



## MORE INFORMATION

### Cancer is not a shame

- To **eat fruits and vegetables** is a protective factor for all cancers. Eat better. Tomato, blueberry, raspberry, green vegetables, broccoli are good example of food that can help prevent cancer. And, they are easy to find. The dietician can help you if you need suggestions.
- Dietary factors that convincingly increase risk are:
  - \* Overweight and obesity,
  - \* Excess alcohol consumption (more than 2 a day)
  - \* Some forms of salting and preserving fish
  - \* Very hot (thermally) salty drinks and food
  - \* Aflatoxins (fungal contaminants sometimes found on foods such as grains, peanuts, tree nuts, and cottonseed meal)
- **Examine your skin** regularly to detect any changes.
- All **exercises** are good to help prevent cancer. It's easy! Walk, dance, take the stairs, play outside, run, housekeeping ... We will never say it enough : **Just move!**
- It's important to **see a doctor** and pass the test that are recommend (Pap test, mammogram, etc.)
- For woman, learn how to **do a self exam** for the breast.
- **Stop smoking.**
- **Be a role-model to the youth**, this way they will have a better chance to be healthy and to avoid cancer.
- **Having three sunburns before the age of 18 increase the risk of having cancer.** Don't forget to protect the skin of your child.



## FISHERMEN AND EVERYONE



### Sun is nice, but be careful!

It is important that you use protection against sun. Pharmacist recommends the sunscreen Ombrell (FPS 45 or more). As fishermen are on water, it is important to put sunscreen 30 minutes before being exposed and often during the day, specially if you have a pale skin and if you get sunburns easily. **Applying sunscreen every two hours** would be a very good habit. No sunscreen is 100% efficacious, so combine sunscreen with wearing protective cloths and hat. Don't forget that UVB and UVA can go through clouds, fog and mist. Even if the sun is not showing, it is still there.

## RESOURCES

CLSC Grosse-Île 985-2572

Entry Island 986-4299

Dietician at CLSC of Cap-aux-Meules 986-2572

Info-Santé 310-2572

### Questions on cancer and prevention :

Canadian Cancer Society - 1-888-939-3333

[www.cancer.ca](http://www.cancer.ca)

[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

[www.who.int](http://www.who.int)

Council for Anglophone Magdalen Islands  
787, ch. Principal, Grosse-Île, Québec, G4T 6B5  
418-985-2116  
Email : [c.a.m.i@tlb.sympatico.ca](mailto:c.a.m.i@tlb.sympatico.ca)

#### Sources :

La situation du cancer aux Îles de la Madeleine, by Direction de la santé publique (ASSS)  
Living Well With Cancer Information Centre  
Canadian Cancer Society  
[www.apic-cancer.com](http://www.apic-cancer.com)  
World Health Organization — [www.who.int](http://www.who.int)  
"Les aliments contre le cancer" of Richard Béliveau and Denis Gingras  
(Statistics on risk factors and examples of food)  
Wikipedia The Free Encyclopedia

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# CANCER

## PREVENTION AND AWARENESS

### ON THE MAGDALEN ISLANDS



**DON'T GIVE CANCER A  
CHANCE!**

**Do it for yourself and  
the ones you love!**

**BECAUSE LIFE IS GOOD!**

## WHAT IS CANCER?

Cancer is a disease that starts in our cells. It develops when cells in your body become abnormal and grow out of control. These abnormal cells don't let your healthy cells and organs do their normal job, and affect the way your body normally works. After a while, groups of abnormal cells can form lumps or tumours, or can spread through the bloodstream and lymphatic system to other parts of the body.

