



LiveSmart®

Your lifestyle guide



About this booklet

The Cancer Council has developed this booklet so that South Australians have basic information about how best to reduce their risk of developing cancer. The booklet also provides a range of services available should a family member or friend develop cancer.

We have kept the detail brief, answered questions you've told us you would like answered and provided links to telephone services or websites for detailed information.

Please read this booklet through and keep it at home. You may want to come back to it or share it with others.



About cancer

Every year, we learn more about how cancer develops. And one of the main things we have learnt is that a lot of cancers are preventable.

Cancer is a collection of many different diseases. Cancers have a lot in common with each other, but there are a lot of things different, too. So one person's cancer is not the same as somebody else's cancer.

Some cancers run in families, but most don't. Most are related to the way we live.

The biggest cause of cancer is smoking. It causes about a third of all cancers.

Many other cancers – maybe a third or so – are caused by not eating enough vegetables and fruit.

So if we all changed the way we lived, we could reduce our risk of cancer. It's time to try.



How do I reduce my risk of cancer?

By deciding to. If you want to reduce your risk of cancer, you can. This is how.

- Eat well – lots of vegies and fruit.
- Get some exercise.
- Stay at a healthy weight. If you are overweight, try to lose weight.
- Protect yourself from the sun.
- If you smoke, quit.

If you do all this, you'll cut your risk of getting cancer in half. And you'll feel better straight away.

If you start to exercise, your body will notice the difference that day. Same day.

If you start eating better, the goodness from the vegetables and fruit is there, in your body, right away.

The day after you give up smoking, your body starts to recover. Straight away, you are less likely to get cancer than if you kept going. For more information, contact the Quitline on 13 7848.

“ It's never too late
to change ”



I know I should do some exercise, but how much?

Probably more than you do now.

So if you do nothing, do something! Or lots of little somethings. Even a walk around the block helps.

If you don't do much, do more! Leave the car at home when you can. Walk the dog – borrow one if you have to. Walk up stairs, rather than catch the lift. Go for a swim. Have a walk at lunchtime.

If you do half an hour a day of something that makes you puff, or an hour a day of brisk walking – then good on you. You're reducing your chances of getting cancer.

You don't have to do that half an hour in one go. You can do it in blocks of 10 minutes or more. Visit www.beactive.com.au

Remember – 30 minutes a day of activity that makes you puff, or an hour a day of something gentler, reduces your risk of cancer. So be as active as you can.

“ Aim to be active on most days of the week ”



Does it matter what I eat and drink?

Yes, it does. If everybody ate healthy food, there'd be a third less cancer in the world. So here's what you can do.

- Eat more vegies and fruit. That's the most important one, really.
- Eat a wide variety of foods. You'll get all the vitamins and minerals you need. See serve sizes and food ideas at www.cancersa.org.au
- Cut back on the red meat to three or four times a week, and cut right back on processed foods like fritz, bacon and salami.
- If you don't drink alcohol, don't start. If you're a woman, limit alcohol to one drink a day. If you're a man, the limit is two.

“ Eat a wide variety of foods including plenty of vegies and fruit ”



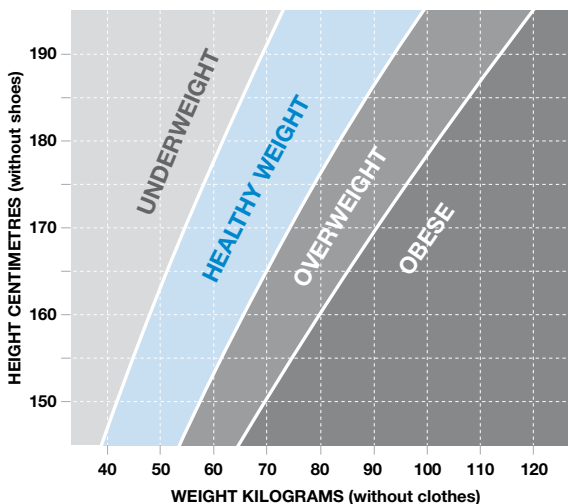
Being overweight's got nothing to do with cancer, has it?

Well, it has. This is something fairly new to doctors. They knew people who don't eat healthy diets are more likely to get cancer. They knew people who exercise often can reduce their chance of getting cancer.

But now they've found out that overweight people, even if they eat well and get some exercise, are more likely than slimmer people to get some types of cancer.

So keep a healthy weight, eat less calories – it will help.

But what is a healthy weight? Look at this chart. Look at your height, and then look at the healthy weight for you.





How do I stop smoking?

■ **Decide to quit**

This is the most important step. If you decide to quit, chances are you will quit.

■ **Get ready**

Think about how to quit or see your doctor. Call the Quitline on 13 7848 or go to www.quitsa.org.au. Then plan a date to quit.

■ **Quit**

Choose the way to quit – cold turkey or cutting back gradually. Think about patches. Decide to go it alone or do it with friends. Then do it.

Quitting might be easy or it might be hard. Some people quit first time, some take 10 attempts or more to get there. But most people who try to quit, do so. So have a go – it's worth it.

■ **Stay a non-smoker**

The worst is over. Remember why you quit, and think about how much better you feel. You have a new life ahead.

“ Quit because
you can ”



Is sunscreen enough to stop skin cancer?

Sunscreen is good – you should put it on 20 minutes before going outside.

But it's not nearly enough. Sunscreen alone won't do the job. It's important to take care between 10 am and 3 pm – that's when the sun does the most damage.

If you're going to be outside, here's what to do.

