



Why we all NEED to prevent cancer

Because...

It is estimated that the incidence of cancer will double by the year 2030.

Because...

Preventing cancer is of the utmost importance, given that 1 out of every 4 South Africans will be affected by cancer in his or her lifetime. These statistics can be frightening, but there are many ways to reduce your cancer risk. And you should take time to make informed choices.

Because...

Life is Beautiful

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Introduction

There are many people who still wrongly believe that cancer is hereditary (except in children where cancer is largely caused by genetic predisposition), or it's a case of bad luck or even punishment for some wrongdoing and so they think that there is nothing they can do to prevent its occurrence or recurrence.

However, scientific research shows that this is not the case but that lifestyle factors such as diet and exercise as well as the avoidance of carcinogens can play a vital role in preventing cancer.

CANSA, therefore felt the need to produce this publication to provide you with general and specific guidelines – and hopefully with encouragement – to have you reconsider your lifestyle and make the necessary (even if only basic) changes in order to live a healthier life with reduced cancer risk.

Your wellness is in your hands, and so we chose the titles of well-known movies to better catch your attention and entice you to read on!

Enjoy the chapters:

Pay it Forward

Eat, Pray, Love

As Good as it Gets

The Good, the Bad and the Ugly

Simply Irresistible

Around the World in 80 Days
(Around South Africa in 80 years)

But, above all try to apply the recommendations to your life, because it is your right to make informed choices and also because *Life is Beautiful*.