

Onerahtokha is I:waks (*Ee-woks*) Cancer Prevention Month

What is Cancer?

Cancer is a type of illness where some of the body's **cells** grow too quickly. This can cause a lump in the body that isn't supposed to be there.

Doctors usually need to operate to take out the lump and then give medicine so it doesn't come back

Do I have it too?

If someone you are related to has cancer, that doesn't mean that you have it or that you will get it. Most types of cancer don't run in the family.

Was it my fault?

No way! Scientists still know exactly why some people get cancer, but they do know that it won't be anything that you or anyone else has made happen.

Can I catch it?

Cancer isn't like a cold or chickenpox. You can't catch it by being around someone who has it—and you can't give it to anyone else like that either.

So you can still cuddle up together if you like!

Shall I tell my friends?

You can tell your friends, or anyone else you feel would be kind and sympathetic, if you want to. Talking about things often helps you to stop worrying about them.

But, if you don't want to tell your friends that's fine too.

Will they have to go to hospital?

They might need to visit the hospital for **tests** or **treatment** or they might need to stay in hospital for a little while. They will do what they can to sort out who will take over while they are feeling unwell.



Things You Can Do for Prevention

AVOID TOBACCO—linked to lung, bladder, cervix and kidney.

Chewing tobacco—linked to cancer in the oral cavity and pancreas

Second hand-smoke—linked to lung cancer

DIET—Eat plenty of Fruits & Vegetables. Limit Fat. Limit Alcohol.

PHYSICAL ACTIVITY—Maintaining a Healthy Weight might lower the risks of various types of cancer—linked to breast, prostate, lung, colon and kidney.

30 MINUTES OF PHYSICAL ACTIVITY IN YOUR DAILY ROUTINE

SKIN CANCER—Avoid midday sun; stay in the shade; cover exposed areas, Don't skimp on the sunscreen; avoid tanning beds and sunlamps.

Immunization against certain viral infections: Hepatitis B—linked to liver cancer

Human Papillomavirus (HPV) - sexually transmitted virus that can lead to cervical and other genital cancers. HPV vaccine is available to both men and women age 26 or younger who didn't have the vaccine as adolescents.

AVOID RISKY BEHAVIOURS: that can lead to infections that, might increase the risk of cancer

Practice Safe Sex—limit your number of partners and use a condom when you have sex;

Don't Share Needles—sharing needles can lead to HIV, HEP B and HEP C

REGULAR SELF-EXAMS and SCREENINGS for various types of cancer!