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|  | | FORM | | | Doc. No. | BL-S-FM-004 |
| | | Healthy Lifestyle Risk Assessment | | | | |
| C Version no. | 2 | Date created | February 2016 | Date to be reviewed | November 2018 | |

Are you at risk of developing cancer?


Please tick the relevant box x

| | |
|------------|--|
| Don't know | |
| Low | |
| Medium | |
| High | |


Find out by using this cancer risk assessment tool for males and females

Be true to yourself to get the correct assessment

| No | Health Related Question | 0 | 1 | 2 | 3 | Score |
|----|--|----------------------------|----------------------------|--|----------------------------|-------|
| 1 | Would you say your health in general is... | Excellent | Good | Fair | Poor | |
| 2 | What is your age currently | 0 - 18 | 18 - 39 | 40 - 60 | 60 / older | |
| 3 | Do you currently smoke cigarettes, cigars, pipes, snuff or hookah? | Do not smoke at present | 2 - 3 times a week | I smoked a lot but I quit in the last year | Every day | |
| 4 | If ever used, how frequently do you use tobacco or cigarettes p / day? | Never | 1 - 5 times | 6 – 10 times | More than 15 times | |
| 5 | How long have you / did you use tobacco / cigarettes (in years) | Less than 1 year | 1 - 5 years | More than 5 to 10 | More than 10 years | |
| 6 | What is your weight currently? | Normal weight | More than 10 kg overweight | 10 - 20 kg overweight | More than 20 kg overweight | |
| 7 | How frequently do you include high fibre food in your diet? (Whole grain food, whole grain cereals, beans and legumes) | More than once daily | At least once daily | At least 4 times weekly | Once or twice a week | |
| 8 | About how many cups of fruit do you eat each day or p / week? (One cup of fruit = one small fruit, one cup of 100% fruit juice or ½ cup dried fruit) | Three or more cups per day | Two cups per day | 3 - 4 cups per week | Once or twice per week | |
| 9 | About how many cups of vegetables do you eat each day or p / week? (One cup of vegetables = one cup of raw or cooked vegetables, 1 cup of 100 % vegetable juice, or 2 cups of raw leafy greens) | Three or more cups a day | One cup a day | 3 - 4 cups weekly | Once or twice a week | |
| 10 | How often do you eat high-fat foods? (e.g. fried foods, fatty | Rarely or never | Less than 3 days a | 3 - 5 days a week | At least once a day | |

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| | meats, packaged foods high in fats, snacks, added fat (like oil to food) | | week | | | |
| 11 | How often do you eat smoked food, food with high salt content, pickled food? | Rarely or never | Less than 3 days a week | 3 - 5 days a week | At least once a day | |
| 12 | How often do you take alcoholic beverages? | Do not drink at all | 1 - 2 times per week | 3 - 4 times per week | 5 or more times per week | |
| | | | | | | |
| No | Health related question | 0 | 1 | 2 | 3 | Score |
| 13 | How often do you have someone to talk to when you feel lonely, depressed, angry, or in need of help? | Always | Most of the time | Sometimes | Never | |
| 14 | How often do you engage in physical activity to raise your heart rate? (e.g. brisk walk, swimming, aerobics, exercise programme for at least 20 - 30 min) | More than 4 days per week | 2 - 4 days per week | Once a week | Never | |
| 15 | How often do you get 6 - 8 hours restful sleep to function well in job and personal life? | Always | 5 times a week | 2 - 4 times a week | Rarely / Never | |
| 16 | In the past 12 months, how often did you or your partner(s) use a condom when you had sex? | Not applicable. I am in a long-term monogamous relationship / not sexually active | Always | Sometimes | Rarely / Never | |
| 17 a b | Self-Examination Females: Do you do monthly breast self-examinations Males: Do you do monthly testicular self-examinations | Once a month | Every 6 months | Once a year | Never | |
| 18 a b | Screening Females only: when did you last go for a Pap Smear Men only: when did you last have a PSA test | Once every 2 years | Every 3 - 5 years | Every 5 - 10 years | Never | |
| 19 | How much time do you spend in the sun <u>without</u> sunscreen SPF 20 - 50 or added | Always | Most of the time | Rarely | Never | |

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| | protection (e.g. hat)? | | | | | |
| 20 | Do you have a family history of cancer? (Must be direct family members – father, mother, brother, sister, grandparents) | None | One family member | 2 - 3 family members | More than 4 close family members | |
| | | | | | Total | |

Your risk of developing cancer:

- If your total risk is 20, you are at low risk; continue to practice low risk behaviors.
- If your total risk is 20-35, you are at moderate risk; reduce your risk. How? – see below.
- If your risk is greater than 35, you are at high risk; reduce your risk. How? – see below.

Thank you for completing this assessment. Personal perception about how healthy you are is usually a good indication to start with.

GUIDELINES: WHAT SHOULD I DO TO REDUCE MY RISK OF DEVELOPING CANCER?

Current age

It is a fact of life that health declines with age. It is smart to start early with the road to wellness before any major disease hits you. [Read more about a balanced lifestyle...](#)

Tobacco


Smoking is a major risk to your health. [All forms of tobacco are dangerous to health.](#) The more you smoke the higher your risk to get cancer, cardiovascular diseases, lung diseases, or any other diseases. There is no “safe” amount of smoking. It is not always easy to quit smoking. CANSA offers free assistance with the **eKick Butt** stop smoking programme <http://www.ekickbutt.org.za/>.

