon for your face, head, and neck; 1 for each arm; 1 for each leg; 1 for your chest and abdomen; and 1 for your back and the back of your neck.
- Regardless of which kind you use, reapply every 2 hours and immediately after swimming or sweating.

**Use spray sunscreens carefully.** The Food and Drug Administration has said it is exploring the risks of inhaling spray sunscreens. Until we know more, our experts say to **avoid using sprays on children, and do not spray them directly on your face.** Instead, spray sunscreen onto your hands, then apply it to your face. If you use a spray on a child, spray the sunscreen into your hands and rub it onto the child's skin. **Sprays are flammable**, so let them dry before going near an open flame.

## 5. Get Checked

*NOTE: If willing, facilitators can talk about any screening they have had done.*

*NOTE: It may be better to split the group into male & female. If you have an assistant, you could have the discussion with the women separately from the men.*

- The earlier cancer is found, the more successful the treatment is likely to be.
- Regular visits to your doctor and dentist can help find cancer at an early stage.
- Get to know your body. Tell your doctor or dentist about any changes you notice as soon as possible, like sores that don't heal or a cough that lasts more than a couple of weeks.
- Health care professionals are trained to spot the early warning signs of cancer and other diseases.
- Follow cancer screening guidelines
  - Women are encouraged to discuss breast exams, mammography, and Pap tests with a health professional.
  - Men are encouraged to talk about testicular and prostate health with a health professional.
  - Both men and women should discuss screening for colorectal cancer at age 50.

*See the Intermediate Lesson Plan for more information on Screening.*