



Canada



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Health and Wellness

Cancer Prevention Quiz

Early detection is your best protection!

Find out how much you know about cancer, learn more about how to detect it early and reduce your risk. Please respond to the following statements by placing a "v" in the appropriate box (true or false).

	True	False
1. Eating a diet high in fibre and low in fat helps reduce your risk of colorectal cancer.	<input type="checkbox"/>	<input type="checkbox"/>
2. Having a healthy diet and maintaining a healthy body weight can lower your risk of developing some cancers.	<input type="checkbox"/>	<input type="checkbox"/>
3. One in nine women will develop breast cancer in her lifetime.	<input type="checkbox"/>	<input type="checkbox"/>
4. An abnormal result on a Pap test means that there is cancer in the cervix.	<input type="checkbox"/>	<input type="checkbox"/>
5. Direct exposure to the sun is most harmful between 11 a.m. and 4 p.m.	<input type="checkbox"/>	<input type="checkbox"/>
6. Colorectal cancer affects more men than women.	<input type="checkbox"/>	<input type="checkbox"/>
7. A mammogram can detect a lump where no lump can be felt.	<input type="checkbox"/>	<input type="checkbox"/>
8. Women should start having Pap tests as soon as they are sexually active.	<input type="checkbox"/>	<input type="checkbox"/>
9. If you experience changes in your bowel habits, it means you have colorectal cancer.	<input type="checkbox"/>	<input type="checkbox"/>

For more information contact the Canadian Cancer Society - www.cancer.ca

Answers to Cancer Prevention Quiz

1. **True** A diet high in fibre from vegetables, fruits, whole grains and legumes (beans, lentils and nuts) and low in fat has been shown to help to keep the bowels regular and reduce your risk of colorectal cancer.
2. **True** Combining a healthy diet, a healthy body weight and regular physical activity can prevent about 30-40% of all cancers (CCS, 2001). Research indicates that 20% of all cancers can be related to diet alone (CCS, 2000). To lower your risk of cancer, follow Canada's Food Guide, emphasize fruits, vegetables and whole grain products, cut down on fat and limit salt, alcohol and caffeine intake.
3. **True** Out of nine women who live to the age of 85, approximately one of them will develop breast cancer. It is important for women over age forty to have an annual clinical breast exam and discuss mammography. Women aged 50-74 should have a mammogram every 2 years or as recommended by your health care provider.
4. **False** An abnormal result on a Pap test does not always mean there is cancer in the cervix. The Pap test detects abnormal cells. Further testing will indicate if they are cancerous or pre-cancerous. By treating these abnormal cells early, cervical cancer can be prevented. Cervical cancer is 90% preventable.
5. **True** The sun's rays are most intense between 11 a.m. and 4 p.m. Even on non-sunny days, 80% of ultra violet (UV) rays go through haze, light cloud and fog. Remember to seek shade, SLIP on clothing to cover your arms and legs, SLAP on a wide-brimmed hat and SLOP on SPF15 or higher sunscreen. Remember to reapply sunscreen every 2 hours, after swimming and perspiring.
6. **False** Colorectal cancer affects men and women equally. Your lifetime risk of developing the disease is about 1 in 15 for men and 1 in 16 for women. It is the third most common cancer in Canada next to lung and breast cancer. Men and women aged 50 and over and at normal risk should have Fecal Occult Blood testing every 2 years.
7. **True** In fact, a mammogram can detect cancer in the breast when it is the size of a pinhead - two to three years before a lump can be felt. It is in this early stage of cancer that there is an excellent cure rate. Ontario Breast Screening Programs centres provide mammograms for women aged 50-74.
8. **True** All women who are sexually active need regular annual Pap tests as they may be exposed to the Human Papilloma Virus (HPV) which increases the risk of developing cervical cancer. Even if you are not sexually active right now, you are still at risk. Discuss cervical screening with your health care provider.
9. **False** Changes in your bowel habits do not mean you have colorectal cancer. There are many reasons for changes or other symptoms. It is important that you report symptoms to your doctor and have an assessment done to determine the reasons for your condition. Not all changes indicate cancer. Colorectal cancer has a 90% cure rate if detected early. Discuss screening with your health care provider.