

# Cancer is the 2nd leading cause of death in Palau.

## Top 5 Cancers in Palau 2007-2011

1. Lung
2. Prostate
3. Liver
4. Oral
5. Colon/Rectum

## Top 5 Cancers in Women 2007-2011

1. Cervix
2. Breast
3. Liver
4. Uterus
5. Oral

## Top 5 Cancers in Men 2007--2011

1. Prostate
2. Lung
3. Liver
4. Oral
5. Colon/Rectum

# At least one-third of all cancer cases are preventable.

### Tobacco use

Tobacco use is the single greatest avoidable risk factor for cancer deaths worldwide. Tobacco use causes 22% of cancer deaths per year worldwide. Tobacco use (smoking, second hand smoke, and chewing) causes many types of cancer, including: lung, esophagus, larynx (voice box), mouth, throat, kidney, bladder, pancreas, stomach and cervix cancers.

### Alcohol use

Alcohol use is a risk factor for many cancer types, including: oral, pharynx, larynx, esophagus, liver, colorectum and breast. Risk of cancer increases with the amount of alcohol consumed. If you are a heavy smoker & drinker, your risk of cancer increases.

### Others:

Chemicals like arsenic, asbestos, aflatoxins, and dioxins cause cancer. Radiation exposure (solar radiation, nuclear reactions, radon gas) is carcinogenic to humans and can cause leuke-

### Eat Well, Move More, Live Strong:

Regular physical activity and healthy eating can prevent the development of diet associated cancers. Being overweight or obese increases the risk of cancers including: esophagus, colorectum, breast, endometrium and kidney. Eating a healthy diet, including local foods, fruits and vegetables will protect many cancers. Excess consumption of red and preserved meat, foods high in salt, fat, and sugar are associated with an increased risk of cancers.

### Infections

Viral hepatitis B and C causes cancer of the liver; human papilloma virus (HPV) infection causes cervical cancer; the bacterium *Helicobacter pylori* increases the risk of stomach cancer. Preventive measures include vaccination and prevention of infection and infestation. Ask your doctor.

The information above was taken directly from the WHO website--<http://www.who.int/cancer/prevention/en/>; ask your doctor for more information or call the numbers below for referrals.

# Cancer Awareness 2013

---

## REDUCE THE RISK OF GETTING CANCER BY:

- ◆ Avoiding tobacco.
- ◆ Keeping a healthy weight. Eat well and stay active.
- ◆ Limiting the amount of alcohol you drink.
- ◆ Protecting your skin from the sun.
- ◆ Preventing infections from human papilloma virus (HPV), hepatitis B and C viruses, and H-pylori bacterium (Ask your doctor).

## EARLY DETECTION OF CANCER INCREASES CHANCES OF SUCCESSFUL TREATMENT:

- ◆ GET SCREENED. There are tests that we can take to screen for certain cancers (cervical and breast cancer). Call the Public Health Clinic or the Cancer Program for appointments and/or referrals.

◆ **488-6445 (Talk to a nurse/Make an appointment)**

References: <http://www.who.int/cancer/prevention/en/>; <http://www.cdc.gov/cancer/dcpc/prevention/other.htm>

◆ **488-4612 (For referrals/appointments)**

- ◆ RECOGNIZE POSSIBLE (EARLY) WARNING SIGNS OF CANCER. Get your regular medical checkups. Talk to your doctor.

**For questions, more information, or referrals, please call:  
OMUB at 488-4070 or the  
Cancer Program, 488-4612/488-2212.**

