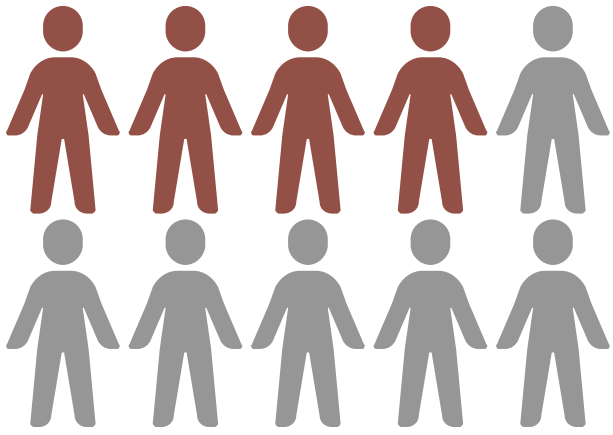


UNDERSTANDING CANCER RISK

Click on images for more information

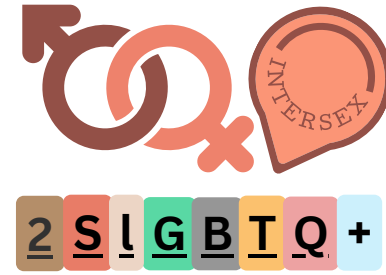


4 OUT OF EVERY 10 CANCER CASES CAN BE PREVENTED

DO AGE, SEX, GENDER AND GENETICS PLAY A ROLE IN CANCER RISK?



GETTING OLDER
OLD AGE IS THE MOST IMPORTANT RISK FACTOR FOR CANCER



SEX
SEX AND GENDER CAN IMPACT CANCER RISK

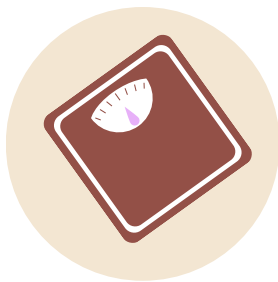


GENETICS
ABOUT 5 TO 10% OF ALL CANCERS ARE HEREDITARY

SOME RISK FACTORS FOR CANCER YOU CAN CHANGE



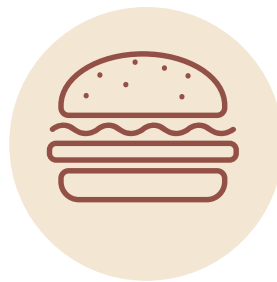
Tobacco Smoking



Living with Excess Weight or Obesity



Physical Inactivity



Overall Eating Patterns



Tanning



Drinking Alcohol

EXTERNAL FACTORS CAN MAKE CHANGE EASY OR HARD



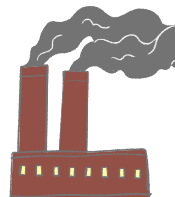
INCOME AND SOCIAL STATUS



COMMERCIAL ACTIVITIES & ENVIRONMENT



EDUCATION AND LITERACY



PHYSICAL ENVIRONMENT & CONDITIONS



ACCESS TO HEALTH SERVICES



SOCIAL AND COMMUNITY SUPPORT



EMPLOYMENT AND WORKING CONDITIONS

Learn more at: <https://www.youtube.com/watch?v=RMkBUXJLW9g>

TAKE STEPS TO REDUCE YOUR RISK

LEARN ABOUT



Check out [itsmylife.cancer.ca](https://www.itsmylife.cancer.ca)
a risk assessment tool from the Canadian Cancer Society

SET GOALS



Check out Health Goal Coaching
call 1-855- 444-5557

BUILD YOUR SKILLS



Check out [HealthyNS.ca](https://www.healthyNS.ca)

Making even small changes to improve your health can reduce your cancer risk

Every step counts!