The benefits when stopping to smoke are:

- Within 2 hours after stopping there is no more nicotine in your blood stream
- Within 6 hours your heartbeat slows down and you will be less short of breath
- In 2 days you start to feel and smell better
- Within days accumulated phlegm loosens in your lungs and you will cough it up
- You will be less short of breath. You will have more energy. Your teeth will be whiter.
- Blood components and cells lining in your lungs will return to normal
- Within 2 months blood to limbs will improve
- Within 5 years your risk of lung cancer is halved
- You will smell fresher and your taste buds will come alive and your sense of smell will return

Body weight

For people who are considered obese (BMI greater than or equal to 30) or those who are overweight (BMI of 25 to 29.9) it is recommended that you lose weight. Even a small weight loss

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(between 5 and 10 percent of your current weight) will help lower your risk of developing cancer and other diseases associated with obesity. Please refer to our [Balanced Lifestyle Campaign](#) for more information...

Healthy diet

- Eat at least 2-3 portions of fresh fruit and vegetables each day. Choose a variety of fruit
- Fruit and vegetables contain essential vitamins, minerals, and fibre that may help protect you from chronic diseases and can make weight control easier.
- Eat at least three servings of vegetables per day, with at least one being a dark green or orange vegetable.
- Avoid food that is fatty. Choose low trans-fat margarines and oils .Canola oils and margarines have the CANSA Seal of Recognition as a Smart Choice.
- Limit your intake of fatty meat and rather eat more fish, beans, lentils and soya products.
- Prepare your food by steaming or baking. Cut down on frying and braising. Never re-use cooking oil.
- Restrict salt intake and substitute with fresh herbs and spices. Avoid food that is salty and/or processed.
- [Read more...](#)

Alcohol

[Alcohol](#) and [tobacco](#) are linked to an increased risk of cancers of the mouth, throat, voice box, oesophagus, liver, breast, prostate, colon and rectum. CANSA recommends total abstinence.

Emotional wellbeing

Expressing your feelings can help you see that you are not alone in how you feel. It will help to talk to someone to get perspective of your problems. If you need to, please seek professional help.

Physical activity


There is growing evidence that engaging in physical activity may reduce the risk of cancer. Exercise should be performed over and above usual activities included in daily routine. Adults should at least participate in 30 minutes of moderate exercise 5 times per week OR 20 minutes of vigorous exercise at least 3 times per week. [Read more...](#)

Rest and sleep

Sleeping less than seven hours a day increases your overall cancer risk.

Reproductive health

People who are in a mutually monogamous relationship or are not sexually active are at the lowest risk for any sexual transmitted disease. Choosing to use a latex condom consistently and correctly each time you have sex will significantly reduce your risk of acquiring a sexually transmitted disease, and thus preventing viruses that can cause cervical cancer.

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Cancer screening

CANSA recommends the following for Females:

Regular Pap smears and breast examinations can save your life. Do your self-breast examination every month 7 to 10 days after your period. [Read more...](#)

All women should **go for Pap smears at least every 3 years, from the age of 25**, to detect abnormal cells early. However, women are entitled to be screened at a younger age. Women making use of public sector screening services are entitled to three free Pap smears per lifetime, starting at the age of 30 years or older, with a 10 year interval between each smear.

CANSA recommends the following for Males:

Factors that increase the risk of developing **prostate cancer** are: age (rapidly increased risk after 50), poor diet (a lot of red meat, high-fat intake and high alcohol consumption), lack of exercise and family history. [Read more....](#)

CANSA recommends that all men that have a **family history of prostate cancer** must **from age 40-45 annually go for a PSA test**. All **other men** should go **annually, from 50 years**.

Testicular cancer is the most common cancer in young men between the ages of 15 and 39. All young men should **spend 10 minutes a month** to examine their testicles, and thereby investing in their own health. [Read more...](#)

Sun Exposure


Limit your time in the sun, especially between 10h00 and 15h00 when solar rays are most dangerous. Cover all your exposed skin with a broad-spectrum (UVA and UVB) sunscreen with a Sun Protection Factor (SPF) of minimum 20 – 50 (according to your skin type). Re-apply regularly. Wear protective garments. [Read more...](#)

Family History

A family history of certain cancers, especially breast, ovarian, colorectal, and prostate cancers, can increase the risk of developing these cancers. Persons identified as being at increased risk of various cancers based on their family history should know the importance of [maintaining a healthy lifestyle](#) and remaining up to date on cancer screening tests ([find info on this web page...](#))

TIPS:

- Establish an intimate relationship with your body and know it very well; this will help you pick up promptly any unusual or unfamiliar developments. ([Know warning signs cancer...](#))
- Remember, it is very important to get any health condition diagnosed at an early stage because many diseases are managed with great success if treated early enough! Do not sit

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back and hope ailments will go away, some will not and by the time you seek assistance, it might be too late for effective intervention.

- Always feel free to ask questions and / or seek clarity when you do not know or understand. This is the only way you will get to know more about health conditions.
- Reading leisurely about health conditions in general is the best practice to broaden your health knowledge.

For more information on cancer in South Africa contact:

- CANSA Toll Free Line: 0800 22 66 22
- or go the CANSA website www.cansa.org.za,
- or [contact your nearest CANSA Care Centre](#)

Alternately, visit your nearest Healthcare Provider