

CANCER: DID YOU KNOW?

The treatment for many cancers is improving constantly. Seeking help as early as possible is vital to fighting cancer.

CANCER CAN AFFECT ANYONE

One in two Australian men and women will be diagnosed with cancer by the age of 85. The incidence of cancer rises as people get older, but age alone does not cause cancer.

CANCER IS NOT ALWAYS FATAL

If you are diagnosed with cancer, talk to your doctor about starting treatment as soon as possible. You may have treatment choices.

CANCER IS NOT CONTAGIOUS

It is not spread by hugging, shaking hands, sharing toilets, using the same dishes or kissing someone who has cancer, or from eating food cooked or served by someone with cancer.

GET TREATED EARLY

If you notice any changes in your body or have persistent symptoms like a cough see your doctor immediately.

69%

of people diagnosed with cancer in Australia are still alive five years after a cancer diagnosis.

CANCER CAN DEVELOP WITHOUT ANY REASON

Scientific research shows that:

- cancer is not caused by being a bad person
- cancer is not caused by bad spirits.
- cancer is not caused by injury or stress

There is nothing to be ashamed of if you have cancer. Make sure shame and fear do not stop you from seeking help.

Genetic tests are available for some hereditary cancers. If you are concerned that you have a family history of cancer, speak to your doctor.

TALK TO HEALTH PROFESSIONALS

Every conversation you have with your health professional about cancer helps eliminate the fear and shame that is often associated with cancer.

- **Cancer Council 13 11 20** is a free, confidential telephone information and support service available in each state and territory to anyone.
- If you need language assistance, please call **Translating and Interpreting Service (TIS) 13 14 50**.



Cantonese



Mandarin



Arabic



Vietnamese

<https://www.cancer.org.au/about-cancer/patient-support/multilingual-resources.html>

Know your risk and change your future

We do not know all of the risks and causes of cancer. Living a healthy lifestyle can reduce your risk of developing cancer

LIMIT alcohol



DON'T SMOKE or quit smoking



BE physically active



EAT MORE fruit and vegetables



MAINTAIN a healthy weight



EAT LESS red and processed meat



PROTECT your skin from the sun