

# Adjustment in lifestyle habits can reduce the risk of cancer

**B**etween 30-50% of all cancer cases are preventable. Prevention offers the most cost-effective long-term strategy for the control of cancer and this can be done through lifestyle adjustments as discussed below.

■ Tobacco smoking causes many types of cancers, including cancers of the lungs, oesophagus, larynx (voice box), mouth, throat, kidney, bladder, pancreas, stomach and

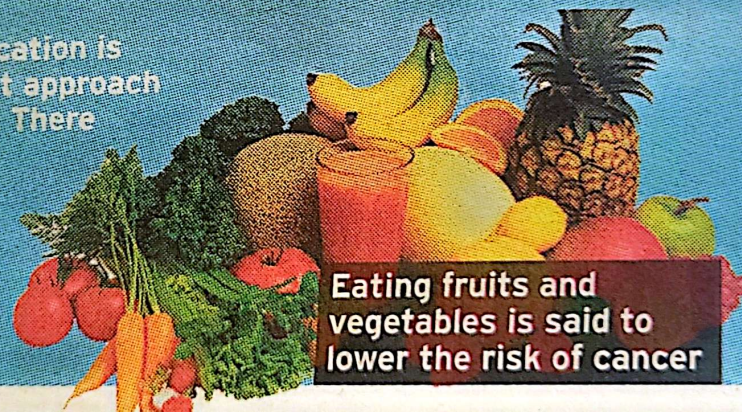
cervix. Second-hand smoke, also known as environmental tobacco smoke, has been proven to cause lung cancer in non-smoking adults.

■ Dietary modification is another important approach to cancer control. There is a link between overweight and obesity to many types of cancer, such as oesophagus,

colorectum, breast, endometrium and kidney. Diets high in fruits and vegetables may have an independent

protective effect against many cancers. Regular physical activity and the maintenance of a healthy body weight, along with a healthy diet, considerably reduce cancer risk.

■ Alcohol use is also a risk factor for many cancer types, including cancer of the oral cavity, pharynx, larynx, oesophagus, liver, colorectum and breast. The risk of cancer increases with the amount of alcohol consumed.



Eating fruits and vegetables is said to lower the risk of cancer