

The Balancing Act

Tips to Balance Your Life and Keep You Emotionally and Physically Fit

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Simple Steps to Cut Cancer Risk

In a fast-paced world it's often challenging to find the time for healthier choices. But taking care of yourself is an investment you can't afford to postpone, especially since it's estimated that thirty to thirty-five percent of cancers can be prevented by living a healthy lifestyle. Reduce your risk of cancer and increase your overall well-being with the simple steps below:

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Quit smoking

Butting out drastically decreases your risk of lung and other cancers, such as throat and colon cancer. It also increases your overall health and saves you from yellowed teeth and fingernails and that stale cigarette smell. As soon as you quit, your body begins to repair the damage that's been done so that within two to three weeks you'll be able to breathe easier. And after ten years, you'll cut your risk of lung cancer in half.

Stay in the shade

The threat of sunburns and premature wrinkles has driven many sunbathers to seek cover. However, with UV rays stronger today than they were 20 years ago, there's more at risk than your beauty: skin cancer is also on the rise. Buy sun block, reach for an umbrella and remember to cover up when you're going outdoors. And don't let a cloudy day fool you; snow, asphalt and water reflect the sun and can do just as much damage as days when the sun is shining brightly.

Fight cancer with food

There is no 'magic bullet' when it comes to lowering cancer risk, but certain foods are known for their cancer fighting qualities. Phytochemicals, such as antioxidants, protect your body's cells from free radicals—substances in the body that damage cells and can lead to cancer. Foods rich in phytochemicals are usually vibrant in colour, such as mangos, blueberries and carrots. Non-vibrant phytochemical-rich foods include onions, garlic, bananas and pears. Order your sandwich on rye or whole wheat bread. Whole grain and high-fibre foods are rich in nutrients, aid digestion and have also been connected to lowering cancer risk.

Get the skinny on good fats

Although fats have a bad reputation, they're not all created equally. Certain fats have been proven to protect against heart disease and cancer. Fats found in oily fish, such as salmon, contain important omega-3 fatty acids. Olive oil is a star fatty do-gooder which not only aids in digestion, but has also been shown to reduce the risk

for bowel and breast cancer amongst others. While studies linking saturated and trans fats to cancer are inconclusive, they can add to your waistline. And since obesity is a proven risk factor for prostate and breast cancer, it's best to steer clear of saturated and trans fats found in animal meat, dairy products and baked goods.

Choose water over wine

Small amounts of alcohol can be beneficial to your health, but excessive drinking can increase your risk of cancer. Drink alcohol in moderation and be generous with your water intake.

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Exercise

Staying active helps you manage your weight, decrease stress levels and maintain general health. A healthy body weight and regular exercise also helps reduce your risk of colon and breast cancer. Try to build 30 to 60 minutes of moderate exercise into your day by going for a post-lunch stroll, heading to the gym regularly or joining a sports league.



Though there's no way to entirely eliminate the risk of cancer, a healthy lifestyle is a step in the right direction. It may be a challenge at first, but with each good decision, making the right choices will become more of a habit. *The best part?* Cancer prevention is only one of the positive side effects of a healthy lifestyle: you'll look and feel better too.

Need more information on how you can reduce your risk of cancer? Your Judges Counselling Program (JCP) can help you make healthier choices. You can receive support through a variety of resources. Call your JCP at 1.866.872.6336 for service in English, or French.

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