Tumours can be either benign (non-cancerous) or malignant (cancerous). Malignant tumour cells are able to invade the tissues around them and spread to other parts of the body. **It is important to find malignant tumours early and treat them.**

## RULES FOR A BETTER LIFE

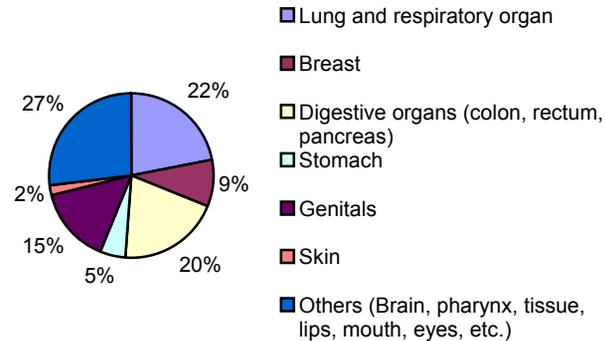
SUGGESTED BY CANADIAN CANCER SOCIETY

At least **50% of cancers can be prevented** through healthy living and policies that protect the public. Take the following steps to reduce your risk of developing cancer.

1. Be a non-smoker and avoid second-hand smoke.
2. Eat 5 to 10 servings of vegetables and fruit a day. Choose high fibre, lower fat foods. If you drink alcohol, limit intake to 1 or 2 drinks a day.
3. Be physically active on a regular basis: this will also help you maintain a healthy body weight.
4. Protect yourself and your family from the sun, particularly between 11 a.m. and 4 p.m.
5. Follow cancer screening guidelines.
6. Visit your doctor or dentist if you notice any change in your normal state of health.
7. Follow health and safety instructions at home and at work when using, storing and disposing of hazardous materials.



## TYPES OF CANCER IN MAGDALEN ISLANDS BETWEEN 1992-2001



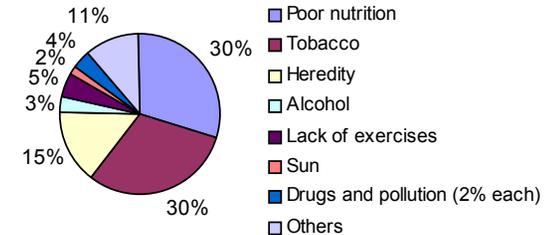
## DID YOU KNOW?

- ◆ During the period of 1993-2002, in the **Magdalen Islands** there was **33% more cases of cancer in the population compare to the rest of Quebec**. Men are more touched by cancer than women.
- ◆ Cancer of lung, for men, and cancer of stomach for both sexes is the cancer that contribute the most to the excess of cancers observed on the Islands.
- ◆ Tobacco is the factor the most susceptible to cause the excess of lung cancer.
- ◆ The fact of eating a lot of smoked food, salted fish and meat and marinades vegetables is associated to stomach cancer.
- ◆ In 2005, 7.6 million people died of cancer in the world. This is more than the whole population of the province of Quebec. Cancer is a leading cause of death worldwide.
- ◆ The risk of having a skin cancer is way higher than 20 years ago. Since 1990, the cases increase of 66% in Canada.

**Being in a high-risk group doesn't mean that you will get cancer but it's a good idea to put all the chances on your side to stay healthy.**

## RISK FACTORS

- Tobacco use is the most important risk factor.
- There is sufficient evidence that dietary factors also play an important role in causing cancer.
- Lack of physical activity has a distinct role as risk factor for cancer.
- There is solid evidence about alcohol causing several cancer types such as oesophagus, pharynx, larynx, liver, breast, and other cancer.



## SMOKERS



### IS IT REALLY WHAT YOU WANT?

- Environmental tobacco smoke (passive smoking) causes lung cancer.
- Tobacco use is the single largest preventable cause of cancer in the world.
- Tobacco use causes cancer of the lung, throat, mouth, pancreas, bladder, stomach, liver, kidney and other types.
- The smoke of a cigarette has more than 4 000 chemicals products, and at least 60 are well-known as carcinogenic.
- Examples of products in a cigarette : Carbon monoxide, tar, nicotine, methanol (used for rockets); acetone, cadmium (used in batteries), cyanhydric acid (was used in gas chambers), ammoniac, arsenic...

### Isn't it scary?

- Light cigarettes are as dangerous as the others. Tobacco is tobacco.