

Health *capsule*

Reduce cancer risk

At least half of all cancers can be prevented through healthy living. Take action to reduce the risk. Risk reduction is taking action to reduce or “cut down” your individual risk of developing cancer.

There is no single cause of cancer but some factors appear to increase the risk of developing it. These are known as risk factors. There are some risk factors that you cannot change. For example:

- Age;
- Family history of cancer (heredity).

There are some risk factors related to everyday choices that you can change. You can choose to:

- Be a non-smoker and avoid tobacco smoke.
- Eat a healthy diet;
- Be physically active every day;
- Stay at a healthy weight;
- Limit alcohol use;
- Reduce your exposure to UV (ultraviolet) rays from the sun or indoor tanning equipment, like tanning beds;
- Know your body and report any changes to your doctor or dentist;
- Follow health and safety instructions when using hazardous materials at home and at work.

Quit smoking

If you smoke, the best thing you can do for your health is to quit.

Quitting smoking isn't easy, but the Smokers' Helpline (1-866-527-7383) can provide you with information, advice and support on quitting or helping someone else to quit.



CALENDAR OF HEALTH PROMOTION MONTHS

MARCH

- NUTRITION MONTH

APRIL

- CANCER AWARENESS MONTH

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Eat well

Research shows that 30 to 35% of all cancers can be prevented by eating well, being active and maintaining a healthy body weight.

Eating well begins with eating a variety of foods each day to get the nutrients you need for good health. Making healthy food choices will help you maintain a healthy body weight, eat more fibre and less salt and sugar.

- Cook and eat at home more. This can help control portion size, as well as the amount of salt and the amount and type of fat you eat;
- Cook in batches and fill your freezer with your own healthy, ready-made (not processed) meals;
- Remember to drink plenty of water.

Fitness and health

As a society, we're just not as active as we used to be. Previous generations were much more active in their daily life than most of us are. Many people walked or cycled to work. Jobs in factories or on farms required a lot of physical activity, as did housework.

Building activity into our busy lives takes some effort, but there are lots of good reasons to be active. Being active:

- Keeps your heart healthy;
- Makes your bones and muscles stronger;
- Helps you feel better about yourself.

Research shows that regular physical activity can help protect against certain types of cancer such as colorectal, breast and uterine cancer. Physical activity is also one of the best ways to achieve and maintain a healthy weight.

Source : www.cancer.ca

5/30 HEALTH CHALLENGE

The 5/30 Health Challenge invites Quebecers, four years of age and older, to take action in improving their health and well-being for at least six weeks, from March 1 to April 11.

During the Challenge, all participants commit to achieving or maintaining the following two main goals:



Goal 5

Eating at least 5 portions of fruit and vegetables for a minimum of 5 days a week.



Goal 30

Moving at least 30 minutes for a minimum of 5 days a week.

Source : www.defisante530.com

PLEASE NOTE: THE « HEALTH CAPSULE » IS FOR INFORMATION PURPOSES ONLY AND IS NOT INTENDED TO PROVIDE MEDICAL ADVICE.