



Nutrition

# Reducing the risk of cancer

## Lesson 1

This course can educate you in understanding what action you can take to reduce the risk of cancer.





# Learning objectives

- Define the term cancer
- Summarise the prevalence of cancer
- List the most common cancers in adult males and females in the UK
- State what factors can affect the likelihood of developing cancer
- Identify the environmental and lifestyle factors which can cause cancer
- Describe cancers linked with diet, obesity, physical activity and alcohol





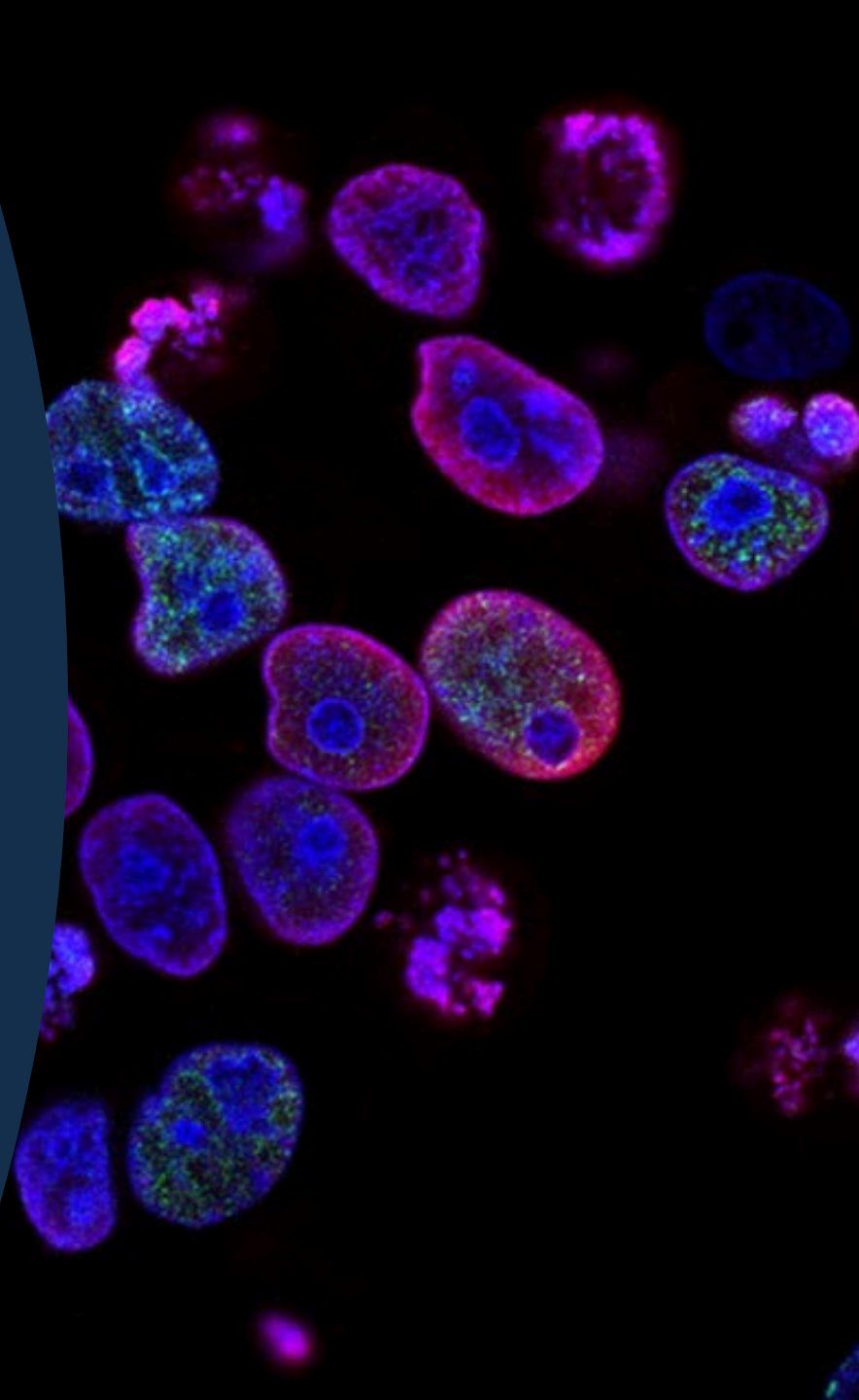
# Learning objectives

- Explain in detail the 7 main recommendations for reducing the risk of cancer
- Recognise the common myths of preventing cancer with diet
- Summarise the current research of curcumin, antioxidants and phytochemicals in reducing the risk of cancer
- State how the Mediterranean diet is linked to reducing the risk of cancer





Cancer is when abnormal cells in the body multiply in an uncontrollable way. These cancer cells can even spread to other bodily tissues.





There are over 200 different types of cancer, so it is a complex disease to research.





**It is suggested that  
in the UK  
throughout a  
person's lifetime 1 in  
2 people have a  
likelihood of  
developing cancer.**



Cancer research UK states that there are approximately 367,000 per year new cases of cancer (2015-2017) in the UK.





The types of cancer varies in different populations, the UK is classed as being higher than 90% of the world, with proportions of cancer cases.







**In the UK the most common cancers in adult males are:**

- Lung
- Prostate
- Colorectal



**In the UK the most common cancers in adult females are:**

- Lung
- Breast
- Colorectal



The risk of someone developing cancer can be affected by :



- **Genetics**



- **Hormones**



- **Environment and lifestyle**



- **Diet**



## Genetics

There could be a family history of specific types of cancer which increase the chances of developing it. Genetic testing can be performed to detect some of these potential cancer cases. Approximately 5 to 10% of cancers are genetically inherited cancers.





## Hormones

The levels of hormones in the body can affect some types of cancers. The contraceptive pill and HRT can affect the levels of hormones in the body which in turn affects the cases of cancer. There are pros and cons to taking the contraceptive pill and HRT which should be discussed with a GP.





# Environmental and lifestyle

Various lifestyle and environmental factors can affect the chances of developing cancer.





## Some environmental and lifestyle factors are:

- Smoking
- Exposure to radiation (e.g. x-rays)
- Workplace factors e.g. exposure to chemicals such as asbestos
- Excess sun and UV exposure
- Pollution and radon gas exposure
- An unhealthy diet
- Physically inactive
- Obesity
- Excessive alcohol
- Infections increasing the risk of cancer e.g. HPV



# Diet

Food and nutrition can either protect the body from developing certain cancers or cause the body to develop certain cancers. This is why it is important to have a healthy balanced diet.







# Revision Activity 1

**List five lifestyle and environmental factors which affect the development of cancer?**