- Find some shade.
- Slip on a long-sleeved shirt, with a collar, and long skirt or pants.
- Wear a wide-brimmed hat and wrap-around sunglasses.
- And wear your sunscreen. Make sure it's SPF30+ broad spectrum sunscreen, and put it on every two hours.

It all helps to protect your skin from damage from the sun.

“ Save your skin
– be SunSmart ”



Should I get a check-up?

Regular check-ups can pick up some types of cancers early, at a time when treatment can make a big difference.

Women who've ever had sex should have a Pap smear every two years. At age 70 your doctor may advise you that you no longer need to have them. For more information, talk to your doctor or visit www.cervixscreening.sa.gov.au

All women should know what their breasts normally look and feel like and see their doctor straight away if they notice any changes.

Women in their fifties and sixties should have a mammogram every two years. To book a mammogram, contact BreastScreen SA on 13 20 50 or at www.breastscreen.sa.gov.au

Men and women over 50 should check for bowel cancer – with a test known as a faecal occult blood test – every two years. Ask your doctor about having the test. Or visit the National Bowel Cancer Screening Program's website at www.cancerscreening.gov.au/bowel

Men should talk to their doctors about prostate cancer. For more information, visit the Lions Australian Prostate Cancer website at www.prostatehealth.org.au

And if you have cancer in the family, then you might need other check-ups or check-ups more often. For more information, contact the Familial Cancer Unit on 8161 6995, or call The Cancer Council Helpline on 13 11 20.



What if my family or friends get cancer?

One in three people get cancer at some time in their lives. Everyone's experience of cancer is unique.

Obviously, doctors will help with getting the right treatment. But there's a whole lot more to cancer than treatment.

There's travel, and costs, and sadness, and fears, and more.

There are worries about how to tell wives, husbands, partners, parents, children and friends.

It sometimes helps to talk to someone who's been through it.

The person with cancer may need financial help, or legal advice, or practical support such as where to stay while having treatment, or to just find out more about it.

They may need to talk a lot – to those they love, to those caring for them, or to the trained staff at The Cancer Council Helpline.

This booklet can't cover everything they need. But there are many ways to get the help and advice that is right for them at the different stages of their cancer experience.

Call The Cancer Council Helpline on 13 11 20.

“ If someone you know gets cancer, they won't be alone ”



What comes after treatment?

Getting through the treatment for cancer can be quite an effort. People who have had cancer treatment still need your support – emotional and practical – even when the treatment is over.

They will have an ongoing care plan – no smoking, good food, enough exercise and not too much weight. There will be check ups and things to watch out for.

The Cancer Council runs a program called ‘Staying healthy after cancer’. This can help with any fears or worries people may have. Call The Cancer Council Helpline 13 11 20.

Some people may need to find out about palliative or supportive care. This is the treatment that aims to make people as comfortable and pain-free as possible when a cure no longer looks possible. It deals with physical, psychological, social and spiritual issues and offers as much practical support as possible. For more information about palliative and supportive care, contact the Palliative Care Council of South Australia on 1800 660 055 or at www.pallcare.asn.au

“ Support...
care...comfort ”

Watching out for yourself

Finding cancer early offers one of the best chances to cure the disease. See your doctor straight away if you notice any unusual changes. Look for:

- lumps, sores or ulcers that don't heal
- unusual changes in your breasts – lumps, lumpiness, a thickened area, unusual nipple discharge, a nipple that turns inwards (if it hasn't always been that way), a change in shape or colour or unusual pain
- coughs that don't go away or show blood, a hoarseness that hangs around
- a loss in weight that can't be explained
- for women, any loss of blood, even if it is a few spots between your periods or after they have stopped
- moles that have changed shape, size or colour, or bleed
- blood in a bowel motion
- persistent changes in toilet habits.

Many health problems that are less serious and more common than cancer often have the same symptoms. But it's wise to check.

The Cancer Council South Australia

Services include access to:

- healthy lifestyle and SunSmart information
- support, counselling and accommodation services
- Staying healthy after cancer and Living with cancer programs
- community links and cancer support groups.

The Cancer Council Helpline 13 11 20

www.cancersa.org.au

QuitSA

Quitline 13 7848

www.quitsa.org.au

Other services

be active

www.beactive.com.au

BreastScreen SA

13 20 50

www.breastscreen.sa.gov.au

Familial Cancer Unit

08 8161 6995

Lions Australian Prostate Cancer Website

www.prostatehealth.org.au

National Bowel Cancer Screening Program

www.cancerscreening.gov.au/bowel

Palliative Care Council of South Australia Inc

1800 660 055

www.pallcare.asn.au

SA Cervix Screening Program

www.cervixscreening.sa.gov.au

I'd like more information

First name Mr/Mrs/Ms/Dr _____

Last Name _____

Address _____

_____ Postcode _____

Phone _____

Fax _____

Email _____

Please send me more information about the following topics:

- Healthy eating and exercise Help to quit smoking
 Sun protection Support and counselling

Other _____

- I do not wish to be contacted to give my feedback about this resource

I'd like to help

- Please send me information about volunteering
 I would like to make a donation

Please accept my tax deductible gift of:

\$25 \$50 \$100 My choice \$ _____

Method of Payment:

My cheque, made payable to The Cancer Council South Australia, is enclosed.

OR debit my Bankcard Mastercard Visa

Cardholder's Name _____

Expiry Date _____ / _____

Signed _____

Please detach and return the completed coupon in an envelope (no stamp required) addressed to:

The Cancer Council Helpline
Reply Paid 929
Unley SA 5061



202 Greenhill Road
Eastwood SA 5063
t 08 8291 4111
f 08 8291 4122
tcc@cancersa.org.au
www.cancersa.org.au

The Cancer Council Helpline
13 11 20