Ten things you could do to protect yourself against cancer while travelling

Dr Carl Albrecht
Head
Cancer Research
Cancer Association of South Africa
15-10-2010
Top 10

• 1. Sun protection – cream, clothes et al.
• 2. Avoid Polycarbonate bottles
• 3. Vaccination – Hepatitis B
• 4. Avoid smoke
• 5. Safe sex
• 6. Low omega-6/omega-3
• 7. Avoid clingwrap
• 8. Avoid trans fats
• 9. Go easy with sugar
• 10. Go easy with cellphone
Sun protection cream

- Choose a modern, European brand with 3-5 stars for Colipa UVA absorption

www.ewg/2010sunscreen
Sun protection hardware
Limits of sun protection

• There is no scientific evidence that any sunscreen can protect against melanoma.
Avoid polycarbonate bottles

The Baby Bottle seems so innocent!

GO BPA FREE™ BABY BOTTLE SAMPLER

Cancer affects us all...
Effect of a low dose of BPA on breast tissue

Control milk duct in mouse breast tissue

Mice treated with 25 ng BPA/kg body weight per day

25 ng is 1000-times lower than the FDA safety limit of 25 ug.

Cancer affects us all...
Water bottles
Vaccinate against hepatitis B
Avoid smoke
Practise safe
Aspects of oils and inflammation

**CHANGE**
1. Total fat has increased
2. Saturated fat has increased
3. Trans fat has increased
4. Omega-6 has increased
5. Omega-3 has decreased
6. Ratio of omega-6/omega-3 has increased
7. Monosaturated has decreased

**INCREASE INFLAMMATION**

- Yes
- Yes
- Yes

- SATURATED
- TRANS
- OMEGA-3

Cancer affects us all...
Preventing cancer in the body

OMEGA-6/OMEGA-3 = 2:1

ILLNESS

HEALTH

Oils
Margarine
Milk
Yoghurt
Meat
Butter
Cheese
Canola Oil

Comparison of Dietary Fats

Cancer affects us all...
Low omega-6/omega-3 ratio

**Comparison of Dietary Fats**

<table>
<thead>
<tr>
<th>DIETARY FAT</th>
<th>SATURATED FAT</th>
<th>MONOUNSATURATED FAT</th>
<th>POLYUNSATURATED FAT</th>
<th>Fatty acid content normalized to 100 per cent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canola oil</td>
<td>7%</td>
<td>21%</td>
<td>11%</td>
<td>61%</td>
</tr>
<tr>
<td>Safflower oil</td>
<td>10%</td>
<td></td>
<td>76%</td>
<td>14%</td>
</tr>
<tr>
<td>Sunflower oil</td>
<td>12%</td>
<td></td>
<td>71%</td>
<td>16%</td>
</tr>
<tr>
<td>Corn oil</td>
<td>13%</td>
<td></td>
<td>57%</td>
<td>1%</td>
</tr>
<tr>
<td>Olive oil</td>
<td>15%</td>
<td>9%</td>
<td>1%</td>
<td>75%</td>
</tr>
<tr>
<td>Soybean oil</td>
<td>15%</td>
<td></td>
<td>54%</td>
<td>8%</td>
</tr>
<tr>
<td>Peanut oil</td>
<td>19%</td>
<td></td>
<td>Trace</td>
<td>48%</td>
</tr>
<tr>
<td>Cottonseed oil</td>
<td>27%</td>
<td></td>
<td>33%</td>
<td>19%</td>
</tr>
<tr>
<td>Lard*</td>
<td>43%</td>
<td>9%</td>
<td>1%</td>
<td>47%</td>
</tr>
<tr>
<td>Beef tallow*</td>
<td>48%</td>
<td>2%</td>
<td>1%</td>
<td>49%</td>
</tr>
<tr>
<td>Palm oil</td>
<td>51%</td>
<td></td>
<td>10%</td>
<td>39%</td>
</tr>
<tr>
<td>Butterfat*</td>
<td>68%</td>
<td>3%</td>
<td>1%</td>
<td>28%</td>
</tr>
<tr>
<td>Coconut oil</td>
<td>91%</td>
<td></td>
<td>2%</td>
<td>7%</td>
</tr>
</tbody>
</table>

*Cholesterol Content (mg/Tbsp): Lard 12; Beef tallow 14; Butterfat 33. No cholesterol in any vegetable-based oil.
Source: POS Pilot Plant Corporation Saskatoon, Saskatchewan, Canada, June 1994
Avoid “Clingwrap”
Avoid trans fats

- Read the contents

*Nutrition Facts*

- Serving Size 1 cup (228g)
- Servings Per Container 2

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 260</td>
<td>Calories from Fat 120</td>
</tr>
<tr>
<td>Total Fat 13g</td>
<td>20%</td>
</tr>
<tr>
<td>Saturated Fat 5g</td>
<td>25%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 30mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium 660mg</td>
<td>28%</td>
</tr>
<tr>
<td>Total Carbohydrate 31g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td></td>
</tr>
<tr>
<td>Sugars 5g</td>
<td></td>
</tr>
<tr>
<td>Protein 5g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A 4%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C 2%</td>
<td></td>
</tr>
<tr>
<td>Calcium 15%</td>
<td></td>
</tr>
<tr>
<td>Iron 2%</td>
<td></td>
</tr>
</tbody>
</table>

*Cancer affects us all*
Easy with sugar

- OBESITY AND CANCER
- IS THERE A LINK?
- 10306 ENTRIES IN PUBMED
- GROWING CONSENSUS THAT THERE IS LINK
Go easy with the cell phone

- Only 12.4 million users in 1990
- About 4.6 billion users now
- No one knows for sure how safe
- Especially not with children
- Limit calls
- Use texting over talking-
- Much cheaper when overseas
Thank You