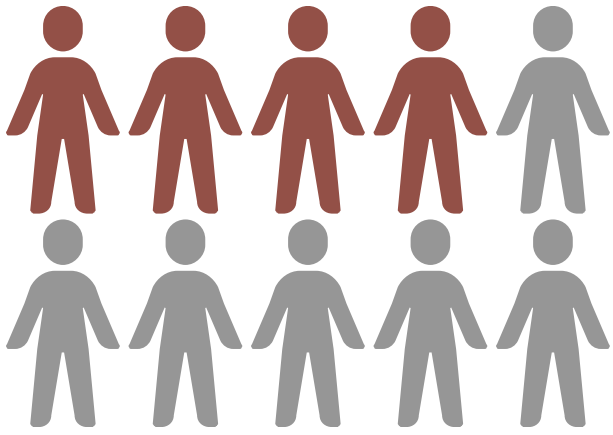


# UNDERSTANDING CANCER RISK

Click on images for more information

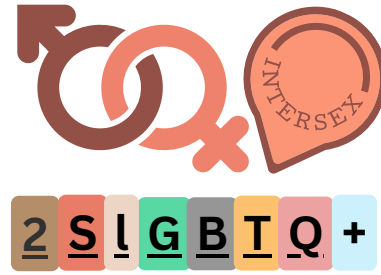


4 OUT OF EVERY 10 CANCER CASES CAN BE PREVENTED

## 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

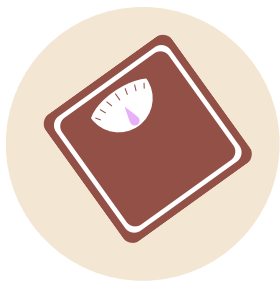


**GENETICS**  
ABOUT 5 TO 10% OF ALL CANCERS ARE HEREDITARY

## SOME RISK FACTORS FOR CANCER YOU CAN CHANGE



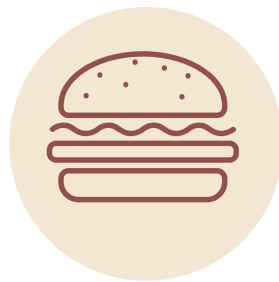
**Tobacco Smoking**



**Living with Excess Weight or Obesity**



**Physical Inactivity**



**Overall Eating Patterns**



**Tanning**



**Drinking Alcohol**

## EXTERNAL FACTORS CAN MAKE CHANGE EASY OR HARD



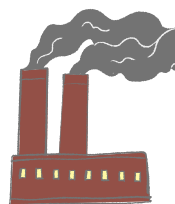
**INCOME AND SOCIAL STATUS**



**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](http://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](http://HealthyNS.ca)

